

# ACTIVITIES & EXPERIENCES



Activities and experiences are one of the things Refuge de la Traye does best !  
Be it Old-School activities or new Cutting-Edge experiences, we have something for everyone...  
Our qualified staff are on hand to assist you decide and reserve your activities.

*Moments are for making lifelong memories !*



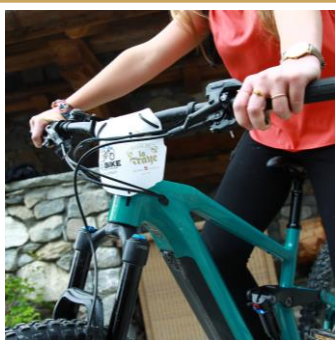
**SUMMER**

## ACTIVITIES AT HOME - SUMMER



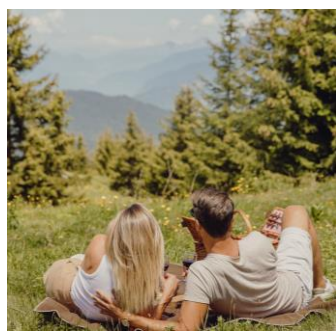
### Educational Farm

Our traditional educational farm is located in an authentic setting. Adults and children alike can interact with our animals: The gentle character of the black nosed Valais sheep, the climbing dwarf goats, the friendly long-haired miniature donkeys who love to be stroked, the shy Alpacas and the chirpy chickens - all ready to charm you in their own unique way.



### Electric Mountain Biking

Leave directly from the Refuge and discover the exceptional landscape of Meribel. With a multitude of trails to be explored with family or friends, there is a levels of trails that can be adapted to everyone's requirements - from a pleasurable ride to high level performance, with or without the assistance of electricity.



### Picnics

Nothing screams outdoors more than a picnic, in one of the most idyllic places on earth... The chef at Refuge de le Traye will create a picnic to suit your needs and desires. From a family snack-lunch to a romantic gastronomic champagne lunch, our team will meet you at our secret destination, with a hamper made for you.



### Authentic Playground

Having fun is a real child's game at Refuge de la Traye: Our traditional wooden Playground has been created to encourage their balancing skills whilst having fun.

There is nothing better than playing outside facing the mountains to help them blossom and evacuate excess energy.



### Tubing

A fun, sensational and convivial activity. This is a unique mountain experience for those yearning for a boost of speed and exhilaration. Race your way down the tubing slope on the donuts, be it solo or connected together, it's fun for all ages.

Hold on tight... On your marks, get set – GO.



### Hiking

The most beautiful landscapes will accompany you on your hike. From a simple stroll to a long hard hike, our itineraries are adapted to each person's level, allowing you to discover the untouched natural gardens of mother nature.

Why not take a night hike too and discover how the scenery changes from daylight to twilight.



## ACTIVITIES AT HOME - SUMMER



### Painting Workshop

Painting in the workshop is a colourful way to express themselves. Being surrounded by the animals and nature, kids can describe their holiday in picture format. Memories are made by budding artist

### Pottery Workshop

Playing, kneading, shaping, creating... children discover the art of clay while having fun, they integrate notions of volume, space, proportion, form and observation. Respecting the rhythm of each child, this workshop develops their creativity and their imagination. The workshop is situated in the heart of our educational farm.



### Zip Line

Fly through the air on our Zipline... Let yourself be liberated as you glide down the line and scream with excitement.

### Tree Acrobatic Course

Take yourself to new heights with our Acrobranching course. Sportive, exciting and stunning all rolled into one: Tarzan's lianas, footbridges and monkey bridges. This is an activities for the fearless, fearful and ecofriendly alike and most importantly, for all skill levels

\*\*Full security harnesses and equipment will be provided by the Refuges trained staff.  
\*\*Available from 9 years old.



### Biathlon Rifle Shooting

Although Biathlon is a winter Olympic sport. Rifle shooting is a perfect activity in summer too... A true athlete trains all year long to build their concentration and skill. At Refuge de la Traye, let our mountain staff teach you how to aim, fire and hit your target Available from 7 years old

### Archery

Our trained team await archers of all levels. They will be happy to provide initiation or improvement courses. Grab your Bow & Arrow in indulge in this ancient activity.

\*\*Available from 6 years old.



## ACTIVITIES AT HOME - SUMMER



### Tin Can Knock Down & Balloon Shooter

Roll up, Roll up – come and try your aim on one of our iconic fairground games  
For those that love to compete and those who just want to have fun!

These two traditions games will never go out of fashion.  
How many tin cans can you knock down and how many balloons can you burst?  
The perfect fun & games for all ages...



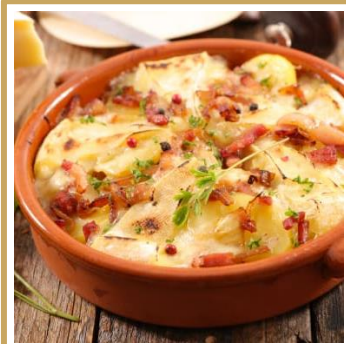
### Giant Connect 4

At Refuge de la Traye we love to do things **BIG**, and the giant Connect 4 takes full advantage of the spacious outdoor environment.

Can you beat your opponent? Take a few steps back and study your next winning move...

## ACTIVITIES AT HOME – CULINARY

Pre-reservation required - For residence only



### Traditional Savoyard Cooking Class

In the Savoyard area of France, we don't wait for winter to cook the well know mountain dishes...

Why not spend an afternoon with our fabulous chef and allow him to teach you how it's done properly



### Homemade Chocolate Bar Class

At Refuge de la Traye, we love all things home made even down to our own chocolate!

Our Staff will teach you how to make your own chocolate bar...

What's your favourite: dark, milk or white ? Will you be able to resist the temptation of eating it before the days end?



### La Ferme a Fromage Dinner

The art of hospitality and Savoyard gastronomy with friends and family

A unique 'traditional' location for an evening of raclette, fondue, Savoie wines, and homemade mountain G n pi and lots of laughter

### Pizza Making for Kids

The Kids will love making their own pizza!  
You decide the topping



### Cake Baking

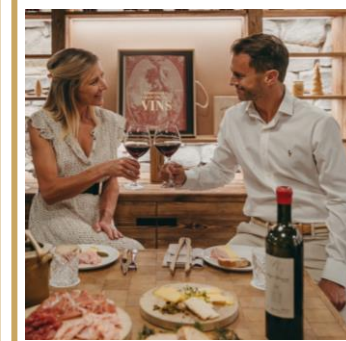
Everyone loves to bake a cake, but the fabulous patisserie chef at Refuge de la Traye will teach you secret skills to create exceptional ones.



### Wine and Cheese Tasting

The Wine Cellar at Refuge de la Traye is a little gem and the perfect place for a true tasting experience for couples or a group of friends.

Fine wines, cheeses and cold cuts...now that's what we call a real French "Savoir Vivre" experience



# ACTIVITIES BROUGHT TO YOUR HOME – SUMMER

Pre-reservation required - For residents only



## Yoga

What better than a Yoga Class for fitness and therapy facing the beautiful mountain range.

We can organise daily Yoga classes for groups or individuals and for beginners to the more advanced Yogi's.



## Tipi Sunrise or Sunset Ritual

An enlightening ritual at the foot of the hill. Traditionally the Tipi is a very spiritual place therefore we begin with the burning of incense and welcome you to close your eyes and breath to the rhythm of the native American chimes and music. Let the surrounding nature embrace your spirit as we being a relaxing body massage. Feel revitalised and ready for the day ahead.

## Fauna & Flora

The preserved Meribel forest is a prime location with an abundance fauna and Flora in their natural habitat.

Refuge de la Traye can organise a half day of discovery and collection followed by drinks or dinner created by the inhouse chef or barman, using your found produce.



## Astronomy

At our secluded hamlet where artificial lights are few, and the evenings are at their darkest, the stars shine brightly over the Refuge, providing the perfect conditions for stargazing with a telescope.

Let our team organise a magical moment with a professional astronomer.



## ACTIVITIES AWAY FROM HOME - SUMMER



### Poney / Horse Riding

For the Equestrian lovers... The Meribel landscape boasts the most amazing horse-riding paths through the forests, open plains and mountain range.

For trotters and gallopers alike, horse riding is available for all ages and skill levels.



### Hot Air Ballooning

Travelling in a hot air balloon is a remarkably serene, peaceful and enjoyable experience. Floating above the mountain tops will make you feel as free as the wind. Don't forget your camera !



### Fishing

Fishing is another hot activity in Méribel. Fishing throughout the Alps is a very popular activity, and especially in Tueda Lake. With an enormous number of rainbow trout, even beginners often get lucky.

\*\*30 minutes from home



### Golf

A real high-altitude pearl, the Meribel Golf Course is one of the most beautiful mountain golf courses in Europe! Created in 1966, it was first course in France to be set up above 1,500 metres.

This exceptional 18-hole course, seduces professionals and amateurs alike.



### Helicopter Sightseeing

Exceptional, exciting and breathtaking all rolled into one!

Sightseeing from a helicopter awakens many sensations and provide a wonderful photo opportunity



### Savoyard Cheese Making

Savoie has 8 cheeses with official quality labels: AOP Abondance, AOP Beaufort, AOP Chevrotin, IGP Emmental de Savoie, IGP Raclette de Savoie, AOP Reblochon, AOP Tome des Bauges and IGP Tomme de Savoie.

Visit our local farm and discover how they are made





## ACTIVITIES AWAY FROM HOME - SUMMER



### Paragliding

Fly over Meribel and the 3 Valleys on a two-seater paraglide in the company of a professional. An unbeatable viewpoint and a unique experience!

Don't forget your GoPro...



### HydroSpeed

Hydrospeed, is whitewater swimming aided by a floating board and flippers. This is a great way to get closer to nature. Immerse yourself in this adrenaline-fueled board sport and you descend the currents, rapids and choppy waters of the river – in a way that's even closer to the action than rafting.

\*\*Minimum age: 14 years

### Speed Mountain – St Martin

Children and adults alike can take to the sleds, alone or in pairs (with the exception of 2 adults), on a 1,000 m long track, twisting and turning their way down the slopes... all in a sumptuous setting. Along the way, natural elements set the scene and the themed panels remind you of the challenge: to beat the record!



### Rafting

A fun and exhilarating activity on Mother Nature's rapids - this activity will delight both the specialists and beginners alike. Get ready for a 2½ to 3 hours run with 18 km of pure sensations...

\*\*Minimum age: 10 years



## PRICES OF ACTIVITIES - SUMMER

ACTIVITIES AT HOME - SUMMER	DURATION	PRICES P/P
Educational Farm	Open access	Free of Charge
Authentic Playground	Open access	Free of Charge
Electric Mountain Biking	Half Day	70 €
	Full Day	100 €
Tubing	30 mins / 1 hour	10€ / 20€
Picnic	Select option	Price on request
Luxurious Picnic	Select option	Price on request
Hiking	Select option	Price on request
Painting Workshop – without assistance	Half Day	20 €
Painting Workshop – with teacher	Half Day	130 €
Pottery Workshop – without assistance	Half Day	20 €
Pottery Workshop – with teacher	Half Day	130 €
Combined Painting & Pottery –without teacher	Half Day	20 €
Combined Painting & Pottery with teacher	Half Day	130 €
Tree Acrobatic Course	1 – 1 ½ hours	25 €
Biathlon Rifle Shooting	30 mins	20 €
Archery	30 mins	15 €
Combined Rifle & Archery	1 hour	25 €
Tin Can Knock down / Balloon Shooter	4 throws/5 shots	Free of Charge
Giant Connect 4	Open access	Free of Charge

ACTIVITIES AT HOME – CULINARY	DURATION	PRICES P/P
Savoyard Cooking Class	2 hours	60€/pers
Pizza making for Children	45 mins	15€/pers
Homemade chocolate bar class	2 hours	60€/pers
Cake Baking Class	2 hours	60€/pers
Ferme a Fromage – traditional Savoyard Dinner	Evening	125€/p
Wine & Cheese tasting	According to option	Price on request

ACTIVITIES BROUGHT TO HOME – SUMMER	DURATION	PRICES P/P
Yoga: 1 to 2 persons	1 hour	120 €
Yoga: 3 to 4 persons	1 hour	150 €
Yoga: 5 or more persons	1 hour	180 €
Fauna & flora - with teacher	2 ½ hours	400 €
Tipi: Sunset or Sunrise Ritual	1 hour	145 €
Astronomy	Evening	420 €

ACTIVITIES AWAY FROM HOME – SUMMER	DURATION	PRICES P/P
Poney / Horse Riding – Group session	2 hours	55 €
Poney / Horse Riding – Private Session	2 hours	440 €
Hot Air Ballooning	2 ½ hours	1500 € (start price)
Helicopter sightseeing	Select option	Price on request
Fishing- at Lake Merlet – with instructor	Full day	272 € (start price)
Savoyard Cheese making - guided tour	Half Day	350 € (start price)
Paragliding	15 mins glide	140 € (start price)
Speed Mountain	5 runs	38 €
	9 runs	57 €
Rafting	2 ½ hours	59 € (start price)
Hydrospeed	2 hours	72 € (start price)





**WINTER**

## ACTIVITIES AT HOME - WINTER



### Snow Tubing

A fun, sensational and convivial activity. This is a unique mountain experience for those yearning for a boost of speed and exhilaration. Race your way down the tubing slope on the donuts, be it solo or connected together, it's fun for all ages. Get your gloves and hat ready, hold on tight... On your marks, get set - SNOWGO



### Tobogganing

We all love a race down the slopes on a toboggan, but can you make it to the bottom without falling off? Don't forget your hat and gloves and of course a camera to film the fun...



### Electric Moon biking

More fun, more speed and more silence... The **Moonbike** is an exhilarating activity made for those seeking the sensations of a snowmobile with the sounds of a toboggan! !! Only for those who want to release their inner child !! (+16 yrs)

\*\*safety helmets are obligatory

### Snow-shoeing

The charm of the Refuge is its stunning environment, located on a beautiful plain surrounded by the forest with exceptional views. Grab your boots and attach your snowshoes... It's time to discover – don't forget your camera!

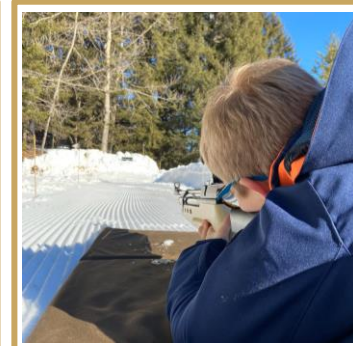
\*\*Trail maps are available upon request



### Biathlon Rifle Shooting

Biathlon is an amazing winter Olympic sport. Rifle shooting is one half of the sport. During the cold snowy winter season, Rifle shooting isn't as easy as it sounds. You need to keep a steady hand – not always as easy as it sounds when the shivers step in...

\*\*Available from age 7.



### Kids Snowmobile

These Electric snowmobiles are for the kids wanting to play with the big boys! How exciting can it get... being able to drive one of these snowmobiles around the grounds of the Refuge Available to residence only

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## ACTIVITIES AT HOME - WINTER



### Painting Workshop

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### Pottery Workshop

Playing, kneading, shaping, creating... children discover the art of clay while having fun, they integrate notions of volume, space, proportion, form and observation. Respecting the rhythm of each child, this workshop develops their creativity and their imagination. The workshop is situated in the heart of our educational farm.



### Zip Line

Fly through the air on our Zipline...  
Let yourself be liberated as you glide down the line and scream with excitement.

### Tree Acrobatic Course

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\*\*Full security harnesses and equipment will be provided by the Refuges trained staff.

\*\*Available from 9 years old.



### Tip Tent

In winter the Tipi tent can be used for different activities.  
Reserve your Tipi moment for a get together around the campfire, storytelling for the kids or a Ritual massage moment

### Archery

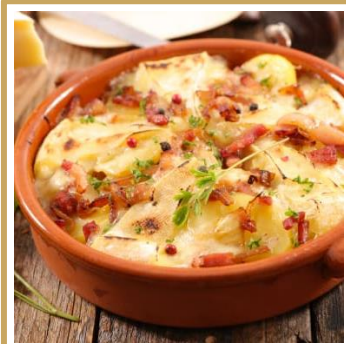
Our trained team await archers of all levels. They will be happy to provide initiation or improvement courses.  
Grab your Bow & Arrow in indulge in this ancient activity.

\*\*Available from age 6.



## ACTIVITIES AT HOME – CULINARY

Pre-reservation required



### Traditional Savoyard Cooking Class

In the Savoyard area of France, we don't wait for winter to cook the well know mountain dishes...

Why not spend an afternoon with our fabulous chef and allow him to teach you how it's done properly

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### Homemade Chocolate Bar Class

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Our Staff will teach you how to make your own chocolate bar...

Whats your favourite: dark, milk or white ? Will you be able to resist the temptation of eating it before the days end?



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### Cake Baking

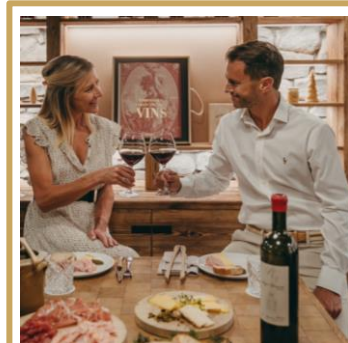
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### Wine and Cheese Tasting

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Fine wines, cheeses and cold cuts...now that's what we call a real French "Savoir Vivre" experience



# ACTIVITIES AWAY FROM HOME – WINTER

Pre-reservation required



## Paragliding

Paragliding is the perfect way to see everything in its three-dimensional geometry. For the ultimate exhilaration, soar above the ground in another dimension, experience the silence, taste the freedom of flying in perfect safety.



## Dog Sledding

The Dog Sledding activity is an energetic, sometimes hard work experience that can be incredibly rewarding. This experience is not around a flat lake, it's through woods, up and down hills and occasionally under trees.

\*\*Weather and snow conditions permitting

## Bobsleigh

Built for the 1992 Olympics, La Plagne Bobsleigh Run is for those in need for speed! Boasting 1500m in length and 19 bends the bobsleigh's speed can range from 80km/h to 120km/h with a professional driver. This Adrenaline fuelled activity is not for the faint hearted...



## PRICES OF ACTIVITIES - WINTER

ACTIVITÉS SUR PLACE – HIVER	DUREE	TARIF P/P
Snow Tubing	30 min/1h00	10 € / 20 €
Tobogganing	Open access	Free of Charge
Snow-shoeing	Open access	Free of Charge
Painting Workshop – without assistance	Half Day	20 €
Painting Workshop – with teacher	Half Day	130 €
Pottery Workshop – without assistance	Half Day	20 €
Pottery Workshop – with teacher	Half Day	130 €
Combined Painting & Pottery –without teacher	Half Day	20 €
Combined Painting & Pottery with teacher	Half Day	130 €
Tree Acrobatic Course	1h00/1h30	25 €
Biathlon Rifle Shooting	30 mins	20 €
Archery	30 mins	15 €
Combined Rifle & Archery	1 hour	25 €

ACTIVITIES AT HOME – CULINARY	DURATION	PRICES P/P
Savoyard Cooking Class	2 hours	60€/pers
Homemade chocolate bar class	2 hours	60€/pers
Cake Baking Class	2 hours	60€/pers
Ferme a Fromage – traditional Savoyard Dinner	Evening	125€/p
Wine & Cheese tasting	According to option	Price on request

ACTIVITÉS EXTERNES – HIVER	DUREE	TARIF P/P
Paragliding	15 mins glide	140 € (start price)
Speed Mountain	5 runs	38 €
	9 runs	57 €
Dog Sledding	25 mins	195 € (start price)
Bobsleigh	Select option	115 € (Start price)

