



Manigod Accessibility Guide

Tourist Office - 04 50 44 92 44 - infos@manigod.com



MANIGOD

Office de Tourisme

Winter activities :

- **Labellemontagne** : Wheelchair-accessible ski lifts available at several ski resorts. Special rates for people with recognized disabilities (50% discount, and free for one companion if necessary)
- **ESF**: Adapted ski lessons offered by the ESF—dualski. Instructors are also certified to provide private lessons to people with intellectual, visual, and hearing disabilities.
- **Hikes and/or snowshoeing** : Certain trails, particularly around the Col de la Croix Fry and the Col de Merdassier, offer magnificent views of the mountains. These trails may be partially accessible to people with reduced mobility, provided the surface is stable and cleared of snow. It is recommended to check trail conditions before heading out.
- **Guided snowshoe excursions** are available with Cathy Cohendet (ESF) for people with visual or intellectual disabilities.
- **Sledding areas** : Some beginner slopes are accessible with an escort, depending on snow conditions.

Summer activities :

- **Easy hikes on flat**, well-maintained trails (accessible picnic tables).
- **Adaptive cycling**: Aravis Mountain Biking: electric Quadrix (from late May through late September). Available throughout the Aravis. Suitable for independent riders, as the Quadrix Axess is self-propelled. Routes tailored to demand.
- **Quadrix**: The Handi Lac et Montagnes association provides a QUADRIX vehicle free of charge to people with disabilities at the Col de la Croix Fry, at the Veyrat Sports store.
- **Manigod Market** : A disabled parking space is located at the market entrance.

Annually :

- **Tour of the Paccard aging cellars**: elevator for people with reduced mobility and access ramp
- **SPA**: 2 options: La Sorsa at Hameau de mon père or L'espace Spa Montagnes du Monde (MGM)
- Visit the **church** in Manigod Village: accessible; a door has been specifically designed to allow access for wheelchair users accompanied by an assistant.
- The **markets** in Thônes, Grand Bornand, and La Clusaz.
- **Wood Ecomuseum** in Thônes: accessible to people with reduced mobility—services adapted for people with intellectual and visual impairments; wheelchair accessible with assistance; designated parking for people with reduced mobility; accessible entrance; option to drop someone off in front of the site; accessible services with assistance for a blind person; seating and standing areas available.
- **Maison de la Pomme et du Biscantin**: Wheelchair accessible with assistance.
- **LIVE Base Camp (Les Clefs)**: Activities available in summer and winter: **Cariâne, Cimgo—all-terrain downhill wheelchair, Hippocampe and Quadrix Axess, Joëlette, tandem skiing, and snowkarting.**
- Thônes Guide Office - 06 75 83 62 81 (Bernard): Explore the mountain environment, its wildlife, and its flora with an experienced guide. Donkey-led hike (equipment adapted to needs, route, and season). Dominique Beaufarron handles the donkeys: 06 19 23 02 01. + **Joëlette** outing available on the Beauregard Plateau - max. 1 person.
- **Tandem paragliding**: Annecy Handibi.

La Clusaz side :

- Beauregard, Balme, and Fernuy Gondola; Ice Rink; Crêt du Loup; Bossonnet.
- Horse-drawn sleigh ride on snow: Depending on the disability and weather conditions: not fully guided and steeper depending on snow conditions. Available only in winter from December 15 through the end of March.
- Hameau des Alpes
- Aravis Water Park: Reduced rate upon presentation of a disability card for people with disabilities. A SOFAO (adapted wheelchair) is available to facilitate entry into the water, with access via a ramp and adapted changing rooms.

Practical life :

- Croix Fry: The ESF visitor center, Tourist Office, and ski lift ticket office are accessible, as are the public restrooms and the picnic area—all located in the same building.
- Col de Merdassier: Accessible public restrooms are available at the entrance to the pass (next to the ski lift ticket office) and next to the Information Desk located in the shopping center.

Trips :

- Bus: Priority seating and a ramp on Aravisbus vehicles.
- Croix Fry: 4 reserved parking spaces (in front of the Tourist Office).
- Croix Fry: One parking space with an electric vehicle charging station (accessible for people with reduced mobility).
- Col de Merdassier: 4 reserved parking spaces in front of the ski lift ticket offices and 1 near the Information Point.

Stores :

- La Casa (Croix Fry): single-story
- ValetMont (Croix Fry): single-story
- Lo Garâjo Concept Café: access ramp, accessible parking space, and accessible restrooms
- Ski Fun (Merdassier): single-story
- Le Sherpa (Merdassier): single-story

Restaurants :

- **Chalet Hôtel Croix Fry Restaurant:** The restaurant and restrooms are wheelchair accessible, but there is no turning area.
- **Les Sapins Restaurant:** Fully accessible
- **Chez Fonfon:** Ground-level access.
- **La Vieille Ferme:** The restaurant is accessible to people with limited mobility.
- **Snack bar:** single-level access.
- **Auberge les Matins Clairs:** Special permission to drive up to the restaurant; please note the road is not suitable for vehicles.
- **Auberge de Plan Bois:** single-level access.
- **Le 1647:** ramp on the panoramic terrace side—Restaurant fully equipped for people with reduced mobility; staff will assist if necessary.
- **Vé la Marie Mountain Lodge in Noré:** motorized assistance (4x4, ATV, or snowmobile) available for people with reduced mobility, by request only.
- **Delivery:** Rest'o Chalet

Accommodations :

- **Chalet Hôtel Croix Fry Restaurant:** A wheelchair-accessible chalet with 2 wheelchair-accessible rooms
- **MGM:** Fully accessible
- **Les Sapins:** Fully accessible
- **La Ruche:** 4 wheelchair-accessible rooms. An elevator is available for guests.