

## Mottaret Skiing & Snowboarding Guide for Beginners

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### Preparation.

Do some ski preparation exercises for at least 6 - 8 weeks before your holiday. There is an exercise routine located at the very bottom of the [Local Knowledge](#) section at [www.skimottaret.com](http://www.skimottaret.com). Try to lose some weight before you go, even with all the exercise you sure are not going to lose it in Mottaret, with all that rich food, restaurants and French wine.

Get fitted correctly for boots and the latest easy turning short skis. Ski boots should NOT be cold or uncomfortable. (If they are then take them back immediately before you do any damage to your shins or toes or ankles etc). However they should be a firm, tight fit. In cold weather make sure you have the best quality socks and have a good breakfast. Wear warm clothing including a ski hat and especially high quality ski mittens (much warmer than gloves). In hot sunny weather wear good quality large lenses sunglasses (to totally keep your eyes out of direct sunlight) and carry strong sun cream and re - apply regularly. Don't forget the ears if you have short hair. Mountain sun, combined with the reflection from the snow, is far stronger than normal so please be very careful. Now, if you are reading this in the comfort of your living room somewhere in the UK then here's a good idea. Download a copy of the piste map or view the Meribel valley interactive map on [www.skimottaret.com](http://www.skimottaret.com) in the Skiing – Maps section and. Good luck.

### Skiing / Riding

Important advice: Buy just a Meribel valley ski pass (you can buy a daily extension later if required) & join a ski school. Book your skiing lessons in advance. Your first skiing holiday could be the best vacation you have ever had or alternatively your worst nightmare. Do not let your spouse teach you unless you are looking for a certain divorce! Ski Instructors spend about £5000 pounds qualifying over several years and know how, what and where to teach. There are more than 10 English-speaking ski schools in Meribel, with many British ski instructors, and countless French instructors with charmingly good English. Many people also make new lifelong friends in ski class so we thoroughly recommend them.

### Skiing/Riding 1st & 2<sup>nd</sup> Days: Beginners Staying in Meribel - Mottaret:

The Doron draglift above the Cote Brune restaurant is free but has an awkward **slope** and is very short. Over just past Plattieres is the protected nursery slope. Short again but very easy. Absolutely perfect for your first day.

**Lunch:** A very good choice of lunch restaurants right by the learner slope. We highly recommend **Zig Zag**, small but fabulous food and cheapest in the valley. If you quickly tire of this very small area then take Plattieres bubble to the first station then use the **Sitelle** button lift. This button and the run itself are both very easy.

**Lunch:** Sitelle is a convenient, very nice, simple, friendly self-service restaurant. Not expensive. Be sure to take a photo of their animal museum. (Upstairs)

### Mottaret to Meribel:

You can ski down the **Truite (Trout)** which starts just to the left of the Tourist Office. This run is very easy and ends at Chaudanne lift centre. Catch the Rhodos bubble to the top for the **Altiport area**. Come back down by the bubble unless your confidence is ok for the **blue run down** to

Chaudanne. The free bus goes from Chaudanne back to Mottaret but gets very crowded. You can take Tougnète bubble up to the first stage then ski down **Perdrix** to Mottaret. Just the very first few yards of Perdrix are a little steep but wide. After this it is easy all the way down.

### **Mottaret: 2<sup>nd</sup> & 3<sup>rd</sup> & 4<sup>th</sup> days:**

On your 2nd or 3rd day try **Rosignol** and **Sitelle** pistes between the 1st and 2nd stages of Plattieres. This area is wide and quite easy. It is sunny but also north facing and keeps the snow longer. When you come to a fork in the piste the left side is slightly easier. The slow Chatelet chairlift is a good option in nice weather to save queuing again at Plattieres 1. This area is really wonderful for practice but **DO NOT** come all the way down to Mottaret. The last section can get very icy, extremely busy and can be really quite difficult. Make a wise choice, and don't spoil a good day. Take the bubble down instead.

"**Bouvreuil**" and the top part of the "**Ours**" are quite two pleasant runs accessed from Plattieres 2. After 3-4 days you should manage these. You get back to Plattieres 2 by the Mures Rouges chair and the new fast 6-man Plan Des Mains chair.

**DO NOT** go all the way down to Mottaret centre by the "**Ours**" blue run. It becomes a fast narrow pathway with skiers and boarders hurtling down at high speed.

### **4<sup>th</sup> & 5<sup>th</sup> & 6<sup>th</sup> Days. Try and Head for Meribel**

#### **Saulire side:**

Take the Pas-du-Lac bubble to the first station. Walk up and round to your left past the Chardonnet restaurant then take the easy **Chardonneret** path to the Meribel area where you have an extensive choice of **Blue** runs. This area is west facing so is best to ski it in late morning, when it gets the sun. In spring it's slushy in the afternoon and rock hard next day till approx. 11am. If you are on this side and want a coffee or lunch, try the Rond Point, just below Rhodos 1st station. Best coffee on the mountain plus fluffy tasty omelette's. It also hosts Méribel's biggest après-ski party from 4pm till 7pm. (Take the bus timetable with you to get home afterwards). Just across the road from the Rond Point is another great little friendly family restaurant, La Cava. Very nice entrecote steak and great value!

#### **Tougnète side:**

Take the Combes chair from Mottaret centre. Ski down the first part of **Coqs** (not difficult) then **Pouillard** to Tougnète first station. Take the bubble up or the long Tougnète draglift if the weather is fine. If you are in Meribel just take Tougnète to the top station.

At the top turn right and follow **Crêtes** & **Choucas** pistes.

Use Cherferie draglift to stay in this area. It has excellent snow. Finally to come down take **Escargot** and **Gelinotte**. This area is best skied in the mornings when this side (East facing) has the sun. The last section of **Gelinotte** is a little steep for a blue. It can get very icy later in the day, so sharpen your edges or better still cut off to the right just before the bottom and take the track that joins the **Truite** run down to Chaudanne.

#### **Lunch:**

Le Crêtes. Delightful little place: Lovely coffee and the best "sausages in white wine" (€12) in the whole valley. Reserve for lunch. It's very busy. Tel 06 09 40 51 04.