

# Plan de l'Eau

# Hameau des Bruyères Les Menuires

## Conservatoire d'espaces naturels de Savoie (CEN) [Savoie nature conservation agency]

Since 2002, CEN Savoie has been managing the peat bog, a protected conservation area. It was asked to do so by government departments and on behalf of the local authority, which owns the site. It has therefore prepared a strategic management document that sets out a multi-year action plan with a long-term vision, encompassing research, nature inventories, conservation work, signage, raising awareness, etc.).

[cen-savoie.org](http://cen-savoie.org)



## Paragliding

Landing at Plan de l'Eau Les Menuires. Not permitted during the winter season  
**CAUTION** danger from southerly winds and steep gradients in strong breezes. Pedestrian access to landing only.  
Introduction to paragliding: contact the tourist office  
<https://lesmenuires.com/fr/bapteme-parapente>  
Further information on flight sites and recommendations [bellevilleairforce.com](http://bellevilleairforce.com)



## Yoga

Outdoor yoga classes: combining relaxation with vitality, yoga invokes commitment, balance and concentration to harmonise body and mind.  
[yoga-axelle.com](http://yoga-axelle.com)



## Fishing

There are many fishing spots in the Vallée des Belleville, including Plan d'Eau des Bruyères. Fishing here is privately managed and notably home to river trout.



The nearby Doron de Belleville has been rated the top watercourse of Les Bruyères. This route is regulated between the Pont des Cascades and the Pont de la Masse (see signs for regulations). It offers mountain stream fishing just a stone's throw from Les Menuires resort.

For barbless fishing: refer to the APPMA regulations. A fishing licence is required.

[savoiepeche.com](http://savoiepeche.com)

## Departure Kid Zone mountain bike

A fun, freely accessible mountain bike trail for young and old alike (small bridges, wooden features, stream crossings, etc.).  
Classes for children and private lessons: School VTT MCF - Bureau des Guides de la Vallée des Belleville : [guides-belleville.com](http://guides-belleville.com)

Maps and info: OT Les Menuires [lesmenuires.com](http://lesmenuires.com)



## Mellifera Maison de l'abeille noire et de la nature

**Mellifera (Black bee and nature centre)**  
With the help of interactive tools and short films, find out about the origins of the black bee and its everyday life in its natural environment.  
Open daily from 2pm to 6pm



## Rock climbing school

An introductory rock-climbing course with free admission, using your own equipment and on your own responsibility. Climbing sessions and courses are organised for all ages from 4 upwards, offering an opportunity to learn the ropes from professionals. Opening times and information: Bureau des Guides de la Vallée des Belleville [guides-belleville.com](http://guides-belleville.com)



## Zip wires

Glide across the lake on the 2 large zip wires. Open to everyone over 1m40 and 40kg. Opening times and information: Bureau des Guides de la Vallée des Belleville [guides-belleville.com](http://guides-belleville.com)



## Kids' Mountain Adventure

A fun climbing course with various aerial activities, including via ferrata, log bridges, ropes, Tibetan walkways, zip lines... just like an Acrobranche tree climbing trail but without the trees!

Supervised activity for children aged 6 to 12. Opening times and information: Bureau des Guides de la Vallée des Belleville

[guides-belleville.com](http://guides-belleville.com)



## Hiking

A wide range of hikes for all levels: Lake and Refuge du Lou, Lakes and Col de Pierre Blanche, Mont Brequin, etc. Guided tours and events: Bureau des Guides de la Vallée des Belleville.

[guides-belleville.com](http://guides-belleville.com)

Maps and info: Les Menuires Tourist information [lesmenuires.com](http://lesmenuires.com)



## Natural History Orienteering Trail

Easy - Access from May to November - 14 waypoints  
Ideal for families or groups of friends, this orienteering course is a fun way to discover the wetland, the peat bog and life around the lake.

Pick up the map at the Tourist Information Office or Mellifera (open from 2pm to 6pm) and find the markers unaided. Information: in the valley's tourist information centres and at Mellifera



## Summer Biathlon

Discover the biathlon, target shooting at 10 metres with an air rifle or laser assisted by our qualified ESF instructors.

Following in the footsteps of your Olympic champions, experience the exhilaration of shooting coupled with physical effort.

[fr.locationlesmenuires.com](http://fr.locationlesmenuires.com)

Fires only allowed with managed barbecues



Animals allowed on leads



Motorised vehicles forbidden



Bathing forbidden



Camping forbidden



Dog swimming area



distance: 900 m

Round Plan de l'Eau - 3,3 km

Educational, walking and cycling trail

Hiking Refuge and Lou lake 5.5 km - D+ 370M

Kid zone mountain bike Very easy level 1.2 km

## Natural heritage

This site is a real treasure for lovers of outdoor sports. Right in the heart of the Les Menuires resort, it's an opportunity to discover a whole range of mountain-related activities.

Whether you want to learn more about our natural heritage, relax, look after your body and health, or simply share a good time with family and friends, there are plenty of activities to suit all ages and abilities.

To help you make the most of the natural spaces that surround you, we suggest the following outdoor activities.

Thank you for preserving this site and great discovery!

## Informations

Office de Tourisme Les Menuires +33 (0)4 79 00 73 00

Secours : 112

Refuge du lac du Lou +33 (0)7 20 22 86 79

