

# Summer Basics

## Guide to other activities

### Horse riding

Improve your skills with lessons in the outdoor arena (adults or children, minimum age 5 years) at the Club Hippique du Bois d'Arbin, or join guided treks into the mountains.

Although the views are splendid, there are only a few places where one can gallop. Be honest about your ability and the instructors will take you somewhere best suited to give you a good ride; the treks are wonderful for intermediate riders, but can be less exciting for experienced riders so let them know if you are capable of something a bit more lively!

From June to beginning of September.

#### \* Ponyriding

1hr : 18€ - 1/2hr : 12€

#### \* Horseriding

1 hr : 22€

Individual card 10 hrs : 185€

Family package 22 hrs : 363€

\* Tour with meal in a mountain hut : 90€ / 104€

\* Week course (2hrs/day/5 days) : 170€

\* Lessons for children 5 years and above.

Tel: +33 (0)4 79 00 32 22 or +33 (0)6 09 46 34 16

[www.centreequestremeribel.com](http://www.centreequestremeribel.com)

### Tennis

Méribel offers ten courts (plus four children's courts) at Le Bois d'Arbin, on the Truite piste just above the resort. You can take private coaching, join in a group lesson, or simply hire a court and some rackets for an hour. There are also 2 mini-tennis courts for children and 2

#### Court booking

From 9am to 4pm : 1hr : 8€, 5x1hr : 35€

From 4pm to 8pm : 1hr : 10€, 5x1hr : 42€

#### Weekly tournaments

Bois d'Arbin club-house 04 79 08 50 04

## White Water Rafting

Experience the unforgettable thrill of white river rafting on the rapids of the Doron & Isere Rivers. Or try canoeing, hydrospeed and canyoning.

Daily raft descent on the Doron de Bozel and Isère rivers, white water sports and hot-dog on the Isère river. Every day from May 1st to September 30.  
From 40€.

[www.francraft.com](http://www.francraft.com)

## Fishing

### Fishing at Lake Tueda

Lake Tueda is a 3 hectare first category lake, with clear water and a high density of fario & rainbow trout. Half of the lake is reserved for no-kill fly-fishing using barbless hooks. All techniques except paste are allowed on the other half. Releases are made throughout the season.

On Wednesdays, Thursdays, weekends and Bank Holidays, from 7am to 8pm, from June 13 to October 11.

Fishing licence compulsory. On sale at Tueda restaurant from 6am.

Cards :

- No-kill fishing : Full day 15€
- Other techniques : 6 fishes 15€ (max one card per day)

### Major Events

13 June: Tueda 12hrs competition.

5 September : French fly-fishing Championship (national promotion).

Fishing will be closed to non-competitors during these events.

\* Tueda bar-restaurant, Méribel-Mottaret, open from 6am to 8pm on fishing days, and from 9am to 8pm the other days.

\* Licences for lakes or rivers: on sale at the Tourist Offices (for Tueda Lake, cards on sale only at the bar-restaurant).

## Paragliding

If you've never tried paragliding before (...or maybe you're not entirely sure what it is!) then Meribel is a great place to learn how to fly. Known as "parapenting" in France, today there are a great number of clubs and organisations in the area whose sole purpose is to get you flying.

[www.adrenactive.com](http://www.adrenactive.com)

## Adventure Park

At le Bois d'Arbin.

150 m zip slide plus four forest courses to test your agility, balance and acrobatic skills. Open to adults and accompanied teenagers.

From 9am to 6pm.

- Initiation course (110 cm height min.) : 10€
- 3 courses (140 cm height min.) : 22€
- 4 courses : 32€
- New ! Course for the small adventurers above 3 years.

Group discounts.

Open from June to October (booking compulsory for June, September and October)

## Via Ferrate

'Dent de Burgin' : for thrill seekers, a trekking itinerary leads to the top, thanks to special equipment such as cables, ladders, etc. Take your mountain gear along.

Professional guiding advised. Per person : 59€

'La Rosière Lake' : itinerary for a half-day initiation : 41€

[www.skibasics.co.uk/](http://www.skibasics.co.uk/)

[www.skibasics.co.uk/summer\\_basics.htm](http://www.skibasics.co.uk/summer_basics.htm)