









WELCOME BIKE

Samoëns
TO FALL IN LOVE WITH



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Weather Chamonix
www.chamonix-meteo.com
 ou +33 (0)8 99 71 02 74
 (chargeable call)

A FEW INSTRUCTIONS

For your safety:

- Choose your route according to your physical condition and our technical level.
- Inform those around you of your itinerary.
- Wear a helmet (compulsory for children up to the age of 12).
- Make sure you have everything you need for repairs: a first-aid kit and supplies.

Specific recommendations

Hunting is a major activity from mid-September to mid-January. During this period:

- Wear brightly coloured clothing, identify yourself and respect the signs posted by hunters.

Information on hunting:

<http://chasseco.fr/site.html>

- Find out when the passes open or what work is in progress.

Haute-Savoie road information:

www.inforoute74.fr or +33 (0)4 50 33 20 74.

Weather conditions :

- Find out about the weather conditions

Respecting the environment

- Use the marked paths, do not ride off-road.
- Do not cut the switchbacks when descending.
- Follow the direction of the routes.
- Don't brake too hard, as locking the rear wheel will cause the paths and tracks to overgrow rapidly.
- Respect private property and crops.
- Close gates.
- Watch out for farm and forestry machinery.
- Avoid picking flowers, fruit and mushrooms in the wild.
- Do not disturb the peace and quiet of residents or animals.
- Keep your rubbish to yourself.
- Be discreet and do not shout unnecessarily.
- Do not light fires.



Please note! Pedestrians have priority on footpaths. Stop when crossing them and be aware that you could be held responsible in the event of a collision. Note the international emergency number: 112.

ROAD BIKE

These itineraries are given as an indication and do not engage the responsibility of the editor and the authors.

All our itineraries leave from the Samoëns Tourist Office.



Road Bike



E Bike

NIVEAUX



Athletic
Very difficult



Sporty
Difficult



Intermediate



Easy





Distance: 24 km.



Minimum altitude: 623 m.
Maximum altitude: 727 m.



Vertical Drop + : 180 m.



Time : 1h00
Time E-Bike : 53 min.

On this family-friendly itinerary, discover the Giffre valley and its charming villages.

Take the D907 towards Taninges, then branch off onto the D902 towards Châtillon-sur-Cluses.

Pass through the villages of La Rivière-Enverse and Morillon before reaching Samoëns on the D4.

GPX TRACKS HERE



Cirque du Fer-à-Cheval



Distance: 24.6 km.



Minimum altitude: 698 m.
Maximum altitude: 955 m.



Vertical Drop + : 280 m.



Time : 46 min.
Time E-Bike : 37 min.

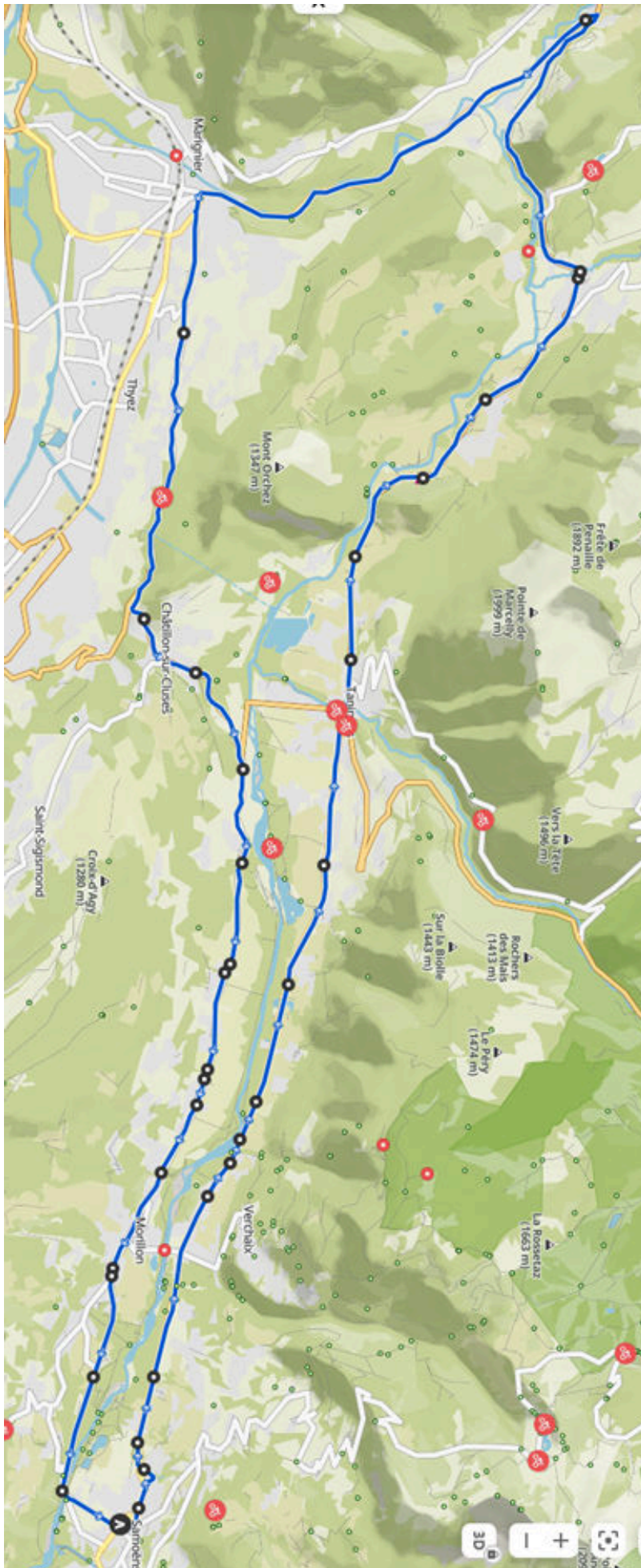
From our charming village of Samoëns, set off to discover our magnificent valley. On the way to the Cirque du Fer-à-Cheval, stop to admire the spectacular Gorges des Tines, then explore the authentic village of Sixt-Fer-à-Cheval. Finally, you'll reach the largest mountain cirque in the Alps: the majestic Fer-à-Cheval.

Practical information: The Cirque du Fer-à-Cheval is a nature reserve. Cycling is prohibited on the path leading to the Fond de la Combe from 10am to 6pm from 1 July to 31 August, as well as at weekends in June and September.

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Boucle du Giffre Samoëns Mieussy



Distance : 47.3 km.



Altitude minimale : 476 m.
Altitude maximale : 738 m.



Vertical Drop + : 450m.



Time : 2h06
Time E-Bike: 1h47

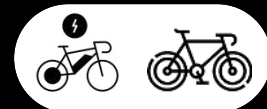
From Samoëns, take the D907 towards Mieussy, passing through Taninges. At Mieussy, continue on the D926 towards Marignier, then follow the D6, Route de Châtillon.


Once you reach the village of Châtillon-sur-Cluses, head down into the Giffre valley on the D902. Leave this road to follow the signs for La Rivière-Enverse, then cross Morillon before reaching Samoëns on the D4.


GPX TRACKS HERE




Col de Joux Plane



 Distance : 26.2 km.

 Altitude minimale : 696 m.
Altitude maximale : 1684 m.

 Vertical Drop : 990 m.

 Time : 1h57
Time E-Bike : 1h19

The Col de Joux Plane is a legendary challenge, climbed 11 times by the Tour de France. It offers exceptional views over the Giffre valley and the Mont-Blanc massif.

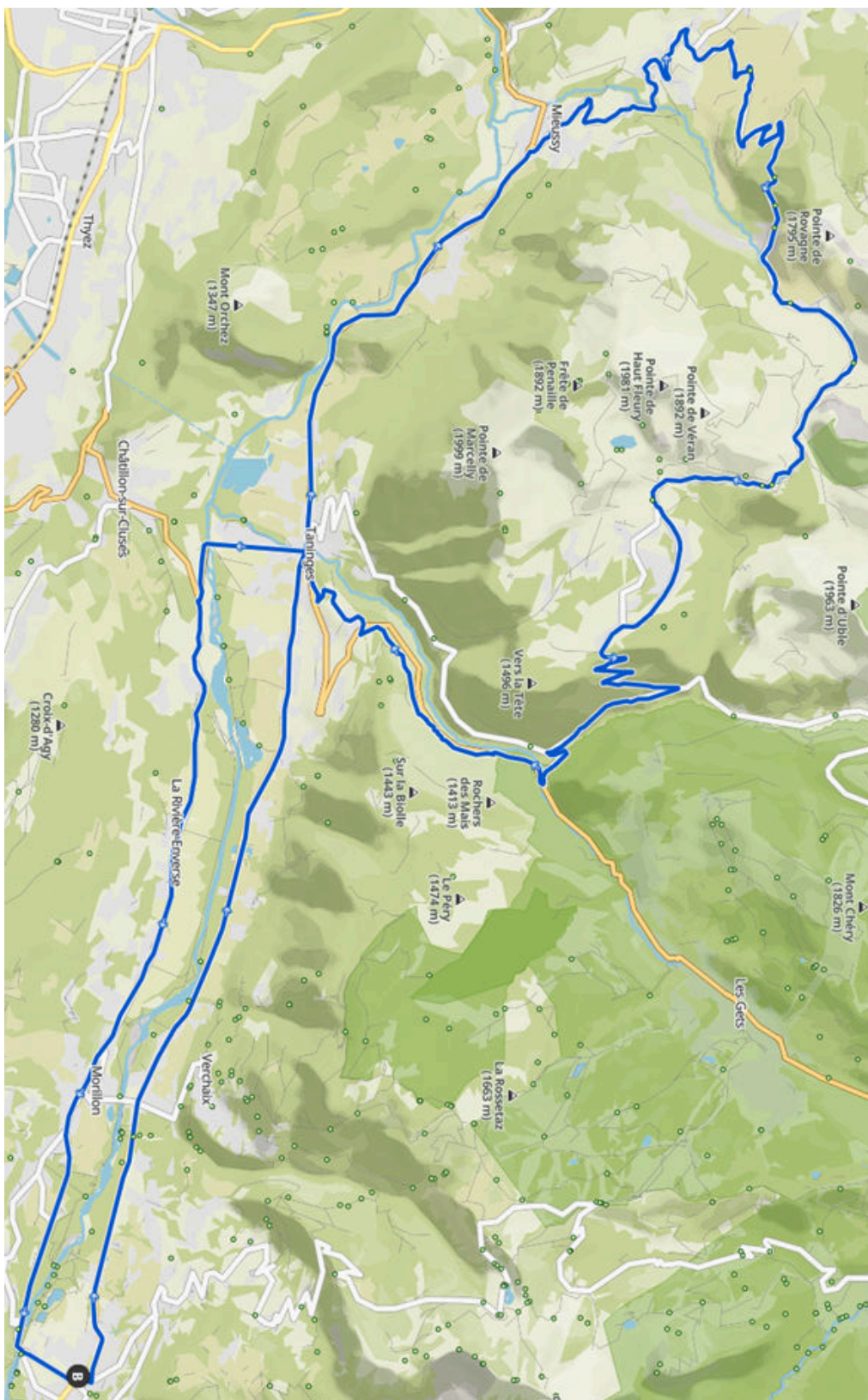
From Samoëns, take the road towards the hamlet of Chantemerle. Continue up to the Col de Joux Plane, where you'll discover a charming little lake nestling at the summit.

For the descent, at the Mévoutier crossroads, head towards Mathonex, then on to the Bérrouze chapel in Samoëns.

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Col de La Ramaz



Distance : 59 km.



Altitude minimale : 607 m.
Altitude maximale : 1611 m.



Vertical Drop + : 1250 m.



Time : 4h30
Time E-Bike : 3h30

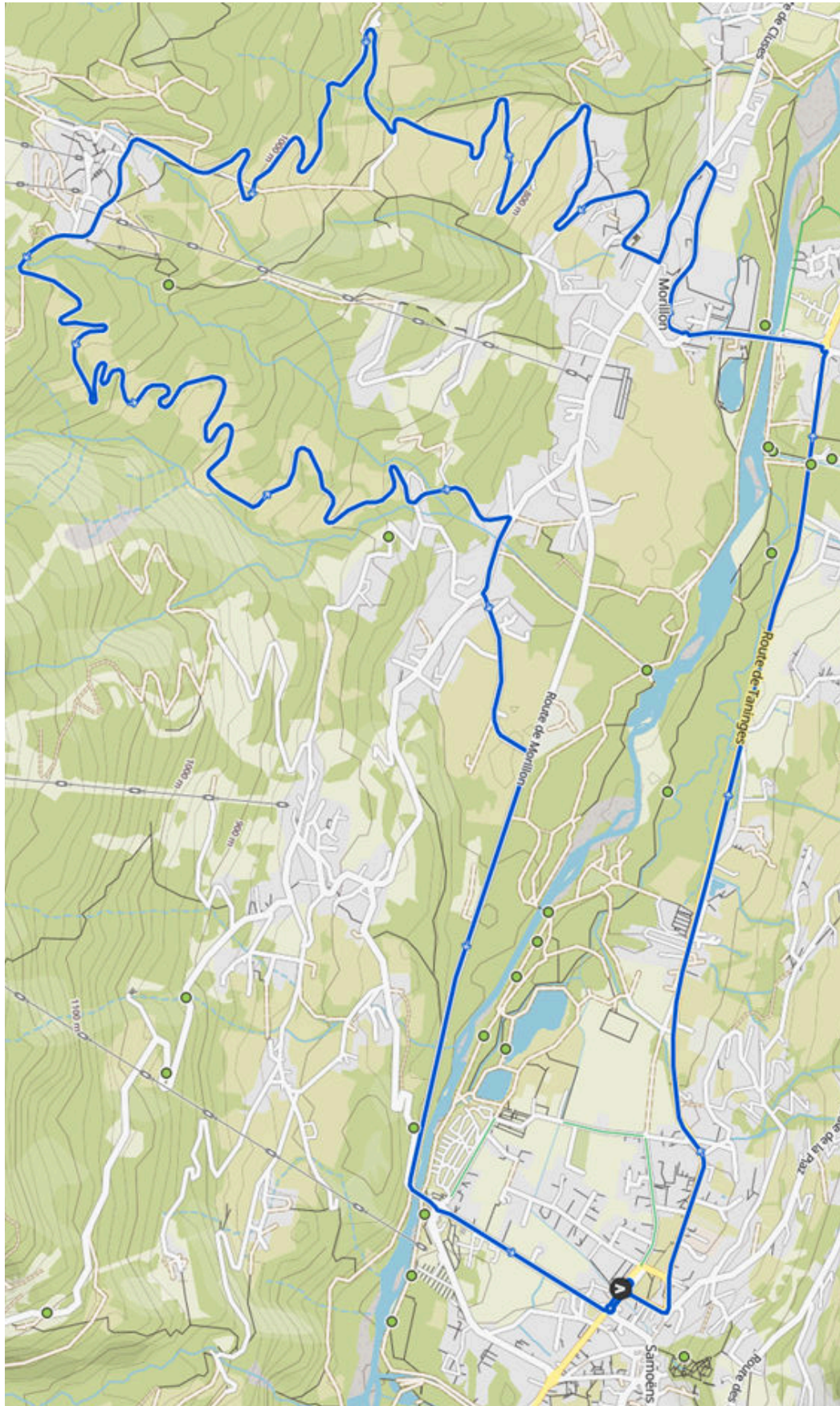
The Col de la Ramaz links the Sommand plateau to the Praz de Lys plateau. It was climbed during the 14^e stage of the 2023 Tour de France, which linked Annemasse to Morzine. This pass offers breathtaking views of the Mont Blanc range.

Take the D907 towards Mieussy, passing through Taninges. At Mieussy, follow the signs for Praz de Lys-Sommand via the D308. Head back down towards Taninges, then continue through La Rivière-Enverse and Morillon before reaching Samoëns on the D4.

GPX TRACKS HERE



Boucle des Esserts



Distance : 19km.



Altitude minimale : 655 m.
Altitude maximale : 1088 m.



Vertical Drop + : 480 m.



Time : 1h10
Time E-Bike : 50 min.

Enjoy breathtaking views of the northern slopes of the Giffre valley from Les Esserts, in the heart of the Morillon resort.

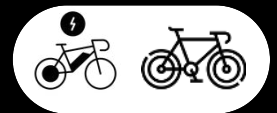
Take the D907 to Morillon, then start your ascent along the Route des Esserts (D54).


Then head back down towards L'Etelley on the route du Mas Devant, and continue on the D907 towards Samoëns.


GPX TRACKS HERE




Plateau des Saix



 Distance : 21.7 km.

 Altitude minimale : 695 m.
Altitude maximale : 1610 m.

 Vertical Drop + : 920 m.

 Time : 2h10
Time E-Bike : 1h25

The Plateau des Saix marks the start of our ski resort in winter and the downhill mountain biking area in summer. Samoëns 1600 is also the departure point for paragliders.

From the tourist office, take the Avenue du Giffre, cross the bridge and head up towards the Hameau de Vercland. Continue on to the Plateau des Saix.

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The Critérium du Dauphiné is a prestigious cycle race held every year in France.

Some of its iconic stages take place on the Plateau des Saix and the Col de Joux Plane. This event is of particular importance to professional riders, as it is often ideal preparation for the Tour de France.



The Tour de France is one of the most popular sporting events, attracting thousands of spectators every year. Samoëns was lucky enough to welcome the Tour on Saturday 15 July 2023, during the 14^e stage. This stage started in Annemasse and finished in Morzine, passing through Samoëns and the ascent of the famous Col de Joux Plane.



The women's Tour de France is back for another exciting edition, crossing France from west to east, between Brittany and the Alps. See you on Sunday 3 August in Samoëns!



If you're a cyclist, hiker, roller skier or other non-motorised enthusiast, the Adopte un Col! event is for you. For one day, the road over a legendary Alpine pass is closed to motorised traffic. It's a day dedicated to soft mobility.

MOUNTAIN BIKE

E-MOUNTAIN BIKE

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All our itineraries leave from the Samoëns Tourist Office.



Gravel



Mountain E-Bike



Mountain Bike

NIVEAUX



Athletic
Very difficult



Sporty
Difficult



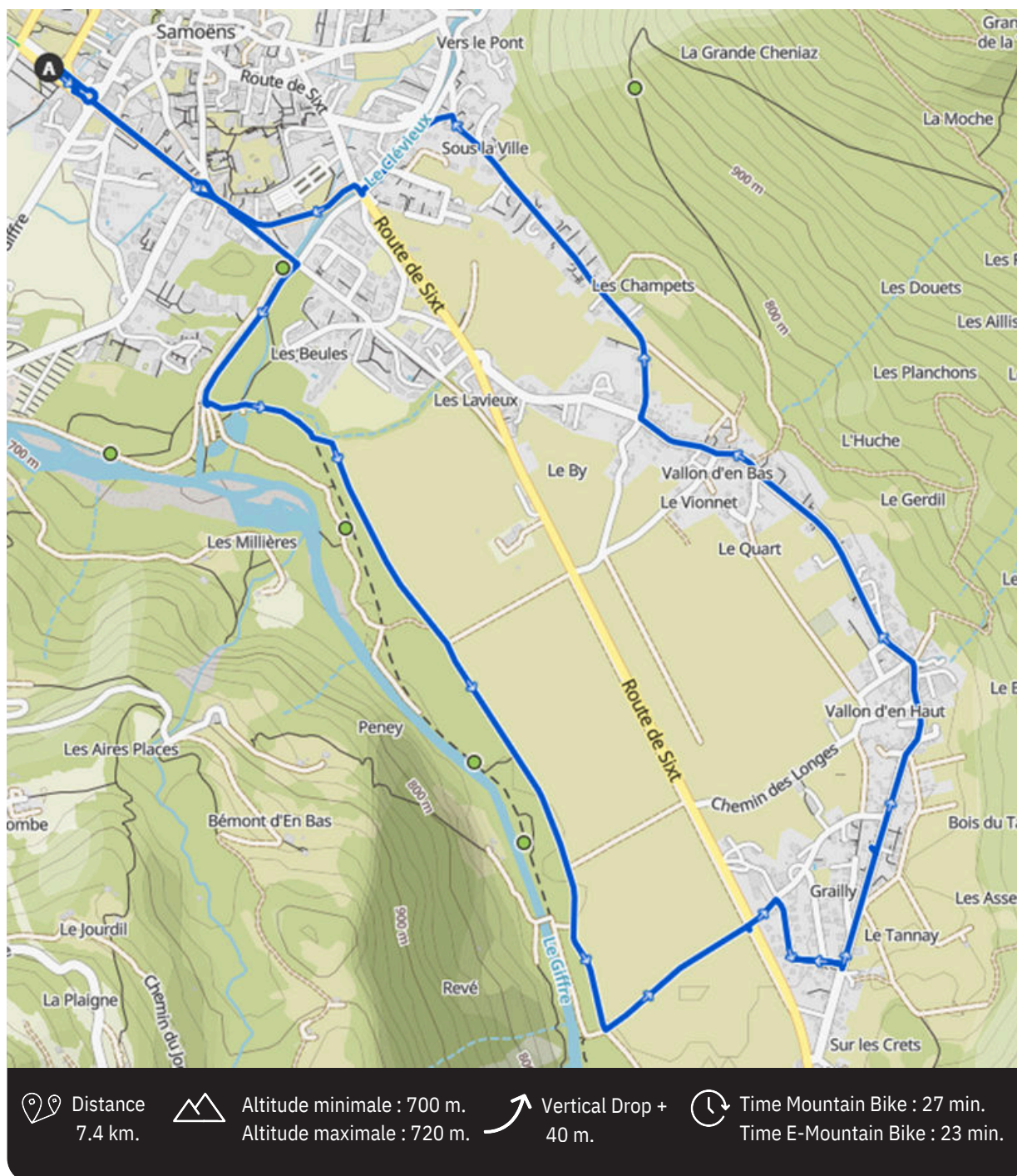
Intermediate



Easy



Le tour des Vallons

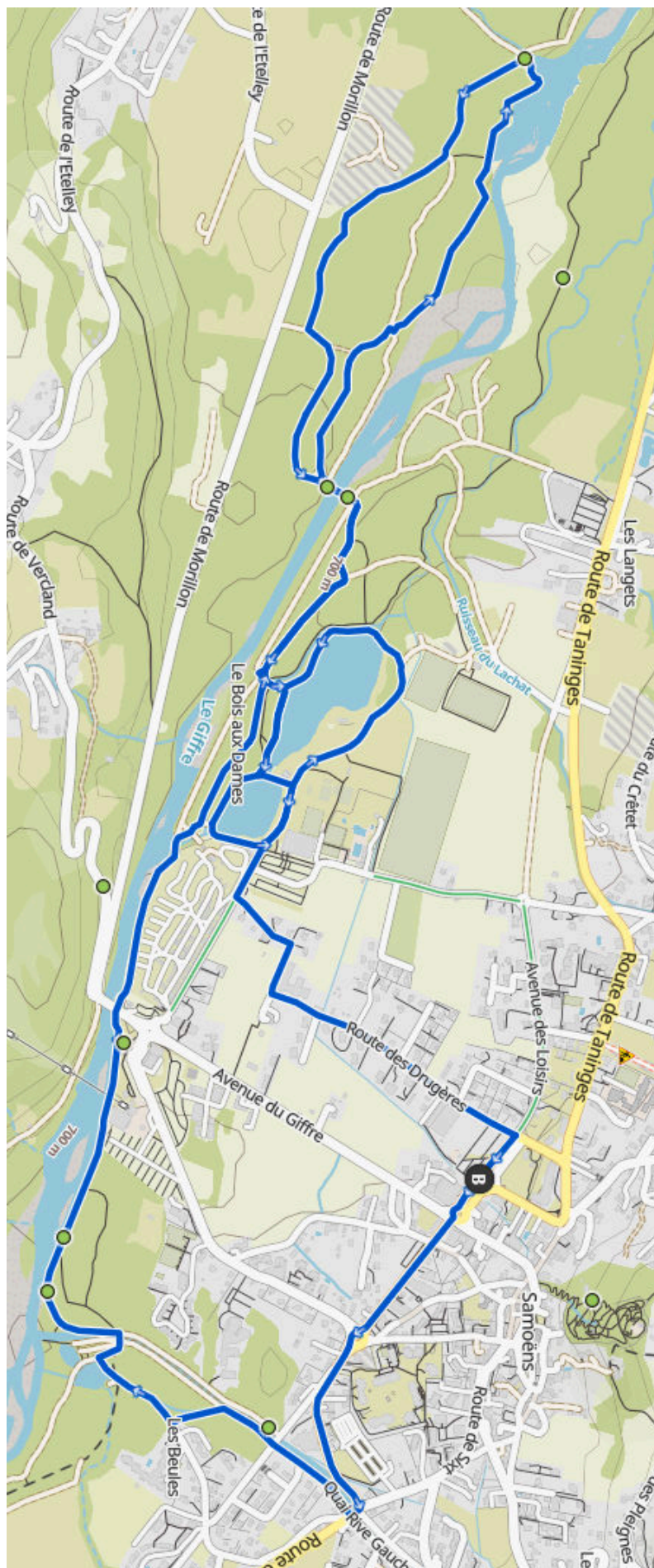


Enjoy a pleasant family walk to discover the hamlet of Les Vallons in Samoëns and follow the banks of the River Giffre.

From the Samoëns tourist office, head towards Sixt Fer à Cheval. A few metres after the second roundabout, turn right onto the small road that runs alongside the dairy. Then turn right onto the wide track that leads to a footbridge over the Cléveux torrent. Turn left and follow the path traced over the old dykes of the Giffre to the vast plain of Les Vallons.

GPX TRACKS HERE





Distance : 9 km.



Altitude minimale : 678 m.
Altitude maximale : 711 m.



Vertical Drop + : 50 m.



Time Mountain Bike : 36 min
Time E-Mountain Bike : 32 min.

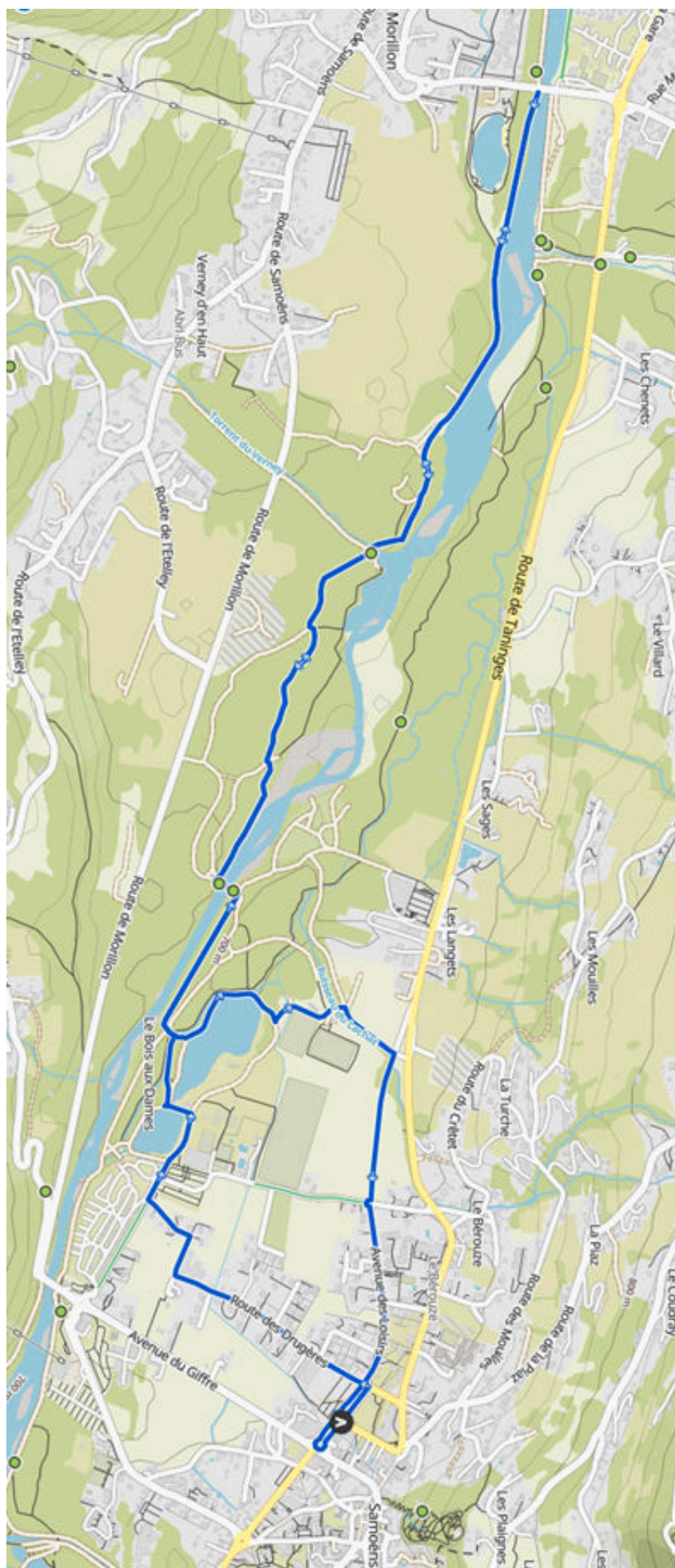
From the Tourist Office, follow the banks of the Clévieux and walk along the Giffre towards Morillon, passing under the Grand Massif Express ski lift.

Don't miss the Lac aux Dames leisure centre. Return via the route des Drugères, in front of the ice rink.

GPX TRACKS HERE



La boucle du Giffre : Samoëns - Morillon



Distance : 9 km.



Altitude minimale : 670 m.
Altitude maximale : 720 m.



Vertical Drop + : 30 m.

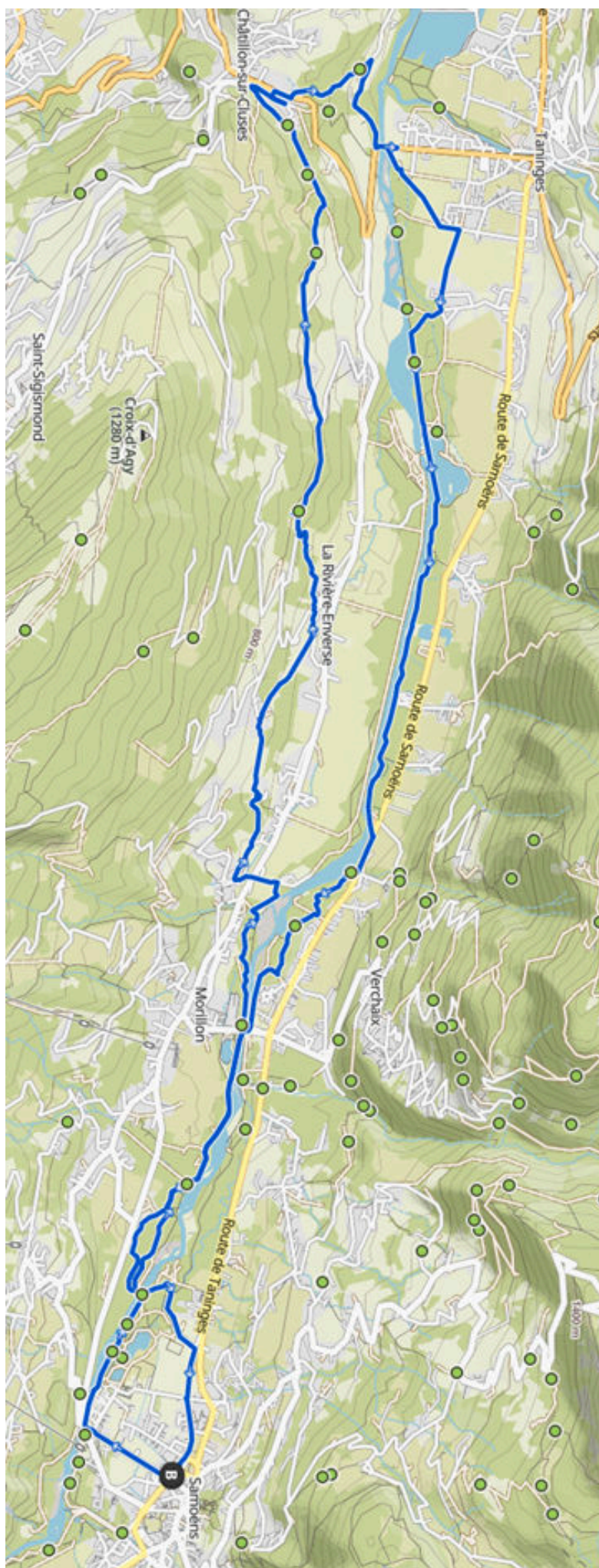


Time Mountain Bike : 40 min.
Time E-Mountain Bike : 35 min.

A family-friendly route to discover the magnificent Giffre valley. From Samoëns, follow the Giffre towards Morillon. Through the undergrowth, cross our footbridges and admire our two emblematic peaks: the Pic du Marcellay and the Criou.

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Distance : 28 km.



Altitude minimale : 620 m.
Altitude maximale : 784 m.



Vertical Drop: 290 m.



MTB time: 2h05
VTAE time: 1h46

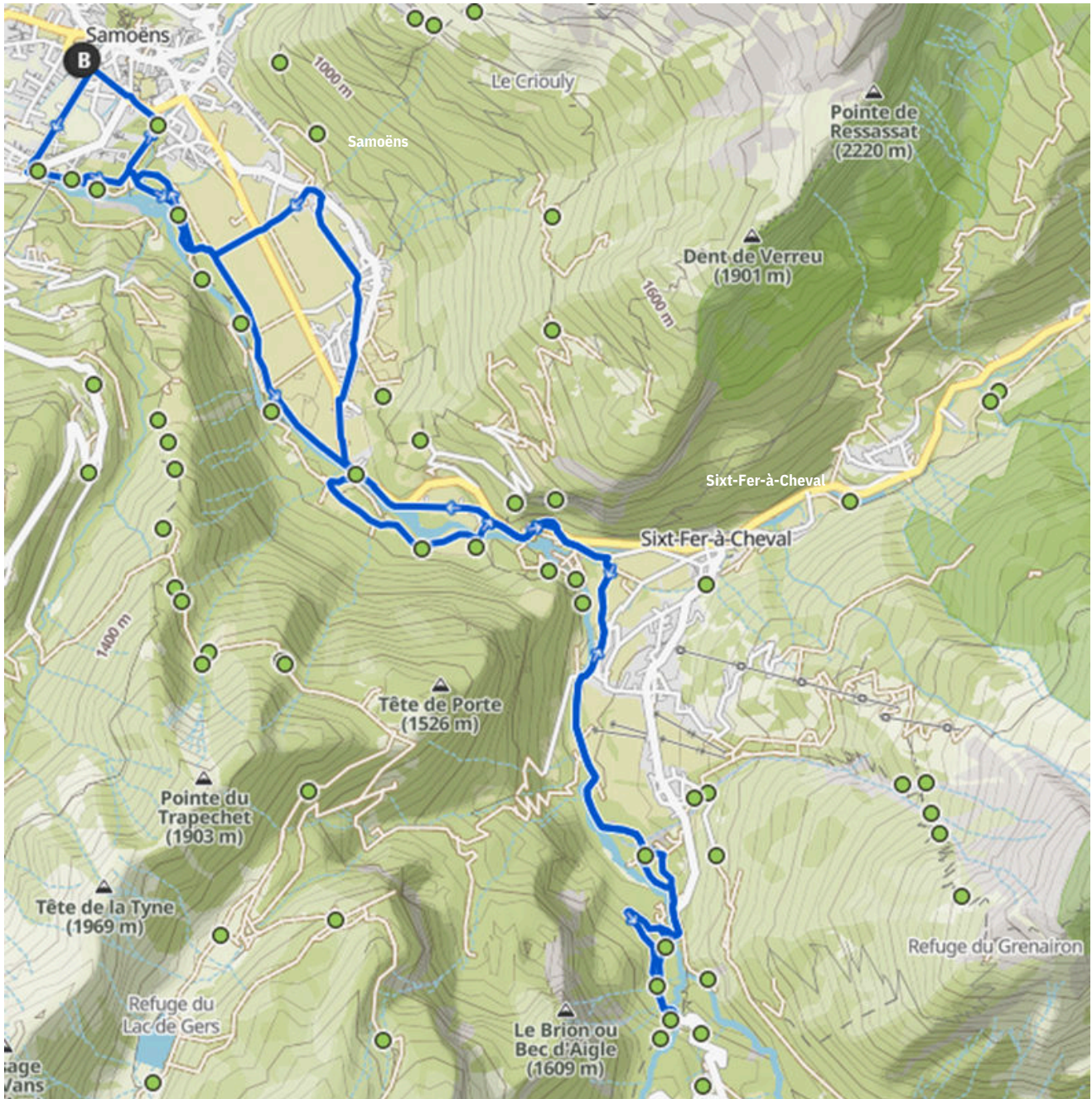
Discover the Giffre valley as you pass through our charming villages. From Samoëns, follow the river to Taninges, then cross the commune of Châtillon-sur-Cluses to join the path leading to the river Enverse.

End your journey at the village of Morillon and return along the Giffre to Samoëns.

GPX TRACKS HERE



La Cascade du Rouget



Distance
21 km.



Minimum altitude: 695 m.
Maximum altitude: 958 m.



Vertical Drop
350 m.



MTB time: 1h43
VTTAE time: 1h22

From the Tourist Office, take the Grand Massif road and follow the Giffre to the Gorges de Tines, passing through the hamlet of Le Perret. Continue up to the Cascade du Rouget on the GR5. Return via Ferme des Tines and the hamlets of Les Vallons.

Nicknamed 'The Queen of the Alps', the Cascade du Rouget is the most prestigious of the Sixt-Fer-à-Cheval waterfalls. Made up of two jumps, it drops more than eighty metres.

GPX TRACKS HERE



La boucle des Allamands



Distance : 38.7 km.



Minimum altitude: 632 m.
Maximum altitude: 1348 m.



Vertical Drop 1020 m.



MTB time: 3h43
VTTAE time: 2h48

From Samoëns, head towards Lac des Vernays via Verchaix. Then head along Lac Bleu de Morillon before returning to Samoëns and beginning the ascent to the hamlet of Les Allamands.

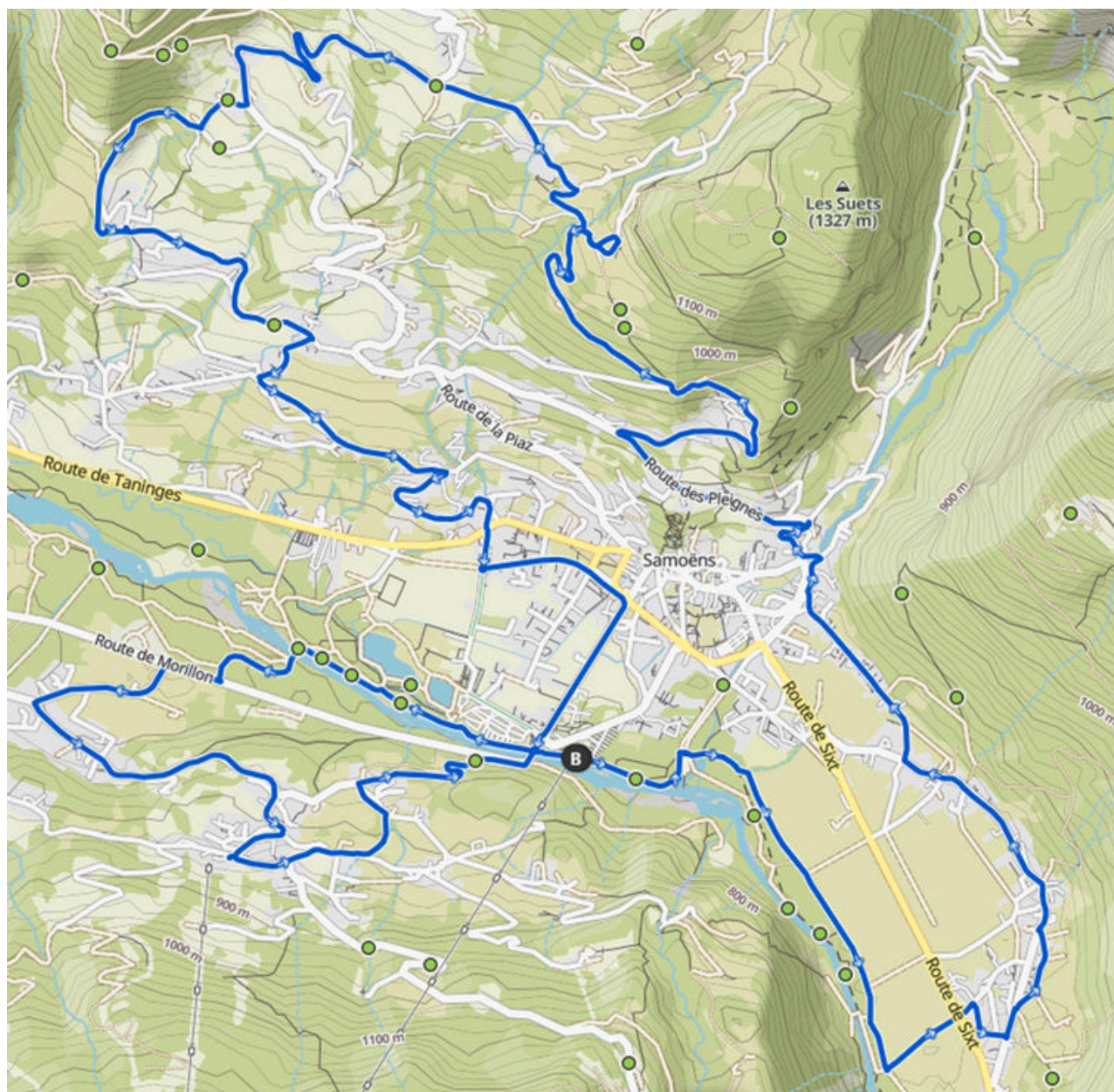
The chapel of Les Allamands, built in the 19th century by the inhabitants of the hamlet of the same name, is the most recent of the nine chapels in the hamlets of Samoëns.

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Les chapelles de Samoëns



Distance
25.7 km.



Minimum altitude: 680 m.
Maximum altitude: 1113 m.



Vertical Drop
+ 610m.



MTB time: 2h10
VTTAE time: 1h30

Discover the chapels of Samoëns and the heritage of the Septimont area. The bulbous bell towers, with their Baroque influence, stand out at the bend in the road and are a reminder of the work of craftsmen in days gone by. These chapels also bear witness to the human history of Savoie.

From the Samoëns tourist office, explore the hamlets of L'Etellay, Vercland, Les Vallons, Chantemerle, Mathonex and Le Bérrouze.

GPX TRACKS HERE



Cirque du fer à Cheval



Distance : 28 km.



Minimum altitude: 695 m.
Maximum altitude: 953 m.



Vertical Drop: 420 m.



MTB time: 2h13
VTAE time: 1h47

Discover the Cirque du Fer-à-Cheval and the nature reserve on this itinerary along the Giffre.

On the way to the Cirque du Fer-à-Cheval, take a break to admire the Gorges des Tines, then explore the village of Sixt-Fer-à-Cheval. You'll finally arrive at the largest mountain cirque in the Alps: the Fer-à-Cheval.

Practical information: The Cirque du Fer-à-Cheval is a nature reserve. Cycling is prohibited (on the path leading to Fond de la Combe) from 10am to 6pm from 1 July to 31 August, as well as at weekends in June and September.

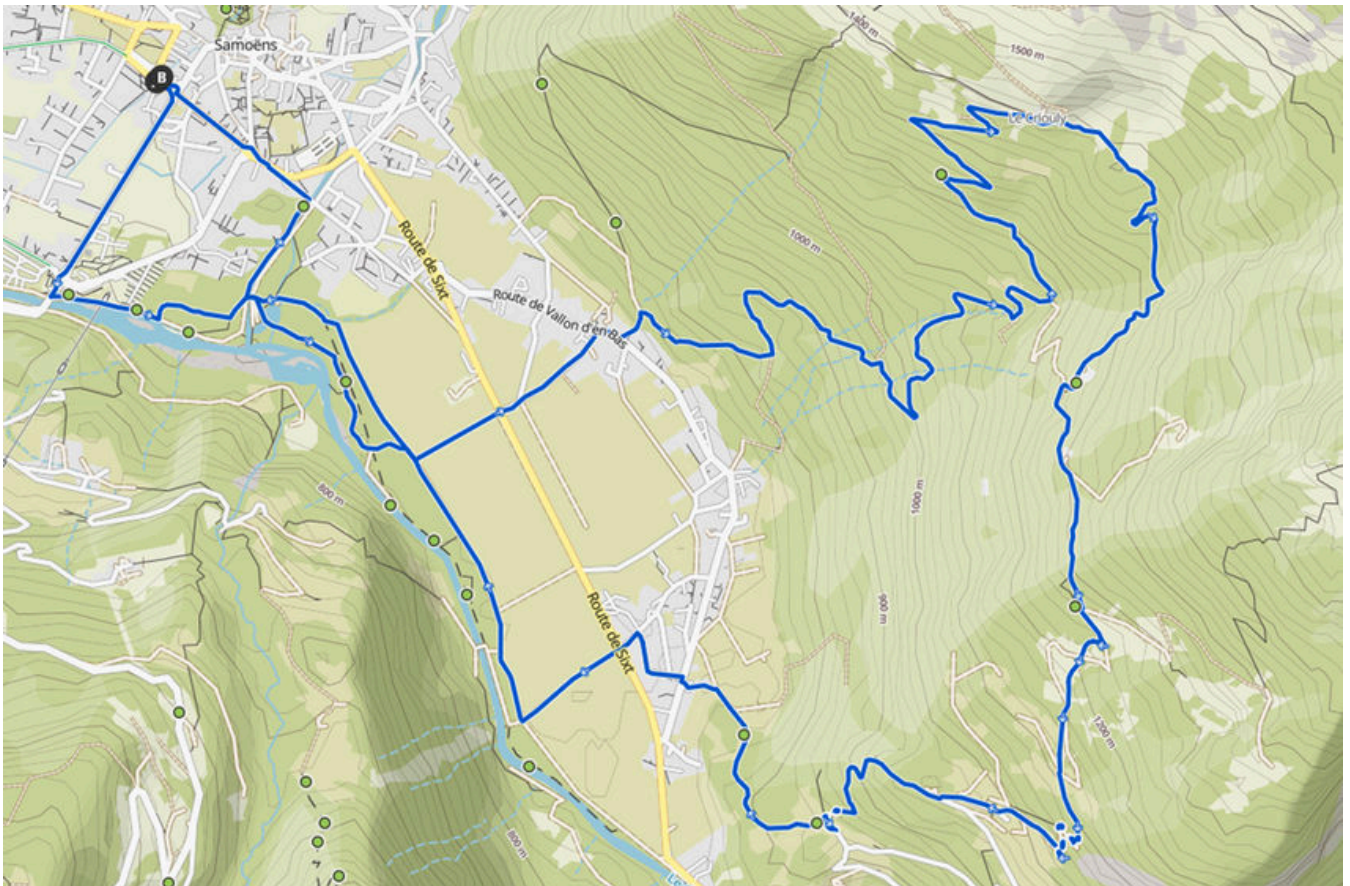
GPX TRACKS HERE



Chalet du Trot



Chalet du Trot



Distance
16.8 km



Minimum altitude: 695m.
Maximum altitude: 1373m.



Vertical Drop
740 m.



MTB time: 3h00
VTTAE time: 1h30

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Discover our iconic mountain: the Criou.
From the tourist office, follow the Giffre to the hamlet of Vallons d'en Haut. Cross the hamlet of Le Mont to reach the Chalet du Trot, where you can see Mont Blanc and the Pointe de Sales. Descend via Bouttiay and Vallon d'en Bas.





Distance : 21km.



Minimum altitude: 695 m.
Maximum altitude: 1009 m.



Vertical Drop: 490 m.



MTB time: 2h00
VTAE time: 1h35

Follow the Giffre to discover Sixt-Fer-à-Cheval.

From the tourist office, walk along the Giffre towards the village of Sixt-Fer-à-Cheval. Cross the road and head towards the hamlet of Le Mont. Head towards Le Crot, the path overlooking the village of Sixt-Fer-à-Cheval.

Cross the Giffre again and continue along its left bank as far as the village of Sixt. Return to Samoëns via the hamlets of Les Vallons.

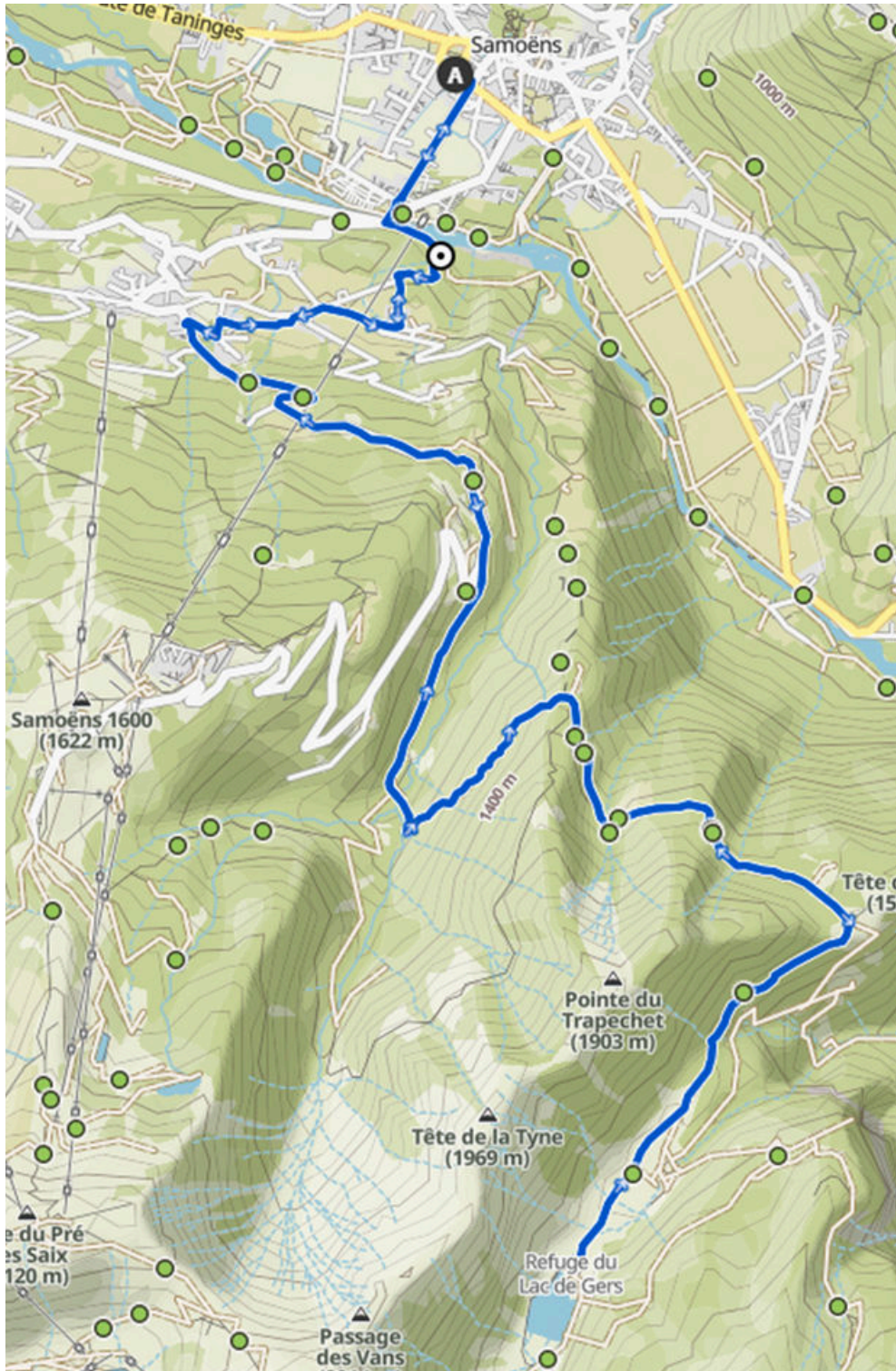
GPX TRACKS HERE



Lac de Gers



Lac de Gers



Distance : 26.5km.



Minimum altitude: 695 m.
Maximum altitude: 1532 m.



Vertical Drop: 900 m.



MTB time: 2h47
VTAE time: 1h57

Discover our mountain lake: Lac de Gers.

Cross the Giffre and follow the signs for Vercland, passing the Cascade de Nant d'An. Continue up to Lac de Gers.

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Refuge de Bostan



Refuge de Bostan



Distance
21 km.



Minimum altitude
700 m.

Maximum altitude
1754 m.



Vertical
Drop
1060 m.



MTB time: 3h00
VTTAE time: 2h00

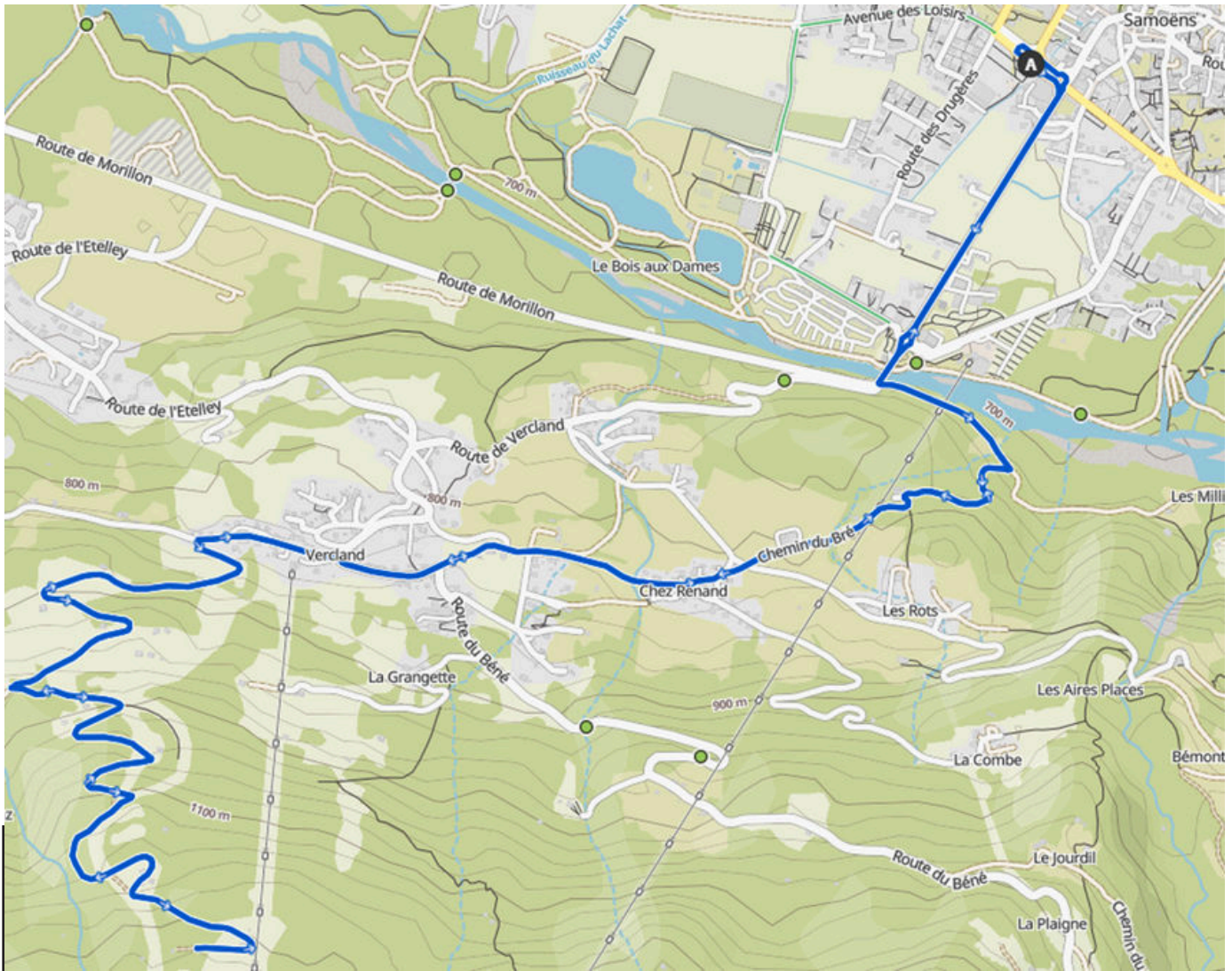
From the Samoëns tourist office, walk along the Clévioux river towards Les Fontaines. Continue as far as the hamlet of Les Allamands. The 4x4 track begins and climbs steadily through the forest, which you leave shortly before arriving at the Bostan mountain chalets.

The view opens out onto a splendid valley, dotted with boulders and lapiaz, bordered on the right by the Dents d'Oddaz. The path continues and soon leads to the refuge, a solid building on the edge of the pastures and lapiaz.

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Le Grand Crêt



Distance
13.1 km.



Minimum altitude: 695m.
Maximum altitude: 1210m.



Vertical Drop
540 m.



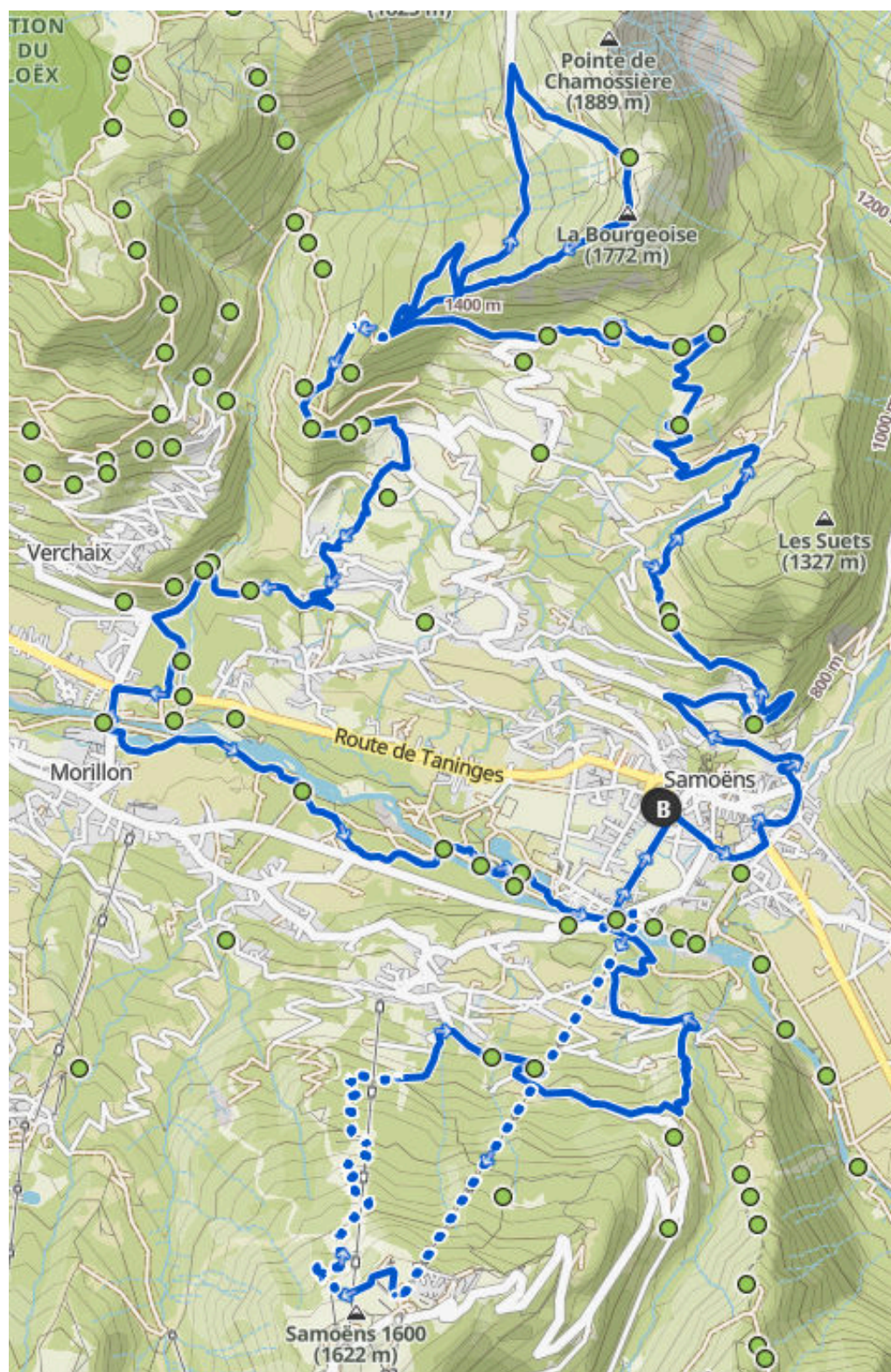
MTB time: 1h25
VTTAE time: 57 min.


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From the Samoëns tourist office, cross the Giffre bridge and follow the signs for Vercland, passing under the Grand Massif Express cable car. Continue around the Vercland cable car, then take the 4x4 track on your left, heading for the Chalet du Grand Crêt.




La Bourgeoise - Plateau des Saix



 Distance : 39.4 km.

 Minimum altitude: 666m.
Maximum altitude: 1749m.

 Vertical Drop + : 2270 m.

 MTB time: 4h23
VTAE time: 3h12

Take the Grand Massif Express ski lift up to the Plateau des Saix. Then start the descent towards the village of Samoëns via the Chalet du Crêt. From the hamlet of Chantemerle, climb La Bourgeoise.

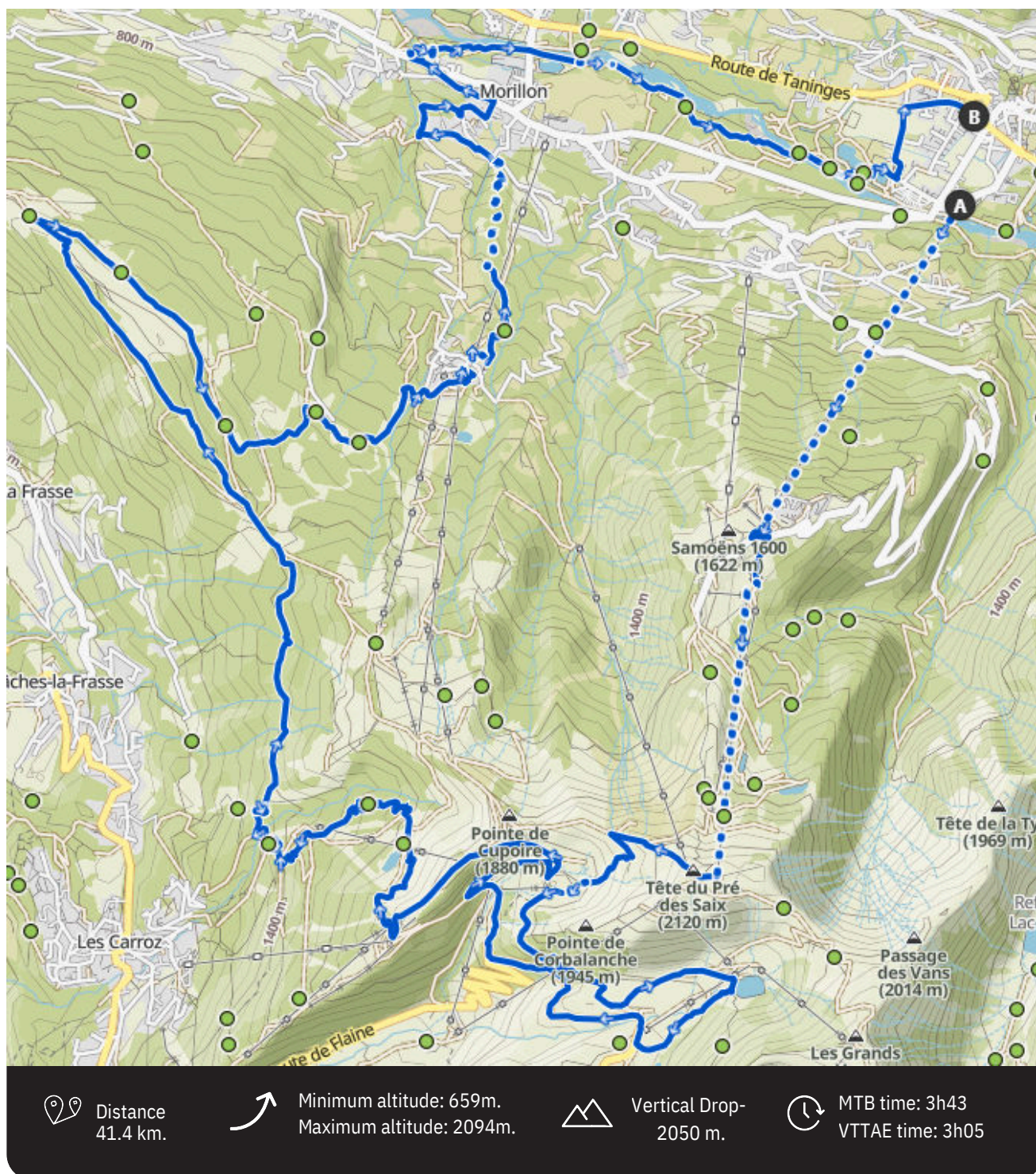
Enjoy spectacular views over the Giffre valley and Mont Blanc.

The descent is via Verchaix, Morillon and then the banks of the Giffre.

Practical info: The Grand Massif Express ski lift is open from early June to late August.

GPX TRACKS HERE





Take the Grand Massif Express and Chariande Express lifts up to the Tête des Saix, the highest point in the Samoëns ski area. From the plateau d'Agy, after passing Flaine and Les Carroz, there is an exceptional panoramic view over the Giffre and Arve valleys. Return to the village of Samoëns via Morillon and the banks of the Giffre.

Practical info: The Grand Massif Express chairlift is open from early June to late August. The Chariande Express chairlift is open in July and August.

GPX TRACKS HERE





A benchmark outdoor trade show and recognised as the world's largest mountain bike test centre, the Vélo Vert Festival also offers a rich programme of sporting events for all levels of rider (pros, amateurs and families).

DOWNHILL BIKES

These itineraries are given as an indication and do not engage the responsibility of the editor and the authors.

All our itineraries leave from the Samoëns Tourist Office.



Downhill bike

NIVEAUX



**Athletic Very
difficult**



**Sporty
Difficult**




Intermediate




Easy





 Distance : 8.90 km.

 Minimum altitude: 695 m.
Maximum altitude: 1585 m.

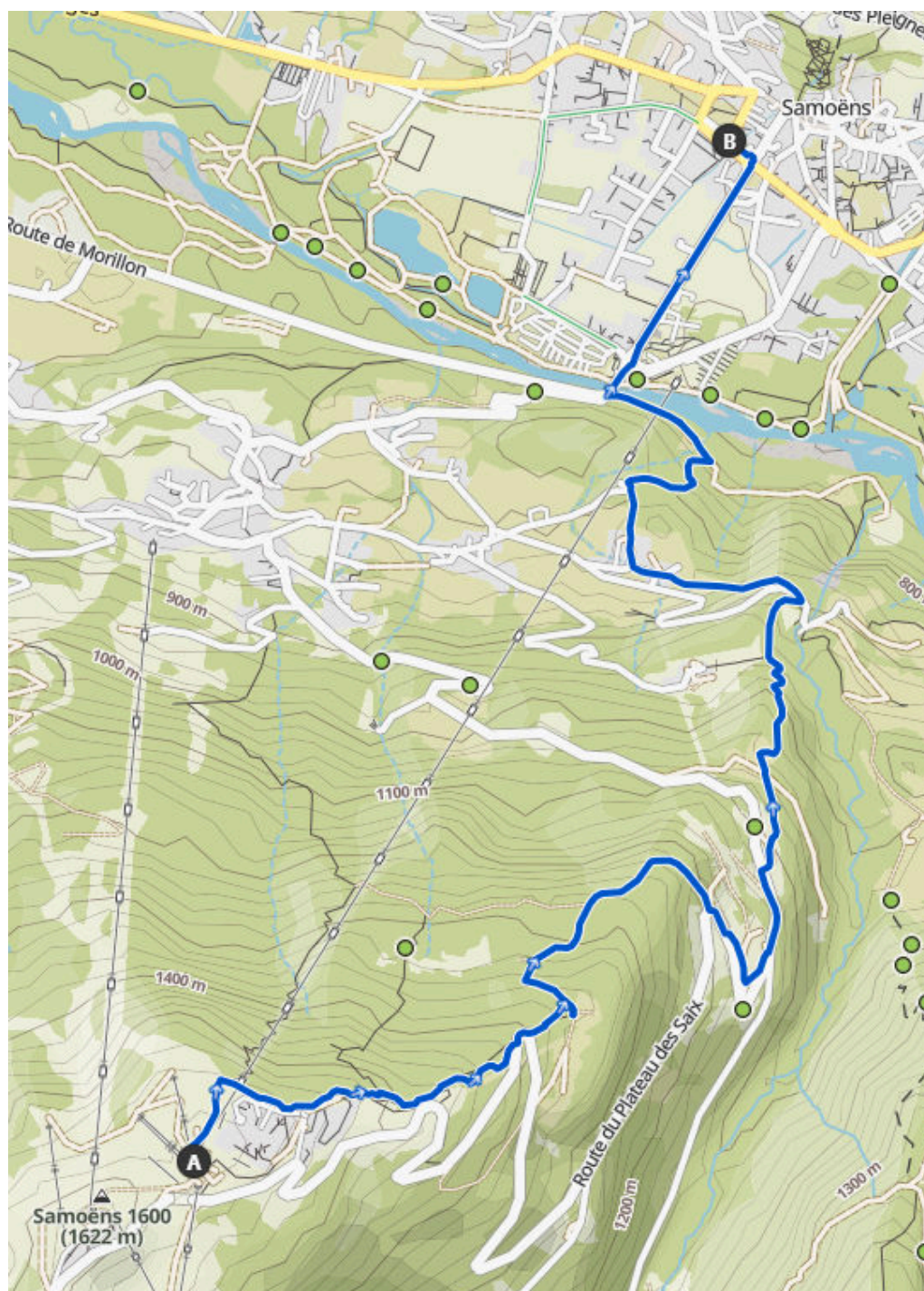
 Vertical Drop- : 890 m.


 Time: 28 min.


From the Plateau des Saix, follow the signs for the Dian Dian trail, which takes you through mountain pastures and wooded areas to the village of Samoëns.

GPX TRACKS HERE





 Distance : 6.90 km.

 Minimum altitude: 695 m.
Maximum altitude: 1585 m.

 Vertical Drop - : 890 m.

 Time: 20 min.

From the Plateau des Saix, follow the signs for the La Char trail, which takes you through mountain pastures and wooded areas to the village of Samoëns.

GPX TRACKS HERE



PRACTICAL INFO



DOMAINE DU GRAND MASSIF

Practical information:

Enjoy 120km of enduro and downhill itineraries accessible by ski lifts.

Visit the Grand Massif app or www.grand-massif.com for prices and mountain bike map.

Opening times :

Chariande Express chairlift: 9.30am to 4.15pm (July to August)

Grand Massif Express: 9am to 4.45pm (June to August)

Last ascent or descent, 15mn before closing.

Contact

Tel: +33 (0)4 50 90 40 00 - Mail: contact@grand-massif.com



Grand Massif website



Downhill MTB map



BICYCLE HOSTS



Hôtellerie

Hôtel Neige et Roc ****

+33 (0)4 50 34 40 72

255, route de Taninges,
SAMOËNS

www.neigeetroc.com

Hôtel Gai Soleil **

+33 (0)4 50 34 40 74

26 Grande Rue,
SAMOËNS

www.hotel-samoens.com

Village vacances

Village vacances

Cap France

Le Bérrouze

+33 (0)4 50 34 42 09

375, route de Taninges

SAMOËNS

www.leberouze.com

Locatifs

Les Epilobes

+33 (0)4 50 34 15 98

104, impasse de Farbelet
SAMOËNS

www.chaletsamoens.fr

Locatifs

La Cassina

+33 (0)6 28 21 32 59

425, Chemin rural de
la Plampraz

SAMOËNS



HIRERS/REPAIRERS

X'Trême Glisses

+33(0)4 50 89 82 30

730, route du Grand
Massif, SAMOËNS

Anthonioz Ski

+33(0)4 50 34 93 67

Avenue Cognacq-Jaÿ,
SAMOËNS

J'aime Sport

+33(0)4 50 34 98 20

217, avenue du Fer à
Cheval, SAMOËNS

Roland Gay Ski

Set Services

+33(0)4 50 34 42 44

4, place du gros Tilleul,
SAMOËNS

Mountain Ski Shop

+33(0)6 02 63 64 69

135, rue des Billets,
SAMOËNS

Sports expériences

+33 (0)4 50 34 90 36

718, route du Grand Massif,
SAMOËNS

Intersport

+33 (0)4 12 01 01 36

1367 Rte de
Taninges SAMOËNS



BUS LINES

Autocars Jacquet

100 Imp. des Prunus, 74460 Marnaz

Tel. : +33 (0)4 80 00 70 00 (reservation) - +33 (0)4 50 98 22 01 (reception)

www.jacquet-autocars.com

Annemasse > Samoëns > Sixt Fer à Cheval Ligne Y02.

Cluses > Samoëns > Sixt Fer à Cheval Ligne Y94.

Some routes are transport on demand and require bookings up to 4pm the day before. For transport on Mondays, book before 4pm on Friday.

Timetable: please contact the Tourist Information Office.

Bicycles accepted, no extra charge for bicycles.



SUMMER SHUTTLES

The summer Giffre shuttle service, which runs in July and August, provides easy access to the valley, linking Mieussy, Châtillon-sur-Cluses, Sixt-Fer-à-Cheval and various tourist sites 7 days a week (Col de Joux Plane, Lacs de Morillon et Samoëns, Les Esserts or Cirque du Fer-à-Cheval).

Timetable: Please ask your holiday advisor for details.



TRAINS

Timetable: Ask your tourist advisor and check the SNCF timetable.

Internet access at the Tourist Office via WIFI (choose free Ici Wifi network).



TAXI

Taxi Alps-Direct

+33(0)4 50 90 30 08

Dismantled bikes accepted.

(No extra charge for the tariff).



TRACES OF CYCLING ROUTES

GPX routes can be found on our website www.samoëns.com



LUGGAGE STORAGE

Ask your web host for more information.



RECHARGE BORDER

The Tourist Office provides a Bosh charger for electric bikes. Free of charge.



SANITARY FACILITIES & WATER POINT

- **Sanitary**
- Place de l'Office de Tourisme.
- Place des Dents Blanches (300m).
- Jardin Botanique (300m).
- Parking du GME (800m).
- Base de Loisirs du Bois Aux Dames (1km).



CAR PARK

- **Bike / Bike rack**
- Tourist office
- Pied de la ville (150m).
- City hall (500m).
- Grand-Massif Express (800m).
- Swimming pool and leisure centre (800m).

Drinking water

- Public fountain in Place de l'Office de Tourisme.
- Public fountain at Place du Gros Tilleul (200m).
- Close to the Grand Massif Express cable car.



PARKINGS

Car - Free - No time limit

- Tourist Office car park.
- Parking du Marché - Parking prohibited on Tuesday evenings and Wednesday mornings due to the market (50m).
- Parking de la Cour (200m).
- Cinéma car park (400m).
- 7 Monts car park (100m).
- Place des Dents Blanches car park opposite the Salle du Foyer (500m).
- Amoudruz car park (600m).
- La Louisiane car park (600m).
- Base de Loisirs car park opposite the sports and cultural centre (800m).
- Camping car park (400m).
- Vercland car park (3.5km).
- Col de Joux Plane car park (12km).
- Les Saix car park (12km).

Car - Chargeable - Time-limited (check with your holiday advisor)

- GME cable car car park (800m).

Car - Free - Blue zone (free parking disc available on request from the Tourist Office)

- Place du Gros Tilleul car park (500m).
- Place du Criou car park (600m).
- Place des Dents Blanches car park opposite the municipal police station (500m).



CAMPING CAR

Camping-caravaneige le Giffre

+33 (0)4 50 34 41 92

1064 route du Lac aux Dames

<http://www.camping-samoens.com/>

No bike room or storage space.

Blue Bollard Service+33(0)4 50 34 41 92

1064 route du Lac aux Dames

Price: €6 - payment in coins of €0.50, €1 and €2

Access to the car parks is free. Parking is authorised for a maximum of 48 hours in the car parks, provided that no equipment (wedges, chairs, etc.) is unpacked.

Please note: parking is prohibited in the market car park, near the tourist office, on Tuesday evenings and Wednesday mornings.

The Grand Massif Express pay car park is closed overnight.



ACCOMPANIED OUTINGS

Guided and supervised outings in private, group or family lessons by our MCF instructors.

SeptiBike / X'Trême Glisses

Route du Grand Massif

Tel. : +33 (0)7 63 23 21 17 - +33(0)4 50 89 82 30

www.ecolevt-septibike.fr



Come and discover our new Skatepark at the end of the Lac au Dames leisure park, next to the football and rugby stadiums.

The Samoëns skatepark is open all year round at the following times:

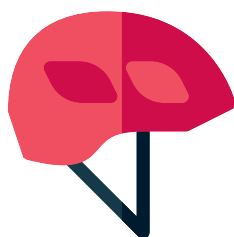
From 01/04 to 30/09: 8.30am - 8.30pm

From 01/10 to 31/03: 8.30am - 6.30pm





Samoëns
À EN TOMBER AMOUREUX



SAMOËNS TOURIST OFFICE

+33 (0)4 50 34 40 28
www.samoens.com



CONSULT OUR WELCOME BIKE BROCHURE ONLINE AT
www.samoens.com/telechargements/brochures