



Personalized services

We are here to help you prepare your stay in Les Menuires !

Rainbow Chalets offers you various personalized services to give a special touch to your holiday.

Everything is here to make your stay with us unforgettable !



- Book your ski equipment (page 3) :

Make sure you get the gear that you want without waiting in a ski shop

- Book your ski lessons with the ESF School (page 4 et 5) :

Don't wait in the ski school office anymore, we take care of it for you !
your classes vouchers will be waiting for you in the chalet when you arrive.

- Book the ski passes before you arrive (only available on certain dates) (page 6) :

your ski passes are ready when you arrive, save time and money !

- Get a Massage at home (page 7) :

Our masseuse Anita will come to the chalet upon booking

- Ski clothes rental (page 8) :

Be trendy even on the ski slopes !
Book your outfit for this winter season, high quality clothes and new collections every year .

- Home Chef (page 9,10,11 et 12) :

Stay cozy and get our home chef to cook and take care of the service for you at home.

- Other services (page 13) :

Grocery delivery, daily cleaning, Transfer etc

Ski Equipment

20% discount on the prices of your equipment

The price difference depend of the kind of equipement you want and this one depend of your ski level, we established a color code (related to the ski slopes colors) to help you choose what's best for you .

Green: 1st steps **Blue:** learning **Red:** good abilities **Black:** technical **Gold:** technical and innovative

Adultes	Blue (ski)	Red (Ski/Snow)	Black (Ski/Snow)	Gold (Ski)	Helmet
Ski / Week	82 €	112 €	138 €	158 €	19 €
Full Equipement / Week	129 €	159 €	185 €	209 €	
Kids	Green (only up to 6 years old)	Junior Blue 7/12 years	Junior Red 7/12 years		Helmet
Full Equipment / Week	55 €	75 €	95 €		19 €

For chalet Purple and Rainbow (arrivals on Sundays) we recommend you to book your equipment ahead because ski shops are often emptied out on Saturdays.

Important : you can book your equipment with our special prices for each of the 3 chalets (Purple,Rainbow,Yellow)

however the equipment delivery at the chalet is only available for chalets Purple and Rainbow (between 6PM and 7:30PM on your arrival day)
chalet Yellow being just nearby the ski shop you will be able to pick up your equipment directly at the shop.



Ski Lessons



Chalet Yellow : The meeting point for group class is on the snow front of « La Croisette ».

Chalet Purple and Rainbow : The meeting point for the group class is on the snow front of « Les Bruyères ». (The Sunday lesson will be replaced the next Saturday).

Cours collectifs ESF / Adulte (13 ans et +) <i>Group lessons ESF / Adult (13 years and +)</i>	DÉBUTANT <i>BEGINNER</i>	CLASSE 1 À 4 <i>CLASS 1 TO 4</i>
6 cours matin <i>6 morning lessons</i>	189	189
6 cours matin + forfait <i>6 morning lessons+ski pass</i>	281	-
6 après-midi <i>6 afternoon lessons</i>	155	155
6 après-midi + forfait <i>6 afternoon lessons + ski pass</i>	247	-
6 matin + 6 après midi <i>6 morning + 6 afternoon lessons</i> <i>Excepté du 09/02 au 07/03</i>	236	236
6 midis (jusque classe 2) <i>6 lunch times</i> <i>Uniquement du 09/02 au 07/03 - 8 personnes max</i>	155	155
6 midis + forfaits (jusque classe 2) <i>6 lunch times + ski pass</i> <i>Uniquement du 09/02 au 07/03 - 8 personnes max</i>	247	-

Cours collectifs ESF / Enfant (6-12 ans) <i>Group lessons ESF / Children (6-12 years)</i>	DÉBUTANT <i>BEGINNER</i>	FLOCON - 2E ÉTOILE <i>SNOWFLAK E -2ND STAR</i>	3E ÉTOILE - COMPÉTITION <i>3RD STAR - COMPETITION</i>
6 cours matin <i>6 morning lessons</i>	189 €	189 €	189 €
6 cours matin + forfait <i>6 morning lessons+ski pass</i>	281€	345 €	-
6 après-midi <i>6 afternoon lessons</i>	155 €	155 €	155 €
6 après-midi + forfait <i>6 afternoon lessons + ski pass</i>	247 €	311 €	-
6 matin + 6 après midi <i>6 morning + 6 afternoon lessons</i> <i>Excepté du 09/02 au 07/03</i>	236 €	236 €	236 €
6 matin + 6 après midi + forfait <i>6 morning + 6 afternoon lessons+ ski pass</i> <i>Excepté du 09/02 au 07/03</i>	384 €	384 €	-
6 midis <i>6 lunch times</i> <i>Uniquement du 09/02 au 07/03 - 8 personnes max</i>	155 €	155 €	155 €
6 midis + forfaits <i>6 lunch times + ski pass</i> <i>Uniquement du 09/02 au 07/03 - 8 personnes max</i>	247 €	247 €	-

The vouchers for your lessons will be at the chalet on your arrival, we advise you to book the ski passes at the same time than your lessons (Students are not insurance covered by the ski school. We recommend you to take a « Carré Neige » insurance : www.carre neige.com) On next page you'll find info on the different types of courses and lessons.

For any other request (kinder-garden / private lessons etc) please contact us.

Ski Lessons levels with ESF school :

ADULTS	CHILDREN	LESSON OBJECTIVES	LEVEL AWARDED
BEGINNER	TEDDY BEAR	I've never skied before, first steps on snow. <i>Recommended ski pass: Ski Package: lessons + lift pass</i>	TEDDY BEAR
CLASS 1	SNOWFLAKE	I'm learning snowplough turns. <i>Recommended ski pass: Children: Ski Package: lessons + lift pass Adult = Les Menuires</i>	SNOWFLAKE
	1st STAR	I'm learning to link basic turns and keep my skis parallels. <i>Recommended ski pass: Children: Ski Package: lessons + lift pass Adult = Les Menuires</i>	1st STAR
CLASS 2	2nd STAR	I'm perfecting my basic turns and side slipping . <i>Recommended skipass: Children: Ski Package: lessons + lift pass Adult = Les Menuires</i>	2nd STAR
	3rd STAR	I'm learning to ski parallel and link parallel turns. <i>Recommended ski pass: Children: Ski Package: les Menuires. Adult = Les Menuires</i>	3rd STAR
CLASS 3	BRONZE STAR	I'm perfecting my basic turns and side slipping. <i>Recommended ski pass: Children: Ski Package: les Menuires. Adult = Les 3 vallées</i>	BRONZE STAR
	GOLD STAR	I'm perfecting every aspect of alpine skiing and advancing on all types of terrains: Skicross... <i>Recommended ski pass: Children: Ski Package: les Menuires. Adult = Les 3 vallées</i>	GOLD STAR
CLASSE 4	COMPETITION	I'm training for timed tests (Flèche, Chamois, Fusée, Skiercross). <i>Recommended ski pass: Children: Ski Package: les Menuires. Adult = Les 3 vallées</i>	



Ski passes :

The discount on the ski passes are only available from 04/01 to 08/02 ; from 14/03 to 04/04 and from 18/04 to 27/04.

Get a great discount on your ski passes by booking with Rainbow chalet :

6 Days pass for the «3 Vallées» **272€** instead of 312€

6 Days pass for «les Menuires/Saint martin» **215€** instead of 255€

In order to get this discount please fill up the voucher attached to the email and **pay by bank transfer at least 10 days before your arrival.**

We recommend you the « carré neige » insurance for 2.90€ per person per day to be covered in case of incident on the ski slopes.

More info about the insurance here : www.carreneige.com .



Massage at the chalet



Enjoy your holiday and take some time for yourself...

Anita THEVENOT professional Ayurveda masseuse and Yoga teacher offers you different types of massage :

Californian Massages

Back or legs : Ideal after ski care to avoid aches and other muscular pain 30 mn 55€

Ayurvédique Massages

Abhyanga : Entire body care with warm oil. Balance body energies and calm down the mental 50 mn 88€

Kansu : Manual feet care with an idian bowl. Provide a great relaxation 30 mn 55€

Back massage : Avoid stress tension 30 mn 55€

Scrub and massage : Scrub 25' and massage 25' 50 mn 88€

Pure ayurvédique : A week of relaxation and well-being to find calm and serenity240€

Yoga

Yoga and outdoor meditation walk at les Ménuires water plan : every Thursday from 9h30 to 11h30 AM with a hot drink on the way. 30€

Ski outfit rental :

Rent your ideal ski outfit and travel light.

Choose amongst complet ski outfits (with jacket, trousers, ski glasses and a pair of gloves), for men, women and kids (from 8 years old) directly delivered at the chalet.

<https://www.ski-chic.com/?acc=ea5d2f1c4608232e07d3aa3d998e5135&bannerid=112>

Enjoy it with total freedom.

On the day of your arrival open your purcell and put on your comfy and stylish ski outfit to ride down the beautiful 3 Vallées ski slopes and hang out in the ski resort streets, try new outdoor activities whether you are with family, friends or as a couple.

Just fold it back in the box.

The evening before your departure, just bring together your ski outfit and put it back in its original purcell.

One of our people will come to pick it up at the chalet so that you can enjoy your last evening.



SKI-CHIC.com
1ER LOUEUR DE VÊTEMENTS ET ACCESSOIRES DE SKI EN LIGNE

Home Chef Service :

Get your personal home Chef to cook homemades and local diners for you every evening directly at the chalet.

Our Chef Gérard Dideron offers you two options over 6 days :

«**The Traditional**»: 6 homemades diners with local and fresh products cooked and served in your chalet every evening.
35€/person/day or a total of **210€/person for 6 diners** Please refer to the menu proposal on page 2

«**The Deluxe**»: 6 homemades diners cooked and served for you in your chalet, made with exceptional products to taste and discover the most refined recipes of «French cuisine»
55€/person/day or a total of **330€/person for 6 diners** Please refer to the menu proposal on page 3

Would you also like to get your breakfast prepared and served for you in the morning ?

15€/person/day with your choice of hot drink, bread and Croissants, Fruit juice, yogurt, cereals, fresh fruits, cheese, delicatessen and eggs.

(Only available if you order the home chef service for diner)

Having only one home chef, the first guests to book him will have priority



« The Traditional »

Weekly menu proposal :



Day 1 :

Starter : Pumpkin soup with roasted chestnut and betroot crisps

Main course : veal medallion with mushroom sauce and green beans

Cheese platter or fromage frais

Dessert : Grenoble nut pie with vanilla ice cream

Day 2 :

Starter : Reblochon cheese quiche with mountain bacon

Main course : Cod filet with curry sauce and Royan Ravioles

Cheese platter or fromage frais

Dessert : Chocolate mousse with orange barks and almond biscuit

Day 3:

Starter : Salmon pie with vegetable brunoise and lemony sauce

Main course : Beef filet, Moel sauce and Gratin Dauphinois

Cheese platter or fromage frais

Dessert : fresh roasted pineapple with toffee sauce

Day 4 :

Starter : Goat cheese and pepper Terrine

Main course : Duck magret with orange sauce, onion and bacon potatoes « Lyon city style »

Cheese platter or fromage frais

Dessert : Orange and Cointreau creme brulée with dry grape cookie

Day 5 :

Starter : « Matheysin Pie» (Murçon sausage, white wine and potatoes)

Main course : Monkfish roasted with bacon served with vegies and Meurette sauce

Cheese platter or fromage frais

Dessert : Lemon and meringue pie

Day 6 :

Starter : Nuts, gizzard and duck magret salad

Main course : Fish and sea food casserole with vegies and saffron rice

Cheese platter or fromage frais

Dessert : Chocolate and pear Entremet

« The Deluxe »

Weekly menu proposal



Day 1 :

Mise en bouche (appetizer) : Scrambled eggs with truffle barks

Starter : Smoked salmon, creamy lemon-verbena sauce

Main course : Veal medaillon with Chanterelle sauce and gratin Dauphinois

Cheese platter or fromage frais

Dessert : Chocolate mousse with chartreuse custard

Day 2 :

Mise en bouche : Butternut velvety with ginger and coconut cream

Starter : Foie gras, fresh figs candied in red wine and toasted brioche

Main course : Roasted Cod, saffron sauce and veggies

Cheese platter or fromage frais

Dessert : Raspberry pie and pistachio sauce

Day 3:

Mise en bouche : local Trout carpaccio and dill cream

Starter : Paned scallops with truffle cream

Main course : Crusted Lamb with herbs and Reblochon cheese polenta

Cheese platter or fromage frais

Dessert : Royal chocolate cake with orange custard

Day 4 :

Mise en bouche : Beef mini-burger

Starter : Beef and Foie gras terrine

Main course : Monkfish and seafood casserole

Cheese platter or fromage frais

Dessert : Blueberry pie with vanilla and Toffee ice cream

Day 5 :

Mise en bouche : mini warm foie gras, balsamique sauce

Starter : Tuna filet with spices, coriander and dill sauce

Main course : Duck magret with citrus sauce and vegetable mousse

Cheese platter or fromage frais

Dessert : Pear and chocolate entremet

Day 6 :

Mise en bouche : Avocado mousse with grapefruit and shrimps

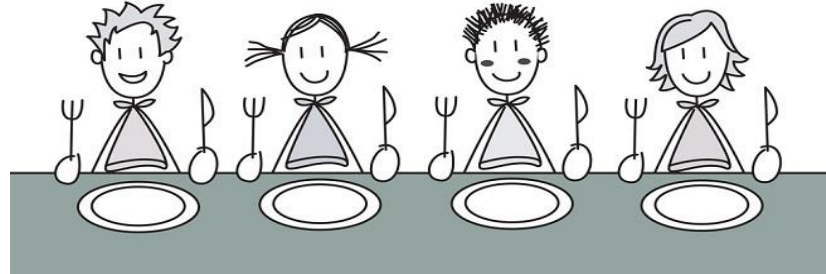
Starter : Quail pie with foie gras and Bordelaise sauce

Main course : Beef filet with Morels and Ravioles of Royan

Cheese platter or fromage frais

Dessert : Lemon and Meringue pie with red fruit sauce

« Kid's Corner »



For kids up to 12 years old we can make specials such as burger, fried fish, chicken brest, etc etc
15€/day/kid for main course and dessert.

If you order ahead we can also replace one of the diners listed before in both Traditional and Deluxe by
a Savoy specialties diner for all the family such as : Fondue, Raclette, Tartiflette, Crozet and Reblochon gratin

Bon Appétit !

More services...

Grocery delivery :

Order your grocery 3 days before your arrival, The Sherpa market will deliver directly to the chalet. Check out their web site :

Sherpa / Menuires - Les Bruyères : <http://www.sherpa.net/commande-en-ligne/menuires-bruyeres>

Olivier Ougier will be glad to fill up your fridge ! To contact him : **+33 (0)4.79.00.69.59**

Need a taxi ride ?

Rainbow chalet can organise your transfers from the airport, the train station or even just a little ride during your stay here.

For more info, feel free to contact us .

Additional cleaning during your stay:

Because holidays are made to rest Our partner can come for additional cleaning during the week. We have 3 options :

- 1- Beds and bathrooms (including toilets and emptying trash bins)
- 2- Beds, bathrooms and kitchen
- 3- Beds, bathrooms, kitchen and floors

Option to change bed linens and bathroom towels. Please contact us for price list.



To book one or more of the above services please fill up the voucher attached
and contact us by email at : contact@rainbow-chalet.fr
as soon as you can after receiving this document or the latest 15 days before your arrival.

Except for grocery delivery and ski outfit rental for which you can
directly contact our partners using the links indicated in the document.

All the Rainbow chalet team is looking forward to wellcome you here !