

RAIL SKI PRESS KIT 2023/2024



**THE
MOUNTAINS
of France!**
France Montagnes

Explore France™ 

FRANCE MONTAGNES



MAKE THE JOURNEY PART OF THE HOLIDAY

A WARM WELCOME FROM...



JEAN-LUC BOCH

**President of the National Association of Mayors of Mountain Resorts
President of France Montagnes**

This winter season 2023-24 we look forward to welcoming as many skiers and snowboarders as possible – by train. Climate change and sustainability are more critical topics than ever. Ski resort tourism offices, and all those who work in resorts, are increasingly aware of the impact of transport on the carbon emissions of winter holidays.

Whether skiers are visiting the French Alps, the Pyrenees, the Jura, the Vosges or the Massif Central, rail travel is a fantastic option and we want to do our best to encourage and enable holidaymakers to travel this way. Not only is the most sustainable way of travelling; it's also more comfortable and social, whether for families, couples or groups of friends.



GWENAELE DELOS

**Managing Director UK & Ireland,
Atout France**

The Mountains of France are well connected to the UK by train. We need to take advantage of our geographical proximity and rail infrastructure to enable more people to get there by train.

As a national tourism agency, our focus is increasingly on climate-friendly modes of transport. It's our responsibility to play our part in ensuring that holidaymakers can research, book and travel by train to France as easily as possible.

We are pleased to be presenting this rail-ski press kit as part of an initiative to spread the word about how to reach French Mountains by train.



DANIEL ELKAN

Snowcarbon Founder

Whether travel to a ski resort is by plane, train or car – it always takes time to get there.

More and more skiers are discovering that rail travel is a far more enjoyable experience. Once on board, the holiday begins.

What's often held more skiers back from travelling this way is a lack of information: which resorts are convenient by train? What's the journey like? How best to arrange it?

The aim of this press kit is to provide useful information to editors and journalists. You play the vital role in inspiring and informing holidaymakers of the possibilities of rail travel to the mountains.



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Photos in this press kit are courtesy of:

Rail Europe, Eurostar, Klip.fr, Scalpfoto.com, France Montagnes, Daniel Elkan and Le Train Bleu



**EXPERIENCE MORE
BY RAIL**



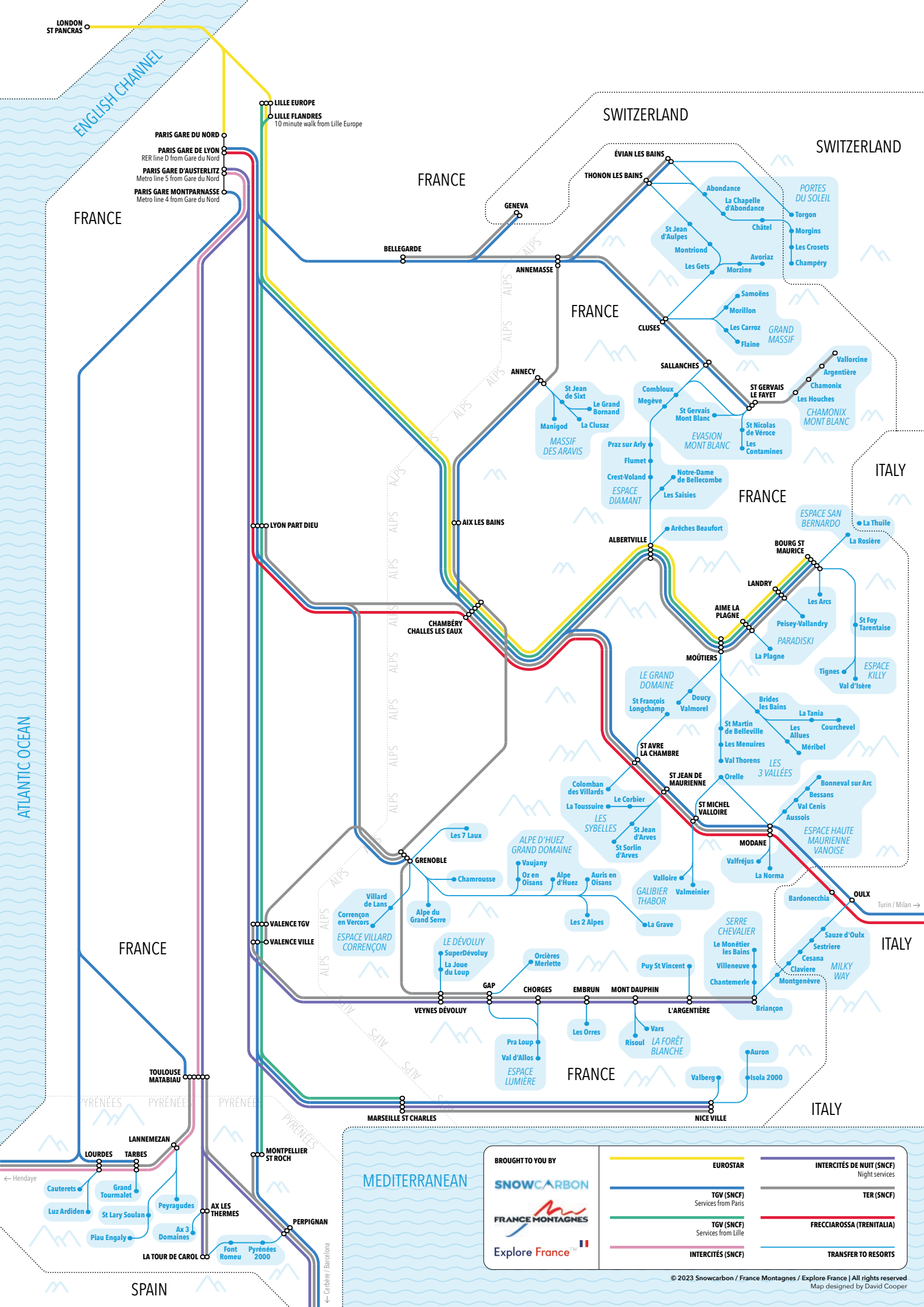
THE RAIL-SKI MAP OF FRANCE

IN CONJUNCTION WITH FRANCE MONTAGNES AND EXPLORE FRANCE, SNOWCARBON HAS CREATED A GROUNDBREAKING MAP OF RAIL TRAVEL BETWEEN THE UK AND THE MOUNTAINS OF FRANCE.

Designed by graphic designer David Cooper, this map aims to be a source of inspiration and a useful planning tool for anyone considering a rail journey to the French Alps and Pyrenees.

The map highlights key high-speed, local and sleeper train routes available to popular destinations in the French Alps and Pyrenees. Within these mountain ranges the map shows 35 railway stations, serving 93 ski resorts.

The map is available as a PDF and as JPG and PNG thumbnails, downloadable from this Dropbox at this [URL: bit.ly/rail-ski-map](https://bit.ly/rail-ski-map)



BROUGHT TO YOU BY

SNOWCARBON

FRANCE MONTAGNES

Explore France™

	EUROSTAR		INTERCITÉS DE NUIT (SNCF) Night services
	TGV (SNCF) Services from Paris		TER (SNCF)
	TGV (SNCF) Services from Lille		FRECCIAROSSA (TRENITALIA)
	INTERCITÉS (SNCF)		TRANSFER TO RESORTS



RAIL OPTIONS TO THE ALPS & PYRENEES

WHETHER SKIERS TRAVEL BY DAY, OVERNIGHT OR CHOOSE TO STOP OVER EN ROUTE, THERE ARE PLENTY OF OPTIONS FOR RAIL TO THE MOUNTAINS.

Door-to-door, daytime rail journeys can even rival air travel in terms of speed. Going overnight means you can wake up in the mountains and get straight onto the slopes, adding two extra ski days to your holiday.

EUROSTAR SNOW

(New route via Lille)

There's no direct Eurostar Ski Train service to Bourg St Maurice for winter 2023-24. Instead, Eurostar is offering a service with a change of train at Lille Europe station. Skiers travel from London St Pancras on Saturday mornings by Eurostar, switching to a Eurostar continental (Thalys) train to the Tarentaise region of the French Alps. The service calls at six stops: Chambéry, Albertville, Moûtiers, Aime La Plagne, Landry and Bourg Saint Maurice.

The return journey, also via Lille Europe, departs from the Alps on Sunday mornings, arriving back in London in the afternoon. This means that skiers will stay in the Alps for eight nights instead of the normal seven, skiing an extra day on the final Saturday - the quietest day on the slopes.

EUROSTAR + TGV

(Via Paris or Lille)

Travel by Eurostar and TGV, via Paris, gives the widest choice of destinations. There are multiple departures each day of the week from Paris particularly, with more services on Saturdays and Sundays. You'll need to switch stations in Paris by taxi or RER (see page 18 for our Change in Paris guide).

Some ski resorts can also be reached by Eurostar and TGV via Lille Europe. From Lille, you take a TGV to Lyon Part Dieu station, and then from there a local TER train.

Travelling out the night before and stopping over in Paris or Lille gives more options still and enables you to arrive in resorts earlier.

EUROSTAR + INTERCITÉ DE NUIT

(Via Paris)

Sleeper trains have been a staple of the train-travellers diet for many years. The idea of a journey where you sleep en route and wake up in your destination has wide appeal - for children and adults alike.

SNCF axed a number of popular sleeper routes in 2016, despite the public outcry at the time about losing these well-loved services. Since then, the French train operator has reversed its policy and is now reintroducing and renovating its fleet of Intercités de Nuit (the name for its sleeper trains). These overnight services depart from Paris Austerlitz station, reaching destinations in the Southern French Alps, Côte d'Azur and Pyrenees. Over the next few years, it is expected that more Alpine routes will return, such as to Bourg Saint Maurice and St Gervais.



EXAMPLE RAIL-JOURNEY SCHEDULES

HOW LONG IS THE JOURNEY BY TRAIN FROM LONDON ST PANCRAS TO YOUR SKI RESORT?

Here are some example train-journey schedules
for popular stations in the Alps and Pyrenees.





DAYTIME: EUROSTAR SNOW

Eurostar has launched its new ski service for winter 2023-24, called [Eurostar Snow](#), combining a Eurostar to Lille Europe with a Eurostar continental train (Thalys) from Lille Europe to Bourg St Maurice.

The season is a short one: the first outbound service departs London on Saturday 16th December 2023; and final returning one departs the Alps on Sunday 4th February 2024.

Tour operators offering packages with Eurostar Snow include [Inghams](#), [Travelski](#), [Peak Retreats](#), [Ski Solutions](#), [Skiline](#) and [Snowfinders](#).

Outbound journey

Depart London St Pancras 09:01

Arrive Lille Europe 11:27

Depart Lille Europe 12:15

Arrive Chambéry 16:05

Arrive Albertville 16:48

Arrive Moûtiers 17:30

Arrive Aime la Plagne 17:58

Arrive Landry 18:09

Arrive Bourg St Maurice 18:20

Inbound journey

Depart Bourg St Maurice 08:11

Depart Landry 08:23

Depart Aime la Plagne 08:34

Depart Moûtiers 08:52

Depart Albertville 09:26

Depart Chambéry 10:21

Arrive Lille Europe 14:30

Depart Lille Europe 15:30

Arrive London St Pancras 15:57

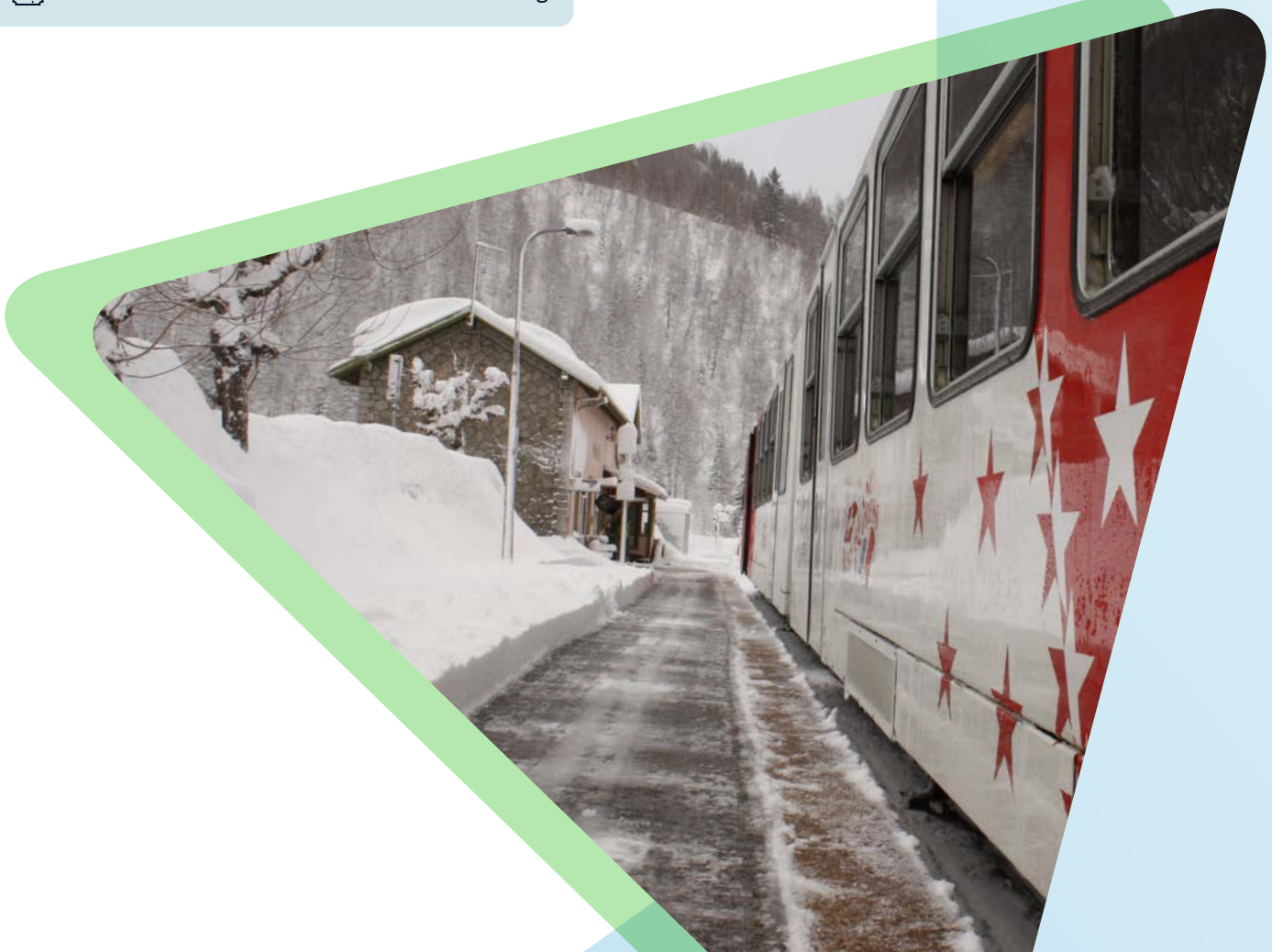


DAYTIME JOURNEYS

Travelling by day is simple, scenic and relatively quick – often rivalling air travel for speed, door to door. From Paris there is a huge array of high-speed TGV trains to French resorts.



Please check rail-ticket websites before booking.





Destination station	Dep LSP	Arr PGN	Dep PGL	Arrive	Duration
Aime La Plagne	08:01	11:20	13:22	18:01	9 hr 0 m
Albertville	08:01	11:20	13:22	17:07	8 hr 6 m
Annecy	08:01	11:20	12:43	16:32	7 hr 31 m
Bourg St Maurice	08:01	11:20	13:22	18:21	9 hr 20 m
Cluses	09:31	12:47	14:10	18:52 †	8 hr 21 m
Geneva	09:31	12:48	14:10	17:30	6 hr 59 m
Grenoble	09:31	12:48	13:58	17:13	6 hr 42 m
Landry	08:01	11:20	13:22	18:12	9 hr 11 m
Lourdes	09:31	12:47	14:03 *	18:54	8 hr 23 m
Modane	09:31	12:48	14:45	18:49	8 hr 18 m
Moûtiers	08:01	11:20	13:22	17:40	8 hr 40 m
Oulx	09:31	12:48	14:45	19:23	8 hr 52 m
Sallanches	09:31	12:47	14:10	19:09 †	8 hr 38 m
St Avre le Chambre	09:31	12:47	14:45	18:28 ‡	7 hr 57 m
St Gervais	09:31	12:47	14:10	19:16 †	8 hr 45 m
St Jean de Maurienne	09:31	12:47	14:45	18:24	7 hr 53 m
St Michel Valloire	09:31	12:47	14:45	18:53 §	8 hr 22 m
Tarbes	09:31	12:47	14:03	19:19	8 hr 48 m

Dep LSP = Depart London St Pancras
 Arr PGN = Arrive Paris Gare du Nord
 Dep PGL = Depart Paris Gare de Lyon

* TGV departs from Paris Montparnasse
 † Journey includes additional change of train at Bellegarde
 ‡ Journey includes additional change of train at Chambéry
 § Journey includes additional change of train at St Jean de Maurienne

Please note: TGV journey schedules are based on data from March 2023, because winter 2023-24 schedules are not yet published. Times normally vary by only a few minutes, year on year.



STOPOVER JOURNEYS

Set off the evening before and enjoy an overnight stay in France. This way you can depart the following morning and reach your resort earlier on the day that your holiday starts.



Please check rail-ticket websites before booking.





Destination station	Dep LSP	Arr PGN	Dep PGL	Arrive	Duration
Aime La Plagne	18:01	21:20	08:43	13:41	18 hr 40 m
Albertville	18:01	21:20	08:43	12:41	17 hr 40 m
Annecy	18:01	21:20	09:43	13:28	18 hr 27 m
Bourg St Maurice	18:01	21:20	08:43	14:02	19 hr 1 m
Cluses	18:01	21:20	10:27	15:09	20 hr 8 m
Geneva	18:01	21:20	08:14	11:29	16 hr 28 m
Grenoble	18:01	21:20	10:10	13:13	18 hr 12 m
Landry	18:01	21:20	08:43	13:52	18 hr 51 m
Lourdes	18:01	21:20	10:08 *	14:53	19 hr 52 m
Modane	18:01	21:20	07:25	12:02	17 hr 1 m
Moûtiers	18:01	21:20	08:43	13:24	18 hr 23 m
Oulx	18:01	21:20	09:23	14:23	19 hr 22 m
Sallanches	18:01	21:20	10:27	15:28	20 hr 27 m
St Avre le Chambre	18:01	21:20	07:43	11:42	16 hr 41 m
St Gervais	18:01	21:20	10:27	15:36	20 hr 35 m
St Jean de Maurienne	18:01	21:20	07:43	11:53	16 hr 52 m
St Michel Valloire	18:01	21:20	07:43	12:49	17 hr 48 m
Tarbes	18:01	18:01	10:08 *	15:19	20 hr 18 m

Dep LSP = Depart London St Pancras
 Arr PGN = Arrive Paris Gare du Nord
 Dep PGL = Depart Paris Gare de Lyon

* TGV departs from Paris Montparnasse

Please note: TGV journey schedules are based on data from March 2023, because winter 2023-24 schedules are not yet published. Times normally vary by only a few minutes, year on year.



SLEEPER-TRAIN JOURNEYS

Combine a Eurostar to Paris with one of SNCF's Intercité de Nuit sleeper trains. Services run every night and travelling this way means you'll add two extra days' skiing to your holiday.



Please check rail-ticket websites before booking.





Destination station	Dep LSP	Arr PGN	Dep PGL	Arrive	Duration
Ax les Thermes	16:31	19:48	21:14	08:12	14 hr 41 m
Briançon	16:01	19:20	20:50	08:22	15 hr 21 m
Embrun	16:01	19:20	20:50	07:33	14 hr 32 m
Gap	16:01	19:20	20:50	06:55	13 hr 54 m
L'Argentière	16:01	19:20	20:50	08:04	15 hr 03 m
Latour de Carol	16:31	19:48	21:14	09:06	15 hr 35 m
Montdauphin-Guillestre	16:01	19:20	20:50	07:50	14 hr 49 m
Perpignan	16:31	19:48	21:14	09:17	15 hr 46 m
Veynes-Devoluy	16:01	19:20	20:50	06:27	18 hr 26 m

Dep LSP = Depart London St Pancras

Arr PGN = Arrive Paris Gare du Nord

Dep PGL = Depart Paris Gare de Lyon

Please note: Intercité de Nuit journey schedules are based on data from March 2023, because winter 2023-24 schedules are not yet published. Times normally vary by only a few minutes, year on year.



WHEN CAN YOU BOOK INDEPENDENT TRAVEL

Eurostar to Paris and Lille

Already on sale for winter 2023-24

TGV and Intercités de Nuit

Travel window

9 December 2023 - 1 January 2024

2 January 2024 - 25 March 2024

26 March 2024 onward

Tickets on sale

4 October 2023

9 November 2023

24 January 2024

Kindly note dates aren't yet confirmed and timetables are subject to change







STATION-TO-RESORT TRANSFERS

TRAIN-STATION TRANSFERS TO SKI RESORTS ARE MUCH SHORTER THAN AIRPORT TRANSFERS.

Most French ski resorts have a station located close by. Bus and taxi services exist in each case. Depending on the destination, transfer durations are usually between 25-45 minutes' drive.

Most train stations have a bus station or departure bus stop located adjacently, with bus services timed to correspond well with train arrivals and departures.

BOOKING BUSES – SOME OPTIONS

For most destinations in the Savoie region:

altibus.com

For the Isère region:

Transaltitude.fr

For the Southern Alps region:

zou.maregionsud.fr

For Pyrenees: liO Occitanie:

lio-occitanie.fr

The resorts of Serre Chevalier, Chamonix and Bourg Saint Maurice Les Arcs, for instance, have a station located in their villages. Furthermore, Les Arcs has a unique funicular railway that transports skiers to the village of Arc 1600 in just seven minutes.

EXAMPLE TRANSFER DURATIONS

Anancy station to La Clusaz:

35 minutes

Bourg Saint Maurice station to La Rosière:

40 minutes

Cluses station to Les Gets:

30 minutes

Modane station to Val Cenis:

30 minutes

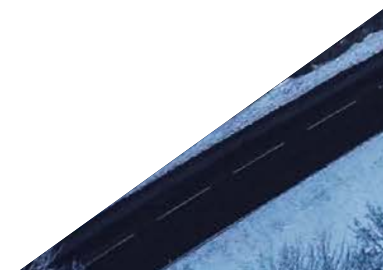
Oulx station to Montgenèvre:

35 minutes

Grenoble station to Chamrousse:

50 minutes

Transfer durations by bus or taxi may vary depending on traffic and weather conditions.







HOW TO CHANGE STATION IN PARIS

MOST RAIL JOURNEYS BETWEEN THE UK AND THE FRENCH ALPS AND PYRENEES REQUIRE A CHANGE OF TRAIN STATION IN PARIS. HERE'S A GUIDE TO SWITCHING FROM GARE DU NORD TO GARE DE LYON, GARE D'AUSTERLITZ AND GARE MONTPARNASSE.

RER OR METRO

If your luggage is comfortably wheelable, then the swiftest and cheapest option for switching stations is to take the RER (Réseau Express Régional) or Métro.

The journey between Gare du Nord and Gare de Lyon, for example, is only two stops on the RER. Lifts and escalators are available. The actual travel time on the RER between Gare du Nord and Gare de Lyon is eight minutes, with departures every ten minutes.

The entire transfer time needed to cross between Paris stations should take no longer than 60 minutes. Of course, it's a good idea to allow more time for any delays, to pick up snacks at stations and for a more relaxed journey.

Métro and RER tickets start at 2.10 € for a single journey. Use the [RATP website](#) to check details ahead of traveling

Tip: The café-bar on the Eurostar sells Métro and RER tickets, saving you time queueing at the ticket machines in Paris.

WHICH LINE IN PARIS?

Gare du Nord - Gare de Lyon: RER Line D
Gare du Nord - Gare d'Austerlitz: Métro Line 5
Gare du Nord - Gare de Montparnasse: Métro Line 4

PRE-BOOKED TAXI

An easy way to change stations in Paris is with a pre-booked taxi. A driver greets you at the end of the train platform or at a pre-arranged meeting point nearby, holding a name placard.

Companies such as [Ski Lifts](#) and [City Airport Taxis](#) offer pre-booked vehicles of various sizes. Skis and snowboards are usually carried at no extra cost. A transfer with City Airport Taxis, from Gare du Nord to Gare de Lyon costs 42 € (per taxi) for up to three passengers and 68 € (per taxi) for up to six. Prices are subject to change.

The drive between Paris-Nord and Paris-Lyon takes around 35 minutes. But for a relaxed transfer allow the following between train arrival in Paris and onward departure:

- 90 minutes on the outbound journey
- At least two hours on the return journey (to allow for Eurostar check in)

TAXI RANK

Paris train stations have easily accessible taxi ranks, so you can hail a cab and be heading across the city without any prior booking. Most vehicles are four or six seaters and can accommodate skis or snowboards in winter.







DID YOU KNOW

NEED FOR SPEED

TGV holds the world speed record set in June 2007, travelling at 357 mph. When not breaking world speed records, TGV trains transport travellers at approximately 200 mph.

SUSTAINABLE FOOD

In October 2022, Eurostar's onboard catering in Business Premier and Standard Premier were awarded 3 stars, the highest possible rating, by the [Sustainable Restaurant Association](#).

THE TRAIN BLUE

At Paris Gare de Lyon station, rail travellers can dine in sumptuous luxury. Built in 1900 as a station buffet, this iconic restaurant was renamed 'Le Train Bleu' in 1963 as a tribute to the luxury night train that served the French Riviera. Head chef Michel Rostang dishes up season specialities, alongside the signature roast leg of lamb with gratin dauphinois.

le-train-bleu.com

BRING IT ON

There's no luggage limit on TGVs and TERs. You can bring what you like as long as you can carry it and luggage should be labelled.

LAKESIDE VIEWS

The rail route to many French ski resorts includes a ringside view of Lac du Bourget, the biggest glacial lake in France.

CAFE BAR

TGV on-board cafe bars have extensive menus that include organic, vegetarian and vegan options. Items can be [ordered online](#) in advance, to save time queueing. View the [TGV cafe bar menu](#).

SLEEPER TRAINS

Intercité de Nuit overnight sleeper trains have 1st class, 4-berth couchettes; 2nd class, 6-berth couchettes; and reclining seats. The flat, padded bunks each have a fresh pillow, lightweight sleeping-bag and individual reading light. Each passenger gets a bottle of mineral water, earplugs, tissues and (in first class) sleep socks.

LIGHTS, CAMERA, ACTION

On average, one in three French films includes a scene in a rail setting—which is why SNCF hosts more film shoots than any other company in France.







RAIL-TRAVEL IMAGE LIBRARIES

PHOTOS OF RAIL TRAVEL TO THE FRENCH ALPS AND PYRENEES ARE AVAILABLE FROM THESE IMAGE LIBRARIES WITH FREE MEDIA ACCESS FOR USAGE.

RAIL EUROPE

raileurope.photoshelter.com/galleries
Contact: press@raileurope.com

SHOWMETHEJOURNEY FLICKR

[flickr.com/photos/showmethejourney](https://www.flickr.com/photos/showmethejourney)
Contact: simon@showmethejourney.com

FRANCE MONTAGNES

Images of resorts in the mountains of France are available from France Montagnes, on request
Contact: s.leroy@france-montagnes.com

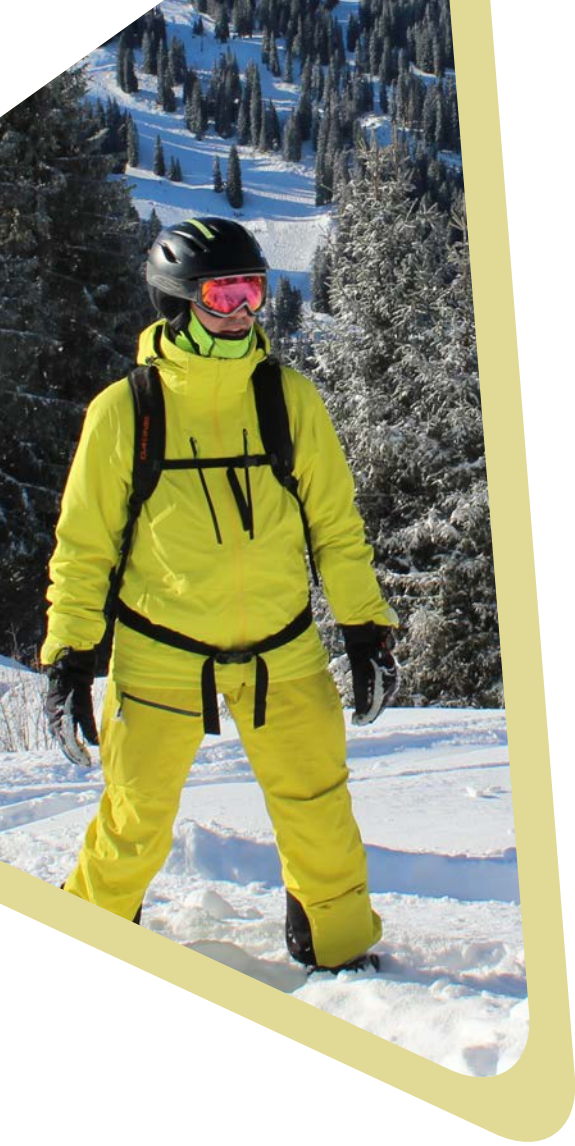
EUROSTAR

creative.eurostar.com
Contact: press.office@eurostar.com

SNOWCARBON FLICKR

[flickr.com/photos/snowcarbon](https://www.flickr.com/photos/snowcarbon)
Contact: daniel@snowcarbon.co.uk







LESS CARBON, MORE FUN

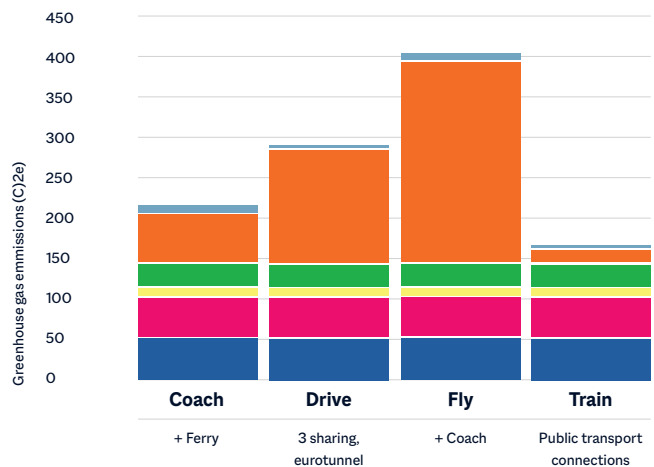
HOW YOU TRAVEL TO THE MOUNTAINS MAKES A BIG DIFFERENCE TO THE SUSTAINABILITY OF YOUR HOLIDAY, AS A NEW ANALYSIS BY PROTECT OUR WINTERS (POW) UK REVEALS

Climate action charity POW UK's latest figures show the effect of transport mode on the carbon emissions of a ski holiday.



SKI TRIP EMISSIONS COMPARISON

When a skier travels by plane, the total gas emissions is typically 395kg CO₂e, with 250kg CO₂e resulting solely from the journey. In contrast, a typical ski holiday by train results in a total of 156 kg CO₂e, because the train journey creates only 11kg CO₂e of emissions.



- Transfers / Secondary travel
- Travel (Primary)
- Food
- Accomodation
- Equipment
- Infastructure & Ski operations



PLANE VS TRAIN VS CAR VS COACH

The bar chart below compares CO2e emissions for different modes of transport for a journey between London and Tignes.

Journey KG CO2e per person

Car, alone, from London (via Eurotunnel)	388
Car, three sharing, from London (via Eurotunnel)	132
Coach from London (via ferry)	72
Plane via Geneva (airport-to-resort transfer by coach)	250
Plane via Geneva (airport-to-resort transfer by taxi, three sharing)	262
Eurostar + TGV via Paris (change in Paris with RER, station to resort transfer by coach)	11
Eurostar + TGV via Paris (change in Paris with taxi, three sharing; station-to-resort transfer by taxi, three sharing)	14
Eurostar Snow via Lille (station-to-resort transfer by bus)	10
Eurostar Snow via Lille (station-to-resort transfer by taxi, three sharing)	12



USEFUL RESOURCES

PHOTOS OF RAIL TRAVEL TO THE MOUNTAINS OF FRANCE ARE AVAILABLE FROM THESE IMAGE LIBRARIES WITH FREE MEDIA ACCESS FOR USAGE

SEAT 61

Rail Expert Mark Smith's website offers invaluable advice about train travel

 [seat61.com](https://www.seat61.com)

SKI FLIGHT FREE

Ski writer Iain Martin's informative blog about no-fly options to the slopes

 [skiflightfree.org](https://www.skiflightfree.org)

SNCF CONNECT

The official rail-ticketing and information site for French national rail operator SNCF

 [sncf-connect.com](https://www.sncf-connect.com)

FRANCE MONTAGNES

France Montagnes is an association promoting the mountain tourism industry of France.

 [en.france-montagnes.com](https://www.en.france-montagnes.com)

EXPLORE FRANCE

Explore France is the promotion campaign by France's tourism development agency, Atout France.

 [france.fr/en](https://www.france.fr/en)

SHOWME THEJOURNEY

A hugely informative resource on train travel to Europe created by writer Simon Harper

 [showmethejourney.com](https://www.showmethejourney.com)



RAIL MAP OF EUROPE

An inspiring, useful companion for planning rail journeys in Europe

 europeanrailtimetable.eu

TRAINLINE

A website and app for booking rail travel within the UK and Europe

 thetrainline.com

RAILEUROPE

Another popular website for booking rail tickets to and within Europe

 raileurope.com

THE TRAVEL BUREAU

Established in 1984, an experienced rail-booking agent for booking journeys to and within Europe

 rail-travel.co.uk

TRAINSEUROPE

An experienced rail-booking agent for journeys to and within Europe, established in 1986

 trainseurope.co.uk

PROTECT OUR WINTERS UK

Sustainability charity POW delivers community education and engagement programmes, provides organisational climate action support and campaigns for systemic policy solutions

 protectourwinters.uk

SNOWCARBON

An independent guide to how to travel to ski resorts by train which campaigns to improve rail options between the UK and the Alps and Pyrenees

 snowcarbon.co.uk

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