

WINTER
2024 - 2025

PRESS KIT

(RE)DISCOVER BRIDES-LES-BAINS



SUMMARY

The best
of the 3 Vallées

08

An eco-responsible
area for greener
holidays

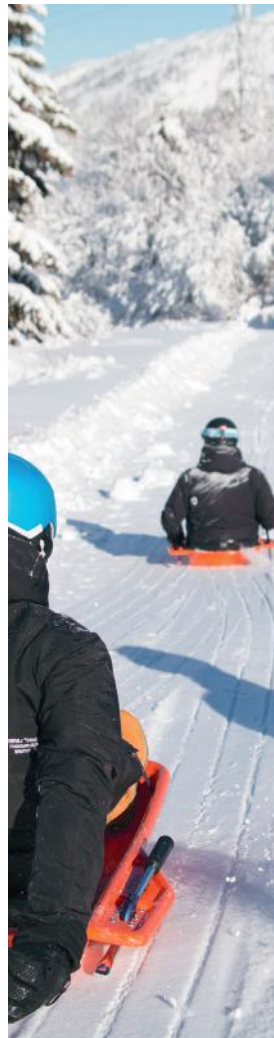
10

Editorial

04

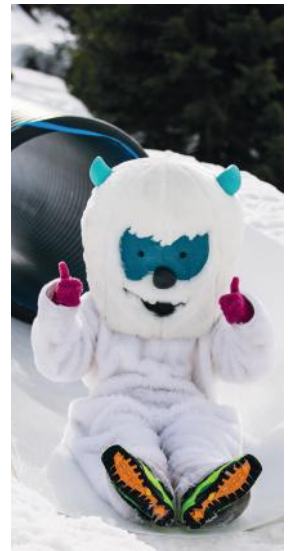
Brides-les-Bains,
a village resort in
the heart of Savoie

06



Activities
for everyone

14





18

Brides-les-Bains,
home to sportsmen
and women



22

The spa for an
essential physical
recovery break



26

Good places
to (re)discover
in Brides-les-Bains



28

Don't miss out
this winter



30

Discover
Brides-les-Bains





EDITORIAL

Laura Landry, President of the Tourist Office of Brides-les-Bains

Situated at the entrance to the Vanoise National Park, at an altitude of 600 metres, the village of Brides-les-Bains is unique in that it enjoys a dual seasonality.

From March to October, the spa welcomes visitors looking to benefit from the specific expertise of the Thermes of Brides-Les-Bains, which has established itself as the French benchmark for the treatment of excess weight, joint pain and rheumatism. From December to April, the winter sports resort welcomes thousands of sports enthusiasts from all over the world looking to set down their suitcases at the world's largest ski area. Winter sports fans have direct access to the 600km of pistes in the 3 Vallées, with optimum snow cover from Christmas to Easter (85% of the pistes are above 1800m).

Every winter since the 1992 Albertville Olympics and the construction of the Olympe gondola, the village transforms into a veritable 'ski village'. Combining change of scenery and budget control, Brides-les-Bains is the destination of choice for enjoying all the benefits of the major resorts at an affordable price. Everything has been thought of to ensure spending a great time with friends and family: winter sports for young and old, cultural events, leisure activities and relaxation at the Grand Spa Thermal.

Brides-les-Bains has also become a base camp for elite sportsmen and women, such as Team Orsatus Ski Racing, a training partner for alpine skiers, some joining the French national team. In summer and winter alike, many athletes stop off at Brides-Les-Bains to take advantage of the facilities and ideal setting in the heart of the 3 Vallées.

A favourite destination for nature lovers and sustainable tourism enthusiasts, Brides-les-Bains has for many years been committed to the ecological transition, enhancing the value of the environment while respecting it. All stakeholders are fully involved in preserving the natural resources that make the area so rich.

More than ever, Brides-les-Bains remains the destination combining change of scenery with sustainability.



Brides-les-Bains, a village resort in the heart of Savoie

Brides-les-Bains is both a spa resort and a ski village and enjoys an exceptional location. Nestled at the foot of the Vanoise National Park, it's the ideal destination for all sporting endeavours, unwinding and looking after your health in magnificent surroundings, whatever the season. The resort offers a wide range of sporting, leisure, cultural and recreational activities for weekends or holidays.

Attentive to family financial constraints, Brides-les-Bains offers a wide choice of accommodation options to suit all budgets. Visitors can choose from a varied selection, from over 4800 beds available, with preferential rates.

Brides-les-Bains offers a wide range of outdoor activities for all ages (snowshoeing, tobogganing, snowmobile trekking, dog sledding, etc.) and entertainment accessible to all (cinema screenings, concerts, relaxation sessions, mulled wine tasting, casino, etc.).

With health and well-being at the heart of its DNA, Brides-les-Bains is a spa village specialising in accredited thermal "cures" treating excess weight and rheumatism. The Grand Spa Thermal, the largest in the Alps, welcomes visitors to 2700 m² of treatment areas and slimming activities. And because well-being also means eating well, the Label Diététique, the only one of its kind in France, created by the town 10 years ago, certifies innovative, balanced cuisine. The chefs of the certified restaurants in Brides-les-Bains offer tasty menus using healthy, seasonal produce, with the help of the spa's dieticians to ensure complete dietary care.

Brides-les-Bains is also a popular training area for athletes of all levels. The resort has partnerships with Orsatus Ski Racing, Brooks Trail Project and the SD Worx women's cycling team. It also regularly hosts sporting competitions such as the Gran Fondo Col de la Loze cyclosportive (cycling) and the Défi de l'Olympe (trail). The resort also offers 50 hours a week of, mostly, free entertainment and sports activities to help get back into shape (yoga, pilates, muscle-building, discovery walks, etc.).



NEW

The Tourist Office now uses RoadBook, a personalised application for each traveller which compiles the recommendations of its travel advisors.



TIMETABLE FOR THE TÉLÉCABINE DE L'OLYMPE

Opening at 7.45 a.m. and closing at 5.00 p.m. for ascent and 5.30 p.m. for descent.

KEY FIGURES

342

pistes
in the 3 Vallées area

the largest ski area
in the
world

More than
4800

beds available

Over

7000

residents

at the height
of the season

More than
25
events
a year

10

'Label Diététique'
certified restaurants

2700 m²

of space
in the Grand Spa Thermal



THE BEST OF THE 3 VALLÉES

Brides-les-Bains boasts of a prime location at the feet of the 3 Vallées, making it the destination of choice for holidaymakers who want to enjoy the world's largest ski area on a budget. It has all the comforts and advantages of the biggest resorts, at a very low price.

An accessible area

The resort offers a wide choice of accommodation, with prices 30% to 50% lower than those in high-altitude resorts. Visitors can choose from over 4,800 beds available in 2-to-4-star hotels and residences.

The Télécabine de l'Olympe provides a direct link between Brides-Les-Bains and Courchevel, Méribel, Les Menuires, Saint-Martin, Orelle and Val Thorens in just over twenty minutes.

When it comes to sports, the 3 Vallées ski pass offers the lowest price per kilometre in the world (€0.63/km), while benefiting from top-quality infrastructure (including 160 state-of-the-art ski lifts).

Holidays for all, snow guaranteed

Ideal for skiing with family or friends, 50% of the area is made up of green and blue runs, making it suitable for beginners and experts alike. With 85% of the area above 1800 m, snow is guaranteed throughout the 5 months the resort is open. All the more reason for winter sports fans to make the most of the facilities during their stay.

Holidaymakers will love the 600km of pistes, including 110km of cross-country trails, 5 snowparks, 43 play areas and 25 accessible summits.

You can hire or buy equipment on site at affordable prices: skis, ski boots, children's skis, snowboards, etc.

Getting to Brides-les-Bains by train

- Paris-Moûtiers in 4h30 train from 60 euros
- Londres-Moûtiers Eurostar in a little over 8h from 99€

A shuttle takes you to Brides-Les-Bains from Moûtiers station in less than 10 minutes.



An eco-responsible area for greener holidays

It's possible to go on holiday to an eco-responsible mountain destination. Brides-les-Bains has been working for years to enable holidaymakers to enjoy the sporting activities available to mountain lovers while preserving the environment and biodiversity.

As a 4-season destination, Brides-les-Bains welcomes visitors all year round. The accommodation provided for spa-goers during the summer is freed up to cater for the arrival of winter sports enthusiasts. In this way, each establishment operates throughout the year.

Reducing your carbon footprint

According to ADEME, the main cause of pollution linked to winter sports is transport (over 50% of a resort's CO2 emissions). For a low-carbon holiday, there's nothing better than choosing green transport such as a train! Moûtiers TGV station is just 6km away, and a shuttle bus will take you to Brides-les-Bains for a 100% green journey (including by Eurostar or Thalys).

For locals, car-sharing is encouraged. Residents of the territories of the Assemblée des Pays de Tarentaise et de la Vanoise, Arlysère and the Avant-Pays Savoyard can take advantage of journeys of more than 5 km within these zones free of charge as passengers (drivers are paid).

And once you're there, there's no need for a car, because everything is within walking distance: hotels, restaurants, spas, activities on offer in the town... The ski slopes are easily accessible thanks to the Olympe gondola, which was freshly renovated in 2021.

Even on the slopes, Brides-les-Bains takes care to ski in an eco-responsible way, thanks to its partnership with the company ADN Skis, which offers eco-designed and recyclable skis. It's an initiative that makes all the difference, when you consider that for a day's skiing, equipment accounts for 16% of the carbon footprint (the 3rd biggest expense).





An eco-friendly destination

The Brides-les-Bains Tourist Office is committed to raising awareness for sustainable development. The aim of this project is to develop tourism that preserves and enhances the natural, cultural and social resources of the area over the long term.

Brides-les-Bains has been awarded 3 flowers since 2008, proof of its commitment to flowering and preserving the environment. The town also introduced a zero phytosanitary policy in 2010 (almost a decade ahead of current regulations). Among the measures put in place: organic soil improvers and fertilisers used for flowerbeds in the open ground, the fight against invasive plants, recycling green waste to make substrate, campaigning to donate plants at the end of the season, not turning over the soil, mowing late and carefully, etc.

The village also takes care to promote sustainable development at events organised in the area, in particular by choosing local partners and products, using eco cups, eco-responsible heating, reusing equipment, limiting the number of printouts in favour of digital, making electric vehicles available, etc.

Brides-les-Bains establishments also pay particular attention to preserving the environment, as part of their CSR approach. Among the actions taken by the restaurant and accommodation professionals: withdrawal of chemical products, implementation of a circular economy, reduction in energy consumption, elimination of plastic in hotel rooms, procurement of bio-sourced and local products, waste management, etc.



Camille Lambert

President and founder of ADN*

The village of Brides-les-Bains has been a real support.

Originally from Haute-Savoie, I grew up seeing the mountains as my playground, my escape. A keen skier, I became concerned when I discovered the environmental impact of traditional skis. To do my bit and make a difference, I launched the 'ADN' project, with the ambition of creating fully recyclable skis, combining my passion for skiing with my ecological values. The aim was to offer the technology as an open source to manufacturers on the market.

My partners and I are committed to offering environmentally friendly technology from manufacture to end of life, using innovative technology that allows skis to be dismantled without the need for shredding. When a pair of skis equipped with ADN technology reaches the end of its life, it is collected, dismantled and the materials are reused or recycled in their respective recycling channels. In 2021, we produced the first prototypes of recyclable skis with our own hands. After a few years of development, we have validated our concept by industrially manufacturing 250 pairs of recyclable skis, in partnership with Salomon.

The 3 Vallées association, which is very sensitive to environmental issues, supported our project by buying around ten pairs of skis, thereby contributing to the decarbonisation of the winter sports industry.

Our ambition is to provide the market with solutions that do not impose any particular constraints. We want to licence the eco-design technology to manufacturers, but also equip recycling companies with dismantling machines.



*ADN means DNA in French



Activities for everyone

From dog-sleigh rides to Nordic skiing, there's something for everyone at Brides-Les-Bains! The resort offers a wide range of activities to enjoy with friends or family, so you can make the most of everything the area has to offer.



Enjoy guaranteed snow

With its 600km of pistes, the world's largest ski area is a popular destination for downhill, cross-country and touring skiers, as well as tobogganers, snowboarders, snowshoers and walkers. The 3 Vallées ski area offers 43 fun areas for fans of powder snow and breathtaking panoramas: snowpark, parallel slalom, relaxation slalom, animal run or yeti camp for the youngest skiers... there's something for everyone.

To learn to ski, the Ski School offers lessons for children and adults. Multilingual instructors help beginners and experienced skiers alike, including off-piste skiing for those who wish.

In partnership with the ESF (French ski school), Brides-Les-Bains offers a 3D ski package: Discovery of the ski area and the slopes of the 3 vallées ski area with an instructor on Sundays, so that you can make the most of your stay in complete autonomy afterwards.

To discover the mountains in a different way, the region also offers a wide range of activities not to be missed: walks in the Vanoise National Park, discovery snowmobile rides, fat bike outings, Raquett'Evasion days, climbing frozen waterfalls, zip-lining to enjoy the panoramic views, etc.

All the activities are available at <https://www.brides-les-bains.com/hiver/activites/>



THE TOURIST OFFICE'S FAVOURITES



The magic of fondue tasting in a natural igloo

What an unusual evening! Meet up at the start of the Altiport forest for a climb of around 1 hour to reach a superb clearing and enjoy a Reblochon Fondue, with Savoie wines and apple juice, before descending via a fun route in the powder snow.

An Alpine feel with a dog-sleigh ride

A plunge into a fairytale world that amazes young and old alike! The beauty of the exceptional setting gives this experience its full dimension: an ideal interlude to experience the mountains from another angle.



Fun with friends or family with snowtubing

Climb aboard the giant buoys and hurtle down the 2 slopes specially designed for snowtubing! It's an activity that's accessible from the age of 5 (on a parent's buoy), and can be done solo, as a duo or even as a group of 4, with laughter and thrills guaranteed!

After the effort, time for comfort

To make the most of their stay, holidaymakers can visit the Brides-les-Bains casino for a chance to win the jackpot. The Grand Spa Thermal also has night-time openings every Thursday during the school holidays. As for the restaurants, visitors can enjoy evenings at Bis'Trop Savoyard, La Fabrik and Relief.

Brides-les-Bains offers a host of free activities and entertainment for all ages: mulled wine or hot chocolate in the spa park, a giant croziflette, open-air film screenings on the big screen, concerts and DJ sets, and gentle walks to discover the village and surrounding area.

The 3 Vallées region also has a bowling alley and waterpark area where you can splash and play or simply relax...



Jérémy Guntz

Ski instructor

Unique opportunity for people from all over the world to discover magnificent places

I grew up in Alsace but spent all my winter holidays in the 3 Vallées. My grandparents, ski enthusiasts who had a chalet built in the 70s, gave me the bug. I studied communication / graphic design but skiing never left me.

I followed in the footsteps of my aunts who were ski instructors, and after a season in Courchevel I had a revelation: I'd be an instructor in the winter and a freelance graphic designer the rest of the year! I've lived in a lot of the surrounding villages, but it was in Brides-les-Bains that I wanted to settle down.

As a private instructor, I've got twenty seasons behind me and I'm lucky enough to have a solid clientele, which I'm delighted to meet up with again every winter, along with a few new ones. It's really a job I'm passionate about: I spend some very special moments helping people from all over the world to discover some magnificent places. So much so that I sometimes inspire people to become ski instructors themselves! It's very rewarding.

I don't have much free time during the winter, but I always take a break at the Grand Spa Thermal to recharge my batteries and better cope with the busy season. The 3 Vallées is a great playground and I make some incredible memories every year, such as being able to ski down to Brides-les-Bains, when the snow is exceptional, via an off-piste route that you can take and that only the locals know about.





Brides-les-Bains, home to sportsmen and women

Over the years, Brides-les-Bains has established itself as the preferred base camp for professional sportspeople, who appreciate the opportunity to train in an exceptional area. The town also hosts top-level competitions and has forged partnerships with a number of emblematic clubs.

Orsatus Ski Racing

The internationally renowned Orsatus team is a high-level alpine skiing organisation based in Brides-les-Bains. The association trains and supervises skiers aged 16 to 25 who are not covered by their French or foreign Federations or committees. Orsatus helps all those with a passion for alpine skiing to fulfil their potential, to experience a sporting career that is a great school of life, constructive for their future, whatever their intrinsic potential.

Orsatus Ski Racing has had a partnership agreement with the French Ski Federation since 2015 and has 12 coaches all year round (15 in winter) who provide training and prepare courses, including the 2 sports directors: brothers Alexandre and Jean-Baptiste Fourrat, who have been living in Brides since they were teenagers.

The aim is to offer a second chance to passionate young skiers who are not selected for their regional teams, and to help established athletes move on to the next level, as well as supporting small federations that are not structured to take on athletes at this level of skiing.



The sports directors chose Brides-les-Bains, their hometown for over 20 years, because of its prime location at the foot of the 3 Vallées, the largest ski area in the world. This geographical location means that you can train in 3 resorts from the ski village: Méribel, Courchevel or Pralognan la Vanoise, depending on your needs in terms of slope variations. The village is easily accessible by transport (less than 10 minutes from Moûtiers station and 1h30 from Geneva and Lyon airports), making it a strategic location for access to all the international races in Europe during the winter.

Since it was founded in Brides-les-Bains 13 years ago, the ski academy has welcomed almost 900 athletes from 16 different nations, accompanied by 17 coaches. Over the last 5 years, around ten athletes from Team Orsatus have joined the French national team, and 8 have been selected for the 2022 Olympic Games.



A coveted area in all seasons

In summer and winter alike, Brides-les-Bains plays host to sports teams from all over the world who come here to take advantage of the region's assets and infrastructure. For several years now, Brides-les-Bains has been the destination of choice for the Team SD Worx - Prottime women's cycling team. Ranked number one by the International Cycling Union, they train in Brides for its altitude training camp ahead of the Tour de France for Women. According to coach Anna van der Breggen, 'In Brides-les-Bains, we can do several long climbs at an altitude of over 2,000 metres. It's ideal for us, as we'll be staying here for three weeks, so the variety of training routes is very welcome'. The town lies at the foot of several of the Tour de France's legendary mountain passes, and is kilometre 0 on the ascent of the Col de la Loze. In June, it also hosts the French whitewater swimming championships.

Giving young runners between the ages of 15 and 21 in the region access to comprehensive training to enable them to become world-class athletes. This is the ambition of the Brook Trail Project, a training programme that covers all phases of preparation, from training to nutrition, not forgetting physical and mental preparation. The whole of Brides-les-Bains is behind this partnership, providing expertise and advice on nutrition, as well as recommendations on the best routes for trail runners.

Brides-les-Bains also plays hosted to the World Ski Championships in 2023. Since the Albertville Olympic Games in 1992, when Brides-les-Bains was the 'Olympic village', the town has been used to welcoming athletes, media and tourists from all over the world for competitions.



Alexandre et Jean-Baptiste Fourrat

Orsatus Ski Racing's sporting directors

Basing Orsatus in Brides-les-Bains was an obvious choice for us.

Since its creation, Orsatus has put people at the heart of coaching. Our aim is to give each athlete time to mature and progress at his or her own pace. Through this training structure, we support young people who are not necessarily among the best at the age of 16, but who are passionate, who still believe in themselves and who want to continue competitive skiing.

Each athlete progresses at his or her own pace, which is partly determined by nature. We do everything we can to enable everyone to express themselves to the best of their ability, without pressure or quotas. All our athletes follow a programme that includes international ski courses and a base camp in Brides-les-Bains, where their days are spent on physical preparation, ski training competitions, and schoolwork.

Basing Orsatus in Brides-les-Bains was an obvious choice for us: we know the area well, it's close to our hearts and it's ideal for training. The training facilities are very varied and perfectly suited to top-level competition. We're proud of the progress made by the youngsters we support, some of whom have gone on to qualify for international competitions.





The spa for an essential physical recovery break

With more than 170 years' experience in thermal baths, Brides-les-Bains is the first French spa specialised in long-term weight loss and rheumatism treatment. But the Thermes of Brides-les-Bains is also home to the Grand Spa Thermal, one of the largest in France, which invites you to let go of all your cares and enjoy après-ski massages.

After the effort, the comfort

The Grand Spa Thermal offers 2700 m² of treatment and relaxation areas, where you can benefit from the very best in thermal expertise. Much more than just a stay at the spa, it's a destination that combines well-being and health. Sports enthusiasts will appreciate the opportunity to recharge their batteries and recover: the hammam, sauna and steam baths with aromatic plants offer a haven of well-being for all. An 18m-long leisure pool offers a host of water features, including 2 indoor and 2 outdoor jacuzzis, 2 bubble beds, underwater jets, 6 swan necks and other water features, and a 25m-long swimming corridor.



The establishment offers professional guidance from experts in the art of the spa, hand-crafted gestures to lighten the body and mind, and a wide range of exclusive activities and treatments. From Christmas to Easter, winter sports fans can take advantage of the mountain to ski and then relax in a resort renowned for its thermal water and its detoxifying and circulatory properties. After a morning/day powder skiing, your legs can feel heavy, there's nothing like steam to help you relax and recover! The Grand Spa Thermal offers a wide range of massages to help you wake up in shape the next day: world massages, relaxation massages, relaxing leg massages, après-ski massages, lymphatic drainage, foot reflexology, nourishing body wrap, etc.

For the more adventurous, there are ice showers and a frost fountain!

And don't forget, from March to October, the health professionals at The Thermes of Brides-les-Bains put their expertise at the service of spa-goers through individual consultations, themed conferences, cooking workshops, gentle resumption of physical activity... A 100% personalised programme for spa-goers, while their other half can enjoy the ski slopes.

Late-night offers

Want to recharge your batteries in the evening? It's possible at the Grand Spa Thermal, which is offering night-time openings this winter.



Eating well, self-care in the off-season

Nutrition has always been a fundamental aspect of Brides-les-Bains, particularly for spa goers, who benefit from dedicated support from the opening of the spa season in March, to develop their knowledge of nutrition and eating habits.

Launched in 2013, the Label Diététique is an exclusive initiative of Brides-les-Bains. Its aim: to offer healthy, tasty nutritious cuisine, while maintaining a high standard of food quality using fresh, local produce. With 73 criteria to meet, this is your guarantee of complete dietary care. Brides-les-Bains has around ten restaurants with the label, where nutrition and gastronomy meet. Label Diététique certified menus are available from the opening of the spa season in March.



Caroline Lefèvre

Hydrotherapist masseuse at the Grand Spa Thermal de Brides-les-Bain

Customers are loyal, often returning year after year.

After training as a hydrotherapist, I started out providing thalassotherapy treatments in Banyuls-sur-Mer and then on the Ile de Ré, before joining the team at the Grand Spa Thermal in Brides-les-Bains, where I've been working for the last ten years. I'm delighted to have settled in the region: I'm a keen hiker and the scenery is truly breathtaking.

The people of Brides are very welcoming and it's a lively village all year round, so there's never a dull moment! I really enjoy my job, I love making the clients happy customers and relieving their pain, it's very rewarding. Listening is a very important part of my job: you have to know their pathologies, their state of mind and their ailments so that you can give them the best possible relief. We accompany them and recommend treatments based on these discussions. Our customers are loyal, often returning year after year because they are satisfied with the treatments, the spa and the exceptional surroundings.

As far as I'm concerned, the treatments I prefer to give are the relaxation massage (a free massage, tailored to the customer's needs to ensure that tension is eliminated) and the massage jet bath (a deep, targeted massage of the body, immersed in a bathtub using a jet of thermal water, for a draining, anti-cellulite and relaxing action).



Philippe Rousseau

Chef of the restaurant Les Cerisiers

Balance and Flavour: the ultimate in gastronomy

I trained at the Vatel Institute in Lyon and had the opportunity to work in a variety of establishments, from the bouchon Lyonnais to the Michelin-starred restaurant. I then moved to Savoie where I was head chef for 12 years in Aime, before deciding to come to Brides-les-Bains to discover the Label and the dietetic cuisine practised here.

I was trained by Nathalie Negro, the spa's dietician, to learn how to create a light and demanding cuisine, with lots of imagination and inventiveness. Even today, it's a constant challenge that I love to take up: adapting recipes, reinventing, making people salivate with light dishes. You have to be able to tempt people with simple, fresh products, without masking them with fat, and be open to discovering new ingredients. It's also a challenge to prove that nutritious cuisine can be refined and sophisticated.

I really enjoy taking on these challenges on a daily basis, it makes the work so much more interesting. Thinking about balance and flavour is the main focus in gastronomy. Every year I look forward to the Equilibre et Gourmandise Festival, to meet customers, meet up with other chefs from the region, and demonstrate how to make certain recipes. It's a difficult but rewarding exercise in sharing your passion and know-how.

I always try to find simple, tasty recipes that you can easily reproduce at home. After ten years at the Hôtel Athéna, I joined the team at Les Cerisiers restaurant a year ago, with the constant aim of showing that nutritious cuisine can be gourmet.



Good places to (re)discover in Brides-les-Bains

The Tourist Office shares its favourite places to stay or eat in Brides-les-Bains.

BARS & RESTAURANTS

LE BIS «TROP» SAVOYARD

A generous, gourmet cuisine based mainly on local, farm-quality produce, using short distribution channels as much as possible.

Rue Aristide Brilland

LES CERISIERS

A refined daily menu, combining a skilful blend of local flavours, seasonal delights, balanced and tasty cuisine and Savoyard specialities.

Hôtel Amélie, rue Emile Machet

LA FABRIK

Bistro cuisine, homemade pizzas and burgers, corporate menu with fresh seasonal produce, summer terrace and great atmosphere. Plus: live sport on the big screen.

18 Avenue Emile Machet

LE VAL VERT

Gastronomic and diet friendly cuisine, with light, tasty and refined dishes concocted by chef Jean-Pascal Laugier and his team.

30 rue Emile Machet

LE 26

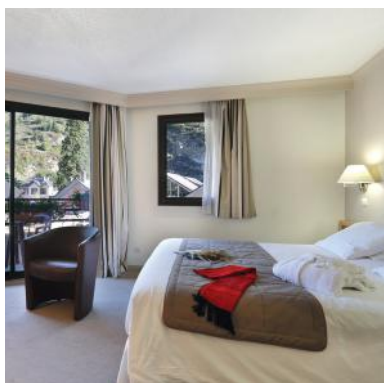
Restaurant, bistro cuisine, bar... there's something for everyone, with dishes made entirely in-house!

26 Avenue Emile Machet

RELIEF

It's an original place, offering craft beers and traditional wines, and combining modernity and locality.

37 rue Aristide Briand

HÔTEL AMÉLIE**

Located in the centre of Brides-les-Bains, 150 metres from the gondola and a 5-minute walk from the Grand Spa Thermal.

2 rue Emile Machet

L'ALTIS VAL VERT**

Much more than just a place to stay, it's a fascinating family history that's reflected in every detail.

30 rue Emile Machet

LE GOLF HÔTEL****

It overlooks the village and opens into the grandiose landscape of the Vanoise Park, offering a breathtaking view of the glacier.

20 avenue du Comte Greyfié de Bellecombe

LE VERSEAU**

Calm and well-being are the order of the day at this hotel, which offers large living spaces with different atmospheres.

Rue du 8 Mai 1945

THE CASINO DES 3 VALLÉES

The ideal place in Brides-les-Bains to have fun after skiing! From the slot machines to the bar-restaurant, everyone can enjoy a moment of pleasure and relaxation.



Don't miss out this winter

On the slopes or in the village, there's always something to do in Brides-Les-Bains! Focus on the highlights to come.

All the events can be found at www.brides-les-bains.com

DECEMBER



Meet Father Christmas

24th december
Father Christmas invites the little ones to a photo session in the Parc thermal, followed by a stroll through the village.

DECEMBER

A feast for the eyes on New Year's Eve

31st december
Enjoy a concert in the Parc Thermal before admiring the fireworks at 11pm.



MARCH

 brides les bains
LES 3 VALLÉES

SAINT PATRICK



CONCERT DE "TRISKEELT"
BUVETTE ET SNACKING SUR PLACE

 16 MARS | 18H À 20H 

 PARC THERMAL

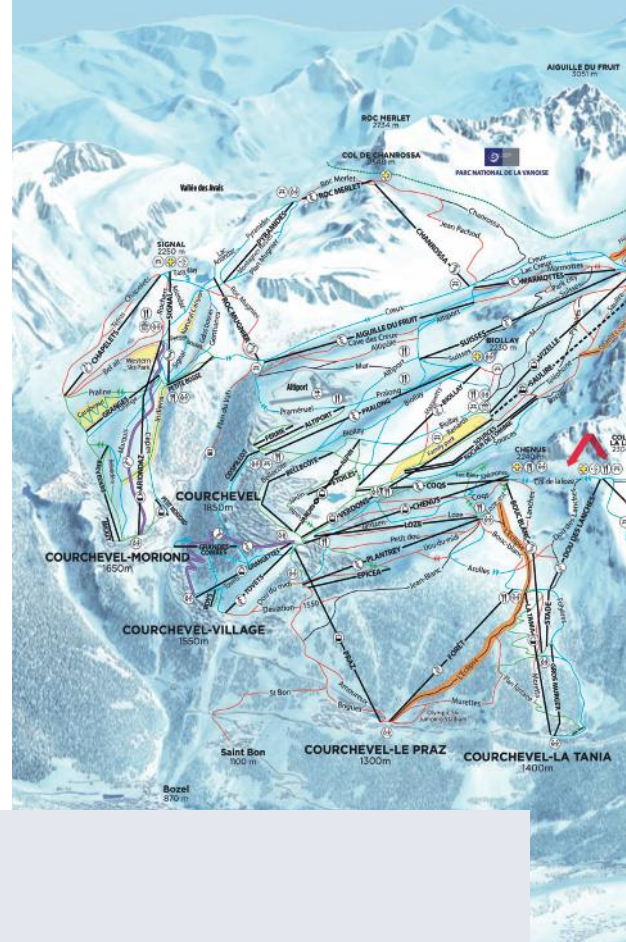
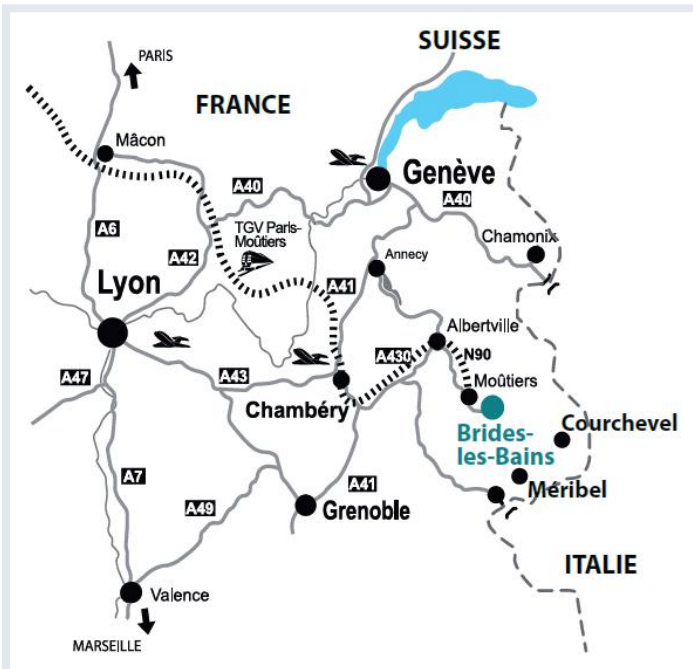
Celebrating Saint-Patrick's Day

17th march

Brides-les-Bains celebrates St Patrick's Day with an Irish concert in the Parc thermal

Discover Brides-les-Bains

**VALLÉES
ENDURO**
31 MARS 2024
31^e MARCH 2024



ACCESS



TRAIN

TGV station of Moûtiers - Salins - Brides-Les-Bains at 6 km
SNCF Information and timetable
Tél. 3635 (0,40 €min)
www.sncf-connect.com/



CAR

Highway
Until 6 km away of Brides-Les-Bains.
Follow direction vallée de Bozel / Brides-Les-Bains.



PLANE

AEROPORTS

- Lyon St Exupéry / 150 km (1h40)
Tél. +33 (0)826 800 826 (0.15 €min)
lyonaeroports.com
 - Genève / 120 km (2h)
Tél. +41 (0)22 798 20 00
gva.ch
 - Chambéry / 90 km (1h15)
Tél. +33 (0)4 79 54 49 54
chambery-airport.com
 - Grenoble / 160 km (1h50)
Tél. +33 (0)4 76 65 48 48
grenoble-airport.com
- For all coach services
from major airports
altibus.com
Tél. +33 (0)820 320 368 (0.118 €min)



TAXIS

Find the complete list here :
brides-les-bains.com



BUS

Moûtiers Bus Station : ALTIBUS
Tél. +33 (0)820 320 368 (0.118€min)
altibus.com

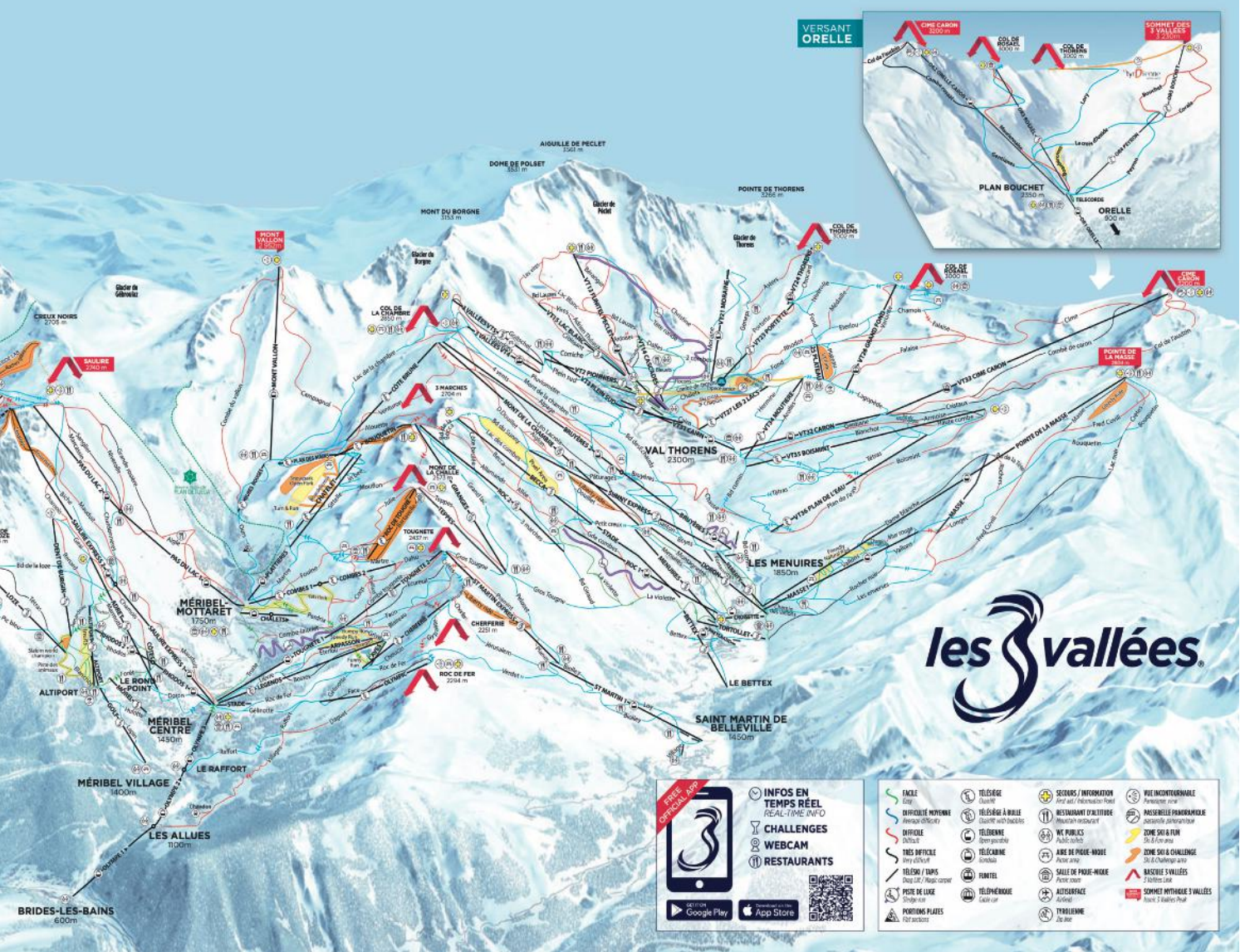


PRIVATE SHUTTLE

All airports are served by private shuttles. These shuttles offer greater flexibility in terms of timetables and are still cheaper than private taxis.

TIP

In winter, a free shuttle bus takes you from Moûtiers train station to the heart of Brides-les-Bains. It runs every day!



FREE
OPTIONAL APP

INFOS EN TEMPS RÉEL
REAL-TIME INFO

CHALLENGES

WEBCAM

RESTAURANTS

GET IT ON Google Play

Download on the App Store

FAISLE Easy	TELEGRÈ Cable car	SECOURS / INFORMATION First aid / Information point	SKI MONTAGNE Ski mountaineering
DIFFICULTÉ MOYENNE Average difficulty	TELEGRÈ À BALLE Chairlift with buckets	RESTAURANT D'ALTITUDE Mountain restaurant	ÉCOLE DE SKI Ski school
DIFFICILE Difficult	TELECABINE Gondola	WC PUBLICS Public toilets	ZONE SKI & FUN Ski & Fun zone
TRÈS DIFFICILE Very difficult	TELESKI / TRAPS Ski lift / Magic carpet	ARRE DE POLICE-MOÛDE Ski patrol	ZONE SKI & CHALLENGE Ski & Challenge zone
PISTE DE LIGNE Ski lift	TELEPHÈRIQUE Chair lift	SALLE DE POLICE-MOÛDE Ski patrol	MARQUE 3 VALLÉES 3 Vallées logo
POSITIONS PLACES Ski lift	TRONÇON Ski lift	SOMMET MYTHIQUE 3 VALLÉES Peak 3 Vallées Peak	

600km
OF TRAILS

50%
OF TRAILS
GREEN & BLUE

50%
OF TRAILS
RED & BLACK

**SNOW
GUARANTEED**
+85% OVER 1800M

43
PLAY AREAS

5
SNOWPARKS

12
SLEDGING AREAS

+100km
SKI RUN TRAILS

Tourist Office

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