

PRESS KIT

Brides-les-Bains,
the 3 Vallées sport and health
destination



SUMMER 2025

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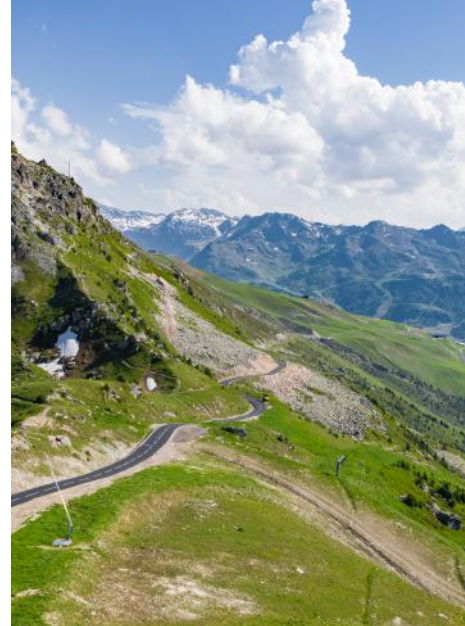
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Discover Brides-les-Bains



editorial



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

Brides-les-Bains is both a renowned spa resort and a popular area for sports enthusiasts, making it a year-round destination. At the foot of the 3 Valleys, our resort-village has established itself over the years as a wellness destination, attracting thousands of people every year.

Brides-les-Bains combines change of scenery and accessibility and is popular with amateur as well as professional sportsmen in both winter and summer. Everyone enjoys the village's ideal setting; nature lovers appreciate the beauty of the landscape and the diversity of outdoor activities. When it comes to well-being, the Thermes' success is undeniable, the Grand Spa Thermal still the place to go for deep relaxation.

Between a trip to the spa, a walk on the trails or a nature outing, residents and holidaymakers have a large offer of activities to choose from. We're delighted to be able to offer a wide range of cultural and sporting events based around music, comedy, cinema and outdoor activities throughout the season. At the same time, we're offering around fifty hours of free entertainment every week, aimed at locals, tourists and spa-goers alike. This season's highlights include the Tour de France and the Angoulême Francophone Film Festival via Brides-les-Bains !

We are also proud to be renewing our partnership with the Brooks Trail Project, which gives young trail runners aged between 15 and 21 access to a comprehensive training programme to help them become world-class athletes.

Whether for a weekend or a holiday, everyone in Brides-les-Bains is looking forward to welcoming tourists from all over the world to rest and reset, nestled between the lakes and mountains.

Have a great summer in Brides-les-Bains !

KEY FIGURES

More
than 4800
tourist beds in summer



6

Label Diététique' certified restaurants



1 Casino

More than 25
events per year



50 hours a
week of free
entertainment

39 hikes
starting from Brides-les-Bains



93 individual
treatment rooms

2 700 m²
of care and well-being facilities



270 employees
in high season



1400 spa-goers
treated per day in high season

ESCAPE TO THE HEART OF THE ALPS

Boasting an exceptional natural environment, between the lakes, mountains and forests, Brides-les-Bains is the ideal playground for outdoor enthusiasts. A true crossroads of outdoor activities, it's an area popular with both seasoned sportsmen and women and amateurs alike.

Situated at the entrance to the Vanoise National Park, at an altitude of 600 metres, Brides-les-Bains is an exceptional spa resort, combining a stunning natural setting, well-being and sporting discoveries. In summer, the village is a haven of peace, where visitors can enjoy a wide range of environmentally friendly outdoor activities.

Nature lovers will enjoy access to trails offering spectacular views of the surrounding mountains, whether on family hikes or more demanding treks. Cycling enthusiasts will love the mountain bike outings to challenge the local passes, such as the Gran Fondo Col de la Loze. The village also offers a rich cultural and historical heritage for visitors wishing to stroll through the narrow streets and enjoy the local entertainment. For those in search of wellbeing, Brides-les-Bains is an ideal destination, renowned for its expertise. The Grand Spa Thermal, the largest in the Alps, is the perfect place to recharge your batteries and take a relaxing break.

Brides-les-Bains is also the No. 1 spa for weight loss and treating rheumatism, with 3 weeks treatments and short weight loss and well-being treatments. With their unique know-how, the spa relies on the expertise of dieticians, chefs and doctors throughout the season. The spa itinerary allows you to benefit from targeted treatments for each type of pathology or need.

And because well-being also requires eating well, the Label Diététique, the only one of its kind in France, certifies innovative, well-balanced cuisine. In Brides, the chefs of these certified restaurants offer tasty menus based on healthy, seasonal produce, with the help of the spa's dieticians to provide complete dietary care.

As a 4-season destination, Brides-les-Bains offers a year-round bubble of well-being and a wide choice of resorts, accessible to all budgets, to explore the regional sites.



SOMETHING FOR EVERYONE

In the heart of the Alps, Brides-les-Bains is the ideal place to recharge your batteries and take part in a host of sporting, leisure and fun activities.



Whether you're a beginner or an experienced hiker, a family or a group of friends... A wide range of walks and hiking trails give you access to the most beautiful panoramas and wealth of Alpine flora and fauna, at altitudes between 600m and 3600m. Around Brides-les-Bains and further up the mountain, hikers will find many places where nature is preserved, offering an ideal setting: the trails of the Vanoise Nature Park, the 3 Vallées hiking trails, the hiking trails of the Lauzière massif or the Bauges massif, etc.

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The best viewpoints in the region include Mont Bel Air, Col de la Loze, La Saulire, Le Cheval Noir, Cîme Caron and the summit of Crève Tête for breathtaking panoramas!

Whether you're on a road bike or a mountain bike, Brides-les-Bains is the perfect place to get back in the saddle! The Alpine routes are very popular with cyclists, particularly the climbs up to the Col de la Madeleine, or the climbs up to Méribel, Pradier or Les Prioux. Not forgetting, of course, the legendary Col de la Loze, renowned for its difficulty, which is honoured every year at the Gran Fondo Col de la Loze cyclosportive, where enthusiasts take on this giant of the Alps. The town has a long-standing commitment to cycling and has been awarded the 'accueil vélo' label, guaranteeing the best possible welcome for cyclists, with services tailored to their needs.

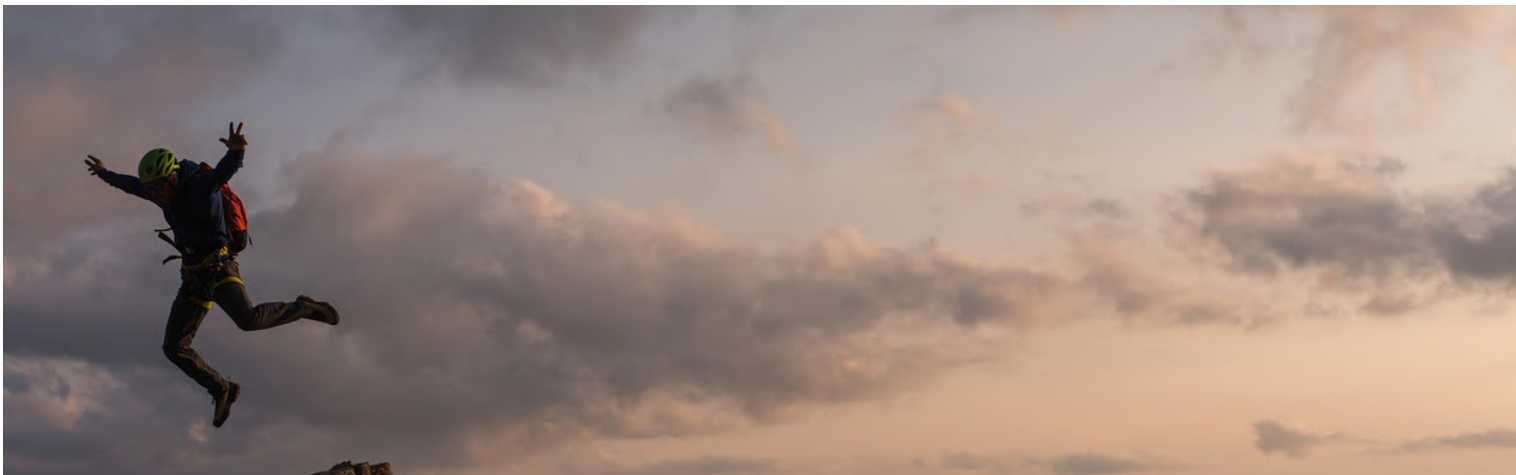


AN UNRIVALLED PLAYING FIELD



For thrill-seekers, the surrounding cliffs offer numerous climbing routes, suitable for all levels of climber. For example, just a few kilometres from Brides-les-Bains, the Mont Secret cliff nestles in a pleasant setting with 140 routes, at an altitude of 800 metres.

Thanks to its privileged location in the 3 Vallées, Brides-les-Bains also offers a wide range of water sports: canoeing, kayaking, rafting, canyoning, water skiing, wakeboarding, paddling, diving, fishing and open-air swimming. For families, Aquamotion, Europe's largest mountain aquatic centre, is just 20 minutes' drive from Brides-les-Bains and offers a vast water park designed for safe fun (slides, baby pool, indoor and outdoor lagoons, etc.).



The 3 Vallées also offer a plethora of activities to try out: paragliding, hang-gliding, hot-air ballooning, golf, horse-riding, treasure hunts, accrobranche...

The Brides-les-Bains Tourist Office also offers 50 hours of free activities every week: stretching, gym, zumba, step, dance, muscular awakening, yoga, relaxation therapy, etc. Designed for locals, spa visitors and holidaymakers alike, these activities are accessible to all !

CYCLING

AT BRIDES-LES-BAINS



Nathalie NEGRO

According to Nathalie Negro, dietician and head of the nutrition centre at Les Thermes de Brides-les-Bains, cycling is part of the DNA of Brides-les-Bains : getting people moving.

'It's gentle, non-polluting mobility and it's also an asset. And cyclists, if they wish, can benefit from Brides' expertise in dietetic catering, which is not restrictive, but rather "the art of knowing how to eat well". After a race, they can also take advantage of the spa for faster recovery.



A BASE CAMP FOR HIGH LEVEL SPORT

With its privileged location in the Tarentaise, Brides-les-Bains attracts top sportsmen and women all year round. The village also hosts high-level competitions and has forged partnerships with emblematic clubs.

Brides-les-Bains is a partner of the Brooks Trail Project, which aims to give young trail runners between the ages of 15 to 21 access to a comprehensive training programme to help them become world-class athletes. The training covers all aspects of preparation: physical, mental and nutritional. The athletes benefit from comprehensive support and a privileged training ground, where the best trail routes are defined. For Sébastien Jouanneau, Manager of the Brooks Trail Project, 'the many trails around Brides-les-Bains are exceptional playgrounds. Each terrain is interesting, the singles are playful, the profiles are in line with our expectations and the variety of trails is a major factor. There are dozens of combinations that can be adapted to suit the variety of training sessions our youngsters undertake. High-quality accommodation, catering that can be adapted to our needs and a wide range of facilities suited to high-level sport make Brides-les-Bains an ideal base camp when you're developing an innovative sports project like ours. Today, our athletes are in favour of renewing our partnership with the staff. Brides-les-Bains is their second home, their sporting reference point'.



The athletes' training routes can be found on [the Brides-les-Bains Strava account](#).



Sébastien COTTAREL

*Sports, Leisure & Culture
Director of Brides-les-Bains*

Over the last 2 years, the resort has chosen to forge partnerships with young sportsmen and women, such as the athletes in the Brooks Trail Project, promising young runners and young cyclists from the AURA committee. This type of project has real resonance for us, because sport is a value that we want to share with as many people as possible.

These young people are perfect ambassadors for all the facilities that Brides-les-Bains has to offer, from the playing field to nutrition and recovery. With this in mind, we are delighted to be able to put our expertise at the service of these young athletes and offer them the best possible training conditions. As well as contributing to their personal and sporting development, we have forged real links with some of the youngsters and their coaches - a truly satisfying experience in the service of Brides-les-Bains.



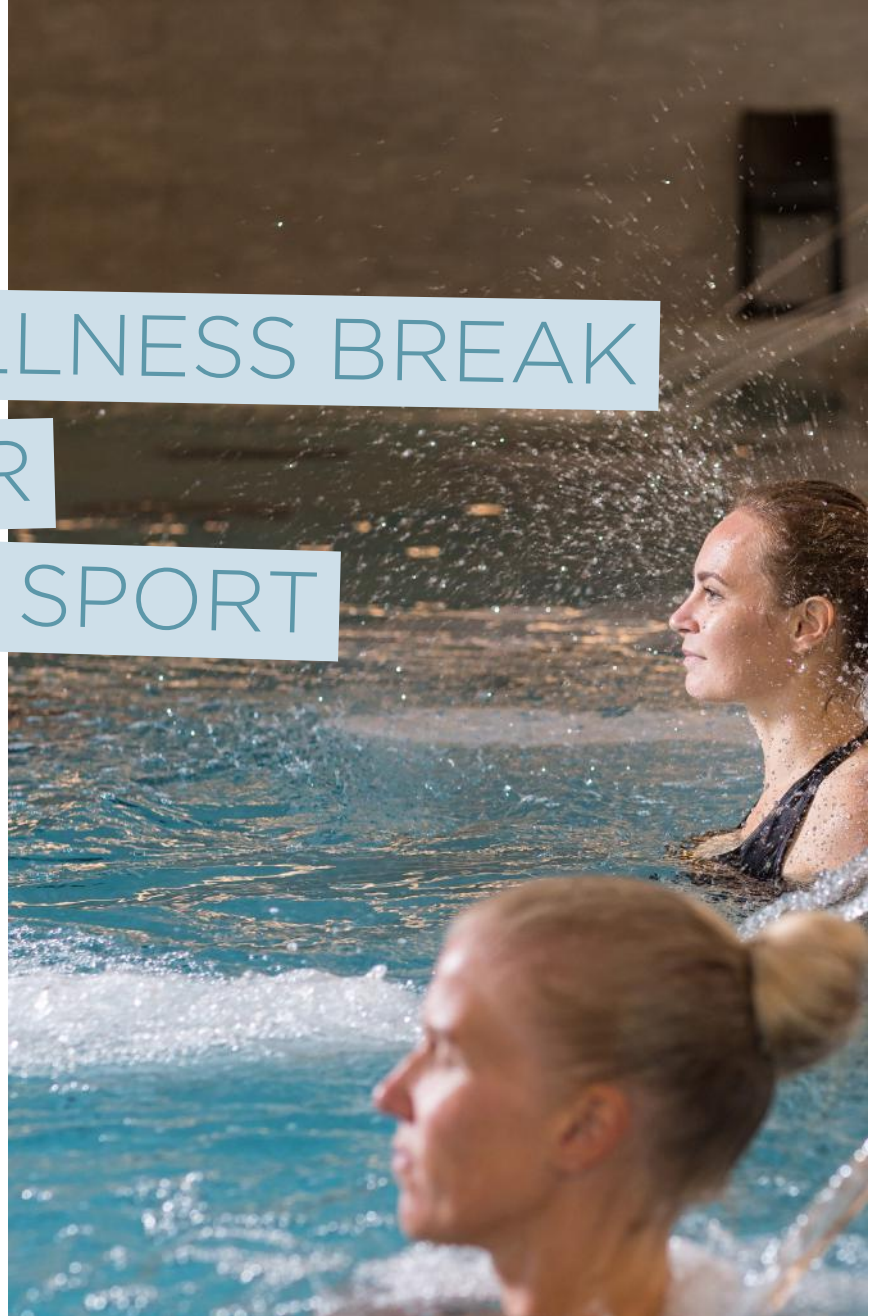
UNWIND

WITH A WELLNESS BREAK

TO RECOVER

AFTER SPORT

Health and wellbeing are definitely at the heart of the DNA of Brides-les-Bains, which is France's No. 1 spa for weight-loss and treating rheumatism. The Thermes are also home to the Grand Spa Thermal, which offers 2700m² of treatment and relaxation areas, open to the general public to benefit from the very best in thermal expertise and let yourself be carried away by an ocean of well-being...



Relaxing and decompressing in the heart of the Alps

The Grand Spa Thermal de Brides-les-Bains offers you the chance to take some time out to recharge your batteries, relax and get back into shape. As a treat to yourself or to recover after exercise, it offers slimming and well-being breaks or à la carte treatments (massages, foot reflexology, face and body beauty treatments, etc.). The hammam, sauna and steam baths with aromatic herbs offer a relaxing 'wellness' break.

With its vast spaces, thermal expertise and modern facilities, the Grand Spa Thermal boasts of a 600m² aquatic area and a 500m² relaxation area. An 18m-long leisure pool offers a host of water features, including 4 jacuzzis, 2 bubble baths underwater jets, 6 swan necks and other water games.

Treatments include the jet massage 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.

New in 2025: the 'Reflet de soie' break

A special beauty programme featuring a range of cutting-edge face and body treatments to pamper your skin and enhance your look. The Reflet de soie break includes targeted beauty treatments, an affusion massage to discover the benefits of Brides-les-Bains thermal spring water and unlimited access to relaxation activities throughout the stay. Available throughout the spa season from 24 March 2025.

Price: €320 for 3 days, excluding accommodation.





RECOGNISED EXPERTISE THAT ATTRACTS AROUND 10,000 VISITORS PER SEASON

The Thermes of Brides-les-Bains offer 18-day spa treatments, in France prescribed by your GP, to help you lose weight, relieve pain and improve mobility. These treatments are particularly effective natural solutions for alleviating physical suffering, reconnecting with your body and rediscovering a deep and lasting sense of well-being.

The spa establishments have treatment areas, particularly for rheumatology, but also a nutrition area, a place dedicated to physical activities and a thermal pool. Derived from the Salins springs, this naturally warm water improves peripheral blood circulation, increases blood flow and balances blood pressure.

Brides-les-Bains thermal spring water is administered in two complementary ways: as a drinking treatment to take advantage of its appetite-suppressant properties, and as a thermal treatment with anti-cellulite, circulatory and relaxing properties. Its composition, combined with treatment techniques, means it can be used to slim down and treat rheumatism.

GP prescribed spa treatments, through programmes created by spa professionals, provide comprehensive, personalised care. They can be used to treat excess weight and its metabolic disorders, such as type 2 diabetes, rheumatism (osteoarthritis, back problems, joint pain), but also offer a dual approach to treat both conditions at the same time. The spa has also developed therapeutic patient education programmes, approved by the ARS, to help patients manage excess weight or understand and balance their diabetes.





The treatments offered at Brides-les-Bains encourage gentle, gradual mobilisation of the body. The thermal baths are based on two complementary establishments. Thermal treatments are provided in Brides-les-Bains, while visitors to Salins-les-Thermes can take advantage of the Grands Bains de Salins, which includes a very large thermal pool to combat pain, as well as cabins for running water baths. A thermal shuttle bus runs between Brides-les-Bains and Salins, so that visitors to the resort do not have to use their car to receive treatments at the Salins thermal pool.

New in 2025 : the short treatments

Regaining energy and vitality is a short stay away

The 5-day short treatments combine the benefits of spa treatments with relaxation, with 4 spa treatments a day (jet shower, aerobath, penetrating shower...), to boost your health capital thanks to the virtues of thermal water. A revitalising break with immediate visible effects !



The Brides-les-Bains thermal baths offer a range of stays (from 3 to 9 days) to recharge your batteries ('Pure Relaxation'), lose weight at your own pace ('Slimming Special'), understand and control the impact of the menopause on your body ('Menopause Special') or regain freedom of movement ('Joint Special'). Details at www.thermes-brideslesbains.fr

In addition to the thermal baths, the Brides-les-Bains Tourist Office offers spa-goers all-round support to help them get back into shape, with gentle walks designed especially for them, over 50 hours of free entertainment available every week, and cultural programmes to help them make the most of their stay.

The spa season opens with the arrival of spa visitors on 24th March.



Nathalie NEGRO

dietician and head of the nutrition centre at Les Thermes de Brides-les-Bains

At a time when the #WhatIEatInADay trend is taking TikTok by storm, Nahtalie Négro reminds us that eating well doesn't mean starving yourself!

'Food is a vast playground, constantly changing and evolving. I think that's what I liked about it. After obtaining my DUT in dietetics, I completed my training with a certificate of specialisation in quality management and promotion for the agri-food sector. I started my career as a dietician in the Ile-de-France region, initially in a hospital, where I supervised the kitchen team, drew up the menus, monitored hygiene and trained the staff. Then I joined another catering company, this time specialising in education, where I was able to use my dual skills in quality and nutrition. I took part in the schools' monthly committees, we organised sessions for parents to raise awareness of their children's diet, and I gave talks in primary schools, secondary schools and high schools.

But I missed the therapeutic side of things and with the arrival of our daughter, we wanted to leave the Paris region. That's how I ended up in Brides-les-Bains. I was given carte blanche to develop the nutrition centre. I was able to set up the workshops that exist today, the free, open-access lecture series, the complementary programmes to the spa treatments, the training courses for hoteliers... I've always been supported in my activities by the management, who are convinced that we have a public health role to play, and that people who come to the spa must be able to leave Brides with the tools they need to make the changes they started during their treatment a success.

And for 2 years now, I've been a part-time lecturer at the University of Lyon, teaching graduate dieticians who are studying for their bachelor's degrees, as well as at the Lyfe Institute (formerly Paul Bocuse) for bachelor's degrees in culinary arts, specialising in health and well-being cooking.

The most important thing about this profession is the desire to learn and evolve, because knowledge of nutrition is constantly changing. You need to be constantly challenging yourself. Then there's the ability to listen, because the core of my work is individual consultation. The ability to work in a team, with people from the same profession but with completely different backgrounds, particularly the kitchen teams, is also crucial, as is a taste for passing on knowledge. And last but not least, you have to love and know how to cook.

The job I'm doing at Brides-les-Bains is exactly what I enjoy: working in the field of therapeutics but outside the hospital setting, continuing to work with kitchen teams and having the opportunity to constantly develop the service. I'm a keen hiker and I love the environment in which I work !



DISCOVER THE TREASURES OF THE REGION

Brides-les-Bains attracts holidaymakers all year round thanks to its exceptional natural and cultural heritage. The Tourist Office offers a wide range of activities to help you get away from it all.

As well as its beautiful scenery, Brides-les-Bains is a village steeped in history, making it an ideal base camp for discovering Savoie. Chapels, mills, parks and typical little streets are just some of the things you'll discover on your walks and hikes surrounded by an exceptional mountain panorama.

Take a stroll through the streets of Brides-les-Bains and you'll come across the church of Saint-Étienne, a jewel in the crown of the local heritage, with its remarkable frescoes. On the banks of the Doron River, the Parc des Thermes offers a soothing break in a natural environment that hosts numerous sporting and recreational activities throughout the year. Its arboretum offers a chance to discover more than 20 different species of tree, on a trail accessible to all the family.

(RE)DISCOVER
THE TARENNAISE



Around Brides-les-Bains, a number of museums offer visitors the chance to travel through history :

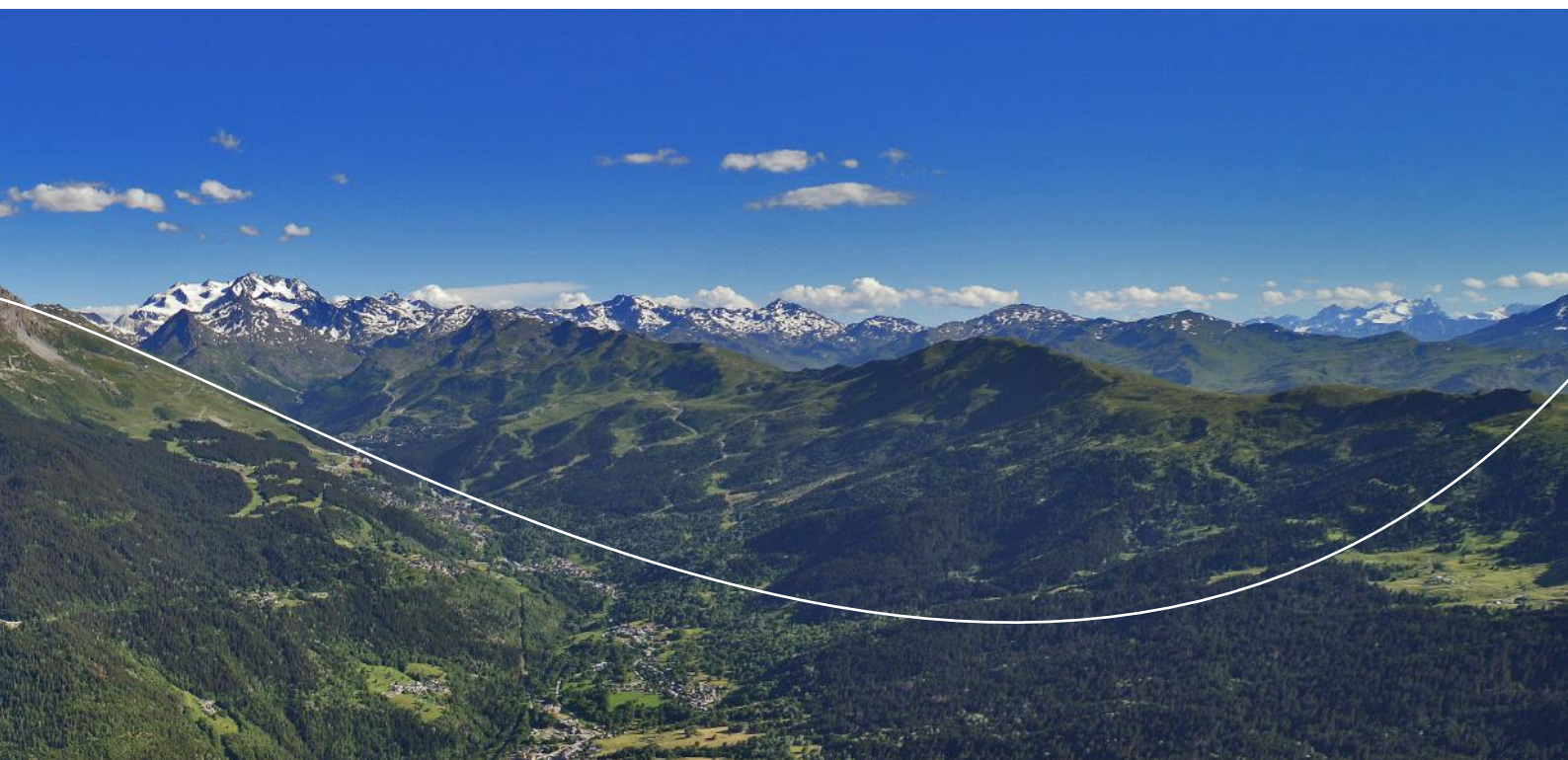
The Marius Hudry Cultural Centre, a major heritage site in the Tarentaise, houses the Museum of Popular Traditions and the exhibition gallery (paintings, sculptures, photographs, etc.)

The Museum of History and Archaeology illustrates the history of Moûtiers and the Tarentaise region, from prehistory to the 19th century

The Museum of Popular Traditions, housed in the former archbishop's palace, introduces visitors to the rural civilisation of the Tarentaise

The Museum of Saint-Martin retraces 150 years of the history of the upper Savoy valley.

On 26th and 27th September, Brides-les-Bains will be hosting Terre, Terroir & Tarentaise, a traditional festival that immerses visitors in Savoyard culture and introduces them to the traditions of the Tarentaise valley. The programme includes dozens of exhibitors and festive entertainment !



Do not miss :

A tour of beaufort cheese-making and maturing cellars! The Moûtiers dairy cooperative, just 10 minutes from Brides-les-Bains, is offering a tour to delve into the secrets of the 'thousand-flower' cheese.

For street art lovers, the town of Moûtiers, just outside Brides-les-Bains, is offering a dedicated route to discover almost forty monumental and colourful frescoes scattered around the town.

OUTDOOR EXCURSIONS

To discover the region's treasures, the Tourist Office has put together 5 not-to-be-missed excursions :

The Col de la Loze, linking the valleys of Méribel and Courchevel

La montée de Courchevel, a climb through the pines

The Plan de Tueda nature reserve, a bucolic, unspoilt nature reserve

Le Cornet de Roselend, for a trip through the Tarentaise and Beaufortain regions

Rafting, to test your mettle on the tumultuous waters of the Doron de Bozel.





Nature lovers will not be disappointed by the incredible biodiversity on offer in Brides-les-Bains. The area and its surroundings abound in exceptional natural sites, with forests, lakes, rivers and mountains, making it the ideal destination to recharge your batteries.

The Tourist Office recommends walking along the river (Le Doron de Bozel or Le Doron des Allues) or taking the Gorge aux Pigeons footbridge to enjoy the views over the valley. For the best views in the region, choose Mont Bel Air, Col de la Loze, La Saulire, Le Cheval Noir, Cîme Caron or the summit of Crève Tête for breathtaking panoramas.

If you want to enjoy the forest air, head for the Bois de Cythère, which has been part of Savoie's natural heritage for over a century, or the Dent du Villard forest. The altiport site is also home to a forest and a lake, a paradise for outdoor activities. And for those who prefer lakes, there's plenty to choose from: Lac Bleu, Lac du Praz, Lac du Pêtre, Lac des Creux, Lac du Lou, Lac de Tueda, Lac de la Rosière and Lac Merlet. Not forgetting the Bruyères lake, home to a remarkable ecosystem of frogs, dragonflies, trout and brook salmon.



Meet the marmots in the heart of the Vanoise Park !

Meet up at the Tourist Office in Brides-les-Bains for guided hikes led by Rando'Evasion to discover the Savoie countryside. This mountain walk is suitable for those with an average level of walking ability and includes a chance to meet the marmots.

Date : end of May, weather permitting



The Casino des 3 Vallées

The ideal place to try and hit the jackpot! Open all year round, the Brides-les-Bains casino offers slot machines, an English roulette table and a blackjack table (for adults only). As well as the games, the complex also includes a bar-restaurant and a nightclub



Nicolas TAVERNIER

*Mountain guide at the Montagne
des Terres d'Evasion office*

Originally from the north of France, I started hiking with my family at a very early age. I decided to make it my profession in 1975, thanks to an introduction to crampon climbing on the Gébroulaz glacier. Two years later, I met the guide Maurice Ravoir, who spent years teaching me about the mountains. I passed my diploma and started working as a mountain guide in the summer of 1988 in Pralognan-la-Vanoise, then in the winter of 1992 on snowshoeing guide in Méribel.

I set up Rando'Evasion and Raquett'Evasion over 30 years ago, to offer supervised outings in the great outdoors. We offer hikes and snowshoe outings, as well as themed outings to see sunsets, get close to chamois or observe marmots. As I'm also a Nordic walking instructor, I set up Nordic'Evasion 10 years ago to help people discover this relaxing, leisurely and healthy activity, which also helps you tone up.

To be a mountain guide, you need to be available and caring, to have a wealth of knowledge (about history, the etymology of place names, geology, flora and fauna, walking techniques to suit the terrain, anatomy-physiology, first aid, etc.) and to be able to adapt to the various changes in mountain activities. You have to stay in shape and constantly innovate! It's a challenge to work as a mountain guide all year round, winter and summer, while also working as an instructor in the mountain section of the Lycée in Moûtiers.

I've devoted a large part of my life to mountaineering, with two pillars: enjoyment and transmission. The creation of Raquett'Evasion was born of this desire to pass on a 'mountain' culture and philosophy, including to secondary school students.

Brides-les-Bains is an ideal starting point for exploring the most beautiful parts of Savoie and the Vanoise massif, on foot or with snowshoes. Personally, I prefer high altitude off-piste hikes, where there is little traffic.

Point of view



BRIDES-LES-BAINS

HEALTHY

AND HAPPY FOOD

Combining diet and gastronomy, Brides-les-Bains remains the destination of choice for gourmets looking to eat well without depriving themselves.



THE LABEL DIÉTÉTIQUE,

A UNIQUE

CERTIFICATION IN FRANCE

Created in 2013, the Label Diététique is an initiative exclusive to Brides-les-Bains, the only town in France to be awarded this label. Its aim: to offer healthy, tasty dietetic cuisine, in line with the menus prescribed by spa doctors for spa visitors, 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.

The aim of this label is to combine fresh food with a balanced diet, in line with the spa treatments on offer. To achieve this, chefs and hotel & restaurant staff receive ongoing training in nutrition.

Thanks to the commitment of the chefs of the certified restaurants, the “label diététique” complies with the requirements of a slimming treatment and aims to reconcile healthy nutrition, gastronomy and gourmet cuisine. The dieticians at Les Thermes nutrition centre regularly create new recipes and technical sheets for themed meals (for example, a low-fat tartiflette).

5 restaurants have been awarded the label :

Golf Hôtel**** (La Table du Golf)
Hôtel L'Altis*** (Restaurant Le Val Vert)
Hôtel L'Amélie*** (Restaurant Les Cerisiers)
Hôtel Le Verseau*** (Restaurant Le Val Vert)
Restaurant La Maison de Marielle
Le Centre **



Marielle HERMER

*Restaurant-caterer label
diététique "La Maison de Marielle"*

'When I was young, I hesitated between being a florist or a cook. In the end, I chose gastronomy. After hotel school, I started in a restaurant in Roanne, with a chef who taught me a lot. Later, I enjoyed my time working on the island of Réunion with all the spices and new flavours. I then moved to Savoie and, after several seasons at La Tania, I took my first steps in Brides-les-Bains at the Golf Hôtel, first as second-in-command and then as chef, perfecting my mastery of "label diététique" cooking. I then worked as a chef at the Hôtel Amélie, before setting up my own business in 2004 with Dominique, creating 'La Maison de Marielle', which offers healthy and traditional ready-made meals.

Our customers can eat in or buy takeaway dishes, with the certainty of eating tasty products and having access to varied menus. We always make sure to offer light recipes that emphasise taste and flavour, while respecting the criteria defined by the "label diététique" recommendations made by the spa doctor.

The challenge of "label diététique" cuisine is to make healthy and tasty food, with research, tricks, colours and flavours with the use of herbs and spices. It's important to show that cooking can be both balanced and delicious. Our customers appreciate the wide choice of starters, main courses, side dishes and desserts, with well-balanced portions. Personally, I love eating out, enjoying myself, and that's what I try to convey in my cooking !'



A LONG-STANDING COMMITMENT TO ECO-RESPONSIBILITY

A favourite destination for nature lovers, Brides-les-Bains has been committed to sustainable tourism for decades, to preserve the mountains for today and tomorrow.



ENJOYING NATURE WHILE PRESERVING THE ENVIRONMENT

Brides-les-Bains invites visitors to return to their roots, to reconnect deeply with nature. Visitors are encouraged to observe the flora and fauna, to live fully in the present moment and to become aware of the richness and fragility of the Alpine environment. Whether hiking or cycling, this immersion in nature goes hand in hand with an invitation to preserve it: the municipality implements and promotes eco-responsible practices, from water management to waste reduction initiatives, as well as raising awareness of local biodiversity.

Brides les Bains, which has been awarded 3 flowers since 2008, embarked on a zero-phytosanitary approach in 2010, almost a decade ahead of current regulations. In practical terms, this means manual or mechanical weeding, the use of organic fertilisers, the recycling of green waste, not turning over the soil, mowing late and in moderation...

While holidaymakers are encouraged to preserve natural resources, the socio-professional players are also fully involved in this mission. Waste management, composting, recycling, use of renewable energies, local purchasing policy, use of thermal spring water... The tourist and economic activities are carried out in compliance with strict ecological principles, ensuring their sustainability for future generations.

To come to Brides-les-Bains, you can take the train from the Moûtiers - Salins - Brides-les-Bains station for a low-carbon journey that minimises the environmental impact of travel. This embodies the resort's desire to facilitate greener tourism, in line with the aspirations of travellers who are conscious of their ecological footprint. By choosing to travel by train, visitors can make an active contribution to protecting the Alpine environment and enjoy a comfortable, relaxing journey. Once in the heart of the village, everything is within walking distance.



Activities to get involved

Guided hikes

Discovering the Vanoise National Park and the area around Brides-les-Bains gives you the chance to explore the local flora and fauna. Insects, birds, vegetation... these moments also help you understand the importance of preserving Alpine ecosystems.

Observing fauna and flora

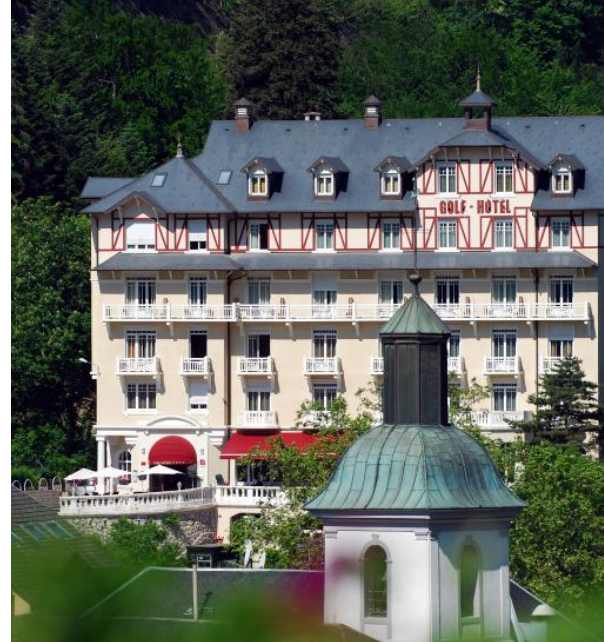
For those who don't want to walk for (too) long, nature-watching activities are available just outside Brides-les-Bains, enabling you to discover the region's characteristic animal and plant species, while promoting respect for and preservation of their natural habitat.

Eco-designed thermal baths

The famous thermal baths of Brides-les-Bains offer an experience of relaxation and well-being in eco-designed facilities, using thermal water in a sustainable way and limiting energy consumption.



Local players are actively involved in protecting the environment, following the example of the Golf Hôtel****, which has been awarded the Clef Verte label, the first international sustainable tourism label for tourist accommodation and restaurants. This label is a guarantee that the establishment's environmental approach meets over a hundred criteria in all areas of sustainable tourism management (environmental policy, environmental awareness, water, waste and energy management, responsible purchasing, living environment).



Cycling tours with *Ô Biclou*

Benjamin Riche has a passion for cycling and the great outdoors and launched Ô Biclou in 2022 to help people discover the unique landscapes of Brides-les-Bains. He offers a selection of electric bikes to suit all tastes: VTAE, VTC, and even a junior model for younger adventurers. The range of electric bikes is just as suited to the most experienced sportsmen and women as it is to those looking for a gentle return to cycling, as Benjamin adapts the ideal itinerary to the needs of everyone, spa-goers and visitors alike. In addition to bike hire, he also offers maintenance services for electric and classic bikes.

During the summer, Ô Biclou is offering themed tours by EVM to discover the local heritage and taste local produce. The Villarnard tour takes in the typical hamlet of Villarnard via the Bois de Cythère, in partnership with the association for the preservation of the village's heritage and memory. There will be a tasting of local produce before returning to Brides-Les-Bains before nightfall. The Aigueblanche Mill outing offers a refreshing away from the crowds. Volunteers from the Aigueblanche heritage association will explain the history of the village and its mill, before carrying out a real old-fashioned walnut oil pressing.



Valley lift : works to improve accessibility

Access to the gondola will be made easier for pedestrians, for even greater comfort. After the new cabins in 2021, the departure station of the Olympus gondola will also undergo a complete modernisation in 2025.

From December 2025, the gondola departure station will have a new look and new services. Access and parking around the gondola will be redesigned and mechanised (escalators) in the steepest parts. Access to the gondola platforms will be covered and a lift will be available for people with reduced mobility. Also planned are the creation of an esplanade, the renovation and extension of various areas, and the restoration of the façades. The work, which will be carried out and financed by Méribel Alpina, will start in May 2025.



BEST PLACES TO STAY, EAT & DRINK

Spotlight on the best places to stay or eat in Brides-les-Bains !



Hôtels

The Golf Hôtel****

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

The Altis Val Vert***

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

Le Verseau***

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



Bars & restaurants

Les Cerisiers

A refined daily menu, combining a skilful blend of local flavours, seasonal delights, 'Équilibre Gourmand' cuisine and Savoyard specialities.

Le Centre

A varied menu, with french cuisine, in this hotel at the foot of the Thermes.

La Fabrik

Bistronomic cuisine, homemade pizzas and burgers, business menu with fresh seasonal produce, a terrace with a great atmosphere. Plus: live sport on the big screen.

Relief

It's an original place, offering craft beers and traditional wines in a blend of modernity and locality.

WHAT'S NEW ?

NEW THIS SUMMER

The Grand Hôtel des Thermes taken over by the B&B Hotels group

As owner of the Grand Hôtel des Thermes****, the municipality of Brides-les-Bains has launched a Call to find a hotel operator capable of taking over the business of this emblematic establishment and revitalising it by offering a product and services in line with the '4 seasons' economic potential of Brides-les-Bains. It is in this context that the B&B Hotels group was selected. The project includes warm and functional spaces, as well as relaxation and lounge areas (to unwind after a day's skiing or hiking), a snack bar and rooms suitable for medium and long stays.



Work to improve access to the Olympe cable car

The Olympe lift is getting a makeover! Work is planned on the site to develop the outdoor area, renovate and extend the building and create a car park link upstream. Work is due to start in May 2025 and will be completed before the winter season.

Terre, Terroir & Tarentaise in Brides-les-Bains

The municipality is very proud to host this traditional festival! A day to immerse yourself in Savoyard culture and discover the traditions of the Tarentaise valley, with dozens of exhibitors and festive entertainment. See you on 26th and 27th September.



Opening of the Villa Sorbiers

Unique and new to Brides-les-Bains, discover the latest jewel in the 'Résidences Alticimes' collection, the Villa Sorbiers. Timeless and exclusive, this 3-storey villa is ideal for lovers of wide-open spaces. For a group or family holiday combining sharing, pleasure and letting go thanks to the facilities and services of the residence. This villa can accommodate up to 10 people. It has 5 bedrooms, 1 mountain corner, 4 bathrooms, a kitchen opening onto the living room and a dining room. For added comfort, the villa is fully equipped: laundry room, games room with table football, private garage with bike room. The highlight is the terrace with garden furniture, dining table and sauna, and to top it all off, a magnificent view of the Vanoise.



The Golf Hôtel awarded the Clef Verte label, the first international ecolabel for sustainable tourism

Le Golf Hôtel**** has been awarded the Clef Verte label, a first in the 3 Vallées area! In an environment that is at the forefront of climate change, this initiative demonstrates the commitment of our teams to reducing our impact and operating responsibly. It's a success made possible by the commitment and efforts of all the Golf Hôtel's staff, who are gradually transforming the sector to ensure its sustainability in the years to come. Good to know: during the spa season, the hotel offers to collect guests from the station to encourage them to take public transport.



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

HIGHLIGHTS YOU WON'T WANT TO MISS

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

6TH APRIL

The défi de l'Olympe

A fun event for climbing kings !

A 6-hour challenge on a dry, timed climb in the gorges, starting from the resort of Brides-les-Bains. The aim is to complete as many climbs as possible, alone or in a team!



13TH JULY

Bastille Day

Stars in the eyes for young and old

Come to the thermal park to enjoy the traditional fireworks display with family and friends.



14TH-18TH MAY

Brides fait sa comédie

Laughter cures a multitude of ills at Le Doron cinema

A comedy festival showcasing both young talent and established comedians from the region.



20TH-21ST JUNE

Lâche ta Brides

Celebrating the Fête de la Musique

A unique event with concerts and food trucks.

13TH JULY

Cycling event Gran Fondo Col de La Loze

**Take on the challenge of the
giant of the Alps W!**

Cycling enthusiasts are invited to Brides-les-Bains to take on the legendary Col de la Loze on a variety of routes !





24TH JULY

Tour de France

The Tour riders pass through Brides-les-Bains

The 18th stage of the Tour de France passes through Brides-les-Bains! The peloton will be passing through on 24 July on the 'Vif - Col de la Loze Courchevel' stage. The Col de la Loze (2,304 m) will be the high point of the 2025 Tour !

10TH AUGUST

Ça chante à Brides

A day of music

The parc thermal is transformed into a musical stage for a day packed with entertainment, including singing competitions, live karaoke, blind tests and concerts.



13TH-14TH SEPTEMBRE

The Bien-être Bio & Beauté fair

Take time for yourself at the 3B fair

Workshops, discover beauty products, conferences... There's something for everyone.

26TH-27TH SEPTEMBRE

Terre, Terroir & Tarentaise

Celebrating local traditions

Brides-les-Bains is once again hosting this traditional festival that immerses visitors in Savoyard culture and introduces them to the traditions of the Tarentaise valley. On the agenda: dozens of exhibitors and festive entertainment!



1ST-5TH OCTOBRE

Festival du Film Francophone à Angoulême via Brides-les-Bains

The 7th art in the spotlight

A not-to-be-missed event in the cultural calendar, the Angoulême Film Festival offers audiences a chance to see the French-language films that won awards in Angoulême, as well as previews in the presence of the film teams. Prestigious film producer and agent Dominique Besnehard presents his selection of gems to spa-goers and holidaymakers in his beloved town.

LET'S GO!

BY 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/

BY CAR

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

BY 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

Tél. +33 (0)820 320 368 (0.118 €min)
altibus.com

BY TAXI

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

BY BUS

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

BY 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

les 3 Vallées
ÉTÉ | SUMMER

PARTAGEZ VOS PLUS BELLES PHOTOS EN LES TAGUANT AVEC
#LES3VALLEES
#INFINITEMOUNTAINEXPERIENCES
@LES3VALLEES.FRANCE
LES3VALLEES.OFFICIEL

RÈGLES DE BONNE CONDUITE À AVOIR EN MONTAGNE
MOUNTAIN CODE OF CONDUCT

- Ne pas jeter de déchets dans la nature
Do not leave your rubbish in the mountains
- Emporter tous ses déchets, également lors de séjours en refuge
Take all of your waste home with you, even when you are staying in a mountain refuge
- Être équipé, entraîné et prévoir des sorties à son niveau
Make sure you have the correct equipment, are well prepared, and stick to your level
- Rester sur les sentiers : couper les lacets génère une érosion difficile à traiter une fois installée
Stay on the paths : taking shortcuts can cause erosion that is very difficult to repair once it is done
- Tenir son chien en laisse (chien interdit dans le Parc National de la Vanoise)
Keep dogs on a leash (dogs are prohibited in the Vanoise national Park)

À l'exception de quelques pistes, la pratique de la VTT/TTB/E n'est pas autorisée dans le Parc National de la Vanoise (informations auprès des Offices de Tourisme)
With the exception of some few trails, mountain biking is not allowed in the park (informations from tourist offices)

Téléchargez tous nos plans
Download all our maps

Toutes les informations pour recharger ou laver mon vélo
Recharge or wash my bike

les Vallées.

POUR TOUS LES NIVEAUX !

ÉTÉ **2024**



22 CIRCUITS DE VTTAE

Le VTT à Assistance Électrique permet d'affronter les pentes raides et les terrains accidentés. Accessible, il ouvre la porte à de nombreux itinéraires au cœur des espaces naturels et sauvages.



24 ITINÉRAIRES ENDURO

Itinéraires tracés sur sentiers existants accessibles ou non à l'aide des remontées mécaniques.



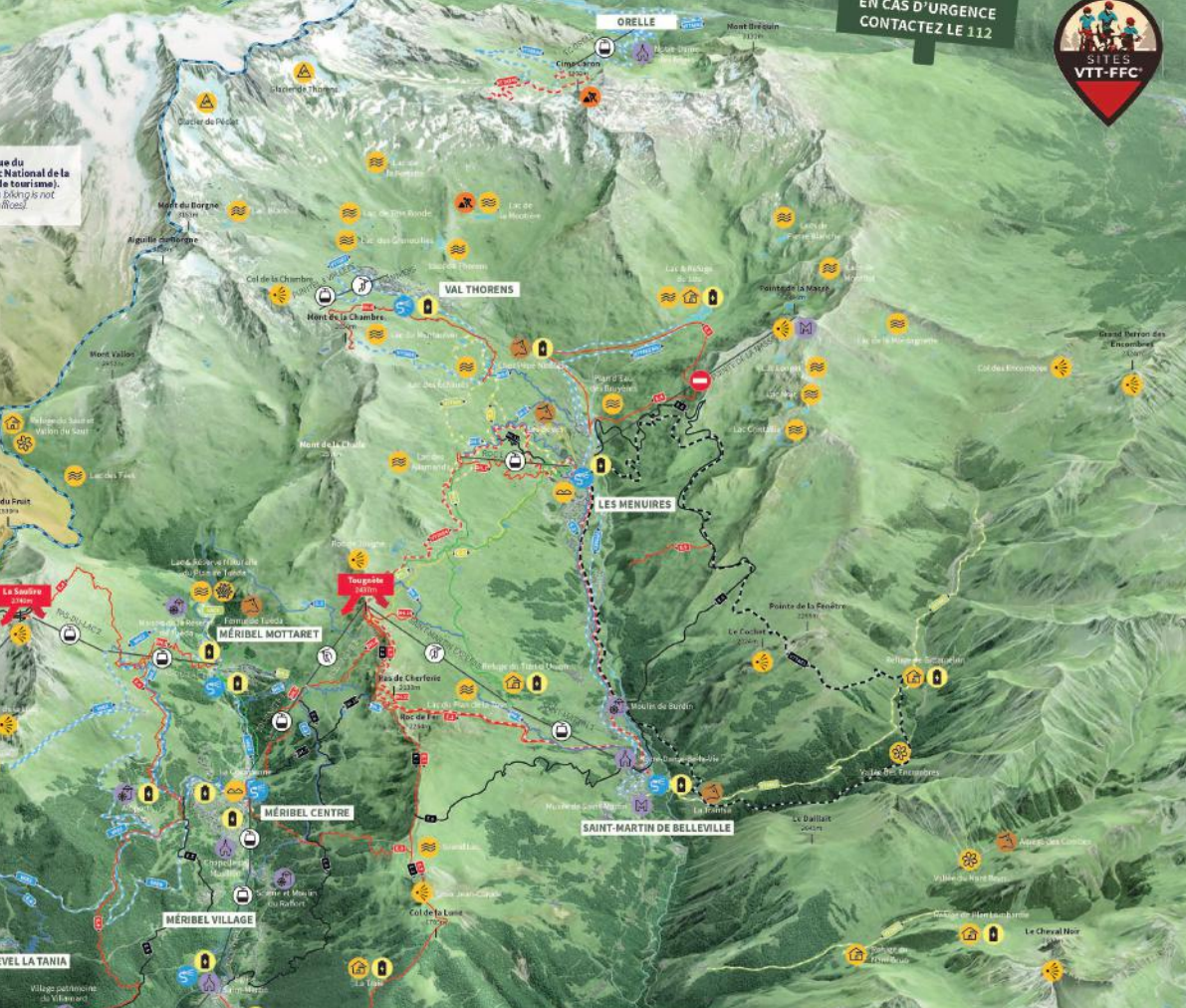
25 PISTES DE DESCENTE (DH)

Itinéraires aménagés spécifiquement pour la pratique du VTT de descente composés de virages nets, sauts et autres modules. Accessibles uniquement via les remontées mécaniques.

DES BIKES PATROLS SUR TOUT LE DOMAINE EN CAS D'URGENCE CONTACTEZ LE 112



Parc National de la Vallée de la Tignes
Biodiversité



DIFFICULTÉ LEVEL

- Très facile Easy
- Facile Easy
- Difficile Difficult
- Très difficile Very Difficult
- VTT à Assistance Électrique E-Bike

MOBILITÉ ACCESS

- En télésiège
- En téléphérique
- En télécabine
- En navette
- Interdit au vélo
- Bascules à Valloire

POINTS D'INTÉRÊT

- Refuges
- Épaves préservées
- Nécessaires naturelles
- Lacs
- Glaciers
- Panoramas
- Points de recharge VAE
- Bascules à Valloire
- Pump Track
- Stations de Lavage
- Limite Parc National

ÉPAGES ET CHAPELLES

- Épaves préservées
- Musées
- Patrimoine local
- Villages touristiques
- Fermes
- Travaux

TARIFS ÉTÉ 2024

| LIFTS ARTES | ADULTE 15-64 ANS | ENFANTS 5-14 ANS | TROUVEZ LE PRIX |
|----------------------------|------------------|------------------|-----------------|
| MONTATION en conseileraux* | 17,50€ | 12,50€ | - |
| 1 JOUR 10P* | 30€ | 16,50€ | 66,50€ |
| LIBERTÉ 2 JOURS** | 58€ | 40,50€ | 147,50€ |
| 1 SEMAINE** (7 JOURS) | 92€ | 64,50€ | 234,50€ |
| SAISON ROSSIGNOL | 205€ | 113,50€ | - |

TARIFS ORELLE

13€ / JOURNÉE

HORAIRES REMONTÉES MÉCANIQUES

| LIFTS FUNE TROLE | ÉTÉ | PRIMAIRE | SECONDAIRE | THIRDIAIRE | QUATRIÈME | CHAMPAGNE | LAVAL | COGNAC |
|---|-----|----------|------------|------------|-----------|-----------|-------|--------|
| VALLÉE DE COURCHEVEL DU 06/07 AU 01/09 | | | | | | | | |
| TC FLORENCE 1 | ● | ● | ● | ● | ● | ● | ● | ● |
| TC FLORENCE 2 | ● | ● | ● | ● | ● | ● | ● | ● |
| TC LA SERRA (VTTAE) | ● | ● | ● | ● | ● | ● | ● | ● |
| VALLÉE DE MÉRIBEL DU 25/06 AU 30/08 | | | | | | | | |
| TC THORENS 1 | ● | ● | ● | ● | ● | ● | ● | ● |
| TC THORENS 2 | ● | ● | ● | ● | ● | ● | ● | ● |
| TC BRIDES-LES-BAINS | ● | ● | ● | ● | ● | ● | ● | ● |
| BRIDES-LES-BAINS DU 06/07 AU 25/08 | | | | | | | | |
| TC BRIDES-LES-BAINS | ● | ● | ● | ● | ● | ● | ● | ● |
| LES MENUIRES / ST-MARTIN DU 06/07 AU 30/08 | | | | | | | | |
| TC LAVAL | ● | ● | ● | ● | ● | ● | ● | ● |
| TC COGNAC | ● | ● | ● | ● | ● | ● | ● | ● |
| VAL THORENS DU 08/07 AU 30/08 | | | | | | | | |
| TC THORENS | ● | ● | ● | ● | ● | ● | ● | ● |
| ORELLE DU 09/07 AU 27/08 | | | | | | | | |
| TC ORELLE | ● | ● | ● | ● | ● | ● | ● | ● |



MÉRIBEL BRIDES-LES-BAINS COURCHEVEL LES MENUIRES ST-MARTIN-DE-BELLEVILLE VAL THORENS ORELLE

VALLÉE DES BELLEVILLE

| ENDURO | PISTES DE DESCENTE (DH) |
|--------|-------------------------|
| 1.0 | 1.0 |
| 2.0 | 2.0 |
| 3.0 | 3.0 |
| 4.0 | 4.0 |
| 5.0 | 5.0 |
| 6.0 | 6.0 |
| 7.0 | 7.0 |
| 8.0 | 8.0 |
| 9.0 | 9.0 |
| 10.0 | 10.0 |

CIRCUITS VTTAE

| Trail | Distance | Time | Difficulty |
|-------------|----------|------|------------|
| High Line | 10,8 km | 1:05 | 1,8 |
| High Line 2 | 10,8 km | 1:05 | 1,8 |

VALLÉE DE MÉRIBEL

| ENDURO | PISTES DE DESCENTE (DH) |
|--------|-------------------------|
| 1.0 | 1.0 |
| 2.0 | 2.0 |
| 3.0 | 3.0 |
| 4.0 | 4.0 |
| 5.0 | 5.0 |
| 6.0 | 6.0 |
| 7.0 | 7.0 |
| 8.0 | 8.0 |
| 9.0 | 9.0 |
| 10.0 | 10.0 |

VALLÉE DE COURCHEVEL

| ENDURO | PISTES DE DESCENTE (DH) |
|--------|-------------------------|
| 1.0 | 1.0 |
| 2.0 | 2.0 |
| 3.0 | 3.0 |
| 4.0 | 4.0 |
| 5.0 | 5.0 |
| 6.0 | 6.0 |
| 7.0 | 7.0 |
| 8.0 | 8.0 |
| 9.0 | 9.0 |
| 10.0 | 10.0 |

CIRCUITS VTTAE

| Trail | Distance | Time | Difficulty |
|-------------|----------|------|------------|
| High Line | 10,8 km | 1:05 | 1,8 |
| High Line 2 | 10,8 km | 1:05 | 1,8 |
| High Line 3 | 10,8 km | 1:05 | 1,8 |
| High Line 4 | 10,8 km | 1:05 | 1,8 |

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