



press kit Summer 2017



BRIDES-LES-BAINS THE PEAK OF HEALTH AT THE FOOT OF LES 3 VALLÉES



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Brides-les-Bains: the peak of health



BRIDES-LES-BAINS, THE HEALTH VILLAGE AT THE HEART OF LES 3 VALLÉES

Le Grand Bec, the Vanoise National Park's highest mountain range overlooks Brides-les-Bains. It commands the horizon with its awe-inspiring presence.



SUMMER AND WINTER

Brides-les-Bains: THE year round health destination

So why is Brides-les-Bains known as the health village of the 3 Vallées? Let's find out. **For starters, take a breath of pure, fresh air.** The atmosphere in this village of 523 inhabitants, situated at an altitude of 556 metres isn't affected by industry or human activity.

Next, take care of yourself. Brides-les-Bains is France's leading thermal spa resort specialising in slimming treatments. The therapeutic team from the Thermal Bath Center has come up with an holistic, personalised, science-based approach; **visitors who don't have 18 days to spend on a course of thermal spa treatments, or who just want to re-energise, can enjoy health treatments or well-being breaks and Spa Pause packages at the Grand Spa Thermal adjoining the thermal baths.** Before or after treatments, guests can enjoy a range of well-being activities or workshops run free of charge by the Tourist Office. In the morning, treat yourself to a gentle chair gym session with Céline or Axel, and in the afternoon, follow it up with a stretching and relaxation class...

Then, eat well. The village boasts 14 nutritional specialist chefs in its 1 to 4-star hotels. They create tasty, healthy and balanced food options for your day-to-day diet and also offer numerous opportunities to help you adapt easily to this new way of cooking. The Healthy Eating Festival in June is a showcase for their expertise.

Get moving. Picture it, 39 hiking trails starting from the village in the summer. Next to the Doron River and alongside neighbouring vineyards, with an opportunity to stop off at La Saulce's roman chapel; it's all there waiting for you at the end of a trail. Every day, the Tourist Office runs two guided hikes: led by professionals, they are available in several options including 'gentle', 'get in shape' and 'active', depending on the change in altitude, duration and distance, so they can be adapted to suit everyone's ability. They're even divided into 'shaded' or 'sunny', because that's the kind of effort we go to for our walkers! Brides-les-Bains is also a fantastic spot for cycling-tourists who want to tackle a new summit every day, or mountain bikers who adore crazily steep slopes...

In the winter, the resort becomes a snow destination thanks to the Olympe gondola lift situated in the village centre, which provides access to Méribel's snow front and Les 3 Vallées resorts. Brides-les-Bains shopkeepers are highly adaptable to the demands of this double season and to the very different requirements of each clientele. Going one step further, they even transform their shops when the Olympe gondola lift closes in April. For example, the Ski Loc shop becomes a soap gift shop, Ski Set turns into a fashion boutique, Precision Ski, which is a ski hire shop in winter, turns its attention to summer hiking equipment...

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free guided walks run by the Tourist Office activity coordinators between March and October, totalling one or two a day, in the morning and the afternoon. A number of itineraries setting off from the Parc Thermal.

35 well-being activities run by Tourist Office professionals every week, around twenty of which are free of charge. Every day, you get the chance to try out gentle gym workouts, stretching, relaxation, health-walks or more active gym sessions!

SUMMER 2017 AGENDA

> Free conferences with Thermal treatment experts

With Jean-Michel Lecerf, head of the nutrition team at Lille's Pasteur Institut and Gautier Zunquin, doctor of Physiology in Physical and Sports Activity (free of charge).

_12th of May

"Osteoporosis" by Jean-Michel Lecerf

_20th of June

"Sedentary lifestyle and physical inactivity" by Gautier Zunquin

_7th of July

"Biological rhythms and weight" by Jean-Michel Lecerf

_22nd of September

"Digestive health" by Jean-Michel Lecerf

_10th of October

"Muscular deficit and obesity" by Gautier Zunquin

> 16th to 18th of June

Healthy Eating Festival

4 days themed around eating a good, healthy, balanced diet.

Workshops, demonstrations, competitions with Brides-les-Bains' nutritionist chefs.

Relaxation therapy, walking techniques, body language, breathing, makeovers, poise and deportment, reflexology, using a mandala to achieve a Zen state of mind... just some of the optional workshops available (prices vary from 2 to 15€)



Brides-les-Bains: the peak of health



RECHARGE YOUR BATTERIES

Discover your true nature every day

Physical exercise, sure, but what activity suits me and adapts to my limitations? Swap cream for spices in recipes, okay, but how should I use them and what with? Brides-les-Bains is a fantastic place to experiment and a real catalyst for change. **Every day, the Tourist Office offers a number of get togethers, workshops and activities from 8.30am to 6pm, including weekends.** A vigorous or gentle gym session? Vinyasa yoga or relaxation therapy? Why not tone up doing some country dancing or zumba? During your course of treatments or holiday you can try out these well-being activities at your own pace and choose the ones you'd like to continue with once you're back at home. The resort publishes an entertainment programme every week listing all the activities on offer from Monday to Sunday, so that you can design a programme to suit you...



DELICIOUS HEALTHY EATING

Held in June, this festival celebrates good, appetising, healthy food

11 nutritionist chefs are on the menu, from gourmet events starting at breakfast and going all the way until the evening, to culinary workshops where you can get stuck in, recipes to share, and two evenings of fun and culture to feed your mind...

Brides-les-Bains' Healthy & Gourmet Festival on the 16th, 17th and 18th of June will be a showcase for the whole village's expertise in eating a healthy, balanced diet. In Brides, you can lose weight without restrictions or frustrations, gently reconnecting with your diet and body alike. The 18th edition aims to awaken all 5 senses. Smell the aromas, detect the flavours, touch the ingredients, describe the colours, analyse the sounds... The senses require attention and training to hone their powers, which is why, in our extremely demanding and increasingly virtual lives, they become blander and less intense. There's no longer time to forge connections between people, so our culinary repertoire dwindles and, among other things, opens the door to junk food. Chefs and dieticians will share recipes and tips for putting the 5 senses back on your plate, making mealtimes something special to share with others.



NUTRITIONIST CHEFS GALORE

Thierry Giannini Grand Hôtel des Thermes 4*, Sébastien Roux Golf Hôtel 4*, Marielle Hermer traiteur, Jean-Pascal Laugier Altis Val Vert 3*

The only thermal spa resort to boast 14 nutritionist chefs

In Brides-les-Bains, the chefs in 14 hotel-restaurants are trained in nutrition. Every day, from March to the end of October, they design satisfying weight loss menus, available for lunch and dinner. Brides is the only thermal spa resort to offer complete dietary control, starting from the caterers and delis in town, through to the chefs at its 4* hotels. Even better, these generous chefs are only too happy to pass on their culinary expertise and techniques for combining healthy eating with delicious flavour. If you want an example, join Chef Jean-Pascal Laugier at the Altis Val Vert 3-star hotel, shares his "diet" sauce and appetiser recipes to guests every Monday at a pre-dinner drinks quiz. Thierry Giannini at the Mercure-Grand Hôtel des Thermes 4-star hotel invites you on a journey to discover the world of slow cooking, using chives, borage, thyme and cherry tomatoes from his kitchen garden adjoining the restaurant. Those not staying at the hotel can enjoy a dining package in one of the hotels, or a nutritionally balanced meal at the Maison de Marielle in the village centre, where the chef offers self-service meals at lunchtime and a takeaway menu (from 12.25€). On request, she will prepare balanced gluten-free, salt-free, or vegetarian menus... All the above chefs will be at the Healthy & Gourmet Festival, which is a showcase for their expertise. This 18th edition promises to liberate your five senses from the 16th to the 18th of June.



A NUTRITIONAL LABEL THAT'S ONE OF ITS KIND IN FRANCE

The only thermal spa resort with a nutritional label

In Brides-les-Bains, fourteen chefs in hotel-restaurants, from cooks to chefs in 4-star hotels, have agreed to meet the demands of a nutritional label launched by the village in 2013 to guarantee its "weight loss" promise. Every day, they are subject to 69 criteria, 80% of which must be carried out in order to receive the label. The criteria includes: no breakfast or dessert buffets, at least 60% fresh, seasonal produce in each meal, menus designed as a framework for weight loss, cuts of meat with less than 10% fat, at least one fruit-based and another dairy-based dessert per day... All hotel staff, in the resort's dining rooms and kitchens, are trained in healthy eating by a dietician and are able to inform and advise clients. For example, they can explain why we don't list the number of calories contained in our meals.



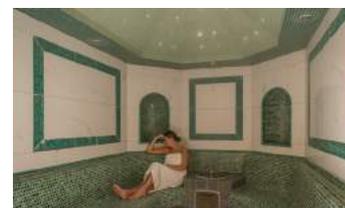
Brides-les-Bains: the peak of health



THE GRAND SPA THERMAL: SLIMMING AND RE-ENERGISING

A thermal spa for recharging your batteries

Feeling more Zen on a day-to-day basis, eating a more balanced diet, switching off, learning to enjoy physical exercise, that's the way to truly sustainable results. To help you achieve these results, Le Grand Spa Thermal offers two well-being breaks run by expert staff in an exceptional environment. Enjoy the best in thermal spa treatments at the heart of the 3 Vallées in the French Alps. Over the course of these two breaks, our team of experts work together to help you release tension, focus on yourself and reconnect with your inner well-being. Each treatment is individual and provides an invitation to let go. Half-day Spa Pause packages are also available...



2 WELL-BEING PACKAGES

If you're in need of a break or just fancy switching off for a while, Brides-les-Bains' Grand Spa Thermal has exactly what you need; offering the best in thermal spa treatment expertise, its 4-day Switch Off and 6-day Active programmes, help you release tension, focus on yourself and feel a sense of inner well-being and renewal thanks to individual treatments carried out by professionals. After your treatments, you can also enjoy free use of the Spa relaxation area.

How much does it cost?

4-day Switch Off Experience – Treatment only package: 490€

16 treatments and activities (relaxation, well-being and physical activities)

6-day Active Experience – Treatment only package: 642€

27 treatments and activities (energetic, well-being and physical activities)



3 HALF-DAY SPA PAUSE PACKAGES

Only have a few hours to treat yourself to the well-being effects of Le Grand Spa Thermal de Brides-les-Bains? The Thermal Spa breaks adapt to how you're feeling and what you want to achieve on the day, over a half-day experience. Each package includes access to Relaxation Spa activities.

Perfect Legs Spa 93€

This is the ideal package after a day of hiking or cycling. It combines two thermal treatments that help to rid the body of tension, make the legs feel lighter and avoid stiffness.

- 1 Shower sculpting massage (20 minutes)
- 1 'hydroxeur' Whirlpool treatment (15 mins)

Detox Spa 93€

Say goodbye to the stresses of day-to-day life: revitalise your face and body at the Grand Spa Thermal.

- 1 body scrub steam room treatment (1hr)
- 1 Sothys® facial treatment (30mins)

Cocoon Spa 99€

Switch off and take some time just for you.

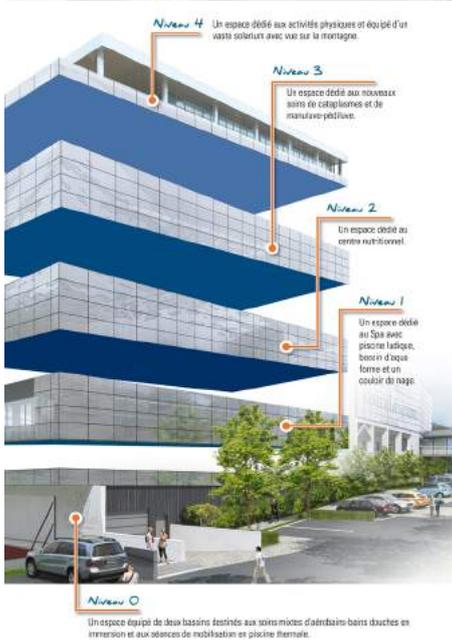
- 1 seaweed wrap on a waterbed (20mins)
- 1 Brides massage (30mins)

thermes-brideslesbains.fr/spa



Brides-les-Bains: the peak of health

BRIDES' THERMAL SPA FACILITIES ARE HAVING A MAKEOVER



In March 2018, Le Grand Spa Thermal will boast an aqua-fun area with a 25m lap pool, an aquafitness pool and a fun pool.

AND SO IS LE GRAND SPA THERMAL

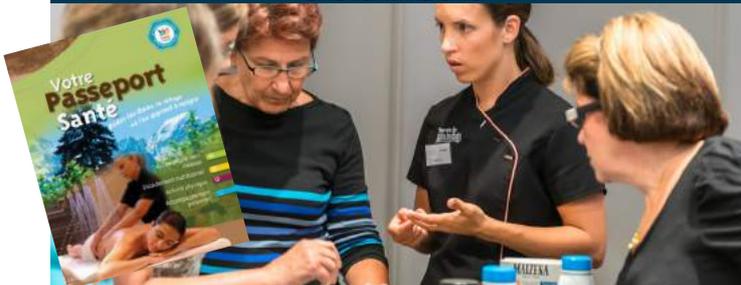


Brides 2018

14 million euros will have been invested in Les Thermes de Brides-les-Bains and Le Grand Spa Thermal between 2016 and 2018. The investment will pay for a complete renovation and restructuring for the thermal establishment and its therapeutic spa, Le Grand Spa Thermal. More spacious, more attractive and better organised, **the thermal baths will also be enhanced by new treatments, specifically aimed at treating rheumatism.** Le Grand Spa Thermal will unveil its new look in March 2018 and is set to become **mainland France's premier therapeutic thermal spa by surface area, which is going from 2,100 to 2,700m² and by top-of-the-range equipment:** 25 metre lap pool, aqua-fitness pool with a 5-step exercise circuit, and fun pool. In addition to these facilities is a multi-disciplinary therapeutic team with experts in five specialities.

The building work will get underway between the seasons. **The first new additions will be visible from the 13th of March 2017:** the Salins-les-Thermes swimming pool has been fully renovated with improved access for those with reduced mobility, and 80% of thermal treatments areas for 18-day courses of treatment will be renovated in Thermes de Brides-les-Bains.

LOSE WEIGHT HEALTHILY



Put an end to the overweight

Les Thermes de Brides-les-Bains practises an holistic approach to healthy weight loss. Starting with the individual and their dietary restrictions, over a course of thermal treatments, you'll be guided towards a new lifestyle. From shopping lists to physical exercise, slimming and stress-management tips, to healthy cooking methods that listen to your body... every step has been designed to kick-start new habits and make slimming sustainable. **The thermal baths draws upon a multidisciplinary team of experts including dieticians, fitness coaches, thermal doctors, hydrotherapists...** The whole team, in combination with the Tourist Office, play a part in this educational process using the Health Passport scheme, which is aimed at those following a course of treatment. Available free of charge from the Thermal doctor, this medical booklet is a personal tool that will accompany you on the path to well-being. It sets out individual steps for each client so that they may stay in control of their health and disproves nutritional myths.

BRAND NEW FROM MARCH 2017



The largest therapeutic thermal swimming pool in France

The Salins-les-Thermes thermal swimming pool (Salins-les-Thermes' thermal water is rich in salt and sulphur, which helps you to float and soothes stiff, painful joints) is the largest therapeutic pool in France and has recently been completely renovated inside and out: Aquagym sessions run by professionals take place here throughout the day, indoors or outdoors depending on the weather. After all that effort, you can relax on loungers tucked away from prying eyes and sheltered from the wind. A shuttle bus connects Brides-les-Bains to the thermal swimming pool.



Brides-les-Bains, the perfect outdoor basecamp at the foot of Les 3 Vallées



On foot, mountain bike or bicycle, in the water or in the air, Brides-les-Bains is the resort for those who want to give everything a go

Brides-les-Bains: THE outdoor destination

Brides-les-Bains really is THE 3 Vallées outdoor basecamp! Let us explain why.

First, just consider the possibilities. Via Ferrata in Pralognan-la-Vanoise, 35mins, cycling at the Col de la Madeleine, 1hr, Méribel golf course, 20mins, rafting on the Doron or Isère rivers, 30mins, mountain biking down La Saulire, 50mins.... The village's strategic position in the valley provides easy access to every outdoor activity the mountains have to offer, without having to spend hours on the road.

Next, take a look around. Brides-les-Bains is a paradise for hikers who love full-day hikes. No fewer than 39 different hikes start at the village; it's impossible to do them all in a single stay! After the exertion comes the reward at the Grand Spa Thermal with its half-day Spa Pause packages.

And of course, check out the range of accommodation. When it comes to getting the whole family together or staying in the same accommodation as a group of friends, Brides can fall back on its former identity as the Albertville Olympic Village! A number of apartment residences boast well-being areas, around twenty hotels offer nutritional and healthy cuisine... Brides offers a variety of accommodation and facilities to suit all preferences and budgets. Enjoy those little extras in hotels like the Golf Hotel**** and Savoy Hotel*** who offer two different types of packed lunch on request, depending on how intense a day of physical activity you have planned.

Take the opportunity to give new activities a go. How about a gentle or vigorous gym session? Or perhaps vinyasa yoga or relaxation therapy? Before or after your outdoor activity, you can try these well-being activities at your own pace. It's a great way to recuperate and devote some time to self-care.



17 easy guided Mountain hikes / under three hours. The promise of a sunset, playing in Courchevel's Poux waterfall or an introduction to Nordic walking in Bozel. **22 euros (transport included).**

39 mountain biking trails in Les 3 Vallées, covering distances of 2 - 35kms, up to altitudes of 2,850m metres, and all accessible by shuttle-bus from Brides-les-Bains. Three trails lead directly back to Brides (from Les Ménuires, Val Thorens, Méribel or Courchevel).

OUTDOOR AGENDA

- > **Every day, two free guided hikes (90mins-3hrs)** run by the Tourist Office.
- > **22nd and 23rd of April Mont Vallon Challenge 1st edition:** a skiing and mountain biking derby in teams of 2.
- > **8th and 9th of July 3 Vallées Addict Mountain Biking** 3 days making use of the 3 Vallées resort ski lifts. Saturday, the Belleville Valley and the resort of Les Ménuires. Sunday: the "3 Vallées Hiking Tour".



Brides-les-Bains, the perfect outdoor basecamp at the foot of Les 3 Vallées



WALKING? SIGN UP FOR A WHOLE PROGRAMME

Step by step, get back on track

In Brides-les-Bains, we treat walking as a form of healthy exercise and do everything we can to encourage you to put one foot in front of the other! A whole variety of the simplest, most accessible physical activity is available here. Walks are categorised by theme, pace, atmosphere, duration and difficulty to inspire people to go out and rediscover their love of getting moving. Les 3 Vallées mountains and nearby Vanoise National Park extend their majestic slopes and offer sumptuous panoramic views. Baroque chapels, protected woods, hilltop hamlets, traditional bread ovens and refreshing waterfalls provide endless thrills that awaken the senses. Céline, the Tourist Office's "physical activity for all" sports instructor, leads two free walks per day. She's unparalleled when it comes to turning difficulties into pleasures. *"My primary goal is to get people moving, to give them back a taste for physical exercise. It's also sociable. Similar ability level groups naturally form over the course of a walk, people get talking to each other, forging friendships... Often, participants from the same group choose their next walk together. I love the human aspect to my job"*

39 itineraries 2 walks/day	what?	who?	skills?
GENTLE WALK	a short walk (around 3km), that's easy because of the lack of altitude change. 2hrs - altitude change: <150m.	anyone who wants to get back into walking and get some fresh air.	find the right walking pace while controlling your breathing.
GET BACK IN SHAPE HIKE	approx 4km hike with some change in altitude duration: 2hrs - altitude change: 150 to 300m.	anyone who wants a little bit of help making their walks more demanding.	gently overcome obstacles, taking your time. Goal: to be proud to have taken on the challenge.
INTENSIVE HIKE	an intensive hike covering approx 5km, with 30 minutes of active walking without a break. duration: 2 to 3hrs - altitude change: 240 to 400m.	regular walkers who want to push themselves further and learn to manage their heart rate.	managing your exertion at your own rhythm, according to your maximum pace.

WALKING TECHNIQUES: 3 WORKSHOPS TO HELP YOU PROGRESS

Walk better!

Engage your stomach muscles before an uphill or downhill walk, pace yourself using Afghan walking techniques, stay in touch with the ground. Céline, the Tourist Office sports instructor offers 3 themed workshops for learning the right walking techniques. Over 30 minutes, she disproves myths and helps her students rediscover their bodies. *"When I teach those on spa breaks the proper posture and how to properly support themselves during a hike, they soon realise that they need to use their stomach muscles much more than their calf muscles. That's a real plus for overweight walkers who don't understand why their calves are muscled but they can't lose weight around their waists!"*

Walk Better Workshop! - Tuesday from 1pm to 1.30pm - 6 euros

3 themes: "Geographical Relief" (the right posture going downhill and uphill), "Pace yourself" (Afghan walking techniques), "Fitness, strength and flexibility" (centre yourself and lose weight walking).



HIKING AND WALKING GUIDE

Selection of 22 signposted itineraries

The Tourist Office publishes a guide to the walks and hikes around Brides-les-Bains (5€, available on site). It includes 22 signposted itineraries, a topography guide for each hike with a map. The routes mostly start from the centre of the village and are categorised according to four criteria relating to changes in altitude: discovery, well-being, energy and experienced. 2 to 8-hour hikes ranging from shade to sunshine, leading to hilltop hamlets, oratories, fruit presses, passing through historical forests, offering beautiful examples of architecture, vineyards...

Did you know? If you're staying in one of Brides-les-Bains' hotels you can request a healthy packed lunch the evening before your walk. At the Golf Hotel****, contents are adapted to how strenuous the activity you have planned is. At the Amélie Hotel***, packed lunches are prepared to suit your preferences or dietary requirements: fish, white meat, or vegetarian...

NEW FOR 2017

Pigeon Gorge is getting a footbridge



33 metres long and suspended 17 metres above the ravine. The construction of this footbridge will allow one of the most picturesque walks around Brides-les-Bains to reopen in May 2017: Pigeon Gorge.

It's a very attractive circular walk that unfurls on a ridge above the village and offers several viewpoints. With very little change in altitude (250m), this light-bathed walk will be reborn with a bit of a twist thanks to this work of art carried out by the community.

AND ALSO



• **Get some fresh air with the Bois de Cythère hike (2hrs).** This is the Savoie region's only protected wood and it owes its categorisation as a "natural Alpine monument" to its unique combination of rock, water and vegetation.

• **Before setting off for a walk or down a trail, fill up with water.** The community has restored seven pools, including five containing drinking water. Once you arrive at Saulce chapel, which has been fully restored with a magnificent altar topped by torches, angels and polychrome wood, on the way to Bozel, you can quench your thirst at La Placette pool. On the Pigeon Gorge trail, you can have a drink at the Fontaine hamlet, and at the old Brides fountain on the way to Les Allues...



Brides-les-Bains, the perfect outdoor basecamp at the foot of Les 3 Vallées

CYCLE-TOURISM



Col de l'Iseran, col de la Madeleine, Cormet de Roselend

Brides-les-Bains makes the ideal base camp for tackling three legendary Alpine mountain passes. The village's hotels and residences do all they can to welcome groups of cyclists: breakfast ready from 6am, a la carte packed lunches, secure areas for bike storage (some hotels). Outdoor swimming pools heated to 26° await riders after a hard day's riding...

Col de l'Iseran (2,764 metres)

Start : Brides-les-Bains – Bourg St Maurice – Val d'Isère – Col de l'Iseran
Distance: 85 km
Brides – Bourg: 37km, 230m
Bourg – Col de l'Iseran: 48km, 1,955m

This classic route is renowned for its 2,770 metre-high crossing. The Col de l'Iseran is the highest altitude mountain pass route in Europe. The road that crosses it, linking the Maurienne and Tarentaise valleys, is closed in winter and intersects with Val d'Isère's ski runs. Built during the interwar period, it has become a top location in the Tour de France. The Col de l'Iseran is part of the Vanoise National Park and has been crossed 7 times in total by the Tour de France, including 5 times since 1947. Since 1992, it has been listed as an HC ("hors catégorie") climb.

Cormet de Roselend (1,968 metres)

Start: Brides-les-Bains – Bourg St Maurice - Beaufort - Brides-les-Bains
Change in altitude: 1,154m -1,227m
Distance: 19.3km – 20.3km
Brides – Bourg: 37km, 230m
Bourg – Cormet de Roselend: 19.30km, 1,154m
Cormet de Roselend – Beaufort: 20.3km, 1227m
Beaufort - Brides: 51 km, 160m

The Cormet de Roselend is located on the Route des Grandes Alpes and overlooks Roselend Lake and dam. From its altitude of 1,968 metres, it's one of the most beautiful Alpine mountain passes ('cormet' means mountain pass in the local Beaufort dialect). Situated in the Beaufortin mountain range, it connects Beaufort (Doron Valley) to Bourg St Maurice (Tarentaise Valley). Boasting beautiful views, the road is perfectly maintained, featuring gentle slopes and steep sections, notably through the forest. The climb starts in the Chapieux Valley and finishes in the Alpine pastures. The Cormet de Roselend has been crossed a total of 10 times by the Tour de France and it is listed as a 1st category climb.

Col de la Madeleine (1,993 metres)

Start : Brides-les-Bains – Aigueblanche – Col de la Madeleine
Change in altitude: 1413 m
Distance: 37 km
Brides – Aigueblanche: 9km, - 120m
Aigueblanche - Col de la Madeleine: 28km, 1,533m

Another Tour de France classic, the Col de la Madeleine culminates at an altitude of 1,993 metres between the Tarentaise and Maurienne valleys. Its summit offers superb panoramic views over Mont Blanc and the Lauzière mountain range. The Col de la Madeleine is a relatively challenging climb. The North face, from Aigueblanche, is longer than from La Chambre, but the gradient is much less steep, with some sections providing a breather including a 3-kilometres downhill stretch midway through. The Col de la Madeleine has been crossed 25 times in total by the Tour de France and it was listed an HC ("hors catégorie") climb during the last 12 events.

BRIDES SPOILS CYCLISTS

Several of the hotels in Brides-les-Bains take care of the "two wheelers". Mercure-Grand Hôtel des Thermes****, Le Golf Hôtel****, hotel Amélie***, hotel Athéna***, hotel Les Chalets***, hotel Le Verseau*** have the following amenities:

- secure areas for bike storage
- space and equipment to maintain the bikes,
- specially adapted menus for the athletes and the possibility of lunch boxes
- breakfast from 6 am...

The + wellness and recovery: the hotel Athena, as well as the Golf Hotel, has a sauna, hammam and jacuzzi. The Verseau hotel has its pool heated to 26 °. The hotel Amélie has an outdoor pool. The hotel Les Chalets boasts an outdoor pool and sauna, steam room and jacuzzi. The Mercure Grand Hotel of Spa offers swimming pools (outdoor and indoor), sauna, steam room and jacuzzi via its "Cinq Mondes" SPA. Here, as at hotel Les Chalets, you can book a massage with a supplement.

• **The hotel-restaurant Le Verseau*** (40 rooms with balconies). New for 2017: rental of two electric mountain bikes** with a very large autonomy, possibility to book other MTB with a reservation. From May to October. €35 half day, € 60 day



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MTB - DOWNHILL MTB



Bike park Méribel

Located in the Méribel area and extending all the way down to Brides-les-Bains, the Meribel Bike Park offers trails to suit all abilities...

Bike Park

9 DOWNHILL (DH) tracks (1 green, 3 blue, 3 red and 2 black), totalling 34km of pure downhill trails, including 1 new track!!

10 ENDURO itineraries (1 green, 2 blue, 3 red and 4 black), totalling 104km of easily accessible itineraries using ski lifts, including 1 new itinerary!

4 CROSS-COUNTRY (XC) itineraries (1 green, 1 blue, 1 red and 1 black), including 1 new circuit ! 1 special VAE (Electrically Assisted Mountain Bike) itinerary.
2 ski lifts, 24 runs, 4 bike patrollers and 3 bike wash points.

*5 times a day, you can experience the most vertiginous descent in Les 3 Vallées, with a 2,000m vertical drop!
Starting at Brides-les-Bains, a shuttle bus with a trailer for 20 mountain bikes goes to Méribel-La Chaudanne. From here, enjoy 19.7km of track and breath-taking panoramic views.*

Itineraries to suit all abilities



BLUE LINE : the easy option

A blue run with views over Mont Blanc!

Altitude change: -590m.

Length: 5.9km.

Start: Top of the Tougnète 2 Chair Lift.

Finish: Middle of the Tougnète.

To keep the adventure going:

Option of continuing another 5.5km by taking the green run that goes down to Mottaret, then taking "La Truite" ski run which takes you back to La Chaudanne. Altitude change: -555m



FOREST JUMP : the difficult option

An ultra-technical route through the forest, with a number of jumps for some variety. This track is also ideal for competition training.

Altitude change: -420m.

Length: 2.3km.

Start: Top of the Tougnète 1 Chair Lift (Arpasson), Méribel.

Finish: La Chaudanne



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GOLF



Méribel or Courchevel, it's up to you!

Méribel and Courchevel are home to two of the most beautiful mountain golf courses and they're located less than 20 kilometres from Brides. Enjoy uninterrupted views over Les 3 Vallées mountain ranges from the courses and the putting greens.

Méribel

Open from 01/06 to 01/11
04 79 00 52 67
<http://www.golf-meribel.com>

The 18-hole Méribel golf course winds alongside wooded slopes overlooked by the Dent de Burgin, the Valley's legendary mountain, by the Altiport from Les Rhodos to Chantemouche, over more than 250 metres of altitude change. A number of golfers, amateurs and professionals, agree that it's one of the most beautiful golf courses in the Alps. 5,538 metre course, par 71.

The French Golf School runs golf courses in Méribel - whether you're a child or an adult, a beginner or keen to improve your technique, there's a course to suit everyone! Course duration varies from 1 to 5 days, between 2 and 5 hours per day. <http://www.egf.fr>

Courchevel

Open from the end of June to October and allowing golfers to be ranked up to a 26.5 stroke index, with a 113 slope. Par 27
<http://www.golfdcourchevel.com>
+33 (0)4 79 08 17 00
info@golfdcourchevel.com

Over a distance of more than 1,200 metres, the Courchevel golf course and its 9 holes are set against a mountain backdrop rich in Alpine wildlife and plantlife. It's a technically demanding, unique course that offers golfers a real challenge.

RAFTING



On the trail of two fierce rivers

Two exceptional rivers are available to watersports lovers. The Isère, a class III river with some class IV sections, is considered one of the most beautiful rivers in the Alps. As a family, tackle the famous Aime rapids, including the 'dining room', the 'ham-slicer', and 'dessert'... not forgetting the magnificent Centron gorges and Roman bridge. As for the Doron, this fast-flowing river which crosses the village of Brides-les-Bains is one of the most renowned rafting destinations in France. Its course winds between rock walls and forest and is classed IV, with rapids sections classed as III, IV and V.

The Isère is accessible to the over 8s for a discovery rafting experience and to the over 12s for other rafting descents, whilst the Doron is accessible to the over 14s. Rafting descents are led by a state-qualified instructor. Both sites are 25 minutes from Brides by car.

AN Rafting

A pioneer in French rafting since 1984. Specialist in white-water activities (rafting, Hydrospeeding and canoe rafting) on the Haute Isère. Equipment provided.

Open daily, from May to October

- Gorges Rafting Descent (7 km) 8 years and up.
- Classic Rafting Descent (16 km) 12 years and up.
- Full River Rafting Descent (23 km) 12 years and up.
- Combination of Rafting + Hydrospeeding (or Canoe Rafting)
- Initiation Hydrospeed / Canoe Rafting (7km) 14 years and up.

From 46€

+33 (0)4 79 09 72 79

<http://an-rafting.com/> savoie@an-rafting.com

H2O Rafting

The H2O Centre is located on the banks of France's leading river for watersports. The Haute-Isère guarantees ideal levels of water for all ages from the 1st of May to the 30th of September.

Rafting, Canyoning, Hydrospeeding, Stand-Up Paddle-Boarding. Equipment provided.

- Doron descent

Minimum age: 14 years

One descent = 50€

Two descents = 70€

- Combined descent (Isère /Doron) with a picnic break = 106€

<http://www.h2o-rafting.com/>

info@h2osports.fr



Brides-les-Bains, the village to find oneself again and reconnect with friends and family



BRIDES-LES-BAINS, THE VILLAGE WHERE YOU'LL LOVE SPENDING TIME

Brides-les-Bains: the village where anything goes

In Brides-les-Bains, you can find your true self, spend time with family and friends, revitalise and recharge your batteries. In this cocoon-like village set at an altitude of 600 metres at the foot of Les 3 Vallées, it's all about reconnecting body and mind.

First up, four festivals from May to October. This is the perfect opportunity to discover healthy cooking in the company of professionals, to laugh, to listen to jazz in the moonlight, or combine the spa experience with cinema.

Next, be inspired. Brides-les-Bains' range of accommodation promises a change of scenery and a journey through time or space. Mountain chalet or art deco atmospheres, a Scandinavian feel or chic baroque design ranging from one to four stars. The whole family will love it here, with some apartment residences equipped with a swimming pool and well-being areas.

A change of pace. After a day at the spa or in the mountains, head to the Le Doron cinema: 4 screenings are programmed daily, with at least two new films on the bill. You certainly don't see that in every village with only 600 inhabitants!

In the evening, formal dress is required. Swap your hiking boots or dressing gown to try your luck at the slot machines or blackjack in the casino, the only one in the Tarentaise region. It promises a crazy night kicking off at the Héliantis lounge bar restaurant and finishing up in the casino's basement night club.

4 times a year the village throws a party! Entertainment across the resort's various venues

> 14th of May 2017 Fête de Fontaine

In the hamlet of Fontaine: music, folk singing, games, dance...

> 30th of July Park Festival

A day dedicated to the thermal park with petanque, games and a village dance

> 20th of August 'La Bridiévale'

A whole day themed around Medieval life.

> 17th of September La Saulce Festival

La Saulce, a hamlet overhanging Brides-les-Bains

BRIDES 2017 AGENDA

> 18th to 20th of May

Brides Comedy Festival

3 days of comedy with the best of Parisian cafe-theatre. 2017's guest of honour: Mathieu Madenian.

> 16th to 18th of June

Healthy & Gourmet Festival

Theme for 2017: "liberate the 5 senses". 4 days based around eating good, healthy, balanced food. Workshops, demonstrations, competitions with Brides-les-Bains nutritionist chefs and their guests.

> 6th to 9th of July

Brides 'Ça Jazz' Festival

4 days of free concerts.

> 5th to 9th of October

Angoulême via Brides-les-Bains French language film festival

4 days of cinematic sneak previews curated by Dominique Besnehard.

1200 beds

available to book across Brides-les-Bains' 15 hotels (1 to 4 stars). 9 hotels offering access to an indoor or outdoor swimming pool and 8 boasting a well-being area (steam room, sauna or spa).



Brides-les-Bains, the village to find oneself again and reconnect with friends and family

Which atmosphere will you choose for meeting up with friends, getting the family together or treating yourself to a thermal spa or active sports holiday? Mountain chalet or art deco, Scandinavian style or chic baroque design? Fully equipped apartment residence with a swimming pool? In Brides, accommodation with healthy cuisine is all part of the change of scenery on offer, adding an individual twist to your well-being and/or outdoor activity holiday.

BAROQUE COCOONING



chef Jean-Pascal Laugier

Hôtel Altis Val Vert***

Each room is personalised with a clever mix of wood, metal and baroque furniture. The hotel was fully renovated in 2014 and now offers two suites. A real 3-star gem run by a family with a culture of skiing and the great outdoors. New for 2017: an outdoor bar!

Double room with breakfast from 75 euros
altisvalvert.com

SCANDINAVIAN CHIC



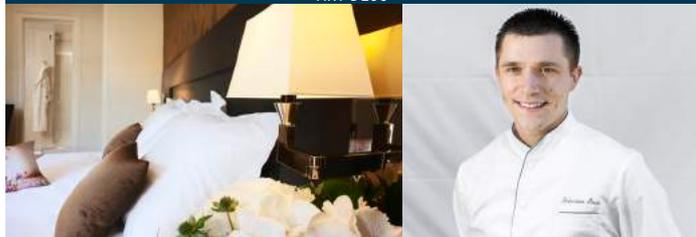
chef Thierry Giannini

Mercure Grand Hôtel des Thermes****

With 100 rooms, this is Brides' largest hotel. Exuding Scandinavian style, its spacious, renovated rooms combine white and wooden furniture with soft tones that invite you to switch off. Swimming pool and 5 Mondes spa.

Double room with breakfast from 116 euros.
Double room with half-board from 146 euros per person.
gdhotel-brides.com

ART DECO



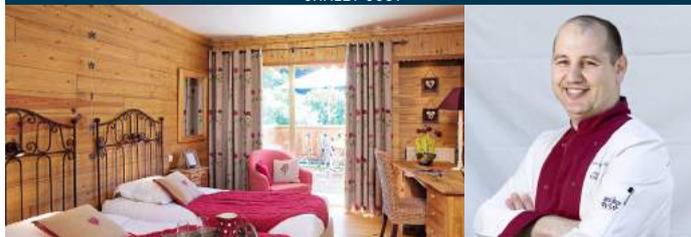
chef Sébastien Roux

Golf Hôtel****

This elegant hotel overlooks the village of Brides-les-Bains and enjoys uninterrupted views over Le Grand Bec. Built in the 1920s, it's a stunning vestige of the Art Nouveau period. Its spacious rooms, most of which have been recently renovated, combine Art Deco architecture with contemporary décor, some boasting south-east facing balconies and superb views over the Vanoise mountain range. After a busy day, recuperate in the steam room or Jacuzzi. Experience pure pleasure!

Double room with breakfast from 87 euros.
Double room with half-board from 82 euros per person.
golf-hotel-brides.com

CHALET COSY



chef Emmanuel Hudry

Hôtel Les Bains***

The hotels' 33 renovated rooms combine stone, blond wood and soft fabrics. You'll feel as though you're cocooned in a mountain chalet from the moment you step inside, with tables covered in red and white checked gingham and a stone fireplace in the little lounge. You'll also love the well-being area with its steam room and saunas (including one anti-fatigue infrared sauna).

Double room with breakfast from 55 euros.
Double room with half-board from 67 euros per person.
hotelbrideslesbains.com

AUBERGE ESPAGNOLE



Résidence Cybèle

Renting an apartment is THE solution for groups of friends. The Cybèle Residence offers 132 cosy apartments for 4, 6 or 8 people. After you've exerted yourself, you can relax in a giant Jacuzzi, in the sauna (one free session per week) or in the heated indoor swimming pool.

4-person apartment from 59 euros per person / 4 days - 3 nights
8-person apartment from 34 euros per person / 4 days - 3 nights



Brides-les-Bains, the village to find oneself again and reconnect with friends and family

From May to October, the resort puts on four events to give you your fill of laughter and add a little something extra to your holiday! Opportunities to learn alongside professionals, to laugh, to dance... and to reconnect with yourself.

LAUGH FROM THE 18TH TO THE 20TH OF MAY



Brides Comedy Festival

Get ready to split your sides with the 11th edition of Brides' Comedy Festival! **3 hysterical nights.** This is your chance to discover young talents from Parisian café-theatre. The festival opens with the Big Show; a live competition in which 6 young artists compete for laughs and the audience chooses their favourite. The next day, French comedian Yann Guillaume will unveil his brand new show. Anne Roumanoff's sidekick on French radio station Europe 1 will portray a series of over-the-top... but incredibly funny characters! **The other comedy star in Brides will be guest of honour Mathieu Madenian.** Between self-deprecation and modern social satire, this stand-up proves that you really can laugh about anything in his new show "A State Of Emergency".

Price: 12 to 27 euros depending on the event. 3 night pass: 50 euros.

COOK FROM THE 16TH TO THE 18TH OF JUNE



Healthy & Gourmet Festival

11 nutritionist chefs are on the menu, from gourmet events starting at breakfast and going all the way until the evening, to culinary workshops where you can get stuck in, with recipes to share, and two evenings of fun and culture to feed your mind... **Brides-les-Bains' Healthy & Gourmet Festival on the 16th, 17th and 18th of June will be a showcase for the whole village's expertise in eating a healthy, balanced diet.** In Brides, you can lose weight without restrictions or frustrations, gently reconnecting with your diet and body alike. **The 18th edition aims to awaken all 5 senses.** Smell the aromas, detect the flavours, touch the ingredients, describe the colours, analyse the sounds... The senses require attention and training to hone their powers, which is why, in our extremely demanding and increasingly virtual lives, they become blander and less intense. There's no longer time to forge connections between people, so our culinary repertoire dwindles and, among other things, opens the door to junk food. **Chefs and dieticians will share recipes and tips for putting the 5 senses back on your plate,** making mealtimes something special to share with others.

SWING JAZZ-STYLE FROM THE 6TH TO THE 9TH OF JULY



Brides 'Ça Jazz' Festival

Jazz, blues... **Over 4 days, a dozen free concerts will take place in Brides-les-Bains, throughout the course of the day.** Not to forget a photography exhibition and a complete cinema programme retracing the history of Jazz. A Master Class will take place in the run-up to the festival: supervised by three professional musicians from Auvergne-Rhône-Alpes, the course offers eighteen hours of lessons over three days with a concert to open the festival on the Friday as a bonus. Price: 220 euros.

PREVIEW SCREENINGS FROM THE 5TH TO THE 8TH OF OCTOBER



Angoulême via Brides French-language film festival

For the fourth consecutive year, the thermal spa resort will welcome **the artists behind a dozen French films being previewed** in a relaxed, friendly atmosphere. Some of them will have premiered in Angoulême, at the end of August. Dominique Besnehard, a devotee of Brides, is the real force behind the event. Every day, you can walk the red carpet alongside actors, directors and producers. At 5 euros a session, why not treat yourself to a course of reinigorating cinematic treatments?



Brides-les-Bains, the village to find oneself again and reconnect with friends and family



PLAY

The only casino in Les 3 Vallées

35 slot machines, Russian roulette, Blackjack... Brides-les-Bains casino is the only one in the Tarentaise region and is an unmissable destination for 3 Vallées holidaymakers. It promises lively evenings, kicking off with traditional Savoyard cuisine at the Héliantis lounge bar restaurant. Make the night last longer with a visit to the basement nightclub.

Open 7 days a week from 7.30pm to 2am. casino3vallees.com



(RE)DISCOVER FILMS

Cinema: 2 new films every day

Every day, Brides' Le Doron cinema offers 4 screenings and puts at least two new films on the bill. The programming is a combination of new releases and catch-up films. **"A spa break is often a good time to reconnect with cinema"**, explains Line Davoine, president of the Cinéalpes network. **"So we let those visiting the spa catch up on films they may have missed back home"**.

Le Doron cinema is part of the Cinéalpes network that brings together fifteen or so small towns with a total of 110 cinema screens. Films circulate from town to town every week, ensuring the bill stays varied. Until his death in 2011 at the age of 81, the founder of Cinéalpes Gérard Davoine went to work at its offices in Lyon every day. His daughter, Line, who worked alongside him and is now the group president remembers: **"He hardly ever went to the cinema but he was unbeatable when it came to how a film performed!"**.



GOURMET BRIDES

Have lunch at a Michelin-starred restaurant for an unbeatable price

In Brides, we know how to negotiate special offers and make dreams come true. In July and August, summer holidaymakers with curious palates can enjoy an unforgettable gastronomic experience in two Michelin-starred 3 Vallées restaurants in partnership with Brides-les-Bains Tourist Office.

On the menu:

- *Le Chabichou in Courchevel* (2 Michelin stars) elegant, refined cuisine from Michel Rochedy and Stéphane Buron. www.chabichou-courchevel.com
- *Le Farçon in La Tania* (1 Michelin star) where Julien Machet unleashes his creativity through subtle, inventive recipes. www.lefarcon.fr

The concept

For 45€ per person, enjoy a menu that includes a starter, main and dessert. *This offer is only available at lunchtime – book via the Brides-les-Bains Tourist Office, 48 hours in advance at the latest.*