



Winter season: December 15th 2017 to April 13th 2018



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mediaconseilpresse.com / [salle de presse Brides-les-Bains](mailto:salle.de.presse@brides-les-bains.com)



Brides-les-Bains winter 2017/18: what's new?

This winter, Brides-les-Bains is strengthening its reputation as Les 3 Vallées' well-being destination. Some hoteliers now offer well-balanced, vegetarian or gluten-free gourmet cuisine in winter too! The Tourist Office also boasts a brand new website, meaning you can now book absolutely every element of your snowsports holiday from home, from transport to ski lessons. Not forgetting a new ski clothing hire service to lighten your luggage.

New "door to door" website

This winter, Brides-les-Bains is launching its new website, and it's nothing less than a snowsports booking engine! At brides-les-bains.com, you can book every single element of your à la carte holiday from the comfort of your own home, all the way to your hotel room! Taxis, transport, accommodation, skipasses, ski lessons and equipment, well-being treatments at the Grand Spa Thermal... Let Brides take the hassle out of organising your snowsports holiday.

gluten-free vegetarian nutrition

From March to October, Brides-les-Bains is the n°1 slimming resort in France, and now local professionals are also making their health expertise available to skiers in the winter too. Hôtel Les Bains*** offers a healthy-eating menu on request at the time of booking. The Savoy Hôtel*** and the Mercure Grand Hôtel des Thermes**** have added vegetarian meals to their menus, while the Golf Hôtel**** will now offer gluten-free meals.

ski clothing hire service

Don't want to take a bulging suitcase on holiday? This winter sees Brides Tourist Office launch a new partnership with ski-chic.com, which allows you to hire your ski clothing (jacket, trousers, mask, gloves) online (over 8s only). It will then be delivered directly to your accommodation. The ski-chic.com team will pick up your items the day before you leave, when you get back from the slopes.

Children (8 to 16 years): 79.90 euros per week.

Adults: from 99.90 euros per week.

AGENDA HIVER

> **December 16th 2017 to April 14th 2018**
 Brides Winter season

> **Every Monday, post-ski stretching session** on the village square with a fitness instructor from the Tourist Office.

> **early January 2018 Russian Orthodox night :** Brides celebrates Eastern European-style, with songs and traditional music in the streets of the resort.

> **January 20th to 27th 2018 Healthy ski and gourmet Week:** get back on track after the Christmas indulgence and New Year's celebrations! On the programme: introductions to stretching and yoga, learn how to cook healthily with Brides chefs...

> **Feb 10th to 17th 2018 Savoie week :** showcasing authentic Savoie traditions with local produce, folklore and history.

4,000

beds in Brides-les-Bains during the winter season, across 18 hotels and residences..

600

kilometres of ski runs in Les 3 Vallées, the largest ski area in the world.



Brides-les-Bains, a resort like no other

Guaranteed snow from Christmas to Easter + largest ski area in the world + spacious high-quality accommodation + thermal spa + healthy cuisine + accessible prices + gastronomy on the slopes = mission impossible? Not in Brides-les-Bains, the clever 3 Vallées destination! Here's why.

100% SNOW GUARANTEE



Choosing Brides and Les 3 Vallées means guaranteed snow from Christmas to Easter. Who can top that? 80% of the ski area is located at altitudes of 2,000 metres or more.

MICHELIN-STAR SLOPESIDE DINING FOR LESS



This winter, the Tourist Office offers you the chance to combine amazing skiing with gourmet cuisine. At just 55 euros per person, the Brideski Gourmet pass lets you treat yourself to lunch (starter-main-dessert) in a 3 Vallées Michelin-starred restaurant. L'Azimut and Le Chabichou in Courchevel and Le Farçon in La Tania are opening their doors to foodie skiers for a bargain price. Cards are available to buy from Brides Tourist Office, who will book your table 48 hours in advance.

CAMP DE BASE DES 3 VALLÉES



Thanks to Brides' central position, you can access all of Les 3 Vallées' snowsports activities in under 45 minutes! Ski touring in Méribel in 20 minutes, Biathlon at the Altiport in 45 minutes, Le Praz Ski Jump in 15 minutes, Ski-Paragliding in La Saulire in 45 minutes, tobogganing at La Tougnette in 45 minutes...

Soak up the atmosphere of a cabaret show at La Folie Douce and eat at its slopeside restaurant in Méribel without even needing to don a pair of skis (the Brides/Méribel pedestrian skipass including Olympe gondola lift: 10 euros per day). Staying in Brides means you can pick 'n mix the elements of your snowsports holiday!

COSY TO XXL ACCOMMODATION: 14 HOTELS, FULLY EQUIPPED RESIDENCES



In Brides, we take it easy! Hotel and tourist residence bedrooms are spacious and bedding is ultra-comfortable because everything has been designed for three-week thermal spa breaks. Most accommodation comes equipped with a spa, Jacuzzi or swimming pool... Treat yourself to comfortable 2** to 4***** accommodation that's 30-50% less expensive than in the higher altitude resorts. Take the 2-star Cybèle Residence for example.. It offers 132 cosy apartments for 4, 6 or 8 people at unbeatable prices. After a day on the slopes, relax in the Jacuzzi, sauna (one free session per week) or in the heated indoor swimming pool.

7 nights/8 days :

- from 226 euros for apartment for 4 people
- from 345 euros for a 2 rooms apartment (55 m²) for 6 people



Brides-les-Bains, a resort like no other (pt. 2)

STRESS-FREE ACCESS



Getting to Brides couldn't be easier! It's only 4 hours by high-speed train from Paris, and there's a train station and motorway just 5 kilometres from the village. You won't have to fit snow chains as soon as you arrive and there's no risk of altitude sickness either, as Brides is located at 600 metres. Once on site, you can go everywhere on foot; all the services and attractions are located within a 200-metre radius.

LE GRAND SPA THERMAL: SPECIAL POST-SKIING PACKAGE



Brides is a leading thermal spa resort thanks to its precious thermal waters with proven circulation-stimulating properties. From February the 12th 2018, its thermal spa will offer 2,100m² of post-skiing recuperation well-being and treatments. From massages from around the world carried out by physiotherapists, to Biologique Recherche and Sothys beauty rituals, it has it all. March will see the end of the refurbishment works at the Grand Spa Thermal; adding a 600m² extension, comprising an aqua-fun area, a 25m swimming lane and a 30m² pool for aqua-fitness activities: the ultimate in wellness and springtime skiing.

IN THE CENTRE OF LES 3 VALLÉES



Brides offers direct access to Méribel's snow front in just 25 minutes using the Olympe gondola lift. From there, you can ski to your choice of Courchevel, Val Thorens or Les Ménuires, over 600 kilometres of 3 Vallées ski runs.

BARGAIN PRICES



30-50% less expensive than a high altitude resort; that's the promise made by Brides-les-Bains. The resort's business owners (hoteliers, restaurateurs, shopkeepers...) derive their income from 11 months of trading (not just the 4 months of winter as in high altitude resorts). That means they don't need to increase their prices for winter. The result: everything is cheaper, including ski hire!

EXAMPLE RATES

• from December 23rd to 30th:

Christmas 6 days + skipass + ski hire

- Studio apartment for 4 people = 475€ PER PERSON

- Half-board in 2-star hotel accommodation (double room) = 750€ PER PERSON

• from January 13th to 27th:

- 7 days/6 nights Healthy Skiing & Gourmet Stay on half-board in 3-star hotel accommodation incl. healthy cuisine + 4 days of ski lessons + 3 Vallées skipasses + 4 entries to the Mercure Grand Hôtel des Thermes spa (incl. 1 x 50min massage and 1 x 20-min Cinq Mondes facial) = 995€/PER PERSON

- 4 days/3 nights Healthy Skiing & Gourmet Stay in a 3-star hotel on half-board incl. healthy cuisine + 4 days of ski lessons + 3 Vallées skipass + 2 entries to the Mercure Grand Hôtel des Thermes spa (incl. 1 x 50min massage) = 695€ PER PERSON



Hotels: Brides' trump card

Are you more mountain chalet or art deco? Scandinavian design or baroque chic? In Brides, accommodation and cuisine are all part of the plan to get away from it all. Here's how.

L'ALTIS***: BAROQUE COCOONING



Renovated in 2014, this gem of a 3-star hotel is run by a family with skiing in their blood, and now boasts 2 suites. Each room is personalised by a clever combination of wood, metal and baroque furniture, and guests can enjoy use of the hotel spa (steam room, sauna and Jacuzzi). Once a week, there's a themed evening with a locally inspired menu designed by chef Jean-Pascal Laugier.

- Double room and breakfast from 56 euros per person.
- Double room on half-board for 8 days/7 nights + 6-day Méribel Valley skipass from 777 euros per person.

altisvalvert.com

GOLF HOTEL****: ART DECO



This elegant hotel overlooks the village of Brides-les-Bains and enjoys unspoilt views over Le Grand Bec. Built in the 1920s, it's a stunning vestige of the Art Nouveau period. After skiing, recharge your batteries in the steam room or Jacuzzi, before meeting up for a drink around the fireplace in the wine cellar. This winter, chef Sébastien Roux will be offering gluten-free menus.

- Double room and breakfast from 104 euros per person.
- 6 nights/7 days on half-board + New Year's Eve menu + 5-day Méribel Valley skipass: 870 euros per person.
- 7 nights/6 days on half-board + 6-day Méribel Vallée skipass: 722 euros per person based on a double room.

golf-hotel-brides.com

LES BAINS***: COSY CHALET



33 refurbished rooms that combine stone, light coloured wood and soft fabrics. With its cosy lounge, stone fireplace and gingham tablecloths, you'll feel as though you're cocooned in a mountain chalet from the moment you step inside. You'll also love the well-being area with its steam room and saunas (including one anti-fatigue infrared sauna). Chef Emmanuel Hudry offers slimming menus on request for half-board guests.

- Double room and breakfast from 49 euros per person.
- 3 nights/ 4 days on half-board + Christmas Eve menu + 2-day Méribel Valley skipass: 328 euros per person.
- 7 nights/6 days on half-board + 6-day Méribel Valley skipass: 650 euros per person based on a double room.

hotelbrideslesbains.com

MERCURE GRAND HÔTEL DES THERMES: SCANDI CHIC



With 100 bedrooms, this is Brides' largest hotel. Exuding Scandinavian style, its spacious, refurbished rooms, white and wooden furniture and warm tones invite you to switch off from it all. Relax in the swimming pool and 5 Mondes spa. This year, chef Thierry Giannini is launching a menu with vegetarian meals and healthy salads.

- Double room and breakfast from 104 euros per person.
- 6 nights/7 days on half-board + New Year's Eve menu + 5-day Méribel Valley skipass: 870 euros per person + skipass.
- 7 nights/6 days on half-board + 6-day Méribel Valley skipass: 1083 euros per person based on a double room + skipass

gdhotelbrides.com



Brides-les-Bains, more than just skiing

With a wealth of activities to enjoy before and after skiing, well-being areas, casino, ultra modern fitness facilities... In Brides, we love skiing, but we also love everything else the day has to offer!

CINQ MONDES SPA



The Mercure Grand Hôtel des Thermes**** refurbished its Cinq Mondes spa 2 years ago. For 15 euros, you can access the relaxation area, bathed in natural light, with steam room, sauna, Jacuzzi and heated (indoor) swimming pool. You can also enjoy facials, body treatments, massages and manicures, giving you chance to relax and unwind off the slopes.

gdhotelbrides.com

DRINKS IN THE WINE CELLAR



The Altis*** wine cellar is THE secret spot in Brides-les-Bains. Situated in the hotel basement, this vaulted stone cellar was restored and fitted out in 2014 by the Chedal family. It's the perfect place to taste a fine wine selected by former ski champion Manu Chedal and Philippe Gauthier, a friend of the family who was awarded the title of Best Sommelier in France in 1985 and 86. You can also enjoy a tasty Alpine cheese such as a Beaufort, as well as tapas. Book in advance for pre-dinner drinks, parties with friends, birthdays and other events.

altisvalvert.com/hiver/la-cave/

PLENTY TO DO ON AND OFF THE SLOPES



In Brides, skiing is held sacred, and the resort bends over backwards to make a day on the slopes go as brilliantly as it possibly can! Every Monday, there's a free breakfast at the bottom of the Olympe gondola lift and a stretching session in the village square to get things off on the right foot. After skiing on Wednesdays, *Sunny Music Live* hosts live music with free hot drinks on the village square, and on Fridays, warm up at the Big Chamallow Party by toasting marshmallows around the fire. During the school holidays, discover a range of activities every Thursday at the *Brides Winter Games*: biathlon, snowboarding machine...

APRÈS-SKI JACKPOT



Slot machines, roulette, Blackjack... Brides-les-Bains is home to the only casino in the Tarentaise region; an unmissable destination for skiers in Les 3 Vallées. It promises lively evenings, kicking off with traditional Savoyard cuisine at the Hélantis

lounge bar restaurant. Keep the evening going with a visit to the Blue Night basement nightclub.

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

casino3vallees.com

GOURMET HOLIDAY SOUVENIRS



« Au Petit Terroir » ou « Aux Caprices Savoyards » ? To bring some gourmet souvenirs home from your stay in Brides-les-Bains, head to one of two local food shops in the village! There are jams, Savoy wines, but also farmer's cheeses such as the summer beaufort

with its refined scents of alpine flowers, goat's and sheep's cheese, or the tasty Tomme of Savoie.

ski.brides-les-bains.com

CUTTING-EDGE FITNESS AT THE 4**** GOLF HOTEL



The well-being area at Brides-les-Bains 4**** Golf Hotel has had a makeover. After a day on the slopes, recharge your batteries in the ultra-modern 10-person sauna, (can also be turned into a steam room) located in the hotel basement. To stay in shape or for a pre-skiing warm-up, a cardio-training area boasts cutting-edge Nohrd brand technology made from solid wood. First of all there's the WaterGrinder. This "arm bike" is the only cardio machine that works just

the muscles of the upper body using the principle of water resistance. The patented rowing machine, which also uses water resistance, has been designed to replicate the physical movement of an oar gliding through water as closely as possible. Round off your workout with weights and a 3 in 1 bench to work the abs and strengthen the muscles.

The fitness area is open daily from 9am to 5.30pm.

golf-hotel-brides.com



Brides-les-Bains through the eyes of locals Bénédicte and the Belgians



Born in Ixelles, Belgium, Bénédicte arrived in Savoie 22 years ago to discover the joys of winter sports for the first time. Having fallen in love with the Savoyard mountains and with a desire to make this territory well-known, Bénédicte moved to Brides-les-Bains and started working at the Tourist Office. She held several different positions before becoming the director in 2016. She tells her story and explains why the Belgians feel at home in Brides-les-Bains.

Bénédicte Fournier, Brides-les-Bains Tourist Office director.

What's the best time of year for snowsports?

I'd say February, outside of school holidays. That's when people come to relax and get some fresh air so they're in tip-top shape before the second half of winter! And the snow is excellent!

Why do Belgians hold a week of snowsports so dear?

It goes hand in hand with family holidays, so it's all about reuniting with loved ones in a magical environment with activities for all ages.

What do Belgians like about Brides-les-Bains?

Belgians love spending time with family and friends. The hotels' family atmospheres and the conviviality of Brides village fit in with that perfectly. Also, price is often a major factor. In Brides, Belgians can stay somewhere lovely and welcoming without doing any damage to their wallets!

What do you drink after skiing?

A good Belgian beer of course! There are lots to try in Brides' village bars and hotels: Leffe, Grimbergen, Chimay, La Stella, La Chouffe...

What's a local expression?

"This cold is giving me 'la Kikebiche'": I've got goosebumps.

What's an unmissable dish?

Flemish 'carbonnades' are a real Belgian cooking classic! They're made using chunks of beef, beer, carrots, onions and brown sugar. Great served with *Belgian* fries!

What local product would you bring back from a snowsports holiday?

Artisanal *génépi* liqueur... I love the smell of *génépi*. In summer, you can see its yellow flowers growing on the moraines and sun-soaked rock screes. And in winter, we enjoy a sip at the end of a meal. To me, this liqueur symbolises relaxation after a day's skiing.

What spot is favoured by Belgians?

La Cime Caron, the summit of Val Thorens. Belgians love skiing in the Val Thorens ski area.

How about a 3 Vallées ski run?

The Choucas run, which is the perfect start to my ski day. When you get to the top of the Olympe gondola lift, take the Plan de l'Homme chair lift then the Cherferie ski tow. The Choucas run starts at the top! It's always very well groomed, wide, quite long and not too difficult. An excellent warm-up... I often ski it 2 or 3 times in a row!

What's your first memory of Brides-les-Bains ?

I arrived in Brides-les-Bains on the 30th of December 1995. In the middle of winter, the slopes were all green and it was absolutely pouring down with rain... When I awoke the next morning, I was amazed to see that over a metre of snow had fallen overnight!

What's your favourite restaurant?

Le Farçon in La Tania. Chef Julien Machet is a real Savoie local who's passionate about his work. He's always looking for new ideas to surprise us with. He also makes sure that gastronomic cuisine is affordable for everyone. You can treat yourself to lunch at this place with the Brideski Gourmet card available to buy from Brides-les-Bains Tourist Office.

Favourite scent?

A roaring fireplace, which reminds me of some wonderful après-skiing times, like when you're snuggled up on a sofa warming up with a lovely cup of hot chocolate or a nice hot toddy.

Favourite taste?

Light chocolate mousse. It's made by chefs in the villages' hotel-restaurants, specialists in healthy, gourmet cuisine. A little treat that doesn't make you feel guilty after all the generous Savoie dishes.

Favourite place to stop off on the slopes?

La Folie Douce in Méribel. I love going to watch the Cabaret Show and dancing to great music. It's often said that Belgians have partying in our blood!

Favourite event?

Les 3 Vallées Enduro in April. It brings together the largest number of amateur skiers in the world! It's a timed rally where teams can try out pro events: Free-ride, Giant, Boarder Cross... It's open to everyone and even if you don't end up anywhere near the podium, it's a real laugh. We all go head to head, share a giant Savoie buffet and best of all, ski on the 3 Vallées ski area. You can also win some cool prizes at the end of the day.

Favourite view?

The panoramic view from the summit of Mont Vallon (2,952 metres). From there, you've got exceptional views over Mont Blanc, l'Aiguille du Fruit, La Vanoise and Le Borgne glaciers, La Grande Casse and even l'Aiguille du Borgne.



Brides-les-Bains through the eyes of locals Elizabeth and the Americans



Elizabeth was born in Quincy on the Mississippi River in Illinois. At the age of twenty, she fell in love with Les 3 Vallées and with a skier... The romance didn't last but her love affair with an area that feels truly French while remaining open to the rest of the world did. Every morning she takes the Olympe gondola lift to Brides-les-Bains Tourist Office where she works in the promotions team. Brides-les-Bains is the perfect place for an American. Here, she explains why.

Elizabeth Raiberti, promotions manager at Brides-les-Bains Tourist Office.

Why do Americans love coming to stay in Brides?

Americans first come for the amazing interconnected ski area, but also to discover the region. According to the American ski clubs, 40% don't ski at all during their holiday. The desire to explore coupled with the close proximity, makes Brides's position in the valley perfect. In two hours' time, you can get out and about. Before arriving at the village, US tourists stop off at Annecy, Lyon, Geneva, even Milan...

What's the Americans' favourite time of year to go skiing?

Real enthusiasts go skiing several times in the season. January offers the closest snow conditions to those in the Rocky Mountains. They love the light powder snow both on and off the slopes! Personally, I prefer March because you're practically guaranteed sunshine, the days are longer and there's a party atmosphere!

Is a week of snowsports important to Americans?

Oh yes, and they prepare for it meticulously. In the United States, we have less annual leave than in France. That means we choose our holidays well and make the most of every minute. In Les 3 Vallées, the ski areas are inter-connected, which isn't the case in the US. Sport is obviously important but we also love soaking up the local culture and gastronomy when we're on holiday. Ah, the fresh bread from French bakeries!

What attracts Americans to Brides-les-Bains?

In Brides-les-Bains, they find a better standard of service like what they're used to at home: free shuttles to get to the gondola lift, ski boot lockers and little personal touches in the hotels. They also love the village feel, the fact you can do everything on foot, the characterful hotels and its history as an Olympic village in the Albertville games. They want to feel transported far away! If they don't, they may as well go to Vail and not cross the Atlantic!

What do you like to drink after skiing?

A nice glass of French wine! My favourite has to be Chignin Bergeron white, a golden-coloured dry Savoie wine with the complex, long-lasting scent of lemongrass and magnolia. It pairs well with Savoie cuisine. And in the summer you can see the vines growing on the south side of the village... My favourite view!

Where do you go for a drink?

To the terrace of the 4**** Golf Hôtel! Its views over the village and the snow-capped Grand Bec that turns pink at the end of the day are simply stunning..

What's your favourite time to ski?

Between 11am and 2pm... an odd time! You can enjoy peaceful slopes after the big groups have left for lunch. Then you can sit quietly on a terrace for second lunch service. After a good morning's skiing, you have to

have a French-style lunch break. In the USA we eat a sandwich or a salad on the go. On holiday in France, we take the time for an aperitif, a meal with family or friends. And we finish it off with a coffee or a shot of génépi liqueur. I used to feel that it went on too long... but now I love it!

What are your favourite non-skiing activities?

Snowmobiling after the ski runs have closed. Set off in discovery of clear, unobstructed views. Starting at Mottaret, climb up the Tournète side, passing beneath the summits. And then, Mont Blanc rises up, and the sun sets over Méribel valley all the way to Brides. On the way down, with the wind whipping against your face and the powder snow flying, you feel as though you're the only person in the world.

Do Americans prefer apartments or hotel rooms?

For Americans, hotels... they go hand in hand with holidays and service. Brides is somewhat spoiled with two 4-star hotels and eight 3-star hotels, each with their own atmosphere, position and services. And because the rooms are designed for those on long-stay health and slimming breaks, they're often much more spacious than normal.

What's the plan for an evening out?

After a great French meal, we go to karaoke at the Bis « trop » Savoyard, then for a Blues night at the Casino, the only one in the Tarentaise region, or for a good whisky at the bar of the 3-star Amélie hotel.

What's your favourite ski run?

The Mauduit red run, which is away from the crowds and goes back down into Méribel. Take it from the top of Saulire... I like the steep sections and open areas where you can really "carve"... it gets the thighs burning.

What's your first memory of Les 3 Vallées?

I arrived in 2001 and I fell in love with a Frenchman who spent his whole life on skis. One day, he took me to the "La Face" run at the top of the Olympe chair lift. It has the same starting point as the Women's downhill run in the Albertville Olympic Games. When I got to the bottom, I wasn't in Olympic shape! But I managed it by following in the tracks of the world's best female skiers...

Why did you stay in Les 3 Vallées?

It's very French but also international at the same time. You feel as though you're in France, the history, the culture, the gastronomy. Brides-les-Bains isn't a little closed-off village... It's open to the rest of the world!

What could you find here and only here?

The Grand Spa Thermal; a stunning place to recharge your batteries that uses thermal water with proven circulatory properties. The 2,600 m² area was expanded in March to include a new aqua-fun area with fun pools, aqua-fitness, swimming lanes...



Brides-les-Bains through the eyes of locals

Manu Chedal, life after ski jumping



Emmanuel Chedal is a local champion. A ski jumping professional from 1998 to 2013, he competed in the 2002 Salt Lake City and 2010 Vancouver Olympic Games. When he retired from his sports career, he naturally came home to Brides. He took over the family hotel, L'Altis Val Vert* with his mother and brothers, and embarked on some major renovation work. Here, he reveals all his little secrets about Brides-les-Bains and Les 3 Vallées in general.**

*Manu Chedal, owner of Brides-les-Bains Altis*** Valvert Hotel.
Former ski jumping champion.*

Tell us about a snow-related childhood memory you have of Les 3 Vallées?

My first ski jumps on the 25-metre ski jump in Courchevel 1850. I was 6 years old. That's where it all started. Unfortunately it's no longer there.

Your favourite 3 Vallées ski run?

No specific run... Les 3 Vallées offers a variety of terrains and orientations, so there's something for every mood and all kinds of weather.

Your favourite view?

The view over Le Grand-Bec, I never tire of it! That's what you can see from the terrace of our family hotel.

Favourite drink?

White wine, and my favourite is Chignin Bergeron, it's a very good white, a classic wine that we make very well here in Savoie.

Favourite place to stop off on the slopes?

Julien Machet's Le Farçon in La Tania (1* in the Michelin guide). Unbeatable value for money in Les 3 Vallées. I've gone there since I was very little as our parents were friends. I love seeing it evolve. He's generous, a firm supporter of local produce, the mountains, his roots, local farmers. He loves getting to know the people he works with. I love his approach to cooking.

Favourite event?

The summer Ski Jumping Grand Prix in Courchevel, the summer World Cup (11th and 12th of August) on Le Praz's Olympic ski jump; it's a beautiful aerial show that looks great on TV and a terrific way to discover ski jumping with friends and family. I've taken part in it 15 times. My best place was 6th in 2003.

Favourite secret place?

La Cave du Val Vert located underneath our hotel. It's a vaulted stone wine cellar with archways that we restored and fitted out in 2014; a backdrop worthy of tasting a fine wine! I select the wines with Philippe Gauthier, a friend of my parents, awarded the title of best sommelier in France in 1985 and 86. He worked at Le Chabichou for 10 years in the 80s before setting up on his own.

Favourite brand new place?

The new footbridge on the Gorge aux Pigeons path that overlooks the waterfall. I always love coming across it in the middle of the forest.

Favourite place run by a friend?

La Fabrik, Le « Bis » Trop Savoyard or les Voûtes du Parc. Bar-restaurants run by friends. We have a great time in all of them. I really like their simplicity and friendly atmosphere.

Best feeling?

Leaving that first track in the powder snow in the morning with the sun shining after a massive snowfall... When the ski runs open at 9am, that's when the conditions are perfect, even more so off-piste. If you're with friends, that's even better.

What local product would you bring back from your snowsports holiday?

A slice of Alpine pasture Beaufort cheese, the Rolls Royce of Beauforts, produced at altitude on Savoyard mountain pastures. It's tastier and more strongly scented than the summer or winter varieties. In Brides-les-Bains, you can unearth excellent products and great advice at the "Au Petit Terroir" delicatessen, which is run by two brothers, Fabien and Stéphane. The shop opened in 2016 and sells regional products: cheeses, cured sliced meats, wine, beer...

Christmas, February or Easter?

It all depends on the type of skiing you want to do... But let's just say that the longer the season goes on, the more relaxing the skiing is, with sunny après-ski on the terrace.

Tell us a local saying

« Bien fèrai ai léché dirai »: do the right thing and don't worry about what people say!

How do you pass the time on a gondola lift?

Gazing out over the landscape... If you look really hard, you can see does and stags on the ground underneath. You often see them just before coming in to Allues.

Any top tips?

Head to the Altis Hotel of course! It's the family hotel that I run with my mother. My grandmother started it in 1976 and my parents ran it from 1978. When I retired from my professional sporting career in 2012, we embarked on a renovation programme that lasted 4 months. I asked my family to help: my brother François took care of the carpentry and wood, his wife Audrey is an interior designer so she decorated the bedrooms and communal living areas. We really gave it a new lease of life with the idea of making it a cocooning destination not relying too much on typical mountain design. Today, the hotel is more art deco with a sort mix of styles.

What do you carry in your backpack?

It all depends on what I have planned... In general, there'll be everything you need to go off-piste skiing or ski touring... Airbag bag, shovel, detector in case of avalanche, probe. But sometimes there might be some Savoie sausage, cheese and a bottle of white wine!



from Dec 15th 2017 to Apr 13th 2018

Brides: the easy snow destination

Planes, trains, roads: all paths lead to Brides-les-Bains. The perfect location at the heart of Les 3 Vallées, this resort is easy to access whatever your mode of transport.



• Chambéry/Aix-les-Bains airport (90km - 65 mins)

chambery-airport.com

Tel. +33(0)4 79 54 49 54

Flybe

British Airways

Transavia

• Grenoble/Saint Geoirs airport (160km - 1 hr 50 mins)

grenoble-airport.com

Tel. +33(0)4 76 65 48 48

EasyJet

Ryanair

British Airways

Transavia

• Geneva airport (120km - 2h)

gva.ch

Tel. +41 22 717 71 11

British Airways

EasyJet

Flybe

Air France

Brussels Airlines

Jet2.com

• Lyon Saint Exupéry airport (170km - 1 hr 40 mins)

lyonaeroports.com

Tel. +33(0) 826 800 826

EasyJet

British Airways

Air France

Brussels Airlines



• Eurostar: London/Moûtiers in 8 hours

• Thalys: Bruxelles/Moûtiers in 7 hours

• TGV : Paris/Moûtiers in 4 ½ hours



A430 motorway and N90 dual carriageway just 5 kilometres from Brides-les-Bains!

In Moûtiers, head towards Vallée de Bozel/ Brides-les-Bains.



• Daily Transavoie shuttlebus between Moûtiers and Brides-les-Bains from 3.50 euros per person single and 6.40 euros return
Booking: +33(0)4 79 24 21 58

• Altibus shuttlebus return from Lyon-Saint Exupéry to Brides-les-Bains for 115 euros per person (booking required)

• Altibus shuttlebus return between Geneva airport and Brides-les-Bains for 129 euros per person (booking required)

altibus.com / 0 820 320 368 / +33(0)4 79 68 32 96



Direct links and online booking through the brides-les-bains.com website (plane, train, bus, taxis).