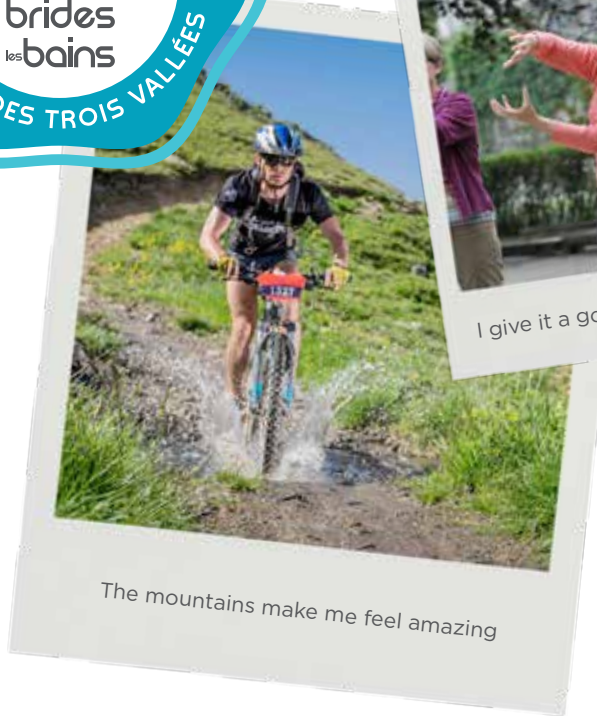
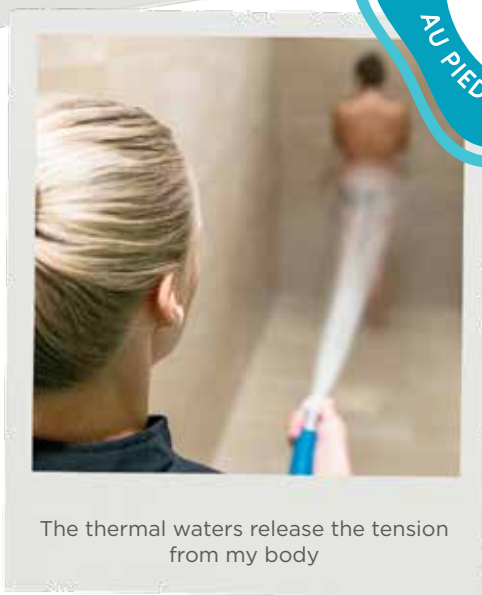
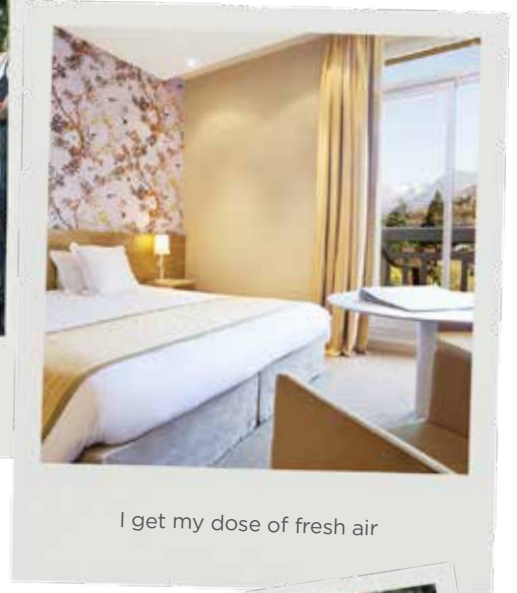


PRESS PACK
BRIDES-LES-BAINS TOURIST OFFICE - SAVOIE
SPRING-SUMMER 2019



BRIDES-LES-BAINS THERMAL SPA RESORT LES-BAINS
Les 3 Vallées' healthy-living destination that gets you moving



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BRIDES-LES-BAINS: KEY FIGURES

At an altitude of
580 meters

546 permanent
residents

2,500 tourist
beds

14 healthy eating
establishments

1 basecamp for
all your outdoor
activities in Les
3 Vallées and the
Vanoise National
Park

4 festivals/year:
Brides fait sa
Comédie festival
in May, Équilibre
et Gourmandise
in June, Jazz in
July and Film
Francophone film
festival in September.

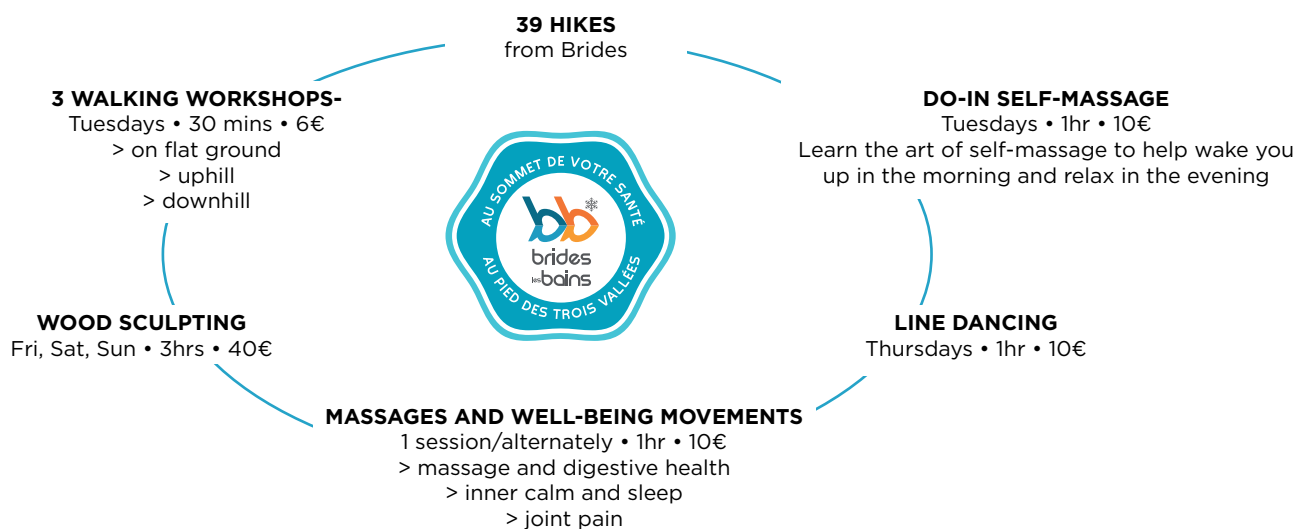
HD photos available to download from our website:
mediaconseilpresse.com / salle de presse Brides-les-Bains



THE ANTI-SEDENTARY DESTINATION

So you fancy taking up a physical activity, but which one will fit in best with your lifestyle and needs? Brides-les-Bains is a great place to try out new things, a driving force of change. The Tourist Office organises a wealth of get togethers, workshops and activities from 8.30am to 6pm, every day, even at the weekend. Just take your pick....

IN BRIDES-LES-BAINS



AROUND BRIDES-LES-BAINS



MERIBEL GOLF COURSE

20 minutes away

COURCHEVEL GOLF COURSE

40 minutes away



RAFTING ON THE DORON OR ISERE RIVER

30 minutes away



COL DE LA MADELEINE MOUNTAIN PASS

30 kms away

COL DE L'ISERAN MOUNTAIN PASS

50 kms away

CORMET DE ROSELEND

60 kms away



PRALOGNAN-LA-VANOISE VIA-FERRATA

35 minutes away



MÉRIBEL BIKE PARK

20 minutes away

LA SAULIRE DOWNHILL MTB TRAIL

50 minutes away



WALKS & HIKES

> Nordic walking
> full day and half day discovery walks, evening session in the Vanoise National Park

17 easy 3hr guided mountain hikes every month. Watch the sunset in Méribel, admire the water display created by the Cascade des Poux waterfall in Courchevel or give Nordic walking a go in Bozel. 22 € (including transport).

39 MTB circuits in Les 3 Vallées, ranging from 2 to 35 km long, up to altitudes of 2,850 metres and all accessible by shuttlebus from Brides-les-Bains. What's more, three of them finish in Brides (from Les Ménuires, Val Thorens, Méribel or Courchevel)..



THE HEALTHY VILLAGE

ON YOUR PLATE

In Brides-les-Bains, all of the chefs in the 14 hotel-restaurants are trained in nutrition. From March until the end of October, they offer healthy balanced menus, at lunchtime and in the evening, to help you lose weight. It is the only thermal spa resort to offer a complete healthy eating solution, from the delicatessen in the village centre to the chef of a 4-star hotel. You can be guaranteed that all of Brides' professionals will help and support you as you make changes to your eating habits, whilst ensuring food remains a pleasure. Let's take a look at all of the different daily events and activities available.

▶ HEALTHY EATING DELICATESSEN

in the heart of the village - La Maison de Marielle, open 7 days a week. Takeaway dishes from 14€.

▶ The only thermal spa resort to have set up a **HEALTHY EATING LABEL** which unites and monitors 11 hotel restaurants, 1 restaurant and a delicatessen.

▶ «EQUILIBRE ET GOURMANDISE» FESTIVAL

for three days in June with workshops run by chefs, healthy eating cookery techniques, cookery recipes and health conferences.

▶ «SPICES & FLAVOURS»

with Caroline Lubiartz • Tuesdays • 90 mins • 2€
> discover spices, flavours and textures
> culinary tips for cuisine that's fun and tasty

▶ AT BRIDES-LES-BAINS' NUTRITIONAL CENTRE

Free of charge:

> 2 conferences/day at 11am and 5pm - 60 - 90 mins.

New for 2019:

- what do we need protein for?
- how to get a balanced vegetarian diet

> 1 cookery demonstration /week.

- fruit and vegetables from starter to dessert
- microwave cooking,
- a celebration menu.

New workshops for 2019

15 people max • 90 mins • 22.50€

- a quick overview of what drinks to avoid to stay hydrated
- stress-free cooking with methods and techniques
- vegetarian cooking

IN YOUR HEAD

No matter how long you're staying in Brides-les-Bains, taking a break allows you to take a step back. Psychologists, nutritionists and sophrologists are on hand to ask you the right questions and help you find the answers.

WITH AURELIE RIBOUD, PSYCHOLOGIST

Free of charge - conference

«Well-being and slimming, psychological top tips»
Mondays • 1hr

Audience participation - workshops

- pen to paper - getting to know yourself
Mondays • 90 mins • 15€
- a calm attitude, food and cardiac coherence Mondays • 1hr • 10€
- how to put my emotions to good use and not be controlled by them Thursdays • 2hrs • 25€
- making the most of my resources to reach my goal
2hrs • 25€
- teenage turmoil
1hr • 10€

WITH LAETITIA DUPONT, DIETICIAN

Conferences (Tuesdays • 1hr • 5€)

- proud of my body
- how trying to lose weight can actually make you put on weight
- post-Brides, back to a calm reality.

Workshop (Mondays • 2hrs • 15€)

- binge eating
- healthy ways to satisfy a sweet tooth new

WITH CHRISTINE ANCEL, SOPHROLOGIST

Sophrology & mandala

- > mandala for calm - Tuesdays, 2hrs, 15€
- > mandalas of the world - Wednesdays, 2hrs, 15€
- > sophrology - Wednesdays and Thursdays, 90 mins, 13€
- > sophro-relaxation: The colours of life - Tuesdays, 1hr, 12€



A stone's throw away

You can forget all about your car here

Nestling at an altitude of 600 metres, Brides-les-Bains is the only thermal spa resort in Les 3 Vallées. The village flourishes in a lush green valley overlooked by the Grand Bec massif, at the entrance to the Vanoise National Park. These mountains have prevented the village from expanding further, which makes walking around it much easier! All of the shops, services and the spa centre are less than a 300-metre walk away, which means you don't need to use your car - the first step towards being anti-sedentary.



Sleep

1-star to 4-star hotels, campsites and apartments

There are around 5,000 tourist beds available in Brides-les-Bains, including 15 one to four star hotels. 9 hotels have an indoor or outdoor pool and 8 feature a well-being area (steam room, sauna or spa). You can choose from a healthy eating or gourmet menu. The accommodation here is spacious, designed to cater for long stays!



Yum yum

Tasty, well-balanced and varied

Brides-les-Bains is the only thermal spa resort in France to bear the healthy eating label. Thirteen chefs from restaurants and hotels ranging from two to four stars have committed to ensuring they provide seasonal, well-balanced, varied and flavoursome menus every day. This approach is unique in France. And if you choose to stay in furnished accommodation, you can order your meals from the village's healthy eating delicatessen.

'BRIDES FAIT SA COMÉDIE'

From Thursday 16th to Saturday 18th May 2019

Back in 1939 we laughed for 19 minutes a day, yet today we laugh for less than 60 seconds. That's just not right! Laughing is the perfect way to de-stress. Brides-les-Bains thermal spa resort is well aware of this, which is why it's been organising the 'Brides fait sa comédie' festival for the past 13 years. Three evenings of One man shows and Big shows back-to-back. Make the most of the event to break your habits. Embark on an 18-day course of thermal spa treatments or a short break at the Grand Spa Thermal, and say goodbye to that sedentary lifestyle for good!



Me, me, me

Learn to take care of yourself

Monday, gentle gym and spices. Tuesday, healthy eating cookery demonstration followed by a conference led by a psychologist. On Wednesday it's the weekly market and guided meditation session. Thursday's a time for stretching and attending a conference on stress management. Friday, Brazilian dancing and electric bike rides. Each new day in Brides-les-Bains brings a new experience, giving you chance to break your routine and get to know yourself better.

In May, walk every day

Amidst the vines, on the river banks



Every day, two professionally guided hikes are organised by the Tourist Office. Ranging between 90 minutes and 3 hours long, these free hikes give you a chance to get a breath of fresh air, whilst reacquainting yourself with how it feels to walk in stunning surroundings at the heart of nature. Whether it's alongside the turbulent Doron

river, amidst vines or discovering Baroque chapels and hilltop villages, all paths lead to your well-being and will help you achieve your 10,000 steps.



ANTI-SEDENTARY ROADBOOK BASED AROUND THE 'BRIDES FAIT SA COMEDIE'

Laugh

'BRIDES FAIT SA COMÉDIE'
FROM MAY 16th to 18th 2019

Thursday 16th May at 8.30pm

The Big Show

6 young artists go head to head with their hilarious sketches - live competition with audience voting. With Celia Bouy, Quing, Charlie Winner, Fosko, Omar Dhobb and Albert Tougma.

Friday 17th May at 8.30pm

Experienced comedians

- > Biscotte - One Man Musical
- > Kenny Martineau - Je suis une princesse et je vous emmerde
- > Jean-Philippe Lallemand and Véronique Delille - Couple en délire

Saturday 18th May at 8.30pm

One-woman show

La Bajon - Vous Couperez

Price: Big show: 13 €, Experienced comedians: 20 €, La Bajon: 26 €, 3-evening pass: 55 €

Sleep

PRICES BASED ON HEALTHY EATING OR GOURMET FULL BOARD ACCOMMODATION (DOUBLE ROOM)

Mercurie Grand Hôtel des Thermes****

3 days/3 nights: from 351€/person

7 days/7 nights: 702€/person

18 days/18 nights: 2,106€/person

gdhotel-brides.com

Altis Val Vert***

3 days/3 nights: from 243€/person

7 days/7 nights: 486€/person

18 days/18 nights: 1,458€/person

altisvalvert.com

Hôtel Les Bains***

3 days/3 nights: from 225€/pers.

7 days/7 nights: 450€/pers.

18 days/18 nights: 1,350€/pers.

hotelbrideslesbains.com

Start afresh

AT THE GRAND SPA THERMAL

The Grand Spa Thermal is reaching new heights with its all-new 600m2 aqua centre (2,700m2 in all). Experience the sculpting effects the aquafitness pool can have on your figure...

A definite must-try for anyone on a slimming or well-being break.

3-days well-being break

3-day liquid detox + 2 cookery demonstrations + 2 aquafitness classes + 3 days of supervised physical activities + 2 thermal water massages + 2 jet showers + 1 slimming seaweed body wraps + 1 relaxing massage + accès à la piscine thermale de Salins + access to the Salins thermal pool + access to the aqua centre and relaxation area
310€/ person (excluding accommodation)

5-days harmony well-being break

5-day liquid detox + 2 cookery demonstrations + 3 aquafitness classes + 5 days of supervised physical activities + 2 thermal water massages + 2 jet showers + 2 aerojet whirlpool baths + 1 hydromassage bath + 2 slimming seaweed body wraps + access to the Salins thermal pool + access to the aqua centre and relaxation area
495€/person (excluding accommodation)

6-days slimming break

6-day liquid detox + 1 appointment with a dietician + 1 health check with a dietician + 1 nutrition workshop of your choice + 2 cookery demonstrations + 3 aquafitness classes + 6 days of supervised physical activities + 3 thermal water massages + 1 Brides drainage and anti-cellulite massage + 3 jet showers + 3 aerojet whirlpool baths + 2 hydromassage baths + 2 slimming seaweed body wraps + access to the Salins thermal pool + access to the aqua centre and relaxation area
765€/person (excluding accommodation)

Move

TOURIST OFFICE ACTIVITIES

Equilibrides Pass

- > Access to guided walks (2 per day)
- > 2 stretching classes per week
- > Free guided tour of Brides-les-Bains
- > Reductions with village shopkeepers (clothing shops, beauticians, hairdressers, restaurants, cinema, casino...)
- 1 week: 15€ / 3 weeks: 30€
- On sale at the Tourist Office

Tourist Office activities area

- > 80 healthy activities per week. 50% free of charge.
- > 20 guided walks of varying levels every week
- > Gentle and high-impact workouts every morning (except Sunday)

CIRCUITS AROUND
BRIDES-LES-BAINS

- > 39 hiking paths that start from the village. Walker's guide: a selection of 24 marked routes. 5€
- > 39 MTB circuits in Les 3 Vallées, ranging from 2 to 35 kms long
- > 2 golf courses, in Courchevel and Méribel



Go for it

The anti-sedentary village

Our bodies are designed to move. But our sedentary lifestyles often mean we don't do any/enough physical activity. If we don't burn off the calories we consume from food, they will turn into fat. To break this vicious cycle, head to Brides-les-Bains. Lasting 6 to 18 days, the spa treatments are carried out in an environment that is conducive to adopting new habits and a healthy, active lifestyle.



Hotel + E-bike The winning combo to get you moving

4 of Brides-les-Bains' hotels bend over backwards to encourage their guests to get moving! With MTB and E-bikes available to hire for half a day or a whole week, Espace VTT (Méribel) delivers the bikes to the hotel and collects them again on the dates chosen by the client. For lunch, the chefs prepare lunch boxes so that you can enjoy a well-balanced picnic on the surrounding hillsides or in the Vanoise National Park. The hotels also offer a secure storage area for your bike.



Hummmm

A modern take on classic dishes

The 20th edition of the Équilibre et Gourmandise Festival will see great French classic dishes being given a modern twist. Bœuf bourguignon, cassoulet, bouillabaisse... the resort chefs will take visitors on a tour of France, adding their own personal touch to a regional dish of their choice. It will involve taking a look at how the ingredients can be changed, using culinary techniques to make the dishes healthier and more vibrant. The festival will be rounded off with a Belle Époque style gala evening, following a secret recipe that only Brides-les-Bains has the ingredients for!

From Thursday 13th
to Saturday 15th
June 2019

20TH

EQUILIBRE & GOURMANDISE

Going back to basics! Great French classics with a modern twist

Well-balanced gourmet food, that's what Brides-les-Bains' dietitians, hotel and restaurant chefs promise us! Experts in nutrition, they know exactly how to swap fats for spices, and slow-release carbohydrates for fast acting sugars. They're also a dab hand at using cooking methods that ensure the essential nutrients and vitamins are not lost. For the 20th edition of this festival, they will share their savoir-faire as they take us on a tour of regional specialities from the Thursday to the Saturday evening.



Your path to well-being

Getting to know yourself better

A psychologist in Brides-les-Bains, Aurélie Riboud runs a selection of small group sessions throughout the thermal spa season. Through conferences, workshops and games she reveals a variety of ways to get to know yourself better, how to adopt a positive attitude and how to «stop eating your emotions». New for 2019: a «pen to paper» workshop to help you find your true self; speaking about how you feel and writing it down as a reminder. 1 hour - 10€



Spa break

6-day starter break

Treating yourself to a 6-day stay starter break at the Grand Spa Thermal de Brides-les-Bains is your chance to change your habits and lifestyle. Away from your daily routine and your loved ones, you can kick-start a healthier and more active life. Thermal water treatments are a great way to improve blood circulation and relax the muscles. Going to one of our conferences about nutrition will help get rid of any preconceived ideas you may have about food and stand you in good stead for life on your return home. During the week, you'll have lots of opportunities to get active, with hikes, stretching, yoga, meditation.... And during the festival, there'll be lots of recipes and top tips from our chefs and dietitians to help you make healthy, flavoursome dishes back at home.



ANTI-SEDENTARY ROADBOOK

BASED AROUND THE BRIDES EQUILIBRE & GOURMANDISE FESTIVAL

Change

**EQUILIBRE & GOURMANDISE
FESTIVAL
FROM 13TH TO 15TH JUNE 2019**

Highlights - subject to change

- cookery demonstrations by Brides-les-Bains's chefs and dieticians, adding a dash of modernity to some great French regional classic dishes
- creation of a seed library with seed swapping sessions
- gardening workshop, making herb pots
- conference about how French cuisine and our eating habits have changed since the 19th century. Run by a chef / dietician
- screening-debate of the documentary «20 years to change the world» by Hélène Medigue (2018)

Saturday 15th June

Belle Époque gala evening

All of Brides-les-Bains' chefs will come together to create a balanced, gourmet celebratory menu in true Belle Époque style. A Dinner will be followed by dancing.

Move

TOURIST OFFICE ACTIVITIES

Equilibrides Pass (NEW 2019)

- > guided walks (2 per day)
- > 2 stretching classes per week
- > Free guided tour of Brides-les-Bains
- > Reductions with village shopkeepers (clothing shops, beauticians, hairdressers, restaurants, cinema, casino...)
- 1 week: 15€ / 3 weeks: 30€
- On sale at the Tourist Office

Tourist Office activities area

- > 80 healthy activities per week. 50% free of charge.
- > 20 guided walks of varying levels every week
- > Gentle and high-impact workouts every morning (except Sunday)

WALKING BAREFOOT (NEW 2019)

Touch the ground, draw energy from nature with each step you take and recharge your batteries. Discover this new walking method with sports organiser, Céline. 8€ - 45 mins.

DO-IN SELF-MASSAGE (NEW 2019)

Start the day off in Brides-les-Bains with a self-massage session with massage specialist, Guilaine. Learn how to gently awaken your body in the morning and calm it down in the evening, releasing the pressures of the day. 10€ - 1hr

SPICES AND ME

Caroline Lubiartz runs a shop called «Esprit Nature» in the heart of the village. It's a treasure trove of colour and flavour, to help you cook more healthily. She also runs a weekly «Spices and flavours» workshop, teaching you how to incorporate spices, flavours and texturants into a healthy diet. 2€ - 1hr.

YIN YOGA

Yoga teacher Camille Vanhoucke runs various classes in Brides-les-Bains. One of them is Yin yoga, which focuses on stretching to promote deep relaxation and improve energy flow. 12€ - 1hr 15mins.

Start afresh

AT THE GRAND SPA THERMAL

The Grand Spa Thermal is reaching new heights with its all-new 600m2 aqua centre (2,700m2 in all). Experience the sculpting effects the aquafitness pool can have on your figure...

A definite must-try for anyone on a slimming or well-being break.

6-day slimming break

6-day liquid detox + 1 appointment with a dietician + 1 health check with a dietician + 1 nutrition workshop + 2 cookery demonstrations + 3 aquafitness classes + 6 days of supervised physical activities + 3 thermal water massages + 1 Brides drainage and anti-cellulite massage + 3 jet showers + 3 aérojet

whirlpool baths + 2 hydromassage baths + 2 slimming seaweed body wraps + access to the Salins thermal pool + access to the aqua centre and relaxation area
765€/person (excluding accommodation)

Sleep

**PRICES BASED ON HEALTHY
EATING OR GOURMET FULL BOARD
ACCOMMODATION (DOUBLE ROOM)**

Altis Val Vert***

3 days/3 nights: from 243€/person
7 days/7 nights: 486€/person
18 days/18 nights: 1,458€/person
altisvalvert.com

New: Chef Jean-Pascal Laugier has created a summer kitchen set on a beautiful wooden terrace where he prepares grilled meats, planchas and fresh summer salads in front of his guests.

Freewheeling

**RENT YOUR E-BIKE AND HAVE IT
DELIVERED TO YOUR HOTEL!**

Participating hotels

Le Golf Hôtel****, Les Bains***, Le Verseau***, Les Chalets***

Rental prices (April to October)

- > 32€ 1/2 day
- > 45€ whole day
- > 50€ ½ day (in Méribel or Courchevel): bike rental + instructor.
- 5% off for three days and 10% off for six days.



NUTRITION AND HEALTH QUALITY COMMITMENT

THE ONLY HEALTHY EATING LABEL OF ITS KIND IN FRANCE

In Brides-les-Bains, hotel and restaurant chefs receive regular nutrition training. What's more, many of them undergo regular checks applied by the Healthy Eating label, which was introduced in 2013. This label now comprises 26 compulsory criteria, compared to 19 when it was first launched, ensuring top quality healthy meals wherever you stay. This approach is unique in France!

11 HOTEL RESTAURANTS, 1 DELICATESSEN AND 1 RESTAURANT IN BRIDES HAVE BEEN AWARDED THE HEALTHY EATING LABEL. LOOK OUT FOR THE LOGO ON THE DOOR.

73

The number of criteria required in order to be awarded Brides-les-Bains' healthy eating label, 26 of which are compulsory.

3 times a year
a mystery dietician from outside of Brides comes to check a random selection of establishments bearing the label.

3 weeks
of menus approved by a resort dietician.

80%

of the criteria must be respected in order to obtain and retain the Healthy Eating Label.

one

audit carried out by an outside company runs checks on all of the establishments that wish to receive the label.

EACH ESTABLISHMENT RECEIVES YEARLY SUPPORT FROM ONE OF THE RESORT'S DIETICIANS: TRAINING, APPROVING MENUS AND CHECKING CRITERIA ARE BEING MET.

Brides-les-Bains (546 inhabitants) is the leading thermal spa resort to specialise in weight loss in France, with 17,000 spa-goers/year.

WHAT THE 2018 VERSION OF THE HEALTHY EATING LABEL ALSO NOW INCLUDES

- > commitment by establishment to be renewed every 3 years
- > greater focus on food content
- > change to the «seafood buffet» criteria, to also cover themed evenings
- > addition of recommendations from INCA (National Cancer Institute), with regards red meat (criteria 5.10 – maximum of five 100g servings of red meat per week)
- > the % of fruit and vegetables required has increased
- > creation of a 4th training module to satisfy the needs of each establishment, such as producing fact sheets or compiling menus in line with particular medical conditions.

AMONGST THE 26 COMPULSORY CRITERIA:

No breakfast buffet; no less than 70% fresh fruits and vegetables; creation of weight loss menus; meat must contain no more than 10% fat; grammar prescribed by thermal spa doctors must be respected.

STAFF TRAINING

All hotel kitchen and waiting staff receive healthy eating training from a resort dietician. They are able to inform and advise guests about Brides' healthy eating approach.

THE ONLY TOWN TO BEAR THE HEALTHY EATING LABEL

All of Brides-les-Bains' professionals have come together to create healthy eating menus which are updated daily. Wherever you choose to stay, you are guaranteed a complete healthy eating solution.

14 HEALTHY EATING LABELLED ESTABLISHMENTS, INCLUDING 11 HOTEL RESTAURANTS

Golf Hôtel**** - restaurant La Table du Golf
Mercure - Grand Hôtel des Thermes**** - restaurant Les Cèdres
L'Altis*** - restaurant Le Val Vert
L'Hermitage***
L'Amélie***/ La Vanoise 1825** - restaurant Les Cerisiers
L'Athena***
Les Bains*** - restaurant Le Cœur de Brides
Les Chalets***
Le Verseau***
Le Savoy***
Le Centre**
as well as 1 delicatessen: : La Maison de Marielle
1 restaurant : L'Héliantis



HOTELS TO SUIT YOUR NEEDS

Whether travelling on your own, getting together with family or friends, making the most of the thermal spa or being active and enjoying the sports on offer, what sort of ambiance would suit you best? Mountain chalet or art deco, Nordic style or Baroque chic? In Brides, accommodation with the option of healthy cuisine plays an important role in ensuring you experience a total change of scenery, enhancing your well-being and/or outdoor stay.



Mercure Grand Hôtel des Thermes****

With 100 rooms, this is the largest hotel in Brides. Its tastefully refurbished spacious rooms all exude a Nordic-style decor, with white wooden furniture and soft warm tones inviting you to relax and unwind. Indoor and outdoor pools and Cinq Mondes Spa.

Double room on full board basis for 3 days/3 nights: from 351€/person.
gdhotel-brides.com



Golf Hôtel****

Ovelooking the village of Brides-les-Bains, this elegant hotel boasts uninterrupted views of le Grand Bec summit. Built in the 1920's, it is a superb example of Art Nouveau architecture. Its spacious rooms, most of which have recently been refurbished, skillfully combine Art Deco architecture and a contemporary atmosphere. Some rooms feature south-east facing balconies, with stunning views of the Vanoise massif. Nordic-style fitness suite, steam room and sauna. A moment of sheer pleasure!

Double room on full board basis for 3 days/3 nights: from 303€/person.
golf-hotel-brides.com



Hôtel Altis Val Vert***

Enjoying a skillful combination of wood, metal and Baroque furniture, each room boasts its own individual decor. Fully refurbished in 2014, the hotel now feature two suites. This gem of a 3*** hotel is run by a family who have a real passion for skiing and the great outdoors. Outdoor pool and bar!

Double room on full board basis for 3 days/3 nights: from 243€/person.
altisvalvert.com



Hôtel Les Bains***

The 33 refurbished rooms tastefully 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).

Double room on full board basis for 3 days/3 nights: from 225€/person.
hotelbrideslesbains.com



SHARED EXPERIENCES



Cinema: 2 new films every day

Every day, Le Doron cinema in Brides runs 4 sessions, showing at least 2 new films, with a combination of new releases and hits you may have missed or want to watch again. «Being on a spa break or on holiday is the perfect opportunity to go to the cinema, explains Guillaume Briland, mayor of Brides-les-Bains. We like to give Brides' visitors the chance to watch films they may have missed at home».



Gambling: the only casino in Les 3 Vallées

35 slot machines, Russian roulette, Blackjack... Brides-les-Bains casino, the only one in the Tarentaise valley, is an unmissable spot for 3 Vallées skiers. It promises fun nights out kicking off at l'Héliantis, its restaurant lounge bar serving traditional Savoyard food. Keep the night going downstairs in the nightclub.

Open 7 days a week from 7.30pm.
casino3vallees.com



Hiking: a selection of 24 marked routes

The Tourist Office produces a guide to the walks and hikes around Brides-les-Bains (on sale for 5€). It includes 24 marked routes, with a topo-guide and map for each walk. Most of the routes start from the village centre and are ranked according to four criteria in line with the altitude difference: discovery, well-being, energy and advanced. Winding between north and south-facing slopes, the 2 to 8-hour hikes invite you to explore hilltop hamlets, oratories, grape presses, ancestral forests and vineyards, whilst admiring exceptional Savoyard architecture...

SIMPLE AND ACCESSIBLE



Chambéry airport - 1hr 15mins
Lyon airport - 1hr 40 mins
Geneva airport - 2hrs
Grenoble airport - 2hrs



Moûtiers train station - 15 minutes
Albertville train station - 35 minutes
Chambéry TGV train station - 60 minutes



Motorway (A430) and dual carriageway (N90 2X2 lanes) 5 kms from Brides-les-Bains



Shuttlebus Moûtiers <> Brides : 3 times a day
Shuttlebus Brides <> Courchevel : 4 times a day
Shuttlebus Brides <> Méribel : 5 times a day