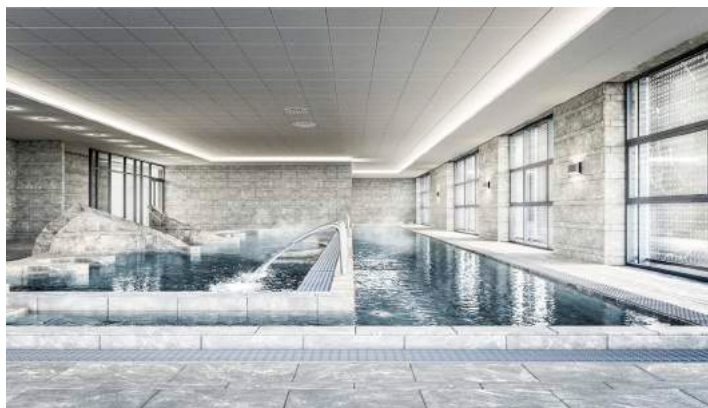




Press Kit Tourist Office - Brides-les-Bains - Savoie Spring- Summer 2018



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The year round health destination [page 2](#)

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Brides-les-Bains, the village to find oneself again and reconnect with friends and family [page 11](#)

HD Photos available to download from our website:
mediaconseilpresse.com / [salle de presse Brides-les-Bains](#)





Brides-les-Bains : Health Destination 365 days/yr



1200 beds

available for reservation in one of the 15 hôtels in Brides-les-Bains (1 to 4 stars). 9 hotels offer access to an indoor or outdoor pool and 8 have a wellness area (hammam, sauna or spa). Healthy and gourmet menus available.

The Grand Bec, the summit of the Vanoise Park, dominates Brides-les-Bains.; splashing the horizon with its majesty.

So why is Brides-les-Bains known as the health village of the 3 Valleys? 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 meters isn't affected by industry or human activity.

Next, take care of yourself. Brides-les-Bains is France's leading thermal spa resort specializing in slimming treatments. In March 2018, the Thermal Baths and the Grand Spa Thermal will present their new face after two years of work and 17M€ invested. Modern, spacious, generous, the building promises a circuit of treatments and activities for a relaxing and regenerating stay. The Grand Spa Thermal opens with a new 600m2 pool area.

...and take the time to rediscover. Each week, the Tourist Office proposes 22 « health » activities outside and free of charge.

Then, eat well. The village boasts 14 chefs, specialized in nutrition, 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. They adapt to all types of regimes: vegetarian, gluten-free...

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'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.

SUMMER 2018 AGENDA

> Free conferences with the experts from the Thermal Baths

With Jean-Michel Lecerf, head of the nutrition department at the Institut Pasteur in Lille and Gautier Zunquin, docteur of physiology (free).

_ April 27

« How to regulate your eating behavior? »

Jean-Michel Lecerf

_ May 15

« Digital objects and physical activity »

Gautier Zunquin

_ July 6

« Feed your Brain » par J-M Lecerf

_ September 21

« Weight, nutrition and arthritis » J-M Lecerf

_ October 16

« Insulin: Its role and connection to physical activity » Gautier Zunquin

CULTURAL CALENDAR

> Brides Comedy Festival from May 17 to 19

_ Thursday, May 17

The Big Show : new talent night

_ Friday, May 18

Anthony Joubert in « Season 2 »

Isabelle Parsy in « Charlie's Angels »

Jovany, in « One Man Show »

_ Saturday, May 19

Artus, one man show

> Ça Jazz à Brides from July 6 to 9

4 days of free concerts in the Thermal Park, Brides-les-Bains.

4 times a year, it's a celebration in the village !

> May 13

Fête de Fontaine
in the hameau de Fontaine : music, folk songs, games, town ball

> July 29

Fête du Parc
A day dedicated to the thermal park in Brides with a "boules" tournament, other games and a dance.

> August 19

La Bridiévale
Our medieval festival

> September 9

Fête de la Saulce
Au hameau de la Saulce, perched over Brides-les-Bains.



Brides-les-Bains the peak of your health



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, so that you can design a programme to suit yourself...

22 free "healthy"
activities / week

Impossible to find as generous a spa town! The tourist office proposes 22 activities per week including 6 different gym classes, 12 themed walks, 2 stretching classes and 2 open-air dances!

372

free walks with the Tourist office activities' staff from March until October, 2 per day, morning and afternoon. Most of these walks leave directly from the thermal park.

And also on a daily basis, endless possibilities to discover new practices, led by professionals from the resort: mandala, sophrology, beauty, yoga, line dance, reflexology, "Green thumb" workshop, walking and Nordic walking, photography, photo shoot, cooking classes or cardiac coherence, meditation, carving wood, excursions, parties, conference on food, well-being and weight loss or even confidence in itself, spices & aromas, guided tours, Brazilian dance, ballroom dance, and dance therapy...

How much? 2 to 15€ per workshop



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

Only 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. An example:

- > The Chef Jean - Pascal Laugier from the Altis Val Vert*** breaks down his "diet" sauce and appetizer recipes to his guests every Monday around a cocktail quiz.
- > Thierry Giannini of the Mercure - Grand Hotel**** brings low temperature cooking within the reach of all. He twists chives, borage, thyme and cherry tomatoes from his garden adjacent to the restaurant.
- > Those not staying in a hotel can take a meal plan in one of the hotel restaurants or eat "dietary" chez Marielle in the centre of the village. This chef offers a self-service lunch and take-out menus.

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 caterers to 4* hotel chefs, 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



An even bigger spa to relax in

With his new 600m² aquatic area, which opens March 12, 2018, the Grand Thermal Spa has reached a new summit ; 2 700 m² areas of treatments and activities for weight loss and wellness. Be more zen everyday, eat more balanced meals, disconnect and increase, happily, your physical activity, this is a quest with lasting effects. The Grand Spa Thermal brings together all its expertise in two wellness packages. With them, we loosen tensions, we refocus on ourselves and reconnect with our inner well-being. All the treatments are individual and invite you to let go. In the Alps, in the heart of the 3 valley mountains, we offer the best thermal know-how.

2 WELLNESS PACKAGES BASED ON THERMAL WATERS

Need a break to disconnect? The Grand Spa Thermal of Brides les Bains gives you their best thermal know-how through its new Harmony Spa (5 days) and Parenthese Spa Package (3 days). After your treatments, take advantage of the aquatic and relaxation areas of the Spa.

How much does it cost?

Harmony Spa Package (5 days) - not including housing: 495€

17 treatments and activities (holistic wellness and physical activity)

Parenthese Spa Package (3 days) - not including housing: 310€

10 treatments and activities (wellness and physical activity)

3 HALF-DAY SPA 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 99€

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 99€

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 105€

Switch off and take some time just for you.

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



New Aquatic areas - 600m²

three different zones:

- > 1 swimming lane 25m long x 2,50m wide
- > 1 aquafitness pool - 5m x 5m equipped with various machines
- > 1 "fun" pool - 18m long with 2 jacuzzis, 2 bubble beds, underwater jets, underwater circuit

A 55m² terrace, a handicapped dressing area, and a tea room complete the new Grand Spa Thermal.

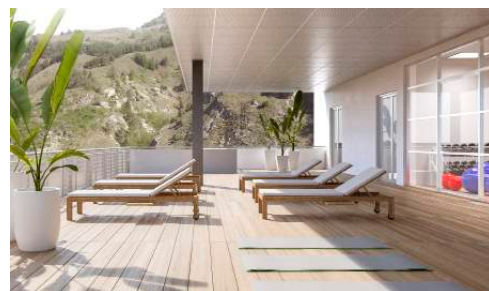
<http://www.thermes-brideslesbains.com/content/relaxation-spa-and-thermal-spa-breaks>



Brides-les-Bains : the peak of health



The new spa of Brides-les-Bains will open March 12, 2018. The prowess of this architectural project lies in the union of the old and new building consisting of five floors of 600 m² each. For those clients participating in the 18 day course, they will have 2400 m² of additional space. In addition, the flow has been redesigned to make it easier to find your way. From the outside, the visual effect is spectacular and makes a break from the former building. The architect imagined a contemporary metal casing that covers three-quarters of the façade physically reunifying the two buildings. There is a giant sketch of the Grand Bec, which dominates the village of Brides-les-Bains. Day and night, the facade plays with indoor and outdoor lights.



The New Nutritional Center of the Thermes of Brides-les-Bains including the Nutrition Area (600 m²), the Fitness Area (600 m²), a multi-screen 200-seat conference room (190 m²), 8 offices for individual consultations, a kitchen, and a space therapeutic workshops. On the top floor of the new building, there are 2 large fitness rooms with a view over the village and the surrounding nature. The first (130 m²) is equipped with bikes, treadmills, rowers, and a cardio circuit... The second (190 m²) will be used for the group classes put on by the sports educators. This area is prolonged by a 213 m² terrace.



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, 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 with the "Health Passport". 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.



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 the the 3 Valleys



BRIDES-LES-BAINS, THE VILLAGE GIVES YOU ACCESS TO ALL OUTDOOR PURSUITS

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 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).



Brides-les-Bains : the perfect outdoor basecamp at the foot of the the 3 Valleys

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"*

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 24 signposted itineraries

The Tourist Office publishes a guide to the walks and hikes around Brides-les-Bains (5€, available on site). It includes 24 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 has a new a footbridge



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

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 the the 3 Valleys

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). 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



Brides-les-Bains : the perfect outdoor basecamp at the foot of the the 3 Valleys

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 (Electronically 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 one

An ultra-technical route through the forest, with a number of jumps for some variety.

This track is also ideal for completion training.

Altitude change: -420m.

Length: 2.3km.

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

Finish: La Chaudanne



Brides-les-Bains : the perfect outdoor basecamp at the foot of the the 3 Valleys

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 Sports

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

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. Outdoor pool and bar!

Double room with breakfast from 116 euros
altisvalvert.com

SCANDINAVIAN CHIC



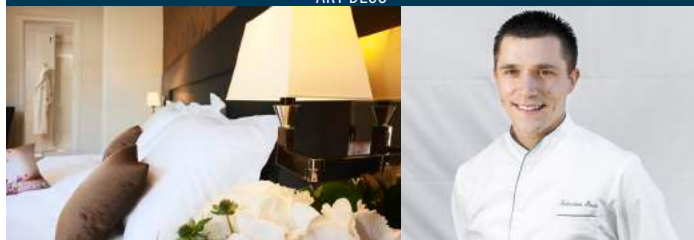
chef Thierry Giannini

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 113 euros.
Double room with half-board from 87.50 euros per person.
gdhotel-brides.com

ART DECO



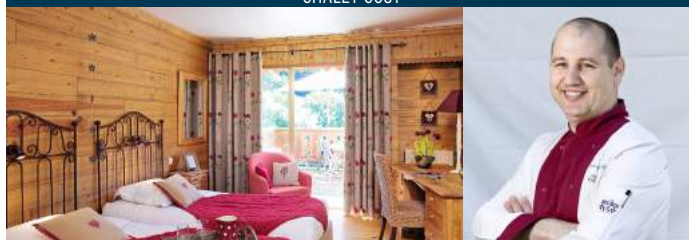
chef Sébastien Roux

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 114 euros.
Double room with half-board from 71 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 120 euros.
Double room with half-board from 68 euros per person.
hotelbrideslesbains.com

AUBERGE ESPAGNOLE



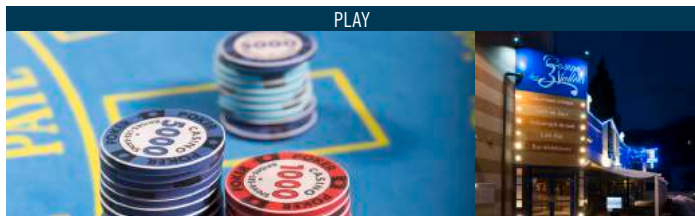
Résidence Cybèle

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 61 euros per person / 8 days - 7 nights
8-person apartment from 39 euros per person / 8 days - 7 nights



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



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



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"*.

