



VALUE FOR MONEY, [HEALTHY EATING](#), EVERYDAY WELL-BEING, SNOWSHOEING & POWDER SNOW, [THERMAL SPA](#), ZERO CARBON FOOTPRINT, HEALTH-BASED EVENTS...

A SWEET SPOT FOR SKIING!





content

A HASSLE-FREE SKI DESTINATION

Welcome to Brides-les-Bains, the 3 Vallées village where a winter sports holiday couldn't be easier. Everything here has been designed to let you experience the joys of skiing entirely at your pace, car-free! **PAGE 3**

HEALTHY, COCOONING & LOW PRICES

THE VILLAGE CHEFS ARE SPECIALISTS IN HEALTHY EATING AND OFFER THEIR EXPERTISE IN COMBINING GREAT FOOD AND A BALANCED DIET FOR SKIERS! THE MAJORITY OF THE RESORT'S HOTELS OFFER HEALTHY EATING IN WINTER, SO GUESTS RETURN FROM THEIR STAY IN GREAT SHAPE. ANOTHER BRIDES-LES-BAINS BONUS IS THE PRICE, WITH ACCOMMODATION, FOOD & DRINK, EQUIPMENT RENTAL AND SO MUCH MORE ALL 30 - 50% LESS EXPENSIVE THAN IN THE HIGHER ALTITUDE RESORTS. THAT'S WHAT A STAY IN LES 3 VALLÉES' SWEET SPOT PROMISES. **PAGES 4 to 7**

SKI: ADVICE FROM LOCAL PROS!

Eating properly, the right physical preparation, avoiding mishaps... The village's health, physiotherapy, psychology and nutrition pros share their tips on how to have an incredible snow holiday in Les 3 Vallées. The Tourist Office offers all the guidance you could need for a well-being break. **PAGE 10**

THERMAL SPA: BIG & BEAUTIFUL

This winter, we're making snowsports and relaxation one. After your day in Les 3 Vallées, enjoy 2,700m2 of treatment areas and pools in the Grand Spa Thermal. A 100% revitalising stay awaits! **PAGE 11**

HEALTHY AND GOURMET SKI WEEK FROM 1ST TO 8TH FEBRUARY 2020

Drawing on its slimming expertise, the Savoyard resort is offering an 'Eskilibre and Gourmandise' week. Healthy eating cookery demonstrations, well-being workshops, health-based activities... A whole week of good-for-you activities in the snow! **PAGE 8**

LIFE AFTER SKIING

There are plenty of things to do before and after skiing... head to the only casino in the Tarentaise region, enjoy a drink to live music, go to an open-air concert.... In Brides-les-Bains, the fun continues long after the slopes close. **PAGE 12**

SNOWSHOEING AND WELL-BEING

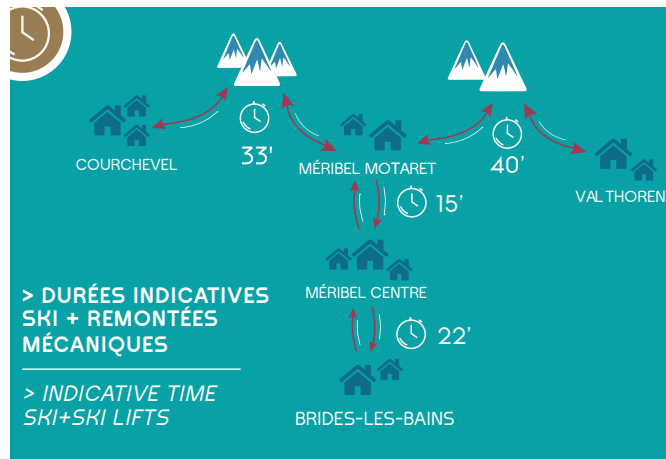
You don't have to be a skier to enjoy winter sports. This winter, Brides has come up with a 3-day / 3-night snowshoeing special. On the programme: panoramic views over the snow-capped peaks in unspoilt nature at the heart of Les 3 Vallées plus half-board accommodation with healthy meals in a 3-star hotel. From 451€ per person. **PAGE 9**

EASY ACCESS TO LES 3 VALLÉES AND ZERO CARBON ON SITE

Easily accessible by train (4hrs from Paris), good value for money, low altitude (600 metres), simple, eco-friendly links to every run in Les 3 Vallées, the world's largest ski area... you can forget about your car, it's all located within a 200-metre walk. In Brides-les-Bains, skiing is easy on the pocket and on the carbon footprint. **PAGE 13**



VIEW OVER BRIDES-LES-BAINS VILLAGE



HEALTHY EATING IN WINTER TOO!

Brides-les-Bains A hassle-free 3 Vallées ski destination

GONDOLA LIFT IN THE VILLAGE

Forget all about your car in Brides-les-Bains. The Olympe gondola lift will take you straight up to Méribel's snow front - set in the heart of the village, it's open longer than any other lift in Les 3 Vallées: from 8.30am to 5pm 7 days a week.

RESORT SHUTTLE BUS

Getting to the Olympe gondola lift couldn't be simpler. A free shuttle bus runs from the resort's hotels and residences from 8.15am, with guaranteed return journeys from 4.30pm.

SKI LOCKERS AT THE FOOT OF THE GONDOLA LIFT

Skis and ski boots are kept warm and dry at the foot of the Olympe gondola lift. Individual secure heated ski lockers. 5€ per day or 20€ per week.

TRAVEL LIGHT

How can you travel light while skiing in all the latest gear? Quite simple - hire it! Choose your outfit from a choice of brands, select your helmet

and gloves and you're ready to go. Everything will be delivered to your accommodation the day before you arrive. Available for men, women and children, from 16.65€ per day. <https://www.ski-chic.com/fr/>

A GENTLE START

Every Monday morning, the Tourist Office team is on hand with hot drinks and top tips at the Olympe gondola lift departure station, so everyone can get to know Les 3 Vallées ski area.

SNOW GUARANTEE

More than 85% of summits are set at altitudes of more than 1800 metres. Good snow guaranteed.

50% OF THE RUNS ARE BLUE OR GREEN

Skiing isn't just for pros here! Half of the Alpine ski runs are either green or blue. The ski area also offers 110 kilometres of cross-country ski runs for anyone who wants to combine wide open spaces, snowsports and cardio!

NEW: 3D DISCOVERY WITH AN INSTRUCTOR

To make the most of the world's largest ski area and get to know its most hidden spots, set off in the company of a French Ski School instructor. 2 & 1/2 hour ski area discovery sessions are available every Sunday, one in the morning and one the afternoon. Exclusive to Brides-les-Bains. Rate 25€, minimum of 8 people (groups put together by the Tourist Office).

AN EVENING OUT

Fancy having a look around Méribel or going out for dinner there one evening? No problem! On Tuesday and Wednesday evenings, Brides-les-Bains charters a coach that makes two night-time journeys between 7:30pm and 12.30am.

BRIDES-LES-BAINS
TOURIST OFFICE
TÉL. +33 (0)4 79 55 20 64
www.brides-les-bains.com





STRAWBERRY-CHOCOLATE DESSERT



COOKERY DEMONSTRATION



ALTIS VAL VERT***

Healthy, cocooning and low prices

1/3 - Chefs who blend health and balance

AN XXL STAY

The hotel rooms and residence apartments in this thermal spa village are designed for long three-week stays - a wonderful rarity for a ski holiday. Everything is XXL, the bedding is very comfortable and charming to boot!

AFTER-SKI WELL-BEING

21 hotels and residences between 1 and 4 stars, most equipped with a well-being area and indoor swimming pool.

ATMOSPHERE

The accommodation plays a key part in creating the sense of escape. In Brides-les-Bains, each of the 14 hotels open in winter has its own identity. Art deco at the Golf Hôtel****, a mountain chalet at Les Bains, baroque at L'Altis Val Vert***... Something to suit everyone...

Brides-les-Bains is the only village that brings together thirteen hotel-restaurant chefs under a single dietary label. Delicious healthy food available every day.

HEALTHY & ELIMINATION DIETS

There's no way you should miss out on a good Savoyard fondue during your snow break! But it's also good to switch things up and discover healthy, energy-filled, lighter meals. The village chefs, who are specialists in healthy eating, share their expertise in combining good food and a balanced diet for skiers! They can also adapt to suit elimination diets (gluten-free, vegetarian) on request.

NEW TWISTS ON GOURMET RECIPES

Chocolate mousse for six using just 10g of sugar, light aromatic beef stew, tartiflette or cassoulet with a twist...

Every day, Brides-les-Bains' chefs strive to offer the best culinary techniques and products combining flavour and health.

GENEROUS CHEFS

Not only masters of cuisine, Brides-les-Bains' chefs are also great teachers - sharing tips and culinary techniques for making healthy balanced winter dishes. During the Eskilibre et Gourmandise week, from the 1st to the 8th of February inclusive, they'll be running free workshops. A chance to top up on healthy, tasty recipes.



HÔTEL ALTIS***, COCOONING BAROQUE



MERCURE GRAND HÔTEL DES THERMES****, 5 MONDES SPA



HÔTEL LES BAINS***, COSY CHALET

Healthy, cocooning et prix light 2/3 - Charming cocooning hotels

Focus on three charmingly distinct hotels

L'ALTIS***, BAROQUE COCOONING

Each room is personalised with a clever mix of wood, metal and baroque furniture. The hotel was fully refurbished in 2014 and now offers two suites. A real 3-star gem run by the Chedal family, which includes former ski jump champion Manu. Every week, there's a theme night and local produce menu drawn up by chef Jean-Pascal Laugier. The hotel is equipped with a well-being area boasting a steam room, sauna and Jacuzzi.

GRAND HOTEL DES THERMES****, SCANDINAVIAN CHIC

With 100 recently revamped rooms exuding a Scandinavian feel, this is Brides-les-Bains' largest hotel. Its white, wooden furniture and soft colours are an invitation to unwind, while its swimming pool and 5 Mondes spa help keep the relaxation going even longer. This year, chef Thierry Giannini is launching vegetarian menus and healthy salads.

LES BAINS***, COSY CHALET

33 rooms with balconies, combining stone, blonde wood and warm, cosy fabrics. Feel immersed in the atmosphere of a mountain chalet from the moment you step inside thanks to the cosy lounge with its fireplace and gingham tablecloths. The well-being area boasts a steam room and sauna (including an anti-fatigue infrared sauna). Chef Emmanuel Hudry offers healthy set menus on request for guests in half-board accommodation.

ACCOMMODATION IN BRIDES-LES-BAINS

- 2 hotel-restaurants****
- 10 hotel-restaurants***
- 2 hotel-restaurants**
- 4 residences

HOTEL RATES FROM

LES BAINS***

- *Double room in half-board accommodation from 72€ per person.*
hotelbrideslesbains.com

AMÉLIE***

- *Double room in half-board accommodation from 74€ per person.*
hotel-amelie.com

L'ALTIS***

- *Double room in half-board accommodation from 80€ per person.*
altisvalvert.com

LE GOLF****

- *Double room in half-board accommodation from 97.50€ per person.*
golf-hotel-brides.com

MERCURE GRAND HÔTEL DES THERMES****

- *Double room in half-board accommodation from 114€ per person.*
gdhotel-brides.com



NEW: ALTICIMES, 5 XXL COMFORT APARTMENTS

Healthy, cocooning and low prices 2/3 - Cocooning hotels and residences (suite)

When taking the whole clan skiing, an apartment is a must! The Alticimes residence is Brides-les-Bains' new benchmark. Spacious with services and natural light, perfect for relaxing and getting away from it all.

ALTICIMES, 5 TOP-OF-THE-RANGE APARTMENTS

Located near the thermal spa, the new Alticimes residence offers 5 luxury three-room apartments (82m²). "Génépi", "edelweiss", "gentian"... each suite bears the name of a mountain flower with which it shares a colour palette.

Light floods into these beautiful spaces, which combine a peaceful atmosphere with inspired design. Each apartment has a master bedroom with a terrace and is able to accommodate up to 6 people. The residence provides the following services: private indoor car park, equipped ski room (dedicated boot dryers and ski rack for each apartment), free Wi-Fi, end-of-stay cleaning, concierge service, left luggage, baby equipment available on request.

Low season from 190 € per night

Shoulder season from 240€ per night

High season from 280€ per night

Contact@alticimes.com Tel: +33 (0)7 62 45 65 11

CYBÈLE

Set in a peaceful location at the entrance to the village, the Cybèle residence exudes a welcoming mountain chalet atmosphere, featuring luxury apartments for 4 or 8 people, each with a balcony. Apartments have their own ski locker, and a shuttle bus runs to the Olympe Gondola Lift.

LE GRAND CHALET

At the heart of the village, and just 200 metres from the Olympe gondola lift, Le Grand Chalet provides fast access to all services. From studio apartments for 2 people to apartments for 6 people, the residence offers practical apartments that open out onto balconies overlooking the thermal spa or the river. Ski locker and Wi-Fi included.

TARIFS RÉSIDENCE À PARTIR DE

ALTICIMES

- 6-person apartment from 190€ per night.

Bookings: contact@alticimes.com

CYBÈLE

- 4-pers. apartments/from 46€ per night.
- 8-pers. apartments/from 71€ per night.

Bookings: www.vacances.nexity.fr

LE GRAND CHALET

- 2-person studio apartments from 46€ per night.
- 6-pers. apartments from 96€ per night.

Bookings: www.vacances.nexity.fr



XXL COMFORT (GOLF HÔTEL****)



WELL-BEING AREAN HÔTEL LES BAINS***



FREE ENTERTAINMENT AND EVENTS

Healthy, cocooning and low prices

3/3 - Low prices

Recent research shows that less than 8% of French people visit winter sports resorts each year because they consider it too expensive*. That's where Brides-les-Bains steps in, THE 3 Vallées resort-village. Its rates are 30 to 50% less expensive than high altitude resorts, even in high season! Take a look.

* Source : Le Monde, 23rd February 2018

BRIDES-LES-BAINS: XXS ON PRICE, XXL ON COMFORT

Brides-les-Bains is cementing its reputation as a leader in ski breaks at ultra-low prices. Here, you can ski Les 3 Vallées, the world's largest ski area, and pay between 30% and 50% less for accommodation compared to high-altitude resorts.

But in Brides, spending less on accommodation doesn't mean losing out on comfort. The village is also a thermal spa resort, which is a godsend for skiers. Here, you can enjoy comfortable and spacious accommodation designed for long stays. The majority of hotels and residences are between two and four stars and also offer well-being facilities.

A 300-DAYS-A-YEAR RESORT

Thanks to its thermal spa activity between March and October, Brides-les-Bains is open all year round.

Hoteliers make their turnover in 11 months (not just the 4 winter months like their high-altitude equivalents). That means they don't need to adjust their prices to take their business seasonality into account. Even rarer is that these "fair prices" even apply in high season.

EVERYTHING IS LESS EXPENSIVE

The Brides-les-Bains bonus? Make savings on every part of your stay: bars and restaurants, equipment rental, free car parking, shuttle buses and entertainment. Brides-les-Bains offers a great deal in the world's largest ski area!

AS WELL AS

- Free car parks
- Free shuttle buses
- It's a village, so forget about your car during your stay and get everywhere on foot
- Free après-ski entertainment run by the Tourist Office (see page 12)



HEALTHY COOKING EXAMPLE



LEARNING ABOUT HEALTHY EATING STARTS YOUNG



HEALTHY COOKING EXAMPLE

**HEALTHY &
GOURMET
SKI WEEK**
1st/8th FEB 2020

Health and well-being in the snow

After the Christmas and New Year celebrations, replenish your vitality and energy at the Tourist Office-run 'Eskilibre and Gourmandise' week. From the 1st to the 8th of February, Brides-les-Bains' chefs and well-being professionals devote their time to turning winter sports holidays into health breaks!

ESKILIBRE AND GOURMANDISE PACKAGE

4 DAYS/4 NIGHTS IN A 3-STAR HOTEL FROM THE 1ST TO THE 8TH OF FEBRUARY

- healthy half-board accomodation
- 4 days of ski lessons
- a 3 Vallées skipass
- 2 «Après-ski» pause» passes at the Grand Spa Thermal

from 779€/personne
based on a double room

Booking : +33 (0)4 79 55 20 64
contact@brides-les-bains.com

ESKILIBRE AND GOURMANDISE HIGHLIGHTS - 1ST-8TH FEB 2020

A BALANCED MENU

The resort chefs will put their own twists on cooking flavours and styles, giving out tips for creating balanced winter dishes. They'll demonstrate how to make guilt-free gourmet recipes!

APRÈS-SKI SLOW DATING

Brides-les-Bains' main village square will welcome a well-being slow-dating event. Spend 15 minutes at each of the 5 workshops. On the programme: self-massage, reflexology, facial massage and blind-tastings to awaken your senses.

ZEN PARTY

Breathing techniques, cardiac coherence, stress-management, yoga, post-skiing recovery... the resort invites its health and well-being professionals to share their knowledge with you so that we can all learn to live better every day.



SNOWSHOEING IN THE MERIBEL VALLEY



SNOWSHOEING UNDER THE PINES



LES 3 VALLÉES PANORAMA

Snowshoeing and Well-Being

«SNOWSHOEING AND WELL-BEING» PACKAGE»

3 DAYS/3 NIGHTS IN A 3-STAR HOTEL

BETWEEN 11/01 - 03/02/19

(Thursday night to Sunday night)

- healthy half-board accommodation
- 1 full day + 1 ½ day of snowshoeing in Méribel
- 1 "Cocoon Pause" pass at the Grand Spa Thermal
- 1 "Après-ski Spa Pause" pass at the Grand Spa Thermal

From 451€ per person

based on a double room

Bookings : +33 (0)4 79 55 20 64
 promo@brides-les-bains.com

Wintersports holidays no longer mean skiing and skiing alone. The health village is catering to this trend with a 3 days/3 nights "snowshoeing and well-being" short break. On the menu? Snowshoeing and healthy eating in a three-star hotel, with relaxation at the Grand Spa Thermal.

Breathe fresh air, leave your tracks in Méribel's forests, disappear into breath-taking panoramas, enjoy silence and tranquillity far from the hustle and bustle of the ski slopes... Brides-les-Bains Tourist Office invites you to surround yourself with serenity on its new 3-day "snowshoeing and well-being" getaway.

The programme includes a day and a half of snowshoeing in Méribel with a French Ski School instructor.

Would you prefer Lake Tueda Nature Reserve or a trail through La Tania's mountain chalets? The instructor will select the route according to the group's wishes and adapt it to suit all abilities, from hikers wishing to take in the scenery to the more sports-focused.

After the exertion comes the reward, with healthy, balanced gourmet menus at a three-star hotel.

1/4 of winter sports holidaymakers go snowshoeing as their main activity, the 2nd most popular after skiing.

22% of holidaymakers want to experience the great outdoors on their winter holiday.

23% of holidaymakers want wide open spaces on their winter holiday.

* Source : enquête ConsoMontagne 2017 de l'Association nationale des maires de stations de montagne.

SNOWSHOEING

GREAT FOR FITNESS!

ENDURANCE ++

An excellent full-body endurance activity. It helps to improve breathing, strengthens the heart and works the whole body's muscles.

FIGHTING FIT

In the long-term, snowshoeing reduces risk of cardiovascular illness, type-2 diabetes, hypertension and osteoporosis.

TONING

You can burn up to 500 calories an hour! The exertion combined with the cold temperature helps to strengthen muscles and break down fatty deposits predominantly around the arms, stomach, buttocks and thighs.

FREE YOUR MIND

Snowshoeing makes your brain release the pleasure hormones dopamine and serotonin. The result: your body eliminates stress and anxiety and your mind feels soothed. If the sun is out, you also top up on vitamin D which is good for your mental health





Ski : advice from local pros

The peak of health at the foot of Les 3 Vallées! That's the promise flowing through this thermal village, which is home to a number of health professionals. Here are their tips for a top stay!

NEW, SENSORY HIKE

For all those that want to try out other winter activities.

The Tourist Office is putting on a sensory hike bringing together a visit to the village and awareness of self.

While walking; you take notice of gestures and your breathing in a natural surrounding.

The hike finishes in the Tourist office square with a free hot drink.

DOMINIQUE DRAI, PHYSIOTHERAPIST

A month or two before setting off for the slopes, strengthen your heart and most importantly your skiing muscles: quadriceps, hamstrings, triceps, calf, abs and dorsal muscles.

Try to do some intensive sports activity such as speed-walking, cycling, swimming, running, skipping, lunges, running up and down stairs, sitting squats... for at least 30 minutes two or three times a week.

Some additional proprioception work is also important for improving your balance and avoiding sprains and dislocations. Use cushions or a balance board, available to buy from sports shops.

LAETITIA DUPONT, NUTRITIONIST

On the slopes, carry a little metal box in your rucksack, filled with a mix of nourishing, healthy, gourmet snacks. Dark chocolate, dried raisins and almonds, nuts to give you energy when you're feeling peckish. You can also opt for a banana. They're a quick source of easily absorbed carbohydrates with biodegradable skin! To stop your muscles feeling stiff in your first few days, dilute a teaspoon of bicarbonate of soda in your water bottle. Radical!

BRUNO FRIGGERI, THERMAL AND EMERGENCY DOCTOR IN MÉRIBEL

Tiredness is one of the major causes of accidents on the slopes. After a lengthy journey to get there, guests often arrive late and go straight out skiing early the next morning. Winter sports

are physically demanding. Skiing while tired is the easiest way to injure yourself. It's well worth skipping the first morning and using it to rest. The same goes for your last afternoon, when saying "come on, one last time!" before heading home could send you straight to casualty!

AURÉLIE RIBOUD, PSYCHOLOGIST

To get the most out of your time on the slopes, set aside some time to awaken your senses and focus on the "here" and "now". Breathe deeply and centre yourself on your skis, all the while remembering to leave behind any little problems or day-to-day worries.



NEW AQUA CENTER AT LE GRAND SPA THERMAL OF BRIDES-LES-BAINS



GRAND SPA THERMAL JET SHOWER



WORLD MASSAGE

Brides-les-Bains THERMAL SPA

APRÈS-SKI PACKAGE 30€ PER PERSON

The après-ski package gives you access to 1,100m² of well-being activities after your day in the snow. It includes:

> 600m² aqua area

- 1 x 25m swimming lane
- 1 x 18m long fun pool with 2 Jacuzzis,
- 2 x bubble beds, underwater jets,
- 6 x swan necks and other waterjets...
- Tea lounge
- Relaxation area
- Terrace



> 500m² spa relaxation area

- 2 sensory experience showers
- steam room
- divana
- sauna
- ice fountain
- relaxation room
- indoor and outdoor Jacuzzis

Brides-les-Bains Thermal Spa offers 2,700m² of treatments and activities. It's a unique well-being refuge in Les 3 Vallées.

At the heart of the village, just a stone's throw from the Olympe gondola lift, the Thermal Spa was renovated in 2018. Extended with a new 600m² area, the 25m swimming lane invites you to do some lengths next to a fun pool with a range of water features... space, light, precious thermal waters, personalised treatments... The Thermal Spa is a

privileged location for recuperating after a day in the snow, or simply recharging your batteries. The Après-Ski Pause pass offers the best of the spa for deep relaxation.

CONTACT

Le Grand Spa Thermal
BP 14 - 73573 Brides-les-Bains Cedex
T. +33 (0)4 79 55 26 70
contact@legrandspathermal.com
thermes-brideslesbains.fr/spa



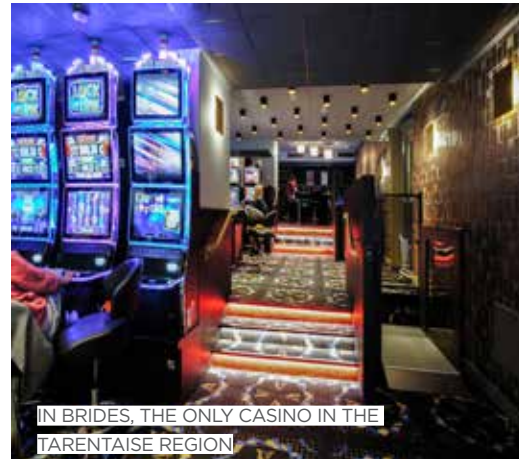
OPEN-AIR DRINKS WITH LIVE MUSIC



TRAPPER PARTY



EVERY WEDNESDAY: SUNNY MUSIC LIVE



IN BRIDES, THE ONLY CASINO IN THE TARENTOISE REGION

In Brides-les-Bains : there's more to life than skiing

Pre and après-ski entertainment, casino, sports activities... In Brides-les-Bains, we love skiing, but we also love having fun away from the snow!

GOURMET SOUVENIRS

With Au Petit Terroir and Aux Caprices Savoyards, visitors have a choice of which gourmet souvenirs to take home from Brides-les-Bains. These two delicatessens showcase local Savoyard produce. Discover Savoie preserves and wine, as well as farm-produced cheeses such as summer Beaufort flavoured with Alpine flowers, mature goat and ewe's milk cheese, delicious Savoie and mountain Tomme...

GET YOUR FILL OF ENTERTAINMENT, BEFORE AND AFTER SKIING

Every Monday, free hot drinks are served at the bottom of the Olympe Gondola. Starting at 5pm, join us at the village square "the place to be après ski". Depending on the day; we cook apples and warm up around the fire at the "Trapper's Party". The ESF ski instructors are on hand for top tips. To avoid sore muscles, don't miss the light fitness and stretching sessions. Another thing not to miss, "Les Fondus de Savoie" where we immerse ourselves in the Savoie Culture: history, local food, and even the local people come out... Music is always around with Sunny Music Live, the free live concert to enjoy with a hot drink. On Fridays end the week around games bringing together skill and fun or watch the street shows.

DRINKS AND LIVE MUSIC

La Fabrik is Brides-les-Bains' hippest bar-restaurant. Owner Théo has completely overhauled the menu. Come and try Savoyard specialities and enjoy the programme of live concerts running throughout the winter. Eat and drink local with beers from the Savoie region, Alpine cheeses and even Alpine dried meat.

lafabrikbrides.com

APRÈS-SKI JACKPOT

Slot machines, Roulette, Blackjack... Brides-les-Bains casino, the only one in the Tarentaise region, is an unmissable spot for 3 Vallées skiers. After a day's skiing, it promises fun nights out kicking off at the Héliantis, its restaurant lounge bar serving traditional Savoie food. Keep the night going downstairs in Le Blue Night club. Open 7 days a week from 7.30pm to 2am.

casino3vallees.com

EVENT

FROM 1ST TO 8TH FEBRUARY 2020
'Eskilibre and Gourmandise' Week

A chance to take back control after the Christmas and New Year indulgence! On the programme: stretching and yoga, light, healthy cuisine by Brides chefs... (see page 5).





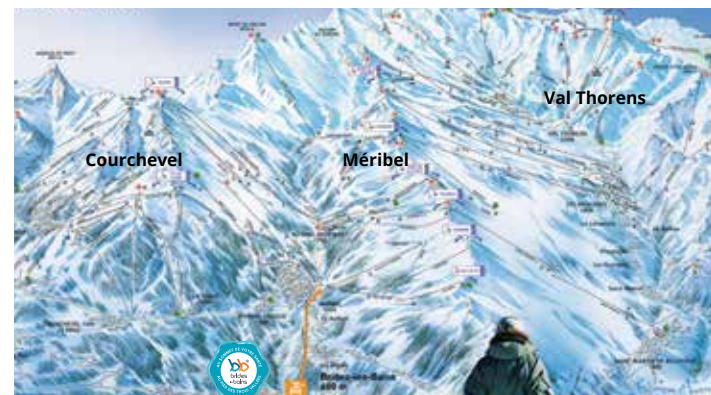
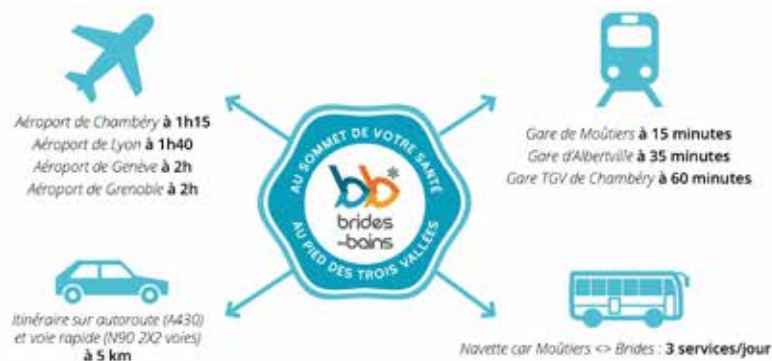
VIEW OVER BRIDES-LES-BAINS VILLAGE



LES 3 VALLÉES, SNOW GUARANTEE

Easy access to Les 3 Vallées and zero carbon on site!

Air, rail, road: all paths lead to Brides-les-Bains. Enjoying an ideal situation at the heart of Les 3 Vallées ski area, this resort is easy to access, whatever your mode of transport. And when you arrive, you can forget all about your car and get everywhere on foot. All services, shops and the gondola lift are located within a 300-metre radius of your accommodation.



From Brides-les-Bains, you can go direct to the Méribel snow front in 22 minutes via the Olympe gondola lift (from 8.30am to 5pm until the 8th of February, then 5.40pm until the 17th of April).

From there, you can ski wherever you like, to Courchevel, Val Thorens or Les Menuires over 600 kilometres of runs at the foot of Les 3 Vallées.

2 340

Beds in Brides-les-Bains during the winter season in the 18 hotels and residences, ranging from 1 to 4 stars.

600

Kilometres of ski runs in Les 3 Vallées, the world's largest ski area.

580m

Is the altitude of Brides-les-Bains village, boasting a direct connection to Méribel's snow front thanks to the Olympe gondola lift. The link was created for the Albertville Olympic Games (1992).

517

Permanent residents in Brides-les-Bains.

2 700

The surface in m2 of Brides Thermal Spa. The only thermal spa in Les 3 Vallées, and one of the largest thermal spas in France.

