

Brides-les-Bains - Les 3 Vallées

Winter season: 14th December 2018 - 12th April 2019



Brides-les-Bains Tourist Office - BP 28 - 73572 Brides-les-Bains Cedex - Tel: +33 (0)4 79 55 20 64 - contact@brides-les-bains.com - brides-les-bains.com

Press contact: France : Media Conseil Presse • +33 (0)4 76 86 84 00 • Karim@mcp-rp.com
International: +33(0)4 79 55 71 95 • elizabeth.raiberti@brides-les-bains.com
HD photos available from mediaconseilpresse.com / "OT Brides-les-Bains" press area



Snowshoeing in the Méribel Valley



New: La Vanoise 1825*** hotel



Healthy food in winter too!

Brides-les-Bains winter 2018/19

What's new?

If it's wintersports, well-being and time in the spa you're after, look no further than Brides-les-Bains - "the peak of health at the foot of Les 3 Vallées"! Selected hoteliers are now offering healthy, gourmet cuisine in winter! The Grand Spa Thermal has added a 600m² aqua area, making Brides-les-Bains the ultimate ski & spa destination. To clear your mind, work on your cardio and indulge in some pampering, the Tourist Office has put together a short snowshoeing break in Méribel that includes healthy dining options. The resort's younger visitors can also discover the joys of the spa at the Mercure Grand Hôtel des Thermes**** thanks to the "my first spa" package. Not to forget the resort's charming new accommodation.



Wellness for the over 6s

Discover the benefits of massage, learn how to wash your face properly... The beauticians at the Spa 5 Mondes du Mercure Grand Hotel des Thermes**** are introducing 6-12 year olds to the world of well-being. Candyfloss, caramel, chocolate, vanilla-strawberry... Nougatine product fragrances will envelop your little cherubs in a gentle bubble. And for those who don't yet want to leave their mother's side, there's the mother/child duo massage. gdhotel-brides.com

Healthy cuisine in winter too

The village's healthy eating specialist chefs are making their expertise in balanced food available to skiers in winter! The majority of the resort's hotels will offer healthy options this winter. The Savoy Hotel*** is overhauling its menu and creating a healthy set meal comprising two or three dishes, as well as a vegetarian menu. Jean-Pascal Laugier is lightening up the aioli at the Altis-Valvert***, whilst Philippe Rousseau at Hotel Athena*** is offering tartiflette-style potatoes. Not forgetting Bruno Pideil's new take on cassoulet at the Les Cerisiers restaurant.

SEE PAGE 4

Accommodation: Brand new

A new residence, Alticimes, is home to five top-of-the-range apartments. La Vanoise** hotel is becoming La Vanoise 1825 *** hotel, an upgrade

inspired by the elegant socialites who used to come and take the waters at Brides in the 19th century. Finally, Le Golf Hotel**** will boast stripped-back style following the renovation of twenty bedrooms and the transformation of its dining room into a real restaurant. SEE PAGE 9

Snowshoeing and well-being getaway

You don't need to be an experienced skier to enjoy wintersports. Brides has always understood that and this winter, the resort is offering a 3 days/3 nights snowshoeing special offer. On the programme: panoramic views over snow-covered peaks in an unspoilt natural environment at the heart of Les 3 Vallées and half-board accommodation with healthy dining options in a three-star hotel. From 426€ per person. SEE PAGE 6

Grand Spa Thermal: even bigger, even more beautiful

After two years of building work, the Grand Spa Thermal has reached the absolute peak. After skiing in Les 3 Vallées, enjoy the light-filled 2,700m² treatment and water pool areas. Thermal water to aid blood circulation, individual massages and thermal treatments... Le Grand Spa promises a 100% restorative holiday in the snow! thermes-brideslesbains.fr/spa



View over Brides-les-Bains village



Ski in Les 3 Vallées, the largest ski area in the world



Healthy eating in winter too!

PRICE promise

Between 30 and 50% less expensive than high-altitude resorts, that's Brides-les-Bains' price promise. All of the resort's economic stakeholders (hoteliers, restaurateurs, shopkeepers) make their turnover over 11 months (as opposed to just 4 winter months in high-altitude resorts). Therefore, they don't need to adjust their winter prices. The result: everything is less expensive, including ski hire!

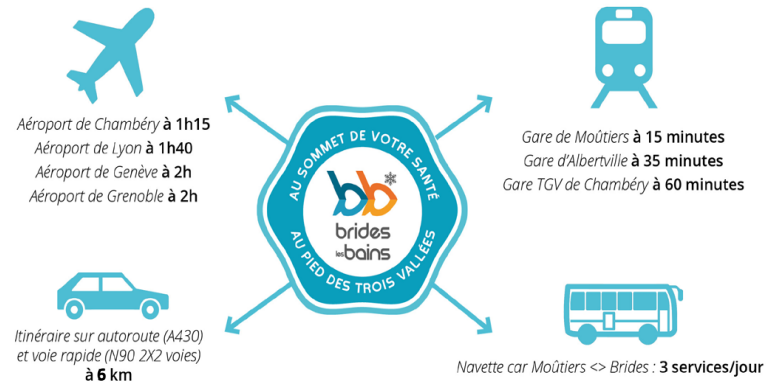
Les 3 Vallées base camp

Brides-les-Bains' central location lets you access all of Les 3 Vallées' snow activities in under 45 minutes! Ski touring in Méribel in 20 minutes, biathlon at the altiport in 45 minutes, La Praz ski jump in 15 minutes, Ski-paragliding in La Saulire in 45 minutes, tobogganing in La Tougnette in 45 minutes... You can watch a cabaret show at La Folie Douce and its slopeside Méribel restaurant without even putting a pair of skis on (Brides/Méribel pedestrian skipass via the Olympe gondola lift: 10€ a day, 12€ a day to access La Folie Douce). So many experiences to enjoy during your stay without using your car.

Brides-les-Bains ID card



In Brides-les-Bains, you can get straight to Méribel's snow front in 22 minutes via the Olympe gondola lift (between 8.30am and 5pm until the 8th of February then 5.40pm until the 12th of April). Then, take your pick of ski slopes in Courchevel, Val Thorens or Les Ménuires, among Les 3 Vallées' 600 kilometres of ski runs.



Getting to Brides is stress-free! 4hrs by TGV from Paris, SNCF train station and a motorway just 6 kilometres from the village. Getting to the snow couldn't be easier. No need to install snow chains to reach your destination! No altitude sickness either, as Brides-les-Bains is at an altitude of 600 metres. On site, you can get everywhere on foot, all the services and attractions are situated within a 200-metre radius. We told you it was zen!

In figures

2,340

Beds in Brides-les-Bains during the winter season in 18 1 to 4-star hotels and residences

600

Kilometres of ski slopes in Les 3 Vallées, the largest ski area in the world.

580m

Is the village's altitude. Brides-les-Bains links directly to Méribel's snow front thanks to the Olympe gondola lift. This direct link was created for the Albertville Olympic Games (1992).

517

Permanent residents in Brides-les-Bains.

2,700

the size of Brides' Grand Spa Thermal in m². One of the largest thermal spas in France, making Brides the ultimate ski & spa destination.



Chefs offer healthy, gourmet menus in winter too



A new take on Aioli by Jean-Pascal



The Golf **** Hotel kitchen team

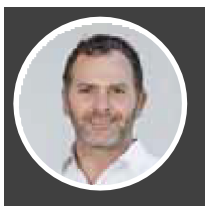
Winter 2018-19

A balanced menu!

Devouring a raclette or a fondue after a day on the slopes no longer has to be your daily routine on your snowsports holiday. In Brides-les-Bains, healthy food specialist chefs are lightening up their dishes, so guests will feel the benefits of all the calories they burn on the snow. Demonstration!

Ingredients to serve 4

- 550g cod steak
- 4 razor clams
- 8 whelks
- 100g sweet potato:
- 4 soft-boiled eggs
- 8 mangetout
- 4 cauliflower florets
- 4 radishes
- 4 carrots with tops attached
- 8 cherry tomatoes
- 4 leeks
- 1 clove of garlic
- 1 egg yolk
- 1/2 a cooked potato
- Salt, pepper, thyme, bay leaf
- 30g of olive oil
- 'Fromage blanc' 0.5% fat curd cheese
- Ground turmeric



Lighter Aioli: Jean-Pascal's recipe

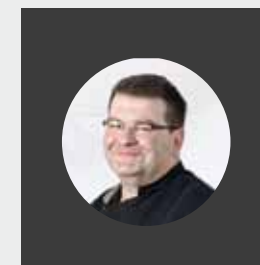
*Jean-Pascal Laugier, chef at the Altis-Val Vert****

Poached vegetables and seafood enjoyed with a garlic-flavoured mayonnaise... light and delicious. The chef's secret? A combination of egg yolk, mashed potato and crushed garlic, all dressed with a little oil and 0.5% fat 'fromage blanc' curd cheese.

Preparation

- Poach the vegetables in stock for the required amount of time, separately for each variety. To do this, put them into salted, boiling water, then cool them down immediately in ice water. Drain.
- After having allowed the whelks and razor clams to expel any sand by leaving them in salted water for 2 hours, poach the whelks for 20 minutes and lightly fry the razor clams for 3 minutes.
- Make the aioli by whisking together 1 crushed garlic clove with 1 egg yolk and 1 potato that has been mashed with olive oil. Season and add the turmeric and 'fromage blanc' curd cheese.
- Poach the cod steaks in stock for 5 minutes. Reheat the vegetables in a pan with a little water and a spoonful of olive oil. Arrange it all attractively on the plate and enjoy.

Another tip



Tartiflette-style potato

*Philippe Rousseau, Chef at the Athéna****

A lighter tartiflette? That's the challenge Philippe Rousseau accepted. His tip? Replace the Reblochon cheese with 8% fat 'cancoillotte'. This low-fat cheese made from skimmed cows' milk has a strong flavour thanks to its fermentation process.



Healthy cooking demonstration



Learning about healthy eating starts young



Healthy cooking demonstration

HEALTHY
AND GOURMET
WEEK
14/18 JAN 2019

Winter 2018-19 A week devoted to health and well-being

After the Christmas and New Year celebrations, get your vitality and energy back at the Tourist Office-run 'Healthy and Gourmet' week. From the 14th to the 18th of January, Brides-les-Bains is working with its chefs and well-being professionals to transform snow holidays into healthy sports breaks!

'Healthy and Gourmet week' programme - 14th - 18th January

Monday 14th of January

8.30am - 10.30am: free healthy snack at the bottom of the Olympe gondola lift: fresh fruit juice and artisanal cereal bar, to get your ski day off to a great start.

4.30pm - 6.30pm: Cler Fiorelli, a qualified practitioner of Ayurvedic medicine, offers an introduction to the oldest holistic medicine in the world, bringing together physical and mental well-being. Learn Shiro Abhyanga, an ancestral head massage that allows you to let go and release tension.

Tuesday 15th of January

10.30am to 11.10am: Psychologist Aurélie Riboud offers a 'cardiac coherence' session. This breathing technique, which is easy to integrate into your daily routine,

allowing you to manage your stress, sleep better and learn how to banish negative emotions.

5.30pm - 6.30pm: the resort chefs put their own twist on flavours and colours and let you in on their tips for making healthy winter dishes. Guilt-free gourmet recipe demonstrations!

Wednesday 16th of January

11am - 12noon: with yoga teacher Lorelei Rodrigo, learn how yoga helps to prepare you for the exertion of skiing and facilitates recuperation after a day on the slopes.

4.30pm - 6.30pm: a spot of food shopping at the local nighttime market? A great idea combining delicious, local, healthy treats with regional producers, all to the soundtrack of a pop-rock concert!

Thursday 17th of January

4.30pm - 6pm: Brides' main square is home to a well-being speed-dating event. Move between 5 workshops every 15 minutes. On the programme: self-massage, reflexology, facial massage, Amma massage and blind-tasting to stimulate the senses.

Friday 18th of January

4.30pm - 6pm: Zen Party in an igloo kitted out as a well-being cocoon, on the resort's main square. Relaxation guaranteed...

5.30pm - 6.30pm: new yoga session with Marcela Bemposta, a qualified yoga and spiritual sciences instructor.

HEALTHY AND GOURMET PACKAGE

4 Days/4 Nights in HOTEL ***
14 to 18 JAN 2019

- healthy half-board accommodation
- 4 days of ski lessons
- a 3 Vallées skipass
- 1 "Pause Spa Après-Ski" et 1 entrance to discover the Grand Spa Thermal

from 760€/person, double room occupancy

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



Snowshoeing in Méribel Valley



Snowshoeing beneath the pines



Les 3 Vallées panoramic

Winter 2018-19

Snowshoeing and well-being

Wintersports holidays no longer mean 100% skiing. Reinforcing its healthy winter approach, the Brides-les-Bains Tourist Office is launching a 3 days/3 nights “snowshoeing and well-being” short break. On the menu: snowshoeing and healthy eating in a three-star hotel.

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

On the programme, a day and a half of snowshoeing in Méribel with a French Ski School instructor.

Would you prefer the Lake Tueda Nature Reserve or trails 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 contemplative hikers to the more sports-focused.

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

Snowshoeing & Well-being package

3 days/3 nights in a hotel***
From 11/01 to 03/02/19
(Thurs.evening to Sun. evening)

- Half-board accommodation with healthy food
- 1 1/2 days snowshoeing
- 2 "Pause Spa Après-Ski at the Grand Spa Thermal

From 426€ per person based on a double room

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

1/4

of wintersports 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: Conso Montagne 2017 survey of the National Association of mountain resort townhalls.

Snowshoeing, a boon to fitness!

Endurance ++

It’s a very good full-body endurance activity. It helps to improve breathing, strengthen the heart and works the whole body’s muscles

Fighting fit

In the long-term, snowshoeing reduces the 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 helps your brain release pleasure hormones such as dopamine or 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 well-being.





New aqua area at the Grand Spa Thermal Brides-les-Bains



Grand Spa thermal jet shower



World massage

New 2018/19 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:

The new 600m² aqua area...

- 1 x 25m swimming lane
- 1 x 18m long fun pool with 2 jacuzzis
- 2 bubble beds, marine sub-jets
- 6 swan-neck fountains and other waterjets...
- tea lounge
- relaxation area
- terrace

+

500m² spa relaxation area

- two sensory experience showers
- aromatic or plant steam baths
- steam room
- divana
- sauna
- ice fountain
- relaxation room
- indoor and outdoor Jacuzzis

Grand Spa Thermal Brides-les-Bains exclusive to the 3 Vallées

The Grand Spa Thermal de Brides-les-Bains is embarking on its first winter season with the addition of a vast new aqua area. Boasting 2,700m² of treatments and activities, it has become the 3 Vallées' ultimate well-being refuge.

At the heart of the village, just a stone's throw from the Olympe cable car, the Grand Spa Thermal was refurbished in 2018. Boasting a new 600m² aqua area, a 25m swimming lane invites you to do some laps next to a fun pool with a range of water features... space, light, precious thermal water, personalised treatments... The Grand Spa Thermal is a special

spot for recuperating after your day in the snow, or simply to recharge your batteries in winter.

Three new packages and multiple à la carte treatments let you treat yourself to the best of the spa and its facilities designed to help you unwind (see opposite and below)...

Spotlight on the Grand Spa Thermal's winter offers

Thermal Discovery - Toning

Brides-les-Bains thermal jet shower to aid circulation and combat cellulite + Free access to the Aqua area + Relaxation area
40€ per person

Thermal discovery - Well-being

Sculpting massage using Brides-les-Bains' thermal waters with circulation-aiding and relaxation properties. Seaweed body wrap with detoxifying and slimming properties + Free access to the Aqua area + Relaxation Area .
75€ per person

As well as massages from around the world

Carried out by physiotherapists Full-body or targeted massage, relaxation or circulation massage, energy-harmonisation or muscular relaxation... The Grand Spa Thermal's massage menu promises to release physical tension as well as emotional stress.
From 66€ per person.

Information

The Brides-les-Bains Grand Spa Thermal is a beautiful, generously sized 2,700m² treatment and well-being space. The Grand Spa Thermal uses Brides-les-Bains' naturally heated thermal water, renowned for over a century for aiding blood circulation.

Winter season 2018-19

From the 26th of December 2018 to the 9th of March 2019, from Monday to Saturday from 3pm to 8pm.

Open from 11th of March with the summer products.

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



La Fabrik, a trendy bar in Brides-les-Bains resort



Every Wednesday: Sunny Music Live



In Brides, the only casino in the

Brides-les-Bains Not just skiing

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

Pre and post-skiing, get your fill of entertainment

In Brides, skiing is sacred! The resort bends over backwards to ensure that every day on its slopes gets off to the best possible start. Every Monday, there's a free breakfast at the bottom of the Olympe gondola lift and on the way back down, a stretching session in the village square so skiers can avoid waking up the next morning with stiff legs. On Wednesdays after skiing, *Sunny Music Live* welcomes music groups, and free hot drinks. Thursdays are Zen with an introduction to yoga and self-massage. On Friday, get cosy at the *Big Chamallow Party* by cooking marshmallows around a fire. During school holidays every Thursday you'll discover a range of activities as part of the *Brides Winter Games*: biathlon, mechanical snowboard...

A musical aperitif

La Fabrik is Brides-les-Bains' hippest bar/restaurant. Théo, the owner, has completely

redesigned his 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, Russian roulette, Blackjack... Brides-les-Bains casino, the only one in the Tarentaise region, is an unmissable spot for 3 Vallées skiers. After skiing, it promises fun nights out kicking off at the Helinatis, its restaurant /lounge bar offering traditional Savoie food. Keep the night going downstairs, in the Le Blue Night nightclub open 7 days a week from 7.30pm to 2am.

casino3vallees.com

Events Agenda

Starting January 2019

Orthodox Christmas and New Year celebrations

Brides celebrates with traditional Eastern European songs and music in the resort's streets.

From the 14th to the 18th of January 2019

Healthy and Gourmet week

To take back control after the Christmas and New Year celebrations! On the programme: stretching, yoga, and light, healthy cuisine with Brides' chefs... (see page 5).

From the 11th of February to the 8th of March 2019

Savoie-themed holidays

A month of free entertainment celebrating the Savoie region. On the programme: making mountain-themed candle holders with the family, local wine and cheese tasting, historic and heritage tours of Brides-les-Bains, Savoie storytelling and folktale events, hot soup around the fire at the bottom of the gondola lift...





Redesigned Accommodation

Focus on three hotels and residences that have been fully renovated to welcome skiers this winter.

La Vanoise 1825***, feminine elegance

The elegant women who visited the thermal resort in the 1920s were the inspiration for Brides-les-Bains' La Vanoise hotel's entire redesign. In line with the feminine atmosphere the hotel now exudes, it is becoming La Vanoise 1825*** and has been awarded its third star. Tones of prune, taupe and Indian rose dress the walls and drapes, while the furniture in its twenty bedrooms is both modern and cosy.

Golf Hotel ****, Art Nouveau

The Golf Hotel, a stunning vestige of the Art Nouveau movement, continues to be transformed. Its restaurant "La Table du Golf" now has a welcome desk for greeting guests. The beautiful dining hall with its bow-window overlooking Le Grand Bec has had a makeover. Chic black, duck-egg blue and grey tones enhance the elegance of the architecture whilst indirect lighting highlights the modern style. Sound-

absorbing panelling on the high ceilings adds to the sense of intimacy and comfort. Twenty-two rooms sized between 18 and 32m² have also enjoyed a total redesign in a stripped back, tranquil style.

Alticimes, 5 top-of-the-range apartments

nestled in a wing of the former Les Sources hotel. The new Alticimes residence offers 5 luxury 2 bedroom apartments with a surface area of around 82m², combining modern, welcoming design. "Génépi", "Edelweiss"... each suite bears the name of a mountain flower and will be decorated in that colour. All of the apartments boast a family suite with a terrace and are able to accommodate up to 6 people. Opening on the 14th of December 2019

Accommodation in Brides-les-Bains

- 2 hotels****
- 10 hotels***
- 2 hotels**
- 4 residences

8 hotels and 3 residences boasting spas or well-being areas.

Rates from...

La Vanoise 1825***

- Double room with breakfast from 62€ per person; half-board accommodation. From 76€ per person.
- Double room in half-board accommodation for 8 days/7 nights + Méribel Valley 6-day skipass. From 780€ per person.

hotel-la-vanoise.net

Golf Hotel ****

- Double room with breakfast from 54 euros per person.
- Double room in half-board accommodation for 7 days/6 nights + New Year's Eve menu + Méribel Valley 5-day skipass. From 850€ euros per person.

golf-hotel-brides.com

Alticimes Residence

8 days/7 nights, from 1,400 € / apartment for 4-6 people.





Altis*** hotel, baroque cocooning



Grand Hotel des Thermes****, Scandinavian chic



Hotel Les Bains***, cosy chalet

Hotels Brides-les-Bains' charming accommodation

Which atmosphere will you choose for your snowsports holiday in Les 3 Vallées? Mountain chalet or art deco, Scandinavian style or chic baroque design? In Brides-les-Bains, the accommodation, just like the chefs' cuisine, is all part of the well-being experience on offer. Worth noting: the majority of the resort's hotels are able to accommodate dietary restrictions on request (vegetarian, gluten-free...).

L'Altis***, Baroque Cocooning

Run by the family of former ski jumping champion Manu Chedal, this is real gem of a 3-star hotel. Each room is personalised with a clever mix of wood, metal and baroque furniture and since its refurbishment in 2014, the hotel now offers two suites. Every week, a theme night is organised, as well as a local produce menu designed by chef Jean-Pascal Laugier. The hotel is equipped with a well-being area featuring a steam room, sauna and Jacuzzi.

Les Bains***, Cosy Chalet

33 rooms with balconies that combine stone, blonde wood and warm, cosy fabrics. Soak up 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 offers a steam bath and sauna (including an anti-fatigue infrared sauna). Chef Emmanuel Hudry offers healthy set menus on request, for guests on half-board accommodation.

Grand Hotel des Thermes****, Scandinavian chic

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

Hotel rates from

L'Altis***

- Double room with breakfast from 56 € per person.

Double room in half-board accommodation for 8 days/7 nights + Méribel Valley 6-day skipass from 745€ per person.

altisvalvert.com

Les Bains***

- Double room with breakfast from 51€ per person.
- Double room in half-board accommodation for 8 days / 7 nights+ Méribel Valley 6-day skipass from 745€ per person.

hotelbrideslesbains.com

Grand Hotel des Thermes****

- Double room with breakfast from 62€ per person.
- Double room in half-board accommodation for 8 days/7 nights + Méribel Valley 6-day skipass from 895€ per person.

gdhotel-brides.com





View over Brides-les-Bains village



In Brides-les-Bains, everything is accessible by foot.



The 3 Vallées, the snow guarantee

Come to Brides-les-Bains The easy, Zen destination

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.

By train

- Eurostar: London/ Moûtiers in 8 hours
- Thalys: Brussels/Moûtiers in 7 hours
- High-speed TGV train: Paris/Moûtiers in 4.5 hours



By air

Chambéry Airport (90 kilometres - 1hr 5mins)
chambery-airport.com / 04 79 54 49 54
Airlines: Flybe, British Airways, Transavia.

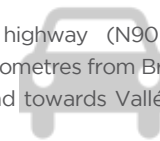
Geneva Airport (120 kilometres - 2hrs)
gva.ch / +41 22 717 71 11
Airlines: British Airways, EasyJet, Flybe, Air France, Brussels Airlines, Jet2.com.

Grenoble/Saint Geoirs Airport (160 kilometres - 1hr 50mins)
grenoble-airport.com / 04 76 65 48 48
Airlines: EasyJet, Ryanair, British Airways, Transavia.

Lyon Saint Exupéry Airport (170 kilometres - 1hr 40mins)
lyonaeroports.com / 0826 800 826
Airlines: EasyJet, British Airways, Air France, Brussels Airlines.

By road

Motorway (A430) and highway (N90 2x2 lanes) itinerary to just 6 kilometres from Brides-les-Bains! In Moûtiers, head towards Vallée de Bozel/ Brides-les-Bains.



By bus

Transavoie
Daily shuttlebus between Moûtiers and Brides from 3.50€ per person single and 6.40€ return
04 79 24 21 58



Altibus
shuttlebus return journey between Lyon-Saint Exupéry and Brides-les-Bains
115€/person (booking required)

shuttlebus return journey between Geneva airport and Brides-les-Bains
129€/person (booking required)

altibus.com / 0 820 320 368 / 04 79 68 32 96

