









# "Get ready for a trip into the mountains, in Savoie, in the heart of the Tarentaise valley..."

From Moûtiers, take road Départementale 915. While you this enchanting route snaking along wooded slopes, catch a glimpse of the peak of La Croix Des Verdons. After only 4.5 km, take a slight left into rue Aristide Briand and enter Brides-les-Bains. Observe the summit of the Grand Bec, right in front of you, culminating at 3,399 meters above sea level.

It is a genuine pleasure to welcome you to the base camp of the 3 Vallées, in our authentic village, full of history! Spring weather 's call resonates through the heart of the valley, and a desire to explore its nature and dynamic territory beckons.

Brides-les-Bains is a land of infinite discovery, an invitation to take care of yourself, share and experience togetherness, thanks to its many "health sports" and other well-being activities. The village offers spa guests and holidaymakers an unrivalled playground, where nature reigns within a range of boundless landscapes. Just a few kilometers from the thermal park, you'll find the Vanoise National Park: a preserved environment with breathtaking views, where hikers can catch sights of rich fauna and flora.

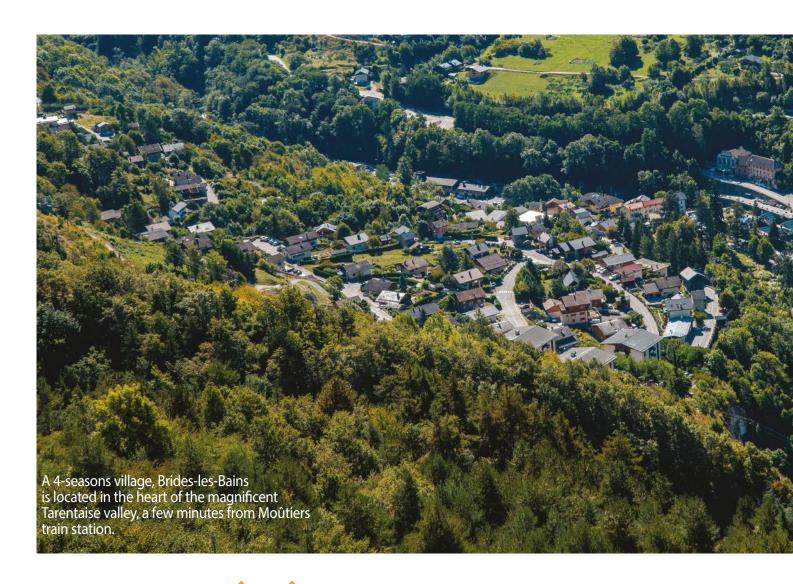
Our 4-seasons destination is just waiting for you to explore its trails on foot or, for two wheelers fans, by bike, with or without electric assistance, and discover its wealth of local heritage and culture.

If the fancy takes you, come and enjoy cultural and sporting season highlights at the village, with our comedy festival "Brides fait sa comedie", our musical festival "Lâche ta Brides" or the French-language film festival of Angoulême via Brides-les -Bains, celebrating its 10th anniversary this year.

See you very soon, to unwind, relax, and most of all enjoy!

The Brides-les-Bains team.





# Brides-les-Bains, four seasons base camp



Regardless of the season, Brides-les-Bains is increasingly seen as a wellness destination for short and long stays alike.

It is a dynamic municipality that inspires well-being and provides the perfect setting for a soothing and entertaining break, year round. In winter, it is the perfect destination for anyone seeking to enjoy the snowy season at affordable prices. In summer, it becomes the ideal base camp to explore the region and its famed Savoyard landscapes.

Well-being and fitness have always been centerpieces of life in Brides-les-Bains. The thermal baths offer cures and treatments to match the needs of our times. They were the first to develop a long-Covid treatment cure dedicated to combating its persistent symptoms. They are also actively addressing issues of overweight among young people, to offer them adequate therapy treatments.

A spa cure to address overweight is only effective if associated with regular sports activity. Here again, Brides-les-Bains is the perfect base camp offering a variety of activities for everyone, year round. Whether hiking or taking bucolic strolls, on foot or on a hydrogen e-bike, rafting or taking a yoga class, ideally mild temperatures on site provide optimal conditions for a sporty stay.

The combination of all these elements make Brides-les-Bains the ideal place to get your body and mind back into shape in any season, for a weekend or a long stay.

# Brides-les-Bains, spa base camp





With more than 170 years of spa experience, Brides-les-Bains is the first French spa resort specializing in long-term weight loss and rheumatism treatments. Day in, day out, the Thermes team challenges established conceptions in the sector, to offer spa guests treatment and support with lasting effects. This leads to a genuine transfer of knowledge, where tight synergies occur between various actors of the resort - doctors, hoteliers-restaurateurs - to update and develop knowledge. As an example: when it comes to weight loss, the word diet is banned... in favor of the finer concept of balanced nutrition.





### PRESCRIPTION CURES

18 days Prescription Cures can be assigned by a French doctor and, in this case, receive 65% coverage by French Social Security. These spa treatments are particularly effective natural solutions to alleviate discomfort, reconnect with the body, and regain deep and lasting well-being.

The thermal baths rely on two complementary establishments: thermal treatments, physical and nutritional activities are accessible in Brides-les-Bains itself, while in Salins-les-Thermes, the Grands Bains boast a large pain-relieving thermal pool, as well as treatment cabins with bath care in running water.



### THERMAL CURES

The 18 days weight loss thermal cure is based on several decades of experience at the Thermes de Brides-les-Bains in the treatment of overweight and associated pathologies (type 2 diabetes, high blood pressure, rheumatological problems in the hips, knees and spine). It includes 72 treatments based on Brides-les-Bains thermal waters, in addition to the thermal water-based drinking cure: jet showers, relaxing baths with massage jets, affusion shower massages, etc.

The rheumatology (RH) thermal cure 18 days is an effective treatment with no side effects for any rheumatism. Its 72 treatments combine the pain-relieving effects of the thermal water of the Grands Bains de Salins with the circulatory and anti-inflammatory effects of the thermal water of Brides-les-Bains. A double asset to regain mobility and joint flexibility.

The double orientation thermal cure (AD+RH or RH+AD) 18 days includes 108 essentially individual thermal treatments using the thermal water of Brides-les-Bains and that of Salins-les-Thermes. It is recommended for AD orientation (digestive system and metabolic diseases) (overweight, type 2 diabetes) and rheumatism (osteoarthritis, back conditions, etc.).



#### THE THERAPEUTIC EDUCATION PROGRAM

"I take control of my excess weight" mobilizes a multidisciplinary team: dieticians, sports educators, spa doctors, beauticians.

It was the subject of a clinical study published in August 2019 by the renowned Obesity Research & Clinical Practice, highlighting its effectiveness in amplifying and sustaining the results of the cure, both nutritionally and physically, psychologically or on weight loss. It includes physical activities, individual interviews, thematic workshops, conferences, and post-cure follow-up.

"I Balance my type 2 diabete". is as of 2023 the first and only Therapeutic Patient Education program in a spa. Validated by the ARS (Regional Health Agency), it involves a multidisciplinary team (dieticians, sports educators, nurses, spa doctors) and includes workshops, learning about nutrition and physical activities to allow each spa-goer to better understand their pathology, control it, and reduce the risk of complications.

### **HEALTH EDUCATION PROGRAM**

"youth ages 13-17". is offered in addition to an 18-day prescription spa treatment and takes place during the summer school holidays. The aim is to support teenagers learning a new lifestyle. It is a hands-on practice that combines nutrition and physical activity, with a long-term goal. Offering a program of this quality at such early ages helps prevent possible chain dieting, a health hazard, later in adulthood. Two sessions dates in 2023: July 10 - August 7.

"Long Covid". developed with Dr Claire Cracowski, pulmonologist at Grenoble University Hospital and involved in research against Covid-19, this program involves a multidisciplinary team trained in therapeutic patient education. It incorporates both a smooth and gradual resumption of physical activity and optional workshops specific to certain symptoms of long Covid: digestive disorders, muscle loss due to immobilization and dietary imbalance, fatigue and chronic pain, anxiety, weight gain.



# The Grand Spa Thermal

The Grand Spa Thermal relies on the expertise of Les Thermes de Brides-les-Bains, the town's thermal spa to support visitors during their well-being or slimming stays (with hydro therapists, qualified physiotherapists, beauticians, dieticians, sports educators). In addition to treatments, the education programm is packed with interviews, workshops, and conferences, to allow guests of the Grand Spa Thermal to embrace new lifestyle habits without ever thinking in terms of dieting or deprivation.

► More details:

www.thermes-brideslesbains.fr/spa-thermal

## The Great Baths of Salins

Completely renovated in 2017, the Grands Bains de Salins are located in Salins-les-Thermes (10 minutes from Brides-les-Bains) and offer bathing cabins with running water, as well as a thermal swimming pool.

The thermal waters of Salins-les-Thermes spring at a naturally warm temperature and are known for improving peripheral blood circulation, increasing blood flow, and balancing blood pressure.

The thermal pool is covered, with a part outside in open-air. At 50 meters long, it is one of the largest thermal pools in France. On site, you can also enjoy a large jacuzzi and a solarium.

The Grands Bains de Salins have been equipped with 8 new "bath in running water" treatment cabins. Baths in running water are provided in individual cabins, or in the thermal pool.

The Grands Bains de Salins are a key asset in the therapeutic approach to weight loss. The thermal pool provides a gentle environment for the take up of physical activity, and an opportunity to reconcile your body in order to achieve your goals. Six aqua gym lessons per day are given by lifeguards from Monday to Saturday.

► More details :

www.thermes-brideslesbains.fr/content/les- grands-bains-de-salins



# Brides-les-Bains, healthy fine dining base camp



Amid the frenetic pace of urban life, and the common mismanagement of our emotions, winter temperatures invariably come to impact the way we eat. In Brides-les-Bains, nearly 13,000 spa-goers come each year to rekindle healthy eating habits. Thanks to the Label Diététique, spa-goers can follow their treatment with pleasure and without needing to restrict themselves. Take a deeper look at this label, unique in France, which is celebrating its 10th anniversary!



### DIETARY AND GOURMET, A WINNING COMBINATION!

Brides-les-Bains is the only spa resort in France to benefit from a dietary label, termed Label Diététique, which contributes to its famed effectiveness in weight loss. This label is an innovative, balanced, and tasty culinary offer challenging pre-conceived ideas about slimming cures. Thanks to the commitment of the chefs at the 12 labelled restaurants, all deeply passionate about their work, the label complies with the requirements of a slimming treatment and focuses on reconciling healthy nutrition, fine dining, and gourmet food. The chefs of Bride-les-Bains know how to delight, surprise, and charm taste buds, with strictly light and healthy food.

Nathalie Negro, head of the Thermes nutritional centre for 20 years, explains: "Nutrition has always played an important role at Brides-les-Bains. The nutritional centre now has 7 dieticians and 4 sports educators. Their role is both to prepare spa-goers before they return home, but also to support restaurateurs so that they can create a balanced menu framework. For the Label Diététique, Nathalie Negro and her team are working on new recipes, the creation of technical sheets for themed meals, for example with regional products or by offering a light tartiflette (traditional Savoie dish with potatoes and cheese). Chefs must also respect the seasonality of products in order to guarantee greater freshness. On the occasion of the 10th anniversary of the Label, which highlights the

gourmet and balanced side of the menus, new suggestions will be offered, such as a specific kind of bread at breakfast, or the presence of a vegetarian meal à la carte once a week in each establishment.

# A SOLID EXPERTISE BASED ON TEN YEARS OF EXPERIENCE.

Originally, the label was a quality charter created in 2007 by Les Thermes. It urged restaurateurs and socio-economic players to provide spa-goers with reliable, high-value, and harmonious narratives about food and health. For restaurateurs, this has taken the form of balanced menu frameworks and dedicated training for front of house staff.

In 2013, with the collaboration of the Tourist Office and the town hall of Brides-les-Bains, the charter was transformed into the Label Diététique. This label is unique in France and involves the entire municipality, which speaks with one voice. It is made up of 73 criteria, 26 of which are essential, and is also regularly spot-checked by external dietitian auditors.

### KEY FIGURES FOR THE LABEL DIÉTÉTIQUE:

2013 date of creation of the Label Diététique 12 certified establishments – marked by a plaque at the entrance

73 criteria, 26 of which are mandatory, make up the Label Diététique

80% of the criteria must be met to obtain and maintain the Label Diététique

3 restaurants are randomly checked each year by an external organization

3 weeks of menus validated by a dietician from the resort

## 12 CERTIFIED RESTAURANTS INCLUDING 10 HOTEL-RESTAURANTS

Golf Hôtel\*\*\*\* (La Table du Golf)

Mercure-Grand Hôtel des Thermes\*\*\*\* (Les Cèdres Restaurant)

Hôtel L'Altis\*\*\* (Le Val Vert Restaurant)

Hôtel L'Hermitage\*\*\*

Hôtel L'Amélie\*\*\*/La Vanoise 1825\*\*\* (Les Cerisiers Restaurant)

Hôtel L'Athéna\*\*\*

Hôtel Les Chalets\*\*\*

Hôtel Le Verseau\*\*\*

Hôtel Le Savoy\*\*\*

Hôtel Le Centre\*\*

L'Héliantis Restaurant

La Maison de Marielle Restaurant





# Brides-les-Bains, moutain adventures base camp



At the foot of the 3 Valleys, Brides-les-Bains is a real base camp to satisfy all your desires for adventure when the weather is fine. The town actively participates in the practice of sport to the practice or resumption of sport by offering numerous indoor and outdoor activities and outdoor activities for all levels.



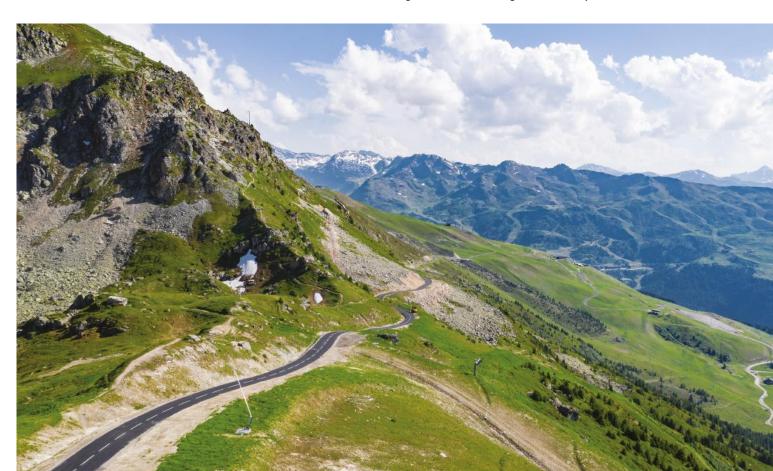
### **ON HYDROGEN E-BIKES**

In the treatment of overweight, taking up sport activities is a key guarantee of sustainability. For two years, Bridesles-Bains has been equipped with 10 hydrogen-assisted bicycles. The municipality was the first to launch hydrogen bicycle charging station in 2021. Everyone can go for a ride at their own pace and afford the luxury of riding up a mythical pass, a grandiose arrival at the top, or quite simply sharing moments with the family whatever their "sporting" level. Price: €10 for half a day or €20 for a day supervised outing with an instructor.

### ON ROAD AND MOUNTAIN BIKES

The legendary passes around Brides-les-Bains: Col de la Madeleine, Col de l'Iseran, Cormet de Roselend, privileged witnesses of the greatest exploits in the history of cycling, offer their slopes as a challenge to be taken up by the bravest riders.

Departing from Brides-les-Bains, experienced cyclists may choose to take on the challenge of the Col de la Loze, highest point of the Tour de France 2023. Exclusively reserved for bicycles, the 7 km track peaks at 2,304 m. With epic slopes and a majestic scenery, this pass has already received the favours of the Tour de France's organizers in 2020, and good news, they are back in 2023!





### PARC DE LA VANOISE

The Vanoise National Park - Gran Paradiso National Park complex is one of the largest protected areas in Western Europe, with a surface area of 1,250 km<sup>2</sup>. The two parks have been twinned since 1972.

Located between the high valleys of the Maurienne and the Tarentaise, the Vanoise National Park envelops high mountains, culminating at more than 3,000 meters, on which many glaciers remain. The variety of its rocks (limestone, gypsum, sandstone, quartzite, schist, micaschist, gneiss, etc.) contribute to the remarkable geological, floral, and faunal wealth of the massif.

A wide range of entertainment, outings, activities concocted by the Vanoise National Park await throughout the summer in Tarentaise and Maurienne. Other activities for children can be found at the Maison du Parc in Pralognan-la-Vanoise, at the Maison de la Réserve Naturelle du Plan de Tuéda (Les Allues) and at the Maison de la Vanoise in Val Cenis-Termignon, in the refuges of the park and during festivals dedicated to local heritage. Please note that several activities are designed to be accessible to people with disabilities.





### THE RÉSERVE DE TUÉDA

The Plan de Tuéda nature reserve is located in the

3 Vallées region, in the town of Les Allues, in the Tarentaise valley. The reserve extends from Lac Tuéda to the base of the Gébroulaz glacier for an area of 1,112 hectares. It wields great plant and animal diversity, since 545 plant species and about 400 animal species are currently recorded there.

In summer, Lake Tuéda offers a privileged place for relaxation, walking or angling. In the reserve, a marked botanical trail leads hikers to over a hundred species of mountain flora. Many other paths are open for hiking, leading to mountain refuges where overnighting is possible.

### LAC DE LA ROSIÈRE

Located at the foot of the Avals valley this place is the starting point for many hikes and a permanent orienteering course. It is equipped to accommodate picnics and barbecues around the lake.

The botanical trail leads to many plant species. Exhibitions on the themes of local fauna, flora, geology, or beekeeping can be visited in a café chalet. A via-ferrata for all levels overlooks the lake and a zip line is accessible to all from the age of 12, with 6 sequences above the mountain stream. Finally, one could also choose to indulge in fishing on the lake.



from ides-lo Bains

## Brides is on the move!

On the program this summer, 50 hours of free sports activities per week: stretching, walking, gym, zumba, step, afro & latino dance...



# Muscular Awakening

Muscular awakening is a low-intensity sport class between group warm-up, soft gym and stretching. Stretching and gentle movements to "wake up" the muscles and joints.



# Hiking

New this year, a walk to discover Brides-les-Bains. The walk lasts between 3 and 3h30. There are other less intense walks, such as the gentle walks and the intermediate walks.



# Yoga & Pilates

In Brides-les-Bains, where well-being is the key word, 45-minutes Yoga and Pilates classes are provided free of charge, outdoors (depending on the weather), by qualified local teachers, throughout the thermal season.



# White water rafting

When the snow melts, holidaymakers can make the most of the rising waters of the Doron River by white water rafting! On board these large inflatable rafts, we paddle in groups across rapids. An invigorating and refreshing activity to go on with family or friends. Departure from the gorges of the Isère or its tributary, the Doron de Bozel (at the entrance to the thermal park of Brides-les-Bains).

# Horse riding

When the summer season returns, why not go on a horseback ride to seek out the magnificent landscapes of the 3 Vallées.

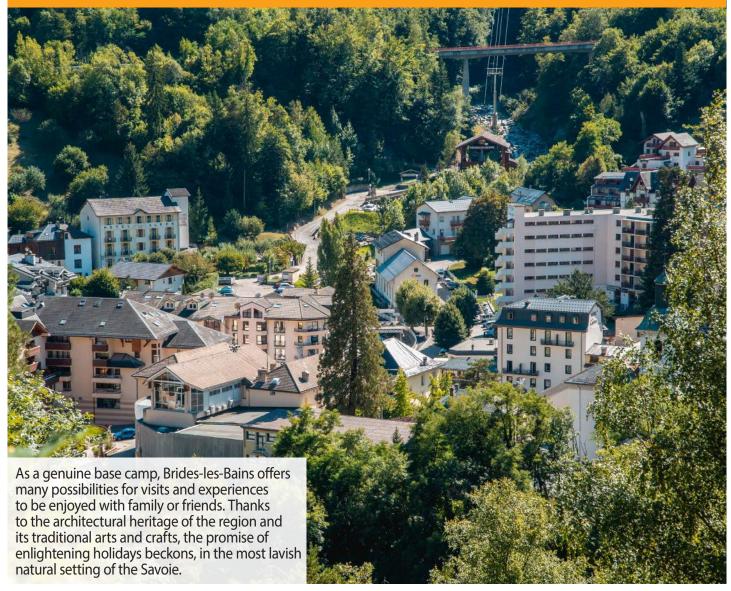


## Golf

The Méribel golf course is widely seen as one of the most beautiful mountain golf courses in Europe. Nestled at 1,700 meters above sea level, the 18-hole 35-hectare golf course offers breathtaking views of the entire valley. Thanks to the Télécabines de l'Olympe cable car, the Méribel golf course is easily accessible from the centre of Brides-les-Bains



# Brides-les-Bains, base camp of traditions



### VISIT OF THE MANUFACTURE OF ONE OF THE EMBLEMATIC CHEESES OF SAVOIE: BEAUFORT

Labelled AOP (Protected Designation of Origin) since 1968, Beaufort is undeniably the essential cheese on Savoyard tables. This cheese, which the Ministy of Agriculture describes as having "a thousand flowers", tickles taste buds with its characteristic taste. Another peculiarity is that it is seasonal. We distinguish the fruity summer Beaufort from its winter cousin, with a milder taste.

The visit of the Manufacture of Beaufort and the Refining Cellars is possible at the dairy cooperative of Moûtiers.

10 min.

from Brides-les Bains

### THE HOUSE OF THE BLACK BEE AND NATURE

The black bee is an integral part of the local heritage. As a great pollinator, it is also an asset to the environment, which is essential to the survival of the human species. It is vital to know it better to protect it. Inaugurated in 2019, this museum aims to raise awareness among the general public about this species adapted to the alpine environment, and about biodiversity. The Maison de l'abeille noire ("House of the Black Bee") provides a learning opportunity through a playful and sensory experience. The visitor will learn all about its origins and its daily life and will also discover the multiple threats that weigh on it and how to better preserve it.



#### THE MUSEUM OF POPULAR TRADITIONS

This museum, housed in the former archdiocese, lifts the veil on the rural traditions of Tarentaise: agricultural activities, vines, crafts, religious art, daily life, place of memory of the Second World War... It is composed of eight exhibition rooms and an educational room with a thousand objects, sending the visitor back in time.

#### MEDIEVAL TOWN OF CONFLANS

On the other side of the Arly river, another face of Albertville awaits: that of the medieval town of Conflans. A district of Albertville where time seems to stand still. Perched on its rock, the venerable town contains within its fortified walls architectural treasures from the Middle Ages and later periods. Its architectural heritage goes beyond the strict framework of the medieval enclosure. The castle of Costaroche recalls the illustrious past of the Manuel de Locatel family.

In the Hauts de Conflans, the many hamlets are home to typical rural heritage, while the Fort du Mont bears witness to a defence system developed in the 19<sup>th</sup> century.



from

Brides-les-



# THE FORT DE TAMIÉ - AN EXCEPTIONAL SITE ON THE HEIGHTS OF ALBERTVILLE

Built in 1872, this former military structure of 16 hectares closed off dominates the rocky outcrop of the Col de Tamié at 907 meters above sea level. This defensive work intended to watch over the Albertville valley today offers its visitors breath-taking views of the Savoie and Haute-Savoie mountains. Today, it has been transformed into a multi-activity base camp with its adventure tree course, playground for children, and local products store. Live an unforgettable family experience in the heart of the old Fort of Tamié. On the program, 10 acrobatic courses high above ground, an escape game and nearly 100 workshops from the most fun to the most dizzying for young and old.



L'abbaye Notre Dame de Tamié is a Cistercian-Trappist monastery still in operation today. It is located in the Bauges massif at an altitude of 900 m, near the Fort de Tamié. The community still has some 25 monks, who everyday process nearly 4 tonnes of refrigerated raw milk purchased from farmers in the valley. They make a highly appreciated cheese that they market under the Abbaye de Tamié brand. This cheese is available in the monastery shop and in many stores in the region.

The abbey also has 27 rooms for those who wish to join the monks in prayer or generally go on a spiritual retreat.



Did you know? It was at the Abbey of Tamié that the choir school of the Petits Chanteurs à la Croix de Bois, an iconic French singing choir, was first founded. Now installed in Bourgogne-Franche-Comté, this choir of boys aged 9 to 15 breathed new life into choral singing and continues to enjoy worldwide success.



from Brides-les-Bains



# ESPACE GLACIALIS GLACIER INTERPRETATION CENTRE

For several years, global warming has been on everyone's mind, placing our global future in the spotlight, to forecast changes expected in coming years. The glacier, an essential element of our mountains, is an impartial witness to climate change and a remarkable indicator of the warming of our planet.

Created in 2007, Espace Glacialis is a glacier interpretation centre with 200m<sup>2</sup> of exhibition space. In the exceptional environment of the Champagny Le Haut valley, on the edge of the Vanoise National Park, Espace Glacialis reveals the secret life of glaciers, from their scientific aspect to their historical and mythological dimension, through a fun and interactive exhibition!

Immerse yourself in the world of glaciers and discover some of their secrets through activities, games, and landscape observations.



# Brides-les-Bains, sports & festive base camp







Singing, humour, the 7<sup>th</sup> art, and sporting challenges: in Brides-les-Bains, make the most of a range of activities! All these events are opportunities for convivial and warm moments to share with family or friends.



# The Défi de l'Olympe "The Olympus challenge" April 9

The Défi de l'Olympe is an invitation to challenge yourself in a relaxed atmosphere, through a fun event.

Two options are possible:

For 6 hours, solo or as a pair, you'll need to perform as many climbs as possible in the gorges starting from Brides-les-Bains and going up to the centre of Les Allues in Méribel. Or, for beginners it is possible to make a steep climb of 3.5 km, for a 520-meter altitude gain, with a return by cable car.

### The Duathlon Ducs & Duchesses Mai 7

To get back on their feet after winter, running buffs meet for the Duathlon Ducs et Duchesses. Alone or in relay, on roads or through trails, they alternate cycling and running to rediscover blossoming natural surroundings.





### *Brides fait sa comédie* "Brides-les-Bains does comedy"

### from May 11 to 13

Because laughter contributes to overall well-being, every year Brides-les-Bains organises a comedy cure. Sketches, shows, laughter battle...

The Brides-les-Bains Festival makes its comedy proposes three evenings. Thursday 11th will be an evening dedicated to the discovery of young talent in the region during the Tremplin evening. Friday 12th will start with the show «C'est pas gagné» performed by the local inhabitants, then you will be able to attend a comedy by Mathias Sénié: Les entretiens d'embauche. To end the festival on a high note, Pierre Aucaigne will perform his show Cessez on the Brides-les-Bains stage.



### Lâche ta brides From June 16 to 17

Second edition of the music festival Lâche ta Brides which takes place in the open air in the thermal park. For this new edition, there will be only artists who will propose you their own composition. After the Seventies, this year, it is the local scene and the Savoyard talents which will be honoured. For this new edition, concerts will be offered every day. Seb SK93 (I-Woks) will do us the honour of being the patron of this festival!

### Enduro2 July 8

Focused on conviviality and solidarity, the Enduro 2 stage race puts team spirit at the heart of its concept. For 3 days, share the pleasure of riding together on the superb trails of the 3 Vallées.

A highlight of the race, the opening of the Télécabines de l'Olympe cable car on Saturday July 8 will provides access to a one-kilometre vertical drop singletrack between Méribel and Brides-les-Bains, where participants can relax with a lunch break after the race.





### National Day July 13

Brides-les-Bains celebrates the national holiday by offering its inhabitants and visitors a traditional and outstanding display of fireworks. Meet up at the thermal park on July 13 at 8 p.m. and let stars fill your eyes!

### Cyclosportive Gran Fondo Col de la Loze July 16

The 4<sup>th</sup> edition of the Gran Fondo Col de la Loze gives all cycling enthusiasts the opportunity to measure up against this giant peak of the Alps. Departing from Brides-les-Bains, several route formats are available to suit everyone's desires and abilities, opening the opportunity to take on the mythical Col de la Loze to the greater number. Roof of the Tour de France 2023, the Col de la Loze stands at 2,304 metres above sea level.

- The Ultimate format, recommended for highly trained cyclists, covers a 117 km course and 4,377 meters of elevation
  gain. It gives the opportunity to climb the Col de la Loze through the Méribel side, then moving on through Courchevel.
- The 53 km and 46 km courses are perfect for athletes who would like a shorter format but just as challenging with, for the 53 km, an elevation gain of 3,147 meters, and 2,740 meters for the 46 km course.
- The 30 km leisure course, with its 741 meters elevation gain, allows as many people as possible, families and spa guests, to take part in this unique cycling event.



# Passage of the *Tour de France*July 19 and 20

The Tour de France returns for the first time to the Col de la Loze since its first visit in 2020. During the 17<sup>th</sup> stage between Saint-Gervais Mont-Blanc and Courchevel, which could prove decisive to capture the yellow jersey, riders will take on the peak of the Tour de France with the 2,304 meters high Col de la Loze, passing through the town of Brides-les-Bains. The event provides a perfect opportunity to meet in the centre of the village around animations, while waiting for the Tour caravan and the riders.

This stage through Brides-les-Bains makes the town the epicentre of the passage of the Tour de France in Tarentaise and in the 3 Vallées. The next day, the start of the 18th stage will be from Moutiers, the neighbouring town, towards Bourg-en-Bresse.

## Ça chante à Brides "Singing in Brides-les-Bains" August 13

For the 7<sup>th</sup> consecutive year, on Sunday August 13, the thermal park of Brides-les-Bains is transformed into a musical stage. On the schedule of Ça chante à Brides, a singing competition is open to all starting from 12 years old and an "infernal blind test" by trade professionals.





# Angoulême Francophone Film Festival via Brides-les-Bains - 10 YEARS

### From September 27 to October 1

A must-see of the late summer season in the Tarentaise, the Angoulême Francophone Film Festival via Brides-les-Bains will celebrate its tenth anniversary!

During this great convivial and popular film festival, spa-goers, and movie loving guests will be able to discover the French-speaking films that have won awards at the Angoulême festival and enjoy previews with visiting film crews in attendance. This is a festival true to the image of our Brides-les-Bains resort: friendly, popular, and open to all audiences.

# Brides-les-Bains, savoyard hospitality base camp



Brides-les-Bains is a dynamic 4-seasons village with a local vibe. It relies on the diversity of its accommodation to delight as many people as possible. Our real strength is to offer stays 30 to 50% cheaper than at higher altitudes without sacrificing either comfort or quality.

With 14 hotels from 2 to 4 stars, 10 residences and more than 2,500 beds in rental apartments (from studios to 3-room apartments), each holidaymaker will be able to find the accommodation that best suits them and spend unforgettable holidays with family or among friends.

# 10 residences

### **NEW!**

The prestigious Alticimes residence welcomes holidaymakers in furnished apartments or chalets, elegant and authentic.

In 2023, an addition of 7 new apartments, including a 130 m<sup>2</sup> rooftop with terrace and jacuzzi, will complete the offer already made up of 6 apartments. Developed according to the colourful nuances of Savoyard mountain flowers, the different accommodations are listed as furnished 4 stars and offer a unique place to relax and enjoy an unforgettable stay in the heart of the French Alps.

Alticimes (6 apartments + 7 new ones)

Eureca Lodge Residence (60 apartments)

Le Grand Chalet (58 apartments)

Les Hautes Rives (12 apartments)

Cibèle-Nexity Residence (40 apartments)

Les Gourmets Residence (8 apartments)

La Rochetaillée Residence (21 apartments)

Les Néréides (5 apartments)

Villa Les Tilleuls (8 apartments)

Le Chalet Joly (10 apartments)





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Crédit photo : @Office de Tourisme Brides-les-Bains / Valentin Vion / Thermes de

Brides-les-Bains / @Christophe Stramba Badiali