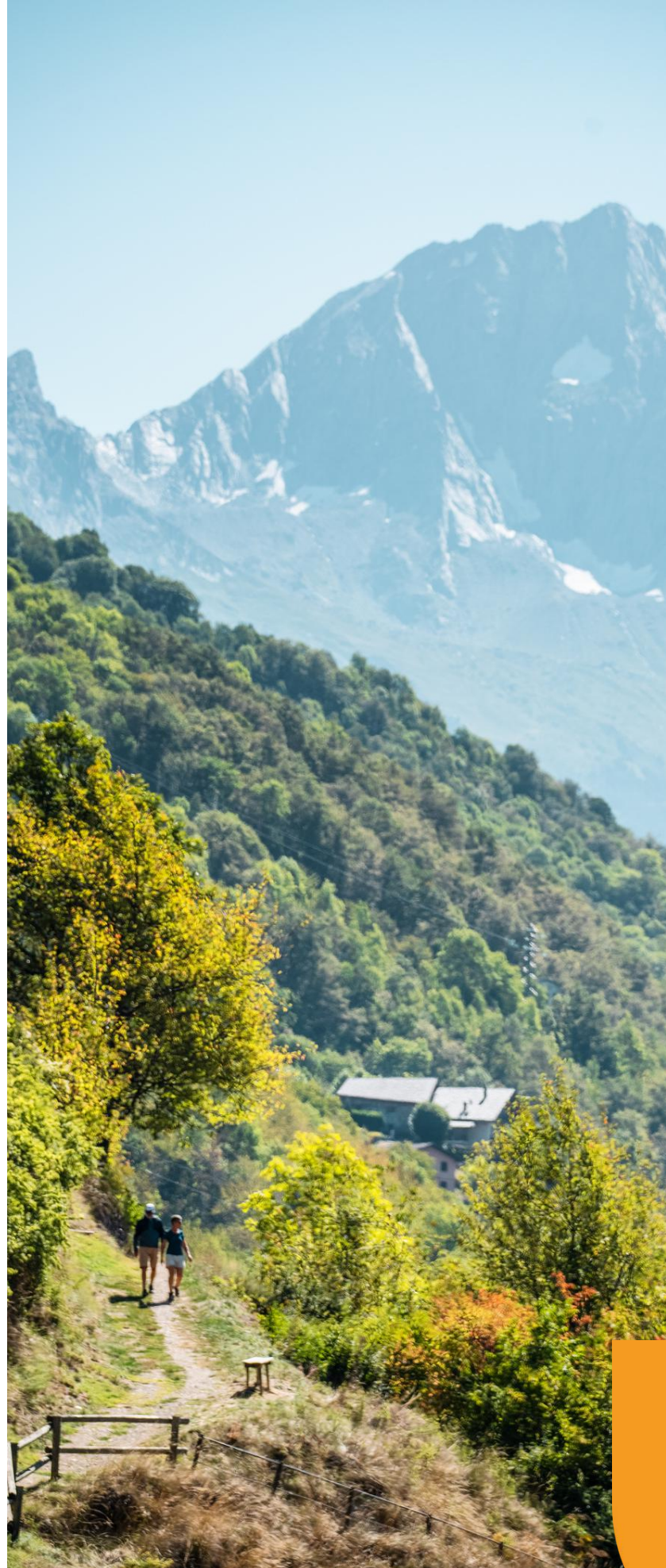


SUMMER  
2024

# PRESS KIT

**BRIDES-LES-BAINS,  
3 VALLÉES BEST KEPT SECRET FOR BUDGET TRAVELLERS!**



brides<sup>les</sup> bains

LES 3 VALLÉES









# EDITO

## **Bruno Pideil, Tourist Office President and Mayor of Brides-les-Bains**

At the foot of the 3 Vallées, at the summit of your health, Brides-les-Bains has established itself over the years as the wellness destination, combining sport and health with nutritional expertise. Both a winter sports and thermal resort, it attracts thousands of people every year to enjoy the beauty of its mountain scenery and its recognised expertise in the weight loss and rheumatism treatments. All year round, it offers a wellbeing bubble to relax and recharge your batteries. In 2024, Brides-les-Bains came 49th in the ranking of the best towns in France\*.

Human sized, Brides-les-Bains is a haven of peace, where you can enjoy the Thermes' Spa, walk along the footpaths, or take advantage of the sports facilities and escape. To encourage people to get together, there are around fifty hours of free entertainment every week.

Throughout the spa season, we organise cultural and sporting festivities featuring music, comedy, cinema, and outdoor sports, including the not-to-be-missed Col de la Loze, the Tour de France's legendary mountain pass. This year also marks the return of the festival "Equilibre et Gourmandise", a unique culinary event during which we will celebrate the 10-year anniversary of the "Label Diététique".

Brides-les-Bains is a 4-season destination which provides an affordable change of scenery, with a wide range of accommodation and easy access by train (via the Moûtiers TGV station). The Tourist Office teams and locals work hard every day to make Brides-les-Bains the destination of choice for French and international tourists. We are happy to welcome them for a weekend or for the holidays and make their stay between lakes and mountains, an unforgettable experience.

**Have a great summer in Brides-les-Bains!**



\*Ranking established by "Ville de Rêve" in 2024, out of 34,945 French towns and villages..





39

walks and hikes

departing from  
Brides-les-Bains

1

casino

50

hours

of free weekly entertainment

More than **25**  
events a year

10

"Label Diététique"  
certified restaurants

More than  
**4800**

tourist beds  
in the summertime



THERMES DE BRIDES-LES-BAINS

1400

spa-goers  
treated per day in  
high season

270

employees  
in high season

93

individual  
treatment rooms

2,700<sup>m<sup>2</sup></sup>

of treatment and  
well-being space



# Brides-les-Bains, a 4 season base camp

Tucked-away in the 3 Vallées, just a few minutes from Moûtiers station, Brides-les-Bains is the ideal base camp for a wide range of activities, all year round, suiting all tastes and abilities.

For a weekend, a week or a spa treatment, Brides-les-Bains welcomes young and old for a lovely retreat at the foot of the Vanoise National Parc. Nestled in the heart of the magnificent Alpine massifs, the village offers a wide array of sporting, leisure, cultural activities, between lakes, mountain, pastures and peaks. With accommodation options to suit all budgets, the resort is an ideal base for exploring the region.

As one of France's most famous spa destinations, Brides-les-Bains is particularly popular with spa-goers and tourists looking for relaxation and a "healthy mind in a healthy body". But it's also a favourite with nature lovers, who appreciate the diversity of outdoor activities on offer in the area. Discover the hidden gems of the village on excursions and walks or visit a museum. And don't forget to make the most of the town's cultural offering, which includes comedy, music and film festivals!

It's a smart destination for anyone in need of fresh air and being out in nature, while taking advantage of the great deals on offer at this charming Savoie village resort.





A scenic mountain landscape. In the foreground, a dirt path winds through lush green and yellowing trees. Two hikers are walking away on the path. A wooden fence runs along the path. In the middle ground, a small building is visible on a hillside. The background features a large, rugged mountain peak with patches of snow under a clear blue sky.

# WHAT'S NEW THIS SUMMER?



## The "Equilibre et Gourmandise" festival is back!

In June, Brides-les-Bains is reviving its festival dedicated to food and health! A plunge into gastronomy and the culinary arts to show that pleasure and good health can go hand in hand.



## Les Thermes launches the "Méno'pause" program

The Grand Spa Thermal is launching a therapeutic spa program designed to deal with the symptoms and side-effects of this hormonal upheaval. Stress and weight gain can be both causes and consequences of menopause and dealing with both is our core business. A dedicated perimenopause programme is now available to women.

The "Méno'pause" program includes more than 51 treatments and activities dedicated to women in (pre)menopause amongst which a conference led by a dietician, workshops (cooking to prevent cardiovascular disease and osteoporosis, physical activity, managing the effects of the menopause), and thermal and beauty treatments.

**Sessions start on April 22nd, then every 15 days, beginning on Mondays.**

**9-day treatment, price €1,384**

## Cable car opening

Méribel <-> Brides-Les-Bains

Open on Sundays from early July to late August





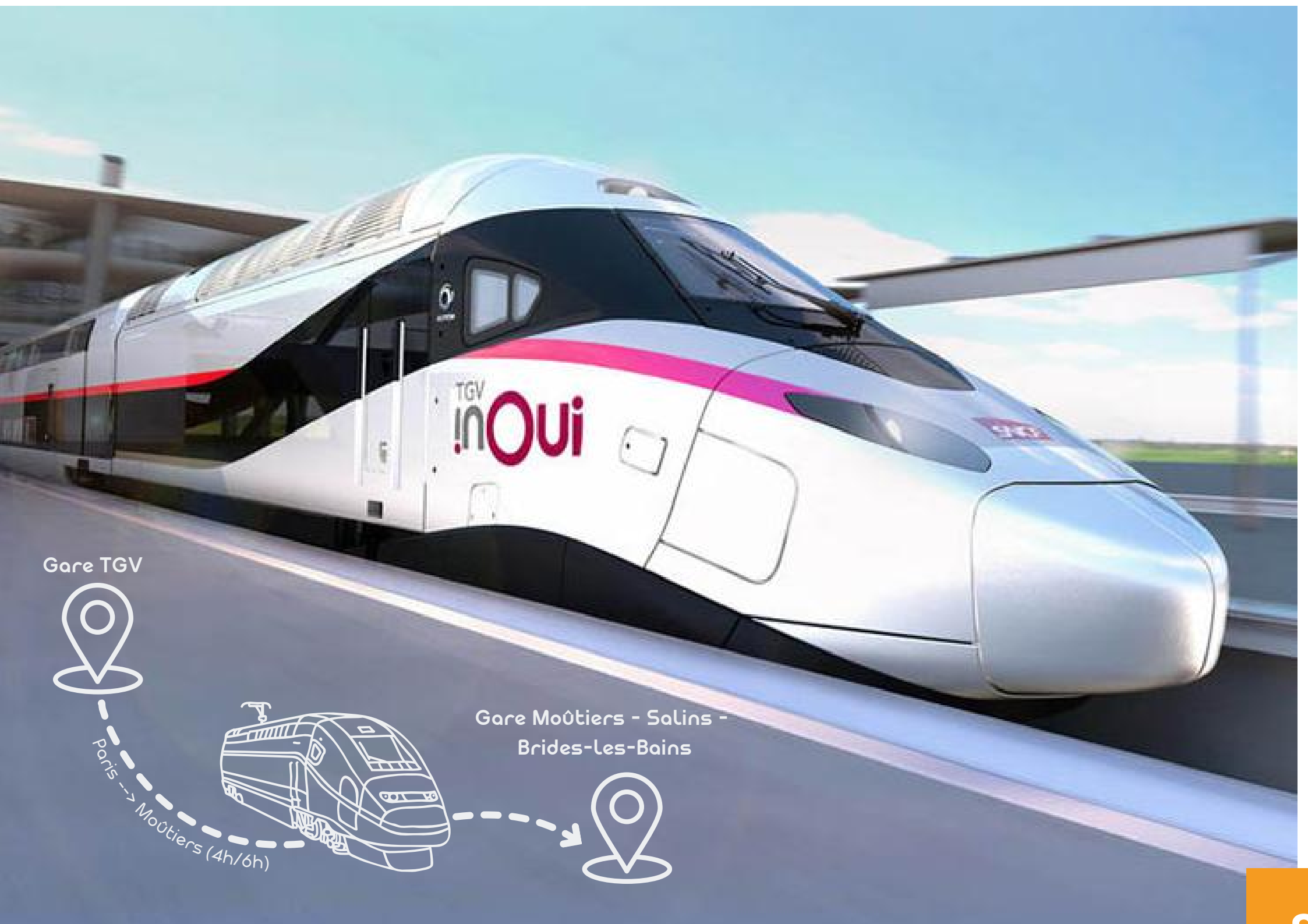
# Brides-les-Bains, a land of sustainable development

Brides-les-Bains is an ideal destination for nature lovers and sustainable tourism enthusiasts. A 4-season resort par excellence, it offers a wide range of activities, inviting you to discover and connect with the environment all year round.

Brides-les-Bains' natural surroundings is the assurance of instant change of scenery. All year round, it is an invitation to escape to a unique, environmentally friendly experience. [Brides-les-Bains shows that responsible tourism is possible.](#)

## A carbon neutral destination

The accessibility of the resort by train is a major asset for Brides-les-Bains, reinforcing its positioning as an eco-responsible destination. This carbon neutral travel option not only minimises the environmental impact of travel, but also embodies the resort's desire to facilitate greener tourism, in line with the aspirations of travellers who are conscious of their ecological footprint. By choosing to travel by train, visitors can make an active contribution to protecting the Alpine environment and enjoy a comfortable, relaxing journey, without the hassle of driving or parking.







## (Re)connecting with nature

Nestled in the heart of the French Alps, Brides-les-Bains invites visitors to return to their roots and reconnect with nature. Visitors are encouraged to observe the flora and fauna, to live fully in the moment and to become aware of the richness and fragility of the Alpine environment. Whether hiking or cycling, this immersion in nature goes hand in hand with an invitation to preserve it: the resort implements and promotes eco-responsible practices, from water management to waste reduction initiatives and raising awareness of local biodiversity.

### A zero phyto products approach

Brides les Bains, which has been awarded 3 flowers since 2008, embarked on a zero-phytosanitary approach in 2010, almost a decade ahead of current regulations. In practical terms, this means manual or mechanical weeding, the use of organic fertilisers, the recycling of green waste, no turning over of the soil, late and controlled mowing, etc.

## Committed stakeholders

Sustainable development is everyone's business at Brides-les-Bains. And while tourists and visitors are encouraged to preserve natural resources, the local businesses are also fully involved in this mission.

Waste management, composting, recycling, the use of renewable energies, a policy of local purchasing, making the most of the thermal spring water... Tourism and economic activity are carried out in compliance with strict ecological principles, ensuring their sustainability for future generations.





## Manager of Relief bar, which opened at the end of 2023

*Originally from Brides-les-Bains, I decided to create Relief with my partner Noémie Descieux because we are both passionate about the restaurant business. We wanted to create a place to live and learn, that would bring people together, inspire them, encourage them to share and promote a taste for things well done, based on two principles: modernity and locality. We offer craft beers, a list of traditional wines and refreshing drinks, modern and local cuisine, board games, books/magazines, and music.*

*The 'local' dimension is very important to us, which is why we favour sourcing from regional partners whenever possible. We also promote Savoie varietal wines from local estates. This allows us to adopt an eco-responsible approach while introducing our customers to local know-how!*





## A selection of committed summer activities



### Guided walks & hikes

Discovering the Parc National de la Vanoise and the area around Brides-les-Bains gives you the chance to explore the local flora and fauna. Insects, birds, vegetation... these moments also help to understand the importance of preserving Alpine ecosystems.

### Observing of flora and fauna

For those who don't want to walk for (too) long, nature-watching activities are available just outside Brides-les-Bains, allowing you to discover the region's characteristic animal and plant species, while promoting respect for and preservation of their natural habitat.



### Eco-designed thermal baths

The famous thermal baths of Brides-les-Bains offer an experience of relaxation and well-being in eco-designed facilities, using thermal water in a sustainable way and limiting energy consumption.

### Bike rides

Brides-les-Bains partners with O'Biclou, a company that rents out mountain bikes and electrically assisted mountain bikes. In total, around twenty bikes are available for hire.





# Brides-les-Bains, a land of culture

This year-round lively village is a prime destination for discovering the region thanks to its cultural and natural heritage. With a wide range of cultural activities and events, **Brides-les-Bains promises a holiday rich in exploration.**



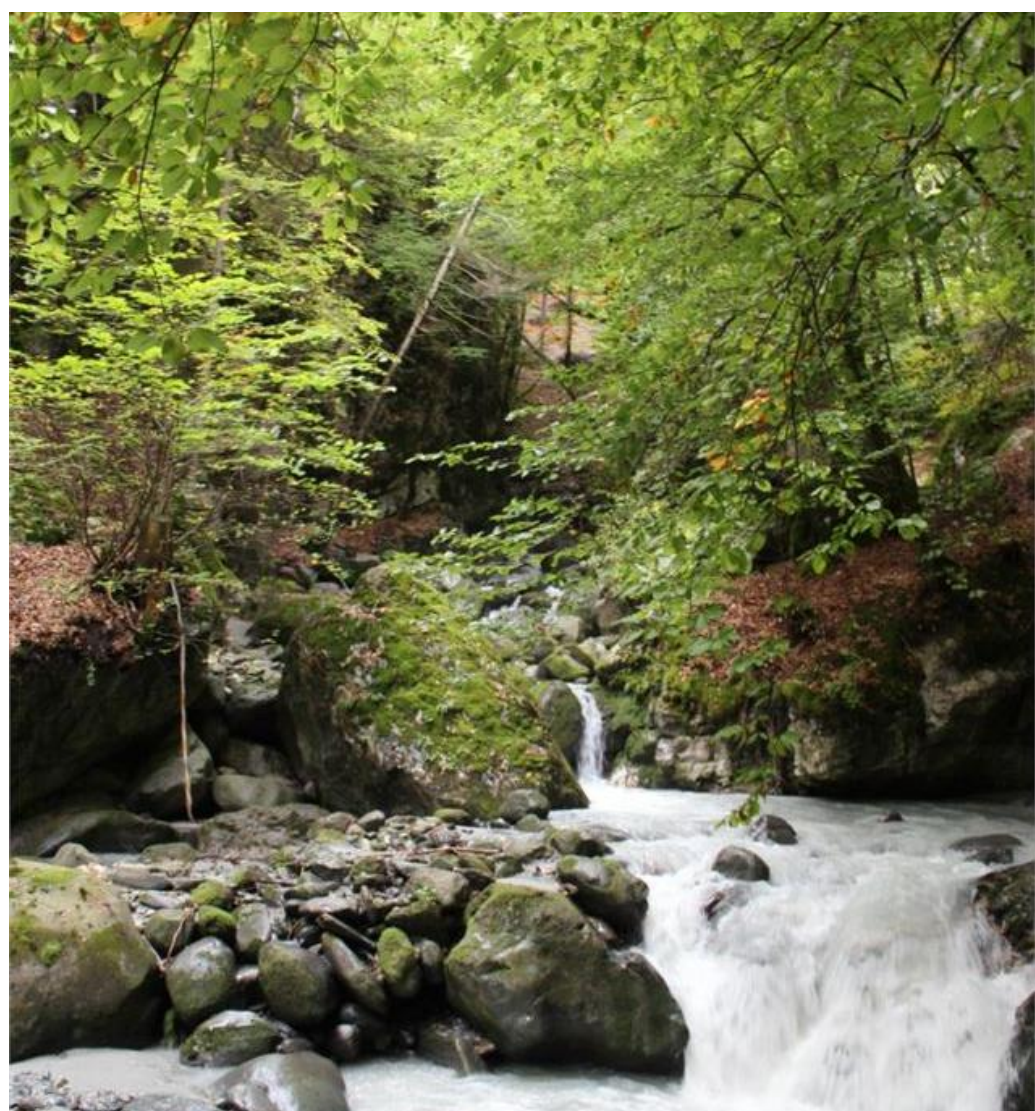
## An escape at the foot of the Vanoise Park

The wealth of biodiversity on offer in Brides-les-Bains is sure to win over nature lovers. The area and its surroundings abound in exceptional natural sites, with forests, lakes, rivers and mountains, making it the ideal destination to recharge your batteries.

The Tourist Office recommends walking along the river (Le Doron de Bozel or Le Doron des Allues), or taking the Gorge aux Pigeons footbridge to enjoy the views over the valley. For the best views in the region, choose Mont Bel Air, Col de la Loze, La Saulire, Le Cheval Noir, Cîme Caron or the summit of Crève Tête for breathtaking panoramas.

If you want to enjoy the forest air, head for the Bois de Cythère, it has been part of Savoie's natural heritage for over a century, or the Dent du Villard Forest. The altiport site is also home to a forest and lake, a paradise for outdoor activities.

For those who prefer lakes, there's plenty to choose from: Lac Bleu, Lac du Praz (where you can watch the top ski jumpers train and compete), Lac du Pêtre, Lac des Creux, Lac du Lou, Lac de Tueda, Lac de la Rosière (with its botanical trail and via ferrata for beginners), and Lac Merlet. Not forgetting the Bruyères lake, home to a remarkable ecosystem of frogs, dragonflies, trout, and brook salmon







## Discover Savoie

Chapels, mills, parks, museums, and typical little streets... as well as the mountains, from Brides-les-Bains you will find a wide range of activities to discover the region's heritage.

When it comes to museums, there's something for everyone! In Moûtiers at the Marius Hudry cultural centre: a mecca for Tarentaise heritage, it houses the Musée des Traditions Populaires and the exhibition gallery (paintings, sculptures, photographs, etc.). There is also the Musée d'Histoire et d'Archéologie, which illustrates the history of Moûtiers and the Tarentaise region from prehistory to the 19th century, and the Musée des Traditions Populaires, housed in the former archbishop's palace, which showcases the rural civilisation of the Tarentaise. History buffs will also appreciate the Musée de Saint-Martin, which traces 150 years of history in the upper Savoyard valley.

Another not-to-be-missed activity is a visit to the Beaufort cheese-making and maturing cellars! The Moûtiers dairy cooperative, just 10 minutes from Brides-les-Bains, offers a tour to delve into the secrets of the "thousand-flower" cheese.

## Not-to-be-missed festivities

Brides-les-Bains has a wide range of cultural events on offer, celebrating the arts in all their forms: cinema, shows, comedy, music, etc. The village lives to the rhythm of the events on offer.

Highlights include the "Brides fait sa comédie", a comedy festival in May, the "Lâche ta Brides" music festival and the "Equilibre et Gourmandise" food festival in June, the "Ça chante à Brides!" festival in August, and the famous Angoulême Francophone Film Festival via Brides-les-Bains in October.

## Regional favourites

The Brides-les-Bains Tourist Office has put together 5 not-to-be-missed excursions to discover the region's treasures. On the programme: the Col de la Loze, the climb up to Courchevel, the Plan de Tueda nature reserve in Méribel, the Cornet de Roselend and rafting on the Doron de Bozel.

Go to <https://www.brides-les-bains.com/ete/decouvrir/top5-excursions/>



## Town councillor responsible for local events and vice-chairman of the comité des fêtes

*I've lived in Brides-les-Bains all my life and worked in the area for over 30 years. As a child, I was impressed by the village's festive events, particularly the St John's bonfire and the Fête Nationale (Bastille Day), which brought together locals and neighbours to share moments of conviviality. It's to keep this festive spirit alive that I've devoted myself to the town. Our aim is to bring everyone together to rediscover the festivities and conviviality of yesteryear. That's why we've introduced events such as the "Lâche ta Brides" music festival, which will take place from 19 to 23 June this year and features a programme of world music (Cuban, African, etc.). Music is particularly popular in Brides-les-Bains: the "Ça chante à Brides" festival, which started out as a simple karaoke session, has become a genuine singing competition with around twenty members of the jury, who are themselves musicians and give a concert at the end of the competition. Today, it's a real rendez-vous for spa-goers, who book their treatments on these dates so they can take part every year! This festive spirit has helped to win the loyalty of people who come for a spa treatment, who appreciate these moments of sharing and getting together to enjoy a fun event every year. Of course, the town also offers many festivities for the locals, such as "La Rioule", which is designed for them and takes place in November, to create a real village festival. Our guiding principle for a successful event is that people should enjoy themselves and leave with a smile on their face!*









# Brides-les-Bains, a land of sports and leisure activities

Between lakes, mountain pastures and peaks, the area offers a host of outdoor and indoor activities for young and old alike. At the foot of the 3 Vallées, Brides-les-Bains is the perfect place for sports lovers and top-level sportsmen and women alike. **The village resort offers a wide range of leisure activities to suit all tastes.**



## The outdoor sports base camp

Located in the Tarentaise region, Brides-les-Bains enjoys a privileged location in the heart of the 3 Vallées, on the edge of the Vanoise National Park. It's a popular destination for hikers, who love to explore the unspoilt natural environment and discover the wealth of local wildlife. The most enthusiastic trekkers enjoy bivouacking in wilderness or high mountain areas.

Don't miss the Plan de Tuéda nature reserve, 30 minutes from Brides-les-Bains. Stretching from Lac de Tuéda to the base of the Gébroulaz glacier, it is home to over 545 plant species and around 400 animal species. There are a variety of trails for gentle walks and hikes, which can include an overnight stay in a refuge.

Brides-les-Bains is also particularly popular with cyclists, notably for its legendary mountain passes: Col de la Madeleine, Col de l'Iseran, Cormet de Roselend... The town, which has hosted the Tour de France, organises the annual Gran Fondo Col de La Loze Cyclo sportive, where cycling enthusiasts come together to challenge the legendary Col de la Loze.

And the adventure doesn't stop there: during the summer, Brides-les-Bains offers 50 hours of free sporting activities a week, with a choice of stretching, zumba, gym, step, dance... It's also an opportunity to try soft aerobics (low-intensity sports classes), or to attend free outdoor yoga and Pilates classes.

Thanks to its privileged location in the 3 Vallées, from Brides-les-Bains, tourists will have easy access to white-water rafting, canoeing, horse-riding, skating, fishing, golf, accrobranche (tree climbing) and via-ferrata (zip wire).





## A popular destination for top athletes

Because fitness and health are at the heart of Brides-les-Bains' DNA, the town has forged partnerships with top sportsmen and women, including Orsatus Ski Racing (skiing) and SD Worx (cycling). Throughout the year, the accommodation establishments welcome athletes who come to train in the area.

Brides-les-Bains is also a partner of the Brooks Trail Project, whose aim is to give young trail runners aged between 15 and 21 access to a comprehensive training programme to help them become world-class athletes. This training includes all aspects of preparation: physical, mental, and also nutrition, a speciality of Brides-les-Bains. As a result, athletes benefit from comprehensive support and a privileged training ground, where the best trail routes are defined.

*"The many trails around Brides-les-Bains make an exceptional playground. Each relief is interesting, the singles are playful, the profiles are in line with our expectations and the variety of trails is a major factor. There are dozens of combinations that can be adapted to suit the variety of training sessions our youngsters undertake. High-quality accommodation, catering that can be adapted to your needs and a wide range of facilities suited to top-level sport make Brides-les-Bains an ideal base camp when you're developing an innovative sports project like ours. Today, our athletes are in favour of renewing our partnership with the staff. Brides-les-Bains is their second home, their sporting reference point."*

**Sébastien Jouanneau, Manager of the Brooks Trail Project.**



**Good to know:** the training sessions of top athletes can be found on the Brides-les-Bains account on the Strava application. The athletes on training courses record their training routes, on bike, trail, and ski, giving everyone the opportunity to get inspired from their sporting careers and create their own.

## Casino des 3 Vallées

Brides-les-Bains' casino is the ideal place for entertainment and socialising. Open every day of the year, it has slot machines, an English roulette table and a blackjack table (for adults only). In addition to the games, the complex also includes a bar-restaurant and a nightclub.





## Brides-les-Bains town councillor in charge of sport

*Brides-les-Bains is definitely a sports town! In summer and winter alike, we welcome amateur and professional sports enthusiasts from all walks of life to enjoy the pure mountain air and the region's many assets. Walkers and hikers appreciate the diversity of trails on offer, to suit all levels and tastes. Cyclists flock to the area for a bike ride or to take part in the cyclo sportive to climb the Col de la Loze. Brides-les-Bains is also the place to be for sports enthusiasts of all kinds: it's the ideal base camp if you want to change perspective (paragliding, tree climbing, zip-lining) or dive in (swimming, rafting, canoeing, fishing). We're also proud to be the place chosen by Brooks Trail Project and SD Worx for their all-season fitness training. We're delighted to be able to put our resources and expertise at their service to ensure they have the best possible conditions in which to perform and have the very best results!*









# Brides-les-Bains, a land of well-being

Brides-les-Bains is a spa village where health and well-being are at the heart of its DNA. The resort welcomes around 10,000 spa visitors every season.



The Grand Spa Thermal, the largest in the Alps, offers 2700m<sup>2</sup> of treatment and relaxation areas, where you can benefit from the very best in thermal expertise. Much more than just a stay at the spa, it's a destination that combines well-being and health to recharge your batteries.

Brides-les-Bains is France's No. 1 spa for slimming down and treating rheumatism. The thermal baths offer two ways to take charge of your health: subsidised thermal treatments and the Grand Spa with its short slimming and well-being treatments.

The spa establishments have treatment areas, particularly for rheumatology, but also a nutrition area, a place dedicated to physical activities and a thermal swimming pool. Derived from the Salins springs, this naturally warm water improves peripheral blood circulation, increases blood flow and balances blood pressure.



In addition to the thermal baths, the Brides-les-Bains Tourist Office offers spa-goers all-round support to help them get back into shape, including gentle walks designed especially for them, more than 50 hours of free entertainment every week, and cultural programmes to help them make the most of their stay.





## An invitation to relax and unwind

The Grand Spa offers both slimming and well-being breaks and à la carte treatments (massages, beauty treatments for the face and body, etc.). In summer and winter alike, hammams, saunas and steam baths with aromatic plants offer a haven of well-being. An 18-metre-long leisure pool with 2 indoor and 2 outdoor jacuzzis, 2 bubble beds, underwater jets, 6 swan necks and other water games, and a 25-metre-long swimming corridor.

## Thermal spring water to combat excess weight and rheumatism

The thermes of Brides-les-Bains and Salins-les-Thermes benefit from unique thermal springs with targeted therapeutic properties for **slimming and treating rheumatism**.

Prescribed by the spa doctor, Brides-les-Bains water is administered in two complementary ways: as a **drinking treatment** to benefit from its appetite-suppressant properties, and as a **spa treatment** with anti-cellulite, circulatory and relaxing properties.

The composition of the thermal spring water combined with the treatment techniques allows to act on:

- **weight loss:** thermal water treatments act on blood circulation, cellulite deposits, skin tone and water retention, while balancing blood pressure.
- **rheumatism:** the combination of warm thermal water and manœuvres has an analgesic, decongestant, relaxing and sedative effect, relieving muscular tension and easing joints.

Approved spa treatments, through programmes created by spa professionals, provide comprehensive, personalised care. They can be used to treat excess weight and its metabolic disorders, such as type 2 diabetes, rheumatism (osteoarthritis, back disorders, joint pain), but also offer a dual approach to treat both pathologies at the same time. The spa has also developed therapeutic patient education programmes, approved by the ARS, to help patients manage excess weight or understand and balance their diabetes.

The "Young 13-17 YO" health education programme, which runs during the school summer holidays, aims to teach under-18s a new lifestyle. It is a practical way of combining nutrition and physical activity, with a long-term aim.

## New for 2024: the "Méno'pause" treatment

The thermes has launched a therapeutic spa treatment to deal specifically with the symptoms and side-effects of this hormonal upheaval. From diet and physical activity to stress management, a dedicated perimenopause programme is available to women.

*Sessions start on April 22nd, then every 15 days, beginning on Mondays.*

*9-day treatment, price €1,384*

**Tip:** the town and the thermal baths have set up a thermal shuttle service between Brides-les-Bains and Salins, so that people taking the waters don't have to use their car to get the treatments they need at the Salins thermal pool.





## General Manager of the Sources d'Équilibre spa complexe

After a career in real estate, Laura Landry worked for a long time in the tourism sector (for Vacances Bleues, ResidHôtel and ValVital) before being appointed by the Société Européenne de Thermalisme as General Manager of the Sources d'Équilibre spa complex, which includes the Thermes de Brides-les-Bains and d'Alleverd, the Golf Hôtel and the Savoy Hôtel.

*What sets us apart is our expertise in the treatment of obesity, offering a whole range of complementary programmes for this condition, both in the thermal baths and in the Spa. We also have a dedicated team to help spa-goers achieve long term weight loss, supported by Dr Jean-Michel Lecerf (head of the Nutrition Department at the Pasteur Institute in Lille). Our approach is holistic, based on scientific studies and thirty years' experience, and we are proud to boast a customer satisfaction rate of over 90%. Spa treatment is a fascinating profession, combining the human, medical and social aspects. I'm delighted to be fully involved in a village as active and lively as Brides-les-Bains, where well-being and health are becoming a way of life, where the mountains meet peace and quiet, and where every moment is an invitation to tranquillity.*





## Testimonials from spa visitors

**Sonia takes a 3-week spa cure every year and spends two or three months in Brides-les-Bains to take advantage of all the facilities on offer:** *“I could follow a spa treatment a few kilometres from home, but I prefer to come to Brides-les-Bains! It’s all the extras, I can take advantage of over 50 hours of free entertainment and activities offered by the tourism office: dancing, gentle gymnastics, and concerts. It’s the atmosphere and the entertainers that make the difference.”*

**Hélène and Marie-Hélène are a fantastic pair! Every year, they come to Brides-les-Bains for their spa treatment, to enjoy the atmosphere and entertainment in the spa village:** *“There’s lots of entertainment, walks, concerts and dancing with incredible choreography by Claire (the entertainer). She’s very generous and gives a lot of her time and energy!”*



# Brides-les-Bains, a land of delicacies

Brides-les-Bains, where diet meets gastronomy, the village is the destination of choice for gourmets looking to kick-start their eating habits without depriving themselves.



## A dietary label unique in France

Created in 2013, the Label Diététique is an initiative exclusive to Brides-les-Bains, the only town in France to be awarded this label. Its aim: to offer healthy, tasty nutritious cuisine, in line with the menus prescribed by spa doctors for the spa goers, while maintaining a high standard of food quality using fresh, local produce. With 73 criteria to meet, this is your guarantee of complete nutrition care.

The aim of this label is to combine fresh food with a balanced diet, in line with the spa treatments on offer. To achieve this, chefs, hotel & restaurant staff receive ongoing nutrition training.

Thanks to the chefs' commitment in the certified restaurants, the Label Diététique complies with the requirements of a slimming treatment and aims to reconcile healthy nutrition, gastronomy, and gourmet cuisine. The dieticians at the Les Thermes nutrition centre regularly create new recipes and technical sheets for themed meals (for example, a low-fat tartiflette).



In 2024, 10 restaurants are certified, amongst which 9 hotel restaurants:

- Golf Hôtel\*\*\*\* (La Table du Golf)
- Grand Hôtel des Thermes\*\*\*\* (Restaurant Les Cèdres)
- Hôtel L'Altis\*\*\* (Restaurant Le Val Vert)
- Hôtel L'Hermitage\*\*\*
- Hôtel L'Amélie\*\*\*/La Vanoise 1825\*\*\* (Restaurant Les Cerisiers)
- Hôtel Les Chalets\*\*\*
- Hôtel Le Verseau\*\*\*
- Hôtel Le Savoy\*\*\*
- Hôtel Le Centre\*\*
- Restaurant La Maison de Marielle





THE  
**“EQUILIBRE ET  
GOURMANDISE”**  
FESTIVAL IS BACK

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Brides-Les-Bains is reviving its food and health festival!

In June, the region is offering a plunge into gastronomy and the culinary arts to show that pleasure and good health can go hand in hand. The village will come alive for a few days to highlight the benefits of eating well, without depriving yourself!



## Owner of the Altis Val Vert hotel, a three-generation family-run business

*Diet has always been a fundamental aspect of Brides-les-Bains, but it has changed a great deal over the years. In the past, each establishment offered diet cuisine, but each had its own vision: for some, it was a low-fat cuisine, for others it meant banning starchy foods and/or fat, and for others it was based on high-protein or water-based diets. These diets were very restrictive and therefore difficult to maintain... The creation of the label nearly 10 years ago has harmonised the offer while guaranteeing a balanced cuisine.*

*The support of the Nutritional Centre and the dieticians attached to each restaurant has enabled us to work on menus that are both delicious and nutritious. No deprivation, now we're all working together to relearn how to eat well. No food is forbidden, spa goers learn to eat everything in moderation. The certified restaurants support them in their efforts and help them appreciate the quality of the food on their plates, to help them get the ball rolling.*

*Jean-Pascal, the chef at Altis Val Vert, has always worked with this type of cuisine. He works with fresh, seasonal produce to offer healthy, tasty cuisine. He places particular emphasis on presentation, as visual appeal is just as important as taste. Mealtimes should also be a time for pleasure! To take things a step further, he even offers a vegan menu once a week, to showcase the diversity of possible dishes while maintaining a varied diet! We must fight against the clichés of punitive and ultra-restrictive diets and (re)connect with the pleasure of a balanced diet. Brides-les-Bains is undoubtedly the village for eating well and feeling better.*









# Don't miss out!

Avril

## Le défi de l'Olympe

14th April

*A fun event for climbing kings!*

A 6-hour challenge, timed climbs in the gorges, starting from the resort of Brides-les-Bains. The aim is to complete as many climbs as possible, alone or in a team!



## Brides fait sa comédie

From 17th au 19th May (20:30)

*Because laughter is the best medicine, the Doron cinema*

This comedy festival, which showcases young talent as well as established comedians from the region, is back for its 17th edition with a colourful line-up of shows.

On the programme: Charlotte Boisselier on Friday, Gabriel Dermidjian on Saturday and Jean Luc Lemoine on Sunday.

Mai

## Equilibre et gourmandise

From 13th au 16th June

*The return of the Festival dedicated to food and health*

For three days, gastronomy and the culinary arts will be in the spotlight at this event, which is firmly rooted in the DNA of Brides-les-Bains, to make gastronomy accessible to all and to help people learn how to reconcile good food and balance in their daily lives.



Juin



## Lâche ta Brides

From 19th au 23rd June

*The music festival returns for a 3rd edition*

A unique event organised to celebrate the Fête de la Musique, with concerts and food trucks. This year, the spotlight will be on world music.



## Fête nationale (Bastille Day)

Juillet



13th July  
Stars in their eyes

Come and enjoy the traditional 14th July fireworks display in the thermal park with your family or friends.

## Cyclo sportive Gran Fondo Col de La Loz

Le 28 Juillet

A 5th edition to take up the challenge of the Alpine giant!

Cycling enthusiasts are expected in Brides-les-Bains to challenge the legendary Col de la Loze on 4 routes ranging from 30km to 117km, with gradients ranging from 741m to 4,377m. **Good news:** electrically assisted bikes are welcome.



CA  
CHANTE

## Ca chante à Brides

4th August

A musical day to join and sing along

The spa park is transformed into a musical stage for a day packed with entertainment, including singing competitions, live karaoke, blind tests, and concerts.

Août

## Organic Wellness & Beauty Fair

From the 14th et 15th septembre

Take some time for yourself at Salon 3B

Workshops, beauty product launches, lectures... There's something for everyone. **The little extra:** a free hand treatment for everyone!



Sept

## European Heritage Days

21st et 22nd September

For history buffs

As well as its beautiful countryside, Brides-les-Bains is a village steeped in history. This weekend's programme includes lectures, exhibitions and guided walks.



## Festival du Film Francophone d'Angoulême via Brides-les-Bains

From the 2nd to the 6th Octobre

Celebrating the 7th art

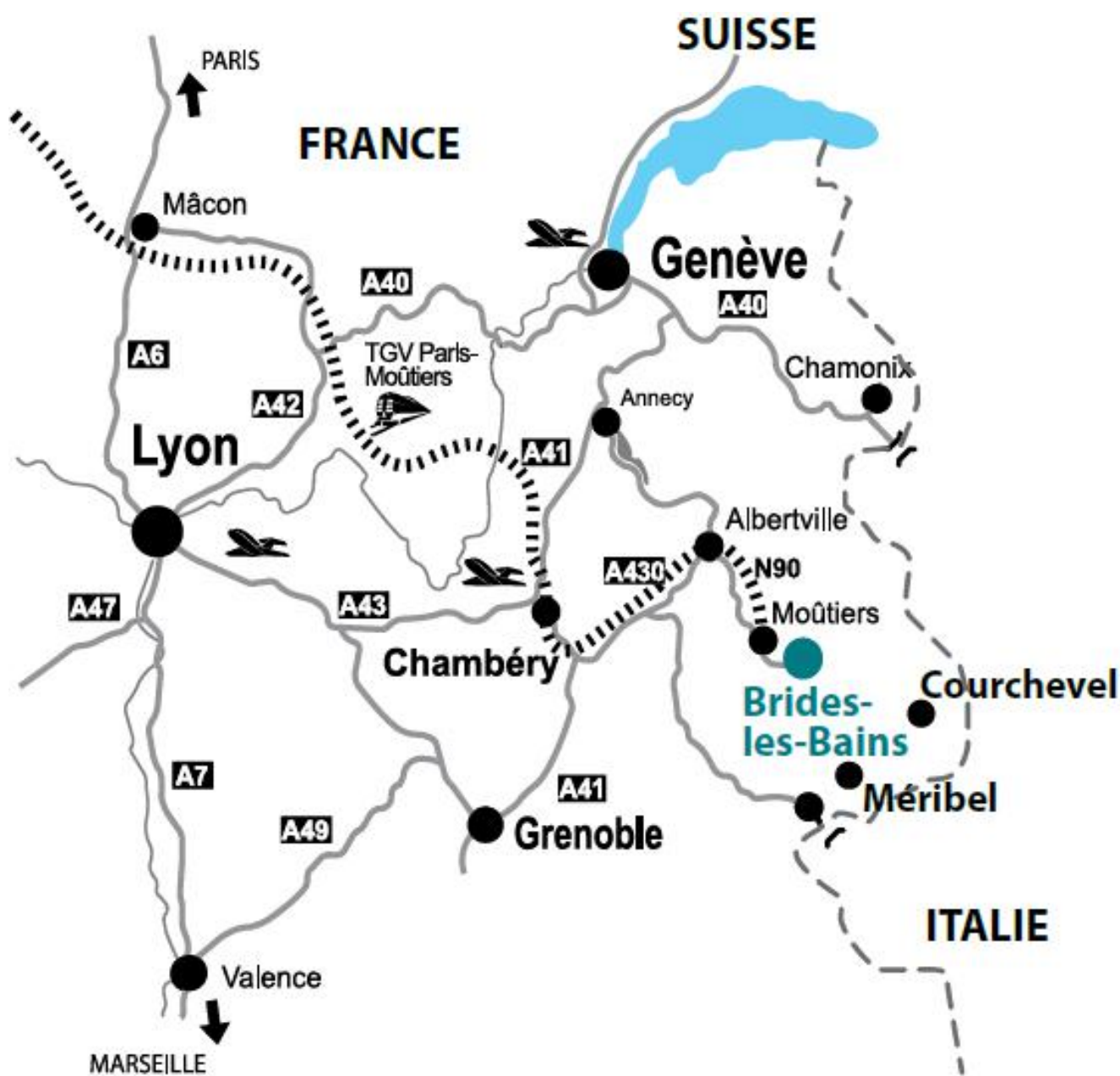
A not-to-be-missed back-to-school event in the Tarentaise region, it offers audiences a chance to see the French-language films that won awards at Angoulême, as well as previews in the presence of the film crews. Prestigious film producer and agent Dominique Besnehard presents his selection of nuggets to spa-goers and holidaymakers in his beloved town.



Oct



# Discover Brides-les-Bains



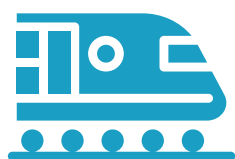
PARTAGEZ VOS PLUS BEAUX SOUVENIRS  
EN TAGUANT VOS PHOTOS AVEC  
#LES3VALLEES  
#INFINITEMOUNTAINEXPERIENCES  
f 3VALLEES.FRANCE  
@ LES3VALLEES\_OFFICIEL

## RÈGLES DE BONNE CONDUITE À AVOIR EN MONTAGNE MOUNTAIN CODE OF CONDUCT

- Ne pas jeter de déchets dans la nature  
*Do not leave your rubbish in the mountain environment*
- Emporter tous ses déchets, également lors de séjours en refuge  
*Take all of your waste home with you, even when you are staying in a mountain refuge*
- Porter un casque et des protections adaptés (gants, genouillères, coudières...)  
*Wear a helmet and protective gear (gloves, knee pads, elbow pads...)*
- Ne pas pratiquer le VTT en dehors des itinéraires balisés, respecter les tracés et les alpages, ne couper pas les sentiers.  
*Stay on the paths: taking shortcuts can cause erosion that is very difficult to repair once the damage is done.*
- Plusieurs itinéraires sont partagés, respecter les autres utilisateurs de la montagne, laisser toujours la priorité aux piétons.  
*Several routes are shared with other mountain users. Please respect them and remember that pedestrians always have right of way.*



## Accès



### By train

Moûtiers - Salins - Brides-Les-Bains TGV station 6 km away  
SNCF information and timetables  
Tél. 3635 (0,40 €min)  
[www.sncf-connect.com](http://www.sncf-connect.com)



### By car

Motorway and expressway  
6 km From Brides-Les-Bains.  
Then head towards the Bozel valley / Brides- les-Bains



### By taxi

Find the full list on [brides-les-bains.com](http://brides-les-bains.com)



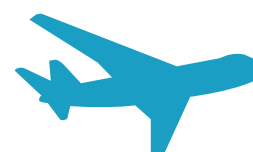
### By bus

Moûtiers bus station: ALTIBUS  
Tel. +33 (0)820 320 368 (0,118€min)  
[Altibus.com](http://Altibus.com)



### By private shuttle

All airports are served by private shuttles. These shuttles offer greater flexibility in terms of timetables, at a better price than private taxis.



### By plane

**Aeroports**  
Lyon Saint Exupéry / 150 km (1h40)  
Tel. +33 (0)826 800 826 (0,15€min)  
[Lyonairports.com](http://Lyonairports.com)

Genève / 120 km (2h)  
Tel. +41 (0)22 798 20 00  
[gva.ch](http://gva.ch)

Chambéry / 90 km (1h15)  
Tel. +33 (0)4 79 54 49 54  
[Chambéry-airport.com](http://Chambéry-airport.com)

Grenoble / 160 km (1h50)  
Tel. +33 (0)4 76 65 48 48  
[grenoble-airport.com](http://grenoble-airport.com)

For all coach connections from the main airports: [altibus.com](http://altibus.com)  
Tel. +33 (0)820 320 368 (0,118€min)



DESCENTE / ENDURO  
VTTAE / PUMP TRACK ET LUDIZONES



TARIFS ETÉ 2023 (2023 PRICES)		Adulte		Enfant		Totaux	
ENFANCE (0-11 ans)	15,00 €	15,00 €	7,50 €	-	-	22,50 €	-
JUNES (12-17 ans)	20,00 €	20,00 €	10,00 €	10,00 €	10,00 €	40,00 €	-
ADULTE (18-64 ans)	35,00 €	35,00 €	17,50 €	17,50 €	17,50 €	70,00 €	-
SENIOR (65 ans et +)	30,00 €	30,00 €	15,00 €	15,00 €	15,00 €	60,00 €	-

VALLÉE DE COURCHEVEL   DU 05/07 AU 23/08		VALLÉE DE MÉRIBEL   DU 05/07 AU 23/08		BRIDES-LES-BAINS / MÉRIBEL   DU 05/07 AU 23/08	
01	01	01	01	01	01
02	02	02	02	02	02
03	03	03	03	03	03
04	04	04	04	04	04
05	05	05	05	05	05
06	06	06	06	06	06
07	07	07	07	07	07
08	08	08	08	08	08
09	09	09	09	09	09
10	10	10	10	10	10
11	11	11	11	11	11
12	12	12	12	12	12
13	13	13	13	13	13
14	14	14	14	14	14
15	15	15	15	15	15
16	16	16	16	16	16
17	17	17	17	17	17
18	18	18	18	18	18
19	19	19	19	19	19
20	20	20	20	20	20
21	21	21	21	21	21
22	22	22	22	22	22
23	23	23	23	23	23
24	24	24	24	24	24
25	25	25	25	25	25

VALLÉE DE MÉRIBEL		VALLÉE DE COURCHEVEL	
01	01	01	01
02	02	02	02
03	03	03	03
04	04	04	04
05	05	05	05
06	06	06	06
07	07	07	07
08	08	08	08
09	09	09	09
10	10	10	10
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20	20	20	20
21	21	21	21
22	22	22	22
23	23	23	23
24	24	24	24
25	25	25	25



## Good to know

The Brides-les-Bains Tourist Office has launched its marketplace. This online booking interface offers a centralised platform for booking holidays, accommodation, activities, festivals, and other events, so you can benefit from the best rates and easy booking.

From this summer onwards, the Tourist Office will be using **RoadBook**, a personalised app for each traveller that compiles recommendations from travel advisors.

<https://roadbook.travel/>







### **Tourist Office**

2 place du Centenaire  
73570 Brides-Les-Bains  
+33 (0)4 79 55 20 64  
[www.brides-les-bains.com](http://www.brides-les-bains.com)

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