

PRESS KIT

Brides-les-Bains
The source
of Les 3 Vallées



SUMMER 2026

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editorial

Editorial by Pauline Cappozzo, Director of the Tourist Office

“Nestled in the heart of Savoie, Brides-les-Bains draws on all its assets to offer visitors a unique slow tourism experience every summer, combining relaxation, nature, sport and wellbeing. A renowned spa resort, the village invites you to enjoy a true break that is both physically revitalising and mentally relaxing, in an unspoilt mountain setting.

This year, the Tourist Office is once again offering a rich and diverse programme to suit all tastes and every holiday agenda. Over 50 hours of free activities (wellbeing, sports, exploration and initiation) are organised each week and are popular among locals, spa guests and tourists. On the cultural side of things, we are delighted to announce the return of events such as the Comedy Festival, Lâche ta Brides and the eagerly awaited Angoulême Film Festival via Brides-les-Bains!

For keen cyclists, the major event is once again the Col de la Loze Challenge (formerly the Gran Fondo Col de La Loze), held on the Alpine giant. Les 3 Vallées is a unique playground for both professional and amateur sportspeople and offers all the advantages of mountain life, from hikes to cycle touring via white-water activities, via ferrata and tree-top adventure courses... All against a backdrop of breathtaking panoramic scenery! New this year: the Grand Raid des 3 Vallées, a recently created four-day ultra-trail during which some of the participants will be passing through our village resort, which will also serve as a base camp for athletes.

Not to mention, of course, essential time to relax at the Grand Spa Thermal, one of the largest spas in France! The complex welcomes both holidaymakers and spa guests for deep relaxation and a chance to unwind in its sauna, hammam and jacuzzi or during custom treatments.

Whether for a weekend or longer, Brides-les-Bains is the ideal destination for recharging your batteries in the heart of the mountains, in a pleasantly sized, authentic village. The team at the Tourist Office and all the local professionals invite you to come and take a breather, get active and simply enjoy life this summer.

Enjoy your time in Brides-les-Bains!”



Pauline Cappozzo,
Director of the Brides-les-Bains
Tourist Office

BRIDES-LES-BAINS:

A SOURCE OF

MOUNTAIN LIFE

In Brides-les-Bains, everything starts with the thermal spring: it treats, nurtures, refreshes and moves you. Water guides every experience, from the spa to the footpath, from food to the river.

Nestled in the heart of the Tarentaise valley, just a stone's throw from the Vanoise National Park, Brides-les-Bains has always been closely connected with water. A source of life, health and wellbeing, it has shaped the identity of this Savoyard village that is now a **top destination for spa therapy and recovery**. Resolutely focused on slow tourism, it is an ideal destination for reconnecting with oneself and nature.

The history of Brides-les-Bains starts with its thermal spring. Known for its curative virtues since the 16th century, the naturally hot mineral water has guided the village's growth. **Our relationship with water has forged our DNA**. As early as the 19th century, the development of spa therapy made Brides-les-Bains a popular destination for treating overweight and rheumatism. Today, the Thermes and the Grand Spa Thermal perpetuate this unique know-how, combining medical expertise, nutritional guidance and overall wellbeing.

Brides-les-Bains is also home to many walking and cycling routes for all levels, with **footpaths, forests and panoramic alpine views to admire and explore**. In addition, the Tourist Office organises a rich and diverse programme of events throughout the summer: cultural festivals, sports and music events punctuate the season.

Easily accessible by train via the Moûtiers - Salins - Brides-les-Bains TGV train station, the village is an eco-friendly destination that guarantees both a change of scenery and authenticity. With its **wide choice of accommodation options**, it has something for every budget, allowing visitors to enjoy the great outdoors in a pleasantly sized village that invites you to slow down, take a breather and look after yourself.

KEY FIGURES

600

metres above sea level



9

restaurants

with the healthy eating label



50 hours

of free activities per week

2,700m²

of treatment and wellbeing spaces



Over

5,000 beds

available for tourists



Up to
1,400 spa guests

can enjoy spa treatment each day

**306,000
overnight
stays**

in summer

A SOURCE OF WELLBEING IN THE HEART OF THE ALPS

Wellbeing and relaxation are central to life in Brides-les-Bains. Locals, holidaymakers, spa guests and sports lovers can re-energise and enjoy the benefits of the thermal waters in an unspoilt mountain setting.

The Grand Spa Thermal: an invitation to relax

Located on the banks of Brides-les-Bains' thermal waters, the Grand Spa Thermal is one of the largest spa complexes in France, boasting 2,700m² dedicated to wellbeing and recuperation: jacuzzi, hammam, sauna, water jets, swimming lanes, etc. Guests can enjoy massages, custom treatments and time to relax in its modern facilities.

In an approach focused on wellbeing and revitalisation, the Grand Spa Thermal offers a selection of spa breaks designed by the spa team, allowing guests to benefit from the virtues of the thermal waters and professional know-how. **The Décllic and Parenthèse breaks are a must for benefiting from the best of our thermal spa expertise.**

- **Parenthèse (3 days of pure relaxation):** a spa stay with 14 treatments and activities to recuperate and recharge your batteries (drinks plan, individual treatments, massages, exfoliating treatments, jet shower, seaweed wraps, physical activity, wellbeing sessions, etc.).
- **Décllic (6 days to lose weight):** a programme to learn how to lose weight, start weight loss and change your habits through spa water treatments, body treatments, massages, physical activity, wellbeing sessions and tailored nutritional guidance.



New in 2026: the Souplesse break (4 days)

A special rheumatology course that includes a selection of thermal water and body treatments to restore mobility, relieve posture-related pain and release tension. On the programme: airjet baths, massage jet baths, wraps, massages, aqua fitness sessions, etc.

A photograph of a spa interior. In the foreground, two women are relaxing in a large, white, circular hot tub filled with bubbling water. They are both smiling and looking at each other. The hot tub is set on a light-colored tiled floor. In the background, there are white columns, a wooden table with a decorative vase, and a doorway leading to another part of the spa. The ceiling is a light blue color with a subtle pattern.

BRIDES-LES-BAINS: THE N°1 SPA DESTINATION IN FRANCE FOR WEIGHT LOSS

Drawing on over 170 years of experience, Brides-les-Bains is the top French spa destination specialised in lasting weight loss and rheumatism treatment, thanks to its unique thermal springs with targeted therapeutic properties, located in Brides-les-Bains and Salins-les-Thermes.

Our accredited spa stays guarantee tailored and comprehensive care through programmes designed by spa professionals, enjoyed by 9,000 spa guests each year.



***New in 2026:
two new mini-breaks!***

- **Un pas vers l'équilibre for 18-25 year-olds (5 days)**
A mini-break designed for young adults who want to look after their health and improve their weight, in order to fight obesity. The programme includes four daily thermal treatments, five physical activity sessions, two individual dietary consultations and three practical workshops.
- **Douleurs articulaires (5 days)**
A revitalising and fast-acting mini-break to relieve joint and muscular pain. The programme combines the therapeutic benefits of the thermal waters with targeted moments of relaxation to restore joint mobility during a short stay.

Find out more at www.thermes-brideslesbains.fr

A SOURCE OF FLAVOUR AND INDULGENCE

Brides-les-Bains combines healthy eating and gastronomy in order to provide the perfect destination for foodies who want to eat well without feeling deprived.

THE HEALTHY EATING LABEL, A UNIQUE INITIATIVE TO PROMOTE INNOVATIVE HEALTHY FOOD



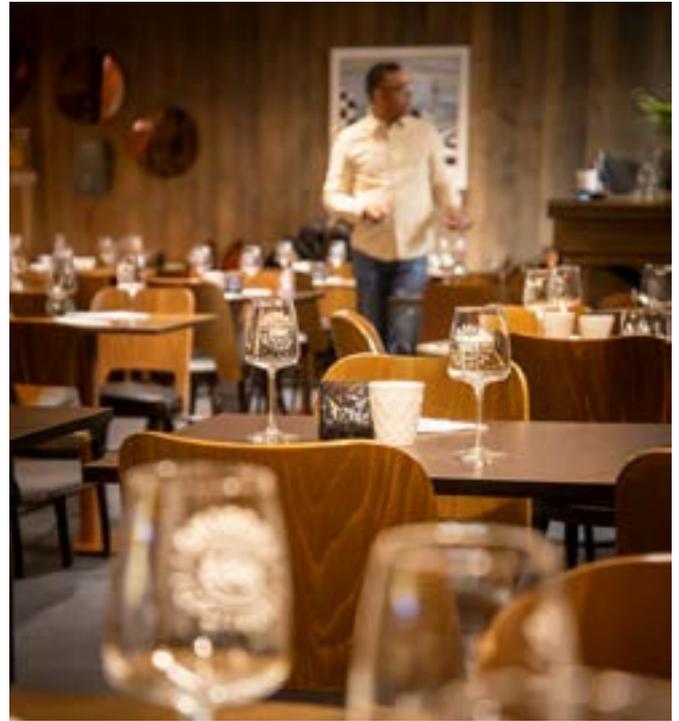
The Label Diététique (Healthy Eating Label) was created in 2013 and is exclusive to Brides-les-Bains, which is the only town in France to have such an accreditation. The aim is to provide light, healthy and delicious food that respects the meal plans drawn up for spa guests by the resort's dieticians, while maintaining high quality standards and using fresh local produce, in collaboration with local chefs. Based on 58 criteria, it ensures full nutritional support.

The initiative aims to combine fresh ingredients with a balanced diet, in accordance with the spa treatments. Chefs and staff from the local hotels and restaurants take regular nutritional training to help them achieve this objective. Thanks to their culinary commitment, the food served in accredited restaurants is fully compatible with the requirements of slimming programmes, reconciling healthy eating, gastronomy and deliciousness.



9 ACCREDITED RESTAURANTS:

- Le Verseau Hotel-Restaurant
- Le Golf Hotel-Restaurant
- Amélie Hotel-Restaurant
- L'Altis Val Vert Hotel-Restaurant
- Le Centre Hotel-Restaurant
- Les Alpes Hotel-Restaurant
- La Vanoise 1825 Hotel-Restaurant
- La Maison de Marielle
- Le 26



“Created in 2004 in Brides-les-Bains, La Maison de Marielle meets the needs of spa guests who want to enjoy appropriate, healthy meals during their stay. The restaurant has a range of takeaway food designed to fit with treatment schedules and serves eat-in meals at lunchtime. Our cuisine is based on nutritional principles in line with spa recommendations: a balanced diet, limited fats and sugar, appropriate portion sizes and suitable cooking methods. La Maison de Marielle adheres to the Healthy Eating Label created by Brides-les-Bains to show that we comply with the specific nutritional requirements for restaurants serving spa guests”, says Marielle Hermer from La Maison de Marielle, restaurant and caterer.



Note:

The Brides-les-Bains thermal spa organises one or two nutritional conferences that are open to all spa guests every day. Led by a dietician, they encourage guests to learn more about nutrition and reflect on their eating habits. The dieticians from the Nutrition Centre also lead daily workshops for putting new habits into practise to ensure successful weight loss.

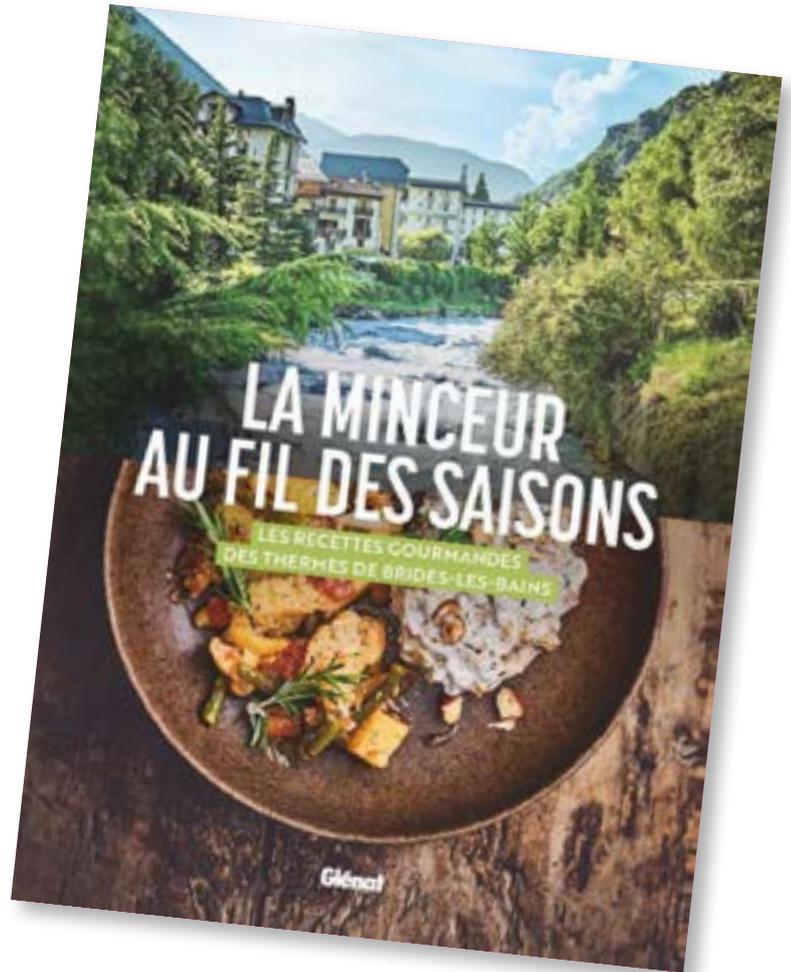


“SLIMNESS IN EVERY SEASON”: A RECIPE BOOK FROM BRIDES-LES-BAINS

Because weight is a question of health that concerns everybody, the Nutrition Centre at Brides-les-Bains’ thermal spa recently published *La minceur au fil des saisons* (“Slimness in every season”), which includes recipes, guidance and advice and is available in book stores now.

The book features 50 easy and delicious recipes (four three-course meals for each season) and offers practical tips for keeping fit and combining pleasure, healthy eating and wellbeing every day, all accompanied by stunning views from Brides-les-Bains and the surrounding area.

*Édition Glénat,
September 2025,
€36€*



For the second year running, Brides-les-Bains will welcome Luana Belmondo for a lifestyle and wellbeing break and an ideal spa stay.

From 25 to 29 May, she will explore the resort and its spa (during a short therapy course), surrounding countryside and local healthy gastronomy.

She will also take the opportunity to meet spa guests, locals and professionals and chat about her experience and how to cook easy, healthy meals, all in a friendly setting for the whole family!

A SOURCE OF EXCITEMENT IN A VIBRANT VILLAGE ALL SUMMER LONG

Brides-les-Bains hosts a wide range of cultural and festive events that animate the village throughout summer. The surrounding area is also home to plenty of other activities for all ages: heritage visits to museums, the swimming pool, cinema, library and, of course, the famous Casino des 3 Vallées, which is the only one of its kind in the Tarentaise valley.

OVER 50 HOURS OF FREE ACTIVITIES PER WEEK

Each week, the Tourist Office organises **approximately 50 hours of free activities** that are open to residents, tourists and spa guests, including: walks for different levels, gym, zumba, Nordic walking, yoga, pilates, cardio training, African dance, petanque, karaoke, concerts, creative workshops, games, music quizzes, dances, etc.

Find out more at www.brides-les-bains.com/ete/guide-du-village/programme-animation

“Our activities are free and open to all: they’re suitable for spa guests, holidaymakers and locals. We plan them around three complementary themes: sports, fun activities and music, to allow everyone to join in. The aim is to promote wellbeing and physical activity, but also to contribute to the local cultural dynamic. We organise a packed programme of events each week, led by three qualified instructors to guarantee quality professional supervision and guidance”, says Claire Dalla Costa, Head of the Activities Department.



New for 2026: the Grand Raid des 3 Vallées

This year, Les 3 Vallées is launching the Grand Raid KIPRUN 3 Vallées Moûtiers, a new national-level ultra-trail that will take place from Thursday 30 July to Sunday 2 August 2026.

Organised by Outdoor 01 Event, the Grand Raid KIPRUN 3 Vallées Moûtiers was designed with a clear ambition: to make Les 3 Vallées a benchmark region for mountain trails and ultra-trails. The longest route will cover a distance of 172km with approximately 12,000m climb, making it one of the most gruelling events in long-distance trail running.

Brides-les-Bains will play a strategic role in the race as several routes pass through the village, offering participants a unique setting combining mountain scenery and spa treatments. It will also host the start of the 10km race and will be one of the athletes' base camps, offering tailored accommodation, spaces to recuperate and services for both runners and supporters.

More info at: <https://www.grandraid-3vallees.com/fr/ultra-165/>



ON THE AGENDA

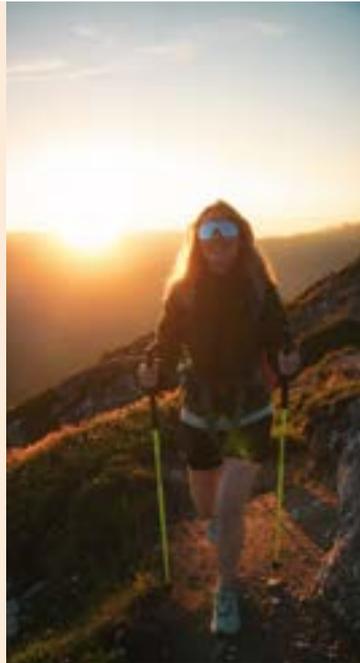
THIS

SUMMER

5 APRIL Défi de l'Olympe

An emblematic trail race for those who love to climb!

During this 6-hour challenge, trail runners will affront a timed steep climb through the valley from Brides-les-Bains, whether individually or in pairs. On the programme: 3.5km with 520m climb, with the aim of completing as many ascensions as possible within the time allowed, either individually or as a team.



FROM 20 TO 22 JUNE Lâche ta Brides

A celebration to get summer going to the sound of music

For two days, the spa complex will become the beating heart of the resort, with a festive musical programme of open-air concerts in a convivial atmosphere, as part of the Fête de la Musique (French national music festival).

FROM 20 TO 22 MAY Brides gets you laughing

A comedy festival you won't want to miss!

For three days, the resort will be transformed into a comedy haven, with shows, artists and conviviality to the great delight of all. This lively, unmissable event celebrates humour in every form, in the heart of the mountains. For its 19th edition, the festival will be headlined by Cécile Giroud and Yann Stotz.





9 AUGUST

Ça chante à Brides

A day of music

The spa complex will be transformed into a music venue for a fun-filled day featuring quizzes, concerts and amateur singing competitions.



19 JULY

Col de la Loze Challenge

The most keenly anticipated cycling event in the region
The Col de la Loze Challenge (formerly known as the “Gran Fondo Col de la Loze”) is considered one of the toughest bike events in the Alps. During this impressive challenge, participants race up a legendary climb that is one of the hardest in Europe, the Col de la Loze (117km, 4377 climb), against a spectacular backdrop of alpine scenery.



FROM 30 SEPTEMBER TO 4 OCTOBER

Angoulême Film Festival via Brides-les-Bains

The film festival in the mountains

Created by Dominique Besnehard, this festival showcases French-language films through previews, screening events, signings, special screenings and, of course, the “made in Brides” Prix du Public audience award!

A SOURCE OF NATURE AND VITALITY

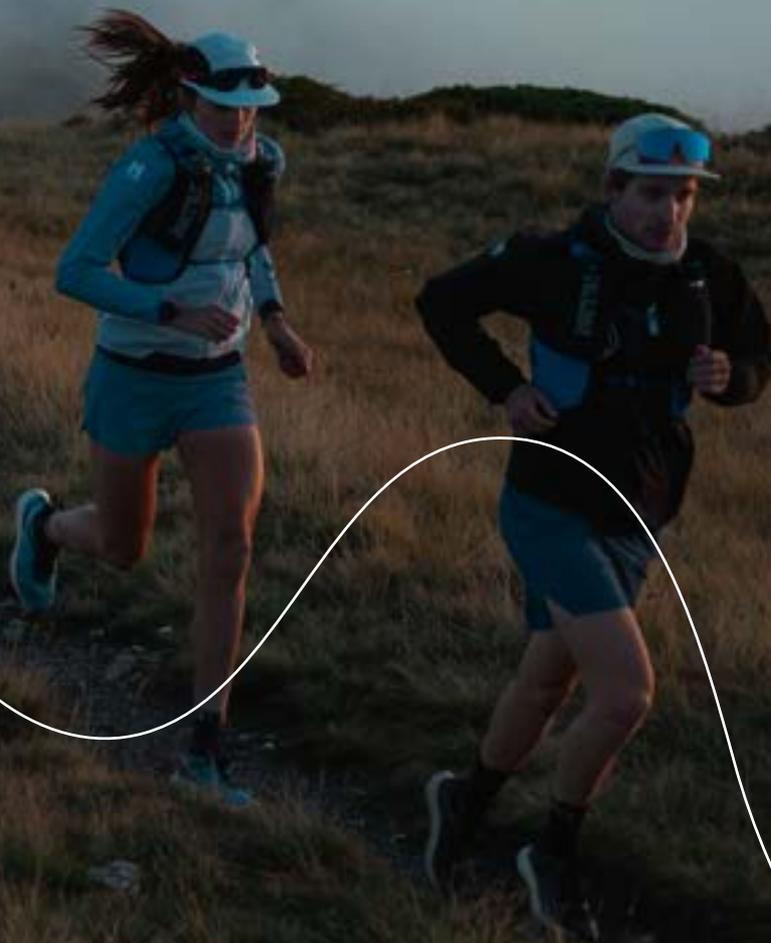
With mountain lakes and iconic summits, Brides-les-Bains is undoubtedly one of the top summer destinations for lovers of outdoor sports and unspoilt natural settings. The village resort is in a strategic location at the bottom of the valley, making it an unrivalled spot for mountain activities.

THE IDEAL BASE CAMP FOR OUTDOOR SPORTS

Located on the edge of the Vanoise National Park, Brides-les-Bains is home to a wealth of local wildlife in an unspoilt natural setting and is a prize destination for walkers. Nature lovers will appreciate the easy access to footpaths affording stunning panoramic views of the surrounding mountains, whether for family walks or tough hikes. A multitude of routes and loops lead walkers to the finest alpine scenery at altitudes of between 600m and 3600m.

For thrill seekers, the surrounding cliffs offer numerous via ferrata and climbing routes for all levels. Brides-les-Bains is also within easy distance of many other activities such as canoeing, kayaking, rafting, canyoning, water skiing, wakeboarding, diving, paragliding, hang gliding, hot air balloon rides, golf, horse riding and tree-top adventure courses.

For families, the Rives du Doron leisure park is less than 15 minutes away by car and offers a multitude of activities for all ages, including children's play areas, a pump track, walks along the Doron footpath, bouncy castles, a laser game, tree-top adventure courses and swimming.



CYCLING FOR LEISURE OR FOR THE CHALLENGE:

Go at your own pace to stay (or get back!) in shape

The Alpine mountain passes are superb places for cycling enthusiasts. Their varied slopes and diverse landscapes allow cyclists of all levels to combine physical activity with stunning views. In addition, the Tourist Office and three local hotels (Les Chalets, Amélie and Camplodge 3 Vallées) boast the Accueil Vélo accreditation, which guarantees a cycle-friendly welcome and dedicated services.

Top local rides include the climbs up to the Col de la Loze and the Col de la Madeleine. Several other routes start in or not far from the village, such as the Méribel, Pradier and Prioux climbs, and immerse cyclists in majestic mountain landscapes. Meanwhile, the surrounding area boasts a whole range of rides to challenge even the toughest cyclists (Cornet de Roselend, Col de l'Iseran, etc.).



Two cycling routes to try!

Brides-les-Bains - Col de la Loze (via Méribel): a gruelling climb via a bikes-only greenway along 7km, starting at 1673m and finishing at 2304m. The route starts at kilometre zero of the Col de la Loze, then takes you through the forest from the Altiport district in Méribel before winding its way through mountain pastures, offering breathtaking views of Mont Blanc, the Méribel valley and the Grande Casse.

Brides-les-Bains - Col de Tougnète: this climb up the Col de Tougnète culminates at 2403m and is recommended for experienced cyclists only. The mountain pass is one of the toughest in France, featuring sections at over 10% and peaking mercilessly at gradients of between 15% and 25% in the final few kilometres.



Good to know

Brides-les-Bains is accessible by train via the Moûtiers - Salins - Brides-les-Bains TGV train station, allowing cyclists to opt for holidays that are fully eco-friendly while enjoying the Savoyard scenery and using green modes of transport.

SPORT AND WELLBEING:

THE DNA OF BRIDES-LES-BAINS

As a spa resort, Brides-les-Bains is an ideal destination for sports lovers who are looking for an active holiday but also want to enjoy the health benefits of the thermal waters in the Salins swimming pool to recuperate! Top-level athletes and keen sportspeople alike appreciate the well-earned reward at the Grand Spa Thermal after their exploits.



YOANN OFFREDO

FORMER PROFESSIONAL CYCLIST
AND CYCLING CONSULTANT

“When I was diagnosed with sarcoidosis, an auto-immune disease that partially damaged my eyesight, I came to visit a friend in Brides-les-Bains, thanks to whom I discovered the resort in a new way. It’s a fantastic place for bike lovers, but it’s also an ideal location for looking after your physical wellbeing. As a former top-level athlete and having suffered multiple fractures, I’ve had to face the same challenges as many spa guests: arthritis, osteoarthritis, rheumatism... I was doubtful about the virtues of the thermal waters to start with, but after giving it a go, I was quickly won over by the instant relief they provide!. It’s fantastic to be able to look after yourself while remaining active in a location that boasts such an incredible range of scenery”, says Yoann Offredo, former professional cyclist and consultant for Brides-les-Bains.

ONCODYSSÉE: COMBINING SPORT, TRIUMPH AND SOLIDARITY TO REDISCOVER LIFE IN SPITE OF CANCER

Firmly committed to sport and wellness, Brides-les-Bains is a partner of Oncodyssée, an association that allows cancer patients - whether undergoing treatment or in remission - to enjoy the benefits of Adapted Physical Activity (APA) for physical and mental health. Sponsored by Yoann Offredo, the association promotes sport as a powerful ally during cancer remission.

In addition to its financial support, Brides-les-Bains actively encourages Adapted Physical Activity to contribute to wellbeing, recuperation and dignity for people affected by illness.

The association is organising two five-days courses in Brides-les-Bains in June, offering nine participants the opportunity to alternate between walking and cycling, enjoy healthy food, attend conferences on sport and wellbeing and recuperate in the Salins swimming pool.



A SOURCE OF NEW EXPERIENCES

Focus on top places to discover in Brides-les-Bains.

Hi Brides-les-Bains: the new hostel

Inaugurated in December 2025, this group hostel creates intergenerational meeting places and promotes social mixing. Ideally located in the centre of the resort, in a peaceful setting with breathtaking views of the mountains, it offers spacious rooms and multiple facilities (relaxation area, swimming pool, terrace, summer cooking, etc.).



Les Chalets***

At the foot of the Olympe cable car, the Les Chalets hotel and restaurant welcomes visitors for a peaceful stay to enjoy the benefits of the spa or re-energise in a verdant setting.

Résidence Eureka

In the heart of the village, just 200m from the Grand Spa Thermal, Résidence Eureka offers around 50 fully equipped studios and apartments. Virginie, Alexandra and Maryline welcome visitors for a holiday in the mountains where they can recharge their batteries every day.



Le 26

The Le 26 restaurant serves bistro-cuisine made with fresh, seasonal produce and was recently awarded the Healthy Eating Label. Its summer terrace is ideal for basking in the sun!



Aux Caprices Savoyards

Sylvain's shop supplies both locals and tourists with regional products and farmhouse cheeses. It also has a rotisserie.

Polka

Located in Galerie de la Source, at the heart of the spa complex, Polka sells a wide range of sportswear and ladies clothes by top brands, starting at size 42. This plus-size shop is appreciated by certain spa guests who want to refresh their wardrobe but don't have specialised stores where they live.



LET'S GO!

TRAIN

TGV, Eurostar, Thalys.
Moûtiers - Salins - Brides-les-Bains TGV station
6km away

CAR

Motorway and expressway within 6km
of Brides-les-Bains.
Follow the signs to Vallée de Bozel / Brides-
les-Bains.

PLANE

Lyon St Exupéry, Geneva,
Chambéry and Grenoble airports.

BUS

From Moûtiers: Transdev Savoie
From the airports: Altibus

PRIVATE SHUTTLE

The spa shuttle and Zenbus make users lives'
easier by indicating the exact location of the
next shuttle.
More info at: <https://bit.ly/navette-BLB>

All the airports and trains stations
have taxi links to the resort.

THE OLYMPE
CABLE CAR IS
OPEN ON **SATURDAYS
AND SUNDAYS,**

from 4 July
until 30 August.





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Photo credits:

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