

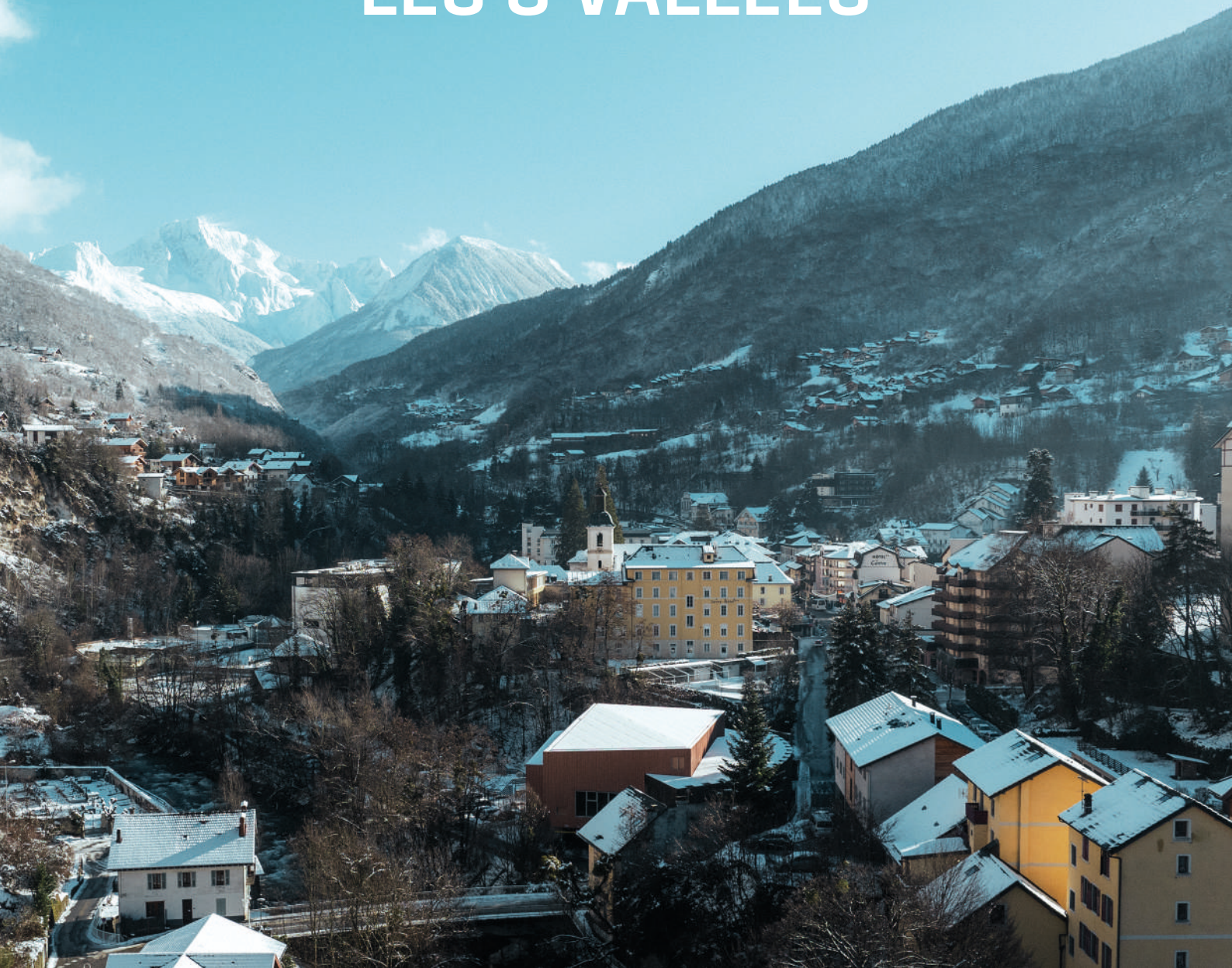
PRESS KIT | WINTER 2026-27

AT THE PEAK OF ENJOYMENT



brides^{les}bains

LES 3 VALLÉES





7



6

CONTENTS

Welcome to Brides-les-Bains • 4

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

Getting to Brides-les-Bains • 5

Focus on BlaBlaCar Daily to develop car-sharing
Night train

10 great reasons to stop over in Brides-les-Bains • 6

Great Deals Destination • 8

Unbeatable ski pass deals

Brides-les-Bains: Where sport meets relaxation • 9

In the Spirit of the Olympic Games • 10

A land of champions

Snow Galore • 12

Slowing Down • 14

Unusual Experiences & Winter Events • 15

Ski, Fun & Spa: • 16

The best places to go in Brides-les-Bains • 18

10



14



17



18

9



13

WELCOME TO BRIDES-LES-BAINS

Set sail for Savoie, and more specifically, the Tarentaise Valley. Nestled at the floor of the Doron valley, there is a village that has made pleasure its DNA. The pleasure of exploring from snowy plains to sparkling mountain summits. The pleasure of having preserved its authentic soul while standing alongside the most prestigious resorts. The pleasure of finding the perfect balance between sport and relaxation. And finally, the pleasure of offering those who discover it a true sense of well-being, thanks to its thermal waters.

A word FROM THE DIRECTOR OF THE BRIDES-LES-BAINS TOURIST OFFICE

Welcome to Brides-les-Bains, where the mountains are experienced intensely and savored to the fullest. For this 2026-2027 winter season, our ski village reaffirms its unique promise: to offer everyone the privilege of combining world-class alpine skiing with the comfort of a rejuvenating, friendly, and accessible stay.

This winter marks a major turning point for our destination. For the very first time, Brides-les-Bains is bringing its calendar forward and opening its doors a week earlier! By aligning perfectly with the opening of the Méribel resort, we are offering winter sports enthusiasts an exceptional opportunity: to extend the pleasure and enjoy the slopes from the very first snowflakes of the season.

By stepping aboard the Olympé gondola, our visitors directly reach the heart of Les 3 Vallées, the world's largest ski area. And because performance always goes hand in hand with recovery in Brides-les-Bains, the Grand Spa Thermal will also open its doors from the school holidays onwards. This brings the immediate return of our signature «ski and well-being» concept: hurtling down legendary peaks by day, and indulging in a haven of softness and absolute relaxation

by the end of the afternoon. Choosing Brides-les-Bains for this 2026-2027 season means treating yourself to the best of Les 3 Vallées with an extra touch of soul, serenity, and an entire extra week of pure happiness. The entire Tourist Office team and all the resort's stakeholders join me in wishing you a wonderful and long winter with us!

PAULINE
CAPPOZZO

GETTING TO BRIDES-LES-BAINS Transport

BY TRAIN

Moûtiers TGV station is 4.5 hours from Paris Gare de Lyon and 8 hours from London via the Eurostar. Then, a shuttle bus takes you to the village in just 10 minutes (6 km). During the winter season, this shuttle runs daily.

BY CAR

Brides-les-Bains can be reached via the motorway as far as Moûtiers, followed by the D915 road for 6 km.

BY TAXI

Find the full list of operators at brides-les-bains.com

BY BUS

Regular connections operate from Moûtiers Station. Bookings via altibus.com

EN PRIVATE SHUTTLE

Private shuttles serve regional airports. Offering more flexibility, they are also a more cost-effective option than private taxis.

BY AIR

Chambéry (CMF) — approx. **80km**, 1 hour by car via the A43 and N90. This is the nearest airport, offering direct flights from several French and European cities, particularly during winter.

Grenoble (GNB) — approx. **120km**, 1.5 hours by car. Excellently connected, especially to the British Isles.

Lyon Saint-Exupéry (LYS) — approx. **160km**, 1 hour 45 mins by car. The region's largest hub, offering numerous domestic and international connections.

Genève (GVA) — approx. **180km**, 2 hours by car. An excellent choice for international visitors, with superb connections across Europe and worldwide

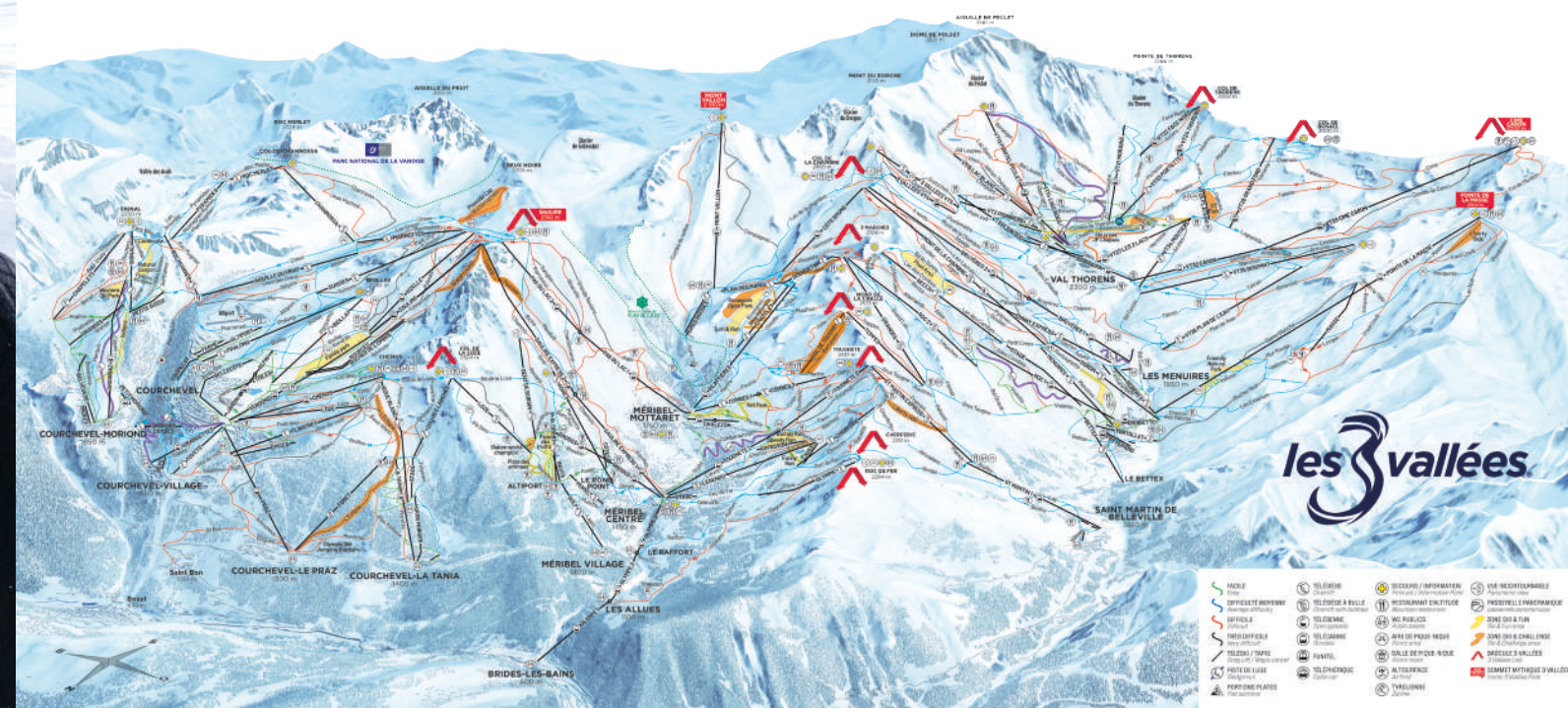
Bon à savoir : Shuttle services from the main airports can be booked via altibus.com

NEW FOR THIS SEASON THE TRAVELSKI NIGHT EXPRESS

After an absence of nearly ten years, a night train bound for the French Alps was successfully relaunched for the 2026/2027 winter season by tour operator Travelski (a subsidiary of Compagnie des Alpes).

Named the Travelski Night Express, this train departs every Friday evening from Paris Gare de Lyon, arriving on Saturday morning in the Tarentaise valley, with stops at Moûtiers (7:35 AM), Aime-la-Plagne, and Bourg-Saint-Maurice. The return journey departs from the Alps on Saturday evening, arriving in Paris on Sunday morning.

Great news: For the 2026/2027 winter season, Travelski has renewed this service, running from December 18, 2026, to March 27, 2027.



10 great reasons TO STOP OVER IN BRIDES-LES-BAINS



1 At the gateway to the world's largest ski area

Just 20mn away from the world's largest ski area, Les 3 Vallées, thanks to the Olympe gondola lift.



2 Sustainable and responsible tourism

Committed to the "Destination d'excellence" initiative, Brides-les-Bains actively works towards eco-responsible tourism, focusing on soft mobility, waste reduction, and the preservation of the Vanoise region's natural environment. A holiday choice aligned with today's values.

3 Skiing, skiing, and more skiing

Alongside downhill skiing, the area boasts 100 km of cross-country ski trails, offering a gentle and panoramic alternative for those wishing to escape the alpine slopes in an exceptional natural setting.

4 A gentle microclimate

Nestled at an altitude of just 600 meters. Brides les Bains enjoys a milder microclimate than higher-altitude resorts. Evenings are warmer, making it perfect for strolling through the village after a day on the slopes.

5 A ski area for all levels

Les 3 Vallées offers 600 km of slopes for all abilities. With 50% easy slopes (green and blue) and 50% expert slopes (red and black), it is the perfect destination for beginners and seasoned skiers alike.



6 Snow guaranteed

Even though Brides-les-Bains is nestled in the valley, 85% of Les 3 Vallées ski area is located above an altitude of 1,800 meters, ensuring optimal snow conditions from December to April.

7 An ideal altitude

Nestled at just 600m in the valley, Brides les Bains offers an ideal altitude to enjoy fresh mountain air without the effects of altitude sickness.



8 An authentic village atmosphere

Far from the hustle and bustle of high-altitude resorts, Brides-les-Bains retains its authentic Savoyard charm, with its quiet streets, local shops, and mountain lifestyle.



9 Culinary richness and a unique healthy dining label

Brides-les-Bains is the only resort in France to offer a certified healthy and balanced dining label. Local restaurants are committed to high-quality dietary gastronomy—a rare asset that appeals to discerning clients who care about their well-being.

10 Unique views, even for non-skiers

The 3 Vallées Pedestrian Pass provides access to the ski lifts without skis, allowing anyone to reach the peaks and enjoy breathtaking panoramas, complete with a hot chocolate break on a high-altitude terrace. Must-see viewpoints include La Saulire (between Méribel and Courchevel) for a 360° view, and Cime Caron in Val Thorens, offering one of the finest alpine panoramas.

Great Deals Destination

A Village 30% to 50% Cheaper

One of Brides-les-Bains’ greatest winter assets remains its affordability. Accommodation here is 30% to 50% cheaper than in high-altitude resorts, while offering identical access to 600 kilometers of slopes.

The ski area opens on December 5th this year. The slopes are ready and waiting for holidaymakers and locals alike. To celebrate the opening, the resort will be offering special promotions.

Everything Within Walking Distance

In Brides-les-Bains, you can park your car upon arrival and do everything on foot! The village is built on a human scale, spanning just 2.63 km².



is arriving in Brides-les-Bains

The Brides-les-Bains Tourist Office has adopted **BlaBlaCar Daily** as a part of its sustainable mobility approach. Since **2023**, residents across the Tarentaise and vanoise areas, Arlysère and the avant pays Savoyard have enjoyed free passenger trips over five kilometres within these zones. Drivers are paid. “a short distance”, “everyday version” of BlaBlaCar Daily. It’s designed for daily commutes such as home-work or home to ski resorts. Unlike the classic BlaBlaCar which focuses on long distance journeys, Daily targets regular local trips. It makes it easier for example :

- Reach Brides-les-Bains from Moûtiers (6 km) or nearby villages
- Avoid using a car for short valley trips
- Reduce traffic jams on the N90, which is particularly busy during peak season

Unbeatable prices

Save time by buying your ski pass online on [skipass-meribel.com](https://www.skipass-meribel.com)
3 Vallées ski passes from...

Pass Duration	Adult Price	5-17 year olds
4h	67,70 €	55,30 €
1 jour	75,70 €	62 €
2 jours	151,40 €	124 €
3 jours	227,10 €	186 €
4 jours	302,80 €	248 €
5 jours	378,50 €	310 €

Free for children under 5 years old.

A Personalized Roadbook

For a customized vacation, Brides-les-Bains offers RoadBook, a personalized travel diary sent directly to your phone. It includes activities, tailored stays, and insider tips based on the personal criteria you enter beforehand.



Brides-Les-Bains

BETWEEN SPORT & RELAXATION

On the map of French ski resorts, few cultivate a personality as rich as this one. Combining sports and thermal wellness, it displays two unique faces. Tremendously sporty, it proudly connects to the 600 km of slopes accessible right from the top of the Olympe gondola lift.

As a spa town, Brides-les-Bains carries its entire originality in its very name. Born under the sign of water, this village, nestled at the floor of the Doron valley at an altitude of 600 meters, has been renowned since Antiquity for its thermal springs. However, it wasn’t until the 19th century that the site gained true renown. Its calcium sulfate waters allowed the village to specialize in treating obesity and rheumatism.

Having become a true benchmark, it welcomes spa guests every year who find the ideal setting to get back into shape, recharge, and rediscover a sense of balance—much like the athletes who, with skis or snowshoes on, have everything they need to carve down the slopes, where they will experience a full palette of options: 50% green and blue runs, and 50% black and red. The choice is yours.

To discover every facet of this destination of 7,000 souls, one must come as soon as the first snowflakes fall. Halfway between an authentic village and a modern resort, Brides-les-Bains offers peaceful streets that open onto a backdrop of wooded slopes at the valley bottom. Far from

the hustle and bustle of large high-altitude resorts, it lives to the rhythm of its gondola, which carries skiers and hikers up and back down. It is like an ebb and flow that makes its heart beat and brings it to life.

Against a grandiose backdrop of pristine snowfields, watched over by high Alpine peaks such as the Dent du Villard and the ridges of the Vanoise massif, Brides-les-Bains has made sport and well-being the twin facets of its identity. These two complementary sides offer those who come to set down their skis in the heart of these landscapes a beautiful escape, as timeless as the snow capping its highest peaks.

In the Spirit of the Olympic Games

Some destinies are written with the stroke of Olympic rings, and Brides-les-Bains knows a thing or two about that. Its history has been radically shaped by the most noble of sporting competitions.

THE OLYMPICS' LUCKY STAR

In 1986, when the International Olympic Committee chose Albertville to host the XVI Olympic Winter Games, a small Savoyard spa town made history. The Olympic Village was entrusted to Brides-les-Bains, which was at the time a small community of 600 residents specializing in the treatment of obesity and rheumatism, nestled downstream from the resorts of Méribel and Courchevel.

The choice was strategic. The resort possessed the necessary hotel capacity to accommodate thousands of athletes from all over the world. The Olympic Village in Brides-les-Bains welcomed ice skaters, the ski jumping and Nordic combined athletes from Courchevel, as well as the women's alpine skiers from Méribel.

For two weeks in February 1992, this peaceful thermal town found itself at the heart of the sporting world, experiencing an unprecedented buzz for its inhabitants. To rise to the occasion, the municipality invested heavily and acquired a tool that would change its destiny forever: the Olympe gondola. This infrastructure now connected Brides-les-Bains directly to the Méribel ski area, opening the gateway to Les 3 Vallées, the world's largest ski area. All at once, the spa village became a ski resort in its own right. The Olympic Games gave Brides-les-Bains its dual personality. Standing between a thermal spa town and a hotspot for sports, its little flame has never gone out.



A Land of Champions

As an Olympic host town, a base camp for high-level athletes, and a renowned competition site, Brides-les-Bains is undeniably a land of sport and champions.



MUCH MORE THAN A SKI CLUB



While every resort has its ski club, Brides-les-Bains has a very unique one: Orsatus. Since its creation 14 years ago, this club has seen over 900 athletes from 16 different countries pass through its doors. These athletes, aged 16 to 25,

are united by the same passion, and their destinies share a common denominator: they found a tailored training and coaching structure here when their respective ski clubs no longer wanted to support them past the age of 16 due to insufficient results. Championing a singular philosophy, Orsatus opens its doors to them, allowing them to thrive, fully express their talent, and pursue their sporting journey.

SEE YOU IN 2030...

To fully experience the magic of the Winter Olympic Games, join us in Brides-les-Bains in 2030. From February 1st to 17th, our Alps will welcome all the world's best skiers. The Olympic Village will be located in Bozel, just 10 minutes from Brides. In the heart of Les 3 Vallées, Courchevel will host the ski jumping, alpine skiing, and Para alpine skiing events. A 20-minute gondola ride, a few ski slopes, and just like that, the Olympics are yours!

The structure aims to offer a second chance to passionate young skiers who were not selected for their regional teams, to help seasoned athletes reach the next level, and to support smaller federations that lack the structure for athletes of this caliber. A true school of life, this «club of clubs» has found in Brides-les-Bains and Les 3 Vallées a diverse playground, perfect for letting its young guard unlock their full potential. And it works! The results speak for themselves. Over the past 5 years, the ski academy has seen about ten of its athletes join the French National Team. Furthermore, 8 athletes were selected for the 2022 Olympic Games.

The Orsatus Ski Racing association has been an officially certified partner of the French Ski Federation via an agreement since 2015. It boasts no fewer than 12 coaches (15 during the winter season).



Snow Galore

BRIDES-LES-BAINS IS THE PERFECT COMBO

A peaceful valley-floor village nestled among forests, right at the foot of the world's largest ski area! What more could you ask for?

XXL Skiing

From December to April, Brides-les-Bains puts on its winter coat and opens the gateway to the world's largest ski area: Les 3 Vallées, a vast playground connecting 7 resorts. From alpine skiing and cross-country skiing to ski touring, the village has made skiing its primary asset, whether you are a beginner or an expert. In fact, 50% of the ski area features green and blue slopes, while the other 50% offers red and black runs. Furthermore, 85% of the slopes are located above an altitude of 1,800 meters. As a long-standing partner, the ESF (French Ski School) provides multilingual instructors to guide visitors down the finest slopes and reveal the most breathtaking panoramas.



Relaxed Parents

To let parents explore the ski area with total peace of mind, Les Saturnins daycare welcomes children aged 18 months to 3 years within the Olympic Park. While parents hit the slopes, the little ones are having fun. Older children (ages 3 to 5) can join the Piou-Piou club to make their very first tracks in safe and playful learning zones. Enjoying these facilities couldn't be easier! Simply hop into the gondola with your children; upon arrival, an instructor will take over and take care of everything.

3D Skiing

3D as in Discovery. During the half-day, and Dimanche (Sunday). In Brides-les-Bains, Sundays are turned into unforgettable moments. Developed in partnership with the ESF, this concept is as simple as it is effective: step into your skis on Sunday morning and follow an instructor's tracks to explore off-piste terrain. Tailored specifically for beginners, this offer is a wonderful opportunity to go on an adventure, discover new territories in complete safety, and have fun in the powder snow.



Zero Hassle, Guaranteed Snow

The world's largest ski area never falls short on snow. Spanning altitudes between 1,100 and 3,230 meters, the slopes guarantee maximum enjoyment for winter sports enthusiasts. While every style of skiing is on the table, the area also features sledding slopes, snowshoeing trails, slaloms, and themed runs for younger guests. A prime example is the Yeti Park—the ultimate fun-filled slope, offering optimal conditions from December to April.



5 snowparks within ski's reach

Grab, flip, carving, peuf... what if the resort added a few words to its visitors' vocabulary, or a few tricks to their riding? To get on the Olympe gondola means getting the chance to become a true rider. For those who want to play like champions, no fewer than 5 snowparks offer their lines to take flight and touch the sky.

Fun in the Snow

In Brides-les-Bains, there is only one rule: have fun! Coming here means hopping on a snowmobile to explore wide-open spaces. It means spinning around in a giant inner tube while hurtling down custom-built snowtubing lanes. It means settling into a sled to glide down the slopes of one of the 12 dedicated sledding areas. Ride a fat bike to race down the mountainside. It means strapping on crampons and conquering a frozen waterfall. In total, 43 fun zones are just waiting for visitors to come and enjoy moments of pure joy.

Slow Down



STOP !

Leave behind the fast-paced rhythm of everyday life. Coming to Brides les Bains means embracing slow travel. How ? Visitors have several options

Discover Conflans

About 30 km away this small hilltop medieval village offers stunning views over the valleys, along with picturesque streets to explore.



On visite Bonneval-sur-Arc

About 70 km away this small village is listed among the beautiful villages of France "Les plus beaux villages de France". It offers beautifully preserved Savoyard architecture and an exceptional mountain setting that served as a filming location for the film "Belle et Sebastien".

To the rhythm of the sled dogs

Straight out of a Jack London novel, hop into a sled pulled by a pack of hounds always eager to race through the fresh snow. Instantly, the mountains take on the feel of the Great North.

Enjoy a Village Atmosphere

Mulled wine at the thermal spa? A giant croziflette? An open-air movie night? Concerts and DJ sets? A game of bowling? Ice sculpting demonstrations? Brides-les-Bains simply radiates joie de vivre and friendliness.

Head to Moûtiers !

Just 6km away, Moûtiers, once the historic capital of the Tarentaise, invites you to explore its heritage. Its old town features Saint Pierre cathedral, a museum of local traditions, and a vibrant street art trail animating its facades.

On snowshoes or on foot

There's a vast playground to explore, with countless discovery trails. At the gates of Vanoise National Park, snowfields stretch endlessly. Off the beaten track, walks reveal the area around the village. Among all the possible routes the Salins trails stand out. Along Bozel, 4km of marked trails run through the forest, offering a refreshing breath of fresh air. Another option is the Gorge aux Pigeons trails which takes you higher up for stunning views. Take the gondola towards Meribel and the Altiport for a 2km forest walk, where animal sculptures can be discovered along the way.



Unusual Experiences

Taking the time to enjoy a fondue inside an igloo

Cutting yourself off from the world for a few hours. Head up with a headlamp, and after an hour's climb, settle in the shelter of an igloo to savour a reblochon cheese fondue, paired with a glass of Savoie wine or local apple juice, before heading back down via a fun powdery day.

Immersed in the Heart of the Great Outdoors

Become one with nature. Listen to the crunch of snow beneath your snowshoes. Admire the shimmer of fresh powder blanketing the branches of tall, wind-swept trees... Departing from Brides-les-Bains toward the Mont Jovet mountain hut, the journey takes you up onto high plateaus, through dense forests, and opens up to breathtaking panoramas of Les 3 Vallées. Whether exploring independently or with a guide who will teach you to spot the local flora and fauna, the trail carves its path through the snow all the way to the unstaffed refuge. In the heart of the night, enveloped in a muffled silence, the getaway turns into a true experience. For two days, the immersion is total.

To gain altitude

Soar above the peaks and enjoy a breath of fresh air that's what the zip lines in Courchevel, les menuires and val thorens offer. Helmet on, you're off on courses that blend thrills and laughter, flying above lakes and snowy fields, to be enjoyed solo or in pairs.



Winter Events

There's no Christmas without Father Christmas

With his white beard and red suit, Father Christmas arrives on December 24th for a meet and greet with children, a few photos and a festive walk through the heart of the village.

New Year

Welcome the New Year, Brides-les-Bains invites everyone to celebrate with concerts and fireworks. Everyone gathers at the spa park to watch the sky light up with thousands of rockets. Throughout the season, brides les bains offers a variety of events : live concerts, themed evenings, welcome drinks and games organized by the resort's entertainment team.

Ski, Fun & Spa

Before becoming a ski destination, Brides-les-Bains was, first and foremost, a thermal spa town. This long-standing vocation—deeply rooted in the identity of the Savoyard village—dates back to Antiquity and has strengthened over the centuries, turning this small Tarentaise town into one of France's most renowned thermal destinations.

It all began in 1818, when a flood of the Doron de Bozel river uncovered a thermal spring that had until then been buried in sand. In the 19th century, the village began specializing in weight-loss treatments. So much so that by the 1880s, the resort had become known as “the great French clinic for obesity.” Since then, this expertise has been continuously

refined. Today, Brides-les-Bains is France's leading thermal spa resort for weight loss, welcoming 12,000 spa visitors each year. Two major therapeutic orientations are offered here: the management of overweight and obesity on one hand, and the treatment of rheumatological conditions on the other.

THE HEALING PROPERTIES OF THERMAL WATER

At the heart of it all is the water itself. The thermal water of Brides-les-Bains possesses powerful healing properties. Acts as both a detoxifier and a natural appetite suppressant, it also stimulates venous and lymphatic circulation, allowing for the elimination of toxins. To ensure maximum effectiveness, a range of specialized treatments has been carefully designed.

THE GRAND SPA THERMAL: THE JEWEL OF WELL-BEING

For those wishing to enjoy the benefits of thermal waters without a medical prescription, the Grand Spa Thermal is an invitation to unwind. Renovated last year, it offers 2,700 m² of treatment and relaxation spaces, making it one of the largest thermal spas in France and the biggest in the Alps.

The 600 m² Aquatic Area features a lap pool, an aqua-fitness pool, and a leisure pool complete with bubble beds, hot tubs, swan-neck water jets, and playful water features.

The 500 m² Relaxation Area offers a large hammam, a sauna, aromatic steam baths, indoor and outdoor

hot tubs, and a solarium terrace.

A la carte treatments complete this offering—including massages from around the world, as well as face and body beauty treatments—allowing everyone to design their own program according to their wishes and goals.

Whether for a few hours or a few days, the Grand Spa Thermal invites everyone to follow their own inspiration.

The ultimate experience? The 3, 5, or 6-day programs designed to help you let go and rediscover your inner harmony.

COMPREHENSIVE AND PERSONALIZED SUPPORT

What sets Brides-les-Bains apart from other thermal destinations is its holistic approach. Dietitians and healthcare professionals support spa visitors through individual consultations, themed lectures, and cooking workshops. Meanwhile, sports instructors help integrate physical activity into daily life, tailored to each individual's abilities and goals.



The Dietary Label: A Unique Culinary Certification



Created in 2013 by the Brides-les-Bains Tourist Office, the dietary label (label diététique) is a unique initiative among French thermal resorts. Brides-les-Bains is the only spa town in France to offer this type of certification, which aims to provide healthy, flavorful cuisine based on fresh, local products.

Key aspects of the label include: Strict Standards: The certification is based on 73 criteria (26 of which are mandatory). Establishments must meet at least 80% of them to obtain and retain the label, with compliance verified through annual audits.

Continuous Training: Chefs and staff at certified hotels and restaurants receive ongoing training in nutrition. Food freshness is non-negotiable, and menus are designed to be creative and seasonally adaptive.

Expert Validation: To guarantee perfect balance and consistency with the spa programs, all meals are validated in advance by a dietitian.

Daily Education: Free nutritional lectures led by dietitians are available daily to spa visitors, covering around fifteen topics ranging from nutrition

to emotional eating and physical activity.

Today, 17 establishments (hotel-restaurants, standalone restaurants, and caterers) hold this dietary label, turning Brides-les-Bains into a true village dedicated to healthy eating.



Where to go IN BRIDES-LES-BAINS

There is no such thing as a great stay without great places to go. Balancing tradition and modernity, Brides-les-Bains cultivates a certain art de vivre—or rather, a certain art of fine living.

La Table du Golf

Both bright and spacious, this restaurant promises a wonderful gastronomic experience—one that seamlessly blends health, balance, and pleasure. Successfully reconciling dietary balance with gourmet indulgence, this top spot masterfully plays with seasonal vegetables and flavorful sauces. A true delight. This restaurant proudly holds the resort's dietary label.

20 avenue du Comte Greyfie de Bellecombe

04 79 55 28 12

[golf-hôtel-brides.com](http://golf-hotel-brides.com)



La Fabrik

Combining an industrial style with bistronomy flavors, this restaurant is one of the trendiest spots in the village. Guests come here to enjoy homemade Savoyard dishes, as well as fresh and generous bistro plates. As soon as the sun comes out, the terrace becomes a highly welcoming place to relax.

18 rue Émile Machet

04 79 24 67 99

lafabrik-brides.fr



Les Cerisiers

Adjoining the Hôtel Amélie, this restaurant exudes a refined and warm atmosphere. At the helm, Chef Philippe Rousseau offers a daily blackboard menu that harmoniously combines local terroir flavors and mountain aromas with a focus on healthy balance. This restaurant proudly holds the resort's dietary label.

Rue Émile Machet

04 79 55 30 15

[hôtel-amelie.com](http://hotel-amelie.com)

Bis « Trop » Savoyard

Offering made-to-order cuisine crafted with seasonal ingredients sourced directly from local valley artisans. The goat cheese raclette is an absolute favorite—as deliciously indulgent as it is generous.

Rue Aristide Briand

06 82 52 20 27



Philippe Rousseau

Chef of Les Cerisiers restaurant

Crafting Delicious and Healthy Cuisine

Trained at the Vatel School in Lyon and having worked in several prestigious French restaurants, Philippe Rousseau brought his culinary talents to Brides-les-Bains. He was drawn both by the exceptional living environment and the opportunity to master the fundamental principles of healthy, dietary cuisine. "It is fascinating to rethink traditional culinary codes to create dishes that are healthy, balanced, and low in calories," explains the chef, who trained alongside Nathalie Negro, the head dietitian at the thermal baths. Creative and always ready to reinvent himself, he designs new recipes, crafts delicate emulsions, and composes innovative menus. "Flavor doesn't rely solely on fat. I make a lot of reductions and use low-temperature cooking to bring out the maximum flavor. I work exclusively with fresh ingredients to preserve the food's natural taste. When a product is inherently good, it speaks for itself. There's no need to smother it in fat," says Philippe Rousseau. He is a chef who masterfully bridges his title of Maître Restaurateur with the resort's official dietary label.



A Quiet Night's Sleep: Hôtel Amélie ***

Ideally located in the heart of the town, this 41-room hotel—divided into three room categories—offers modern comfort just 150 meters from the gondola lift.

2 rue Émile Machet

04 79 55 30 15

hotel-amelie.com



Golf Hôtel****

Overlooking Brides-les-Bains, this hotel not only offers a stunning view of the Vanoise landscapes and the glacier but also features rooms with bright, modern decor. Many of them open onto a private balcony.

20 avenue du Comté Greyfie de Bellecombe

04 79 55 28 12

[golf-hôtel-brides.com](http://golf-hotel-brides.com)



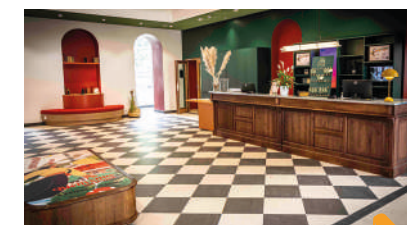
Something to Discover: A Night at the Youth Hostel

For maximum conviviality, the Brides-les-Bains Youth Hostel offers rooms accommodating one to five guests. Moving away from the crowded dormitories that once defined the hostel image, the focus here is entirely on comfort—and all at an unbeatable price! Expect to pay around €90 for two people in winter. The establishment also features a sauna, a pool table, board games, an on-site restaurant, and a ski locker room.

Place de l'Eglise

04 58 24 12 22

hifrance.org



BnB Home

Now entering its third season, this hotel offers modern, colorful rooms. It is a place where you will love to unpack your bags. Ideally located in the village, it guarantees cozy, restful nights.

1 allée du parc

08 92 23 33 57

hotel-bb.com

Want to know more?

Tourist Office

2 Place du Centenaire
73570 Beides-les-Bains

Tél: +33 (0)4 79 55 20 64

brides-les-bains.com

Press Contacts

Agence PLRP

Marie Hautdecoeur

marie@plrp.fr

06 59 01 15 59

Brides-les-Bains Tourist Office

Pauline Cappozzo

direction@brides-les-bains.com



brides^{les}bains

LES 3 VALLÉES

