

**LES 3 VALLEES by BRIDES-LES-BAINS :
THE LEADING LOW-COST SKI RESORT**



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**www.mediaconseilpresse.com
Brides-les-Bains press room**

Les 3 vallées
by BRIDES-LES-BAINS

5 good reasons to choose Brides for your skiing holidays this winter

Fancy devouring the slopes of Courchevel and sampling the powder snow in Méribel without burning a hole in your pocket? Well, in Brides-les-Bains (Savoie region), you can from 17th December onwards. The village that invented low-cost skiing offers a winning combination of great deals and a complete change of scenery. It also gives you access to the 3 Vallées, the largest ski area in the world, with accommodation prices up to 50% lower than in high altitude resorts. In Brides, you can either ski and spend time at the spa, just ski, or just spend time at the spa, it's up to you...and ladies, in March we'll take extra special care of you! Take a look at this little Savoyard village with all the facilities of a big resort.



1 A central position in the 3 Vallées

When you choose Brides-les-Bains as your ski destination, you also get to enjoy the 600 km of runs in the 3 Valleys ski area (Courchevel, Méribel...). With its connection to the foot of the slopes in Méribel (by gondola lift), Brides is the main entrance to the largest ski area in the world. When you choose Brides, you are sure to have an exceptional quality of snow because 80% of the ski area sits above 2000 metres. Whether you are a beginner skier or freeride powder hound, there's something for everyone in the 3 Vallées.

2 Great deals throughout the winter

The resort reaffirms its title of leading ski resort for low cost skiing by offering accommodation prices that are up to 50% lower than those found in high altitude resorts. But in Brides, low cost doesn't mean low quality. The majority of the hotels and apartment residences offer spacious bedrooms, as well as well-being facilities such as Spas, Jacuzzis and swimming pools...so that you can get the utmost out of your stay.

3 Winner of the ski and spa combined category

Who hasn't felt the need for a massage after a day on the slopes? Brides-les-Bains is the perfect place to indulge this longing. Brides enjoys the largest spa in the Tarentaise region; 2100 m² inviting you to be at one with your body and mind. Take advantage of the spa's thermal expertise and the luxury, peace and quiet that the centre exudes. With winter sports enthusiasts in mind, the team at the Grand Spa des Alpes® has come up with the «per-

fect legs» package, aimed at helping ease away aches and pains after a day on the slopes.

4 Brides is pulling out all the stops for you

Every morning, breakfast is available for free in the Olympe cable car; enjoy a cup of coffee or a hot chocolate to gently ease you into the day. Wednesdays are the day where low prices in the shops, bars and restaurants abound, and on Mondays you'll enjoy a friendly welcome to get your stay off on the right foot, with music and mulled wine around the ice rink to get to know one another.

5 Brides, a village that loves to party

It's a well known fact that in little villages, any excuse to celebrate is a good one! On Christmas Eve, we set out to find Father Christmas, then, on New Year's Eve, 'll dance the night away at the DJ party, whilst sipping champagne! January 5th is Russian Christmas and a DJ party is held in the thermal spa establishment, with its very own ice bar. During the week of January 21st, Brides will be celebrating 'Musik' with rock and blues groups. On February 14th, the village welcomes lovers, but doesn't forget our single visitors by organising a ski speed dating night in the gondola lift and a love karaoke. From February 18th to 25th, Brides will be celebrating the Olympic village's 20th birthday (Albertville Olympic Games) with activities, entertainment, evening events and a chance to look back over the past 20 years. And on March 16th, the village will go green for St. Patrick's day to the sounds of Celtic music...



Pointers

• Brides-les-Bains Tourist Office

BP 28
 73572 Brides-les-Bains cedex
 Tél : 04 79 55 20 64
 Fax : 04 79 55 20 40
 contact@brides-les-bains.com
 www.brides-les-bains.com

• Good quality deals

Staying in Brides-les-Bains means you can enjoy incredible prices without compromising on quality. Here, the great open spaces aren't just on the ski runs, you'll also find them in the bedrooms and apartments. Brides is also a well known thermal spa town, which is a bonus for skiers. The village offers a good standard of comfortable, spacious accommodation, originally designed for long stay visitors. The majority of hotels and apartment residences feature well-being facilities.

• Les 3 Vallées, a unique ski area.

Brides-les-Bains gives you access to the largest ski area in the world with 600 km of ski runs of every colour: 30 black, 108 red, 129 blue and 51 green. As well as two hundred ski lifts. The 3 Vallées ski area is comprised of the Méribel (Brides-les-Bains and Méribel) Saint-Bon (Courchevel, La Tania) and Belleville (Saint-Martin-de-Belleville, Les Menuires, Val Thorens) valleys, and the resort of Orelle.

• Events for 2012

- **Brides celebrates 20 years of the Olympe gondola lif**, Olympic village for the Albertville Olympic Games, from February 18th to 25th.

- **Ladies week, from March 5th to 11th**

Brides pampers women all week-long! Facia treatments, manicures, make-up and relaxation therapy workshops, Salsa evenings, Cocktail parties and voting for Miss and Mister Brides! Free entertainment and activities.



In March: Ladies' Week

In Brides-les-Bains, we're not just dedicating one day to women, but giving them a whole week of freebies ! From 5th to 11th March, as a nod to international women's day taking place on 8th March, the resort is planning to spoil women rotten. Daily facials, make-up, manicures and well-being workshops after a day spent skiing or at the spa, as well as free workshops led by beauty and well-being professionals. Unwind, relax and let the good times roll !

Women are going to be the centre of attention! Brides-les-Bains (Savoie) isn't just giving them one day but an entire week! From 5th to 11th March, the 3 Valleys village will be offering a huge range of activities aimed at the fairer sex so their holiday in the snow or spa break is a source of relaxation.

For seven days, the library is going to be transformed into a feminine boudoir led by a team of beauty industry professionals. Facials over here, manicures over there...it's time to unwind in this warm, welcoming environment. So what if it's busy! There's nothing like a facial to rejuvenate skin that's been ravaged by the cold, wind and sun of a day on the slopes. Your friends are going

to be so jealous!

The beauty experiences just keep coming with the addition of «well-being» workshops. Relaxation therapy and stretch classes are on offer every night of the week.

Relaxed and radiant with health, these ladies are ready for the night ahead. A whole week of laughter and fun with dancing, fashion shows, karaoke competitions and more... A range of the med evenings have been planned.

All the necessary ingredients so that for a whole week, Brides will be getting in touch with its feminine side.



Information

• **Office de Tourisme de Brides-les-Bains**
BP 28
73572 Brides-les-Bains cedex
Tél : +33 (0)4 79 55 20 64
Fax : +33 (0)4 79 55 20 40



Makeup Workshop



Manicure Workshop



Theme nights (karaoke here)

Accommodation deals from 5th to 11th March 2012

• **Groups of friends**

7 days in a 4 person studio residence + 6-day Méribel Valley ski pass from 175 euros/ per person/for the week

All deals and exclusive offers can be found at www.brideski.com

Les 3 vallées
by BRIDES-LES-BAINS

Slashed prices on ski breaks in Brides-les-Bains from Christmas to Easter

Brides remains a «good deal» throughout the whole ski season. From 17th December, the resort invites you to enjoy the first snowfall at low prices! Brides has devised tailor-made packages so you can experience amazing three day getaways or week-long skiing breaks. The ski packages detailed below can be combined with 3-day spa packages (see page 6).

A FAMILY CHRISTMAS IN THE 3 VALLÉES:

• **A 6-day family Christmas**
From 1012 euros/family/ in a tourism residence/studio based on 4 people with swimming pool and Jacuzzi + shuttle bus to the gondola lift

7 nights accommodation in a 2 star tourism residence for 2 adults and 2 children + 6-day Méribel valley skipass

From 1558 euros/family/in a 2 star hotel (2 adults + 2 children under the age of 18) from Friday 23rd to Friday 30th December 2011

7 nights accommodation in a 2 star hotel on 1/2 board, based on a family room + 6-day Méribel valley skipass

pitch : offer your family the largest ski area in the world for Christmas; an amazing present and unforgettable memories!

NEW YEAR SPECIAL

• **6 day New Year ski special**

From 542.50 euros/person.

From Friday 30th December 11 to Friday 6th January 2012

7 nights accommodation in a 2 star hotel on 1/2 board, based on a double room + 6-day Méribel valley skipass

pitch : What could be more invigorating and festive than spending New Year in the mountains? See in the New Year in the largest ski area in the world.

JANUARY SALES

6 days skiing in January

From 170 euros/person/studio

From Saturday 7th January to Friday 7th January 2012

In studio accommodation based on 4 people, with swimming pool and Jacuzzi + shuttle bus to the gondola lift

7 nights accommodation in a 2 star tourism residence + 6-day Méribel valley skipass

From 377 euros/person/ 2 star hotel

From Saturday 7th January to Friday 27th January 2012

7 nights hotel accommodation on 1/2 board, based on a double room + 6-day Méribel valley skipass

pitch : ski smart. Enjoy the joys of the snow at highly competitive prices!

FEBRUARY PRICEBUSTERS

• **6 days skiing during the February half term holiday**

From 369 euros/person.

From Saturday 11th February to Saturday 10th March

7 nights accommodation in a tourism residence, in a 4-person studio + 6-day Méribel valley skipass + swimming pool

pitch : enjoy a holiday in the 3 Vallées in comfortable accommodation with well-being facilities, without breaking the bank!

MARCH SUNSHINE

• **6 days of spring skiing**

From 175 euros/person.

From Saturday 17th to Saturday 31st March 2012

7 nights accommodation in a tourism residence, in a 4-person studio + 6-day Méribel valley skipass + swimming pool and Jacuzzi + shuttle bus to the gondola lift

pitch : good snow, less people, sunny terraces from which to admire breath-taking views... Don't miss Les 3 Vallées in March!



Pointers

www.brides-les-bains.com

For all your ski information and to book:

- ski equipment rental
- activities for everyone
- ski passes and packages
- 3 Vallées 3D skiing itineraries

• Méribel Valley

By taking the Olympe gondola lift from Brides-les-Bains, skiers arrive at the foot of the slopes in Méribel, from where they have immediate access to 150 kms of ski runs. Beginners will love the gentle slopes of la Chaudanne, whilst new snowsports fans will enjoy making moves in the «Moon Park». For high altitude excitement, head to Mottaret and the legendary Mont du Vallon at 2952 metres. To finish the day off with a flourish, ski back down to les Allues and catch the Olympe gondola lift back down for a speedy descent.



Des chambres spacieuses...



...et des résidences confortables, le luxe à petits prix

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Brides-les-Bains, base camp for a ski safari

Calling all skiers in search of unknown territory ! Brides-les-Bains is the perfect base camp for globe-skiers. Here, you can sample the delights of the three largest ski areas in the world, the 3 Vallées, the Espace Killy and Paradiski, all in one week! If you're looking to discover the great white in all its glory, you won't be disappointed here! This winter sees the launch of the ski safari, with fourteen dates from December to April, accompanied by qualified instructors.

Some skiers just can't get enough runs, no matter what. Other skiers are like «collectors», keen to add all the ski areas within reach to their collection... Even with its 600 km of runs to be devoured across six resorts, sometimes the 3 Vallées is just not enough to satisfy the appetite of the most ski hungry out there. But Brides-les-Bains knows exactly how to satisfy their insatiable appetites. The village is the perfect base camp from which to add the 3 Vallées, the Espace Killy and Paradiski to their «collection». It is located at the epicentre, as it were, of this Eden, boasting fast access to the three ski areas. It opens the door to thou-

sands of kilometres of runs, which undoubtedly form the crème de la crème of skiing in the French Alps. Mind-blowing skiing XXL style for collectors of the great white! This winter sees the launch of the ski safari: in conjunction with First Tracks Ski Coaching, Terra Vista Travel is organising fourteen weeks during which you'll be able to be a part of this amazing journey. They've thought of everything, from professional accompaniment to airport transfers, half board accommodation, skipasses and luggage transfers between resorts. In a nutshell, everything you need to get the most from these exceptional ski areas.



Pointers

Brides-les-Bains is a mere ski lift ride away from the 3 Vallées ski area. The village is located just 12 km from Champagny-la-Vanoise, one of the gateways to Paradiski via La Plagne's south-facing slopes. A little further away (64 km), in the Haute-Tarentaise region Val d'Isère boasts a vast ski area that is linked to Tignes. Whilst in Val d'Isère, why not try out the Belvedere run, home to the Olympic downhill event in 1992.

Ski Safari programme: The 3 Vallées, the Espace Killy and Paradiski at the tip of your skis

Day 1

Airport arrival, transfer to your hotel in Brides-les-Bains, welcome party and overnight stay in Brides-les-Bains

Day 2

Discover the 3 Vallées - Méribel/St Martin de Belleville (access to and from the slopes via the Olympe gondola lift). Overnight stay in Brides-les-Bains

Day 3

Discover the 3 Vallées - Courchevel (access to and from the slopes via the Olympe gondola lift) - evening at the Casino. Overnight stay in Brides-les-Bains.

Day 4

Discover the 3 Vallées - Les Menuires / Val Thorens/Orelle (access to and from the slopes via the Olympe gondola lift). Overnight stay in Brides-les-Bains.

Day 5

Discover Paradiski - La Plagne / Les Arcs from Champagny-en-Vanoise (20 minute coach journey to the slopes, and direct coach transfer from Villaroger to Val d'Isère or Tignes - 25 minutes). Luggage transfer from Brides-les-Bains to Val d'Isère or Tignes by Terra Vista.

Overnight stay in Val d'Isère or Tignes

Day 6

Discover the Espace Killy - Tignes/Val d'Isère. Overnight stay in Val d'Isère or Tignes.

Day 7

Discover the 3 Vallées - Les Menuires / Val Thorens / Orelle (45 minute coach transfer to Les Menuires, return journey via the Olympe gondola lift). Overnight stay in Brides-les-Bains.

Day 8

Coach transfer to the airport.

Included : airport transfers (return); half board accommodation (in 3 star hotels, minimum); skipasses; a professional ski instructor/ mountain guide every day on the slopes, all transport during the trip; luggage transfer.

Price: 1590 euros per person (based on 8 people on double room occupancy)

Dates: 12 weeks available between 17th December 2011 and 21st April 2012.

contact@terra-vista.fr

www.terra-vista.fr

www.first-tracks.fr

Get into shape in winter at the Grand Spa des Alpes®

A winter sports holiday is a chance to re-oxygenate both body and mind. The Grand Spa des Alpes® has perfected two 2 and 3-day winter packages, aimed at getting you back into shape. Enjoy thermal Spa expertise in a luxurious mountain setting... New this winter: the Spa will be open seven days a week.

Luxury, beauty, pleasure, expertise... The Grand Spa des Alpes® in Brides-les-Bains is a palace dedicated to well-being. It takes its visitors on an uplifting journey. Extended by 600 m2 last spring, it now boasts a surface area of 2 100 square metres which invite you to refresh both body and mind. Here, the term treatment goes hand in hand with efficiency and pleasure. Seaweed body wraps, hydromassage baths, jet showers, body sculpting...all using Brides-les-Bains' thermal spa waters. They play an active role in improving circulation, skin tone and water retention. In between two spa treatments you are free to enjoy the relaxation facilities, which don't need to

be booked in advance. You could start in one of the two aromatic steam rooms, inviting you to relax on a heated mosaic tile bench and breathe in plant vapours. To awaken your senses, there's nothing better than the ice fountain; enjoy a traditional Far North experience with a stimulating ice scrub. Afterwards, why not try out the experimental showers, where the water, mist and steam are flooded with light? At the end of your treatments, head to the Turkish steam baths or one of the new outdoor Jacuzzis, and let yourself go completely before enjoying a sugar-free mint tea in the divana, our luxury Oriental boudoir...

3 day winter get in shape package: 2 treatments/per day

Programme of six treatments at the Grand Spa des Alpes® (From 26th Dec 2011 to 10th Mars 2012 closed on the 1st January 2012). The spa will be open 7 days a week this winter.

Treatment menu:

• steam room body scrub

A Brides special: rejuvenate your skin in a real Turkish steam room where the traditional skin exfoliation using black soap and a hand mitt is still practised. The treatment is followed by a relaxing and hydrating circulatory massage.



• underwater body massage

A Brides special: a personalised and localised deep tissue massage to stimulate blood circulation. This treatment stimulates the different layers of the skin, improving skin elasticity. At the same time, you will feel physically and mentally relaxed.

• «dry-floating» seaweed body wrap

A Brides special: this treatment boasts anti-cellulite and circulatory benefits through the application of hot seaweed to the body. Enjoy total relaxation and weightlessness in a bed of water.

• two jet showers

A Brides special: the jet showers in concentrate on areas of the body that require circulatory improvement. The power of the thermal water jets is controlled in order to stimulate muscle tissue and improve blood circulation.

• hydroxer

A Brides special: underwater massage in a bath of thermal spa waters, using fine jets of pressurised air. The force of the thermal water jets encourages a deep circulatory action and relaxation.

- access to the physical activities area
- access to the relaxation and activities area

at the fun Spa

Free access: steam room, herbal steam bath, aroma steam bath, divana, sauna, ice-cold showers, sense-experience showers, three Jacuzzis, (one indoors and two heated outdoors), relaxation room, ice fountain, herbal tea room...

- loan of bathrobe and flip-flops

How much does it cost?

- 3-day Spa & Get in Shape Pass: 228 euros
- 3-day Get in Shape Pass + 3 nights in a 2 star hotel on 1/2 board based on a double room: from 398 euros/per person
- 3-day Get in Shape Pass + 3 nights in a 3 star hotel on 1/2 board based on a double room: from 441 euros/per person



Repères

- Spa de Brides-les-Bains®
Tél. : 04 79 55 23 44
Fax : 04 79 55 29 73
contact@spa-brideslesbains.com
www.spa-brideslesbains.com
- From December 26th, 2010 to March 12th, 2011 the spa will be open 7 days a week, from 2 to 8 p.m.
(Closed on January 1st)
- Open from March 14th to October 29th 2011, from 8 a.m. to 8 p.m. Closed on Sundays.



« Perfect legs » spa package at the Grand Spa des Alpes® : après-ski pampering

Devouring the slopes, carving those curves, linking the turns... After a day's skiing your legs can feel as heavy as lead. To avoid waking up stiff and aching on your second day, the Grand Spa des Alpes® has created the «perfect legs» package for you to enjoy when you come off the slopes.

Skiing puts the lower body under significant strain. Without any physical preparation, the legs and thighs will soon start to suffer. Brides-les-Bains Spa has the perfect solution to avoid the aches and pains that can spoil your holiday enjoyment. Last winter it introduced its «perfect legs» package which consists of two thermal water treatments: a hydroxer and an underwater body massage. You can also enjoy access to the relaxation facilities and the two new outdoor heated Jacuzzis where you can completely relax and unwind...

Objective: relax, unwind and soothe away the lactic acid. The thermal waters in Brides-les-Bains help to improve circulation. The composition of the water, combined with treatment techniques can stimulate blood circulation, help combat cellulite, improve skin tone and water retention, as well as balancing arterial pressure. In other words, everything you need to restore muscle tone and take to the slopes on top form...

« Perfect legs » spa package at the Grand Spa des Alpes®

This includes two spa treatments and free use of the relaxation facilities:

- **hydroxer:** underwater massage using fine jets of pressurised air. The force of the thermal water jets encourages deep circulatory action and relaxation.
- **thermal water affusion:** sculpting massage under an affusion of warm thermal water which stimulates blood circulation. The hydrotherapist uses a variety of massage techniques to promote deep physical and mental relaxation and improved circulation.

- free access to the relaxation facilities and its two new outdoor heated Jacuzzis:

The Grand Spa des Alpes® features a relaxation area which invites you to take advantage of the well-being facilities at your leisure, wherever your inspiration takes you. Experimental showers, aroma steam baths, sauna, ice fountain, indoor and outdoor Jacuzzis all make for sources of unique and inexhaustible sensations for your body. A superb steam room and divana will only add to the escapism between treatments. Sheer delight, to be indulged in time and again!

**« Perfect legs » spa package rate:
 97 euros/per person**



Hydroxer



underwater body massage



free access to the relaxation facilities and its two new outdoor heated Jacuzzis



• Four Spa Sensations Packages

The Grand Spa des Alpes® has four well-being packages on offer. Treat yourself to a half-day of me-time throughout the season...

- Spa Ludique

The 'Spa Ludique' is an invitation to let go. Choose your own route through without any time constraints, just follow your desires. On the menu: sense-experience showers, aroma steam baths, sauna, ice fountain, indoor and outdoor Jacuzzis. A steam bath and divana complete the range of gentle sensory experiences on offer.

Price per person: 40 euros

- Perfect legs package

(see opposite page)

- Detox Spa

Want to rejuvenate your skin between two seasons? The Spa Detox programme comprises a steam bath body-scrub and detoxifying, regenerating facial. A ritual to enjoy before or after a visit to the 'Spa Ludique'.

Price per person : 97 euros

- Cocoon Spa

A well-being ritual to relax tense muscles and eliminate toxins. The treatment includes a regenerating seaweed wrap followed by a Swedish massage, a must-have experience carried out by a professionally qualified physical therapist. Prolong your enjoyment by visiting the Spa Ludique beforehand or afterwards.

Price per person: 102 euros

6 day Slimming in Brides®, also available in winter

A few extra kilos sapping your morale? A few centimetres around your waist bothering you? The Grand Spa des Alpes® has the solution. The Décllic «Slimming in Brides» 6-day course is available from 2nd Jan to 10th March 2012. While 'Sir' devours the slopes in the 3 Valleys ski area, 'Madam' can have her own fun. Have a thermal treatment in the morning then relax in the spa or on the slopes in the afternoon, or vice versa. There's nothing like a week of skiing to get you trim!

6 days Slimming in Brides®

The starter course to kick-start weight-loss and learn slimming techniques. A tailor-made programme comprising 28 treatments and activities.

1 - personalised diet monitoring before and after the course

- two appointments with a dietician
- one post-course follow-up

A Brides special : During your first appointment, a dietician will make a body diagnosis using bio-impedance electrical pulse technology. Then for the next 6 days, Brides hoteliers will provide slimming menus following the dietician's instructions. At the end of the course, a second appointment will review your results and evaluate their effectiveness. A personal file will be created to record your dietary habits, restrictions and preferences... The dietician then, on a case by case basis, will create your diet plan or objectives to achieve. You will then be given a personalised follow-up from the dietician who advised you during the course. This will take place twice over emails initiated by the dietician. A subscription package is then offered if your needs were met during the interactive follow-up.

2 - Eighteen Brides-les-Bains hydrothermal treatments

- four affusion sculpting massages

A Brides special : personalised and localised deep sculpting massage which stimulates blood circulation. The hydrotherapist uses a variety of anti-cellulite, relaxing and circulation massage techniques. This

treatment improves the suppleness of your skin by manipulating different cutaneous layers. The overall effect is one of deep physical and mental relaxation.

- three hydroxers

A Brides special : powerful pressurised air and thermal water jets. Relaxing, deep-circulation action.

- three hydromassage baths

A Brides special : anti-cellulite, relaxing, toning treatment. The hydrotherapist massages different parts of the body underwater with a pressurised jet of thermal water. This individual treatment focuses on specific zones of the body.

- six jet showers

A Brides special : everyone knows about jet showers. The ones in Brides concentrate on areas of the body that can be affected by cellulite or which need require better circulation. The power of the thermal water jets is controlled to stimulate muscle tissue and improve blood circulation.

3 - Physical activities

Professionally supervised cardio-training circuit and muscle building



Information

- How much will it cost ?

- Cure Décllic
 6 days «Slimming in Brides»
 at the Grand Spa des Alpes®:
 659 euros
 - Cure Décllic 6 days of treatments
 «Slimming in Brides» + accommodation based on a double room
 7 nights on full board with slimming diet
 - in a 2 star hotel from 1,195 euros
 - in a 3 star hotel from 1,303 euros

- Information/bookings
Le Grand Spa des Alpes®
BP 14

73573 Brides-les-Bains
Tel.: +33 (0)4 79 55 23 44
Fax: +33 (0)4 79 55 29 73
contact@legrandspadesalpes.com

www.legrandspadesalpes.com

- Accommodation and tourism information available from the Brides-les-Bains Tourist Office
 Tel: +33 (0)4 79 55 20 64



Les 3 Vallées
 by **BRIDES-LES-BAINS**

3 Valleys ski area: amazing skiing in 3D

There is no better way to explore the 3 Valleys than from Brides-les-Bains. By choosing this resort, you can ski in Courchevel, Méribel, Les Ménuires and Val Thorens. It makes the perfect base camp from which to explore the 600 kms of marked ski runs that this beautiful ski area offers. With direct access to Méribel, Brides-Les-Bains has become the smart resort choice for the largest ski area in the world. From tree lined skiing to glacial landscapes and powder fields: head straight for amazing skiing in 3D!

Taking the Olympe gondola lift from Brides to the heart of the 3 Valleys enables you to truly appreciate and enjoy the magnificent surroundings, offering you a peaceful overview of the mountains. It is the leisurely way to arrive in Méribel, pride of French ski resorts and internationally recognised for its traditional mountain architecture. Once you arrive in Méribel, you will be truly spoiled for choice.

Méribel : make the most of the mountain-sides

If you choose to stay in Méribel and Méribel-Motaret, you can concoct your own ski itinerary on the two mountainsides and in the valley, following the sunshine and the good quality snow conditions.

If you dare to go a little further afield, the Pas du Lac gondola lift will take you over to Courchevel and La Saulire, a mecca for challenging skiing. You can easily spend a day there, enjoying good food, as well as a visit to La Tania, the most recent 3 Valleys resort, and return home as the sun sets.

A high altitude adventure

You may decide to choose an even more adventurous option, by heading over to Les Menuires and Val Thorens, two prestigious high altitude resorts. On that particular day, aim to go up to the Caron peak at 3200 metres; this unique view point spans the French Alps, from the Southern Alps to Switzerland and from the Meije over to Mont Blanc. It is the ideal starting point for high altitude skiing.

Panoramic tour

Why not treat yourself to a panoramic ski tour along the magnificent mountain ridge before plummeting down the fantastic slopes leading to Saint-Martin de Belleville and its Baroque chapel, Notre Dame de la Vie (the well maintained, solid

houses here tell of the long and beautiful history of the 3 Valleys).

A la carte ski menu

Skiing here is your chance to enjoy a truly superb and unique ski area and infrastructure. Whether you're a fine gourmet skier, hungry for action or just a dabbler, you can enjoy the à la carte menu of your choice. Each day can be adapted to suit your appetite for skiing, your level, frame of mind and physical fitness. You can adapt to the weather conditions too, or if needs be, to the mood of your fellow ski companions! Choosing Brides as your ski destination allows you to follow your heart, indulge your desires and be truly overwhelmed by the majesty of your surroundings. You'll be drawn to the mountain, able to revel in the variety of snow, slopes and orientation.



Enjoy snowsports, whatever the weather

Take to the tree lined slopes in Méribel if it looks to be a foggy day, or head up to Mont du

Vallon or the Roc de Fer and enjoy the wonderful fresh powder. Make the most of the guaranteed snow everywhere, thanks to an impressive network of snow cannons. Brave the glaciers in Val Thorens and experience high altitude skiing. Maybe head off to Lake du Lou for its beautiful spring snow, or amble through the Encombres valley in search of chamois mountain goats. Nowhere else will you find such a resplendent ski area, an awe-inspiring natural setting and a constantly changing, rich and varied, high altitude adventure.

Here, you can freely enjoy every possible type of skiing activity imaginable, and of course all types of conditions and slopes. The 3 Valleys offers you the ultimate in amazing skiing. Choosing to discover it from Brides-les-Bains is even smarter because it's cheaper than the crowded high altitude resorts!



Ils ont dit : In their words:

• Vincent Lalanne Director of the 3 Valleys Association

«80% of the 3 Valleys ski area sits above 2000 metres, which guarantees plentiful, good quality snow. Lower down, some 1500 snow cannons ensure the production of artificial snow. But, over and above all of this, what makes this such a special ski area is the vast diversity of scenery: from glacial landscapes to mountain pastures and forests. You can even ski through apple trees, snow permitting, when you take the off-piste route back to Brides!»

• The minimum skiable altitude is 1300 metres and the maximum is 3230 metres, which means that 85% of the ski area is above 1800 metres. There are 25 accessible summits, 10 of which are above 2500 metres.



Les 3 Vallées
by BRIDES-LES-BAINS

Brides-les-Bains : The easy to reach ski destination

Planes, trains and automobiles... all routes lead to Brides-les-Bains. Ideally located at the heart of the 3 Valleys, this resort is easy to get to whatever means of transport you decide to use.

Brides-les-Bains by plane :

- Lyon Saint Exupéry airport
(150 kms – 1 hr 40 mins):
www.lyon.aeroport.fr
Tel. +33(0) 826 800 826
EasyJet
British Airways
Air France
Bmi
Bmibaby

- Geneva airport (120 kms – 2 hrs):
www.gva.ch
Tel. +3341 (0) 900 57 15 00
British Airways
EasyJet
Flybe
Bmibaby
Jet2.com

- Chambéry/Aix-les-Bains airport
(90 kms -1 hr 15 mins):
www.chambery-airport.com
Tel. +33(0)4 79 54 49 54
Flybe
Jet2.com
Flyglobespan

Shuttle buses to Brides-les-Bains

- Daily Transavoie bus between Moûtiers and Brides-les-Bains
from 3 euros per person/single and 5.40 euros per person/return
Booking line: +33(0)4 79 24 21 58

- Altibus shuttle bus between Lyon-Saint Exupéry airport and Brides-les-Bains
from 65 euros/person (bookable in advance)
www.altibus.com
Booking line: 0 820 320 368
From abroad: +33(0)4 79 68 32 96

- Shuttle bus between Geneva airport and Moûtiers: www.alpski-bus.com

- Shuttle bus between Grenoble/Saint Geoirs and Brides-les-Bains:
www.bensbus.co.uk

- Grenoble/Saint Geoirs airport
(160 kms - 2 hrs):
www.grenoble.aeroport.fr
Tel. +33(0)4 76 65 48 48
EasyJet
Ryanair
British Airways
Thomsonfly

Brides-les-Bains by train :

- Eurostar : London/Moûtiers in 8 hours
www.eurostar.com
- Thalys: Brussels/Moûtiers in 7 hours
www.thalys.com
 - Paris/Moûtiers in 4 ½ hrs by TGV high speed train
www.voyages-sncf.com

Brides-les-Bains by road :

Motorway (A430) and dual carriageway (N90) up to just 6 kms away from Brides-les-Bains!
In Moûtiers, follow signs for vallée de Bozel/ Brides-les-Bains.



Pointers

- **Direct links and online bookings at www.brideski.com**
(planes, trains, buses and taxis)

Airline information

British Airways:
www.ba.com
Air France Group:
www.airfrance.com/uk
Bmi:
www.flybmi.com
Bmi Baby:
www.bmibaby.com
Flybe:
www.flybe.com
Ryanair:
www.ryanair.com
Flyglobespan:
www.flyglobespan.com
Easyjet:
www.easyjet.com
Jet2.com:
www.jet2.com
Thomsonfly:
www.thomsonfly.com

