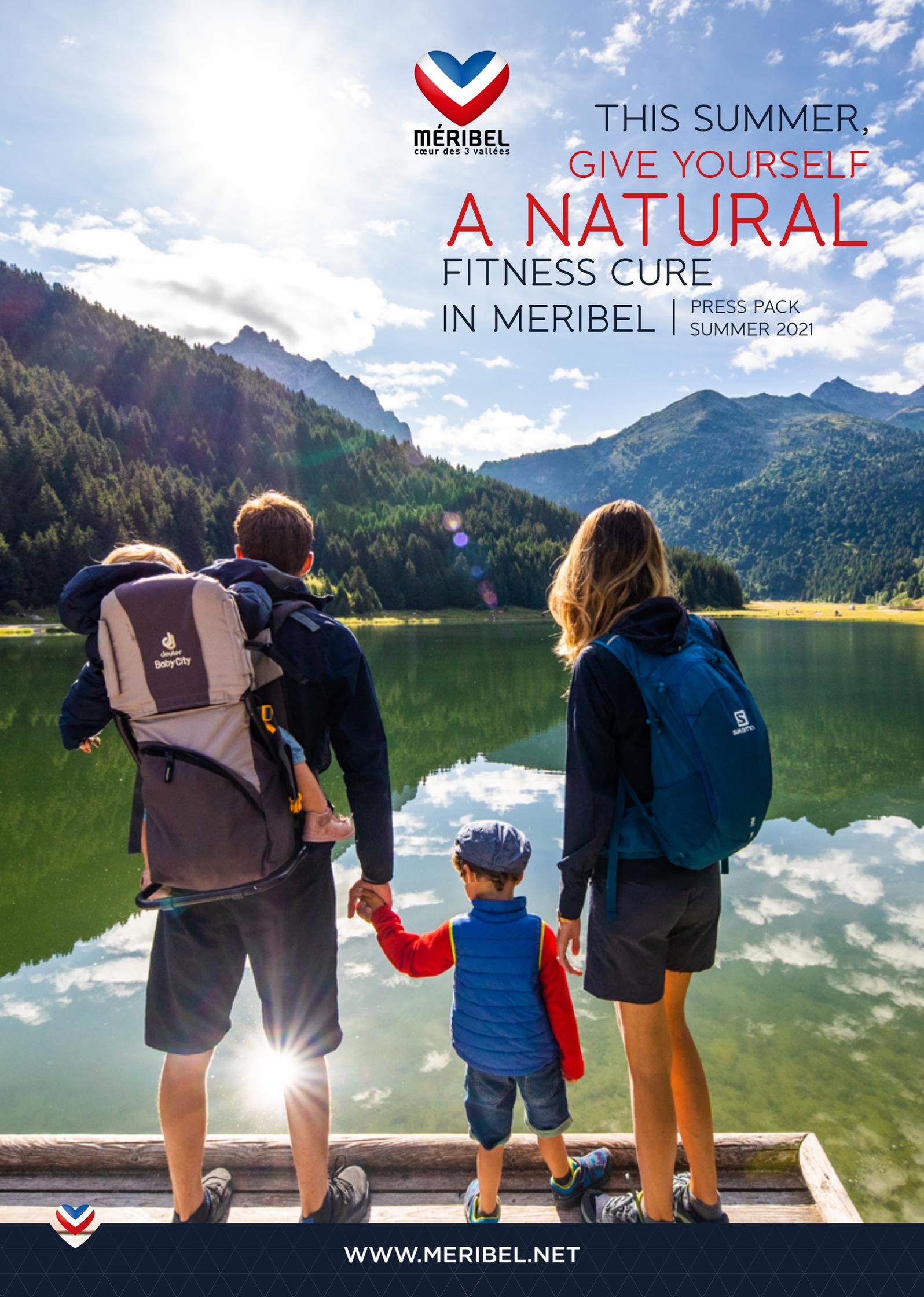




MÉRIBEL
cœur des 3 vallées

THIS SUMMER,
GIVE YOURSELF
A NATURAL
FITNESS CURE
IN MERIBEL | PRESS PACK
SUMMER 2021



WWW.MERIBEL.NET



10 GOOD REASONS TO COME TO MERIBEL THIS SUMMER!

- 1 Roam the Méribel valley's most beautiful paths
- 2 Brave the new mountain pass reserved for cyclists
- 3 Ride the slopes of a vast mountain bike area
- 4 Enjoy unique family time together
- 5 Get (back) into sport
- 6 Take care of yourself
- 7 Discover the magnificent Plan de Tuéda Nature Reserve
- 8 Treat yourself
- 9 Explore Méribel's history
- 10 Take part in exciting summer events



EDITOR'S LETTER

After this chaotic year, our need to press the reset button demands more than a trip to the countryside or the seaside. Instead, head to the mountains and, in particular, one of the best-preserved areas of les 3 Vallées, Méribel, in the heart of the Vanoise National Park! Water, fresh air, physical activity and well-being - Méribel offers the ideal combination of outdoor fitness and the benefits of Nature. With its picture postcard peaks, traditional villages and lush natural surroundings, Méribel feels very like paradise!

This summer, spend your holidays in the mountains! Why not avoid the crowded seaside and scorching heat this year? Instead, «go green» this summer and enjoy fresh air and calm nights in Méribel! The mountains in summer are the perfect rejuvenation cure, alternating adrenaline thrills and time to devote to your wellbeing. Alpine holidays take you far from daily stresses, and are shaped by breath-taking views, unspoiled nature, original experiences and authentic encounters. There are twice as many mountain activities in summer; the sensation of unlimited space takes on a whole new dimension and you will achieve things of which you never thought yourself capable. Méribel offers you a break from everyday life with lasting benefits...

Summer holidays in the mountains

Long associated with healthy retreats, the mountains have become the new summer detox destination. Urban-dwellers willing to try something a little different for their summer holiday can experience all the 'sensational' things Nature has to offer. With Méribel's varied activities, spectacular landscapes, French "art de vivre" and authentic local cuisine, every day brings something new to discover.

Here you can mix mini-adventures (a mountain bike trip, family hike and night in a mountain refuge, yoga session in the middle of a nature reserve) with more extreme thrills (high altitude zip line, via ferrata at 3,000 metres, or vertiginous canyon descents). It's also an ideal setting where you can slow down and live in the moment, perhaps enjoying a picnic in the shade of a larch forest, an afternoon spent on the banks of a lake in the Tuéda Nature Reserve, a visit to an alpine farm, a fun hunt for animal tracks or even a chance to try fly fishing... In the evening, what could be more agreeable than trying traditional dishes or enjoying a lengthy aperitif of local Savoie wines and a platter of delicious local charcuterie?

The adventure of new adventures!

In Méribel, far from the crowds, the days stretch out and you have plenty of time to try out a new traditional or original activity every day. In no time, you'll be caught up in adventures and new activities and by the end of your stay you'll have the satisfaction of having left your comfort zone, gained in self-confidence and (re)discovered the pleasure of effort and reward. Méribel, a natural gem in les 3 Vallées, is full



of mini challenges to experience with family or friends or even on your own, whether you are sporty or not.

The art of living well – authentically

In contrast to France's coastline and tourist-filled regions, the mountains and the whole Méribel valley have managed to retain their traditions and their typical architecture. Among the valley's fifteen small villages made up of stone and wooden chalets with sculpted facades, you'll find a Baroque church in the heart of the village of Les Allues, a communal bread oven still used for special events, and even a museum bringing together all the traditions of the valley (agricultural equipment, the birth of skiing, etc.) in an old village house. In Méribel, you'll notice how traditional mountain customs and rhythms are still observed in summer – offering visitors a complete break from ordinary life. Here, walks in Nature help even the busiest people slow down and appreciate the environment and the sounds of the forest, and encourage them to listen to their biological clock. In this enchanting setting, your heart rate will slow, your muscles will relax and stress will evaporate.

If that's not enough, here are 10 good reasons to come to Méribel this summer!



1 ROAM MÉRIBEL'S BEAUTIFUL WALKING PATHS

Nature and mountains, spectacular views, emerald lakes, colourful flowers, varied wildlife and conservation areas – welcome to the Méribel valley!

Here, walkers will find their hearts' desire: easy paths or steep itineraries, walks to inspire contemplation or excursions into high mountain areas, family trails or solo expeditions – there is something for everybody!

Méribel Tourist Office supplies walking guidebooks giving signposted walks, useful suggestions and contact details so you set out well-prepared to discover the treasures of les 3 Vallées.

Alternatively, you can discover the flora and fauna or ecology of the mountains or even the glaciers in the company of a mountain guide.



At the Pierret family's farm, located in the reserve, you can discover how Beaufort d'alpage cheese is made. You can even taste some of this exceptional delicacy, known as "the prince of Gruyères".

The **Maison de la Réserve Naturelle**, managed by the Vanoise National Park, is a visitor centre where you can discover the little secrets of this natural environment, and which offers you entertainments and exhibitions. Open 11am to 6pm, Monday to Saturday, closed on bank holidays and Sundays.

Children and adults will be spellbound by the discoveries they make in the **Vanoise National Park** during their mountain holiday. This is a paradise for nature lovers and walkers: it reveals an incomparable variety of landscapes in its 53,000 hectares and on its 500km of walking paths.

You can also enjoy walks within the **Méribel valley** where you can meet marmots, discover edible and medicinal plants, learn the history of the valley, identify forest animals and be spellbound by majestic sunsets.

Let us show you Méribel's most beautiful walks and turn your dreams into reality!



RECOMMENDED FOR WALKERS :

Le Saut Mountain Refuge

Lying on the far boundary of the Plan de Tuéda Nature Reserve, le Refuge du Saut is a perfect 'base camp' for walkers and lovers of the high mountains. This refuge offers a high level of comfort and accommodates up to 25 people (meals and accommodation) in comfortable rooms and dorms of 2, 4, 6 and 8 comfy beds. It is totally eco-friendly with solar panels, wind-powered ventilation, and locally sourced purified water and is heated with wood burners.

Information and reservation :
09 74 77 60 38 & www.refuge-vanoise.com

UNMISSABLE :

Discover Méribel from the skies...

Tucked in a spruce forest, Méribel's Altiport is a gem, a part of French flying heritage with its own unique history and geography. Méribel's Aeroclub invites you to discover les 3 Vallées from the air. From Méribel to Val Thorens via Courchevel, you'll marvel at the varied panoramas of the mountains. The Aeroclub offers 'discovery' flights of 15 - 30 minutes, introduction flights, flying lessons and training courses.

Information : 04 79 08 61 33
& <http://ac-meribel.com>

CONSERVATION AREAS

Make the most of your stay in Méribel by discovering the treasure-filled Plan de Tuéda Nature Reserve, located at the entrance to the Vanoise National Park. Here you are sure to meet marmots, eagles, chamois, golden eagles, griffon vultures, nutcracker birds and deer... You might even be lucky enough to see black grouse, one of the Reserve's protected species. Their courtship rituals are one of nature's most unusual spectacles.

At the heart of the reserve, roam along the **exceptional Botanical trail** overlooking the Tuéda Lake, where you will discover more than a hundred species of Alpine flowers, including the Twinflower, a rare relic of the ice age. This 2-hour walk is suitable for families, with only 210m vertical ascent, making it accessible to even young children.



HERE TO HELP YOU FIND WONDERFUL WALKS

Méribel Tourist Office :
04 79 08 60 01 & <https://montagne-ete.meribel.net>
Méribel Mountain Guides :
06 43 89 72 91 & <https://guides-meribel.com>
Terres d'Évasion :
06 09 40 20 28 & www.terresdevasion.com
Alpine Randonnée :
06 23 87 83 40 & <http://alpinerrandonnee.e-monsite.com/>
Maison de la Réserve Naturelle du Plan de Tuéda (visitor centre) :
04 79 62 30 54 & www.vanoise-parcnational.fr

2 BRAVE THE NEW MOUNTAIN PASS RESERVED FOR CYCLISTS



MÉRIBEL and Courchevel, in 2019, opened a new 12.5km-long cycle path exclusively for the use of cyclists, which peaks at Col de la Loze at 2,304m. Choose an electric bike or road bike to tackle this new route which begins in the forest then winds through mountain pastures. You'll ride along a mountain road without meeting a single car, in the heart of nature and far from any pollution. Here, keen cyclists will find several peaceful itineraries to discover the Méribel and Courchevel valleys. And as an added bonus, you're likely to spot marmots!

The pass's steep incline will also please those who enjoy a challenge! The new cycle path perfectly follows the curves of the mountain. Some turns are especially steep and there are numerous changes in gradient, some of which are quite brutal. Cyclists will have to master a short 20% incline before reaching the pass. Their efforts will be rewarded by the majestic 360° panorama awaiting them over the Mont-Blanc, the Méribel valley, Grand Bec and Grande Casse.

Any cyclist can enjoy a complete escape into the mountain with an electric bike. With friends or family, you can pedal from Méribel to Courchevel via Brides-les-Bains and have fun discovering the Col de la Loze, the 3rd highest pass in Savoy after the Iseran and Galibier passes.

This summer, challenge yourself to climb le Col de la Loze which saw the world's best cyclists battle it out during the queen stage of the Tour de France last year.

THERE'S A ROUTE TO SUIT ALL LEVELS :

The new Thomas Voeckler loop starting from Les Allues and reaching the summit of Col de la Loze: 43km and 1,584 total ascent.

The climb from Les Allues to the top of Col de la Loze: 14 km and 1,204m ascent

The discovery route from Courchevel le Praz to Méribel via the Col de la Loze: 35km and 1,050m ascent.

And for the most committed, the 'Cyclo' route which starts from Le Carrey, crosses Courchevel le Praz, climbs to Col de la Loze, passes through Méribel, Brides-les-Bains and La Thuile before returning to its starting point: 62km and 1,970m total ascent.



PROFILE OF THE COL



Start point : **1,645m**
 Finish point : **2,304m**
 Total ascent : **661m**
 Length : **7km**
 Average gradient : **10%**
 Maximum gradient : **20%**

THE THREE VALLEYS WAY



The Col de la Loze cycle path is the first step in a major project which will link all les 3 Vallées with a single route reserved for cyclists. Continuing on from this first section, Les Allues town hall is currently working on creating a cycle path between Méribel Mot-taret (1,750m) and the summit of Tournète (2,437m) to link Méribel with the Belleville valley (Les Me-nuires and Val Thorens).



NEW // A yellow jersey wearing Méribel's colours

From this summer, Méribel will have an ambassador to promote the resort's cycling credentials and, in particular, its new cycle path which climbs to the legendary Col de la Loze: Thomas Voeckler, the cyclist with 52 victories to his name! Thomas Voeckler has one of the finest records in French cycling. He is the holder of a series of awards, notably in the Tour de France (yellow jersey, stage victories, polka dot jersey) which made his reputation and started «Voeckler-mania». This popular French rider loves the mountain and cycling, and this partnership is a great opportunity for him to combine his two passions.

In addition to the media impact of such a partnership, Thomas Voeckler wishes to get involved in a project to promote Méribel as a cycling destination by creating the «Boucles de Thomas Voeckler», circular cycling routes of all levels, using the roads and paths in Méribel. These routes will be certified, recommended and commented on by the champion himself. Each year, new «Boucles de Thomas Voeckler» will be created, eventually reaching a dozen loops which will be accessible to all, on road bikes, E-bikes or even mountain bikes.

Loop 1 « Les Cotilles »

A 6.7 km loop accessible to as many people as possible, which can be used by bike or E-bike: "Les Cotilles" - green level - Start at Le Blanchot restaurant & return via Chante-Mouche. Total ascent 150m // Total descent 156m

Loop 2 « Col de la Loze »

A 43-kilometer loop starting from Les Allues via the Col de la Loze with a return via La Tania. Total ascent 1,584m // Total descent - 1,583m

Thomas Voeckler will also be present in Méribel for the highpoints of the cycling calendar, such as the «l'Echappée du Col de la Loze» on August 14th.



FROM ONE LEGENDARY COL TO THE NEXT...

Méribel offers much to satisfy keen road bikers. The resort is a great starting point for many itineraries to explore nearby legendary passes, such as the col de la Madeleine, Col de l'Iseran, le Col du Glandon, le Cornet de Roselend, le Col du Petit Saint Bernard and, a little further afield, le Col San Carlo in Italy.

Less seasoned riders can make the most of the Allues valley and enjoy beautiful rides with circuits via Courchevel, Bozel or Champagny-en-Vanoise.



3 RIDE THE SLOPES OF A VAST MOUNTAIN BIKE AREA



**LIFTS OPEN FROM
3 JULY TO 27
AUGUST 2021**

MÉRIBEL

is a paradise for mountain bikers. It lies between the Vanoise National Park on one side and the Mont-Blanc on the other. At the heart of les 3 Vallées, Méribel offers an unlimited playground for mountain bikers. The scenery is rocky on the summits, then a lush green in the mountain pastures and pine and broadleaf forests 2,000m lower down.

On the menu, 11 downhill trails for experienced and novice riders, 9 enduro trails, 3 cross-country trails, 6 specially created trails for electric mountain bikes including 3 new ones this summer, a pump-track and a fun zone for learners at the foot of the trails.

Here, you don't have to choose between downhill and enduro. Méribel's mountain bike park offers a wide choice of trails for downhill and lots of itineraries for enduro, all well maintained and mapped out and in the midst of spectacular scenery!

On the enduro itineraries, you can rack up more than 2,000m of descent on magnificent uninterrupted runs, without a turn of the pedals (or almost)!

For downhill, Méribel offers a very wide range of trails. The green trail, for example, offers a wide track, a gentle slope and long, linked turns on which you can have fun and gain confidence. The G Force, which hosted the Downhill World Cup, will test the hardest downhiller on its technically challenging course, dotted with jumps and peppered with tree roots.



Shaped by laser, the brand new Red Line is a slopestyle which allows you to do a series of big jumps in safety. Composed of 8m to 15m tables, a hip, lots of transfers and a step-up, this trail lies at 2,200m and offers a fast rotation time thanks to the Tournèze 2 chairlift (open 7 days per week). Perfect for getting big air!



3 NEW GENTLE TRAILS

NEW // This summer, Méribel's Mountain Bike Park offers 3 new gentle trails aimed at families. This way, they can set out to explore our beautiful valley on more easily-accessible routes.

Le Clos Bernard - Green Loop

Departing from Le Blanchot restaurant, this route follows the path that runs alongside the road to the Altiport and then goes up to le Clos Bernard before descending to the Altiport. Distance: 2.4km
Total ascent: 53m
Total descent: 55m

Les Cotilles - Green Loop

Departing from Le Blanchot restaurant, this trail follows the route of the red cross-country ski trail, returning via Chante-Mouche. Distance: 6.68km
Total ascent: 150m
Total descent: 156m
Start-finish point: Restaurant le Blanchot

Sprint du Col de la Loze

Blue Loop
This loop connects the 2 E-bike routes (Col de la Loze loop and Tuéda loop). It also provides access to the Col de la Loze by taking the Pas du Lac 1 gondola lift to start the ascent towards the pass. Distance: 1.4km
Total ascent: 2m
Total descent: 98m
Start: Pas du Lac mid-station
Finish: le Blanchot Restaurant



A MOUNTAIN BIKE SCHOOL FOR YOUR FILL OF THRILLS

Fast Riding People is a mountain biking school in Méribel. It offers courses and outings for all levels and can adapt to all your needs. Electric mountain bikes courses and outings allow you to discover the remote parts of les 3 Vallées. Their preparatory courses for the Maxiavalanche increase your chances of performing well in this event. Family rides take downhill itineraries designed to offer a fun approach to biking. There are learner sessions on balance bikes for smaller children and learner sessions on the Chaudanne Pumptrack. These schools' instructors will be delighted to introduce beginners or experts to Méribel and les 3 Vallées at their own speed.

MCM mountain bike school, Méribel: : 04 79 08 59 90 & <http://fastridingpeople.com>

4 ENJOY UNIQUE FAMILY TIME



MÉRIBEL MÉRIBEL is an ideal destination for family holidays in the mountains. Holder of the “Family Plus” award, the resort goes to great lengths to make family holidays unforgettable and offers a wide range of services, facilities, activities and entertainments dedicated to children.

As part of its holiday-close-to-animals approach, Méribel offers horse- and pony-rides, including on very small ponies for the youngest children. The **riding centre** allows you to discover the valley in a different way, through pony treks lasting 1 or 2 hours, or 1 or 2 days with a night spent in a mountain refuge... A quiet moonlit ride is sure to be one of the highlights of your family holiday.

Local mountain guides offer walks and outings designed for families and even very young children: via ferrata taster sessions, animal path, night in a refuge, discovery of the flora and fauna etc... This summer, the **mountain guides** offer a half day children's outing in the magical Altiport forest every week.

Nicolas Tavernier of **Terres d'Évasion** also offers an original family outing, a sunset hike when the landscape becomes quieter and the glaciers of the Vanoise, Mont-Blanc and Grande Casse and the entire Méribel Valley turn pink. On arrival, you will enjoy sampling a Reblochon fondue and Savoy wines, then descend by the light of head-torches.

Those who wish to make the most of the long summer days and increase their chances of seeing the **local wildlife** (ibex, chamois, marmots, eagles), should take the path which rises towards the Vallon du Fruit before reaching the Saut Refuge. It starts in the Ramées forest and climbs to the Plagne plateau, at an altitude of 2,000m, at the foot of the Aiguille du Fruit. This route will also allow you to enjoy a beautiful diversity of landscape and plant life.

To discover the **local wildlife**, you should also visit the **Animal Trail which has been revamped** with new games and animal models that are more beautiful and more realistic than ever. Follow this very easy green track that winds through the forest, and have fun spotting animals and recognising their calls.



Méribel Aventure offers fun and thrills on its 80 element woodland adventure course in the heart of the forest. Starting from Bois d'Arbin, five different courses with obligatory zip lines allow you to test your skills of agility, acrobatics, balance and daring. There is even a special course for the smallest children aged 3 years and above.

As for the **Refuge de la Traye**, children can discover the authentic setting of rural traditions in the educational farm, meeting Valais Black Nose sheep (renowned for their gentle character), dwarf goats and long haired donkeys.

As for **mountain biking for all the family**, in addition to the two classic types of MTB landscape - rocky on the summits and green in the pastures, fir and broadleaf forests 2,000 meters below - this summer, the Bike Park will offer three new routes for families. These provide a gentler way of exploring the valley on more accessible routes.

Sportkids Méribel is the go-to place for children and teenagers from 8 to 16 years: mountain biking, kayaking, via ferrata, canyoning, climbing, archery, paint-ball, laser games, grass scooters, rafting etc...



Learn golf as a family, from putting to a full swing, with fun exercises that demystify golf. **Méribel's golf club** also offers 1 to 5 day courses for children aged 3 and over, and junior courses (from 5 years) for beginners or improvers.



Child-care centres can look after your children for an hour, half day or full day and offer age-appropriate activities from 18 months to 8 years: outdoor activities, picnics, mini-gardener workshops, obstacle course, walks with flower picking, pony riding, trampoline, adventure course, mini-golf, treasure hunts etc...

When the weather doesn't permit outdoor activities, there's plenty to occupy all the family at the **Kénothèque family centre**, library, cinemas, bowling alley, Les Allues Museum and the Raffort sawmill etc...

HERE TO LOOK AFTER YOUR CHILDREN

- Sportkids Méribel : 04 79 00 37 39 & www.sportkidsmeribel.net
- Kénothèque family centre : 04 79 00 80 05
- Golf de Méribel : 04 79 00 52 67 & www.golf-meribel.com
- Terres d'Évasion : 06 09 40 20 28 & www.terresdevasion.com
- Refuge de la Traye : 04 58 24 04 04 & www.refugedelatraye.com
- Méribel Aventure : 06 10 47 12 36 & www.meribel-aventure.com
- Méribel MCM mountain bike school: : 04 79 08 59 90 & <http://fastridingpeople.com>
- Cœur Équestre : 04 57 37 17 21 & www.coeuroquestremeribel.com
- Méribel mountain guides : 06 43 89 72 91 & <https://guides-meribel.com>
- Les Saturnins nursery and Club des Petits Loups kindergarten : 04 79 08 60 31 & www.esf-meribel.com



5 GET (BACK) INTO SPORT

With more than 20% of its valley lying in the Vanoise National Park, the exceptional flora and fauna in the Plan de Tuéda Nature Reserve, and rugged and rocky landscapes around its 3,000m peaks, Méribel has little to fear from the competition in terms of spectacular settings and sporting activities.

There is something for everybody, whatever their tastes or fitness level: riding, treetop adventure courses, paragliding, fly-fishing, biking, MTB, hiking, climbing, canyoning, glacier walks, via ferrata and tennis etc.



Here, you can **ride horses or ponies**, including very small ponies for young children, in the heart of unspoiled nature and set out to discover the most beautiful spots in the valley. There's something for everybody, from traditional riding lessons, pony-rides for the littlest ones, leading rein and trekking, to all the equestrian disciplines!

Hikers can make the most of 53,000 hectares and 500km of walking paths and set out to spot marmots, meet Beaufort cheese-makers, discover edible and medicinal plants or learn the history of the valley.

Adventurous souls will want to try the **Dent de Burgin/Croix des Verdons Via Ferrata**, the highest in Europe! Perched at an average height of 2,700m, it takes you into an exceptional mountainous setting. They can also try glacier trekking on the Gebroulaz dome glacier, 3 Cols or other glaciers in the valley.



ELECTRIC SKATEBOARD

NEW // this summer's don't-miss activity is eco-excursions on **electric skateboard or scooter**, which safely combines the sensations of gliding and speed.



Those who love **white water sports** or flying won't be left out with **canyoning** in the clear waters of the Eau Rousse, Montmin and Pussy canyons, and also rafting, hydrospeeding or canoe raft on the Haute Isère river. Fly over Méribel and les 3 Vallées in a two-man paraglider with a professional pilot with more than 20 years' experience. Enjoy the unparalleled view and a unique experience!

Nature lovers should make their way to the Tuéda Lake to try **fly fishing**, a kinder form of fishing where the fish are released rather than killed. You simply enjoy the

tranquillity by the lake, marvel at the panorama and enjoy time to yourself.

Are you hooked on **trail running**? A 24km loop with 1,700m of total ascent and descent, part of the Méribel Trail competition course, winds along technical climbs, contour trails, narrow passages, through scree and along ridges, towards the Roc de Tougne, Roc des Trois marches, Col du Fruit, Lac de la Chambre, Borgne Lake, Plateau du Fruit, Saulire ridge and Rocher de la Loze...



Méribel's **Parc Olympique** also offers a range of indoor family activities: a 14-metre indoor climbing wall, swimming pool and Olympic ice rink, modern gym and bowling alley etc. Theme nights are organised every week at the pool and ice rink.

Méribel has a **golf course** which lies in the cool air of the mountains, situated between 1,565 and 1,850m and spread over 35 hectares, it's regarded as spectacular, even by experienced golfers. This exceptional 18-hole, par 71 course has breath-taking views and is the perfect setting for playing or learning, as beginners are most welcome.

Méribel also offers tennis, quad biking, buggy riding and bouncy castles...

Find all these activities and providers on www.meribel.net.



HERE TO OFFER YOU A CHALLENGE

Méribel Mountain Guides :
 06 43 89 72 91 & <https://guides-meribel.com>
 AN Rafting : 04 79 09 72 79 & <http://an-rafting.com>
 Aérodynamique : 04 79 08 67 25 & www.parapentemeribel.net
 Méribel Tennis : 06 98 98 73 86 & www.tennisaventure.com
 Quad Biker : 06 09 94 18 11 & www.quad-biker.com
 EMSkate : 06 89 65 89 35
 Parapente Tandemtop Saulire (paragliding) :
 04 79 00 45 67 & www.tandemTOP.com
 Parc Olympique : 04 79 00 80 00 & www.meribel.net
 Cœur équestre des 3 Vallées :
 04 57 37 17 21 & www.coeurequestremeribel.com

6 LOOK AFTER YOURSELF



Because body and mind are one, well-being comes from their mutual harmony. There is nothing like «feeling» the mountain to help you press the reset button. And there is nothing to compare with an environment that allows you to 'let go', followed by some targeted pampering treatments. Lying amongst high mountain lakes, pine and spruce forests and glacial torrents, Méribel is distillation of rejuvenating, therapeutic nature, the perfect environment to stimulate the senses.

In summer, the resort offers even more **well-being activities**, especially yoga: based on the energies of the season, with morning yoga on the shores of Lake Tuéda or the Arpasson terrace, family yoga based on play, or regenerating outdoor yoga with **Marcela Bemposta** including deep breathing exercises. Why not complement this daily ritual with an enjoyable hike in the Plan de Tuéda Nature Reserve, foraging, breathing workshops, detox cures, sensory awakening, 'balanced' picnics and qi gong in the heart of nature.... Slow Altitude is in Méribel's DNA.

One of the best-known wellness practitioners here is **Françoise Daviet** who specialises in shiatsu and essential oils to regulate stress, boost the immune system and promote lasting balance; while **Christelle Dal Zotto**, a physiotherapist and osteopath, focuses her work on back pain, in particular through postural Pilates. As well as relieving the back, she also works on breathing and mindfulness in her yoga sessions - a 360° approach she uses in her private and group lessons. **Laetitia of Beauty & Mass Emoi** uses a similar multi-facetted approach with her massages personalised to each individual's needs, and with meditation work when necessary.

The idea of offering signature treatments to enjoy after busy days filled with revitalising activities has proved very popular in the resort's various spas. In addition to its gym and 25m swimming pool (which holds paddleboard, aquagym, aquabike and aqua-fin activities) the **Parc Olympique** has its own **My Spa Pure Altitude**. This offers saunas, a hammam, four treatment rooms for massages (relaxing, sport and even mum-to-be) and expert facial treatments help banish any signs of fatigue or stress. **The Nuxe Spa at the La Chaudanne hotel** has a different ambiance, and offers a menu of detoxifying, rejuvenating and Ayurvedic treatments, and targeted treatments against the signs of aging. There are even special children's treatments.



To boost your energy flow and treat yourself to a real shiatsu experience, make your way to **Chalet du Ruisseau at Raffort**. Or in Méribel Mottaret, head to the **Alpen Ruitor Spa** for an exclusive massage, such as a hot stone massage, or a Tahitian black sand scrub. The combination of sauna, hammam, whirlpool bath and sensory shower work together to offer you complete sense of renewal.

At **Refuge de la Traye**, tailor-made experiences will satisfy the most demanding individuals: a milk bath for maximum hydration, a hay bed to relieve the neck and back and encourage deep relaxation, a Lyashi dome sauna to slim and purify the body, Stendo to boost the circulatory system, and LED therapy for cell regeneration and to relieve pain and rheumatism.

Over the years, Méribel has created a fine reputation in les 3 Vallées for expertise in well-being and restorative care. These gentle therapies act as a complement to outdoor activities. In summer, Méribel's mountains are in wellness mode!

What better way to relax ?



« Zen Altitude » theme fortnight
From 14 to 27 August 2021

This summer, enjoy a wellness break in the mountains ... For two weeks in August, Méribel invites you to relax and disconnect with its Zen Altitude theme fortnight. Gently boost your body and revitalise your energy with everything the mountain has to offer! Take a step back from everyday life and rediscover yourself in nature through a multitude of well-being activities. On the menu you'll find: outdoor yoga classes, outdoor massages, well-being coaching, artistic workshops, contemplative or energising walks and more. It's relaxation in its highest form!

As a bonus, most of the activities, events and workshops are free.

Information :
<https://montagne-ete.meribel.net>

HERE TO LOOK AFTER YOU

Séjour Coaching Nature by Magali Salles : 06 37 44 38 36 & www.sejour-coaching-nature.fr
Yoga & Wellbeing by Marcella Bemposta : 06 03 00 45 49
Beauty Mass Émoi by Laetitia Dubois : 06 50 00 39 12 & www.massemoi.com
Shiatsu & Massage by Françoise Daviet : 06 24 36 77 77
Massages at Aspen Lodge by Laura Georges : 06 31 54 20 35
Christelle Dal Zotto (physio & osteopath) : 06 22 64 21 32
Chalet du Ruisseau : 04 79 00 70 00 & <https://cimalpes.ski/fr/location-meribel/chalet-ruisseau-renarde>
Spa Nuxe at Hotel La Chaudanne : 04 79 00 42 30 & www.chaudanne.com
L'Éterlou : 04 79 08 89 00 & www.hoteleterlou.com
Refuge de la Traye's Spa : 04 58 24 04 04 & www.refugedelatraye.com
Spa Pure Altitude at Parc Olympique : 04 79 00 80 00 & www.meribel.net



7 DISCOVER THE MAGNIFICENT PLAN DE TUÉDA NATURE RESERVE



Created in 1990 at the western limits of the Vanoise National Park, the Plan de Tuéda Nature Reserve extends from the lake of the same name to the Gébroulaz Glacier, passing by le Saut refuge. 1,100 hectares of exceptional natural beauty are preserved on both sides of the Doron River. Close to Lake Tuéda, 345 hectares of Arolla pines form one of the most beautiful pine forests in the Alps.

THE MUST-SEE PARTS OF THE NATURE RESERVE

BOTANICAL TRAIL

This 2km long botanical walk ascends 180m and allows you to discover **numerous natural habitats**: marsh, rocky scree, dry grassland, grazing meadows, stream banks and of course, the Arolla pine forest, the reserve's most notable feature and the main reason for its creation in 1990. The trail starts 200m after the Plan Ravet car park, on the left, and ends at the Maison de la réserve by the lake. Allow 1/2 to 2hrs to walk along it, which will give you enough time to fully discover the area's natural riches. Interpretive signs and a hundred information labels along the trail allow you to learn about the reserve: its Arolla pines and spruces, the richness of the marshy areas, colonisation of scree by lichens and plants, soil formation, and French and vernacular names of mountain flowers etc. The wide diversity of species on the trail is a result of the many different habitats it crosses; each species being dependent on its particular habitat.

Information : <https://www.plandetueda-reservenaturelle.fr/le-sentier-botanique/>



A TREASURE HUNT IN AN IDEAL SETTING!



Combining aspects of an escape game and geocaching, this offers immersive storylines and a unique experience. It is open summer and winter in the magnificent Plan de Tuéda Nature Reserve with its 1,200 hectares of protected nature. Guided by an app, you will set out on an adventure with your friends or family, avoiding traps on your path and taking on challenges! You'll become a band of adventurers exploring Méribel, the only people who can save the valley by finding the Heart of Méribel, a treasure which has the power to bring peace and harmony. **Explor'Games**® is a unique opportunity to discover the history of the valley and the secrets of its Alpine flora and fauna. It's your turn to play!

Information and reservation : 04 79 08 60 01 & www.meribel.net

GÉBROULAZ GLACIER TRAIL, WELCOME TO THE DORON DES ALLUES VALLEY

To the sound of its babbling waters, you can walk up by the sides of the lively Doron stream all the way to its source: **the glacier**. It takes **3 hours of climbing** to reach this river of ice that flows from the crags of Péclet-Polset. The Gébroulaz was the last privately owned glacier in France, belonging to the local Etievent family. It was acquired by the commune in 2003. You can relive the

history of this glacier on a hike over several kilometres, a history which dates back several thousand years! Thanks to this trail, you can discover and understand the fascinating life of this river of ice since the last ice age. Numbered markers are set along a path that climbs to the Col de Soufre at an altitude of 2,819m. You will hike through an exceptional area: please treat it with respect!

Information : <https://www.plandetueda-reservenaturelle.fr/glacier-de-gebroulaz/>



8 TREAT YOURSELF

A holiday in Méribel means indulgence, elegant and welcoming accommodation, and delicious restaurants to enjoy with your loved one, family or friends.

ACCOMMODATION

Your nights will be as delightful as your days if you stay at **La Chaudanne**. This chalet-style hotel combines charm and tradition. Its elegant rooms and suites invite you to daydream, its heated indoor pool surrounded by picture windows invite you to switch off, and its **Nuxe Spa** is a chance for total relaxation...

Family **Hotel l'Éterlou** possesses a magnificent heated outdoor pool with panoramic mountain views and its spa offers you the delightful respite you're dreaming of...

NEW // Le Savoy Hotel will open this summer. Its exceptional situation in the heart of the village makes it an ideal base to make the most of your holiday. You can choose between enjoying its well-being and relaxation area, taking part in the many activities offered by the hotel, or sipping a delicious cocktail with friends at the bar, a popular place to get together at the end of the day.

Walkers can spend the night at **Refuge du Saut** and **Refuge du Christ**, two traditional mountain refuges in the heart of the valley. The first is an eco-friendly, comfortable refuge lying on the boundary of the Tuéda Nature Reserve and Vanoise National Park. Refuge du Saut forms the perfect base for those who love the high mountains. The latter is a small chalet in the mountains. Situated in the Traye hamlet, le Refuge du Christ faces the Mont Blanc and combines the art of living well with eco-friendliness.

If you want to discover the mountains in a different way, make your way to **Refuge de la Traye**. Here, time stops and you can switch off completely! Nesting at the heart of the hamlet of the same name, this unique refuge is only accessible on foot and offers you a total break from everyday life with your family or friends, in the heart of unspoiled nature.

Families will be spoiled at the new 5-star premium Pierre & Vacances residence, **l'Hevana**. This offers the tranquillity of private family chalet life and a range of up-market facilities: Deep Nature Spa, indoor pool, paddling pool, outdoor whirlpool bath and also a cosy bar and gym.

Finally, those who seek tranquillity and discretion can find refuge in the private chalets which combine Savoyard traditions and high-end services, such as the **Chalet de la Ferme de mon Grand-père**, 500m2 of luxury and conviviality.

- Comfortable nights...

La Chaudanne : 04 79 08 61 76
& www.chaudanne.com
L'Éterlou : 04 79 08 89 00
& www.hoteleterlou.com
Le Savoy : 04 79 55 55 50
& www.hotel-savoy-meribel.com
Refuge de la Traye : 04 58 24 04 04
& www.refugedelatraye.com
Le Refuge du Saut : 09 74 77 60 38 & www.refuge-vanoise.com
Le Refuge du Christ : 06 95 73 20 90
L'Hévana : 08 92 702 180
& www.pierreetvacances.com
Le Chalet la Ferme de Mon Grand-Père : 06 20 55 46 74
& www.fermedemongrandpere.com

RESTAURANTS

Foodies are guaranteed to find restaurants to their taste in Méribel, whether local cuisine or Alpine gastronomy.

Nestling in the heart of the forests, **le Clos Bernard** offers the perfect bucolic break. It's an unmissable stopping-place for walkers and nature lovers. Here you'll savour steaks cooked on an open fire and Savoyard specialities, eaten in the shade of the pine trees or on comfortable chairs in the sunshine.

Catherine and Alain will warmly welcome you to **le Cèpe**, one of Méribel's gastronomic restaurants. Holder of a Michelin Bib Gourmand and the title 'Master Restaurateur', Alain delights in serving an array of dishes using Porcini mushrooms: scallop risotto with shellfish coulis and pan-fried porcini, mushroom pasta, pan-fried chicken and foie gras or even a burger with porcini...

Le 80 restaurant at la Chaudanne Hotel is ideal, whether you are looking for lunch à deux or an evening out with friends. The ambience is often lively, thanks to DJs mixing with sax or fiddle, or live bands, playing anything from Lounge to Rock and Pop! Tasty, authentic cuisine is on offer, with traditional Savoyard dishes given a modern twist.

La Cantine d'Alvar is one of Méribel's unmissable eateries. Located at la Chaudanne, you can enjoy its superb sun terrace with a view over le Mont-Vallon and savour modern cuisine: gourmet burgers,

Buddha bowls and home-made patisseries.

At **le Rambler**, enjoy a selection of cocktails and artisanal beers, including the 'Midnight Rambler' house beer, with Rock'n'roll in the background!

NEW // Perfectly situated in the centre of Méribel and recently renovated, **la Galette** offers a varied and rich menu in a typical Savoyard setting. Throughout the day, Valérie and Christophe invite you to discover their Savoyard special dishes, pizzas, savoury and sweet pancakes in a simple and welcoming atmosphere.

Lying close the Altiport, right on the golf course, **le Blanchot** offers a new gourmet destination with an extensive sun terrace. Delphine and Matthieu go to great efforts with their cuisine which marries tradition and modernity with a touch of eccentricity. It's a great favourite of golfers and families.

NEW // : This summer, le Blanchot will offer set menus to cyclists before they tackle the formidable slopes of Col de la Loze or to help them recover after this legendary ascent!

The unmissable and popular **Jack's Bar** made a big return to Méribel last winter. Located at the Chaudanne area, it's the place to party and enjoy delicious home-made pizzas and the best nachos in the valley! It's an ideal spot to fill up after a day spent on the mountain bike trails.



- Bon appétit !
Le Clos Bernard :
04 79 00 00 07 & www.leclosbernard.com
Le Cèpe : 04 79 22 46 08
Le 80 de la Chaudanne :
04 79 41 69 79 & www.chaudanne.com
La Cantine d'Alvar : 04 79 06 60 89
Le Rambler : 04 79 04 06 10
La Galette : 04 79 08 53 90
& www.meribel-restaurants.com
Le Blanchot : 04 79 00 55 78
& www.leblanchot.com
Le Jack's Bar : 04 79 08 90 00
& www.jacksbarmeribel.com

9 EXPLORE MÉRIBEL'S HISTORY

Méribel's history is an ancient one... You can enhance your stay by delving into the valley's past and its rich cultural heritage through the many activities, entertainments and special events...

TRADITIONAL ARCHITECTURE

Two of Méribel's special features are its architecture and rural character, both linked to its history. The resort is comprised of 15 villages spread over 1,000 hectares, from Les Allues to Méribel-Mottaret, all presenting a unified architectural style. Built in harmony with nature (few trees are cut) and with natural materials, the resort's chalets conform to strict specifications laid down by architect Christian Durupt. The Altiport area, developed during the 1970s, is a wonderful illustration of the resort's philosophy.



A CENTURIES-OLD HERITAGE

This summer, take the time to walk through the various villages that make up Méribel. Here, for example, you will discover Saint-Martin church in Les Allues which forms part of the Baroque Trail, Les Allues Museum which recounts the story of the valley, numerous village chapels, the Rafort sawmill, ancient watermills, drinking troughs, and communal ovens where the locals still sometimes meet for sociable occasions.



THE TOMMES CHEESE ROUTE, AN AGE-OLD PRACTICE

The traditional Route des Tommes is an ancient practice which took place towards the end of the summer when caravans were formed to take the summer produce to sell on the other side of the Alps. Fifty to sixty mules and farmers set out for a fortnight's trek to sell their Tomme de Savoie cheeses as far afield as Italy. They had to reach the Maurienne valley via the Vanoise passes, then the Col du Mont-Cenis before descending towards Suse and Turin, the then capital of the Savoie State. The unification of the Savoy to France in 1870 put an end to these expeditions.



10 EXPERIENCE THE EXCITEMENT OF SUMMER'S EVENTS



Méribel's summer season offers a wealth of sporting and cultural events: for sports lovers, there's cycling, mountain biking, trail running or golf; for those who prefer culture, there's interior design and heritage.

EVENTS

Sunday 18 July COL DE LA LOZE BY BRIDES-LES-BAINS

The Col de la Loze by Brides-les-Bains road cycling contest returns after a successful first event last year. To meet the needs of all keen cyclists, various distances are on offer: 100km, 53km and 30km, with the opportunity to take part in the 53km and 30km with electric bikes.

Thursday 22 July TARENDAISE CYCLING PROJECT

Four days of intense cycling in the heart of the Tarentaise. From 22 to 25 July 2021, the Tarentaise

Cycling Project will take cyclists to the summit of Méribel's Col de la Loze, Val Thorens, and then the Col de l'Arpenttaz at Ugine, before finishing in Moûtiers. A sporting and convivial journey over 5 stages on our mountain roads, discovering the legendary passes of our beautiful Tarentaise valleys.

Saturday 7 August PETITE SAULIRE VERTICAL KILOMETRE

With its 1,000m ascent over only 2.5km of trail, Méribel's KV is classed as amongst the steepest!

Sunday 8 August MÉRIBEL TRAIL

Host of the 2019 French Trail Running Championships, Méribel Trail is a fantastic opportunity to compare yourself with the best trail runners in the country!

Saturday 14 August L'ÉCHAPPÉE DU COL DE LA LOZE BIKE RACE

In the presence of Thomas Voeckler, who is patron of the event, l'Echappée du Col de la Loze will take place between Les Allues and the summit of Col de la Loze. In September 2020, the Col de la Loze was the finish of the 17th stage of the Tour de France! Climbing the Col de la Loze in Méribel is an opportunity to compete with cyclists from the region, perfect your training and push yourself in a mountain setting with breath-taking views.

From Monday 16 to Friday 20 August MÉRIBEL PRO-AM GOLF

Groups of one pro and three amateur golfers will play together over five days on one of the most beautiful mountain courses in Europe, enjoying the festive and friendly atmosphere and golf's unifying power.



Theme fortnights where you can try new experiences.

In addition to these events, theme fortnights are organised throughout the summer, dedicated to cycling, aeronautics, art and wellbeing...

From Saturday 03 to Friday 16 July « E- BIKE EXPERIENCE »

Méribel's E-Bike Experience will officially launch the summer season in Méribel. Both salon and festival, it will highlight this more-easily accessible mountain sport and is therefore aimed at a wide public, who have already converted to electric bikes or who want to discover them. Road, city or mountain bikes: there are so many different possibilities, test rides and routes on offer to help you learn or perfect your technique.

From Saturday 17 to v 30 July « MÉRIBEL IN THE SKY »

Lots of activities are on offer related to astronomy and everything to do with the air. Lift your eyes and discover the marvels of the day and night skies!

From Saturday 31 juillet to Friday 13 August « ART & AUTHENTIC »

Discover your inner artist! Come and experiment with various art forms such as painting, wood sculpting, land art, circus art etc... Allow yourself to be inspired by the exhibition of artists in la Art Galery d'en Haut, and discover authenticity, gastronomy and local savoir-faire.

From Saturday 14 to Friday 27 August « ZEN ALTITUDE »

Zen Altitude is back this summer! On the menu are: outdoor yoga, open air massages, walks for contemplation or re-energising... Pure relaxation, in all its many forms!

TRANSPORT



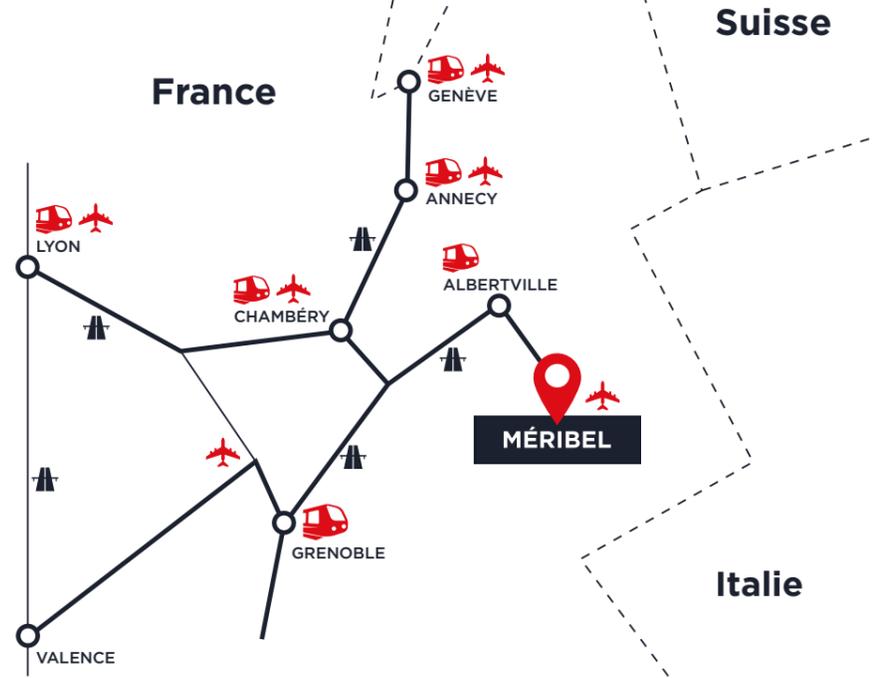
By plane from :
Lyon (2hrs), Geneva (2hrs),
Chambéry (1hr), Grenoble (1.30hrs).



By train, only 15 minutes
from Moûtiers station (18km).
Connecting buses with Altibus
/ www.transavoie.com



By car, motorway from Lyon or
Geneva to Albertville, dual car-
riageway to Moûtiers, then 18km
of wide and easy mountain roads
to Méribel.



LIFTS

Whether you are setting out on a quiet walk or hair-raising mountain bike descent, the lifts make it easier. Lifts open 7 days per week from Saturday 3 July to Friday 27 August 2021.

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FREE BUSES

Winter and summer, Méribel provides a bus service between the various villages that make up the valley: Les Allues, Méribel Village, l'Altiport, Méribel-Mottaret and Méribel Centre and also Brides-les-Bains which allow mountain bikers to return after the unmissable descent from Méribel to this thermal town! These free buses allow you to come and go in the resort without having to use your car!



All summer information is available in English on www.meribel.net
Online photo library : https://www.flickr.com/photos/meribel_tourisme/albums

