



MÉRIBEL
CŒUR DES 3 VALLÉES

Méribel

press kit

WINTER
2023/24

WELCOME TO MÉRIBEL

A charming village, cosy chalets, snow-capped fir trees, 600km of winding pistes, a nature reserve... this is Méribel; the heart of the world's largest ski area.

One of the first resorts in the Alps, Méribel has preserved its timeless appeal since 1938. A step into one of the three villages that make up the resort - Méribel centre, Méribel village or Méribel Mottaret - will immerse you in the magic of the mountain atmosphere.

But, the allure of Méribel goes further than its majestic landscape. With its wide range of accommodations, from traditional chalets to five-star hotels, gastronomy that encompasses local cuisines, award-winning restaurants and a world-renowned après-ski atmosphere, all the ingredients for a memorable stay are found in the heart of the 3 Vallées.

**READY TO DISCOVER YOUR
NEXT WINTER DESTINATION?**



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A brief history of Méribel



Peter Lindsay,
resort founder

The origins of Méribel as it's known today lie in the Allues Valley. It was discovered in 1936 by the Scottish colonel Peter Lindsay, who immediately recognized the town's rare potential. Under his guidance, prominent architects such as Paul Grillo, winner of the Grand Prix de Rome (1937), along with his partner Christian Durupt and André Détour, contributed to the construction of Méribel over the years. In order to ensure that all constructions were in harmony with the Savoyard style, a set of guidelines mandated the use of local wood and stone for the main framework and mountain slate for pitched roofs. This created a unique ar-

chitectural unity that perfectly blends with its mountainous surroundings, with a prime example being the Chalets Road, which was designed by Mr. Lindsay himself. The architectural legacy of Méribel is preserved to this day thanks to these visionaries, who sought to protect its ancestral craftsmanship while remaining attentive to the needs of the valley and its inhabitants.



During the 1960s, Méribel witnessed rapid growth amid a skiing boom. The resort expanded its ski slopes and lift network, eventually forming the 3 Vallées ski area. Development followed Lindsay's architectural guidelines, maintaining a traditional chalet style even in larger apartment complexes. The distinct Méribel-Mottaret village emerged in 1972, and now provides both winter and summer season shuttles, urging a car-free ethos and placing accommodations alongside ski slopes. The hosting of the 1992 Winter Olympics spurred modernization, including new hotels and sports facilities like the Parc Olympique. Built for the Olympics, the Olympe gondola linked Méribel to Brides-les-Bains and Les Allues, and is used today as a lift from the bottom of the valley to the Méribel centre snow front. In the 1990s, lower villages gained popularity, with Méribel Village connecting to the ski area through the Golf chairlift. Despite evolving into an affluent, cosmopolitan destination, the resort maintains its charm through ad-



herence to Lindsay's architectural vision. While newer, luxurious homes emerge, they must follow the original codes, preserving Méribel's unique character. The resort's close ties with the British and the enduring friendly atmosphere pay homage to Peter Lindsay's legacy.

Getting to Méribel



Travelling to Méribel is easy

by plane, train, coach or car. Its proximity to international airports or local train stations, including :

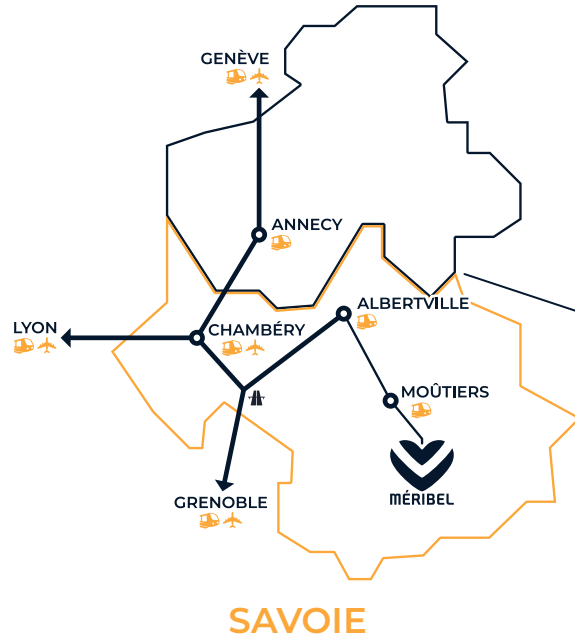
Chambery (1 hour, 20mins),

Lyon (2 hours),

Geneva (2 hours, 15 mins)

and **Grenoble (2 hours, 30 mins)**, make it very convenient for travellers visiting from the United Kingdom.

HAUTE-SAVOIE



By train, visitors can also hit the slopes of Méribel by taking the Eurostar to Paris, then switching onto a TGV train to Moûtiers. Tickets can be booked via Eurostar for the whole journey from autumn onwards. For the ultimate luxurious arrival, The Venice Simplon Orient Express is set to launch a brand new train route taking passengers between Paris and the French Alps this season.

It's also possible to get there on four wheels, with Snow Express running a regular coach service from London Victoria to Méribel Centre, Village and Mot-taret every week throughout the season. Alternatively, driving takes around 9 hours from Calais or Le Havre ferry ports.

Méribel in numbers





Founded in:
1938



Winter season dates:
DECEMBER 2ND - APRIL 21ST



Highest point:
MONT VALLON
2,952 METRES



Number of tourist beds:
39,959

Number of overnight stays
last winter: **1,783,300**



Visitor breakdown: French **38%**,
Foreign visitor **62%**
English 46%, Belgian 6%,
American 5%, Dutch 4%, Other 1%



Number of runs: **70**,
including 8 blacks, 28 reds,
26 blues and 8 greens

Number of km of trails
(Méribel area): **150 KM**
spread over 77 trails

Number of km of trails
(3 Vallées area): **600**
KM spread over 342
trails



Number of lifts: **43**



Number of family
fun areas: **14**



Percentage of ski area
above 1800m altitude:
85%



ONE NATURAL
RESERVE with
1,112 HECTARES
of untouched nature

Exploring

the 3 Vallées from Méribel



Located at the heart of the 3 Vallées,

Méribel is perfectly positioned to enjoy easy access to the largest ski area in the world and seven renowned ski resorts, including Courchevel, Val Thorens and Les Menuires.

To reach Courchevel:

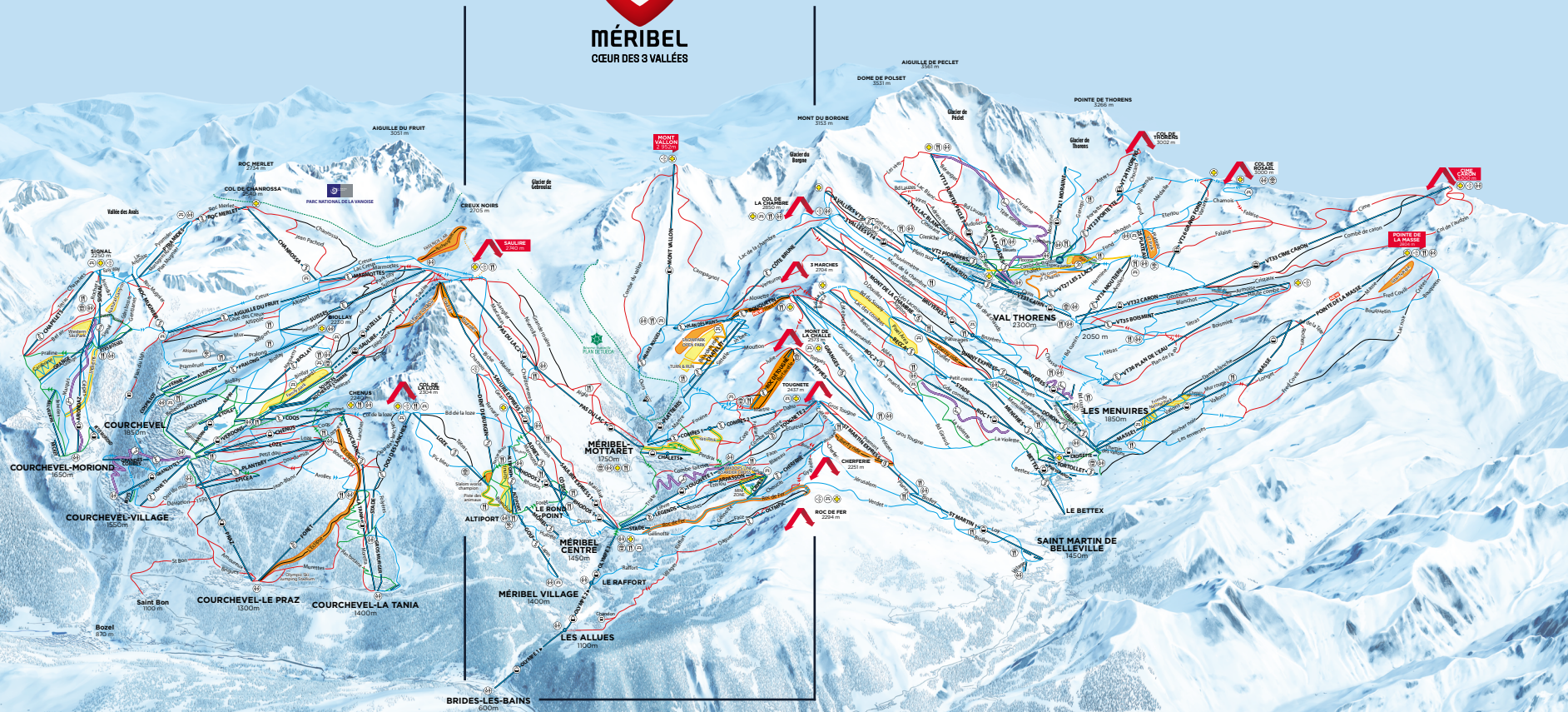
- Saulire express gondola lift: 15 min
- Pas du Lac gondola lift: 18 min
- Rhodos gondola lift + la Loze chairlift: 20 min

To reach Val Thorens :

- Plattières gondola lift + Côte Brune lift: 25 min

To reach Les Menuires :

- Tournère 1 & 2 gondola lift + chairlift: 15 min
- Combes + Roc de Tigne chairlifts: 18 min
- Plattières gondola lift + Bouquetin chairlift: 20 min



What's new this winter?



Make the most of an extraordinary winter getaway to Méribel Resort and discover a world of excitement, adventure and culinary delights.

With its majestic slopes, charming villages and an array of captivating events, Méribel promises an unforgettable winter experience. Immerse into thrilling ski adventures or cultural festivals and revel in the warmth of local hospitality whilst creating unforgettable memories against the backdrop of stunning snow-capped peaks.

This winter, Méribel, with its unique blend of outdoor thrills and cosy alpine charm, makes for an irresistible destination for those seeking the perfect winter escape.

A new Belmond Train route into the heart of the Alps

In December 2023, The Venice Simplon Orient Express is set to unveil four new winter journeys between Paris and the French Alps. Ride the luxurious blue and gold carriages through some of France's most picturesque snow-blanketed countryside up to the alpine train stations of Albertville, Bourg-Saint-Maurice and Moûtiers. These new train routes bring a fresh meaning to flight-free travel to the popular Méribel resort, giving UK travellers an easier and more sustainable option for their travel this upcoming ski season.

In 2024, The Venice Simplon Orient Express will also introduce eight new Suites, which are the result of the restoration of two original carriages by French designers who have aimed to preserve the timeless look and feel of the trains.



Easyjet launches brand new flight routes from the UK to the Alps
EasyJet has just announced four new routes on sale today from the UK to France, Switzerland, better connecting Brits to the Alps this winter. Starting on 16 December and operating twice a week throughout winter, the brand new routes include a flight from London Stansted to Geneva in Switzerland, a key airport for accessing Méribel and The 3 Vallées from the UK. Flying into Geneva, visitors have the option to rent a car, take a bus or private transfer to Meribel with a journey time of roughly 2 hours 15 minutes.

Perfect your technique with an exclusive ESF Masterclass. This winter season, a new coaching programme at Ecole du Ski Français will launch, managed by British ski instructor David Lindsay, son of Peter Lindsay, the founding father of Méribel itself. Experience a specialised, intensive and personalised English coaching programme to elevate skiing abilities to new heights. Tailored for adult skiers ranging from intermediate to advanced levels, the programme accommodates both experts and those seeking improvement, guided by a highly motivated, bilingual and seasoned ESF coach who offers expert advice in a small group setting. Spread over four half-days and one full day, the programme equips participants with the necessary tools to attain their skiing objectives through advanced techniques, video analysis and specialised exercises across diverse terrains. Join for an exhilarating experience under the oversight of David himself, who founded the Méribel ESF international arm.





Bump'N'Jump Zone

Offering an unforgettable experience to snow sports and adventure enthusiasts of all ages and abilities, Méribel's Elements Park has been transformed into the Bump'N'Jump zone. This new zone is full of thrilling jumps, bumps and boxes split across three separate fun runs. The Bumpy Run invites skiers to hurtle down a series of "whoops", small bumps and modulated snow waves, the Funny Run, a trail featuring a series of easy modules, is made up of mini boxes, arches, suspended elements and high-fives to be performed on the various rotating characters whilst the Speedy Run, a boarder cross accessible to all is lined with with banked turns, jumps and other obstacles.

Access via the top of Legends chairlift and Arpasson ski lift.

Exhilarating events



Get ready for an unmissable winter season in Méribel, as an exciting array of events and experiences awaits.

From exhilarating sports competitions to cultural festivals and enchanting holiday celebrations, Méribel is set to deliver an unforgettable winter season for visitors of every age.

**UNVEILING WINTER'S
MAGIC WITH LIFTS IN MOTION:
2 DECEMBER - 21 APRIL**

Starting from 2 December 2023, and extending until 21 April 2024, the highly anticipated winter season is set to begin. As the lifts start their shift, Méribel's slopes and breathtaking panoramas are ready to be explored.

**YOUTH SKI MOUNTAINEERING
WORLD CUP: 9-10 DECEMBER**

A highlight of the December calendar, the thrilling Youth Ski Mountaineering World Cup on the 9th and 10th of the month will see young ski champions showcasing their prowess against the backdrop of Méribel's alpine splendour.



**MÉRIBEL IN LIGHTS:
19 DECEMBER**

On 19 December, Méribel will sparkle with brilliance during the “Méribel in Lights” event. Prepare to be spellbound by captivating light shows and mesmerising music performances. The pinnacle of the evening is a live concert featuring deep house and electro DJ and producer The Avener, promising an unforgettable entertainment experience.

**CHRISTMAS FESTIVITIES:
23-25 DECEMBER**

From 23 to 25 December, celebrate the magic of Christmas with lighting parades, open-air concerts and a special visit from the beloved Christmas Santa Claus. The enchantment of the holiday season will be in full swing in Méribel.

**WELCOME 2024 IN STYLE
THIS NEW YEAR'S EVE:**

31 DECEMBER

Bid farewell to the old and welcome the new in style at Méribel's New Year's Eve bash on 31 December. Join fellow revelers for a night of celebration beneath the starlit sky.

**X'PLORES ALPES FESTIVAL:
JANUARY**

In January, kick off the new year with the X'Plores Alpes Festival, a dedicated outdoor film festival showcasing captivating short films centred around thrilling outdoor adventures. From gripping tales to breathtaking visuals, this festival promises to ignite the explorer within.



**LES PARENTHÈSES CULTURELLES
ACROSS MÉRIBEL RESORT:**

JANUARY-MARCH

From January to March, relish the harmonious sound of local jazz concerts. This distinctive cultural programme guarantees unforgettable evenings of entertainment and artistic expression across Méribel this winter season.

**FRENCH YOUTH ALPINE
SKI CHAMPIONSHIPS:**

18-21 MARCH

From 18 to 21 March, Méribel will host the Ben'j French Youth Alpine Ski Championships, welcoming gifted young skiers to compete in the heart of the Alps.

FRENCH CROSS-COUNTRY SKIING & BIATHLON CHAMPIONSHIPS:

23-23 MARCH

On 22 and 23 March, Méribel will radiate excitement as it hosts the French Cross-Country Skiing and Biathlon Championships, spotlighting the mastery of athletes in these thrilling disciplines.

ENDURO 3 VALLÉES:

31 MARCH

31 March brings the Enduro 3 Vallées competition, an unforgettable day of skiing and snowboarding across the renowned resorts of the 3 Vallées. This thrilling team-based challenge tests speed and skill, promising spectators and competitors alike a brilliant day out.



OLYMPE CHALLENGE:

14 APRIL 2024

Transitioning the season-wear from skis to trail running shoes, on 14 April the Olympe Challenge beckons adventure enthusiasts with the first trail running event of the season. This trail event features a climb from Brides-les-Bains to Les Allues, offering a riveting and rewarding experience.

END OF THE SEASON:

21 APRIL 2024

In early spring each year, the alpine paradise offers a gentle transition from the winter season to the warmer, longer days. For four days, from 9 to 12 April, the summit of wellbeing will take place. With numerous activities offered, including yoga walks, cuisine classes, guided meditations, massages, it makes for the perfect wellness interlude in the heart of the 3 Vallées.

Choose your perfect place to *stay*



As the snow returns, visitors to Méribel are sure to find a plethora of accommodation options to suit a range of budgets.

Joining an already impressive portfolio of accommodations, from 5***** hotels to family friendly ski-in-ski-out apartments and chic chalets, the newest places to stay for the season include a luxurious alpine lodge and apartments offering stunning mountain views.



Falcon Lodge New for 2023/24

In the heart of Méribel centre, the brand-new Falcon Lodge residence will open in December 2023. Comprising 32 apartments and three chalets for 4-13 people, the residence will also offer a host of hotel services, including a wellness area, ski room, reception/concierge service, breakfast delivery and shuttle service. Created to blend perfectly in the natural environment, this mountain village bolthole offers stylish and elegant accommodations combining wood and stone with contemporary design.

Le Yana New for 2023/24

Overlooking Méribel, this charming residence is located at the heart of the Belvédère district. Having opened earlier this year, the residence features 12 four-to seven-room apartments ranging in size from 88 to 206 m², spread over four floors, with the option of combining apartments. The Rhodos gondola lift, just a few metres from the residence, provides easy access to the centre of Méribel on foot, as well as a return trip on skis for experienced skiers.



Les Chalets Celenia New for 2023/24

Located in the authentic La Gittaz district, the seven Chalets Célénia were inspired by traditional Savoyard hamlets, the founding element of the resort. All of the chalets offer a range of superb facilities, including a spa, a sensory shower and an indoor swimming pool for the two largest properties. From the charming 184 m² chalet to the most spacious 303 m², each is unique in its size, features and design.



Les Chalet De Tueda **New for 2023/24**

Located just a five-minute walk from the Tueda Nature Reserve and the Méribel-Mottaret ski area, Les Chalets de Tueda have been designed by Christian Rey-Grange, one of Méribel's most notable architects. All of the uniquely designed chalets offer wonderful views of the mountains including Mont Valon, the highest summit of the ski resort, combining traditional materials with the modernity of large windows and sophisticated interior design.



Le Coucou **5*******

At the foot of the Rond-Point des pistes, Le Coucou Méribel (part of the Maisons Pariante collection) is one of the resort's most beautiful locations and perfect for a seamless ski-in ski-out experience. Designed by leading architect Pierre Yovanovitch, its elegant traditional chalet aesthetic is combined with playful sophistication and pops of colour spread over ten floors offering spectacular mountain views. Featuring nature-themed artworks and bespoke furnishings, don't miss the pièce de résistance, the spa's indoor/outdoor heated pool, where guests can enjoy spa treatments by Tata Harper.





Refuge de la Traye

Nestled in a fabulously natural setting and hidden from the stresses of everyday life, Refuge de la Traye is a true sanctuary, offering guests a high-end alpine stay like no other. Built in the style of a rustic hamlet, the establishment has retained all its soul whilst boasting luxurious amenities and design with authentic French interiors. At an altitude of 1650m, the property boasts a heated infinity pool and Nordic baths and offers experiences such as zip lining, tree climbing and snow shoeing.



La Residence L'Antarès

Having opened its doors to guests last season, La Residence L'Antarès offers an incredible selection of rooms that ooze cosy mountain chic. Located on the piste overlooking the resort centre and with apartments boasting large open living spaces and terrace views, this is the perfect spot for families, friends and couples. Nestled in the Belvédère district, the establishment also offers a wellness clinic and exceptional spa area with cutting-edge technology.

Les Crêts

Résidence Pierre et Vacances

Les Crêts is located right at the top of the valley in the beautiful Méribel-Mottaret ski area. The residence sits at an altitude of 1,750m, next to the Vanoise National Park and the dark green forests of the Tueda Nature Reserve. Thanks to the residence's ski-in, ski-out facility, visitors will be on the slopes in just a few turns. Families will love the children's areas and the children's club.



L'Hôtel Allodis 4****

One of the most historic hotels in Méribel, the Allodis was one of the first to be built in the Belvédère district. The highest ski-in ski-out hotel in Méribel, visitors are made to feel at home with a warm and welcoming interior as well as one of largest terraces in Méribel, boasting breathtaking views over the slopes of the 3 Vallées.



Le Mottaret 3***

Set in an alpine-style, wood-clad building, this lively mountain hotel is set within a five-minute walk of ski lifts and slopes. Amenities include a casual restaurant perfect for families, a buzzing terrace space featuring DJs and a hot tub, as well as a cosy lounge with a fireplace for relaxing.

Chalet Matterhorn

Chalet Matterhorn boasts eight suite bedrooms for up to 15 people, a large fully equipped dining room and bar, a south-facing terrace with hot tub, a sauna and a multimedia room, all traditionally decorated. Located in the private area of Méribel Mussillon, it is hidden from the main road - perfect for a holiday in complete privacy. The property offers access to the centre of Méribel and the slopes in 15 minutes on foot.



Chalet Palou

Chalet Palou is a recent construction located in the quiet and sought-after Plateau district of Méribel Resort. It is located a stone's throw away from surrounding nature and allows for quick access to the ski slopes and resort centre via the free shuttle service. Chalet Palou blends perfectly into the alpine landscape, made of high-quality light wood and large windows that allow the natural light to flood in. After a sunny day on the slopes, there's nothing like relaxing in the luxurious indoor jacuzzi and sauna.

Telebar Hotel 3***

Right in the middle of the slopes lies the Adray Télébar, Méribel's oldest hotel, a prestigious hotel filled with warm, wooden decor and authentic french alpine charm. Perfectly located at the base of the Adret chairlift, the hotel boasts a south-facing terrace, fireplaces and a relaxing spa area for guests to unwind after a long day on the slopes.



11 restaurants to try during your stay



Unlike many other alpine resorts, visitors to Méribel will be met by a wide variety of cuisines to choose from, from classic French mountain food and hearty burgers to Indian takeaways and a mushroom themed restaurant. Visitors will be treated to an array of both on and off-mountain eateries that cater to all age groups, wallets and tastes.



In Méribel Centre:

Chez Fifi ££

Founded in 1960, this iconic Méribel restaurant has recently been revived by Chef Fifi after his father ran the popular dining spot for more than 60 years. With a renewed dining concept and re-imagined menu, visitors will find quality Italian cuisine paired with attentive service and a warm atmosphere.

Le Lilie ££

Located at Le Rond Point des Pistes in Méribel Centre, just a stone's throw from the ski slopes, Le Lilie is a must-visit dining concept that combines a bar, restaurant and shop, all within a cosy and welcoming atmosphere reminiscent of home. Owners Helène and Sylvain welcome visitors for lunch on the sun-soaked terrace or for a traditional Savoyard fondue in the evening. More than just a place to enjoy tasty food and local produce, be sure to take home a fine selection of gifts, from aged cheeses, to gourmet charcuterie and wines.



Le Restaurant Partajo ££

Le Partajo is one of Méribel's best spots for foodies. In the kitchen, Chef Charles Erik Hostier will take visitors on a gourmet journey through France with his menu using high-quality, local cuisine, inspired by Savoie, Burgundy and Corsica. The in-house sommeliers will be delighted to help visitors pick one or more of the 500 wines on offer in the restaurant's impressive wine cellar.

Le Cèpe £££

Known for its unique menu of mushroom-inspired dishes, as well as its seafood, Le Cèpe is recognised as a Michelin Bib Gourmand restaurant. From melt-in-the-mouth duck to mushroom ice cream, the gourmet menu can be enjoyed whilst taking in the resort's spectacular views from its outside terrace.

Tsaretta Spice ££

Run by chef Yousuf Mohammed, Tsaretta Spice offers upscale and inventive Indian cuisine in the French Alps. A favourite amongst locals, this vibrant restaurant offers incredible food from a cuisine that is largely underrepresented in European ski resorts.

L'Ekrin £££

Méribel's only Michelin Star restaurant, L'Ekrin can be found in the five-star La Kaila hotel. Boasting an exquisite menu and luxurious interior, if you are after fine-dining, this is the palace to go. Dishes vary from indulgent scallops seared in truffle to zesty langoustine from the Brittany coast.

On the slopes:

Le Blanchot ££

Accessible by skis with a breathtaking view of the mountains, Le Blanchot restaurant is close to the Altiport and beginners' area, providing a great spot for families. At the helm, Delphine and Matthieu welcome visitors into this sublime chalet where they delight guests with refined, gourmet cuisine prepared with fresh, local produce.

Le Maya £££

At 2,300 metres above sea level, at the top of the Tougnette 2 chairlift, the Maya Altitude restaurant boasts a vast terrace offering sweeping 360° views of the Belleville Valley and Mont-Blanc. Inside you will find authentic Himalayan-inspired décor, and the chance to taste incredible food cooked to perfection on the charcoal grill.



La Fruitière £££

Part of the famous après bar La Folie Douce, La Fruitière is ideally situated by the Saulire Express mid station, with easy access from the Maudit and Biche pistes. Combining authenticity and modernity, the restaurant celebrates all the best things in the Savoie region. Once you have finished your meal, head out onto the terrace for an afternoon of dancing on tables, live music and unmatched energy.



Chez Bif £

Located at the centre of Méribel-Mottaret, this hole-in-the-wall style burger joint is the go to spot for hearty mountain food that will set any skier or snowboarder up for an afternoon of shredding it on the slopes. From stacked ciabatta chicken burgers to loaded fries, this hidden gem is a well-loved spot for locals and seasonnaires.

Le Ruitor ££

At the heart of Méribel-Mottaret, the Fenestraz family welcomes visitors to their restaurant: La Table du Ruitor. On the menu you will find Savoyard specialties, as well as a selection of meats cooked on the Argentinian grill and classic French dishes, all in a warm and authentic Austrian chalet-style setting.



Take in Méribel's best *panoramic views*



The name “Méribel” is believed to derive from the Latin “Mirare” meaning “to look at” and “bel” meaning beautiful. It’s clear to see where the resort got its name. With spectacular scenery at every summit, it is commonly thought of as one of the most beautiful resorts in the Alps. Check out the best panoramas not to be missed on a visit to Méribel.

Olympic summit:

Offers irresistible panoramas, the Olympic summit is the departure location for the Alpine World Ski Championships and the top of renowned Roc de Fer slope. Access the viewpoint by taking the Legends chairlift, followed by the Olympic chairlift. With a 360° view over the postcard-perfect valleys of Méribel, Saint Martin de Belleville and Les Menuires, it is not one to miss.



Saulire summit :

Located between Courchevel and Méribel in the Massif de la Vanoise range, the Saulire summit presents unparalleled views of the Savoie region. From this vantage point, the 3 Vallées' key peaks - Vanoise, Écrins and Mont Blanc - are unveiled in all their glory. Making for a seamless ascent, access the viewpoint via the Saulire Express gondola lift from Méribel or the Pas du Lac gondola from Méribel-Mottaret.

Mont Vallon :

Reaching an impressive altitude of 2,952 metres, Mont Vallon reigns as the highest summit of Méribel. It offers a captivating panorama that covers the Vanoise glaciers, including Gebroulaz and Borgne, alongside the majestic Mont Blanc. Reach the peak with ease through the Plattières and Mont-Vallon gondola, ensuring an unforgettable journey to this vantage point.



Tueda Nature Reserve:

Enclosed within the Vanoise National Park, the Tueda Nature Reserve boasts an untouched haven of natural beauty. Unburdened by ski lifts, its pristine surroundings conjure a captivating atmosphere. While skiing, a simple glide down the Ours slope offers a picturesque vista of the serene Tueda Lake. Alternatively, a brief 20-minute walk from Méribel-Mottaret's snow front unveils views of the lake.

How to enjoy

Méribel without your skis



Despite making a name for itself as one of the best ski resorts in Europe, Méribel also offers a whole host of alternative activities that don't require skis or a board. From adrenaline-inducing snowmobile tours, to competitive ice hockey games, look beyond the slopes to explore more of this beautiful alpine town.

Trot through the snow at Ranch Nordique

Walk, trot or gallop through Méribel's incredible mountain scenery with a trip to Ranch Nordique. Open in both the summer and winter seasons, the family-run ranch offers a variety of different rides for all ability levels, ranging from one hour rides for beginners to full-day trips venturing along challenging mountain trails and traversing through dramatic alpine landscapes.



Soar over the 3 Vallées

There's no better way to see Méribel than on a paragliding flight soaring over the 3 Vallées and Mont Blanc at a comfortable cruising speed of 35 km/h. Offering flights in both summer and winter, visitors can take in the magnificent mountain scenery from a totally unique point of view.



Attend an exhilarating ice hockey match

On select Thursdays and Saturdays throughout the winter season, thrilling ice hockey games are held at the Olympique Centre in Méribel Centre. With a bus stop right outside the venue for guests staying outside of the centre of town, this is a great way to spend an evening with friends or family after a long day on the slopes.



Experience the spa at Refuge de la Traye

The centre for wellness in the mountains, Refuge de la Traye has added new innovative treatments and massages to its offering for the 23/24 season as well as developing special treatments in collaboration with brands Verso and Biologique Recherche. These exciting new treatments can be combined with other existing services such as LED light therapy, a Japanese sauna Iyashi Dôme, water massages and physical rehabilitation with the Stendo device.

Nordic Cross Country Skiing

With just under 40 kilometres of cross country trails in the Méribel valley, visitors can head out on a range of different cross country tracks spread across different areas of the resort. For beginners, venture up to the beautiful Lac de Tueda or Altiport area where visitors can glide through gentle green and blue tracks lined with trees and experience the area's natural beauty at a slower pace. For those up for the challenge, visitors can ski all the way to Courchevel or La Tania on a 17 km journey with a 230 metre altitude climb.

Protecting the future:

Méribel 2038



As the oldest resort in the 3 Vallées, Méribel recognises its responsibility to look to the future and shape the area's evolution. **The Méribel 2038 project**, set to coincide with the resort's 100th anniversary, was initiated by the municipality of Les Allues.



What is Méribel 2038?

Méribel 2038 is an action plan defined by the community and its partners to reduce the destination's environmental impact. Comprising 100 actions in favour of environmental preservation, the plan aims to mitigate the impact of tourism, reduce carbon footprint and promote social cohesion.

What is the objective?

To provide clear and structured direction for the entire area, addressing environmental and societal challenges and working towards a better future for all.

Who is involved?

The local townships, districts and residents of the Allues Valley, including Méribel Tourisme, National Forest Office, Vanoise National Park, Méribel Alpina, Société des 3 Vallées, Suez, Val Vanoise, Tarentaise Vanoise Country Assembly and Savoie Mont Blanc University.



What are the key steps?



2021-2022

Carbon footprint assessment of existing actions for each partner through an external consultancy.



Spring 2022

Citizen participation through workshops and roundtable discussions to solicit residents' input on actions to be implemented.



Fall 2022

Unanimous validation of the Méribel 2038 strategy and its initial 2022-2025 action plan by the municipal council.



2022-2025

Implementation of the action plan with regular meetings among project leaders to ensure progress and achievement of objectives by 2025. An annual progress report is presented to the public at the end of each year.

Example *initiatives:*



Nature Preservation:

In 2022, ski lift companies, municipalities of the 3 Vallées, the National Forest Office and the Vanoise National Park collaborated to protect bird species that frequent ski areas in winter. Initiated by a partnership between the 3 Vallées ski areas and the Tueda Nature Reserve, a study from 2019 to 2021 was carried out to understand the birds' spatial utilisation and better evaluate potential disturbances. Partners and involved municipalities committed to a three-year project to build upon data amassed during the initial study, implement management solutions based on the studies, including designated quiet zones and visual aids, and widely disseminating the study's findings to the general public.



New solar panels at the Saulire Express chair lift:

Last winter, Méribel was the first ski resort to introduce a new energy saving solution on one of its ski lifts. An innovative photovoltaic plant was installed at the mid-station of the Saulire Express chair lift. The facility garnered attention, not only across France but also within the mountain community, due to its utilisation of state-of-the-art technology. Each solar panel boasts 149 cells, enabling energy production on both sides, leveraging the snow's reflection in winter and the phenomenon known as the "albedo" effect, a process which leads to a higher uptake of energy. Production from these panels could reach 122,000 kilowatts per year, representing a significant portion of the lift's electricity demands.



Promotion of eco-friendly mobility:

Visitor mobility constitutes up to 85% of overall environmental impact during a mountain stay. To address this, Meribel's strategy revolves around implementing eco-friendly mobility options for both summer and winter stays. Travellers have the opportunity to book transportation and soft mobility transfers directly through the Destination Méribel travel agency, helping to reduce the need for private cars in the town. Further to this, last winter, Méribel Alpina took a significant step by opting to replace the conventional oil used in grooming machines with hydrotreated vegetable oil. This specific type of oil is a paraffinic synthetic blend, certified as sustainable and derived from either sustainable vegetable oils or the reprocessing of waste materials like fats, animal fats, cooking oils and residual oils. Notably, this biofuel is fully compatible with all existing diesel engines and does not necessitate any alterations to vehicles or distribution infrastructure. Following a successful trial during the first winter, the company plans to implement the use of this oil across all grooming machines. The outcome of this transition demonstrates a notable reduction of 80% in CO2 emissions.

Lift Pass *update*





FROM 23/12/2023 UNTIL 12/04/2024

ONE DAY 3 VALLEYS ADULT PASS: 65 EUROS

ONE WEEK 3 VALLÉES PASS: 320 EUROS

ONE DAY THREE VALLEY CHILDS PASS: 52 EUROS

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