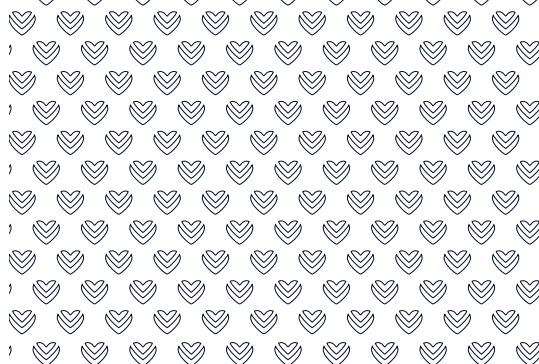




MÉRIBEL
CŒUR DES 3 VALLÉES



TAKE TIME OUT THIS SUMMER IN THE PURE AIR OF THE MOUNTAINS



SUMMARY

TIME FOR NATURE

- **The Tuéda Nature Reserve and Vanoise National Park** 6
- **Nature paths** 6-7
- **Walks to the lakes** 7-8

TIME FOR FAMILY

- **Family activities** 10
- **Unmissable adventures** 11
- **Childcare** 12

TIME FOR SPORT

- **Paradise on 2 wheels :
spotlight on MTB, Col de la Loze** 14-17
- **All about Golf** 18
- **Outdoor activities** 19
(trail running, E-scooters, riding,
fly-fishing, paragliding etc.)

TIME FOR WELLNESS

21-23

TIME FOR TRADITIONS

24-27

EDITOR'S LETTER

TRAVEL FAR AWAY THIS SUMMER, COME TO MÉRIBEL
from 2nd July to 28th August, 2022

Méribel : the name means "the point from which the view is beautiful" in the original Latin. This name aptly describes our collection of alpine villages that have not been spoilt by the introduction of skiing. The resort nestles in the heart of the forests in the Vallée des Allues which overlooks the Tarentaise, its head lost in the high mountains which stretch up to the Gebroulaz glacier. It is a bucolic haven of peace which is full of life in both summer and winter.

Writing in his "Carnets des Alpes de joies", an anonymous city dweller who visited our mountains beautifully described the elegance of Méribel's natural world in summer: "Every summer, by day and by night, on the ridges or at the foot of the mountains, we walked the paths of Les Allues through the Ramées forests filled with Cembro, pine and spruce. Further on, they gave way to the mountain pastures that precede the high summits, the Mont Vallon, before descending or branching off towards the Gebroulaz glacier, our ultimate goal. We were accompanied by the music of these familiar landscapes and the bells of the cows in the mountain pastures. Sometimes we were interrupted by a mule loaded with hay and driven by a native who tends his mountains and shows such respect for his environment. No description, no photo can convey the singular beauty of Lac Tueda, ringed by forests which stand as sentries at the foot of the Alps, dizzying and softened by their cover of trees, stretching to the horizon. Below, the multitude of languid villages nestling amongst the fields and woods of Les Allues still hadn't suffered from the ravages of modernism, protected by their setting of untouched forest where my grandparents used to come and look for pine kernels in order to seed other forests."

Méribel is a haven of peace and health and the perfect jumping-off point for exploring the mountains. Come and discover all the different holidays it offers. For a calm and restful stay, make your way through forests and villages in search of one of the rare and beautiful places only found in the mountains. Or embrace Nature, here protected by the Vanoise Nature Park, as are the golden eagles, black grouse and ptarmigan. Or come for an active and sporting holiday: cycle the switchbacks up to the Loze pass, play golf on the Altiport course, shoulder a backpack carrying crampons and discover the Gebroulaz glacier during the Fanfoué festival. Or use Méribel as a base to tour around the Maurienne, Switzerland or Italy, exploring the passes with evocative names - Iseran, Mont Cenis and Cormet de Roselend - which surround Méribel...

A holiday in Méribel is always refreshing - like the Alpine waters of its fountains - and restores our reserves of health, joy and well-being.

1

A BREAK IN NATURE





THE TUÉDA NATURE RESERVE & VANOISE NATIONAL PARK

Created in 1990 on the western edge of the Vanoise National Park, **the Plan de Tuéda Nature Reserve** extends from the lake of the same name to the Gébrolaz glacier, passing by the Refuge du Saut. Along both sides of the Doron River stretch 1,200 hectares of an exceptional, protected natural environment.

Near Lac Tuéda, cembro pines (characterised by needles grouped by five), form one of the most beautiful cembro forests in the Alps. A signposted botanical trail allows walkers to discover more than a hundred species of Alpine flora. There is also a traditional dairy making local cheese with its many animals. Visitors of all ages are sure to be enchanted by the many discoveries to be made in the Vanoise National Park during their stay in the mountains.

In the company of Cécile or Freddy, discover the secrets of local Beaufort cheese-making at the **Perret family farm** in the Nature Reserve. You can even taste a piece of this exceptional cheese, known as "the prince of Gruyères".



| THE BOTANICAL TRAIL

This 2 km itinerary rises 180 m and allows you to discover a multitude of natural environments: marsh, rocky scree, dry grasslands, pastureland, stream banks and of course, the forest of cembro pines, the most notable feature of the Nature Reserve and the main reason for its creation in 1990. The path starts 200 m beyond the Plan Ravet car park, on the left, and ends at the reserve's visitor centre, located on the edge of the lake. Allow 1½ to 2 hours to fully discover the natural riches of the site.



NATURE WALKS

Welcome to the Méribel Valley, with its nature and mountains, spectacular panoramic views, crystal-clear lakes, brightly coloured wildflowers, varied wildlife and protected areas! Children and adults alike will be spellbound by the many discoveries they make in the Vanoise National Park during their mountain holiday. This is a paradise for nature-lovers: an incomparable variety of landscapes await you in its 53,000 hectares and on its 500 km of walking paths.

| THE GÉBROULAZ GLACIOLOGICAL TRAIL

Welcome to the Doron des Allues valley... Accompanied by the sound of its babbling waters, you can walk alongside this lively torrent all the way to its source: the bowels of the glacier. It takes 3 hours of climbing to reach the river of ice which flows from the peaks of Péclet-Polset. Gébroulaz used to be the last glacier remaining in private hands. It belonged to a local family, the Etievents until 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 thousands of 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 2,819 m. You will hike through an exceptional area, so please treat it with respect!

| LAC DE TUÉDA AND REFUGE DU SAUT WALK

This walk takes you to the heart of the Plan de Tuéda Nature Reserve, in the Vanoise National Park. From the lac du Tuéda, the path climbs towards the Vallon du Fruit before reaching the refuge du Saut. This circular walk allows you to enjoy a very wide diversity of landscapes, plant life (alder, spruce, arolla pines) and wildlife (marmots, eagles, chamois, ibex). After starting in the Ramées woods, this itinerary takes you up high to reach the plateau de la Plagne at 2,000m altitude, at the foot of l'Aiguille du Fruit.



| EXPLOR GAMES®, A TREASURE HUNT IN A FABULOUS SETTING!

Méribel invites you this summer to try Explor Games®, a fun, original and free game which raises children's and adults' awareness of biodiversity.

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 play the part of 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! Allow 2 hours.



WALKS TO THE LAKES



The Méribel valley and Vanoise National Park abound with high altitude lakes, all located in spectacular natural sites that you can discover. In the Méribel valley alone there are ten lakes, including the magnificent lacs du Mont Coua, located above 2,500m, the mystical Lac des Fées (Lake of the Fairies), a haunt of marmots, or the unmissable Lac Tuéda, lying in the heart of the Plan de Tuéda Nature Reserve. There are many ways to discover these enchanting mountain lakes: with a guide or independently, on a day hike or as part of an overnight trip to a mountain refuge, and along easy or more challenging paths.

| TWO-DAY HIKE : TOUR OF THE AIGUILLE DU FRUIT

This two-day walk for good hikers allows you to discover no less than ten of the most beautiful lakes in the Méribel valley, including lac de Tuéda and lac des Fées, lacs du Mont Coua, lac de Chanrouge and lacs Merlet. You will be spellbound by these expanses of water of varying colours and their different surroundings. After a night in a mountain refuge, you will set out to climb the Platta, Chanrossa and Fruit passes, before dropping back down into Méribel-Mottaret.

Day 1 Meet at the plan Ravet car park and start from the lac de Tuéda and head towards the refuge du Saut. When you arrive on the plateau de la Plagne, go past the chalets and continue to the end of the plateau to discover the crystalline lac des fées that is hidden on the right, 50m from the path. Continue to the refuge du Saut then follow the directions towards le glacier de Gebroulaz and col du Soufre up as far as the footbridge that crosses the stream. Once you have crossed over, take the path to the left. The four beautiful lakes are not signposted, but the path is clearly visible. At the fourth lake, go off path to the left, towards the Mont Coua passage, and descend through the scree to lac de Chanrouge. Next, join the path that leads to the col de Chanrouge and head towards lacs Merlet. Go over the pass and drop down to spend the night at the refuge des lacs Merlet (book in advance). Duration : 8 hours

Day 2 From the refuge, go over the Platta, Chanrossa and then Fruit passes before descending to Méribel-Mottaret, passing by lac Tuéda. Duration : 4h



| LES LACS DU MONT COUA

This 7-hour hike of average difficulty will allow you to admire the six spectacular Mont Coua lakes which lie between 2,520 and 2,820 m. On your return, you can also make a little detour to visit the 7th lake, the lac de Chanrouge, which lies under the north-east face of la Roche Pellier and is close to the path. And why not include an 8th lake, the lac des Fées, lying in the Vallon du Fruit, 500 m south-east of the chalet de la Plagne.

Ascent From the plan Ravet car park in Mottaret (1,681 m), set out towards the refuge du Saut, passing by the lac de Tuéda. After the lake continue

towards the refuge du Plan, then the refuge du Saut (signposted), climbing some fairly steep passages. Enjoy a breather along the flat Vallon du Fruit area, by the meandering Doron des Allues river as it flows through the green pastures covered with flowers.

At refuge du Saut (2,140 m), there is a sign; follow in the direction of Col du Soufre and climb up to the footbridge over the Doron des Allues (2,440 m). After the footbridge take the path to the left (East) towards the lacs du Mont Coua. This is not marked, but the trail is clearly visible. After the first small lake, a little off the path, you will reach the second lake. Follow the path and the cairns on the right (south-east) towards the largest lake (2,672 m); this lake is highly prized by fishermen. After the large lake, continue along the path following the cairns (south-east) towards the fourth and the fifth lakes (2,780 m).

You can even, if you have enough time and the weather is favourable, continue to the sixth lake...

Return Above the fifth lake, find the le petit collet (2,787 m) to the north (Passage des Eaux Noires), indicated by large cairns. Go down into the valley on the right of the Mont Coua cliffs. You will see numerous cairns in the beautiful, ochre-coloured scree. There are a few steep passages but no technical difficulties through this scree. This route does not appear on the IGN maps (the blue marks indicate a ski touring route). There is no difficulty in finding your direction: simply go down into the valley (north) and at the bottom you'll find greenery and the marked path that leads to the Col Rouge. Once you reach the path to the Col Rouge, go north-west towards the refuge du Saut, and return to Tuéda down the route of your ascent.

| RECOMMENDED FOR WALKERS: LE SAUT MOUNTAIN REFUGE

Lying on the 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 beds. It is eco-friendly throughout with solar panels, wind-powered ventilation, and locally sourced purified water and is heated with wood burners.



TIME FOR FAMILY





MÉRIBEL is an ideal destination for family holidays in the mountains.

Holder of the “Family Plus” award for many years, 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.

Méribel allows children to get close to animals, with wildlife to discover in the Plan de Tuéda Nature Reserve and pony-rides on offer, including small ponies for the youngest children at the Ranch Nordique riding centre. Other highpoints of your family holiday may include day outings on foot or mountain bikes. Méribel's mountain guides offer outings and hikes for families, even those with young children, such as via ferrata sessions, the Sentier des Animaux (animal trail), a night in a mountain refuge, discovery of the flora and fauna or Beaufort cheese-making.



ACTIVITIES

| FAMILY TRAILS IN MÉRIBEL'S BIKE PARK

This summer, Méribel's Bike Park offers 3 new gentle trails aimed at families. This way, they can set out to explore our beautiful valley on easily-accessible routes on mountain bikes or electric mountain bikes. It's a wonderful way to go on a family bike ride through Méribel's magical landscapes.

📍 Le Clos Bernard - Green Loop

Distance: 2.4 km // Total ascent: 53 m
Total descent: 55 m // Start-finish point: Restaurant le Blanchot

📍 Les Cotilles - Green Loop

Distance: 6.68 km // Total ascent: 150 m
Total descent: 156 m

📍 Col de la Loze Sprint - Blue Loop

Distance: 1.4 km // Total ascent: 2 m
Total descent: 98 m

| PUMPTRACK & LUDIZONE COURSES

Discover the Pumptrack and the Ludizone at the Chaudanne. These free play areas are ideal for learning or improving: enjoy a first taste of downhill mountain biking in the Ludizone, or whizz down the swooping terrain of the Pumptrack circuit, without having to pedal. This closed-off and fun circuit is made up of bumps and turns and can be used by all and requires no pedalling. The Ludizone allows you to learn to ride on a mini, downhill-sloping course made up of small bumps which allow you to discover the sensations of mountain biking in complete safety before you move on to the Bike Park!



| THE EDUCATIONAL FARM AT REFUGE DE LA TRAYE

At Refuge de la Traye, your children will be able to get close to animals and learn all about them. The refuge's educational farm is part of an authentic setting showcasing rural traditions in a preserved natural environment. There are hives where your children can discover the wonderful work of bees, Valais Black Nose sheep (renowned for their gentleness), dwarf goats and long haired donkeys. Children will receive a warm welcome and can make full use of this educational farm which is designed especially for them.



| BOWLING OUTING!

What better way to end the day than with a bowling match? Come and enjoy the 6 lanes at Méribel's bowling alley, located in the Parc Olympique. Thanks to its lanes specially equipped for little ones, the sport can be enjoyed by children as young as 3. Other games, such as billiards, video games and table football are available for fun evenings for all members of the family. The bowling alley is also the ideal spot to watch major sporting events thanks to its giant TV screen. The bowling alley is open every day from 2pm to 2am and from 10am when the weather is bad. Prices available on +33 (0)4.79.00.36.44



| A UNIQUE NIGHT-TIME OUTDOORS EXPERIENCE

Nicolas Tavernier of Terres d'Évasion offers an original outing for all the family. Set out from Méribel and marvel at the sunset over the glaciers of the Vanoise, and the Mont Blanc and Grande Casse and the Méribel Valley. After your walk, enjoy sampling a Reblochon fondue and Savoy wines, then descend by the light of head-torches. Quite simply magical.



| FAMILY EXCURSIONS WITH OXYGÈNE MÉRIBEL

NEW

Trip to the Alpine pastures

Your Oxygène instructor will guide you on an electric bike to a mountain pasture along paths which are suitable for all ages. Once you arrive, you can learn all about cheese-making and even sample them. 3-hour outings. Adults (13 years and over) 65€ including equipment (45€ without equipment). Children (8 - 12 years) 45€ including equipment (35€ without equipment).

Aperitif outing

For a perfect end to your day, Oxygène invites you to enjoy a local aperitif in one of the most beautiful spots in Méribel where you can watch the sunset after an electric bike ride. For ages 13 and above. 5.30pm to 8pm. 65€ including equipment* (45€ without equipment).



| CHILDCARE CENTRES AND KID'S CLUBS

From 18 months to 16 years, Méribel welcomes your children and offers them holidays filled with sports and discoveries. The Halte-Garderie (crèche) is the destination for children aged from 18 months to 3 years and offers lots of activities designed for their age: painting, swimming, walking, playdough, a trip to the ice cream parlour, baking, stories, early-learning games, walks, and a chance to meet horses...

From 3 to 8 years old, the place to be is the P'tits Loups club, and from 8 to 16 years old, it is Sportkids Méribel. These two clubs will accompany your children throughout their holidays with a huge range of activities offered throughout the summer: mountain biking, kayaking, via ferrata, canyoning, climbing, archery, paint-ball, laser games, grass scooters, laser biathlon, go-karting, rafting, fencing, scuba diving in the pool, junior commando, mini golf etc. With so much on offer, these will be holidays they will never forget.

Finally, if the weather prevents you enjoying outdoor activities, you will find plenty to keep the whole family occupied at the Kénothèque (play centre), library, cinemas, bowling alley, Les Allues museum, Raffort mill and sawmill, and of course all the activities at the Parc Olympique (ice rink, spa, swimming pool etc.)

| COMPANIES THAT LOOK AFTER YOUR CHILDREN

Sportkids Méribel:

+33 (0)4.79.00.37.39 / www.sportkidsmeribel.net

Kénothèque (play centre):

+33 (0)4.79.00.80.05

Golf de Méribel:

+33 (0)4.79.00.52.67 / www.golf-meribel.com

Terres d'Évasion:

+33 (0)6.09.40.20.28 / www.terresdevasion.com

Refuge de la Traye:

+33 (0)4.58.24.04.04 / www.refugedelatraye.com

Méribel Aventure:

+33 (0)6.10.47.12.36 / www.meribel-aventure.com

École VTT MCF de Méribel (mountain biking):

+33 (0)4.79.08.59.90 / +33 (0)4.79.08.60.01
www.meribel.net/commerce-et-service/ecole-vtt-mcf-eribel-meribel

Ranch Nordique (riding centre):

+33 (0)7.55.68.68.10 / www.ranchnordique-meribel.com

Bureau des Guides de Méribel (mountain guides):

+33 (0)6.43.89.72.91 / guides-meribel.com

Halte-Garderie les Saturnins

et Club des Petits Loups:

+33 (0)4.79.08.60.31 / +33 (0)4.79.00.50.00
montagne-ete.meribel.net/famille-ete/garderies-et-clubs

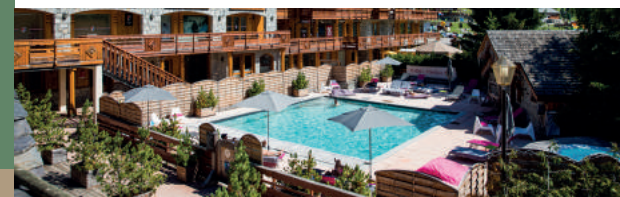


EVENT

| MÉRIBEL IN THE SKY

18 to 29 July 2022

For two weeks, the sky's the limit in Méribel! During this themed fortnight, children and adults can become explorers of the skies and discover all the secrets of the heavens through a multitude of activities and workshops, all offered free of charge. During this period, the resort embraces everything to do with the skies, including a 4-metre diameter moon and a giant inflatable rocket, and there will be plenty on the programme: a walk under the stars in the Plan de Tuéda Nature Reserve or in the various "star spots" in Méribel, planetary walks & talks where you can learn all about asteroids and the cosmos, a host of creative workshops, such as rocket-making, astral games with lots of prizes, stargazing with a telescope, shows in the air by day and night, such as artistic kites from the company Nasser.



| RECOMMENDED SPOT

The newest restaurant to try! Part of the Maya Collection, this restaurant opened in December 2021. Its vast sun terrace offers unobstructed views over the entire Vallée des Belleville and the Mont Blanc. With its cosy, Himalaya-inspired décor, this will be the perfect place to quench your thirst after a hike. Even more so, it's the ideal place to tantalise your taste buds. Michelin-starred chef Akrame is in charge of the kitchen, creating dishes centred on quality cuts of meat cooked in the charcoal grill. The combination of traditional meat-aging techniques and a charcoal grill enhances the purity of the flavour of perfectly cooked meat.

The family-friendly **Eterlou Hotel** possesses a magnificent heated outdoor pool which offers a panoramic view over the mountains. If you want to treat your children, make your way to the Eterlou for an invigorating splash in the pool after a great day on Méribel's walking paths.

TIME FOR SPORT





Sports in Méribel take place in the heart of a spectacular setting, with more than **20% of its land located in the Vanoise National Park** and spectacular rocky scenery as you approach 3,000m altitude.

There is something for all tastes and abilities: tree-top adventure courses, paragliding, fly-fishing, cycling, mountain biking, hiking, climbing, canyoning, glacial hikes, via ferrata, tennis and more. Here's a quick overview of some of our unmissable outdoor sporting activities.

Lifts open
from **2 July to 28 August 2022**

Méribel is paradise for cyclists... To one side of our valley is the Vanoise National Park and on the other, le Mont Blanc.

Welcome to Méribel's Bike Park, in the heart of les 3 Vallées, which stretches from rocky summits to green mountain pastures and forests. This playground for mountain bikers includes 11 downhill itineraries, 9 enduro itineraries, 3 cross-country itineraries, and 6 itineraries designed for electric mountain bikes.

Road cyclists can also discover these landscapes on tarmac. Méribel is the starting point of many routes allowing you to discover legendary neighbouring passes such as Col de la Madeleine, Col de l'Iseran, Col du Glandon, Cormet de Roselend, Col du Petit Saint Bernard, and further afield, Col San Carlo...



PARADISE FOR CYCLISTS

All road cyclists in Méribel must try the legendary climb to Col de la Loze, which saw the greatest names in world cycling battle it out during the 'queen stage' of the 2020 Tour de France...

Finally, the **"Boucles de Thomas Voeckler"**, which opened last year, are accessible to all levels of cyclists and are proving very popular. This champion cyclist collaborated with the resort to create a range of itineraries to help people discover Méribel's roads and paths. So far, 2 itineraries are ready to be discovered this summer.



LE COL DE LA LOZE

In 2019, Méribel and Courchevel opened a new 12.5km cycle path exclusively for the use of cyclists, which peaks on the Col de la Loze at 2,304m. Choose an electric bike or road bike to tackle this novel 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.

Keen cyclists will here 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 23% incline before reaching the pass. Their efforts will be rewarded by the majestic 360° panorama awaiting them over the Méribel valley and the Mont-Blanc, Grand Bec and Grande Casse peaks.

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 Savoie** 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 two years ago.



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

There's a ROUTE FOR ALL LEVELS:

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

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

📍 **The discovery route from Courchevel le Praz to Méribel via Col de la Loze:** 35 km and 1,050 m 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: 62 km and 1,970 m total ascent.

| GOURMET FOOD-STOP: LE LILIE

Conveniently located at the Rond-Point des Pistes, Lilie welcomes you before or after you tackle the Col de la Loze loop. So, put your bike down for a few minutes, and come and meet Hélène and Sylvain who are in charge of this homely and welcoming bar, restaurant and food boutique. With its refined dishes, open kitchen and terrace overlooking the mountains, you will be spoilt for choice. You will also find a delicatessen shop on site with an excellent selection of mature cheeses, fine charcuterie and home-made dishes to take away or have delivered to your home, and a cellar full of interesting wines!

| Prosneige by Ze Hero

NEW

This year, Prosneige and Ze Hero have decided to work together to offer something special to cyclists! Two Méribel cycling holidays are available to all cycling enthusiasts. Why not join a week's holiday in the heart of les 3 Vallées and discover legendary mountain passes ?

Mountain week in the heart of les 3 Vallées in Méribel: 7 days and 6 nights (dates to suit you) between 25 June and 9 September. Each day, tackle a new climb! You will discover legendary Alpine passes and enjoy breath-taking outings from Méribel. The Col de la Loze, Col de la Madeleine, Col du petit Saint Bernard, Cormet de Roseland and a tour of Lake Annecy will delight any cyclist who loves nature.



Since last summer, Méribel has had an ambassador – the great Thomas Voeckler – 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** has one of the finest records in French cycling, with 52 victories to his name. He is the holder of a series of awards, most 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 mountains 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 wished to be involved in a project to promote Méribel as a cycling destination by creating the "Boucles de Thomas Voeckler", circular routes for cyclists of all levels, using the roads and paths in Méribel. These routes will be certified, recommended and commented on by the champion himself. Come and try the first of the Boucles de Thomas Voeckler, the Col de la Loze on a road bike, E-bike or even a mountain bike.

📍 Loop 1 "Les Cotilles"

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

📍 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 1,584 m // Total descent 1,583 m

Thomas Voeckler will also be in Méribel for the highpoints of the cycling calendar, such as the "l'Echappée du Col de la Loze" on 20 and 21 August.



MTB



Méribel gives top billing to mountain biking, both on its dedicated trails and mountain tracks. Mountain bikes, E-bikes, and electric mountain bikes are all ways of discovering and riding the majestic landscapes of les 3 Vallées, the Méribel valley and its surroundings... there's plenty to delight all lovers of off-road riding!

Méribel is not just great for mountain bikers; it's also the ideal place to try electric mountain biking, which allows you to discover the valley's wonderful and ever-changing landscapes. It's the best way to get some fresh air and safely enjoy the great outdoors with your friends or family without too much effort!

| OXYGÈNE'S NEW E-MTB SCHOOL

This summer, discover Méribel on an electric mountain bike with Oxygène! Their friendly, qualified and motivated guides share their love of mountain biking with their students. In summer, Oxygène focuses its attention on cycling, offering group lessons, private outings, as well as children's courses and themed or family outings. Meet them at La Chaudanne.

NEW



| MCF: THE BIKE PROFESSIONALS

Specialists in all types of cycling, MCF instructors offer cyclists and mountain bikers half-day and full-day outings and training sessions for a technical and fun learning experience in complete safety. Family coaching, group or private tuition from beginners to experts, downhill, enduro, road and electric bikes are all available, along the most beautiful trails in Méribel!

MÉRIBEL
E-BIKE
EXPÉRIENCE

EVENT

| MÉRIBEL E-BIKE EXPERIENCE

9 to 17 July 2022

Discover Méribel in a new way! Make the most of Méribel's specially designed E-mountain bike trails and experience the mountains at your own pace!

The programme includes: a chance to explore the E-Bike trails with an instructor, all-terrain electric scooter taster sessions, E-mountain bike test rides, and the Mass Start Challenge... E-MTBs allow everyone to go further and enjoy the beauty of their environment. From 9 to 17 July, join Méribel's E-Bike Community and try new things in a sociable, fun atmosphere. Events are open to all, with different outings to suit different levels (reservation required). As a little bonus, relax at the end of the day with the free reflexology massages and the open-air cinema evening – for some relaxing post-sport recovery!





MÉRIBEL'S BIKE PARK

THE PLACE TO RIDE

Méribel boasts **11 downhill trails** for experts and novices, **9 enduro trails**, **3 cross-country trails** and **6 trails specially designed for electric mountain bikes, a pumptrack and a fun zone** for learners at the foot of the trails.

The BIKE PARK's GENTLE trails

Families can set out to discover our beautiful valley on easily accessible trails.

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 dropping back to the Altiport. Distance: 2.4 km // Total ascent: 53 m // Total descent: 55 m // Start-finish point: Restaurant le Blanchot

Les Cotilles - Green Loop

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

| GOURMET FOOD-BREAK: JACK'S

Located at the foot of the mountain bike trails, Jack's is bike-friendly and the perfect place to relax after an epic day in the mountains. Once you have plugged your E-MTB in to one of the electric terminals, you can enjoy the music while tucking into a good burger and sipping one of their selection of craft beers – these are on tap and changed every week so that there is always something new to try.

Col de la Loze Sprint - 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: 1.4 km // Total ascent: 2 m // Total descent: 98 m // Start: Pas du Lac mid-station // Finish: le Blanchot Restaurant

RED LINE

Laid out with the help of a laser, the Red Line is a slopestyle track featuring a line of big jumps to enjoy in safety. Composed of 8-15 m tables, a hip, lots of transfers and a step-up, this trail lies at 2,200 m and you can zip straight back to the top on the Tougnet 2 chairlift (open 7 days per week). Perfect for getting big air!

| THE PLACE TO STAY

Hotel Le Savoy will be open this summer and its exceptional location in the heart of the village makes it the ideal place to enjoy your holiday. It is the ideal base, with easy access to all the outdoor, artistic and cultural activities, and for setting off on the trails on a bike after breakfast. With its bike room, E-bike recharging terminals and even a bike rental service on site, the hotel makes it a point of

EVENT

| L'ÉCHAPPÉE DU COL DE LA LOZE

20 & 21 August 2022

Come and enjoy a weekend dedicated to cycling, alongside Thomas Voeckler who will accompany you on your climb of the notorious Col de la Loze. The event is open to those aged 16 year olds and over (parental permission is required for competitors under 18). The whole family will enjoy the weekend thanks to all the cycle-related activities provided! You will be able to enjoy 67 km circuit with a total climb of 2,515 m that will take you on a journey through our magnificent valley, passing through Brides-les-Bains, the route des Frasses, Bozel, Champagny, le Praz, la Tania and Méribel, ending with a climb up Col de la Loze! This is a cycling weekend which combines competition with conviviality!



honour to pamper its cyclists. At the end of the day, you can make the most of the relaxation and wellness area or enjoy a good cocktail with friends at the bar, which is the place to be in the evening.



MÉRIBEL'S GOLF COURSE

Keen golfers will spend happy holidays in Méribel! Méribel's golf course is a gem and **one of the most beautiful mountain courses in Europe!**

The first French golf course to be built above 1,500m, Méribel's course was created in 1966 at the wish of Peter Lindsay, one of the original founders of Méribel in 1938. This mountain-loving Scotsman was also a keen golfer who wished to see the resort as lively in summer as in winter. He therefore conceived of creating a golf course, which began with only 4 holes and now has 18.

Today, Méribel's par-71 golf course covers 35 hectares and has 18 holes, and is 5,538m long. Each hole offers fabulous views which change over the seasons. Built on undulating terrain, it is filled with technically challenging natural features. The course winds along wooded slopes, overlooked by Méribel's legendary peak, le Dent de Burgin. It stretches from the Altiport up to les Rhodos and Chantemouche, a height difference of more than 250m (from 1,565 to 1,850m). **For learning and practicing**, Méribel's golf club offers a practice area with a 1,100m² putting green, a chipping green, a bunker and 40-place driving range, 10 of which are covered.

Open from June to November (according to weather conditions), this exceptional course delights experienced players and is also an ideal place to learn.

Spotlight on families:

Families can learn to play golf together, from putting to a full swing, with fun games for the younger children. Méribel Golf Club also offers children's lessons from 3 years old and junior camps lasting 1 to 5 days for children aged 5 years and over. The whole family can take a course of private lessons tailored to the level of each member, which are an ideal way of learning and improving.



EVENT

| MÉRIBEL GOLF SHOW

16 to 20 August 2022

Meet the best professional golfers on Méribel's greens during a friendly and festive event. 30 teams of 4 players (composed of one pro and 3 amateurs) can enjoy playing over 5 days on one of the most beautiful mountain courses in Europe, enjoying the festive and friendly atmosphere and the unifying power of golf.



| GOURMET BREAK: LE BLANCHOT

After your round, make your way to the Blanchot Restaurant, located at the heart of Méribel's golf course, for a gourmet meal on its dining terrace with breath-taking views of the mountains. Close to the Altiport and on the edge of the forest, you will never tire of the uninterrupted views of nature. Delphine and Matthieu warmly welcome you and are proud to introduce you to their gourmet and refined cuisine, prepared with fresh, local produce.



OUTDOOR ACTIVITIES

With more than 20% of its land lying in the Vanoise National Park, its exceptional flora and fauna in the Plan de Tuéda Nature Reserve, and rocky terrain above 3,000 m, Méribel has few equals in terms of spectacular settings and sporting activities. There is something to suit everybody : riding, tree-top adventure courses, paragliding, fly-fishing, cycling, mountain biking, hiking, climbing, canyoning, glacier treks, via ferrate, tennis and more...

| ELECTRIC SKATEBOARDS AND SCOOTERS

Summer's must-try activity, these eco-friendly outings on an electric skateboard or scooter combine sensations of gliding and speed in total safety.

| VIA FERRATA

If you are feeling daring, come and discover Europe's highest via ferrata at the Dent du Burgin/ Croix de Verdon. Perched at an average height of 2,700m, it will immerse you in an exceptional mountain setting. You could also try a glacier trek on the Gébrolaz glacier, the 3 passes and other glaciers in the valley.

| FLY-FISHING

The Lac de Tuéda lies in the heart of the Nature Reserve of the same name. This 3-hectare, 1st cate-

gory lake has clear water and is well-stocked with rainbow and brown trout. Half the lake is reserved to no-kill, barbless-hook fly fishing, and the other to traditional fishing. The experts recommend fishing when the wind blows, as the waves hide your line from the fish.

| TRAIL RUNNING

Are you a runner who loves nature? Then you will find Méribel the perfect playground for trail running. With its numerous permanent trails, Méribel offers a wide range of itineraries each of which has its share of magnificent landscapes. Located in the heart of the Massif de la Vanoise, and passing through the Tuéda Nature Reserve, Méribel's trail-running area offers 150km of sign-posted paths which are accessible to all runners, from beginners to experts, with something to meet all your hopes and desires! Committed fell runners shouldn't miss the 24km loop (1,700m ascent) which forms part of the Méribel Trail competition. This winds its way through technical climbs, contour paths, narrow single-tracks, passages through scree and along ridges, towards the Roc de Tougne, Roc des Trois Marches, Col du Fruit, Lac de la Chambre, Lac du Borgne, plateau du Fruit, Saulire ridge and Rocher de la Loze...



EVENT

| MÉRIBEL TRAIL

13 and 14 August 2022

In the heart of the Vanoise massif and les 3 Vallées ski area, the Méribel Trail is a mountainous, technical, high and wild event. Crossing the Tuéda Nature Reserve, taking you to an altitude of nearly 2,800metres and offering you incomparable views, this is the ideal event for nature lovers who want to try the sport on a short yet demanding course, and also for experienced trail runners who want to test themselves under race conditions to prepare for the big events at the end of the season.

A part of the French Vertical Kilometre Championships, Méribel Trail features 7 courses; the perfect opportunity to come and compete against the best runners in the country!





| HORSE RIDING

Here, you can ride in the heart of a wild and unspoilt natural environment. The only equestrian centre in les 3 Vallées which remains open all year round, the Ranch Nordique offers horse and pony trekking from 13 years old. You can discover the most beautiful places in the valley on horseback: for example, the 2-hour loop takes you to the Plan de Tuéda Nature Reserve. Lessons and courses are available for all levels, starting at 6 years old, plus there are theme days such as 'Baby-Pony' (leading-rein rides for tiny tots), or acrobatics - everyone is sure to find an activity they love!

| SPORTS IN THE SKY

Fly over Méribel and les 3 Vallées in a paraglider with a professional pilot for incomparable views and a unique experience! Set out from Tournèze in the morning or la Dent du Burgin in the afternoon, take your seat for a 1,000m descent and at least 20 minutes of flight. The morning flight, which is lower to the ground, allows you to spot animals such as chamois or deer. The afternoon flight is sportier and reaches speeds of 45km/h. If you are in luck, you may even fly with a golden eagle! You might also see vultures from the nearby Maurienne valley. On both flights, you will enjoy a breath-taking 360° view of Mont Blanc and les 3 Vallées.

| GLACIER HIKES

Méribel Mountain Guides offer you the opportunity to discover trekking over a glacier, a sport midway between hiking and mountaineering. You will be introduced to the techniques and equipment for walking on a glacier, and to high altitudes. For example, take a day outing to the Gébroulaz pass and dome, and the 3 passes (Thorens, Lory and Bouchet). Or spend a night in a refuge on the Pointe de la Réchasse, Dôme de Chasseforêt or Dôme de Polset... Groups 5-6 people max, children are accepted from 10 years old.

| TREE-TOP ADVENTURE COURSE

With Méribel Adventure, you can get close up to nature on an 80-element forest adventure course. Starting from le Bois d'Arbin, you can try 5 different forest courses with different challenges and zip wires to test your agility, balance and daring. Each course is more difficult than the last, but all are subject to strict safety rules and are reserved for adults and accompanied children. There is even a mini course for children as young as 3. Each course takes approximately 30 minutes. Open from 9am to 6pm, closed on Sundays in July and August.



| TO STIR YOU INTO ACTION !

Bureau des Guides de Méribel (mountain guides):

+33 (0)6.43.89.72.91 & <https://guides-meribel.com>

AN Rafting: +33 (0)4.79.09.72.79 & <http://an-rafting.com>

Aérodynamique (paragliding):

+33 (0)4.79.08.67.25 & www.parapentemeribel.net

Tennis Méribel:

+33 (0)6.98.98.73.86 & www.tennisaventure.com

Quad Biker: +33 (0)6.09.94.18.11 & www.quad-biker.com

EMSkate: +33 (0)6.89.65.89.35

Parapente Tandemtop Saulire (paragliding):

+33 (0)4.79.00.45.67 & www.tandemTOP.com

Parc Olympique: +33 (0)4.79.00.80.00

& www.meribel.net

Ranch Nordique: +33 (0)7.55.68.68.10

<https://www.ranchnordique-meribel.com>



TIME FOR WELLNESS





Because mind and body are interconnected, wellbeing is the result of harmony between the two. There is nothing like getting back to nature in the mountains to help you ‘reset’, or spending time in an environment conducive to letting-go, followed by targeted treatments.

With its high altitude lakes, pine forests and glacial steams, Méribel is the quintessence of therapeutic and revitalising nature, so necessary to stimulate all the senses. Particularly in summer, the resort offers a large number wellbeing activities: outdoor yoga, breathing classes, detox, sensory awakening, Shiatsu, Qi-gong and balanced picnics, massages and more. **‘Slow Altitude’ is part of Méribel’s DNA!**



| OUTDOOR YOGA BY THE LAKE

Local yoga teachers Magali and Marcela offer you yoga sessions in the open air at Lac Tuéda. Revitalise yourself by trying their various classes which include morning yoga practice in the beautiful environment of Lac Tuéda, and a unique session of fluid movements under the last rays of the sun with a breath-taking view over Méribel from a “secret spot”. Whether you are a regular practitioner or discovering yoga, don’t hesitate to join them to benefit from their guidance in these sessions during which the movements and postures aim to energise the body, and start or end your day in the best possible way. Information at Méribel Tourist Office: Tel +33 (0)4.79.08.60.01

| SHIATSU WITH FRANÇOISE

One of Méribel’s best-known wellness practitioners, Françoise Daviet specialises in Shiatsu and essential oils to regulate stress, boost the immune system and find lasting balance.

| MASSAGE AND RELAXATION

Physio and Osteopath Christelle Dal Zotto specialises in back pain, particularly through postural Pilates. Through her private and group sessions, she adopts a global therapeutic approach to relieving back pain and works on breathing and mindfulness. The same multi-faceted approach is employed by Laetitia at Beauty & Mass Emoi with her personalised massages that are tailor-made to your needs, and include meditation where required. Tel: +33 (0)6.22.64.21.32





WELLNESS SPOTS

| PARC OLYMPIQUE

In addition to a gym and a pool which hosts various activities (paddle board, aqua-aerobics, aqua-bike, aqua-flippers etc), the Parc Olympique includes the My Spa Pure Altitude, an area with saunas, steam room, whirlpool and four treatment rooms offering relaxation, sports and mums-to-be massages.

| SPA NUXE / HOTEL LA CHAUDANNE

An extensive range of treatments based on detoxifying, rejuvenating and Ayurvedic treatments target the signs of ageing. There are even treatments tailored to the needs of children.

| REFUGE DE LA TRAYE

The tailor-made experiences in the wellness area of Refuge de la Traye satisfy the most demanding customers: milk baths for maximum hydration, a hay bed to relax the neck and back and help you unwind, a Lyashi dome to promote weight loss and detoxify and purify the body, Stendo to boost the circulatory system, and Mostleds for cell regeneration and to soothe pain and rheumatism.



| THE PLACE TO STAY

Your nights will be as sweet as your days when you stay at La Chaudanne, a chalet-style hotel which combines charm and tradition. Its elegant rooms and suites will promote sweet dreams; the heated indoor pool surrounded by bay windows and Nuxe Spa will ensure total relaxation.



EVENT

| ZEN ALTITUDE

13 to 28 August 2022

This summer, go on a wellness break in the mountains... Méribel invites you to relax and switch off during its Zen Altitude theme fortnight.

Revitalise your body and mind through all the many benefits the mountains have to offer! Take time out in the heart of nature and enjoy a multitude of activities focused on wellness. Choose from outdoor yoga, massage on a sun-terrace, wellness coaching, artistic workshops, and contemplative and energising walks... Enjoy the heights of relaxation!

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

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



TIME FOR TRADITIONS





HISTORIC MERIBEL

Méribel's history stretches back many centuries...

Make the most of your holiday by discovering its rich cultural heritage on the themed walking trails, attending local events and seeking out the best shops and restaurants which specialise in local and regional produce.

| FARTO

Farto is a family business which sells Savoyard specialities, cheeses, artisanal charcuterie, truffled items, gift boxes and a great selection of wines. A visit to one of these shops immerses you into the gastronomic world of les 3 Vallées, combining authenticity and modernity. A must-visit during your stay! 2 shops: Méribel Centre and Mottaret.

| BOULANGERIE BRAISSAND

Braissand uses traditional methods to prepare classic French bread and patisserie. Since 1950, the Braissand bakery has been king of sweet treats in Méribel. Biscuit de Savoie with apple, multi-coloured éclairs, beautiful tarte tatins, praline or lemon meringue pies, original Linzer torte with light vanilla cream, raspberry compote and shortcrust pastry, blueberry amandine or the house's signature product, the "Heart of Méribel", a Breton-style shortbread filled with blueberries.

| BUY LOCAL

If you want to buy good local produce during your stay in Méribel, Sherpa supermarket in Mottaret will delight your taste buds. You are sure to find what you are looking for among the wonderful selection of local products on offer. As an additional service, the supermarket has been equipped with a recharging station for electric bikes since 2021. Pop to the shops on your electric bike, and you can recharge its batteries while you choose your Tomme de Savoie cheese! Open in summer from 8am to 12.30pm and from 4pm to 7.30 pm every day / +33 (0)4.79.00.40.91

| 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 1860 put an end to these expeditions.

| Two new boutiques in Méribel-Mottaret

100% Savoie design / Minécim

Minécim is the new concept store located in Méribel-Mottaret, in the heart of les 3 Vallées. Here you will find a selection of jewellery and Alpine-style furniture, decoration and fashion accessories. Minécim is a new, friendly mountain-style concept store whose idea is to bring new products to the resort with original design, unique pieces and must-have objects which have been carefully selected and sourced locally. Whether you wish to decorate your home, treat yourself or find a gift, there is something for everyone. This great new store definitely should not be missed!

100% delicious and local at Aux Délices Alpines

Aux Délices Alpines is the new boutique offering carefully selected regional produce. This delicatessen, located under the Hévana building, will also rent you raclette and fondue sets because even in summer, you are allowed to eat as much cheese as you like!





ALPES HOME

ALPES HOME: THE 12TH YEAR OF
THE SALON FOR HOME DESIGN,
DECORATION AND MOUNTAIN-LIVING.
29 July to 1 August 2022

Alpes Home allows showcases creative, distinctive and sustainable housing for stylish mountain living. As every year since 2010, Alpes Home invites you to a new salon held in the height of the summer season. This year, individuals and companies from the entire 3 Vallées and the Tarentaise area have worked to bring together as many property owners, professionals and architecture and decoration lovers in Méribel for this, France's only show dedicated to tourist property and mountain-style decor.



LA FÊTE À FANFOUÉ

Go back in time with the
traditional Fanfoué village fete
Sunday 7 August 2022

Every summer for almost 50 years, Méribel has brought its traditions back to life at the Fanfoué village fete (Fanfoué is Savoy patois for François). This fete brings together Savoyard traditions and heritage in the form of a day of celebrations in Les Allues, with a float parade and traditional open air meal, all in a friendly and welcoming atmosphere.

Visitors will enjoy folklore and traditional scenes from the past, traditional foods, entertainments, stands, exhibitions and a float parade. Immersing yourself in the life of our ancestors is to discover their lifestyle, costumes and practices, but it is also a chance to discover the culinary traditions of the past, such as the bougnettes (typi-

cal Savoyard cakes), bread baked in the village communal oven, traditional cider, home-made jams and many other goodies. It is also the day on which to revive the tradition of 'la route des tommes'. This ancient practice took place at the end of the summer when caravans were formed to take the summer's Tomme cheeses 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 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 1860 put an end to these expeditions.



ART & TRADITION

30 July to 12 August 2022

Discover your inner artist! Come and experiment with various art forms such as painting, wood sculpting, land art, circus art etc... Be inspired by the art exhibitions, and discover authenticity, gastronomy and local savoir-faire. Art comes in many forms in Méribel from simple sketches to real paintings, from land art to trompe l'oeil, from dance to cinema. Join one of the artistic workshops to make new discoveries and share the experience with others. All these many activities will help you discover Méribel in an organised and fun way.



SUMMER'S OTHER EVENTS



AUGUST

Arts & Tradition

Saturday 30 July to Friday 12 August

Fête à Fanfoué

Sunday 7 August



Méribel Trail and French Vertical KM Championships

Saturday 13 and Sunday 14 August

Zen Altitude

Saturday 13 to Friday 26 August

Méribel Golf Show (Pro AM, Parcours 18)

Tuesday 16 to Saturday 20 August



Echappée du Col de la Loze

Saturday 20 and Sunday 21 August



Haute Route (road cycling)

Wednesday 24 Thursday 25
and Friday 26 August.

JULY

Resort opens

Saturday 2 July

Enduro2

(MTB & EMTB event, full)

Saturday 2, Sunday 3 and Monday 4 July

E-Bike Expérience

Saturday 9 to Sunday 17 July



Bastille Day

Thursday 14 July

Méribel in the sky

Monday 18 to Friday 29 July

Alpes Home

Friday 29 July to Monday 1 August





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