

AMBASSADORS

Les 3 Vallées OF LUCILLE, TIMY ET MAHÉ

Lucille, Timy and Mahé each enjoy in their own way the richness and diversity of Les 3 Vallées to live out their passion. Through their different approaches, profiles and personalities, they perfectly embody the territory and its endless possibilities.

Do not hesitate to contact us if you wish to interview these key figures!

Timy Théaux, on the snow as on the Mountain bike trails, all year round

Timy Théaux is a ski instructor with ESF Val Thorens, a mountain bike guide and an ambassador athlete for Les 3 Vallées and the equipment brand Salomon.

He arrived in Val Thorens at the age of 14 and has since established his family base in a secluded corner of the Courchevel forest, dividing his time between snowy peaks and technical mountain bike trails.

For him, the true strength of Les 3 Vallées lies in its unique and ingeniously connected natural topography. *"It's simply logical,"* he explains. *"You can move effortlessly and very quickly from one valley to another. Since there are all orientations, all altitudes and all types of terrain such as alpine pastures, rocky landscapes, glacier, there is always, whatever the season or the weather, a spot with good conditions!"*

Timy says he knows no equivalent to this vast territory shaped for adventure, and he is convinced that there are still many discoveries ahead: *"The potential is inexhaustible."*

- **His favourite run:** Petidou in Courchevel, a lively and technical piste.
- **A winter spot he loves:** the Lac de la Rosière, with its magical setting of sparkling frost and pristine forest. Both very accessible and far from the bustle.
- **A panorama:** the Rocher de la Loze, reachable on foot, where the view embraces the Vanoise and its glaciers.

LUCILLE GERMAIN: Her favourite training grounds

With a background as a biathlon competitor, Lucille turned to trail running six years ago. Originally from the Vosges, she quickly rose to the elite level and is now a **member of the French national team** and one of the favourites on the Skyrunning World Series circuit. *"I arrived in the region in 2022 and fell in love with the area, because it truly has everything I need to train!"* she says with enthusiasm. Based in Bozel, this young ambassador of Les 3 Vallées enjoys a unique playground, ideal for training all year round: *"It is simply an incredible terrain for trail running!"*

In winter, Lucille works as a cross country ski instructor while continuing her own training, notably through ski touring sessions. **On Wednesday evenings she never misses the Millet Ski Touring in Courchevel:** *"It allows me to push the intensity and measure myself against other competitors."* On solo outings, she extends this route to the Col de la Loze, which gives her 1,000 metres of vertical gain, all on a secured piste. When she seeks wider open spaces, Lucille heads towards Les Avals, following **spectacular routes to the Brèche de Portetta, the Petit Mont Blanc or the Merlet lakes.**

For cross country skiing, Lucille often trains on **the rolling track of Courchevel Moriond:** *"It's a piste with steep parts and flatter sections, so it's perfect for working on rhythm."* She also recommends this track to beginners, as well as **the linking piste between Méribel and Courchevel, for longer and more varied outings.**

When the snow melts, trail running takes over as her discipline of choice. **The Dent du Villard is her favourite terrain:** *"I love the ridges, they're really playful. I often leave straight from home; there are several ways to get there, which makes it perfect for variety."*

Her favourite loop? **A demanding 20 km route with 1,500 metres of vertical gain, following the ridge to the Col de la Grande Pierre,** then plunging into Les Avals and returning via the Lac de la Rosière. She also enjoys exploring the Vallon du Fruit, on the Méribel side, *"magnificent with its passes and its welcoming refuges, such as the Refuge du Saut or the Merlet lakes refuge."*

This autumn, follow Lucille's sporting results at the **Skyrunning World Series finals!**

Mahé Freydier, creator of dynamic content!

At 24, Mahé Freydier embodies the new generation of mountain athletes.

A native of Les 3 Vallées, this ski instructor based in Courchevel 1550 swapped international alpine ski competitions for teaching... and for social media, where he brings together more than 800,000 followers on Instagram, TikTok and YouTube. This child of Les 3 Vallées, born with skis on his feet, loves to share *"the unique energy of this infinite playground, with varied slopes, smooth connections and exceptional off piste."*

He admits to having a soft spot for:

- **the Loze piste,**
- **the panoramas of Côte Brune,**
- **and the Méribel ridges,**
- which he also races down at full speed and with great skill on a mountain bike in summer.

Always in search of adventure, Mahé turns towards high altitude. After climbing a 7,000 metre summit in the Himalayas this summer, he is preparing new expeditions, always with the aim of skiing back down. Until then, it is of course on the slopes of Les 3 Vallées that this highly creative instructor will ski this winter to share his passion.