

The Mountain on Two Wheels

From electric mountain biking to enduro, from road cycling to bike parks, Les 3 Vallées offer a vast natural playground for two-wheel enthusiasts.

Three high-altitude cycling routes and an extensive network of trails connect mountain passes, resorts and breathtaking viewpoints, turning every ride into a true adventure. It's time to experience riding at altitude.

- Les 3 Vallées feature **31 downhill trails**, from playful to technical, perfect for linking runs while enjoying spectacular alpine panoramas. Easy access via lifts open in each valley allows you to quickly reach different sectors and make the most of every descent.
- **24 enduro routes:** These trails alternate climbs and descents through forests and alpine pastures. Structured by level, they allow riders to progress, explore the valleys and challenge themselves on more technical sections. Here too, lifts open in each valley provide easy access and complete freedom to roam.
- **3 high-altitude cycling routes:** Three iconic itineraries link the valleys and summits of Les 3 Vallées, between Courchevel, Méribel and the Belleville Valley. Among them, the Col de la Loze cycling route (2,304 m), reserved exclusively for bikes, connects Courchevel to Méribel along a panoramic track. Now a legendary Tour de France finish, it stands as a must-ride challenge for cycling enthusiasts.

On the Belleville side, the ascent to Col de Tougnète (2,430 m) begins from Les Menuires or Saint-Martin-de-Belleville, with the option to extend the effort up to Val Thorens (2,300 m). Accessible by road bike, mountain bike or electric mountain bike, these routes allow you to ride at your own pace, balancing sporting challenge with alpine discovery.

Connecting valleys, expanding horizons

In Les 3 Vallées, cycling becomes a **way to cross the mountains**. Between bike parks, panoramic routes and natural trails, itineraries link the resorts and reveal a mosaic of landscapes: larch forests, open alpine pastures, torrents and ridgelines offering breathtaking views over the Alpine peaks. Be warned: scenic stops may be more frequent than expected.

Reinventing the downhill experience

Courchevel Valley

Two iconic trails are evolving this summer to offer a smoother, more accessible downhill experience.

La Louza, stretching over 3 km (D- 930 m), is being redesigned with new variations, allowing riders to adapt the route to their level and riding style.

From the Verdens gondola top station, **La Godille** also becomes more progressive. Over 3 km (D- 300 m), it now delivers a playful and reassuring descent down to Courchevel 1850, ideal for beginners and families.

Ride along the water

Belleville Valley

In **Les Menuires**, the **Au fil du Doron** route invites you to discover the valley differently... on two wheels!

Over **25.9 km round trip**, this route accessible by mountain bike or electric mountain bike follows the river and offers a gentle immersion into alpine landscapes. Around **3 hours of riding** to connect nature, heritage and the vibrant energy of the valley, guided by the flow of the water.

Mountain biking at altitude

Belleville Valley

In **Val Thorens**, three new mountain bike trails (**green, blue and red**) open this summer, allowing everyone to build confidence before tackling more demanding routes.

The bike park completes the experience, confirming **Val Thorens as a high-altitude mountain biking playground** where riders evolve between summits and breathtaking alpine views. Enough to make you want to ride again... and again!

Riding through hamlets and pastures

Belleville Valley

In a preserved natural setting, a new **electric mountain bike** route crosses the **Vallée des Encombres**.

Over **23 km** (D+ 600 m), this loop winds through hamlets, alpine chalets and living pastures. Herds, beehives and vast valleys accompany the climb up to the Gittamelon refuge, offering full immersion in traditional mountain life.

Young riders in the making

Belleville Valley

Younger riders can also experience the thrill of mountain biking in Les 3 Vallées, in **Val Thorens**. With this dedicated, fun and accessible trail, they discover the first sensations of downhill riding in complete confidence. Start at the 2 Lacs gondola, finish at the Castor & Pollux magic carpets: the perfect route to learn while having fun.

Ride with complete peace of mind

Cycling services at altitude

Because a successful ride is all about the details, all resorts in Les 3 Vallées provide practical services for cyclists:

- washing and inflation stations
- repair stations
- electric mountain bike charging points
- bike racks and shelters

Everything you need to set off with peace of mind, take a break when needed and extend the pleasure of riding at altitude.