

## **To each their own horizon**

**In Les 3 Vallées, hiking adapts to every desire.** Family walks, routes through alpine meadows and lakes, easy access via ski lifts or more demanding high-altitude itineraries: everyone can shape their own experience, from the simple pleasure of walking to more challenging routes.

Here, hiking becomes a way to explore the territory, to move from one landscape to another and to truly embrace the vastness of the mountains.

To guide you, **here is a selection of easily accessible hiking ideas in Les 3 Vallées, to discover freely and at your own pace.**

## **Hiking in Les 3 Vallées**

- **115 walking routes** to explore the area at your own pace
- **37 very easy routes** for an experience accessible to all
- **40 easy routes** to walk gently and gain elevation
- **31 difficult routes** to lengthen your stride and increase intensity
- **7 very difficult routes** for experienced hikers seeking commitment

## **Dent du Villard, the great panoramic loop**

Courchevel Valley

An iconic hike in Courchevel, the Dent du Villard trail reveals a remarkable diversity of landscapes along a single route. The itinerary first crosses the gypsum ravines listed as Natura 2000, before reaching the ridgelines of Mont Charvet with the glaciers of the Vanoise as a breathtaking backdrop, then descending towards Lac de la Rosière via the Avals valley.

This is a hike defined as much by the variety of its atmospheres as by the scale of its views. Between distinctive reliefs, sweeping ridgelines and open views over vast mountain ranges, it brings together several faces of the mountain in a single outing.

*Access: Lac de la Rosière or Avals car park*

## **Vallon du Fruit, alpine immersion**

Méribel Valley

From the Tuéda Nature Reserve in **Méribel-Mottaret**, the **Vallon du Fruit** leads experienced hikers into a more pronounced alpine setting.

**Allow around 4h30 of walking to reach the Refuge du Saut**, in a truly alpine environment, punctuated by marmots and views over the Aiguille du Fruit. **A detour via Lac des Fées offers the chance to extend the outing.**

Here, hiking unfolds in a living, mineral mountain landscape, with a route that gradually gives the feeling of leaving the resort behind to enter a more alpine world. A complete outing, demanding without being extreme, for those seeking a true sense of immersion.

*Access: Lac de Tuéda car park, Méribel-Mottaret*

### **From Brides to Les Allues, the valley at a gentle pace**

Brides-les-Bains

From the spa resort of **Brides-les-Bains**, this **easy route reaches the village of Les Allues in Méribel in 2h30 (D+ 520 m).**

The marked trail crosses the Cythère forest before gradually climbing into the valley.

This is an accessible and enjoyable hike, gently linking two atmospheres and altitudes. A great option to gain elevation while watching the landscape evolve step by step.

*Access: start from Brides-les-Bains resort*

### **Sentier des Cimes, walking the ridgeline**

Belleville Valley

The **Sentier des Cimes connects Cime Caron**, between **Val Thorens and Orelle**, to **Pointe de la Masse**, on the **Les Menuires** side, **across 10.5 km of panoramic ridgeline.**

Depending on the direction chosen, the route involves a **positive elevation gain of 540 m towards La Masse or 930 m towards Cime Caron.**

Here, everything lies in the vastness of the landscape. The walk follows a spectacular ridge, open to the peaks of Les 3 Vallées, with that rare sensation of moving between sky and mountain. An itinerary as much about the beauty of the panorama as the experience itself.

*Access: Cime Caron cable car or Orelle-Caron gondola, Pointe de la Masse gondola*

### **Lac du Lou, the alpine oasis**

## Belleville Valley

In the Belleville Valley, **Lac du Lou**, located between Les Menuires and Val Thorens, is **an accessible hike that ticks every box: panoramic views, preserved nature and the pleasure of walking.**

From Plan de l'Eau des Bruyères in **Les Menuires**, the path gently winds through a wild valley to the lake.

**Allow around 4 hours return to walk around the lake.** With children, the outing can easily be adapted by shortening the route or progressing at your own pace to the refuge, already offering a full experience of the setting. A beautiful, accessible high-altitude hike.

*Access: from Plan de l'Eau des Bruyères, Les Menuires*