

GENTLE MOUNTAIN ITINERARIES, THE ART OF LINKING VALLEYS ON FOOT OR BY BIKE

Journeying without ever leaving altitude

In Les 3 Vallées, itinerant journeys offer a different way to experience the mountains. And summer is no exception!

On foot or by e-MTB, it is no longer just about reaching a summit or a lake, but about moving from one valley to another, shifting light, horizons and atmosphere. A night in a mountain refuge, a pass crossed, a trail opening onto another valley: here, the adventure unfolds step by step, in a vast and deeply alpine environment.

From alpine pastures to ridgelines, from hamlets to high-altitude terrain, the immensity reveals itself over time, with that rare feeling of always having another side to explore. Here are a few examples of itinerant loops to extend the adventure.

This is the **INFINITE MOUNTAIN EXPERIENCE!**

Tour of the Aiguille du Fruit, four days circling a grand alpine landscape

Courchevel & Méribel Valley

Between Courchevel and Méribel, the Tour of the Aiguille du Fruit unfolds over 4 days of hiking across 47.92 km (elevation gain: 3,237 m). The route circles one of the area's most distinctive peaks, moving from alpine pastures to mountain passes, from refuges to high-altitude trails, with a constant sense of shifting aspect and light as the journey progresses. Nights spent in mountain refuges – at Lacs Merlet, Refuge du Saut and Refuge du Grand Plan – set the rhythm of the journey and deepen the immersion in the high mountains.

The Vanoise forms a majestic backdrop, landscapes echo from one valley to the next, and each stage invites you to go further.

Low Valleys Loop Loop, a gentle link between Méribel Les Allues and Saint-Martin-de-Belleville

Méribel & Les Belleville Valley

Over 2 days, the **Low Valleys Loop** connects Méribel to the Belleville Valley across 26.55 km (1,358 m elevation gain), offering a softer approach to itinerant mountain journeys.

Here, no vast mineral slopes or high alpine routes: the trail weaves through forests, high-altitude hamlets, alpine pastures and gentle ridgelines, with the rare feeling of moving between valleys without abrupt transitions.

A night at the Refuge du Trait d'Union sets the rhythm of this human-scale crossing, designed to savour the mountains in their most pastoral, vibrant and welcoming form.

Varlossière, a night at the end of the valley

Les Belleville Valley

In the Encombres Valley, **Varlossière** feels like one of those places reached by gradually leaving the world behind. A former shepherd's hut turned unstaffed refuge, it offers four sleeping places and much more than simple shelter: a way to extend the walk, to watch the light fade over the slopes, and to set off again at dawn into a quieter, more stripped-back and more intimate mountain landscape. A different way to experience Les 3 Vallées!