

Summer 2026 Highlights

Les 3 Vallées enhance the mountain experience once again this summer

In the warmer months, Les 3 Vallées assert their unique identity as a vast alpine playground for leisure, discovery and open-air experiences.

From one valley to the next, the destination enriches its offer, reinvents its spaces and creates brand-new experiences to shape a summer in motion, to be enjoyed at every pace.

Les 3 Vallées offer far more than a setting: a true exploration playground, vast, vibrant and multi-faceted. Infinite Mountain Experiences.

With family or friends, whether you seek sport, contemplation or indulgence, everyone can experience the mountains in their own way this summer.

This is the true strength of this world-class destination, where altitude becomes a promise of freedom, discovery and emotion.

EVENTS

An XXL challenge across Les 3 Vallées (*from 30 July to 2 August*)

Les 3 Vallées

A major new highlight this summer, the Grand Raid KIPRUN 3 Vallées – Moûtiers takes place from 30 July to 2 August 2026 in a setting to match its scale.

With 170 km for its flagship race, the event crosses the entire Les 3 Vallées area through airy ridgelines, valleys, summits and vast panoramas, in an adventure where endurance meets the vertical challenge of the terrain.

An extraordinary event that reveals Les 3 Vallées at their most expansive, powerful and breathtaking.

Méribel Hybrid Games (*from 10 to 12 July*)

Méribel Valley

Méribel launches a brand-new sporting event this summer with the **Hybrid Games, a competition blending CrossFit, Hyrox and trail running.**

Over three days, participants combine formats and intensities in an alpine setting that challenges both endurance and versatility.

Ridge Night Run (7 August)

Méribel Valley

A new addition to the 2026 ASICS Méribel Trail, the **Ridge Night Run** kicks off the sporting weekend with a semi-night 22 km race (1,100 m elevation gain), to be completed solo or in pairs from **Méribel-Mottaret**.

A new race format that immediately sets a different tone, between fading light, shifting landscapes and evolving landmarks along the route.

TWO WHEELS

Downhill mountain biking, now easier to master

Courchevel Valley

This summer, **Courchevel** is upgrading two of its runs to offer a more progressive approach to downhill mountain biking:

La Louza, linking Plantrey to Courchevel 1850 over **3 km (930 m descent)**, has been redesigned with multiple route options to vary lines, adjust difficulty and renew the riding experience with every descent.

La Godille, from the Verdons gondola top station to the centre of Courchevel 1850, also offers a **3 km route (300 m descent)**, reimaged in a smoother, more reassuring style.

With these developments, the resort confirms its ambition to make downhill mountain biking more accessible, without compromising on riding pleasure or the quality of the experience.

A pump track to ride, play and go again

Courchevel Valley

A brand-new outdoor hotspot in **Courchevel Village! The multi-activity pump track offers a playful space for all wheeled sports**: mountain biking, BMX, skateboarding, rollerblading and scooters. Everyone can find their line, rhythm and level of challenge thanks to four progressive loops, from green to red, along with a dedicated beginner track.

Opened in autumn 2025, **the facility features 325 m of circuits across 1,250 m² of riding surface**, designed to be progressive, accessible and safe. Created for both regular visitors and families, the site also includes shaded rest areas, making it as enjoyable for relaxing as it is for riding.

Free access, open daily from 8 am to 10 pm, from 1 May to 31 October, subject to weather and snow conditions.

Along the Doron, the valley reveals its water story

Les Belleville Valley

In **Les Menuires**, the cycling route **“Along the Doron” invites you to follow the river over 25.9 km return**, on an accessible outing combining nature, movement and discovery.

Along the way, water becomes the thread of both landscape and story: shaping the valley, carving the terrain, supporting local life and contributing to energy production.

Accessible by mountain bike or e-MTB (740 m ascent) in around 3 hours, this easy route offers a different way to explore the mountains in summer, close to the elements that bring them to life.

An alpine pasture valley to explore by bike

Les Belleville Valley

This e-MTB route takes you into the heart of **the Encombres Valley**, where pastoral life can still be felt at every turn.

Mountain hamlets, small chalets, alpine meadows, grazing herds and sweeping horizons shape an outing that reveals the mountains at their most vibrant.

The climb remains steady and accessible, ideal for fully enjoying the route, with a passage **via the Gittamelon refuge and views of the Grand Perron (2,800 m) and Montagne des Coins (2,700 m)**.

A 23 km return escape (600 m ascent) over around 2h30 starting from Saint-Martin-de-Belleville, to ride at the valley’s natural rhythm.

Three MTB runs to gain elevation

Les Belleville Valley

In **Val Thorens**, mountain biking reaches new heights with **three newly shaped runs: green, blue and red.**

The perfect way to discover the discipline, build confidence or take on more technical sections.

A natural progression, from your first turns to more committed lines, in a high-altitude setting that amplifies every sensation.

A further step in developing the bike park and positioning Val Thorens as a true mountain biking destination.

Hiking

SENTIER DES CIMES TRAIL, INFINITE HORIZONS AHEAD

Les Belleville Valley

Between Cime Caron and Pointe de la Masse, the Sentier des Cimes Trail follows 10.5 km of panoramic ridgeline above Les 3 Vallées. The walk unfolds across an open, mineral and breathtaking landscape, with the sensation of moving from one summit to another while keeping the horizon constantly within sight. Depending on your chosen direction, the route includes 540 m of ascent towards Pointe de la Masse or 930 m towards Cime Caron.

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

THE 3 LACS TRAIL, BETWEEN WATER, SKY AND SUMMITS

Les Belleville Valley

In summer, the 3 Lakes Trail in Val Thorens offers an accessible mountain walk for all, set in a high-altitude landscape that is open, serene and breathtaking. Designed as a journey, it brings a more immersive dimension to the walk. Along the way, the lakes set the rhythm, while sweeping panoramas reveal the full scale of the surrounding peaks. An easy route to enjoy at your own pace, with time to take in the scenery, breathe deeply, look up and fully embrace the raw beauty of the mountains.

FAMILY ADVENTURE

A full-scale nature adventure for little explorers

Courchevel Valley

This summer, **Lac de la Rosière becomes the setting for a family-friendly exploration** with “**The Secrets of the Lake Cabin**”, an orienteering trail designed for children aged 3 and up.

More than just a treasure hunt, **the experience unfolds as a fully immersive adventure**, leading young explorers in the footsteps of the Pennaz family, once connected to the dam’s history, in search of a hidden cabin nearby.

Along the way, markers reveal the story of the site, its natural features and a rich local heritage shaped by traditions, fishing, flora and mountain legends.

Freely accessible, this 1.5-hour walk is punctuated with subtle installations blending into the landscape, including a starting totem, a hammock and a rustic cabin hidden in the forest.

The game booklet is available at Chalet de la Rosière and at Courchevel Tourisme information points.

Caron 3200, the experience at the summit

Les Belleville Valley

For its first summer season, **Caron 3200** offers a new way to experience altitude. **In just a few minutes from Val Thorens or Orelle, the ascent leads to a suspended space facing the vast alpine panorama at 3,200 metres.**

Up there, the view reveals a breathtaking 360° panorama over more than a thousand peaks, from Mont Blanc to the Écrins, creating a rare sense of space and weightlessness. Rooftop, restaurant, exhibition space, seminar room and Europe’s highest wine bar come together in this extraordinary belvedere, designed as a destination in its own right.

The experience continues this summer with **Explor Games®**, an **immersive, story-driven adventure game blending treasure hunt and Cluedo®**, to be enjoyed as a team via an interactive app

GASTRONOMY

The taste of wine, the spirit of sharing

Méribel Valley

In **Méribel Centre, Vins Dieux** opens its doors, **blending wine cellar, wine bar and homemade cuisine in a lively, relaxed setting.**

At the helm, Antoine, a sommelier, curates a selection of bottles to enjoy “on site or to take away”, with a strong focus on wines by the glass and labels sometimes aged for several years in the cellar.

In the kitchen, Nicolas complements this approach with a concise menu designed for sharing and discovery, creating a table where guests come as much to taste as to explore.

A gourmet haven from morning to evening

Méribel Valley

With **Dionysos – Bar & Coffee**, Méribel welcomes a venue with a simple and warm atmosphere.

Located on Route Albert Gacon in the L'Hévana residence, the concept evolves around coffee, brunch and light dishes designed for sharing, making it a convivial stop to enjoy throughout the day.

A table of bold contrasts

Méribel Valley

With **La Vache Rouge**, Méribel Centre introduces a restaurant with a strong identity. Located on Route du Plateau, it brings together **two worlds rarely combined: aged meats and seafood.**

In an elegant, intimate setting, the restaurant focuses on precise cooking, carefully selected produce and the pleasure of exceptional ingredients.

A distinctive concept that adds a new flavour to the resort's culinary scene.

Open-air indulgence

Les Belleville Valley

In **Saint-Martin-de-Belleville**, at the heart of the Hôtel Saint-Martin, **Le Grenier** embraces a **chic bistro spirit with warmth, generosity and indulgence**.

As soon as the fine weather arrives, it becomes the perfect spot for a terrace lunch facing the mountains, after a morning of hiking or mountain biking.

Comforting casseroles, cheese specialities, Savoyard croque, gourmet burgers, daily specials and generous desserts create a table where guests linger, between mountain views and the gentle pleasure of outdoor dining.

WELLNESS

THE MOUNTAIN THAT MAKES YOU FEEL GOOD

Brides-les-Bains

Thermal water brings a unique dimension to summer. At the heart of the resort, the **Grand Spa Thermal** offers 2,700 m² dedicated to relaxation and wellbeing, with jacuzzis, steam rooms, saunas, swimming lanes, massages and personalised treatments.

Short programmes to restore mobility and balance

Among the new features for summer 2026, the **Flexibility Stay** offers a 4-day programme focused on rheumatology, combining thermal treatments and body rituals to release tension, regain mobility and relieve postural pain.

Brides-les-Bains is also launching **two new 5-day mini programmes: “A Step Towards Balance” for 18–25-year-olds**, designed to support young adults with health and weight-related goals, and Joint Pain Relief, created to quickly ease **muscular and joint discomfort**.

ACCOMMODATION

The hostel spirit, reimagined

Brides-les-Bains

Hi Brides-les-Bains introduces a new way to stay in the mountains. In the heart of the resort, in a peaceful setting facing the peaks, **the hostel features generous light-filled spaces, a terrace, a swimming pool, a relaxation area and a summer kitchen...**

Spaces designed to be shared, lived in and enjoyed. An open, simple and welcoming place where generations come together, and where your stay takes on a more collective, vibrant spirit.

A summer night close to the valley

Les Belleville Valley

In **the Encombres Valley, the former Varlossière shepherd's chalet has been reborn as an unstaffed mountain refuge.** Carefully restored in a simple style, this compact **19 m² refuge offers four bunk beds** and provides a welcome stop for passing hikers.

Without water or electricity, it invites you to experience the mountains in their purest form, between evening light, alpine freshness and the silence of high valleys. A true escape to disconnect.

NEW PLAYGROUNDS

Padel reaches new heights

Courchevel Valley

In **Courchevel 1850, two permanent courts bring padel** into the resort's sporting landscape. Located at the INEOS Club House, they offer a rare mountain setting and are among the highest permanent courts in France. This new facility enhances the year-round sports offering and supports the growing popularity of padel.

Developed by Courchevel Tourisme with the support of the Club des Sports and the local council, **the project forms part of a wider initiative around racket sports, including the creation of a dedicated section within the Courchevel Sports Club.**

In **partnership with Lacoste**, it reinforces Courchevel's positioning around a refined, contemporary sports offering open to new practices.

Open daily from 9 am to 9 pm, the courts welcome holidaymakers and residents alike, from beginners to experienced players, and can also be privatised for events or activities.

A new playground for racket sports

Méribel Valley

In **Méribel**, two padel courts open in spring 2026 at the entrance to the Bois d'Arbin, close to the tennis courts.

With this addition, the resort expands its outdoor sports offering, giving pride of place to a fast-growing and highly enjoyable discipline.

In the mountains, padel brings new ways to play, connect and experience altitude differently.

Varlossière, canyoning in its raw form

Les Belleville Valley

In **Varlossière**, canyoning takes on a more committed dimension. The setting is wild, narrow and mineral.

Vertical abseils, natural slides, crystal-clear pools and technical sections: the route unfolds without artifice, close to rock and water. A rare outing in Les Belleville Valley, far from the more frequented routes.

Supervised by the Bureau des Guides, this adventure is designed for experienced, sporty participants, already comfortable with abseiling.

Here, the pleasure lies in rhythm, focus and the sensation of moving through a more untamed mountain environment.

THE MOUNTAIN IN MOTION

Golf continues its story

Méribel Valley

This year, **Méribel Golf Course celebrates its 60th anniversary**, an invitation to rediscover **one of the Alps' iconic high-altitude courses**.

Set between mountain panoramas and the resort's heritage, the site continues to evolve with **the construction of a future Club House, scheduled to open in summer 2027**.

Designed as a more welcoming, contemporary space open to the life of the course, this new venue will mark the next chapter in its history, extending its appeal far beyond the game itself.

The valley comes to life before your eyes

Les Belleville Valley

At the **Saint-Martin-de-Belleville Museum**, an **immersive installation invites visitors to discover the valley from a new perspective.**

A large two-metre relief map, brought to life through videos and interactive projections, reveals the territory in a whole new light.

From the glacial era to the present day, the valley unfolds in motion through a visual, sensory and accessible experience, available in both French and English.

The mountains open up towards the Maurienne valley

Orelle

This summer, Orelle marks a turning point with the **7-day-a-week opening of the Orelle and Orelle-Caron gondolas**, from **4 July to 30 August.**

A first, making high-altitude mountain access possible all summer long from the Maurienne valley.

In just a few minutes, **the ascent leads to Plan Bouchet**, an ideal starting point for hiking and mountain biking in a preserved high-altitude environment.

Higher up, **Cime Caron offers a spectacular panorama and access to Caron 3200, as well as a summer link to Val Thorens.**

A new gateway to explore Les 3 Vallées from a different perspective.