

Summer in Numbers

The numbers behind a summer at altitude

Each summer, Les 3 Vallées opens its lifts to reveal the mountains from a new perspective. From **4 July to 28 August 2026**, the destination offers nearly two months of open-air adventure: **reach the summits**, explore high-altitude trails, ride through breathtaking landscapes or feel the pulse of world-class sporting events.

Connecting **Courchevel, Méribel, Brides-les-Bains, Les Menuires, Saint-Martin-de-Belleville, Val Thorens and Orelle**, the ski area forms a vast playground for exploration.

To truly grasp the scale of this unique destination, a few key figures offer a glimpse into the summer experience in Les 3 Vallées.

35,000 hectares of preserved nature

Les 3 Vallées offers an immense discovery playground where alpine pastures, valleys and ridgelines stretch as far as the eye can see. Nestled in the heart of the Vanoise massif, this exceptional alpine environment is ideal for **outdoor activities** and observing rich mountain wildlife and flora.

4 000 hectares of forest

Larch, spruce and Swiss pine forests shape the landscapes of Les 3 Vallées. These wooded areas offer shaded routes perfectly suited for hiking, trail running or mountain biking, while providing a valuable habitat for alpine biodiversity.

25 summits accessible up to 3,230 m

Thanks to summer lifts, some of the highest viewpoints in the Alps can be reached in just minutes. Iconic sites such as **Cime Caron**, rising to 3,200 metres, offer breathtaking views over more than a thousand alpine peaks.

11 mountain refuges

Located across the valleys and along hiking routes, mountain refuges invite you to experience the mountains at the rhythm of exploration. They offer welcoming stops for a night at altitude, a Savoyard meal or a peaceful break facing the alpine scenery.

11 lakes and mountain water spots

From natural lakes to landscaped water areas, Les 3 Vallées features numerous spots accessible on foot or by bike. These sites are perfect for relaxation, fishing or simply enjoying the refreshing air and breathtaking scenery.

31 downhill mountain biking trails

Thrill-seekers can ride trails specially designed for downhill mountain biking. Some are perfectly suited for beginners, while others feature more technical lines. The valleys continue to develop their bike parks, starting with Courchevel, where certain trails have been redesigned for greater flow and progression. Méribel, Les Belleville and Val Thorens are also expanding their networks, offering routes for all levels.

24 enduro trails

Enduro trails allow you to explore the entire Les 3 Vallées area by combining lift-assisted climbs with long, natural descents. They offer an immersive experience through forests, alpine pastures and technical singletracks.

115 hiking trails

With routes accessible to all levels, hiking remains the signature summer activity in Les 3 Vallées. Panoramic trails connect summits, lakes and villages, such as the route between **Cime Caron and Pointe de la Masse**, crossing spectacular high-altitude landscapes. Summer lifts also make these trails easier to access, allowing you to **gain altitude effortlessly** and fully enjoy the views.

114 578 tourist beds

Les 3 Vallées offers a wide accommodation capacity, spread between high-altitude resorts and valley villages. Charming stays, residences, hotels and mountain refuges allow you to experience the mountains your own way.

over 140 restaurants

From gourmet dining to mountain restaurants, as well as bistros and casual spots, the destination offers a wide variety of venues. Savoyard specialities, local produce and contemporary cuisine create a rich culinary experience to discover throughout your stay,

including two Michelin-starred restaurants open in summer to elevate the experience even further.

1 restaurant space at 3,200 m

Perched atop Cime Caron, **Caron 3200** offers a unique gastronomic and panoramic experience at 3,200 metres. In Val Thorens, this suspended venue embraces the vastness with breathtaking 360° views over more than a thousand peaks, from Mont Blanc to the Écrins. Restaurant, rooftop and wine bar — the highest in Europe — as well as seminar and exhibition spaces make up this 800 m² venue, accessible in just 20 minutes from Val Thorens or Orelle. One of the most spectacular spots to enjoy lunch, sip a drink... and **gain a new perspective.**