

GRAND RAID KIPRUN 3 VALLÉES – MOÛTIERS

LES 3 VALLÉES, AN ULTRA-ENDURANCE PLAYGROUND

A major new sporting highlight for summer 2026, the **Grand Raid KIPRUN 3 Vallées – Moûtiers** establishes a new ultra-endurance event at the heart of the area.

From **30 July to 2 August 2026**, Les 3 Vallées becomes the base camp for an event featuring **6 race formats, from 10 km to 170 km**, all sharing the same promise: to turn the terrain of Les 3 Vallées into a vast and demanding race playground.

Ridges, valleys, long descents, high-altitude starts and continuous elevation gain: here, the mountains are not just a backdrop — they shape the race itself.

Led by **Outdoor 01 Event**, in partnership with **Les 3 Vallées, Cœur de Tarentaise, the town of Moûtiers and the Auvergne-Rhône-Alpes Region**, the event is built around the geography of the area. Valleys connect, resorts become key support points and summits define the routes.

“The idea is to create a true celebration of trail running across the entire ski area: from a 10 km race starting in Brides-les-Bains for beginners... to one of the most demanding ultra-trails in Europe, while avoiding existing routes to offer new alternatives for runners who already take part in events across the different resorts of Les 3 Vallées.” **Alexandre Picquier**, *Founder of the Ultra League and event organiser*

The challenge lies not only in the distance. It also comes from **altitude, elevation gain, technical terrain** and the cumulative effort. Climbs stack up, ridgelines demand focus, and descents require as much control as endurance. A demanding ultra where mental strength matters as much as physical ability.

This intensity is set from the very start with high-altitude departures: **L’Odyssée de Caron begins at Cime Caron at 3,200 m, while Le Défi de la Masse starts from Pointe de la Masse at 2,804 m**. The tone is set from the very first step.

6 START LINES, ONE TERRITORY

The 3 Vallées Ultra

- 170 km
- 12,000 m D+
- Start: Moûtiers

- 30 July
- Solo or team relay (up to 8 runners)

L'Odysée de Caron

- 110 km
- 5,880 m D+
- Start: Cime Caron (3,200 m), between Val Thorens and Orelle
- 31 July
- Solo

Le Défi de la Masse

- 70 km
- 3,300 m D+
- Start: Pointe de la Masse (2,804 m), Les Menuires
- 1 August
- Solo

The 3 Vallées Marathon

- 50 km
- 2,624 m D+
- Start: Saint-Martin-de-Belleville
- 1 August
- Solo

Les Balcons de Saint-Jean 25 km

- 1,150 m D+
- Start: Saint-Jean-de-Belleville
- 1 August
- Solo

L'Étoilée des Thermes

- 10 km
- 818 m D+
- Start: Brides-les-Bains
- 31 July
- Solo

Les 3 Vallées, a trail playground in every dimension

In summer, trail running unfolds here across multiple altitudes, rhythms and intensities. **Before, during or after the Grand Raid KIPRUN 3 Vallées – Moûtiers, other events extend this dynamic sporting momentum.**

Short formats, long distances, children's races or more demanding routes: countless ways to explore the mountains.

- **Millet XTrail Courchevel**

Courchevel Valley - 26 July

In Courchevel, trail running unfolds in an evolving format. The **Millet XTrail Courchevel** offers **6 distances, from 11 km to 66 km, with a single start.**

The longest route stretches to **66 km (4,100 m D+)** and **crosses 7 mountain passes**, including sections within the Vanoise National Park.

A race designed as a progressive challenge, where each runner seeks their own limits in a breathtaking high-mountain setting.

- **Val Tho Summit Games**

Les Belleville Valley - 7 to 9 August

In Val Thorens, the trail weekend takes on multiple forms. Younger participants kick things off with the **VT Trail Kids** (1.3 km / 54 m D+, 2.6 km / 96 m D+, 3.8 km / 214 m D+).

On Saturday, the **VT Speed 3200** delivers a **straight uphill climb of 4.8 km** (1,000 m D+) with an **average gradient of 23%**, finishing at 3,200 m on Cime Caron.

On Sunday, the **VT Trail Pursuit** offers several formats: **10 km (500 m D+)**, **20 km (1,000 m D+)** and **42 km (2,200 m D+)**. To experience the event differently, the **VT Family Fun Walk** offers a **6 km route accessible from age 3**, with entertainment along the way. One weekend to run, climb, walk and share the mountains at every altitude.

- **ASICS Méribel Trail**

Méribel Valley - 7 to 9 August

In Méribel, trail running shifts in scale and atmosphere from one race to another. The weekend brings together **8 routes, from children's races to a 42 km format, including 2 km, 5 km, 10 km, 25 km and an open vertical kilometre.**

The courses unfold across technical, airy terrain in the heart of the Vanoise massif and Les 3 Vallées area, reaching nearly 3,000 m in altitude. An event where the mountains can be experienced in many ways, from a first race bib to long-distance challenges.

New for 2026, **the Ridge Night Race** opens the weekend **on Friday evening with a semi-night 22 km race** (1,100 m D+), to be run solo or in pairs from Méribel-Mottaret. As daylight fades, the race takes on a different dimension: the terrain deepens, landmarks shift and the mountains reveal a new intensity.

From evening ridgelines to long-distance races, the terrain never tells the same story twice.