

LES MENUIRES SAINT MARTIN DE BELLEVILLE

a dream area



PRESS FILE WINTER 2013/14

LES MENUIRES/ SAINT MARTIN SKI AREA

- ✓ 60 997 skiers per hour
- ✓ 1 395 178 days skied in 2012/13
- ✓ 34 ski lifts
- ✓ 160 kilometres of slopes/ 79 pistes with 6 blacks, 24 reds, 37 blues and 12 greens
- ✓ 10 287 m of vertical fall
- ✓ 2 toboggan runs, one of which is on rails
- ✓ 1 snowpark, 2 fun zones, 3 zen areas
- ✓ 28 kilometres of cross-country skiing
- ✓ 16 mountain restaurants
- ✓ 411 snow-making machines covering 50% of the ski area
- ✓ 14 piste machines



AN EVER-IMPROVING SKI AREA!



NEW!

Mini KL

Beat your speed record and see who's the fastest thanks to the new amateur Speed skiing piste in Les Menuires. This dedicated zone allows everyone, from beginners to experts, to measure their top speed in complete safety! Access is via the Sunny Express chairlift.

SEVABEL – Tel. 00 33 (0)4 79 00 62 75



Enjoy a non-groomed area!

It's now possible to enjoy safe powder skiing on non-groomed pistes in Les Menuires.

Thanks to the various « Nature Zones » created on the ski area, families, friends, expert or learner riders can enjoy skiing in an area reserved for great sensations! New in Les Menuires, 100% natural, 100% pleasure!

SEVABEL – Tel. 00 33 (0)4 79 00 62 75

Special areas

Safety fun in the DVA Park

Off-piste fans can practice looking for avalanche victims in the DVA park at the top of the Roc des 3 Marches gondola. The DVA (Detector of avalanche victims) is an essential safety tool for off-piste skiing and it is vital to know how to use it efficiently with a shovel and a probe.

Piste service

Tel. 00 33 (0)4 79 00 64 47

BK Park: Jump, you're being filmed!

Les Menuires, in partnership with the French Ski Federation, has set up a free video system on zone 1 of the BK Park. The principle is simple:

- choose between two modules (a bump or a rail),
- using your ski pass, log in to the terminal at the entrance of the BK Park,
- an automatic video of your run is then taken with several cameras.

Thanks to a screen at the bottom of the BK Park's zone 1, you can watch your video straight away.

Enter your mobile phone number and receive your free video by MMS with an offer to share it on [f](#), [t](#) ... the pictures are even set to music!

SEVABEL – Tel. 00 33 (0)4 79 00 62 75

A good deal

"First time on skis", a tailor-made holiday for novice skiers

To encourage beginners to discover the joys of snow sports, the resort has created a new package combining gentle skiing with a get fit or relaxation programme. Ideal for warming up before getting on the slopes or winding down after the effort.

The holiday includes a week's accommodation for 2 in a ski in/ski out comfort studio, 6 afternoon ski lessons for beginners, a 6 day Les Menuires/ Saint Martin "beginners" ski pass and a choice of one of the following:

- a 6 day aquapass: unlimited access to the Sports Centre's aquaclub (swimming pool, balneo, steam room, jacuzzis, Turkish showers, relaxation area, solarium, aquagym lessons),
- a 6 day fitness pass: unlimited access to the weight training and cardio training facilities + fitness lessons (turns & bums, body sculpturing, step ...) + 1 aquaclub entry + 1 fit vibe seance + 6 days of personal advice,
- a 6* well-being package: treatments to be chosen from the following (up to a total value of 6*): full body modelling (4*); reflexology session (4*); water massaging bed (2*); hypo-dermatology (2*); 2 sun bed session (2*); partial body modelling (2*); spa jet (2*) + 2 free aquaclub entries.

Tariff: from 371€ per person per week

Les Menuires Reservation

Tel. 00 33 (0)4 79 00 79 79

Events

Alpine Skiing European Cup 26th and 27th January 2014

The Les Menuires Olympic piste will host two Giant Slalom races, with some of the world's top skiers.

20th edition of the Skiopen Coq d'Or from 1st to 5th April 2014

Organised jointly by the French Ski School and the French Ski Federation, the Skiopen Coq d'Or assembles around 1500 young skiers.

3 Vallées enduro the 6th April 2014

A unique way to discover Les 3 vallées in a fun and sporty atmosphere. Whatever the category or aim, family and friends can join in a day's skiing punctuated with special original and fun events, not forgetting the giant Savoyard buffet.

Co'skiing themed outings

For those who want to share their winter sports fun, Les Menuires organises Co'skiing. To meet up with the others, just go to the "Co'skiing" flag at the bottom of the Masse 1 gondola.

Themed Co'skiing outings are also organised by the resort for Epiphany, Saint Valentine's Day and International Women's Day!

Follow the champions

Kevin Guri – 24 years old – Freeride

Born in Les Menuires, he started his career with the resort's ski club, then, at the age of 17, chose to turn towards freeriding. In 2011 he set himself the challenge of qualifying for the Freeride World Tour with an obligatory participation in the Freeride World Qualifiers (a world cup freeride circuit allowing one to qualify for the FWT). He had an exceptional season and won the general classification of the Freeride World Qualifiers. In 2012 he entered into the big league by finishing 7th in the general classification and ensured his place on the FWT 2013 circuit. **Winner of the Verbier Xtrem in 2013, he is one of the best French riders on the international Freeride World Tour circuit.**

This winter his aim is to stay in the top 5 ...



Emma Bernard – 19 years old – Snowboard

After participating in all the disciplines – boardercross, halfpipe, slopestyle – Emma has now specialised in Freestyle with the halfpipe as her favoured discipline. She enjoyed her first World Cup podium in December 2011. **At the end of March 2012 she became World junior vice-champion, and then won the title in 2013.** Next winter, her aim is to qualify for the Sochi Olympic Games.

Les Menuires' Ambassador

Vincent Jay – 27 years old – Biathlon

Double medal winner in the 2010 Vancouver Olympic Games, Vincent Jay is Les Menuires' ambassador. After more than ten years of competition, in December 2012 he decided to stop his racing career. Today he has stayed in the competitive world with several cords to his arc: coach for future biathlon athletes, TV commentator for the Sochi Olympic Games.

CHILDREN FIRST!



NEW!

Defy Boukty on "Speed Mountain", the longest toboggan rail run in the French Alps, in Les Menuires

This is THE new activity for winter 2013/14: a really unusual toboggan run on rails, landscaped from beginning to end for a real change of scenery, excitement and breathtaking souvenirs! On individual sledges, children and adults take on Boukty, the resort's mascot, over a 1200 m long run (the longest in the French Alps) on the twists, descents and raised bends... and all in a sumptuous setting. The run is landscaped (grotto, tree trunk, totem pole...) and has about ten Boukty challenge themed signboards: the aim is to beat his record! Thanks to 3 control points, the tobogganist knows how he is getting on: as prudent as a snail (0,002 km/h) or a marmot (17 km/h), fast and agile like a hare (65 km/h) or an ibex (70 km/h). Open to children from 3 years old sharing a toboggan with an adult, Speed Mountain is a real family activity.

Tariffs: 7€ per descent – 30€ for 5 descents
SEVABEL – Tel. 00 33 (0)4 79 00 62 75

Young trappers

Every Wednesday, from 2 pm to 4.30 pm, snowshoe outings are organised for children from 4 to 10 years old, accompanied by French ski school instructors. On the programme: discovery of animal tracks, igloo building, camp fire, sledging fun and chases in the snow.

Tariff: 25€ (snowshoes provided).

The Les Menuires Piou-Piou village
Tel. 00 33 (0)4 79 00 63 79

Their events

Boule de Notes – 7th Music and Song Festival for children from 8th to 15th March 2014

Throughout the week the resort vibrates, rings and colours itself to sounds and improvised melodies. Everywhere music becomes part of everyday life: extraordinary musical gardens at the bottom of the pistes, funny or poetic street players on the terraces, unexpected shows on the pistes, musical creation workshops and proper live concerts! Boule de Notes is the event reserved for children that all the parents look forward to ...

Stay from 340€ per person:

7 nights accommodation in a 4 pers. studio + 6 day Les Menuires/ Saint Martin de Belleville ski pass (2 adults and 2 children under 18) + access to all the concerts and entertainments

Les Menuires Reservation
Tel. 00 33 (0)4 79 00 79 79

The 5th Lesson in Taste for the Piou-Piou from 12th to 21st April 2014

Only in Les Menuires! The first ever "culinary" event for children in a ski resort! Because it is important to introduce children, from a very early age, to authentic flavours and to give them a real base for a healthy diet, in particular when they are enjoying intensive sport on the pistes, this year the resort of Les Menuires presents the Lesson in Taste for the Piou Piou. An event supported by the Michelin starred Chef René Meilleur. The rules of the game are simple: learn to eat well while having fun!

Learning to ski

The Piou-Piou village: from 3 months to 5 years old

The Piou-Piou village in la Croisette accepts children from 3 months to 5 years old, and offers them a whole range of packages adapted to their age, their rhythm and that of their parents. Over a surface area of 2 hectares and equipped with different educational modules (moving carpet, mini drag lift, slopes of varying steepness), the La Croisette Piou-Piou village offers ideal conditions in which to learn to ski gently...

The Les Menuires Piou-Piou village
Tel. 00 33 (0)4 79 00 63 79

The pluses:

- 5 chairlifts used by children will be fitted with a guard-rail safety system to make the use of these lifts in the resort even safer.
- 5 free moving carpets and one drag lift
- 2 special beginner's areas have been developed to create greater security for skiers.

The Walibi fun area

Come and discover this fun area on La Masse: a blue slalom, a boardercross and a musical zone full of Walibi park characters. With the family, young and old alike will be able to defy one another and top it all with a souvenir photo on the winners' podium.

SEVABEL – Tel. 00 33 (0)4 79 00 62 75

Even more activities for the young

The "Roc'n Bob" Toboggan run 4 kilometres long with 22 bends winding their way down a total vertical fall of 450 m, this run provides thrills in the heart of Les Menuires!

The run is divided into 4 zones: the Roc Rapids, the Endless Canyon, the Long Run and the Picture Waterfall. Accessible via the Roc des 3 Marches gondola, the run brings tobogganists right back to the centre of the resort with unforgettable souvenirs and guaranteed sensations!

Tariff: Children from 7 to 10 years old, free on their parents' toboggan, 1 descent = 10€.

SEVABEL – Tel. 00 33 (0)4 79 00 62 75

Beauty treatments just for children

Why can't children have the right to be pampered too? The Chalet Hotel Kaya's **** Spa, along with the brand BIO bretonne Is B (certified ECOCERT and labelled COSMEBIO), offers children a fruity green apple treatment! The treatment introduces children, aged 7 to 15 years old, to spa treatments by using specifically created and adapted techniques which respect the children's intimacy.

The child's massage body and legs (40 min) - 75€: this modelling, with green apple massage oil, calms, relaxes and liberates any built up tension. It makes the skin shiny and supple. The treatment ends up with a glass of apple juice and a snack ... apple based, of course!

Chalet Hotel Kaya **** – Les Menuires
Tel. 00 33 (0)4 79 41 42 00

The sliding castle

Every winter the sliding castle is reconstructed on la Croisette, in Les Menuires. This snow sculpture, more than 4 m high, is perfect for the very young to slide on their "bum sledges". Access is free of charge and under parents' responsibility.

Outings with a sledge-pushchair

Several sports shops rent out sledge-pushchairs - a great way to enjoy walks with your baby on the snowy paths. The "plan d'eau", a perfect, peaceful spot, is ideal for mothers and babies.

Les Menuires Tourist office
Tel. 00 33 (0)4 79 00 73 00

Tips

- Practical and indispensable: a family guide is distributed free of charge by the Tourist Office. It is full of useful details such as which supermarkets have a childcare section, where to rent children's ski clothes, where to find baby changing facilities in the resort.
- Free ski passes for children under 5 years old
- Special beginners ski pass (15 ski lifts): 21,70€ per day
- Les Menuires/ Saint Martin children's ski passes (from 5 to 12 years old) 35,80€ per day 173,60€ for 6 days
- Multi skiing at mini prices with the Tribe Pass! The Tribe Pass gives a reduced price for all groups of 3 people or more. The ski pass purchased must be the same for everyone, same ski area and same duration. 202€ (6 days Les Menuires/ Saint Martin) 262€ (6 days Les 3 Vallées)



Good deals

All-inclusive packages at under 1000€ for 4 people

- From 226€ per person, from 4th January to 14th February 2014

7 nights accommodation in a 4 pers. studio + 6 day Les Menuires/ Saint Martin de Belleville ski pass.

Les Menuires Reservation
Tel. 00 33 (0)4 79 00 79 79

- From 219€ per person, from 12th to 19th April 2014

7 nights accommodation in a 4 pers. studio + 6 day Les Menuires/ Saint Martin de Belleville ski pass + access to all the events during the "A Lesson in Taste for the Piou Piou" week (children's cookery courses, shows, etc. ...)

(Offer valid for any booking before the 1st February 2014)

Les Menuires Reservation
Tel. 00 33 (0)4 79 00 79 79



A FEW KEY FIGURES

- ✓ **26 000 tourist beds** in Les Menuires
2 600 tourist beds in Saint Martin de Belleville
- ✓ **Tourist occupation:**
1 615 800 nights
- ✓ **269 300 stays**
- ✓ **Occupation rate:**
Professionally rented beds: 70%
- ✓ **Clientele breakdown:**
Les Menuires: 47% foreign / 53% French
Saint Martin: 75% foreign / 25% French
- ✓ **Nationalities represented:**
Great Britain, Netherlands, Belgium,
Germany and Russia



ENJOY YOUR STAY



NEW!

Two new luxury chalets in Saint Martin de Belleville

The Chalet de la Lune, an old Bellevillois farm restored to accommodate 12 guests, and Le Chalet des Anges, recently built opposite the bottom of the pistes in Saint Martin with a sleeping capacity of 10, are available to rent this winter through "Ski Talini". These two beautiful up-market chalets provide all inclusive holidays with possibility to pre-book transfers, breakfasts and half-board.

www.skitalini.co.uk

La Bouitte, member of the "Châteaux & Hôtels Collection", continues its substantial investment this winter

A chalet adjoining La Bouitte and housing 6 new bedrooms, a lounge, a seminar room and garages will be open for the beginning of the winter season. We love: the panoramic "Marie" suite, 75 m² open on three sides with wonderful exposed roof beams, a cosy sitting room with open fireplace, and a super bathroom with spa.

Not forgetting the development of a new independent chalet in the village of Saint Martin de Belleville, just 1 km from La Bouitte, with its 2 bedrooms and a wonderful 160 m² duplex apartment. For these new developments, La Bouitte's spirit persists. For the interior decoration and furniture, René and Maxime Meilleur combine with obvious pleasure, the typical Savoyard identity with a more designer touch.

Tariffs: Bedroom from 199€ per week per person
8 person chalet from 4000€ per week

La Bouitte – Tel. 00 33 (0)4 79 08 96 77
www.la-bouitte.com



Another outstanding address

The Chalet Hotel Kaya ****

Situated in Les Menuires, at an altitude of 2000 m, the Chalet Hotel Kaya reinvents the winter sports codes by offering a different vision of the mountains. More spacious and comfortable, more elegant and contemporary, it sets itself apart from more traditional interiors. The 50 bedrooms and suites epitomise the alliance of modernism and nature. They all have a south facing balcony with a panoramic view of the summits. The natural materials – wool, wood, linen, glass... are reinterpreted in the contemporary creations full of pureness and softness. The restaurant, Le K, offers an inventive cuisine which revisits, with fantasy, the flavours of the Alps.

Chalet Hotel Kaya** – Les Menuires**
Tel. 00 33 (0)4 79 41 42 00
www.hotel-kaya.com

Co'lidays: Co'lodging, Co'skiing, Co'driving

In this age of social networks and internet, Les Menuires has taken into account the new behavior of holidaymakers by creating, in 2011, Co'lidays, a new holiday concept based on fun and sharing. Co'skiing, Co'lodging, Co'driving are the ingredients for a successful holiday!

- **Co'lodging:** a great way to reduce the cost of winter sports holiday and the opportunity to make new friends. From a standard apartment to a luxury chalet, there is accommodation to suit everyone!
- **Co'skiing:** skiing with others means more fun to share! To meet up with the others, just go to the "Co'skiing" flag at the bottom of the Masse 1 gondola. Themed outings are also organised by the resort.
- **Co'driving:** cheaper and better for the environment!
More information www.lesmenuires.com

Good deals during school holidays

"Boule de Noël" week from 21st to 28th December 2013

Children's ski pass tariffs for everyone!

From 301€ per person, 7 nights accommodation in a 4 pers. studio + 6 day Les Menuires/ Saint Martin de Belleville ski pass (2 adults and 2 children under 18).

Les Menuires Reservation
Tel. 00 33 (0)4 79 00 79 79

Great skiing package from 15th February to 15th March 2014

From 356€ per person, 7 nights accommodation in a 4 pers. studio + 6 day Les Menuires/ Saint Martin de Belleville ski pass (2 adults and 2 children under 18).

Les Menuires Reservation
Tel. 00 33 (0)4 79 00 79 79

The resort encourages the renovation of its rental park

For the last 10 years the Saint Martin de Belleville town hall has supported the renovation of privately owned tourist beds, with the aim of developing the rental capacity of its resorts – Saint Martin de Belleville, Les Menuires, Val Thorens – while improving their quality. A resume of the decisive steps in this project:

- **In December 2003**, an operation to renovate the leisure property market (ORIL) was instigated by the Saint Martin de Belleville town hall. This operation was, in priority, aimed at residences built during the 70s to 90s, and incited owners to renovate their properties by offering advice and financial aid. A joint participation by the town hall and the SEVABEL (the Les Menuires and Saint Martin de Belleville ski lift company) enabled the financing of part of the renovation work, subject to the property being put on the rental market via a professional. This global transformation means that the owner enhances the value of his property and allows the resort to reply to its clientèle's expectations in terms of quality, comfort and aesthetics... **Currently nearly 300 furnished properties in la Vallée des Belleville have been renovated thanks to the ORIL, 200 of which are in Les Menuires and Saint Martin. These very encouraging results are due, amongst other reasons, to the resort's free labelling campaign**
- **In parallel, a free accommodation label** available to all holiday renters, allows each furnished property to be situated within the rental park. Since 2008, campaigns have permitted about **80% of the estate agency rental park** to be labelled. This label is now recognised as a real guarantee of quality by both the resort's economical actors as well as the clientèle.
- **New for winter 2013-2014:** after 10 years of existence in the form of an "Ibex", the label has now changed: properties will now be labelled in SNOWFLAKES! One label for the whole of the Vallée des Belleville, more representative of the quality of our resorts' accommodation, and divided into 5 categories like the well-known state classifications.
- **As a continuation of these actions, an owner's area was opened in March 2011** providing a friendly exchange between owners and the resort's services. Owners thus become "ambassador" for Les Menuires: this area is entirely dedicated to them and is a real meeting place where all the information concerning property rental, the ski area, the events, renovation, the resort's label and also advertising and tax issues... are available. Thanks to this welcome spot, the resort of Les Menuires hopes to get to know its owners better and thus better meet their expectations.
- **In autumn 2011, an internet site for privately owned rentals was created** to improve rentals. Only accessible for furnished rental properties with the resort label, this site allows owners to run a real time rental planning for their property.
- **Since February 2012, an "advantages for owners" programme** thanks owners by offering them discounts (ski lifts, Sports Centre, resort shops...). To join this programme, the property must have a resort label and have been on the rental market for at least 5 weeks during the winter.

SEM Renov – Tel. 00 33 (0)4 79 00 84 73
www.renovationlesmenuiresvalthorens.com

SPOIL YOUR TASTE BUDS...



NEW!

An authentic pause Chez Pèpe Nicolas

This unmissable summer establishment is now open in the winter for skiers or walking enthusiasts. Situated away from the ski area, this Alpine pasture chalet is the ideal setting for a relaxing pause in the middle of the snowy peaks. Savoyard hamburger, tartiflette, pot-au-feu... great local home-made and gastronomic mountain cooking Chez Pèpe Nicolas! And don't miss: the panoramic view over the Vallon du Lou, the Cime Caron... comfortably installed on the terrace wrapped up in a cosy plaid...

Chez Pèpe Nicolas – Tel. 00 33 (0)6 09 45 28 35

Oenological evenings, a delight for the palate!

Once a month, La Bouitte organises a themed meal with the planet's best wines. An outstanding wine producer is invited to present the guests with a selection of his best successes. These events are presented in the form of a succession of wine-dish marriages. An opportunity to taste highly thought of great wines, but also to discover a few future "greats", and to understand how a culinary composition is transcended by a wine. Amongst some of the wines areas on next winter's programme are Sauternes Yquem, Pouilly and Sancerre by Didier Dagueneau or Champagnes Krug... Internationally famous wine critics will also join in these evenings adding to their pedagogical character and encouraging a real exchange between guests.

Tariff: 190€ per person, including a 5 course "Carte Blanche" menu and all the wines.

**La Bouitte – Saint Martin de Belleville
Tel. 00 33 (0)4 79 08 96 77**

Good restaurants

La Bouitte, the resort's star-studded Address

In the idyllic setting of a Savoyard chalet, La Bouitte, "little house" in the local dialect, has become the best known secret of gourmets from 65 countries from all over the world. La Bouitte is the success of a whole family of passionate autodidacts, the Meilleur family. After receiving their second Michelin Star in 2008, the Meilleur family, father and son, have not stopped putting their talent into question, travelling all over the world in order to create their own personal manuscript. The new 150 m² kitchen multiplies the possibilities of the 2 chefs and their 20 cooks (absolutely precise cooking times, optimal organisation, more functional cookery courses, a special cake area...). Clients now have the choice between 4 ambiances and settings: the terrace – with a view of the mountain pastures and summits, the main dining room with its mountain spirit – a real cocoon, the "table d'hôte" – with a view of the kitchen's incredible ballet, and the new Baroque dining room – a tribute to the artistic heritage of the Vallée.

**La Bouitte – Saint Martin de Belleville
Tel. 00 33 (0)4 79 08 96 77
www.la-bouitte.com**

Gastronomic holiday at the Hotel Saint Martin, from 18th to 25th January 2014

From 989€ per person, including half-board accommodation, a 6 day 3 Vallées ski pass, free access to the Wellness area. It also includes a four-handed gastronomic dinner with a starred chef on Wednesday 22nd January.

Hotel Le Saint Martin **
Tel. 00 33 (0)4 79 00 88 00
www.hotel-stmartin.com**

Le K, between modernism and Savoyard tradition

On the pistes during lunchtime for a gourmet pause honouring local Savoyard produce as well as in the evening, Le K, the Chalet Hotel Kaya's**** restaurant, offers an inventive cuisine to epicurean skiers. The Chef, David Archinard, revisits the flavours of the Alps with creativity and fantasy. Previously a second chef to Michel Rostang, he offers a sincere and delicious cuisine, while not forgetting his native Drôme.

Discover weekend brunch on Le K's panoramic terrace. For a real break before getting back onto skis, the Chef prepares a gourmet lunch including drinks from 38€ per person.

Chalet Hotel Kaya** – Les Menuires
Tel. 00 33 (0)4 79 41 42 00
www.hotel-kaya.com**

Le Cocon des Neiges in Les Menuires

Situated at the bottom of the pistes, Le Cocon des Neiges' south-facing terrace, with panoramic views over the Cime Caron, offers a refined cuisine coloured with local flavours. Stéphane Guidal, who used to work at the Palais in Biarritz, wisely reinvents Savoyard dishes with cheese or local products (egg in "meurette" with truffled lentils, chitterling sausages with cod, chicken in Thai soup).

**Le Cocon des Neiges
Tel. 00 33 (0)4 79 08 78 21
www.chalet-hotel-isatis.com**

Local produce

The farm inn "Chantacoucou"

Bernard and Josette, farmers in Le Châtelard (2 km from Saint Martin de Belleville) decided to open the doors of their farm to the public by creating the farm inn Chantacoucou.

With the label "Welcome to the Farm" the Chantacoucou farm provides a different menu every evening, 50% of whose products come from the farm: home-cured meats, meat from their herds, tomme and beaufort cheese made by the Moûtiers co-operative with milk from their Tarine cows. Josette is in the kitchen while Bernard looks after the dining room. An authentic address, not to be missed!

**La ferme auberge Chantacoucou
Tel. 00 33 (0)6 13 98 91 56**

Events

Winegrowers' week from 4th to 11th January 2014

Tastings and sales are organised every evening in Les Menuires Sports Centre, with winegrowers from all the French wine growing regions: Savoy, Bordeaux, Burgundy, Champagne as well as the South of France and the Jura... an opportunity to combine a winter sports holiday with discovering new wines!

■ Skiing and French wine week from 4th to 11th January 2014

From 246€ per person, 7 nights accommodation in a 4 pers. studio + 6 day Les Menuires/Saint Martin de Belleville ski pass + entries to the tasting evenings.

**Les Menuires Reservation
Tel. 00 33 (0)4 79 00 79 79**

The 5th Lesson in Taste for the Piou-Piou from 12th to 21st April 2014

Only in Les Menuires! The first ever "culinary" event for children in a ski resort! Because it is important to introduce children, from a very early age, to authentic flavours and to give them a real base for a healthy diet, in particular when they are enjoying intensive sport on the pistes, this year the resort of Les Menuires presents the Lesson in Taste for the Piou Piou. An event supported by the Michelin starred Chef René Meilleur. The rules of the game are simple: learn to eat well while having fun!

La Vallée des Belleville Specialities

Pormonier from "Eybord" the butcher's

Not to be confused with cabbage diots, the pormonier is a herb sausage created with a mixture of pork and beef offal with blanched then chopped green vegetables (cabbage or leeks). The ingredients are passed through the sausage machine, and the resulting sausages are smoked three or four days in a wood burning oven until they turn brown. They can be enjoyed steamed, boiled, fried or in a vegetable soup.

**The Eybord's butchery – Les Menuires
Tel. 00 33 (0)4 79 00 64 07**

Yummy... La Bouitte's Biscuirons®

La Bouitte, two star Michelin restaurant in Saint Martin de Belleville, expands its offer this winter by putting on sale its famous Biscuirons®. Faced with the macaroon trend, René and Maxime Meilleur have invented a new cake concept, based on the local Savoyard Biscuit "the Biscuiron". The pastry, gently worked with a spatula, is drawn into a curved pouch and baked in a moderate oven for 10 minutes. Deliciously soft and melting, the Biscuiron® is treated with great care as if it were a unique piece full of finesse. It comes in numerous flavours: Manjari chocolate mousse/absinthe, creamy vanilla olive oil/lemon supreme, coffee ganache/orange supreme, and in the summer mondeuse mousse/diced melon, white chocolate ganache/bilberry... delicious!

**La Bouitte – Tel. 00 33 (0)4 79 08 96 77
www.la-bouitte.com**

RELAXATION OR EXCITEMENT



NEW!

Roc'n Bike Festival 18th and 19th January 2014

MTB fans have a rendezvous in Les Menuires to participate in the first edition of the Roc'n Bike Festival. This MTB snow event includes an introduction to the sport, equipment tests, but also a Derby and other competitions reserved for better riders. Shows and musical entertainment.

Les Menuires Tourist Office
Tel. 00 33 (0)4 79 00 73 00

Heritage in La Vallée des Belleville

A guided circuit to discover the history and heritage of the village of Saint Martin. It includes a guided visit of the Saint Martin museum which tells the story of two centuries of history of this high valley and a visit of the parish church with its remarkable Baroque décor. Every Wednesday from 2.30 pm

Tariffs: 5€ per person per visit, 7€ per person for 2 visits.
Saint Martin de Belleville Tourist Office
Tel. 00 33 (0)47 900 2000

Massages and spas

Donkey milk beauty treatments... pretend to be Cleopatra!

This is a collection of natural, 100% biological treatments, based on donkey milk, that the Chalet Hotel Kaya unveils to the public with the brand Câlinese. Donkey milk, similar to breast milk, is known for its anti-ageing, anti-oxydizing and regenerating properties.

Amongst the treatments not to miss: exfoliating milky body treatment (40 min) – 65€
The combination of a soft scrub with muscat rose grains and a relaxing massage for a silky, velvety and subtly perfumed skin.

Chalet Hotel Kaya** – Les Menuires**
Tel. 00 33 (0)4 79 41 42 00
www.hotel-kaya.com

Or Alpine herb bundle massage?

At La Bouitte one can stay in a very pretty suite and benefit from the well-being area "La Bèla Vya". This relaxation centre is open to everyone and offers, amongst other treatments: massages with essential oils, a hay solant or even a bath with milk and mountain honey...

The treatments are made with natural products and accompanied by a herbal tea or a glass of champagne.

New treatment: mountain pasture memories
After wrapping and calming movements, the Alpine herb bundles are heated then applied delicately. This new Alpine plant massage combines relaxation and vitality.

Duration 30 min: 65€

La Bouitte – Saint Martin de Belleville
Tel. 00 33 (0)4 79 08 96 77
www.la-bouitte.com

Duo treatments at the Spas Ô des Cimes

The "Ô des Cimes" spas have treatments for everyone: men, women, children...

Discover the Duo treatments, for a shared après-ski moment: a choice of a tandem 60 minute body massage, the opportunity to relax together. This treatment can also be shared with a child during a 30 minute massage.

Duration 75 min: 210€

CGH les Clarines – Les Menuires
Tel. 00 33 (0)4 79 41 41 41
CGH Chalets du Gypse – Saint Martin de Belleville
Tel. 00 33 (0)4 79 09 45 00

Relaxation at the Les Menuires Sports Centre

The Les Menuires Sports Centre has 3 floors full of multiple activities: the aquaclub (swimming pool, sauna, steam room, hot tubs), the well-being area (massages, UV, spa jet, facial treatments), get fit (fitness lessons and weight training room) and the fun park for the young and not so young (bouncy castles, badminton, squash, table tennis).

Après-ski treatment (50 min) – 71€: pressure body massage with mountain essential oils.

Stone Therapy (50 min) – 85€: energising massage with volcanic hot stones.

SOGEVAB – Tel. 00 33 (0)4 79 01 08 83

Good deals

"Winter sports and relaxation" week from 21st December 2013 to 19th April 2014

To combine skiing and well-being, Les Menuires organises "Winter sports and relaxation" weeks from 294€ per person including:

7 nights accommodation in a 4 pers. studio + 6 day Les Menuires/ Saint Martin de Belleville ski pass + unlimited access to the Sport Centre's aquaclub (swimming pool, saunas, steam room, jacuzzis...).

Les Menuires Reservation
Tel. 00 33 (0)4 79 00 79 79

Duo stay from 15th to 22nd January 2014

From 831€ per person:

7 nights half-board accommodation in a 2* hotel for 2 people + Duo Pass (2 6-day Les Menuires/Saint Martin ski passes) + 2 6-day aquapasses (unlimited access to the Sports Centre's aquaclub – swimming pool, hammam, jacuzzi, sauna).

Les Menuires Reservation
Tel. 00 33 (0)4 79 00 79 79

Unusual activities

Evening snowshoe outings

When night falls, walkers, equipped with head torches, set off with a guide through the wooded area near Saint Martin de Belleville. This walk is a nature discovery lit, at the start, thanks to the Vallée's lights and then by the starry sky. The adventure finishes up with a good meal at the farm inn Chantacoucou where Bernard and Josette serve products from their farm.

Raquette Nature
Tel. 00 33 (0)6 09 56 75 00
www.raquettenature.com

Dine in a Mongolian Yurt in Les Menuires

For seasoned travellers, always looking for a change of scenery, Christophe organises mountain evenings in his two genuine Mongolian Yurts in Les Menuires. The yurts can seat 15 people each, and offer a universe full of warmth and friendliness: brightly coloured Mongolian furniture, comfy seating, the warmth of the wood burning stove... just relax! On the menu: mountain soup with smoked ham, Mont d'Or fondue, tartiflette, not forgetting the eggy bread or crunchy crumble puddings.

Tel. 00 33 (0)6 11 38 37 96
www.yourtesdesbelleville.com

Enjoy a dog sleigh ride along the Doron river

Starting from Saint Martin de Belleville, dog sleigh rides guided by a musher are organised every week for a wonderful escape into nature.

Tariff: An hour's ride with a visit of the Burdin water mill: 54€ per person (free for under 5 year olds).

Saint Martin de Belleville Tourist Office
Tel. 00 33 (0)47 900 2000

Drive a snow scooter at dusk in Les Menuires

Once the pistes are closed, the ski area becomes a real playground for snow scooters! These new generation 4 stroke injection engines are silent, have no exhaust pipe smell and give out less CO² into the atmosphere.

Tariff: 1h: 100€

Scoot Evasion – Tel. 00 33 (0)4 79 08 56 75

Fly over the ski area

What better than to jump off the top of the Mont de la Chambre and fly over this magnificent Vallée des Belleville? Tandem initiation flights will really give you wings!

Tel. 00 33 (0)6 80 10 79 20
flyisgood@gmail.com

Ride down the piste on a MTB with the Roc'n Bike

MTB on snow comes to Les Menuires with the completely new Roc'n Bike run. On the programme: two 4 kilometres long descents in the company of a state qualified supervisor! Rendez-vous on Wednesday, Thursday and Friday mornings from 9 am, at the bottom of the Roc des 3 Marches gondola.

Tariff: 35€ per person (ski pass, bike, integral helmet and protections included).

SEVABEL – Tel. 00 33 (0)4 79 00 62 75

IN THE SAVOY, IN THE HEART OF LES 3 VALLÉES SKI AREA, **LA VALLÉE DES BELLEVILLE** CONSISTS OF 3 OF THE MOST WELL-KNOWN WINTER SPORTS RESORTS IN EUROPE EACH PROPOSING A DIFFERENT AND COMPLEMENTARY TOURISTIC OFFER: **SAINT MARTIN** (1 450 M), **LES MENUIRES** (1 850 M) AND **VAL THORENS** (2 300 M). IN 50 YEARS, THIS ALPINE VALLEY HAS BECOME THE MOST IMPORTANT TOURIST DESTINATION IN THE WORLD FOR WINTER SPORTS WITH 800 000 VISITORS IN THE WINTER SEASON. A BRIEF RESUME OF THE HISTORY OF ITS DEVELOPMENT.



Les 3 Vallées is composed of the resort of Courchevel, La Tania, Méribel, Brides-Les-Bains, Les Menuires/ Saint Martin, Val Thorens and Orrele: The largest ski area in the world, it is linked together by ski runs and ski lifts, with 600 kms of interconnected slopes and 172 ski lifts.

These 8 different resorts offer a vast array of accommodation, ranging from low cost options to prestigious 5 star ratings.

An exceptional ski area, accessible to skiers of all levels:

- 600 kms of ski runs over 40 000 hectares, totalling some 400 km², 4 times greater than the surface area of Paris,
- 318 marked alpine ski runs: 16% green, 40% blue, 35% red and 9% black,
- a ski area designed as much for seasoned skiers as it is for beginners and children,
- from the glaciers of Val Thorens to the apple trees of Brides-les-Bains, taking in the pine forests of La Tania along the way, Les 3 Vallées offers you the guarantee of being able to ski different runs every day, with the backdrop of a breathtaking scenery.

LES MENUIRES / SAINT MARTIN



Les Menuires, 40 years of mountain architecture

Created in the middle of the sixties, the resort of Les Menuires consists of **nine distinct quarters**, linked by pistes as well as by pedestrian paths or mechanical lifts. Each built at a different period, they illustrate the development of mountain architecture. To start with there were the sober and pure lines of **La Croisette, Brelin, Preyerand**, built with maximal functionality in mind. Then **Les Bruyères** and **Reberty** adopted a more traditional construction schema: buildings limited to a height of 6 stories, with sloping roofs and wooden façades. This more authentic tendency has grown in amplitude: **La Sapinière, Reberty 2 000, Les Balcons des Bruyères, Les Hameaux des Marmottes** and **Les Airelles** whose architecture is directly inspired by Savoyard buildings, integrating stone, wood and slate. Comfort elements such as swimming-pools, saunas, steam rooms, or beauty institutes equip these new chalets, residences and hotels, bringing a new status to the resort. Today, the stakes are now to improve the quality of the offer and services provided. In addition to the 6 000 beds built in chalets over the last 10 years, the resort now has over 4 000 renovated beds.



Saint Martin de Belleville, the guardian of traditions

Situated at the entrance to La Vallée des Belleville, at an altitude of 1 450 m, Saint Martin is a picture postcard alpine village. **A gateway to the fabulous Les 3 Vallées ski area, it is an authentic village resort that also offers the access facilities, services and shops expected of a modern winter sports resort.** In the early 1980s the town hall suggested diversifying the development of the valley, which at that time was concentrated in the two mountain resorts, by a tourist development project grafted onto Saint Martin. This new property development, Les Grangeraias, added to the village without taking possession. The constructions combined the functionality of a resort together with a traditional architectural style. The volumes were limited, not exceeding four stories and fitted in perfectly to the existing buildings. At the same time, work was carried out on the ski area, creating the liaison of Saint Martin to the Les 3 Vallées ski area in 1982. Nowadays skiers join the Les 3 Vallées pistes from the village of Saint Martin using a 8-seater gondola. Cosy chalets, charming hotels and tourist residences welcome skiers from throughout Europe looking for authenticity.

VALLÉE DES BELLEVILLE

SAINT MARTIN - LES MENUIRES - VAL THORENS



The world's largest ski area

TOURIST OFFICE Les Menuires / Saint Martin de Belleville

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