

# PRESS PACK

les 3 vallées

INFINITE  
MOUNTAIN  
EXPERIENCES

WINTER 22/23

# 50

LIVE  
UNITED



Val Thorens

LES 3 VALLÉES

# HIGHEST SKI RESORT IN EUROPE 2,300M-3,200M



**150 KM**  
OF SKI RUNS IN  
THE VAL THORENS  
SKI AREA

**600 KM**  
OF SKI IN  
LES 3 VALLÉES



**25,543**  
TOURIST BEDS



## NATIONALITIES

27% FRENCH  
23% ENGLISH  
13% DUTCH  
8% BELGIAN



*50 years and the most connected.*  
**VAL THORENS IS THE MOST FOLLOWED  
AND BEST PERFORMING SKI RESORT  
ON SOCIAL MEDIA**



**538,745**  
FOLLOWERS ON FACEBOOK  
1<sup>ST</sup> SKI RESORT IN THE WORLD

**178,000**  
FOLLOWERS ON INSTAGRAM  
1<sup>ST</sup> EUROPEAN SKI RESORT



**4,049,572**  
VIEWS ON YOUTUBE

+ A NEW SOCIAL MEDIUM  
**99,200** FOLLOWERS ON TIKTOK  
1<sup>ST</sup> EUROPEAN SKI RESORT



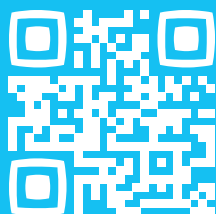
**OPENING  
FROM 19 NOVEMBER 2022  
- 8 MAY 2023**



**SKI AREA 4**

**FOOD /  
DRINKS 24**

**ACTIVITIES 38**



THIS PRESS PACK USES  
VIRTUAL REALITY.  
SCAN THIS QR CODE WITH  
YOUR SMARTPHONE.



# INTRODUCTION

"50 YEARS IS  
THE YOUTH OF OLD AGE"

VICTOR HUGO

Five decades. Half a century. For the past 18,250 days many snowflakes have fallen on our high-altitude landscape. And for the past 50 years we have skied on them, happily, casually, greedily, impatiently, sometimes in a frenzy but always in a good mood, high up there where everything feels lighter.

Fifty years is a round number. You won't find "traditional" here, because we have never done things like the others.

First of all, we're the last born, the youngest of all the big ski resorts. And we've been operating for 50 years. We came here with a pioneer mindset, ice pick on our shoulders, boundless energy and a white page to be written at 2,300m.

Fifty years later we're very proud of what has been accomplished by the first, second and third generation: from the first construction, visited by marmots, to the Cime Caron cable car that climbs to 3,200m, and the seven titles of "World's Best Ski Resort".

At 50 years old, we turn the metaphorical vinyl and continue to hum, to carry on the melody that has enchanted us since the start. The story keeps on writing itself – we don't change a winning team.

Fifty years and it's all snow, summits, slopes and energy combined. We can't escape our roots; they define us as much as they define the place.

Fifty years and only one thing on our mind: what will happen in the next 50?

Text: Guillaume Desmurs

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VOTE FOR VAL THORENS - Having won it seven times already, Val Thorens is again in the running for 'Best Ski Resort in the World' this year at the World Ski Awards.

Vote for us at: [wantto.ski/awards-vt](http://wantto.ski/awards-vt)





# FOREVER THE YOUNGEST SKI RESORT IN FRANCE

*Great skiing*

Over 50 years, the ski area has evolved a lot, mostly with faster and more efficient lifts. Big projects, such as the Cime Caron cable car, have highlighted the human and technical skills of the pioneers.

Thanks to their mountain experience, they managed to develop this natural playground wisely, all the while respecting it. At 50 years old, Val Thorens looks at the future with maturity and is adapting itself to the trends and practices of the society we now live in.





Val Tho is simply the best ski resort to ski in. The numbers speak for themselves: on average six meters of snow per winter and 80% of the ski area lies above 2,300m.

The ski resort — the highest in Europe — is entirely ski-in/ski-out, has multiple slopes crossing through the village and the longest winter season in the Alps, at almost six months.

At such a high altitude, the snow forms an integral part of the resort's DNA. Fifty years ago, it was one of the major factors that allowed the construction of the resort and it's still valid today. There are of course multiple non-ski activities to discover, but Val Thorens was essentially created for one reason and one reason only: to offer the best skiing which you can't find anywhere else. Do you want to cruise without stopping? Do you want to be sure to have (good) snow from November until May? Welcome to Val Thorens, you have found your paradise!

# AN EXCEPTIONAL SKI AREA

Because of its location at 2,300m, Val Thorens is not only the highest ski resort in Les 3 Vallées, Savoie and France but also in Europe. The ski area reaches 3,200m, and in between you will find slopes for all types of skiers: experts looking for some off-piste action, beginners on fun slopes or families wanting big adventures... You have your dream day in front of you, so take a piste map and choose your route.



*Val Tho. always the most connected*

Val Thorens' teams have always been innovative and sought to develop new technology that will improve the safety, comfort and wellbeing of its holidaymakers. It is a true "smart" ski resort.

The resort uses Snow Sat technology which allows the piste bashers to groom the slopes intelligently and sensibly. This reduces the fuel consumption by 8% and artificial snow production by 15%. The resort also uses a cartography system that monitors the snow depths, helping the grooming teams to know where to intervene. On top of this, every ski patroller has a GPS beacon in his vest, allowing the mountain operations team to send the closest patroller to an incident. And finally, you'll also find the first surveillance drone used in a European ski resort in Val Tho.







## FIRST TO OPEN, LAST TO CLOSE

Skiing in Val Thorens is made all the more brilliant thanks to the snow quantity and quality throughout its long winter. The resort is the only one that can claim a six-month season without breaks. It's the first to open its ski area in November and the last to close in mid-May.

### LA GRANDE PREMIÈRE 19-20 NOV & LA GRANDE DERNIÈRE 6-8 MAY

Val Thorens' season starts and finishes with two important events: "La Grande Première" and "La Grande Dernière". The ideal occasion to be the first to put on your skis and the last to take them off.

What to expect: freshly groomed slopes, a test village with all the latest ski gear, entertainment and vin chaud.

#### 19-20 NOVEMBER 2022:

La Grande Première starts off the ski season — you'll be among the first people on the slopes.

PRICE: Pack starting from €140 per person full occupancy, including 2 nights accommodation + 2-day lift pass

INFO AND CONTACT:

[reservation.valthorens.com](http://reservation.valthorens.com) or +33 4 79 00 01 06

#### 6-8 MAY 2023:

La Grande Dernière and the first taste of summer. Expect sun, snow, entertainment and a waterslide for the most courageous. And a ski race with friends to finish off the season in the best way.



# FAMOUS TRACKS IN THE SKI AREA

## LA LORY BLUE SLOPE

Taking you into Orelle, the Lory is a superb blue slope inviting all skiers to admire the views. The slope is accessible to everyone, young and old, and starts at the top of Funitel de Thorens. It was named after the “col Pierre Lory”, a passage between the Bouchet and Chavière glaciers. So, you’ll be right in the heart of a glacial valley.

## BOISMINT RED SLOPE

This run is strategically placed in between the small Lou valley and the Combe de Caron, overlooking the entire valley. On your right is the imposing Péclet massif, on your left the Belleville valley and in front of you, none other than Mont Blanc. With a 1,000m vertical drop on this red slope, it’s a perfect place for carving. A top tip: hit this slope in the morning because it basks in the early sunlight and benefits from perfect grooming.

## LA CHRISTINE RED SLOPE

On La Christine you get the impression that you’re in a small valley away from the crowds. It’s large with varied typography throughout the 700m descent. Take a moment when cruising to observe the West Face of the magnificent Péclet glacier.



## BÉRANGER RED SLOPE

The slope is named after one of the biggest personalities in French ski history (and that of Val Thorens): Jean Béranger. He played a big part in the founding of the resort, created the local ESF and was director and president of the Tourism Office. He trained the French Alpine ski team at the time the Goitschel sisters were dominating on the world stage, and continued to head the French Ski Federation for a few years after. You can find the slope by taking Funitel de Péclet and keeping to the right on arrival. From there on you have a glorious descent with a plunging view of Val Thorens village, while the Péclet glacier dwarfs over you. Don’t forget to take breaks to enjoy the magnificent view on your descent.





## LA COMBE DE CARON BLACK SLOPE

While warming up your leg muscles, take the time to admire the view from the top of Cime Caron with a 360-degree panorama of hundreds of Alpine peaks. Then take La Combe de Thorens. It's steep at first, before you pass a narrow section which opens out into a wide playground. It requires endurance and a good level of technical skill, but since it faces north, you can be sure to find great snow. You finish by joining the last part of the Col de l'Audzin red run.

## GOITSCHÉL BLACK SLOPE

The Goitschel sisters — Marielle and Christine — wrote French ski history. Both of them won multiple medals in the Olympics and World Championships in the sixties, and both have received Legion of Honour awards - France's highest order of merit. Both sisters also helped build Val Thorens in the seventies. The Goitschel slope reflects the brilliant career they had: you need to commit and have good technique to tackle this steep black run. If you dare, the ultimate reward is at stake — the best view of the mountains that circle around Val Thorens.

# CIME CARON



The Cime Caron is a mythical summit because of its grandeur and legendary beauty. Attracting millions of skiers and non-skiers every season, it is definitely an obligatory stop during your stay in Val Thorens.

## HISTORY

Cime Caron is a mythical name that means a lot for people in the ski world. A summit at 3,200m, it has one of the most beautiful 360-degree views of hundreds of Alpine peaks, spanning the French, Italian and Swiss Alps, and one of the highest points in Les 3 Vallées (only a few meters lower than Pointe du Bouchet at 3,230m).

When the cable car was constructed by SETAM, the Val Thorens' lift company, and POMA in 1982, it was one of the biggest cable cars in the world and showed unrivalled technical prowess. The lift, which dominates the Belleville valley as well as part of the Maurienne valley, allows both skiers and non-skiers to enjoy a high-altitude experience, and provides access to the Orelle ski area and some of the most beautiful off-piste in the 3 Vallées. But best of all, it allows you to admire one of the most beautiful panoramas in France with a view of the Mont Blanc massif, the Vanoise National Park, Haute-Maurienne, Ecrins National Park and even the Belledonne massif. Hundreds of summits can be spotted.

The cable car's arrival station — seemingly hanging off the side of the mountain — is considered one of the most impressive in the world.





## NEW

A new link from Orelle: for the first time, the top of Cime Caron (3,200m) is directly accessible from Orelle and la Maurienne, thanks to two new cable cars: “Orelle” and “Orelle-Caron”.

Last winter the “3 Vallées Express” gondola was replaced by the new “Orelle” gondola, and another new lift, “TC Orelle-Caron”, has been built to transport passengers to the top of Cime Caron. This allows a direct link between Orelle and Val Thorens on skis or on foot. The new connection, made possible thanks to the support and investment by Région Auvergne Rhône-Alpes, allows visitors to reach Val Thorens via the Maurienne valley without skis. The connection from Orelle takes less than 45 minutes and you can take your luggage with you.

### Key numbers

**2,320 M.** Departure altitude

**3,186 M.** Arrival altitude

**866 M.** Elevation gain

**2,047 M.** Distance

**88 %** Maximal gradient

**47 %** Average gradient

**150 PERSONS** per cable car

**SLOPES** Combe de Caron, black  
Col de l’Audzin, red  
Combe Rosaël, black

## A NEW FUN ZONE IN SPACE

The fun zones in Val Thorens are the ideal place to ski together as a family. This season they have been redesigned to allow children and beginners to progress their skills in a fun way. Because of its height and closeness to the stars Val Thorens has always been linked with a moon theme, but now beginner skiers can go into space, discovering the cosmos and moon.

This winter you can find Valthy, the Val Thorens mascot, and his friends (Abby the bee, Chamy the chamois and Foxy the fox) on two new slopes and fun zones: the new space slope and the “Expérience spatiale”.

And that’s not all. Your space adventure will continue throughout the resort, with family games on the slopes and in the village. Put on your space suit and get ready to play all winter.



### "LA PISTE DE L'ESPACE" VT FUNRIDE

This long fun slope will enchant young and old with its space theme and the presence of Valthy. The goal is to complete Valthy’s mission — to cross space as fast as possible while conquering challenges along the way. These include slaloming under arches and between the mascots, passing through a snowy tunnel, making music and tackling some moguls. Once they’ve completed their challenge, children will want only one thing: another go in space.



## "L'EXPÉRIENCE SPATIALE"

### VT FAMILY PARK

This beginner snow park is designed for families and beginners with a host of fun experiences. The goal once again involves Valthy and his friends on a space adventure. Skiers will enter the slope and start with Abby on a series of rolling jumps, which will make them fly like a bee. Once in the air — and in space — it's time to slalom between meteorites, stars and planets with Chamy. Lastly, it's time to land back on earth where Foxy will be there to help with some jumps, ski/space travellers can learn how to land properly.

## NEW PICNIC ZONE

Once all these space adventures are over, astronauts can reward themselves with a well-deserved break in the new chilled picnic zone with lounge chairs, bean bags and tables to eat or sit down for a minute. And of course, there's a wonderful view of the surrounding mountains.



# SPORTS EVENTS

## WORLD CUP SKI MOUNTAINEERING 25-27 NOV

Last season, Val Thorens hosted two stages of the French Cup Ski Mountaineering, for the first time. That was just an appetizer because this season the best French climbers will meet again in Europe's highest ski resort, this time for a stage of the World Cup Ski Mountaineering.

What is ski mountaineering? It's based on ski touring and resembles cross-country skiing where alpine techniques are necessary: crampons, skins and carrying your skis...

It's a relatively young discipline and still evolving. It has just been designated as an Olympic discipline and will feature at the Milan-Cortina d'Ampezzo Winter Olympics in 2026.

## HIGH TEST 26-27 NOV

Decathlon and its experts set up camp in Val Thorens for a weekend of ride, exchange, good tips and sharing. Try out their range of new skis and snowboards while enjoying live entertainment and the great atmosphere. Warm up your legs, Decathlon is waiting for you.

PRICE: Pack costs from €147 per person full occupancy, including two nights and a two-day lift pass

INFO AND CONTACT: [hightestdecathlon.com](http://hightestdecathlon.com)  
[reservation.valthorens.com](http://reservation.valthorens.com) or +33 4 79 00 01 06

## ANDROS E-TROPHY 1-4 DEC

The famous Alain Prost ice circuit in Val Thorens will once again host the Andros E-Trophy. It is an unmissable event for the best ice drivers with cars that are fully electric.

Every year the event gathers amateurs and professionals in this extraordinary discipline that requires speed, control, self-confidence and talent – lots of talent! The spectators will have an amazing day watching the racing while also enjoying live entertainment in the spectators' zone.



## WORLD CUP SKI CROSS 7-9 DEC

The Ski Cross World Cup is one of the resort's sporting highlights and the double stages will again be an exciting competition. Every year about 30 female and 60 male athletes face each other on the slope named after local champion, Jean-Fred Chapuis.

Throughout the three day event Val Thorens will vibrate with the sound of the champions' skis, be it for the qualification rounds or the finals. So, let's meet at the start of December on the Ski Cross slope to experience some spectacular descents.

## VAL THO SNOW TRAIL 7 JAN

Start your year with some good intentions! Burn off some of the holiday calories on a snow trail that will take you over different Dynafit-sponsored pedestrian tracks at night, to allow you to discover Val Thorens in a different way. The race is 10km with 500m height gain at an average altitude of 2,400m.

INFO AND REGISTRATION:

at Club des Sports or via [sportsevent@valthorens.com](mailto:sportsevent@valthorens.com)

## FREERIDE JUNIOR WORLD TOUR 10-11 MARCH

The Freeride Junior World Tour makes a stop in Val Thorens this winter. During this weekend the best talent and future French Freeride champions will face each other in runs that combine speed, acrobatics and a lot of emotion.

Hosting such an event allows Val Thorens to confirm its freeride credentials. It is impossible not to find your perfect freeride spot in Val Thorens given its fresh snow, steep hills and fabulous descents that will remain in your memory.

## 3 VALLÉES ENDURO 2 APRIL

Sun, snow and warmer temperatures — April is one of the best months to enjoy skiing. Les 3 Vallées Association knows this, which is why they organise their flagship event, the 3 Vallées Enduro in the spring. The challenge is one of a kind, with competitions across the world's biggest ski area. The concept is simple: you form a team of three people and depart from Val Thorens on skis, snowboard or telemark skis, with the aim of trying to complete the most challenges as possible out of the 11 that are spread all over the whole 3 Vallées ski area. Get set to boardercross, freeride, avalanche victim search, giant freestyle, big air bag, slalom, and jumps.



A stylized topographic map overlay in white and light blue lines, showing contour lines and terrain features. It is positioned over a blue rectangular area at the top of the page and extends downwards over a photograph of a snowy mountain landscape.

# FIRST MAKE-OVER TO LOOK FRESH





Val Thorens is getting a facelift this winter. From December you'll find the new "Le Board" which is home to a sports and wellness centre, events space and bus station in the heart of the resort. It will welcome sports fans, families, professionals, party animals, gym enthusiasts and swimmers. It's a new hotspot in the centre of Val Thorens, a place to take care of your body and mind!

The gastronomic offer in Val Thorens has also undergone a makeover, with La Maison and La Face Ouest restaurants, both on Place Caron, being refitted.

And you'll sleep soundly. The 3 Vallées, Fahrenheit 7, Fitz Roy and Altapura hotels have all undergone renovations in time for the anniversary winter season.



# THE NEW SPORTS CENTRE: 17,000M<sup>2</sup> OF INNOVATION



The new sports and cultural centre that opens this winter is called Le Board and is so named after the snowboard-shaped roof. That rooftop offers more than 3,205m<sup>2</sup> outside space with an unrivalled view of the ski area and that can host up to 3,000 people for all types of events.

## LE BOARD

Inside you will find:

- ▶ 13,795m<sup>2</sup> dedicated to sports, games, waterplay, public events and also business meetings.
- ▶ More than 1,000m<sup>2</sup> of aquatic space with three pools, water games and a splash pad. There is also a wellness zone with tea room, sauna, hammam, hot tub, ice wall, cold water plunge pool, sensory showers, baths, a rest room and treatment rooms.
- ▶ A 1,385m<sup>2</sup> multipurpose “arena” that can host sports events, musical shows, cultural events or professional activities. It is also convertible into courts for volleyball, table tennis, and badminton etc.
- ▶ A fitness area with a room for classes and stretching. It includes treadmills, rowing machines, bikes, elliptical bikes and much more. Put in your headphones and warm up your muscles for a challenge which — as a bonus — comes with a great view.
- ▶ A fun park with trampolines and an adventure course with slides. This is the ideal spot for stormy days, or to stay in shape, jump around and have fun with your children.
- ▶ A space is dedicated to seminars and business events, with an auditorium seating 446 people and 12 break-out rooms. There’s also a lounge space and a terrace with sweeping views of the mountains.
- ▶ The new bus station will be integrated in the building and have a waiting room, baggage area and welcome point. It will allow a more fluid arrival of holidaymakers, helping them find their way to their accommodation easily. The bag drop will also be useful for people arriving early or leaving late.

CONTACT: [info@sogevab.com](mailto:info@sogevab.com) / +33 4 79 00 00 18





**OPENS AT THE  
BEGINNING OF  
DECEMBER**



## **SKI FORCE PRO 15-18 JANUARY**

Ski professionals will meet at “Le Board” to learn about and test the new winter sports gear for the 2023/24 season.

This year Ski Force Pro will celebrate its 20th anniversary, and the brand behind it, UNION Sport & Cycle, has chosen Val Thorens for the first time as its location for this B2B ski event. It will attract more than 20 brands, 2,000 winter sports professionals and more than 1,500 visitors.

By choosing the new space, UNION Sport & Cycle wants to offer its distributors a professional event that they’ll have never seen before. It will be based in one building with a testing zone of 2,800m<sup>2</sup> outside and a showroom space of 1,400m<sup>2</sup> inside. The centre provides a large exhibition area and private meeting rooms.



# THE BIG MAKE-OVER OF RESTAURANTS AND HOTELS

## LA MAISON

The famous brasserie from the Aveyron department has been refitted in time for its tenth anniversary. The kitchens have been redesigned to streamline the service and allow the creation of a new menu. The result is an authentic French brasserie style with new designs that will be reflected in the plates thanks to the talents of award-winning chef Cyril Attrazic.

CONTACT: [contact@la-maison-valthorens.fr](mailto:contact@la-maison-valthorens.fr)  
or +33 4 79 00 00 48



## LA FACE OUEST...

... Gets a facelift! The restaurant is named after the legendary face, Face Ouest, on the Aiguilles de Pécelet — the freeride spot for locals. You can see it from the terrace.

Their new big Italian oven — visible to clients — sets the tone for the menu. You can pair your meal with wines sourced from all over the world, thanks to their exceptional wine cellar and advice from the sommelier. A warm atmosphere is guaranteed with wood, stone and velvet elements. The interior decoration comes from all over the region so while you wait for your meal, you can take a look at their cabinet of curiosities.

CONTACT: +33 4 79 00 05 94





## LE FITZ ROY \*\*\*\*\*

The Fitz Roy has added 14 new rooms and suites this winter. After last year's renovations, it brings the total to 72 rooms, ranging from 25m<sup>2</sup> to 75m<sup>2</sup>. The new suites feature a private hot tub for even more comfort.

The hotel is ideally located on Place Caron in the centre of the ski resort and uses its special setting as the inspiration for its mountain interior design — including materials such as velvet, wool and leather — which help transform the place into a warm après-ski hangout.

CONTACT: [welcome@beaumier.com](mailto:welcome@beaumier.com)  
or +33 4 79 33 01 04



## LE FAHRENHEIT 7 \*\*\*\*

The Fahrenheit 7 hotel is updating the property this winter thanks to the renovation and redecoration of 45 rooms — about half of their current offering. They have also started a new collaboration with Rituals, the wellness cosmetic brand, with their products used in the spa as well as in guest rooms. Despite the new look, the hotel still embraces its sporty and festive DNA. All winter long the hotel has a great programme of après-ski and live music which guarantee the hotel is the place to be.

CONTACT:  
[valtho@fahrenheitseven.com](mailto:valtho@fahrenheitseven.com)  
or +33 4 79 00 04 04

# THE BIG MAKE-OVER OF RESTAURANTS AND HOTELS



## HOTEL 3 VALLÉES \*\*\*\*

This mountain boutique hotel has been renovating its rooms one-by-one over the past three years with the goal of offering optimal comfort to its guests, without losing its cocooning atmosphere and mountain vibe. They've achieved this by using old wood and thick carpets. Some of the rooms have been made bigger by integrating the balcony as a veranda. Evidence of such is found in the new duplex suites which are now 45m<sup>2</sup> with a views overlooking the mountains. They are the ideal setting for a relaxing stay in a cosy setting. Continue the chilled vibes in the bath tub, hammam shower or sauna (depending on the type of room). And the cherry on top is the restaurant, which has a new menu and the entire outside of the building has been renovated.

INFO AND CONTACT: [reservation@hotel3vallees.com](mailto:reservation@hotel3vallees.com)  
+33 4 79 00 01 86 / [hotel3vallees.com](http://hotel3vallees.com)







## L'ALTAPURA\*\*\*\*\*

The Altapura turned ten and starts a new chapter this season. The hotel first opened in December 2011 and has now been renovated by the new owners, EODEN, in collaboration with Beyond Places. The five-star hotel already drew a lot of inspiration out of the high mountains of Val Thorens, but now goes even further back to the root of the ski resorts, with the 70s style of Charlotte Perriand.

Pieces of larch wood have been incorporated into the majestic staircase to integrate Savoyard nature in the hotel's interior design. Arriving in the large living area, you'll find the walls of restaurants 2.Mille.3, the Italian Casa Alta and the fondue restaurant La Laiterie have been redesigned around a central art deco bar, with velvet curtains and paint in shades of smoked green. You'll also find a large corner

sofa and a suspended fireplace which mixes "Art & Craft" and a modernist style. As you roam the hotel, keep an eye out for Danish ceramics, graphic textiles in brown and ochre shades, as well as iconic 20th century pieces, irregular and unique frames, all contrasted by the straight lines and design lighting, in true Le Corbusier style.

The Breton architect Christophe Bachmann worked together with Trésor Publik (TPK) on the interior design. Together they also renovated the suites, adding new furniture, as well as making some light touches in the other hotel rooms.

INFO AND CONTACT:  
altapura.fr or +33 4 80 36 80 36





It is said that fifty is the age where you enjoy life to its fullest. Your children are grown up and it's time to think about yourself. So, with no one else to worry about, it's the ideal time to extend your holiday days with an après-ski drink with friends and a bite to eat as you bask in the last of the sunshine, before it dips behind the lofty peaks. There's no rushing, the evening can start early and finish early so you're bright and fresh on the slopes the next morning, without losing out on the fun.



**50 YEARS,  
YES, BUT  
HUNGRY FOR MORE**





## ZINC, THE FESTIVE BAR IN FAHRENHEIT 7 HOTEL

Kick start your evening at Zinc with a good cocktail, a fondue or some sharing platters. Later in the evening the bar is transformed into a dancefloor with entertainment every Thursday, Friday and Saturday night. Think live acoustic performances, DJ sets and performers.

INFO AND CONTACT:  
[fahrenheitseven.com](http://fahrenheitseven.com) or +33 4 79 00 04 04

## BELLEVILLE DINER

From brunch until aperitif time, Belleville Diner serves up sugary or savoury snacks in a friendly atmosphere. Step in from the cold: this is a cosy spot with books to snuggle up with and board games for groups and couples. It's the ideal place for some quality time with friends or family, accompanied by delicious snacks.

INFO AND CONTACT:  
[belleville-diner.com](http://belleville-diner.com) or +33 4 79 41 18 25

## LE COQ, WINE BAR AND TAPAS

You can choose between tables on the outdoor terrace — popular for the views of the sunset — or inside, where the interiors are chic and the atmosphere warm. Whether it's just a glass of wine or tasty tapas, Coq's central location makes it the perfect place for a gastronomic evening date.

Place Caron  
CONTACT: +33 4 79 01 15 68

# GOURMET APRÈS-SKI



## SEVENTIES VIBES IN 1971

The bar in the hotel Val Thorens, 1971 is where you're immersed into seventies style with a subtle mix of materials and vintage colours. Expect a large choice of cocktails, small plates with Spanish influences and regular DJ sets. Get your dancing shoes on: the festive après-ski can get quite lively in the late afternoon.

CONTACT: +33 4 79 00 04 33







## IN THE KNOW: WHERE LOCALS GO

### CREWZER

After a big ski day, local youngsters who want to refuel naturally find themselves in Crewzer. The big draw? A large choice of beers, homemade burgers and a friendly rock 'n roll vibe.

### PERCHOIR

The local workers often get together in Perchoir, a bar in hotel Le Portillo. You'll find an amazing view of the ski area, a warm vibe with enveloping sofas and Julien, the barman, who can prepare you a cocktail from a menu of more than 20 types of gin. Complement your cocktail with the delicious cheese and charcuterie boards.

### WILD AND SAVAGE

This is the spot where all riders go for a drink, with a tattoo parlour on the first floor and live music every night in winter. It has quickly become the hotspot for locals thanks to its lounge-y vibe at the start of the evening and crazy parties later on.

Arrive right at après-ski hour and share some small plates to get you through the night. The menu features Aveyron specialties and mixed platters. Hungry party people will be delighted.



## ...AND TO CONTINUE INTO THE NIGHT

### THE LOKO COMEDY CLUB, VAL THORENS 5 FEBRUARY

LOKO Comedy Club opened in 2019 in Lille and welcomes comedians from all over the world (Canada, Ivory Coast, Morocco, Lebanon, Belgium...) for stand-up with vibes you'd find in New York City. This year the comedy club brings up five comedians to Val Thorens!



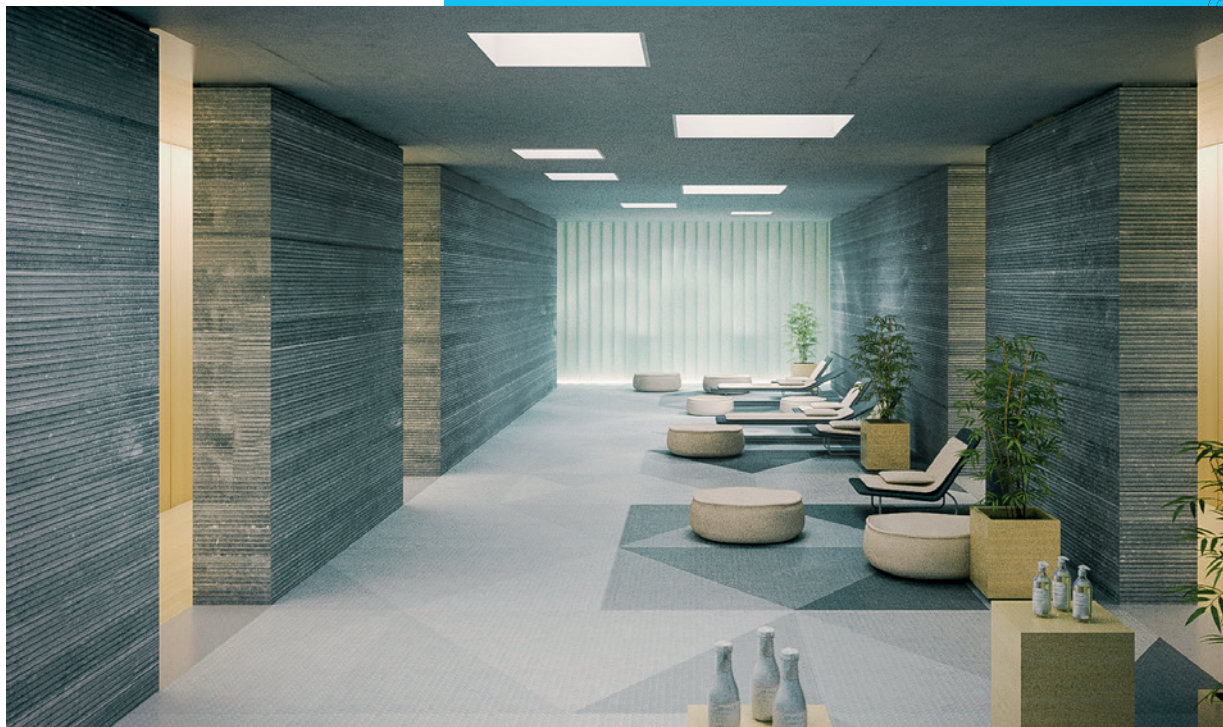
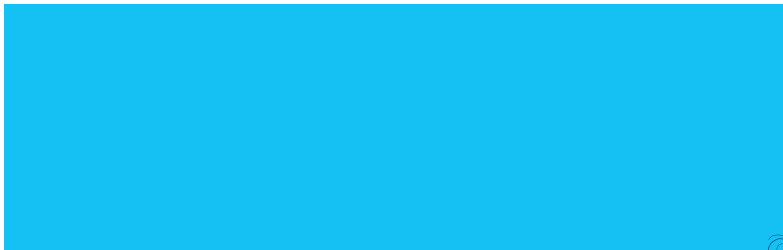
### FESTIVAL' THO 15-16 MARCH

Festival'Tho is a celebration of electronic music that, now in its 14th edition, is an integral feature in the resort's entertainment calendar.


The festival is hosted at 2,300m in an astounding natural setting at the heart of the slopes. Live sets are staged over the two days at Chalets du Thorens and the 360° Bar.

In its 14 years of existence, Festival'Tho has become an unmissable event for all party lovers looking for a great time.










# HEALTHY MIND, HEALTHY BODY



You can also find calm and quietness in the world's largest ski area thanks to the number of hotels with spas — many of which allow non-guests to use all the facilities when you book a treatment — and slow activities that help you relax and return home with more energy.



## A NEW WELLNESS CENTRE IN LE BOARD

Everyone will enjoy the new 1,000m<sup>2</sup> aqua fun zone at Le Board, the resort's new sports centre. While the little ones are splashing around in the splash pad and enjoying the water games, parents can enjoy a relaxing moment to themselves in the wellness area.

There are different zones to choose from including saunas, hammam and hot tubs. Too hot? Cool off under the ice water fall or in the cold-water plunge pool before retreating to the tea room. There are also ten treatment rooms where you can enjoy a tonic or wellness massage.

The whole wellness area features beauty products by Eona and EvadéSens.



## NOT-TO-BE-MISSED SPAS

### LE SPA L'OCCITANE IN HÔTEL LE PASHMINA \*\*\*\*\*

The L'Occitane spa at the Pashmina boasts an outdoors hot tub and a Nordic bath right beside the slopes. Inside there is a pool, sauna, hammam, hot tub, solarium and rainfall showers. Book in for one of the L'Occitane treatments — we recommend the signature massage (30, 60 or 90 mins).

INFO AND CONTACT: [hotelpashmina.com](http://hotelpashmina.com) or +33 4 79 00 09 99



### HAMEAU DU KASHMIR \*\*\*\*

The spa at the hotel Hameau du Kashmir has a hot tub, infrared, traditional and Russian sauna, as well as a pool that looks out over the mountains. For even more relaxation, there are two massage rooms with a menu of treatments.

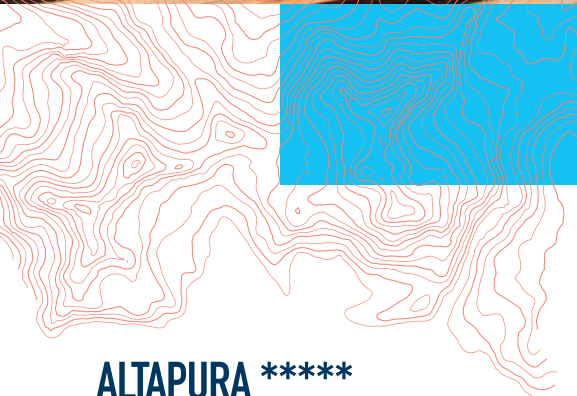
INFO AND CONTACT:  
[le-hameau-du-kashmir.com](http://le-hameau-du-kashmir.com)  
or +33 4 79 10 49 15

### LE VAL THORENS \*\*\*\*

Swimmers will love the pool view of the slopes. You can also find a wellness area with sauna, hammam and treatment rooms where products by Igrane Cosmetics are used.

INFO AND CONTACT:  
[reception.levelthorens@beaumier.com](mailto:reception.levelthorens@beaumier.com)  
or +33 4 79 00 04 33





## ALTAPURA \*\*\*\*\*

This hotel's spa is the only one in the resort with an outdoor (heated) pool. It also has a gym, treatment rooms, a sauna and hammam. There is a large menu of treatments using products by Pure Altitude.

INFO AND CONTACT:

[altapura.fr](http://altapura.fr) or +33 4 80 36 80 43





# ZEN ACTIVITIES

## TOUR SKIING

If you want to disconnect from it all and clear your head, grab your skis. Raise your heart rate by tackling one of five ski touring tracks — far away from the slopes and other skiers. Choose your path — facing either the majestic Aiguilles de Pécelet or Cime Caron — before setting off uphill (aided by “skins” that attach to the bottom of the skis) to discover a whole new side to Val Thorens’ ski area. There are tracks from 2-6km so you can discover the discipline without pressure, while slowly improving.

Free access - information at Val Thorens Tourist Office



*The best experiences  
to disconnect while ski touring*

## FIRST TRACKS IN THE MORNING

Get those skins out again and set off early in the morning, before the slopes open, heading up to Chalet Le Caribou, which is dwarfed by the Aiguilles de Pécelet. After a big mountain breakfast, you’ll be the first on the slopes. Stop on the way down for a chilled moment where you’ll feel all alone.

## NIGHTLY HIKES

Make the most of the day and ski tour up to watch the sunset. The introduction to the activity is done before lifts close, at about 16h30, before you then hike up for about 90mins. Once at the top, breathe and enjoy the silence while watching the sun set. You can then ski down just as night starts to fall. It’s an unforgettable experience!

Open to skiers and snowboarders with a minimum Level 3, groups from two to six people.

INFO AND CONTACT: [ski-cool.com](http://ski-cool.com) or +33 4 79 00 04 92





## SNOW SHOES

Strap on snow shoes and grab some poles: it's time to get away and discover the walking paths all over the ski area. Take your time to admire the summits while listening to your footsteps crackling on the snow, all the while accompanied by a guide from Prosneige.

INFO AND CONTACT:

prosneige.fr or +33 4 79 01 07 00



## QI GONG

Surrender yourself to Caroline and her calming approach to Qi Gong. This bright fifty something has decided to use her experience and skills to create a new mountain inspiration, with a relaxing bubble as a result: Energie du Bien-Être. Discover her massages during your stay in Val Thorens, or try Qi Gong during a private or collective class. This discipline is based on traditional Chinese medicine and will give you a calm and energizing break.

‘Qi’ means breath and energy whereas ‘Gong’ means work, so Qi Gong signifies breath work. This is a soft yet firming activity which switches between stretching, releasing of joints, body waves, different movements and postures, walking, auto-massage, breathing exercises, intention setting, visualization and meditation.

PRICE: from €18

CONTACT: Caroline Grand-Vincent  
+33 6 74 50 78 66

lenergiedubienetre.wordpress.com

## DISCONNECT IN THE FREE SKI TOURING ZONE

There will be a new avalanche secure and marked ski touring zone in the Borgne sector this winter. You reach the zone from the “Plein Sud” sector, but don’t expect any lifts. The zone comprises one ascent slope, groomed and prepared, and two slopes to descend, one of which is unpisted.



# A BREATH OF FRESH AIR AT LAC DU LOU



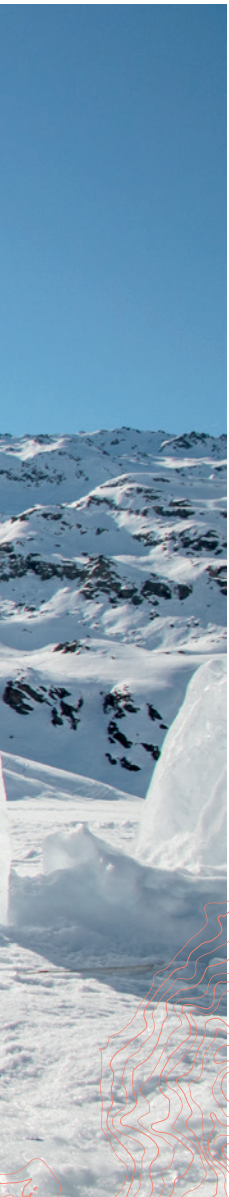
## FREEDIVING UNDER ICE

Intrigued by the idea of an ice dive? Escape under the ice of lac du Lou during a freediving session, with only air bubbles and lights as your companion. After a safety briefing, you'll suit up and prepare to jump in. You'll be captivated by the silence as you drift about in the icy abyss. Evolution 2 is one of the only organisations to offer this activity in France. No prior experience is required. Feeling even more adventurous? This year you can dive at night.

PRICE: From €150 per person

INFO AND CONTACT: Evolution 2 +33 6 13 76 78 74





## NATURAL ESCAPE AT LAC DU LOU

For a true wild adventure, you should head to Lac du Lou. Fresh air is guaranteed in this beautiful spot in the biggest ski area in the world. The lake, which is frozen in winter, is close to the National Park La Vanoise, in a quiet valley between Cime Caron and Pointe de la Masse. Divers can plunge into the icy waters, while hikers can enjoy the stunning views, wide open spaces and nature.

### REFUGE DU LAC DU LOU

Located next to the lake, the Refuge du Lac du Lou welcomes hikers and skiers with its warm and cosy atmosphere. Whether it's for the night, a meal after a freeride session or just a drink, you're in for a charming experience. Meals, mostly traditional Savoyard dishes, are served using only local quality products.

Those booked for the night can expect a combination of an authentic mountain refuge with modern touches in the four dorm rooms, that sleep from four to eight people. Snuggle up for a fun evening around the fire after a great day in the powder snow or under the lake's ice. As the night falls, sip on your hot chocolate, relax and listen... You don't hear a thing? Welcome to life in the middle of nowhere.

PRICE: From €70 per night

INFO AND CONTACT: +33 7 70 22 86 79

### *How to get there?*

You have to earn your time at Lac du Lou. You can't get there by car or taking a ski lift. That's part of its charm — getting to the lake is all part of the adventure. You can choose between snow shoes, ski touring or free riding. That's it!

A decorative graphic of a topographic map with white contour lines is overlaid on the left side of the page, extending from the top image down into the blue section.

## STAY ACTIVE

You don't have to be a skier to enjoy your time in Val Thorens. From our ziplines, to dog sledding and bowling, there is a huge range of activities — whatever the weather and however active you want to be.





## INDOOR ACTIVITIES

### CINEMA

The Lac Blanc cinema in the centre of the town has two screenings a day at 18h and 21h. There is a special 14h30 screening on bad weather days.

### BOWLING

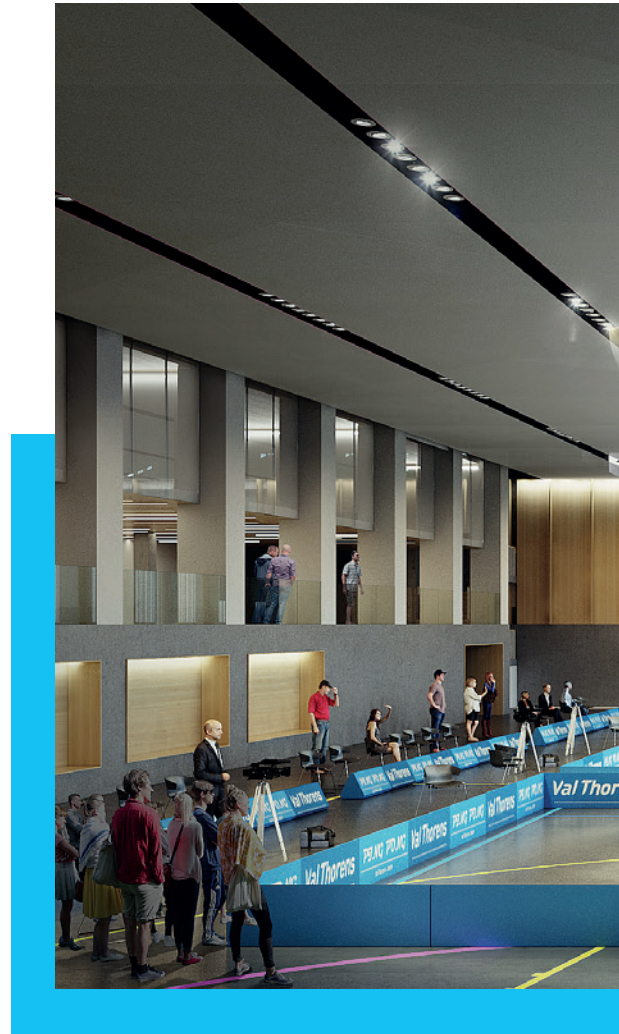
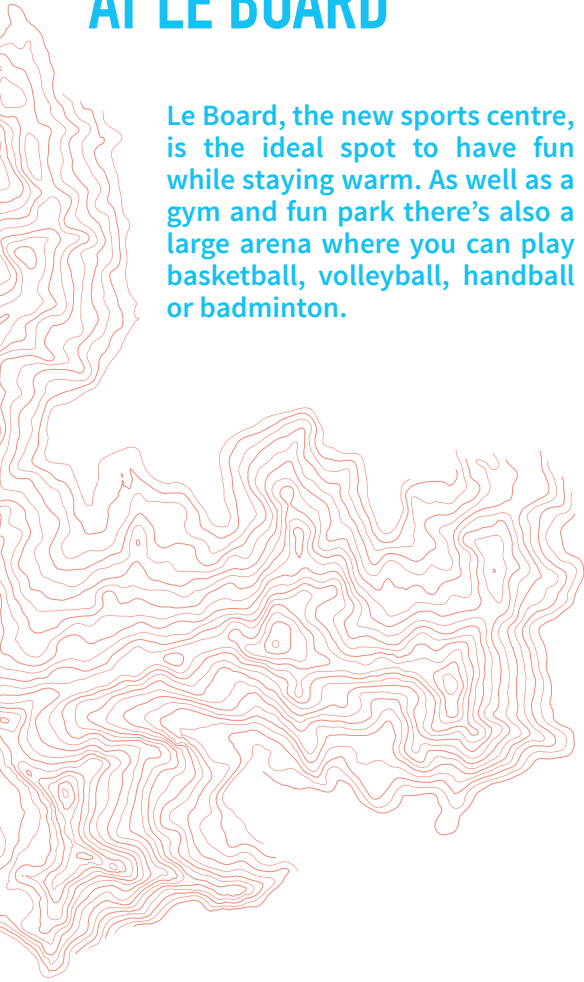
The bowling alley in Val Thorens is a great meeting place at the end of the day, with a friendly and warm vibe. It is located on Place de l'Arche and open every day from 14h until 2h. It is built in a typical mountain chalet style with eight lanes as well as, pool tables, arcade games — including a Ultimate 3D F1 and rally simulator — and lots of big screens showing sports.

The bowling lanes have automatic barriers, so children can play by themselves from the age of 4-5.

PRICE: One game of bowling €10 per person (shoes €2),  
Snooker table €14 per hour,  
Pool table €20 per hour

# NEW ACTIVITIES AT LE BOARD

Le Board, the new sports centre, is the ideal spot to have fun while staying warm. As well as a gym and fun park there's also a large arena where you can play basketball, volleyball, handball or badminton.



## GYM

Go for a work-out on one of the new machines in the cardio area or lift weights in the gym before heading to the wellness/spa area. There is also a room for classes, including muscle strengthening, step classes and dance classes... All winter long lots of courses will be on offer, for all abilities and ages. Book your place at the registration desk of the gym area.

## THE ARENA

This sports centre will allow you to try out new sports in the big arena that can host up to 3,000 people for events. Built using wood and felt, it is flexible and adaptable for a huge range of sports and events. All winter long there will be training sessions and initiation sessions for different sports, including volleyball, basketball, handball, ping-pong and badminton to name but a few.

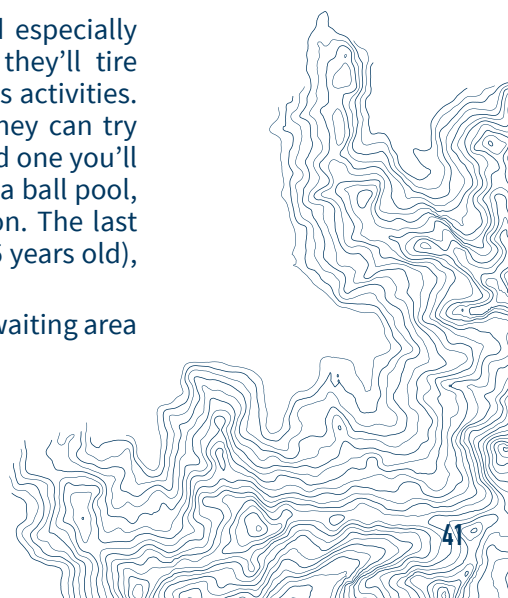




## FUN PARK

The sports centre will boast a new fun park designed especially for children. If they haven't already on the slopes, they'll tire themselves out, in the three different zones with various activities. The first one comprises six large trampolines where they can try out their somersaults and acrobatic tricks. In the second one you'll find a real ninja warrior course in the games room with a ball pool, slides, rolls, bridges, platforms and pyramids to play on. The last zone is perfect for little ones (from 1-3 years old and 3-5 years old), with educational games.

There is also a karting track. Parents fear not: there is a waiting area with sofas and coffee.



# OUTDOOR ACTIVITIES

## ICE SKATING RINK

The staff at La Patinoire welcome young and old in Place Péclet to discover the joy of skating on the 400m<sup>2</sup> ice ring made entirely from natural ice. There's also music and a light show at night. Worn out? The rink also has a cosy spot to enjoy pancakes and hot chocolate with family or friends.

**PRACTICAL INFO:** Open season-long from 15h to 21h, subject to the weather.

In the French school holidays hours extended to also include a morning session from 10h-12h.

**PRICE:** €8, including skates (€7 for children under 16 years old)

**INFO AND CONTACT:**

[www.patinoire-valthorens.com](http://www.patinoire-valthorens.com)



## ZIPLINES

Val Thorens and Orelle are not only linked by ski lifts, but also by the highest zipline in France. Starting from Pointe du Bouchet, the highest point of Les 3 Vallées at 3,200m, the flight is sure to give you an adrenaline rush. It takes 1min45, travelling 1,300m at a speed of up to 100km/h.

While the first line is only open to skiers, everyone can get their zip fix on second line, La Bee. It's a double zipline that flies over the slopes and ends in the centre of the resort. It's 1,800m long and you'll descend 200m height. But will you or your neighbour reach the bottom first?

**PRICE :** - 55€ Tyrolienne Le Bouchet  
- 35€ Tyrolienne La BEE

**CONTACT :** +33 4 79 00 07 08





## NEW – SNOWTUBING

Pick up an inflatable ring for an exhilarating descent! The new snowtubing piste next to the Campagnol magic carpet opens this winter. The idea is simple: glide down the bumpy slope for a guaranteed adrenaline-filled run. Open to anyone over the age of nine years old and the ticket point is located at the departure of Cosmojet, next to the Campagnol magic carpet.

PRICE: €14 for 30 mins, €18 per hour



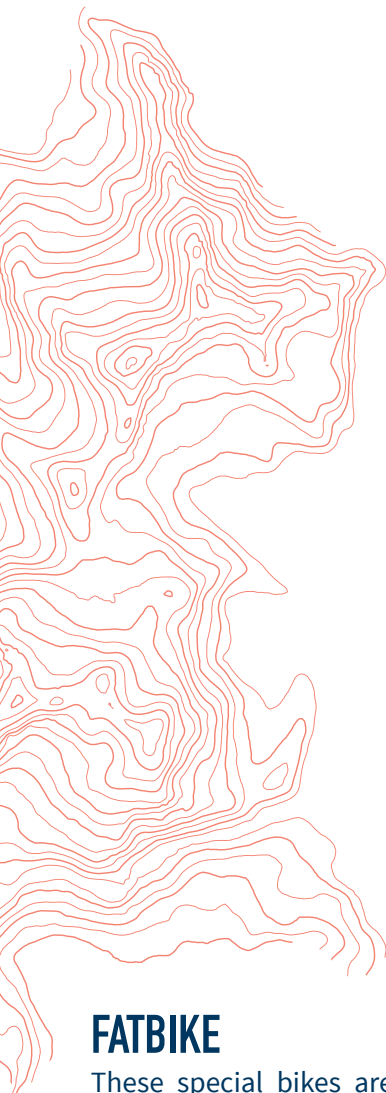
## COSMOJET TOBOGGAN RUN

Discover Cosmojet — the longest toboggan run in France. Covering 6km and taking more than an hour to descend, fun is guaranteed. The famous slope is designed to offer an immersive experience for children with its space theme. Plunging them into an out-of-this-world environment, they are encouraged to find a new planet along the track, with plenty of fun surprises and scientific facts along the way. It is open to children over the age of five as long as they share a sled with an adult.

PRICE: €17,30 per person

INFO AND CONTACT: [wantto.ski/cosmojet](http://wantto.ski/cosmojet)

# OUTDOOR ACTIVITIES



## FATBIKE

These special bikes are made for snow, with large tyres for better stability and traction. The new range come with electrical assistance meaning you don't need to slave away up the hills — anyone can do it.

From €65 per person, accompanied by an ESF instructor  
From Monday to Friday 15h-17h or 17h-19h

### *A good deal*

Fat bike and fondue evening: a 4h trip with a guide for a sporty and tasty experience at nightfall.

PRICE: €100 per person, Thursday night 17h30-21h30

INFO AND CONTACT: [www.esf-valthorens.com](http://www.esf-valthorens.com) or +33 4 79 00 02 86



## PISTE BASHER EXPERIENCE

Discover what it takes to be a snow groomer by accompanying Michel, Gilles or Nicolas as they start their nightshift preparing the slopes for the next day. They will show you all the controls of the million-euro machines before stopping for a snack at a refuge, where you can discuss life in the mountains and the particularities of living in this cold climate.

PRICE: From €35 for children, €55 per adult, registration at the Tourist Office

DURATION: approximately 2 hours



## PARAMOTORING

Take off on a paramotoring flight from the airfield behind La Moutière for a flight above the ski area. You'll discover Val Thorens from above with Timothy Green, a pilot, who ushers you into his world.

PRICE: €120 per flight

INFO AND CONTACT:  
paramoteur-valthorens.com

## ICE DRIVING

Hungry for an adrenaline-filled race? Head to the Alain Prost ice driving circuit for car or karting lessons, which are available to anyone over the age of seven.

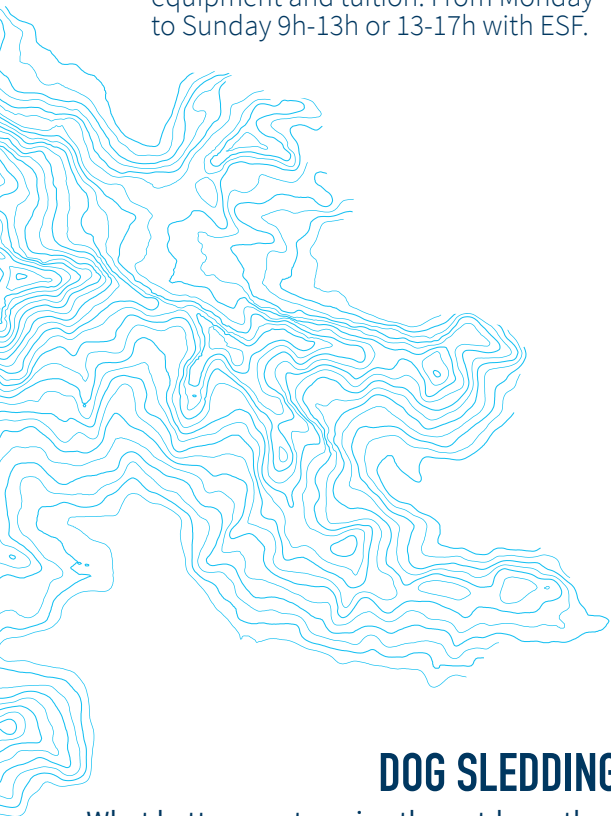
INFO AND CONTACT: +33 6 74 78 25 13

# OUTDOOR ACTIVITIES

## ICE CLIMBING

Get set to tackle the ice and discover a whole new way of climbing. Every winter the ice wall takes shape as soon as the water starts freezing. Armed with ice picks, climbers who scramble up the block of ice are rewarded with an incredible view at the top.

PRICE: €100 per person, including equipment and tuition. From Monday to Sunday 9h-13h or 13-17h with ESF.



## DOG SLEDDING

What better way to enjoy the outdoors than snuggled up in a sleigh drawn by six dogs. The energetic huskies will get your heart rate raising with the ride and there's some time to play with the dogs, too.

PRICE: One hour from €90 for two people.

INFO AND CONTACT:

[www.evolution2-valthorens.com](http://www.evolution2-valthorens.com)





## NEW – ELECTRIC MOTORCROSS

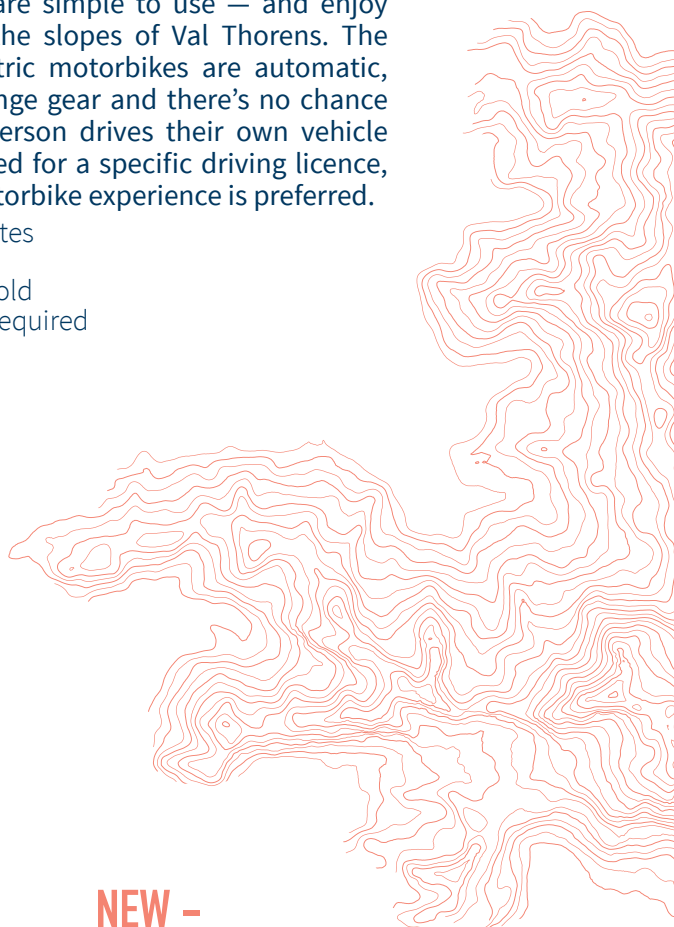
Evolution 2 launches an introduction to electric motocross this winter with a new guided trip. Climb on — they are simple to use — and enjoy an adventure on the slopes of Val Thorens. The new Swedish electric motorbikes are automatic, so no need to change gear and there's no chance of stalling. Each person drives their own vehicle and there is no need for a specific driving licence, although some motorbike experience is preferred.

DURATION: 45 minutes

PRICE: From €70

AGE: From 14 years old

Driving licence not required



## NEW – INITIATION “DRAISIENNE”

Every Tuesday and Thursday during the French school holidays children can join the ESF, French ski school, on Place Caron for a new activity that's been designed especially for them: little bikes, but on skis! These clever devices on skis are the perfect way to first experience gliding on snow. The activity is open from children from 18 months to 5 years old.

PRICE: €5 from 17h15 until 19h  
(without a time limit)

Val Thorens knows about style. Thanks to the large number of shops for men and women, everyone can find their ideal outfit. After all, even at 2,300m, being stylish is important.



## *A little Extra*

### **ELECTRIC CHARGERS**

You can recharge your electric car thanks to the 20 chargers that are spread out over the covered parking areas in Val Thorens (€0,489/kwh).



# THE GOOD SHOPPING PLACES

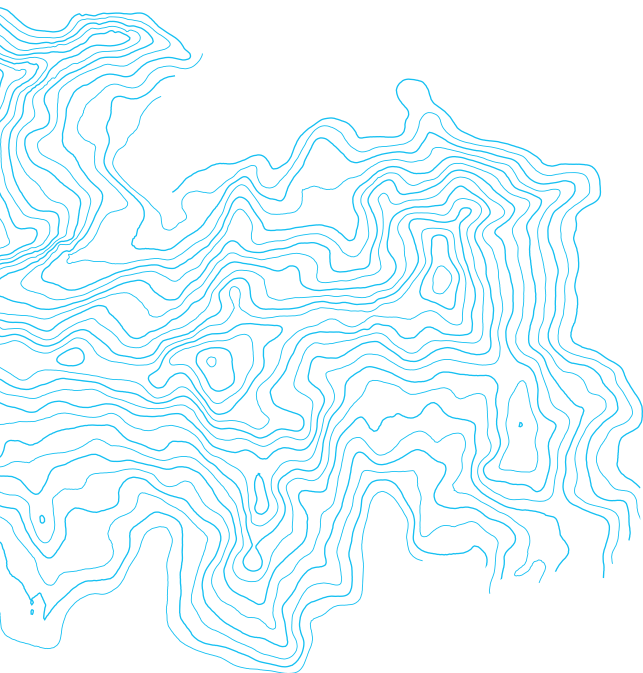
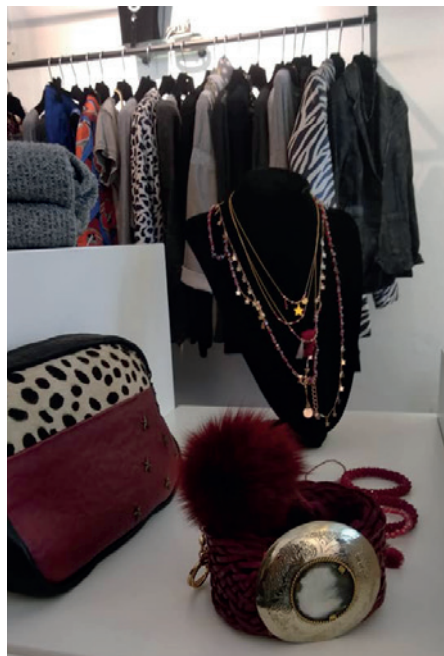


## SUN VALLEY, NEW STREETWEAR ADDRESS IN VAL THORENS

Located in rue Caron, the new shop, Sun Valley, has a stylish and comfortable streetwear collection, that will help you stay in style all winter, despite the snow. The company was founded in 1983 in Marseille by Edouard and Gilles Terzibachian who are two fans of skiing moguls. The brand goes back to the basics: a passion for the mountains, a desire for freedom and harmony with the environment. They started out making ski outfits at the back of their garage, but nowadays the creations are a little more advanced and range from everyday wear to technical gear.

## ATELIER 7

Do you want to try on the latest pair of Reiko trousers? Or a top from Iro? Maybe discover the latest collection of Nue 1904? Atelier 7, with its intimate atmosphere, is the place to find high-end clothing and accessories. In her elegant shop, Mando has clothes for both men and women and accessories – think hand bags and necklaces – as well as women’s shoes. New this season: Iro’s luxury collection, Paul Smith Jeans for men and pieces by Faith Connexion. The shop is on Place de l’Eglise.



## CONTRASTS

No more fleece and monotone technical clothing. Add a feminine and stylish touch to your wardrobe, because even in cold climates we can be stylish – and Peggy proves it. In her shop, Contrasts, she sells a selection of clothing, accessories and trendy jewellery to achieve a comfortable, stylish look. The shop is in the Pécelet gallery.





## VAL THO HYPE

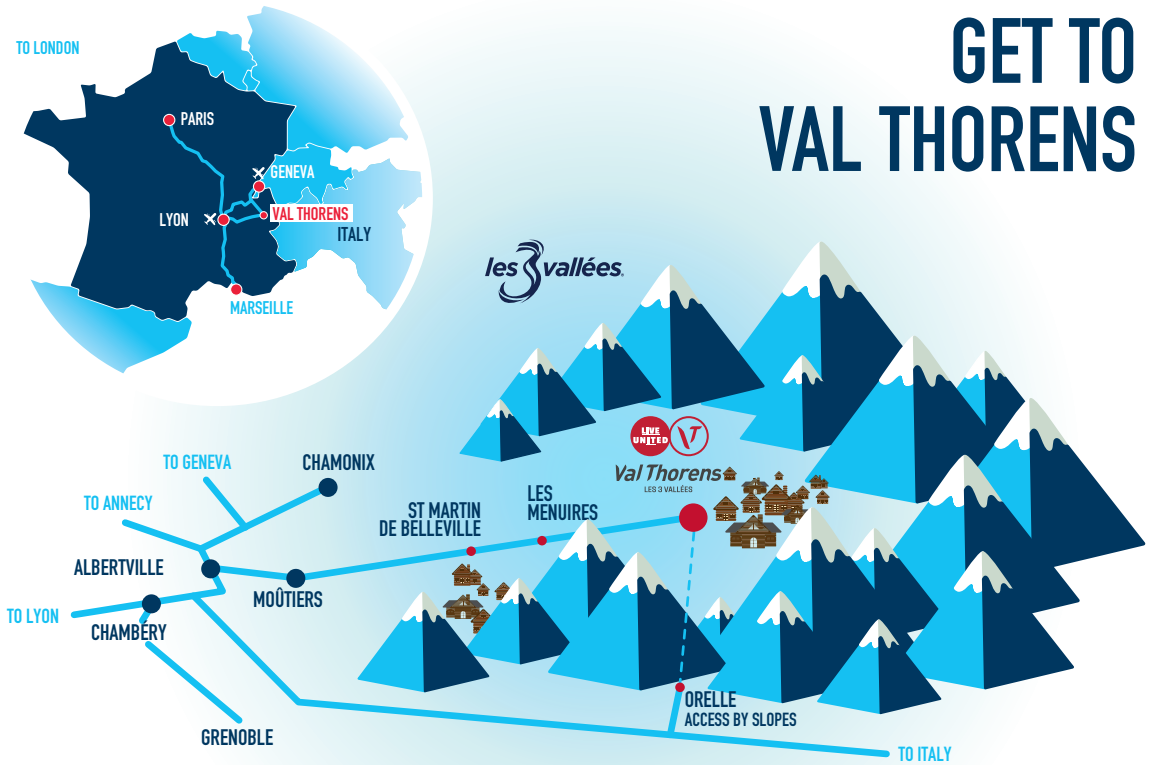
### GET INKED IN THE MOUNTAINS

It is possible to get a permanent souvenir from your trip. Val Thorens boasts two tattoo parlours in the centre of the village. You'll find Paul Ca on the first floor of Wild & Savage bar (booking required), while Belleville Diner has both in-house and guest artists all season long.

### GILLES AYRAL, THE FIRST BARBER IN VAL THORENS

Gilles Ayral and his son have set up camp next to the Tourist Office this winter to tend to your moustache, beard and hair. Hailing from the Aveyron department, the father and son team will take care of your style. The barber shop opens at the beginning of December.

# GET TO VAL THORENS



## VAL THORENS TOURISM OFFICE

presse@valthorens.com  
+33 6 20 01 56 81  
+33 6 28 45 58 13

## UNITED KINGDOM

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## THE NETHERLANDS

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valthorens@rca.be  
+31 6 30 37 30 43

## FOLLOW US ON



## By plane

- Geneva (GVA) - 199 km - 2h35
- Lyon (LYS) - 198 km - 2h20
- Chambéry (CMF) - 112 km - 1h40

## By train

- TGV station Moutiers-Salins-Brides-les-Bains 37 km – 45min
- Shuttles link the resort and bus station in Moutiers

## By bus

Altibus runs regular buses between Moutiers and the airports of Geneva, Lyon and Chambéry.

Further information and reservations: [altibus.com](http://altibus.com)