

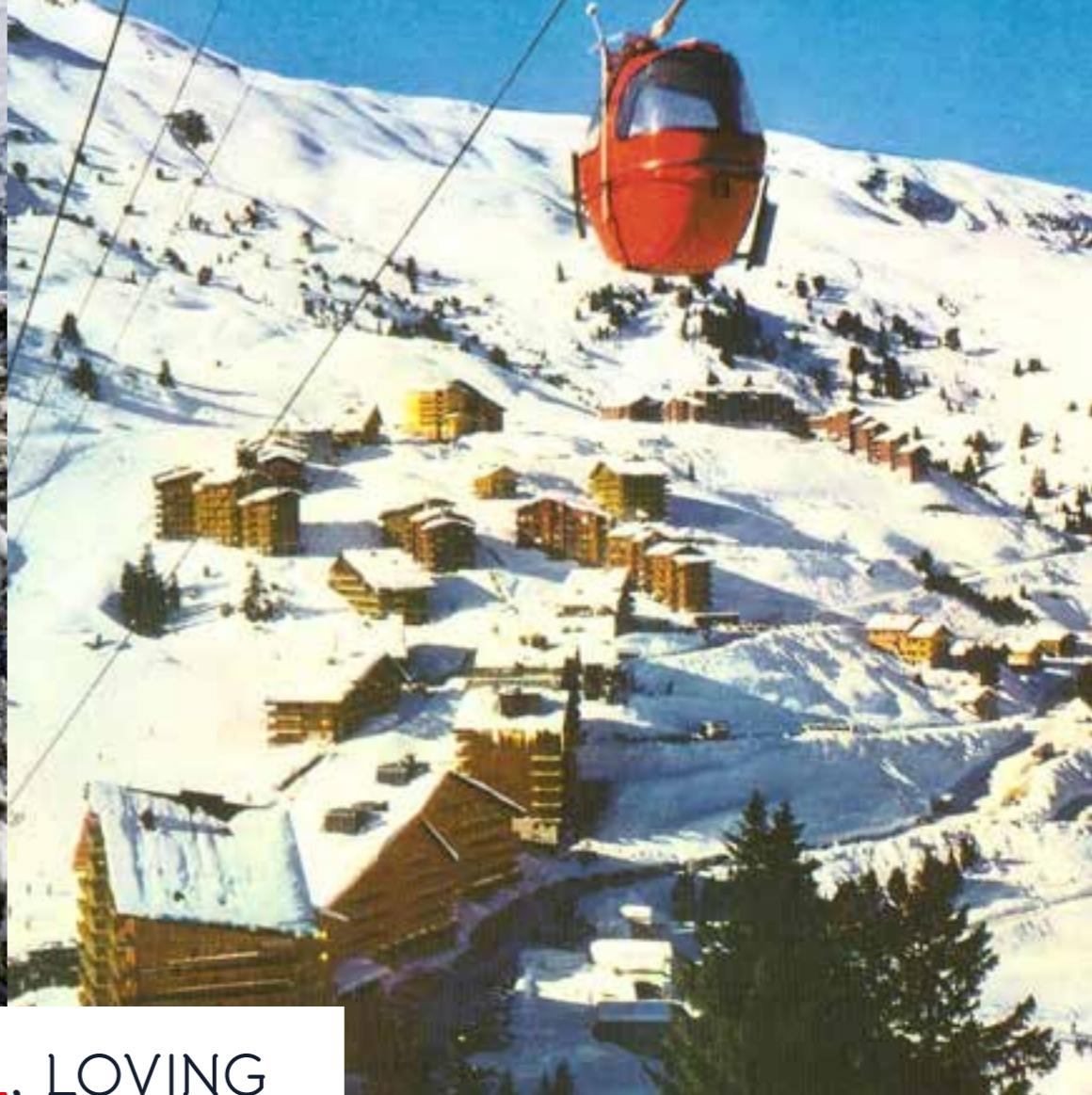


# MÉRIBEL The ideal playground for HAPPY FAMILIES

PRESS PACK  
WINTER 2020-2021







SOON TO BE A  
**HUNDRED**  
YEARS OLD AND AS  
**SPORTY** AS EVER

This host resort for the **World Ski Championships in 2023** also owes its historic prestige to the elegance, discretion and natural beauty that characterise it, like all great destinations. As always, this winter Méribel offers the ideal combination of a haven nestling at the heart of les 3 Vallées, the world's largest ski area, with the savoir-vivre and diversity of a leading resort that resolutely looks to the future.

Méribel looks ahead, but also remains true to its traditions. Since 1938, generations of lovers of natural beauty and sporting challenges have chosen this paradise, with its **600 kilometres of runs, 40 kilometres of walking paths, 120 kilometres of cross-country skiing and 111 off-piste routes**. Not forgetting its backdrop of 25 summits and 6 glaciers overhanging 62,000 metres of cumulative vertical drop, and its four authentic villages, chapels and original buildings.

IN **MÉRIBEL**, LOVING  
THE NEW DOESN'T  
MEAN IGNORING  
ONE'S **HERITAGE**,  
QUITE THE CONTRARY

And there are as many good reasons to come for the sport as there are to party or just relax. And there is as much variety in the different people who come here as in the terrain: Méribel is a diverse playground, with multiple facets... And that is another reason why, at more than 80 years old, Mé-

ribel continues to attract and to unite generations of skiers and walkers who each come to seek their different experiences in this white paradise. Sporty, green, party-loving, epicurean, nature-loving, chilled or old school: they will all win in this game of Happy Families.

WELCOME TO  
THE **LEGEND**  
THAT IS  
MÉRIBEL!







**OPENING**  
 FROM **5 DECEMBER 2020**  
 TO **23 APRIL 2021**

THERE'S A MÉRIBEL TO  
 SUIT EVERY **FAMILY**



ONE STATION,  
**SEVEN OPTIONS...**







1

## THE SPORTY FAMILY



## THEIR PLAYGROUND

The entire 3 Vallées ski area, including 339 alpine ski runs totalling 600km for all levels. 50% of the runs (green and blue) are suitable for beginners and novice skiers. Other legendary runs are a must for keen skiers, such as the **Roc de Fer**, the favourite piste of champions, which will host the ladies' events in 2023 on its 2.5km length; La Face, its neighbour, is an uncompromising black run; the **Mauduit**, named after Méribel's champion skier, remains the benchmark for red runs with a 1,000m+ drop, becoming steeper and narrower as you enter the forest; the 3km-long **Combe du Vallon** requires endurance (it's one of the longest runs in les 3 Vallées) with incomparable snow thanks to its northerly orientation and, as a bonus, one of the most beautiful views over the Méribel valley from its 2,952m summit.

## THEIR HABITS

In order to practise or perfect their sport, children and adults have a choice of four ski schools. The **ESF** (French Ski School) offers all disciplines; the **ESI** (International Ski School) is multi-lingual; Oxygène has a fun and personalised approach; and Julie Pomagalski's **Prosneige** ski and snowboard school offers the methods of a champion.

For the rest of the time, there is a vast choice ranging from paragliding to visiting the Olympic Centre with its pool, Olympic ice rink, gym, spa, and a 14m climbing wall offering taster sessions. The latest go-to place for ski and board fanatics is the **Elements Park**, an area dedicated to different ski thrills. With its fun slope, boarder-cross and freestyle zone, it's the fun ski and board destination for all ages.



## AT LUNCHTIME

Instead of losing precious ski time, they grab a quick sandwich made from local ingredients at **Farto**, the excellent delicatessen/wine shop in the resort centre which offers a selection of the best produce from the valley: artisan charcuterie, matured cheeses and natural wines. For a more comfortable lunchbreak, they opt for a quick savoury pancake made on the terrace of the **Crêperie 2 du Doron**, at the foot of the piste of the same name.







## APRÈS-SKI

A drink at Méribel's unmissable **Jack's Bar**. It's unfussy, with live music, stand-up comedy, happy hours and a great selection of beers and house cocktails. Another 'must' is **Le Rastro**: run by Chris, one of Méribel's 3 World Champion telemarking brothers.

## THEIR BASE

The 4-star **Alpen Ruitor Hotel**, in the centre of Méribel-Mottaret whose ski-in/ski-out position allows them to be first on the slopes. This picture-postcard hotel features wood, tartan fabrics, club chairs around a large fireplace and generous Alpine-style buffets served in the «old chalet». The Anne Sémonin spa is intimate and the large terrace overlooks the slopes. The 44 cosy rooms illustrate the philosophy of the Fenestraz family: «Hotels are the soul of their owner».



## WHAT'S NEW?

The modernisation of the ski area continues apace with the arrival of a new, fast 6-seat chairlift, le Bouquetin, which replaces the old Plattières 3 gondola lift. Quicker and more comfortable, this lift is more energy-efficient and blends better into its environment.



## WHY NOT TRY ?

A beginners' Biathlon session, combining cross-country skiing and rifle shooting, taught by ESF instructors. Or the challenge of going down the Couloir Tournier, an ungroomed piste with a 75% (37°) gradient, at the top of Saulire, reserved to experienced skiers - find it at the top of the Saulire Express 2 gondola lift.



## A MENTOR

Snowboard World Champion **Julie Pomagalski**. The grand-daughter of the founder of Poma ski lifts, she was born and still lives in Méribel where she has opened **Prosneige**, a sports shop which specialises in boot fitting, and a ski and snowboard school.

«Méribel is not just my history and my roots. It's also a resort which, in my view, has managed to preserve its architecture. It hasn't sacrificed any of its charm in order to develop its skiing. In terms of sport, we have the most beautiful playground for all levels and disciplines. That's true too for ski touring and off-piste, as we are next to the Vanoise National Park. It's also true for cross-country skiing; we offer free use of an exceptional ski area. As for the Altiport, it's the world's most beautiful beginner zone. In addition, we benefit from an ideal orientation so we can ski in sunshine from morning to evening, and we enjoy a ski area that's both challenging and wooded. It's got everything».



## THE PERIOD

From the start of the season on 5 December, when the ski area and les 3 Vallées links open.



## FOCUS ON 2023

**Perrine Pelen** is a ski champion and Director General of the organising committee for the World Alpine Ski Championships in 2023. She is preparing to host the world's most important skiing event after the Olympics in three years' time in Méribel and Courchevel. In total, 75 nations and 600 athletes will take part and up to 20,000 spectators will attend every day:

«This is the first time that two resorts - Méribel and Courchevel - have worked together to promote the excellence of the French mountains. It is their diversity and joint riches that will bring the extra value of this special location to world renown. Their choice was based on the know-how they demonstrate both in terms of sport and the welcome they extend. Méribel, for example, offers a fine alliance between modernity and authenticity, with its incredible architecture, chalet ambiance, and a ski area with a unique feel due to its large extent, wooded landscapes and long descents that allow all types of skiing».

ESF : 04.79.08.60.31 & [www.esf-meribel.com](http://www.esf-meribel.com)  
ESI : 04.79.00.40.22 & [www.ecoledeski.fr](http://www.ecoledeski.fr)  
Oxygène : 04.79.08.53.36 & [www.oxygene.ski.fr](http://www.oxygene.ski.fr)  
Prosneige : 04.79.00.36.46 & [www.prosneige.fr](http://www.prosneige.fr)  
Parc Olympique : 04.79.00.58.21 & [www.meribel.net](http://www.meribel.net)

Le Farto : 04.79.04.27.93 & [www.farto.fr](http://www.farto.fr)  
Crêperie 2 du Doron : 04.79.24.22.42  
Le Jack's Bar : 04.79.08.90.00 & [www.jacksbarmeribel.com](http://www.jacksbarmeribel.com)  
Le Rastro : 04.79.00.41.51 & <http://lerastro.com>  
L'Alpen Ruitor\*\*\*\* : 04.79.00.48.48 & [www.alpenruitort.com](http://www.alpenruitort.com)





## THE EPICURIAN FAMILY



### THEIR PLAYGROUND

The whole resort; its chic, intimate and relaxed ambiance extends throughout the various villages and hamlets. There's a wide range of eating places and styles, from typical refuges to gourmet restaurants, tapas bars to bistros, all demonstrating their commitment to local produce and traditions in their own individual way.

The **Food Altitude** quality award, created 5 years ago, unites a number of mountain restaurants in Méribel and elsewhere, whose chefs are committed to cooking from fresh at least 70% of their menus. Other criteria they commit to are: a friendly welcome, cleanliness and value for money. Look out for these chefs throughout the resort...



### THEIR HABITS

They make the most of the spectacular setting and the many walking paths which

allow them to combine fresh air, fabulous scenery and easily accessible, good restaurants. Méribel is decidedly epicurean, with many initiatives such as wine-tasting evenings and food workshops, plus great restaurants where you can eat in or take away (such as **Le Bokal**, **le Versant Gourmet**, **la Cantine d'Alvar**, or **le Plan des Mains**).

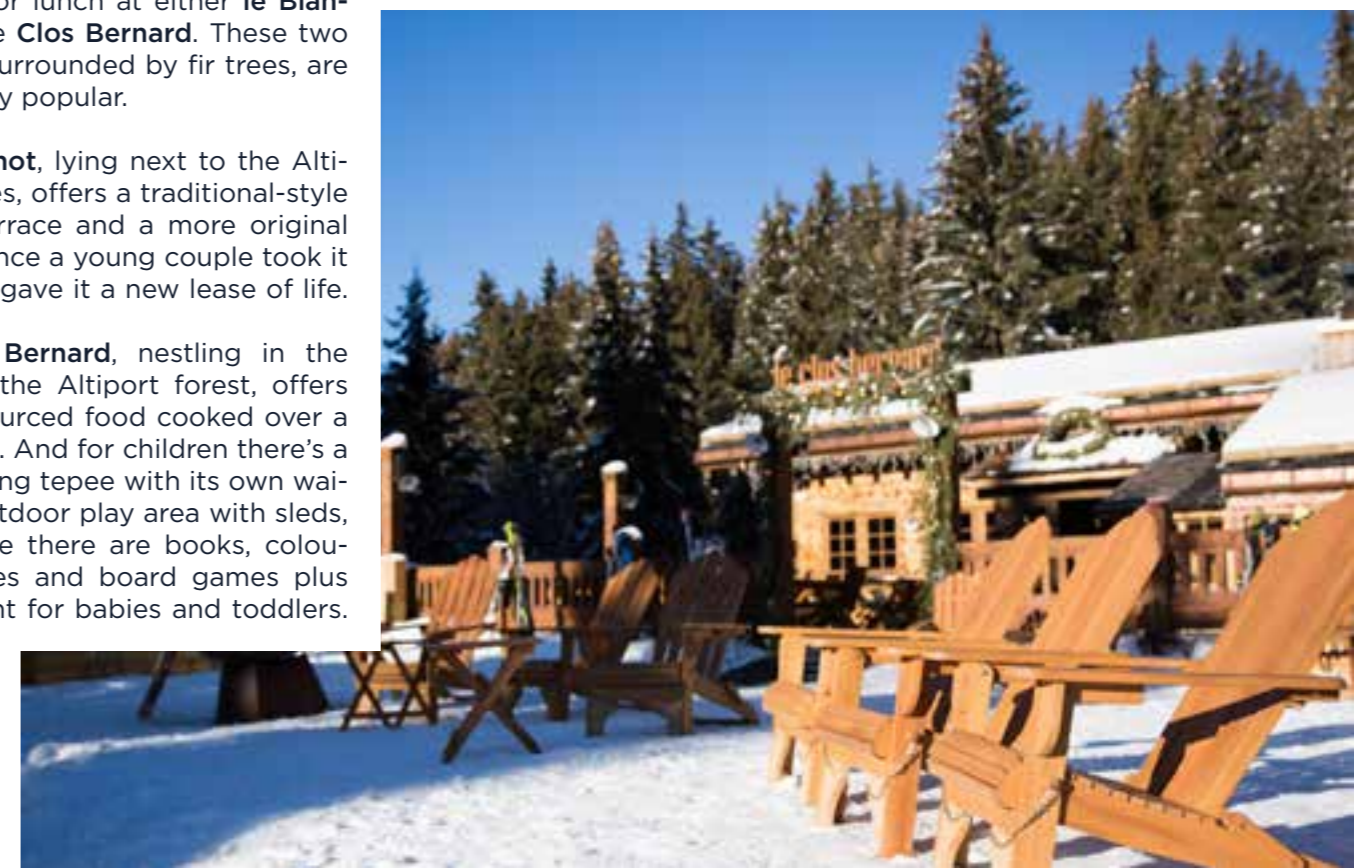


### AT LUNCHTIME

Depending on their mood, it's time to stop for lunch at either **le Blanchot** or **le Clos Bernard**. These two chalets, surrounded by fir trees, are universally popular.

**Le Blanchot**, lying next to the Altiport pistes, offers a traditional-style dining terrace and a more original cuisine since a young couple took it over and gave it a new lease of life.

**Le Clos Bernard**, nestling in the heart of the Altiport forest, offers locally sourced food cooked over a wood fire. And for children there's a giant dining tepee with its own waiter, an outdoor play area with sleds, and inside there are books, colouring pages and board games plus equipment for babies and toddlers.





## APRÈS-SKI

Alternates between pampering and relaxing by the fireside. If après-ski isn't spent at the Nuxe spa in the 5-star **Kaïla Hotel**, it's at the Clarins Spa des neiges at **L'Allodis** for the special high mountain ski facial, or just to enjoy the environment of this hotel with its panoramic views over the whole Méribel valley. Before dinner, they head to the intimate bar at the **Savoy** for its sophisticated cocktail menu and platters of local charcuterie.

For dinner, two restaurants stand out, both with elegantly prepared food. While **l'Atelier** (a former carpenter's workshop turned into an intimate restaurant) reinterprets bourgeois cuisine with simplicity and honesty, **Le Cèpe** demonstrates its gastronomic ambitions and a passion for mushrooms, cooking with finesse and creativity, and the chef offers some delicious surprises for fungi fanatics.

## THEIR BASE

The resort's first 5-star hotel, **le Kaïla**, which cultivates family-friendly luxury, having chosen beautiful, traditional materials, quality craftsmanship, and exceptional comfort levels.

With its restricted number of rooms and suites (fewer than 40), intimate spaces, welcoming feel of a refined family home, Nuxe Spa and aquatic centre, it has become a haven for lovers of discreet, peaceful and flawless luxury. Its restaurant, the Michelin-starred **l'Ekryn**, is a destination in its own right. Chef **Laurent Azoulay**, a great lover of truffles, combines the terroir of his adopted mountains with the colourful elegance of his native Provencal cooking. The result reaches the heights of the surrounding peaks and **Le Jardin d'Hiver - Légumes du Jardin des Roy**, which brings together some thirty different vegetables, has become a signature of the restaurant.



## THEIR PERIOD

The Christmas holidays, to take advantage of the magical atmosphere; Easter for prolonged days on a sun-terrace; and outside of school holidays to avoid busy slopes and enjoy the calm of the mountains.



## THEIR MENTOR

**Laurent Azoulay**, Michelin-starred chef at **l'Ekryn**. This native of the Vaucluse (in southern France) has spent the past eight winters in Méribel and has just opened his own Provencal bistro in Villedieu where he cooks over a wood fire.

*«I enjoy bringing together these two cooking traditions and I've made it my challenge. I have found so many beautiful ingredients to work with in Méribel: fir, moss, trout, crayfish and Cep mushrooms. Each restaurateur has managed to create his own identity in this resort and that is one of Méribel's strengths, offering quality restaurants for every type of cuisine, whether gastronomy, bistros, mountain restaurants, traditional eateries or take-away dishes. I get just as much pleasure eating at Nicolas' Cantine de l'Alvar as enjoying the stuffed pumpkin at the high altitude Pierres Plates or enjoying the conviviality of a good fondue at La Fromagerie or la Kouisena. I enjoy alternating fine, classic cuisine at the Grand Coeur with a good burger at l'Igloo. It depends on your mood and the atmosphere you want».*

**Le Bokal** : 04.79.41.69.32 & [www.azoulay-gastronomie.com/presentation-bokal](http://www.azoulay-gastronomie.com/presentation-bokal)  
**Versant Gourmet** : 04.79.41.90.06 & [www.versantgourmet.fr](http://www.versantgourmet.fr)  
**La Cantine d'Alvar** : 04.79.06.60.89  
**Le Plan des Mains** : 04.79.07.31.06  
**Le Blanchot** : 04.79.00.55.78 & [www.leblanchot.com](http://www.leblanchot.com)  
**Le Clos Bernard** : 04.79.00.00.07 & [www.restaurantleclosbernard.com](http://www.restaurantleclosbernard.com)

## QUOI DE NEUF ?

**La Coursive des Alpes**, one of Méribel's most recent gastronomic restaurants, run by Chef **Laurent Hillairet** who has worked in the finest Parisian establishments. Here, within the walls of the former cinema in the resort centre, you can sip an aperitif on the ground floor or, on the contemporary mezzanine, you can enjoy elegant cuisine showcasing quality local produce and happy combinations of ingredients and fully flavoured juices.



**Le Kaïla\*\*\*\*** : 04.79.41.69.20 & [www.lekaila.com](http://www.lekaila.com)  
**Le Savoy** : 04.79.55.55.50 & [www.hotel-savoy-meribel.com](http://www.hotel-savoy-meribel.com)  
**L'Atelier** : 06.16.48.86.17  
**Le Cèpe** : 04.79.22.46.08 & [www.meribel.net](http://www.meribel.net)  
**L'Ekryn\*** : 04.79.41.69.20 & [www.lekaila.com](http://www.lekaila.com)  
**La Coursive des Alpes** : 04.79.06.44.97



## 3

THE NATURE  
LOVING FAMILYTHEIR  
PLAYGROUND

For this family, there's more to enjoy than just skiing. They especially enjoy the tableaux vivants of spell-binding panoramas and the typical villages of chalets, chapels and their architectural references to the heritage of this almost 100-year-old resort. On foot, according to their mood, they may explore Méribel Village, Le Raffort, Les Allues, Chandon, Le Villaret or Hauteville.

On the slopes, they choose their routes for the best views, favouring gentle outings to sporting challenges. Their favourite places include the viewpoint at the top of Mont Vallon overlooking the Gébroulaz Glacier, Vanoise National Park, Italian Alps, Maurienne and, of course, the Mont-Blanc; the top of Saulire with its view over the entire Méribel Valley, Grande Casse, Grand Bec, Aiguille du Fruit and other legendary peaks; and the unmissable top of Olympic Express with its viewpoint table and bird's eye view of the Méribel valley and its villages. Their family tradition is lounging in one of the Dragon hammocks that line the Pic Bleu piste, offering with a view over the neighbouring valleys.

## THEIR HABITS

Going on walks, ski tours, snow-show outings, ski outings or flights over the valley - all ways to enjoy the landscapes and make the most of their time - which seems to stand still here. And they like to add a few stand-out events, such as **First Track**.

On Wednesday mornings, by reservation, a small group can enjoy a hearty and delicious breakfast in the **Pierre Plates** restaurant and watch the sun rise at 2,738m over an exceptional view, before putting down first tracks on a freshly groomed piste.



## LUNCHTIME

A picnic on a peak, either comfortably installed on a lounge in the sunshine in the middle of a forest clearing at the Pic Bleu Cabin, or on foam benches at the foot of the slopes at la Chaudanne or the Altiport. Alternatively, the terrace at the Saulire relaxation chalet offers an unbeatable view over the Méribel valley. And the romantic, heart-shaped little hideaways at le Plan de l'Homme are perfect places to rest and take snaps of the Saulire and Dent de Burgin mountains for Instagram.

## APRÈS-SKI

Thrill-seekers will try a tandem paraglider flight with an experienced pilot at least once. It's an unforgettable experience which allows you to admire the spectacular scenery of les 3 Vallées from above. Food-lovers may prefer a fondue-walk - a snowshoe outings with a chocolate fondue to savour at sunset.







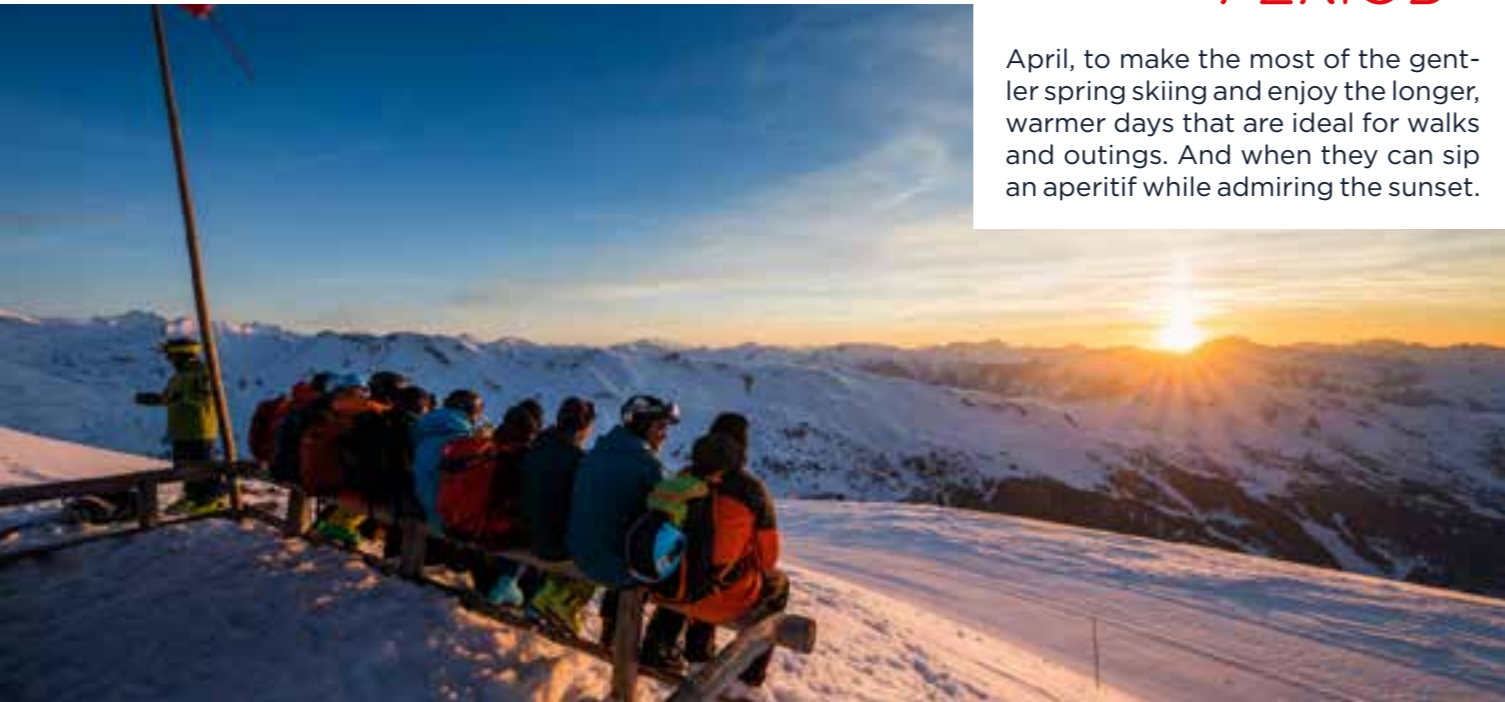
## THEIR BASE

The resort's latest hotel, the piste-side **5-star Coucou**, was opened last winter. Designed by architect Pierre Yovanovitch, it forms part of the small, prestigious Maisons Pariente group. With 55 rooms (including 39 suites) nestling high up at le Belvédère, it has a unique style - graphic yet relaxed. It includes a spectacular spa with a gym, steam room, sauna, whirlpool, hairdressers, two pools - indoor and outdoor - and for children there's a baby club, a kids' club (created by the experienced Sophie Jacquemin) and a teens' club for older children. For lunch or dinner, two gastronomic experiences are on offer: Italian cuisine at **Bianca Neve** and international cuisine at the **Beef Bar**.



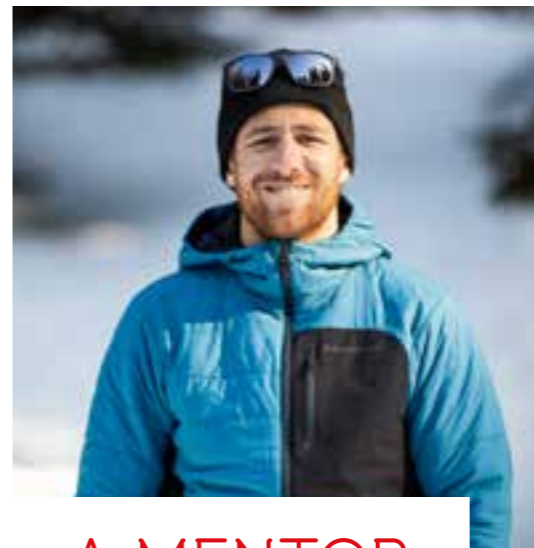
## THEIR PERIOD

April, to make the most of the gentler spring skiing and enjoy the longer, warmer days that are ideal for walks and outings. And when they can sip an aperitif while admiring the sunset.



## WHAT'S NEW?

Other than the unmistakable selfie with the Méribel logo at the foot of the **Open Park**, this winter they'll be tracking down the recently redesigned giant photo frames on the summits of Côte Brune, Mont Vallon, Roc de Tougne, Plattières, Roc de Fer, Loze Express and Saulire Express.



## A MENTOR

**Jeremy Prevost**, pro freerider formerly on the Freeride World Tour. This native of the valley who is deeply attached to his birthplace, is also creator of the successful web-series



filmed in Méribel. His objective is to highlight all the resort's potential in terms of off-piste skiing, extreme sport and to share and talk about his passion for snowsports with people from Méribel and elsewhere. He shares with us his favourite spots and greatest thrills, unpretentiously, though sublime images.

*«For a long time I wanted to do something related to my roots. I've skied in lots of ski areas around the world, and ours is extraordinary in terms of its scenery and performance. There's a huge variety of terrain even in the off-piste (pastureland, forests, and high mountains) and, thanks to the different slope orientations, you can enjoy sunrises and sunsets. One goes to Saulire or Burgin for the rocky, abrupt terrain and steep needles; to above les Allues at Les Crêtes for a magnificent view over Méribel and great off-piste too; or around the Mont Vallon, at the edge of the Vanoise National Park, for panoramic views over the Gebroulaz and Borgne glaciers... Whether you come here for a challenge or gentle skiing, Méribel remains one of the most beautiful resorts in terms of its scenery and architecture.»*



**Les Pierres Plates :**  
04.79.00.42.38 & [www.pierres-plates.com](http://www.pierres-plates.com)  
**Parapente Tandemtop Saulire :**  
04.79.00.45.67 & [www.tandemTOP.com](http://www.tandemTOP.com)  
**Le Coucou\*\*\*\*\* :**  
04.90.65.99.11 & [www.lecoucoumeribel.com](http://www.lecoucoumeribel.com)





## 4

## THE PARTY-LOVING FAMILY



## THEIR PLAYGROUND

The entire resort, with all it offers for fun and thrills on the slopes and the valley's bars, restaurants and clubs. This family doesn't come to Méribel by chance. They know how to enjoy the world's largest ski area to the full, with exclusive après-ski activities such as the **Black Forest Mission** sled run with its 28 corners over a 3km track and almost 500m of vertical drop, or 2-hour Fat Bike outings into the mountains, and then they up the pace with nights on the town.



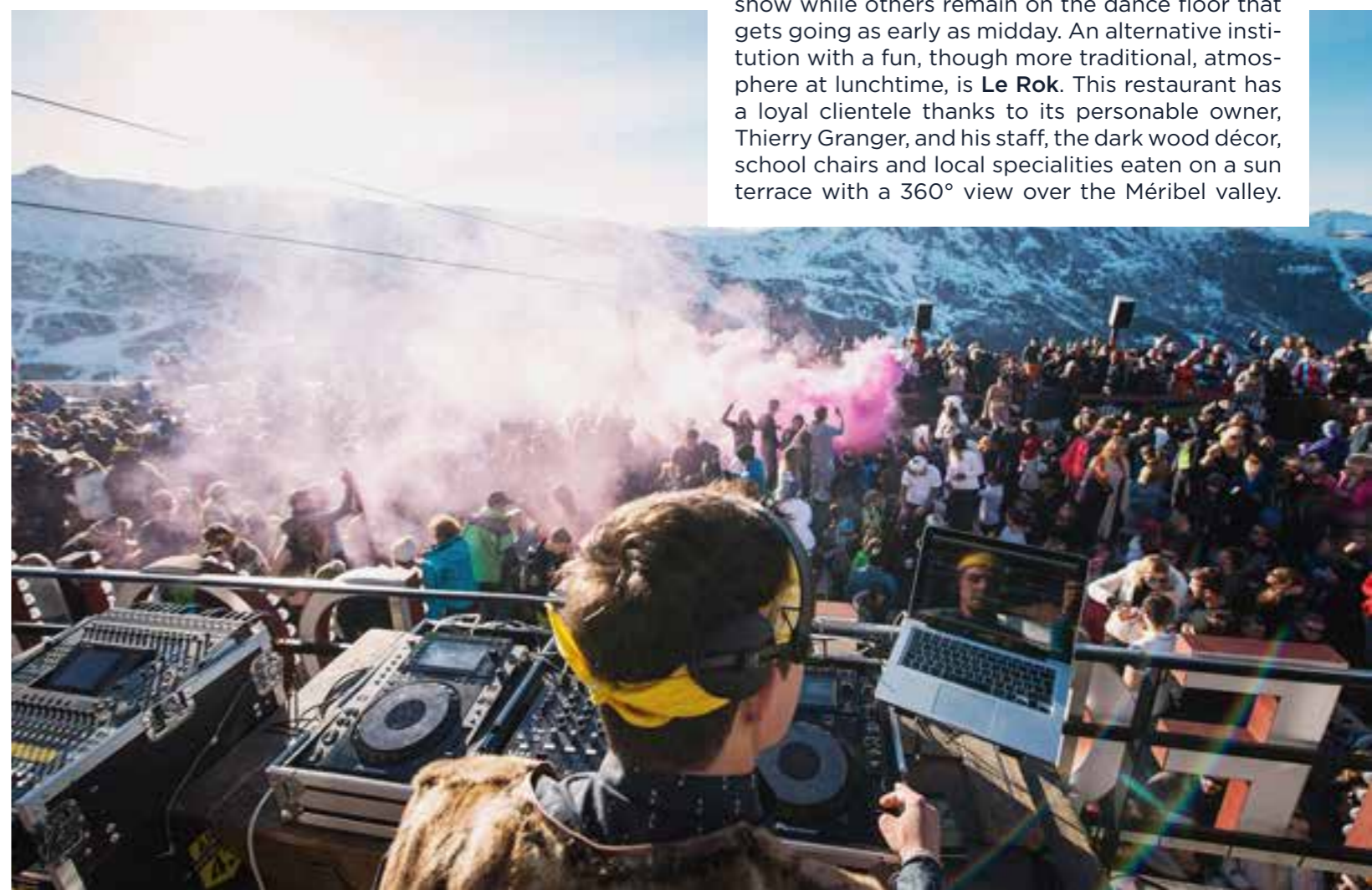
## THEIR HABITS

They give each other dares on the ski area, enjoy fresh snow off-piste and get big air on the **Open Park jumps**, a 2-hectare snowpark that offers both beginners and pros kickers, rails, boxes, a halfpipe and a boarder-cross. In the **Back to the Wild** zone, at the summit of Mont de la Challe, they adore carving tracks on the red run and making the most of the excellent, ungroomed snow on the black run, before heading straight to the lively après-ski bars.



## AT LUNCHTIME

**La Folie Douce** is the place to be all the way through to 5pm. Foodies and fun-lovers book a table at **La Fruitière** restaurant to enjoy the music and dance show while others remain on the dance floor that gets going as early as midday. An alternative institution with a fun, though more traditional, atmosphere at lunchtime, is **Le Rok**. This restaurant has a loyal clientele thanks to its personable owner, Thierry Granger, and his staff, the dark wood décor, school chairs and local specialities eaten on a sun terrace with a 360° view over the Méribel valley.







## APRÈS -SKI

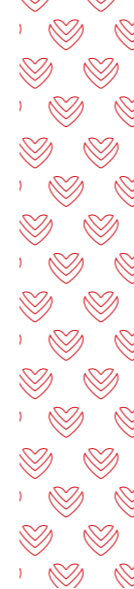
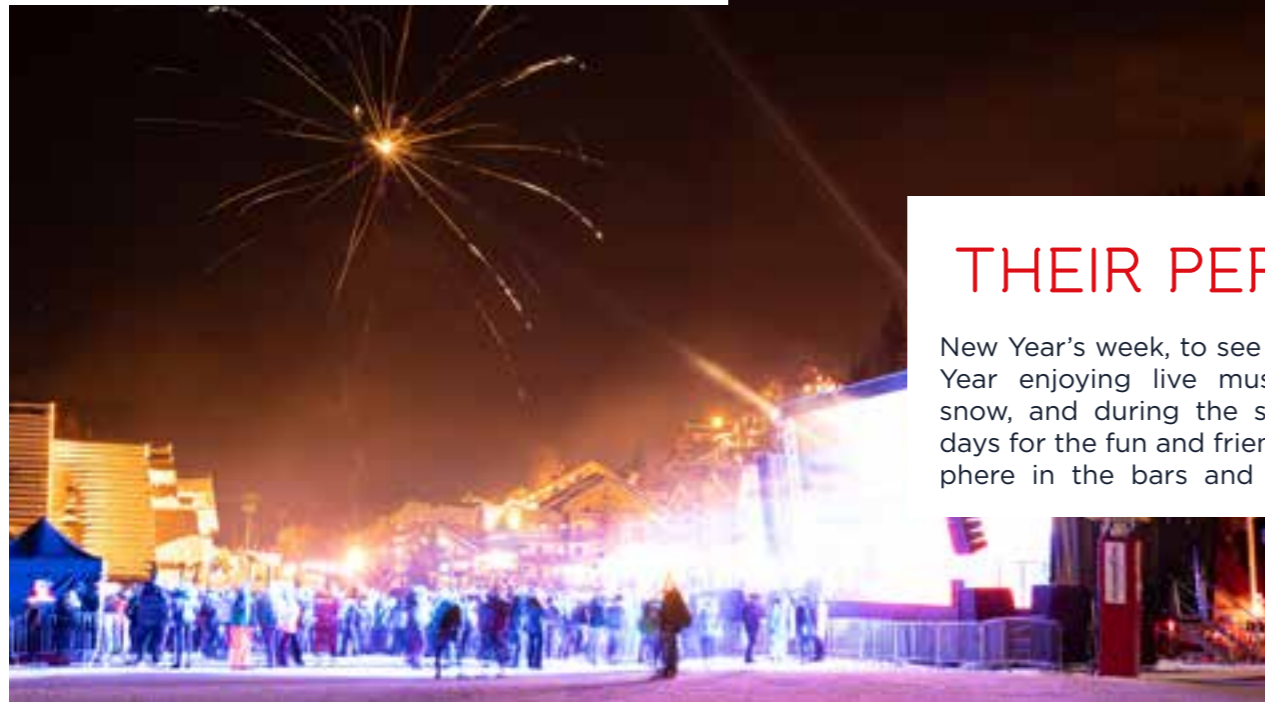


This starts at **le Rond-Point des Pistes** where the party continues until 7pm. This is the place to meet up at the end of the afternoon at **le Belvédère**, with a British pub atmosphere. Then head to the **Rambler** at Méribel-Mottaret, famous for its live music and choice of local beers. Party animals will continue to **l'Abreuvoir** - a chic and fun venue in the centre of Méribel, with a cosy décor and a great selection of local **Savoy** wines by the glass to accompany tapas. After dinner, head to les **Saint-Pères**, the resort's historic and quite chic nightclub or Sully's, a bar-cum-club for a drink and boogie to easy-going DJ sets. For more specialised nights out, **le Down Town** remains the most 'underground' of clubs with well-known DJs, where you meet friends for a drink at the central bar.



## THEIR PERIOD

New Year's week, to see in the New Year enjoying live music on the snow, and during the school holidays for the fun and friendly atmosphere in the bars and nightclubs.



## THEIR BASE



**L'Hévana**, at the heart of the resort and its night-life. This 5-star residence opened last winter, with around a hundred 2-to-4 bed apartments where you can spend a very comfortable holiday with friends or loved ones. Decorated in contemporary chalet style with wood throughout, they are cosy and bright with beautiful balconies and large sliding doors. Even more luxury can be found in the seventeen 3-to-4 room apartments offering an up-market experience with their open fireplaces and private saunas. The Deep Nature spa is open to all, offering targeted treatments for après-ski, sport and relaxation, and even treatments for children. Here you'll find the spectacular, stone décor which has made such a success of this brand, which traces its roots to the flora and environment of the Alps.



## A MENTOR

Ludovic Roche, musician and member of the groups Hook and Rock Cab. This native of the valley plays all year round in Méribel, which he loves for its party culture as much as its landscape and architecture.

*« Méribel has always promoted live music of a very high quality, and long before most other resorts. With a loyal British clientele, après-ski partying is part of the resort's identity, whether at the **Rond-Point des Pistes**, or at the **Brasserie 80** for a more chic, relaxed atmosphere and eclectic live performances. There really is something for all tastes and it's this choice of vibes that makes evenings out so special in Méribel. There is a typically British atmosphere at **Jack's**, it's more "rock" and mixed at **le Rambler**. There's a similar choice with the clubs, with two places offering very different ambiances: **Sully's** is British and **les Saint-Pères** is more chic ».*

Mission Black Forest // S3V : 04.79.00.43.44 & [www.s3v.com](http://www.s3v.com)  
Fatbike // École VTT MCF : 06.12.11.97.97 & <http://fastridingpeople.com>  
La Folie Douce / La Fruitière : 04.79.00.58.31 & [www.lafoliedouce.com](http://www.lafoliedouce.com)  
Le Rok : 04.79.00.44.81  
Le Rond-Point des Pistes : 04.79.00.37.51 & <https://lerondpointmeribel.com>

L'Abreuvoir : 04.79.22.81.82  
Les Saint-Pères : 04.79.00.36.58  
Le Sully's : 04.79.00.57.51 & <https://sullysmeribel.com>  
Le Down Town : 04.79.00.44.69  
L'Hévana : 04.79.22.76.99 & [www.lhevana-meribel.com](http://www.lhevana-meribel.com)



## 5

## THE PURIST FAMILY



## THEIR PLAYGROUND

Areas of untouched nature, silence and snowy peaks, and the valley's traditional villages and restaurants. This family embraces exertion and they like to push themselves. They enter the world of the early fur trappers through ski touring and Nordic skiing (Méribel was recently granted the Nordic France award in recognition of the high quality of this sport). They attain a sense of achievement by getting out of their comfort zone, gaining different perspective over the surrounding landscapes, and making new discoveries on each of their outings. On half or full-day outings, there's never any chance of becoming bored, their thrills are genuine.

They get caught up in the **Explor'Games**, an unusual adventure guided by an app: they must overcome traps and challenges «to find the 'Heart of Méribel', so restoring the balance which has reigned for thousands of years between man and nature in this special valley». They also treat themselves to a visit to the **Raffort mill**: here the children can learn at first hand the trades of a wood cutter and miller. And for those with surplus energy, there is always telemark skiing with the ESF.

## LUNCHTIME

Book ahead for **L'Adray Télébar** where you may find yourself eating next to the famous "instructors' table". This restaurant in the middle of the piste is famous even beyond les 3 Vallées for its veal 'escalope à la crème'. **Lilie** - Bistrot de Famille is named after Sylvain Chardonnet's grandmother who ran the l'Orée du Bois family restaurant from 1964. Those who are nostalgic for this golden era will be delighted by the home-made French cuisine in a welcoming bar/restaurant/delicatessen situated in a historic setting at le **Rond-Point des pistes!**



## APRÈS -SKI

Food must be local, simple and tasty - with no exceptions! Once they have hung up their ski poles, they head for **Le Gourmet Savoyard**, the newest shop in Mottaret where they can stock up on produce from the valley, carefully selected from local farms and Savoyard artisan producers. Next door, the little **Tentation** interior decoration boutique offers a pretty selection of souvenirs and accessories such as leather items and Savoy crosses. The same approach is found at **L'Esquisse** which blends traditional and contemporary, where you can find beautiful wooden sledges and contemporary Alpine-themed tableware... Then it's time for drinks at le **Grand Coeur** bar, loved by generations of regulars who appreciate the tweedy and cosy atmosphere of one of the resort's oldest hotels. It also has an excellent range of whiskeys for connoisseurs.







## THEIR BASE



The ski-in, ski-out **Adray Télébar**, the oldest hotel in the resort and, for the last 50 years, the place to go for people nostalgic for a traditional and authentic mountain holiday. In total, there are 20 wood-clad bedrooms in this comfortable chalet with the convivial atmosphere of a family home.

Run by the **Bonnet family**, its authentic feels comes from its old wood, central fireplace, vintage furniture, and board games. Many guests return year after year to this haven of comfort and simplicity: no wifi, no television, but two restaurants, traditional cooking and a south-facing terrace.



## THEIR PERIOD

January for big ski adventures, and in low season in the company of other insiders who enjoy having the off-piste all to themselves.



## A MENTOR

**Jean-Marie Choffel**, who was Director of the Tourist Office for 20 years. A Méribel resident since 1986, he has skied here since 1960! This purist likes to remind people that Méribel was one of the first French ski resorts:

*«Before 1932, there was no alpine skiing in France. It was just before the outbreak of the Second World War that Méribel became one of the pioneering resorts. As well as establishing a very strict architectural code, the resort remained authentic because so many families made their homes here from the start. The developers closely involved the villagers in the resort's development and that's what made all the difference. There was no move away from using natural materials either, because of the shortages at that time, so the materials used were mainly local ones. Purists enjoy skiing in the original areas such as Burgin and Tournète. You set out from 2,700m and arrive in the centre of the resort at 1,400m. That's a great descent. There is also le Mont Vallon with its north and west faces. We are in the centre of the world's most beautiful ski area and, from Méribel, it's easy to go in a different direction every day».*



Explor Games : 04.79.08.60.01 & [www.meribel.net](http://www.meribel.net)  
Moulin du Raffort : 04.79.00.59.08  
L'Adray Télébar\*\*\*\* : 04.79.08.60.26 & <http://telebar-hotel.com>  
Lilie : 04.79.00.31.29 & [www.lilie-meribel.com](http://www.lilie-meribel.com)

Le Gourmet Savoyard : 04.79.38.98.98  
Tentation : 04.79.00.46.00  
L'Esquisse : 04.79.06.49.27 & [www.lesquisse-meribel.com](http://www.lesquisse-meribel.com)  
Le Grand Cœur\*\*\*\* : 04.79.08.60.03 & [www.legrandcoeur.com](http://www.legrandcoeur.com)





# 6

## THE GREEN FAMILY



## THEIR PLAYGROUND

With 45,000 hectares of wide open space to discover on foot or by ski touring or cross-country skiing, Méribel embodies the perfect natural paradise. One exceptional area celebrates its 30th year this winter: the **Tuéda Nature Reserve**, at the western extremity of the Vanoise National Park, where the largest Cembro Pine forest in the Alps is found. It encompasses 1,100 hectares of unspoiled nature, 540 varieties of plant and 400 species of animal. You can cross it via the Ours ski run which offers an immersive experience with its wooden sculptures of local fauna, five senses stimulation and picnic area.

Situated above 1,700m, the Altiport forest is the starting point for numerous walks and a paradise for cross-country skiers. The super-fit can alternate half or full-day off-piste tours in small groups with trail running on snow along the 25kms of walking paths through varied scenery.



## THEIR HABITS

They like to make the most of nature and enjoy the peace and quiet on Méribel's lesser-known footpaths, and try the many activities suited to a gentler-paced holiday.

For example, they may get closer to nature on a pony trek, either in traditional style on horse-back or by ski-joëring.

Or they may take up ski touring with **Méribel's mountain guides** who offer exceptional itineraries such as the Grand Peron des Encombres and lay down sweeping tracks on north facing slopes when conditions are good.



## A LUNCHTIME

This winter, le **Blanchot** is introducing a take-away service with a great choice, including vegan and organic dishes. What a joy to settle down amongst the Cembro Pines in the nature reserve for a sophisticated picnic!

## APRÈS-SKI

With the children, set out torch in hand in the footsteps of the first trappers. On these outings, they'll discover the natural world and hunt for tracks and signs of animal life and afterwards, build an igloo and tuck into a good fondue. Small children can also try pony-sledding, a gentle form of ski-joëring.

For others, the **Himalaya by Night** offers a unique moonlit experience: sled down a 2km trail in the Yeti Park with toasted marshmallows and hot drinks at the end.





## THEIR BASE

**Refuge de la Traye**, a luxurious and traditional retreat, hidden amongst the firs at La Traie hamlet, accessible only on foot or via the refuge's own transport.

Made up of several wood and stone chalets, it offers rooms, suites and independent chalets in a haven of peace far from the world. Its chapel, spa, original activities and deliberately simply and ultra-local menus complete the picture of an Alpine refuge of unparalleled comfort.



## WHAT'S NEW?

The **Animal Trail** has a new look, but the experience remains the same: take this forest trail with the children and learn how to spot and identify animals' tracks and calls. It's fun and educational!

## THEIR PERIOD

Outside the busy periods, preferably as winter turns to spring so they can make the most of nature coming back to life and the lengthening days.

## A MENTOR

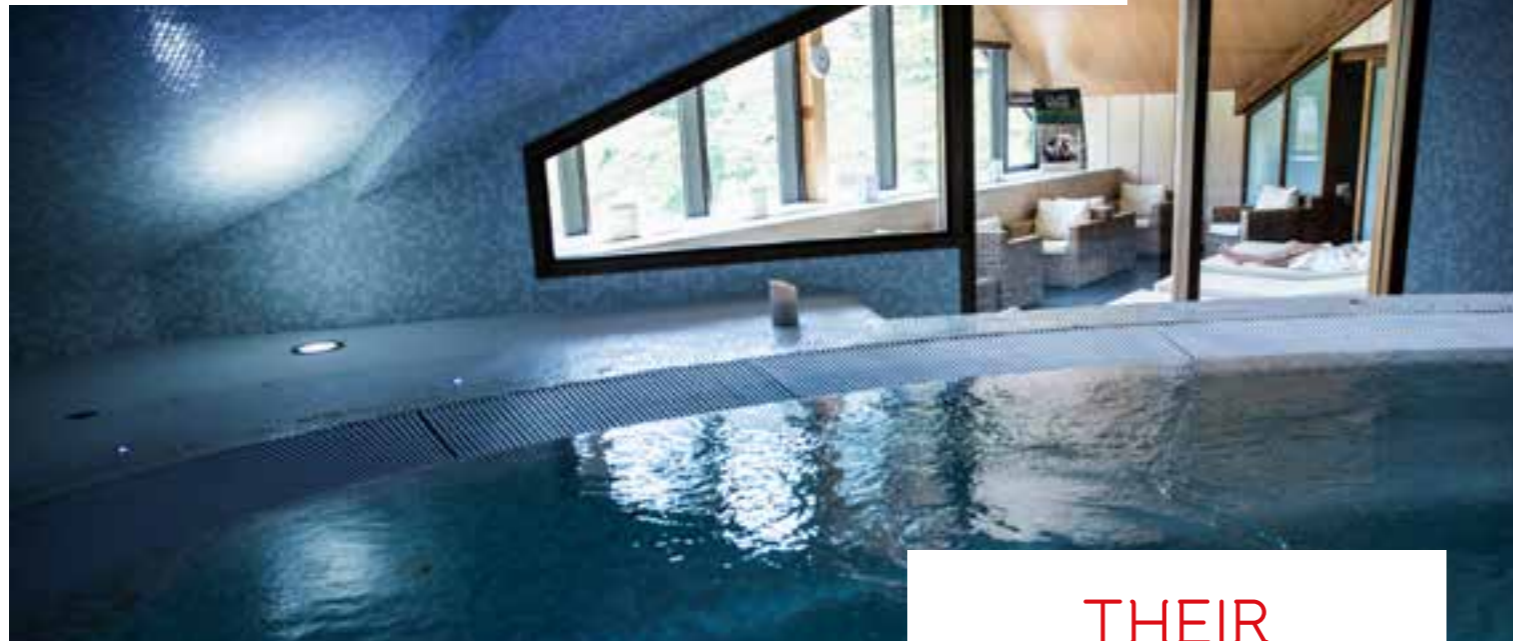
**Danielle Bonnevie**, ranger at the Vanoise National Park and Tuéda Nature Reserve. Resident in Méribel for the past 20 years, this nature-lover appreciates the richness of our wide valley.

*« The vegetation zones start at 600 metres with fruit trees and beech forests, then higher up we find spruce, before reaching the heathland, then the alpine meadows which lead to the glaciers. These different strata promote greater biodiversity, that's why there's so much of interest! As for the Vanoise National Park and the Plan de Tuéda Nature Reserve, these are two protected areas. The Cembro Pine forest lies on all four slopes, which is very rare in Europe. Equally rare is the Twinflower, an arctic-alpine plant which still finds a favourable environment here. Many ski resorts were built on breeding grounds, which is why black grouse is found in so few other places. There are so many good reasons to set out on the numerous, maintained walking trails. There are paths and forest trails accessible to all: walkers, cross-country skiers, beginners, families and experienced trekkers ».*





## THE CHILLED-OUT FAMILY

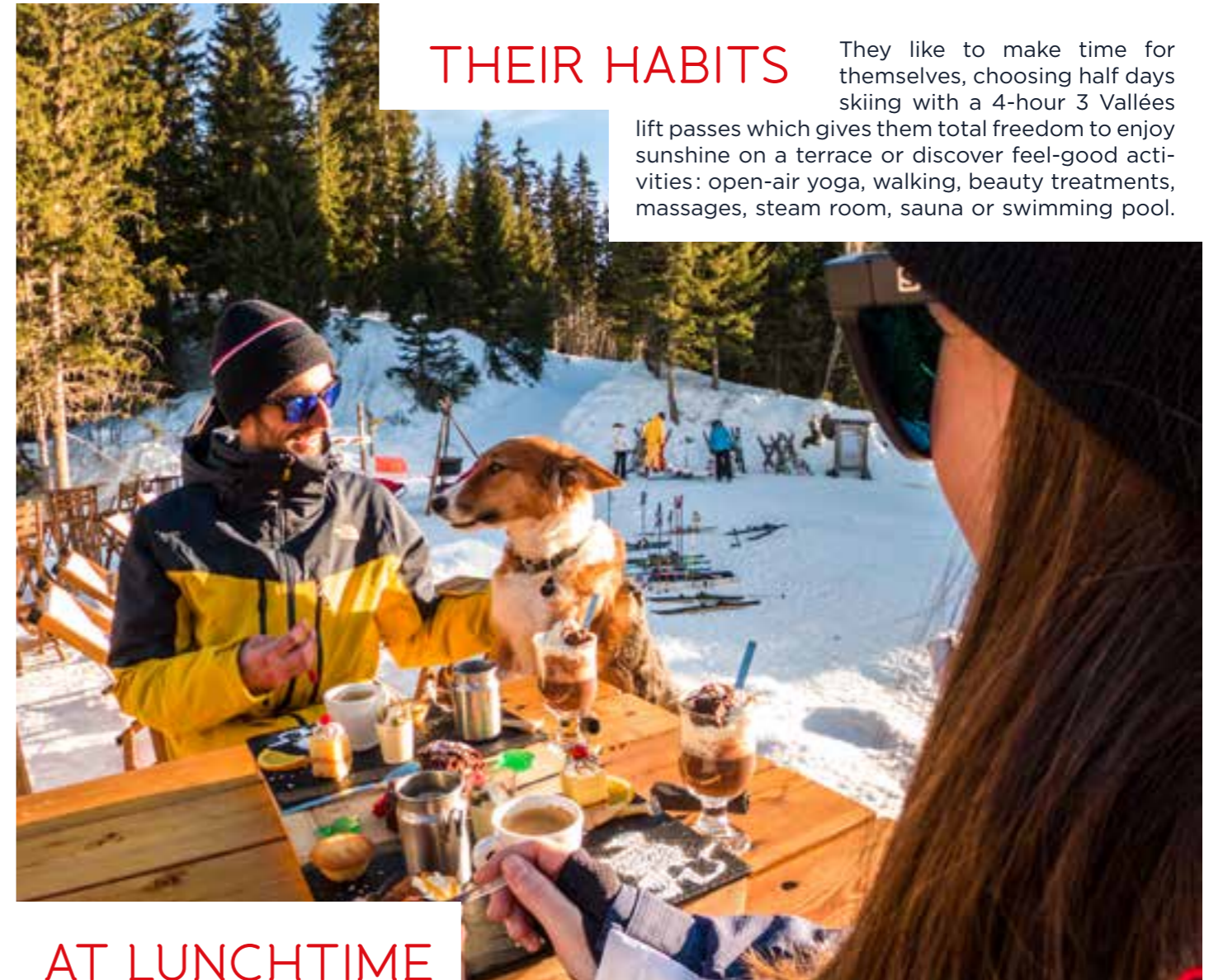


## THEIR PLAYGROUND

The whole of the ski area, which they take at their own pace; their favourites are the quiet slopes through the wooded Altiport sector. They also make the most of the Olympic Centre with its fabulous views, where they can unwind in the sauna, steam room, whirlpool and indoor pool. They might book a high-altitude Hatha Yoga session to start their day or as a break between a walk and a relaxing treatment. Marcela leads these yoga sessions which take place on the Arpasson terrace which has a 180° view, and she can adapt them to beginners or experts. To de-stress or find their legs at the start of their holiday, they might treat themselves to an outing combining snowshoeing with Qi Gong. This ancient Chinese technique based on slow movements helps improve suppleness, breathing and cope with emotional stresses.

## THEIR HABITS

They like to make time for themselves, choosing half days skiing with a 4-hour 3 Vallées lift passes which gives them total freedom to enjoy sunshine on a terrace or discover feel-good activities: open-air yoga, walking, beauty treatments, massages, steam room, sauna or swimming pool.



## AT LUNCHTIME

They dine at the top of la Saulire on the first floor terrace of les Pierre Plates, which uses seasonal produce and offers a massage for those who reserve in advance.





## APRÈS-SKI

Head to le Spa by Payot at the 5-star Hôtel & Spa L'Helios, an intimate and cosy space built of Jerusalem marble with leather chaises longues and a small infinity pool. It's a place where you can totally switch off and laze around or enjoy Payot's expert body and face treatments. A lesser-known venue is le Spa de l'Aspen Lodge, situated in a private residence where Laura gives tailor-made massages. These are customised to the needs of each individual - deep and relaxing after exertion, energizing for a fresh start, or calming to banish stress and tension - ideal for totally letting go over the week, perhaps with techniques evolving over three sessions. For treatments in your own accommodation, Magali (who has trained around the world in traditional relaxation methods) will come to give you a traditional Thai, Shiatsu or sports massage. As a Chinese energy therapist, she is also a certified Prana Vinyasa Yoga teacher.



## THEIR BASE

One of the Chalets du Hameau, a small collection of stone and wood chalets in traditional architectural style, designed as contemporary ski-in, ski-out refuges with all modern comfort. They offer a home-from-home in Méribel with all the facilities and services of a hotel: baby-sitting, driver, private ski instructor, private chef, spa, steam room, treatment room, gym and even a cinema room. It's the ideal arrangement: private accommodation without the responsibilities of home, allowing you to live life at your own pace, without any time constraints. It's a great way to turn your ski trip into a social detox: an opportunity to refocus and spend time exclusively with family or friends.



## A MENTOR

**Marcela Bemposta**, who has taught Yoga in the 3 Vallées for 15 years. This Argentinian, who for years taught skiing in Méribel and the Andes, settled here permanently 32 years ago.

*«What I like about Méribel is that you have direct access to nature. In almost no time, you find yourself in the middle of the forest or in the exceptional and untamed environment of Lake Tuéda. In addition to the breathing workshops we are setting up this season, the Zen Altitude fortnight allows you to enjoy so many outdoor activities: yoga, dance, morning warm-ups before setting out on the slopes, or massages on a summit. I often say that active recovery is the best; it's much more beneficial than resting on a sofa. We 'store' the energy we produce during exertion in our bodies, despite the sensation of fatigue. And the benefits of oxygenation are manifold. In addition to increasing the ability to concentrate, it awakens consciousness, and allows you to gain a sense of perspective. And to ask the right questions: are we in the right place? »*



## THEIR PERIOD

From 27 March to 9 April for the **Zen Altitude** theme fortnight when they can enjoy numerous group activities on the pistes and around the resort. Alternatively, before Christmas or in spring, to enjoy the calmer pace of the resort and full availability of all services.





# WINTER HIGHLIGHTS



## DECEMBER 2020

- 5/12 : Resort opens, Meribel's Grand Opening in Lights
- 12-13/12 : French Ski Mountaineering Championships
- 21-25/12 : Christmas Celebrations
- 31/12 : New Year's Eve celebrations with open air nightclub at la Chaudanne

## JANUARY 2021

- 6/01 : Russian Christmas
- 18-22/01 : FIS women's ski competition, two GS races and one Super-G
- January : Winter Film Festival

## MARCH 2021

- Late March : French Alpine Skiing and French Mogul Championships
- Late March : Sound Clash

## APRIL 2021

- 27/03-9/04 : Zen Altitude theme fortnight



# USEFUL INFORMATION

## HOW TO GET TO MÉRIBEL



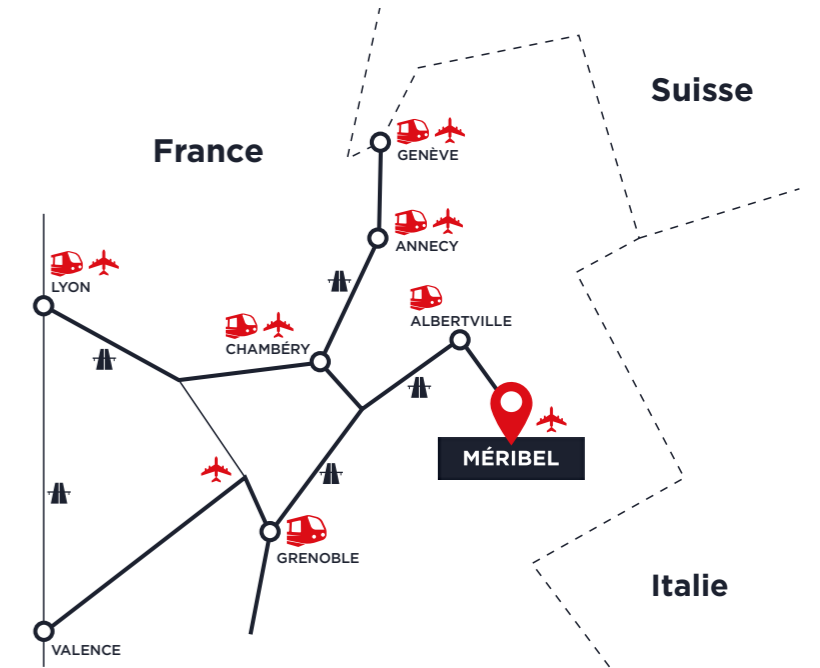
By Air, Lyon (2hrs), Genève (2hrs), Chambéry (1hr), Grenoble (1hrs30mins).



By train, only 15 minutes from Moûtiers TGV train station (18km). Weekly Eurostar trains direct from London. Bus link to the resort with Altibus [www.transavoie.com](http://www.transavoie.com)



By road, only 15 minutes from the motorway. A43 Motorway to Albertville, RN90 dual carriageway to Moûtiers, then 18km on the D90 to Méribel.



Meribel Tourisme has integrated the **Snowcarbon** - Meribel Journey Planner into its website, to help skiers find out the best train schedules from the UK to Meribel !



Information : <https://www.meribel.net/la-station/acces.html>

You can also find all **lift pass prices** for winter 2020/21 on this website : <https://www.meribel.net/ski-glisse/forfaits-de-ski/>





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