



LES MENUIRES, **A SAFE BET** IN THE FRENCH ALPS

WINTER 25/26



friendlyMenuires

LES 3 VALLÉES

A photograph of three skiers sitting in a gondola, looking out over a snowy mountain landscape under a clear blue sky. The skiers are wearing helmets and goggles, and are smiling. The background shows a vast, snow-covered mountain range with some ski lifts visible in the distance.

10

**good reasons
to choose
Les Menuires**

1

It is the biggest ski area in the world

There's no question about it. Les Menuires is the heart of the 3 Vallées and the gateway to a skiable domain comprising 600 km of slopes and 7 resorts connected by the summits. An unrivalled winter playground. Simply put, it's the pinnacle of the French mountain scene.

**Opening
from 6th December 2025
to 17th April 2026**

2

Guaranteed snow

This high-altitude resort with 85% of its slopes located above 1,800 m and 57% of its terrain serviced by snow-making equipment, always provides optimum snow cover and plenty of powder snow.

3

The best value for money in the 3 Vallées

As the gateway to the 3 Vallées at every level, Les Menuires has been promoting the idea of 'accessible' skiing for 60 years. This is why the resort offers both luxurious 4-star hotels and affordable tourist residences.

4

Ski-in/ski-out holidays

This integrated resort has been designed so that all (or almost all) of its accommodations can be reached ski-in/ski-out. A real luxury! No car required, just park your vehicle for the duration of your stay and enjoy the different areas and their atmospheres by following the footpaths or hopping on the free shuttles.

5

Ski for all levels

A large area means a large range of options for the slopes. At Les Menuires, beginners have access to all the ski areas and are just as pampered as experienced skiers. There are 54 green, 142 blue, 111 red and 35 black pistes in the 3 Vallées area. In other words, there are virtually as many easy slopes as there are challenging ones.

6

Everything for the family

Awarded the Famille Plus label, the resort welcomes babies from 3 months and children of all ages in dedicated facilities. Mini-club ski lessons are available from the age of 3, and the Piou-Piou Village offers a wide range of packages for children to discover the world of skiing and snowboarding. Families also love tobogganing at the Boukty Camp, the fun park and the aqua park.

7

Fun slopes

Popular for its traditional slopes, the resort also boasts three fun zones: the Pixel Area, with its snow park and boardercross, and the Friendly Natural Park, a kingdom of bumps and races among friends, complete with a discovery trail of the local wildlife for the little ones. More of a powder snow and ungroomed spaces enthusiast? Head for the three Liberty Ride zones, ungroomed areas to rediscover the thrills of off-piste skiing in complete safety.

8

Mountains of activities

Both on and off the slopes, Les Menuires offers a multitude of indoor and outdoor activities: sledging, tobogganing, walking, snow groomer rides, snowmobiling or dog sledging, meeting an alpine farmer, snowshoeing, as well as fitness or yoga classes, a cinema and relaxation in one of the resort's wellness areas. Not to mention ski touring and cross-country skiing.

9

For its architectural and cultural heritage

While the ski slopes remain one of the resort's main assets, Les Menuires offers a rich architectural heritage (Baroque at the Notre-Dame-de-la-Vie sanctuary and Brutalist in the heart of the resort), museums (Musée de Saint-Martin-de-Belleville, the Maison de l'abeille noire (House of the Black Bee)), heritage trails... And excellent restaurants where you can enjoy the best of the Savoyard region.

10

For friendliness

There's no fuss here! True to its friendly Menuires signature, the resort cultivates a unique state of mind, a subtle blend of simplicity and friendliness. 94% of visitors are satisfied or very satisfied with their stay in Les Menuires (BVA study 2023/2024). In addition, Les Menuires ranks as one of France's leading resorts, particularly appreciated for its friendly atmosphere.

Top-notch value for money



No wonder the friendliest resort in the Alps broke its attendance record for the third year running last winter!

The most accessible resort in the 3 Vallées, Les Menuires offers a winning mix of world-class skiing, activities for everyone and a warm, welcoming atmosphere. It's your best-value gateway to the world's largest ski area.

The "PASS"

Ski on Saturday!

**Only €39 for a full-day pass
every Saturday**

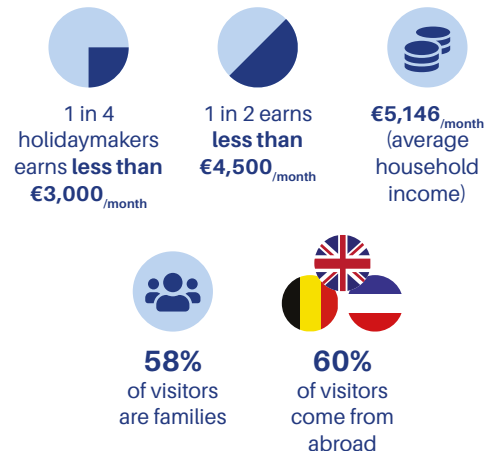
Offer valid until midnight the day before,
with a rechargeable pass or at ticket machines
in the resort.

**With Family Flex, the whole family
skis at the child rate**

**From €274.50 per person
for a 6-day pass**

Available for groups of 3 or more (2 adults + 1 child)
for 6 consecutive days, on the same ski area,
with identical duration and payment method.

Who skis in Les Menuires?



When?

27%
in January

26%
in February

Off-peak periods (January and March)
have been on the rise for the past 8 years
(+35% in January alone)

How long?



Source: BVA CDA satisfaction survey, winter 24/25

Key figures of the ski area

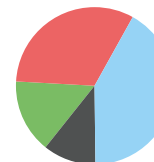
LES MENUIRES

160km of slopes
with 87 slopes

28km
of cross-country
skiing slopes



31
ski
lifts



13 green
41 blue
24 red
9 black

5
fun
area

15km
of safety
nets



540 snow canons
covering 57% of the area

LES 3 VALLÉES

600km of slopes
with 339 slopes

118km
of cross-country
skiing slopes



+160
ski
lifts

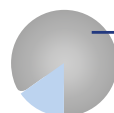


6
glaciers

25
accessible
peaks



+83%
of the ski area
above 1800m



74 ↔ **14 378**
rooming machines
in les 3 Vallées hours
of grooming



2634
snow canons

28
fun
area



63
mountain restaurants



57
hiking
trails



54
ski lifts
for
pedestrians

Did you know?

Easy and quick access

The first resort you reach in the Tarentaise Valley when coming from Moûtiers, Les Menuires offers a real luxury: saving time on the road... so you can spend more of it on the slopes!



les 3 vallées

Genève
Chambéry
Lyon
Grenoble



The eco-friendly extra

Chambéry - Moûtiers Salin Brides les Bains

in 1h20

Paris Gare de Lyon - Moûtiers Salin Brides les Bains

in 4h

London - Moûtiers Salin Brides les Bains

in 7h

A rich and responsible culinary scene

With over 70 restaurants,

the resort offers a diverse culinary landscape—from traditional Savoyard fare and fine dining to creative concepts and friendly bistros.

Some venues, such as La Marmite, proudly hold the Maitres Restaurateurs label, showcasing fresh, local ingredients through homemade dishes served in unique settings—like a gondola cabin or even an igloo.

Other spots, like Là-Haut, charm guests with their cosy atmosphere, regional cuisine, and evenings by the fire, while La Terrasse de l'Ours Blanc is perfect for a gourmet break with skis on and panoramic mountain views. As for DJ sets and laid-back lounge vibes, you'll find them at the Italian restaurant Roc 7, complete with a dedicated Maison Veuve Clicquot terrace.



Well-being and the art of alpine living

The resort is home to over 10 spas and wellness areas, spread across high-end residences, wellness centres, and 4-star hotels—offering something for every need to recharge.

Renowned skincare brands such as Sothys, Deep Nature and Nuxe provide premium treatments designed to rejuvenate body and mind after a day on the slopes.

The Thursday Night Show: a winter must-see



Every Thursday evening from December to March, Les Menuires comes alive with the Thursday Night Show, now a signature event of the resort. These open-air performances offer a unique experience each week, featuring light shows, artistic performances, live music or immersive creations. A true highlight of the season!



Did you know?

La Masse : the untamed icon of the 3 Vallées

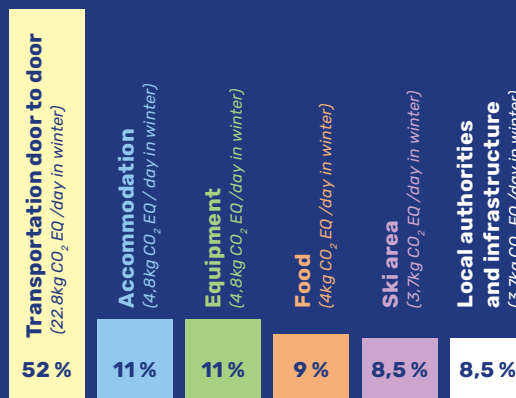
Set on the western slope of the ski area, La Masse is a haven for skiers seeking authenticity, wide-open spaces and serious vertical drops. Its ultra-fast gondola whisks you to the 2,800m summit in just 7 minutes, giving access to long runs (with 1,000m of descent), slopes for all levels, and some of the area's most iconic off-piste routes.

With fewer ski lifts in sight, La Masse offers more skiing, more serenity, and more unspoilt scenery, far from the busier parts of the domain.

It is also an Area of High Ecological Value. La Masse is a vital ecological zone, home to a tranquillity area for black grouse, developed in close partnership with the Vanoise National Park. Across the 3 Vallées, more than 260 birds have been fitted with GPS trackers over the past 8 years, 83 of them within the Belleville area alone, to better understand their behaviour and protect their habitats. This work supports a remarkable model of balance between tourism and biodiversity, recognised by the French Office for Biodiversity.

La Masse is also home to the funzone Friendly Natural Park, a fun and educational space created with the Vanoise National Park. Designed for younger visitors (and the curious of all ages), it offers an interactive, gentle and respectful introduction to Alpine wildlife, flora and landscapes.

Carbon footprint



43,8kg CO₂ EQ /day

That's the carbon footprint
of a day's skiing in Les Menuires

10% lower

than the average
for French ski resorts
(which is estimated at 48,9kg CO₂ EQ /day
according to ADEME 2022)

Winter events...

SAVE THE DATES!

OPENING OF THE RESORT

Saturday 6th December 2025

THE WINEGROWER'S WEEK

From 5th to 8th January 2026

THE TROPHÉE DE L'ESPOIR

Thursday 19th February 2026

THE SKI OPEN COQ D'OR

From 25th to 28th March 2026





4th edition of **Complètement à la Masse** 21st March 2026

Head to Les Menuires, in the La Masse sector, for a wildly fun and utterly unique slalom with 1,000m of vertical drop packed into 5km of challenges: giant slalom, pole forests, moguls, boardercross, snake run, biathlon stand... Complètement à La Masse is a full day of skiing open to everyone, whether you have a licence or not, in costume or not, local or visiting! The course is designed to suit all levels, and the number of enthusiastic participants has tripled in just three editions!

Les Menuires Tourist Office
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lesmenuires.com



Yogiski turns 10! From 10th to 16th of April 2026

For its 10th edition, Yogiski invites you to unroll your mat—and your mind—at 1,850m altitude, with a week of fitness and well-being at the perfect elevation. On the programme: first track yoga sessions at 2,800m, cold yoga, yoga hikes with dinner in a mountain refuge followed by a starry descent, sound baths, Ayurveda, naturopathy, foot reflexology, Tai Chi, candlelit yin yoga... and of course, skiing!

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