

2026

Press Kit

WHAT'S NEW THIS SUMMER?



- **VAL THORENS** 2 300 m
- **LES MENUIRES** 1 850 m
- **SAINT-MARTIN-DE-BELLEVILLE** 1 450 m

les 3 vallées

INFINITE
MOUNTAIN
EXPERIENCES

Vallée DES Belleville

A ROUND-UP OF THIS SUMMER'S NEW FEATURES

From 600 to 3,200 metres above sea level.

from flower-filled pastures to snow-capped peaks, the Vallée des Belleville reveals its many facets and its unique character this summer.

From the traditional village of Saint-Martin-de-Belleville to the ridge lines of Val Thorens, via the mountain lakes of Les Menuires, this three-in-one destination offers a rich natural, cultural and sporting heritage to be experienced on every level and at every age. This summer once again promises a wealth of emotions and thrills: a look at the latest highlights and must-sees, from the valley floor to the summits.



KICKING OFF

THE SUMMER SEASON: Heading up to the alpine pastures



THE TRADITIONAL

30 MAY

• **Alpage des Combes**
(1,600 m altitude)

Guardians of tradition and the valley's **only producers of Beaufort** "chalet d'alpage", the Collin and Pocard families lead their **180 Tarine and Abondance cows** up to the high pastures, guided by the gentle chime of cowbells. Sylvain and Jean-Luc, two seasoned herdsman (now in their 9th and 13th seasons respectively), guide the herd to lush grazing lands, while David, the loyal cheesemaker, opens the alpine chalet and sets everything in motion. Thus begins 100 days far from the crowds, in perfect harmony with nature and the animals. Marc Collin, one of the last 15 Beaufort "chalet d'alpage" producers, travels up three times a week to collect the wheels of cheese, which he then takes down to the ageing cellar in La Bathie, near Albertville. They remain there for five months before being eagerly enjoyed.

Beaufort is then available in the alpine pastures at Chez Pépé Nicolas and at the Michelin-starred restaurant La Bouitte**.

THE MUST-SEE

20 JUNE

• **Chez Pépé Nicolas**
(1,957 m altitude)

Each year, this age-old ritual marks the official start of the summer season. Setting off from Saint-Martin-de-Belleville, **a herd of 30 cows and 80 goats** passes through the villages of the Vallée des Belleville before reaching the alpine pasture at Chez Pépé Nicolas, 6 km higher up. This lively and friendly ascent takes around four hours, during which locals, farmers, families, friends and curious onlookers all lend a hand. Upon arrival, a convivial lunch and entertainment await at the alpine chalet Chez Pépé Nicolas, with sweeping 360° views.

Set menu lunch.
gb.chezpepenicolas.com

NEW

AT THE SUMMITS OF LES BELLEVILLE

The trail running event:

GRAND RAID KIPRUN 3 VALLÉES - MOÛTIERS, A NEW PANORAMIC EXPERIENCE

Calling all trail runners!

From 30 July to 2 August, discover this summer's brand-new trail event in Les 3 Vallées. **The Grand Raid Kiprun 3 Vallées Moûtiers** features seven new races, both day and night, **four of which take place in the Vallée des Belleville**, a prime outdoor sports destination already hosting the **Val Tho Summit Games** each summer. **The event's standout feature? High-altitude starts**, still rare for races of this scale. Two exceptional and iconic starting points have been selected:

Cime Caron at 3,200 m (110 km) and Pointe de la Masse at 2,804 m (70 km). While the 3 Vallées ultra – an XXL challenge of 172 km with 12,000 m of elevation gain – is aimed at seasoned runners (solo or in teams of eight), four routes starting from Val Thorens, Les Menuires, Saint-Martin-de-Belleville and Saint-Jean-de-Belleville allow runners of all levels to take part.

31 JULY

🕒 4 pm : **L'Odyssée de Caron**

A vertical journey between sky and earth
110 km | 5,880 m elevation gain – Solo
Start at Cime Caron in Val Thorens,
at 3,200 m altitude

1 AUGUST

🕒 8 am : **Les Balcons de St-Jean**

A short format with big character
25 km | 1,150 m elevation gain – Solo
Start in Saint-Jean-de-Belleville

🕒 10 am : **Le Défi de la Masse**

A panoramic route
70 km | 3,300 m elevation gain – Solo
Start at Pointe de la Masse in Les Menuires,
at 2,804 m altitude

🕒 10 am : **Le Marathon des 3 Vallées**

Between authentic villages, ridgelines and
alpine pastures
50 km | 2,625 m elevation gain – Solo
Start in Saint-Martin-de-Belleville

From 35€. Refreshments, finisher's meal, electronic timing,
live tracking, KIPRUN kit and gondola access to the Start
included.

grandraid-3vallees.com

THE FIGURE

74 %

of runners take part in trail running,
according to the Running Observatory
2025. From tarmac to trails, more and
more runners are making the switch.
Trail running continues to surge in
popularity.

A MOUNTAIN *of sensations*



NEW

Wild high-altitude canyoning and overnight stay

A brand-new, authentic canyoning experience supervised by the Bureau des Guides des Belleville is launching this summer in the heart of the Vallée des Belleville. Nestled in a remote valley, far from crowds and standard routes, **the Varlossière canyon is truly one of a kind**, defined by its unspoiled high-mountain atmosphere and technical challenges: **vertical abseils, playful sections, natural slides, crystal-clear pools** and breathtaking alpine views combine to create a demanding yet immensely rewarding route. Reserved for sporty and experienced participants.

Optional free overnight stay:

To complete this wild experience and spend a night immersed in nature, the former Varlossière shepherd's hut has been converted into an **unstaffed 19 m² refuge with four bunk beds, no water and no electricity**: perfect for a true digital detox. It also serves as a valuable stopover for hikers in the vallée des Encombres and for adventurers setting off the next morning to explore the canyon.

Canyoning from 69 €.

Bureau des guides des Belleville: +33 4 69 96 55 15 or guides-belleville.com/ete/



NEW

First steps into mountaineering: L'arête des Cœurs

Looking to go beyond hiking or via cordata? With sections of easy climbing, sharp ridgelines and spectacular views over the Vanoise peaks, L'arête des Cœurs, above Val Thorens, is ideal for those seeking an authentic high-mountain alpine experience along a wild and airy route between sky and rock. Here, there are no ladders or artificial aids as in via ferrata: participants progress roped up with a guide from the Vallée des Belleville, learning to move safely across natural rock in a grand mineral setting. This PD+ ridge route (with grade 4 sections) offers a perfect introduction to rock mountaineering without extreme difficulty.

90 €/person

Bureau des guides des Belleville: +33 4 69 96 55 15 or guides-belleville.com/ete/

NEW

Ascent Pass: even more to explore

To make the most of a wide range of activities, the new ascent Passport in the Vallée des Belleville offers a packed programme this summer, including: **unlimited lift access across Les 3 Vallées** (new: unlimited access to Pointe de la Masse at 2,800 m and Cime Caron at 3,200 m), **one guided hike per day with the Bureau des Guides des Belleville** (half or full day), plus sports and wellness activities to unwind (swimming pool, archery, table tennis, trampoline... and access to the Fun Park for children).

Full pass: 210 € adult / 180 € child (5-17) for 7 days (lifts + 1 hike per day + pools, fun park, archery, table tennis, trampolines).

Also available without hiking: 75 € adult / 55 € child (lifts + pools)

Also available without sports & swimming pool option: 135 € adult / 90 € child for 7 days

skipass-lesmenuires.com/en/

LET IT ROLL!

NEW

DOWNHILL

• MTB trails and slopestyle zone

This summer, the valley's MTB offering expands with **three new downhill trails** and the creation of a **slopestyle zone** in the heart of Val Thorens. The DH trails, accessible via the 2 Lacs gondola, include a green run and fully redesigned blue and red runs. At the same time, a new slopestyle area is opening in the resort centre, featuring progressive modules suitable for all levels, allowing riders to train and improve safely.



NEW

E/MTB

• Discovering pastoral life in the mountains

"Pastoralism in the Vallée des Encombres"

This route winds through picturesque mountain hamlets, alpine pastures, and charming chalets, offering an authentic insight into traditional mountain farming. Along the way, cyclists can observe herds of cows, goats, and sheep, as well as a local beekeeping site. Dominated by the Grand Perron (2,800 m) and Montagne des Coins (2,700 m), the route boasts spectacular panoramic views. The Refuge de Gittamelon, located midway, provides an inviting stop. With a steady, gentle ascent and little technical difficulty, this quiet trail is ideal for those looking to enjoy the scenery at a relaxed pace.

23 km (10 km on road – 13 km on forest track)
2h30 – Elevation gain: 600 m

st-martin-belleville.com/en/mtb-les-encombres

Discover the Power of Water!

"Au fil du Doron" Cycling Route

How does water shape our daily lives? How is it harnessed sustainably for energy production? How do torrents like the Doron River sustain the valley and its human activities?

Find all the answers along this new 25.9 km round-trip cycling route, which offers a fascinating insight into the natural and human role of water in the Alps.

Level: Easy – Suitable for MTB & e-MTB.

Approx. 3 hours – Elevation gain: 740 m

st-martin-belleville.com/en/mtb-les-belleville

NEW

in the press

CYCLING

• A climb to keep you on your toes all summer long

Created in 2022, the **Col de Tournette** – set to become a **giant of Alpine cycling** – is a 30 km climb with nearly 2,000m of elevation gain starting from Moûtiers. Its **final 6.9 km climb, fully rideable from Les Menuires**, averages over 6.5% with sections exceeding 20%, making it more demanding than iconic passes such as the Loze or Galibier, according to benchmark indices (Climbfinder: index 1672). It has even recently been ranked among the 10 toughest climbs ever considered for the Tour de France (source: Eurosport, July 2025).

Save the date: 27 June – Objectif Tournette. Ready to take on the challenge this summer? Amateur and experienced cyclists alike set off from Moûtiers to conquer this giant pass.



NEW

KIDS & TEENS

My mountain adventure

From 6 July to 28 August, children and teenagers aged 3 to 17 can embark on a multi-activity adventure programme. ESF Les Menuires, a Famille Plus certified resort, is renewing its "My mountain adventure" courses with a wide range of sports and nature-based experiences. With 32 places per age group and activity, ESF aims to welcome 600 children this year.

Kids club (ages 3-6)

An introduction to the mountains: observing flora and fauna, visiting a farm... and an unforgettable gondola ride!

Little adventurers (ages 6-8)

A sport & nature programme: mini survival course, fishing discovery, biathlon initiation...

Big adventurers (ages 8-12)

A step up in thrills: canyoning, rafting, mountain courses...

Teen team (ages 12-17)

For adrenaline seekers: wakeboarding and water games, mountain kart, via cordata, rafting...

From 40 € per half-day, 70 € per day,
170 € for 5 half-days

ESF Les Menuires: esf-lesmenuires.fr
or lesmenuires.montagne-experiences.com



NEW

INTERACTIVE

Digital treasure hunt: Explor Games®

Explor Games® is an immersive, story-driven adventure game blending treasure hunt and Cluedo® elements, played in teams via an interactive app. And for younger participants: Explor Games® Operation Flocon! The mission: help Elliot and Paff find the unique snowflake.

Caron 3200

caron3200.com/en/

NEW

GREAT DEAL

Family Flex expands: the whole tribe at child prices!

Whether your family is traditional, single-parent, blended, large, or multi-generational... with Family Flex, everyone benefits from the child rate to explore the entirety of Les 3 Vallées on foot or by MTB. This summer, it also includes pedestrian access to Pointe de la Masse in Les Menuires, Cime Caron in Val Thorens and Orelle.

7-day pedestrian pass: from 147.30 € for 3 people* (i.e. 49.10 € per person)

7-day MTB pass (pedestrian access included): from 212.40 € for 3 people* (i.e. 70.80 € per person)

*1 or 2 adults + 1 to 6 children aged 5-17.
Free for under-5s.

skipass-lesmenuires.com/en/

NEW

FUN

Immersive museum experience

Combining a relief map, videos and projections, the new interactive and evolving installation at the Saint-Martin-de-Belleville museum allows visitors to discover the Vallée des Belleville as if flying over it. The experience takes visitors on a journey through time, from the Ice Age to the present day, revealing how landscapes and human activity have shaped the valley. Both educational and entertaining, this immersive installation greatly enhances the visitor experience.

st-martin-belleville.com/en/2026-02-03-new-experience-museum-saint-martin

And still running smoothly in Val Thorens!

The **Kart and Trott Xperience** offers a **3 km** descent on a mountain kart or downhill scooter along the same high-altitude track. Open from age 12, this supervised activity combines gradients, banked turns and breathtaking views.

22 € per run, 84 € for 5 runs, 144 € for 10 runs

ski.valthorens.com/en/



NEW ADDRESSES... WITH A VIEW

Where to be amazed?



NEW

Destination Cime Caron

At the summit of Cime Caron, the highest point in the Vallée des Belleville at 3,200 m, Caron 3200 opens for the first time in summer, inviting visitors to enjoy a truly elevated experience. Accessible to pedestrians via the Cime Caron cable car, this new multi-service complex offers a unique summit experience in the heart of the Alps.

Perched at 3,200 m, this cutting-edge building meets the challenge set by SETAM (operator of Val Thorens lifts): to provide new services at this iconic summit and enhance the visitor experience with a space dedicated to relaxation, socialising and eating.

Panoramic restaurant, rooftop terrace, wine bar – the highest in Europe – shop and modular space all come together to offer exceptional 360° views over more than 1,000 Alpine peaks.

| caron3200.com/en/



GREAT DEAL

WHERE TO STAY?

L'Alpeen Hotel:

Excellent value for money

Right in the heart of the resort, next to the iconic bell tower of Les Menuires, L'Alpeen offers 33 fully renovated accommodations, including rooms, dormitories and apartments for 1 to 12 people, it is ideal for every kind of group. Guests can enjoy panoramic views over La Masse, particularly from the terrace at breakfast or dinner, with the local and gourmet menu of the restaurant "Bela Veya", open evenings only in summer.

From 85 € per night (single), 125 € per night for two including breakfast, 22 € per night in a dormitory

From 961 € per week for two including breakfast

+33 4 65 84 14 07 or alpeenhotel.com/en/

NEW

WHERE TO VISIT A FARM?

Gaëlle and her goats

Recently settled in Saint-Martin-de-Belleville, Gaëlle and "her girls"—as she affectionately calls them—welcome curious visitors of all ages to discover goat milking and cheese-making in the hamlet of Villarenger. This former head receptionist, who once considered retraining after a hairdressing qualification, left Dunkirk overnight after seeing a TV report, to train and raise goats in the mountains.

NEW

WHERE TO EAT?

First summer at Le Grenier

The restaurant at Hôtel Saint Martin in Saint-Martin-de-Belleville is now open for the summer season. Expect friendly Savoyard cuisine inspired by local produce (asparagus, meadowsweet-stuffed poultry, Arctic char...) in a warm, chic bistro atmosphere. A highlight is the terrace at the foot of the MTB trails and gondola, facing the mountains – the perfect spot between two descents.

Menu from 16 €, children's menu from 19 €

+33 4 79 00 88 11 or legrenier-stmartin.com



A demanding daily routine, but one she is deeply passionate about. From 6:30 am to 8:30 pm, she tends to the animals, milks them, takes them into the forest, cleans their enclosures at 1,100 m altitude... not to mention the daily curdling and draining of 50 litres of milk to produce a range of delicious cheeses (tomme, sérac, fresh cheese, raclette, gruyère...), hence the name: Au délice des fromages! Available to taste directly at the farm or at the Saint-Martin-de-Belleville market every Thursday.

Visits on request or spontaneously. Cheese from 2.50 €
audelicedesfromages73@gmail.com or +33 6 80 24 74 42

July

Summer AGENDA



28 JUNE

5th Festival of the Mill and Sustainable Energy

As part of National Mill Day, Saint-Martin-de-Belleville opens the doors of the 17th-century Burdin Mill, which supplied flour to locals for nearly two centuries. A festive day for all the family, with activities and demonstrations exploring both the agro-pastoral past and the present and future of sustainable energy in the valley.

5 JULY 14 JULY 5 AUGUST

Soapbox races

Three soapbox races forming a championship: three dates, three locations, three races, with both individual race rankings and an overall classification. A dedicated category for ages 10-13 allows younger participants to join in the fun.

5 July in Saint-Martin-de-Belleville, 14 July in Les Menuires, 5 August in Val Thorens

20 € per race or 50 € for all three races per team of 2 or 3

club-des-sports-valthorens.com or clubsportsmenuires.com

11 TO 18 JULY NEW

1st International Chess Open

Co-hosted by Sogevab and the Les Menuires Tourist Office, and organised in partnership with the Corbas Mions Chess Club, this event features three tournaments for players of all levels: an opportunity for amateurs to meet grandmasters, with 25,000 € in prize money.

Open-echecs-menuires.com



22 TO 25 JULY

French Downhill MTB Championships

A renowned cycling destination and expert in sporting events, Les Menuires hosts the nation's top riders for the French DH MTB Championships – an impressive race shaped by a demanding mountain profile.

24 AND 25 JULY

11th Craft Beer Festival



Brewing culture and local craftsmanship take centre stage in Saint-Martin-de-Belleville. Locals and visitors can sample beers from around ten Savoyard microbreweries in a festive, friendly and inclusive atmosphere. Programme includes tastings, brewers' fair, concerts, workshops, free-access games and a local brewing competition, "Une mousse au sommet", judged by both amateurs and professionals.

belleville.beer/en/



August



1 AND 2 AUGUST

MTB: 10th Enduro des Alpes Trophy

For its 10th anniversary, this iconic race between Les Menuires and Saint-Martin-de-Belleville introduces two new stages among its four events. Saturday: open practice

Sunday: timed runs (44 km, 4,200 m descent and approx. 750 m ascent by pedalling)

Start/finish: village square of Saint-Martin-de-Belleville
endurodesalpes.com/enduro-des-belleville/



7 TO 9 AUGUST NEW

4-person relay at the Val Tho Summit Games

Val Thorens hosts the 11th edition of the Val Tho Summit Games. This sporting event offers seven experiences accessible to all, to enjoy with family or friends, whether beginner or experienced.

New: a 42 km relay for teams of four – a unique collective challenge to add to the event's already iconic experiences.

Information and registration:
valthosummitgames.com/en/

28 AND 29 AUGUST NEW

EPEAK Festival

With outdoor sports initiations and competitions (MTB, climbing, trail running, BMX), creative workshops (screen printing, upcycling, land art), concerts, screenings and talks, the new Epeak Festival in Saint-Martin-de-Belleville is entirely dedicated to mountain sports and culture. This new event combines both sporting and cultural dimensions, with a strong eco-responsible approach (local resources, sustainable design, ethical charter, environmental awareness...).

Parking du Cochet, Saint-Martin-de-Belleville
asso.laglobule@gmail.com
epeak-festival.fr

IN A FEW

figures

4
**LEISURE
AQUACENTRES**

321 KM
**OF MOUNTAIN
BIKE TRAILS**

2
**VIA
FERRATA**

33
HAMLETS

16
LAKES

3
**MOUNTAIN
REFUGES**

300 KM
OF FOOTPATHS

3
**ICONIC BIRD
SPECIES:**

ptarmigan, black grouse
and eagles

200
BOUQUETINS

17.50 M
DEPTH AT LAKE LOU

422
**REGISTERED
WETLAND AREA**



SITUATION



By train

- TGV station Moûtiers Salins Brides-les-Bains
20 km – 25min
- Shuttles link the bus station in Moûtiers and
the Vallée des Belleville.

By plane

- Geneva (GVA) 180 km – 2h00
- Lyon (LYS) 180 km – 2h00

From 600 m
to 3,200 m

PRESS CONTACT

MAISON DU TOURISME SAINT-MARTIN-DE-BELLEVILLE

Sébastien Pomini
direction@st-martin-belleville.com
+33 6 62 93 74 70

OFFICE DE TOURISME LES MENUIRES

Estelle Roy-Berthaud
presse@lesmenuires.com
+33 6 74 05 66 69

OFFICE DE TOURISME VAL THORENS

Anne-Laure Devès
annelaure@valthorens.com
+33 6 20 01 56 81

Justine Taglang
justine.t@valthorens.com
+33 6 28 45 58 13

AGENCIES

VANESSA FISHER - UK
vanessa@vanessafisher.com
+ 44 79 57 61 85 25

HOPSCOTCH - NL

Marieke Smit
msmits@hopscotchgroupe.com
+31 6 57 56 53 08

AGENCE HIGHER - BE

Dimitri Papageorges
dimitri@mindshake.biz
+32 475 77 05 70

**Vallée DES
Belleville**