

Vallée ^{DES} Belleville

Press pack

Summer 2021



Montaulever path 2,350m



BE MY GUEST-MARTIN



friendlyMenuires



Val Thorens

LA VALLÉE DES BELLEVILLE, Enjoy your own uplifting journey



In just 60 years, the peaceful alpine Vallée des Belleville has become a prime globally renowned tourism destination for snow sports with 600,000 people now visiting each winter season. A wonderfully beautiful valley featuring multiple facets with three different yet complementary resorts: Val Thorens, Les Menuires and Saint-Martin-de-Belleville.

Back to basics

Located between 1,200 and 3,200 meters above sea level, the Vallée des Belleville, with its flower-filled meadows rising up to snow-capped peaks, will broaden your horizons; go back to basics and explore all facets of mountain life here, from the authentic village of Saint-Martin-de-Belleville, to the lakes of Les Menuires, the green meadows give way to the blue of the glaciers, and the peaks of Val Thorens.

Visiting promises to be an uplifting journey where you can discover these three unique and contrasting areas whose richness and diversity turn this valley into an interesting and varied destination—bold and authentic at the same time.

Here, in just one day, the possibilities to explore are endless thanks to the free shuttle buses and pedestrian lifts, which make trips between each resort really easy – they are just minutes apart.

You can choose various modes of transport and discover the valley using the paths on foot or on a mountain bike. Relax and meditate on the summits with views of Mont Blanc. Explore the secret valleys of Deux Nants and Les Encombres. Discover the terrain and the Belleville traditions. Then finish your long trip with a weightless freedive in Lac du Lou.

IMMEDIATE BOARDING

A NEW DESTINATION



Choose your holiday week carefully

Throughout the whole summer you'll find free themed weeks for the whole family in all three resorts: Val Thorens, Les Menuires and Saint-Martin-de-Belleville.

- Wellbeing and fitness: from 3 to 9 July and from 31 July to 6 August.

Think yoga, meditative hiking, plant discovery, sylvotherapy, oxygen bar, massage, contemplation spaces with sundeck chairs...

- Outdoor activities: from 10 to 14 July and from 7 to 13 August.

Activities such as slackline, via ferrata, paragliding, obstacle courses on the summits, altitude Zumba...

- Biking in all its forms: from 24 to 30 July and from 21 to 27 August.

Mountain bike courses, electric mountain bike hire, mountain bike trial shows and an exhibition on how bikes have evolved worldwide ...

- Traditions and heritage: from 17 to 23 July and from 14 to 20 August.

Discover and learn about traditional mountain trades, the history of the Vallée des Belleville, local food and crafts, wood sculpture and even yodeling!

In the Belleville Valley, everyone can feel the joy of discovering new things, and experience an uplifting journey.



Belleville escape stay

Opt for the right package

This is a unique trip in the Vallée des Belleville that starts with an awakening of the senses with a guided visit of the Notre-Dame-de-la-Vie chapel - an essential stop on the Chemins du Baroque. The trip continues with a visit to the Burdin Mill, then onto Lac du Lou with its refuge perched at 2,000m; all accompanied by a guide. Gazing at the stars and trying typical Belleville cooking are both on the menu, along with an overnight stay at the recently refurbished refuge.

The next day, you'll get an immersive experience at the high-pasture chalet of Chez Pépé Nicolas which includes a visit to the farm and the permaculture garden followed by lunch.

Later on that day you'll meet the cheesemaker of Combes, the last producer of "high-pasture chalet" Beaufort in the Deux Nants Valley, as well as visiting a hamlet at the heart of the green valley - a privileged escape to savour.



Info: offer valid from mid-June to mid-September (from Friday to Saturday).
Price: €149 per adult, €139 per child for 2 days/1 night in the refuge.
Contact: +33 4 79 00 79 79
reservation@lesmenuires.com



IMMEDIATE BOARDING

Present your "Passeport Ascensionnel"

And explore everything the Vallée des Belleville has to offer!



Buying a "Passeport Ascensionnel" allows you to explore all the delights of the Vallée des Belleville! With mobility at the heart of this, you can take shuttle buses and pedestrian lifts as many times as you like to circulate freely between Saint-Martin-de-Belleville, Les Menuires and Val Thorens. It is also the key to discovering Belleville culture and patrimony, with free entrance to the Saint-Martin-de-Belleville Museum and the Black Bee Museum in Les Menuires. It also gives you access to more than 20 fun or wellbeing activities - spa, pool, archery, creative workshops - and discounts on many activities like zipline, via ferrata, canyoning, mountain bike rental, electric scooters and so on.



Deal with Bureau des Guides:

-50% off three themed walks (fauna, flora, patrimony) when you show your "Passeport Ascensionnel". You'll be accompanied by a guide who will explain the history and legends of the valley.

Price: starting from €22.30 for one day, €49.80 for 7 days.
Info: www.spa-sport-fun.com

The road book and its 11 pearls

Slip your road book in your backpack

To help visitors discover the hidden treasures and beauty of the Belleville valley, the various tourist offices have compiled the top 11 places that holidaymakers should visit. From Notre Dame de la Vie to Cime Caron, passing by the idyllic Lac du Lou, there are eleven unmissable attractions which you can tick off in a specially designed road book by collecting a stamp at every stop. It's a lovely way to take home a great souvenir from your trip. From 6 years old.



Price: €5 for sale at any Tourism Office in the valley or included when you buy the Passeport Ascensionnel.

A NEW DESTINATION

Stars in your eyes Book your night

Every Monday during the Summer holidays, astronomers will host solar observation workshops at the top of Cime Caron at 3,200m. Everyone young and old can discover the solar secrets from the summit of the Vallée des Belleville.

A must-do experience: try an Astronomy Night at the summit with a meal in one of the high-altitude chalets (Moutière or 2 Lacs depending on the week) which offers unimpeded observation of the stars and planets with zero light pollution.

Price: Astronomy workshops on Monday are free, Astronomy Night at €25 per person.
Contact: Tourism Office Val Thorens
+33 4 79 00 08 08

Every Thursday during themed weeks, why not meet up at the top of the Roc 1 cable car? Depending on the specific theme, you can expect surprises and a local meal until sunset. We're talking about open-air yoga sessions, a slackline initiation or yodel discovery. And when it's time to go back down under the stars, only the light of a torch will be a guide.

Price: Ascensional evenings start from €25 per person.
Contact: Tourism Office Les Menuires
+33 4 79 00 73 00



MOBILITY FOR EVERYONE

NEW IN THE VALLÉE

Go green

What if you tried to keep your car's milometer at zero for your summer holiday? In the Vallée des Belleville, you can park your vehicle upon arrival and leave it there until it's time to go home. On foot, by bike, by electric mountain bike, by ski lift or by taking the free shuttle buses that link Saint-Martin-de-Belleville, Les Menuires and Val Thorens, you can discover the whole valley in a green way.



2,300 metres

Electric scooters now available in resort

A new and accessible green solution for everyone! Val Thorens has decided to work with DOTT to introduce powerful electric scooters in the resort which are suitable for the roads and legal to ride. DOTT already provides big cities such as Lyon, Paris and Bordeaux with this kind of solution.

40 scooters will be available which can reach speeds of up to 20 km/h. They allow visitors to access any of the 11 parking spots spread out around the resort. They're a fun way to get around in Val Thorens and will be available from mid-June until September.

Price: no unlocking fee, €0,25 per minute
Info: ridedott.com/fr



Start to 2,300 metres

Three-wheel karts

The Roc'n Bob is a toboggan slope in Winter but transforms itself into a new playground this summer featuring Mountain Karts! Start from the summit of the Roc 1 cable car at 2,300m in La Croisette in Les Menuires and it's go time for a fun experience on board these all-terrain three-wheel karts. Crazy sensations guaranteed with more than 4km descent, 450m of height difference and 22 bends, and all this with exceptional views.

Open every day the Roc 1 cable car operates.
Contact: Tourism Office Les Menuires
+33 4 79 00 73 00
Price: €29 per person (10% off with the Passeport Ascensionnel)

1,850 metres

Electric gravel bike

A new mountain bike school called Bike Academy will open its doors in Les Menuires in June. On the agenda: lessons for all levels, accompanied by certified cycle teachers called Moniteurs Cyclistes Français (MCF), with all equipment rental as well.

If you've already ridden an electric mountain bike or an Enduro bike, then why not look for something new? Try out an electric gravel machine - the bike highlight for this summer! New in the mountains this year, the frame design is ideal for both sports adventure and

more relaxed trips, making it possible to ride on both tarmac as well as gravel tracks. A versatile bike, you can even ride a Tour de France stage - the race came to the Vallée des Belleville in 2019 - with more ease or to (re)discover the beauty of the valley itself.

Open from mid-June to mid-September.
Price: from €75 for half a day with an electric mountain bike, accompanied by a MCF guide, or starting from €59 for half a day rental of an electric gravel bike.
Contact : Bike Academy Les Belleville
+33 6 31 09 30 58

EAT LOCAL

Chez P  p   Nicolas pursues its environmental focus

Zero plastic packaging, reusable glass containers, collection of used oils, composting of waste, tree planting and a comprehensive animal welfare charter, Chez P  p   Nicolas is putting new initiatives in place to achieve a better harmony with nature.

1,950 metres

A mushroom farm and vegetable garden

Chez P  p   Nicolas is well-known in the Vall  e des Belleville for its restaurant, high-altitude farm, cheese factory, educational visits and even its permaculture garden which opened last summer.

Located at 1,950m, Chez P  p   Nicolas has been in business since 1957 and is still pursuing its goal of 'garden to plate' by creating a small mushroom farm to grow oyster mushrooms and shiitake varieties along with other vegetables in order to supply its restaurant with fresh produce all summer long.

These products are being added to the trout, charr, aromatic plants, salad and edible flowers that are all grown on site and which are already on the menu. The goal is to create a restaurant that is 100% local in two years, thereby shortening the supply chain massively.



NEW IN THE VALL  E

OUT OF THE ORDINARY



2,005 metres

Freediving in the depths of Lac du Lou

Lac du Lou's distinguishing features: 2,000m high, 18m deep and a water temperature of 12 degrees.

A hidden gem in Vall  e des Belleville, Lac du Lou offers a wild break between Val Thorens and Les Menuires and is an ideal place for an extraordinary experience: freediving! You will be in awe by the peaceful and soothing atmosphere and the calm under water when you observe the light tricks in absolute silence and harmony with nature.

Another particular feature of this mountain lake - not least its high altitude - is the presence of larch wood at the bottom which dates back 800 to 1000 years (once you pass 1,800m, there is no more vegetation). The cold water has acted as a preservative leaving the wood intact like a fossil.

A mirror lake offers unique diving, accessible even to beginners.

Info: Lac du Lou is a 1 hour hike from Val Thorens and Les Menuires

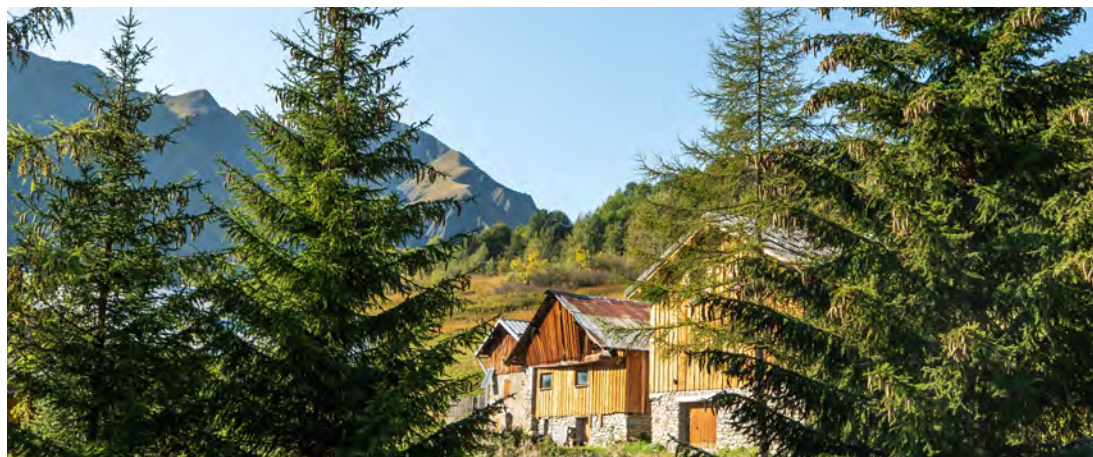
Price: starting from   100 person for about 1 hour

Contact: Evolution 2
valthorens@evolution2.com +33 6 13 76 78 74

QUIET PLEASE! LIGHTS, CAMERA, ACTION!

The anecdote of Cheval Noir

The Vallée de Deux Nants



Why not take the Cheval Noir itinerary in the Vallée de Deux Nants where nature has completely taken over? The dales here are cut off from the rest of the world and only a couple of refuges break the quietness of the alpine pastures and herds. The trail is classified as black level due to its length, but remains accessible thanks to a completely redesigned track.

With a departure point at the hamlet of La Sauce at 1,600m, next to Saint Jean de Belleville, the trail takes walkers along a day-long hike through the Vallée des Belleville. When you reach the alpine pasture of Les Combes, you can help milk cows and taste the delicious "high-pasture chalet" Beaufort. This type of Beaufort is quite rare; it has to be produced between June and October, at a minimum altitude of 1,500m, immediately after milking the cows - which happens twice a day - and the still-warm milk has to come from a single herd. This type of high-altitude farming, where the cows are fed on mountain flora, grass and herbs, gives it its specific unique fruity taste.



Every day at 3pm, hikers, gourmets and the curious can gather around to see the second round of milking, with the tinkling of cow bells as background music.



An obligatory stop is at the Plan Lombardie refuge which has been completely renovated and integrated in the Grand Tour de Tarentaise. It is located at 1,764m, near the Cheval Noir stream, just before the lake and Col that have the same name. It is in an enchanting setting.

At the summit - a dream for paragliders - you will find an impressive sculpture of a 4-meter-high horse made out of stainless steel. It was designed and built by Jean-Yves Sylvestre and is shining proudly at 2,832m.

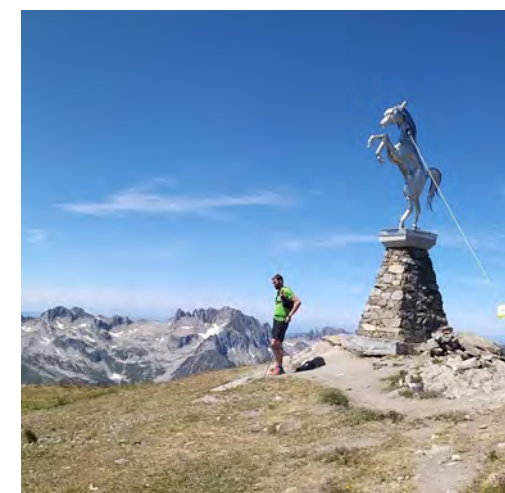
When you ask Belleville inhabitants about the origin of this work, you won't get a clear answer as many don't know the background.

*"Here at the refuge, it's easy
to switch off and time just stops
as you contemplate the beauty
and serenity of the mountains"*

Emmanuel,
guardian of the Plan Lombardie refuge

It was, however, councilor Christophe Roux-Mollard - along with other local municipal representatives - who took the initiative to install it at the summit of the Cheval Noir to highlight the name of the mountain but also to symbolize the summit where three municipalities meet: Saint Jean de Belleville, Saint François Longchamp and Avanchers-Valmorel.

Opening of the refuge:
from May to October 2021
Height gain: 1,215m



QUIET PLEASE! LIGHTS, CAMERA, ACTION!

Back to the wild

The Vallée des Encombres



This valley is relatively unknown to the general public, however, the Vallée des Encombres is unmissable and should be on everyone's list of places to visit. It's accessible by mountain bike, walking alone or accompanied by a guide.

When leaving Saint-Martin-de-Belleville, hikers should head towards the Châtelard hamlet, an essential stop on this walk with its tiny, winding alleys and renovated chalets. The hike continues through pastures, next to twisting mountain streams, marked by countless little mountain huts and peaceful herds.

A key stop is to take a break at the Gittamelon refuge in the hamlet with the same name, nestled in the heart of the Encombres at 1,700m. This family chalet turned refuge is one of the last private refuges in the Alps.

A typical Belleville mountain hut, it sleeps 18 and belonged to the grand-parents of Marc Jay, the current guardian since 1993 who runs it along with his wife Anne-Sophie. The last ascent leads to the summit of the Col des Encombres at 2,325m where you have 360° views of the Ecrins massif and the high summits of Vanoise.



Opening of the refuge: from 1 July to 31 August 2021
Height gain: 952 m

Get your crampons on!

Glacier hike



All summer long, the Bureau des Guides in the Vallée des Belleville offer glacier hikes, open to beginners and offering everyone a first taste of proper alpinism. There's a French saying that "the mountain belongs to he who gets up early", so following this, you have to 'earn' this glacial hike by leaving at dawn, equipped with crampons, helmet, ice pick and ropes for a return in the early afternoon.

Thanks to the many tips offered by the high-altitude mountain guides, beginners will learn how to put on crampons, walk in line secured by a rope and use an ice axe. Hikers will reach three "Cols" after a short walk; there's a first climb to reach the Col de Thorens (3,105m) with an amazing panoramic view. A super crossing then leads to the Col Pierre Lory (3,132m) before starting the descent passing by the Col du Bouchet (2,995m). On this hike, the brave really get to know a glacier and will walk really close to crevices – safely attached by rope to an expert of course!

Price: €50 for a half day
every Monday and Wednesday

Info:
Bureau des Guides of the Vallée des Belleville
guides-belleville.com



SUMMER AGENDA

ASCENSIONAL WEDNESDAYS



A festive day to discover the Vallée des Belleville at your own pace on foot or by bike. Breakfast with entertainment in Saint-Martin-de-Belleville, all kinds of displays and spectacles at the summits and typical Savoyard snacks provide hikers with a super way of having an uplifting and memorable holiday.

Contact:

Tourism Office Saint-Martin-de-Belleville
+33 4 79 00 20 00
Tourism Office Les Menuires
+33 4 79 00 73 00
Tourism Office Val Thorens
+33 4 79 00 08 08

3 JULY 2021
VAL THORENS



1st season of the Ultra Cycling Tour de la Vanoise

L'Iseran, la Madeleine, la Loze... there are so many famous cols in this long-distance cycling event! The course follows roads used in the Tour de France through the heart of the Vanoise massif and its beautiful scenery. With a distance of 320 or 400 km to manage on your own or in a relay, departure and arrival points are both in Val Thorens.

Info: cyclo-tour-vanoise.com

18 JULY 2021
SAINT-MARTIN-DE-BELLEVILLE

1st season of the Trail des Belleville

The first season with three wild yet accessible running courses that will please all trail lovers!

Info: associationbellevilletraille-monsite.com

19 JUNE 2021

Animal herding from the lower farms to the high-altitude pastures of Chez Pépé Nicolas

Every year, this ancient ritual kicks-off the summer season! With a departure in Saint-Martin-de-Belleville, the herds of cows and goats go through the different villages of Vallée des Belleville to join the high-altitude pasture of Chez Pépé Nicolas which is 6km higher. Upon arrival, expect a fun lunch with entertainment and, **new this summer, a jazz concert at night.**

Price: Fixed menu for lunch €25 per adult, €12 for children under 14
Info: chezpepenicolas.com



17 AND 18 JULY 2021
SAINT-MARTIN-DE-BELLEVILLE

Craft beer festival

This is the party that makes the streets of Saint-Martin-de-Belleville foam! On the menu: beer tastings, networking with passionate brewers and a jazz concert on Saturday night. And don't worry, all the beer is served ice cold!

Info: st-martin-belleville.com

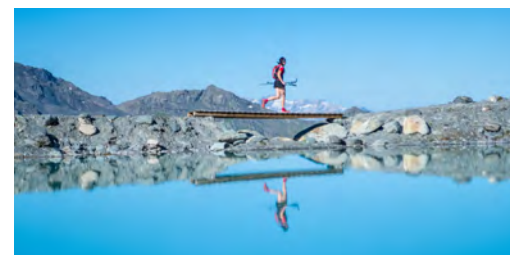
6 TO 8 AUGUST 2021

VAL THORENS

6th edition of the Val Tho Summit Games

It's THE fun trail running event this summer! It's the ideal opportunity to run the summits of Val Thorens using defined routes - with distances ranging from 15 to 42 km - or challenge your family or friends over an obstacle course or a vertical kilometer climb which is set to be a real tester. The event's must-do activity is the Family Fun Walk, a fun and tasty themed walk with food, a panoramic visit by ski lift and other entertainments on offer!

Price: subscriptions start at €5.
Info: valthorens.com



15 AUGUST 2021
SAINT-MARTIN-DE-BELLEVILLE
15th August Celebrations

The sanctuary of Notre-Dame-de-la-Vie, a masterpiece from the 17th century and classified as historical monument, hosts an important pilgrimage every year on August 15. This tradition continues with an outside Mass in the morning and a party in the village in the afternoon.

Info: st-martin-belleville.com



SUMMER AGENDA

20 TO 22 AUGUST 2021

LES MENUIRES

French SKF Mountain Bike Cup



A well-known place for the sport, Les Menuires is hosting the penultimate stage of the French Mountain Bike Cup. The best French cross-country and downhill athletes will come together to battle for the title on technical and spectacular tracks!

Info: lesmenuires.com



25 SEPTEMBER 2021
SAINT MARTIN DE BELLEVILLE

Terre Terroir Tarentaise

Take this day to immerse yourself in the Savoie culture and discover traditions of the Tarentaise Valley. Think singing, music, folk dancing, a crafts market and a mini farm featuring cows, sheep, goats, donkeys and horses!

Info: st-martin-belleville.com

PACKAGES



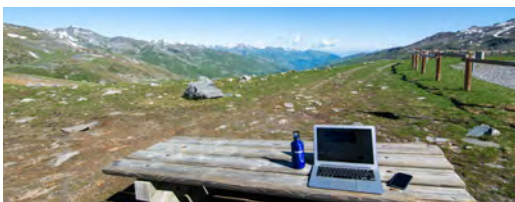
Price: Short stay hotel package from 19 to 20 June 2021 starting from €34.50 per person.

Contact:
reservation@lesmenuires.com - +33 4 79 00 79 79

Work easily from the mountains

Are you sick of your same old home office view? Starting in July, Val Thorens is setting up a 'hot desking' co-working space at the Maison de Val Thorens which is the same building as the Tourist Office. This will be open from 8h to 20h thanks to a secure access system and features 8 workstations with screens, high speed internet access and even a football table! You can take confidential phone calls in peace thanks to a soundproof phone booth as well as drink free coffee or tea all day long.

The package price below is based on lodging in a number of residences that are suited to working from 'home' as well as using the co-working space. It's the perfect way of mixing work while staying in the mountains.



Price:
Home Office Package from €250 per person, including 2-bedroom accommodation with working space or access to the host desk area, 4G modem with unlimited data, 27" screen, raclette night and access to DOTT electric scooters.

Contact:
Tourism Office Val Thorens - +33 4 79 00 08 08

'Walk to the pastures' Package

An idyllic trip to watch the movement of cows and goats from their summer to winter pastures is being held at the high-altitude Chez Pépé Nicolas farm. The event is accessible to both young and old and promises to be a fun day where you get to take part in this traditional ceremony which celebrates the start of the summer, culminating with a jazz concert at night.



Belleville Rally Package

From 1,200m to 3,200m, this trip allows you to discover all the unmissable and hidden treasures of the valley so you'll experience it in the best possible light. From Notre-Dame-de-la-Vie to the Belleville summits, while passing by the Black Bee Museum, the package guarantees a relaxing and timeless stay.

Price: Short stay package, starting from €153 per person with 4 nights accommodation in a hotel, or Comfort package starting from €308 per person, with 7 nights accommodation in an apartment. Passeport Ascensionnel, road book and Ascensional Evening included for 4 people.

Contact:
reservation@lesmenuires.com - +33 4 79 00 79 79
or reserver@valthorens.com - +33 4 79 00 01 06

INFORMATION

HISTORY

A bit of History

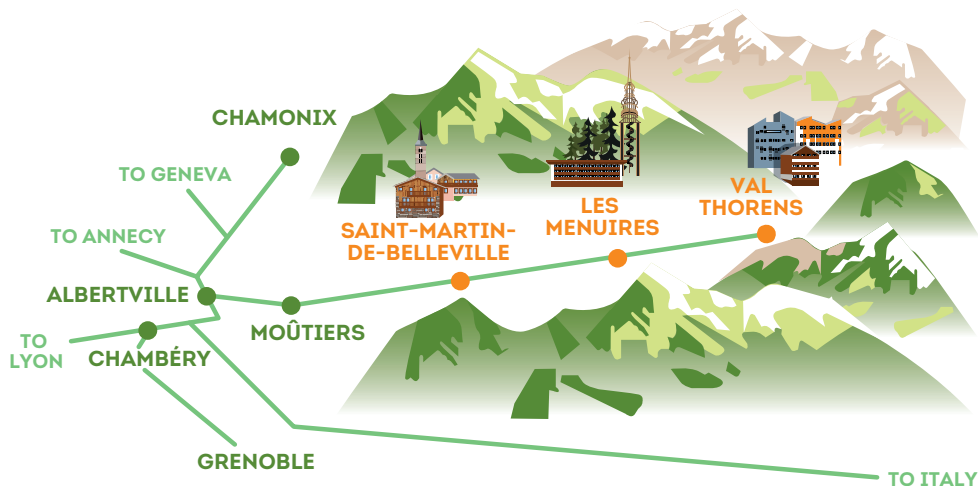
At the end of the Second World War, the Vallée des Belleville was all about agriculture and farming. In order to curb a massive rural exodus, the French state and the General Council of Savoie decided to invest in winter sports thereby relaunching the local economy. At the beginning of the 1960s, the first big construction works to create the resort of Les Menuires started, with Val Thorens following ten years later.

Since the 1980s, Val Thorens and Les Menuires have rapidly grown to both become key destinations for winter sports fans in France – as well as international visitors – whereas Saint-Martin-de-Belleville positions itself as a charming traditional Savoyard village resort with incredible local charisma and appeal.



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Not contractually binding. The information and prices are for information purposes only. Neither the Tourism Offices, nor the Booking Centers can be held responsible for any possible changes.

GET TO THE VALLÉE DES BELLEVILLE



By plane

- Geneva (GVA) 180 km - 2h00
- Lyon (LYS) 180 km - 2h00
- Chambéry (CMF) 100 km - 1h20

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 bus

Altibus runs regular buses between Moûtiers and the airports of Geneva, Lyon and Chambéry.
Further information and reservations: altibus.com

TOURISM OFFICE

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ET LES MENUIRES

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Vallée DES Belleville