

UNPLUGGED

MÉRIBEL

2025

The ultimate guide for
Méribel & the Trois Vallées

WELCOME TO MÉRIBEL

Version Anglais



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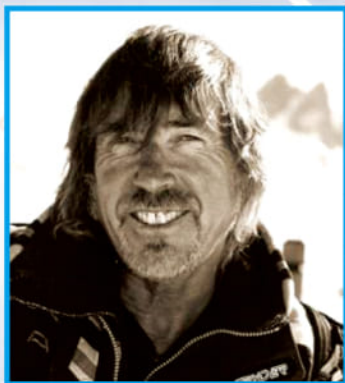
6 Day
**Ski
Guide**

Méribel - Unplugged

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WELCOME TO MÉRIBEL



Rob Smart

(1988 - 2025)

(Editor & Ex Season Worker)

A warm welcome to all of you. Enjoy the mountains and I wish you all a great holiday, here in Méribel the heart of the Three Valleys. Méribel Unplugged should help you find everything you need for your trip. Over many years starting way back in 1982, I have personally enjoyed my visits to the bars & restaurants of all 3 valleys but of course have seen many changes. My restaurant reviews are all based on my own personal experience so enjoy!

MY SPONSORS

As a totally free give-away magazine I must thank all the local businesses that sponsor my web site www.meribel-unplugged.co.uk. It is only by sponsoring my web site that I am able to produce this magazine for free. As a big thank you they are all featured. Feel free to take this magazine home and check out my web site for future visits.

RADIO MÉRIBEL

A great station with useful local information bulletins, in English all day long. Tune in early for the morning snow & lift reports. Find it on my web site if you have wifi. I am privileged to have been the very first English DJ on Radio Méribel (Xmas 1989) and the instigator of the now regular, daily English news and weather reports. Tune in at 8am for the short Tarantaise weather report, followed by the what's on today and then about 8.20 the Méribel weather, lift & piste information. If you miss them they are repeated during the morning. In the evenings Benji, Méribel's long time local DJ has created his own program. He plays some great music, check it out.

Rob Smart - Editor

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98.9
97.9

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Ski Report
Weather
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What's on

laradiostation.fr

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ENJOY YOUR WEEK IN MÉRIBEL WITH MÉRIBEL UNPLUGGED

😊 To help you during your holiday with us,
You can now scan with your phone on
this page for:

- *Lunch Mountain Restaurants Menu's
- *Dinner Restaurants In Méribel Menu's
- *Radio Méribel Programme Schedule
- *Live Music Schedule This Week



Scan Me
3 Valleys 2025 Mountain Restaurant Menus



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Méribel 2025 Dinner Restaurant Menus



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Live Music & Football Fixtures

A BRIEF HISTORY OF MÉRIBEL

1920's

During the 1920's Arnold Lunn (Lunn Poly) was researching the Trois Valleys area and realized that it could rival any ski resort in Switzerland.

1930's

The skiing development of Méribel was promoted by a Scottish Colonel Peter Lindsay, who spotted the potential of the valley in 1936. His son David and his grandchildren still ski in Méribel. Peter Lindsay's ashes and those of his wife are scattered on the Burgin mountain. Peter was influenced by his close friend, Arnold who had mentioned Méribel and he introduced Peter to the French Olympic champion skier Emile Allais and Andre Tournier.

1936

Peter and Emile explored the 3 valleys including the longest known off piste route in Europe at that time. They skinned up to the Saulire ridge and skied the 12k off piste through the forest down to Brides Les Bains. The guide was a local, Clestin from the Gacon family. It was probably this experience that caused Peter to settle in Méribel.

1938

Peter Lindsay believed that if they put in a ski lift the English would come. So in 1938 he constructed the first lift (a 19-seater tractor driven sledge – "The Red Dragon") This ran from near the Doron pub up to an area by what is now L'Adray Telebar.

1946

After the war Peter returned, working with 4 architects including Christian Durupt and Dédé DETOUR, to create a mountain ski village in traditional Savoyard style. (Dédé before sadly passing away used to visit Méribel regularly. (I had the pleasure to meet with him at lunch in 2011 at Le Plantin, with Robert the owner.) Peter formed Méribel

Alpina, the Méribel Lift Company, then the only British owned ski lift company in Europe. Under Peter's guidance the resort was carefully developed in a "traditional" chalet style.

1950's

Word spread & Méribel started to become popular in the 50's with many aristocratic Brits & French notables such as Brigitte Bardot building private chalets. You can see an autographed picture of Bridgit Bardot in Chamoise Sports Méribel 1600. All old Méribel photos on this page are courtesy of Robert Front's charming his toric collection.



1951

Meanwhile in Courchevel similar ideas and developments were also progressing and in 1951 the 2 resorts were linked by the Burgin Saulire lift.

1960's

The 60's package holidays boom started originally by Lunn Poly and supported now by Inghams and others increased mass popularity of skiing in the UK.

1964

In 1964 Les Menuires was created. Unfortunately it did not benefit from Peter Lindsay's influence. Take a look and see for yourself.

1971

In 1971 Val Thorens started its development with the installation of a few draglifts. By 1982 with more lifts plus the new Caron cable car, at the time the largest in the world, it had become famous as the highest resort in Europe. VT has recently improved its appearance, using Méribel's wood-clad chalets as an example. Also in 1971 the first 3 Valley passes were created.



1972

1972 and Méribel Mottaret was developed, giving another dimension to the Méribel valley, with door to door skiing.

1980's

David Lindsay enlisted the support of some UK package holiday companies and helped create the English speaking International Section of the Méribel ESF ski school. In January 1986, Frederick Saint Guilhem, a mountain guide persuaded them to create "Rally Savage" a 2.5 day off piste adventure. I became their very first client, (David sold me the ticket on Jan 7th 1986 - cost 470 ff). The incredible experience of learning powder skiing (in 1m of the cold fluffy white stuff) with Frederick himself, is why this ageing editor is still here, 38 seasons later!

1984

St Martin De Belleville Village installed chairlifts, connecting with Méribel, opening up one the most popular off piste routes in the 3 Valleys + a fabulous lunch venue.

1989

Radio Méribel launches in Méribel. Rob Smart, your editor was the first English DJ sharing his personal music and bringing news and weather bulletins in English for the first time.

1990's

La Tania opened in 1990, in preparation for the 1992 Olympics.

1992

Méribel hosted the Albertville Winter Olympics Ice Hockey and Women's downhill events. Courchevel hosted the ski jumping. As a result 1992 finally put the Trois Vallees well and truly on the world map for winter sports.

2003

The Orelle Village, in a 4th valley was linked in to the Trois Vallees area via Val Thorens so the 3 Valleys are now actually 4! Rob Smart also created Méribel Unplugged in Jan 2003, now the most popular Méribel website in the UK. So now go enjoy your skiing/riding. All 600+ km of it!



*"RED DRAGON".
Méribel's 1st ever ski lift 1938*



1st Bucket Lift Up To Saulire



Chez Kiki Restaurant At Morel



*Méribel 1950's
Georges Mauduit Circa 1960's*





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SO A TYPICAL DAY IN 3 VALLEYS:

9AM START. ALWAYS 1ST LIFTS AT CHAUDANNE

10AM. COFFEE STOP

12PM. LUNCH

2PM. HEAD BACK FOR MÉRIBEL VALLEY

4PM. CHEERS & BEERS ALL ROUND

Note: This is not a ski guiding session by the way.
We just all get the map out and vote each morning
on where to ski at our own pace.

I will make suggestions but that is all. Actual ski
guiding is strictly prohibited in France except by
qualified instructors or mountain guides.

I will of course however suggest the best route
to my favourite restaurants for lunch!

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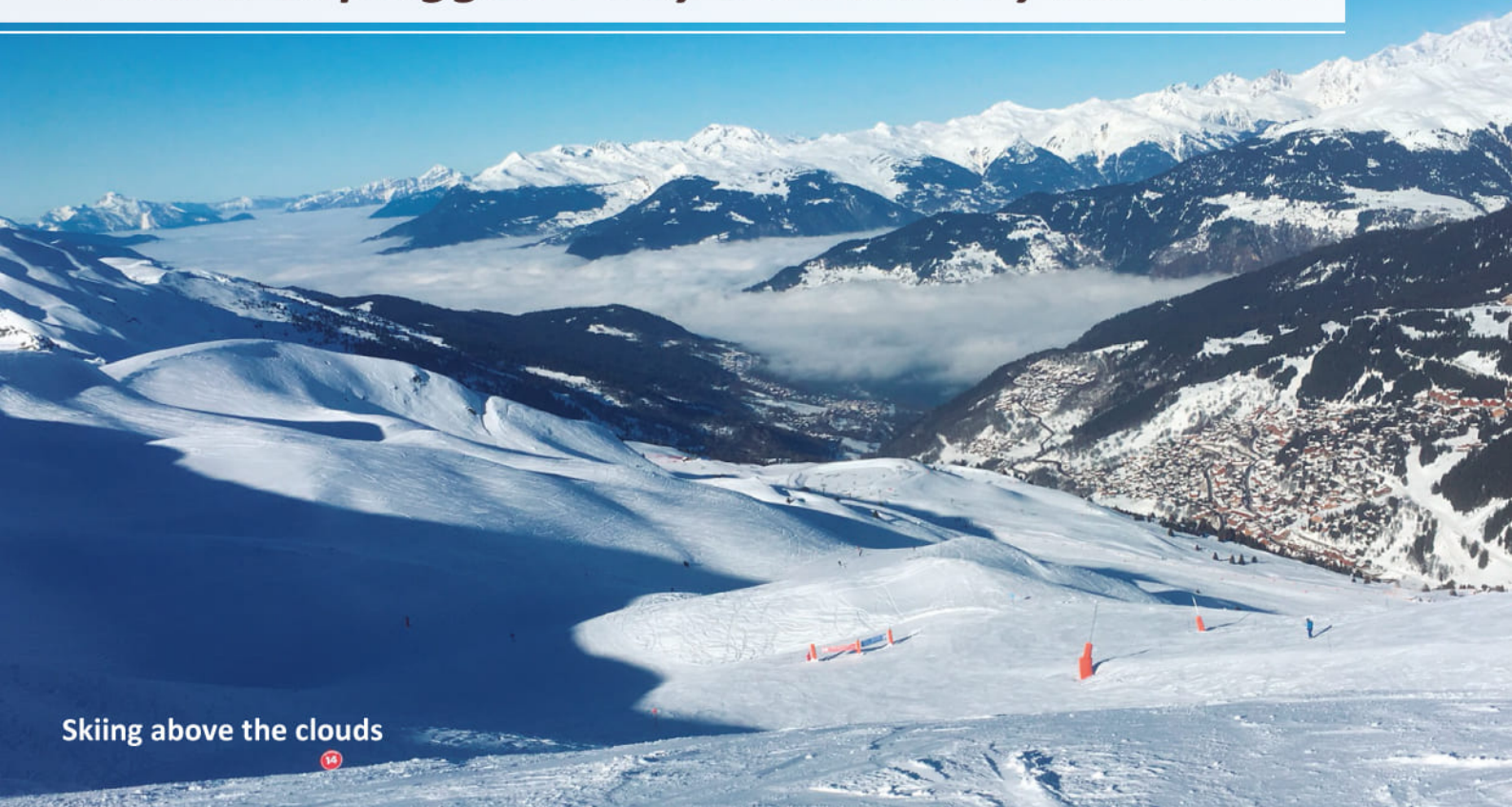
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Méribel Unplugged 6 Day Ski Guide. By Rob Smart



Skiing above the clouds

PERSONAL TIP NO 1 : DECIDE ON LUNCH VENUE FIRST - THEN WORK YOUR SKI SCHEDULE AROUND IT !

This guide has been created for cruising intermediate/advanced skiers who can get up in the mornings. Most routes are fine for snowboarders too. Each day is based on a 9am start. Begin much after that and all bets are off. You will miss the best of the day and get caught up in the crowds. At 9.30am you will also have ski schools to contend with. Remember that they also have a preference on the lifts.

Total beginners will not benefit much from this guide. They should really be in ski school. However on my web site is also a beginner's guide that you might find useful.

Extreme advanced skiers might find my guide a bit boring. It avoids off piste routes for your safety, & most blacks, plus many known busy hot spots. Nowadays I don't like crowded pistes so try to avoid them if possible.

For off piste group skiing I highly recommend joining the ESF daily course or hiring a private instructor. I did both many years back and had some of the best days of my life here. In fact in January 1986 I was the very first client of the ESF "Rally Savage" a new off piste adventure. (470 old French Francs for 2.5 days). Not easy in 2m of fresh snow for a powder virgin! However eventually with a lot of practice & patience on behalf of Fred my trusty ESF instructor I managed to hack it. Well worth the effort.

This daily guide assumes the weather is fine and snow conditions are also good. Without both being in order then use the guide for lunches only! **Note:** Apart from the 9am start all times listed are approximate. I always advise lunch early or late. 12pm or 2pm. **Avoid the 1pm rush hour if possible.** If you don't want to stop for lunch many places have now added fast takeaway options.

Extra note: This is only a guide. You don't have to follow it to the letter, especially for après ski sessions these days. Deviate as much as you wish if you feel confident. You may get lift queues sometimes in high season but follow my routes and schedules and you should avoid the worse.

Day 1 - Méribel Valley

2738m



Dent De Burgin Chair

Saulire Mountain

9am: Chaudanne

Take the fast "Legends" heated chairlift then ski left 300m to the Tougnete 2 chair lift.

Ski 100m down **Combe Tougnete**, hang right & turn in to **Dahu**. Stay on the right side and you reach Martre: Keep on the right side again, arriving at **Roc De Tougne** chairlift.

At the top take **Julie** down to **Martre**. At **Martre** junction turn right and follow the path keeping on the right side till **Chatelet** chair.

At summit of **Chatelet** chair head down **Rossignol** & in to the "Snow Park". Take the roller coasters down then head straight to **Sitelle** restaurant sun terrace for a hot chocolate or coffee and the best freshly baked croissants on the mountain! Time should be nearly 10am, just as they come out of the oven. Assuming the weather is good you have just had the best hour of the day. Sunshine and first tracks on perfectly groomed pistes.

10.15: Head for **Mont Vallon** via Mottaret centre keeping right side for **Plattieres** gondola. At first station get out & ski down **Bouvreuil** to **Mont Vallon** gondola. At the top take in the fantastic views. Ski both sides. They are 2 of the best **red 5 km runs** in the 3 valleys, **Campagnol & Combe De Vallon**. Sadly in the shade in mornings - but usually very good snow. Return via **Ours piste** (a partly flat run - not good for snowboarders) back to Mottaret. Drop off to the Chatelet area if you fancy an early lunch.

12.00: 2 excellent value restaurants are located here. **Le Rastro & La Terrasse**, plus **Côte Brune** further on in the centre. You can ski to all 3 + non skiers can also meet you in either one. Another excellent inexpensive hot buffet choice just above the centre is **Cafe Del Mott**, at the Hotel Mottaret. Alternatively pop back up to **La Sittelle** for mountain lunch on the sun terrace. Catch **Coombes 1 & 2** chairlift in Mottaret centre then you can ski to either of these via **Sitelle piste**.

13.00/30: With many skiers now queuing for their lunch go enjoy relatively quiet pistes. Take **Pas Du Lac** gondola and ski down to Méribel via **Biche**. You should now be in the sunshine all afternoon. Take a relaxing cruise all the way to the **Altiport children's beginner area**. Please ski with caution here.

At the Altiport drop down to Méribel Village on the **Lapin piste**. Careful, it breaks off to the left at a bend a short way down = **Hulotte piste** to Méribel 1600. There is a chairlift back though.

If you have decided to take a later lunch then **La Terrasse** at Méribel Village will suit you perfect. The **Golf chair** takes you back to the **Altiport area** for more super skiing.

In the the Rond Point area I highly recommend these restaurants. **L'Adray Telebar**, by the Adret chair for a high quality lunch at reasonable prices and right opposite the Rond Point is **Lillie**, a fabulous new restaurant with excellent food.

After lunch ski all the **blues** and **reds** in this area using only chairlifts. Stay high, avoid the worst crowds, and ski in sunshine all afternoon.

15.00: The famous **Folie Douce** for a party on the terrace. A must do occasion at least once!

17.00: **LDV** or **Rond Point Bar** or **Jacks** for all the top live bands. The Ronny is legendary in the Alps but **LDV** in Méribel village & **Jacks** at Chaudanne are now also the local's favourites. All feature top live bands throughout the season. **LDV** has the regular free bus back to Méribel town centre

So you should have had a great 1st day skiing. Feel free to give some honest feedback. Always welcome.

FRENCH TO ENGLISH: BEGINNERS MENU GUIDE

MENU (LA CARTE) USEFUL TERMS GENERAL

Assiette:	plate
Chaud(e):	hot (or warm)
Digestif:	after-dinner drink
Entrée:	first course
Frais, fraîche:	fresh
Froid(e):	cold
Fumé(e):	smoked
Garni(e):	garnished
Grand:	large
Gratuit and Offert:	both mean "free"
La Formule:	Fixed price menu. 2 or more courses.

Hors-d'oeuvre:	appetizer
Le Menu:	Fixed price menu. 2 or more courses.

Mélange:	mixture or blend
Menu dégustation:	tasting menu

Pain:	bread
Poive:	pepper

Parmentier:	dish with potatoes
Petit:	Small or Little.

Plat Du Jour:	Dish of the day
Le Plat:	Main Dish

Prix net:	service included
Purée:	mashed

Sel:	salt
Sucre:	sugar

Suprême:	a boneless breast of poultry or a fillet of fish
----------	--

Tournédos:	center portion of beef filet, usually grilled or sautéed
------------	--

Tournédos rossini:	sautéed tournedos garnished with foie gras and truffles
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Service compris:	Service included (Just standard on most menus – still nice to leave a tip)
------------------	--

ORDERING & PAYING (+ simple pronunciations)

I would like a:	zhur Voodray une
Plate:	assiette
A Knife:	Une Couteau
A Fork:	Une Fourchette
A Cup:	Une Tasse
A Cup of Tea:	Une Tasse de Thé
A Slice of:	Une Tranche de
Repas:	meal
Please:	SVP = Sil voo play



The Bill please:	L'addition sil voo play
Thank You Very Much:	Merci beaucoup (mercy bookoo)

FOOD ON THE MENU (GENERAL)

Escargot:	snail
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Croque-monsieur:	toasted ham and cheese sandwich
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Croque-madam:	Same but with additional fried egg
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Cuisses de grenouille:	frog legs
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Foie gras:	liver of fattened goose
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Forestière:	garnish of wild mushrooms, bacon and potatoes
-------------	---

Galette:	round, flat pastry, pancake or cake; sweet or savory
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Jambon:	ham
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Jambon cru:	usually salt cured or smoked ham that has been aged but not cooked
-------------	--

Jus:	juice
------	-------

Lardons:	cubes of bacon
----------	----------------

Lyonnaise (à la):	in the style of Lyon, often garnished with onions
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Miel:	honey
-------	-------

Moutarde:	mustard
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Oeuf:	egg
-------	-----

Pommes lyonnaises:	potatoes sautéed with onions
--------------------	------------------------------

Riz:	rice
------	------

Pain:	Bread
-------	-------

Polenta:	boiled corn
----------	-------------

Potage:	soup
---------	------

Salade:	lettuce
---------	---------

MEAT: VIANDE ON THE MENU

Andouillette:	smaller sausage
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Agneau:	lamb
---------	------

Bavette:	skirt steak - usually with shallots (onion family)
----------	--

Bifteck:	steak (ordinary/cheap)
----------	------------------------

Canard:	duck
---------	------

Confit de Canard:	Cooked slowly in it's own fat.
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Canette:	young female duck
----------	-------------------

Carré d'agneau:	rack or loin of lamb
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Charcuterie:	cold slices of sausage, terrine, pâtés, etc
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Charolais:	High-quality beef
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Civet:	stew of game thickened with blood
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Coq au vin:	chicken stewed in wine
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Cotelette:	thin chop or cutlet
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Côte d'agneau:	lamb chop
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Côte de boeuf:	Large Rib Steak (similar to T - Bone)
----------------	---------------------------------------

Côte de veau:	veal chop
---------------	-----------

Dinde:	turkey
--------	--------

Émincé:	thin slice, usually of meat
---------	-----------------------------

Entrecôte:	beef rib steak
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Entrecôte maître d'hotel:	with herb butter
---------------------------	------------------

Faux-filet:	sirloin steak
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Filet mignon:	Tenderloin steak
---------------	------------------

Feu de bois (au):	cooked over a wood fire
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Gigot:	leg (Often Lamb-d'agneau)
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Lapin:	rabbit
--------	--------

Magret de canard (d'oie):	breast of fattened duck (or goose)
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Médailon: round piece or slice
Pave Steak: Usually heart of the rump
Pintade: guinea fowl
Pot-au-feu: boiled beef with vegetables
Poulet rôti: roast chicken
Poulet fermier: free-range chicken
Sanglier: wild boar
Saucisse: small fresh sausage
Saucisson: large dried sausage
Souris d'Agneau: Lamb Shanks
Hache: Minced beef. (hamburger)
Tartare: Raw steak
Veau: veal

COOKING YOUR MEAT

Very Rare: bleu (blu)
Rare: saignant, (senor)
Medium: medium or rose
Well Done: bien cuit. (Kuwee)

FISH & SHELL FISH ON THE MENU

Poisson: fish
Anchois: anchovy
Coquille St Jacques: scallops
Daurade: dorade or sea bream
Fruits De Mer: seafood
Gambas: large prawns
Huitre: oyster
Homard: lobster
Moules Marinière: mussels cooked in white wine, shallots, butter and herbs
Saumon Fumé: smoked salmon
Truite: trout
Thon: tuna

SOUPS & SAUCES & CASSEROLES ON THE MENU

Cassoulet: casserole of white beans, including various meats
Chasseur: sauce with white wine, shallots, mushrooms, tomatoes, herbs

VEGETABLES = LÉGUMES

Chou: cabbage
Frites: chips
Gratin Dauphinois: baked casserole of sliced potatoes w/cream & cheese
Pommes De Terre: Potatoes

Ail: garlic
Champignons: mushrooms
Cèpes: Large, meaty wild mushroom
Morille: Fabulous tasty wild morel mushrooms
Échalotes: shallots (onion family)
Flageolets: small, pale green kidney-shaped beans
Épinard: spinach
Haricot (verte): Beans (green)

FRUIT & SWEETS

Amande: Almond
Ananas: Pineapple
Citron: lemon
Crème brûlée: caramelized
Fraise: strawberry
Framboise: raspberry
Glace: ice cream
Myrtille: type of blueberry
Noisette: hazelnut
Noix: walnut, nut
Pamplemousse: grapefruit
Pêche: peach
Poire: pear
Tarte: pie
Tart Tatin: caramelized upside-down apple pie

CHEESE = FROMAGE

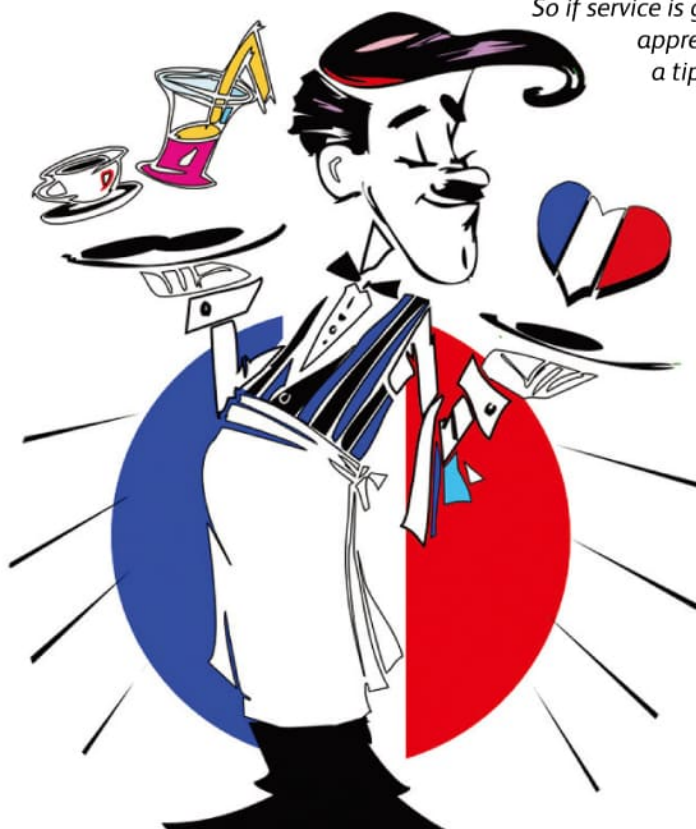
Chèvre: goat cheese
Fondue & Raclette: melted cheese
Fromage Blanc: smooth low-fat cheese, similar to cottage cheese or

ASKING FOR DRINKS

1 Glass: Une Verre
1 Bottle: Une Bouteille
Large:
Small:
A Pre Dinner Drink: Une Apéritif
White Wine: Vin blanc
Red Wine: Vin rouge
More Wine Please: (Plu du vin sil voo play)
Beer:
Another Beer Please: (une autre bière s'il vous plaît)
Draught Beer: Biere pression
A Small Coffee Black: Une café
A Coffee With Cream: Une café crème
Coffee With Hot Milk: café au lait

TIPPING

Finally - Tipping?
 Service Included does not mean the waiter/waitress gets a tip.
 So if service is good shows nice appreciation to leave a tip however small.





Reservations: Tel +33 (0)4 79 00 55 78
 & On line: www.blanchotmeribel.com
 Open: 09.00 – 17.00
 Lunch Served: 12.00 – 16.00
 Dinner Served: 19.00 – 22.00

Le Blanchot has been one of Méribel's most popular restaurants for many years. Since 2020, it has been under the new ownership of Matthieu & Delphine of Le CroMagnon fame in Méribel. Since they opened in December 2019 we have had super lunches here, every season. Both inside by the log fire, and also outside on the sun terrace. Wonderful food and lovely friendly service. This is one of the more high quality restaurants on the piste and perfect for a special occasion. Upstairs with its winter wonderland views would be our choice in the cold winter months. In late season the terrace is truly one of the most beautiful in the valley. The menu is extensive with choice enough to satisfy most tastes. It is now also featured in the Michelin Guide!

Find Le Blanchot at the bottom section of the Altiport, just before you head down to Méribel Village on the Lapin Piste.

Note:

Non skiers can catch the free bus right to the restaurant door. Le Blanchot also has a superb new gift shop you can browse through after your lunch!



MENU SAMPLES FOR THIS 2025 SEASON (Scan the full 2025 menu on Page 3)

CHILDREN MENU: 19.00€

Chicken or Salmon filet
Fries or mashed potatoes or vegetables
Yaourt OU Gaufre sucre / pâte à tartiner

STARTER SAMPLES

- Mini sardines in olive oil ... 14.00€
- Pot of terrine .. 14.00€
- Asian mix (6 pieces) chicken spring rolls, vegetable samosa and chicken gyoza .. 19.00€
- **LA PLANCHA. 45€/pp** Served only outside
- ASSORTED MEATS:** Duck breast, skirt of beef and chicken fillet served with assorted of vegetables, salads, fries and sauces

MAIN COURSE SAMPLES

- Smashed burger, bread from our baker, angus steak, homemade ketchup, cheddar, french fries ... 28.00€
- Parmentier of duck, comté crust, morel creamy sauce .. 36.00€
- Free-range poultry, creamy morel sauce, melting carrot, mashed potatoes ... 32.00€
- Roast salmon steak, pequillo oil, vegetables ... 29.00€
- (Evening Only, minimum of 2 PEOPLE) .. 49.00 €/pers
- Rib of beef, morel creamy sauce, roasted potatoes and green salad

THE SPECIALITIES

- Fondue savoyarde au beaufort-comté, (Inside only. For 2 persons)
- Served with cold meats, potatoes and salad .. 35.00 €/pers

HOME MADE DESSERTS

- Café gourmand, assortment of dessert menu .. 16.00€
- Vanilla cream, wild blueberries, sweet almond pastry, blueberry, wild blueberries .. 14.00€
- Flambeed banana with rum, biscuit, almond cream and chocolat .. 14.00€

SAMPLE WINES: 75CL

Gamay Bio (red) 33,00€
Beaujolais (red) 29,00€

Chateauneuf Du Pape Bio (red) 69,00€
Apremont (white) 34,00€
Provence (rose) 31,00€



FIND THE FULL 2025 MENU ON
www.leblanchotmeribel.com



**LE
MONCHU**
MeriBel



Open: 09.00 – 17.00
Lunch: 11:30 – 15:30
Reservations: +33 (0) 4 79 22 46 90



Le Monchu is a classy restaurant with a beautiful sun terrace located between the Rhodos & Marmottes slopes. It also has a lovely interior with log fire. We ate here last season & enjoyed their superb Picanha steak! Highly recommended! Scan the full 2025 menu on page 3.

Menu samples from 2024 season (expect some changes for 2025)

Child Menu (Under 10)

2 Course: 22.00 €

Starter Sample

- French onion soup, with cheese toasts ... 19.00€



Main Course Samples

- Pizzas ... from 18.00€
- Picanha angus steak, with morel mushroom sauce ... 40.00€
- Black, angus burger ... 31.00€
- Talaki tuna and risotto, sweet sauce, cold snap vegetables ... 32.00€

Wines (75cl)(from 2024)

- Apremont (white) ... 31.00€
 - Provence (rose) ... 35.00€
 - Gamay (red) ... 30.00€
- (Monchu has an extensive wine list!)

JACKS

Menu complet en ligne www.jacksbar.fr →



DES PLATS FAITS MAISON SONT SERVIS TOUTE LA JOURNÉE !

- Bar et restaurant
- Cuisine internationale
- Musique live
- Après-ski

On a passé une excellente soirée et surtout un repas vraiment magnifique. Sans mentir, le meilleur burger que j'ai mangé de ma vie. Avec un accueil comme ça, on ne peut qu'aimer la vie.



-TripAdvisor, 2024



Méribel: En face de La Chaudanne **Les Menuires:** La Croisette

L'Adray Télébar

Reservations: 04 79 08 60 26



Lunch: 12.00 – 15.30 Rough Guide: 40 €- 50 € p.p. (inc wine)

Plat Du Jour From: 22 € Child Menu's From: 12 €

This is a truly outstanding & upmarket, family run hotel restaurant. It is **VERY** popular, with a beautiful sun terrace & traditional interior with log fire. The food and service here is first class. You must try their famous **Escalope de Veau**. This is a very old family recipe with a delicious wild mushroom sauce. The A La Carte menu is extensive & desserts are fabulous too. The wine list should suit everyone. I am 100% sure you will love this restaurant. Find it at the start of the Adret chair lift, Rond Point. Ski right to the terrace, or walk across the piste from Le Plateau.

Advance reservations are essential here.



Cookies Club (Downstairs)

Fast service for keen skiers.

11:00 - 15:30

Paninis from 9.00 €

Soup of the day 11.00 €

Burgers from 14.00 €

**Pasta dishes
from 16.00 €**

The image shows the interior of a rustic restaurant. On the left, there is a stone fireplace with a fire burning inside. Above the fireplace, several copper pots and pans are hanging on a wooden shelf. To the right, a wooden cabinet with glass doors is visible. In the foreground, a table is set with a white tablecloth, a bottle of wine, glasses, and a large vase of colorful flowers. The ceiling is made of dark wood beams.

L'Adray Télébar

MENU SAMPLES FROM 2024 SEASON.

(Expect some small changes for 2025)
FIND THE FULL 2025 MENU ON PAGE 3

Starter of the day: 14€

Soup of the day: 17€

Boar & foi gras terrine: 19€

Fried reblochon nems apple and walnuts: 17€

Specialties

Telebar veal with mushrooms cream sauce: 31€

Fish of the day: 29€

Savoyard, sausage and Crozet: 25€

Gratinee reblochon with Crozets and bacon: 24€

Main Courses

Special dish of the day: 22€

Grilled lamb chops with herbs: 29€

Grilled black Angus sirloin steak with sea salt: 38€

Sirloin steak with a red hot pepper sauce: 29€

Chicken skewer: 27€

Duck breast with cherry sauce: 31€

Beef fillet with mushrooms: 36€

Vegetarian, steak, lentils, red beans, chickpea and spices: 22€

Egg Dishes

Sunnyside up with ham and cheese and salad: 16€

Ham and cheese, omelette with salad, mushrooms, omelette with salad: 20€

Children's Dishes

Pasta of the day: 13€

Lamb chops: 15€

Sirloin, steak: 14€

Veal scallop with cream sauce: 17€

Omelette of your choice: 12€

Desserts

Dessert of the day: 8€

Blueberry tart: 8€

Vanilla crème brûlée: 9€

Chilled nugget, red fruits sauce: 9€

Chocolate cake: 10€

Sample Wines

Mondeuse Arbin (red): 29€

Pinot (red): 25€

Crozes Hermitage (red): 29€

Apremont (white): 25€

Chablis (white): 52€

Chignon Bergeron (white): 27€

Provence Rose from: 27€



LA
TERRASSE
LA
BRASSERIE
du Village



TERRASSE APRÈS SKI DINING

MERIBEL VILLAGE

OPENING HOURS : 8.30AM – 11PM

LUNCH: 12PM–3PM

MUSIC: 4PM–6PM

DINNER: 6.30PM–10PM



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LAPIN PISTE**

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Reservations: 0033 (0) 4 79 00 00 07 / Web Site: www.closbernard.com
Lunch: 12.00 - 16.00 Special dinner evenings by reservation.

Le Clos Bernard is a unique restaurant in Méribel. Perfect for a special occasion. Hidden deep in the forest by the Méribel altiport, it is reached by skis, by foot or horse and carriage. The restaurant is sign posted through the forest by the start of the Loze chairlift. Directions on the web site: www.closbernard.com/en/. For a long & relaxed lunch in beautiful surroundings it is certainly well worth finding. This is no place for a quick lunch break. Here, time stops to taste outstanding meals in a magical setting in the heart of the 3 Valleys.

New! Three times a week, enjoy an authentic evening in a cosy mountain atmosphere to savour exceptional dishes.



Find the full 2025 menu on www.closbernard.com

- Wood-fired snail, cooked in traditional court bouillon, Chardonnay and Guérande salt with parsley and toasted bread (6 pieces) (12 pieces)
- Flank steak from Le Clos Bernard
- Supreme yellow chicken with morels
- Low-temperature lamb shank with honey and thyme
- Rib steak selection of the Chef (about 300gr)
- Whole brown trout cooked on the plancha raised in white water



Côte Brune

(Mottaret Centre)

RESTAURANT
CÔTE BRUNE

Reservations : 04 79 00 40 97
Open For Lunch : 11:30 – 18:00 & Dinner : 18:30 – 22:00
Rough Guide For Lunch : 25.00 € – 40.00 € p.p.
Child Menu (2 Courses) : 14.50 €

The Côte Brune restaurant, situated right in the centre of Mottaret, is an extremely convenient place to meet friends and family for lunch. Open from 9am for coffees etc, this establishment has been in the hands of Fabienne and David DOUCHEZ since 2008/9 season. It has a varied lunch menu plus a large wine list to suit most tastes. I highly recommend the "hot rocks" where you cook your own meats on the table. A lovely meal here! Be sure to reserve your table well in advance if possible. The Côte Brune often gets extremely busy during lunch time. In the evenings here you will find a warm & intimate & relaxed atmosphere. A perfect venue for dinner & just 2 minutes walk from the Tourist office bus stop if you come up from Méribel. Please note: all dishes here are homemade on the premises.



A FEW LUNCH MENU SAMPLES FROM 2024

(Find the full 2025 menu on our website

www.restaurant-cotebrune.fr)

Nems au reblochons	20.50 €
Salade côte brune	19.50 €
Fondue morilles et cèpes ..	34.50 €
Entrecôte grillée	30.00 €
Hot stone with beef sauces in French fries ..	31.50 € per person (2 minimum)
Bacon and cheese, steak burger (180g)	25.00 €

Pizzas From 16.00 €

Wine Samples: 75cl.

Mondeuse (red)	34.00 €
Crozes Hermitage (red)	46.50 €
Apremont (white)	from 31.00 €
Chablis (white)	30.00 €



LUNCH: 12:00 - 14:30

RESERVATIONS: +33 (0)4 79 00 41 51



Le Rastro Bar-Restaurant is legendary in MÉRIBEL. It was opened way back in 1985 by Sonja and Ralph Lau. Their 3 sons have all become famous Telemark champions!

Le Rastro is now operated by the oldest son Chris and his wife Rachi. Over the past few years, it has transformed. It now serves great food at very reasonable prices, for both lunch and dinner. For lunch my choice is usually the plat du jour, which changes daily. It has a wonderful sun terrace and if the weather is bad, a warm, very comfortable interior.

Le Rastro has a great reputation so I advise you to book a table in advance. The full menu can be found on page 3. I can highly recommend Le Rastro for an enjoyable lunch in Mottaret!

Find **Le Rastro** in the Chatelet area, opposite Platieres lift station. The bus from Méribel actually stops at Chatelet, just a 2 min walk away so easy for non-skiers to get here too.

Visit Le Rastro:

www.lerastro.com



La Sittelle

Mottaret (Just below the Chatelet Chair)



Lunch: 12.00 - 15.00

Rough Guide:

25€ - 35€ p.p. with wine

Reservations: 06 15 24 81 34

Sittelle now has 2 catering sections. The main sun terrace & interior with log fire. This has full waiter service. Then below the main deck is the fast food takeaway bar.

The fast food take away bar is a perfect solution for keen skiers in a hurry or those that just want some simple but tasty food at a reasonable price.



La Sittelle



Menu Samples From 2024 (Expect a few small changes for 2025)

Soups & Salads

- *Soup of the day: €14
- *Onion soup, with grated cheese and croutons: €15
- *Seasonal poke bowl with a mix of spices, chickpeas, herbal lentils, marinated, carrots, lemon, couscous, and green salad: €20

Some Dishes to Share

- *Local sausages with the white or rose wine: €20
- *A selection of three Savoyard cheeses: €15
- *A selection of local Savoyard cured meats: €15
- *A mixture of local local cured meats and a cheese platter: €25

Steak Burgers (French Top Quality Meat)

- *Le classic Burger (tomatoe home made sauce & onions): €22
- *Le Montagnard burger (classic + bacon): €23
- *Le Savoyard burger (Classic + cheese): €23
- *Le R & B burger (Homemade oignon & tomato sauce, cheese & bacon): €25

Our Regular Must Have Dishes!

- *Homemade beef spaghetti bolognaise: €23
- *Homemade baked lasagna served with salad: €25
- *Entrecote or Sirloin steak (220gr) with fries and salad: €29

Local Specialities

- *Local buckwheat pasta mixed with mushroom and grated cheese: €25
- *Local diots (pork sausages) cooked in white wine and onions served with local pasta: €27
- *Tartiflette (potatoes, bacon, and local cheese, plus green salad): €25
- *Melted cheese served with potatoes, cured ham and green salad: €29

Omelettes

- *Plain omelette: €19
- *3 cheese omelette: €21
- *Cheese and bacon omelette: €23
- *Cheese and mushroom omelette: €23
- *Cheese, bacon, caramelised, onions, and mushroom omelette: €23

Desserts

- *Homemade chocolate mousse: €9
- *Blueberry pie: €9
- *Raspberry pie: €9
- *Cafe Gourmand: €11

Wine Samples *House wines (75cl)

- *White / Red / Rose: €19
- *Gamay (red): €26
- *Mondeuse (red): €32
- *Vacqueyras (red): €34
- *Chardonnay (white): €26
- *Apremont (white): €26

Day 2 - Courchevel 1850/1550/1300

La Tania/Méribel



Saulire Summit - Courchevel 1850

9am: Chaudanne. **Saulire Express** – to mid station only. **Altiport** to Loze chair. Head towards Courchevel on **Col Du Loze** then drop off left on the **black Dou des Lanches** or continue to **Lanches**. After take **Folyeres** all the way down to La Tania. A real fun rollercoaster in the early mornings. Take La Tania gondola - Then **L'Eclipse**, the famous men's downhill run, then **Murettes**, a really nice run through the forest to Le Praz old village.

La Praz gondola back to 1850 & then ski down to the **Plantree chairlift**.

A nice cruise down **Loze** to 1850 centre. Go under the bridge then hang right to **reach Provères** down to 1550, now known as Courchevel Village. Do check out "**L'Oeil De Boeuf**" while you are here! A fabulous little high quality steak house with all beef cooked on an open fire. Find it at the bottom of the piste in right front of you.

Catch **Tovets gondola** back to 1850 – **Verdons gondola** – **Saulire cable car**.

Combe Saulire or **Grand Couloir** – your choice. **Grand Couloir** is infamous! It develops some big moguls sometimes! Also has a hairy narrow ridge to get to it too. Not for the faint hearted. Back at mid station maybe start thinking of lunch for 12.00. Read my reviews to decide which suits you. 1850 or La Tania. Choice is yours.

1pm +: Back to Méribel via **Col de Loze** & **the Boulevard Loze** if open. Or **Take Pic Noir** a **blue run** but a **red in my opinion**.. Can get **VERY icy** in places. Catch Altiport chair then ski usual routes back down to chaudanne past Rond Point.

Catch the **Legends chairlift**. Then ski **La Face** (a black but not too extreme) or **Grand duc – Gelinotte** down to Chaudanne again.

After lunch the bottom section **blues** will almost certainly will be a bit worn and icy so take note.

Catch **Saulire express** back up to the top. It will be very busy here so ski round to the Méribel side – ski **Biche** and others in this area. Or for apres ski pop to the **Folie Deuce** 3pm – 5pm again and then on to **LDV Méribel Village** or **Rond Point & Jacks** All kick off about 4 – 5pm.

36 Please feel free to give feed back to **rob-smart@meribel-unplugged.co.uk**.



PUB LE SKI LODGE

La Tania, Courchevel
Depuis 1993

Reservations: 04 79 08 81 49

Lunch: 12:00 - 14:30 (Snacks all day)

Rough Guide: 15.00 € - 20.00 € p.p.

Main Courses: 14.90 € - 23.00 €

Plat du Jour: 15.90 €

Child's Menu: 11.50 €

FIND THE FULL 2025 MENU ON PAGE 3

Be sure to visit the **"Pub Le Ski Lodge"**. It's fun, famous and a perfect place for a great inexpensive pub lunch, whatever the weather (heated terrace).

Famous burgers, cod & chips, stir fried dishes and loads more.

(prices from 2024). Find us at the end of the blue Folyères piste, La Tania. Hang a very sharp left at the bottom drag lift. Look for **Pub Le Ski Lodge Terrace**.

SAMPLE LIGHT BITES:

French fries	6.50€
Lightly spiced chicken wings	9.50€
Homemade soup of the day	8.50€

MAIN COURSES:

Du Jour Daily special	15.90€
Fish and Chips (Homemade beer battered cod with chips, mushy peas, tartare sauce)	18.00€
Poulet Tandoori (Strips of cornfed chicken breast in a tandoori sauce, riz)	17.90€
Chili Con Carne Riz (Spicy chili con carne, crème fraiche, tortilla chips, rice)	16.90€
Veggie Chili Riz (Spicy bean and vegetable chili, crème fraiche, tortilla chips, rice)	16.90€
Travers Du Porc Du Chef (Local butcher spare ribs slow cooked in our homemade bbq sauce, fries, coleslaw, salad)	21.00€
Entrecote 250g (250g rib eye steak, fries, onion rings, salad) + Sauce poivre: 2.00€	23.00€
Nouilles aux légumes (Noodles, seasonal vegetables, ginger, sesame, garlic, soy sauce and peanuts)	16.50€
Ski Lodge Salade (Mixed salad, bacon bits, grated cheese, egg, tomato, croutons, house dressing)	16.00€

SAMPLE WINES:

Gamay (red)	22.00€
Apremont (white)	22.00€
Provence (rose)	32.00€

THE GOURMET BURGERS:

Our 180g burgers are fresh from the butcher, origin France, served in a fresh sesame bun with fries.

L'original (180g burger, bbq sauce, salad)	14.90€
Ski Lodge (180g burger, bacon, cheese, fried onion, bbq sauce, salad)	16.50€
Chicken Ski Lodge (Breaded chicken fillet, bacon, cheese, fried onion, bbq sauce, salad)	16.90€
Le Savoyard (180g burger, melted reblochon cheese, bacon, salad)	16.50€
Le Big Dada (180g burger, chili con carne, cheese, bacon, onion rings, chefs sauce, salad)	20.50€
Le Vegan (Homemade lentil, sweet potato and bean burger, fresh salsa, salad)	16.50€
Le Poulet (Breded cornfed chicken fillet, guacamole, salsa, salad)	16.90€

KIDS MENU (-11 years old):

11.50€

Chefs fish fingers, frites

or Chicken nuggets, fries

or Cheesy tomato pasta

or BURGER, FRITES

+ Kids ice cream or yogurt and free lolly pop

DESSERTS:

CHOICE OF HOMEMADE DESSERTS FROM 8.00€

Le 1928 Restaurant - Oyster Bar

Reservations: 04 79 08 32 34



Lunch: 11:30 – 16:00

Rough Guide: 45.00 € – 50.00 € pp. Inc wine.

Le 1928 is a classy mountain top restaurant with a fabulous sun terrace. Le 1928 is perched right at the top of the Col De La Loz which divides Méribel from Courchevel. I had my best ever filet steaks on the mountain there last season & in 2023 also. They come with wild morels mushrooms. It is a really delicious meal plus the rum baba desserts after were also something very special. For a superb terrace lunch on a warm sunny day this restaurant is one that takes some beating in Courchevel. Inside is very nice too for a cold winter's day. To get there take the Loze chair from the Altiport or stop off on your way back from Courchevel. A perfect venue for a late lunch. Do try to reserve as it gets very busy at times!

Menu Samples

Starters: (To Share)

Country Terrine With Wild Garlic 14.50 €

Main Courses:

Filet of Beef with small potatoes & vegetables 43.50 €

Filet Of Sea Bass With Velvet Crab Juice, Fresh Vegetables & Linguine With Truffle Oil 36.00 €

Free range chicken casserole with ceps mushrooms, small potatoes & vegetables 38.50 €

All Menu Samples & Prices are from 2024 Season (Expect some changes for 2025)

Find the full 2025 Menu on
www.meribel-unplugged.co.uk

Suggestion of the Day: 33.00 €
Try our special Formula Du Jour
(Main Course + Dessert)

Desserts:

Café Gourmand 14.00 €

Crème Caramel & Salted Butter Caramel 12.00 €

Wine Samples 75cl:

Cote du rhone 38.00 €

St Joseph 51.00 €

Vacueras (2015) 55.00 €



Le Bouc Blanc

LA TANIA

Reservations: 04 79 08 80 26

Lunch: 12.00 - 15.00

Rough Guide p.p. with wine: 30.00 € - 35.00 €

This is a really exceptional mountain restaurant, and **VERY** reasonable in price. It serves wonderful food and gives a very fast service, even when busy. **Le Bouc Blanc** was re-furbished back in 2015 and an outside snack bar was added. Perfect for a fast takeaway for keen skiers. The restaurant sits on the Bouc Blanc piste at the top of the La Tania Gondola. With a superb giant sun terrace plus a large warm comfortable interior on 2 floors. Lovely log fire too. French friends introduced me to this restaurant many years ago. I have visited **Le Bouc Blanc** every year since and never been disappointed. Of course do expect some price increases for this season due to supply issues & the energy crisis. **Le Bouc Blanc** also has regular excellent reviews on Trip Advisor. Always a good sign. The Dou Des Lanches chairlift just below the restaurant pops you back in to the Méribel valley in just 5 minutes. Extremely convenient for a late lunch.

Menu samples from the last 2024 winter season (Find the new 2025 menu on page 3)

Dish Of The day 21.00 € Children's Menus (2 courses) 17.00 €
3 Course Skiers Menu 32.00 € Starters from 7.50 €

Main Course Samples

Omelette & Chips 14.00 €
Grilled Salmon 24.00 €
Lamb Chop with Herbs 28.00 €
Sirloin Steak (grilled) XL 30.00 €

(Our meats and fish are
accompanied by:
fries, Savoyard gratin,
green beans or green salad.)

Desserts
From 10.00 €

Wine Samples (75cl)

House wine (Merlot - red) 25.00 €
Cotes du Rhone (Vacqueras - red) 38.00 €
Chignin (white) 26.00 €
Rose de Savoie (rose) 27.00 €

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Day 3 - Courchevel 1650



1850 Piste with Balloon



Courchevel Town

Petite Savoyard



Western Ski Park

9am: Chaudanne – Take the Saulire Gondola express to the top.

Route 1: **Creux** to half way, then hang a left on to **Lac Creux**. After 100m find **Marmottes**. If this has been groomed it is a super run down to Chanrossa. Wait for Chanrossa chair to open (9.40am). It is worth the short wait to make first tracks. At top = **Roc Merlot** then **Pyramide**. Now follows a fabulous relaxing cruise to the Bel Air restaurant. It should be nearly 10am. Take a hot chocolate on their fabulous sunny terrace. This is also a great spot for lunch on the mountain. Advance reservations essential here. Just before you arrive at Bel Air is the Indian camp. Great for the kids. It used to be located on the run of the same name (**Indians**) but has now moved.

Route 2: If Marmottes has not been nicely groomed continue on to the Altiport. A beautiful quiet piste at 9.30am! In the sun too. Hang right immediately past Pilatus restaurant on **Prameruel**; ski through the trees down to Roc Mugnier chairlift. At the top drop left down to the Pyramid twin draglift. (Note: they run at different speeds!)

Now you have a superb choice of **reds** and **blues** in 1650. They are all good to go for except **Roc Mugnier**. This one is never pleasant. Often icy, even early morning. Avoid it unless you enjoy icy worn pistes.

12pm: For lunch choose Bel Air sun terrace or ski down to 1650 centre. Through the gap by Portetta hotel find Petite Savoyard 50 yards to your right.. Lovely place - lovely people. They have great reviews on Trip Advisor by the way. There are several ways back. All take a fair while so I suggest you leave the 1650 area about 3pm latest.

Route 1: Ariondaz Gondola – Signal Chairlift – Pyramide double draglift – Roc Merlet chair. Ski **Chanrossa** or **Jean Pachod**. Neither are too extreme. Catch Marmottes chairlift then follow the sign for Méribel (**red**). **Chamois** or **Biche** will both lead you to the Folie Douce by the mid station of Saulire express. Have yourself a party or just play around in this area till 5pm. Then be sure to head for either LDV at Méribel Village or the Rond Point & Jacks for live music. The Ronny is world famous, LDV is a secret gem for locals in the know, & Jacks opened in 2020 at Chaudanne.

Route 2: (Easier). Ariondaz gondola then Pte Bosse draglift. Ski **Gravelles** to the Aiguille Du Fruit chair. Ski down **Altiport** to Suisses chair then same route to Méribel as from Marmottes chair previously.

LE PETIT SAVOYARD



Courchevel 1650 centre

(2 minutes stroll from the piste)

Tel: 04 79 08 27 44

Lunch: 12.00 - 14.00

Rough Guide: 25.00 € - 30.00 € p.p.

Plat Du Jour:

varies from around 17.00 € - 18.00 €

Child Menu (2 courses): 20.00 €

Menu Samples From 2024 Season Starters

*Hot goat's cheese salad (large) .. 22.00 €

*Snails with parsley (12) 20.50 €

Main Courses

*14 different pizzas from 17.00 €

*Entrecote (Ribeye) "Angus" steak
..... 34.00 €

*Sea Bass with creamy peas, roasted
carrots, & clementine juice 32.00 €

Wine Samples (75 cl)

Côte Du Rhone (red) .. 32.00 €

Apremont (white) 30.00 €

Provence (rose) 32.00 €

This is an excellent, charming little restaurant. Just take a short stroll from the crowded piste and you are sure of great food and a very warm welcome. There is no sun terrace but it has a beautiful rustic interior (inc top-class toilets!) We usually choose the plat du jour & with a bottle of our favorite Cote Du Rhone wine expect to pay about €30-€35pp. The owners Pascal & Babette have retired but their established regular friendly staff are still here serving you with a smile. A lovely little special place for lunch. Find it 100m to the right of the Ariondaz bubble through the gap by the Portetta Hotel. Cross the street at 45 degrees to your right and there it is, tucked in the corner. I promise you will love it here. Reservations are strongly advised.



Le bel-Air

Courchevel 1650

Tel: 04 79 08 00 93
Lunch: 12.00 - 15.30



The Bel Air is extremely highly regarded. It has a reputation for excellent food, fast & friendly service accompanied by very fair prices. This restaurant has a fabulous south-facing terrace plus a warm inviting interior with a blazing log fire in cold weather. Our personal recommendations here are the excellent daily plat du jour (34 €) or the succulent BBQ lamb chops. Both include a simple but tasty green salad as starter. The menu also includes a varied list of wines which will suit most diners.

For lunch on a mountain terrace in Courchevel 1650, the Bel Air just cannot be beaten. It is located adjacent to the summit of the Ariondaz gondola arriving from 1650 centre. Advance reservations are very strongly advised.

MENU SAMPLES FOR 2025 SEASON

DISH OF THE DAY 34.00 € (Includes Bel Air Salad)

CHILD MENU (Up to 12 years) 22.00 € (Minced Beef with French Fries & Ice Cream)

STARTERS

Bel Air Salad (Lettuce, Walnuts, Cheese, Vinaigrette Sauce): 14.00 €

Alpine Saucisson: 18.00 € Home-made Pâté: 18.50 €

Beef Carpaccio (Strips of Beef, Lemon, Parmesan): 22.00 €

Assorted Cold Cuts (Ham, Saucisson, Pâté): 26.00 €

Mixed Plate (Tomatoes, Mozzarella, Raw Ham): 24.00 €

Snails (6) Home-made Snail's Butter: 18.50 €

BEL AIR GRILLS (Includes Bel Air Salad, & Chips or Delicious Gratin Potatoes)

Beef Tenderloin with Mushroom Sauce: 41.00 €

Sirloin: 34.00 € Sirloin with Shallot Sauce: 36.00 €

Lamb Chops (3): 36.00 € Flank Steak with Shallot Sauce: 34.00 €



Le bel-Air



SAMPLE BEL AIR SPECIALITIES

1/4 of a roasted farm chicken
with tarragon sauce

(served with french fries): 29.00 €

Tartar Steak 150g with french fries (not prepared): 29.50 €

Tartiflette (potatoe, bacon, reblochon) **preceded by a Bel Air salad:** 30.00 €

Knuckle of lamb confides, wipes in the thyme (served with a gratin dauphinois
- preceded by a Bel Air salad): 37.00 €

Beef jerky (Strips of beef, olive oil, green vegetable, lemon): 27.00 €

Savoy omelette (Eggs, diced bacon, onions, leeks, potatoes): 23.00 €

Gambas "à la Provençale" with a Bel air as a starter: 43.00 €

Vegetarian plate (ravioles, provençal tomato, lentils, ratatouille, tomatoes, rice): 27.00 €

Ravioles with roquefort cheese sauce: 26.00 €

Ravioles with salmon sauce: 26.00 €

BEL AIR DESSERTS FROM 12.00 €

SAMPLES FOR THE 2025 BEL AIR WINE CELLAR

House wines 75 CL

Red: Bel Air Vintage "table wine" (75 cl): 22.00 €
Côtes-du-Rhône

Red: Vinsobres "cave du Prieuré" (75 cl): 35.00 €

Red: Gigondas 60.00 €

Vins de Savoie (White and Red)

White: Roussette - Cuvée gastronomique: 39.00 €

White: Chignin: 32.00 €

White: Chignin Bergeron: 46.00 €

Red: Gamay de Chautagne: 35.00 €

Red: Mondeuse Gastronomie: 39.00 €

Rosés: Provence and Savoie

Rosé de Savoie Gamay (75 cl): 32.00 €

Provence - Carte Noire -

Vignerons de Saint Tropez: 38.00 €

Bordeaux (red)

Château Bel Air - Graves de Vayres
(75 cl, matured in oak casks): 43.00 €

Château Fleur de Jean Gue Lalande de
Pomerol 2015 (75cl): 70.00 €

Prosecco (sparkling wine)

La Gioiosa - Blanc Brut

- DOC - (75 cl): 36.00 €

Champagne

Pol Roger Brut (75 cl): 90.00 €

Day 4 - St Martin De Belleville



St Martin de Belleville Old Village

Chaudanne. 9am.

Take the fast "**Legends**" heated chairlift then **Tougnete 2 chairlift**.

This is an easy relaxed day of skiing. No nasty surprises today!

1st run of the day is **Pramint**. Normally nicely groomed. Also be sure to do this one if it snows overnight. They groom it early during the night so you can often find soft fresh new powder on a smooth prepared piste. Heaven!

St Martin 2 Chair. Catch this chair. Now ski **Crêtes**, past **Maya Altitude** restaurant. Then **Jerusalem**. **Jerusalem** is now also a **blue** in places. It can be a really lovely run in the mornings. Take a cruise all the way down to St Martin in case you fancy lunch later in the village. Turn sharp right after the tunnel for the lovely old village.

Here is a slow beginner draglift – Back up to the new village of St Martin. A pleasant stop for a coffee (with real coffee beans!) is **La Dahlia** opposite the Gondola. Very friendly Dutch owned pub/restaurant, with some super veggie choices on the lunch menu.

Next take **St Martin 1 Gondola & St Martin 2 Chair**. Turn right to **Gross Tougne**. At Grand Lac restaurant take Grange chair. Ski **Grand Lac** one of the nicest runs in the 3 valleys. At the bottom catch Teppes (an old VERY steep & fast Draglift). Hang on tight. It lifts you off the ground! Then ski **Teppes** back down again to the bottom. Now you are near to an early lunch. Decide! St Martin mid station. My choices here are **L'Eski** opps the chairlift. Or **Le Refuge Le Trait D'Union** just below the mid station. (Worth finding!) In St Martin old village, **La Voute** (superb value) or St Martin new village **Le Dahlia** (simple pub grub) The choice is all yours. Each one is well worth a visit. Read my reviews for an idea of cost and menus.

1.30 pm: Off to **Les Crêtes piste** at the top of St Martin 2 chair.

Opposite the Maya Altitude restaurant ski both **Blaireu** and **Faon** down to mid station Tougnete. They are quite similar runs and both tend to have good snow in the afternoons and usually not too busy.

After doing both these 2 head down via **Perdrix** (Mottaret), below Tougnete mid station and **Combe Laitalet** which drops on to the **Truite** to Chaudanne.

Catch **Saulire Express** to the top. It will usually be very busy on the piste for the first 200 meters but after that fairly quiet on the Méribel only section of the Saulire mountain. At the top it is start of the route down for both Méribel and Mottaret. Choose Méribel! Mottaret route is very busy with other 3 valleys skiers heading home.

3pm: Time to plan more après ski or just stay skiing in the sun (hopefully) on the Saulire Mountain Always keep off the main 3 Valley through routes after 3pm. Often very busy!

That especially means Mottaret centre & Chaudanne.

La Voute

TEL: 04 79 08 91 48

Lunch: 12.00 - 15.00

Rough Guide For Lunch: 25.00 € - 35.00 € p.p.



La Voute



A truly fabulous restaurant in the ancient village square right opposite the church.
Just a short stroll across the road from the base of the old draglift.

La Voute is renowned for both quality and really exceptional value. Their excellent 2-course lunch menu, Dish of the day + Dessert of the day (€ 22) is extremely popular and one of the best value lunches in the 3 valleys. We have eaten here for 30+ seasons now and lunch has, without exception, always been a total pleasure.

Highly recommended for a super lunch.

Be sure to reserve. All prices & menu samples from 2024 season.

Menu Samples & Prices (From 2024 Season)

Child's 2 Course Menu 14.50 €
French Onion Soup 13.50 €
Pizza choices (15) from 14,00 €
Charolaise Rib steak,
home made chips (300 g) 28,00 €

**Delicious Home Made Desserts
From 8.50 €.**

A Few Wine Samples, 75 CL From 2024

Gamay (red) 28.00 €
Côtes Du Rhone (red) 30.00 €
St Joseph (red) 44.00 €
Provence (rose) 28.00 €
Chignon Bergeron (white) 35.00 €
Sancerre (white) 44.00 €



L'ESKIS

You are most welcome: Open 7 days a week
All day long ~ all season!



Open: 9am - 5pm

Reservations: 04 79 08 95 36

Enjoy a wonderful relaxed morning coffee or lunch on our all-day sun terrace! We pride ourselves on our well known very friendly service. We offer you our popular Savoyard specialties at lunch, plus burgers, grilled meats & salads, etc. (not to mention our delicious homemade desserts). For those skiers in a hurry, our fast snacks cafe (with deck chairs!) offers paninis, soups, nuggets, fries, pancakes, waffles, fruits & drinks. If the weather is bad, then we welcome you to come inside to warm up in comfort.

You can find the full 2025 menu on page 3 of this magazine. Just scan with your phone "mountain restaurants". & then just scroll down for L'ESKIS in St Martin.





ST MARTIN DE BELLEVILLE
– NEW VILLAGE

Tel: 09 83 69 28 27



Lunch: 11.30 - 15.00

Rough Guide: 25 €- 30 € p.p.

Child's Menu (in 2024): 14.90 €



This restaurant is in the new village just across the piste from St Martin 1, the 8 man gondola. Le Dahlia is renowned for great simple pub style food, (great burgers) and an extremely friendly welcome from the young Dutch owners & their staff. All the dishes here are excellent value and I can personally vouch for the "veggie burger" that I ate here last season! Delicious. The best I have had for a long time! This is high quality pub grub here, with good cold beer, inexpensive house wines, and some great lunchtime music. Highly recommended for an enjoyable pub lunch on a sunny day.

Menu Samples From 2024

(Expect some small changes for 2025) See the NEW 2025 MENU on page 3

Salade Nicoise: 15.90 €	Bollywood Burger: 19.90 €
Tartiflette: 19.90 €	Red Hot Burger: 19.90 €
Tagliatelle Bolognaise: 17.90 €	Vegetarian Burger: 18.90 €

Wines For 2025 Season

House wines Red, White: 4.90€ a glass, 75cl - 24.00€
Rose: 5.50€ a glass, 75cl - 26.00€

REFUGE LE TRAIT D'UNION

DAILY LUNCH MENU 2 COURSES

RESERVATIONS ESSENTIAL: + 33 (0) 7 70 28 85 77

LUNCH SERVED: 12:00 - 14:00 PLAT DU JOUR: 20.00€

DESSERT: 8.00€ WINES 75CL FROM 20.00€ - 38.00€



What a little gem this one is. It opened for the first time in 2018. I love finding places like this. So charming and totally off the beaten track. The set lunch menu here is very simple traditional French family food and NOT expensive. This is a really a super little restaurant, where the mother and daughter also often play their accordions after lunch! A wonderful fun experience! You will find the small signpost on your left about 200m below the mid station of St Martin. Ski very slowly and look carefully for the wooden sign right by the piste. Absolutely essential to reserve. It really is a VERY small & quaint venue. You can also stay overnight! Again reservations essential. It already has some great **5 star** reviews on Trip Advisor. You will fall in love with this place. It's like being invited in to a local family's own mountain cottage!



Day 5 - Les Menuires

Les Menuires (centre)



NOTE: THIS FULL DAY IS FOR CONFIDENT INTERMEDIATE SKIERS ONLY.

9am: Chaudanne: The fast "Legends" heated chairlift – then Tougnete 2 Chairlift.

Gross Tougne to Grange chair to 3 Marches summit.

Ski **Allamands** then take Becca chair – ski **Becca** & **Petits Creux**. Catch Mont de La Chambre chair – Ski **David Douillet** & **Boyes**. As you approach Reberty Village Le Ferme restaurant is on the right. Great place for a coffee stop. Good for lunch later too. Quite inexpensive for the 3 valleys.

Boyes own to Les Menuires Centre. This place is typical 70's high rise! Not pretty. However it has some superb skiing and great value restaurants so well worth the visit. Ski though the gap in the buildings and hang a left down to Pointe De La Mass new VERY fast Gondola up to the very top. Take **Fred Covili** then **Les Enverse** to the bottom.

12pm:

Catch Doron Chair out and choose where to eat. Read reviews of Le Ferme and L'Ours Blanc & Hillary hotel. All excellent and nearby. Call and reserve a table beforehand.

1.30pm:

Roc Des 3 Marches 1 (gondola - 1st class) – Roc Des 3 Marches 2 (chair).

Route 1:

Ski **Mouflon**. A bit steep in places and sometimes worn and busy but worth doing if you are happy with this. Brings you down in to Mottaret. Very busy on the way in to the centre usually. **Truite** to Chaudanne.

Route 2:

Ski **Grand lac** then **Pelozet** to mid station. Take St Martin 2 chair up to Tougnete then ski **Faon** or **Blaireu** down to Tougnete mid station.

Ski **Perdrix** – **Combe Laitalet** – **Truite** to Chaudanne.

3pm:

Time again for Après ski: Folie Douce – LDV – Rond Point – Jacks. Tuesdays Le Rastro also usually has live music in Mottaret about 5pm. Choice is all yours.

Reservations: +33 (0)4 79 00 60 57

Lunch: 12.00 - 15.00



I love finding lovely restaurants off the beaten track and this is another one.

The Hillary hotel is named after Sir Edward Hillary, the first climber of Mount Everest. His portrait is actually hanging inside the hotel. You'll find the food and service here excellent. It is so nice escaping the crowds for lunch! It has a lovely hidden terrace and very warm and comfortable interior if the weather is bad. You will find the Hillary restaurant under the doron chairlift and in the Montagnard Green beginners area. It is on the left side of the piste as you ski down towards Les Menuires centre.

Hillary Restaurant

Reberty 2000

Menu Samples From 2024

- **Dish of the day: from 22€**
- **Soup of the day: 19€** (XL with cheese and croutons)
- **Cheese Salad: 32€** (salad of fried reblochon cheese, dauphine potatoes, salad, onions, cucumber, tomatoes, endive, radish, toasts)
- **Steak Burger: 30€** (chopped steak, beaufort cheese, salad, bacon, crispy onions, tomato, pickles, cocktail sauce served with fries)
- **Mexican Burger: 30€**
(breaded chicken, guacamole, capsicum, red onions, cheese and french fries)
- **Sea Bream Ravioli: 36€**
(on Chinese cabbage and carrot in Thai broth)
- **Beef Carpaccio: 27€**
(XL with dauphine potatoes and salad)
- **The Hillary's: 35€**
(melting cheese box, potatoes, cured meat and green salad)
- **Home made desserts from around 12€**
- **Sample Wines:**
Malbec red: 32€ Côte Du Rhone red: from 30€
Apremont. white: 28€ Provence. rose: from 32€
House wine. - Pichet 50cl. red. white. rose: 20€





**LA TERRASSE
DE
L'OURS BLANC**
Les Menuires



Ideally located on the upper slopes of Les Menuires, the Ours Blanc Hotel & Spa is this winter's newest hot spot. In a chic and relaxed atmosphere, the 4-star address offers new high-end services and satisfies every expectation!

At lunchtime, **La Terrasse de l'Ours Blanc** proposes a gourmet cuisine and has an amazing terrace with panoramic view on the mountains. Guests can recharge batteries enjoying the sunshine and savouring tasty dishes made with local and seasonal products before head back out to the slopes!

Information

Open for the 2024/25 Season
7/7 for lunch: 12pm to 2pm

Panoramic terrace
Ski-in ski-out from La Montagnette slope

Home-made cooking
Local & seasonal products

La Terrasse de l'Ours Blanc

Ours Blanc Hotel & Spa**** | Rue des Iris Quartier Reberty 2000 73440 Les Menuires
reservation@hotel-ours-blanc.com | +33 (0)4 79 00 61 66 | hotel-ours-blanc.com



RESTAURANT-PUB La Ferme de Reberty



Reservations:

04 79 00 77 01

Lunch: 12.00 - 15.00

Rough Guide p.p. with wine: 25.00 € - 30.00 €

Child Menu (2 course + drink): From 14.00 €

Plat Du Jour: From 15.00 €

Another brilliant & inexpensive choice for lunch on a giant sun terrace, with beautiful mountain views towards Val Thorens. The food here is delicious & the plat du jour is always outstanding value as is the kid's menu. Service is very fast and extremely friendly. La Ferme is in Reberty Village just below the top of the Doron chair lift (on the Boyes blue piste). Reberty itself is located off to the far left of Les Menuires as you make the descent from Méribel.

Menu Samples From 2024

(Expect a few small changes for this season)

Child Menu From 14.00 €

(2 courses + drink)

Wine Samples. 75cl

Côtes du Rhone (red)	28.00 €
Mondeuse (red)	32.00 €
Crozes Hermitage (red)	36.00 €
Saint Joseph (red)	44.00 €
Apremont (white)	28.00 €
Chignin Bergeron (white)	38.00 €
Côtes de Provence (rose)	32.00 €

Starters

French Onion Soup	12.00 €
Hot goat cheese toast with honey and walnuts	14.50 €

Main Courses

Slow Cooked Poultry Supreme, Wild Mushrooms & Mashed potatoes	23.00 €
Lamb Shank with Garlic & Thyme	28.00 €
Crying Tiger Style Marinated Steak Lightly Spiced, Chilli & Coriander	28.00 €
Scottish Red Label Salmon Steak	24.00 €
Prawn Wok, Noodles & Vegetables ..	27.00 €

Scan page 3 for all restaurant 2025 menus

Day 6 - Val Thorens 2300m

(Note: Often very cold!)

Peclet



SPECIAL WARNING: THIS TRIP IS A LONG TRIP & IS FOR GOOD INTERMEDIATE SKIERS ONLY. ALSO PLEASE ALWAYS SPLIT UP YOUR SKIS WITH A FRIEND WHEN LEAVING THEM UN- ATTENDED. ESPECIALLY IN VT AS A TAXI BACK IS ABOUT 150+ EUROS !!

9am: The fast "Legends" heated chairlift & Tougnet 2 chairlift.

Gross Tougne to Grange chair. **Alouette** to Côte Brune Chair (Note: long & usually very cold).

Follow signs to Val Thorens till you reach **Pluviometre** on the right. A long run all the way to just below VT centre. Continue down to **Caron gondola** and then the cable car to the very top at 3200m.

Might be time for a hot chocolate here? Should be about 10.30am and often cold and windy at this elevation.

Be sure to climb up to the large ski compass on left side and take in the fabulous views from all over the Alps.

Col de L'audzin down is the easiest route down even though usually very busy. Then **Gentiane** down to Boismint chair. Ski **Boismint** then **Plan de L'eau**. A great run.

Catch the Chair lift back up. Head for **Cairn Gondola** then catch the **Funitel Peclet** to the other side of the valley.

At the top are 2 super runs down. Choose. The **Tête Ronde** brings you to **Dalles piste** The snow in this area is usually excellent and not so busy. We no longer recommend a long relaxed lunch in Val Thorens. Prices seem to have increased a lot and there are many accidents on the way back late in the day. We now prefer a fast self service over here or we ski back to Les Menuires on the easy route and enjoy a relaxed lunch there.

The large **Chalet De Caron restaurant** located by Cime de Caron on **Cairns piste** is a good value self service or also with waiter service expected this coming season. The new very friendly family owners here were at St Martin mid-station before.

3pm: Try to leave VT by this time. It is a long trip back (about 8km and 1 hour + skiing).

Route 1: For good confident skiers. **Plein Sud Chairlift** & **3 valleys 2 Chairlift**.

Quickest route home is by **Lac de La Chambre**, a long run & often very busy. Joins **Campagnol** from Mont Vallon for the run back to Mottaret centre via **Plan Des Mains** chairlift. Then take **Truite** from Mottaret as usual down to Méribel.

Route 2: Easier but a longer route. **Boulevard Cumin** to Les Menuires.

Doron chair – Les Menuires centre – **Roc de 3 Marches 1 Gondola** – **Becca Chair** – **Boulevard de la Becca** – **Grand Lac** – **Pelozet** – St Martin 2 chair – **Faon** or **Blaireu** – **Perdrix** – **Combe Laitalet** – **Truite** – Chaudanne.

4.30pm - 5pm: Time for some après ski partying as usual. My choices: **LDV** at Méribel Village, **Rond Point**, or **Jacks** located right here at Chaudanne.

I hope you all had a great week. Feel free to send feedback. Cheers Rob Smart.



Open: 09.00 – 17.00

Reservations: +33 (0) 4 79 00 01 71

This is a massive renowned piste side restaurant in Val Thorens, located on the “*Blue Cairn Piste*” very near the *Cime Caron* cable car. 2022 season was the first season for this new friendly family. They previously operated the restaurant Au Chaudron at St Martin De Belleville mid station in 2020 season. This one is a self-service restaurant with fast service & very reasonable prices for VT. Perfect for a quick turnaround lunch for those keen skiers in a hurry.

This restaurant has a fantastic sun terrace, and a fast take away bar for those in a hurry. It is mainly self service but they may introduce a limited waiter service section for 2025. This is a family-run restaurant and serves lovely food at reasonable prices in a nice relaxed atmosphere. Scan the new 2025 menu with your phone on page 3. Don't stay too long as it is a long trip back to Meribel ! You can drop down to Les Menuires easy from this restaurant for an easy route home on less busy pistes.

WWW.MÉRIBEL-UNPLUGGED.CO.UK

SKI HOLIDAYS PLAN YOUR NEXT SKI HOLIDAY WITH US

NOT A PENNY MORE!

SKI IN SKI OUT CHALETs FOR 2026

**WE HAVE A CHOICE OF LOVELY CHALETs
3 BEDROOMS TO 7 BEDROOMS BOTH CATERED AND SELF-CATERED**

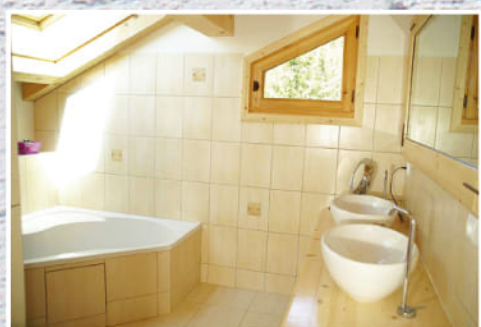
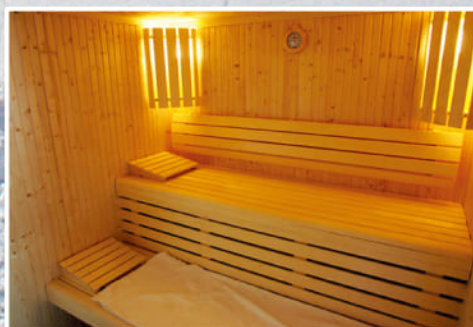
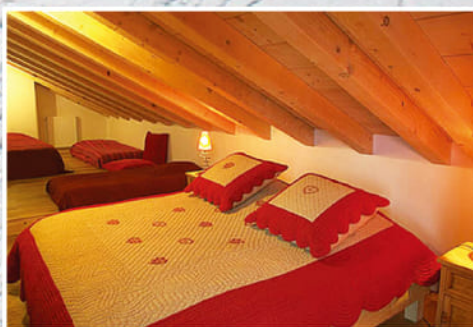
SOME ARE SKI IN SKI OUT & IN GREAT LOCATIONS

MANY WITH HOT TUBS & SAUNAS

ENQUIRE EARLY FOR 2026 TO GET THE BEST CHOICES

JUST E-MAIL ME ROB.SMART.MERIBEL.UNPLUGGED@GMAIL.COM

BOOK WITH ME EARLY FOR THE BEST DEALS!



RESTAURANTS DINNER

Méribel Unplugged "Good Food Guide"

WHERE TO GO FOR DINNER?

In the following pages you will find restaurants to suit all tastes and all pockets.

We visit all of the restaurants featured each winter. As we are not loaded you will find these reviews especially helpful if you are on a tight budget. Our reviews are completely independent, and based on last year's experiences.

Do reserve well in advance. These are definitely the best value restaurants in Méribel and quickly become fully booked, especially on the chalet staff nights off (Tues-Wed-Thurs) & French holidays (New Year & Feb).

Please take our strong advice & do as the French always do. Reserve the moment you arrive. Every year we see new visitors to Méribel, wandering around on cold winter evenings, desperately looking for a free restaurant table.

HOW MUCH WILL IT COST?

Our rough guide to the cost of an evening out for two is based on one simple main meal each and sharing a bottle of house wine. Your own bill could occasionally be less or indeed a great deal more. A full 3-course meal with a high quality wine could be more than double our rough guide. However, rest assured. All the restaurants featured here serve good food so you should have a very enjoyable evening, whatever the cost.

A USEFUL TIP

If you do find that your choice of a Méribel restaurant is completely full, which happens often on chalet staff's night off, then do check out the very best out of town restaurants that we recommend at Méribel Village, Mottaret & Les Allues. It is just a few minutes free bus ride from the town centre to any of them and then only a couple of minutes walk. So easy, and you will not regret your decision. (But always reserve!)

Le Refuge is a lovely traditional French restaurant, one of the first ever established in Méribel way back in the early 70's ! The food menu includes many savoyards specialties plus a large pizza oven churns out the popular tasty pizzas. Also available are many other popular dishes, The full menu can be found on page 3 of this magazine but on the opposite page are some samples from last winter season. The menu is usually displayed outside the restaurant too.

Le Refuge is located just a few yards down towards Chaudanne from the very centre of Méribel town so is in a very convenient location. It has a lovely log fire for those cold evenings, creating an extremely warm and convivial atmosphere.

TRADITIONAL
SAVOYARD RESTAURANT
& PIZZERIA



FULL RESTAURANT MENU
INCLUDING FONDUES
& STEAKS & PIZZAS



LE REFUGE - MÉRIBEL TOWN CENTRE

(1 MINUTE STROLL ON LEFT - DOWNHILL FROM TOURIST OFFICE)

RESERVATIONS: TEL +33 (0) 4 79 08 61 97

Facebook: @restaurantlerefugemeribel

SAMPLES FROM THE WINTER 2024 MENU

(expect some small changes for 2025)

CHILD MENU (up to 10 years) (2 COURSES) ... 22.00€

PIZZAS:

- Regina 15.90€ (tomato, mozzarella, ham, fresh mushrooms, oregano, olives)
- Calzone 18.00€ (tomatoe, ham, fresh mushrooms, mozzarella, egg, organo)
- Vegetarian 19.20€ (tomato, onions, sundried tomatoes, fresh mushrooms, peppers, courgette, arugula salad, olives, truffle oil)

FONDUES:

- La Savoyard - 3 cheeses (wheel of savoy, comte, abondance) with green salad .. 26.00€
- Aux Cepes - 3 cheeses (wheel of savoy, comte, abondance) cepes mushrooms & green salad 30.00€
- Bourguignonne - (2 persons min)
Beef with green salad, potatoes grenaille & homemade sauces 39.00€

MAIN COURSES:

- Tartiflette & green salad .. 26.00€
- Pot-au-feu (scallop stew) .. 39.00€
- Duck breast with a pear vanilla sauce .. 41.00€
- Tenderloin rossini & fresh truffle .. 55.00€

DESSERTS: FROM 12.00€

An extensive wine list including
all the popular french wines,
red, white & rose.

JACKS



www.jacksbar.fr

Homemade food served all day!

Des plats faits maison sont servis toute la journée!

**THE ULTIMATE APRES-SKI DESTINATION
WHERE DELICIOUS FOOD AND LIVE MUSIC
COME TOGETHER!**

**Incredible bar with great food and beer for apres ski!
Great location with an amazing view of the mountain!**

–TripAdvisor review, 2024

Méribel: En face de La Chaudanne // **Les Menuires:** La Croisette

OUR MOST POPULAR DISHES!

View the full menu online at www.jacksbar.fr →



MAINS

FAUX FILET MONTBELIARDE | 250g Montbéliarde faux filet served with homemade fries, salad, and peppercorn sauce

CHICKEN CAESAR SALAD | Grilled chicken supreme, romaine lettuce, marinated anchovies, lardons, croutons, grana padano, soft boiled egg, homemade caesar dressing

MISO-GLAZED PORK NOODLES | Miso glazed pork bowl, pickled ginger, mange-tout, bean sprouts, soft boiled egg, chargrilled pak choi, with a soy, basil and ginger sauce

BURGERS

BADBOY BURGER | 170g Beef, melted cheddar, maple bacon, burger relish, jalapeno chutney, mascerated tomatoes, pickled red onions, and lettuce. Served in a homemade brioche bun with homemade fries

NOTORIOUS V.E.G.an | Homemade vegan patty, vegan horseradish mayo, crudités, vegan bacon, and vegan cheese. Served in a vegan brioche bun with homemade fries

PIZZAS

SPIANATA PICCANTE | Homemade tomato base, mozzarella, salami spianata piccante

GREEN DREAM | Homemade roasted red onion cream base, artichoke, sundried tomato, mozzarella, black olives, cress

THE G.O.A.T. | Homemade tomato base, mozzarella, pancetta, goats cheese, fig, red onion, fermented hot honey

Visit us in Méribel and Les Menuires

JACKS

La Galette

Food Served Non Stop: 12.00 - 24.00
Reservations: Tel 04 79 08 53 90



This is a beautiful little family restaurant, busy and bustling in the very centre of Méribel. (100m uphill from tourist office) It has delightful owners and you will love the warm friendly atmosphere. A great venue for an enjoyable evening meal out, for both couples and families. Families will usually prefer the first early meal servings at around 7pm. The 2nd is about 9pm. The menu, being very traditional is in Savoyard style, & includes many of the local favorites. La Galette is an extremely popular restaurant so at peak times you should always reserve your table well in advance.

Menu Samples (From 2024 Season)

(expect some changes for this new season)
Find the full Galette 2025 menu on page 3

• Entrees & Salads (Starters)

Child Menu (2 Course) ----- 15.50 €
Goats cheese salad with honey,
nuts & tomatoes ----- 20.70 €
Escargots (Snails) 12 ----- 22.50 €
Vegetable or Onions Soup - 16.00 €

Pierre Chaude Royale (Hot Stone: Beef,
Turkey, Onions, Green Salad, 3 sauces,
French Fries): 33.00 €

Tartiflette (Potatoes, Onions, Reblochon,
Cheese, Bacon, Fresh Cream,
Salad): 24.00 €

Wine Samples

(From 2024 Season)

Saint Emilion (Red) ----- 32.50 €
St Joseph (Red) ----- 49.00 €
Apremont (White) ----- 31.50 €
Provence (Rose) ----- 32.50 €

• Main Courses: Local Specialites

(2 Persons Minimum. Prices p.p.)

Raclette (Melted Cheese, Potatoes, Onions,
Gherkins): 22.50 €

Raclette Royale (Cheese, Potatoes, Onions,
Charcuterie, Green Salad, Gherkins): 32.50 €

Fondue Savoyarde Cheese Fondue (Comte, Emmental,
Beaufort, Bread): 25.50 €

Fondue Savoyard Royale (Fondue Savoyarde + Parm
Ham, Dry Beef, Sausage, Bacon, Ham, Salad): 30.50 €



**Take away Pizzas
+ other local specials available!**



lounge bar - pizzeria

l'igloo

Food served 16.00 - 24.00 Non Stop

Tapas-Cocktails-Italian Specialites-Burger



MENU SAMPLES (FROM 2024 SEASON)

(expect some changes for this season)

See the full 2025 Igloo menu on page 3

Pastas Samples

Linguini Carbonara	21.00 €
Linguini with black truffle	46.00 €
Gnocchi Primavera	23.50 €
(Artichokes, Peppers, Tomatoes, Vegetables oil, Zucchini, Ricotta)	

Sample Wines (From 2024)

St Joseph	49.00 €
Vacqueyras	41.00 €
Côtes De Provence (Rose) . from	32.50 €
Prosecco (extra dry)	34.00 €



Reservations:

Tel: 04 79 08 07 84

Starters Samples

Snails in Brioche (6) ..	15.50 €	(12) ..	22.50 €
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Main Dishes Samples

Charolaise beef with Gorgonzola sauce or Cèpes mushrooms sauce & Chips (250gr)	30.50 €
Classic Burger & Chips (Minced Beef, Burger Dressing, Lettuce, Onions, Tomato) .	22.50 €

Pizzas Samples

Marguerita	16.00 €
(Tomato, Mozzarella, Oregano)	
Calzone	19.50 €
(Tomato, Mozzarella, Ham, Mushrooms, Egg)	
Vegetarian	20.50 €
(Tomato, Mozzarella, Artichoke, Peppers, Mushrooms, Eggplants, Capers)	

TAKE AWAY SERVICE: PIZZAS & PASTAS & HAMBURGERS

Le Close-Up

Restaurant & Close-Up Magic Show

This is a really charming town centre 1st floor restaurant just 100m stroll uphill from the Méribel Tourist office. Service was extremely friendly & the food was excellent. Le Close-Up opened for the first time in the 2017/18 season and has attained many 5 star reviews on Trip Advisor.

As a bonus, at the end of the meal François the owner, who is also a very talented magician, drops by your table with some of his magic tricks.

A fascinating and fun way to end the evening.

This is a highly recommended restaurant for an enjoyable dinner. Also at lunch, if dining in town, you can try to win a discount on your meal by solving one of his proposed puzzles.

To study the full 2025 menu beforehand just visit his web site

www.leclose-up.com

ADVANCE RESERVATION IS HIGHLY RECOMMENDED

www.leclose-up.com TEL: 04 79 00 74 69



OPEN: 12:00 - 01:00
RESERVATIONS TEL:
+33 (0) 4 79 06 44 97



A super new cellar bar with a beautiful restaurant upstairs. La Coursive Des Alps is quite secluded. It's location is down a passageway, near Ligloo, 100 meters uphill from the tourist office. This new restaurant is well worth finding & already has attracted some great reviews. Extremely modern and tasteful in design, you will experience a warm and convivial atmosphere the moment you walk through the door. You can check out the full 2025 menu on page 3 but we have included a few samples from 2024 for you.



MENU SAMPLES FROM 2024 SEASON: (Find the new 2025 menu on page 3)

SPECIAL MENUS

Menu 1. Dish of the day + starter or dessert: **39.00€**
 Menu 2. Dish of the day + starter + dessert: **43.00€**
 Children's Menu: **21.00€** (Pasta cooked as risotto with beef, home made waffle, chocolate sauce & chantilly)

A FEW SAMPLES DISHES TO SHARE

Truffle ham and beaufort cheese bread: **22.00€**
 Marinated red label salmon as gravlax style grilled: **24.00€**

SAMPLE STARTERS

Pumpkin soup, perfect egg, candied hazelnuts: **17.00€ / 22.00€**
 Chicken with meat sauce, mushrooms, chesnuts: **18.00€**

MAIN COURSE SAMPLES

Classico: pizza margarita, tomato, mozzarella, fior de latte, basilic: **19.00€**
 Caesar salad: with crispy chicken, bacon: **24.00€**
 Octopus grilled: grilled avocado & burrata: **39.00€**
 Confit beef: (7 hours) with foie gras roasted, mashed potatoes: **38.00€**

DESSERTS Home-made desserts from: **13.00€**

WINES

La Coursive Des Alpes has a super wine list consisting of all the favourite regional French and local Savoyard wines: including a great selection of red, white or rose wines.

See the 2025 menu on page 3 for more details.



Côte Brune

Open For Dinner: 18:30 – 22:00
Reservations: 04 79 00 40 97



The **Côte Brune** in Mottaret centre, just opposite the tourist office is a warm & intimate venue for dinner. (Only 5 minutes from Méribel on the free Mottaret Meribus & 2 minutes stroll from the Tourist Office bus stop) The atmosphere is very relaxed in true Savoyard style. In addition to the extensive A La Carte menu **Côte Brune** has an excellent choice of local and world wines. Be sure to try to reserve in advance as in high season this charming restaurant gets extremely busy.

All Menu Samples Are From 2024
(expect some minor changes for 2025)

Dinner Menu Samples (2024)

- * Nems au reblochons ... 20.50€
- * Salade côte brune ... 19.50€
- * Fondue morilles et cèpes ... 34.50€/p.p.
- * Entrecôte grillée ... 29.90€
- * Pierre chaude (hot stone) beef ... 31.50€/ p.p.
- * Raclette traditional ... 32.50€/p.p.

Child menu: 14.50€ (2 courses)

Wine Samples (2024)

- * Mondeuse (red) ... from 35.00€
- * Crozes Hermitage (red) ... 46.50€
- * Apremont (white) ... 31.00€
- * Savoie Gamay (rose) ... 31.00€



BAR / RESTAURANT
 Méribel Centre (Near Tourist Office)
 Open: 11.00 - 01.00 Reservations: +33 (0)4 79 22 81 82



RESTAURANT MENU:

French Tapas, plate to share:
 Some great cheeses, delicatessen
 & much more..

Also: Swiss Cheese Fondue;
 Special burgers; Crying Tiger
 (asian beef); Truffles dishes

BAR MENU

Beers: **CARLSBERG, IPA...**
 Cocktails: **pornstar, espresso martini, negroni,**
mojito and many more on request

Super Wine List: **Start with a Cotes du Rhone,**
a Chateau Petrous, or a Burgundy Montrachet!

**This is a very warm and comfortable venue for
 a drink or a meal plus L'Abreuvoir also features some
 live DJ nights throughout the season.**



L'Abreuvoir. 5 place Maurice Front. 73550 Méribel
 E-mail: davy.paccard@wanadoo.fr



La Croix Jean-Claude

Reservations: 04 79 08 61 05 / Rough Guide: 30 € - 60 € p.p.

Scan page 3 "Dinner Restaurants" and just scroll down for La Croix Jean Claude & the full 2025 Menu

This is one of the most beautiful restaurant settings in Méribel. It is a wonderful choice for a special dining experience. The restaurant is located in the high street of the extremely charming & ancient village of Les Allues. From Méribel centre it is just 15 minutes or so by the free Meribus service or 5 minutes by taxi. The bus actually stops just a 2-minute walk away from the restaurant. Les Allues



is the original Méribel village, steeped in history and dating right back to the Middle Ages.

If you are staying in Méribel town I highly recommend you take a trip down to Les Allues village during your stay here. We have personally experienced exceptional food and service in this restaurant for many seasons, so suggest you to also take the opportunity. Come down, enjoy a super meal, and experience the charming atmosphere of a true mountain village at the same time. The hotel bar is very simple in a quaint traditional French style, often full of locals. The restaurant itself is extremely welcoming.

The menu changes a little each season and you can view the new 2025 menu on www.meribel-unplugged.co.uk. Just browse dinner restaurants section.

Wine buffs will love it here as Gerrard, the patron, is an expert on our local wines and his wine cellar is absolutely full of excellent wines from all the regions of France.

You should thoroughly enjoy an evening meal here.

Lilie Restaurant

Bistro - Rond Point - Méribel

RESERVATIONS: +33 (0) 4 79 00 31 29 Open: 09:30 - 23:00
Lunch Served: 12:00 - 15:00 Dinner Served: 19:00 - 22:00
Rough Guide: 50€ - 70€ p.p. Child Menu (2024): 16€ (up to 10 years of age)

The owner and the chef here is Sylvain Chardonney who used to have the Bistro De L'Oree restaurant before the new redevelopment. The Lilie restaurant is named after Sylvain's grandmother who greeted her first guests in Méribel in 1964! It is located near the piste at the the rond point. I had the pleasure to visit for the first time last season and had a truly wonderful meal. Everything in this restaurant is high-quality and is well worth discovering for yourself. They also serve all the dishes as a takeaway option which is very unique giving a 20% discount. You might find a few charming punctuation mistakes on the menu! Sylvain has a great sense of humour and leaves the mistakes on deliberately!

We have listed a few items off the menu from last winter season 2024, but you can find the new 2025 full menu on page 3 of my magazine or you can go direct to the restaurant website.

All Samples & Prices From 2024 Season. (Expect some small changes for 2025)

Sample Light bites

- Tuna to Taki, soy condiment, ginger and lemon grass .. **14.00€**
- Crispy prawns, herb, sauces .. **12.00€**

Sample Starters

- Puff pastry pie, with roasted leeks and chanterelles ... **15.00€**
- Vitello, tomato, crunchy, summer, vegetables, tuna, sauces ... **16.50€**

Main Course Samples

- Beef Fillet "Angus" Boucherie Metzger, smoked fleur de sel & chimichurri sauce, apples of grenailles with candied lemon & ratatouille ... **29.00€**
- Seared Octopus, virgin sauce, potatoes, grenilles with candied lemon & ratatouille ... **29.00€**
- "Lillie Bowl" marinated tuna, & sea bass, vinigared rice, avocados, mango, tomaatoes, romaine, cucumber, spring onions & coriander ... **24.00€**

Savoarde Specialities (2 Persons)

- Classic Savoyard Fondue & Romain Salad ... **24.00€ pp.**

Raclette de Savoie with raw milk, potatoes, cold meats selection Lilie & Romain salad ... **29.00€**

Wines • Lilie has the most fabulous wine list from all the famous regions of France.

www.lilie-meribel.com



DINNER: 19:00 - 21:30

RESERVATIONS:

+33 (0)4 79 00 41 51

The **Rastro bar** is legendary in MÉRIBEL. It originally opened way back in 1985, and for many years was the most famous and liveliest bar in the whole valley. However in the past few years, it has transformed itself into a super restaurant and has attained an excellent reputation for good quality food at very reasonable prices. It is located at Chatelet opposite the Plattieres lift station. It's very easy to get to by skis for lunch and if you are in Méribel by the free Meribus from town centre (5-10 minutes) for dinner. The bus stop is just two minutes away from the restaurant at Chatelet. (The first stop from Méribel). You can scan the full 2025 menu on page 3 or visit the website www.lerastro.com



Aux Petits Vignons



Reservations: 04 79 08 64 62

*Open Hours: 16.00 -24.00 Monday to Friday
11.00 - 24.00 Saturdays
Lunch Served: 12.00 - 14.00 (Saturdays only)*

*Snacks & Apéritif Plates:
16.00 - 18.30 Mon - Fri
& 14.00 - 18.30 Saturdays
Dinner Served: 19.00 - 22.00 (Mon - Sat)*

This is a lovely warm and friendly bar restaurant located at MÉRIBEL 1600. The bus stops right outside. If you're in another part of MÉRIBEL we have been eating here for many many years (SINCE 2007 !) and never been disappointed. This season the dinner menu should cater for everybody. Some 2024 samples detailed below but you can scan the full 2025 menu on page 3 of this magazine or go to their own website <http://restaurantoignonsmeribel.com/>

DINNER MENU SAMPLES FROM 2024

Sample Starters

- *Burgundy snails in garlic and parsley butter ... (x6) .. 12.00 € (x12) .. 24.00 €
- *French onion soup with grilled Beaufort cheese 11.00 €
- *Prawns in garlic butter 17.00 €

Main Courses

- *Beef filet with a compote of shallots on a potato rosti ... 37.00 €
- *Braised Lamb shank with rosemary and roasted garlic and crushed potato with olive oil 31.00 €
- *Roasted baby chicken with gravy, served with mixed salad and chips 28.00 €
- *Cheese and bacon burger with homemade bun and chips .. 19.50 €
- *Pan fried spinach and potatoes with a freerange soft poached egg and garlic bread ... 22.00 €



***For the children: chicken nuggets or plain burger with homecut chips .. 10.00€**
A nice choice of French wines to go with dinner too. See the full menu on page 3.



L'Arbé



Reservations (Essential)

Tel: 04 79 01 12 70

Open Lunch:

12:00 – 14:00

(closed Mondays)

Dinner: 19:00 – 22:00

This is a fabulous & renowned restaurant in old traditional style in this beautiful original ancient village.

It is probably one of the best value restaurants in all the three valleys. You could have a three course dinner here including wine for about €40 per person! Julian the patron is the chef and all his food is great here.

He also has Dominic, one of the best pizza chefs in the valley.

Pizzas are available to eat in or take away.

If you're in Méribel, it's easy to get here. The free Meribus from the town centre to the beautiful old village of Les Allues takes just 15 minutes and stops right outside the restaurant. You can even watch it arrive for your return journey and just pop out to catch it ! No waiting around.

So easy. Dinner or lunch here is very highly recommended.



MENU SAMPLES - CHECK FULL 2025 MENU ON PAGE 3

2024 Starters samples from around 9€

Green salad with warm goats cheese and lardons.

Plate of mixed cold meats.

Onion soup

Omelettes from around 10€

Plain omelette with salad

Ham and cheese, omelette with salad

Potatoes, cheese and lardons omelette with salad

Meat dishes from around 15€ - 30€

Turkey escalope with a creamy mushroom sauce

Angus flank, steak

Porterhouse, steak

Fillet of beef

Veal kidney with a creamy mushroom sauce

L'Arbe Burgers from around 15€ - 20€

Burger with beef reblochon & raclet cheese

Burger with goats cheese and lardons

Savoyarde Specialities from around 15€ - 25€

Traditional local dish with potato, bacon and cheese.

Oven cooked with a green salad

Local Diot sausages in a white wine sauce with local pasta

Cheese fondue with cured cold meats and green salad

Raclet cheese with potatoes, cured meats and green salad

Children's course 2 menu

Turkey escalope in a creamy sauce with chips & ice cream

Pizza + ice cream

Desserts

A choice of lovely desserts from around 6€

Pizzas starting from around 10€

A choice of nine different pizzas to eat in or takeaway

Wine Samples from 2024 (75cl)

- House wine red, white, rose: 11€ (50cl)
- Mondeuse (red): 24€
- Crozes hermitage (red): 36€
- Chardonnay (white): 18€
- Apremont (white): 21€
- Provence (rose): From 22€

En'K

Méribel Les Allues

This is the hidden secret of Les Allues, & well worth finding. It is extremely popular with the local French and the British community who live down here. It serves really delicious home family style cooking. When you enter, you feel as if you have been invited to dinner in their own home! The En'K has the most reasonable prices in the whole valley. They also serve the whole menu as a takeaway option! Find En'K just above the old oven right in the village centre. It is easy to get here from Méribel town centre. Just take a free 10 minutes bus ride. Then just a few minutes stroll through this delightful village. Advance reservations are essential, & dinner is normally now a choice of 7pm or 9pm.

Dinner: 7pm - 10.30pm

Rough Guide: 25 € - 40 € pp.

RESTAURANT EN'K

RESERVATIONS ESSENTIAL TEL
04 79 01 13 75



En'k Menu Samples From 2024 (Expect a few small changes for 2025)

3 COURSE MENU – 25.00 €

Salad de chevre chaud (*warm goats cheese salad*)

+ Diots au vin blanc, crozets (*local sausages cooked in white wine*)

+ Tiramasu

ASIAN MENU – 23.00 € Nems (*Spring Rolls*) + Caramel Pork + Creme Brulee

CHILD MENU – 10.00 € Nuggets & Frites or Mini Lasagnes + Ice Cream + Drink

ENKA SAMPLE STARTERS

- Nems x 3 ... 7.50 €
- Steamed Pork & Prawn Dumplings ... 7.50 €
- Salad Chevre Chaud
– Warm Goats Cheese Salad ... 8.50 €

MAIN COURSE SAMPLES

- Pan fried prawns with vegetables & rice . 19.00 €
- Beef & chicken kebab
with satay sauce ... 17.50 €
- Home made lasagnes & salad ... 15.00 €
- Farm chicken & chips ... 15.00 €
- Grilled spare ribs ... 15.00 €
- Local sausages cooked in
white wine & pasta ... 16.50 €
- Baked potatoes, onions, bacon,
reblochon cheese, salad ... 16.50 €
- Braised lamb shank ... 21.00 €
- Slow cooked duck's leg ... 17.00 €
- Spring rolls, satay kebab, spare ribs ... 19.00 €
- Steak Tartare (minced raw steak) ... 18.00 €
- Grilled entrecote steak ... 24.00 €



DESSERTS

A fabulous selection of 18 different desserts from (3.00 € to 9.00 €)

WINE SAMPLES: 75 CL

House Wines Red or Rose

75cl: 17.00 € (1 glass 3.00 €)

Savoie Wines

Mondeuse (red) ... 24.00 €

Jacquère Allobroges (white) ... 17.00 €

Chignin (white) 25.00 €

Chignin Bergeron (white) ... 34.00 €

Rose Wines

Cabernet d'Anjou ... 24.00 €

Côtes de Provence ... 25.00 €

Cotes du Rhone

Crozes – Hermitage (red) ... 36.00 €

Vacqueyras (red) ... 32.00 €

St Joseph (red) ... 43.00 €

Beaujolais 75cl

St Amour ... 27.00 €

Champagne 75cl

Veuve Pelletier Brut ... 60.00 €

Dinner: 7pm - 10pm.
Lunch: 12 pm - 2pm.
Reservations: 04 79 00 31 70
Rough guide:
35.00€ - 50.00€ pp.



La Flambée (Méribel Chaudanne)

La Flambée is THE original Italian restaurant in Méribel, located about 100m from Chaudanne in the main street. The varied menu includes many Italian favourites but still retains some Savoyard specials. La Flambée is very popular so advanced reservations are strongly advised. It does have 2 floors so if the ground floor looks full when passing, always check for free tables upstairs. All the food here is cooked specially to your order so be prepared to relax with pre dinner drinks. We have listed just a few samples from our 2024 menu so expect some changes this season. For the full 2025 menu just scan page 3 Dinner menus.

SAMPLE SAVOYARD SPECIAL RACLETTE

Served with Potatoes, Green Salad and a Selection of Cold Meats ----- 34.00€/Pers
(Price Per Person, Minimum 2 Persons)

TARTIFLETTE

A Local Dish of Potatoes in Cream and Reblochon Cheese with Bacon and Onions ----- 22.00€

HOMEMADE DESSERTS from 12.00€

WINE SAMPLES (2024)

Chianti (red) -----	39.00€
Valpolicella (red) -----	42.00€
Châteauneuf du Pape (red) -----	76.00€
Crozes Emitage -----	46.00€
Soave Classico (white) -----	38.00€
Sancerre (white) -----	52.00€
Pinot Grigio Ramato (rose) -----	37.00€

MENU SAMPLES & PRICES FROM 2024 SEASON

(Expect some changes for 2025)

CHILD MENU (2 course): 18.00€

PASTA SAMPLES FROM THE 2024 MENU. (FULL 2025 MENU ON WWW.LA-FLAMBEE-MERIBEL.COM/MENU)

- Truffle* ravioli with parmesan and meat juice -- 32.00€
- Homemade gnocchi with octopus ragout -- 29.00€
- Spaghetti with clams -- 28.00€

PIZZAS SAMPLES WHITE OR BLACK (Vegetal Charcoal)

- Vegetariana: Tomato, Mozzarella, Aubergine, Zucchini, Peppers, Olives -- 26.00€

*(All our pizzas can be made with vegetable charcoal with a supplement of 2.00 €)

MAIN COURSE SAMPLES

- Beef fillet with pepper sauce and potato rosti -- 39.00€
- Lamb chops with gravy and mashed potatoes -- 35.00€
- Entrecote with buttered small potatoes -- 32.00€

FISH SAMPLES

- Grilled octopus with rosemary oil, fried polenta with sea lettuce -- 32.00€
- Baked sea bream with aromatic herbs - 32.00€



Open 4pm - 2am

Tel: 04 79 07 78 15

FIFTY 50 is a cosy bar located half way between the Chaudanne and the centre. Run by Matt and his sister Elizabeth for over 15 years, it's popular with both French, English and many locals. **FIFTY 50** offers the only Kilkenny in town as well as Leffe/Hoegarden and a proper refreshing Belgium Stella. Its a must for **RUGBY** fans and those in need of some local knowledge as Matt has been here for over 25 years. With great bar snacks and popular **SUSHI** nights, why not pop in and meet the team....



Le Saint Amour (Centre)
Opens 17.00 till 02.00
Tel. 04 79 00 35 27

*100m uphill from the Tourist Office.
 Méribel's original wine bar
 (established 2001)*

*A fantastic choice of high quality wines & delicious
 fresh bar food*

Wine lover ? Then do drop in.

Perfect for Après ski & relaxed evenings

A warm welcome assured

*"Drop in after dinner and join Magali for some of
 her cool music"*

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1. BUDGET

Volkswagen / Caravelle T5

Capacity

8 passengers / 8 suitcases / 6 pairs of skis

Features

Silver with cloth seats

Air conditioning

English speaking driver

3. BUSINESS

Mercedes E Class

Capacity

3 passengers / 2 suitcases

2 hand luggage

Features

Wifi / Phone chargers

4x4 / Luxury interior

2. PRIME

Volkswagen / Caravelle T6

Capacity

8 passengers / 8 suitcases / 6 pairs of skis

Features

Cancel for free / Vehicle < 3yrs

Wifi & bluetooth / Climate control

Leather seats / Privacy glass

4. XL BUSINESS

Mercedes V Class

Capacity

6 passengers / 6 suitcases

4 hand luggage

Features

Wifi / Phone chargers / 4x4

Luxury interior / Drinking water

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Accommodation Guide (1)



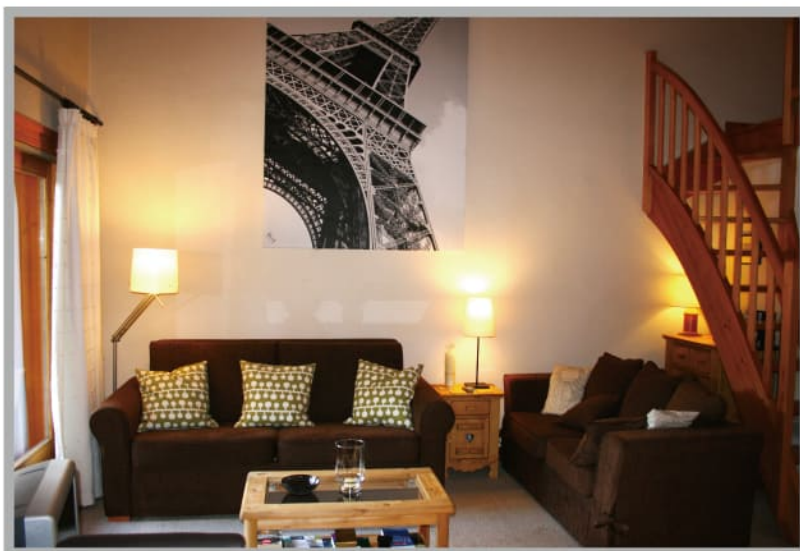
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Tel: +44 (0)1743 340623

Website: www.amsrentals.com

E-mail: caroline@amsrentals.com

Accommodation Guide (2)



Ski Basics

Catered Ski Chalets, Meribel

www.skibasics.com

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E-Mail: info@skibasics.co.uk



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www.skicuisine.co.uk

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Tel: +44(0) 1702 589 543

Accommodation Guide (3)



SKI HAME

www.skihame.co.uk

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www.sno.co.uk

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Having operated chalets since 2006, F&P Travel (formerly Fish&Pips) are renowned Méribel and chalet specialists – delivering an expert, truly personal, tailored, foodie and luxury chalet experience like no other. Their chalets are all excellently located walking distance to the piste, either in Méribel Village or in Méribel Belvidere. The F&P Travel chalet collection come on a luxury self-catered or catered basis and all benefit from the full friendly F&P service with an expert sales, concierge and in-resort team. F&P Travel offer truly tailor-made and personal holidays worldwide so you can now holiday with them year round.

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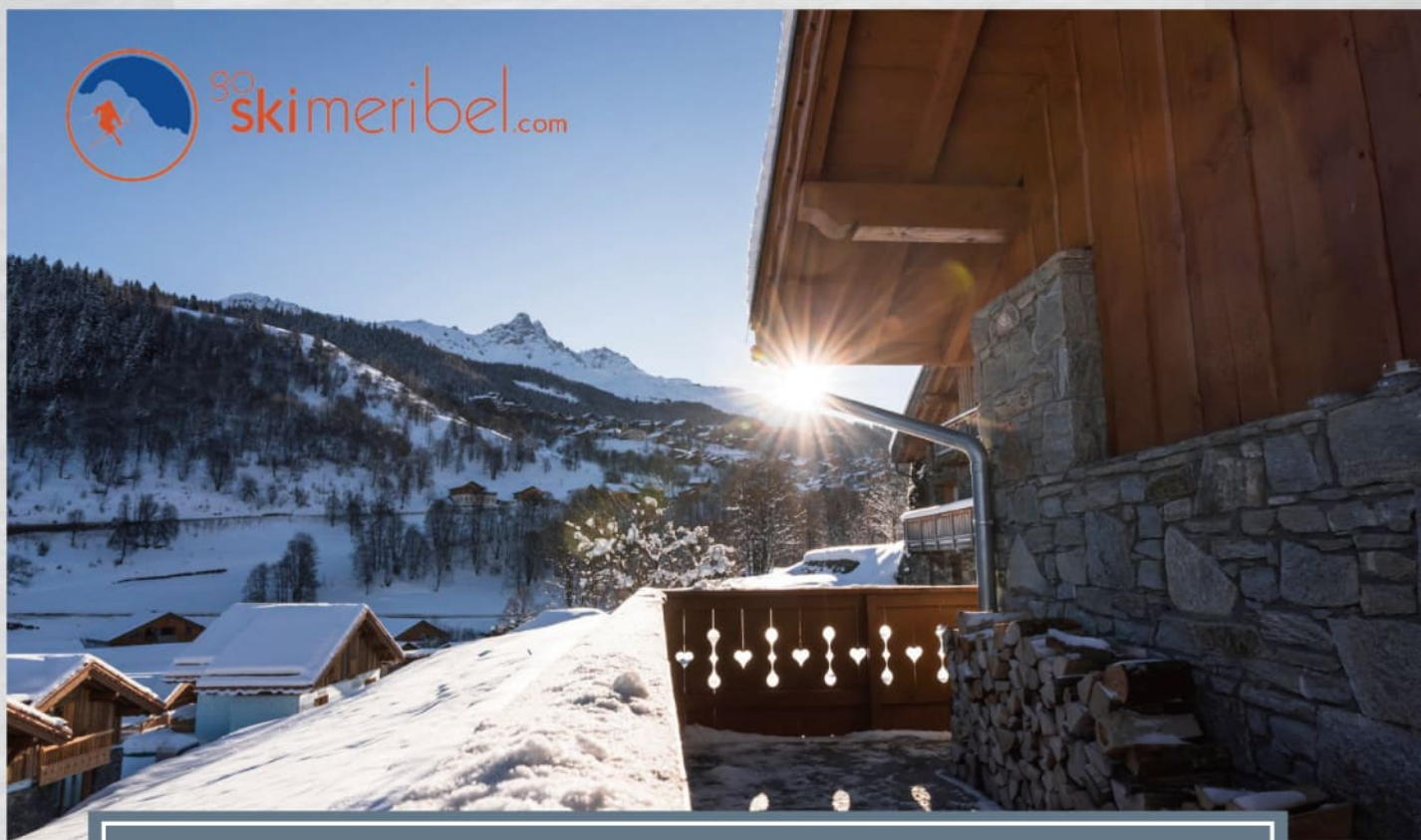


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BANKS: MÉRIBEL

Banque de Savoie 04 79 08 63 79
Banque Populaire 04 79 08 68 15
Credit Agricole 04 79 44 60 51
Post Office (Méribel)
04 79 08 61 69

BARS & DISCOS

Aux Petite Oignons (1600)
04 79 08 64 62
Bar 50 50 04 79 07 78 15
Bar Du Hameau 04 79 00 46 46
Bar De Tuéda 04 79 01 07 51
Barometer 04 79 00 41 06
Café Del Mott 04 79 00 47 47
Canadian Bar (Bowling Alley)
04 79 00 36 44
Copiña 04 79 24 07 90
Jacks 04 79 00 44 26
La Taverne 04 79 00 36 18
L'Annexe Bar 04 79 04 06 10
Le Privilège 04 79 08 59 74
Le Rastro 04 79 00 41 51
Les Saint Pères 04 79 00 36 58
Le Pub 04 79 08 60 02
L'Abreveur 04 79 22 81 82
Le Rond Point 04 79 00 37 51
Le Saint Amour 04 79 00 35 27
La Terrasse (M/Village)
04 79 01 03 55
Refuge Bar 04 79 08 61 97
Scotts Bar 04 79 00 39 61
Sullys 04 79 00 57 51
Tsaretta (La) 04 79 08 61 00

PROPERTY RENTALS & SALES

Apartment Rentals (Private)
06 70 08 42 75
Alpine Management Services
04 79 00 34 87
Agence Des Neiges
04 79 08 65 21
Agence Saulire (Mottaret)
04 79 00 41 89
Cimalps Méribel 04 79 00 70 00
Cimalps Méribel Village
04 79 00 40 00
Legget 07 71 15 47 07
Méribel Agence 04 79 08 62 08
Méribel Real Estate
04 79 04 28 33
My Mountain Playground
06 86 69 91 44
Residence Plein Soleil
04 79 00 41 89
Vallat Immobilier 04 79 08 58 58

PROPERTY MANAGEMENT

AMS 04 79 00 34 87
Chambers Property Services
06 19 45 95 54
Legget 07 71 15 47 07
Vallat Real Estate 04 79 08 58 58

SERVICES (GENERAL & EMERGENCY)

Ambulance 04 79 55 28 67
Childcare (Local nannies)
06 70 08 42 75
Fire Service (Dial 18)
04 79 08 64 01
Garage Alp/Auto 04 79 00 59 60
Garage Breton (Mottaret)
04 79 00 42 84
Laundry Service 06 30 35 53 39
Nursery (ESF) 18m - 3 yrs
04 79 08 66 90
Laundrette (Méry Belle)
06 63 01 34 14
Osteopath (Meribel 1600)
06 20 01 52 66
Pharmacy (Méribel)
04 79 08 63 59
Pharmacy (Mottaret)
04 79 00 43 70

Police (Municipal)
04 79 00 58 92
Police Gendarmerie (Dial 17)
04 79 08 60 17
Medical Centre 9-6pm Chaudanne
04 79 08 60 41
Medical Centre 9-6pm 1600
04 79 08 65 40
Medical Centre 9-6.30pm Mottaret
04 70 00 40 88
Vets (Moutiers) 04 79 24 01 76

SUPERMARKETS

Supérette "Huit à 8" (Mottaret)
04 79 00 45 56
Superette Cimes (Town)
04 79 08 65 18
Supérette "Petite Casino"
04 79 08 63 58
Supérette "Sherpa" (Mottaret)
04 79 00 40 91
Supérette "Spa" (M/Village)
04 79 08 51 58
Supermarché Spar (Mussillon)
04 79 08 54 26
Superette Sherpa (1600)
04 79 06 68 40
Superette Sherpa (Le Plateau)
04 79 08 51 20
Sherpa (Les Allues)
04 79 08 62 81

HOTELS

Alpenruitor 04 79 00 48 48
Genepi Hotel 04 79 08 61 66
Kaila 04 79 41 69 20
L'Adray Télébar 04 79 08 60 26
L'Allodis 04 79 00 56 00
Le Coucou 04 57 58 37 37
Helios 04 79 24 22 42
La Chaudanne 04 79 08 61 76
La Croix Jean-Claude (LA)
04 79 08 61 05
Le Chalet (Club Med)
04 79 23 28 23
L'Eterlou 04 79 08 89 00
Le Doron 04 79 08 60 02
Le Grand Coeur 04 79 08 60 03
Le Mérilys 04 79 08 69 00
Le Roc 04 79 08 64 16
Le Tremplin 04 79 08 89 17
Les Grangettes 04 79 08 61 86

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Accident Emergency Numbers:

Méribel 04 79 08 65 32
Courchevel 04 79 08 99 00
Les Menuires 04 79 08 65 32

St Martin 04 79 08 99 00
Val Thorens 04 79 00 01 80
All Emergencies - 112

La Tarantaise 04 79 00 42 43
Les Arolles 04 79 00 40 40
Le Mont-Vallon 04 79 00 44 00
Le Mottaret 04 79 00 47 47
Savoy Hotel 04 89 51 51 60

RESTAURANTS

Arbé 04 79 01 12 70
Aux Petite Oignons (1600)
04 79 08 64 62
Barometer 04 79 00 41 06
Close Up 04 79 00 74 69
Chez Fifi 04 79 22 11 36
Côte Brune 04 79 00 40 97
En'K 04 79 01 13 75
Jacks 04 79 00 44 26
L'Adray Telebar 04 79 08 60 26
La Baleine Blanche
04 79 00 42 87
La Bistro du Mottaret
04 79 08 62 50
La Brizolee 04 79 00 46 70
La Croix Jean-Claude
04 79 08 61 05
La Flambée 04 79 00 31 70
La Fromagerie 04 79 08 55 48
La Galette 04 79 08 53 90
La Grange 04 79 08 89 00
Le Grenier 04 79 00 44 33
La Kouisena 04 79 08 89 23
Le Palet D'or 04 79 00 58 21
La Taverne 04 79 00 36 18
La Taverne du Crocodile
04 79 00 45 85
La Terrasse Mottaret
04 79 00 53 90
Le Blanchot 04 79 00 55 78
Le Bô a Mil (M/Village)
04 79 00 59 24
Le Clos Bernard 04 79 00 00 07
Le Cro Magnon 04 79 00 57 38
L'igloo 04 79 08 07 84
Le Martagon (Raffort)
04 79 00 56 29
L'Epicuriade 04 79 08 53 19
Le Rastro 04 79 00 41 51
Le Rond Point 04 79 00 37 51
Le Tremplin 04 79 00 37 95
Le Schuss 04 79 00 44 00
La Terrasse (M/Village)
04 79 01 03 55

Lilie Bistro 04 79 00 31 29
Pizzeria du Mottaret
04 79 00 40 50
Refuge Méribel 04 79 08 61 97
Refuge De La Traye
06 11 95 08 90
Rond Point 04 79 00 37 51
Sullys 04 79 00 57 51
Tsaretta Spice (1600)
04 79 08 51 26
Tsaretta (La) 04 79 08 61 00

MOUNTAIN RESTAURANTS

COURCHEVEL 1850

1928 04 79 08 32 34
Courcheneige 04 79 08 02 59
L'Altibar-Le Pilatus 04 79 08 20 49
La Casserole 04 79 08 06 35
La Soucoupe 04 79 08 21 34
Le Cap Horn 04 79 08 39 25
Le Chabichou 04 79 08 00 55
Le Chalet de Pierres
04 79 08 18 61
Le Panoramic 04 79 08 00 88
Le Tremplin 04 79 08 06 19
Les Pierres Plates 04 79 00 42 38
Les Verdens 04 79 08 38 04

COURCHEVEL 1650

Copina 04 79 08 25 45
L'Ours Blanc 04 79 00 93 93
Le Bel Air 04 79 08 00 93
Le Petit Savoyard 04 79 08 27 44

COURCHEVEL 1550

L'Oeil de Boeuf 04 79 08 22 10

COURCHEVEL LE PRAZ

Bistro Du Praz 04 79 08 41 33
Table De Mon Grand-Père
04 79 08 41 47

LA TANIA

La Taiga 04 79 08 80 33
Le Bouc Blanc 04 79 08 80 26
Le Farcon 04 79 08 80 34
Le 1928 04 79 08 32 34
Pub Le Ski Lodge 04 79 08 81 49

LES ALLUES VILLAGE

L'Arbe 04 79 01 12 70
La Croix Jean Claude
04 79 08 61 05

MÉRIBEL SAULIRE SIDE

Altiport Hotel (Le Zinc)
04 79 00 52 32
Le Monchu 04 79 22 46 09
La Folie Douce/Fruitière
04 79 00 58 31
L'Adray Telebar 04 79 08 60 26
Le Clos Bernard 04 79 00 00 07
Le Rond Point 04 79 00 37 51
Le Blanchot 04 79 00 55 78
Les Pierres Plates 04 79 00 42 38
La Terrasse (M/Village)
04 79 01 03 55

MÉRIBEL VALLEY (TOUGNETE SIDE)

Arpasson 04 79 08 54 79
Les Castors 04 79 08 52 79
Maya Altitude 04 58 24 07 07

MOTTARET VALLEY (SAULIRE SIDE)

Côte 2000 04 79 00 55 40
Altitude ROK 04 79 00 44 81
Les Pierres Plates 04 79 00 42 38

MOTTARET VILLAGE

Café Del Mott 04 79 00 47 47
Côte Brune 04 79 00 40 97
La Terrasse 04 79 08 35 95
La Brizolee 04 79 00 46 70
Le Grenier 04 79 00 44 33
Le'Hermine 04 79 00 40 40
Le Rastro 04 79 00 41 51
Le Schuss 04 79 00 44 00
Pizzeria du Mottaret
04 79 00 40 50

MOTTARET VALLEY (TOUGNETE SIDE)

Chalet Togniat 04 79 00 45 11
La Sittelle 06 15 24 81 34
Plan des Mains (Mont Vallon)
04 79 07 31 06

LES MENUIRES

Hillary Hotel 04 79 00 60 57
Chez Pepe Nicholas
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Alpiski	04 79 00 48 78
Alp'Attitude-Ski Set	04 79 00 40 41
Alp Sports - Sport 2000	04 79 08 52 86
Altistore (Altiport)	04 79 08 50 68
Avalanche Ski	04 79 08 51 45
Avalon Ridershop	04 79 24 30 61
Bootlab	04 79 07 47 40
CAB 9 (Snowboard only)	06 21 21 84 44
Chamois Sports	04 79 08 60 57
ESF Méribel	04 79 08 60 31
ESF Mottaret	04 79 00 49 49
ESF (Nursery 18m - 3yrs)	04 79 08 66 90
Espace Gliss Ski Set	04 79 00 37 98
Georges Mauduit	04 79 08 63 08
Hameau Sport Skimium	04 79 00 46 07
Happy Ski-Skimium	04 79 08 53 79
Intersport Glaciers	04 79 00 37 12

Intersport Plein Soleil	04 79 24 08 56
La Godille	04 79 00 37 91
La Marine (Sport 2000)	04 79 08 61 96
La Varappe	04 79 08 65 65
Méribel Ski Service	04 79 08 56 80

Mottaret Sports

1) Club Hôtel	04 79 00 40 66
2) Chalet Marianne	04 79 00 49 13
3) Le Hameau	04 79 00 40 94
Marmalade	06 17 34 18 00
Méribel Connections	04 79 08 58 07
Mountain Guides	04 79 00 30 38
Mottaret Ski Evasion (Sport 2000)	04 79 00 48 45
New Generation	04 79 01 03 18
Oxygene Ski	04 79 08 53 36
Oxygène Board Shop	04 79 00 36 46
Olympic Sport (Rond Point)	04 79 08 56 89
Parallel Lines	04 79 00 32 21
Prosneige	04 79 00 36 46
P'tits Loups (Chaudanne)	04 79 08 66 90
P'tits Loups (Mottaret)	04 79 00 36 66
Precision Ski	04 79 22 01 35
Skiwithease	+44 (0) 79 43 41 11 60
Ski Higher (Les Allues)	04 79 00 51 70

Skimium by Precision	04 79 00 52 21
Skimium by Precision	04 79 08 61 96
Ski Espace	04 79 00 46 00
Ski Fun (Blanc Sports)	04 79 00 44 07
Ski Sno (Ski set)	04 79 00 40 86
Ski Paradise	04 79 00 41 12
Superski-Ski Set	04 79 00 43 27
Ski Republic	04 79 00 15 10
Ski Slide	04 79 08 60 65
Ski Xperience	04 79 00 56 16
Snowd'light	06 64 81 60 10
Snow Systems	04 79 00 40 22

Sport 1600 Skimium	04 79 08 51 45
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Sport Boutique-Ski Set

1) Centre	04 79 08 63 00
2) Le Plateau	04 79 08 64 82
Sport Village (M.Village)	04 79 01 13 38
White Storm	04 79 55 41 35

SKI LOCKERS

Méribel Alpina	04 79 08 65 32
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TAXIS

Pacific Transport	06 43 80 77 25
Yann Leray Taxis	04 79 00 47 37

TOURIST INFORMATION (GENERAL)

Cinema (Mottaret)	04 79 00 42 35
Méribel Tourist Office	04 79 08 60 01
Mottaret Tourist Office	04 79 00 42 34
Park Olympic Centre	04 79 00 58 21
Post office. L.A.	04 79 00 58 48
Post office. Méribel.	04 79 08 61 69
Post Office. Mottaret.	04 79 00 40 26
Radio Méribel	04 79 06 83 65
Town hall (L.A.)	04 79 08 61 04

BUS & RAIL

Altibus (For Airports)	04 80 00 70 00
Bens Bus (For Airports)	www.bensbus.co.uk
Buses & Méribus (Ailleurs-Méribel)	04 79 08 53 66
Méribus (Ailleurs-Moûtiers)	04 79 24 43 66
Satobus Alpes-Lyon	04 72 35 94 96
SNCF (Méribel T.O.)	04 79 00 53 28
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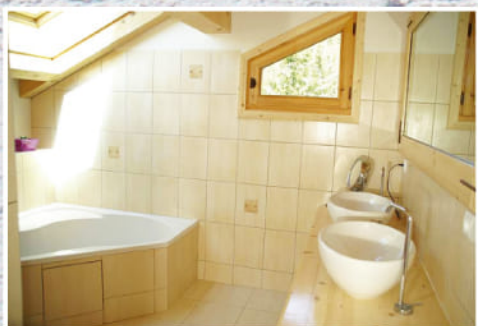
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