

# Alpine Adventure



By foot or Ski !  
Experience it your way



Self-guided  
detailed itinerary



Private guided tours



Small group tours for a  
social adventure

## Explore the Majestic 3 Vallées

A breathtaking winter escape for skiers and non-skiers alike. Discover stunning alpine landscapes, gourmet dining, and unforgettable adventures.

Embark on an unforgettable winter getaway in the heart of the French Alps! Whether you're carving down the slopes or exploring scenic mountain trails with a pedestrian pass, this trip offers something for everyone. Ride iconic gondolas, savor gourmet alpine cuisine and take in breathtaking views of Mont Blanc. From thrilling adventures like dog sledding and ice driving to cozy evenings in charming chalets, experience the magic of the 3 Vallées at your own pace.

## Contact Us

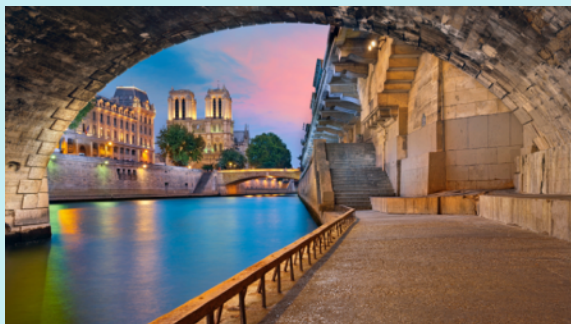
For more information about this travel plan or any customisations, feel free to reach out. We will be happy to help.



[contact@ailspro.com](mailto:contact@ailspro.com)




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## DAY 1 : ARRIVAL TO PARIS

 Arrival & transfer to hotel.

 **Evening:** Relax with a **Seine River cruise** and admire Paris illuminated.

## DAY 2-3: PARIS ICONS & HIDDEN GEMS


 Explore: **Eiffel Tower, Louvre, Montmartre, Champs-Élysées, Notre Dame.**


 Stroll through **hidden cafés** & historic passages.

 Optional: **Guided bike tour** through the city.





## DAY 4: TRAIN TO THE ALPS & ARRIVAL IN LA TANIA

 Take the **TGV to Moûtiers** (~4.5h), then transfer to **La Tania**.

 Get ski gear, check in, and enjoy a **cozy evening in an alpine chalet**.

## DAY 5: SKI LESSON & SPA IN COURCHEVEL


 **Morning:** Ski lesson in **La Tania** to refine your technique.


 **Afternoon:** Relax at **Aquamotion Spa** (sauna, jacuzzi, indoor surfing).






## DAY 6: SKI LESSON & SNOWSHOEING IN MÉRIBEL

 **Morning:** Ski lesson in **La Tania** (practice turns & carving).

 **Afternoon:** **Guided snowshoe trek** in **Méribel** through forests & mountain


## DAY 7: SKI LESSON & HELICOPTER RIDE OVER MONT BLANC


 **Morning:** Ski lesson in **La Tania** (explore more terrain).

 **Afternoon:** **Scenic helicopter ride** over Mont Blanc & Les 3 Vallées. (based on weather)




## DAY 8: SKI LESSON & DOG SLEDDING IN COURCHEVEL

 **Morning:** Ski lesson in **La Tania** (mastering steeper slopes).

 **Afternoon:** **Dog sledding adventure** through snowy forests.

## DAY 9: SKI VAL THORENS & ICE DRIVING


 **Morning:** Ski high-altitude slopes in **Val Thorens**.


 **Afternoon:** **Ice driving on a frozen track** (4x4 or rally car).







 **DAY 10: SKI MÉRIBEL & MOUNTAIN REFUGE LUNCH**

 **Morning:** Free ski time in Méribel & Courchevel.

 **Afternoon:** Hike/ski to a **remote mountain refuge** for a **traditional lunch**.

 **DAY 11: RETURN TO PARIS**


 **Morning:** Train back to Paris (~4.5h).

 **Afternoon:** Explore the **Palais-Royal gardens & hidden passages**.



 **DAY 12 - 13 : SHOPPING & MUSEUMS**

 **Morning:** Shopping spree at **Galleries Lafayette, Le Bon Marché, Saint-Germain-des-Prés**.

 **Afternoon:** **Musée d'Orsay** or **Musée Rodin** for art lovers.

 **DAY 14: DEPARTURE FROM PARIS**

 **Transfer to the airport** for departure.



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