



ĀMAN
LE MÉLÉZIN

Experience Guide



The Aman Le Mélézin Experience	5	Culinary Journeys	16
Mountain Adventures	6	Japanese Teatime Experience & Matcha Tea Ceremony	
Snowshoeing and Trekking Adventures		Cooking Classes	
Courchevel 1650 - Lac de la Rosière		The Fumoir	
Courchevel 1850 - The Woodcutter Trail		The Terrace	
First Tracks		Cocktail Masterclasses	
Moonbiking		The Bar, Library and Salon	
		Le Pres de la Croix	
Tobogganing and Sledding		Kids Club	22
Ski Touring and Back Country Skiing		Wellness	24
Snowmobiling			
Dog Sledding in Courchevel		Contact	28
Fat Biking			
Ice Skating			
Adventures by Air	12		
Helicopter Scenic Flights			
Hot-Air Ballooning			



The Aman Le Mélézin Experience

An iconic Alpine retreat in the heart of the Alps, Aman Le Mélézin has been designed to refresh and reenergise amid snow-dusted pine forests and crisp blue skies, creating a refined ski-in, ski-out sanctuary inspired by the timeless serenity of the surrounding mountains. As one of the most coveted addresses in Courchevel 1850, Aman Le Mélézin offers access to Three Valley Ski Area.

The world largest ski area with direct access to a 600 kilometers of ski slopes, all of which are well linked and impeccably groomed. Besides the expansive ski domain, Courchevel also offers a wide variety of other activities, listed over the following pages to make each stay as memorable as the next.

Our Concierge team are always on hand, happy to advise on the best way to explore the area and assist with any arrangements to make your stay at Aman Le Mélézin seamless.

Mountain Adventures

Set directly on the Bellecôte ski slope – ideal for exploring the 600 kilometers of groomed pistes in Les Trois Vallées – Aman Le Mélézin guarantees door to door discovery with unparalleled ski-in and ski-out access. Combined with exceptional curated adventures for all ages – whether first tracks, scenic flights or tobogganing down to Courchevel Village – the resort offers the finest mountain adventures in the region.



Mountain Adventures

Snowshoeing and Trekking Adventures

Accompanied by a knowledgeable guide who will explain local botany and wildlife, Aman Le Mélézin can arrange full or half day hikes - with or without snowshoes - into areas rarely visited. Customised to the level of fitness of each and every guest, this is one of the best ways to appreciate the high-altitude and natural beauty of the French Alps.

Recommended Attire: Good hiking shoes, comfortable clothing, hat and gloves

Courchevel 1650 - Lac de la Rosière

Aman On the edge of the Vanoise National Park, at the foot of the Dent du Villard, the lake de la Rosière sparkles with beauty. Walking on the train towards the waterfall discover wildlife and the presence of local roe deer. The site is listed 'Natura 2000' for the purity of its stream and the peacefulness it instils. This is a smooth hike with only 170-meters of elevation gain.

Duration: 2.5 Hours

Courchevel 1850 - The Woodcutter Trail

Starting with a gentle hike up through the Prameruel following the hare and fox tracks, this journey provides great panoramas of Mont Blanc and the Aiguille du Fruit. The descent offers stunning views, blanketed by white powder snow. The route is 5km long in total and has an elevation gain of around 170-metres.

Duration: 2.5 Hours

Experiences for all ages

Aman Le Mélézin has introduced an exclusive First Tracks experience, which takes guests to the highest point within the valley (2,740 meters above sea level), where panoramas of Mont Blanc and La Grande Casse await. A driver will take guests from Aman Le Mélézin directly to Les Verdon, where the Vizelle gondola leads to the top - at 2740-meters this is the highest point in the Courchevel Ski area.

Supervised by an experienced ski instructor, guests can embark on a breath-taking solo glide down 'La Combe de la Saulire' a legendary ski run where fresh snow is sheltered year-round from strong winds, enabling an unspoiled descent down the mountainside, naturally bordered by mountains on both sides. On return to Aman Le Mélézin, a sumptuous warming breakfast will be prepared to re-energise and served on the heated terrace.

Moonbiking

For those looking for outdoor alternatives to skiing or snowboarding, MoonBikes provide a new way to enjoy the snow: swift, silent, electric, reliable. MoonBikes are the first ever ultra-light electric snowbikes.

Tobogganing and Sledging

A slope dedicated solely to sledging, this 2km descent is open all day and night with a 300-meter vertical and a 15% slope gradient average. Lit from start to finish, it starts along the Tovets trail in Courchevel 1850, and finishes in Courchevel Village. Later, head back to Aman Le Mélézin with ease on the Grangettes Gondola.

Ski Touring and Back Country Skiing

An incredible alternative to get away from the slopes, backcountry skiing is the perfect way to go off the beaten track in the Vallée des Avals. While only a short distance from the main ski area, its location in the vast Vanoise National Park provides an invitingly remote feeling, free from the lifts and the crowds. The variety of terrain and multiple route options makes a day afternoon of back country skiing more alluring.

Ice Skating

For skiers and non-skiers alike, the local ice rink is a perfect opportunity to stay active and enjoy the winter wonderland of Courchevel, even on days where the weather is less than perfect. Soar around the track as a family or with friends, taking in the mountain air against the glistening backdrop of the village. Skates are available for rental on site.

Dog Sledding in Courchevel

Unlike many dogsledding circuits, this Courchevel journey is anything but flat. The track meanders through the forest over varied levels of terrain. Duck under branches, climb hills and glide down the mountains as you weave through this breath-taking location at speed. Each guest will pilot their own three or four dog sleds for an invigorating and rewarding journey around this magical track.

Snowmobiling

For those wishing to discover snowscapes via a unique mode of transport, a snow sport that requires a little less energy, the Concierge team can organise snowmobiling after the closure of the ski area. Fly through the snow, negotiating forest obstacles and spotting hidden wildlife along the way while filling your lungs with the fresh alpine air.

Fat Biking

Available to hire at Aman Le Mélézin through our Concierge team, a Fat Bike offers an exciting, alternative way to spend the day. A specially designed snow bike that is perfect for sashaying down the mountainside (après-ski) and along tranquil forest trails leading into the village. Ride together with the entire family for an exhilarating race across alpine terrain.



Adventures by Air

Though there are plenty of opportunities to explore the region's mountainous surroundings with feet on solid ground, for an unusual view, take to the skies with Aman Le Mélézin's adventures by air. See the sights at sunrise via a relaxing hot air balloon ride or alternatively, via helicopter at an altitude of over 4000 feet.



Adventures by Air

Helicopter Scenic Flights

Discover the magic of the Alps from above on a range of helicopter flights – some which even offer views of Italy and Switzerland. Soar over the Three Valleys, across the Haute Tarentaise Mountain Range or around Mont Blanc at an altitude of 4800 meters with three different flights available, each offering dramatic panoramas perfect for making ever-lasting memories.

Tour No. 1: Over the French Alps

Courchevel - Méribel - Val Thorens - St Sorlin d'Arves - Massif des Grandes Rousses - L'Alpe d'Huez - Les 2 Alpes - La Meije - Col du Lautaret - Col du Galibier - Les Aiguilles d'Arve - Mont Thabor - Courchevel.

Flight time: 45min

Helicopter: AS350 mono - 5 seats

Tour No. 2: Over France, Italy and Switzerland

Courchevel - Champagny - Arc 2000 - Col du petit St Bernard - Courmayeur (IT) - Grand St Bernard - Martigny (CH) - Aiguille verte - Vallée blanche - Aiguille du midi - Mont Blanc - Dôme du Gouté - Contamines - Roselend - Pierra Menta - Courchevel.

Flight time: 60min

Helicopter: AS350 mono - 5 seats

Tour No. 3: Over France and Italy

Courchevel - Méribel - Val Thorens - Lac Mont Cenis - Grand Paradiso (IT) - Aosta (IT) - Col du petit St Bernard - Arc 2000 - La Plagne - Courchevel.

Flight time: 75min

Helicopter: AS350 mono - 5 seats

Hot Air Ballooning

What better way to appreciate the breathtaking scenery of the Alps than from a birds-eye view? Taking place at sunrise from the airfield of Courchevel, these flights offer incredible views of the mountains and valleys, the villages and the ski slopes.



Culinary Journeys

Though the slopes and the surroundings of Courchevel might beckon, there is nothing quite like bonding over a shared meal with loved ones – or indeed a learning to cook one. At Aman Le Mélézin a range of culinary experiences are on offer, from learning the exquisite art of sushi-making with a professional chef to mastering cocktail making with our in-house mixologist. Guests can even take part in a Japanese-style Tea Ceremony inspired by Aman’s properties across the globe.



Culinary Journeys

Japanese Teatime Experience and Matcha Tea Ceremony

Nama, the hotel's exceptional Japanese restaurant serves authentic cuisine including sushi, sashimi and signature dishes such as succulent wagyu beef and otoro tuna. This season, Aman Le Mélézin will offer a Japanese Teatime Experience and Matcha Tea Ceremony every afternoon, where guests will be invited to discover a wide variety of tea, whilst sampling delectable Japanese pastries – the perfect treat following a day of adventure.

Cooking Classes

This winter, guests are able to take part in a cooking class with the chef every Friday at 4pm, available for a maximum of four adults only. A wonderful opportunity to connect and bond through culinary art, participants will learn the art of crafting sushi rolls from scratch, with the opportunity to enjoy and indulge in their culinary creations afterwards. Please contact Concierge to book in advance.

The Fumoir

This intimate smoking lounge is all decadent elegance, offering a superb selection of the globe's finest cigars.

The Terrace

With its superb mountain and village views, the hotel's magnificent Terrace is the ideal spot for a coffee, lunch, afternoon tea or après-ski drink. As perfect for warming up and getting some sun between ski sessions, or for starting an evening on the town.

Cocktail Masterclasses

Every Wednesday evening at 6pm celebrate après-ski in a new way, through the Aman Le Mélézin cocktail class hosted in the bar. Available for a maximum of four adults only, during the class, under the expert guidance of the hotel's Mixologist, guests will learn how to make three signature cocktails, as well as one mocktail, with all recipes shared afterwards. Speak with our Concierge team to secure a place.

The Bar, Library and Salon

Offering Courchevel's largest sake and Japanese whiskey collection, as well as a range of exclusive house cocktails, the Bar is a convivial space in which to while away an evening with its plush-velvet stools, parquet floors and mesmerizing mountain views. Or choose to unwind in the cozy Library or the oak-panelled Salon next to a roaring log fire. The drinks and views are just as fine.

Les Prés de la Croix

Sating appetites stimulated by the pristine Alpine air, Aman Le Mélézin's anniversary dining experiences include Evening Adventure at Les Prés de la Croix, a picture postcard mountain chalet.

This experience involves a horse-drawn carriage ride at dusk from La Tania (a 30-minute drive from the hotel) to Les Prés de la Croix, where a typical Savoyard dinner of cheese fondue or hotpot awaits beside a roaring log fire. A bespoke five-course menu created by a private chef can also be arranged on Friday evenings. Children can play games in the chalet's mezzanine or sled beneath the stars before the homeward journey (by toboggan or snowbike to La Tania) concludes with a taxi-transfer back to the hotel.





Kids Club

Keep little ones safe and entertained, on and off the slopes, with a host of dedicated activities and ever-ready hot chocolate. Open from 12pm to 9pm, the Kids' Club at Aman Le Mélésin offers arts and crafts, a variety of games, and interactive cooking demonstrations, activities, dressing up, child make-up, making jewellery, painting, salt dough, and more while in Courchevel 1850, the Village des Enfants ski school is home to the world's largest children's ski area. This will give parents the opportunity to enjoy their time, knowing their children are being watched by professionals.



Wellness

Aman Le Mélézin's serene spa, swimming pool, fitness and hydrotherapy areas are spread over two entire floors of the four-floor hotel. Offering a wide range of therapeutic and pampering treatments, it is the ideal space in which to prepare, or recover from, an active day in the magnificent outdoors.

Wellness

Further opportunities to relax can be found in the property's 767 square meter holistic Aman Spa, an oasis of tranquillity and rejuvenation. Comprising two entire floors of the property, the spa features five spacious treatment rooms including two double suites and one signature Thai massage suite, while a traditional Turkish hammam is perfect for soothing hot stone massages and energising Himalayan salt scrub experiences.

The expansive yoga studio includes TRX equipment and is complemented by a fitness studio, a relaxation lounge and extensive hydrotherapy areas, including a 14-metre indoor lap pool, experiential showers, a cold plunge pool and a wooden sauna. The spa menu has been carefully curated to offer treatments that provide nourishing heat and moisture following exposure to the wind and cold. For complete indulgence, the Signature Spa Journey combines dry brushing to boost circulation, a tension-releasing hot stone and oil massage and a calming facial designed specially to counter the Alpine elements.

For more details on spa and wellness offerings, please contact the Spa team who can provide a detailed treatment menu.





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