

AMAN
LE MÉLÉZIN

Experience Guide

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The Aman Le Mélézin Experience

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

The area offers direct access to 600 kilometres 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 possible.

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







Mountain Adventures

Aman Le Mélézin sits on the prestigious Bellecôte ski slope, making it the ideal base to explore the 600 kilometres of groomed pistes in Les Trois Vallées. The resort guarantees door-to-door discovery with unparalleled ski-in and ski-out access.

Combined with exceptional curated adventures for all ages – from first tracks to scenic flights and tobogganing down to Courchevel Village – the resort offers the finest mountain adventures in the region.

Snowshoeing & 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 every guest, this is one of the best ways to appreciate the high-altitude and natural beauty of the French Alps.

We recommend good hiking shoes, comfortable clothing, a hat and gloves.

Courchevel 1650 – Lac de la Rosière

2.5 hours

On the edge of the Vanoise National Park, Lac de la Rosière is one of the area’s most celebrated natural landmarks. 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 metres of elevation gain.

Courchevel 1850 – The Woodcutter Trail

2.5 hours

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 route is five kilometres long in total and has an elevation of around 170 metres.

First Tracks

Aman Le Mélézin has introduced an exclusive First Tracks experience, which reaches the highest point within the valley (2,740 metres 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 Saulire cable car leads to the top – at 2,740 metres this is the highest point in the Courchevel ski area. Supervised by an experienced ski instructor, embark on a 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. When returning to Aman Le Mélézin, a sumptuous warming breakfast will be prepared and served on the heated terrace.

Sledging

Dedicated solely to sledging, this two kilometre descent is open all day and night with a 300 metre vertical and a 15% gradient average. Lit from start to finish, it runs 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 & Back-country Skiing

An incredible alternative to get away from the slopes, back-country skiing is the perfect off the beaten track adventure in the Vallée des Avals. While only a short distance from the main ski area, its location in the vast Vanoise National Park provides a sense of calm, free from the lifts and the crowds.

Ice Skating

For skiers and non-skiers alike, the Olympic ice rink offers the opportunity to stay active and enjoy the winter wonderland of Courchevel, even on days where the weather is less than perfect. Skates are available for rental on site.

Dog Sledding in Courchevel

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

Snowmobiling

For those wishing to discover snowscapes via a unique mode of transport, the Concierge team can organise snowmobiling after the closure of the ski area. Negotiate forest obstacles and spot hidden wildlife on this Alpine excursion.



Adventures by Air

A novel way to spend your day, take to the skies with Aman Le Mélézin. Enjoy a relaxing hot air balloon ride at sunrise or embark on a helicopter ride at an altitude of over 13, 000 feet.

Helicopter Scenic Flights

Discover the magic of the Alps from above on a range of helicopter flights – some of which offer views of Italy and Switzerland. Soar over Les Trois Vallées, across the Haute Tarentaise Mountain Range or around Mont Blanc at an altitude of 4,800 metres with three different flights available, each offering dramatic panoramas of the surrounding landscape.

We recommend good hiking shoes, comfortable clothing, a hat and gloves.

Tour One: Over the French Alps

45 minutes | AS350 mono with five seats

Courchevel - Méribel - Val Thorens - Saint-Sorlin-d'Arves - Grandes Rousses - Alpe d'Huez - Les Deux Alpes - La Meije - Col du Lautaret - Col du Galibier - Les Aiguilles d'Arves - Mont Thabor - Courchevel.

Tour Two: Over France, Italy & Switzerland

60 minutes | AS350 mono with five seats

Courchevel - Champagny - Les Arc 2000 - Col du Petit Saint-Bernard - Courmayeur - Grand Saint Bernard - Martigny - Aiguille Verte - La Vallée Blanche - Aiguille du Midi - Mont Blanc - Dôme du Goûter - Les Contamines - Roselend - Pierra Menta - Courchevel.

Tour Three: Over France & Italy

75 minutes | AS350 mono with five seats

Courchevel - Méribel - Val Thorens - Lac du Mont-Cenis - Grand Paradiso - Aosta - Col du Petit Saint-Bernard - Les Arc 2000 - La Plagne - Courchevel.

Hot Air Ballooning

Appreciate the scenery with a bird's-eye view courtesy of a hot air balloon. Taking place at sunrise from the airfield of Courchevel, the journey offers incredible panoramas of the mountains and valleys, the villages and the ski slopes.





Culinary Journeys

At Aman Le Mélézin, a range of culinary experiences inspired by Aman's properties across the globe are on offer. From mastering cocktail making with our in-house mixologist to taking part in a Japanese-style tea ceremony and matcha tea training, there's much to explore.

Japanese Teatime Experience & Matcha Tea Ceremony

Akari, Aman's Japanese washoku restaurant, serves sushi, sashimi and signature dishes such as succulent wagyu beef and otoro tuna. Le Mélézin offers 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 pastries – the perfect treat following a day of adventure.

The Fumoir

This intimate smoking lounge offers a great selection of the finest cigars to enjoy at your leisure.

The Terrace

With its mountain and village views, the hotel's magnificent terrace is the ideal spot for a coffee, lunch, afternoon tea or après-ski drink. Additionally, enjoy a selection of fresh fruits for dipping into homemade melted chocolate and marshmallows for toasting on an open fire – the perfect sweet treat after a day on the slopes.

Cocktail Masterclasses

Every Wednesday evening at 6pm we invite guests to 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, guests will learn how to make three signature cocktails, as well as one mocktail, with all recipes shared afterwards. Speak to a member of our Concierge team to arrange a booking.

The Bar, Library & Salon

Offering Courchevel's largest sake and Japanese whisky collection, as well as a range of exclusive house cocktails, the Bar is a space in which to while away an evening embraced by mesmerising mountain views. Alternatively, unwind in the cosy Library or the oak-panelled Salon next to a roaring log fire where the drinks, and views, are equally exceptional.

Les Prés de la Croix

Enjoy an evening culinary adventure at Les Prés de la Croix, a pristine mountain chalet.

At dusk, take a snowmobile departing from La Tania (a 30-minute drive from the hotel) towards Les Prés de la Croix. On arrival, guests are invited to enjoy a typical Savoyard dinner of cheese fondue or hotpot beside a roaring log fire.

Children can play games in the chalet's mezzanine, or sled (by toboggan or snowbike) beneath the stars before the homeward journey concludes with a taxi transfer back to the hotel.

Yakiniku on the Terrace

Blending Japanese culinary tradition with a refined grill experience, Aman Le Mélézin welcomes a new dining venue to its outdoor terrace overlooking the slopes of Courchevel 1850. Open for lunch only (weather permitting) throughout the season, Yakiniku invites both guests and non-residents to cook premium cuts over glowing embers at their table in an intimate yet social setting.





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 Mélézin offers arts and crafts, interactive cooking demonstrations, painting and more.

Home to the world's largest children's ski area, Courchevel 1850's Village des Enfants ski school provides parents the opportunity to enjoy some leisure 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 floors. Offering a wide range of treatments, it is the ideal space in which to prepare or recover from a day in the great outdoors.

Aman Spa features five spacious treatment rooms including two double suites and one signature Thai massage suite. A traditional 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, relaxation lounge and extensive hydrotherapy areas, including a 14-metre indoor lap pool, Jacuzzis, 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. To restore the mind and body, 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 elements outdoors.

Inspired by a traditional Japanese practice known as Suna Ryoho, where people would bury themselves in the sand to eliminate impurities, the Iyashi Dôme is a device which uses unique technology to rejuvenate the skin, reduce muscular and joint pain, help with recovery and body toning.

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





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