

# Meribike.com

*Awesome Riding, Amazing Trails...*

## Rental Prices:

<b>Commencal Meta 5.5:</b>	Day: 9h00 - 17h00:	50 €
	½ day: 9h00 - 12h30 or 13h30 - 17h00:	35 €
<b>Commencal Supreme DH:</b>	Day: 9h00 - 17h00:	60 €
	½ day: 9h00 - 12h30 or 13h30 - 17h00:	42 €

## All Inclusive Trips:

Bike + Protection (helmet-gloves-arm-legs) + Lift Pass (15€) + Qualified Local Guide.

½ day x-country and downhill:	60 €
1 day x-country and downhill:	95 €
½ day freeride downhill:	70 €
1 day freeride downhill:	105 €
1 week freeride Course 5 x ½ days:	300 €

MON	TUES	WED	THURS	FRI	SAT/SUN
9h30-12h30 <b>Beginner XC</b> Mountain Biking in the Méribel Valley  <b>Beginner Freeride</b> Downhill mountain biking in the Méribel Valley	9h30-12h30 <b>Intermediate XC</b> Mountain biking in the Méribel Valley  <b>Intermediate Freeride</b> Les Cretes and St Martin de Belleville	9h30-12h30 <b>Intermediate XC</b> Mountain biking to Brides Les Bains with return by minibus  <b>Intermediate Freeride</b> Downhill mountain biking in the Courchevel Valley Depart: 09:00	9h30-17h00 <b>Intermediate XC</b> Take advantage of the lift system! Discover the Three Valley's best single track trails. 95 Euros all inclusive 45 Euros with your own bike	9h30-12h30 <b>Advanced XC</b> Mountain biking to Brides Les Bains via Courchevel with return by minibus  <b>Advanced Freeride</b> Downhill mountain biking in the Courchevel Valley Depart: 9h00	9h30-17h00 <b>Advanced XC</b> Méribel to Brides Les Bains – Minibus to Mont Jovet – lunch at refuge and then 2000m of single track back to Brides Les Bains! Return to Méribel by minibus Not to be missed! 95 Euros all inclusive
14h-17h00 <b>Beginner XC</b> Mountain Biking in the Méribel Valley  <b>Beginner Freeride</b> Downhill mountain biking in the Méribel Valley	14h-17h00 <b>Advanced XC</b> Les Cretes and St Martin de Belleville  <b>Advanced Freeride</b> Les Cretes to Brides Les Bains with return by minibus	14h-17h00 <b>Advanced XC</b> Mountain biking to Brides Les Bains with return by minibus  <b>Advanced Freeride</b> Downhill mountain biking in the Courchevel Valley Depart: 13h30	9h30-17h00 <b>Intermediate Freeride</b> Take advantage of the lift system! Discover the Three Valley's best downhill trails. 105 Euros all inclusive 45 Euros with your own bike	14h-17h00 <b>Intermediate XC</b> Mountain biking to Brides Les Bains with return by minibus  <b>Intermediate Freeride</b> Downhill mountain biking in the Courchevel Valley Depart: 13h30	9h30-17h00 <b>Advanced Freeride</b> Downhill mountain biking in the Courchevel Valley with finish in Bozél! Return to Méribel by minibus Depart: 9h00 105 Euros all inclusive

**EVERY NIGHT at 17h30 : Brides les Bains Descent, 1000 m Vertical through Forests and Villages: AWESOME : 40€**

**New: Transport only option every night from Brides or Salins at 19h00\*: 9.50€ \*Please reserve at shop**

## YOUR LEVEL

**Beginner:** I know how to ride down a couple of small steps/over gentle bumps. I am comfortable riding a bike on the road and can change gears and operate brakes, but have never been off road.

**Intermediate:** I have experienced off road mountain biking on varied terrains and am comfortable controlling the bike whilst standing on the pedals at a steady pace.

**Advanced:** I ride regularly, I am at ease riding up and down all varieties of trail and can ride them fast and safely.

**Visit us at the Freeride shop – Le Tremplin, 73550 Méribel. Tel: 04 79 00 52 21. [www.meribike.com](http://www.meribike.com)**