





# GRAND TOUR OF THE PARC DES ECRINS


The last great massif still wild




In the heart of the Ecrins National Park, you are surrounded by unspoilt nature, exceptional flora, lakes and breathtaking views. Passing from the top of the Romanche valley, in the land of Meije, towards the narrow and isolated valley of Valgaudemar and Vénéon. Between glaciers and lakes of altitude you benefit from varied landscapes, comfortable mountain refuges whose isolation will make you appreciate the conviviality. A week of complete change of scenery in this alpine atmosphere under the sun of the Southern Alps.

 10 days

 Guided / with a guide

 With or without baggage transport

 Accommodation : Classic (dormitory)

 Level : \*\*\*\*

 From : 1320€

## You will like

- Hikes between glaciers and lakes of altitudes
- The ascent of three successive passes on day 4
- The refreshing atmosphere at the passage of beautiful waterfalls on day 6
- One of the most prestigious passages on the GR54: the Muzelle pass (2613m) and its mineral atmosphere

# The route

## Day 1

### WELCOMING

Meeting at 7pm at Briançon SNCF train station, then transfer to Monêtier-les-Bains.

Debrief with your guide, night and breakfast at the cottage «le Flourou». If you arrive earlier, you can enjoy the «big baths» of Monêtier, located just opposite the cottage.

## Day 2

### MONETIER - EYCHAUDA LAKE - PELVOUX

Departure from the Guisane valley for Pelvoux. Departing from Monêtier-les-Bains, a large morning climb in the Tobacco valley to reach the steep Grangettes pass (2684m). View of Lake Eychauda, frozen late in the season. Descent into the beautiful Eychauda valley to reach the Chambran valley. Transfer to Pelvoux.

Night in gîte.

7h00 walk/ Altitude difference +1100m -800m

## Day 3

### BETWEEN AYGUES - COL DE L'AUP SAINT MARTIN - PRÉ DE LA CHAUMETTE

Morning transfer in the Onde valley to Entre le Aigues. Long ascent in the gently sloping valley. Once out in the Alpine pastures, you can see at the bottom the pass behind several rocky locks that you climb for a long time. The final climb is a little steeper, in the black schists, a rather austere atmosphere that spices up the end of the climb. Pass of the Col de l'Aup Martin (2761m) then the Pas de la Cavale. Fast descent on the Refuge du Pré de la Chaumette.

Overnight and dinner at the refuge **without the luggage**.

7.30 hours walk / altitude difference: +935m -750m

## Day 4

### CHAUMETTE MEADOW - VALLONPIERRE PASS - VALGAUDEMAR

Departure of the refuge for the «famous 3 collas». Most of the day will be spent climbing three successive passes: the Valletta Pass (2668m), the Gouiran Pass, a little below, with its small lakes. The last, the Col de Vallonpierre (2607m) dominates the refuge and the lake of the same name. Descent to the Severaisse valley then transfer a few minutes to the beautiful village of the chapel in Valgaudemar.

Night and dinner in gîte or refuge with luggage.

8h00 walk/ Altitude difference: +1050m -1200m

## Day 5

### LA CHAPELLE EN VALGAUDEMAR - COL DES CLOCHETTES - REFUGE DES SOUFFLES

From the Chapel, the trail climbs tirelessly, even if some waterfalls adorn the climb. All these efforts are rewarded by the view that widens along the climb to the south on the Old Chaillol massif (3163m). Crossing to the Col des Colombes (2423 m) and Lake Lautier, then descent in balcony to reach the Col des Clochettes and finally the refuge des Souffles.

Night and dinner at the refuge **without the luggage**.

6h30 walk/ Altitude difference: +1300m - 450m

## Day 6

### REFUGE DES SOUFFLES - COL DE VAURZE - THE VALJOUFFREY DESERT

At the departure of the refuge, climb to the mountainside towards the Vaurze pass. It is under the singing of beautiful waterfalls that we will appreciate the last magnificent panoramas on the southern part of the Ecrins. Pass of the Col de

Vaurze (2500 m), then in this very mineral environment, descent on the Valjouffrey Desert.

Night and dinner in lodging with luggage.

5.30am walk / Altitude difference: +610 m -1295m

## Day 7

### **VALJOUFFREY DESERT - BELLE HILL PASS - VALSENESTRE**

Departure from this beautiful little village whose former school was converted into a refuge to go up the valley of the Leash towards the Col de Cote Belle (2220m). In these alpine pastures, an impressive flora, we will dwell on an impressive geological curiosity called here the Giant Organs. Descent in the nature reserve of the Haute Vallée du Béranger to the cottage of Valsenestre.

Night and dinner in lodging with luggage.

6 hours walk/ Altitude difference: +1050m -995m

## Day 8

### **VALSENESTRE - COL DE LA MUZELLE - VENOSC**

Departure from the small village of Valbonnais to reach one of the most prestigious passages of the GR54: The Col de la Muzelle (2613 m). In this alpine valley, you will undoubtedly cross sheep herds that graze peacefully. The descent on the lake and the refuge of the Muzelle will be done quickly and the terrace overlooking the lake will be conducive to a break. Descent by the torrent to Bourg d'Arud in the middle of several waterfalls. Transfer (30 mn) to Besse, above Lake Chambon for the final section!

Night and dinner in lodging with luggage.

6.30 hours walk/ Altitude difference: +1295 m; -1630 m

## Day 9

### **BESSE - PLATEAU D'EMPARIS - VILLARD D'ARÈNE**

Beautiful hike for this day from the small village of Besse in Oisans to discover the fabulous Plateau d'Emparis in the air of Mongolian steppe. Throughout your walk, stunning views of the Meije and its glaciers. The surroundings of Lake Lérié or Lake Noir will be suitable places to take a contemplative, photographic or meditative break. Descent to the Village of Chazelet to spend the night.

Night and dinner in lodging with luggage.

6.3 hours walk / Altitude difference: +1250 m; -1150 m

## Day 10

### **VILLARD D'ARÈNE - LAC GLACIAIRE D'ARSINE - MONÉTIER-LES-BAINS**

From this mythical village of Villard d'Arène, via an alpine climb, reach the sources of the Romanche to the Col d'Arsine. Small detour to the amazing lake - Arsine glacier. This small ice meltwater reservoir has a milky colour due to the presence of mineral glitter suspended in the waters and coming from glacial erosion. Crossed the Reou d'Arsine then descent to the Casset, last village of Serre Chevallier.

Transfer in late afternoon on Briançon SNCF by regular shuttle.

6 hours walk/ Altitude difference: +790 m; -950 m

# The trip

## LEVEL \*\*\*\*

Average positive altitude difference: 950 m per day

Average walking time: 6 hours per day.

Particular difficulties: hiking on good marked mountain trails, but which can sometimes be quite steep or stony. Passage in shale slopes without great difficulty. Some passages a little exposed.

Trip in collaboration with partners.

## GUIDING

Number of participants between 4 and 15 people supervised by a qualified professional (mountain guide).

## ACCOMODATION

CLASSIC : 6 nights in a holiday lodge and 3 nights in a mountain refuge.

## YOUR BACKPACK FOR NIGHTS WITHOUT LUGGAGE

For those nights when you don't have your luggage at the accommodation (you will find it the following night), here are some tips on what to add to your backpack (about 2 kg is enough!):

- a small toilet set
- your sackcloth
- Change of clothes (strictly necessary!)

## MEALS

Breakfasts and dinners are served in the accommodation.

For lunch, your companion prepares a picnic, usually consisting of a variety of salads and regional products.

We do our best to take into account special diets (gluten-free, vegetarian etc.). However, we encourage you to include some complementary products for your own picnics.

## FITNESS LEVEL

Be able to easily walk 15 km (in plain) in 3 hours maximum.

If this is not the case, within three weeks of departure, 2 to 3 times a week, we advise you to start a good workout: 4 to 5 km of jogging or 3 to 4 hours of hiking or cycling. Your physical preparation will facilitate your stay and allow you to enjoy it all the more.

# Practical information

## DEPARTURE

From June 23th to September 1sr, 2024.

## ACCESS TO DEPARTURE POINT

Meet at 7pm at the SNCF station in Briançon and transfer to Monétier-les-Bains for the night.

If you arrive by car, possibility to arrive directly to Monétier-les-bains or to wait for us at the station and follow the guide by car to Monétier-les-Bains (10mn transfer). Please let us know if we have to wait for you at the station.

### BY TRAIN

Go night train Paris/Briançon or day TGV via Valence or Grenoble.

TGV access: Possibility to arrive at the TGV station of Oulx (Italy), shuttle 05passengers at each train arrival from Paris.

Transfer Oulx - Briançon: 50 minutes.

Return: night train Briançon/Paris or day train Briançon/Valence or Grenoble then TGV Valence or Grenoble/Paris.

Check the [SNCF](https://www.sncf.com) website for schedules.

### BY CAR

To plan your trip, here are some websites: [www.viamichelin.fr](https://www.viamichelin.fr) [www.mappy.fr](https://www.mappy.fr)

**End of the hike on day 10 at 5.30pm at the SNCF train station in Briançon.**

## TO CONTACT US

If you are late, contact the agency: +33 (0)4 50 79 09 16 or +33 (0)6 42 49 76 07

## Dates & prices

From 23/06/24 to 02/07/24	Guaranteed departure	1320 €
From 30/06/24 to 09/07/24	Guaranteed departure	1320 €
From 07/07/24 to 16/07/24	Open departure	1320 €
From 14/07/24 to 23/07/24	Guaranteed departure	1320 €
From 21/07/24 to 30/07/24	Guaranteed departure	1320 €
From 28/07/24 to 06/08/24	Guaranteed departure	1320 €
From 04/08/24 to 13/08/24	Guaranteed departure	1320 €
From 11/08/24 to 20/08/24	Guaranteed departure	1320 €
From 18/08/24 to 27/08/24	Guaranteed departure	1320 €
From 25/08/24 to 03/09/24	Guaranteed departure	1320 €
From 01/09/24 to 10/09/24	Guaranteed departure	1320 €

## THE PRICE

### Includes:

- The costs of organization and supervision by a qualified mountain guide;
- Meals in full board;
- Nights in refuge or lodging and tourist taxes;
- Transportation of your personal effects (except days 3, 5 and 10) and road transfers.
- Day 1 transfer from Briançon station to Monêtier-les-Bains

### Does not include:

- Personal expenses (drinks, etc.);
- Luggage transport day 3, 5 and 10;
- Transport A/R to meeting places and dispersal;
- Cancellation assistance insurance (4.2% of the travel amount)

**The price is all inclusive from the meeting point to the point of dispersion**

# Equipment and baggage

## RECOMMENDED EQUIPMENT

### Clothes

Hiking trousers  
Shorts (1 swimsuit in case)  
Tee-shirts "breathable" or merino wool  
Long "breathable" or merino wool shorts  
Fleece or sweater  
Windbreaker or Goretex jacket  
Rain cape + gaiters or trousers type Goretex + a bag cape  
A pair of gloves and a light bonnet  
Hat or cap  
Hiking socks (double layer, looped, 1 pair per day)  
Footwear with well-tuned treads and running shoes  
1 change of clothes for the evening  
Spare shoes for the evening

### Miscellaneous equipment

Toilet bag  
Towel (quick drying, sold in a specialist shop)  
Sunglasses and sunscreen  
Flask or thermos (1.5 liters minimum)  
Knife and cutlery  
An airtight plastic box as a plate for your picnics  
Coffee cup  
Small personal pharmacy (analgesic, dressings type compeed...)  
Survival blanket  
Headlamp or flashlight  
A sack sheet and pillowcase (the cottages provide blankets)  
Two telescopic sticks (highly recommended)  
Valid ID card or passport

## BACKPACK

Pack a comfortable 30-40 litre backpack for your day's effects (warm clothing, a rain cape, a canteen, a box and cutlery for the picnic, sun protection and ID) and a little room to carry a picnic and snacks.

## LUGGAGE TRANSPORT

Your luggage is transported by a logistics vehicle every step of the way, except on days 1, 5 and 10 as the refuge is not accessible by car.

Your spare items must be grouped into 1 flexible bag not exceeding 10kg! We especially insist on the size and weight of your luggage transported: during your tour, it is handled every day by a driver several times (Please think to their back!) to go to shelters that are not always easy to access.

Use one piece of baggage per person, as grouping two people's belongings into one container usually results in excessive weight. Better two bags of 10kg than one of 20!

Be careful, luggage that is too heavy or too bulky will not be taken care of by drivers!

### REGISTRATION AND PAYMENT TERMS

- By post: form to be completed below.
- On the Internet: <http://www.altitude-montblanc.com/>
- By telephone: +33 (0)4 50 79 09 16

Please specify if you want to take a cancellation insurance (4.2% of the cost of the trip).

We then send you, by e-mail, a proforma invoice (per couple) with a 30% deposit request, associated with your account details at Altitude Mont-Blanc ("my account" section). You can make your payment by credit card, bank transfer, check or holiday cheques. You then receive a confirmation of registration.  
The balance of the stay is to be paid 1 month before departure, without reminder from us.

The conditions of sale, cancellation etc. are available on our website.

We remain at your disposal for any information.





## Registration by mail form

Last name:

PRENOM:

Date of birth:

Address:

Phone number:

Mobile phone number:

Email address:

SEJOUR DEMANDE:

Number of days:

Insurance:

Price:

x 30% =

Deposit

Locality where signed:

Date

Signature:

A large, light gray rectangular box intended for the user's signature.

Return with your deposit to:  
Altitude Mont-Blanc, 62 Passage du Nant Devant, 74110 Montriond, FRANCE