



## HAUT QUEYRAS

Under the sun of the Southern Alps




Sometimes called little Switzerland, the Queyras region is known above all for its high villages, its larch forests and its wide mountain pastures. On the edge of the Italian border, this massif benefits from the coolness of the mountains and the blue sky of the Southern Alps. There are more than 300 days of sunshine per year! On the border, the imposing Mount Viso (3841 m), the 2nd Italian summit, rises.


Here nature is wild and preserved by the Regional Natural Park: numerous high altitude lakes, rare floral species, abundant mountain fauna (hares, marmots, chamois, eagles and even wolves...).

This stay plays at jumping the border, between two countries but also between two worlds, between virgin high altitude spaces and valleys rich in an authentic heritage.

 7 days

 Guided / with a guide

 With or without baggage transport

 Accommodation : Classic (dormitory)

 Level : \*\*\*

 From : 720€

### You will like

- Discover an authentic country, vast mountain pastures, typical wooden architecture and famous sundials...
- A very nice hike with "mountain" atmosphere
- The pleasant climate of the Southern Alps

# The route

## Day 1

### WELCOME AND INSTALLATION

Meeting point at 5:30pm in front of the bus station of Ville Vieille (05350 Château Ville Vieille - Queyras). Transfer to the first accommodation and installation.

## Day 2

### PRATS-HAUTS - SAINT VÉRAN - REFUGE DE LA BLANCHE BY THE BALCONS DES AIGUES

Early departure for Saint-Véran, in a balcony along the vallée de l'Aigue Blanche. On the way, visit of Pierre-Grosse and Saint Véran, two traditional and emblematic villages of Queyras. Ascent by the big canal to the refuge of the Blanche, at the foot of the Toillies head, at 2500 m of altitude. Night in refuge de la Blanche (without luggage transfer)

5h00 walk. Elevation: + 650 m / - 50 m

## Day 3

### REFUGE DE LA BLANCHE - COL DE LA NOIRE - VILLAGE OF CHIANALE

From the Blanche refuge, departure to the Col de la Noire, at almost 3000 m of altitude. This border pass between the Queyras and the Haute Ubaye is well named. The schists that make it up offer dark, serious tones that contrast with the carpet of flowers in the summer grass. Lac de la Blanche, de la Noire, Col Longet, lac Bleu... so many mirrors of the peaks to lead you to the Piedmontese village of Chianale. This high village will seduce you by the richness of its architecture and the authenticity of its streets. Night in gîte.

5h30 walk. Elevation: + 465 m / - 1200 m

## Day 4

### CHIANALE - COL AGNEL (2750 m) - VALLÉE DES LACS - L'ECHALP

Ascent of the Agnel pass (2750m) from Chianale, to allow us to reach the Haut Queyras. Crossing of the Col Vieux (2850m) and descent of the inevitable Vallée des Lacs to the Vallée du Guil. This valley, recently classified as a national biosphere reserve, offers a large panorama, going up to the highest summits of our French Alps. Night in a small village in the haute vallée du Guil. Night in gîte.

7h00 walk. Elevation: + 1030 m / - 1140 m

## Day 5

### L'ECHALP - CRETE DE PEYRA PLATA - ABRIES

You will reach the Monta, the "twin" village of Echalp from where you climb towards the peaks of Peyra Plata (2500 m). A splendid course of ridges where the main peaks of Queyras stretch, with below the traditional hamlet of Valpréveyre. You also appreciate a unique flora present on the Colette de Gilly. Descent to the lively village of Abriès.

Night in gîte

5h30 walk. Elevation: + 885m / - 1050m

## Day 6

### VILLAGE D'ABRIÈS - LACS MALRIFS - LES FONTS DE CERVIERES

This day allows you to discover the wonderful valley of the Fonts de Cervières in Briançon country by crossing the Malrif massif (2550 to 2900m). It is also the sportiest stage of your circuit, which allows you to approach the Malrif lakes and their magnificent view of Mont-Viso. The effort is widely rewarded!

Night in refuge

6h00 walk. Elevation: + 880 m / - 1050 m

## Day 7

### **LES FONTS - COL DE PÉAS - COL DE LA CRECHE - VILLE VIEILLE**

You will leave this charming hamlet of Les Fonts where pastoralism is still present to begin your last stage on the Queyras tour.

Dominated by the imposing Rochebrune, one of the four pillars of the massif, the Péas pass (2600m) is the highlight of your day. This vast valley offers several interesting views of the peaks of the south of the massif.

Return to Ville-Vieille by the canal then the Col de la Crêche, the final by Meyrès and the Astragales trail

6h00 walk. Elevation: + 570 m / - 1250 m

**End of the tour at 4:00pm in front of the bus station of Ville Vieille.**

The itinerary is established according to the latest information available, unknown factors and situations beyond our control can affect this itinerary and may change the route, timings etc.

Personalised tour available, contact us...

# The trip

## LEVEL \*\*\*

Average elevation: +/-800 m. Max elevation : +1200 m.

4 to 7-hour hike per day.

Maximum altitude : 2900 m (on day 6)

Mountain trek with no particular difficulty.

*This trip is carried out in collaboration with our local partners, who, like us, are keen to offer you an authentic trip.*

## ACCOMMODATION

6 nights in refuge or gîte.

**In option** : comfort version, depending on availability when booking (room of 2 in gîte : sheet and towel are not provided, shared bathroom). Extra cost of 25€ per day and per person. Sometimes, the accommodation may be different from the rest of the group, but meals will be taken with the group.

## MEALS

Breakfast and dinner are provided in the accommodation.

For picnic lunch, your guide will daily prepare a menu, consisting of a variety of salads and local products.

We do our best to accommodate special diets (gluten-free, vegetarian etc.). However, we encourage you to bring some additional products for your own picnic.

## MAPS

IGN Top 25 - 3537 ET - Guillestre and Top 25 - 3637 OT - Saint-Veran (1/25 000)

# Practical information

## ACCESS TO DEPARTURE POINT

**Meet at 5:30pm at Chateau Ville Vieille train station and transfer to the accommodation. Debrief with the guide before diner.**

### BY TRAIN

Montdauphin-Guillevestre station, Briançon line (Hautes-Alpes)

### Night train:

Line from Paris (Gare Austerlitz) to Montdauphin-Guillevestre, runs every day of the year (trains sometimes benefit from late posting: often within 3 weeks of departure).

### Daytime train from Paris to Montdauphin :

TGV line from Paris (Gare de Lyon) to Valence then TER line from Valence to Montdauphin.

### **Access between Montdauphin station and Prats-Hauts:**

### Departures in June and September:

The regular shuttle service is not yet operational. A shuttle will be organised by us at 7pm for your arrival (cost: €30 return from the station per person, **booking required when you register**).

### Departure in July and August:

In front of Montdauphin Guillevestre SNCF station, take a regular ZOU shuttle bus to the "Gare routière de Ville Vieille" stop (Information and timetables: [www.zou.maregionsud.fr](http://www.zou.maregionsud.fr)).

### BY CAR

From Grenoble, 2 possible routes to Guillevestre:

- Via Gap
- Via the Col du Lautaret and Briançon. For information on the state of the road to the pass, call 04 92 24 44 44 (answering machine).

From Guillevestre, go to Château-Queyras then Ville Vieille (1.5km, the only roundabout in the Queyras). Free parking on site at the bus station.

You can check on [viamichelin](http://viamichelin) or [mappy](http://mappy)

### CAR-SHARING

Here are some websites : [laroueverte](http://laroueverte), [roulezmalin](http://roulezmalin), [blablacar](http://blablacar).

**End of the tour on day 7 around 4.00 pm at the bus station of Ville Vieille.**

## ACCOMMODATION BEFORE AND AFTER THE TRIP

Tourist office of [Guillevestre](#)

Tourist Office of [Queyras](#)

## 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

Access between Montdauphin station and Prats-Hauts :

**Departures in June and September:** The regular shuttle service is not yet operational. A shuttle service will be organised at 7pm for your arrival (cost: €30 return from the station per person, booking required when you register).

From 01/06/24 to 07/06/24	Guaranteed departure	720 €
From 08/06/24 to 14/06/24	Last places available	720 €
From 15/06/24 to 21/06/24	Guaranteed departure	760 €
From 22/06/24 to 28/06/24	Guaranteed departure	760 €
From 29/06/24 to 05/07/24	Guaranteed departure	760 €
From 06/07/24 to 12/07/24	Guaranteed departure	760 €
From 13/07/24 to 19/07/24	Guaranteed departure	820 €
From 20/07/24 to 26/07/24	Guaranteed departure	820 €
From 27/07/24 to 02/08/24	Last places available	820 €
From 03/08/24 to 09/08/24	Guaranteed departure	820 €
From 10/08/24 to 16/08/24	Guaranteed departure	820 €
From 17/08/24 to 23/08/24	Guaranteed departure	820 €
From 24/08/24 to 30/08/24	Guaranteed departure	720 €
From 31/08/24 to 06/09/24	Guaranteed departure	720 €
From 07/09/24 to 13/09/24	Guaranteed departure	720 €
From 14/09/24 to 20/09/24	Guaranteed departure	720 €
From 21/09/24 to 27/09/24	Guaranteed departure	720 €

## THE PRICE

### Includes:

- Organisation and booking fees, guiding by a qualified and insured mountain leader ;
- All meals including picnic lunches and snacks during the day ;
- Accommodation in gites, refuges and small hotels, shower tokens in accomodation if required ;
- Tourist tax ;
- Daily luggage transport between accommodation (except on Day 2) and bus transfers.

### The price does not include:

- Personal expenses (drinks, etc.), touristic visits ;
- Luggage transport on Day 2 ;
- Your return journey from home to the point of departure/end point ;
- Airport taxes and other exclusions clearly described within the corresponding technical sheet.

**The price is all inclusive from departure to end point.**

# Equipment and baggage

## EQUIPMENT LIST

### Clothing

- Walking trousers
- Shorts (Bikini/swimsuit, just in case!)
- Breathable or merino wool t-shirts
- Breathable or merino wool leggings
- Fleece or jumper
- Wind stopper or Goretex jacket
- Waterproof poncho + gaiters or Goretex trousers + waterproof rucksack cover
- Pair of gloves and a warm hat
- Sun hat or baseball cap
- Walking socks (1 pair per day)
- Sturdy walking boots with a good sole, already broken in
- 1 change of clothes for the evening
- A pair of comfortable shoes for the evening

### Other Equipment

- Toilet bag
- Quick drying towel
- Sunglasses and sun cream
- Water bottle or Camelback (1.5 litre minimum)
- Knife, fork and spoon
- Plastic lunch box/plate for your picnic lunches
- Plastic cup for coffee
- Small First Aid kit (antihistamine, ibuprofen, Compeed type blister pads...)
- Survival blanket
- Head torch or hand torch
- Sleeping bag liner sheet and pillowcase (blankets provided at accommodation)
- Two adjustable and highly walking poles
- Identity card or passport

### BACKPACK

Bring a comfortable backpack of 30 to 40 litres for your personal belongings for the day (warm clothes, waterproofs, water, plate and cutlery for your picnic, sunscreen and your identity papers) and please keep a little room to carry a picnic and snacks.

### BAGGAGE TRANSPORT

Your baggage will be daily transported between accommodation by our vehicle (except night 2). You are allowed 1 soft, sports type bag with all your possessions inside, **no heavier than 12kg**. Your bag has to be carried everyday by the driver to refuges, which access is not always easy!

Please use one bag per person; gathering together the belongings of two people usually leads to a heavy bag. Two bags of 10kg are better than one bag of 20 !

**Luggage which is too big and too heavy won't be accepted by the drivers!**

## HOW TO REGISTER

- By internet: <http://www.altitude-montblanc.com>
- By telephone: +33 (0)4 50 79 09 16
- By post: Please provide your details
  - Surname, First Name, Date of birth
  - Address
  - Email
  - Telephone
  - Mobile

If you wish to register by post, please complete the form below and return it to:

Altitude Mont-Blanc  
180, route du lac  
74110 MONTRIOND  
FRANCE

Please specify whether you wish to take out an optional cancellation insurance (4.2% of the tour price).

On receipt of your registration we will email an invoice (per couple) with a request for a deposit of 30% in association with your account details at Altitude Mont-Blanc ('My Account'). Payment can be made by credit card, bank transfer or by cheque. On receipt of your deposit you will receive a registration confirmation.  
The balance must be paid one month before departure without a reminder from us.  
For self-guided tours, we will then send your tour pack (includes maps, descriptive book etc.)

Our terms and conditions of sale can be found on our website.

Do not hesitate to contact us if you have any questions.





## 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:

Return with your deposit to:

Altitude Mont-Blanc, 62 Passage du Nant Devant, 74110 Montriond, FRANCE