

SNOWSHOES IN QUEYRAS self-guided

Snowshoes in a quiet valley



An invitation to snowshoeing in the "great white", in the highest inhabited valley of Europe and under the sun of the Southern Alps. By the end of the summer, everything becomes calmer, the animals put on their winter coats and the chimneys smoke in the villages. On the program: adapted secure routes and comfortable accommodation in the heart of hamlets and villages typical of the massif. What to make the most of the pleasure of snowshoeing in freedom.

🕒 5 Days

👤 Self-guided / without guide

🚚 Without baggage transportation

🏠 Accommodation : Classic or comfort

🦶 Level : **

💰 From : 430€

You will like

- The Queyras, a snowshoe paradise!
- Charming accommodation in the heart of Queyras
- Visit of Saint-Véran, the highest village in Europe

The route

Day 1

INSTALLATION - PRESENTATION OF THE STAY

Go to the accommodation to drop off your luggage (rooms available from 15:30). Stroll in the Arvieux valley, visit of the Queyras toy cooperative... At 6pm, a guide will come to give you information on mountain safety (mandatory session).

Day 2

ARVIEUX - SHOES

Departure on snowshoes, direction the pastoral hamlet of Souliers. By a wide and well secured track, quiet climb among a centenary melezin. Magnificent views of the Guil valley allow to observe the hamlets suspended on the valley and Fort Queyras. Stop at the hamlet of Souliers and its cottage renowned for a well deserved break, remember to book for lunch. Return by a balcony path to Arvieux.

4h to 6h walk/ Altitude difference: +500; - 500 m

Day 3

AIGUILLES - PRATS-HAUTS - SAINT-VÉРАН

After a short transfer to Aiguilles, ascended by a succession of suspended hamlets, until Saint-Véran... the highest village in Europe! Via a route in the forest, where it will not be uncommon to cross chamois and deer, crossing the first hamlets, Prats-Bas and Prats-Hauts, where the sun begins to show its generosity. Then cross in balcony, on an old watering channel, to the remarkable village of Saint-Véran. Note, if the weather is uncertain or if you want to shorten the walking time, possibility of transfer to Prats-Hauts rather than Aiguilles, which divides the length of the step by two.

5.30 hours walk / Altitude difference: +550 /- 50 m

Day 4

SAINT-VERAN - REFUGE DE LA BLANCHE

From Saint-Véran, head to a mountain refuge to spend an unforgettable night. Along the Aigue Blanche, enter the valley of the Blanche, dominated by the fabulous Tête des Toillies. The refuge is right at the foot, in summer it is bordered by a beautiful small lake. In good weather and in complete safety, possibility to climb to the border pass of Saint-Véran (2900 m) to enjoy an extraordinary view of the Italian piedmont (+ 1h30). There is no luggage transportation that day, you only take your kit for the night (if you do not want to take this option, possibility of spending an extra night in Saint-Véran, a replacement hike will be proposed).

3.30 hours walk/ Altitude difference: +550 m

Day 5

REFUGE DE LA BLANCHE - SAINT VÉРАН

Departure from the refuge and descent to the chapel Notre-Dame de Clausis then by the wide trail of the mine to Saint-Véran, the highest village in Europe. Free time to visit this beautiful village full of history. Transfer to Arvieux if you came by car, by shuttle from Saint-Véran if you came by train.

3h walk/ Altitude difference: - 500 m

The trip

LEVEL **

Elevation : +/- 500m
8 to 12 km per day

The tour has been developed along with our local partners who are very mindful about organising an authentic journey.

ACCOMMODATION

Several options:

Classic accomodation: collective room (dormitory) from 4 to 12 people, sheets and towels not provided, sanitary on the landing.

Lodging comfort in cottage: room of 2 people, sheets and towels not provided, sanitary on the landing.

Comfort accommodation in hotel: room for 2 people, sheets and towels provided, private bathrooms.

Night 1: Gite d'étape la Teppio or Hotel*** la Ferme de l'Izoard according to the chosen formula,

Night 2: Gite d'étape la Teppio or Hotel*** la Ferme de l'Izoard according to the chosen formula,

Night 3: Gite les Gabelous or hotel la Baïta du Loup or hotel le Grand Tetra according to the chosen formula,

Night 4: Refuge de la Blanche

MEALS

The meals served in the accommodation are balanced and varied. The kitchen is hearty, adapted to the needs of hikers and often made from local products. Special arrangements must be specified in the booking so that we can notify the accommodation.

Picnics can be booked by us with accommodation, otherwise you will find shops in the villages. You can also book them directly with the hosts, on your arrival, for the next day.

ROAD BOOK

Before your departure we give you a road book specially designed for this circuit, composed of precise indications that will allow you to carry out your days of discovery and hiking in complete freedom. To fully enjoy and enjoy your hiking trip, you must be able to ensure your autonomy in the field with the documents provided.

Your hiking record will be mailed to you upon receipt of payment of the balance of your stay. It includes:

- roadbook
- a set of IGN cards
- the route of the circuit
- the vouchers
- labels for luggage

PHYSICAL CONDITION

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

ACCESS TO THE STARTING POINT

If you come by car, the reception is directly at your accommodation in Arvieux (address communicated on your summons). If you come by train, the reception is in the day at the bus station of Ville Vieille (call 04.92.46.71.72, 1 hour before your transfer). If you want to be able to hike on the first day, the ideal is to arrive by night train.

IN THE PROCESS

Night train: line from Paris (Gare Austerlitz) to Montdauphin-Guillestre, runs every day of the year (trains sometimes have a late display: often within 3 weeks before departure). From the station of Montdauphin-Guillestre to Molines - route de Saint-Véran, connection with regular shuttles Zou my southern region. We will come with a private shuttle pick you up in Molines to bring you to the accommodation.

Day train from Paris to Montdauphin (you will have to arrive the day before or miss the hike on the 1st day): TGV line from Paris gare de Lyon to Valence, then TER line from Valence to Montdauphin-Guillestre. For late afternoon arrivals until 18:30: from Montdauphin-Guillestre station to Ville Vieille bus station, connection with regular shuttles Zou my southern region, we will come with a private shuttle pick you up at Ville Vieille to take you to the accommodation .

BY CAR

From the North:

1st possibility: Take the Lautaret pass through Bourg d'Oisans and the Grave. Join Briançon and follow direction Gap (RN 94) until Montdauphin then Guillestre, gateway to the Queyras Regional Park.

2nd possibility: from Grenoble by the Mure and Gap. Then follow the direction Embrun by the RN 94 then Guillestre gateway to the Queyras Regional Park. Take the D902 then follow the signs «Stations du Queyras».

3rd possibility: From Grenoble stay on the A51 motorway towards Sisteron. Cross the Lus-la-Croix-Haute pass, then join Veyne, Gap. Then follow the direction Embrun by the RN94 then Guillestre entrance gate of the Queyras Regional Park. Take the D902 then follow the signs «Stations du Queyras».

4th possibility: By Chambéry – Autoroute de la Maurienne -Tunnel du Fréjus (at the toll take a round trip valid for 7 days).

At the toll at the exit of the tunnel on the Italian side, continue on the motorway towards Turin. Exit at Oulx and take direction Cesana – Sestriere - Col de Montgenèvre/Francia. From the Col de Montgenèvre (border) you reach Briançon then Guillestre (1 h 30 min drive from the tunnel).

From the south:

Valencia or Sisteron - Gap - Embrun - Guillestre.

From Guillestre, follow the direction «Queyras» (D 902), then the D 947.

Access to Arvieux from Guillestre:

From Guillestre take the D902 direction Queyras. Go up the gorges of Guil then take the direction Col de l'Isoard and Arvieux... The accommodation is located in the Chalp.

To plan your trip, we advise you to inquire about your itinerary through the various sites: www.viamichelin.fr www.mappy.fr

Contact «State of the roads»: to access the department of Hautes-Alpes you can consult 04 92 24 44 44 (special equipment required to cross certain passes: snow tires or chains)

End of the stay at the end of the day in Saint-Véran on Day 5.

TO CONTACT US

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

Dates & prices

DEPARTURES AND PRICES

Elective departure from December 15, 2023 to April 14, 2024

With luggage transport (except day 4)

430€ per person, classic accommodation

510€ per person, comfortable accommodation (room of 2 pers. except at the Refuge de la Blanche) (sheets and towels not provided)

640€ per person, hotel version (one night in refuge, in dormitory of 2).

Optional:

- 4 picnics: 60€ per person.
- Transfer on Day 1 from Guillestre station to Arvieux: 65€
- Transfer on the last day from Saint-Véran to Montdauphin-Guillestre bus station: 65€
- Additional night in half board in a shared room: 50€ per person
- Additional night in half board in room of 2: 60 € per person.

Information and booking by phone or email.

THE PRICE

Includes:

- Half-board from dinner of the 1st day to breakfast of the last day;
- The road book: description and IGN cards (1 complete road book for 1 to 4 people, additional file for 5 people or more. Additional file: supplement from 10 to 25€);
- Baggage transportation between accommodations (except J4);
- Rental of snowshoes and sticks;
- Loan of safety equipment (ARVA, excavators, probes);
- The tourist tax;
- Transfers by vehicle planned during the hike;
- Organization and booking fees.

Does not include:

- The picnics;
- Personal expenses (drinks, visits, etc.);
- The return journey from your home to the meeting point and dispersion;
- Airport taxes and other exclusions clearly and duly described on the corresponding data sheet.

The price refers to the meeting point to the dispersion point.

Equipment and luggage

EQUIPMENT LIST

Material for snowshoeing (snowshoes and poles) is provided. However, if you have your own and would like to use them you are free to do so. Avalanche safety equipment including (transceiver, shovel and probe) is also provided.

Clothing

- Waterproof ski or winter walking trousers
- Wind stopper or Goretex jacket
- Breathable or merino wool t-shirts
- Breathable or merino wool leggings
- Fleece or jumper
- Insulating down jacket
- 2 pairs of ski gloves and a warm hat
- Walking socks (1 pair per day)
- Sturdy waterproof walking boots

Other Equipment

- Rucksack minimum 35 litre capacity
- Sunglasses and ski mask
- 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
- Identity card or passport

LUGGAGE TRANSPORT

You must pack all of your belongings in 2 bags: 1 backpack and 1 travel bag.

The backpack:

Hiking backpack of about 35 liters, it will be useful for transporting your personal belongings during the day (warm clothes, water bottle, picnic, sun protection, identity papers, camera, binoculars , etc.)

Details

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 (inc. 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:

First name:

Date of birth:

Address:

Phone number:

Mobile phone number:

Email address:

Requested tour:

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