




MERCANTOUR PARK AND VALLEY OF WONDERS

Set off in the heart of the Mercantour National Park





Mercantour National Park is made up of a mosaic of natural environments explaining the richness of its fauna (not far from 9000 species, such as marmot, mouflons, golden eagle, grey wolf, amphibians..) and its flora (2067 plant species including edelweiss, genepi blanc, arnica, gentian...): the immediate proximity of the Mediterranean ensures ideal conditions for their existence.

The Mercantour is also characterized by its historical heritage. Dating from prehistoric times, the Valley of Wonders takes its name from the thousands of engravings on coloured stone slabs, the "ciappe", which decipher scenes of daily life and belief. It is characterized by its mineral and chaotic landscape, at the feet of imposing peaks. Choosing this stay is to discover a massif with extremely varied natural environments.

 6 days

 Guided / with a guide

 With or without baggage transport

 Accommodation : Classic (dormitory)

 Level : ***

 From : 690€

You will like

- Unspoilt nature, exceptional flora and fauna.
- Various hikes, between mineral atmosphere, lakes of altitude, flowery valleys, summits with 360° views.
- The Valley of Wonders and its 40,000 prehistoric engravings
- The particular geographical situation between sea and mountain

The route

Day 1

HOME TO SAINT VESUBIE - BOREON - CIME DU PISSET - LA MADONE DE FENESTRE

Welcome at 10:30 at the bus station of Saint Martin Vésubie, or 11am directly in Boréon in front of the Alpha Park where we will drop off the luggage for a first stop at the refuge of the Madonna of Fenestre.

Departure from Boréon for a nice climb in the forest where the coniferous species such as spruce, pine, fir or cembro mix until the small plateau of Mairis then the Pas des Roubines (2124m). Beautiful ridge hike through the top of the Pisset (2233m) then the crest of the Agnelière (optional) before the descent to the sanctuary of the Madonna of Fenestre where we spend the night.

Night and dinner in refuge **without luggage transport**

5h walk. Altitude difference +500m/-750m

Day 2

PAS DE MONT COULOMB - LAC DE LA FOUS - SAINT-GRAT

Starting from Our Lady, we ascend the torrent of the Vessubie which takes its source on the foothills of the Gelas (3,143 m) which we will be able to see during our ascent of the Pas du Mont Coulomb. The Pas du Mont Coulomb (2548 m) is characterized by a narrow gap forming a "secret passage" between the Vésubie and the Gordolasque. During our rapid descent on the Gordolasque, we can probably observe ibex or chamois in the surrounding bars! Descent on one of the accommodations of Saint Grat.

Night and dinner in a cottage with luggage transport

5.00 am on foot / Altitude difference +700m -1050m

Day 3

PAS DE L'ARPETTE - REFUGE DES MERVEILLES

From the cottage, we climb in a dense forest to reach the remarkable valley of Empuonrame then the Pas de l'Arpette (2351m). The Pas de l'Arpette is the gateway to Mercantour National Park and the famous Vallée des Merveilles. Descent among many lakes to the Refuge des Merveilles.

Overnight and dinner in refuge, **without luggage transport**

5.30am walk / Altitude difference: +750m -350m

Day 4

THE VALLEY OF WONDERS - BASTO DECLINE - LAKE AUTHIER

From the Refuge des Merveilles, we will go up the famous valley of the same name. In this mineral landscape sculpted by the melting glaciers more than 10,000 years ago, you walk in the middle of an archaeological treasure of about 40,000 rock engravings dating mostly to around 3,300 BC. We reach the Baisse de la Valmasque (2552 m), the Basto lake and the Baisse Basto (2693 m), a narrow passage in a scree overlooking the Fous valley. Through a wild passage, off the beaten path, we reach the Authier lake then quickly the valley of the Gordolasque where we find our cottage and our luggage.

Night and dinner in the cottage, with luggage transport

6.30am walk/ altitude difference: +720m -1200m

Day 5

VALETTA PEAK - PERTUS PEAK - MADONNA

From this valley of the Gordolasque, a morning climb awaits us. We reach the valley of the Vésubie by the Baisse de Prals (2339 m). A magnificent circus with a crested route opens up to us. The view over all the massifs of the Vésubie to the Gelas is exceptional, and even to the Mediterranean in fine weather. Go down to the Madonna and spend the night.

Night and dinner in refuge, without luggage transport

5h walk/ Altitude difference: +900m - 580m

Day 6

THE MADONNA - LAC ET COL DE LA FENESTRE - LAC DE TRECOPAS - LE BORÉON

A day in altitude with the border pass of the Finestra (2475 m) from where we see the Italian valley next to the Argentera. Trecolpas Lake is the perfect place to take a last break on the edge of its green lawns where we once again observe the very present and accessible fauna of this Mercantour National Park. Return to Boréon by the Vacherie.

5.30 hours walk/ altitude difference: +790 m -1100m

The trip

LEVEL ***

Medium level

Overall altitude: between 1500m and 2500 m

Altitude of accommodation: 1500 m on average

Duration of the stages: 5 to 6 hours of walking per day

Average positive altitude difference: 750 m per day

Maximum altitude difference: 850 m

Maximum crossing altitude: 2600 m.

This trip was made in collaboration with our local partners, who like us are committed to creating an authentic stay for you.

GUIDING

Number of participants between 5 and 15 people supervised by a qualified professional (mountain guide).

ACCOMODATION

Hostel, gîte and mountain refuge

Accommodation in collective room from 4 to 6 people, up to 10 people maximum.

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

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 18 June to 3 September 2023.

Appointment at 10.30 am at the bus station of Saint Martin de Vésubie or at 11 am in front of the park "Alpha les loups du Mercantour" (appointment to be fixed at the reservation).

ACCESS TO THE STARTING POINT

BY BUS FROM NICE

Lignes d'Azur : [BUS line no. 90](#)

Bus Station; 16, Avenue des Diables Bleus; 06300 NICE Tel. +33 (0)4 93 85 62 15

BY CAR

From the A8 motorway, "La Provençale", exit at Nice St Isidore (exit 52), take the RM6202 towards Digne for a distance of 18 km. At the exit of the village of Plan du Var, take on the right the RM 2265, indicating the Vésubie Valley. Then for 32 km, walk through the gorges of Vésubie and cross the villages and hamlets of Cros d'Utelle, St Jean la Rivière, Le Suquet, Lantosque, Roquebillière to reach SaintMartin-Vésubie.

In order to plan your trip, we advise you to inquire about your route at the various sites: www.viamichelin.fr www.mappy.fr

End of the hike at 16:00 in Boréon. Possibility to take the shuttle from 17:00 to Nice (not included in the price).

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 16/06/24 to 21/06/24	Last places available	690 €
From 23/06/24 to 28/06/24	Guaranteed departure	750 €
From 30/06/24 to 05/07/24	Open departure	750 €
From 07/07/24 to 12/07/24	Open departure	750 €
From 07/07/24 to 12/07/24	Open departure	750 €
From 14/07/24 to 19/07/24	Open departure	750 €
From 21/07/24 to 26/07/24	Guaranteed departure	750 €
From 28/07/24 to 02/08/24	Guaranteed departure	750 €
From 04/08/24 to 09/08/24	Guaranteed departure	750 €
From 11/08/24 to 16/08/24	Open departure	750 €
From 18/08/24 to 23/08/24	Guaranteed departure	750 €
From 25/08/24 to 30/08/24	Open departure	690 €
From 01/09/24 to 06/09/24	Open departure	690 €
From 08/09/24 to 13/09/24	Open departure	690 €

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 day 3).

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, 3 and 5 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:

Return with your deposit to:

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