





PANORAMA OF ÉCRINS guided

Discover the natural treasures of the Écrins



Discover the majestic Massif des Écrins on an unforgettable hiking holiday! Immerse yourself in the heart of the Ecrins National Park and marvel at the diversity of its landscapes. From breathtaking peaks to isolated hamlets, from ancient glaciers to sparkling high altitude lakes, each day has its own wonders to explore. You'll be staying in a cosy hotel nestling in the heart of the Freissinières valley. A strategic location for exploring these natural treasures, while enjoying a haven of rest after your mountain adventures.

 6 days

 Guided / with a guide

 Without baggage transport

 Accommodation : Hotel **

 Level : **

 From : 720€

You will like

- Comfortable accommodation in a 2-star hotel
- Hiking on some of the most beautiful routes in the Écrins
- An authentic, magnificently preserved area with a unique diversity of landscapes and biology

The route

Day 1

WELCOME AND INSTALLATION IN YOUR HOTEL

Your guide will meet you at Montdauphin station and arrange your transfer to your hotel in Freissinières. Settle in for 5 nights, followed by a presentation of the tour by your guide.

Day 2

THE FREISSINIÈRES VALLEY

The first day starts at the source of the Biaysse, where we are immediately enlivened by the song of the Toglodyte mignon, brightening up the mélézin that surrounds us. As we hike along, following the meanders of the tumultuous torrents, we discover a succession of sparkling lakes. The slopes of the mountains above us are sometimes steep cliffs, sometimes peaceful meadows, with carpets of rhododendrons in bloom, tinting the landscape with touches of pink. The loop takes on a cultural dimension as it takes us to an isolated Vaud hamlet at altitude, which was the birthplace of France's first teacher training college.

5h30 walk / Elevation: + 750 m - 750 m / 10 km

Day 3

LAKE EYCHAUDA

Leaving Chambran, our route follows the famous GR54. Gradually, the path leads us away from the green pastures of the Chambranet valley, where the marmots whistle happily, and plunges us into an increasingly mineral landscape. After a succession of tight switchbacks, the majestic cirque of the Crête des Grangettes comes into view, heralding the long-awaited arrival at Lac de l'Eychauda, perched at an altitude of 2514 metres!

If you're feeling brave, you can continue your ascent to the Col des Grangettes, culminating at 2684 metres. At the top, you'll be rewarded with a breathtaking view of the sparkling waters of Lac de l'Eychauda, dotted with blocks of ice.

5h30 walk / Elevation: + 750 m - 750 m / 11 km

Day 4

THE GLACIER BLANC

Depart for Pré de Madame Carle for a day in the high mountains. Here, the glaciers still dominate the landscape, covering the ground with their mantle of ice for some time to come. No forests on the horizon, just rocks and icy expanses!

Fortunately, a signposted path guides us all the way, so there's no need to put on crampons.

As we make our way along, we come across chamois and mallards, the agile inhabitants of the heights, and of course the marmots, always curious despite the constant stream of hikers and climbers. Some of them will even allow themselves to be approached from just a few steps away.

Our journey will take us as far as the Glacier Blanc refuge, where we'll stop to recharge our batteries. For the more motivated among us, a final climb will take us up to the glacier, at the foot of the mythical Barre des Écrins, which rises to 4102 metres.

5h30 walk / Elevation: + 620 m - 620 m / 10 km

Day 5

THE TRAMOUILLOIN VALLEY

Depart from the picturesque hamlet of Le Ponteil for an exceptional day's hiking. We'll wind our way through the Tramoillon valley, accompanied by the torrent that dances merrily between the larch and arolla woods. In the cliffs that carve out the landscape, a few ibex have taken up residence on the rock faces. The pass, shaped by ancient glaciers, offers spectacular views. From the summit, a breathtaking panorama stretches out before us, revealing the north of the Durance valley. From the majestic Mont-Viso (3841 m) to the east, in Italy, to the imposing peaks of the Écrins, with the Barre des Écrins culminating at 4102 metres, via the remains of Vauban's fortifications in the Briançonnais, each glance reveals a new splendour of this mountainous region.

5h30 walk / Elevation: + 700 m - 700 m / 10km

Day 6

LAKE FRANGEAS AND THE HAMLET OF DORMILLOUSE

For our last day, we'll be exploring the heights of the Freissinières valley. On the programme: an impressive waterfall, a beautiful mélézin, an idyllic lake, a secret little path and the only hamlet still inhabited in the Parc de Écrins. Add to that a valley with a tumultuous history, and the day will be too short!

For our final day of hiking, we'll be exploring the upper Freissinières valley. Our programme promises a succession of marvels: a majestic waterfall, a beautiful mélézin, the tranquillity of an idyllic lake, and finally, the discovery of the only hamlet still inhabited in the Ecrins National Park. With the added bonus of a valley marked by a tumultuous history, this day promises to be far too short to discover it all!

5 hrs walk / Elevation: + 600 m - 600 m / 9 km

The programme is given as a guide only. The guide is the sole judge of the programme, which may be altered at any time for safety reasons, depending on weather conditions or the physical and technical level of the hikers. Climbing and stage times are given as a guide only.

The trip

LEVEL ****

Average altitude gain: 400 m to 700 m per day
Average walking time: 5 to 6 hours per day
Particular difficulties: On forest paths and mountain trails

Please find the description of the levels by clicking here: [levels of difficulty](#)

This trip is organised in collaboration with our local partners, who are as committed as we are to offering you an authentic holiday.

GUIDING

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

INTERNAL TRANSFERS

The few trips to the start of the hikes will be made in the personal vehicles of each participant.
For those arriving by train, we offer a mobility pack for a maximum of 8 participants in the group (1 x 9-seater minibus driven by the guide).

ACCOMODATION

Accommodation in a hotel** in Freissinières.
The hotel is equipped with a sauna, one access per person is included in the stay. More sauna time is available on site (extra charge). The rooms are all equipped with private bathroom, WC and washbasin.
Single rooms available subject to availability.

Please note: Accommodation in these remote valleys is sometimes very limited. We may be obliged, against our will, to change the accommodation, without prior notice, if the accommodation is no longer available.

MEALS

Full-board accommodation, excluding drinks.
Please inform us about your food allergies and special diets **at the time of booking**.
We do our best to accommodate special diets (gluten-free, vegetarian, etc.). However, we encourage you to bring some additional products for your own picnics.

Practical information

DEPARTURE

From June 16th to September 8th, 2024.

You will be welcomed at the hotel in Freissinières in the afternoon, and meet your guide at around 6.45pm.

ACCESS TO DEPARTURE POINT

BY TRAIN

Check the [SNCF](#) website for timetables.

You will need to take the "mobility pack" (€45 to be booked when you register) and your guide will pick you up at Montdauphin-Guillestre station at 6.20pm exactly (the mobility pack also entitles you to travel to the trailheads during your stay).

The "mobility pack" must be booked when you register.

BY CAR

To plan your trip, here are some websites: www.viamichelin.fr www.mappy.fr

The hike ends on day 6 at around 5pm at Montdauphin-Guillestre station.

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

Optional extras:

- Mobility pack from Montdauphin station: **€45** per person,
- Accommodation in a single room for 5 nights: **€185** per person.

From 16/06/24 to 21/06/24	Full	720 €
From 30/06/24 to 05/07/24	Open departure	720 €
From 14/07/24 to 19/07/24	Open departure	760 €
From 21/07/24 to 26/07/24	Open departure	760 €
From 28/07/24 to 02/08/24	Guaranteed departure	760 €
From 04/08/24 to 09/08/24	Guaranteed departure	760 €
From 11/08/24 to 16/08/24	Guaranteed departure	760 €
From 18/08/24 to 23/08/24	Guaranteed departure	760 €
From 01/09/24 to 06/09/24	Full	720 €
From 08/09/24 to 13/09/24	Open departure	720 €

THE PRICE

Includes:

- Organisational costs and guiding by a qualified mountain leader;
- Full-board meals;
- Access to the sauna once a week;
- Access from Montdauphin station with the mobility pack, if you have chosen this option;
- Tourist tax.

Does not include:

- Personal expenses (drinks, etc.);
- Return transport to the meeting and departure points;
- Cancellation assistance insurance (4.2% of the total cost of the trip).

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.

REGISTRATION AND PAYMENT TERMS

- By post: form to be completed below.
- Online: <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