

HAUT QUEYRAS self-guided

The most perched villages in Europe




Sometimes called little Switzerland, the Queyras region is famous for its high villages rich of a traditional architecture, its mountain pastures and high valleys.


On the border with Italy, the Queyras mountains are rising on both sides of the Guil torrent which starts at the foot of Mont Viso and flows into the Durance at Mont-Dauphin. In the mountain freshness and under the southern Alps blue sky, that's the place of the most high villages in Europe.

The wide valleys are rising to the passes and summits, panoramic viewpoints on Mont Viso (3841m high, second highest summit in Italy). Here the nature is wild and preserved by the local national park: larch forests, pine and spruce; pastures crossed by torrents and waterfalls that are coming from the multiple altitude lakes; abundant flora and rare species, rich fauna (marmots, chamois, eagles, hares). The inhabitants of these lands have kept their traditions, their wood fountains, their decorated sundials and their warm welcome.

 7 days

 Self-guided / without a guide

 With or without baggage transport

 Accommodation : Classic or comfort

 Level : ***

 From : 435€

You will like

- The discovery of an authentic country, sometimes called "Little Switzerland", with its mountain pastures, typical wooden architecture and large heritage of sundials
- A very beautiful walk over high passes on good paths
- With 300 days of sun per year, the pleasant climate of the Southern Alps ensures sun and light
- A short break in Italy, at the foot of the iconic Mont Viso

The route

Day 1

VILLE-VIEILLE - CEILLAC

Meet at Ville-Vieille (commune of Château-Ville-Vieille), the historic and geographical gateway to the Queyras valleys, dominated by Fort Queyras, which we recommend you visit on your return from your tour. Leave your bags at the Hôtel Le Guilazur before 9am.

Following a splendid route through the forest and pastoral massif of the Bûcher summit, you will reach the Fromage pass (2300 m) and then the lively village of Ceillac (1640 m), nestling in the heart of the Cristillan valley.

5 hour walk / Elevation : +1090m -870m

Day 2

CEILLAC - SAINT-VÉРАН

The Col des Estronques (2651 m), a major crossing point between the Cristillan valley and the Aigue Blanche valley, is the gateway to the "haut Queyras", which you will discover over the coming days, as well as the famous village of Saint-Véran (2040 m), proudly overlooking the Aigue Blanche valley.

6.5 hour walk / Elevation : +990m -800m

Day 3

COL DES PRES DE FROMAGE - CEILLAC

Departure in Molines. Climb to "Prés de Fromage" pass. Balcony trail above Ceillac to reach Fromage pass and descent to Ceillac village. Night in hotel or gîte at Ceillac.

6 hour walk / Elevation : +1000m -800m

Day 4

REFUGE AGNEL - LE HAUT GUIL

Refuge Agnel - Guil valley via Pain de Sucre (3200 m, optional), Col Vieux (2850 m) then down the valley of lakes Foréant and Egourgéou (recently classified as a nature reserve) which takes you from the gateway to the high mountains to the hay meadows of the Haut Guil valley (1700 m).

5.5 hour walk / Elevation : +300m -1200m

Day 5

LE HAUT GUIL - ABRIÈS

Via the Peyra Plata ridges (2500 m). One of the most beautiful ridge walks in the Queyras and a chance to discover the traditional hamlet of Valpréveyre. You'll also appreciate the unique flora of the Colette de Gilly. Descent to the lively village of Abriès.

5.5 hour walk / Elevation : +700m -900m

Day 6

ABRIÈS - LACS MALRIFS - REFUGE DES FONTS DE CERVIERES

This day allows you to discover the wonderful Fonts de Cervières valley in the Briançonnais region, crossing the Malrif massif (2550 to 2900m). This will also be the most challenging stage of your tour, allowing you to approach the Malrif lakes with their magnificent view of Mont Viso. The effort will be amply rewarded!

6 hour walk / Elevation : + 1250 m -770 m

Day 7

LES FONTS - COL DE PÉAS - COL DE LA CRÊCHE - VILLE VIELLE

You'll leave the charming hamlet of Les Fonts, where pastoral grazing is still very much alive, to begin your final stage of the Queyras tour.

Dominated by the imposing Rochebrune, one of the four pillars of the massif, the Col de Péas (2600m) will be the high point of your day. This vast valley offers a number of interesting views of the peaks to the south of the massif.

Return to Ville-Vieille via the canal and then the Col de la Crêche. The final stretch via Meyrès and the Astragales path is a truly beautiful experience.

6 hour walk / Elevation: + 570 m - 1250 m

ITINERARY IF YOU CHOOSE THE 6 DAYS VERSION

6-day / 5-night package: days 1, 2, 3, 4 and 5 of the initial programme then:

DAY 6 - ABRIÈS - LACS MALRIFS - AIGUILLES - VILLE-VIEILLE

For this final day, we'll be taking you to the largest lakes in the massif: the Malrifs lakes. Nestling in this green setting at the gateway to the Briançonnais, you'll be treated to exceptional panoramic views of the Viso and the whole of the Italian border.

The Malrifs lakes are a must-see in the Queyras Nature Park... take the time to walk around them, or even climb to the Pic Malrif at an altitude of almost 3000 m... a unique 360° view!

Descend to Aiguilles for a well-deserved drink in this village, the "capital" of the Queyras. Transfer (5') by regular shuttle bus to Ville Vieille at 5pm.

Variant: the upper Malrif lakes.

6 hour walk / Difference in altitude: + 980 m - 1060 m

The trip

LEVEL ***

Elevation: + 800m average per day.

Walking time: 5 - 7 hours average per day.

Type of trek: mountain route with no technical difficulty.

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

This trip is organised in collaboration with our local partners, who share our commitment to offering you an authentic holiday.

ROAD BOOK

Before departure, we send you a travel folder containing:

- 2 IGN TOP 25 maps with the route highlighted ;
- 1 road-book containing all the information necessary for the trek ;
- 1 waterproof map holder ;
- Accommodation list.

ACCOMMODATION

Depending on the option chosen:

Classic gîte accommodation: shared room for 4 to 12 people, bed linen and towels are not provided, bathroom facilities are on the landing.

Comfort gîte accommodation: Double room or room with 2 beds, depending on your choice and availability. Sheets and towels are not provided.

Hotel accommodation: Private room, private bathroom, sheets and towels provided

BAGGAGE TRANSPORT

Two options:

Without baggage transport: you carry your baggage.

With baggage transport: your baggage is transported daily by a vehicle.

INTERNAL TRANSFERS

For the 6-day version: 5-minute transfer on the last day between Aiguilles and Ville-Vieille.

MEALS

Breakfasts and dinners are provided in each accommodation (except dinner day 1) .

Picnics are not included. Picnics can be booked at the accommodation (option to be added). Picnics can also be booked with the accommodation providers on arrival for the following day. There are small shops in the villages where you can buy supplies.

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.

PERSONALISED TOURS

We can personalise a tour according to your requirements (number of days, participants, level of route, accommodation, etc.)

MAPS

IGN Top 25 - 3637 OT MONT VISO et 3537 ET GUILLESTRE

Practical information

DEPARTURE

Start of the hike in Ville-Vieille.

ACCESS TO DEPARTURE POINT

BY TRAIN

Please consult the [SNCF](#) when you register.

Montdauphin-Guillestre station, Briançon line (Hautes-Alpes).

For Montdauphin/Château-Queyras shuttle bus timetables, contact "[05 voyageurs](#)" on 04.92.502.505 or online.

BY CAR

To help you plan your journey, we recommend that you obtain information about your itinerary from the various websites: [www.viamichelin.fr](#) or [www.mappy.fr](#)

Free, unguarded parking in Château-Queyras, close to the residential area.

End of the hike in Ville-Vieille where you will find your luggage at the Hotel Guilazur from 4pm.

INSURANCE

In accordance with regulations, we are covered by Professional Liability Insurance. Under no circumstances, we can replace your personal civil liability.

The repatriation insurance EUROP ASSISTANCE that we offer is dedicated to French speaking people living in Europe. If it is not your case, we advise you to subscribe to another travel insurance which will cover you in case of injury and repatriation during your trek.

If you chose to take out repatriation insurance with EUROP ASSISTANCE whom we propose, Altitude Mont Blanc will only serve as an intermediary between the client and the insurer. We cannot influence either party. We adhere to strict conditions of sale. You are responsible for compliance with the reporting procedures of any incident.

Before making any decision, contact EUROP ASSISTANCE.

CONTACT US

If you are late please contact the agency as soon as possible on: **+33 (0)4 50 79 09 16** or **+33 (0)6 42 49 76 07**

Dates & prices

DEPARTURE AND PRICE

Departures possible every day from 1st June to 25th October 2024.

7 days and 6 nights without luggage transport:

€515 per person in classic accommodation,
€575 per person in gîte in a room for 2 people,
€675 per person in a room with private bathroom in hotel.

6 days and 5 nights without luggage transport :

€435 per person in classic accommodation,
€515 per person in gîte in a room for 2 people,
€595 per person in a room with private bathroom in hotel.

With luggage transport :

7-day version: €80 per person,
6-day version: €70 per person,

Single person departure supplement: €50.

More info and booking by e-mail or phone call.

THE PRICE

The price includes :

- Accommodation on a half-board basis (dinner, overnight stay and breakfast, except on D1 in Ceillac where you will be accommodated on an B&B basis. The evening meal can be taken in one of the many restaurants in the village);
- Road book: description and IGN maps (1 complete road book folder for 1 to 4 people, additional folder for 5 people or more. Additional folder: supplement of €10 to €25);
- Luggage transport between accommodations, if you have chosen this option;
- Tourist taxes;
- Organisation and booking fees.

The price does not include:

- Picnic lunches (€8 to €12/day/person);
- The meal on D1 in Ceillac, where you will dine in one of the many restaurants in the village;
- Drinks, visits and other personal expenses;
- Transfers by taxi or bus;
- Cancellation assistance insurance (4.2% of the total cost of the stay).

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 walking poles (highly recommended)
- 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 transported daily between accommodation by our logistics vehicle. You are allowed **1 soft, sports type bag with all your possessions inside, no heavier than 10kg**. Your bag has to be carried everyday by the the driver to refuges, which access is not always easy! **Luggage which is too big and too heavy won't be accepted by the drivers!**

HOW TO REGISTER

- Online: <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