




TOUR OF PARC DES ECRINS self-guided


A week of total change of scenery




In the heart of the Ecrins National Park, you are surrounded by unspoilt nature, exceptional flora, lakes and breathtaking panoramas. You cross this massif, pass from the top of the valley of the Romanche, in the country of the Meije, to reach the narrow and isolated valley of the Valgaudemar. Between glaciers, high lakes, waterfalls, passes and comfortable mountain huts whose isolation makes you appreciate the conviviality, this stay is a complete change of scenery in this alpine atmosphere under the sun of the Southern Alps.

 9 days

 Self-guided / without a guide

 With or without baggage transport

 Accommodation : Classic (dormitory)

 Level : ****

 From : 720€

You will like

- The wild and preserved territory of the Ecrins National Park
- The proximity of glaciers and the high peaks of the massif
- The typical villages of the Valgaudemar, Romanche, Guisane and Vallouise valleys
- The passage of wild and demanding passes
- Accommodation in friendly shelters and cottages.

The route

Day 1

Departure from the Guisane valley for Pelvoux

MONETIER - EYCHAUDA LAKE - PELVOUX

Departing from Monêtier-les-Bains, a large morning climb in the Tobacco valley to reach the steep Grangettes pass (2684m). View of Lake Eychauda, frozen late in the season. Descent into the beautiful Eychauda valley to reach the Chambran Valley. Overnight in lodging with luggage.

7 hours walk / Altitude difference +1100m -800m

Day 2

BETWEEN AYGUES - COL DE L'AUP SAINT MARTIN - PRÉ DE LA CHAUMETTE

Morning transfer in the Onde valley to Entre le Aigues. Long ascent in the gently sloping valley. Once out in the Alpine pastures, you can see at the bottom the pass behind several rocky locks that you climb for a long time. The final climb is a little steeper, in the black schists, a rather austere atmosphere that spices up the end of the climb. Pass of the Col de l'Aup Martin (2761m) then the Pas de la Cavale. Fast descent on the Refuge du Pré de la Chaumette.

Overnight at the refuge **without the luggage**.

7.30 hours walk/ Altitude difference: +1200m -750m

Day 3

CHAUMETTE MEADOW - VALLONPIERRE PASS - VALGAUDEMAR

Departure of the refuge for the «famous 3 collas». Most of the day is spent climbing three successive passes: the Valletta Pass (2668m), the Gouiran Pass, a little below, with its small lakes. The last, the Col de Vallonpierre (2607m) dominates the refuge and the lake of the same name. Descent to the Severaisse valley then transfer a few minutes to the beautiful village of the chapel in Valgaudemar.

Night and dinner in gîte or refuge with luggage.

7.5 hours walk/ Altitude difference: +1200m -1200m

Day 4

LA CHAPELLE EN VALGAUDEMAR - COL DES CLOCHETTES - REFUGE DES SOUFFLES OR DE L'OLAN

From the Chapel, the path that goes up is decorated with some waterfalls. The effort is rewarded by the view that widens along the climb to the south on the Old Chaillol massif (3163m). Crossing to the Col des Colombes (2423 m) and Lake Lautier, then descent in balcony to reach the Col des Clochettes and finally the refuge des Souffles.

Night and dinner at the refuge **without the luggage**.

6h30 walk/ Altitude difference: +1400m - 450m

Day 5

REFUGE DES SOUFFLES - COL DE VAURZE - THE VALJOUFFREY DESERT

At the departure of the refuge, climb to the mountainside towards the Vaurze pass. It is under the singing of beautiful waterfalls that we will appreciate the last magnificent panoramas on the southern part of the Ecrins. Pass of the Col de Vaurze (2500 m), then in this very mineral environment, descent on the Valjouffrey Desert.

Nifgt and diner in gîte with luggage.

5.30 hours walk/ Altitude difference: +650 m -1300m

Day 6

VALJOUFFREY DESERT - BELLE HILL PASS - VALSENESTRE

Departure from this beautiful little village to go up the valley of the Leash towards the Col de Cote Belle (2220m). In these

alpine pastures there is an impressive flora, we dwell on an impressive geological curiosity called the Giant Organs here. Descent in the nature reserve of the Haute Vallée du Béranger to the cottage of Valsenestre.

Night and dinner in gîte with luggage

6h30 walk/ Altitude difference: +1050m -1000m

Day 7

VALSENESTRE - COL DE LA MUZELLE - VENOSC

Departure from the small village of Valbonnais to reach one of the most prestigious passages of the GR54: The Col de la Muzelle (2613 m). In this alpine valley, you will undoubtedly cross sheep herds that graze peacefully. The descent on the lake and the refuge of the Muzelle will be done quickly and the terrace overlooking the lake will be conducive to a break. Descent by the torrent to Bourg d'Arud in the middle of several waterfalls. Transfer (30 mn) to Besse, above Lake Chambon for the final section.

Night and dinner in gîte with luggage.

6.30 hours walk/ Altitude difference: +1300 m; -1630 m

Day 8

BESSE - PLATEAU D'EMPARIS - LE CHAZELET

Beautiful hike for this day from the small village of Besse in Oisans to discover the fabulous Plateau d'Emparis in the air of Mongolian steppe. Throughout your walk, stunning views of the Meije and its glaciers. The surroundings of Lake Lérié or Lake Noir will be suitable places to take a break. Descent on the Village de la Grave then Villard d'Arène to make a stop.

Night and dinner in gîte with luggage.

6.30 hours walk / Altitude difference: +1200 m; -1630 m

Day 9

VILLARD D'ARENE - LAC GLACIAIRE D'ARSINE - MONÉTIER-LES-BAINS

From this mythical village of Villard d'Arène, via an alpine climb, join the sources of the Romanche to the Col d'Arsine.

Small detour to the amazing lake - Arsine glacier.

This small ice meltwater reservoir has a milky colour due to the presence of mineral glitter suspended in the waters and coming from glacial erosion. Crossed the Reou d'Arsine then descent to the Casset, last village of Serre Chevallier.

End in Môtetier-les-Bains

6 hours walk/ altitude difference: +790m -950m

The trip

LEVEL ****

Average positive altitude difference: 950 m per day

Average walking time: 6 hours per day

Particular difficulties: hiking on good marked mountain trails, but which can sometimes be quite steep or stony. Passage in shale slopes without great difficulty. Some passages a little exposed.

ROAD BOOK

Before departure, we give you a travel file containing:

- 2 TOP 25 IGN Maps with route trace
- 1 road-book with all the necessary information for the hike
- 1 card holder
- The list of accommodation

LUGGAGE TRANSPORT

Two formulas:

Without carrying luggage: all your luggage is carried by you.

With luggage transport: your luggage is transported to your accommodation every day by a logistics vehicle (except days 2 and 4).

ACCOMMODATION

CLASSIC: 8 nights in a mountain refuge.

COMFORT: 6 nights in a double room for 2 people and 2 nights in a comfortable mountain gîte or refuge.

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.

Picnics are not included and can be ordered the day before in each accommodation. Possibility to refuel in shops in different villages on the route.

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.

PHYSICAL CONDITION

Be able to easily walk 20 km (in plain) in 4 hours maximum.

If this is not the case, within a period of three weeks before departure, 2 to 3 times a week, we advise you to

Practical information

..DEPARTURE

From June 9 to September 23, 2024

ACCESS TO THE STARTING POINT

You can leave your vehicle along the Guisane on the parking lot from the GR54. Free parking, not guarded.

If you choose to arrive the day before, you can stay at the cottage "[Le Flourou](#)", 200m away from this parking.

Attention, this is a real step, it will be necessary to leave early (9h maximum).

BY TRAIN

Go night train Paris/Briançon or day TGV via Valence or Grenoble.

TGV access: Possibility to arrive at the TGV station of Oulx (Italy), shuttle 05passengers at each train arrival from Paris.

Transfer Oulx - Briançon: 50 minutes.

Return: night train Briançon/Paris or day train Briançon/Valence or Grenoble then TGV Valence or Grenoble/Paris.

Check the SNCF website for schedules.

BY CAR

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 on D11 at 5.30pm at the SNCF station in Briançon.

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

DATES AND PRICES

Departure from June 9 to September 23, 2024

Without carrying luggage

720€/person in classic accommodation, based on 4 or more participants

795€/person in classic accommodation, based on 2/3 participants

Single departure : **940€**

With luggage transport (except on days 2 and 4)

950€/person in classic accommodation, based on 4 or more participants

1255€/person in classic accommodation, based on 2 or 3 participants

Single departure : **2345€**

Comfort option in a private room for 2 people (available 6 of the 8 nights): **€250** per person.

THE PRICE

Includes:

- The organization costs;
- Meals in half board;
- The road book: description and IGC card (1 complete road book for 1 to 4 people, additional file for 5 people or more. Additional file: supplement from 10 to 25€);
- Nights in refuge or lodging and tourist taxes;
- Transportation of your personal effects (except days 2 and 4) if you chose the option and specified road transfers.

Does not include:

- Personal expenses (drinks, etc.);
- Transportation of luggage day 2 and 4;
- Transport A/R to meeting places and dispersal;
- The price is all inclusive from the meeting point to the point of dispersion

Equipment and baggage

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 2 and 4 as the refuge is not accessible by car.

Your spare items must be grouped into 1 flexible bag not exceeding 12kg! 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

Details



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