

## TOUR OF SANCY self-guided

On the Auvergne volcanoes



The highest summit of the Central Massif, the Puy de Sancy (1886m), opens the doors of its kingdom to reveal its most beautiful jewels: the lakes and volcanoes of the Auvergne. Each day, you will go in search of a new Grail: there, a lake, a real pearl in its green setting. Here, a waterfall with a flowing stream. And further on, a Romanesque church where the stones tell you their story. This 7-day version allows you to enjoy the three valleys around the volcano: Dordogne, Chaudefour and Fontaine salée.

🕒 7 days

👤 Self-guided / without a guide

🚚 With or without baggage transport

🏠 Accommodation : Comfort (room)

🏔️ Level : \*\*\*

🏠 From : 740€

### You will like

- The three valleys Dordogne, Chaudefour, Fontaine salée
- Amazing lakes and summits
- The highest peak of the Central Massif
- Accommodation in hotel

# The route

## Day 1

Welcoming at the end of afternoon on the hotel.

## Day 2

### HIKING AROUND THE MONT-DORE

Two possibilities :

- Circuit of the Lac de Guéry and the Puy Gros: loop starting from the little town of Mont-Dore. From the bottom of the valley to the Puy Gros plateau and from streams to clearings, the ascent opens onto the Guéry summer pasture areas. During this day, it is possible to make a return trip to the summit of Puy Gros. From the summit, the old work of the glaciers is obvious, in the perspective of the Mont-Dore valley.

4h00 walking / Elevation: +/- 400 m

- Circuit des cascades: a slightly more sporting route, rising to 1738m at the top of the Puy de l'Angle. On the way, 3 waterfalls (the big waterfall, the Rossignolet and Queureuilh waterfalls) and a rollercoaster ride on the ridges (Puys de l'Angle, de Barbier, de la Monne and de la Tache), beautiful views of the Sancy massif.

6h00 walking / Elevation: +/- 760 m

## Day 3

### MONT-DORE - LAC CHAMBON

This route begins with an ascent to the Durbise plateau. This plateau is full of sheeps from May to October. Passage in the puy des Crebasses (1762 m) along a line of ridges that border the Chaudefour valley. Descent to the old station of Chambon-des-Neiges and then to the Chambon lake. Possibility of swimming, pedal boat rent...

Night in a hotel at the Chambon lake.

6h00 walking / Elevation: + 570 m to + 810 m; - 900 m to - 1020 m

## Day 4

### AROUND LAKE CHAMBON

Two possibilities:

- Circuit of lake Chambon: from the beach of Lake Chambon, this loop leads to the strombolian volcano of Tartaret and then to the hill of Murol. This is crowned by a citadel commanding the entire Couze Chambon valley, a well-preserved building probably dating from the 12th century (medieval shows in summer!). Passing by the dent du Marais and discovering its panorama on the Sancy.

3h00 walking / Elevation: +/- 270 m

- The Roche Romaine circuit: this loop is proposed in a sector rich in geological features (Roche-Romaine, small cones of the Tartaret lava flow). The Bessoles plateau offers wide views over the Jassat plain and the Adventif massif.

4h00 walking / Denivelé : +/- 230 m

## Day 5

### LAKE CHAMBON - BESSE

From the lake, the itinerary reaches Courbanges and then the little village of Besse. Passage by the Courbanges forest and the mountain of Dourbise.

Night in hotel in Besse.

5h00 walking / Elevation: + 500 m - 300 m

## Day 6

## **HIKING AROUND BESSE**

Two possibilities:

- Lake Pavin circuit: the deepest lake of the massif (92m). Lake Pavin has aroused both legends (a town is said to have sunken there) and scientific curiosity. Continue along the banks before climbing the puy de Monchal.

5h00 walking / Elevation: +/- 400 m

- Ourcière circuit: leaving behind the old streets of Besse and the house of Queen Margot, the path descends towards the Couze Pavin and the hamlet of Ourcière. It goes up the Vaucoux valley to return via the Bois de la Reine to the medieval town, a traditional agricultural centre and a dynamic tourist centre.

3h00 walking / Elevation: +/- 400 m

## **Day 7**

### **BESSE - THE MONT-DORE**

Itinerary that rises from Besse to Super-Besse, a ski resort in the Sancy massif, to cross at the foot of the Puy de Chambourguet. After the Plaine des Moutons, reaching the Puy de Sancy, the highlight of the hike. It is the highest summit of the Massif Central (1886 m). Passage by the crests: puy de Perdrix, col de la cabane... Finally, descent via the Val de Courre where marmots or chamois can be observed.

6h00 walking / Elevation: +950m -650m

**End of the tour in the afternoon in Le Mont-Dore.**

# The trip

## LEVEL \*\*\*

Elevation: +/- 200m to 1000m approximately per day, 2 options of hiking for few days with different lengths and time.

Walking time: 3 to 7 hours per day.

Type of trek: this tour is not technically difficult and is open to children from 12 years.

## ROAD BOOK

Before departure, we send you a travel folder containing:

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

## BAGGAGE TRANSPORT

Two options:

**without baggage transport:** you carry your baggage.

**with baggage transport:** your baggage is transported daily by our logistics vehicle.

## ACCOMMODATION

**CONFORT:** In \*\* and/or \*\*\* hotels, subject to availability, on a half-board basis. The rooms are equipped with shower WC or bath WC.

## MEALS

Dinner and breakfast are taken at the hotel.

## PERSONALISED TOURS

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

## MAPS

IGN Top 25 - 2432 ET - Massif du Sancy

# Practical information

## ACCESS TO DEPARTURE POINT

**Meeting at your hotel in Mont-Dore, late afternoon.**

### BY TRAIN

Clermont-Ferrand SNCF station. Paris - Clermont-Ferrand line, then TER bus to Mont-Dore station. The schedules given are indicative and must be checked with SNCF [www.voyages-sncf.com](http://www.voyages-sncf.com)

### BY CAR

Carte Michelin n°73 or n°239. Mont-Dore is located 50 km southwest of Clermont-Ferrand. Possibility to park your vehicle near the accommodation for the duration of the hike.

**End of the hike at Mont-Dore.**

## ACCOMMODATION BEFORE AND AFTER

Extra night(s) at Le Mont-Dore on a half-board basis, before or after the tour.

## 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.**

### 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**

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# Dates & prices

## DEPARTURES AND PRICES

Departures from 1st May to 15 October 2024

### **Without baggage transport**

740€ per person comfort accommodation.  
+ 250€ for a single room.

Single departure: extra fee + 30€

### **With baggage transport**

920€ per person comfort accommodation for 2 people.  
830€ per person comfort accommodation for 3 to 6 people.  
+ 250€ for a single room.

Single departure: extra fee + 150€

**Information and reservation is simple by telephone or e-mail**

## THE PRICE

### The price includes:

- Half-board from dinner the first evening to breakfast of the last day;
- A road book: description and IGN maps (1 road book per registration up to 4 people. A supplementary road book for groups of 5 or more. Extra road book supplement 10-25€);
- Daily baggage transport between accommodation if you have chosen this option;
- Tourist taxes;
- Organisation and booking fees.

### The price does not include:

- Personal expenses, drinks, touristic visits, etc.;
- Cancellation insurance (4.2% of total tour cost).

**The price is all inclusive from departure to end point.**

# 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
- 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 (except Day 3) \*\*\* add in if days with no baggage\*\*\* between accommodation by our logistics vehicle. You are allowed 1 soft, sports type bag with all your possessions inside, **no heavier than 12kg**. Your bag has to be carried everyday by the driver, where access is not always easy, please think of their backs! **Baggage which is too big and too heavy won't be accepted by the drivers!**

### Leave on your own for 2 or 3 days and more

In the 'weight is the enemy' section, here are some tips on how to save a few hundred grams. For example, for your toiletries: a simple plastic bag with a zip or a small plastic box to avoid accidental crushing.

- Hotel-size soap is generally enough for a week.
- A tube of toothpaste 3/4 full will do the trick
- Shaving foam: a small sample can
- A small microfibre towel
- A small bottle of shampoo

- A travel toothbrush

Pharmacy: in addition to your personal medicines, bring:

- Elastoplast or hook-and-loop tape
- "Second skin" tape to protect against blisters, such as Compeed
- A small pair of scissors, thread and needle
- A small tube of sun cream and lip balm

Now all you have to do is apply this recipe to your entire bag!



# Details

## HOW TO REGISTER

- Online: [www.altitude-montblanc.com](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 (3.8% 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