TOUR OF PARC DES ECRINS self-guided

A week of total change of scenery

Reference · 253

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DURATION	TRAVEL STYLE	LUGGAGE
9 days	**Self-guided**	**With luggage transfer**
ACCOMMODATION	**LEVEL**	**FROM**
Classic (dormitory)	**4/4 ★★★★**	**760 €**

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.

You will love

- 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.

Day-by-day itinerary

DAY 1

Departure from the Guisane valley for Pelvoux

MONETIER - EYCHAUDA LAKE - PELVOUX

You can leave your vehicle along the Guisane in the car park at the start of the GR54. This is a free, unguarded car park. If you choose to arrive the day before, you can stay at the gîte "le Flourou", which is just opposite this car park. Please note that this is a long stage, **so you'll need to leave early (9am maximum).** Today we leave the Guisane valley for Pelvoux. Leaving Monêtier-les-Bains, it's a long morning climb up the Tabac valley to the steep Col des Grangettes (2684m). You'll have a bird's-eye view of Lac de l'Eychauda, which freezes over late in the season. Descend into the magnificent Eychauda valley to reach the Vallon Chambran.

7 hours walk / Altitude difference: +1130 m; -950 m ; 17.5 km

DAY 2

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

For this stage, we advise you to take the regular shuttle bus (for a fee of €10, booked with your accommodation provider, it will save you a good 2 hours' walk).

Start this stage with a light kit, as your bags cannot be transported to the Pré de la Chaumette hut. A long, gently sloping climb up the valley (you can book the shuttle bus to take you to the bottom of the valley (6km); ask your accommodation for details). Once you are out in the mountain pastures, you can see the pass in the distance behind several rocky locks, which you climb for a long time. The final climb is a little steeper, in black schist, a slightly austere atmosphere that spices up the end of the ascent. We pass the Col de l'Aup Martin (2761m) and then the Pas de la Cavale. A quick descent to the Pré de la Chaumette refuge. Night in refuge **without the luggage.**

7.30 hours walk/ Altitude difference: +1150 m; -985m ; 16.5 km

DAY 3

PRÉ DE LA CHAUMETTE - COL DE VALOMPIERRE - VALLÉE DU VALGAUDEMAR

Departure from the refuge for the "famous 3 cols". In fact, most of the day will be spent climbing three successive passes: the Col de la Valette (2668m), the Col Gouiran, a little below, with its small lakes. The last, the Col de Valompierre (2607m), dominates the rocky valley above the Valompierre refuge.

Descend to the Severaisse valley, then transfer by shuttle bus to La Chapelle en Valgaudemar (please check the details and timetable on your itinerary). Night in gîte or refuge.

7 hours walk/ Altitude difference: +1190 m: -1420 m ; 18 km

DAY 4

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

From the Chapelle (1075m), the path climbs relentlessly, even though there are a few waterfalls along the way. Our efforts are soon rewarded by the views that widen as we climb, in particular of the Pic Pétarel (2618m), the Pic de Colle Blanche (2975m) and the Pic de Parières (3076m) to the south (if the group's level allows, we can reach the refuge de l'Olan, set in magnificent surroundings at the foot of L'Olan, La Rouye and the cime du Vallon).
We then cross quickly to the Col des Colombes (2,423 m) and Lac Lautier, before taking the balcony down to the Col des Clochettes and the Souffles refuge (1968 m). Night at the refuge **without luggage.**
6h30 walk/ Altitude difference: +1350 m ; -490 m ; 10 km

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 in a gîte.
5.30 hours walk/ Altitude difference: +650 m; -1330 m ; 10 km

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 in a gîte.
6h30 walk/ Altitude difference: +1000 m; -995 m ; 10.6 km

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 in a gîte.
6.30 hours walk/ Altitude difference: +1350 m; -1700 m ; 15 km

DAY 8

BESSE - PLATEAU D'EMPARIS - VILLAR D'ARÈNE

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 Villar d'Arène to make a stop. Night in a gîte.

6.30 hours walk / Altitude difference: +1290 m; -1200 m ; 20 km

DAY 9

VILLAR D'ARENE - LAC GLACIAIRE D'ARSINE - MONÊTIER-LES-BAINS

From this mythical village of Villar 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.

6 hours walk/ Altitude difference: +750 m; -940 m ; 20.5 km

End of the circuit in Mônetier-les-Bains

The programme has been drawn up on the basis of the latest information available at the time of writing; unforeseen circumstances are always possible and situations beyond our control may alter the programme.

Dates and prices

DATES AND PRICES

This roadbook is available only in French!

Departure from 23rd June to 15th September 2026

Without luggage tranport
€885 per person in classic accommodation, based on 2 participants
€845 per person in classic accommodation, based on 3 participants
€790 per person in classic accommodation, based on 4 participants
€780 per person in classic accommodation, based on 5 participants
€760 per person in classic accommodation, based on 6 participants
Single departure supplement without luggage transport: **€150**

Luggage transport supplement (except days 2 and 4)
1275€ per person in classic accommodation, based on 2 participants
1125€ per person in classic accommodation, based on 3 participants
990€ per person in classic accommodation, based on 4 participants
950€ per person in classic accommodation, based on 5 participants
910€ per person in classic accommodation, based on 6 participants
Single departure: **€1090**

Optional extra
7 picnics : **100€** per person
Comfort option in a private room for 2 people (available 5 of the 8 nights): **€215** per person

THE PRICE

Includes:

- The organization costs;
- Meals in half board (except day 3 in B&B) ;
- The travel documents ;
- Nights in refuge or gîtes and tourist taxes;
- Transportation of your personal effects (except days 2 and 4) ;
- Transfers on days 3 and 7.

Does not include:

- Personal expenses (drinks, etc.);
- Dinner on day 3
- 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

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Professional insurance MMA SARL SAGA - Groupama guarantee 840,000 EUR

The journey

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.

You need to be in good physical condition and mentally prepared for long periods of effort. Regularly practice an endurance sport such as walking, running or cycling, for 6 to 8 hours a week. Your physical preparation will make your stay easier and more enjoyable.
Please find the description of the levels by clicking here: levels of difficulty

The roadbook provides sufficient information on the itinerary of your hike. However, it is essential to be able to read an IGN 1:25,000 map and to be sufficiently autonomous in the mountains to be able to tackle the itinerary with confidence, whatever the weather (fog, snow, etc.). Guiding is not included in the self-guided package. You will be crossing areas with no telephone network. For your own safety, you may wish to bring along a radio of the latest generation telephone with satellite connection.

Please note: some névés will be present on the paths until the end of June, in particular on the North slopes. High mountain boots, gaiters and walking poles are essential. Be prepared!

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

ROAD BOOK

Before departure, we give you a travel file containing:

- 1 Massif des Ecrins Map
- A roadbook
- A card holder
- The list of accommodation
- Access to the digital application, which can be downloaded to your smartphone.

For all bookings made less than three weeks before departure, paper travel documents cannot be sent; only the digital version will be made available.

ACCOMODATION

CLASSIC: 8 nights in dormitory in a mountain refuge or gîte.
COMFORT: 5 nights in a room for 2 people and 3 nights in dormitory in a gîte or mountain refuge.

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.

INTERNAL TRANSFERS

Transfer between Venosc and Besse en Oisans (approx. 30 mins) on day 7.

Practical information

ACCESS TO THE STARTING POINT

Day 1 at the parking lot at the foot of the pistes in Monêtier-les-Bains (05).
You can leave your vehicle along the Guisane at the parking lot at the start of the GR54.
Free, unguarded parking.

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 - Briancon: 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 TOUR

End of the hike on day 9 in Mônetier-les-Bains.

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

Equipment and luggage

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 soft bag not exceeding 12kg per person!** 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 12kg than one of 24! **Be careful, luggage that is too heavy or too bulky will not be taken care of by drivers.**

YOUR BAKCPACK FOR THE NIGHTS WITHOUT LUGGAGE

For the nights your luggage won't be dropped off at your accommodation (you will get it back the day after). Here are the things to bring with you (about 2 kilos are enough!):

- small toiletries bag
- sleeping bag liner sheet
- change of clothes for the day after (bare necessities!) and comfortable for the evening.

Details

MODALITÉS D'INSCRIPTION ET DE PAIEMENT

- Par courrier : formulaire à remplir ci-dessous.

- Par internet : http://www.altitude-montblanc.com/

- Par téléphone : +33 (0)4 50 79 09 16

Merci de préciser si vous souhaitez prendre une assurance annulation.

Nous vous faisons ensuite parvenir, par e-mail, une facture proforma (par couple) avec une demande d’arrhes de 35%, associée aux coordonnées de votre compte chez Altitude Mont-Blanc (rubrique "mon compte"). Vous pouvez faire votre règlement par CB, virement bancaire, chèque ou chèques vacances. Vous recevez ensuite une confirmation d’inscription.
Le solde du séjour est à régler 1 mois avant le départ, sans rappel de notre part.

Les conditions de vente, annulation etc. sont disponibles sur notre site.

Nous restons à votre écoute pour toute information.

Postal booking form

Complete this form and return it with your deposit.

Last name	
First name	
Birth date	
Address	
Phone	
Mobile phone	
Email	
Requested trip	**TOUR OF PARC DES ECRINS self-guided**
Number of days	**9**
Insurance	
Trip price	**760 €**
Estimated deposit (30%)	**228 €**
Signed in	
Date	
Signature	

Return with your deposit to

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