TECHNICAL SHEET

VERDON NATURAL PARK COMFORT self-guided

Around the most beautiful canyon in France!

Reference · 162

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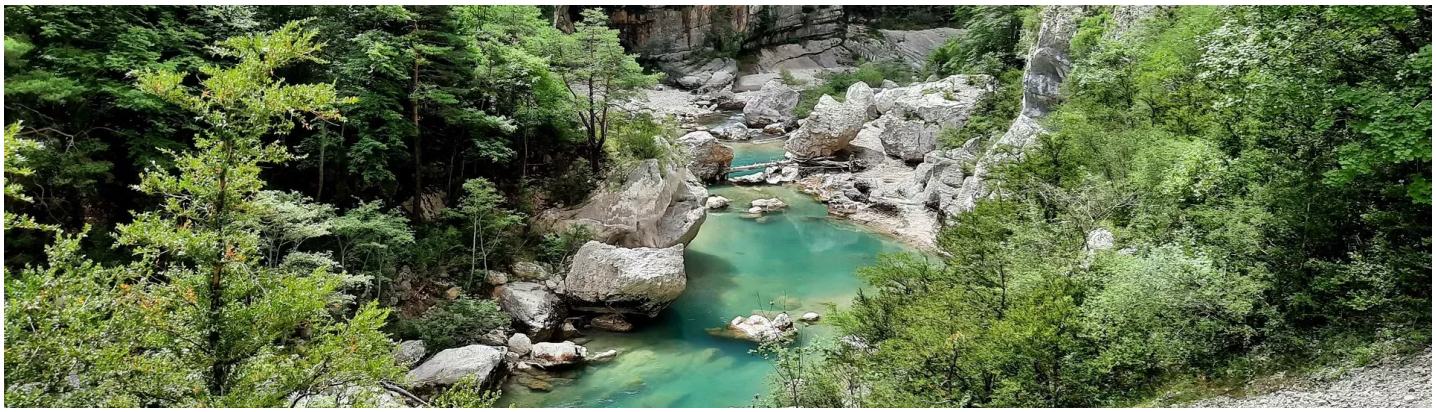


DURATION	TRAVEL STYLE	LUGGAGE
6 days	**Self-guided**	**With luggage transfer**
ACCOMMODATION	**LEVEL**	**FROM**
Comfort (room)	**3/4 ★★★☆**	**630 €**

It is a territory cut between Alps and Provence, articulated around the Verdon river; it is also a subtle mixture of scrubland and forests, summits and desert plateaus. Located in the Verdon Regional Natural Park and in the Geological Reserve of Haute Provence, the hike crosses a wild country animated by its gorges and its small villages perched on the edge of cliffs or lost in the hollow of wild valleys: Castellane, Blieux, Rougon, la Palud... The landscapes are sculpted by geological fractures and the fury of the waters.

By panoramic ridge paths or by the bottom of the gorges along the river, the itinerary explores this natural park and the gorges that make its reputation.

Along the Martel trail, balconies, caves, belvederes, tunnels follow one another in a fairy-tale place dominated by immense walls with grey-orange tones. In the past, only a few courageous men knew how to go and look for the Buis and honey in these 700 meters deep meanders.

You will love

- The variety of the natural environment, between large desert plateaus and southern forest
- The spectacular and unique great canyon of Verdon, unique in Europe, and its river with green reflections
- Awesome viewpoints and crossing of the famous *Sentier Martel,* in the memory of the first explorer of the canyon
- The charm of the villages and dry-stone buildings

Day-by-day itinerary

DAY 1

MOUSTIERS SAINTE MARIE – LA PALLUD

Departure from the protected village of Moustiers. The path goes up to the ridge until "Col de Plein Voir". First viewpoint on the south of the park and the Sainte Croix lake. The path goes on the ridge before descending into the beautiful village of La Palud. Night in gite.

6 hour walk / Elevation: +950m - 700m 15 km

DAY 2

SENTIER BLANC MARTEL

Short transfer to "La Maline" with the local bus (on your charge), departure point of the hike and then descent to the river. The itinerary crosses well-named places: the couloir (corridor) Samson, the Escales cliff, the "Défilé des Baumes", the sublim point... Viewpoints, stairs and tunnels all along the day. At the end of the day, short ascent to the "Auberge Sublime". Night in gite.

5:30 hour walk / Elevation: +700m - 800m ; 12 km

DAY 3

TRIGANCE - CASTELLANE

Going back along the Verdon river, that we leave quickly. A little orientation time allows to discover the belvedere of Rancoumas, for a point of view on the gorges. Crossing Trigance village, dominated by a beautiful castle. Going down to the Carajuan bridge, above the Jabron gorges. In option, detour to the small bridge of Sautet for the view on the limestone meanders of the Jabron. At the Carajuan bridge, bus transfer to Castellane or with a taxi (16km) (on your charge), a pleasant little southern town.

5,5 hour walk / Elevation: +700m - 950m 15km

DAY 4

CADIERES DE BRANDIS

Taxi transfer to "Col de Lèques" above Castellane (10km) (in option). Going up in a great forest of oaks and scots pines, then arriving on the ridge at Cadières de Brandis, a remarkable ruinous site that deserves a stop. The ascent continues on a wild ridge, up to the summit (1741m) revealing a wide panorama of gorges and valleys. Descent to Colle Basse, then in the valley towards Blieux village, that is lost in a beautiful valley. In option hike from Castellane to Colle Basse by the Roman way. Night in gite, **without luggage**.

6 hour walk / Elevation: +800m - 950m ; around 11 km

DAY 5

BLIEUX - ROUGON

Going up to "passage de la Prau", between the "Mourre de Chanier" (1930m) and the Traversières ridge. Descent to Rougon village, for a night in a gite, under the flight of the vultures which return to the fold!

4:30 hour walk / Elevation: +750m - 700m 12 km

DAY 6

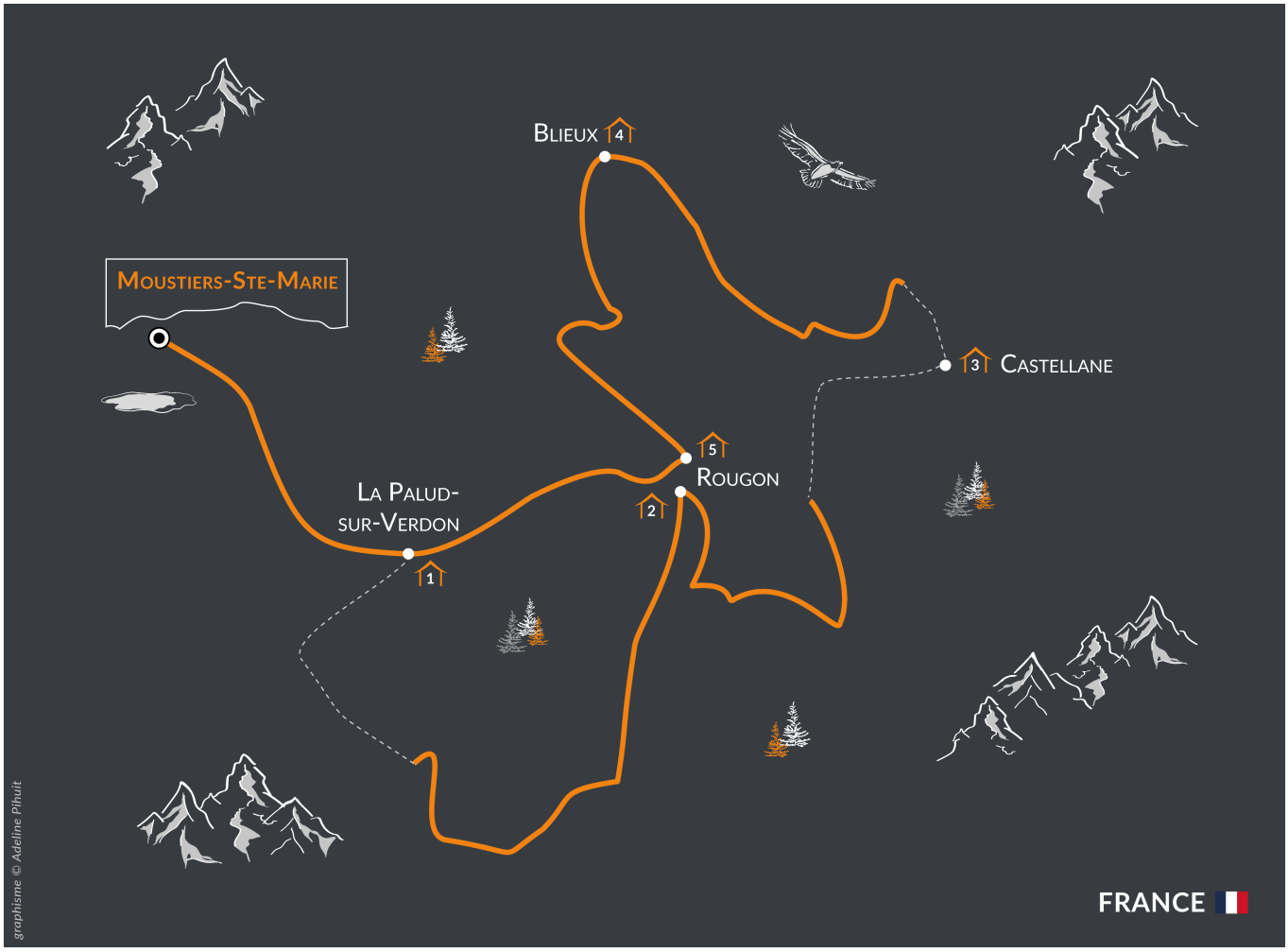
ROUGON - LA PALLUD

Departure by a pastoral path and stop at the "Bergerie de Faucon" for a little visit of the animals reserve. Then reaching La Palud village.

3 hour walk / Elevation: +280m - 220m 6 km

End of the trip around 12:00 at La Pallud. Transfer to Moustiers with a local bus (17km) (taxi transfer in option).

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.



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

Dates and prices

DEPARTURES AND PRICES

Departures from May to October 2026

Without luggage transport
€630 per person, min. 2 people
Departure single person: suppl. **€110**, subject to availability

With luggage transport (except day 4, min. 2 people)
2 people : **€825** per person
3 people : **€750** per person
4 people : **€720** per person
5 people : **€705** per person
6 people or more: **€690** per person

THE PRICE

Includes :

- Accommodation with half board formula in gite and hotel, in bedroom for 2 to 3 people ;
- The road book: description and IGN maps (1 complete road book per group) ;
- Daily luggage transport (except day 4), if you have chosen this option ;
- Organisational costs and tourist taxes.

Does not include :

- Lunch picnics ;
- Luggage transport, unless you have booked the option ;
- Personal expenses (drinks, visits...) ;
- The journey from your home to the departure point and back ;
- Travel insurance.

The rate is all inclusive from the meeting point to the point of dispersion.

The journey

LEVEL ***

Elevation : +/- 550m to 900m
Walking time : 4 to 6:30 hour per day
Type of walk : mountain route with no technical difficulty. Some spots require to be confident with cables and scales on the day 2. One unmarked passage on the ridge (day 4 variant).

You have to be in a general good fitness level. Please practice a cardio sport such as hiking, running, cycling, from 3 to 4 hours a week. Your physical preparation will enable you to enjoy your trek to the maximum.
Please find the description of the levels by clicking here: levels of difficulty.

ROAD BOOK

Before departure, we will give you a travel pack containing :

- IGN TOP 25 map ;
- 1 road-book with all the necessary information for the hike ;
- 1 map holder ;
- The list of accommodation.

ACCOMMODATION

COMFORT: 5 nights in hotel or gite in a bedroom for 2 to 3 people, all the accommodations offer hot showers.

MEALS

Breakfasts and dinners are provided in each accommodation.
Picnic lunches are not included and can be ordered the day before in each accommodation.

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

ACCESS TO DEPARTURE POINT

Start of the hike in Moustiers St Marie.

BY TRAIN
From Geneva SNCF train station, Grenoble, Nice and Marseille and then bus to Moustiers. https://www.moustiers.fr/fr/acces.
Timetables to be verified on the website SNCF.

CLIMATE

Southern Alps, dry and hot in summer, sweet in automn and spring, but maybe with a violent wind: the Mistral.

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, contact the agency: **+33 (0)4 50 79 09 16 or +33 (0)6 42 49 76 07**

Equipment and luggage

EQUIPMENT

Clothing

- Hiking trousers
- Shorts (1 swimming costume just in case)
- Breathable" or merino wool T-shirts
- Breathable" or merino wool long johns
- Fleece or jumper
- Windbreaker or Goretex jacket
- Rain cape + gaiters or Goretex trousers + a bag cape
- A pair of gloves and a light hat
- Hat or cap
- Hiking socks (double layer, with loops...1 pair per day)
- Hiking shoes already broken in and with well-spiked soles
- 1 change of clothes for the evening
- A change of shoes for the evening

Miscellaneous equipment

- Toilet bag
- Towel (quick-drying, available in specialist shops)
- Sunglasses and sun cream
- Water bottle or thermos (1.5 litre minimum)
- Knife and cutlery
- An airtight plastic box as a plate for your picnics
- Coffee cup
- Small personal first aid kit (painkillers, bandages, etc.)
- Survival blanket
- Headlamp or torch
- A sheet and a pillowcase (the gîtes provide blankets)
- Two telescopic poles (highly recommended)
- Valid identity card or passport

BACKPACK

A comfortable 30-40 litre rucksack for your day's belongings (warm clothing, rain cape, water bottle, picnic box and cutlery, sun protection and identity papers) and some space for a picnic and snacks.

LUGGAGE TRANSPORT

You are allowed **1 soft, sports type bag, with all your possessions inside, of 10kg maximum per person** . Your baggage will be transported daily, except on day 4, between accommodation by our logistics vehicle.
Baggage which is too heavy won't be accepted by the drivers, please think of their backs!

YOUR NIGHT WITHOUT LUGGAGE TRANSPORT

On night 4, 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

HOW TO REGISTER

- By internet: 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
> 62 Route du Nant Devant
> 74110 MONTRIOND
> FRANCE

On receipt of your registration, we will email an invoice (per couple) with a request for a deposit of 35% 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.

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	**VERDON NATURAL PARK COMFORT self-guided**
Number of days	**6**
Insurance	
Trip price	**630 €**
Estimated deposit (30%)	**189 €**
Signed in	
Date	
Signature	

Return with your deposit to

Altitude Montblanc, 62 Passage du Nant Devant, 74110 Montriond

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