



DISCOVER THE QUEYRAS ON SNOWSHOES

A breath of fresh air and sunshine




Departing from the base camp at Prat Hauts, you'll take a deep breath of fresh air with your snowshoes on and quickly appreciate the simple pleasures of these beautiful days of extreme whiteness.

Equipped with new-generation snowshoes, you'll appreciate the Queyras through its natural and human heritage, unique in the Alps. At lunchtime, your guide will find unusual places for you to share a picnic in the sunshine, around a campfire or in the warmth of a pastoral hut in the mountain pastures.

Slowly, you'll discover each of the valleys that make up the Queyras massif. Deer, chamois and roosters may surprise you in this immaculate white landscape.

Back at the chalet, you can enjoy our reading room, screenings and wellness area. At the table, we offer generous cuisine based on produce from neighbouring farms. A comfortable stay in the heart of nature, with real powder within everyone's reach!

 7 Days

 Guided / with a guide

 With or without luggage transportation

 Accommodation : Comfort (room)

 Level : **

 From : 695€

You will like

- Tour built in "star shape" for more comfort
- Queyras, the snowshoe paradise !
- Charming accomodation at the heart of the park
- Guided tour of Saint-Véran, highest village in Europe
- SPA included 2 days per week

The route

Day 1

WELCOME AND INSTALLATION

Welcome from 4.30pm at the chalet in Prats-Hauts.

We'll introduce you to our stay at the welcome drink, then sit down to dinner.

Day 2

CRÊTE ET CROIX DE CURLET DEPARTING FROM THE MILL BRIDGE

Discover one of the most beautiful panoramas of the village of Saint-Véran. Departure in the forest then by the valley of Lamaron, quick access by the ridge, to the cross of Curlet.

4.5 hour walk / Elevation : +/- 550m

Day 3

CABANE DE BAOUDE DEPARTING FROM VILLARGAUDIN VILLAGE

Hike in the forest... today we are going to see the beautiful panorama of the Guil valley. Hiking around "Dent du Ratier", we may come across mouflons and deers. Then, going down to Villargaudin... maybe on the butt !

4.5 hour walk / Elevation : +/- 450m

Day 4

COL DES PRÉS FROMAGE - BUCHER'S SUMMIT DEPARTING FROM MOLINES

The Sommet Bucher sits at the heart of the Queyras... from up there, a 360° panorama over the various valleys and peaks that form the pillars of this valley; just opposite the gîte at Prat Hauts, a hamlet that stretches as far as Molines en Queyras and Saint-Véran.

5 hour walk / Elevation: +520m; - 450m

Day 5

CHALET DE LA MÉDILLE FROM HAUTE VALLÉE DU GUIL TO L'ÉCHALP

This day, at the gateway to Italy, will take you to the last inhabited hamlets of the Queyras: l'Echalp and la Monta. La Médille is an alpine pasture in summer. From here, you'll have a unique view of Mount Viso... a chamois haunt in winter, and it's not unusual to catch a glimpse of one on this hike. On the way back from this short hike, we'll take the opportunity to stop off at a local artisan's shop.

4.5 hour walk / elevation : +/- 350m

Day 6

CLAPEYTO MOUNTAIN CHALETS DEPARTING FROM BRUNISSARD

Today, you will see only white and... white. Alpine pasture of Clapeyto is nested at the foot of Izoard col. That's a quiet and charming place, shaped by all the little mountain chalets. A unique experience.

5.5 hour walk / Elevation : +550m; - 450 m

Day 7

BREAKFAST AND END OF THE JOURNEY

The stay ends after the breakfast.

Your tour leader and the organization may decide at any time to modify or interrupt the tour or certain stages for reasons of safety or availability.

The programme has been prepared 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.

The trip

LEVEL **

Elevation : between 400m to 600m.

Walking time : in average 5 to 6 hours per day. Forest tracks and trails.

Fitness : walks are adapted for all, even for hikers who had never been snowshoeing.

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

GUIDING

Group between 2 and 15 people supervised by a qualified montain leader.

ACCOMMODATION

Typical south-facing mountain chalets in a small hamlet bordering a magnificent larch forest in the heart of the Queyras Natural Park. Clinging to the sunny slopes of Prats-Hauts, just twenty metres separate the three buildings, which offer comfortable rooms sleeping 1, 2, 3 or 4.

A cosy lounge with bar, music and board games is the perfect place to relax. In the rustic dining room, a large fireplace brings traditional and hearty meals to life. There are also several lounges and a library, south-facing terraces and free parking nearby.

- Accommodation in shared rooms: these are cosy, non-mixed rooms with en-suite facilities, to be shared by 3 or 4 people.
- Accommodation in 'standard' double rooms: these are cosy rooms with en-suite facilities, located in the historic chalet. Supplement for the stay of €70 per person.
- Accommodation in a 'comfort' room for two: these are spacious, tastefully decorated rooms with en-suite facilities in the new chalet. Supplement for the stay of €130 per person.
- Single room: a room with a single bed and en-suite facilities. Extra charge of €110 per person.

Wellness area :

On-site, free SPA available 2 days a week, swimming costume compulsory for access to whirlpool, steam room and sauna.

Massage :

Various types of massage available (to be booked and paid for on site): Californian, Swedish, Lomi -Lomi and also foot reflexology sessions.

MEALS

Meal prepared daily by 'the patrons', using local produce: Queyras cheese, homemade jams and pastries, homemade bread made with organic flour from the family farm, honey produced on the farm, apple juice made at the chalet with apples from the family orchard, etc.

Full breakfast, bread, Queyras cheese, fresh cheese from the Hautes Alpes, fruit salad, homemade jam and honey, fruit juice made at the chalet, etc.

Picnic with a different salad each day, mountain charcuterie, Queyras cheese, home-made pastries, fruit, chocolate, cereal bars, etc.

Special diets :

If you have a special diet (gluten-free, lactose-free, etc.) or are vegetarian, our small facilities are unable to offer personalised menus for every diet. We will do our best to adapt our menus within the limits of our capacity (particularly in terms of supplies).

supply). However, you will need to provide your own substitutes adapted to your needs, in particular bread, snacks and special milks, mainly for picnics!

Practical information

ACCESS DEPARTURE POINT

You will be welcomed from 4.30pm at the chalet in Prats Hauts in the Queyras, and your guide will introduce you to the holiday at around 7.30pm.

If you are arriving by train: a shuttle bus will pick you up at the station at 6.30pm, which must be booked when you register.

If you are arriving by car: You can drive straight up to the hamlet (free parking 100m from the gîte). If you prefer to leave your car in the valley, in Ville Vieille (4km), to avoid the sometimes snowy climb up to the hamlet, a shuttle can pick you up at 5pm following your call.

Night train:

Line from Paris (Gare Austerlitz) to Montdauphin-Guillestre, runs every day of the year (trains are sometimes posted late: often 3 weeks before departure).

From "Gare de Montdauphin-Guillestre" to Ville Vieille connection with regular "Zou ma région sud" shuttles (<https://zou.maregionsud.fr>), we will come with a private shuttle to Ville Vieille to transfer you to your accommodation.

Daytime train from Paris to Montdauphin:

TGV line from Paris (Gare de Lyon) to Valence, then TER line from Valence to Montdauphin-Guillestre.

Transfer at 6:30pm from the SNCF station (included in the price) by shuttle bus to Ville Vieille and then to your accommodation.

For arrivals before 6:30pm: Take the regular Zou shuttle ("Zou ma région sud" (<https://zou.maregionsud.fr>), from the "Gare de Montdauphin-Guillestre" to the Ville Vieille stop (bus station) we will come with a private shuttle to Ville Vieille to transfer you to your accommodation.

Please note that there is no shuttle in the evening, so after the last shuttle you'll have to take a cab (approx. 100€ to get from the station to your accommodation).

BY CAR

Please note that special equipment is compulsory throughout the département between 01/11 and 31/03: snow chains or snow tires.

From the north :

1st possibility: Take the Col du Lautaret via Bourg d'Oisans and La Grave. Reach Briançon and follow signs for Gap (RN 94) to Montdauphin, then Guillestre, gateway to the Queyras Regional Park.

2nd possibility: from Grenoble via La Mure and Gap. Then follow signs for Embrun on the RN 94, then Guillestre, gateway to the Queyras Regional Park. Take the D902 then follow the signs for "Stations du Queyras".

3rd possibility: From Grenoble, stay on the A51 freeway towards Sisteron. Cross the Col de Lus-la-Croix-Haute, then Veyne, Gap. Then follow signs for Embrun on the RN94, then Guillestre, gateway to the Queyras Regional Park. Take the D902, then follow the signs for "Stations du Queyras".

4th possibility: Via Chambéry - Autoroute de la Maurienne - Tunnel du Fréjus (at the toll booth, take a return ticket valid for 7 days). At the Italian exit of the tunnel, continue on the freeway towards Turin. Exit at Oulx and follow signs for Cesana - Sestriere - Col de Montgenèvre/Francia. From the Col de Montgenèvre (border) you reach Briançon and then Guillestre (1 hr 30 min drive from the tunnel).

From the south :

Valence or Sisteron - Gap - Embrun - Guillestre.

From Guillestre, follow signs for "Queyras" (D 902), then the D 947.

"Road conditions" answering machine contact (french only)

To access the Hautes-Alpes department, call 04 92 24 44 44 (special equipment required to cross certain passes: snow tires or chains)

End of stay in Prats-Hauts, after breakfast.

ACCOMODATION BEFORE AND AFTER YOUR STAY

The Chalet in Prat Hauts (same accommodation as during the stay).

CONTACT US

If you are late please let us know as soon as possible : **+33 (0)4 50 79 09 16** or **+33 (0)6 42 49 76 07**

Dates & prices

Optional extras, subject to availability:

- Accommodation in a 'standard' double room: **€70** per person.
- Accommodation in a 'comfort' double room: **€130** per person.
- Single room: **€110** per person.

Extra night, subject to availability:

- Shared room: **€70** per person,
- In a standard double or twin room: **€80** per person,
- Comfort double or twin room: **€90** per person,
- Standard single room: **€80** per person,

If the base camp is unavailable, equivalent accommodation may be offered, in which case rates may be adjusted.

THE PRICE

Includes :

- Supervision by a qualified mountain leader;
- Loan of snowshoes, poles and safety equipment;
- Half-board accommodation;
- 5 picnics;
- Access to the wellness area 2 days a week;
- Registration and administration fees, organisational costs;
- Tourist taxes.

Does not include:

- Return journey from your home to the meeting point and back;
- Cancellation assistance insurance (4.2% of the price of the trip);
- Personal expenses: drinks, visits, etc...

The price is all inclusive from departure to end point.

Equipment and luggage

EQUIPMENT LIST

Material for snowshoeing (snowshoes and poles) is provided. However, if you have your own and would like to use them you are free to do so. Avalanche safety equipment including (transceiver, shovel and probe) is also provided.

Clothing :

- Warm woollen socks. Avoid tennis socks (cotton), which take a long time to dry and carry a high risk of blisters; prefer Coolmax or wool socks.
- Gaiters ;
- Waterproof hiking boots;
- Shoes for relaxing in the evening (tennis shoes) and after skiing;
- Waterproof mountain or ski trousers or overalls;
- Carline-type thermal tights;
- Warm, breathable T-shirt or underwear. Avoid cotton, which takes a long time to dry, prefer synthetic materials such as nylon (polypropene);
- Warm jumper or fleece;
- Gore-tex jacket;
- Warm hat and balaclava in silk or fleece;
- Pair of silk or fleece mittens and gloves (to be used under the mittens);
- Spare pair of mittens or gloves;
- Indoor clothing;
- Swimming costume.

Other Equipment:

- Effective sun protection (filtering sunglasses and protective cream) must be carried in the rucksack;
- Earplugs to protect against snoring;
- Light toiletries;
- Toilet paper (for hikes) and tissues;
- Bath towel (one towel provided, bring extra if needed) ;
- A large plastic bag to protect the inside of your bag in case of rain;
- Insulated water bottle (minimum 1.5 litres);
- Torch;
- Opinel-type folding knife, a 300ml waterproof plastic can such as Tupperware, spoon;
- Camera;
- Personal first-aid kit: A personal first-aid kit to treat muscular fatigue, digestive problems caused by cold and altitude, blisters, your usual medicines, elastic adhesive tape (elastoplast: 5 cm x 2.5 m), sets of adhesive dressings, compresses, etc.

LUGGAGE TRANSPORT

You must pack all of your belongings in 2 bags: 1 backpack and 1 travel bag.

1 - The backpack:

Hiking backpack of about 35 liters, it will be useful for transporting your personal belongings during the day (warm clothes, water bottle, picnic, sun protection, identity papers, camera, binoculars , etc.)

2 - The large flexible travel bag:

It should contain the rest of your stuff.

HOW TO REGISTER

- By internet: <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 (inc. 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:

First name:

Date of birth:

Address:

Phone number:

Mobile phone number:

Email address:

Requested tour:

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