

# SNOWSHOEING IN THE ECRINS

In the heart of the National Park!



On the border between the Northern Alps and the Southern Alps, stands a famous massif: the Ecrins. Classified national park more than 30 years ago, this protected area conceals valleys, each more unusual than the next. The most prestigious of these is the Valouise valley, the gateway to the Glacier Blanc, the largest of the Southern Alps. It is at the edge of this one that we invite you to settle down for a week of snowshoeing discovery. Departing from a comfortable gîte, you will set off with snowshoes to attack hamlets and isolated peaks. In the evening, in the heart of this magnificent mountain village, you will enjoy the well-being of your warm inn.

🕒 6 days

👤 Guided / with a guide

🚚 With or without baggage transport

🏠 Accommodation : Comfort (room)

🏔️ Level : \*\*

💰 From : 690€

## You will like

- An emblematic village of the Ecrins as a base camp
- SPA included once a week
- A night in one of the few refuges located in the heart of the National Park

# The route

## Day 1

### **WELCOMING AND INSTALLATION**

Welcome to Montdauphin station by your guide and transfer to your hotel in Freissinières.  
Installation for 5 nights and presentation of the stay by your guide.

## Day 2

### **AT THE FOOT OF THE PELVOUX**

Going down of Vallon d'Ailefroide, between frozen waterfalls and little hamlets, we will go through the valley where silence reigns, favoring the approach of a fauna numbed by the cold of winter. In the hamlet of Ailefroide, return to the village of Claux by the same path.

*4.5 hour walk / Elevation : + 550m ; - 550m*

## Day 3

### **LA POUSTERLE, PLATEAU D'ORÉAC**

Short transfer to the heights of the Puy Saint Vincent station. Reaching the magnificent Col de la Pusterle by a forest path and then the plateau d'Oréac : a first panorama opens up ! Possibility of climbing to Tête d'Oréac or Les Têtes (2044 m) where we can enjoy one of the most beautiful views of the week .... The Durance, the Queyras, the Ecrins right in front of us.

*5 hour walk / Elevation : +/- 550m*

## Day 4

### **TRANCOULETTE PASS**

From the hamlet of Le Puy, suspended over the Durance, we will go for one of the wildest passes of the journey: Trancoulette pass (2293 m). From Puy Chalvin to the hamlet of Combes, a slightly more physical day that allows you to appreciate another facet of this massif. Crossing the Partias nature reserve, suspended valley, great panorama over the surrounding peaks.

*5.5 hour walk / Elevation : +/- 650m*

## Day 5

### **LE VALLON DE TRAMOUILLON**

In a wild valley, we climb a torrent choked by snow. We enter a mysterious forest haunted by the songs of the boreal owls and where the marten hunts the squirrel.

*5 hour walk / elevation : +/- 500 m*

## Day 6

### **LE COL D'ANON**

Climb on the adrets of Freissinières dotted with hamlets with still smoking chimneys. The arrival at the pass is always moving as the place is voluptuous and full of serenity. Moreover, the golden eagle likes to fly over it. In good shape? Let's continue to the Séa Nipple!

*5 hour walk / elevation : +350m ; - 800 m*

# 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.

*The tour has been developed along with our local partners who are very mindful about organising an authentic journey.*

## GUIDING

Group between 4 and 14 people supervised by a qualified mountain leader.

## ACCOMMODATION

Accommodation in hotel\*\* in Freissinières, in bedroom for 4 persons

Bedroom for 2 persons : +50€ per person

The hotel is equipped with a sauna, access per person and per person is included in the stay. Possibility to have more slots on site (surcharge).

The rooms are all equipped with bathroom, toilet and private sink.

Possibility of single room according to availability.

Attention: The reception structures in these remote valleys are sometimes very limited in capacity. We may be required, against our will, to change the place of accommodation, without notice from us if the accommodation was no longer available.

## INTERNAL TRANSFERS

The few trips to get to the start of the hikes will be made with the personal vehicles of each participant.

For people arriving by train, we offer a transfer option for maximum 8 participants on the group (1 minibus with 9 seats driven by the accompanying person) at 50 € per person.

## MEALS

Breakfasts and dinners are served in the accommodation.

For lunch, your guide prepares a picnic usually consisting of various salads and regional products.

We do our best to take into account special diets (gluten-free, vegetarian etc). However, we encourage you to bring some complementary products for your own picnics.

# Practical information

## ACCESS TO DEPARTURE POINT

Welcome at the station of **Montdauphine-Guillestre**

### BY CAR

The welcome is at the Hotel de Freissinières\*\*.

To plan your trip, we advise you to inquire about your itinerary at the various sites: [www.viamichelin.fr](http://www.viamichelin.fr) [www.mappy.fr](http://www.mappy.fr).  
Warning: the passes of Izoard, Agnel and Galibier are closed in winter. Some sites or GPS plan to take you there, but access is completely impossible. Similarly, do not take the options through the Frejus tunnel and Oulx which are much longer and very expensive. Inquire about the state of the pass road at 04 92 24 44 44.

### BY TRAIN

You will have to take the transfer option (50 € to book at registration): your guide will pick you up at 6.20pm sharp at the station of Montdauphin-Guillestre (this option also allows you to benefit from travel to access the departures of hikes during your stay).

End of the stay on Friday around 16h at the station of Montdauphine-Guillestre.

## ACCOMMODATION

Accommodation in hotel\*\* in Freissinières.

The hotel is equipped with a sauna, access per person and per person is included in the stay. Possibility to have more slots on site (surcharge).

The rooms are all equipped with bathroom, toilet and private sink.

Possibility of single room according to availability, in supplement

Attention: The reception structures in these remote valleys are sometimes very limited in capacity. We may be required, against our will, to change the place of accommodation, without notice from us if the accommodation was no longer available.

## 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

If you arrive by train: transfer from Montdauphin-Guillestre station + for internal transfers at 50 € per person (mandatory)  
Option single room : 195 €/ person

## THE PRICE

### Includes :

- Organisation and guiding by a qualified montain leader ;
- Snowshoes, poles and avalanche equipement ;
- All meals including picnic lunch and snacks during the day ;
- Nights in gite and tourist tax ;
- Access to spa 1 day per week.

### Does not include:

- Travel insurance ;
- Luggage transfert day 5
- Personal expenses (drinks, etc.) ;
- Touristic visits ;
- Your go and return journey from home to the point of departure / end point ;
- Airport taxes and others exclusions clearly described within the corresponding technical sheet

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

# Equipment and baggage

## 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

- Waterproof ski or winter walking trousers
- Wind stopper or Goretex jacket
- Breathable or merino wool t-shirts
- Breathable or merino wool leggings
- Fleece or jumper
- Insulating down jacket
- 2 pairs of ski gloves and a warm hat
- Walking socks (1 pair per day)
- Sturdy waterproof walking boots

### Other Equipment

- Rucksack minimum 35 litre capacity
- Sunglasses and ski mask
- 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
- Towel
- Small First Aid kit (antihistamine, ibuprofen, Compeed type blister pads...)
- Survival blanket
- Identity card or passport

## 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.

# Details

## 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:

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