

## PANORAMA OF QUEYRAS self-guided


Panorama of the most beautiful hikes in Queyras



Sometimes called little Switzerland, the Queyras region is known above all for its high villages, its larch forests and its wide mountain pastures. On the edge of the Italian border, this massif benefits from the coolness of the mountains and the blue sky of the Southern Alps. There are more than 300 days of sunshine per year! On the border, the imposing Mount Viso (3841 m), the 2nd Italian summit, rises.


Here nature is wild and preserved by the Regional Natural Park: numerous high altitude lakes, rare floral species, abundant mountain fauna (hares, marmots, chamois, eagles and even wolves...).

During this stay in freedom, you walk every day in the major places of the Natural Park, you discover its summits, its magnificent varied lakes, its larch forests, its large open alpine pastures..

 6 days

 Self-guided / without a guide

 Without baggage transport

 Accommodation : Classic or comfort

 Level : \*\*

 From : 360€

### You will like

- Landscape diversity day after day
- Organize your hikes according to your desires
- The sunny climate of the Southern Alps
- An authentic country, its vast pastures and its splendid lakes

# The route

## Day 1

### **CROIX DE CURLET**

Curlet Ridge from the Pont du Moulin: a real promontory with a great view of Saint-Véran. A nice first day to get into ham, climb in the forest under the larches, possibility on the ridge to climb to the peak of Cascavelier.

Night in hotel or gite.

4h00 hours walk. Altitude difference : +580m / -580m

## Day 2

### **MOLINES - SOMMET BUCHER - LA CHALP DE SAINT-VERAN**

The Bucher offers one of the most beautiful panoramas on the west of Queyras. This crossing between Molines and Saint Véran, will also be done largely under the larches... before ending on the Col des Près Fromage where a magnificent alpage opens to you... the picnic break is necessary! The orientation table of the Bucher Summit will be the occasion of a small digestive walk before going down to the site of Saint Simon, its chapel and its small lake. Transfer from your hike at the end of the day (or start if you prefer!).

Night in hotel or gite.

5h30 hours walk. Altitude difference : +625m / -580m

## Day 3

### **COL LAGNEL - LA VALLÉE DES LACS - L'ECHALP**

From the Agnel hut, departure towards the small pass of Eychassier to discover just behind the intimate lakes of the same name. Then we'll head to this fabulous valley of lakes, with the great lakes of Foréant and Egorgéoux. Return via the Agnel pass.

Night in hotel or gite.

5 hours walk. Altitude difference : +250m / -1200m

## Day 4

### **L'ECHALP - COL LACROIX**

Discovery of a new valley in the direction of Abriès. From the small hamlet of Echalp, the route leads to the Italian border in the middle of the rhododendrons. Once at the pass the landscape opens and a stop at the former Napoleon refuge is necessary. Descent in loop by the Monta.

Night in gite or hotel.

4.5 hours walk. Altitude difference : +710m / -710m

## Day 5

### **ARVIEUX - FURFANDE**

After a short crossing through the pines and larches of Queyras, the landscape opens onto the Furfande pasture topped by the needles of Croseras. It is possible to push even higher to enjoy a clear view of the Ecrins.

Night in hotel or gite.

5.5 hours walk. Altitude difference : +630m / -630m

## Day 6

### **SAINTE-ANNE LAKE AND MIROIR LAKE**

Classic in the Queyras, but you never get tired of it... Lakes Sainte-Anne and Miroir, both opposite, one mineral, nestled at the foot of the Font Sancte and the other bordered by its lawns and pines. The strongest will be able to discover a more

intimate lake, that of the Rouites.

**End in Saint Véran.**

5 hours walk. Altitude difference: + 770 m/ - 770 m

# The trip

## LEVEL \*\*

Average level.

Average positive altitude difference: 500 m per day

Average duration of the stages: 5 hours per day

Particular difficulties: hiking on good marked mountain trails, forest paths and old canals.

*This trip was made in collaboration with our local partners, who like us are committed to creating an authentic stay for you.*

## ACCOMODATION

Depending on the chosen formula:

- *Comfort accommodation in gite*: Double or 2 beds room according to your choice, sheets and towels are not provided, sanitary are on the landing.
- *Comfort accommodation in hotel version*: Double room or 2 beds according to your choice, sheets and towels are provided, sanitary are private.

## MEALS

Breakfasts and dinners are provided in each accommodation.

Picnics are not included and can be ordered the day before in each accommodation.

Possibility to refuel in small local shops.

## ROAD BOOK

Before departure, we send you a travel folder containing:

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

## INTERNAL TRANSFERS

Transfers are made with your personal vehicle.

# Practical information

## DEPARTURE

From the May 30 to October 30, 2023.

## ACCESS TO THE STARTING POINT

### BY TRAIN

Go (the day before)

Paris Montdauphin-Guillestre, via Valence

Then bus from Guillestre to Abriès (shuttle 573 ZOU hours on Autocas Imbert)

Back

Bus from Abriès - Guillestre (shuttle 573 ZOU timetables on Autocas Imbert)

Then train from Guillestre to Paris

or night train from Guillestre to Paris

All train and coach schedules are given as an indication and must be checked with the SNCF by telephone (special number 3635) or on: [oui.sncf](https://oui.sncf) / [lequeyras.com/navettes-queyras-guillestrois](https://lequeyras.com/navettes-queyras-guillestrois)

### BY CAR

Saint-Véran is approximately 35 km from Guillestre.

Parking not guarded, close to hotels.

**End of the stay in early afternoon in Saint Véran.**

## 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

## DEPARTURES AND PRICES

Elective departure from May 20th to October 30th, 2024

### **6 day/ 5 night tour:**

530€ per person in a 2 bedroom cottage

680€ per person in a 2-room hotel

### **5 day/ 4 night tour:**

440€ per person in a 2-room gite

560€ per person in hotel room of 2

### **Comfort circuit 4 days/ 3 nights:**

360€ per person in a 2-room gite

450€ per person in a 2-room hotel

### **Options available:**

- Picnics:

- 5 picnics: 70€ per person,
- 4 picnics: 60€ per person,
- 3 picnics: 45€ per person,

- Additional nights:

- Additional night in half board in room to share: 60€ per person
- Extra night in half board in hotel: 80€ per person

**Information and booking by phone or e-mail.**

## THE PRICE

### Includes:

- Half-board from dinner of the 1st day to breakfast of the last day;
- The road book: description and IGN cards (1 complete road book for 1 to 4 people, additional file for 5 people or more. Additional file: supplement from 10 to 25€);
- The tourist tax;
- Organization and booking fees.

### Does not include:

- Lunch picnics (45 to 70€/person for the stay);
- Drinks, visits and other personal expenses;
- Transfers by taxi or bus;
- Supplements for other types of accommodation than room of 2;
- Cancellation assistance insurance (4.2% of the amount of the stay).

# 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 and highly walking poles
- 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.

## Details



## 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