PANORAMA OF VAL MAIRA

Discovery of the mysterious Val Maira

A change of scenery for this immersion in one of the best preserved Piedmontese valleys: the Val Maira.
The Val Maïra, a very wild valley inhabited by only a few hundred inhabitants, is located in the south of Piedmont, between France to the west and the Po Valley, only 45 km long and bordered by two massive mountain ranges.
Also called the Occitane pearl, the Val Maira offers a panoply of hikes, in green alpine pastures, on the edge of lakes or on a ridge with stunning panoramas. Starting from a comfortable Locanda*** (hostel), you will enjoy an incomparable welcome under the generous sun of the Southern Alps. To top off your week, a hike to a mountain hut makes you appreciate the lively life of the alpine pastures where cheese making remains an important activity.

6 Days | Guided / with a guide | With or without luggage transportation

Accommodation : Inn | Level : ** | From : 950€

You will like

- A unique architectural and natural heritage
- Panoply of hikes, from the green alpine pasture, to the soothing lakes, to the breathtaking panoramas
- Reception and meals in typical hostel

The route

Day 1

GUILLESTRE - LARCHE PASS - VAL MAIRA
Welcome in the morning at 9 am at the SNCF station of Guillestre - Montdauphin.
Transfer to the Franco-Italian border (1 hour) at the Larche pass. We set off to discover the Val Maira by one of the most beautiful border passes: the Ruburent pass at 2,502 m. By a beautiful green valley, we reach the Oronaye lake which stretches into the bottom of this valley. From the pass, we will go down picnic at the edge of Lake Roburent... we are already in Italy! Back to the Col de Larche by the same way.
Night and dinner in auberge
5h walk / Elevation: +/-550m

Day 2

BELLINO PASS - ROCCA PROVENCALE
Leaving Chiappera, we climb up to the bottom of the Maurin valley to reach some remarkable mountain pastures. Climb to the Col Gréguri (2319 m), which backs onto the Rocca Provençale. Return to Chiapperra, skirting around this remarkable rock in the valley, which is the source of some extraordinary legends!
Night and dinner in hostel
5 hours walk / Elevation: +/-620m

Day 3

HAMLET OF SAN MICHEL - ALPINE PASTURE AND PASS OF CHIOSSO VALLON D'ELVA
After a transfer to the hamlet of San Michele where we discover the admirable murals on the facades of the church, we reach the alpline pasture of Chiotti then Il sentiero Passetti which proudly dominates the magnificent valleys of Elva. Magnificent panoramic view of the Po Valley and the mythical peaks like the Viso, Monte Camoscere... Descent into the magnificent Elva circus.
Night and dinner in hostel.
5 hours walk / Elevation: +/-690m

Day 4

5 LAKES LOOP
Beautiful and great hiking for this day rich in high lakes and heritage of the Second World War. Transfer to the Maira springs to reach Lake Visaisa nestled in an impressive mineral circus dominated by Monte Arpet. Depending on the level of the group, we can finish this day by the second remarkable lake: the Apsoi lake. A nice alpine crossing will take us in the nearby valley of Sautron and end your day by an old military road to the source of the Maira.
Night and dinner in hostel.
6.5 hours walk / Elevation: +/-800m

Day 5

LAGO NERO LAKE
We change valley with this hike to reach the small hamlet of Preit. Black Lake is one of the jewels of Val Maira. It is a beautiful glacial lake with turquoise reflections, surrounded by blueberries, larches and rhododendrons. Lying at the edge of the lake you admire the magnificent panorama that offers you... It is also an opportunity to discover the typical architecture of the canton of Canosio.
Night and dinner in hostel.
5.30 hours walk / Elevation: +/- 635m

Day 6

MACRA - WALKS OF CYCLAMENS
On your way back, we offer you an easy route to one of the villages bordering the Maira: Macra. In this village at 875m altitude, the vines were cultivated abundantly on its sunny hillsides and produced a sparkling white wine appreciated in the valley. It is on these same hillsides that we propose this relaxing walk in the form of a botanical trail. The Chapel of Saint Pierre and the beautiful viewpoints along this route, round off your stay in Val Maira.
Transfer to Montdauphin station at 6pm.
3.30 hours walk / Elevation: +/-350m

Depending on the snow conditions in certain parts of the itineraries, the particular interest of certain seasons, the level of the group and the local organisation, your guide may have to modify the programme or reverse certain stages without prior notice from us.

The trip

LEVEL **

Altitude of accommodation: 1500 m
Stage duration: 4-6 hours per day
Average elevation: 700 m per day
Maximum altitude difference: 1000 m
Maximum crossing altitude: 2,800 m
Nature of the terrain: on trails and varied easy medium mountain terrain. You only carry your business for the day.

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

FITNESS

This stay requires a good general form.
Your physical preparation will facilitate your stay and allow you to enjoy it all the more. To prepare, we recommend regular walking, jogging, cycling or any other sport.

GUIDING

Number of participants between 5 and 12 people supervised by a qualified professional (mountain guide).

ACCOMMODATION

Auberge*** (locanda), offering a warm and family atmosphere and a restaurant with local specialities. Accommodation in a mixed room of 2 people, exceptionally you can be brought to share a room with 3 beds. Possibility to be accommodated in single room with supplement of 280€ for the week.

MEALS

Breakfasts and dinners are taken at the hostel.
For lunch, your guide will prepare your picnics, usually consisting of a salad and regional products.
Please inform us about your food allergies and special diets **at the time of booking.**
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.

Practical information

ACCESS TO THE STARTING POINT

The reception is at 9am at the SNCF station of Montdauphin-Guillestre, where you find your accompganteur and the rest of the group. Be ready, in hiking outfit, flask or thermos full(e).

BY TRAIN
Montdauphin-Guillestre station, line of Briançon (Hautes-Alpes).
From PARIS:
- One way: night train Paris/Montdauphin-Guillestre or day train TGV via Valence or Grenoble.
- Return: night train Montdauphin/Paris or day train Montdauphin/Valence or Grenoble then TGV Valence or Grenoble/Paris.
The stay is planned so that you can take the day train from Guillestre Montdauphin station to Paris.

BY CAR
From Grenoble, 2 routes are possible to reach Montdauphin-Guillestre:
- Via Gap
- Via the Col du Lautaret and Briançon.

In order to plan your trip, we advise you to inquire about your route at the various sites: www.viamichelin.fr and www.mappy.fr

End of the trip on Friday around 6pm at the station of Montdauphin-Guillestre.

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

Single room option at extra charge: 280€ / person for the stay

From 28/07/24 To 02/08/24	Full	**950 €**
From 04/08/24 To 09/08/24	Last places available	**950 €**
From 11/08/24 To 16/08/24	Guaranteed departure	**950 €**
From 18/08/24 To 23/08/24	Last places available	**950 €**
From 25/08/24 To 30/08/24	Open departure	**950 €**
From 01/09/24 To 06/09/24	Full	**950 €**
From 08/09/24 To 13/09/24	Open departure	**950 €**
From 15/09/24 To 20/09/24	Open departure	**950 €**
From 22/09/24 To 27/09/24	Open departure	**950 €**

THE PRICE

The price includes:

- Organisation and booking fees, guiding by a qualified and insured mountain leader;
- Luggage transport
- All meals including picnic lunches and snacks during the day;
- Accommodation in hotel.

The price does not include:

- The cancellation insurance ;
- Personal expenses (drinks, etc.), touristic visits;
- Your return journey from home to the point of departure/end point;
- Airport taxes and other exclusions clearly described within the corresponding technical sheet.

The price is all inclusive from departure to end point.

Equipment and luggage

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
- Sleeping bag liner sheet and pillowcase (blankets provided at accommodation)
- Two adjustable walking poles (highly recommended)
- 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:

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