



HIKING ALONG THE PINECONE TRAIN Self guided

Hiking trails and railways in the Alpes de Haute Provence



🕒 7 Days

👤 Self-guided / without guide

🚚 Without baggage transportation

🏠 Accommodation : Comfort (room)

🦶 Level : **

💰 From : 800€

You will like

- Mythical lines
- The
- Hiking
- The
- A

The route

Day 1

Day 2

Day 3

LAC BLANC

Today we're heading for the Flégère cable car in the Aiguilles Rouges. From the arrival station, the route climbs up to Lac Blanc and its famous viewpoint over the Mont Blanc range. The massif's most iconic peaks - the Aiguille Verte, the Grandes Jorasses, Mont Blanc and many others - are all within easy reach. Descend to the Cheserys lakes before returning to the Flégère gondola to descend to Les Praz-de-Chamonix.

Overnight in a hotel room.

3.30 hours walk / Elevation : +520 m -540 m / 8 km

Day 4

Day 5

Day 6

Day 7

TRAIN DES PIGNES

3.5 hours / +/-400 m / 10 km

End of the tour in ...

The programme has been drawn up on the basis of the latest information available at the time of writing; imponderables are always possible and situations beyond our control may alter its course.

The trip

LEVEL ***

Elevation: +/- 700m - 1000m approximately per day.
Walking time: 4 to 6 hours per day.
Type of trek: mountain hike on trails including gravel paths.

You have to be in a general good fitness level. Please practice regularly a cardio sport such as hiking, running, cycling or another sport.

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](#)

The roadbook provides sufficient information on the itinerary of your hike. However, it is essential to be able to read an IGN 1:25,000 map and to be sufficiently autonomous in the mountains to be able to tackle the itinerary with confidence, whatever the weather (fog, snow, etc.). Guiding is not included in the self-guided package.
You will be crossing areas with no telephone network. For your own safety, you may wish to bring along a radio or the latest generation telephone with a satellite connection.

ROAD BOOK

Before departure, we send you a travel folder containing:

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

SIGNPOSTS AND WAYMARKS ALONG THE TREK

In France, the hiking trails are very well signposted, with regular panels pointing the way.
It is preferable to be able to read a topographic map 1/25000.

LUGGAGE TRANSPORT

Without luggage transport: you carry all your luggage with you.

With luggage transport: we take care of transporting your luggage from accommodation to accommodation (except on D4).

ACCOMMODATION

5 nights in a hotel in a room for 2 people
1 night half-board in a dormitory in a mountain refuge

All accommodation offers hot showers except on day 4.

MEALS

Breakfast is provided in each accommodation.

Dinners are not included (except on day 4) and can be taken in the various outlets or restaurants.

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

You can buy supplies in local shops.

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.

MAPS

IGN Top 25 - 36...

Practical information

ACCESS TO DEPARTURE POINT

Departure from...

BY TRAIN / BUS

Inbound: departure from Paris-Gare de Lyon the day before : www.oui.sncf

ACCOMMODATION BEFORE AND AFTER

By request we can book a bedroom for you before and/or after your tour.

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

Dates & prices

DEPARTURES AND PRICES

Departures from ... to ... 2026

800€ per person in comfortable hotel accommodation, based on 2 people

THE PRICE

The price includes:

- Accommodation in B&Bs from the night of the 1st day to breakfast on the last day;
- Dinner on day 4 in a refuge;
- Road book: description and maps (1 road book per registration pack);
- Tourist taxes;
- Organisational and booking fees ;
- The luggage transportation (except on day 4).

The price does not include:

- Picnic lunches;
- Drinks, visits, etc. ;
- Reservations for trains and ski lifts;
- All transfers not specified;
- The journey from your home to the venue and back;
- The luggage transportation on day 4 ;
- Guiding: you are responsible for your own safety;
- Cancellation assistance insurance ;

The price applies 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
- Lightweight down 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 (0,4l to 0,5l)
- 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 documents) and please keep a little room to carry 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 between accommodation by our logistics vehicle.

Baggage which is too heavy won't be accepted by the drivers, please think of their backs!

BACKPACK FOR THE NIGHTS WITHOUT LUGGAGE

For the night 4, when you don't have your luggage at your accommodation, here are a few tips on what to add to your backpack (around 2 kg is enough!):

- a small toiletries bag
- your sleeping bag liner
- a change of clothes (just the bare essentials!) and comfortable shoes/clothes for the evening

Details

HOW TO REGISTER

- Online: 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, passage du Nant Devant
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 (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.



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