



# PANORAMA OF ÉCRINS self-guided


## The best of the Écrins



Nestling in the heart of one of France's most majestic national parks, the Écrins massif overlooks the Durance valley and offers an incredible variety of hikes, ideal for all lovers of nature and wide open spaces. From our comfortable accommodation, set off every day to discover the breathtaking scenery.

The Pays des Écrins is full of treasures to explore: the mythical Glacier Blanc, the Pré de Madame Carle, the remote village of Dormillouse, the impressive Vauban fortifications or the old silver mines...

You'll also have the chance to enjoy thrilling experiences such as paragliding, rafting and canyoning.

 6 Days

 Self-guided / without guide

 Without baggage transportation

 Accommodation : Hotel \*\*

 Level : \*\*

 From : 460€

## You will like

- A wild trail in a comfortable refuge
- A variety of landscapes in each of the valleys crossed
- A journey with a minimum of transfers by minibus

# The route

## Day 1

To complete this tour, you'll need your own vehicle to get to the start of the hikes.

### PALLUELS AND FARAVEL LAKES

This beautiful route takes you past a large waterfall, through a larch forest and on to the Palluel and Faravel lakes, set in their own mountain setting. Dinner and overnight in the auberge.

6 hrs walk / Elevation: +/- 950 m

## Day 2

### THE JAS LACROIX HUT

Following the torrent de la Selle to the Jas Lacroix hut means leaving the high mountains of the north of the Ecrins National Park to return to valleys open to grazing.

3h30 walk / Elevation: +/- 350 m

## Day 3

### LE TOUR DES TÊTES

This hike takes you through larch forests and up to a summit from where you can see the Durance valley and the mountains that border it, from Montgenèvre to Saint Clément.

4h30 walk / Elevation: +/- 670 m

## Day 4

### THE LAKE OF EYCHAUDA

Cette randonnée très accessible offre des paysages de haute montagne. Le lac glaciaire est alimenté par les eaux de fonte du glacier de Seguret Foran et est dominé par le dôme de Monetier (3404 m).

4h walk / Elevation: +/- 700 m

## Day 5

### MADAME CARLE MEADOW AND THE GLACIER BLANC REFUGE

Why not experience the sensation of being in the high mountains and admiring a glacier? This is possible by taking the very well-marked and secure path which leads to the Glacier Blanc refuge.

4h walk / Elevation : +/- 700 m

## Day 6

### THE REFUGE DES BANS

Easy hike in a high-mountain setting in the Ecrins National Park. Ideal for families. The trail passes by a small pond that is home to a rare species of red-legged frog, able to survive the winter.

It's a rich and extremely diverse trail in terms of flora and fauna, with numerous waterfalls and streams, ideal for motivating children.

Don't forget to stop for lunch at the refuge to sample the delicious specialities.

4h30 walk / Elevation : +/- 480 m

Here's an overview of the programme we're proposing, with a total of 40 hikes, all described in the FFRandonnée

topoguide **only available in French language**, which will be offered to you for this stay.

# The trip

## LEVEL \*\*

Average altitude gain: 600 m per day

Average walking time: 5 hours per day

Particular difficulties: well-marked mountain trails, forest paths and old canals. Several hiking options, from level 1 to 2.

Telephone network: works randomly on this tour. WIFI available in hotels.

This trip requires you to be in good general shape. To prepare, we recommend regular walking, jogging, cycling or another sport. Your physical preparation will make your stay easier and help you enjoy it all the more.

Please find the description of the levels by clicking here: [levels of difficulty](#)

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

## ROADBOOK

Your travel pack will be sent to you by post on receipt of payment of the balance of your stay. It includes :

- FFR topoguide (**only available IN FRENCH LANGUAGE**),
- A set of IGN maps,
- A route map with a list of accommodation.

## INTERNAL TRANSFERS

For transfers at the start of the hiking routes, **you will need a vehicle.**

Car hire available from Briançon SNCF station.

## ACCOMODATION

Hôtel \*\* in Vallouise: situated in the heart of the mountain village of Vallouise, at an altitude of 1160 m, this 2-star hotel is a pleasant place to stay. The 16 rooms are charming and comfortable. The hotel has a garden, a restaurant serving local specialities and a swimming pool open in summer. There is also free public parking in front of the hotel.

## MEALS

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.*

## OPTIONAL ACTIVITIES

Activities can be booked on the day of your choice during your stay.

### Rafting

From Briançon, raft down the Basse Guisane (a sporting route adapted to the water level). There's no need to be experienced, but you do need to know how to swim. You'll spend half a day with your guide and the equipment provided for a fun and unforgettable activity.

Duration of activity: 3 hours  
Supervision: with guide  
Additional cost to be booked on registration: €65 per person.

### **Canyoning at Tramouillon**

Canyoning in the Tramouillon canyon, a must-see from Champcella. During this half-day trip, come and discover a fun activity with several abseiling descents, natural slides and jumps. Everything you need for a unique experience. Intermediate level for teenagers and adults.

Duration of activity: 3 hours  
Supervision: with guide  
Additional charge to be booked on registration: €70 per person.

### **Tandem paragliding flight**

From Puy Aillaud, embark on a magical discovery activity: a tandem paragliding flight. After a briefing on the weather and aerology, the instructor will equip you and take you on board for a unique experience. Take to the skies and discover the Ecrins from the air.

Duration of activity: 2 hours (flight time 15-20 minutes)  
Supervision: with guide  
Additional cost to be booked on registration: €115 per person.

## Practical information

### ACCESS TO DEPARTURE POINT

In **Vallouise**, depending on the accommodation available at the time of booking.

**To complete this tour, you will need your own vehicle to get to the start of the hikes.**

#### BY CAR

To plan your trip, here are some websites: [www.viamichelin.fr](http://www.viamichelin.fr) [www.mappy.fr](http://www.mappy.fr)

### END OF THE STAY

**The hike ends in Valouise.**

### 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.**

### TO CONTACT US

If you are late, contact the agency: **+33 (0)4 50 79 09 16** or **+33 (0)6 42 49 76 07**

# Dates & prices

Departures possible every day from 15th June to 30th September 2025

## 6 days and 5 nights version:

**460€** per person in comfort accommodation in a room for 2 people

## Optional extras

- Rafting: €65 per person
- Canyoning at Tramouillon: €70 per person
- Tandem paragliding flight: 115€ per person

## THE PRICE

### Includes:

- Organisation and booking fees;
- Accommodation on Bed & Breakfast;
- Road book: FFRandonnée topoguide with 40 hikes (only available **IN FRENCH LANGUAGE**), IGN map.
- Tourist tax.

### Does not include:

- Personal expenses (drinks, etc.);
- Return transport to the meeting and departure points;
- Transfers by bus or taxi;
- Cancellation assistance insurance (4.2% of the total cost of the trip).

**The price is all inclusive from the meeting point to the point of dispersion**

# Equipment and luggage

## RECOMMENDED EQUIPMENT

### Clothes

Hiking trousers  
Shorts (1 swimsuit in case)  
Tee-shirts "breathable" or merino wool  
Long "breathable" or merino wool shorts  
Fleece or sweater  
Windbreaker or Goretex jacket  
Rain cape + gaiters or trousers type Goretex + a bag cape  
A pair of gloves and a light bonnet  
Hat or cap  
Hiking socks (double layer, looped, 1 pair per day)  
Footwear with well-tuned treads and running shoes  
1 change of clothes for the evening  
Spare shoes for the evening

### Miscellaneous equipment

Toilet bag  
Towel (quick drying, sold in a specialist shop)  
Sunglasses and sunscreen  
Flask or thermos (1.5 liters minimum)  
Knife and cutlery  
An airtight plastic box as a plate for your picnics  
Coffee cup  
Small personal pharmacy (analgesic, dressings type compeed...)  
Survival blanket  
Headlamp or flashlight  
A sack sheet and pillowcase (the cottages provide blankets)  
Two telescopic sticks (highly recommended)  
Valid ID card or passport

## BACKPACK

Pack a comfortable 30-40 litre backpack for your day's effects (warm clothing, a rain cape, a canteen, a box and cutlery for the picnic, sun protection and ID) and a little room to carry a picnic and snacks.

## LUGGAGE TRANSPORT

Not required on this trip.



### REGISTRATION AND PAYMENT TERMS

- By post: form to be completed below.
- Online: <http://www.altitude-montblanc.com/>
- By telephone: +33 (0)4 50 79 09 16

Please specify if you want to take a cancellation insurance (4.2% of the cost of the trip).

We then send you, by e-mail, a proforma invoice (per couple) with a 30% deposit request, associated with your account details at Altitude Mont-Blanc ("my account" section). You can make your payment by credit card, bank transfer, check or holiday cheques. You then receive a confirmation of registration.  
The balance of the stay is to be paid 1 month before departure, without reminder from us.

The conditions of sale, cancellation etc. are available on our website.

We remain at your disposal for any information.



## 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