



## PANORAMA OF QUEYRAS


### Most beautiful lakes of 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...).

This stay is for you who love hiking through the wide open spaces and mountain lakes reflecting the surrounding peaks.

 7 days

 Guided / with a guide

 With or without baggage transport

 Accommodation : Comfortable Lodge

 Level : \*\*

 From : 670€

### You will like

- The diversity of the upper lakes of Queyras
- The sunny climate of the Southern Alps
- The discovery of a massif that has preserved its heritage and traditions (chalet in fustes, fountain in larches, sundials...)
- Comfortable accommodation

# The route

## Day 1

### WELCOME AND INSTALLATION

Welcome from 5pm in your accommodation. If you arrive earlier, in the afternoon, free walk in the village or on the old canal of Pierre Grosse. Presentation of the stay around 19h then dinner.

## Day 2

### EYCHASSIER LAKE - FOREANT LAKE - EGORGEUX LAKE

From the Agnel hut, we will go 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 Foréant and Egorgéoux. Terminus at L'Échalp.

Dinner and night at the chalet la Vie Sauvage

5 hours walk. Altitude difference: + 600 m/ - 600 m

## Day 3

### SOULIERS LAKE

From the small isolated village of Souliers, beautiful climb in the pastoral valley to reach the borders of the Briançonnaises dominated by the famous Grand Rochebrune. The lake of Souliers, like a precious stone nestled in its case will be conducive to a refreshing break (plan the jerseys). The climb of the ridge of Cote Belle will satisfy the strongest, in search of beautiful panoramas. Descent on Souliers by the Crests of Glaisettes.

Dinner and night at the chalet la Vie Sauvage

5.30 hours walk. Altitude difference: + 750 m/ - 750 m

## Day 4

### SAINTE-ANNE AND MIROIR LAKE

Classic in the Queyras, but you never get tired of it... Lakes Sainte-Anne and Miroir, two 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.

Dinner and night at the chalet la Vie Sauvage

5 hours walk. Altitude difference: + 650 m/ - 550 m

## Day 5

### NEAL LAKES

Departure from the foot of the Col de l'Izoard, towards one of the most beautiful alpine pastures of this natural park of Queyras. A quiet climb in the middle of the chalets of Clapeyto lined with flowering meadows where it will not be uncommon to cross the mouflon. After passing through a myriad of small lakes where the linaigrettes blossom cheerfully, the Néal pass opens a distant horizon on the massif des Écrins and the lake just below.

Dinner and night at the chalet la Vie Sauvage

5 hours walk. Altitude difference: + 750 m/ - 300 m

## Day 6

### DEPARTURE FOR 2 DAYS OF HIKING AT THE REFUGE DE LA BLANCHE

We move on the wide border ridges between France and Italy. The two Blanchet lakes offered us landscapes of magnificent high mountains... photographers will have a great time. Descent on the refuge de la Blanche nestled at the edge of its lake.

Dinner and night at the refuge de la Blanche

5.5 hours walk. Altitude difference: + 600 m/ - 400 m

## Day 7

### **DESCENT ON SAINT-VERAN**

At the very beginning of the morning, we leave this high border valley to reach the village of Saint-Véran in balcony on the valley of Aigues. Picnic in Saint-Véran or on the terrace of the Chalet Vie Sauvage, possibility to leave the stay around 12 pm.

2h30 walk. Altitude difference: + 0 m/ - 400 m

# The trip

## LEVEL \*\*

Medium level

Altitude of accommodation: 1800 m

Walking time : between 4 and 6 hours per day

Average positive elevation: 600m to 800m per day

Maximum elevation: 950 m

Maximum altitude of passage: 3000 m

Type of terrain : trails and varied easy medium mountain terrain..

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

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

## GUIDING

Group from 2 to 15 people supervised by a qualified montain leader.

It is usual to tip your guide at the end of the trek, according to your satisfaction. It is not mandatory but, it is very appreciated.

## ACCOMMODATION

Typical south-facing mountain chalets in a small hamlet bordering a magnificent larch forest in the heart of the Queyras Natural Park. Clinging to the sunny slopes of Prats-Hauts, just twenty metres separate the three buildings, which offer comfortable rooms sleeping 1, 2, 3 or 4. A cosy lounge with bar, music and board games is the perfect place to relax. In the rustic dining room, a large fireplace brings traditional and hearty meals to life. There are also several lounges and a library, south-facing terraces and free parking nearby.

- **Accommodation in shared rooms:** these are cosy, non-mixed rooms with en-suite facilities, to be shared by 3 or 4 people.
- **Accommodation in "standard" double rooms:** these are cosy rooms with en-suite facilities, located in the historic La Vie Sauvage chalet. Supplement for the stay of **€70** per person.
- **Accommodation in a "comfort" room for two:** these are spacious, tastefully decorated rooms with en-suite facilities, located in the new La Vie Sauvage chalet. Supplement for the stay of **€130** per person.
- **Single room:** a room with a single bed and en-suite facilities. Supplement of **€90** per person.

# Practical information

## ACCESS TO THE STARTING POINT

**Meeting at 7pm at the accomodation to meet your guide and the rest of the group. Arrival possible from 5pm.**

### BY TRAIN

#### *Night train:*

Line from Paris (Austerlitz station) to Montdauphin-Guillevre, runs every day of the year (trains sometimes have a late display: often within 3 weeks before departure).

#### *Day train from Paris to Montdauphin:*

TGV line from Paris (Lyon station) to Valence then TER line from Valence to Montdauphin-Guillevre.

### **Access between Montdauphin station and Prats-Hauts :**

#### Departures at the beginning and end of the season:

**For departures on 02/06/2024, 09/06/2024 and 16/06/2024 and 01/09/2024, 08/09/2024, 15/09/2024 and 22/09/2024:**  
As the regular shuttle service is not yet operational. We will then organise two shuttles per day, one at 9am and one at 7pm, for your arrival (cost: **€30 return from the station per person, reservation required when you register**).

#### Departures in July and August:

#### **For departures between 22/06/2024 and 25/08/2024 inclusive:**

In front of Montdauphin Guillevre SNCF station, take a regular ZOU shuttle bus to the "Gare routière de Ville Vieille" stop (Information and timetables: [www.zou.maregionsud.fr](http://www.zou.maregionsud.fr)). Then give us a call.

### BY CAR

From Grenoble, 2 routes are possible to reach Guillevre:

- Via Gap
- Via the Col du Lautaret and Briançon.

Attention: the passes of the Izoard, Agnel and Galibier are closed in winter. Some sites or GPS plan to get you there, but access is completely impossible. Similarly, do not take the options through the Fréjus and Oulx tunnel which are much longer and very expensive.

Inquire about the road condition of the pass at 04 92 24 44 44 (answering machine).

If you arrive by car you will have to park in the parking lot of the tourist office of Château Ville Vieille. Three shuttles per day are planned: 4 pm, 5 pm and 6 pm. You must call once you arrive at the car park: 04 92 46 71 72.

In order to plan your route, we advise you to inquire about your route:

[www.viamichelin.fr](http://www.viamichelin.fr), [www.mappy.fr](http://www.mappy.fr)

**End of the stay in early afternoon in Prats Hauts.**

## ACCOMODATION BEFORE AND AFTER YOUR STAY

The Chalet in Prat Hauts (same accommodation as during the stay):

- From 65€/ person in half board in room to share (room of 3 or 4 people)
- 75€/ person with half board in room for 2 persons
- 80€ in single room with half board

## 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 let us know as soon as possible : **+33 (0)4 50 79 09 16** or **+33 (0)6 42 49 76 07**

## Dates & prices

### Optional :

- Standard double room: **€70** per person half board
- Comfort double room option: **€130** per person half board
- Optional single room: **€90** per person half board

From 02/06/24 to 08/06/24	Full	<b>670 €</b>
From 09/06/24 to 15/06/24	Guaranteed departure	<b>670 €</b>
From 16/06/24 to 22/06/24	Guaranteed departure	<b>710 €</b>
From 23/06/24 to 29/06/24	Guaranteed departure	<b>710 €</b>
From 30/06/24 to 06/07/24	Guaranteed departure	<b>710 €</b>
From 07/07/24 to 13/07/24	Guaranteed departure	<b>710 €</b>
From 14/07/24 to 20/07/24	Guaranteed departure	<b>800 €</b>
From 21/07/24 to 27/07/24	Guaranteed departure	<b>800 €</b>
From 28/07/24 to 03/08/24	Guaranteed departure	<b>800 €</b>
From 04/08/24 to 10/08/24	Guaranteed departure	<b>800 €</b>
From 11/08/24 to 17/08/24	Guaranteed departure	<b>800 €</b>
From 18/08/24 to 24/08/24	Guaranteed departure	<b>800 €</b>
From 25/08/24 to 31/08/24	Guaranteed departure	<b>770 €</b>
From 01/09/24 to 07/09/24	Guaranteed departure	<b>770 €</b>
From 08/09/24 to 14/09/24	Guaranteed departure	<b>710 €</b>
From 15/09/24 to 21/09/24	Guaranteed departure	<b>710 €</b>
From 22/09/24 to 28/09/24	Guaranteed departure	<b>710 €</b>
From 29/09/24 to 05/10/24	Open departure	<b>710 €</b>

## THE PRICE

### Includes:

- Organisation and booking fees, guiding by a qualified and insured mountain leader ;
- All meals including picnic lunches and snacks during the day ;
- Accommodation in gites;
- Tourist tax

### The price does not include:

- Personal expenses (drinks, etc.), touristic visits ;
- Your return journey from home to the point of departure/end point ;
- Luggage transport on day 6 (overnight at the refuge de la Blanche)
- Airport taxes and other exclusions clearly described within the corresponding technical sheet.

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

# 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
- Sleeping bag liner sheet and pillowcase (blankets provided at accommodation)
- 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:

A large, light gray rectangular box intended for the user's signature.

Return with your deposit to:

Altitude Mont-Blanc, 62 Passage du Nant Devant, 74110 Montriond, FRANCE