



PANORAMA OF THE GORGES OF THE VERDON


One of the most beautiful canyon in Europe





The Verdon is considered the most beautiful canyon in Europe. With its cliffs over 600m high, it is also the largest. In this small country where everything is disproportionate, man has been able to adapt, over time shape extraordinary paths that take you to unique viewpoints and panoramas.

The Blanc-Martel trail, the Bastidon, the belvedere of Rancoumas, the Escalés as many routes and renowned site that we propose to take for this trip that we want to concentrate around this great canyon.

Comfortable accommodation in cottages and small hostels nestled in the middle of suspended villages, an authentic and warm atmosphere awaits you.

 6 days

 Guided / with a guide

 With or without baggage transport

 Accommodation : Inn

 Level : **

 From : 720€

You will like

- The most beautiful and largest canyon in France
- Comfort hotel accommodation with heated pool
- Easy access by train
- A selection of the most beautiful hikes of the Verdon

The route

Day 1

WELCOME AND VISIT TO MOUSTIERS-SAINTE-ANNE

Welcome at Manosque station by your guide and transfer to Moustiers-Sainte-Marie. Visit to the village, listed as one of the most beautiful villages in France. Church, ramparts, chapels, aqueduct, fountains, harmonious alliances of water and stone, pastel shades of tiles and tuff create a homogenous and lively architectural ensemble. The peaceful way of life here naturally encourages visitors to respect, appreciate, discover and protect the area. Centuries of working the land are the link between the village's history and its future.

Transfer to La Palud-sur-Verdon in the late afternoon and check into your hotel for 5 nights. Transfer time: between 30 minutes and 1 hour (approx. 20km)

Night at the hotel, dinner in a local restaurant.

Day 2

THE BASTIDON TRAIL

From La Palud, after crossing the Mainmorte ravine, the path winds its way over the Verdon canyon. The Bastidon trail remains at mid-height in the gorges, allowing you to explore them almost "from the inside", on the cliffside. Here you are at the very heart of the rock and its natural vegetation. From the Mayreste lookout, you can see part of the gorge and gauge the distance between the road and the river.

Night at the hotel, dinner in a local restaurant.

5 hours walk / Elevation: +275m -395m / 7.5km

Day 3

LES CHAUVETS - LA GRANDE MOURRE

After a short transfer to the hamlet of Michels, we take the old Roman road, at the foot of the Coudole ridge to reach the small hamlet of Chauvets, nestled at the foot of the Mourre Charnier. From this first part in the colors of Haute Provence, we climb one of the last highest peaks before the Mediterranean: the Chiran (1905m) which faces its twin the Mourre Charnier (1930m). A fine climb to the top, where we are richly rewarded by the magical view it affords of the entire Verdon massif.

Night at the hotel, dinner in a local restaurant.

5h30 walk / Elevation: +630m -630m

Day 4

BELVEDERE DES RANCOUMAS

Departing directly from Rougon, with a short drive in our own vehicles (5mn journey), we set off to discover one of the most beautiful viewpoints over these deep gorges. Access to the Rancoumas lookout is via a pleasant forest path, with a passage over the remarkable Pont du Tusset, a 32-metre bridge spanning the Verdon in a single arch.

Night at the hotel, dinner in a local restaurant.

5h walk / Elevation: +395m -395m / 6km

Day 5

ROUGON - BLANC MARTEL TRAIL - LA MALINE

Morning transfer to the Chalet de la Maline, an extraordinary belvedere overlooking the Gorges. The vehicles of the participants will have had to be manipulated to use this "linear" path. A quick descent to the Verdon torrent in the middle of a pleasant oak grove early in the morning. The sound of the torrent is soon heard and the ascent of its banks begins just after 20 minutes' walk. The Blanc-Martel trail was completely redeveloped in spring 2013, including the ladders at the Brèche Imbert. Exceptional sites then unfold before you: the Beaume au chien, the Brèche Imbert, the Escales cliff... In the heart of these gorges, these emblematic sites will amaze you with their sheer size and beauty. At the end of the route is the Baou tunnel, several hundred metres long, built at a time when hydroelectric engineers wanted to tame the Verdon

to generate electricity (you'll need a torch to get through the tunnel). Final ascent to reach the car park at Point Sublime.
Night at the hotel, dinner in a local restaurant.
6h walk / elevation: +600m -600m / 14km

Day 6

THE FISHERMEN'S TRAIL

This wild trail takes us to the edge of the gorges, and we're taking advantage of this last day to enjoy a swim in the turquoise waters of the gorges. After a quick descent to the river, we walk directly alongside the waters of the Verdon for 1.5km. It's a shorter day, so we can hit the road again in the early afternoon and be at Manosque station by 4.30pm.
3h30 walk / Elevation: +350m -350m / 6.5km

The trip

LEVEL **

Altitude of accommodation: 1000 m

Duration of the stages: 3h30 to 6h per day

Average positive altitude difference: 460 m per day

Maximum altitude difference: 600 m

Maximum crossing altitude: 1890 m

Type of trek: on easy, varied mid-mountain trails and terrain. Passage through tunnels and secure metal staircases. Little exposure to heights, but a few rocky passages. Depending on the weather, the guide may have to modify the stages (rain, hot weather, etc.). Slippery sections on certain stages should be avoided in wet weather.

This trip is organised in collaboration with our local partners, who share our desire to offer you an authentic experience.

PHYSICAL CONDITION

This trip requires you to be in good general fitness.

Your physical preparation will make your stay easier and enable you to enjoy it all the more. To prepare, we recommend regular walking, jogging, cycling or another sport.

GUIDING

Number of participants between 5 and 15 people supervised by a qualified professional (mountain leader).

ACCOMMODATION

5 nights at the Panoramic hotel, 700m from the village of La Palud sur Verdon. This hotel, set on a balcony overlooking the valley, offers all the comfort and tranquillity you need to recharge your batteries on your return from a hike. This family-run establishment, taken over some time ago by Anthony, offers you a games room, heated swimming pool, bar, panoramic terrace and over 4.5 hectares of parkland to relax in.

Accommodation is in rooms of 2, with a double bed or 2 separate beds and private bathroom facilities. Single rooms are available on request, at an additional cost.

MEALS

Breakfast will be taken at the hotel; for dinner, we will enjoy the lively little restaurants of La Palud, 700m away (on foot or by car). Please specify any allergies or dietary requirements when booking.

We do our best to accommodate special diets (gluten-free, vegetarian, etc.). However, we encourage you to bring a few extra items for your own picnics.

Practical information

ACCESS TO THE STARTING POINT

Meeting point in Moustiers Sainte Marie at 3.30 pm at the "Maire" car park or car sharing

By car:

From Aix-Marseille take the A51 motorway to the Manosque exit.

From Lyon (334km 4h30): A 48 to Grenoble (100 km, 1 h) then RN 75 to Sisteron then A51 motorway to the exit Manosque. Manosque, follow the direction of Valensole then Moustiers. The "covoiturage parking" is on the access road to Moustiers from Manosque, 500 meters after the Total station on your left.

More information on www.viamichelin.fr

By train:

Easy access from Paris TGV in 4h30. Transfer from Manosque station by taxi or with your guide (mobility pack: €40/person).

If you arrive by train, you will need to take the "Mobility Pack" (€40 to be booked when you register) and your guide or a taxi will pick you up at 2.30pm at Manosque station (the "Mobility Pack" also entitles you to travel to the start of the hikes during your stay).

THE MOBILITY PACK

The "Mobility Pack" costs €40 and must be booked when you register.

It includes :

- Transfer on day 1 from Manosque to the start of the hike, and transfer on the last day to Manosque.
- Transfers to the starting points of the hikes each day.

INTERNAL TRANSFERS

The few transfers to get to the start of the hikes will be made with the personal cars of each participant. Short trips every day of around 10 minutes and a maximum of 60 kilometres over the week.

For those arriving by train, we offer a mobility pack for a maximum of 8 participants in the group. (1 9-seater minibus driven by the tour leader).

End of the tour at 3.30pm from the Firsherman Trail.

Or around 4.30pm at Manosque SNCF station if you have chosen the "mobility pack" option.

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

Single room option: 215€ per person for the week

"Mobility Pack" option from Manosque station: 40€ per person

From 14/04/24 to 19/04/24	Full	850 €
From 21/04/24 to 26/04/24	Guaranteed departure	850 €
From 28/04/24 to 03/05/24	Guaranteed departure	850 €
From 05/05/24 to 10/05/24	Guaranteed departure	850 €
From 12/05/24 to 17/05/24	Guaranteed departure	850 €
From 19/05/24 to 24/05/24	Open departure	850 €
From 26/05/24 to 31/05/24	Guaranteed departure	850 €
From 02/06/24 to 07/06/24	Guaranteed departure	850 €
From 09/06/24 to 14/06/24	Open departure	850 €
From 16/06/24 to 21/06/24	Last places available	850 €
From 23/06/24 to 28/06/24	Open departure	850 €
From 30/06/24 to 05/07/24	Guaranteed departure	850 €
From 07/07/24 to 12/07/24	Guaranteed departure	950 €
From 14/07/24 to 19/07/24	Guaranteed departure	950 €
From 21/07/24 to 26/07/24	Guaranteed departure	950 €
From 28/07/24 to 02/08/24	Guaranteed departure	950 €
From 04/08/24 to 09/08/24	Guaranteed departure	950 €
From 11/08/24 to 16/08/24	Guaranteed departure	950 €
From 18/08/24 to 23/08/24	Guaranteed departure	950 €
From 25/08/24 to 30/08/24	Guaranteed departure	950 €
From 01/09/24 to 06/09/24	Guaranteed departure	850 €
From 08/09/24 to 13/09/24	Guaranteed departure	850 €
From 15/09/24 to 20/09/24	Guaranteed departure	850 €
From 22/09/24 to 27/09/24	Guaranteed departure	850 €
From 29/09/24 to 04/10/24	Open departure	850 €
From 06/10/24 to 11/10/24	Guaranteed departure	850 €
From 13/10/24 to 18/10/24	Guaranteed departure	850 €
From 20/10/24 to 25/10/24	Guaranteed departure	850 €

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;
- Mobility Pack: return transport to the meeting point AND transfers to the starting points of the walks each day

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 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:

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