

VERDON NATURAL PARK self-guided


Around the most beautiful canyon in France!





It is a territory cut between Alps and Provence, articulated around the Verdon river; it is also a subtle mixture of scrubland and forests, summits and desert plateaus. Located in the Verdon Regional Natural Park and in the Geological Reserve of Haute Provence, the hike crosses a wild country animated by its gorges and its small villages perched on the edge of cliffs or lost in the hollow of wild valleys: Castellane, Blieux, Rougon, la Palud... The landscapes are sculpted by geological fractures and the fury of the waters.

By panoramic ridge paths or by the bottom of the gorges along the river, the itinerary explores this natural park and the gorges that make its reputation.

Along the Martel trail, balconies, caves, belvederes, tunnels follow one another in a fairy-tale place dominated by immense walls with grey-orange tones. In the past, only a few courageous men knew how to go and look for the Buis and honey in these 700 meters deep meanders.

 6 days

 Self-guided / without a guide

 With or without baggage transport

 Accommodation : Comfort (room)

 Level : ***

 From : 595€

You will like

- The variety of the natural environment, between large desert plateaus and southern forest
- The spectacular and unique great canyon of Verdon, unique in Europe, and its river with green reflections
- Awesome viewpoints and crossing of the famous *Sentier Martel*, in the memory of the first explorer of the canyon
- The charm of the villages and dry-stone buildings

The route

Day 1

MOUSTIERS SAINTE MARIE – LA PALLUD

Departure from the protected village of Moustiers. The path goes up to the ridge until "Col de Plein Voir". First viewpoint on the south of the park and the Sainte Croix lake. The path goes on the ridge before descending into the beautiful village of La Palud. Night in gîte.

6 hour walk / Elevation: +950m - 700m 15 km

Day 2

SENTIER BLANC MARTEL

Short transfer to "La Maline" with the local bus (on your charge), departure point of the hike and then descent to the river. The itinerary crosses well-named places: the couloir (corridor) Samson, the Escales cliff, the "Défilé des Baumes", the sublime point... Viewpoints, stairs and tunnels all along the day. At the end of the day, short ascent to the "Auberge Sublime". Night in gîte.

5:30 hour walk / Elevation: +700m - 800m ; 12 km

Day 3

TRIGANCE - CASTELLANE

Going back along the Verdon river, that we leave quickly. A little orientation time allows to discover the belvedere of Rancoumas, for a point of view on the gorges. Crossing Trigance village, dominated by a beautiful castle. Going down to the Carajuan bridge, above the Jabron gorges. In option, detour to the small bridge of Sautet for the view on the limestone meanders of the Jabron. At the Carajuan bridge, bus transfer to Castellane or with a taxi (16km) (on your charge), a pleasant little southern town.

5:30 hour walk / Elevation: +700m - 950m 15km

Day 4

CADIERES DE BRANDIS

Taxi transfer to "Col de Lèques" above Castellane (10km) (in option). Going up in a great forest of oaks and scots pines, then arriving on the ridge at Cadières de Brandis, a remarkable ruinous site that deserves a stop. The ascent continues on a wild ridge, up to the summit (1741m) revealing a wide panorama of gorges and valleys. Descent to Colle Basse, then in the valley towards Blieux village, that is lost in a beautiful valley. In option hike from Castellane to Colle Basse by the Roman way. Night in gîte, **without luggage**.

6 hour walk / Elevation: +800m - 950m ; around 11 km

Day 5

BLIEUX - ROUGON

Going up to "passage de la Prau", between the "Mourre de Chanier" (1930m) and the Traversières ridge. Ascent (optional) on the beautiful crest of the Mourre, from with the wild landscape before to join the Prau then the doline of Suech. Descent to Rougon village, for a night in a gîte, under the flight of the vultures which return to the fold !

4:30 hour walk / Elevation: +750m - 700m 12 km

2 hour walk / Elevation: +450m - 450m 3 km for the summit of Mourre

Day 6

ROUGON - LA PALLUD

Departure by a pastoral path and stop at the "Bergerie de Faucon" for a little visit of the animals reserve. Then reaching

La Palud village.

3 hour walk / Elevation: +280m - 220m 6 km

End of the trip around 12:00 at La Pallud. Transfer to Moustiers with a local bus (17km) (taxi transfer in option).

The trip

LEVEL ***

Elevation : +/- 550m to 900m

Walking time : 4 to 6:30 hour per day

Type of walk : mountain route with no technical difficulty. Some spots require to be confident with cables and scales on the day 2. One unmarked passage on the ridge (day 4).

ROAD BOOK

Before departure, we will give you a travel pack containing :

- 2 IGN TOP 25 maps with the route
- 1 road-book with all the necessary information for the hike
- 1 map holder
- The list of accommodation

LUGGAGE TRANSPORT

Two options :

Without luggage transport: you carry all your luggage

With luggage transport: your luggage is daily transported to your accommodation, except day 4)

ACCOMMODATION

COMFORT :

5 nights in hotel or gite in a bedroom for 2 to 3 people, all the accommodations offer hot showers.

MEALS

Breakfasts and dinners are provided in each accommodation.

Picnic lunches are not included and can be ordered the day before in each accommodation.

Practical information

DEPARTURE

Departure from may to october.

ACCESS TO DEPARTURE POINT

Start of the hike in Moustiers St Marie.

BY TRAIN

From Geneva SNCF train station, Grenoble, Nice and Marseille and then bus to Moustiers.

<https://www.moustiers.fr/fr/acces>.

Timetables must be verified on the website [SNCF](#).

CLIMATE

Southern Alps, dry and hot in summer, sweet in autumn and spring, but maybe with a violent wind: the Mistral.

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 AND PRICES

Departure from May to October 2024

6-day comfort tour (5 nights with half-board formula, 2-star hotel or gite, bedrooms for 2 to 3 people)
Single departure, please contact us.

Without luggage transport
595€ per person

With luggage transport (except day 4)
2/3 people : **770€** per person
4/5 people: **665€** per person
6 persons and more: **645€** per person

In option, taxi transfers on day 2, 3 and 4 and the transfer the last day, from La Pallud to Moustiers Sainte Marie :
- **190€** for the group, 1 to 4 people
- **260€** for the group, 5 to 8 people

In option, 3-star hotel in La Pallud (with spa), in Trigance (medieval castle) and in Castellane (hotel with pool). Please contact us.

THE PRICE

Includes :

- Accommodation with half board formula in gite and hotel, in bedroom for 2 to 3 people and the city tax ;
- The road book: description and IGN maps (1 complete road book for 1 to 4 people, additional file from 5 people. Additional file: supplement of 10 to 25€) ;
- Daily luggage transport (except day 4), if you have chosen this option ;
- Taxi transfers on days 2, 3, 4 and the transfer on the last day, if you have chosen this option ;
- Organisational costs and tourist taxes.

Does not include :

- Lunch picnics ;
- Luggage transport on day 4 at Blieu ;
- Personal expenses (drinks, visits...) ;
- The journey from your home to the departure point and back ;
- Travel insurance.

The rate is all inclusive from the meeting point to the point of dispersion.

Equipment and baggage

EQUIPMENT

Clothing

- Hiking trousers
- Shorts (1 swimming costume just in case)
- Breathable" or merino wool T-shirts
- Breathable" or merino wool long johns
- Fleece or jumper
- Windbreaker or Goretex jacket
- Rain cape + gaiters or Goretex trousers + a bag cape
- A pair of gloves and a light hat
- Hat or cap
- Hiking socks (double layer, with loops...1 pair per day)
- Hiking shoes already broken in and with well-spiked soles
- 1 change of clothes for the evening
- A change of shoes for the evening

Miscellaneous equipment

- Toilet bag
- Towel (quick-drying, available in specialist shops)
- Sunglasses and sun cream
- Water bottle or thermos (1.5 litre minimum)
- Knife and cutlery
- An airtight plastic box as a plate for your picnics
- Coffee cup
- Small personal first aid kit (painkillers, bandages, etc.)
- Survival blanket
- Headlamp or torch
- A sheet and a pillowcase (the gîtes provide blankets)
- Two telescopic poles (highly recommended)
- Valid identity card or passport

BACKPACK

A comfortable 30-40 litre rucksack for your day's belongings (warm clothing, rain cape, water bottle, picnic box and cutlery, sun protection and identity papers) and some space for a picnic and snacks.

LUGGAGE TRANSPORT

Your luggage is transported by a logistics vehicle from stage to stage except on day 4. Your change of clothes should be grouped in one soft bag not exceeding 10kg! We particularly insist on the size and weight of your luggage: during your tour, it is handled by a driver several times a day (please think about their backs!) to be transported to refuges whose access is not always easy.

Use one piece of luggage per person, as grouping the belongings of two people in a single container generally results in excessive weight. It is better to have two 10kg bags than one 20kg bag!

Beware, luggage that is too heavy or too large will not be taken in charge by the drivers!

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