



Walk the Alps • France & Italy Walking Tour

12–21 JUNE 2024

Start in the heart of the French Alps (in the Hautes Alpes), in the UNESCO World Heritage listed city of Briançon.

Finish in the southern alpine town of Saint-Étienne-de-Tinée (in the Alpes Maritimes), only two hours from the sparkling blue Mediterranean coast (La Côte d'Azur) and the main city of Nice.

Enjoy eight days of guided walking by a professional French mountain guide in the natural wonderlands of the French and Italian Alps (stay in Italy for two nights en route).

Walk over high mountain passes into beautifully serene valleys amidst spectacular scenery in a small group (maximum 8 people).

Follow ancient routes and paths across national parks and protected areas. Stay in charming alpine accommodation. Discover centuries old historical sites, small hamlets, and villages. Observe nature and the natural alpine environment with all its wonders including waterfalls, rivers, wildflowers, chamois, marmots and more.

An unforgettable and inspiring adventure.

www.walkthealps.co.nz

Briançon → Saint Véran → Ceillac → Maljasset → Chiaperra → Acceglio → Larche → Bousieyas → Saint-Étienne-de-Tinée

DAY 0 Briançon

12 JUNE • *Mercredi*

ACCOMM: Le Parc et Spa Hôtel, Briançon

Le Parc hotel is perfectly located in the heart of the lower town of Briançon, 10 minutes walk from the train station and close to the Vauban city, listed as a UNESCO World Heritage Site.

DAY 1 Briançon / Saint Véran

13 JUNE • *Jeudi*

Breakfast and meet your guide. Transport (departing from Le Parc Hotel at 10 am) to the highest inhabited village in France located within the beautiful Queyras Regional Park: Saint Véran (2024 m). Explore the village and have an early lunch in a restaurant of your choice. See the surrounding area on a guided loop walk of 6.3 kilometres.

- 6.3 km
- Uphill +606 m
- 1h30 to 2 hours walk

ACCOMM: Gîte les Gabelous, St Véran, France.

DAY 2 Saint Véran → Ceillac

14 JUNE • *Vendredi*

In the Parc Naturel Régional du Queyras, Hautes Alpes.

St Véran (2042 m) → Col des Estronques (2651 m) → Villard (1825 m) → Ceillac (1639 m).

- 13 km
- Uphill +1000 m / downhill –865 m
- 6h30 to 7 hours walk

ACCOMM: Les Baladins, Ceillac, France.

DAY 3 Ceillac → Maljasset

15 JUNE • *Samedi*

Hautes Alpes to Alpes de Haute Provence.

Ceillac (1639 m) → Pied du Melezet (1690 m) → Lac Miroir (2214 m) → Lac Ste Anne (2415 m) → Col Girardin (2706 m) → Cabane de Girardin → Maljasset (1905 m).

- 16 km
- Uphill +1100 m / downhill –865 m
- 6 to 7 hours walk

ACCOMM: Auberge de la Cure, Maljasset, France.

DAY 4 Maljasset → Acceglio

16 JUNE • *Dimanche*

Maljasset to Chiappera, Italy, then shuttle to Acceglio.

Maljasset (1910 m) → Torrent du Béal de la Pouterie (2182 m) → Bergerie supérieure de Mary (2382 m) → Col de Mary/Col Maurin (2643 m) → Chiaperra (1627 m).

- 16 km
- uphill +740 m / downhill –1030 m
- 6 to 7 hours walk

ACCOMM: La Marmotte, Acceglio, Italy.

DAY 5 Acceglio

17 JUNE • *Lundi*

REST DAY

ACCOMM: La Marmotte, Acceglio, Italy.

DAY 6 Acceglio → Larche

18 JUNE • *Mardi*

Chiaperra (1627 m) → Pilone Bastier (1590 m) → Col de Sautron (2692 m) → France/GR5 Junction (1940 m) → Larche (1690 m).

- 11.5 km
- Uphill +1000 m / downhill –1046 m
- 5h30 to 6 hours walk

ACCOMM: Gîte le Lauzanier, Larche, France.

DAY 7 Larche → Bousieyas

19 JUNE • *Mercredi*

Larche to Bousieyas, Saint-Dalmas-le-Selvage (the highest hamlet in the Alpes Maritimes).

Larche (1690 m) → Pont Rouge (1907 m) → Cabanne des Eyssalps (2000 m) → Lac du Lauzanier (2284 m) → Pas de la Cavale (2671 m), entering Vallée de la Tinée in the Parc National du Mercantour → Col des Fourches (2261 m) → Bousieyas (1883 m).

- 21 km
- Uphill +1070 m / downhill –870 m
- 6h30 to 8 hours walk

ACCOMM: Gîte d'étape de Bousieyas, Saint-Dalmas-le-Selvage.

DAY 8 Bousieyas → Saint-Étienne-de-Tinée

20 JUNE • *Jeudi*

Bousieyas (1883 m) → Saint-Étienne-de-Tinée.

- 19 km
- Uphill + 600 m / downhill –1640 m
- 6 to 7 hours walk

ACCOMM: Hôtel le Régaliou, St-Étienne-de-Tinée.

DAY 9 Saint-Étienne-de-Tinée

21 JUNE • *Vendredi*

Petit-déjeuner together and goodbyes.

Bus can be arranged and added to price: Saint-Étienne-de-Tinée → Nice (approx. 2 hours).

Le fin!

FITNESS REQUIRED:

This is a moderate to challenging walk. Experience in alpine environments and/or a high level of fitness for multiday long-distance hikes is preferred.

CONTACT US: info@walkthealps.co.nz

TOTAL COST € 2050 pp.

INCLUDED:

- Nine nights accommodation.
- All breakfasts.
- Seven evening meals.
- Seven picnic lunches.
- Professional, French mountain guide (English-speaking).
- Sherpa service for backpacks.

NOT INCLUDED:

- Insurance. Clients purchase their own comprehensive travel insurance prior to starting the walk.
- Transport to Briançon and from Saint-Étienne-de-Tinée.
- Lunch and evening meals on the first and last days. These can be bought in Saint Véran (Day 1), and Saint-Étienne-de-Tinée (Day 9), at which point you may travel on to your next destination or choose to stay in the region.
- Drinks and snacks.

FRANCE

ITALY





↑
Grenoble

↑
Turin

FRANCE

ITALY

BRIANÇON

St Véran

*Parc naturel régional
du Queyras*

Ceillac

HAUTES ALPES

Maljasset Acceglio

Larche

St Dalmas de Selvage

ST-ÉTIENNE-DE-TINÉE

ALPES DE
HAUTE-PROVENCE

ALPES
MARITIMES

Menton

Nice

For bookings and to find out more please visit:

www.walkthealps.co.nz

info@walkthealps.co.nz