

Discover the wonders of Queyras on an unforgettable tour of this unspoilt gem of the French Alps. With its breathtaking scenery, authentic villages and untamed nature, the Queyras is a destination of choice for mountain lovers looking for a change of scenery. On this tour, you'll be enchanted by the diversity of the landscape, from snow-capped peaks to verdant valleys, from crystal-clear lakes to dense forests. You'll also encounter a rich and warm local culture, with people who are proud of their traditions and ready to give you a friendly welcome.

PROGRAMME

Day 1 : Ville Vieille - Ceillac

Meet at Ville-Vieille (commune of Château-Ville-Vieille), both historical and geographical gateway to the Queyras valleys, dominated by Fort Queyras, which we advise you to visit on your return from your tour. You will leave your bags at the Le Guilazur hotel before 9 a.m. Via a splendid route through the forest and pastoral massif of the Bûcher summit, you reach the Fromage pass (2300 m) then the lively village of Ceillac (1640 m), nestled in the heart of the Cristillan valley.

WALKING HOURS: 5 hours

DISTANCE: 15 km

ASCENSION : + 1090 m

DESCENT : - 870 m

ACCOMMODATION: in a lodge, inn or hotel depending on the option chosen

BAGGAGE ASSISTANCE: with baggage transport (if you have chosen this option)

Day 2: Ceillac - Saint-Véran

The Estronques pass (2651 m), a large crossing point between the Cristillan valley and the Aigue Blanche valley, allows you to reach the "haut Queyras", which you will discover over the coming days as well as and the famous village of Saint-Véran (2040 m), proudly dominating the Aigue Blanche valley.

WALKING HOURS: 6h30

ASCENSION: + 990 m

DESCENT: - 800 m

ACCOMMODATION: in a lodge, inn or hotel depending on the option chosen

BAGGAGE ASSISTANCE: with baggage transport (if you have chosen this option)

Day 3: Saint-Véran - Refuge Agnel

From Saint-Véran, climb towards the upper Clausis valley (2350 m) to explore the sumptuous high altitude viewpoints offered by the Italian border ridge. On the program, Blanchet massif and lakes, Saint-Véran pass (2850 m), Caramantran peak (3000 m, option), Chamoussière pass (2880 m). Beautiful day at the bottom of this cirque dominated by the Tête des Toillies, with the added bonus of the company of the marmots who have colonized this site.

(If you took the option in a double room, you will stop in Chianale, Italy, in a guest room. You will have a 10-minute transfer the next day to reach Col Agnel and a greater drop in altitude at to come down).

WALKING HOURS: 5h00

ASCENSION: + 935 m

DESCENT: - 370 m

ACCOMMODATION: in a refuge or guest room depending on the option chosen

BAGGAGE ASSISTANCE: with baggage transport (if you have chosen this option)

Day 4: Refuge Agnel - le Haut Guil

Refuge Agnel - Guil valley via the Pain de Sucre (3200 m, optional), Col Vieux (2850 m) then descent of the unmissable valley of the Foréant and Egourgéou lakes (most recently classified as a nature reserve) which takes you from the gates of the high mountains to the hay meadows of the Haut Guil valley (1700 m).

WALKING HOURS: 5h30

ASCENSION: + 300 m

DESCENT: - 1200 m

ACCOMMODATION: in a gîte

BAGGAGE ASSISTANCE: with baggage transport (if you have chosen this option)

Day 5 : Le haut Guil - Abriès

By the ridges of Peyra Plata (2500 m). One of the most beautiful ridge trails in Queyras and the discovery of the traditional hamlet of Valpréveyre. You will also appreciate the unique flora present on the Colette de Gilly. Descent towards the lively village of Abriès.

WALKING HOURS: 5h30

ASCENSION: + 700 m

DESCENT: - 900 m

ACCOMMODATION: in a lodge, inn or hotel depending on the option chosen

BAGGAGE ASSISTANCE: with baggage transport (if you have chosen this option)

Day 6 : Abriès - Lacs Malrifs - Refuge des Fonts de Cervières

This day allows you to discover the wonderful Fonts de Cervières valley in the Briançonnais region, crossing the Malrif massif (2550 to 2900m). This will also be the most challenging stage of your tour, allowing you to approach the Malrif lakes with their magnificent view of Mont Viso. The effort will be amply rewarded!

WALKING HOURS: 6 hours

ASCENSION: + 1250 m

DESCENT: - 770 m

ACCOMMODATION: in a refuge

BAGGAGE ASSISTANCE: with baggage transport (if you have chosen this option)

Day 7 : Les Fonts - Col de Péas - Col de la Crêche - Ville Vielle

You will leave this charming hamlet of Fonts where pastoralism is still very present to begin your last stage on the Queyras tour.

Dominated by the imposing Rochebrune, one of the four pillars of the massif, the Col de Péas (2600m) will be the highlight of your day. This vast valley offers several interesting views of the southern peaks of the massif.

Return to Ville-Vieille via the canal then the Col de la Crêche, the end via Meyrès and the Astragales trail will be absolutely beautiful.

WALKING HOURS: 6 hours

ASCENSION: + 570 m

DESCENT: - 1250 m

ACCOMMODATION: in a refuge

BAGGAGE ASSISTANCE: with baggage transport (if you have chosen this option)

Itinerary if you wish to go in a 6-day version

- 6 days / 5 nights formula: days 1, 2, 3, 4 and 5 of the initial program then

Day 6: Abriès - Malrifs Lakes - Aiguilles - Ville-Vieille

For this last day, we take you to the largest lakes in this massif: the Malrifs lakes. Nestled in this green setting, at the gates of Briançonnais, exceptional panoramas over the Viso and the entire Italian border open up to you.

The Malrifs lakes remain a must-see in this Queyras Natural Park... take the time to go around them, or even climb to Pic Malrif at almost 3000 m altitude... a unique 360°!

Descent to Aiguilles for a well-deserved drink in this village which is “the capital” of Queyras.

Transfer (5') by regular shuttle at 5 p.m. to Ville Vieille.

Variant: the upper Malrif lakes.

WALKING HOURS: 6 hours

ASCENSION: + 980 m

DESCENT: - 1060 m

BAGGAGE ASSISTANCE: with baggage transport (if you have chosen this option)

FICHE PRATIQUE

ACCUEIL

In Ville-Vieille (commune of Château-Ville-Vieille), if you arrive the day before in the Queyras, we can collect your bag directly from your accommodation (please give us this information on 04 92 46 71 72, the day before your departure).

Leave your bags at the hotel "le Guilazur" on the other side of the road opposite the Tourist Office before 9am.

How to get there

By car:

In order to plan your journey, we advise you to obtain information about your itinerary from the various websites:

www.viamichelin.fr

www.mappy.fr

Free, unguarded parking in Château-Queyras, close to residential areas.

By train :

Please consult the SNCF: <https://www.sncf-connect.com/> when you register.

Montdauphin-Guillestre station, Briançon line (Hautes-Alpes)

For Montdauphin/Château-Queyras shuttle timetables, contact "05 voyageurs" on 04.92.502.505 or <https://zou.maregionsud.fr/se-deplacer-en-bus/se-deplacer-en-bus-dans-les-hautes-alpes/>

DISPERSION

In Ville-Vieille, you'll find your bag at the Hôtel le Guilazur after 4pm.

NIVEAU

Sports level: 3 shoes

Average height gain: 800 m per day

Average length of stages: 5h30 per day

Particular difficulties: none. Medium mountain trails and varied terrain.

Maximum altitude of accommodation: between 1500 and 2000 m

Maximum altitude of passages: 2900 m

HEBERGEMENT

Depending on the option chosen:

Classic gîte accommodation: shared room for 4 to 12 people, bed linen and towels are not provided, bathroom facilities are on the landing.

Comfort gîte accommodation: Double room or room with 2 beds, depending on your choice and availability. Sheets and towels are not provided.

Hotel accommodation: Private room, private bathroom, sheets and towels provided.

Meals: balanced and varied. The food is hearty, adapted to the needs of hikers and often made from local produce. Special diets must be specified when booking so that we can inform the accommodation.

Picnics can be booked by La Vie Sauvage with the accommodation (option to be added). You can also book picnics with the accommodation providers on arrival for the following day.

There are small shops in the villages where you can buy supplies.

TRANSFERTS INTERNES

For the 6-day version: 5-minute transfer on the last day between Aiguilles and Ville-Vieille.

PORTAGE DES BAGAGES

Depending on the option chosen:

Without luggage transport: You carry all your personal belongings for the duration of your stay.

With luggage transport: You carry only your belongings for the day (small rucksack). The rest of your luggage is transported between the accommodation. If luggage transport is not possible in an accommodation, you will take your personal belongings with you for the night as well. You will be reunited with your luggage the following day.

GROUPE

From one participant.

ENCADREMENT

No guidebook on this trip.

Before your departure, we will provide you with a road book specially designed for this tour, containing precise instructions that will allow you to explore and hike in complete freedom. To fully enjoy and appreciate your hiking trip, you must be able to ensure your autonomy in the field with the documents provided.

MATERIEL FOURNI

EQUIPEMENT INDIVIDUEL A PREVOIR

Clothing

- 1 sun hat or cap
- 1 scarf
- 1 hat and/or headband
- thin gloves (optional)
- T-shirts (1 for 2 or 3 days' walking). Avoid cotton, which takes a long time to dry; prefer short-sleeved t-shirts (breathable material) in capilene (Patagonia), Dryflo (Lowe Alpine), Light Effect (Odlo) etc...
- 1 undershirt (notes as above) or long-sleeved shirt
- 1 fleece jacket
- 1 pair of shorts
- 1 pair of trekking trousers
- 1 pair of comfortable evening trousers
- 1 light, simple Gore-tex jacket
- 1 pair of waterproof overtrousers (optional)
- Underwear
- Walking socks (1 pair for 2 to 3 days' walking). Avoid tennis socks (cotton), which take a long time to dry and can cause blisters; Coolmax socks are preferable.
- 1 pair of hiking boots with good ankle support (Vibram-type soles), preferably waterproof.

- 1 pair of sandals or casual shoes for the evening
- A swimming costume and towel

The list of clothes should be adapted to suit the season.

Equipment

- 1 pair of quality sunglasses, category 3 minimum
- 1 pair of telescopic poles (optional): make ascents and descents easier and are very useful on rough or slippery terrain
- 1 water bottle (preferably 1.5 litres)
- 1 headlamp (optional)
- 1 compass
- 1 survival blanket (optional)

Personal pharmacy

- Your usual medicines
- Vitamin C or polyvitamin
- Pain medication: preferably paracetamol
- Elastic adhesive tape (Elastoplast type, 6 cm wide)
- Sets of adhesive dressings + disinfectant pads
- Double skin (SOS Ampoules by Spenco, available in sports shops, chemists, drugstores, etc.)
- Mosquito repellent.

LE PRIX COMPREND

- Travel documents,
- Accommodation on a half-board basis (dinner, overnight stay and breakfast) except in Ceillac in a B&B,
- Organisation and registration fees,
- Tourist taxes.

LE PRIX NE COMPREND PAS

- Insurance cover,
- Return transport to the starting point,
- Dinner in Ceillac at one of the village restaurants,
- Drinks and personal expenses,
- Luggage transport,
- Picnics.