

*This short break in the Haute Clarée is a real immersion experience. A real break just 4h30 from Paris by direct TGV... Wide open spaces, fresh air, a friendly welcome, not to mention the exceptional natural wealth of this high Alpine valley.
A rejuvenating stay!*

PROGRAMME

Day 1 : Névache - lac de Cristol - Refuge de Buffère

From Névache, take the Draille des Moutons up towards the Lacs de Cristols. It's a fine climb through the forest, and as an option you can easily reach the Cristols lakes (2300 m; + 2 hrs). Halfway up, there is a wild crossing to the chalets and the Buffère refuge. You can leave your bags at the refuge and climb up to the Lac du Privé and the Col de Buffère, where a breathtaking panorama awaits you.

HIKING TIME : 4h30

ASCENT : + 550 m

DESCENT : - 50 m

ACCOMMODATION : in a refuge

LUGGAGE ASSISTANCE: without luggage transport

Day 2 : Refuge de Buffère - Chemin de Ronde - Lac Lamaron et Serpent - Refuge de Laval

A beautiful descent into the Clarée to join the Chemin de Ronde, which climbs back up overlooking the Clarée valley. We'll pass by the unmissable Lamaron and Serpent lakes before descending to the Laval refuge, where we'll stay for two nights.

HIKING TIME : 6 hours

ASCENT : + 910 m

DESCENT : - 970 m

ACCOMMODATION : in a refuge

LUGGAGE ASSISTANCE: without luggage transport

Day 3 : Refuge Laval - Col de la ponsonniere - Seuil des Rochilles - Refuge Laval

A magnificent loop starting from Laval, in the heart of the Cerces massif. No fewer than eight lakes today, each different from the next, with the impressive surrounding massifs as a backdrop. A physical but unforgettable day in the heart of the Cerces massif.

We'll pass the old fortifications at Les Rochilles and descend along the Clarée to Laval.

HIKING TIME: 6h

ASCENT : + 1050 m

DESCENT : - 1150 m

ACCOMMODATION : in a refuge

LUGGAGE ASSISTANCE: without luggage transport

Day 4 : Laval - Lac Long et Rond - Col des Méandes et des Muandes - Refuge du Thabor

Today you leave the Clarée valley to climb a little higher and reach the foothills of Mont Thabor!

Once again, your day's walk will be punctuated by a series of lakes on the way to the Thabor refuge, nestling on the edge of a lake at an altitude of almost 2,500 metres.

At these altitudes, the forest gives way to lush green mountain pastures, where early in the morning it's not unusual to spot chamois in transit between two rocky spurs. A beautiful night under the stars awaits you at the Thabor refuge. Here too, you'll need to pack light, as your suitcases will remain in the valley!

HIKING TIME: 6 hours

ASCENT : + 1200 m

DESCENT : - 770 m

ACCOMMODATION : in a refuge

LUGGAGE ASSISTANCE: no luggage transport (you'll find your luggage the next day)

Day 5 : Refuge du Thabor - Mont Thabor - Refuge Re Maggi

It's "D" Day, the day when you decide whether or not to make that famous ascent to over 3000 m! But there's no pressure, the route is easy, the views are spectacular, and if you decide to climb up there, it will be almost the only positive difference in altitude!

A descent into the valley dominated by the famous Three Wise Men... the three peaks of Balthazar, Melchior and Gaspard form the real border with Italy... but you'll soon realise that, culturally, as you approach the village, even in France it's the Italians who are welcoming you! This is a French enclave in name only, but this evening you'll be treated to antipasti and polenta!

HIKING TIME: 3h30 (6h with the ascent of the Thabor)

ASCENT : + 10 m (+ 800 m with the ascent of Le Thabor)

DESCENT : - 760 m (-1450 m with the ascent of Le Thabor)

ACCOMMODATION : in a refuge

LUGGAGE ASSISTANCE: with luggage transport (if you have chosen this option)

Day 6 : Re Maggi - Col des Thures - Névache

Last day with a return to Névache via the pastoral plateau of Thures. Passing by Lake Chavillon, and optionally the last summit of our week: Aiguille Rouge and the Thures Lakes (2545 m), which will be the final nod to our journey in this magical valley.

HIKING TIME: 5h

ASCENT : + 600 m

DESCENT : - 780 m

LUGGAGE ASSISTANCE: with luggage transport (if you have chosen this option)

FICHE PRATIQUE

ACCUEIL

Depart from Névache, Tourist Office car park.

Leave your luggage (before 9.30am) at the gîte la Découverte, 150m from the car park (if you have chosen the luggage transfer option).

Please note that at certain times of the year, access to Névache is restricted, so you may have to park at the entrance to the town and take a free shuttle bus (5 minutes).

DISPERSION

Around 4pm in Névache.

NIVEAU

Level of fitness: physical

Total ascent and/or descent: 600 to 1000m per day (1300m for Le Thabor).

Average duration of stages: 4 to 7 hours' walking per day.

Particular difficulties: none, mountain route.

HEBERGEMENT

Standard gîte accommodation: shared rooms for 4 to 12 people, sheets and towels not provided, bathroom facilities on landing.

Day 1: Buffère Refuge

Day 2: Refuge de Laval

D3: Laval Refuge

D4 : Thabor refuge

D5 : Vallée Etroite refuge

The meals served in the accommodation are 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 if you take the option, otherwise you will find the shops you need in the villages. You can also book them with the accommodation providers on arrival for the following day.

TRANSFERTS INTERNES

No transfers on this tour.

PORTAGE DES BAGAGES

Depending on the option chosen:

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

With luggage transport: You carry only your belongings for the day. The rest of your luggage is transported between the accommodation. If luggage transport is not possible in one of the holiday accommodations, you will carry your personal belongings for one evening. You will find your luggage the next day.

Luggage can be transported by us, except for the stages at the Buffère refuge, the Laval refuge and the Thabor refuge. These refuges are inaccessible by car.

GROUPE

From 2 participants.

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:

For the upper body, the 3-layer principle means you can deal with almost any situation:

- a long-sleeved undershirt made from breathable material.
- a warm fleece jacket.
- a waterproof, breathable windproof jacket such as Gore-Tex.

When walking, in fine, calm weather, an under-sleeve jumper may suffice. In rain, snow or wind, simply add the waterproof jacket.

In very cold weather or when taking a break, a fleece jacket is an essential addition. These 3 layers should always be in your rucksack, as the weather changes very quickly in the mountains.

Make sure your clothing dries quickly, so avoid cotton. Wool, silk and synthetic fibres are preferable, as they keep you dry and warm for as long as possible.

Remember to cover up before you get cold, but above all to uncover before you get too hot. Sweat is the hiker's enemy, because it moistens the clothes, which quickly freeze during breaks. It is therefore very rare to climb a mountain wearing a fleece jacket.

Avoid anoraks: too warm and bulky.

In your rucksack and on your person :

- 1 40/45-litre soft-frame rucksack.
- 2 telescopic poles.
- 1 large plastic bag to protect the inside of the rucksack.
- 1 long-sleeved sweatshirt made of breathable material.
- 1 fleece jacket.
- 1 waterproof and breathable gore-tex windproof jacket with hood.
- 1 rain cape
- 1 sun hat or cap
- 1 small, light hat with fleece gloves to protect against the cold or wind.
- 1 pair of loose-fitting trekking trousers.
- 1 pair of waterproof hiking boots with good ankle support and Vibram soles. Remember to "test" both new and long-unused boots beforehand.
- 1 pair of low gaiters (optional)
- Compulsory: 1 pair of high quality sunglasses.

- Mandatory: 1 sun cream and protective lip stick.
- 1 swimming costume (optional) and a small towel if you plan to swim in a lake or stream
- 1 thermos flask or water bottle, preferably insulated (minimum 1.5 litres).
- 1 Opinel-type pocket knife.
- 1 small pouch (preferably waterproof) for your money, identity card, health insurance card and assistance contract.
- 1 small roll of toilet paper and tissues.
- 1 airtight plastic can (minimum capacity 0.3 litres) + cup + cutlery.
- 1 headlamp or torch.
- 1 survival blanket.
- 1 camera and/or binoculars (optional).

In your bag taken to the refuges

- 1 pair of comfortable trousers for the evening.
- 1 pair of light trainers for the evening.
- 2 short-sleeved T-shirts, preferably breathable (1 for 2 to 3 days' walking).
- 2 pairs of walking socks (1 pair for 2 to 3 days' walking). Preferably wool or specific hiking socks. Beware of cotton for blisters.
- Underwear.
- 1 set of toiletries (focus on essentials, small sizes, samples and travel kits).
- 1 quick-drying towel.
- 1 pair of earplugs (optional).
- 1 sheet-bag for the refuge. Duvets are not necessary.
- And why not a little speciality from your region to share?

Personal pharmacy :

- Your usual medicines.
- Painkillers: preferably paracetamol.
- Sore throat lozenges.
- **Mandatory:** an elastic adhesive bandage, such as Elastoplast 8cm wide,
- Sets of adhesive dressings + disinfectant pads.
- Double-skin bandages (Compeed or SOS ampoules).
- tweezers.

Your luggage should not exceed 6kg, bearing in mind that most of your belongings are already in your rucksack for the day:

- The days are full, so there's no need to bring several books. It's quite exceptional to manage to read a complete book during the week.
- Wet clothes can be dried almost every evening at the accommodation. There is no need to bring a complete change of clothes for each day.
- Take a very light pair of shoes for the evening.
- Keep your first-aid kit to a minimum. In your rucksack, your personal medicines, a few bandages, elastoplast, etc. Your tour leader will have a first-aid kit with all the essentials. In your luggage, a few basic medicines (see equipment list).
- When it comes to toiletries, go for the essentials, small sizes, samples and travel kits.
- If you're going away for several weeks, remember to pack a second bag for things you won't need during your trek.

LE PRIX COMPREND

- Travel documents,
- Half-board accommodation (dinner, overnight stay and breakfast),
- Organisation and registration fees,
- Tourist taxes.

LE PRIX NE COMPREND PAS

- Insurance cover,
- Return transport to the departure point,
- Optional transfers mentioned in the programme,
- Drinks and personal expenses,
- Shower tokens in refuges,
- Luggage transport.