

We offer you an impressive journey through the Écrins. In the heart of this National Park, you'll be surrounded by unspoilt nature, exceptional flora, lakes and breathtaking panoramas.

This tour takes you over the massif, from the top of the Romanche valley in Meije country to the narrow, isolated Valgaudemar valley.

Between glaciers and high-altitude lakes, you'll enjoy a variety of landscapes, and comfortable mountain refuges whose isolation will make you appreciate their conviviality...

A week of total change of scenery in an alpine atmosphere under the sun of the southern Alps.

PROGRAMME

Day 1 : Monétier - Lac de l'Eychauda - Pelvoux

You can leave your vehicle along the Guisane at the parking lot at the start of the GR54.

Free, unguarded parking.

If you choose to arrive the day before, you can stay at the "Le Flourou" gîte, just opposite this parking lot.

Please note that this is a real stage, so you'll need to leave early (9am maximum).

Today we leave the Guisane valley for Pelvoux. Departing from Monétier-les-Bains, we make a big morning climb up the vallon de Tabac to reach the steep Col des Grangettes (2684m).

You'll have a bird's-eye view of Lac de l'Eychauda, which freezes over late in the season.

Descend through the magnificent Eychauda valley to the Vallon Chambran.

HIKING TIME: 7h

ASCENT : + 1100 m

DESCENT : - 800 m

ACCOMMODATION : in gîte

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

Day 2 : Entre les Aygues - Col de l'Aup Saint Martin - Pré de la Chaumette

For this stage, we advise you to take the regular shuttle bus (for a fee of €10, booked with your accommodation provider, it will save you a good 2 hours' walk).

Start this stage with a light kit, as your bags cannot be transported to the Pré de la Chaumette refuge.

A long, gently sloping ascent into the valley (you can book a shuttle bus to take you to the valley floor (6km); ask your accommodation for details). Once you're out in the alpine meadows, you can see the pass in the distance behind several rocky locks, which you climb for a long time.

The final climb is a little steeper, in black schist, a slightly austere atmosphere that spices up the end of the ascent. Passage of the Col de l'Aup Martin (2761m) then the Pas de la Cavale. Rapid descent to the Refuge du Pré de la Chaumette.

HIKING TIME: 7h30

ASCENT : + 1200 m

DESCENT : - 750 m

ACCOMMODATION : in a refuge

Day 3 : Pré de la Chaumette - Col de la Valette, Col de Valompierre, Valgaudemar Valley

Day 3: Pré de la Chaumette - Col de la Valette, Col de Valompierre, Valgaudemar Valley

Departure from the refuge for the "famous 3 cols". Most of the day will be spent climbing three successive cols: the Col de la Valette (2668m), the Col Gouiran, just below, with its small lakes. The last, the Col de Valompierre (2607m), dominates the rocky valley above the Valompierre refuge.

Descent to the Severaisse valley.

HIKING TIME: 7h30

ASCENT : + 1200 m

DESCENT : - 1200 m

ACCOMMODATION : gîte or refuge

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

Day 4 : La Chapelle en Valgaudemar - Col des Clochettes - Refuge de l'Olan ou Refuge des Souffles

For this stage, we'll once again be taking a light pack (we can't carry our own bags), and we'll find our bags again on the next stage.

From La Chapelle (1075 m), the trail climbs relentlessly, even if a few waterfalls grace the ascent. Our efforts are soon rewarded by the views that widen as we climb, notably of Pic Pétarel (2618m), Pic de Colle Blanche (2975m) and Pic de Parières (3076m) to the south (if the group's level allows, we'll reach the refuge de l'Olan, set in magnificent surroundings at the foot of L'Olan, La Rouye and the cime du Vallon).

We then quickly cross over to the Col des Colombes (2423 m) and Lac Lautier, before descending on a balcony to the Col des Clochettes and the Refuge des Souffles (1968 m).

HIKING TIME: 6h30

ASCENT : + 1375 m

DESCENT : - 450 m

ACCOMMODATION : in a refuge

Day 5 : Refuge de l'Olan ou Refuge des Souffles - Col de Vaurze - Le Désert de Valjouffrey

Leaving the refuge, we climb up the mountainside to the Col de Vaurze, the natural border between the southern and northern Alps.

We'll enjoy the last magnificent panoramas of the southern part of the Ecrins under the song of beautiful waterfalls. We cross the Col de Vaurze (2500 m), and in this very mineral environment, we begin the descent to the Désert de Valjouffrey.

HIKING TIME: 6h30

ASCENT : + 650 m

DESCENT : - 1295 m

ACCOMMODATION : in a refuge

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

Day 6 : Désert de Valjouffrey - Col de Cote Belle - Valsenestre

We'll set off from this magnificent little village, whose former school has been converted into a refuge, up the Vallon de la Laisse towards the Col de Côte Belle (2220 m).

In these mountain pastures, where impressive flora thrives almost all summer long, we'll linger over an impressive geological curiosity known here as the Orgues Géantes.

Descent into the Haute Vallée du Béranger nature reserve to the Valsenestre gîte.

HIKING TIME: 6h30

ASCENT : + 1050 m

DESCENT : - 995 m

ACCOMMODATION : in a gîte

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

Day 7: Valsenestre - Col de la Muzelle - Venosc

Depart from this small village in the Valbonnais to reach one of the most prestigious sections of the GR54: the Col de la Muzelle (2613 m).

In this alpine valley, you'll no doubt come across flocks of sheep grazing peacefully... the climb gets steeper and steeper and soon seems impassable, but the Parc des Ecrins has recently carried out some improvement work, so the Col de la Muzelle can be crossed easily. The descent to the lake and the Muzelle refuge is a quick one... the refuge's terrace overlooking the lake is the perfect place to take a break and recover from our emotions. Descend along the torrent to Bourg d'Arud... in the middle of several waterfalls. Transfer (30 mins) to Besse, above Lac du Chambon, for the final stretch!

HIKING TIME: 6h30

ASCENT : + 1295 m

DESCENT : - 1630 m

ACCOMMODATION : in a gîte

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

Day 8: Besse - Plateau d'Emparis - Villard d'Arène

A wonderful day's hike from the small village of Besse en Oisans to discover the fabulous Plateau d'Emparis and its lakes.

As you hike, you'll enjoy breathtaking views of the Meije and its glaciers. The shores of Lac Lérié and Lac Noir are ideal places to take a contemplative, photographic and/or meditative break.

Finally, the relaxed atmosphere of the plateau is such that some even consider it to be the most beautiful corner of the Alps.

Descend to the village of La Grave and then Villard d'Arène for a stopover.

HIKING TIME: 6h30

ASCENT : + 1200 m

DESCENT : - 1200 m

ACCOMMODATION : in a gîte

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

Day 9 : Villard d'Arène - Lac Glaciaire d'Arsine - Monétier-les-Bains

From the legendary village of Villard d'Arène, take an alpine climb towards the source of the Romanche to the Col d'Arsine.

Take a short diversion to the astonishing Arsine glacier-lake.

This small reservoir of glacial meltwater has a milky colour due to the presence of mineral flakes suspended in the water from glacial erosion.

Cross the Réou d'Arsine then descend to Le Casset, the last village in Serre Chevallier.

HIKING TIME: 6h

ASCENT : + 790 m

DESCENT : - 950 m

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

FICHE PRATIQUE

ACCUEIL

Day 1 at the car park at the foot of the pistes in Monêtier-les-Bains (05)

You can leave your vehicle along the Guisane in the car park at the start of the GR54.

Free, unguarded parking.

If you choose to arrive the day before, you can stay at the gîte "le Flourou", which is just opposite this car park.

Please note that this is a real stage, so you'll need to leave early (9am maximum).

How to get there :

BY CAR:

In order to plan your journey, we recommend that you obtain information about your itinerary from the following websites:

www.viamichelin.fr

www.mappy.fr

BY TRAIN :

Please consult the SNCF on the Internet www.sncf.fr when you register.

Outward journey: night train Paris/Briançon or daytime TGV via Valence or Grenoble.

Return: night train Briançon/Paris or day train Briançon/Valence or Grenoble then TGV Valence or Grenoble/Paris.

DISPERSION

Day 9 at Monêtier-les-Bains

NIVEAU

Sporty.

Average elevation gain: 950 m per day

Average duration of stages: 6h00 per day

Particular difficulties: hikes on good, well-marked mountain paths, but which can sometimes be quite steep or stony. Passages through schist slopes with no major difficulties. A few slightly exposed sections.

HEBERGEMENT

8 nights in comfortable mountain gîtes and refuges

Day 1: Chalet CAF de l'Eychauda

Day 2: Pré de la Chaumette CAF refuge

Day 3: Gîte de la Chapelle en Valgaudemar

Day 4: Refuge CAF des Souffles

Day 5: Désert de Valjouffrey stopover gîte

Day 6: Valsenestre stage gîte

Day 7: Besse en Oisans mountain lodge

Day 8: Le Chazelet or Villard d'Arène stage gîte

Comfort package:

Possibility of staying in a private room for 2 people for 6 nights out of 8, subject to availability.

TRANSFERTS INTERNES

Transfer between Venosc and Besse en Oisans: 30 minutes

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. Your luggage will be returned to you the following day.

You can collect your bags every evening except for the Prés de la Chaumette and Souffles refuges.

GROUPE

Départ possible dès un 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
- 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)
- 1 swimming costume
- Underwear

- Walking socks (1 pair for 2 to 3 days' walking). Avoid tennis socks (cotton), which take a long time to dry and carry a high risk of blisters; prefer Coolmax socks, for example.
 - 1 pair of hiking boots with good ankle support (Vibram-type soles)
 - 1 pair of sandals or casual shoes for the evening.
- The list of clothes should be adapted to suit the season.

Equipment :

- 1 pair of high-quality sunglasses
 - 1 pair of telescopic poles (optional): make ascents and descents easier, and very useful on rough or slippery terrain.
 - 1 water bottle (1.5 l preferred)
 - 1 headlamp (optional)
 - 1 survival blanket (optional)
 - 1 pocket knife (to be packed in checked luggage)
 - 1 small money pouch (preferably waterproof)
 - Toiletries: preferably biodegradable products (CAO biodegradable liquid soap is available).
 - 1 towel: quick-drying Packtowl towels are available in 4 sizes.
 - Earplugs (optional)
 - Toilet paper - Sun cream + lip stick.
- Sack sheet

PICNIC MATERIALS (optional) :

- An airtight plastic box to carry your picnic.
- Cup
- Cutlery

Personal pharmacy :

- Your usual medication
- Vitamin C or polyvitamin
- Pain medication: paracetamol preferred
- Elastic adhesive tape (Elastoplast type, 6 cm wide)
- Sets of adhesive dressings + disinfectant pads
- Double skin (Spenco brand SOS Ampoules, available in sports stores, pharmacies, drugstores, etc.)

LE PRIX COMPREND

- Travel documents,
- Half-board accommodation,
- Transfer on day 7 between Venosc and Besse,
- Organization and registration fees,
- Tourist taxes.

LE PRIX NE COMPREND PAS

- Insurance,
- Return transport to departure point,
- Drinks and personal expenses,
- Picnics.

