

A limestone massif in the Pre-Alps, perched between the Drôme and Isère departments, the Vercors (France's largest regional nature park) is a veritable paradise for hikers. Wide, open valleys, vast forests of fir and spruce, as well as beech and maple, scenic lookout points, everything calls for you to "recharge your batteries"... The variety of landscapes surprises the hiker: "classic" mid-range mountains, white limestone walls, deep and mysterious gorges, astonishing caves and resurgences, unsuspected passages ("pas") in the cliffs, used for centuries. A little higher up is the immense desert of the Hauts Plateaux (nature reserve), a veritable chaos of limestone and sheep pasture.

PROGRAMME

Day 1 : Lans en Vercors

Arrival late afternoon or early evening.

ACCOMMODATION: 2-star hotel with swimming pool

LUGGAGE ASSISTANCE: with luggage transport

Day 2 : Lans en Vercors - Autrans

The crests of the northern Vercors, via the Pas de Bellecombe and the Pas de l'Ours. From the Molière mountain pasture, there's a superb view of all the Alps: No fewer than 7 mountain ranges, including the Mont Blanc, come into view. A beautiful descent to Autrans through the hamlets.

HIKING TIME: 5h30

ASCENT : + 650 m

DESCENT : - 650 m

ACCOMMODATION: 3-star hotel with swimming pool

LUGGAGE ASSISTANCE: with luggage transport

Day 3 : Autrans - Rencurel

The crests of the northern Vercors, via the Pas de Bellecombe and the Pas de l'Ours. From the Molière mountain pasture, there's a superb view of all the Alps: No fewer than 7 mountain ranges, including the Mont Blanc, come into view. A beautiful descent to Autrans through the hamlets.

HIKING TIME: 5h30

ASCENT : + 650 m

DESCENT : - 650 m

ACCOMMODATION: 3-star hotel with swimming pool

LUGGAGE ASSISTANCE: with luggage transport

Day 4 : Rencurel - Pont en Royans

Via the Pas du Ranc and the Choranche caves. A day rich in exceptional sites: Choranche, an astonishing cirque of white cliffs, Choranche and its waterfalls, Choranche, and above all its cave, unique in Europe for its thousands of infinitely long and thin stalactites...

Continuing on to Pont en Royans, a large, lively village with its houses suspended above the Bourne.

HIKING TIME: 6h30

ASCENT : + 500 m

DESCENT : - 1000 m

ACCOMMODATION: 3-star hotel

LUGGAGE ASSISTANCE: with luggage transport

Day 5 : Pont en Royans - La Chapelle en Vercors

Short transfer to the Col de Mézelier. Climb up to the Vercors Central via the Pas des Voûtes and Grands Goulets. Superb panoramic views over the whole massif, where you can see perfectly the different parts of this limestone massif, cut by deep gorges. We cross the

sumptuous Allier mixed forest to discover one of the most impressive passages in the Vercors: the Grands Goulets, narrow gorges carved deep into the limestone. Stopover in the village of La Chapelle en Vercors.

HIKING TIME: 5 hours

ASCENT : + 870 m

DESCENT : - 580 m

ACCOMMODATION : 2-star hotel

LUGGAGE ASSISTANCE: with luggage transport

Day 6 : La Chapelle en Vercors - Bois Barbu

Quick transfer to Tourtre. Bois Barbu, above Villard de Lans, via the Pas de St Martin then the Herbouilly plain and the ruined village of Valchevrière.

HIKING TIME: 5h

ASCENT : + 830 m

DESCENT : - 330 m

ACCOMMODATION: 2-star hotel or inn

LUGGAGE ASSISTANCE: with luggage transport

Day 7 : Bois Barbu - Lans en Vercors

Quick transfer to "la Conversaria", above Villard de Lans. You will then reach Lans via the Sentier Gobert, the Col Vert (and the Pic St Michel, as an option): a magnificent "ecological path" where you will discover the typical flora of the northern Vercors, a balcony path overlooking the entire Villard valley. The Col de l'Arc is a superb pass with easy access, offering a magnificent balcony overlooking Belledonne and Oisans. The Pic St Michel is one of the summits of the northern Vercors, offering a remarkable view of the whole of the Alps and the northern Vercors.

End of the tour after the hike in Lans en Vercors.

HIKING TIME : 5 hours

ASCENT : + 350 m

DESCENT : - 400 m

LUGGAGE ASSISTANCE : with luggage transport

We may occasionally have to modify the itinerary indicated, either for organisational reasons (overcrowding of accommodation, changes in the state of the terrain, landslides, damaged paths, etc.) or due to weather conditions. These changes are always made in your best interests, for your safety and for greater comfort!

FICHE PRATIQUE

ACCUEIL

D1 in the afternoon in Lans en Vercors.

Access

By plane

Lyon Saint-Exupéry airport is 1 hour's drive from Grenoble. There is a daily bus service (one every hour): <http://fr.ouibus.com/fr/franchise/bus-faure-ouibus-lyon>

By train

Numerous trains to Grenoble (T.G.V.) depart from Paris Gare de Lyon, either direct (about 3 hours) or via Lyon. There is also a regular bus service to Autrans and Méaudre on the Transisère network. The bus station is adjacent to the S.N.C.F. station.

Information: train timetables and reservations at <https://www.oui.sncf/billet-train> or 36.35 and bus timetables and reservations at www.transisere.fr or 0.820.08.38.38.

Examples of timetables:

- Outward journey: Paris gare de Lyon 07h41 - Grenoble 10h44

- Return: Grenoble 13h16 -Paris gare de Lyon 16h23

Please note that we cannot be held responsible for these timetables.

By bus

From Grenoble, it's easy to get to Lans en Vercors by Transisère bus, which runs regularly. Line 5100 or 5110 between Grenoble and Lans en Vercors (Tourist Office stop). See: www.transisere.fr

Example of timetable:

- Outward journey: Grenoble bus station 12.30pm - Lans en Vercors tourist office 1.13pm

- Return journey : Lans en Vercors tourist office 11.00am - Grenoble bus station 11.45am

Please note that we cannot be held responsible for these times.

By car

A48 Lyon - Grenoble motorway, exit 14 Saint-Egrève, then follow signs for Villard de Lans (via Sassenage); in Lans en Vercors, turn left towards the village centre to get to your hotel.

You can check your itinerary on ViaMichelin.

Parking your car

In Lans en Vercors, in your hotel car park.

DISPERSION

On D7 in the afternoon, after the hike, in Lans en Vercors.

NIVEAU

Level: average to good walker, good physical condition.

Average elevation gain: 350m to 1170m per day.

Average duration of stages: 5 to 7 hours' walking per day.

Particular difficulties: the stages are not very technically demanding but are fairly long.

HEBERGEMENT

In 2* and 3* hotels (2 nights) in double rooms. Several hotels have swimming pools.

Catering

Half-board option: breakfasts and dinners served hot. Lunches are not included.
You can book your picnics when you arrive at the hotel or one day before for the night at the Musée de l'Eau.

Please let us know of any food allergies or special dietary requirements when you register; we will do our best to accommodate your meals.

TRANSFERTS INTERNES

PORTAGE DES BAGAGES

With luggage transport: You carry only your belongings for the day and your picnic (small rucksack). The rest of your luggage is transported between the accommodation, and you will find it again each evening.

GROUPE

Possible for groups of 2 or more.

ENCADREMENT

There is no guide 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

To transport your stuff

- A small, comfortable 40-50 L rucksack with a waist belt to carry your personal items and a picnic during the day.
 - and your picnic during the day
 - A piece of luggage to follow: a rucksack, a travel bag in good condition, or a suitcase that is not too bulky.
- Only one piece of luggage per person, limited to 15kg.

For hiking

- Ankle-hugging mountain boots with a good notched sole, a counter and good waterproofing.
- and waterproof
- Comfortable 'special hiking' socks (3 pairs minimum)
- Fleece
- Comfortable walking trousers (made from fast-drying technical fabrics)
- Shorts, T-shirts and technical underwear (fast-drying material)
- Long-sleeved shirt (fast-drying technical material)
- Walking poles (telescopic), very important to make walking easier

Note: synthetic technical clothing performs very well. New garments made from merino wool merino wool have also appeared; they perform well, are pleasant to wear and have the advantage of not

the advantage of not developing perspiration odours! (Icebreaker, Ruka, etc.).

As a general rule, avoid cotton, which cools down when wet.

For the lunchtime picnic

- Plastic bowl, box or plate
- Cutlery (spoon, fork, knife)
- Minimum 1.5-litre water bottle (compulsory); a thermos flask for winter use

Sun and rain protection

- Sun cream (high protection) and sunglasses
- Hat, cap or bob
- Rain cape or Goretex jacket and possibly Goretex trousers

After the effort

- A pair of jogging-style tennis shoes for the evening
- A change of clothes and personal linen
- Mini toilet bag and towel
- A mini-pharmacy: personal medicines, elastoplast, biogas or '2nd skin', gauze, disinfectant, arnica granules and aspirin for minor aches and pains...(quite a programme! don't worry, your first-aid kit will often come back intact from your week's hiking).

LE PRIX COMPREND

- Travel documents,
- Half-board accommodation,
- Transfers included in the programme,
- Luggage transport,
- Organisation and registration fees,
- Tourist taxes.

LE PRIX NE COMPREND PAS

- Insurance,
- Return transport to the departure point,
- lunches,
- Drinks, visits and personal expenses.