

Mont Viso: the highest peak in the Southern Alps, it's also a magnificent mountain, majestic and solitary, fascinating by the height of its different faces.

Situated between Italy and France, Mount Viso will always hide a secret... This beautiful mountain itinerary allows you to discover its mineral universe, its dozens of lakes, its Italian refuges and its unique fauna.

PROGRAMME

Day 1 - La Monta - Ciabo Del Pra

From the upper Guil valley to Ciabot del Pra. After a transfer to La Monta, we reach the Val Pellice and the Viso region via the Col Lacroix (2,300 m), an ancestral passage for travellers and pedlars.

HIKING TIME : 4h30

ASCENSION : + 600 m

DESCENT : - 500 m

ACCOMMODATION : in a refuge

LUGGAGE ASSISTANCE : no luggage transport

Day 2 - Ciabo Del Pra - Col Manzol - Pian del Re

Crossing to the Granero refuge and then the Col Manzol (2650 m) at the foot of the proud Monte Granéro (3050 m). Leaving the upper Val Pellice and its vast wild pastures, we reach the upper Po valley via the Colle d'Armoine, an ancestral passage on the "salt route" between Provence and the Po plain.

We'll spend the night in a refuge at Pian de Ré (2,000 m), at the foot of the sources of the Po, "the river" of northern Italy, and discover Piedmont's gastronomy.

HIKING TIME : 6h00

ASCENSION : + 1,200 m

DESCENT : - 950 m

ACCOMMODATION : in refuge

LUGGAGE ASSISTANCE : no baggage transport

Day 3 - Pian Del Ré - Refuge Alpetto or Quintino Sella

Hike between lakes and peaks to reach the foot of the eastern face of the giant of the Southern Alps. Possibility of climbing Viso Mozzo (3,020 m), a sumptuous and unique viewpoint over the Viso region.

You'll spend the night at the Alpetto refuge (2,300 m), with its intimate atmosphere. Depending on availability, overnight stay at Quintino Sella.

HIKING TIME : 5h30

ASCENSION : + 950 m

DESCENT : - 250 m

ACCOMMODATION : in refuge

LUGGAGE ASSISTANCE: no baggage transport

Day 4 - Alpetto - Bagnour

A high-altitude hike over the Passo Gallarino (2,730 m) takes you around Mount Viso to the Valante valley.

You'll spend the night at the Bagnour refuge, a friendly little hut nestled in the Bosco del Allévé, Europe's largest cembro pine forest.

HIKING TIME : 6h00

ASCENSION : + 600 m

DESCENT : - 800 m

ACCOMMODATION : in refuge

LUGGAGE ASSISTANCE : no baggage transport

Day 5 - Bagnour - Chianale

Climb up the Valante valley to the Col de la Losette (2,800 m), west of Mount Viso. Option to climb to Pointe Joanne (3,000 m), between Queyras and Viso. Descent of the Soustre valley to Chianale, one of the most beautiful villages in the Italian Piedmont.

HIKING TIME : 6h30

ASCENSION : + 900 m

DESCENT : - 1200 m

ACCOMMODATION : B&B

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

Day 6 - Chianale - Col Blanchet - Refuge de la Blanche

Back to Queyras, from Chianale to Saint-Véran, via the Col Blanchet (2,900 m) and the upper Saint-Véran valley. From the Col Blanchet, on the border ridge, a last look at the Viso, before reaching the Refuge de la Blanche nestled against the imposing tête des Toilies.

HIKING TIME : 6h30

ASCENSION : + 1100 m

DESCENT : - 400 m

ACCOMMODATION : in refuge

LUGGAGE ASSISTANCE: no bag transport

Jour 7 - Refuge de la Blanche - Pic de Caramentran (3000 m) - Col Vieux - l'Echalp.

Return to the start of the tour via one of the last viewpoints over the Viso: the Pic de Caramentran at over 3000 m. This easy-to-reach promontory will take us over the Aigue Agnel and the famous Vallée des Lacs, a UNESCO World Heritage site.

Return to l'Echalp

HIKING TIME: 6h00

ASCENSION: + 850 m

DESCENT: - 1,450 m

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

FICHE PRATIQUE

ACCUEIL

Day 1 at Echalp, large parking lot at the bottom of the hamlet.

You can leave your vehicle here, as this is the parking lot for hikers starting their tour of the Viso.

How to get there

By car :

To help you plan your journey, we advise you to check your itinerary at the following websites:

www.viamichelin.fr

www.mappy.fr

By train:

Please consult the SNCF: Internet www.voyages-sncf.fr when you register.

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

For Montdauphin/Château-Queyras shuttle timetables, contact ZOU MA REGION SUD

DISPERSION

Day 7 at l'Echalp.

NIVEAU

Sporty: 3 shoes out of 5

Average altitude gain: 0 to 1100 m per day

Average stage length: 6 h per day

Particular difficulties: hikes on good, well-marked mountain trails, which can sometimes be quite steep or rocky. Some short aerial passages.

Several hiking options, from level 3 shoes.

Cell phone network: Not working well on this tour.

Telephone numbers for accommodation will be given on the route map.

HEBERGEMENT

4 nights in Italian refuges, one night in a B&B in Chianale (Italy), 1 night in a refuge in France:

- Refuge Jervis: Ciabo Del Pra,
- Auberge de Pian del Ré,
- Refuge Alpetto,
- Refuge Bagnour,
- Gite Pramourel in Chianale,
- Refuge de la Blanche.

Meals served in our accommodation are well-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 accommodations by taking the option otherwise you'll 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 entire duration of your stay.

With luggage transport: You carry only your personal belongings for the day. The rest of your luggage is transported between accommodations. If luggage transport is not possible in one of the accommodations, you will carry your personal belongings for one evening. Your luggage will be returned to you the following day.

As Italian refuges are inaccessible, it is not possible to carry luggage for the first 4 nights. If you wish, we can transport your luggage to Chianale and back to Echalp.

GROUPE

From 1 to 15 participants.

Single person departure supplement: €50.

ENCADREMENT

No guide on this trip.

Before your departure, we'll give you a road book specially designed for this tour, with precise indications 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 cap and/or headband
- pair of 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 (remarks as above) or long-sleeved shirt
- 1 fleece jacket
- 1 pair of shorts
- 1 pair of trekking pants
- 1 pair of comfortable evening pants
- 1 simple, lightweight 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; prefer Coolmax socks, for example.
 - 1 pair of hiking boots with good ankle support (Vibram-type soles), preferably waterproof.
 - 1 pair of sandals or casual shoes for the evening.
 - Bathing suit and towel
- The clothing list should be adapted according to the season chosen.

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 compass
- 1 survival blanket (optional)
- 1 pocket knife (optional)
- 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.

Picnic equipment :

- An airtight plastic box
- Cup
- Cutlery

Personal pharmacy :

- Your usual medicines
- 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.)
- Mosquito repellent.

LE PRIX COMPREND

- Travel documents,
- Half-board accommodation,
- Tourist taxes,
- Organization and registration fees.

LE PRIX NE COMPREND PAS

- Insurance,
- Transportation to and from departure point,
- Beverages,

- lunches,
- Luggage portering.