

*Nestling in the foothills of the Ubaye, the valley known as the "Perle Occitan" has never lived up to its nickname. Built on an incredible cultural foundation, you'll be in awe of its rich architectural, gastronomic and, of course, natural heritage every day you travel.*

*On this tour, you'll be able to observe the valley from above, following in the footsteps of peasants in the alpine pastures, smugglers over the high passes or the Carabinieri, whose high-altitude barracks bear witness to a strong presence on these beautiful heights not so long ago.*

*As you'll see, the Val Maira is a unique mountain range! In the evening, you'll enjoy a warm Italian welcome in your Locanda Occitane. Nestled in small mountain hamlets, you'll be charmed by the beauty and tranquillity of the Val Maira villages - an unforgettable adventure!*

## PROGRAMME

### **Day 1: Chiappera - Lacs de Roure and Col Mary**

Meet in Chiappera, one of the villages nestling at the foot of the border, where you can park your vehicle and leave your luggage at your hostel (rooms available from 4.30pm). From this charming village, you'll climb up to the bottom of the Maurin valley, dominated by the characteristic Rocca Provençale.

The aim of this real day's walk (you'll need to set off early in the morning), is to reach the Franco-Italian border to discover a myriad of wild lakes nestling at over 2800 m altitude. A perfect loop for hikers in search of wild and unusual spaces.

**HIKING TIME:** 6h30

**ASCENT:** + 1050 m

**DESCENT:** - 1050 m

**ACCOMMODATION:** in locanda

**LUGGAGE ASSISTANCE:** with luggage transport

Transfer at the start of your hike: you leave on foot directly from your accommodation.

### **Day 2: The 5 lakes loop - Chiappera**

This is one of the most beautiful high altitude loops in this small massif...

Lakes, passes, the charm of high plateaus with verdant pastures that are hard to imagine on this ascent in an environment where glaciers have shaped the landscape.

Trails remarkably "carved" by the military up to high altitude bear witness to a time, not so long ago, when life was quite different in these mountains. A refreshing stopover at the Maira springs!

**HIKING TIME:** 6h30

**ASCENT:** + 1030 m

**DESCENT:** - 1030 m

**ACCOMMODATION:** locanda

**LUGGAGE ASSISTANCE:** with luggage transport

Transfer at the start of your hike: you leave on foot directly from your accommodation.

### **Day 3: Bivacco Bonfante - Elva**

Bivouacs are an integral part of the "excursionist spirit" of Italian hikers... and they're everywhere! Nestled in every unusual spot, of unlikely shape and color, they serve as shelters for hikers who have chosen an "out of time" stopover or who urgently need refuge!

Bivoacco Bonfante is nestled at the foot of one of the pillars of the Val Maira: the Pelvo d'Elva (3061 m)... we invite you to discover it, and why not climb the Pelvo for the more experienced...

Nestling in the foothills of the Sampeyre Pass, on the border between the Val Varaita and the Val Maira, Elva is one of the villages where life is good! The road up to the village is spectacular, with a string of small hamlets on the adret side offering the unspoilt architecture typical of the valley. On your way back from the Col de Sampeyre, don't hesitate to stop off at the church of Santa Maria Assunta, a veritable jewel of Romanesque art. Here you can admire 15th-century frescoes attributed to Hans Clemer, long known as "the Master of Elva".

**HIKING TIME:** 4h30

**ASCENT:** + 410 m

**DESCENT:** - 410 m

**ACCOMMODATION:** locanda

**LUGGAGE ASSISTANCE:** with luggage transport

Transfer to the start of your hike: 35-minute transfer with your vehicle to Elva.

#### **Day 4: Chialvetta and Bric Cassin**

Today's walk takes you into the secret Vallon d'Unerzio, home to the remarkable village of Chialvetta and its oversized bell tower! This deep valley, dotted with the typical hamlets of Pratorotondo and Vivière, leads to the wide Col de Gardetta, from where you can climb the Bric Cassin, proudly overlooking the Gardetta plateau and the famous Rocca Meja.

On the way back, it's a pleasure to stroll through Chialvetta and push open the door of the museum "la Maisoun d'en Bot", nestled in an old barn, which preserves numerous objects from everyday life in the Occitan culture.

**HIKING TIME:** 5h30

**ASCENSION:** + 850 m

**DESCENT:** - 850 m

**ACCOMMODATION:** in locanda

**LUGGAGE ASSISTANCE:** with luggage transport

Transfer to the start of your hike: 30-minute transfer with your vehicle to the Chialvetta valley

#### **Day 5: Rocca Meja tour**

The Preit valley below Monte Oserto and the sculptural Rocca Maja form the backdrop to your fantastic loop around the Rocca Meja. This is an enchanting valley, with its peaceful mills nestling in the torrents and its clusters of hamlets, which you'll come across again and again as you make your way to the start of your hike or along your itinerary.

This long but accessible hike will delight hikers in search of a diversity of landscapes and unique flora... you'll need to get an early start!

Transfer to the start of your hike: 30-minute transfer with your vehicle to the Preit valley.

**HIKING TIME:** 7h

**ASCENT:** + 1200 m

**DESCENT:** - 1020 m

**ACCOMMODATION:** in locanda

**LUGGAGE ASSISTANCE:** with luggage transport

#### **Day 6: Marmora La Punta Tempesta**

A panoramic day today, with wide-open views of the Val Maira, but also farther afield towards Viso and the Po plain... A day of easy but wild riding off the beaten track...

From your accommodation, you'll wind your way through a string of villages to reach the start of your hike at the Col Intersile, at an altitude of over 2000 m... Another "Cul de sacs" at altitude, where you'll reach a succession of small summits with evocative names... Punta Tempesta, Punta Piovosa and why not Mount Tibert as an option!

**HIKING TIME:** 5h

**ASCENT:** + 710 m

**DESCENT:** - 710 m

**LUGGAGE ASSISTANCE:** with luggage transport

Transfer to the start of your hike: 15-minute transfer with your vehicle to the start of the hike.

En plus des randonnées décrites au programme, votre livre de route sera complété par des propositions avec un niveau inférieur (niveau 2-3), qui permettront de vous poser une journée ou bien d'adapter votre voyage en cas de fatigue ou de mauvais temps. Pour profiter et apprécier pleinement votre voyage de randonnée, vous devez être en mesure d'assurer votre autonomie sur le terrain avec les documents fournis.

## FICHE PRATIQUE

### ACCUEIL

The start of your trek is in the village of Chiappera, 12021 Acceglio (province of Cuneo, Italy).  
GPS coordinates: 44.49254N 6.92294E.

You can drop off your luggage at your accommodation, the details of which will be sent to you with the travel pack you will receive by post.

### Access

#### **By car :**

Four main access points: Fréjus tunnel, Montgenèvre pass, Agnel pass or Larche pass.

#### **By plane:**

Turin airport (Italy) + car rental.

#### **By train :**

Turin train station (Italy) or Briançon SNCF train station (France) + car rental.

### DISPERSION

In Marmora early afternoon

### NIVEAU

Altitude of accommodation: 1500m

Stage duration: 4h30 to 7h per day

Average altitude gain: 900m per day

Maximum ascent: 1100m

Maximum passage altitude: 2800m

Type of terrain: easy, varied mid-mountain trails and terrain.

You carry only your gear for the day.

### HEBERGEMENT

Your stages will be spread over the main valleys that make up the Val Maira. We will select for you two or three accommodations that we feel best represent the welcome and culture of this exceptional valley. These structures differ somewhat from our traditional hotels: a limited number of rooms, a personalized welcome, a position more in the hamlets... As capacity is limited, we may be forced to modify the order of the stages in order to be able to retain for you "the best" accommodation according to its availability.

Chiappera : Locanda la Scuola chez Stéfano or Locanda Provençale

Ponte Maira: Locanda Mistral

Marmora: Locanda Lou Pitavin at Marco's or Locanda Marmu

Elva: La Locanda d'Elva

Two types of accommodation are available (in fact, each of the above structures offers 2 types of accommodation):

- A "Locanda" part (hotel service with typical, refined rooms, private bathrooms, linen provided)
- A "refugio" section (shared rooms, with bed linen and towels not provided).

Meals are the same for both types of accommodation.

### **Food**

Half-board from dinner on D1 to breakfast on D6.

Dinner and breakfast are taken at the accommodation.

The cuisine is meticulous, hearty and typical of this valley. Most meals are prepared with produce from the valley's farms, and breakfasts are full, often sweet and savory.

On your itinerary, you'll find few local grocery stores for picnic supplies. Accommodation can provide picnics, but remember to order them the day before.

**Picnics** can be booked by La Vie Sauvage at the accommodation if you take 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**

With your own vehicle.

## **PORTAGE DES BAGAGES**

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

## **GROUPE**

Tour available for groups of two or more.

## **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 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 (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 rain cape
- 1 pair of waterproof overtrousers (optional)
- 1 bathing suit
- 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)
- 1 pair of sandals or casual shoes for the evening.

The clothing list should be adapted to suit the chosen season.

#### **Equipment :**

- 1 pair of high-quality sunglasses
- 1 pair of telescopic poles (optional): make ascents and descents easier, and are very useful for working on uneven or slippery terrain
- 1 water bottle (1.5-liter minimum)
- 1 headlamp (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: some are quick-drying: Packtowl brand
- Earplugs (optional)
- Toilet paper
- Sunscreen + lip stick
- 1 sheet if you're on a Refuge package

#### **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. (optional)

### **LE PRIX COMPREND**

Travel documents,  
Half-board accommodation,  
Registration and organization fees,  
Tourist taxes.

### **LE PRIX NE COMPREND PAS**

**Insurance**  
**Round-trip transportation to departure point,**  
**Beverages,**  
**Picnics.**

