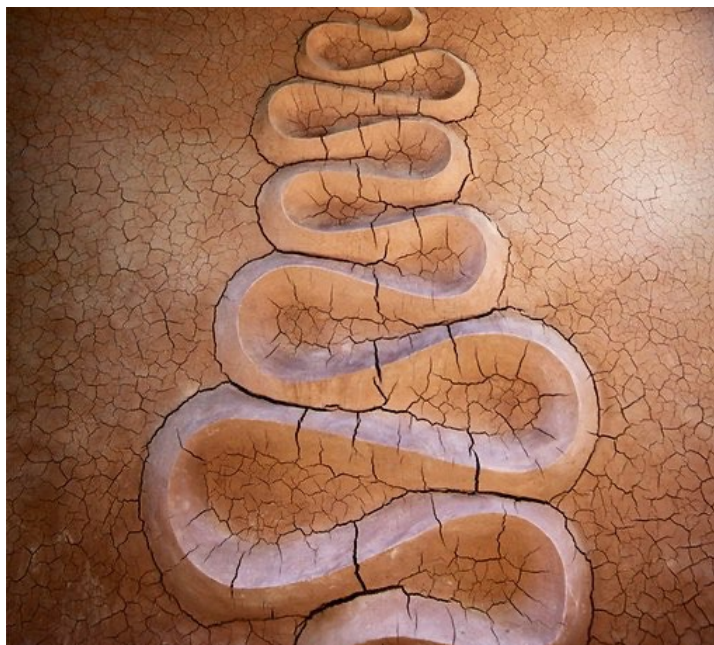


HIKING & LAND ART ON ANDY GOLDSWORTHY'S PATH



Designed by the British artist Andy Goldsworthy, this unique and genuine hike combines the joys of walking and enjoying contemporary art in the exceptional landscapes of the Haute Provence Geological Reserve.

Around three Sentinelles (dry stone cairns made by the artist in the heart of three valleys), this hiking route follows old paths, punctuated by places of high geological interest and remains of former peasant life.

It is precisely in old farms, sheepfolds or chapels that the artist has chosen to install his « Art Refuges ». Those buildings house a sculpted work and are restored and fitted out as a refuge so that the hiker can spend time along with the work.

Let's listen to Goldsworthy's own words : « The idea of this walk is to connect up, on foot, the cairns and valleys, but at the same time to begin writing the history of the path, which will be rewritten by each person who follows it in the future ».

- Average touring hike for moderately fit hikers
- 8 days - 7 nights - 7 hiking days + 2 nights extension
- Per day : 5-7hrs walking, 500-800m average positive ascent
- Terrain : paths (good underfoot or on stony ground), dirt tracks, small roads
- In the backpack : personal belongings for the week + water and packed lunch (+ food & water for the night and breakfast on day 2 & 3)
- Accommodation : mountain hut, gîte, small hotel
- Transfert : local taxi
- Group size : 2 people

May 18-25 2023

2050€/pers

Mountain leader :
Coralie Goussot +336 74 50 26 62

ITINERARY

Day 1 : Thu 18 : welcome in Sisteron - Saint-Geniez

Meeting in Sisteron bus station at 6:30pm. A taxi drives us to Saint Geniez (20 mn) and the gîte of Chardavon at Marianne and Gino's place. Dinner and night in gîte.

Day 2 : Fri 19 : Authon - Bergerie de Chine

After a short transfer to Authon (first Goldsworthy's artwork, la Sentinelle du Vanson), we follow a nice dirt road through a gorge (« clue » in local dialect) and among grassy pastures before starting the steady ascent to the Croix de Veyre (1886m). From there, either we descend to the basic Bergerie de Chine, where Andy Goldsworthy has an artistic project, or to Refuge du Seignas, cosier but more popular.

+800m, -300m, 5h. Night in a mountain cabin on bunk beds with no mattress.

Day 3 : Sat 20 : Bergerie de Chine - Vieil Esclangon

We descend the valley along the Descoure stream down to Barles, where we collect our supplies for the night. A leisurely walk on a countryside road brings us to the spectacular Clue de Barles and Clue du Pérouré, as well as to a second cairn-Sentinelle, la Sentinelle du Bès. After a stop at the Fontchaude spring for a water refill, we meet the path that switchbacks its way uphill to the Vieil Esclangon Refuge d'Art, one of the trip highlights and a fantastic place to spend the night.

+250m, -850m, 6h. Night in the Refuge d'Art on bunk beds with no mattress.

Day 4 : Sun 21 : Vieil Esclangon - La Javie

We start our day descending along the Ravin du Serre and from there, a steep ascent in the woods leads us to another Refuge d'Art at the col de l'Escuichière (1242m, always open). Descent on stony ground to the river Bléone, where a path follows the riverbed slightly up to La Javie.

+500m, -750m, 6h. Night in a small hotel (triple room).

Day 5 : Mon 22 : La Javie - Draix

Today we head off to another Refuge d'Art, the Ferme Belon, mainly on dirt roads gently up to col de la Cèpe (905m). The Ferme Belon lies beyond, after a steep climb. Once we have visited the artwork, a beautiful path among spectacular black marls (« robines » in local dialect) leads us to the hamlet of Draix.

+300m, -200 m, 4h30. Night in a gîte (double room).

Day 6 : Tue 23 : Draix - Tartonne

Long but easy climb on forest tracks to the col de la Cine (1505m), and descent through the Clue de la Peine, another geological curiosity. Arrival in the remote village of Tartonne - the middle of nowhere!

+750m, -650 m, 5h30. Night in a gîte (double room).

Day 7 : Wed 24 : day trip Tartonne (Asse Sentinel)

A nice rest day : we take our time and enjoy visiting the Sentinelle de l'Asse, the third cairn of the circuit, the salted spring of Salaou and the nice chapel of Notre Dame d'Entraigues.

+/-250 m, 3h30. Night in a gîte (double room).

Day 8 : Thu 25 : Tartonne - Les Dourbes

Quite a climb for our last walking day, we go up the Barre des Dourbes by crossing the pas de Tartonne or pas de la Faye (1673m). After a steep descent, we are happy to arrive in Les Dourbes, end of our trip !

+850m, -700 m, 6h.

Day 9 : Fri 26 : Les Dourbes & Day 10 : Sat 27 : Les Dourbes - Digne

Self-guided extension for the trip : 2 nights in gîte in Les Dourbes (Thu 25 and Fri 26 night) + meals (2 dinners, 2 breakfasts, 2 packed lunches), excluding any guided hike or any other outdoor activity.

JOINING & LEAVING

- Meeting on Thu May 18 at 6:30pm at the Sisteron bus station
- End on Thu May 25 around 5pm in Les Dourbes

ACCOMMODATION

- Gîtes, chambres d'hôtes and auberge : double or triple room with private bathroom. Towels and sheets/blankets provided.
- Refuge d'art (Vieil Esclangon) and cabane de Chine/refuge du Seignas : you will need a sleeping mat + a sleeping bag. We prepare our meals together (simple, easily made

camping food). I provide stove and pots, bring your own cups and cutlery. Chine/Seignas : fountain nearby for drinking water and « shower » ; Vieil Esclangon : no water (river in the next morning for washing).

LOGISTICS

- On day 2 we will carry the food for the night in Chine/Seignas. On day 3 we will collect our food and water for the night en route and carry it along.
- On day 8 I will probably manage to leave the food supplies in Les Dourbes before the trip on day 1, otherwise we will have to carry it on day 8.



This itinerary can be at any time modified by the professional in charge, depending on the climatic conditions, the physical and technical abilities of the participants and the availability of accommodation. Ultimately, he or she remains the sole judge of the program.

GOOD TO KNOW

- Bathing is under your own responsibility.
- Hiking (as well as any other activity) on days 9 & 10 is under your own responsibility.

What is included :

- Meals and accommodation from dinner day 1 to lunch day 8
- A certified UIMLA mountain guide on days 1 to 8
- All transfer involved in the itinerary
- Cooking gear (stove, gas, pots, water container)
- Self-guided extension : accommodation and meals from day 8 dinner to day 10 lunch.

What is not included :

- Transfer to Sisteron and from Les Dourbes
- Drinks and personal expenses
- Mountain leading & hiking on days 9 & 10
- AEM Voyages' application fee (15€ for you 2)
- Cancellation insurance (recommended) and travel/rescue/repatriation insurance (mandatory)
- Everything not mentioned in the « What is included » paragraph

EQUIPMENT LIST

- In your backpack : your belongings for the week reduced to the bare minimum + mattress and sleeping bag + water and packed lunch for the day (except on day 2 & 3 : + for the following night) + trail snacks for 2 to 3 days = **not more than 11-12 kgs in total!!**
- We will update this equipment list at the last minute depending on the weather forecast and what kind of temperatures are expected.

For daytime :

- 45-55 liters backpack, with a waterproof overbag
- Good hiking boots : good ankle support, sole of a good grip, waterproof, not old, not new ! You can wear trainers if they have a specific sole for the mountain and as long as you are used to wearing them on mountain paths
- 2 lightweight trekking T-shirts, 3 maximum (1 on you, 1 extra, 1 for the night), quick dry (no cotton)
- 1 pair of shorts, 2 max
- 1 pair of walking trousers, lightweight, quick dry (no cotton)
- 2 or 3 pairs of socks & underwear, not more!
- 1 light fleece jacket
- 1 light down jacket (mandatory)
- 1 lightweight waterproof (Gore-Tex) jacket (mandatory, at hand in the backpack) and light waterproof overtrousers (recommended). Rain poncho not appropriate.
- Wooly hat and gloves (compulsory)
- Sunhat or cap, sun glasses (highly protective), sunscreen (mineral/organic/biodegradable)
- Water bottle or camel-back : minimum 2 liters
- Trekking poles more than highly recommended
- Some plastic bags / waterproof bags to pack sleeping bag and clothes (mandatory) + food and trash
- Emergency blanket
- Extra personal trail snacks if necessary

For evenings and nights in mountain huts :

- Sleeping bag (comfort temperature 5°C).
- Sleeping mat (inflatable if possible)
- Headtorch with new or recently fitted batteries
- Sandals (eg Crocs)

- Warm outfit : thermal baselayers : longsleeve shirt and leggings (Merino), warm socks (+your walking trousers)
- Basic washbag : tiny toothbrush, tiny dental paste, tiny organic soap/shampoo, in a lightweight bag (eg ZipLock)
- Small quickdry towel
- Toilet paper (to be burned if no risk of fire, to be buried otherwise)
- Camping gear provided (stove, pots, water container 4L). Bring an extra water container if necessary and a cup + a bowl or a plate (eg here) + a penknife and a spoon
- If you want : piece of organic soap, clothesline and clothes pegs for laundry

First aid kit :

- No need to increase the weight with various medicines because I have a first aid kit, but take blister treatment (antiseptic compresses, blister plasters) and your personal drugs (prescription required if current treatment).
- It is your personal responsibility to let me know about any medical problem before we leave.
- Likewise, any possible food allergy or special diet should be reported.

What else ?

- Cash for drinks
- Power bank only if you think it's really necessary
- Very limited phone signal in the area.

FORMALITIES & INSURANCES

- Don't forget to put your passport/ID card + insurance card in a waterproof bag, and to ask for your European Health Insurance Card.
- You must be covered in Civil Liability (for hiking activity as a hobby).
- Mandatory repatriation assistance and recommended cancellation insurance. If you do not have one, AEM Voyages offers a Europ Assistance contract with repatriation assistance + cancellation-interruption of stay insurance + luggage-personal effects.

INFO COVID 19

- All the services of the stay are carried out in strict compliance with the current regulations and health measures on the dates of the stay.
- For more information on health formalities in France: visit this website.

MAP

« Refuge d'Art » scale 1:30000 Musée Gassendi Digne

