





DISCOVER THE WILD QUEYRAS SNOWSHOEING

Discover the peaceful valleys of Queyras!



In the heart of the Queyras Regional Nature Park, an exceptional playground awaits lovers of powder snow and unspoilt nature. We're offering you the chance to really immerse yourself in this magical journey! Departing from the cosy chalet in Prats-Hauts, you'll head off for some of the wildest parts of the Queyras... at the end of the week, a mini raid to gain altitude and get closer to Italy, with an unforgettable night in a mountain refuge.

 7 Days

 Guided / with a guide

 With or without luggage transportation

 Accommodation : Comfort (room)

 Level : **

 From : 725€

You will like

- Queyras, the snowshoe paradise !
- Visit of Saint-Véran, highest village in Europe
- Charming accommodation at the heart of the park
- SPA included 2 days per week

The route

Day 1

WELCOMING AND DEBRIEF WITH YOUR GUIDE

Welcome from 4.30pm at the chalet in Prats Hauts. In the evening, there will be a welcome drink to introduce you to your stay, followed by dinner. For those arriving by train, a free shuttle bus will pick you up at Montdauphin - Guillestre station at 6.30pm, subject to booking at the time of registration.

Day 2

VALPRÉVEYRE - LE VALLON D'URINE

On this first day, heading for the bottom of the Guil valley, we'll be immersed in the 'wild Queyras'. Starting from the little hamlet of Le Roux, we'll head up this valley dominated by the bric Bouchet... a magical atmosphere along an enchanting torrent where it's not unusual to come across roe deer and chamois in search of unfrozen water. Return to Le Roux via the hamlets of Pra Roubaud, flanked by south-facing hillsides.

5.5 hour walk / Elevation: +/- 550m

Day 3

CHALET DE CLAPEYTO - COL DE LA ROUSSE

The Clapeyto mountain pasture, nestling at the foot of the Col de l'Izoard, is an enchanting place where calm reigns amidst these small mountain chalets. In this peaceful atmosphere, progress through these small hamlets steeped in history. Depending on the conditions, return via the Col de la Rousse, where we may come across some animals. Possibility of visiting the craftsmen's house on the way.

4.5 hour walk / Elevation : +/- 650m

Day 4

LES CRÊTES DE GLAISSETTES - LE LAC DE ROUE

From the small pastoral hamlet of Souliers, climb up the Col Tronchet valley, nestling at the foot of the imposing Pic de Rochebrune. From the col, there is a magnificent panorama over the Izoard valley and the Font Sancte massif. Over a wide ridge, you descend to the sun-facing Lac de Roue (frozen in winter)... a real treat for lovers of wide open spaces! Return to Souliers. In the evening, a jacuzzi, hammam and sauna will keep you warm after a wonderful day.

5.5 hour walk / Elevation : +/- 650m

Day 5

FONTOUSE COL

Departing from Arvieux, this small, intimate valley is a delight for lovers of unspoilt countryside... The route, which starts out a little steep in the mélézin, gradually softens and widens out to offer fine powder snow all the way up to the pass, where you'll be treated to a magnificent panorama. In this wild valley, it's not unusual to come across a mouflon or another chamois numbed by the rigours of winter.

5.5 hour walk / Elevation : +/- 750m

Day 6

MINI RAID AT THE REFUGE DE LA BLANCHE

Once the rooms have been vacated, departure for a 2-day trek in the high mountains, in complete safety, in a comfortable refuge at the foot of the Italian border. From Aigue Agnel, an easy climb up the valley to the high peaks bordering Italy. A day in the middle of wide open spaces, heading for a mountain refuge tucked away at the foot of the Tête des Toillies. Away from it all, on this unique day, the place will enchant you.

The Col du Longet, at an altitude of over 2700 m, is the crossing point between the Aigue Blanche and the Aigue Agnel,

offering a magnificent panorama of these two valleys on the border with Italy. Descend to the refuge for a warm night's sleep! Overnight at the Refuge de la Blanche, **without luggage transport**.
6.5 hour walk / Elevation : +800m; - 400m

Day 7

SAINT-VÉРАН

Early departure from this refuge 'at the end of the world' for the emblematic Queyras village of Saint-Véran.

An easy descent into this wide, sunny valley, where it's not unusual to come across a herd of chamois above the famous 'copper mine'.

We'll take time to pass through this authentic village, the highest in Europe, before enjoying a final picnic in this idyllic setting.

At the end of your picnic, a logistician will bring your luggage to Saint-Véran so that you can catch the 1pm shuttle to Montdauphin-Guillestre station for those returning by train. If you have come by car, we will take you back to Prats-Hauts.

The guide and the agency can decide at any time to modify or interrupt the circuit or certain stages for reasons of safety or availability, in particular for the night in a refuge.

The trip

LEVEL **

Elevation : between 600m to 850m.

Walking time : in average 5 to 6.5 hours per day. Forest tracks and trails.

The tour has been created with our local partners who are very mindful about organising an authentic journey.

GUIDING

Group between 4 and 15 people supervised by a qualified mountain leader.

ACCOMMODATION

Typical south-facing mountain chalets in a small hamlet bordering a magnificent larch forest in the heart of the Queyras Natural Park. Clinging to the sunny slopes of Prats-Hauts, the chalet has comfortable rooms sleeping 1, 2, 3 or 4. A cosy lounge with bar, music and board games will help you relax. In the rustic dining room, a large fireplace brings traditional and hearty meals to life. There are also several lounges and a library, south-facing terraces and free parking nearby.

- Accommodation in shared rooms: these are cosy, non-mixed rooms with en-suite facilities, to be shared by 3 or 4 people.
- Accommodation in 'standard' double rooms: these are cosy rooms with en-suite facilities, located in the historic chalet. Supplement for the stay of €70 per person.
- Accommodation in a 'comfort' room for two: these are spacious, tastefully decorated rooms with en-suite facilities in the new chalet. Supplement for the stay of €130 per person.
- Single room: a room with a single bed and en-suite facilities. Extra charge of €110 per person.

Wellness area :

On site, free SPA available 2 days a week, swimming costume compulsory for access to the whirlpool, hammam and sauna.

Massage :

Various types of massage available (to be booked and paid for on site): Californian, Swedish, Lomi -Lomi and also foot reflexology sessions.

On night 6, you will sleep at the Refuge de la Blanche, without bringing your own luggage: you will need a sheet and towel for this night.

If the Chalet La Vie Sauvage is not available, equivalent accommodation may be offered, in which case the price may be adjusted.

MEALS

Meal prepared daily by 'the patrons', using local produce: Queyras cheese, homemade jams and pastries, homemade bread made with organic flour from the family farm, honey produced on the farm, apple juice made at the chalet with apples from the family orchard, etc.

Full breakfast, bread, Queyras cheese, fresh cheese from the Hautes Alpes, fruit salad, homemade jam and honey, fruit juice made at the chalet, etc.

Picnic with a different salad each day, mountain charcuterie, Queyras cheese, home-made pastries, fruit, chocolate, cereal bars, etc.

If you have a **special diet** (gluten-free, lactose-free, etc.) or are vegetarian, our small facilities are unable to offer personalised menus for every diet. We will do our best to adapt our menus within the limits of our capacity (particularly in terms of supplies). However, you will need to provide your own substitutes adapted to your needs, in particular bread,

snacks and special milks, especially for picnics! Depending on the requirements of your diet, a supplement may be applied (from €3 to €5 per meal).

Practical information

ACCESS TO DEPARTURE POINT

Welcome from 4.30pm at the chalet La Vie Sauvage in Prats Hauts in the Queyras, your guide will present the holiday to you at around 7.30pm.

If you are arriving by train: a shuttle bus will pick you up at the station at 6.30 p.m. **This must be booked when you register.** Please note that for the end of the 2024 winter season, if trains from Valence are delayed (arrival at 6.59pm), the shuttle will be at 7pm.

If you arrive by car: You can drive straight up to the hamlet (free parking 100m from the gîte).
If you prefer to leave your car in the valley, in Ville Vieille (4km) so as not to take the sometimes snowy ascent to the hamlet, a shuttle can pick you up at 5pm following your call.

BY TRAIN

Night train:

Line from Paris (Gare Austerlitz) to Montdauphin-Guillestre, runs every day of the year (trains are sometimes posted late: often within 3 weeks of departure).

From 'Gare de Montdauphin-Guillestre' to Ville Vieille, there are regular 'Zou ma région sud' shuttle buses.
(<https://zou.maregionsud.fr>).

Daytime train from Paris to Montdauphin:

TGV line from Paris (Gare de Lyon) to Valence then TER line from Valence to Montdauphin-Guillestre.

Transfer at 6.30pm from the SNCF station (included in the price) by shuttle bus to Ville Vieille and then to your accommodation.

For arrivals before 6.30pm: Take the regular Zou shuttle ('Zou ma région sud' (<https://zou.maregionsud.fr>), from 'Gare de Montdauphin-Guillestre' to the Ville Vieille stop (bus station).

After the last shuttle, you'll need to take a taxi (approx. €100 to get from the station to your accommodation).

BY CAR

Please note that special equipment is compulsory throughout the département between 01/11 and 31/03: snow chains or snow tyres.

From the north :

- 1st possibility: Take the Col du Lautaret via Bourg d'Oisans and La Grave. Reach Briançon and follow signs for Gap (RN 94) as far as Montdauphin and then Guillestre, gateway to the Queyras Regional Park.
- 2nd option: from Grenoble via La Mure and Gap. Then follow signs for Embrun on the RN 94, then Guillestre, gateway to the Queyras Regional Park. Take the D902 then follow the signs for 'Stations du Queyras'.
- 3rd option: From Grenoble, stay on the A51 motorway towards Sisteron. Cross the Col de Lus-la-Croix-Haute, then Veyne, Gap. Then follow signs for Embrun on the RN94, then Guillestre, gateway to the Queyras Regional Park. Take the D902 then follow the signs for 'Stations du Queyras'.
- 4th possibility: Via Chambéry - Autoroute de la Maurienne - Tunnel du Fréjus (at the toll booth take a return ticket valid for 7 days). At the Italian exit of the tunnel, continue on the motorway towards Turin. Exit at Oulx and follow signs for Cesana - Sestriere - Col de Montgenèvre/Francia. From the Col de Montgenèvre (on the border) you can reach Briançon and then Guillestre (1 h 30 min journey from the tunnel).

From the south :

Valence or Sisteron - Gap - Embrun - Guillestre.
From Guillestre, follow signs for Queyras (D 902), then the D 947.

Contact 'État des routes' answering machine (french only)

For access to the Hautes-Alpes department, call 04 92 24 44 44. (special equipment is required to cross certain passes: snow tyres or chains)

End of the stay on day 7, at Prats-Hauts, after the lunchtime picnic.

Montdauphin station for day and night trains:

Regular paying shuttle buses from the Ville Vieille bus station to Montdauphin-Guillevestre SNCF station are available for trains departing from Montdauphin at 9am. Information on timetables: www.zou.maregionsud.fr

Oulx TGV station:

Neige Express' bus to Oulx 3 times a day (booking: www.autocars-imbert.com), then direct TGV from Oulx to Paris.

CONTACT US

If you are late please let us know as soon as possible : **+33 (0)4 50 79 09 16** or **+33 (0)6 42 49 76 07**

Dates & prices

Accommodation option for the stay (subject to availability):

- double standard bedroom : 65 € per person
- double comfort bed room : 130 € per person
- single standard bedroom: 110€ per person

Extra night in Prats Hauts with half board (subject to availability):

- room to share: 65€/ person
- in standard room of 2 people: 80€ per person
- in comfort room for 2 people: 90€ per person
- in single room: 80€ per person

THE PRICE

It includes :

- Supervision by a qualified mountain leader;
- Loan of snowshoes, poles and safety equipment;
- Half-board accommodation;
- 6 picnics;
- Access to the wellness area 2 days a week;
- Registration and administration fees, organisational costs;
- Local taxes.

The price does not include:

- Cancellation assistance insurance (4.2% of the price of the trip) ;
- Luggage transport on night 6
- Personal expenses (drinks, visits, etc.);
- Return journey from your home to the meeting point and dispersal.

The price is all inclusive from departure to end point.

Equipment and luggage

EQUIPMENT LIST

Material for snowshoeing (snowshoes and poles) is provided. However, if you have your own and would like to use them you are free to do so. Avalanche safety equipment including (transceiver, shovel and probe) is also provided.

Clothing

- Waterproof ski or winter walking trousers
- Wind stopper or Goretex jacket
- Breathable or merino wool t-shirts
- Breathable or merino wool leggings
- Fleece or jumper
- Insulating down jacket
- 2 pairs of ski gloves and a warm hat
- Walking socks (1 pair per day)
- Sturdy waterproof walking boots

Other Equipment

- Rucksack minimum 35 litre capacity
- Sunglasses and ski mask
- Sun cream
- Water bottle or Camelback (1.5 litre minimum)
- Knife, fork and spoon
- Plastic lunch box/plate for your picnic lunches
- Plastic cup for coffee
- Small First Aid kit (antihistamine, ibuprofen, Compeed type blister pads...)
- Survival blanket
- Identity card or passport

LUGGAGE TRANSPORT

You need to pack all your belongings in 2 bags: 1 rucksack and 1 soft travel bag.

1 - The rucksack :

A hiking rucksack with a capacity of around 35 litres, it will be useful for carrying your personal belongings during the day (warm clothing, water bottle, picnic, camera, binoculars, etc.).

2 - The large, soft travel bag:

This should hold the rest of your belongings.

HOW TO REGISTER

- By internet: <http://www.altitude-montblanc.com>
- By telephone: +33 (0)4 50 79 09 16
- By post: Please provide your details
 - Surname, First Name, Date of birth
 - Address
 - Email
 - Telephone
 - Mobile

If you wish to register by post, please complete the form below and return it to:

Altitude Mont-Blanc
180, route du lac
74110 MONTRIOND
FRANCE

Please specify whether you wish to take out an optional cancellation insurance (4.2% of the tour price).

On receipt of your registration we will email an invoice (per couple) with a request for a deposit of 30% in association with your account details at Altitude Mont-Blanc ('My Account'). Payment can be made by credit card, bank transfer or by cheque. On receipt of your deposit you will receive a registration confirmation.
The balance must be paid one month before departure without a reminder from us.
For self-guided tours, we will then send your tour pack (inc. maps, descriptive book etc.)

Our terms and conditions of sale can be found on our website.

Do not hesitate to contact us if you have any questions.



Registration by mail form

Last name:

First name:

Date of birth:

Address:

Phone number:

Mobile phone number:

Email address:

Requested tour:

Number of days:

Insurance:

Price:

x 30% =

Deposit

Locality where signed:

Date

Signature:

Return with your deposit to:

Altitude Mont-Blanc, 62 Passage du Nant Devant, 74110 Montriond, FRANCE