



PANORAMA OF ÉCRINS self-guided

The best of the Écrins




Organise your week as you see fit!

That's the beauty of this tour, where you'll stay at 1 or 2 base camps and then head out every morning on a range of hikes, for which we'll provide you with all the technical information and explanations you need. If you wish, during the week you can also take advantage of the services of one of our guides, who will take you in his group to share his knowledge of the life, fauna, flora and habitat of this high country. From our comfortable accommodation, you can enjoy a wide range of hikes that are either directly accessible or less than 20 minutes away by car.

The Pays des Écrins is full of gems not to be missed: the Glacier Blanc, Madame Carle's meadow, the isolated village of Dormillouse, the Vauban fortifications, the silver mines...

A great week ahead!

 6 Days

 Self-guided / without guide

 With or without luggage transportation

 Accommodation : Hotel **

 Level : **

 From : 435€

You will like

- A wild trail in a comfortable refuge,
- A variety of landscapes in each of the valleys crossed,
- A journey with a minimum of transfers by minibus.

The route

Day 1

To complete this tour, you'll need your own vehicle to get to the start of the hikes.

PALLUELS AND FARAVEL LAKES

This beautiful route takes you past a large waterfall, through a larch forest and on to the Palluel and Faravel lakes, set in their own mountain setting. Dinner and overnight in the auberge.

6 hrs walk / Elevation: +/- 950 m

Day 2

THE JAS LACROIX HUT

Following the torrent de la Selle to the Jas Lacroix hut means leaving the high mountains of the north of the Ecrins National Park to return to valleys open to grazing.

3h30 walk / Elevation: +/- 350 m

Day 3

LE TOUR DES TÊTES

This hike takes you through larch forests and up to a summit from where you can see the Durance valley and the mountains that border it, from Montgenèvre to Saint Clément.

4h30 walk / Elevation: +/- 670 m

Day 4

THE LAKE OF EYCHAUDA

Cette randonnée très accessible offre des paysages de haute montagne. Le lac glaciaire est alimenté par les eaux de fonte du glacier de Seguret Foran et est dominé par le dôme de Monetier (3404 m).

4h walk / Elevation: +/- 700 m

Day 5

MADAME CARLE MEADOW AND THE GLACIER BLANC REFUGE

Why not experience the sensation of being in the high mountains and admiring a glacier? This is possible by taking the very well-marked and secure path which leads to the Glacier Blanc refuge.

4h walk / Elevation : +/- 700 m

Day 6

THE REFUGE DES BANS

Easy hike in a high-mountain setting in the Ecrins National Park. Ideal for families. The trail passes by a small pond that is home to a rare species of red-legged frog, able to survive the winter.

It's a rich and extremely diverse trail in terms of flora and fauna, with numerous waterfalls and streams, ideal for motivating children.

Don't forget to stop for lunch at the refuge to sample the delicious specialities.

4h30 walk / Elevation : +/- 480 m

Here's an overview of the programme we're proposing, with a total of 40 hikes, all described in the FFRandonnée

*topoguide **only available in French language**, which will be offered to you for this stay.*

The trip

LEVEL **

Average altitude gain: 600 m per day

Average walking time: 5 hours per day

Particular difficulties: well-marked mountain trails, forest paths and old canals. Several hiking options, from level 1 to 2.

Telephone network: works randomly on this tour. WIFI available in hotels.

This trip requires you to be in good general shape. To prepare, we recommend regular walking, jogging, cycling or another sport. Your physical preparation will make your stay easier and help you enjoy it all the more.

Please find the description of the levels by clicking here: [levels of difficulty](#)

This trip is organised in collaboration with our local partners, who are as committed as we are to offering you an authentic holiday.

ROADBOOK

Your travel pack will be sent to you by post on receipt of payment of the balance of your stay. It includes :

- FFR topoguide (**only available IN FRENCH LANGUAGE**),
- A set of IGN maps,
- A route map with a list of accommodation.

INTERNAL TRANSFERS

For transfers at the start of the hiking routes, **you will need a vehicle.**

Car hire available from Briançon SNCF station.

ACCOMODATION

COMFORT : accommodation in comfortable auberge (based on double rooms) with sanitary facilities in the rooms.

MEALS

Meals served in the accommodation are balanced and varied. The food is hearty, adapted to the needs of hikers and often made from local produce.

Please inform us about your food allergies and special diets **at the time of booking.**

We do our best to accommodate special diets (gluten-free, vegetarian, etc.). However, we encourage you to bring some additional products for your own picnics.

Practical information

ACCESS TO DEPARTURE POINT

In Vallouise, depending on the accommodation available at the time of booking.

To complete this tour, you will need your own vehicle to get to the start of the hikes.

BY CAR

To plan your trip, here are some websites: www.viamichelin.fr www.mappy.fr

END OF THE STAY

The hike ends in Valouise.

INSURANCE

In accordance with regulations, we are covered by Professional Liability Insurance. Under no circumstances, we can replace your personal civil liability.

The repatriation insurance EUROP ASSISTANCE that we offer is dedicated to **French speaking people living in Europe**. If it is not your case, we advise you to subscribe to another travel insurance which will cover you in case of injury and repatriation during your trek.

If you chose to take out repatriation insurance with EUROP ASSISTANCE whom we propose, Altitude Mont Blanc will only serve as an intermediary between the client and the insurer. We cannot influence either party. We adhere to strict conditions of sale. You are responsible for compliance with the reporting procedures of any incident.

Before making any decision, **contact EUROP ASSISTANCE**.

TO CONTACT US

If you are late, contact the agency: **+33 (0)4 50 79 09 16** or **+33 (0)6 42 49 76 07**

Dates & prices

Departures possible every day from 23rd June to 15th September 2025

6 days and 5 nights version:

665€ per person in comfort accommodation in a room for 2 people

5 days and 4 nights version :

550€ per person in comfort accommodation in a room for 2 people

4 days and 3 nights version :

435€ per person in comfort accommodation in a room for 2 people

Optional lunchtime picnics

5 picnics: **€80** per person

4 picnics: **€65** per person

3 picnics: **€50** per person

THE PRICE

Includes:

- Organisation and booking fees;
- Accommodation on a half-board basis (dinner, overnight stay and breakfast);
- Road book: FFRandonnée topoguide with 40 hikes (only available **IN FRENCH LANGUAGE**), IGN map.
- Tourist tax.

Does not include:

- Personal expenses (drinks, etc.);
- Return transport to the meeting and departure points;
- Transfers by bus or taxi;
- Cancellation assistance insurance (4.2% of the total cost of the trip).

The price is all inclusive from the meeting point to the point of dispersion

Equipment and luggage

RECOMMENDED EQUIPMENT

Clothes

Hiking trousers
Shorts (1 swimsuit in case)
Tee-shirts "breathable" or merino wool
Long "breathable" or merino wool shorts
Fleece or sweater
Windbreaker or Goretex jacket
Rain cape + gaiters or trousers type Goretex + a bag cape
A pair of gloves and a light bonnet
Hat or cap
Hiking socks (double layer, looped, 1 pair per day)
Footwear with well-tuned treads and running shoes
1 change of clothes for the evening
Spare shoes for the evening

Miscellaneous equipment

Toilet bag
Towel (quick drying, sold in a specialist shop)
Sunglasses and sunscreen
Flask or thermos (1.5 liters minimum)
Knife and cutlery
An airtight plastic box as a plate for your picnics
Coffee cup
Small personal pharmacy (analgesic, dressings type compeed...)
Survival blanket
Headlamp or flashlight
A sack sheet and pillowcase (the cottages provide blankets)
Two telescopic sticks (highly recommended)
Valid ID card or passport

BACKPACK

Pack a comfortable 30-40 litre backpack for your day's effects (warm clothing, a rain cape, a canteen, a box and cutlery for the picnic, sun protection and ID) and a little room to carry a picnic and snacks.

LUGGAGE TRANSPORT

Not required on this trip.

REGISTRATION AND PAYMENT TERMS

- By post: form to be completed below.
- Online: <http://www.altitude-montblanc.com/>
- By telephone: +33 (0)4 50 79 09 16

Please specify if you want to take a cancellation insurance (4.2% of the cost of the trip).

We then send you, by e-mail, a proforma invoice (per couple) with a 30% deposit request, associated with your account details at Altitude Mont-Blanc ("my account" section). You can make your payment by credit card, bank transfer, check or holiday cheques. You then receive a confirmation of registration.
The balance of the stay is to be paid 1 month before departure, without reminder from us.

The conditions of sale, cancellation etc. are available on our website.

We remain at your disposal for any information.



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