



Trotting through the Alps like the Wolf

Walking holidays in the Mercantour national Park

Self guided tour Luggage transportation by car

A new walking tour by the brand of French national parks :





A triumph for nature :

In 1993, the Alp-Maritime Park and the Mercantour National Park were awarded the European Environment Diploma.

This diploma is awarded to internationally recognised natural areas in which nature conservation is particularly important due to their scientific, cultural or recreational value or their natural beauty.

The National park of Mercantour :

Since it was created in 1979, the Mercantour Park has become one of the most popular of the French national parks. The protected area covers some 685 square kilometres, consisting of a central uninhabited zone comprising seven valleys. The preservation of ecosystems is essential for maintaining biodiversity. In particular, this allows exchanges between members of the same species and allows them to adapt to changes in their environment.

The very new brand « Esprit Parc » :

The « Esprit parc national » brand highlights products and services imagined by local actors who have chosen to adopt a sustainable approach in accordance with the principles of the French National Parks, and who are committed to preserving and promoting these exceptional territories.

The brand is a guarantee of respectful practices to preserve the National Parks by slow tourism.



Your all inclusive walking tour in Provence Mercantour national park

Type of walking holidays : self guided tour with luggage transport by car except on the nights 2 and 3.

Duration : 7 Days, 6 Nights. Can be adapted on a shorter version on request.

Prices for 2024 : Adult : 780€/adult

Children aged from 7 to 12 years old : 680€/child

Private room with private bathrooms. Sheets and towels provided.

Full board except diners on the day 5 and 6.

Trek departure : from the farm of Villeplane at 08.00. Every day on request and according to availability from 01/06/2024 to 25/09/2024.

Trek arrival : Villeplane, late afternoon on the day 7 as this is a circular tour.

Path conditions : Very well signposted and marked with easily distinguishable yellow rectangles. They do, however, remain mountain paths.

Minimum knowledge : The ability to read a map is mandatory, so as to avoid difficult detours, as is some experience in mountain hiking.

Level : From mid to good hikers.



Various trekking options each day! The Mercantour National Park is ideal for trekking : the number of variants mean there are so many new paths to explore. By opting to have your luggage transported by car, you are free to set off with nothing but yourselves and your picnic. Each day on this circuit consists of alternative routes, which allow you to see more remote features and more rugged and austere scenery. The walking time per day varies between 5 - 8 hours, and the ascent levels between 500 m - 1200 m.

Luggages transportation : By car each day to your next lodging. For the duration of the 2 day hike, from the village of Tourres to Péone, you will be in the heart of the national park which is inaccessible by car. You will therefore have to carry your overnight personal belongings in a light ruck sack.

Accommodations : Full board accommodations (except for the dinner on the day 5 and 6). This includes 1 night in an inn, 2 nights in a « chambre d'hôte », 2 night in a charming village hotel and 1 night in a hotel. Each form of lodging will provide individual rooms with private commodities and will provide you with breakfast, pic-nic lunch and a well-deserved dinner.

Technical advice : There are certain rules concerning itineraries in national parks, forbidding dogs, picking flowers, lighting fires etc. All of these are outlined in the information we will provide you.

S.O.S. Mishaps : You can telephone us or leave a message at any time during your trek and we will come to your assistance the same day if urgent, or the following morning. Do not attempt itineraries which are not on our circuits without consulting us first!



Your itinerary

1st day : Around Villeplane

One of our local guide will welcome you at 8.00am at the farm of Villeplane. He will give you all indications and useful advices about your tour and your road book and maps.

Option 1 : Tour of the 'collet de la cime'.

We offer a lovely, relaxing half-day hike, far from everything. The top of the Collet peak offers a 360 degree vista of all the peaks of the valley.

Accumulated Ascent : 300 m - Accumulated Descent : 300 m

Distance : 6 km - Continuous walking time : 2.5 hrs

Option 2 : The red gorges of Daluis.

Your trek begins in the Redlands. A stroll around the balcony over a relief unique which is in Europe, and spectacular gorges truffled with copper mines!

Accumulated Ascent : 525 m - Accumulated Descent : 525 m

Distance: 10,5 km - Continuous walking time : 4h30

Option 3 : The crests of the St. Honorat.

This trek in high altitudes lead you to Mont Saint Honorat (2520m). Dominating Villeplane its summit offers a breathtaking view of the valley.

Accumulated Ascent : 1200 m - Accumulated Descent : 1200 m

Distance : 12 km - Continuous walking time : 6 hrs 30

Night at the ecolodge of Villeplane.



2nd day : Villeplane / Les Tourres

Meeting at 7.30 in front of the ecolodge for your transfer by car to Pont de Paniès (30minutes).

You will have to **carry your overnight personal belongings** in a light ruck sack **for the two nights** by Guylaine.

Option 1 : Direct by Chateau-Neuf d'Entraunes

A good day's walk starting gently on the northern-facing slope of Sauze, alternating between woods and clear passages offering beautiful panoramic glimpses, the occasion to appreciate the distinguishing features of the high valley of Var.

Accumulated Ascent : 820 m - Accumulated Descent : 0 m

Distance : 11 km - Continuous walking time : 5 hrs

Option 2 : By le GR 52A

This very beautiful path evolves in a wild setting, it was the only means of communication for centuries.

Accumulated Ascent : 1250 m - Accumulated Descent : 0 m

Distance : 15 km - Continuous walking time : 6 hrs 30

Night by Guylaine in a beautiful, inaccessible and secret hamlet.



3rd day: Around les Tourres

Option 1 : Col des Trente souches

You can make a return journey to the Col de Trente Souches. This walk offers an awe-inspiring view of the valley and the Pal mountain peak, and broad alpine pastures – offering a comfortable resting place for a midday nap!

Accumulated Ascent : 350 m - Accumulated Descent : 350 m

Continuous walking time : 3 hrs

Option 2 : Aspre's mountain top (2471m)

Return journey to the recently renovated buildings of the old astronomical observatory of Aspre. You can read about its history on your arrival, on the information panels.

Accumulated Ascent : 800 m - Accumulated Descent : 800 m

Continuous walking time : 5 hrs

Option 3 : Enjoy a day of recovery.

Second night by Guylaine.



4th day : Les Tourres / Barrels / Péone

Here is a true incursion into the past life of the valley : Barrels is a truly beautiful place, which unites aestheticism and fossilised memories. Three abandoned hamlets forming an equilateral triangle, hidden in impressive mountain hollows, tell us the secret of a near forgotten life from long ago. From Barrels you will have two options to reach Péone.

1st part, in the morning time : Direct to Barels

Accumulated Ascent : 269 m - Accumulated Descent : 408 m

Distance : 6,5 km - Continuous walking time : 2.30 hrs

2nd part, in the afternoon : From Barrels to Peone

Option 1 : By the mountain pass of Ségilière

This is the shortest option, head towards the hamelet of Bouchanières.

Accumulated Ascent : 440 m - Accumulated Descent : 570mm

Distance : 11,5 km - Continuous walking time : 5hrs

Option 2 : By the the tête de Méric (2048 m)

It is without doubt one of the most beautiful treks of the week, offering intriguing mountainous dimensions.

Accumulated Ascent : 840 m - Accumulated Descent : 890

Distance : 15 km (+ 2 km for the summit) - Continuous walking time : 7hrs30

Night at hotel du Col de Crous. You will find the rest of your luggage there.



5th day : Péone / Valberg

Ascent to Valberg either by quiet paths through the forest or by Mont Mounier (2817m), challenging option for confirmed hikers!

Option 1 : By the GR52A

This is a short day, allowing you the time to visit the beautiful medieval village of Péone.

Accumulated Ascent : 590 m - Accumulated Descent : 330 m

Distance : 9,5km - Continuous walking time : 4hrs

Option 2 : By the Charvin

More fascinating itinerary by the river Tuébi

Accumulated Ascent : 670 m - Accumulated Descent : 440 m

Distance : 10,5km - Continuous walking time : 4,5hrs

Option 3 : By the Mont Mounier

The itinerary takes you to sheep friendly pastures. For the bravest of you, there is then the chance to climb the summit of mount Mounier which culminates at 2817m!

Accumulated Ascent : 1350 m - Accumulated Descent : 900 m

Distance : 16km - Continuous walking time : 7,5hrs

Night at hotel du Chastellan in Valberg, **evening meal not included**.
Choice of many restaurants on site.



6th day : Valberg / Guillaumes

2 choices of options from 3.30 to 8.00 walk. The short option is characterised by a path over a panoramic ridge on arrival at Guillaumes and the long option is a hike in an exceptional setting worthy of Sergio Leone's films via the Barrot drop in the middle of the red pelites.

Option 1 : By the bridge of « Les Roberts »

The descent lasts 3.30 / 4 hours with a picnic stop recommended at the of the valley. Possibility of a short swim in the Var by the way.

Accumulated Ascent : 50 m - Accumulated Descent : 960 m

Distance : 9,5km - Continuous walking time : 4hrs

Option 2 : By the baisse du Barrot

Here is a major hike without too much elevation gain.

Accumulated Ascent : 496 m - Accumulated Descent : 1250 m

Distance : 18,5km - Continuous walking time : 7hrs

Night at the inn of Les Terres Rouges, **evening meal not included.**



7th day : Guillaumes / Villeplane

The itinerary of this day will take you onto the other side of the Var, along a balcony which overhangs the gorges and offers a view of the village of Amen and the magnificent cascade d'Amen. 5h00 walk.
End of your tour late afternoon.

Option 1 : By the bridge of « Les Roberts »

The route of this day takes you to the other bank of the Var, on the balcony path which overhangs the gorges and from where you will see the village of Amen, as well as the waterfall which ends the clue of the same name.

Accumulated Ascent : 600 m - Accumulated Descent : 50 m
Distance : 7km - Continuous walking time : 2.5hrs

Option 2 : By the point Sublime

The chance to walk around this balcony over the gorges of Daluis with a truly beautiful view point.

Accumulated Ascent : 930 m - Accumulated Descent : 50 m
Distance : 11,5km - Continuous walking time : 5hrs

End of your journey in the afternoon at Villeplane.



How to reach us

By Plane : To Nice airport.

Airport Bus Services : (depart from terminal 1)

For the Train station 'Gare SNCF'

By Mountain Train : Nice – Entrevaux

From the mountain train station 'Gare des chemins de fer de Provence' (not the 'Gare SNCF') There are 2 appropriate Micheline trains a day :

Please notify us if you are arriving at Entrevaux by the mountain train and we will arrange your 45 mins transfer to Villeplane (60€ per group). N.B :

We can manage these transferts only during the afternoon.

By Coach : Nice – Guillaumes n°675

From « Nice Grand Arenas » bus station in Nice. (N.B.! There is one bus a day).

Please notify us if you are arriving at Guillaumes by coach, and we will arrange your 30 mins transfer to Villeplane (30€ per group).

By Car :

From Nice : Less than 2 hrs drive following directions for 'Digne'(right) up through the stunning Gorges de Daluis.

From Digne-les-bains : 95 km drive, heading southeast to Barreme, then east to St.André les Alpes and Les Scafarels. 7 km east of Annot, head north again up the Gorges de Daluis.

From Barcelonette : Come over Col de Cayolle (2326 m) and down past Entraunes



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