

PANORAMA OF ÉCRINS self-guided

The best of the Écrins

Reference · 317

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DURATION 6 days	TRAVEL STYLE Freedom / unguided	LUGGAGE Without luggage transfer
ACCOMMODATION Comfort (room)	LEVEL 2/4 ★★★☆	FROM 490 €

Nestling in the heart of one of France's most majestic national parks, the Écrins massif overlooks the Durance valley and offers an incredible variety of hikes, ideal for all lovers of nature and wide open spaces. From our comfortable accommodation, set off every day to discover the breathtaking scenery.

The Pays des Écrins is full of treasures to explore: the mythical Glacier Blanc, the Pré de Madame Carle, the remote village of Dormillouse, the impressive Vauban fortifications or the old silver mines...

You'll also have the chance to enjoy thrilling experiences such as paragliding, rafting and canyoning.

You will love

- 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

Day-by-day itinerary

DAY 1

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

INSTALLATION AT THE HOTEL IN VALLOUISE

Welcome and check-in at your hotel in Vallouise, a charming mountain village in the Ecrins massif. Depending on your arrival time, you may be able to enjoy the hotel swimming pool.

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 ; 9 km

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 ; 12 km

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: +/- 800 m ; 12 km

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 ; 9 km

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 ; 8 km

*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.*



Dates and prices

Departures possible every day from 23th June to 30th September 2026

6 days and 5 nights version:

490€ per person in comfort accommodation in a room for 2 people

Optional extras

- Rafting : **€65** per person
- Canyoning at Tramouillon : **€70** per person
- Tandem paragliding flight : **115€** per person

THE PRICE

Includes:

- Organisation and booking fees;
- Accommodation on Bed & Breakfast;
- The travel documents
- Tourist tax.

Does not include:

- Personal expenses (drinks, etc.);
- Dinners ;
- Return transport to the meeting and departure points;
- Transfers by bus or taxi;
- Cancellation assistance insurance.

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



The journey

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

Hôtel ** in Vallouise: situated in the heart of the mountain village of Vallouise, at an altitude of 1160 m, this 2-star hotel is a pleasant place to stay. The 16 rooms are charming and comfortable. The hotel has a garden, a restaurant serving local specialities and a swimming pool open in summer. There is also free public parking in front of the hotel.

MEALS

In bed and breakfast.

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.

OPTIONAL ACTIVITIES

Activities can be booked on the day of your choice during your stay.

**Rafting**

From Briançon, raft down the Basse Guisane (a sporting route adapted to the water level). There's no need to be experienced, but you do need to know how to swim. You'll spend half a day with your guide and the equipment provided for a fun and unforgettable activity.

Duration of activity: 3 hours

Supervision: with guide

Additional cost to be booked on registration: €65 per person.

Canyoning at Tramouillon

Canyoning in the Tramouillon canyon, a must-see from Champcella. During this half-day trip, come and discover a fun activity with several abseiling descents, natural slides and jumps. Everything you need for a unique experience. Intermediate level for teenagers and adults.

Duration of activity: 3 hours

Supervision: with guide

Additional charge to be booked on registration: €70 per person.

Tandem paragliding flight

From Puy Aillaud, embark on a magical discovery activity: a tandem paragliding flight. After a briefing on the weather and aerology, the instructor will equip you and take you on board for a unique experience. Take to the skies and discover the Ecrins from the air.

Duration of activity: 2 hours (flight time 15-20 minutes)

Supervision: with guide

Additional cost to be booked on registration: €115 per person.



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**

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.



Details

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.

We then send you, by e-mail, a proforma invoice (per couple) with a 35% 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.



Postal booking form

Complete this form and return it with your deposit.

Last name _____

First name _____

Birth date _____

Address _____

Phone _____

Mobile phone _____

Email _____

Requested trip **PANORAMA OF ÉCRINS self-guided** _____

Number of days **6** _____

Insurance _____

Trip price **490 €** _____

Estimated deposit (30%) **147 €** _____

Signed in _____

Date _____

Signature

Return with your deposit to

Altitude Montblanc, 62 Passage du Nant Devant, 74110 Montriond
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