

# Mont Blanc to the Mediterranean

FROM THE MOUNTAINS TO THE SEA ALONG THE GR5



Wilderness Travel

# Overview



## TRIP DETAILS AT-A-GLANCE

- Length:** 14 days  
**Arrive:** Megève, France  
**Depart:** Nice, France  
**Lodging:** 13 nights rustic hotels and inns  
**Meals:** All meals included except 1 lunch and 2 dinners  
**Activity:** Hiking & Trekking  
**Trip Level:** 1 2 3 4 ⑤ 6

12 hiking days on moderate to steep trails, 5-7 hours a day, altitudes between 6,000-9,400 feet, van support (for luggage or if you wish to skip a day's hike)

## QUESTIONS?

Our Area Specialists are your single point of contact and would be happy to answer any questions about your trip!

800.368.2794 | 510.558.2488

## HIGHLIGHTS

- Hike the best sections of the GR5 trail in 14 well-paced days across a spectacular range of cultures and landscapes
- Explore secluded mountain villages and discover less-traveled national parks
- Enjoy a small group—maximum 12 people—and expert Trip Leaders

# Introduction



Hike from mighty Mont Blanc, with its immense south face, to the palm-fringed beaches of the Côte d'Azur, where the Maritime Alps plunge into the Mediterranean. Our first hike brings breathtaking views of Mont Blanc (15,770') from a high ridge. Heading south, we follow trails through age-old villages and alpine meadows where cowbells echo and blue gentians bloom. Further south, we follow the legendary GR5 trail across remote national parks of singular beauty, then enter brightly colored hill villages that announce the Mediterranean is near. Contouring the GR5 across the last of the Alps before they drop to the sea, we arrive on the coast and head for a celebratory dip in the sea. Our unique French adventure has been featured as one of Outside magazine's "Trips of a Lifetime."

## TRIP DATES

July 13-26, 2025

August 3-16, 2025

August 31-September 13, 2025

July 12-25, 2026

August 2-15, 2026

August 30-September 12, 2026

# Itinerary



## Overnight: Hotel Au Vieux Moulin

Just steps from the pedestrian zone of the pretty mountain town of Megève, this is a chalet-type hotel, all in wood, with a friendly atmosphere and a cozy bar.

**Meals:** D (Day 1); BLD (Day 2) 1.5 hours

**Hiking Details:** 7 miles, 6 hours, 2,500 feet ascent/descent (Day 2)

## DAY 1 MEGÈVE, FRANCE / MONT BLANC PANORAMA HIKE / CROISSE BAULET

**Day 1:** Arrive in Megève and transfer to our hotel in the center of town (a complimentary van transfer is available from the airport in Geneva). Megève is one of the most charming alpine resorts in Europe, full of fashionable boutiques and fine restaurants yet also offering a very well-preserved old town center of typical Savoie charm. We gather for an orientation meeting and Welcome Dinner tonight.  
Driving Time: 1.5 hours

**Day 2:** Today's hike is a wonderful introduction to the splendor of the French Alps and Mont Blanc in particular. We begin right out of our hotel for a leisurely walk and a cable car ride to Le Jaillet (5,200'). From here, we follow a path through a forest and up a steep trail through alpine meadows, with breathtaking views of Mont Blanc (15,770'), highest peak in western Europe, and all its beautiful southern satellites. There are beautiful panoramas of the Savoie Pre-Alps and peaks of the Vanoise that we will be visiting in a few days. We'll make our 1,400 foot ascent to the peak of Petit Croisse Baulet, and if we wish to continue on, we can follow a short descent of 250 feet followed by another ascent of 1,000 feet to the peak of Croisse Baulet (7,336'), granting us 360-degree views of the mountains around us. We enjoy a picnic lunch en route. We hike back to the cable car for a ride down to town.

# Itinerary



## **Overnight: Hotel Autantic**

With a tranquil countryside location outside Bourg-Saint-Maurice, this modern hotel has traditional Savoyard stone-and-wood architecture and comfortable rooms. Breakfasts are simple but good (with fresh eggs from the hotel's own chickens!).

## **Meals: B, L, D**

**Hiking Details:** 8 miles, 6.5 hours, 2,700' ascent, 2,900' descent

**Driving Time:** 2.5 hours

## **DAY 3 COL DE BRESSON / BOURG-SAINT-MAURICE**

We head to Lac de Roselend for a hike up to Col de Bresson (8,098'), with a descent to the chapel of St. Guérin. Near the top of the col, we enjoy impressive vistas of the southern flanks of the Mont Blanc range and the monolith of Pierra Menta (8,902'), site of the most prestigious ski-mountaineering competition in France. We also get our first glimpses of the summits of the peaks of the Parc National de la Vanoise. After our hike, we head for Bourg-Saint-Maurice, capital of the Tarentaise Valley. This historic town was once an important stronghold for the House of Savoy because of its location near the Little St. Bernard Pass.

# Itinerary



**Overnight: Chalet Hotel les Airelles  
(or Hotel le Grand-Bec or Edelweiss Hotel)**

Located in the lovely area of Pralognan-la-Vanoise, Chalet Hotel les Airelles is a quaint hotel surrounded by mountain views. Guest rooms are cozy, with comfortable beds and private balconies. The hotel has a nice restaurant and breakfast buffet serving simple yet delicious meals. Be sure to take a dip in the hotel's pool if you wish to stretch your legs after a day's hike.

**Meals: B, L, D**

**Hiking Details:** 10 miles, 8 hours, 3,500' ascent/descent

**Driving Time:** 1 hour

## DAY 4 VANOISE NATIONAL PARK / PRALOGNAN-LA-VANOISE

Today's hike is the longest of the trip, but is one of the most beautiful, with vistas of waterfalls, meadows, lakes, and glaciers. We begin at the entrance to Vanoise National Park, the first national park in France, created in 1963 to preserve the wild eastern section of the Vanoise massif. The park safeguards precious mountain fauna and is home to some 2,000 ibex and 5,500 chamois, yet it is also the most extensive skiing area on the planet. There are also more than 300 miles of footpaths here. Our hike brings us above treeline to Lac de la Plagne (7,035') and Col du Plan Séry (8,560'), with a descent to Champagny le Haut, a beautiful pastoral hamlet. At hike's end, we head to Pralognan-la-Vanoise, "capital" of Vanoise outdoor activities and surrounded by 10,000-foot peaks.

# Itinerary



**Overnight:** Chalet Hotel les Airelles  
(or Hotel le Grand-Bec or Edelweiss Hotel)

**Meals:** B, D

**Hiking Details (Option 1):** 5 miles, 6 hours,  
3,900' ascent/2,800 feet descent

**Hiking Details (Option 2):** 6 miles, 4 hours,  
1,500' ascent/descent

## DAY 5 PRALOGNAN-LA-VANOISE

There are a few options for our hike from Pralognan today. The more strenuous option is a challenging but magnificent hike that starts right from our hotel in Pralognan and leads up to the Refuge de la Valette by way of a series of steep switchbacks. It's a dramatic trail with fabulous views of the glaciated Pralognan Valley and the immense ice cap on the Dome de la Vanoise. Our return hike brings us spectacular views as well, as the whole of Vanoise National Park unfolds at our feet. For those who want a more moderate option today, a short van ride brings us to Les Prioux, where we hike a scenic balcony route through alpine meadows, returning to Les Prioux for lunch. There are views of the valley above Pralognan, and the GR5 route over the Col de La Chaviere. It's also possible to witness the old-fashioned way of making the famous Beaufort cheese. After lunch, there is another option to take a gentle downhill hike from Les Prioux back into town.

# Itinerary



**Overnight: Hotel La Clé des Champs  
(or Hotel Saint Charles)**

Set in beautiful Vanoise Natural Park, La Clé des Champs is a small alpine guesthouse offering nine comfortable rooms and lovely views from the terrace and gardens. It has been in the same family for 30 years and offers welcoming mountain hospitality.

**Meals: B, L, D**

**Hiking Details:** 9 miles, 6 hours, 1,600' ascent, 1,300' descent

## DAY 6 COL DE LA VANOISE / TERMIGNON

A cable car carries us up to Mont Bochor (6,635') for some of the best views in the Vanoise, including the rounded Dômes de Vanoise and the very impressive Grande Casse (12,648'). Our hiking route follows an ancient Roman road linking La Tarentaise with the Haute Maurienne valley, and we hike beneath the towering Grande Casse to Col de la Vanoise (8,274'), with beautiful reflections in three gleaming alpine lakes along the way. We continue hiking to the Refuge Entre Deux Eaux, and our van transports us to Termignon, a sleepy little village in the Haute Maurienne valley and a step back in time.



# Itinerary



## **Overnight: Auberge de la Paix**

Right in the historic district of the medieval fortified town of Briançon, this hotel has modern, comfortable rooms and an on-site restaurant.

## **Meals: B, L, D**

**Hiking Details:** 7 miles, 5-6 hours, 1,950' ascent, 2,150' descent

**Driving Time:** 2.75 hours

## **DAY 7 VALLÉE ÉTROITE / BRIANÇON**

A spectacular drive brings us into Italy for today's hike. We either pass through the Fréjus Tunnel or the pass of Col du Mt Ceni to reach the Vallée Étroite ("Narrow Valley"), a remote valley that was used long ago as a passage into France from Italy. Along the way, we get a glimpse of the old fortifications of Aussois, including hilltop Fort d'Esseillon, a reminder of the wars between the French and Austrians as late as the 19th century. Our hike joins the GR5 as we ascend a zig-zag path through a beautiful and unspoiled forest and then into high alpine meadows to Col des Thures (7,196'). From the path we will be able to see the prominent peaks of Vallée Étroite known as the Three Magi. After a picnic lunch at a scenic spot, we branch off to the GR57, a variation of the GR5, that takes us through the woods with views of the Col de L'Echelle area and the Three Magi. Our hike ends at the tiny Chapel of Notre Dame de Bon Rencontre.

# Itinerary



**Overnight:** Auberge de la Paix

**Meals:** B

**Hiking Details:** 6 miles, 3 hours, 1,650' descent

“This was an ideal vacation for my wife and me: being in the mountains all day, at the peak of wildflower season, with two guides who were both knowledgeable and fun to be with, having a good hotel at night, and great French food in the evenings.”

—Guy A. Woodacre, CA

## DAY 8 REST DAY / OPTIONAL HIKES / BRIANÇON

Briançon is a very pretty town with a strong medieval character, and it's a great place to take a break from hiking. We enjoy a rest day here with time to stroll ancient streets between narrow, colorful buildings. Not much has changed here over the centuries, and the many shops with local products create the atmosphere of a medieval marketplace. Outside the city ramparts, we have options for hikes in the surrounding mountains, where there are numerous fortresses, some built by Vauban during the reign of Louis XIV. An optional worthwhile hike rejoins the GR5 at Montgenevre on a balcony trail through forest and meadows that descends to Briançon. We can enter the fortified city via the spectacular Pont Asfeld bridge high above the Durance River. Along the way we may also visit Vauban forts associated with Briançon and remnants of the Maginot Line fortifications. Lunch and dinner are on your own to sample the array of local restaurants, and our Trip Leader is happy to make recommendations.

# Itinerary



## **Overnight: Villa Morelia**

Chateau-style Villa Morelia was built a century ago on the edge of Mercantour National Park. It offers a restaurant with terrace dining, an outdoor bar, a pool, spacious grounds, and a beautiful view of the French Alps. Guest rooms are in the original building as well as in a new annex.

## **Meals: B, L, D**

**Hiking Details:** 9 miles, 6 hours, 3,000 feet ascent, 3,300 feet descent

**Driving Time** 2.5 hours

## **DAY 9 QUEYRAS REGIONAL PARK / JAUSIERS**

From Briancon, we make our way over one of the most famous Tour de France mountain passes, the Col de l'Izoard, on our way to our trailhead. Our hike today rises gently through a forest where vistas of the regional park of Queyras open up. The Queyras is one of the most remote and sparsely populated areas of France, where people live in a self-sufficient way cut off from the rest of the country. A gentle ascent leads to Col du Tronchet (2,820') with the option to climb further to another fantastic viewpoint looking over the Queyras. From the pass, we descend through forest and flower-covered meadows to the hamlet of Souliers and continue down a jeep trail to Lac de Roue to join the GR5. After a picnic lunch, we begin a steeper descent through the forest with views of the fortress of Chateau Queyras through breaks in the trees. Time permitting, we'll explore around the chateau, which has been a defensive stronghold since the 13th century and was only vacated by the French army in the 1960s. Continue on to our alpine hotel in the Ubaye Valley near Jausiers for dinner and overnight.

# Itinerary



## Overnight: Le Chalet d'Auron

Just steps from the village square, Le Chalet d'Auron is an inviting hotel with a cozy atmosphere. Guest rooms are comfortable and clean, there is a good restaurant on-site, the terrace is a great place to sit and enjoy the panoramic views of the mountains, and you'll be warmly welcomed by the friendly staff.

## Meals: BLD (Day 10); BL (Day 11)

**Hiking Details:** 5 miles, 5 hours, 800' ascent, 1,600' descent (Day 10); 9 miles, 6 hours, 1,750' ascent, 2,950' descent (Day 11)

## DAYS 10-11 COL DE LA BONETTE / AURON / HIKING THE GR5 THROUGH MERCANTOUR NATIONAL PARK

**Day 10:** This morning we set off for a drive across the Route des Grandes Alpes ("Great Alpine Road"), a scenic mountain road that offers a spectacular transition from the terrain of the French Alps of the north to the Mediterranean Maritime Alps in the south. En route, we cross two mountain passes over 7,000 feet, including Col de La Bonette (8,907'), where we'll take a hike near the summit area to enjoy superb panoramas of Mercantour National Park. A steady climb on old military trails brings us to the Cime de la Pelousette (9,300') and the remnants of a fortification built on the ill-fated Maginot Line established on the French border in World War I. We'll have lunch here and imagine what it must have been like for snowbound French soldiers stationed here during the winter. We descend to Camp des Fourches and meet our vehicle for a drive to Auron, the gateway to Mercantour National Park. Along the way, we explore little villages, including pretty St. Etienne de Tinée. Our simple hotel is located right on the GR5.

Driving Time: 2.5 hour

**Day 11:** Today we head to the hamlet of Bouseiyas, just below Camp des Fourches, to hike a section of the GR5. Our trail passes through forest, meadows, and ancient fortifications, with rugged scenery in all directions. We'll traverse to the pass of Col de la Colombiere (7,570'), with the option to climb another 300 feet to an abandoned French lookout post from the 1890s on the peak called Tete de Vinaigre. The views here are stunning. Our descent takes us through alpine meadows and terraced fields to the tiny village of St. Dalmas Le Selvage, where we'll drive back to Auron. Dinner is on your own this evening.

Driving Time: 1.75 hours

# Itinerary



## DAY 12 GR5 / ROYA VALLEY

Our hike today begins right outside our hotel in Auron, where we'll join the GR5 to cross the pass of the Col du Blainon (6,588'). Here we enter the remote Val Ròia (Roya Valley). In the summer, the valley is full of grazing sheep and we may encounter shepherds with their flocks in the meadows. Our hike veers off the GR5 to fully immerse ourselves in the splendor of the park, with views of one of the most remote sections of the entire GR5, before ending in the tiny hamlet and village of Roya. Afterwards, we'll drive to the medieval hilltop village of Levens.

### Overnight: Hotel La Vigneraie

Enjoy a warm welcome at this cozy hotel, set in a lively village in the countryside near Nice at the gates of Mercantour park in France's Southern Alps. Amenities include a bar, restaurant serving classic regional dishes, and a terrace, an ideal spot to sip a drink at the end of the day.

### Meals: B, L, D

**Hiking Details:** 9 miles, 6 hours, 1,350' ascent/1,700' descent

**Driving Time:** 2.5 hours

# Itinerary



## **Overnight: Hotel West End**

This historic 121-room hotel was the first hotel built on Nice's legendary Promenade des Anglais in 1842—a jewel of the Belle Epoque. Well appointed guest rooms offer views of the turquoise Mediterranean, and there is a private beach area.

**Meals: B, L, D**

**Hiking Details:** 10 miles, 6 hours, 1,550' ascent/2,200' descent

**Driving Time:** 20 minutes

## **DAY 13 LEVENS / NICE**

We walk straight from our hotel in Levens to the GR5 trail this morning. Our last day of walking is one to savor as we follow the GR5 straight to the bustling Mediterranean port city of Nice. Much of our route is along the crests or ridges below the last of the Alps, Mont Cima (2,280') and Mont Chauve (2,296'), and we'll traverse trails along slopes, with sweeping views of the Mediterranean Sea and our first glimpses of Nice. The heat of the south, the olive groves, the grapegrowing terraces, and the terracotta houses all add to our very atmospheric last day of walking. From our pickup point just north of the city of Nice, we make a short drive to our hotel on the Promenade des Anglais in Nice. Tonight we gather for a festive Farewell Dinner.

**Meals: B**

## **DAY 14 DEPART**

Transfer to the Nice airport or the train station whenever you want after breakfast, or extend your stay on your own in Nice.

# Pricing

## TRIP COST

**Prices are per person, based on double occupancy  
2025**

\$7,595 (9-12 members)

\$8,195 (5-8 members)

Single supplement: \$895

*Please contact us for future years' pricing*

To offer the lowest possible cost, our trips are priced according to the number of participants on the trip. All costs are per person, based on double occupancy. If you wish to have a single room, you must pay the single supplement fee. Please note that Wilderness Travel staff, or guests of Wilderness Travel such as travel writers, photographers, or leaders-in-training, are not included in the tier pricing count.

## PAYMENT TERMS

At time of reservation: \$600

90 days prior to departure: Balance

## CANCELLATION & TRANSFER FEE SCHEDULE

Up to 91 days prior to departure: No Charge!

61-90 days prior to departure: 25% of trip cost

46-60 days prior to departure: 50% of trip cost

45 days or less: 100% of trip cost

## TRAVEL INSURANCE

We highly recommend you purchase travel insurance. You can take advantage of a comprehensive Travel Protection Plan designed for Wilderness Travel by Travelex, or purchase other insurance on your own. See our website for details:

[www.wildernesstravel.com/insurance](http://www.wildernesstravel.com/insurance)

## TRIP COST INCLUDES

- Expert leadership of two Wilderness Travel Trip Leaders
- Accommodations in hotels and inns
- All meals included except 1 lunch and 2 dinners as indicated in Detailed Itinerary
- A glass of wine or beer with dinner
- All ground transportation and baggage handling from meeting until departure
- All activities as indicated in Detailed Itinerary

## TRIP DOES NOT INCLUDE

- Travel to and from the arrival and departure location as indicated in Detailed Itinerary
- Additional hotel nights outside the trip's scheduled dates
- Optional gratuities to Trip Leaders or staff
- Optional travel insurance
- Other expenses of a personal nature (some alcoholic beverages, laundry, etc.)

## CURRENCY EXCHANGE RATE

Because the prices published for our program are set so far in advance of the trip dates, we are occasionally faced with exceptional cost increases and/or currency fluctuations that affect the actual cost of running the trip. In most years, no price changes are necessary. However, we do reserve the right to raise or lower the trip price if there is a significant change in costs or exchange rates. If this is the case, your final invoice will reflect the difference in trip cost.

# Arrival & Departure

## ARRIVAL & MEETING PLACE

**Suggested Airport:** Geneva Airport (GVA)

**Suggested Date & Time:** Day 1, by 4:00 pm (to transfer to Megève by the group meeting time at 6:00 pm)

**Meeting Place:** You will meet your Trip Leader in the lobby of the group hotel in Megève at 6:00 pm on Day 1.

We provide a convenient transfer between Geneva, Switzerland, and our hotel in Megève, France. This is a van service that will meet you at your requested flight free of charge—even if you arrive a few days ahead of the actual trip start date. Please note this is a public van transfer service and it's likely that other passengers may join the same transfer.

A driver holding a sign with your name on it will meet you near the "General Information" desk directly outside of the customs exit (arrivals) area. The journey from Geneva is approximately an hour with this service. Please let us know if you would like to book this transfer by filling out our Extra Services Request Form.

## DEPARTURE

**Suggested Airport:** Nice Côte d'Azur Airport (NCE)

**Suggested Date & Time:** Day 14, anytime

Your Trip Leader or the hotel front desk can help you arrange a taxi from the group hotel to the Nice Côte d'Azur Airport, or the train station.

## INTERNATIONAL AIR TRAVEL

You are responsible for making your own arrangements for flights to and from Europe.

There are many online consolidator websites for booking travel, but for more personal help arranging air transport, you can contact Exito Travel at 970-818-8459 in the US or Canada. They are very adept at putting flight itineraries together, to even the most farflung places. More information can be found on Exito's website at [www.exitotravel.com](http://www.exitotravel.com).

Depending on your routing, it is necessary to depart from the US one or possibly two days prior to Day 1 of the trip itinerary. The name on your airline ticket must match the name on your passport exactly, and your passport must be valid for at least six months after your date of return to the US.

**Please do not purchase your tickets until you are confirmed on the trip.** Once your tickets have been purchased, please send us a copy of your airline schedule. It is your responsibility to ensure your flight times coordinate with the arrival and departure logistics for this trip.



# Trip Leaders

Wilderness Travel Trip Leaders have a passion and a joy for creating an unforgettable journey. We are extremely proud of them and the incredible travel experiences they make possible. For more information, including client comments about them and which specific departures they will be leading, please visit [wildernesstravel.com/leaders](http://wildernesstravel.com/leaders).



## STEPHAN RENARD

Stephan Renard was born in Grenoble in the French Alps and grew up in the wild and remote Vercors region of the Rhône-Alpes, where he gained his passion for hiking, climbing, and skiing. A professional mountain leader and ski instructor since his youth, he loves outdoor pursuits of every kind and also has an affinity for jazz music, French and American literature, and Irish culture (acquired during his years of guiding French tours in Ireland).



## MARK TENNENT

A native of Bath, England, Mark Tennent quickly learned his calling was in the mountains. After earning a degree in Outdoor Education at Bangor Normal College in North Wales, he instructed at UK outdoor centers, graduated from the Royal Military Academy, and served as a Captain in the British Army. A recipient of several mountaineering and leadership certificates, Mark has worked in various parts of the world including Afghanistan, Macedonia, Kosovo, Kenya, Sudan, and India. Since 2005, he has lived in the French Alps, where he shares his passion for the outdoors, French food, and the local culture. He's a member of the French Syndicat Interprofessionnel de la Montagne, bringing together mountain guides and climbing instructors. When not guiding, he can be found ski-mountaineering, rock climbing, and cycling.



## LAURENCE FRISON

Traveler, hiker, skier, and guide by passion, and graphic designer by trade, Laurence (“Lolo”) Frison embodies the life of an adventurer. She spent a decade exploring the world from Africa to Australia, including a three-month road trip from Vancouver to Los Angeles, and has specialized in guiding groups in the French Alps, gaining her French national credential in mountain leadership. When not leading hiking adventures with WT, she enjoys biking and beekeeping in Thonon-les-Bains in the French Alps, where she lives.



## SIMONE SIMPSON

An avid wilderness and backcountry explorer, Simone Simpson taught outdoor education in the Snowdonian mountains of Wales for 13 years before moving to the southern French Alps, where she leads treks in the Alpes Maritimes in southeast France. Her leadership stints have taken her far beyond Europe—she has guided in Costa Rica, Borneo, and one year she led a month-long expedition to Botswana and Zambia with a team of 11 school girls! Alongside her adventurous career as a guide, she is also an advanced paraglider pilot and once competed at a national level. When not leading trips, Simone lives off the grid with her husband in the Alpes Maritimes in a solar-powered house that she and her husband built.

# What to Expect

## WHAT THE TRIP IS LIKE

This trip is rated **Level 5, Strenuous**, according to our trip grading system. You will need to be comfortable hiking 10 miles a day, being on your feet for up to 8 hours a day, and hiking significant distances for many days in a row. While no climbing or mountaineering experience is necessary, all trip members should have ample hiking experience and be able to keep up with the group as with the exception of one day, there are no alternative hiking options available. Trail conditions, weather, and the group's level of fitness can affect hiking times and pacing.

### Average Hiking Day

- 7-9 miles
- 4-6 hours
- 2,000-3,000 feet gain/loss
- Altitudes range from 6,000-9,400 feet

### Challenge Day

- Day 4 - 10 miles, 8.5 hours, and 3,500 feet gain/loss

## TERRAIN

Trail conditions can be primitive, and there is a good bit of up-and-down (often a 2,000- to 3,000-foot gain and loss in elevation per day). We will undoubtedly encounter snow on the highest passes, and trails can be very rugged. You will need to traverse areas with loose scree, large boulders, and sections of narrow, exposed trails. Your experienced mountain guides are there to assist you if needed.

## WEATHER

The months we visit the Alps are the optimal ones, but mountain weather can be fickle. Temperatures are likely to reach the 70s°F (or even 80s°F) during the day, with cool breezes and occasional rain. At night, the temperature will drop quite a bit, depending on the altitude. We are likely to experience a full range of weather conditions, making rain gear and warm garments necessary items to carry with you on every hike.

## ACCOMMODATIONS

Our accommodations are in small hotels and pensions with private en suite bathrooms. Our hotels have been chosen as much as possible for their ambience and local history. Please note these are hikers' hotels, not five-star resorts. The rooms are clean and comfortable, but are not always of uniform size or amenities. In some of the smaller hotels, a bathroom may have to be shared by two or three rooms. Our leaders do their best to assign rooms in a fair way so that all participants experience an equal advantage throughout the trip as a whole. Single rooms can be requested but are not always available, due to the limited space in the hotels. If you prefer a single room, please make your request as early as possible.

## CUISINE

Lunch will be in a small village, at a mountain lodge, or at a picnic spot amidst the beauty of the surrounding mountains. Most evening meals will be taken at our hotels and will be hearty, nourishing mountain fare, often with the cuisine the region is known for. Please note that in Europe, the dinner hour is considerably later than what it is in the US. We do our best to secure early reservations for our groups, but most often the evening meal will be at 7:30 pm.

# What to Expect

## TRANSPORTATION

Our van will transport the group's luggage, so you only need to carry a daypack for items you need during the day (rain gear, sweater, camera, water bottle, etc.). Trip members are always free to skip a day's hike and travel to the next destination in the support vehicle (or remain at the hotel if we are not transferring that day).

HIKING DETAILS BY DAY				DRIVING DETAILS
DAY	MILES	HOURS	ELEV. ASCENT/DESCENT	HOURS
1				1.5 hours
2	7 miles	6 hours	2,500' ascent / 2,500' descent	
3	8 miles	6.5 hours	2,700' ascent / 2,900' descent	2.5 hours
4	10 miles	8 hours	3,500' ascent / 3,500' descent	1 hour
5	A. 5 miles B. 6 miles	A. 6 hours B. 4 hours	A. 3,900' ascent / 2,800' descent B. 1,500' ascent / 1,500' descent	20 min
6	9 miles	6 hours	1,600' ascent / 1,300' descent	45 mins
7	7.5 miles	5-6 hours	1,950' ascent / 2,150' descent	2.75 hours
8	6 miles	3 hours	1,650' descent	
9	9 miles	6 hours	3,000' ascent / 3,300' descent	2.5 hours
10	5 miles	5 hours	800' ascent / 1,600' descent	2.5 hours
11	9 miles	6 hours	1,750' ascent / 2,950' descent	1.75 hours
12	9 miles	6 hours	1,350' ascent / 1,700' descent	2.5 hours
13	10 miles	6 hours	1,550' ascent / 2,200' descent	20 min
14				45 min to Nice

AVERAGE DAILY MAX/MIN °F												
	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Bourg-St.-Maurice	43/26	47/27	55/33	60/38	70/46	76/51	80/55	80/54	71/48	62/42	49/33	42/27
Briançon	46/28	50/28	57/34	60/38	69/46	76/51	82/55	81/55	72/48	63/43	52/34	45/29
RAINFALL - INCHES												
Bourg-St. -Maurice	3.6	3.3	2.9	2.3	2.8	3.3	2.9	2.7	2.8	3.1	3.1	3.7
Briançon	1.7	1.6	1.3	2.0	2.2	1.8	1.5	1.9	2.3	3.0	2.8	1.9

# Additional Information

## CHOOSING THE RIGHT TRIP

Adventure travel often involves exotic destinations, unusual levels of physical exertion, or activities you may not have participated in previously. We work hard to help you choose the right trip for you, paying attention to your individual interests, abilities, and needs. If you have questions about the level of comfort or any of the activities described in this itinerary, please call Wilderness Travel at 1-800-368-2794 or email us at [info@wildernesstravel.com](mailto:info@wildernesstravel.com).

## REFERENCES

We'd be happy to put you in touch with a past client that has traveled with us.

## VISIT OUR WEBSITE

At [www.wildernesstravel.com](http://www.wildernesstravel.com), you can book your trip online or find out about added departures, last-minute deals, and one-time Limited Edition adventures that aren't listed in our catalog. You can also access our complete library of detailed itineraries filled with enticing photos and videos, read bios of our Trip Leaders, find descriptions of trip accommodations, and check real-time availability of any trips that interest you.

# Toucan Club Rewards & Discounts



T-SHIRT FRONT



T-SHIRT BACK



PATAGONIA SYNCHILLA FLEECE VEST  
+ KLEEN KANTEEN 27OZ WATER BOTTLE



PATAGONIA R1 PULLOVER

We are very proud to have one of the highest rates of repeat travelers in the business, and have established the Wilderness Travel Toucan Club to reward you for your loyalty. For more information, please visit the Toucan Club page of our website at [www.wildernesstravel.com/toucan](http://www.wildernesstravel.com/toucan).

Here's how it works:

## YOUR FIRST TRIP

As a first-time traveler, you receive a lightweight Wilderness Travel T-shirt and set of durable WT Luggage Tags. On subsequent trips, we're happy to send you a new WT T-shirt and set of Luggage Tags by request.

## YOUR SECOND TRIP

A top quality Wilderness Travel stainless steel water bottle by Klean Kanteen and a cozy Wilderness Travel fleece vest by Patagonia (\$100 value).

## YOUR THIRD TRIP

A versatile Wilderness Travel R-1 pullover by Patagonia (\$130 value).

## YOUR FOURTH TRIP

Discounts on the cost of your trip begin! You receive a 4% discount on the tour cost.

## FIVE AND MORE TRIPS

You receive a 5% discount on the base trip cost. On your sixth trip, you receive a 6% discount, and so on up to your 10th trip. The maximum discount is 10%, with a ceiling of \$500.

*Note: Due to special pricing considerations, Toucan Club discounts do not apply to our Private Journeys or Special Events. However, your participation on these trips does count toward your Toucan discount on future departures of Wilderness Travel's regular adventures.*

## TERMS & CONDITIONS

Toucan Club travel discounts cannot be used in conjunction with any other discount, unless otherwise specified. Discounts are deducted from the base trip cost and shown on the final invoice. The base trip cost is the main land/tier cost and does not include single supplement fees, extensions, internal airfare, or other additional charges. Bonus gifts (T-shirts, luggage tags, vests, water bottles, and pullovers) will be mailed approximately three weeks prior to trip departure. Terms and conditions of Toucan Club bonuses are subject to change or cancellation at the discretion of Wilderness Travel, Inc.

# Travel Notes

# Travel Notes



### WILDERNESS TRAVEL HAS BEEN AWARDED:

**Best Travel Specialists in the World:** *Conde Nast Traveler*, 2024, 4-time winner

**World's Best Tour Operators:** *Travel + Leisure*, 11-time winner

**Best Wildlife, Hiking & Walking Trips:** *AFAR Magazine*, 3 years in a row

**Best Adventure Travel Companies:** *USA Today*

**Trip of the Year:** *Outside Magazine*, 9-time winner

**50 Tours of a Lifetime:** *National Geographic Traveler*, 9 years in a row

**Best Adventure Travel Companies:** *National Geographic Adventure*, 3-time winner

Please be advised that California has established a Travel Consumer Restitution Fund under the California Seller of Travel Law that took effect January 1, 1996. This fund is designed to protect consumers from unscrupulous practices by discount airfare ticket sellers or air charter operators. Unfortunately, this law does not cover non-California residents and, even in the case of California residents, it does not cover any foreign travel where the foreign "providers of transportation or travel services" are not in compliance with the Sellers of Travel Law (compliance being defined as registered as a Seller of Travel in California and a participant in the Travel Consumer Restitution Fund). Thus none of Wilderness Travel's tours qualify and we are required by law to advise each client that they are not covered by the California Travel Consumer Restitution Fund. California law requires sellers of travel to maintain a trust account or bond. This business has a trust account. California Seller of Travel #100769640

While as accurate as possible at the time of printing, this itinerary should be considered an approximate indication of the schedule and scope of activities and trip routing, rather than an inflexible schedule of events; it is subject to change due to circumstances beyond our control. This trip is subject to the Limitation of Liability and all the terms and conditions as detailed in the General Information section of the Wilderness Travel Catalog.

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# Wilderness Travel

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