

Via Alpina: a long-distance walking trail through the unspoiled Alps

It is almost inconceivable: a network of fully signposted walking paths covering almost 5,000 kilometres, from Trieste in Italy on the Adriatic to Monaco on the shores of the Mediterranean. There are five trails to choose from, passing through all eight Alpine countries: France (on the blue and the red trails), Italy, Monaco, Switzerland, Liechtenstein, Germany, Austria and Slovenia.

In France alone, you can walk through five different départements -Haute-Savoie, Savoie, the Hautes-Alpes, Alpes-de-Haute-Provence, and Alpes-Maritimes – crossing the Swiss and Italian borders around a dozen times over the 16 (blue trail) or 32 stages (red trail). Of course, you won't be able to do it all in one go. The Via Alpina

will keep you coming back for more! The network does not just

offer physical activity and sporting achievement. It also marks a

commitment to the concept of respecting vulnerable and sensitive environments – and the plant and animal life to be found in them. It will bring you into contact not only with breathtaking landscapes and scenery, but also with a shared history, culture and way of life, all of which together make up the Alpine identity. You are free to plan your wanderings to suit your tastes and

schedule, whether for one day, a weekend, a week, a month, or

Visit www.via-alpina.org to find out more

The spirit of Via Alpina

• being plunged into the unique and varied world of the Alps • a way of exploring new areas and their populations at walking

• a physical link between all the Alpine countries a way of contributing to local development

Via Alpina: how the idea became reality

The Alps are a unique area covering around 200,000 km² and extending over eight European countries: France, Italy, Monaco, Switzerland, Liechtenstein, Germany, Austria and Slovenia.

Thirty partners – institutions, associations and professional bodies from the eight countries – headed up by the French association La Grande Traversée des Alpes have been working together since 2002 to create Via Alpina, the first network of walking paths designed to promote sustainable development in the Alps and which runs from Trieste (Italy) to Monaco.

The Via Alpina has been officially recognised as genuinely contributing to the implementation of the Alpine Convention, which

ensures sustainable development in the Alps. Within the European Union's Alpine Space Programme, it is supported by the public authorities in all eight Alpine countries. La Grande Traversée des Alpes coordinates the activities of the eight Via Alpina national secretariats and also manages the international secretariat.

What is La Grande Traversée des Alpes?

The association La Grande Traversée des Alpes was created in 1971 at the same time as the first French regional nature parks, and in the same spirit. The association seeks to combine development of the tourist industry, management of mountain landscapes and respect for the natural world. It is led by the alpine French authorities (Rhône-Alpes and Provence-Alpes-Côte d'Azur at regional level, the départements of Haute-Savoie, Savoie, Isère, Drôme, Hautes-Alpes, Alpes-de-Haute-Provence and Alpes-Maritimes, and at local level, the 205 mountain municipalities) together with the professionals, tourist and nature associations of this side of the Alps.

The association is run by a team of twelve professionals who are experts in developing walks and travel itineraries in mountain areas, and seeks to turn walking tours into a new opportunity for the mountains by initiating, developing and supporting targeted tourism programmes in conjunction with tourism providers in the Alps and with local areas.

Three major trails and a network of rated accommodation structures

Via Alpina: travel 5,000 km on foot from Trieste to Monaco on the five mountain trails, border-hopping as you go. This is a major European project and is supported by all eight Alpine countries.

The High Alps Route (Route des Grandes Alpes): a journey of more than 600 km between Thonon-les-Bains and Menton. crossing 16 of the highest Alpine passes. From May to October the High Alps Route is a major undertaking for cyclists, cycle tourers, motorcyclists and car drivers.

The Sunshine Trails (Chemins du Soleil): two mountain bike trails measuring a total of 850 km, one linking the Rhone valley to the southern Alps (Valence, Gap, Sisteron, Digne) and the other from the Vercors to Provence (Grenoble, Sisteron, Digne). Between May and October, these are an excellent way to explore the foothills

The accommodation network: as a pioneer in the field of staged accommodation in the Alps, La Grande Traversée des Alpes has successfully developed three quality charters and a national quality label (Rando Accueil) in order to create a network of various types of tourist accommodation facilities that are ideal for tourists moving from place to place in different styles.

of the Alps.



5 colours, 5 trails The Via Alpina in France: 2 trails and 40 stages

GREEN: 13 stages through two countries (Liechtenstein and Switzerland)

YELLOW: 40 stages through three countries (Italy, Austria and Germany)

PURPLE: 66 stages through three countries (Slovenia, Austria and Germany)

led trail - 161 stages, or more than a whole walkin

The red trail links all eight Alpine countries. It crosses the main Alpine

range in several places and links Trieste to Monaco, passing through

Bavaria and Liechtenstein on the way. The trail takes the walker through

several nature and national parks, giving a real sense of the scale of the

Alps, Europe's largest natural area, and revealing the diversity of wildlife,

From the Monte Rosa glaciers to the tranquil villages of the Alpes-

Maritimes, the blue trail follows large sections of the Grande Traversata

Via Alpina's blue trail then continues on the French side, descending

through the most peaceful sections of Mercantour National Park to the

This is the shortest of the Via Alpina trails. It can be completed in one

holiday or can be used to cut off part of the red trail. Starting out from

the trail crosses the Rhine valley and then follows the famous Alpine

passes route in Switzerland, with a new valley every day. A wide range

of scenery is guaranteed. The trail runs along the flanks of the three

iconic peaks of the Bernese Oberland: the Eiger, the Mönch and the

The vellow trail takes walkers from sea level to 3,000 m. from the

Adriatic coast to the mountain pastures of the Allgäu, from the mixed

cultures of Bolzano to the untouched Lechtal, from the Dolomites

which rose from the depths of the oceans to the world of Ötzi the

The purple trail takes the walker through the eastern limestone Alps

from the Karawanken to the Allgäu. It forks off to the east of the red trail

in the heart of the Triglav massif. Far from the beaten track, the trail

crosses high limestone plateaus and nine of the ten national long-

distance trails through the Austrian Alps which lead to Vienna and on

the second-smallest Alpine country, the Principality of Liechtenstein,

plant life and landscapes they contain.

village of Sospel, where it meets the red trail.

Iceman. It offers a rich tapestry of contrasts.

to the Hungarian, Slovak and Czech borders.

reen trail – 13 stages, two countries

ellow trail - 40 stages, three countries

delle Alpi through Piedmont.

The French Alps extend from the base of Mont Blanc on the Swiss border (the massif's highest point at 4.811 m — at the latest measure -, first scaled in 1786) to the Mediterranean coast of Provence. From 5 colours indicate the 5 trails on 5,000 km the granite of the central high Alps to the limestone pre-Alps, you will find an exceptional biodiversity. These vast riches are now protected and showcased by three national parks (Vanoise, Ecrins, Mercantour) **RED:** 161 stages from Trieste to Monaco, passing through eight Alpine countries and two regional natural parks (Bauges and Queyras). The Via Alpina **BLUE:** 61 stages through three countries (Switzerland, France and Italy) trails in France (red and blue) pass through all of these outstanding

> The Via Alpina also offers a voyage of discovery through European history, with evidence of a past that was full of upheavals and reversals. You will pass through former autonomous counties - Savoie in the north and Nice in the south, both of which only became part of the French nation in the late 19th century. There is a long history of trade over the border passes (the Coux, Mont, Mary and Fenestre cols), plus countless Baroque chapels and the imposing ruins of fortresses (Mont-Cenis, Maurienne, Ubaye and Roya areas) – all reminders of interminable geopolitical struggles.

On the blue trail

Around the lake and pass at Petit-Mont-Cenis:

areas, with the exception of the Bauges.

At over 2,000 m above sea level, the blue trail leaves Italy briefly to visit France, with a few hours of walking amidst beautiful scenery between the Haute Maurienne valley and Val de Susa, overlooked by the magnificent Rocciamelone mountain (3,538 m).

Lakes and military fortifications are dotted along the way.

Italy, Haute-Maurienne and military architecture

As the col du Petit-Mont-Cenis has been the object of many armed invasion attempts, it has more than its fair share of strategic military buildings: five forts were built by the Italians and the French to counter one another's activities around the Mont-Cenis lake and are a clear reminder of the harsh military past of these tranquil peaks.

• The Variselle fort (late 19th century) was built in the linear style of the Vauban defences. Malamot fort is a fortified complex in the shape of an isosceles triangle

and over 500 m high; it was built on the Malamot mountain (2.924 m)

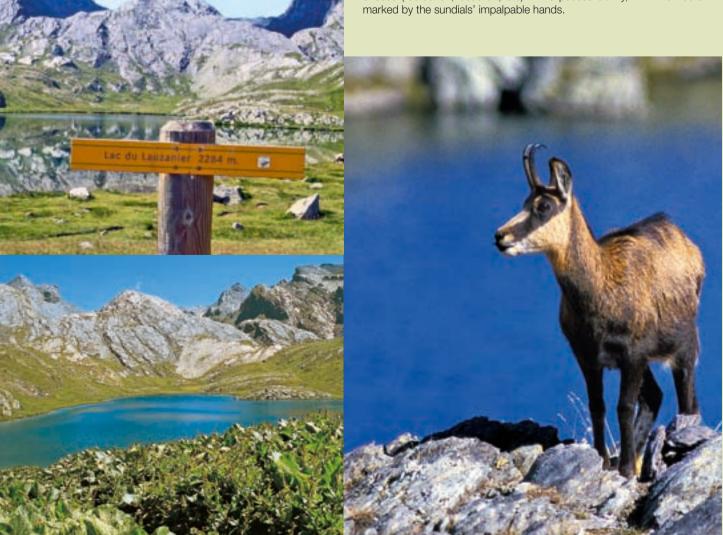
• The Pattacreuse fort was built in 1891 at 2,354 m above sea level; underground galleries were added in 1930. • Ronce fort is a small fortified tower surrounded by a dry moat at an

altitude of 2,286 m. It was one of the first forts to be built on Mont-Cenis following the Italian law of 1874. • The Turra fort was built around 1890 on the Turra ridge in response to the various Italian fortifications on the Mont-Cenis plateau.

From Piedmont to Sospel: 10 gentle stages in the Alpes-de-Haute-Provence and the Alpes-Maritimes

Crossing and recrossing the French-Italian border, the blue trail leads to Sospel, where it joins the red trail. The trail is peaceful and gentle with a Provencal twist. However, it always has an Alpine feel, and even passes through Bousieyas, the highest hamlet in Europe.

In the slightly arid climate of these Mediterranean landscapes, the inhabitants offer a warm welcome with their lilting speech and food that uses olive oil rather than cream and favours tiny sheep's cheeses. oreferably sold at the market or from the shepherd's hut, over cow's milk cheese (reblochon, beaufort, etc). Time passes slowly, with the hours



A gentle natural world of music and scents

BEAUTOR

From the Ubaye valley to the Mercantour National Park, the blue trail eads through a flourishing natural world of Alpine and Mediterranean vonders: 2,000 of the many known plant species in France can be found the Mercantour National Park, including 220 rare and 40 indigenous species. The Park also plays host to almost the full range of Alpine birds and mammals. It is so hospitable that Italian wolves invited themselves in a few years ago, generating a certain amount of unease. The Alpha Scénoparc, just a few kilometres from Saint-Martin-Vésubie, is a visitor centre dedicated to wolves with stunning 3D images and three packs living more or less wild.

GRLIYERE &

A prehistoric and historic heritage of incredible riches

Surrounded by the pink rock of the mountains, the Vallée des Merveilles is home to several high-altitude lakes and contains over 36,000 prehistoric rock carvings which are currently being considered for inclusion in the UNESCO list of World Heritage Sites. In prehistoric times, the Mercantour was already a place of trade and cultural interaction. It continued in that role, acting as a true pivotal point for trade between

neighbouring Italy, the county of Nice, and Provence. The villages in the Roya valley (where King Victor Emmanuel II and later the Italian nobility loved to hunt chamois and go walking), and the Vésubie and Tinée valleys have inherited a rich and splendid architectural heritage that dates back to the Romans, the Middle Ages and the Baroque period.

Breathtaking villages and hamlets

f you have not been to Saorge, then you are missing out on one of France's most spectacular villages! Nestled between the cliffs that overlook the Roya valley, the brightly-coloured houses date back to the 15th to 17th century and make the village arguably the most attractive clifftop village in France.

While Saorge may be a big name, smaller villages and hamlets will also

appeal to walkers seeking authentic and strange sights. Maintaining old traditions and appearing dissociated from today's world, these villages are little havens of tranquillity. Whether nestled on the flanks of a mountain, spread over the slopes of

hills, surrounded by mountains or built around the church square, where everyone gathers in the evening at the time of the "aperitif", the villages of Haute-Ubave, Valdeblore and the Roya valley or hamlets such as Roure are both places to relax and to meet real natives.

Around the Aiguilles Rouges and Sixt Passy reserves:

five stages in Haute-Savoie for a week among the heights

From Trient to the hut at Susanfe, the Via Alpina trail meanders among the legendary peaks of the Chamonix and Giffre valleys - mont Blanc, mont Buet, aiguilles de Chamonix, aiguilles de la Glière, aiguilles de Bérard – in a spectacular natural setting. Sights include the gorges des Tines, the Giffre mountain river, the Rouget waterfall and, if you make a slight detour, the stunning cirque of Sixt-Fer-à-Cheval (the Sixt horseshoe), with its 700 metre high cliffs and roiling mountain streams.

It is worth stopping at Samoëns to see a different side of the Alps: 8,000 plant species can be found in the Jaÿsinia Alpine gardens, or for art, try the Notre-Dame de l'Assomption church with its black marble font sculpted by the "Frahans" – the renowned local stone cutters. To find out more about life in days gone by, visit the Clos-Parchet eco-museum, which is housed in an 18th century farm.

From Valgrisenche to Modane: seven stages in the villages and national park of Savoie

After a short foray into Italy, the red trail returns to France at the col du Mont for seven stages through Savoie, from the Maurienne valley to the Tarentaise. The Via Alpina reveals the wealth of cultural and natural resources in Savoie, which has far more to offer than just ski resorts! Vanoise National Park

The Park contains outstanding flora and fauna. Ibex have returned en masse after nearly dying out, then there are the iconic golden eagles, majestic bearded vultures, and nearly 2,000 plant species. As it passes through this vibrant Park from the lake at Tignes to Termignon-la-Vanoise, the Via Alpina trail offers stunning scenery against a backdrop of the Grande Casse mountain and the Grande Motte glaciers.

Picturesque villages and historic paths

Savoie has an incredible amount to offer. Sites particularly worth mentioning include the listed hamlet of Le Monal, with its meadows or "montagnettes" and chapel; Bramans, with its slate roofs; the 93-metre monolith at Sollières-Sardières; the cobbled path (originally a pebbled track used by salt traders) that leads down to Termignon from the Plan-du-Lac plateau; and the charmingly named "Chemin du Petit Bonheur" (path of small joy) that runs along the side of the valley from Termignon to Modane.

From Modane to col Mary or Chiappera: ten stages from

the Hautes-Alpes to the Alpes-de-Haute-Provence Welcome to the land of sundials, "oreilles d'ânes" (donkeys ears!) and the Ecrins National Park; caught between the northern and southern Alps, this area has maintained its own identity.

The Ecrins National Park really is a high-mountain location, with around 100 peaks at over 3,000 m, including la Meije, mont Pelvoux and the Barre des Ecrins, one of the rare wholly French 4,000-metre peak. The scenery in the Ecrins contrasts with the more varied landscapes of the Queyras Regional Nature Park, which has both Mediterranean and European features, and provides an excellent sunny and sheltered place for larches to flourish.

▲ A historical and cultural mix in the Haut-Brianconnais and the Guillestrois

he Roman influence, the late arrival of Christianity, the arrival and subsequent massacre of the Vaudois, who were declared heretics by the Council of Verona in the 12th century: the marks of a rich and tempestuous past are to be found throughout the villages of the Briançonnais and Guillestrois areas.

• The valley of Vallouise bears the scars of the Vaudois' trials, and for mountaineers is notable for giving access to mont Pelvoux, Ailefroide and the Barre des Ecrins, all of which tower around the 4,000-metre

• The Vallée de la Clarée contains incredibly beautiful 16th century Baroque churches and a string of Alpine meadow chalets built entirely from larches, now blackened with age.

• The Vallée Etroite (narrow valley) was returned to France in 1947, but the telephone numbers, gas and electricity supply are still Italian! Monêtier-les-Bains offers Roman baths, thirty-odd churches and a

museum of sacred art. • In Guillestre you will find the fortified city of Mont-Dauphin, which was designed by Vauban.

From Guillestre to Ceillac, the Queyras displays its strong character, built

up in the shelter of the passes and lofty peaks. After Ceillac, the trail passes by myriad high-altitude lakes, crosses the Girardin col and opens out into the Ubaye valley through which runs the boiling mountain river of the same name, surrounded on each side by many peaks that are close to or over 3,000 metres above sea level. The village of Maliasset marks one overnight stop: it is typical for the region and breathes tranquillity. The houses are built exclusively from local materials – slate roofs, stone blocks and larch wood - reflecting the community's independent existence. The 12th century Romanesque church at Maljasset Maurin is a listed historic



From the Elena Soria hut or the Madone-de-Fenestre hut to Limonetto: the Mercantour National Park in all its glory

Five delightful short stages without too much climbing put the "marvels of the Vallée des Merveilles" within everyone's grasp.

From the mont Gélas which towers above the path, to the lac de la Fous, lac Vert and lac Noir lakes, the Vallée des Merveilles with its 36,000 prehistoric rock carvings and pink rocks, the Madone-de-Fenestre abbey and the Giaure fort, the Mercantour National Park marks the last outposts of the rigours of the Alps before the range plunges down to the Mediterranean. The Park contains a unique blend of Alpine and Mediterranean plant and wildlife, and its history spans over 700,000 years.

From San Bernardo di Mendatica to the square in front of the Palace of Monaco – the Mediterranean Alps

The scenery and villages become Mediterranean in style, the scent of brine is carried on the breeze and olive trees abound. Olive oil is a fundamental ingredient in cooking. There are signs of Nice's cultural influence - for example, "Pelhasc", the dialect spoken in the village of Peille, appears to be a derivative of Nissart.

The last stages of the red trail become more gentle as the walker reaches the Nice hinterland extending from Saorge, perched high on the cliffs above the Roya valley, to Peille with its Medieval castle, the fortified houses of Peillon, Sospel's delightful old town centre, and on to La Turbie, overlooking the Riviera. The town has a monument known as the Trophy of Augustus (the Roman emperor) and has one of the most beautiful views in the world. It is tempting to stay forever now that the journey has ended.

How to set about walking the Via Alpina

Via Alpina website The multilingual www.via-alpina.org website will help you to plan your route as you please. It describes each stage (difficulty, heritage features,

accommodation facilities, and even has a section where solitary walkers can find travelling companions. Explore from one base The Via Alpina trails open up all sorts of options: remember to benefit

from the local features and resources and to adapt your holida

activities on offer, etc.), gives contact details for the tourist offices and

You can plan all sorts of walks, from hut-to-hut walks to day trips from one base, all ideal for exploring different sections of the Alps. Local guided walks - the pleasure of having

guide who can tell you all about the beauties of the mountains
Feel free to contact the local professional guides

via the guides offices Syndicat national des guides de montagne

(national association of mountain guides) 210, rue François Guise - 73000 Chambéry

Tel: +33 (0)4 79 68 51 05

Fmail: accueil@sngm.com Website: www.sngm.com

accordingly.

Syndicat national des accompagnateurs en montagne

(national association of hiking guides) Maison des Parcs et de la Montagne

256, rue de la République – 73000 Chambéry Tel: +33 (0)4 79 70 20 42

Email: contact@lesaem.org

Website: www.lesaem.org

Regional tourism committee Rhône-Alpes

Tel: +33 (0)4 72 59 21 59 Email: bienvenue@rhonealpes-tourisme.com

Website: www.rhonealpes-tourisme.fr Regional tourism committee Provence-Alpes-Côte d'Azur Tel: +33 (0)4 91 56 47 00

Website: www.crt-paca.fr Regional tourism committee Riviera-Côte d'Azur

Tel: +33 (0)4 93 37 78 78 Email: info@quideriviera.com Website: www.guideriviera.fr

Email: info@crt-paca.fr

Départemental tourist office for Haute-Savoie & Mont Blanc Tel: +33 (0)4 50 51 32 31

Email: tourisme@cdt-hautesavoie.fr Website: www.savoiehautesavoie.com Départemental tourist office for Savoie Tel: +33 (0)4 79 85 12 45

Email: tourisme@cdt-savoie.fr

Website: www.savoiehautesavoie.com Départemental tourism committee for the Hautes-Alpes Tel: +33 (0)8 10 10 11 11

Email: cdt.tourisme@hautes-alpes.net Website: www.hautes-alpes.net Tourism development agency for the Alpes-de-Haute-Provence

Tel: +33 (0)4 92 31 57 29 Email: info@alpes-haute-provence.com Website: www.alpes-haute-provence.com

French walking federation (FFRP) and its local agents, the départemental committees Tel: +33 (0)1 44 89 93 93 Email: info@ffrandonnee.fr

Website: www.ffrandonnee.fr

Frossing

You want to be independent?

A few simple checks before you start out

European emergency services number: 112

Plan your route using detailed maps and guidebooks

"Alps without frontiers" walking guides with maps

Tel: 0 892 68 02 XX weather forecasts for each département

(replace XX with the département's code: 74 for Haute-Savoie, etc.)

Vear stout shoes, take suitable clothing and a well-designed rucksack

containing essential items only (but remember to pack spare clothes).

Take a water bottle, snacks (e.g. cereal bars), sunglasses with UV filter,

hat, sunscreen, warm clothing (fleece), waterproof jacket. Walking

poles can be useful; a head torch may come in handy (in case you find

yourself still walking at dusk or if you are staying in huts). A first-aid kit

is essential (remember to include something for blisters and sunburn).

Before you leave, book rooms in each mountain hut to avoid any nasty

250 accommodation facilities have been listed in collaboration with existing

brands (Gîtes de France, Rando Accueil). All the contact details for planning

each stage of your journey can be found at www.via-alpina.org and in

The "recommended by Via Alpina" brand is a new concept that has

been developed for the Via Alpina trails in France. It has been in

operation since summer 2007. The selection criteria focus on three

Promotion of the area (local area and the Alps) and local traditions

the GTA accommodation guide (www.grande-traversee-alpes.com).

Via Alpina accommodation: 33 different factors

Contributing to environmental awareness

Facilities and services specifically designed for walkers

How to prepare for your trip

Always check the weather forecast!

• IGN maps 1:25 000 (TOP 25 series),

Tel: +33 (0)1 43 98 80 00

Tel: +33 (0)4 76 84 25 00

Tel: +33 (0)4 76 99 20 20

Didier Richard maps 1:50 000

Website: www.glenatlivres.com

For full details, see www.ffrandonnee.fr

Website: www.ian.fr

Libris maps 1:60 000

Website: www.libris.fr

Essential equipment

Guides FFRP

Accommodation

surprises.

Emergency services

Maps and guides

promote soft tourism structured around walkin Ready-made trips in certain sections of the Via Alpina in France contact our professional partners for an organised trip that reflects the Via Alpina philosophy

Service providers working with Via Alpina to

Email: info@allibert-trekking.fr Website: www.allibert-trekking.com ATR 05 (Hautes-Alpes tourist booking agent) Tel: +33 (0)4 92 20 63 63

Email: info@atr05.fr Website: www.atr05.fr **Destination Merveilles**

Tel: +33 (0)4 93 73 09 07 Email: info@destination-merveilles.com Website: www.destination-merveilles.com

L'Echaillon Tel: +33 (0)4 92 21 37 30 Email: infos@echaillon.com Website: www.echaillon.com

Espace Evasion Tel: +33 (0)4 50 37 03 65 Email: info@espace-evasion.com Website: www.espace-evasion.com

FFCAM (French federation of Alpine and mountaineering clubs) Tel: +33 (0)1 53 72 87 00 Website: www.ffcam.fr **Grand Angle**

Email: info@grandangle.fr Website: www.grandangle.fr Tel: +33 (0)4 79 65 88 27

Tel: +33 (0)4 76 95 23 00

Email: pedibus@wanadoo.fr Website: www.pedibus.org Tel: +33 (0)4 78 37 88 88

Website: www.tamera.fr

Tel: 0892 680 599 (calls within France) or +33 3 27 47 58 72 Website: www.ucpa.com

Tel: +33 (0)4 92 45 18 05 Email: info@visages-voyages.com Website: www.visages-trekking.fr The Via Alpina logo appears on the signposts indicating which path to

+33 (0)8 92 35 35 39 (in English)

and Barcelonnette and Marseille to Barcelonnette.

For information and reservations, contact SCAL:

- Barcelonnette: +33 (0)4 92 81 00 20

vour walk

SNCF - Tel: + 33 (0)8 92 35 35 35 or

Savoie & Haute-Maurienne

Modane. See www.altibus.com

Alpes-de-Haute-Provence

- Gap: +33 (0)4 92 51 06 05

Bus service to and from Nice:

On the red trail

- Marseille: +33 (0)4 91 62 10 22

Alpes-Maritimes transport network:

0 800 06 01 06 (calls within France)

Railway line from Saint-Gervais (TGV).

Tel: +33 (0)4 50 34 40 09

Website: www.altibus.com

• Salvagny: access from Sixt.

Tel: +33 (0)4 50 34 40 09

Website: www.altibus.com

SAT: +33 (0)4 50 53 01 15

Samoëns bus station:

• Tornay-Bostan hut: access from Samoëns

Direct bus service (SAT) from Cluses railway station

Direct bus service (SAT) from Cluses railway station

• La Flégère: access from Argentière and Chamonix.

Railway line from Saint-Gervais (TGV).

From Bourg-St-Maurice railway station.

Autocars Martin. Tel: +33 (0)4 79 07 04 49

Bus from railway station to resort:

www.autocars-martin.com

• Moëde-Anterne hut: access from Sixt or Servoz-les-Houches.

• Archeboc hut and Le Monal: access from Ste-Foy-Tarentaise.

A network of local partner areas who are

Haute-Maurienne & Vanoise community of communes

promoting Via Alpina, includ

Pays des Ecrins community of communes

Ubaye valley community of communes

Website: www.espace-mont-blanc.com

Website: www.hautemaurienne.com

Website: www.cc-paysdesecrins.com

Website: www.haute-ubaye.com

Tel: +33 (0)4 79 05 91 57

Tel: +33 (0)4 92 81 03 68

Tel: +33 (0)4 92 31 07 01

Espace Mont-Blanc

Email: adri.04@laposte.net

Tel: +33 (0)4 50 93 66 73

Tel: +33 (0)4 93 03 21 28

Queyras Monte-Viso

Tel: +33 (0)4 50 53 00 24

Tel: +33 (0)4 79 06 95 19

Email: info@saintefov.net

Tignes tourist office

Tel: +33 (0)4 79 40 04 40

Website: www.tianes.net

Tel: +33 (0)4 79 20 51 67

Tel: +33 (0)4 79 05 33 83

Email: info@valfrejus.com

Website: www.valfrejus.com

Email: information@tignes.net

Termignon joint tourist office

Email: info@3petitsvillages.com

Website: www.3petitsvillages.com

Modane/Valfréius tourist office

Website: www.saintefoy.net

Email: info@chamonix.com

Website: www.chamonix.com

Sainte-Foy-Tarentaise tourist office

Website: www.pays-vesubie.com

Website: www.pnr-queyras.com

Chamonix valley tourist office

Digne/Cunéo

Pavs Vésubien

take, making it easy to follow the trails (especially at junctions). In each case the logo includes the trail colour and will accompany you on your journey through the varied landscapes.

Allo TER (regional train information) – Tel: 0891 67 68 00 (calls within France)

regular services between Gap and Barcelonnette, Digne-les-Bains

Alpes-Maritimes (Tinée valley, Vésubie valley & Sospel)

• From the Aiguilles Rouge to Sixt-Passy: access from Chamonix

Transport: try to use public transport where possible

Termignon from the TGV station in Modane. Modane: Modane railway station. Hautes-Alpes For information about train stations and bus connections to the start of

• Les Granges de la Vallée Etroite: access via Bardonecchia. Shuttle buses from the railway station. • Névache: From Briançon railway station

• Leisse hut and Termignon. There are regular shuttle buses to

In summer, there are regular shuttle buses between Briançon and Vallée de la Clarée. In winter, there is a coach service which ties in with train arrivals

and departures (reservation only). There are regular shuttle buses to Termignon from the TGV station in Monêtier-les-Bains: Regular shuttle buses from Briançon railway station. • Regular bus service to and from Larche, links to railway stations and

Tel: +33 (0)4 92 23 10 27 • Freissinière: From the Argentière-les-Ecrins railway station.

• Tignes lake: access from Tignes.

From Bourg-St-Maurice railway station.

Autocars Martin: +33 (0)4 79 07 04 49

From the Mont-Dauphin Guillestre railway station. Tel: +33 (0)4 92 45 07 05 Furfande hut:

Maliasset: SCAL bus (+33 (0)4 92 51 06 05) from Gap railway station to

Alternatively, taxi from the Mont-Dauphin railway station.

• Madone de Fenestre hut: access from St-Martin-Vésubie. TAM bus (Tel: 0800 06 01 06) from Nice railway station. • Nice hut: access via Belvédère.

TAM bus (Tel: 0800 06 01 06) from Nice railway station. • Valmasque hut and Castérino: access via Tende.

Breil-sur-Roya railway station. Tel: +33 (0)4 93 04 40 15 Sospel:

Monaco: Monaco station. Tel: +377 93 10 60 01

Serre-Chevalier joint tourist office Tel: +33 (0)4 92 24 98 98

Email: contact@ot-serrechevalier.fr

Website: www.serre-chevalier.com and www.monetier.com Pays des Ecrins tourist office

Pays du Guillestrois tourist office Tel: +33 (0)4 92 45 04 37

Email: officedutourisme@ceillac.com Website: www.ceillac.com **Ubave tourist office** Tel: +33 (0)4 92 84 31 09

Email: info@ubaye.com Website: www.ubave.com

Tel: +33 (0)4 93 03 21 2

Tel: +33 (0)4 93 04 92 05 Email: rovabevera@wanadoo.fr

Website: www.royabevera.com Saint-Etienne-de-Tinée tourist office

Website: www.stationsdumercantour.com

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Shuttle buses from the Argentière-les-Ecrins railway station.

Tel: +33 (0)4 92 51 50 50 Mont-Dauphin (Guillestre)

One-day walk from Guillestre.

Ceillac: Shuttle bus connection from Mont-Dauphin-Guillestre railway station provided by Transports Favier. Tel: +33 (0)4 92 45 07 71

Alpes de Haute-Provence

Barcelonnette, then by taxi. Alpes-Maritimes

Tende railway station. Tel: +33 (0)4 93 04 65 60 Breil-sur-Rova:

Sospel railway station. Tel: +33 (0)4 93 04 00 17 • Peillon: Nice bus station. Tel: +33 (0)4 93 85 61 81

Tel: 0810 10 11 12 (in France) or + 33 (0)4 92 23 58 42 Email: infos@paysdesecrins.com Website: www.paysdesecrins.com

Website: www.pays-du-guillestrois.com Ceillac tourist office el: +33 (0)4 92 45 05 74

Pays Vésubien (Belvédère, La Bollène-Vésubie, Roquebillière, Lantosque, St-Martin-Vésubie, Utelle, Venanson)

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Association grande traversée des alpes

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DIACT

Do not litter





