

# Queyras 3000 Metre Summits Trek

Trip Code: QST

Version: QST Alpine Trails and Summits of the Queyras



WALK & TREK



GUIDED GROUP



CHALLENGING



## HIGHLIGHTS

- Views of dominating spire of Monte Viso from Pain du Sucre
- The wooden chalets of Fonts de Cervieres
- A tough 6-day trekking holiday in a hidden corner of France
- Fully supported with luggage transferred to gites each evening

## AT A GLANCE

- 6 days trekking
- Max. altitude - 3293 metres
- Join at Turin

## ACCOMMODATIONS & MEALS

- 7 Breakfasts
- 6 Lunches
- 5 Dinners
- 3 nights Hotel
- 1 nights Mountain Hut / Refuge
- 3 nights Gite / Hostel

[VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE](#)

# Introduction

Sandwiched between Briancon and the Italian border, the remote Alpine region of Queyras offers exceptional trekking with a distinctly 'off-the-beaten-track' feel. Based very loosely on the Tour of Queyras circuit (GR58), this exciting new trekking holiday has been modified to include the very best hikes in the area. From a succession of charming refuges and gites, we climb around 1000 metres each day to reach the high ground, before continuing to such rocky summits as Rocca Bianca (3059m), Pain du Sucre (3208m) and Grand Glaiza (3293m). Throughout the holiday, there are fantastic views, north to the snow-capped Ecrins and Vanoise massifs and south to the dominating spire of Monte Viso (3841m). Seeking out the quietest areas, we can enjoy our picnic lunches in the company of marmots, chamois and golden eagles. The quality of the hiking in this hidden corner of the French Alps is a revelation!

## Is this holiday for you?

This is a superb weeks walking holiday in a hidden corner of the Alps. The trip loosely follows the route of the GR58, the Tour of Queyras long distance walk, which itself has a number of variants. However, we also make every attempt to get away from the main route, to follow rocky ridges and to reach a number of 3000 metre peaks. We follow way-marked footpaths for most of the route, but also find ourselves on unmarked trails, loose scree and easy scrambling terrain. Almost every day we are faced with a considerable ascent (between 1000 and 1500 metres) from a valley base, to reach the upper slopes. This is a tough trek, with 6 long days - expect to be out for 8 to 10 hours per day, including stops.

# Itinerary

Version: QST Alpine Trails and Summits of the Queyras

## DAY 1

**A single transfer is provided from Turin Airport to the group hotel in Briancon.**

Your holiday starts at the group hotel in Briancon. A single transfer is provided from Turin Airport to the group hotel in Briancon.



**Accommodation**  
Hotel

## DAY 2

**Drive to Basse-Rua and walk via the Pic d'Escreins (2734m) to Ceillac.**

After breakfast, we are met by our English-speaking tour guide or 'accompagnateur' and our support vehicles. We then drive south to Guillestre and along an unsurfaced road into the valley of the Rif Bel Stream. We disembark close to the Basse Rua Refuge (1760m) and the few derelict houses and intact chapel of Alta Rua. Our main bags will be transported from here to our next overnight stop at Ceillac. Meanwhile, we set off through pine forest on a marked path, zig-zagging up above the trees and finally to the summit of an open, rocky peak, the Pic d'Escreins (2734m). There are great views to the north-west of the Ecrins peaks - Barre des Ecrins, Pelvoux and Meije. After a leisurely lunch, we have the option of following the rocky Crete de Panestrelle or taking a slightly easier descent route into the small valley of Pelouses, where we find a streamside shepherd's hut and the chance to bathe our feet. We then cross steep, forested slopes on the south side of the Cristillan Valley, traversing around on scant trails and gaining quite a lot of height, before dropping down steeply to the village of Ceillac, with its distinctive church in the middle of a corn field. Overnight in a hotel.

Meals: **B L D**



**Accommodation**  
Hotel



**Ascent**  
1330M



**Descent**  
1500M



**Time**  
7 - 8 hrs walking



**Distance**  
14KM

## DAY 3

## Walk to the Col des Estronques (2651m) and the Pointe des Marcelettes (2900m). Overnight in Le Chalp.

Our walk today starts out through the village of Ceillac, which has several 'carpenters' crosses' and another distinctive church or bell-tower. We are now following the GR58, as we ascend the upper valley of the Cristillan torrent, which bears signs of avalanche damage, with broken trees and lots of debris in the bed of the stream. We may well see other trekkers, as we make the long and zig-zagging pull up to the Col des Estronques (2651m). From the pass (leaving the GR), we head east along the Crete de la Tete and the Crete de la Blavette to the Pointe des Marcelettes (2909m). Here, is a good place to stop for lunch overlooking the valley of the Aigue Blanche and the village of St. Veran, before dropping down steeply to the Pic Cascavallier (2576m). Traversing beneath this, we reach a grassy ridge (where marmots play) high above the village and then drop down through a forest to finally reach the valley floor. A trail through flower-filled meadows then leads down to the very pleasant gite 'La Baita du Loup' in Le Chalp.

Meals: **B L D**

	<b>Accommodation</b> Gite / Hostel		<b>Ascent</b> 1100M		<b>Descent</b> 1000M		<b>Time</b> 7 - 8 hrs walking		<b>Distance</b> 14KM
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### DAY 4

## Drive, then hike to Rocca Bianca (3059m) and Pic de Caramantran. Descend to the Refuge Agnel.

After breakfast, we use our support vehicles and a local shuttle bus to take us (on a rough track) to the head of the valley. Following the continuation of this track towards a prominent chapel, we turn off beside a stream and make directly for a rocky headwall, below which is situated the Refuge de la Blanche (2499m), a great place to stop for coffee. The headwall above forms the frontier with Italy and the most direct crossing point is at the Col Blanchet. We follow the path towards this pass, then divert across boulders and scree to make an ascent of Rocca Bianca (3059m), a rocky peak north of the pass which involves easy scrambling to reach the summit cross. There are superb views of the impressively spiky Tete des Toillies (3175m) south of the pass. From here, our route traverses across to the Pic de Caramantran (3025m) and then descends to the Col de Chamoussiere (2884m). Great views from the former of Le Pain de Sucre and of Monte Viso. We drop down from the pass and traverse around to the Refuge Agnel (2580m).

Meals: **B L D**

	<b>Accommodation</b> Mountain Hut / Refuge		<b>Ascent</b> 850M		<b>Descent</b> 600M		<b>Time</b> 7 hrs walking		<b>Distance</b> 11KM
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### DAY 5

## Ascend Pain de Sucre (3208m), then descend beside Lac Foreant and continue downvalley to Abries.

Today's route follows the GR58 across the Col Vieux (2806m) and pleasantly down the Bouchouse Stream to L'Echalp. After a steady early hike to the col in an hour, we set out to include the ascent of the very prominent Pain de Sucre (3208m). This is basically a long rocky ridge climb at an angle of about 30 degrees. The approach follows a cairned trail to a summit that overhangs a huge rocky bowl, with Pic d'Asti directly opposite and Monte Viso in the near distance. Look out for bouquetains (wild goats) and climbers on the steep rock walls of Pic Asti. We then descend to the pass and then continue to loose height to Lac Foreant, a good place to have lunch. Fishermen can often be seen here, in pursuit of a species of char. A long descent, through pleasant Alpine scenery, takes us to L'Echalp, where we meet a local transfer bus for the 10 minute journey down the valley to our gite in Abries. Abries is a pleasant mountain village with shops and bars, for those in need of refreshment.

Meals: **B L D**

	<b>Accommodation</b> Gite / Hostel		<b>Ascent</b> 600M		<b>Descent</b> 1500M		<b>Time</b> 7 - 8 hrs walking		<b>Distance</b> 14KM
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### DAY 6

## Hike up the Guil Valley to Pic du Malrif and Grand Glaiza (3293m). Descend to the hamlet of Les Fonts.

There are a couple of options from Abries, the first of which involves transferring to le Roux and hiking up to the Col des Thures (variant of the GR58). Alternatively, we can hike directly from the gite (on the main GR58), traversing high above the Guil Valley and passing the old hamlet of le Malrif (in the process of being rebuilt). Higher, there is a steep zig-zag climb across flower meadows to reach le Grand Laus, the biggest of the Malrif Lakes and an impressive place. A steep 300 metre climb then leads up to the Pic du Malrif (2906m), a great place to stop for lunch with excellent views, including Monte Viso. From here, we take a diversion away from the main trail, heading north-east along the Crete aux Eaux Pendantes to the high point of the trip at Grand Glaiza (3293m). Again, this is on the Italian border and there are views northwards into that country. Descending directly across scree (and possibly snow early in the season) we rejoin the valley trail and follow the Pierre Rouge Stream down to the collection of old (and renovated) wooden houses at Les Fonts (2040m). Our overnight accommodation is in a pleasant gite.

Meals: **B L D**

	<b>Accommodation</b> Gite / Hostel		<b>Ascent</b> 1700M		<b>Descent</b> 1200M		<b>Time</b> 8 - 9 hrs walking		<b>Distance</b> 19KM
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### DAY 7



## Walk via the Col de Chaude-Maison to the top of L'Escalinade (3087m). Descend and return to Briancon.

Today, we follow the GR58 for just half an hour, with Pic de Rochebrune (3320m) ahead of us, before turning off westwards on a scant trail towards the Col des Marsailles (2601m). Great views of small and larger (emerald colour) lakes as we traverse around from this col and make a steep ascent to the Col de Chaude Maison (2825m). From here, a ridge-line heads towards Rochebrune and we follow this over the top of Turge de la Suffie (3024m) to l'Escalinade (3087m), with great views now of Rochebrune. Look out for the rare aromatic herb - genepi, used to flavour a strong local spirit. Back to the col, we make a steep descent across scree and Alpine meadow to a bergerie, from where an abandoned forest road takes us down to the Bletonnet Stream. A pleasant hike then leads to Le Laus, where we meet our transport for the 30 minute drive back to Briancon and our hotel.

Meals: **B L**

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	<b>Accommodation</b> Hotel		<b>Ascent</b> 840M		<b>Descent</b> 1150M		<b>Time</b> 7 hrs walking		<b>Distance</b> 13KM
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### DAY 8

**Departure day. A single transfer to Turin Airport is provided.**

Your holiday ends after breakfast. A single early morning transfer to Turin Airport is provided.

Meals: **B**

## Holiday Information

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### What's Included

- A single group transfer from Turin Airport on Day 1 and back to Turin Airport on Day 8
- An experienced English-speaking local tour leader
- All accommodation as described
- Meals as detailed in the Meal Plan
- All road transport required by the itinerary
- Baggage transfers between each overnight stop

## What's not Included

- Travel insurance
- Airport transfers other than group transfers
- Some meals as detailed in the Meal Plan
- Miscellaneous expenses - drinks and souvenirs etc

## Joining Arrangements & Transfers

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### TRAVEL TO YOUR DESTINATION

In some cases you may choose to take a ferry and/or train to your holiday start and end destination. Please see further information on [Travelling by Train](#).

If flying from the UK there are low cost airlines available to the start and from the end of your holiday.

To benefit from full financial protection, ease your holiday planning, and avoid dealing with airlines, we can book scheduled flights from the UK as part of a flight inclusive package. Scheduled flights are usually more expensive than low cost alternatives, however potentially less stressful if your flight is cancelled or delayed. If you book flights through KE Adventure Travel we will [offset the carbon of your flight](#).

Included in the Land Only cost of the trip, we provide a single group transfer in each direction between Turin Airport and the group hotel in Briançon.

It is also possible to travel direct to Briançon on the train from London. Take the Eurostar train from London Saint Pancras to Paris Gare du Nord. Then, take the overnight (sleeper) train from Paris Gare d'Austerlitz to Briançon, which arrives at breakfast time. For information about train travel between the UK and Briançon, check out [www.seat61.com](http://www.seat61.com)

Contact details and an emergency number will be provided with your booking confirmation.

### Meal Plan

While staying in gites and the mountain refuge, all meals (breakfast, dinner and packed lunches) are included in the holiday price. In Briançon where there is a wide range of dining options, we have left the choice and budget for dinner to you and on these two nights evening meals are not included in the holiday price.

## Food & Water

When in the towns and villages all tap water is drinkable. In mountain huts there is usually not a sustainable drinking water supply. Water in plastic bottles is brought in to the hut. All huts have a recycling point. If you have to purchase water in plastic bottles please buy the largest bottle you can so as to use less plastic. Please take purification tablets or a filter bottle (such as a [Water-To-Go bottle](#)) to treat your water if you can fill from a local stream. Bottled water is not provided. We do not encourage the purchasing of single use plastic bottles. Local authorities are working to find solutions to using plastic water bottles in huts. We monitor the situation carefully for updates.

At the hotel continental breakfasts are provided - cereals, fruit juice, tea and coffee, bread and a variety of spreads including jam, honey and Nutella, for example. Whilst staying at the gites and mountain refuges breakfast will be more simple, bread, butter, jam and sometimes cereal. Each day at breakfast, the tour leader will lay out the items that will make up the group's packed lunches - bread, cheese, sliced ham, tinned tuna, sausage, salad, fruit. For each day of the trip there will also be a couple of small high-sugar 'energy food' items provided for each group member. At each of the gites and at the mountain refuge, a full 3-course dinner will be served, usually a soup dish, followed by some wholesome local speciality and a desert.

## Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your diet with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

## Accommodation

During this trip, the group will spend 2 nights at a small hotel in Briancon. The accommodation here is twin-sharing with en-suite facilities. Once on trek, we have 4 nights in gites and 1 night at the Refuge Agnel. Accommodation for these 5 nights is generally in non-segregated dormitory style rooms with bunk beds and shared facilities.

## Group Leader & Support Staff

The group will be accompanied by an experienced and qualified, English-speaking leader

## Altitude

This holiday involves going to moderately high altitude. During the course of your trip you will reach altitudes in excess of 2500 metres. Most people will have no difficulty with this level of altitude but before coming on the holiday, we recommend you read the advice on [trekking at high altitude](#). You can also talk to one of our trekking experts if you have any concerns about altitude.



## Spending Money

150 euros will easily cover all personal expenses including the 2 evening meals in Briancon. There are cash point facilities in Briancon.

## Baggage Allowance

For this holiday you should take one piece of luggage (maximum weight 15kg) and a daypack (of around 30 - 40 litres). Luggage with wheels is useful for this holiday. For international flights please check your baggage allowance with your airline. Your main bag will be transferred between overnight stops. It is not possible to ride with the baggage transfer vehicle.

## Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in 'Dates and Prices' table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status and so you are free to proceed with your international flight booking and other travel arrangements.

# General Information

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## Passport & Visas

### Europe

Your passport must meet 2 requirements. It must be:

- less than 10 years old on the day you enter (check the 'date of issue')
- valid for at least 3 months after the day you plan to leave (check the 'expiry date')

For the latest details on visiting countries within the EU or the European Economic Area (EEA), please check the UK Government website

The information that we provide is for UK passport holders. A passport with 6 months remaining validity at the end of your stay is generally required, and you should have at least 2 blank pages for each country that you visit.

**It is your responsibility to ensure that you have the correct travel documents and visas for your holiday.** Please ensure that you check for the latest advice before travel. For the most up to date information on entry requirements, please visit the [UK Government website](#).

## Health & Vaccinations

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips. You will need to carry your own treatment for the allergy with you, as 'adrenaline auto-injectors' are not carried as standard by KE leaders and staff. You should inform your leader on arrival of your allergy, and let them know where you keep your adrenaline pen.

## Vaccinations

You should contact your doctor or travel clinic to check whether you require any specific vaccinations.

## GHIC / Medical cover

UK residents should carry a free Global Health Insurance Card (GHIC). This entitles you to state provided medical treatment when you're visiting an EU country or Switzerland. This is not a substitute for medical travel insurance which is vital when travelling overseas.

## Currency

The currency for part or all of this holiday is the Euro.

## Preparing for your Holiday

It makes a lot of sense to spend some time before coming on a trekking trip getting some additional exercise. The fitter you are, after all, the more enjoyable you will find the experience. We would suggest that you adopt a weekly exercise regime leading up to your trip. Before departure, we suggest that you try to fit in a number of long walks in hilly country.

## Climate

Generally, the temperatures that we can expect to encounter during the day will be reasonably warm, in the range 18 to 28 degrees centigrade. At night in the valleys we can expect the temperature to drop to between 10 and 15 degrees centigrade. The weather is usually stable at this time of year, but mountainous areas do generate their own weather systems and occasional rain and even stormy weather cannot be ruled out.

## Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's '[Travel Aware](#)' campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that prior to travel, all KE clients visit the official UK Government website at [travelaware.campaign.gov.uk](http://travelaware.campaign.gov.uk) and read the FCDO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: [www.travel.state.gov](http://www.travel.state.gov) for essential travel advice and tips.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates direct from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

## Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

## Books

- Tour of the Queyras. Alan Castle. (Cicerone)

## Maps

### IGN Serie Bleue Topographic Survey 1:25,000 Scale

The French survey's excellent detailed topographic map series. For full coverage of this route you need 3 sheets: Guillestre (sheet. 3537 ET). Mont Viso (sheet. 3637 OT). Briancon (sheet 3536 OT)

## Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our [Travel Insurance](#) page for further information and to get a quote.

# Equipment Information

## Equipment List

The following checklist should help you with your packing. As a general rule, you should always try to keep the weight of your equipment to a minimum.

### You must bring the following items:

- Hiking boots
- Gaiters
- Socks
- Underwear
- Trekking trousers
- Lightweight waterproof overtrousers
- Thermal Baselayer - leggings
- Thermal baselayer shirts (1 short sleeve, 1 long sleeve)
- Lightweight trekking shirts (not cotton)
- Fleece jacket or warm jumper

- Waterproof jacket
- Warm fleece gloves or mittens
- Warm hat
- Sunhat
- Sunglasses
- Ear plugs (especially if you are not the one snoring)
- Daypack 30 - 40 litres
- Headtorch and spare batteries
- Sun protection (including total bloc for lips, nose etc.)
- Water bottles 1 litre (x2) (we encourage re-filling water bottles rather than single use plastic)
- Water purification tablets
- Sheet sleeping bag or sleeping bag liner
- Washbag and toiletries
- Travel towel
- Antibacterial hand wash
- Basic First Aid Kit including: Antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), painkillers, plasters and blister treatment, insect repellent, and re-hydration salts (Dioralite).
- Small Tupperware or similar container with lid (approx 1 Litre capacity) for lunch salads.
- Spoon and penknife

◆ **The following items are optional:**

- Spare laces
- Shorts
- Trekking poles
- Camera
- Travel clothes
- Reusable cloth bag for shopping (to avoid plastic bags)

## Cotswold Outdoor



Many of the Equipment items listed above are available from [Cotswold Outdoor](#) - our '**Official Recommended Outdoor Retailer**'. When you book a holiday with KE you will receive 12.5% discount voucher from Cotswold Outdoor and other retailers.  
[-> Find out more](#)

## Land Only Information

The LAND ONLY dates and prices are for the itinerary, joining at the hotel in Briancon. A single transfer is included from/to Turin Airport.

# Why Choose KE

## Why KE

This is a great value alpine adventure! 6 days of guided walking, with single timed transfers from Turin airport, baggage transfers and all but 2 meals included in the holiday price!

**Please Note** This document was downloaded on 06/05/2024 and the trip is subject to change