

THE VALLEY OF MARVELS



6 days - 5 nights

Hiking trip

- ✓ Varied and stunning mountain landscapes
- ✓ Wild fauna and flora
- ✓ 5000 years of history
- ✓ Archaeological visits

Only 30 kilometers from the sea and the French Riviera but the contrast is huge!

6 days visiting this astonishing area, protected as an historical monument since 1989, part of Mercantour National Park. Wildflowers, fauna and 40 000 ancient rock carvings with their myths and legends are waiting for you.

PROGRAM OF THE 6 DAYS



1 THE VALLAURIA MINE

Starting from the Lac des Mesches, a real entrance gate to the Valley of Marvels, a trail in the forest will bring us to the Hameau de la Minière, a renowned mining village that will be our base-camp for the entire trip. Pickup of your luggage and the hike starts off through the different ages... you will discover the local flowers and the landscapes designed by the ice of the glaciers. Depending on your arrival time, you may be able to see the « Gias », a protohistoric shelter.

- Depending on your arrival time : Level : 3 to 8 km / Elevation gain + 200 to 500 m / Elevation loss- 60 to 300 m / 1 to 4h00 of effective walking
- Night at the gîte Neige et Merveilles

2 PLAN TENDASQUE AND FONTANALBA

At the foot of Mount Bégo, divinity of the site of Marvels, you will find the prairies suspendues du plan tendasque, an important place for the pastoralism at the gate of the Valley of Marvels. We will walk on an unmarked trail to get as close as possible to the chamois and the traces of wolves before arriving to the refuge of Fontanalbe.

- Level : 10 km / Elevation gain + 750 m / Elevation loss- 400 m / 5h00 of effective walking
- Night at the refuge de Fontanalbe

3 DISCOVER THE PROTOHISTORIC ENGRAVINGS OF FONTANALBA

This hike is a pure delight! On the edges of the glacial lakes, you will discover the protohistoric engravings with a guide licenced by the National Park of Mercantour, in the heart of a natural botanical garden of the « Fountain of the Dawn », surrounded by chamois, ibex, marmots. By crossing the col de Vallaurietta, we return to the mining valley where we will spend the night...

- Level : 10 km / Elevation gain + 450 m / Elevation loss - 960 m / 4h30 of effective walking + 2h00 archaeological visit
- Night at the gîte Neige et Merveilles

PROGRAM



4 THE VAL D'ENFER AND THE PROTOHISTORIC SHELTERS

Departure for the refuge des Merveilles heading along the Vallon de la Minière, and in the afternoon a visit of the first engravings in the archaeological areas. You will admire the natural shelters « Les Gias » that gave refuge to the first humans and to the shepherds during the anger of the "God of thunderstorms".

- Level : 7 km / Elevation gain+ 650 m / Elevation loss- 50 m / 3h30 of effective walking to arrive at the refuge
- Afternoon without backpack : 4 km / Elevation gain+ 150 m / Elevation loss - 150 m / 2h00 of walks in the archaeological areas
- Night at the refuge des Merveilles

5 VISIT OF THE VALLEY OF MARVELS

Full visit of the site of Marvels via the restricted area of Arpette. Discovery of the most famous engravings (Tribe chief, the wizard, the man with the zigzag arms etc...). Return to the gîte Neige et Merveilles in the afternoon.

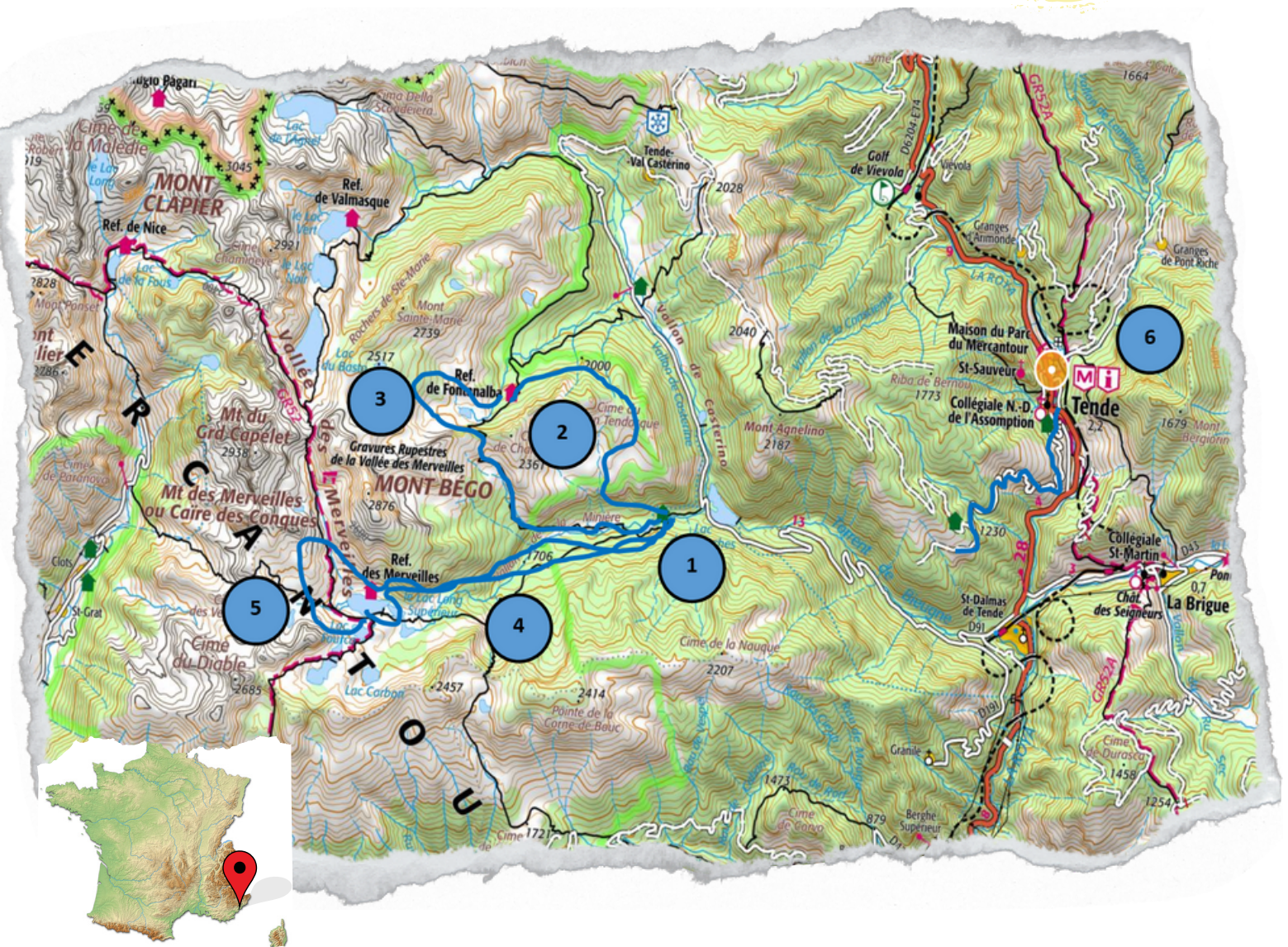
- Level : 13 km / Elevation gain + 500 m / Elevation loss - 1 000 m / 5h30 of effective walking
- Night at the gîte Neige et Merveilles

6 TENDE AND THE MUSEUM OF MARVELS

Transfer by car to reach the capital of the high Roya, Tende (30 min), visit of the village, its basilica and its baroque churches. You then go to visit the magnificent Museum of Marvels to review everything you have learned during the hikes and to look closely on the tools and weapons of the protohistoric men.

- Level : 4 km / Elevation gain + 100 m / Elevation loss - 100 m / 1h00 of effective walking
- End of the stay late morning after picking up your vehicle

MAP



Important: hikes may be rearranged by the guide depending on weather conditions, number of visitors or public transportation.

PRACTICAL INFO



Level of the hikes



Elevation gain: 350 to 650 m / Walking time: 4 to 6 hours /
Altitude < 2250 m / Backpack < 3 Kg (20 liters max).

Climate

The best time to do this hike is between June and October.
Temperatures can vary from 10 to 30 degrees in the same day.

Access

Following the storm Alex on the 2nd and 3rd of October 2020, which destroyed a large part of the roads and infrastructure, the access to the Valley of Roya is subject to a few constraints.

- The tunnel of Tende is closed: you have to take the A8 motorway, exit Vintimille, then head up the Valley of Roya.
- Access by bus from Menton, line 25 to Saint-Dalmas-de-Tende then line 23 to Lac des Mesches
- Access by train: le Train des Merveilles from Nice then bus 23 to Lac des Mesches
- The road is closed at Lac des Mesches: no access to Casterino at the moment

Meeting point

Lac des Mesches

Our accommodation

2 options of comfort for the accommodation : Refuge or Cottage Hotel

N.B. On Day 2 and 4, the nights at the refuge de Fontanalba and refuge des Merveilles are mandatory

- **Gîte Neige et Merveilles :**

Option mountain cottage : room for 2 to 4 persons, private bathroom. Option mountain refuge : dormitory and shared bathroom. Bar, terrace, library, group meals, souvenirs. You can choose between individual or group accommodation with meals; our label "Qualité Tourisme" is a sign of confidence. 90 beds available spread out in 2 buildings.

- **Refuge de Fontanalba :**

Option refuge : dormitory, rooms and shared bathrooms with hot showers. In the heart of the National Park of Mercantour. Drinks, terrace, group meals, blueberry pie. Located in the sister Valley des Merveilles, the refuge welcomes you since 1986 and offers you a pleasant stay. 35 beds available.

- **Refuge des Merveilles :**

Option refuge : dormitory, rooms and shared bathrooms, possibility of hot showers. In the heart of the National Park of Mercantour and the site of Marvels. Drinks, terrace, group meals, blueberry pie and more. Dormitory with 12 to 35 beds. 79 beds available

Our lunches

Picnic lunches prepared by the accommodation owners.

EQUIPMENT



The essentials

- Backpack of 40 to 50 liters
- Hiking shoes or boots
- Hiking pants, fleece sweater
- Windbreaker or raincoat
- Tee-shirt or extra sweater
- Cap, sunglasses, sunscreen
- Knife and water bottle (1,5 litre minimum)
- Personal snacks : dried fruits and chocolate bars
- First-aid kit
- For the picnics : Hermetic box, plates, cutlery and mug

We advise you to bring

- Your camera
- An umbrella ... it might rain

Groups

Our groups are made up of 6 to 15 people per mountain guide.



OUR CHARTS

Quality chart : ORGAYA

We help you to discover our sporting activities, accompanied and coached by professionals with state diplomas, with extensive knowledge of geography, prehistory, ecology and coaching. Our approach is fun and relaxed. We are not looking for performance. We are here to help you discover nature and share our knowledge and passion acquired during 30 years in the field of hiking. We are at your disposal to adapt our services to your physical condition, your financial possibilities and your interests. Our groups consist of 6 to 15 persons per guide.

Our hikes and walks are classified in 6 categories according to the features :

- Nature
- Culture
- Discovery
- Family
- Technical
- Sporty

Difficulty chart

●●●●● Easy, from 6 years old. Elevation : 100 to 250 m ; Walking time < 3h00 ; Altitude < 2250 m ; Backpack weight < 3 Kg (backpack of max 20 liters) ; All types of sport shoes. Easy trails and regular ascents of 15 minutes.

●●●●● Moderate, from 9 years old. Elevation : 250 to 500 m ; Walking time < 4h00 ; Altitude < 2250 m ; Backpack weight < 3 Kg (backpack of max 20 liters) ; Hiking shoes recommended. Marked trails and regular ascents of 30 minutes.

●●●●● Moderately sporty, from 12 years old. Elevation : 500 to 750 m ; Walking time < 5h00 ; Altitude < 3000 m ; Backpack weight < 5 Kg (backpack of max 30 liters) ; Hiking shoes mandatory.. Mountaintrails that are marked or not and regular ascents of 30 minutes to 1h00.

●●●●● Sporty. Elevation : 750 to 1000 m ; Walking time < 6h00 ; Altitude > 3000 m ; Backpack weight : > 8 Kg (backpack of max 50 liters) ; Hiking shoes mandatory. Passages off trail, screes and regular ascents of more than 1 hour.

●●●●● Difficult. Elevation > 1000 m ; Walking time > 6h00 ; Altitude > 3000 m ; Backpack weight : > 10 Kg (backpack of 60 liters and more); Hiking shoes mandatory. All types of ground, regular ascents of 2 hours or more.

LEGAL INFORMATION



Insurance

Our insurance covers the organisation and the guiding of our hikes and cultural visits. We kindly ask our clients to have an individual liability insurance. You can subscribe through our services to an insurance for assistance–repatriation and cancellation as a group (min 10 persons) or individual. The insurance Loisirs Confort covers damages suffered by the insured before and during the stay as well as the costs remaining at his expense. The insurance can include personal assistance, guarantees in case of cancellation of the trip, guarantee for luggage, guarantee fees for interrupting the stay as well as a compensation in case of a physical accident according to the conditions of the contract you subscribed to.

You can find the general sales conditions on www.orgaya.com

Registration

For organisational reasons and availability in the hotels, we kindly ask you to enrol at least 3 months before the departure date.

Tailormade trips

On request we can create a tailormade trip by modifying the length of the stay, the level of the hikes and the quality of the accommodation.

Payment & reservations

www.orgaya.com / sas.orgaya@gmail.com

Deposit of 35 % when booking

Balance : 21 days before the departure date

Payment methods available : Credit card, bank transfer

Legal details

ORGAYA- OPERATEUR DE VOYAGES

Immatriculation Opérateurs de Voyages

IM006130019 - Atout France

Garantie Financière : 100 000 € GROUPEAMA

RCP : HISCOX, 38 Avenue de l'Opéra, 75002 Paris

Thanks from Orgaya !