IN THE HEART OF THE MERCANTOUR







8 days - 7 nights

Hiking stay

- ✓ The wildlife and the flora
- ✓ The mountain lakes
- ✓ The amazing panoramas
- ✓ Walk in the steps of the wolf

Discover the unspoilt beauty of the Mercantour National Park, where the Alps meet the Mediterranean.
Established in 1979, this spectacular national park is home to an extraordinary diversity of landscapes, wildlife and alpine flowers, thanks to its unique location between the high mountains and the Mediterranean coast.
During our walks, we may be lucky enough to spot ibex, chamois, marmots, golden eagles and vultures. The Mercantour is also famous for the return of the wolf, which naturally recolonised the area from Italy in 1992.
A wonderful opportunity to experience the wild side of the French Alps!

www.orgaya.com
contact@orgaya.com

ORGAYA
Voyages à pied

06 62 43 87 03



8-DAY ITINERARY

1 WELCOME TO THE MERCANTOUR

Your guide will welcome you at Nice Airport before transferring you by minibus to the charming mountain village of Saint-Martin-Vésubie (approximately 1 hour 30 minutes).
After checking into your hotel, enjoy a leisurely stroll through the village and discover its traditional alpine atmosphere.
In the evening, we will gather for a welcome drink and a briefing to introduce the week's programme.

2 THE LEGENDS OF FRÉMAMORTE

Today, we explore the beautiful Millefonts Lakes area, surrounded by vast alpine meadows and spectacular mountain scenery.
Centuries ago, this region was used for iron production, which led to the clearing of much of its original woodland. Today, these open landscapes provide summer grazing grounds for sheep and cattle
.
As we make our way up to the ridges, we will be rewarded with breathtaking panoramic views of some of the highest peaks in the Mercantour.

- Level 1: 5 hrs 30 mins walking / 600 m ascent
- Level 2: 4 hrs 30 mins walking / 300 m ascent

3 BENEATH THE GIANTS

Today, we head towards the spectacular Sanctuary of Madone de Fenestre, a remote mountain site that once served as an important resting place and refuge for pilgrims and merchants crossing the Alps.
The landscape here is dramatically different from the previous day, with towering rocky peaks and impressive glacial valleys. Although the glaciers retreated around 20,000 years ago, their traces are still clearly visible today. This wild and rugged mountain scenery is also an ideal habitat for wildlife, and we may be lucky enough to spot chamois and ibex roaming freely among the rocks.

Level 1: 5 hrs walking / 600 m ascent
Level 2: 4 hrs walking / 300 m ascent

PROGRAM



4 A WELL-DESERVED REST DAY

After three days exploring the beautiful Mercantour mountains, enjoy a relaxing day at your own pace.
Take advantage of the nearby wellness facilities, including a swimming pool, sauna and fitness centre, or simply wander through the charming streets of Saint-Martin-Vésubie, browse the local shops and soak up the village atmosphere.
Everything is within easy walking distance of the hotel, and we will be happy to recommend places to visit and things to do.
Today is yours to enjoy as you wish, with no guided activities or organised transport. You are free to choose where and when to have lunch and dinner.

5 THE VALLEY OF THE WOLVES

In 1992, wolves were officially spotted and photographed by Mercantour National Park rangers for the first time since 1934, marking their remarkable return to the French Alps.
Today, we explore the very valley where these fascinating animals made their comeback, walking through beautiful, unspoilt mountain landscapes rich in wildlife and natural history.
Keep your eyes open… and stay close to your guide. You never know what nature might have in store for us!

Optional visit: Parc Alpha, a wildlife park dedicated to wolves, offering a fascinating insight into these iconic animals.

Level 1: 5 hrs walking / 600 m ascent
Level 2: 4 hrs walking / 300 m ascent



PROGRAM

6 THE SALÈSE VALLEY & ITS ALPINE LAKES

Following a beautiful mountain stream, we make our way through the peaceful Salèse Valley towards the Col de Salèse.
From the mountain pass, a network of scenic trails leads to stunning alpine lakes, carved out by glaciers thousands of years ago. Depending on our chosen route, we may discover the crystal-clear waters of Graveirette, Nègre, Bresses or Frémamorte, surrounded by majestic peaks and breathtaking mountain scenery.
With its wide variety of trails and landscapes, this area offers the perfect opportunity to adapt the walk to the group's fitness and energy levels towards the end of the holiday.

Level 1: 5 hrs walking / 600 m ascent
Level 2: 4 hrs walking / 300 m ascent

7 FROM THE MOUNTAINS TO THE MEDITERRANEAN

Today, we explore the spectacular Authion plateau, perched at an altitude of 2,000 metres, where breathtaking panoramic views stretch across the mountains towards the Mediterranean Sea.
Steeped in history, this strategic mountain area once marked the border with Italy. Its old military fortifications still bear witness to the fierce battles fought here during the Second World War.
A fascinating final walk combining stunning alpine scenery, remarkable history and unforgettable views from the mountains to the sea.

Level 1: 5 hrs walking / 600 m ascent
Level 2: 4 hrs walking / 300 m ascent

8 UNTIL WE MEET AGAIN...

Enjoy a leisurely breakfast at the hotel before saying goodbye to the beautiful Mercantour mountains.
Depending on your flight departure time, you may have some free time for some last-minute shopping or a final stroll through the charming village of Saint-Martin-Vésubie.
We will then transfer you to Nice Airport for your return journey, taking home wonderful memories of your walking holiday in the French Alps.

MAP





Important: Please note that some walks may need to be modified or cancelled due to adverse weather conditions or limited access to certain trails.

PRACTICAL INFORMATION



Hiking level

Elevation gain: 500–750 m ; Walking time: Less than 6 hours
Altitude: Below 3,000 m ; Backpack weight: Less than 5 kg (maximum 30-litre daypack) ; Footwear: Hiking boots or shoes are essential. Mountain trails, either waymarked or unmarked, with sustained uphill sections lasting between 30 minutes and 1 hour.
Please note: The walking times indicated do not include breaks or picnic stops.

Climate

Hiking is possible from June to October. Temperatures can vary considerably from day to day, ranging from 10°C to 30°C depending on the weather conditions and altitude.

Meeting point

Nice airport.

Acces

Approximately 1h30 drive from Nice airport.

Local transportation

Transportation is done by minibus during the stay.

End of the stay

The stay ends on Day 8 at Nice airport

Our accommodation

Ideally located just 200 metres from the heart of Saint-Martin-Vésubie, Hôtel La Bonne Auberge offers a peaceful and welcoming retreat, within easy walking distance of the village's shops and amenities.
With its breathtaking views over the surrounding mountains and valley, the hotel combines traditional alpine charm with a warm and friendly atmosphere, making it the perfect place to relax after a day of hiking.
Breakfast and dinner are served at the hotel.

What to do in the area

MOUNTAIN VESUBIA PARK (50 meters from the hotel) : Swimming-pool, sauna, fitness, massages ...
(Not included in the price)

Our picnics

At Orgaya, we love nature and are committed to protecting the beautiful places we explore.
Our picnics are lovingly prepared using fresh, locally sourced ingredients wherever possible. We aim to minimise packaging and waste, making every outdoor lunch both delicious and environmentally friendly.
Please remember to bring your own reusable picnic equipment.



WHAT TO BRING

Essential Equipment

- 30-litre daypack
- Comfortable hiking shoes
- Walking trousers
- Warm jacket or fleece
- Waterproof jacket
- Sun protection: hat, sunglasses and sunscreen
- Reusable water bottle (minimum 1.5 litres, refillable daily)
- Personal snacks: dried fruit, cereal bars or your favourite energy snacks
- Small personal first-aid kit and any personal medication
- For picnic lunches: Reusable plate, fork, knife, spoon and cup

We also advise you to bring

- Comfortable, casual clothes for sightseeing and cultural visits
- Your camera to capture unforgettable memories
- An umbrella... it sometimes rains!

Group size

Our groups consist of 6 to 15 participants per qualified mountain walking guide.



THE PRICE

Full details available at

www.orgaya.com

8 days - 7 nights

Hiking stay

THE PRICE INCLUDES :

- All minibus transfers, including return transfers to Nice Airport and transport to and from the starting points of the walks
- Services of fully qualified, State-certified Mountain Leaders (Accompagnateurs en Montagne), with a maximum of 15 participants per guide
- 5 days of guided hikes and walks
- Provision of all necessary safety equipment
- Professional public liability insurance
- Picnic lunches featuring fresh, locally sourced produce on Days 2, 3, 5, 6 and 7
- Half-board accommodation in a hotel (breakfast and dinner included)
- A farewell drink to round off your holiday

THE PRICE DOES NOT INCLUDE :

- Single room supplement
- Travel to the meeting point
- Personal snacks and drinks, including additional drinks in bars and restaurants
- Lunches on Days 1, 4 and 8
- Dinner on Day 4
- Personal public liability insurance
- Travel cancellation insurance
- Entrance fees for optional activities, such as Vésubia Mountain Park
- Any services not specifically mentioned under "The Price includes"

OUR CHARTS



Quality chart : ORGAYA

We help you discover our sporting activities, accompanied an 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 < à 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, garantuees 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 lenght 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 € GROUPAMA
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Thanks from Orgaya !