THE VALLEY OF MARVELS







6 days - 5 nights

Hiking trip

- ✓ Varied and stunning mountain landscapes
- ✓ Wildlife 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.

www.orgaya.com
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ORGAYA Voyages à pied

00 33 6 62 43 87 03

PROGRAM OF THE 6 DAYS



1 THE CASTERINO VALLEY

Your guide will welcome you at Nice Airport before transferring you to Lac des Mesches, the gateway to the legendary Valley of Wonders. From here, we set off along a beautiful forest trail, discovering the rich diversity of alpine flora and the spectacular mountain landscapes sculpted by ancient glaciers thousands of years ago. A wonderful first introduction to the wild and unspoilt beauty of the Mercantour National Park.

- Depending on your arrival time : Level : 3 to 5 km / Elevation gain + 150 to 300 m / Elevation loss- 60 to 300 m / 1h30 to 2h30 of effective walking
- Night at a mountain hotel in Casterino

2 PLAN TENDASQUE AND FONTANALBA

At the foot of Mount Bégo, a sacred mountain at the heart of the legendary Valley of Wonders, lie the beautiful high-altitude meadows of the Plan Tendasque.
These peaceful alpine pastures have long been an important grazing area for shepherds and their flocks, at the gateway to the famous Valley of Wonders.
Following remote, unmarked mountain trails, we venture into the heart of this wild and unspoilt landscape, where we may be lucky enough to spot chamois and discover signs of wolf activity.
Our journey ends at the Fontanalbe mountain refuge, surrounded by spectacular alpine scenery.

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

3 DISCOVER THE PROTOHISTORIC ENGRAVINGS OF FONTANALBA

A truly unforgettable hike! Along beautiful glacial lakes, we discover the fascinating prehistoric rock engravings with a guide authorised by the Mercantour National Park.
Surrounded by spectacular alpine scenery and rich mountain flora, we may spot chamois, ibex and marmots along the way.
Crossing the Col de Vallauretta, we descend into the historic mining valley of Castérino for the night.

- Level : 10 km / Elevation gain + 450 m / Elevation loss - 960 m / 4h30 of effective walking + 2h00 archaeological visit
- Night in a mountain hotel in Casterino

PROGRAM



4 THE VAL D'ENFER AND THE PROTOHISTORIC SHELTERS

We head towards the Refuge des Merveilles, following the beautiful Vallon de la Minière through spectacular alpine scenery.
In the afternoon, we explore the first prehistoric rock engravings in the archaeological area and discover the fascinating natural rock shelters known as Gias, once used by early inhabitants and shepherds seeking refuge from storms and the legendary "God of Thunder".

- 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 mountain hut

5 VISIT OF THE VALLEY OF MARVELS

Today, we explore the heart of the Valley of Marvels, including the protected archaeological area of Arpette.
Discover some of the valley's most famous prehistoric rock engravings, such as the Tribe Chief, the Sorcerer and the Man with Zigzag Arms.
In the afternoon, we descend towards Casterino.

- Level : 13 km / Elevation gain + 500 m / Elevation loss - 1 000 m / 5h30 of effective walking
- Night in a mountain hotel in Casterino

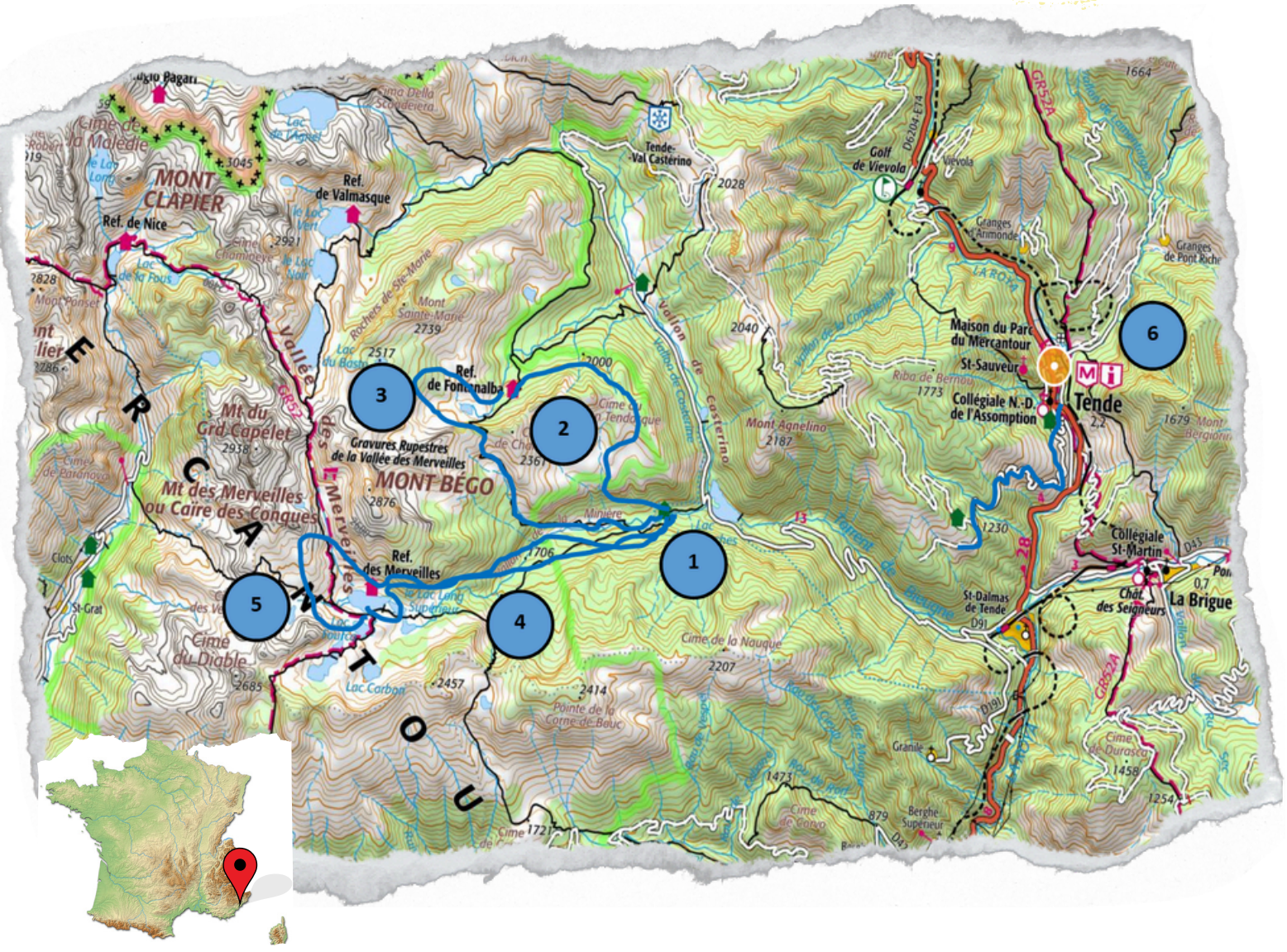
6 TENDE AND THE MUSEUM OF MARVELS

A short minibus transfer takes us to Tende (30 minutes), the historic capital of the Upper Roya Valley. We explore its charming old streets, impressive basilica and beautiful Baroque churches.
We then visit the fascinating Museum of Wonders, where we bring our archaeological discoveries to life and admire the tools and weapons used by prehistoric communities.
After the visit, transfer to Nice Airport, marking the end of our unforgettable journey through the Mercantour.
Walking level: 4 km / 100 m ascent / 100 m descent / 1 hr walking

- Level : 4 km / Elevation gain + 100 m / Elevation loss - 100 m / 1h00 of effective walking



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

Approximately 2.5 hours drive from Nice airport.

Meeting point

Nice airport

Our accommodation

Fontanalba Mountain Refuge: Dormitory accommodation, with shared bathroom facilities and hot showers. Drinks, terrace, group meals, blueberry pie. The refuge welcomes you since 1986 and offers you a pleasant stay. 35 beds available.

Casterino :
Mountain hotel : double and twin rooms with private bathroom.

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

Possibility to sleep in a 10-bed dormitory with shared bathroom in Casterino, please contact us for availability and quote.
N.B. On Day 2 and 4, the nights at the refuge de Fontanalba and refuge des Merveilles are mandatory

Our lunches

Picnic lunches prepared by the accommodation owners.

Option

Possibility to add 1 o 2 extra days of hiking or cultural visits.



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.



PRICES

to be found on **www.orgaya.com**

6 days - 5 nights

Hiking trip

INCLUDES

- Transfers to and from Nice airport
- The organisation of the stay, the reservations on site
- A welcome aperitif
- Supervision by a state licenced guide (maximum 15 participants)
- 6 days of hiking
- Access to the engravings in the archaeological areas not accessible to the public
- Half-board accommodation in the chosen option
- Picnic lunches from D2 to D5,
- Evening meals from D1 to D5
- Civil liability insurance

DOES NOT INCLUDE

- Lunch D1 and D6
- Drinks and personal snacks
- Drinks in bars and at restaurants
- Supplement for single room in the Comfort option
- Personal expenses and tips
- Individual liability insurance
- Cancellation insurance
- Anything that is not mentioned in «Included in the price».



OUR CHARTS

Quality chart : ORGAYA

We help you to 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
RCP : HISCOX, 38 Avenue de l'Opéra, 75002 Paris

Thanks from Orgaya !