DISCOVER THE TINÉE VALLEY – HIKING IN THE HEART OF THE MERCANTOUR







8 days - 7 nights

Hiking trip

- ✓ Gorgeous panoramas
- ✓ National Park
- ✓ Wild Fauna
- ✓ Alpine landscapes
- ✓ Authentic villages
- ✓ A day of rest or culture

Discover the unspoilt beauty of the Tinée Valley, in the heart of the Mercantour National Park, where majestic peaks, alpine lakes and charming mountain villages create the perfect setting for an unforgettable walking holiday.

Over eight days, explore breathtaking landscapes, from flower-filled meadows to spectacular mountain passes, while discovering the region's rich wildlife and authentic Alpine heritage.

With a choice of walking levels, comfortable hotel accommodation and time for relaxation or cultural discoveries, this holiday offers the perfect blend of nature, adventure and local traditions.

www.orgaya.com
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ORGAYA
Voyages à pied

06 62 43 87 03



8-DAY ITINERARY

1 WELCOME TO MERCANTOUR

Your guide will welcome you at Nice Airport before transferring you to the charming mountain village of Saint-Étienne-de-Tinée, in the heart of the Tinée Valley (approximately 1 hr 30 mins / 85 km).
After checking into your hotel, enjoy some free time to discover the village and soak up its traditional Alpine atmosphere.
In the evening, we will gather for a welcome drink and a briefing to introduce the week's walking programme.

Transfer: Private bus or minibus from Nice Airport to Saint-Étienne-de-Tinée.
Overnight: Hotel in Saint-Étienne-de-Tinée.

2 SALSO MORENO

After a scenic 25-minute drive along the spectacular road towards the Col de la Bonette, we arrive at Camp des Fourches, the starting point for today's walk. We explore the extraordinary landscapes of Salso Moreno, where colourful rock formations, rolling Alpine pastures and wide-open mountain scenery create an almost otherworldly atmosphere.
This peaceful wilderness is home to grazing sheep and playful marmots, with magnificent views of the surrounding peaks.

Group 1: Morgon Lakes - 10 km / 600 m ascent
Group 2: Salso Moreno Circular Walk - 10 km / 400 m ascent

3 THE HIDDEN VALLEY OF ROYA

Today, we head to the peaceful hamlet of Roya, just 20 minutes from Saint-Étienne-de-Tinée, for a beautiful walk through one of the valley's best-preserved landscapes. Our trail winds through ancient agricultural terraces, traditional stone barns and quiet mountain slopes, offering a fascinating glimpse into the region's rural heritage.
Far from the crowds, this charming valley invites us to enjoy the tranquillity of the mountains and the timeless beauty of the Mercantour.

Group 1: Baudric Circuit, Trou des Corneilles and optional Col de Blainon - 10 km / 700 m ascent
Group 2: Baudric Circuit and Trou des Corneilles - 7 km / 400 m ascent

PROGRAM



4 SAINT-DALMAS-LE-SELVAGE

Our walk begins in the picturesque mountain village of Saint-Dalmas-le-Selvage, renowned for its traditional Alpine character and beautiful surroundings.
Following the Sestrière mountain stream, we discover a delightful landscape of fragrant forests, green meadows and beautifully restored shepherds' barns.
A peaceful riverside picnic provides the perfect opportunity to enjoy the scenery before returning to explore the charming streets of Saint-Dalmas-le-Selvage.

Group 1: Sestrière Valley Circular Walk via Abri Gianto - 10 km / 600 m ascent
Group 2: Sestrière Valley Circular Walk - 9 km / 500 m ascent

5 A DAY OF RELAXATION & CULTURAL DISCOVERY

Enjoy a relaxing day exploring the charming village of Roure and its beautiful mountain surroundings.
Discover the unique Roure Arboretum, where nature and contemporary art come together, before wandering through the village's picturesque streets and admiring the panoramic views over the Tinée Valley.

- Optional guided visit: Roure Arboretum (€10 per person, not included)
- Picnic lunch included
- Other activities and options are possible

6 BOUSIEYAS

Today, we head towards Bousiéyas, along the spectacular road leading to the Col de la Bonette.
Our walk takes us steadily upwards through beautiful Alpine scenery, with sweeping views across the surrounding peaks and valleys.
As we gain altitude, the landscape opens up to reveal magnificent panoramas of the Mercantour mountain range.
A rewarding day in the heart of the high mountains, surrounded by peaceful pastures and unspoilt nature.

Group 1: Tête de Vinaigre Summit (2,394 m), return walk - 10 km / 600 m ascent
Group 2: Col de la Colombière, return walk - 9 km / 500 m ascent

PROGRAM



7 ISOLA 2000

Our final hike takes us through the spectacular alpine landscapes of Isola 2000, towards the beautiful Lake of Terres Rouges.
The more challenging route leads to the summit of Tête Mercière (2,491 m), offering breathtaking panoramic views over the Mercantour mountains.

Group 1: Tête Mercière and Lake of Terres Rouges Circular Walk - 10 km / 600 m ascent
Group 2: Lake of Terres Rouges, return walk - 8 km / 350 m ascent

8 UNTIL NEXT TIME...

Enjoy a final breakfast at the hotel, surrounded by the beautiful mountains of the Mercantour.
We then leave the Tinée Valley behind and travel south towards Nice Airport for your return journey.

ACCOMMODATION

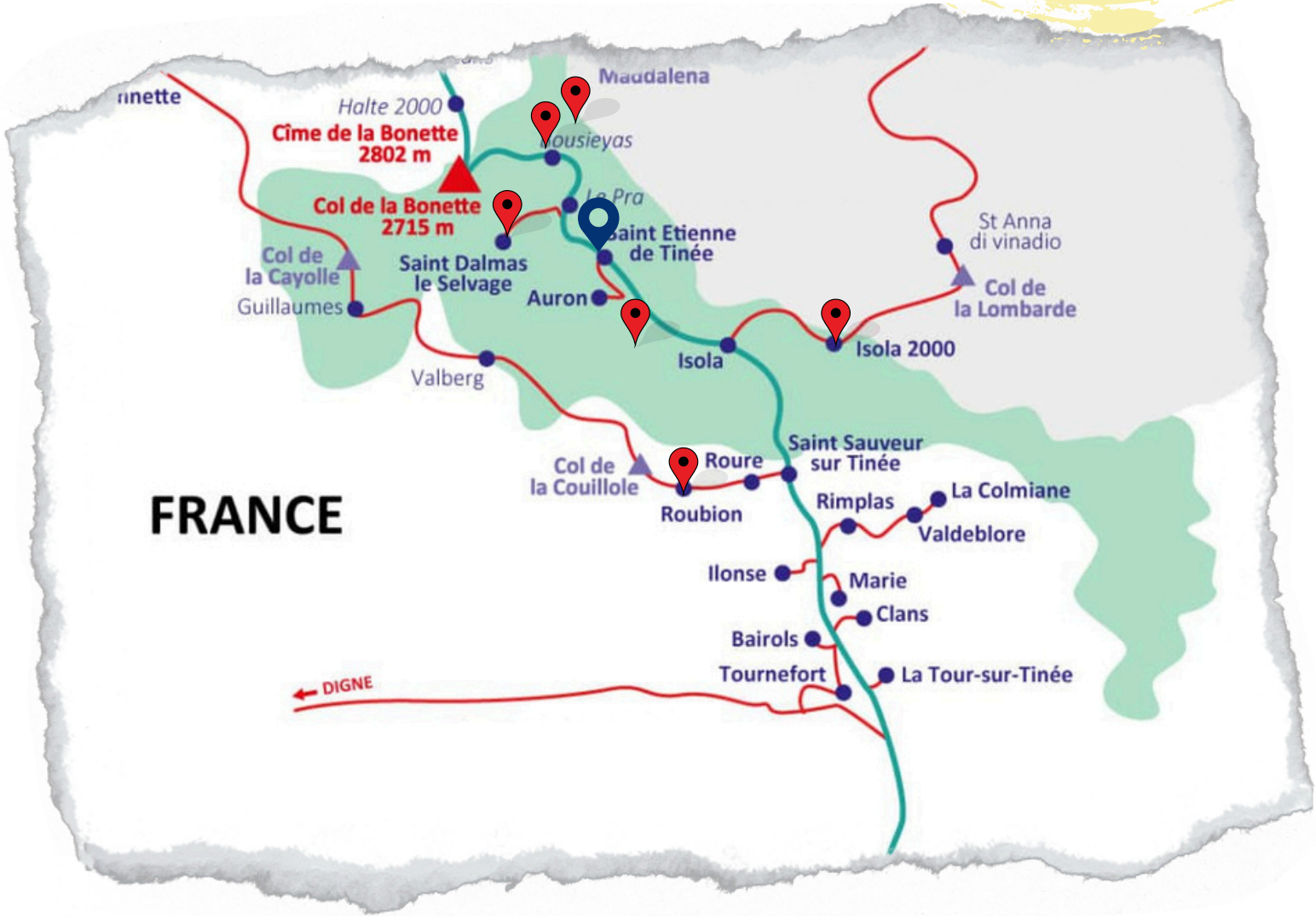
A welcoming, family-run mountain hotel, ideally situated for exploring the beautiful Mercantour National Park.
Just a short walk from the village centre, the hotel offers comfortable rooms with private bathrooms and a warm, friendly atmosphere. After a day in the mountains, relax on the sunny terrace or enjoy a delicious dinner in the hotel's restaurant, featuring traditional Alpine specialities, wood-fired pizzas and hearty local cuisine.

A cosy and authentic base for an unforgettable walking holiday in the French Alps.



MAP




Halte 2000
Cîme de la Bonette
2802 m
Col de la Bonette
2715 m
Col de
la Cayolle
Guillaumes
Saint Dalmas
le Selvage
Valberg
Maudalena
Vousieyas
Le Pra
Saint Etienne
de Tinée
Auron
Isola
Isola 2000
St Anna
di vinadio
Col de
la Lombarde
Saint Sauveur
sur Tinée
Roure
Col de
la Couillole
Roubion
Rimplas
La Colmiane
Valdeblore
Ilonse
Marie
Clans
Bairols
Tournefort
La Tour-sur-Tinée
DIGNE
FRANCE

PRACTICAL INFO





Level of the hikes

Moderate. 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.

Climate

Hikes possible from June to October.
Temperatures can vary from 25 to 10 degrees in the same day.

Meeting point

At Nice airport, time depending on your flight.

Transportation during the stay

Minibuses or private bus.

End of stay

The stay ends D8 at the drop off at Nice airport, time depending on your flight.

Our accommodation

- 7 nights in a nice hotel in Saint-Etienne-de-Tinee.

Very close to the center of the village. Comfortable accommodation to allow you to rest and be in good shape for the hikes. Half board accommodation (drinks not included) with dinners at the hotel.

Meals

All picnics are prepared by the hotel with local and fresh products, or by the guide.
Dinners at the hotel.



EQUIPMENT

The essentials

- Comfortable daypack
- Good hiking shoes or boots
- Walking trousers
- Warm fleece jacket
- Waterproof and windproof jacket
- Spare T-shirts or base layers (for 6 days)
- Sun hat, sunglasses and sunscreen
- Reusable water bottle (minimum 1.5 litres)
- Personal snacks: dried fruit, cereal bars or energy bars
- Personal medication and a small first-aid kit
- For picnic lunches: Reusable plate and cutlery

We advise you to bring

- Clothes for the cultural visits and visits to churches
- Swim suit and towel
- Camera

Groups

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



PRICES

Full details available at
www.orgaya.com

8 days - 7 nights

Hiking trip

INCLUDES :

- Trip organization and reservations
- Transfers by minibus or private buses to and from Nice airport and during the stay
- Professional certified guide (in French: Accompagnateur moyenne Montagne), 15 persons maximum per group
- 5 guided hikes and 1 day of cultural discovery or relaxation
- Security gear
- Professional civil liability insurances
- Lunches from D2 to D7
- Half-board accommodation in a hotel
- A welcome drink

DOES NOT INCLUDE :

- The lunches on Day 1 and D8
- Single room supplement
- Flights to and from Nice Airport
- Personal snacks and drinks
- Drinks at the bars and restaurants
- Personal civil liability insurances
- Visits & reservations of monuments and/or museums except the one mentionned
- Cancellation insurance
- Everything that is not indicated in «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
RCP : HISCOX, 38 Avenue de l'Opéra, 75002 Paris

Thanks from Orgaya !