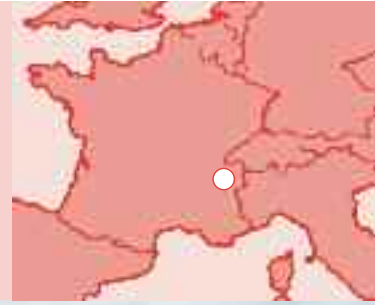


Holiday: Queyras Alps Walk

Rating:  level

Holiday type: Independent Walking

- Challenging Alpine walking; breathtaking panoramic views
- Rugged mountain scenery, high altitude lakes, colourful wild flowers
- Stay in unspoilt, traditional villages, including St Veran, Europe's highest!
- Warm, friendly hotels, delicious food, great value
- Marmots, ibex, chamois, bearded vultures, golden eagles



On this breathtaking walking holiday you explore the spectacular and relatively undiscovered Queyras Regional Park. Nestled in the Southern Alps, and close to the Italian border, the region enjoys a Mediterranean climate averaging 300 days of sunshine a year. The walking here is challenging, at altitudes of up to 2900m, with ascents and descents of around 1000m most days. You'll walk across pastures carpeted with wild flowers, picnic by crystal-clear lakes and marvel at endless summits and ridges. Below the tree line (about 2,200m) it's mostly lush and green; above, wilder and glaciated with awesome scree fields, weathered peaks and enormous boulders.

The traditional villages here have retained their charm, each with its own individual style of architecture. We've put together this holiday with the help of our respected local partner, Visages. They will meet you and transport your bags from one comfortable hotel (en-suite facilities throughout) to the next. At each one you will receive a friendly welcome and enjoy delicious cuisine.

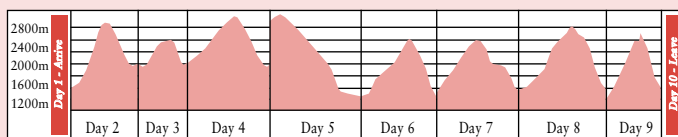


“Once the snow has melted, carpets of white and purple Alpine crocus appear, followed by rock roses, narcissi and bright blue trumpet gentian. Late summer brings out deep purple monkshood, larkspur and the delicate, pale-violet fairy's thimble.”

Walking Details

	Avg daytime temp (°C):					Avg monthly rainfall (mm):			
	23	25	24	20		68	46	56	72
	Jun	Jul	Aug	Sep		Jun	Jul	Aug	Sep

Probably the most challenging alpine walk in our programme with ascents and descents of around 1000m most days. Experience of mountain walking, a good head for heights and a good level of fitness are required (you are moving on most days). Walking boots are essential, as are wet-weather gear and a compass, since the weather can change quickly in the mountains.



Queyras Alps Walk: Day by day

Day 1 Arrive in Ceillac

Arrive at your hotel in Ceillac in time for dinner.

Day 2 Ceillac to St Véran 14km/8.5mi/5hr

This walk is a great introduction to your holiday, with tremendous views, mountain torrents and waterfalls. There's a long steady climb to the Col des Estronques at 2,651m, which is a great place to stop for a picnic as your drink in the vista of the ridge after ridge of snow-tipped mountains. The descent into the Lamaron Valley, with the striking Crête de Rasis above, is especially memorable for its carpet of wild flowers. Soon St Véran appears below framed by a cleft in the rocks, and you'll see your hotel sitting on the sunny slope just below the village.

Day 3 At St Véran

Our suggested walk today takes you across the river L'Aigue Blanche, before zig-zagging up through the forest to the wooden cross on top of the Crête de Curlet. Traverse the ridge heading towards the jagged Pic Cascavelier (2579m) and as you cross the slope just below the summit, you'll find amazing dark green rocks, evidence that millions of years ago the region was underwater - it's a geologists paradise! Back at the hotel why not enjoy a swim in the heated pool before dinner?

Day 4 St Véran to Molines-en-Queyras 18km/11.5mi/5hr

A real contrast of scenery awaits you today. The open grassy mountains are rocky and wild - it's marmot territory! You'll see them scurrying across the slopes as you climb to the Col de Longet 2,701m. You can picnic here or at the Pic de Château Renard 2,989m if you take the optional detour. From the Col it's a delightful descent through larch woods and beside the rushing river through sleepy little Pierre Grosse to your hotel in the centre of Molines-en-Queyras.

Day 5 Molines / Col Agnel to Abriès 17km/10.5mi/6hr

Today begins with a short (15 min) transfer to the Refuge Agnel (2580m) close to the Italian border, where you enjoy stunning views of the impressive Pain du Sucre (3208m). After a short walk, you reach the Col Vieux (2806m) and the highest point of the week. From here, it's a long but fantastic descent past the turquoise lakes of Foreant and Egeorgeou, a fabulous spot for a picnic. You continue down the dramatic Bouchouse valley, past the Chalet de la Médille, where chamois can often be spotted, before following the river Guil to our friendly little chalet hotel in the centre of Abriès.

Day 6 Abriès to Aiguilles 18.5km/11.5mi/6hr

This morning you first take the balcony walk above the Guil Valley from where it's a steep but rewarding ascent to Le Grand Laus (2579m), a beautiful lake where the mountains are reflected in the clear turquoise waters. It's an excellent spot for lunch before a stunning descent to the village of Aiguilles, with its South American influenced architecture, and to Mme Pras's friendly hotel.

Day 7 Aiguilles to La Chalp d'Arvieux 22km/13.6mi/6.5hr

A longish day today, but with the least climbing. Leaving directly from the hotel, you first wind into the Peas Valley - striking views down to the C16 Château Queyras - and on into the Arvieux Valley. Just below the Crête de Crépaud, you follow a path bordered with flowers (lots of butterflies here too) down to the mountain village of Souliers and the stunningly beautiful Lac de Roue. Rare dragonflies hover over pink aquatic plants and the Pic du Rochebrune makes an impressive backdrop.

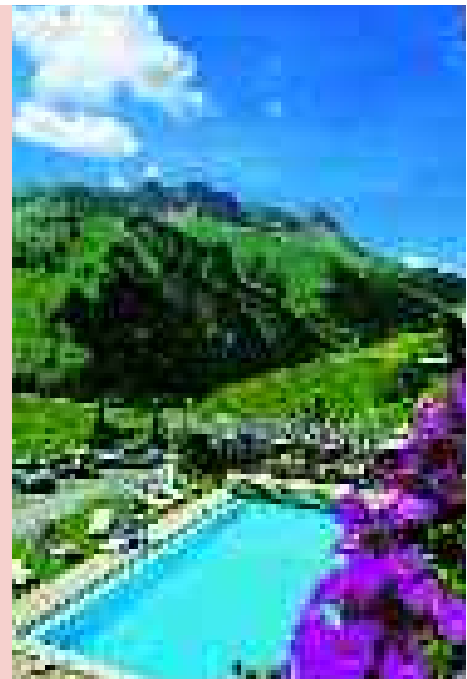
Day 8 At La Chalp d'Arvieux

La Chalp is situated in the beautiful Izoard Valley, surrounded by sheer cliffs, dramatic glaciated landscapes, huge boulders and tiny lakes. Our suggested walk wends its way through the Chalets de Clapeyto to the Col de Néal (2509m), where a fantastic panorama of the Massif des Ecrins mountains awaits you. A final ascent to the Col du Lauzon (2576m), before descending through dramatic glacial scenery.

Day 9 Arvieux to Ceillac 16km/10mi/5.5hr

A superb climax to your holiday! After a spectacular ride up to the thriving hamlet of Montbardon, you follow a winding riverside trail past the pretty little chapel, surrounded by traditional chalets to reach the Col Fromage (2301m). It's then on to the summit of the Crête de Chambrette (2582m) for the most stunning views of the week. You have all of the Font Sancte mountain range in front of you, as you descend down towards Ceillac where you can enjoy a well earned drink in the bar.

Day 10 Leave Ceillac



For departure dates,
 prices and travel
 options, please visit
 our website at:
www.headwater.com