

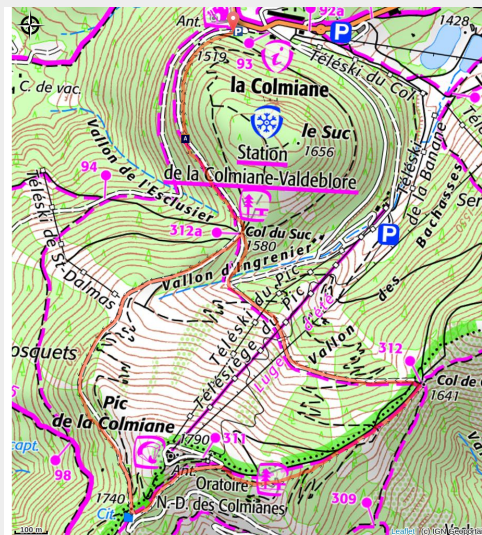


La Cime de Colmiane

Vallée haute Vésubie - Valdeblore



Arbres morts à la Colmiane, en été sur fond de ciel bleu (Philippe RICHAUD)



Leaving from the ski station of La Colmiane, this circuit provides several panoramic views over the valleys of the Vésubie and the Tinée in addition to fine views over the Mercantour peaks. This itinerary is accessible for off-road wheelchairs ("joëlette" for handicapped people).

A beautiful circuit which goes over the peaks between the Cime de Colmiane (1790m) and the mountain pass of the same name (1641m). The downward journey via the Col du Suc (1581m) will provide you with a chance to explore the slopes of the ski station, which are lush and green in the summer.

Useful information

Practice : Hiking

Duration : 3 h

Length : 5.0 km

Trek ascent : 267 m

Difficulty : Very easy

Type : Loop

Themes : Pastoralism, Peak, Viewpoint

Accessibility : Joelette

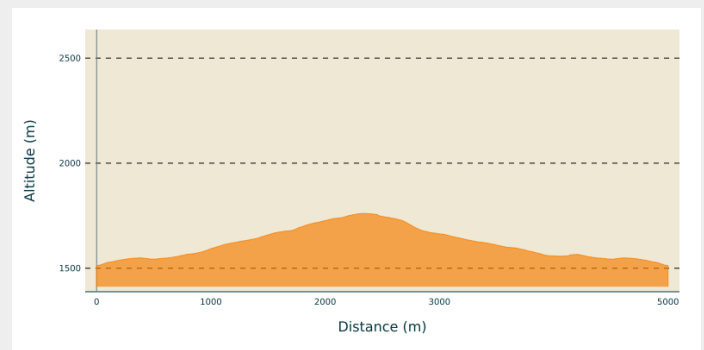
Trek

Departure : La Colmiane Tourism Office (circuit)

Arrival : La Colmiane Tourism Office (circuit)

Cities : 1. Valdeblore
2. Venanson

Altimetric profile



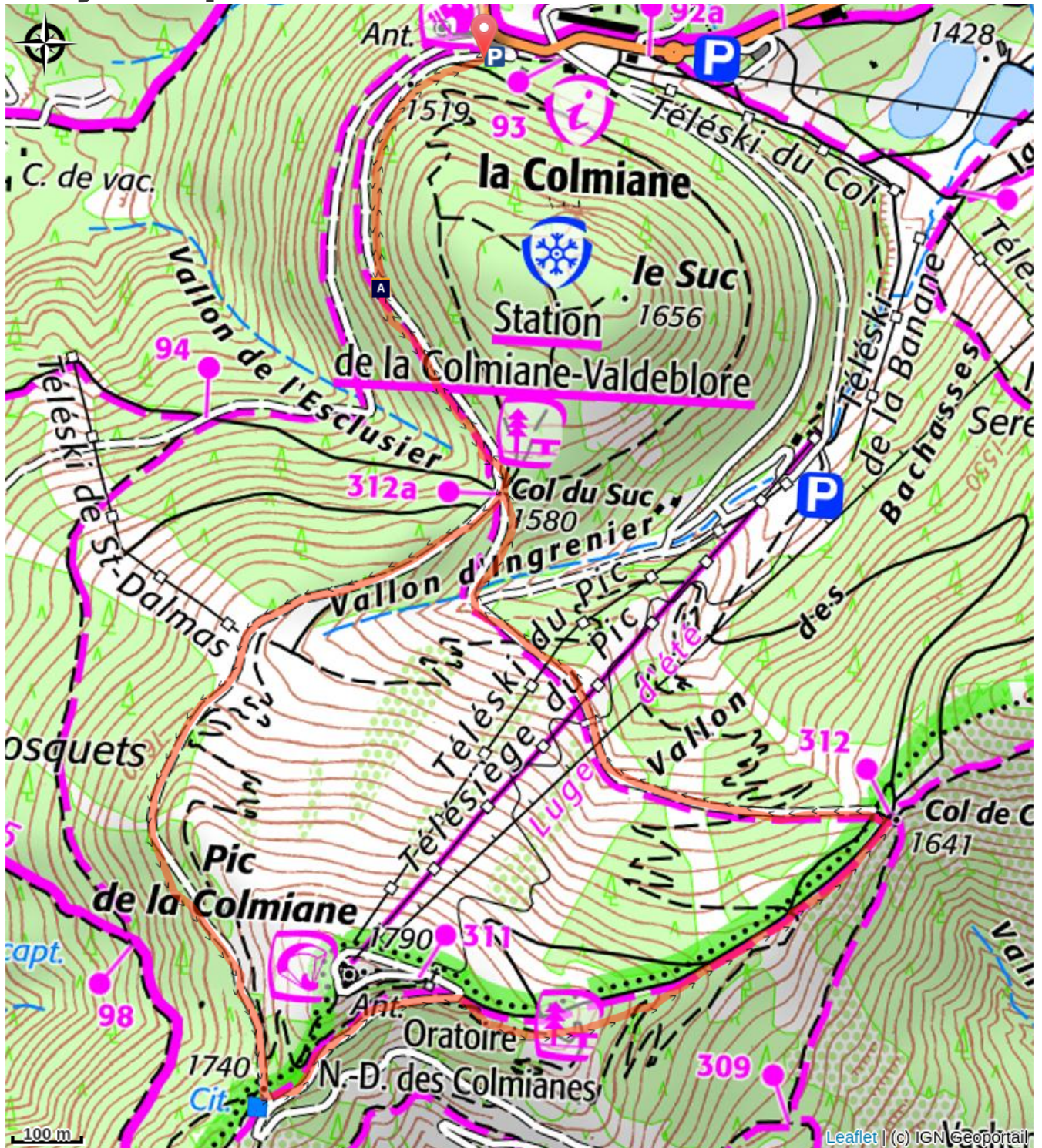
Min elevation 1512 m Max elevation 1761 m

From the Tourism Office, head up the track, which can be used by vehicles, towards “Colmiane Forest” Treetop Adventure Park (Marker 93) until you reach the Col du Suc (Marker 312a, picnic table). Keep climbing on the track on the left until you reach a crossroads between several trails. Continue along the track on the left which arrives below the Cime de Colmiane (marker 311).

It is possible to head up to the peak, where there are 360° panoramic views, and then back down again to reach the same point.

Head down to the Col de Colmiane via the track on the right. Make sure that you close the gates after you go through them and enter these pastures which are grazed by horses and cows. At the Col de Colmiane (Marker 312), you will benefit from a magnificent view over the Vésubie Valley. Keep heading down via the track on the left which crosses the ski slopes and then up again to the Col du Suc (Marker 312a). Pick up the track on the right, which can be used by vehicles, to get back to the Tourism Office.

On your path...



History of Val-de-Blore (A)

All useful information

Advices

Make sure that you close the gates after you go through them into the pasture area (grazed by cows and horses), which is located on the downhill section after the Cime de Colmiane, just before the oratory at Notre-Dame des Colmianes.

How to come ?

Transports

From mid-June to mid-September: Randobus Lignes d'Azur

Number 730 - Vallée de la Vésubie

- Departure from Nice Vauban: 7.15am/ Arrival at La Colmiane: 09.10am

- Departure from La Colmiane: 4.40pm/ Arrival at Nice Vauban: 6.45pm

Reservations:

<http://www.lignesdazur.com/> choose "Randobus" section

Tel.: 08 1006 1006

Access

Via La Vésubie: 75km from Nice: A8 motorway - Exit 52 Nice Saint Isidore - then RD6202 (towards Grenoble) to Plan du Var, then D2565 towards Saint-Martin-Vésubie.

Subsequently follow directions towards La Colmiane/Valdeblore.

Advised parking

Carpark outside La Colmiane Tourism Office

Accessibility


Free loan of “Joëlette” off-road wheelchairs:

[Département des Alpes Maritimes](http://www.departement06.fr)

[Tél. : 00 33 0\(4\) 97 18 60 00](tel:00330497186000)

www.departement06.fr

Mercantour National Park House at St-Martin-Vésubie
Tel.: 00 33 (0)4 93 03 23 15
www.mercantour.eu

 Joelette

Information desks

Office de Tourisme Métropolitain - Bureau d'information de Valdeblore - La Colmiane

La Colmiane, 06420 Valdeblore

info.valdeblorelacolmiane@nicecotedazurtourisme.com

Tel : 04 93 23 25 90

<https://www.explorenicecotedazur.com/>

On your path...



History of Val-de-Blore (A)

Val-de-Blore is a glacial valley which links the Tinée valley to that of Vésubie. Its history has followed that of Comté de Nice. In 1947, the Paris treaty restored to the commune the territory given to Italy in 1860, notably the village of Mollières, in the heart of the Park. It is also the “Val” which opens to the west (Tinée), via the areas of “Blore” (Bloura in the local patois), which means “very steep grassy slope between forests and boulders”.

It was therefore the ideal place to set up a ski station, la Colmiane, which was founded in 1931 under the initiative of the Nice skiing club.

Attribution : Patrick ARSAN