

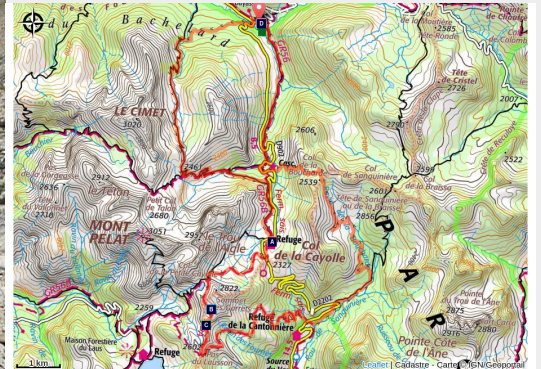


## 3 refuges walk

Vallée haute Ubaye - Uvernet-Fours



Randonnée lac des Garrets. Le lac des Garrets, (2621 m), le Lausson, randonneur. Paysage très minéral. (DEMONTAUX Daniel)



*A 3-day walk in the heart of the Mercantour National Park between the sedimentary valleys of L'Ubaye and Haut-Var. A geological journey on the mythical Route des Grands Alpes.*  
Randonnée Haut-Var - Randonnée Ubaye

### Useful information

Practice : Hiking

Duration : 3 days

Length : 36.3 km

Trek ascent : 2029 m

Difficulty : Hard

Type : Walking breaks

Themes : Archeology and history,  
Fauna, Flora, Geology, Lake

# Trek

**Departure** : Bayasse refuge

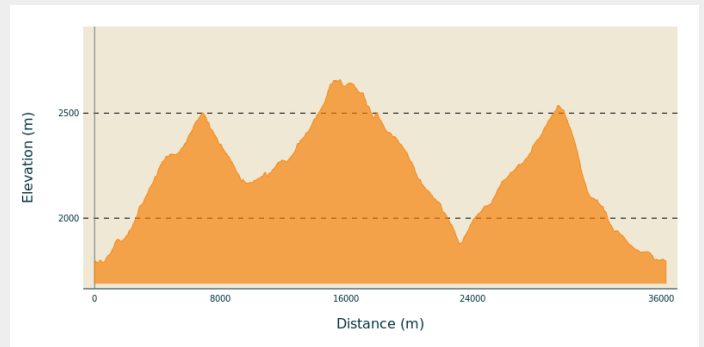
**Arrival** : Bayasse refuge

**Cities** : 1. Uvernet-Fours

2. Allos

3. Entraunes

## Altimetric profile



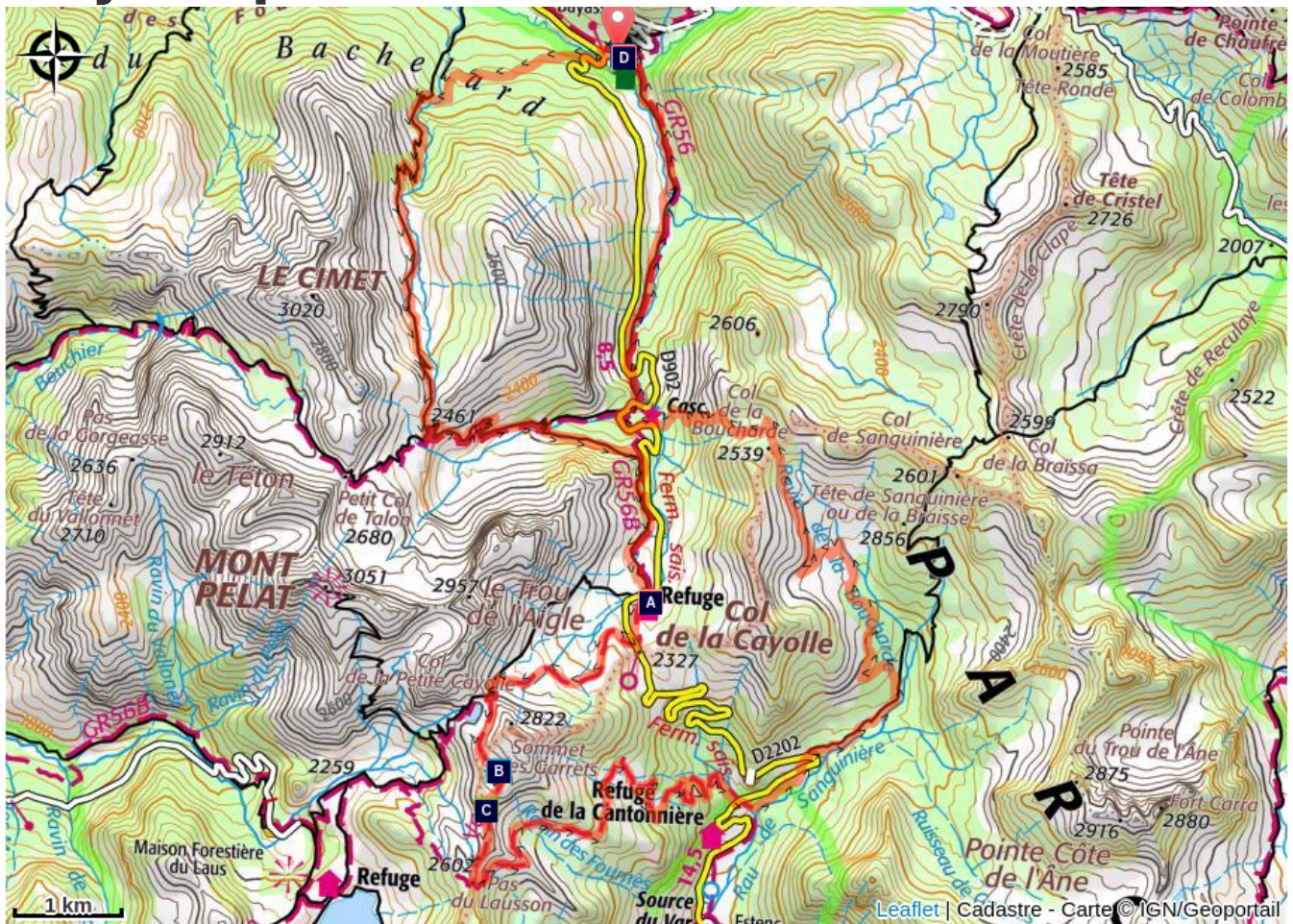
Min elevation 1788 m    Max elevation 2659 m

## Stages :

1. 3 refuges walk - Stage 1  
11.8 km / 878 m D+ / 6 h
2. 3 refuge walk - Stage 2  
11.5 km / 447 m D+ / 6 h
3. 3 refuge walk - Stage 3  
13.2 km / 707 m D+ / 6 h



# On your path...



La Cayolle refuge (A)



From one cairn to another (C)



Lac des Garrets (B)



Bayasse Refuge-Hotel (D)

# All useful information

## **Is in the midst of the park**

The national park is an unrestricted natural area but subjected to regulations which must be known by all visitors.

## **Advices**

### **Make sure that you prepare for your hike:**

- Contact Météo Montagne on 0 899 710 206 to be informed of any possible bad weather or specific meteorological conditions (snow, storm, fog, strong winds).
- Make sure you take all that you need with you: water, sufficient resources for energy, backpack, hiking boots, a hat in summer, a first aid box.
- Remember to make reservations at the refuges before your hike, particularly during the summer months.

## **How to come ?**

### **Access**

From Barcelonnette, head towards Col de la Cayolle, Nice(D902).

From Nice, head towards Digne (N202), then Col de la Cayolle via Guillaumes (D2202).

### **Advised parking**

Bayasse refuge carpark

## **Information desks**

### **Ubaye Tourisme / Office de tourisme d'Uvernet-Fours (Pra Loup)**

Maison du Tourisme, 04400 Pra Loup

Tel : 04 92 84 10 04

<http://www.praloup.com/>

# On your path...

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## La Cayolle refuge (A)

Refuge managed by Mercantour National Park.

Capacity: 36 in refuge

Warden: 04 92 81 24 25 (from 15th June to 15th September) or  
04 93 05 54 90 (all year if no reply at first number).

E-Mail: [fan.refugedelacayolle@orange.fr](mailto:fan.refugedelacayolle@orange.fr)

Website: [www.refugedelacayolle.com](http://www.refugedelacayolle.com)

Attribution : PNM/DR

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## Lac des Garrets (B)

The lake incurs the ramifications of its high altitude. The high level of evaporation in the summer sees it shrink, giving it the characteristic shape of a wine glass in autumn. The freezing weather which causes it to “hibernate” for nearly 8 months a year, would appear to prevent life from surviving in it. However, an energy-capturing phytoplankton began developing there, opening the way to life in the mountain lakes. Here, however, life halted at the plankton stage. The rare organic matter is used by an inactive lifeform. Given that the lake is “cleaned” in this fashion, the waters of this oligotrophic lake are clear, despite it being stagnant.

Attribution : DEMONTOUX Daniel



## ✿ From one cairn to another (C)

A bare, secretive and fascinating environment: From Pas du Lausson to Col de la Petite Cayolle, these are the high mountains. The décor is rocky and grass is thin on the ground. This is also the stronghold of audacious plants. In order to protect themselves against the hostility of the climate, they are small and perennial, often with large and colourful flowers.

This vegetation which, highly adapted to climatic hardships, is fragile and of exceptional value. Plants which can be found here include the spring gentian, moss campion, glacier crowfoot, the stemless gentian, Alpine toadflax..., but also certain endemic species like *Berardia subacaulis* and *Campanula allionii*.

Attribution : LOMBART Guy



## 🏠 Bayasse Refuge-Hotel (D)

Mercantour National Park Refuge-Hotel

Refuge open all year

Restaurant open every day from May to September and upon reservation all year

Capacity: 11 bedrooms; 2 dormitories (6 to 8 people), 4 family rooms (2 to 4 people) and 5 double rooms.

Half-board from 44€, special prices for families, children and groups.

Tel: (0)4 92 32 20 79

+33 (0)6 38 83 21 42

Prices and complementary information: <http://www.refuge-bayasse.fr/>

Attribution : PNM/DR