



GTM - Stage 17 : Sospel - Menton

Vallées Roya&Bevera - Sospel



Le vieux pont médiéval du village Sospel. (Jean-Marie Cevasco - PNM)



After climbing all the way up to Colla Bassa, the final kilometres of this long route flirt with the imposing mountain ridge along the border around Gramondo and Roc de l'Orméa.

It is from this final stage that you will see the Alps literally “dive” into the majestic Mediterranean sea, before you reach journey’s end at the water’s edge in the old town of Menton.

Useful information

Practice : Hiking

Duration : 6 h

Length : 18.1 km

Trek ascent : 1197 m

Difficulty : Hard

Type : Longer treks

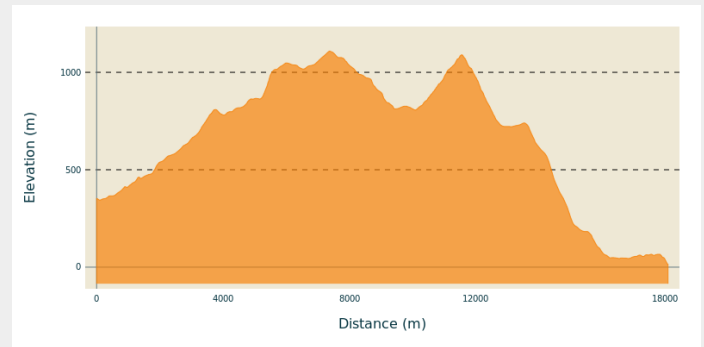
Trek

Departure : Sospel

Arrival : Menton

Cities : 1. Sospel
2. Menton

Altimetric profile



Min elevation 15 m Max elevation 1109 m

From Sospel (350m - m.105), take the old road for Col de Castillon (D.2566).

Cross the railway tracks and, just after the first hairpin, take the small road towards Fontan on the left (m.106).

This road rapidly becomes a track; follow it before turning right onto the GR (m.106a) which cuts across it before joining it further up.

On the first right-hand hairpin bend, follow the track which heads off to rejoin the path (GR) which rises up the flank (m.107) before coming out on the ridge (fountain - m.107a). A climb through a wooded area allows you to reach Col du Razet (1032m - m.17); continue along the flank (GR52), to reach Colla Bassa (1107m - m.16) and turn right onto the track which heads downhill towards the south.

Further down, take a right fork onto a path (GR) to reach the place known as Mourga (m.15). Head past the ruined building on the right, cross the slope and join a track (m.14) which you will need to follow downhill and to the right in order to pick up the path which heads away to the left (GR52 - m.13).

The final climb begins (m.12) up to the tall pine trees under the passage of the Col du Berceau (1090m).

Do not miss out on the airy summit of Roc d'Orméa (1132m) which can be reached via a brief return journey. The descent along the south-eastern slope is steep, stony and technically difficult.

The slope becomes gentler as you reach the forest (716m), at an intersection of paths (m.11) where you need to continue along the flat towards Plan du Lion (m.10), leaving GR51 to continue away to your right.

At the edge of the plateau, where a recent fire has left its mark (m.9), take the path (GR52) which heads straight down the slope, leading to a track in the St-Paul district (446m -m.8).

Continue opposite along the track and then the path on the right (GR) which heads down along the slope (markers 7 and 6) until the outskirts of Menton. Head right,

parallel to the motorway which you will go under before continuing (m.5) the descent (GR52 – m.4).

Having joined Boulevard de Garavan (m.3) reach the old castle (m.1) and the beach of Les Sablettes via the picturesque narrow alleys.

On your path...



All useful information

Advices

Before heading off on a hike, ensure that you have studied the safety advice.

During the summer months, the weather can become very hot along this medium-altitude stage. In order to avoid dehydration, ensure that you take enough water with you.

How to come ?

Access

Shuttle vehicle for return to Estenc: 147km/3h30

Leave Menton and take the A8 towards Nice.

Take the exit (n°52 Saint-Isidore) to get onto the RM6202 and the route you followed for the outward journey.