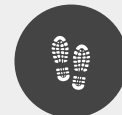


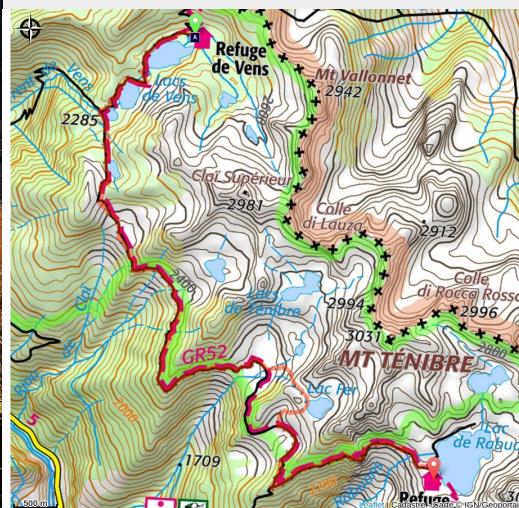


Mercantour - Alpes Maritimes - Around Mont Ténibre - Stage 2

Vallée haute Tinée - Saint-Étienne-de-Tinée



Randonnée Tinée. Le Plan de Ténibre en Haute-Tinée, (2330 m). (Philippe Pierini - PNM)



Useful information

Practice : Hiking

Duration : 5 h 30

Length : 13.5 km

Trek ascent : 808 m

Difficulty : Medium

Type : Walking breaks

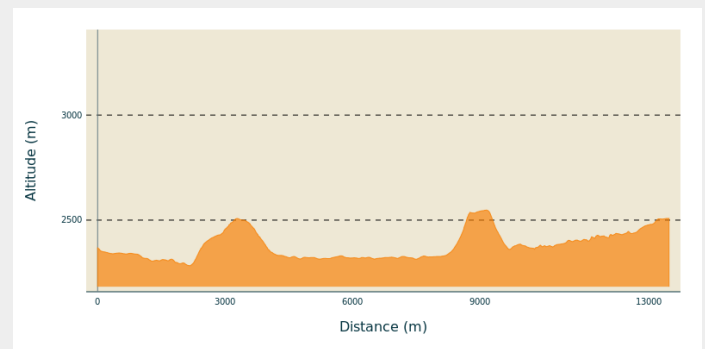
Trek

Departure : Vens refuge

Arrival : Rabuons refuge

Cities : 1. Saint-Étienne-de-Tinée

Altimetric profile



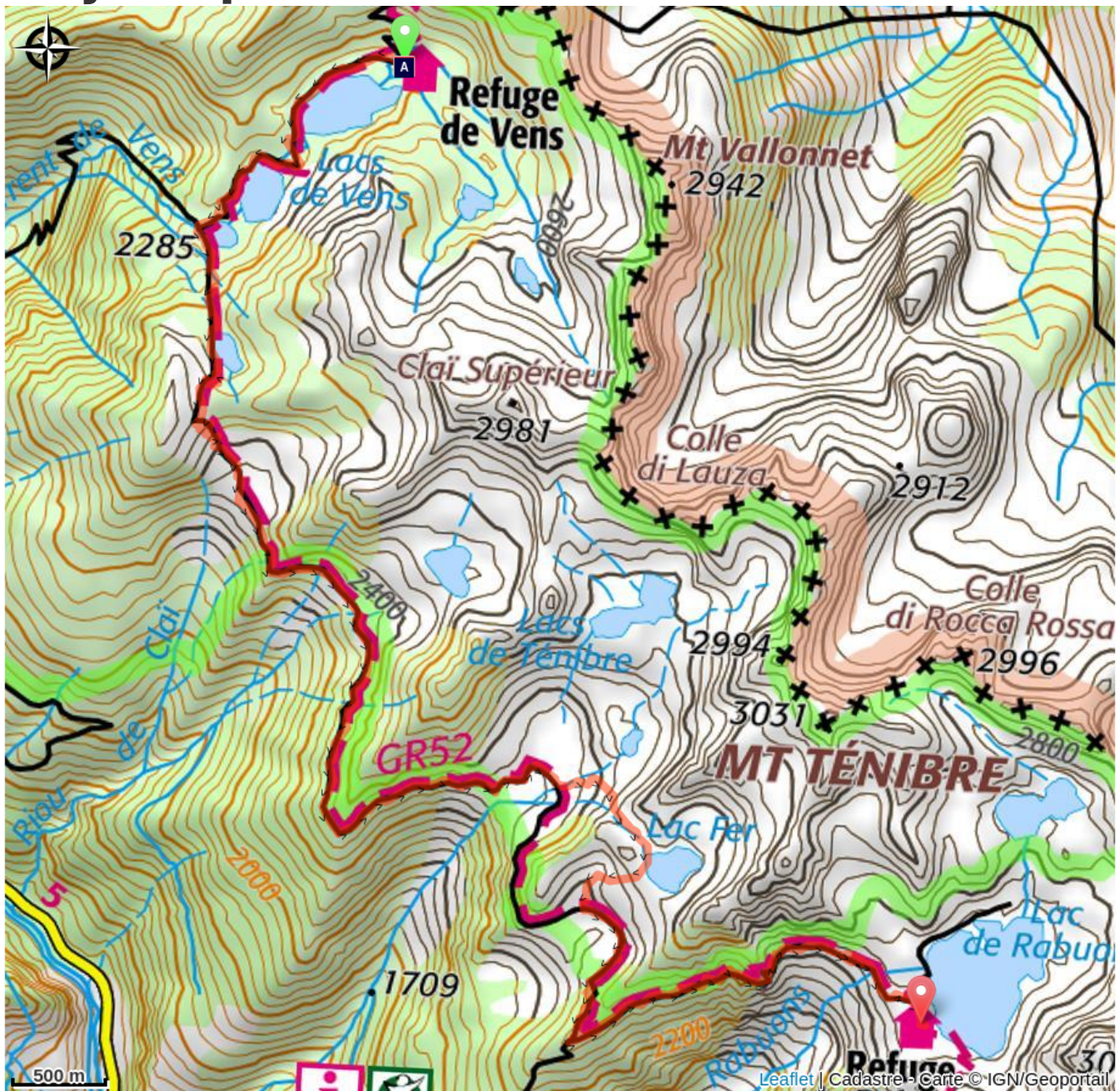
Min elevation 2283 m Max elevation 2548 m

From the refuge, head down along the right-hand shore of the upper Vens lake then pass by the middle and lower lakes on the right. Cross the spillway over a footbridge (2285m - m.26) and climb up the opposite side towards Lac des Babarottes along a path which is scattered with cairns.

Continue the climb until the wide ridge of Les Babarottes (2506m), then go downhill on the southern side to reach the beginning of the Energy Trail (m.113).

Continue along this flat walkway to Plan de Ténibre (m.112, 111). Continue by heading slightly uphill, still walking along this magnificent piece of work towards Lac Pétrus (m. 110), the Sélasse ridge (m.103), then the EDF houses (m.104), which are perpendicular to the CAF refuge at Lac Rabuons (2523m).

On your path...



 Lac de Vens and refuge (A)

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.

On your path...



Lac de Vens and refuge (A)

The Vens refuge only has a warden during the summer months. In winter, only one room is open to allow hikers to shelter. The Vens refuge overlooks a series of lakes of the same name. These lakes are of glacial origin, they are the result of a long erosion process by glaciers. The lake below the refuge (the biggest) is 31 metres deep. Ibex, chamois, mouflons and golden eagles can often be seen at the site. Very close to the refuge, you can see the endemic plant which was for a long time the symbol of the Mercantour National Park: *Saxifraga florulenta*.

Club Alpin Français: Capacity: 45 in summer and 30 in winter (no warden)

Reservations only by e-mail in summer: <http://refugedevenus.ffcam.fr/reservation.html>

No shower, meal included

Attribution : CAF / DR