Mercantour - Alpes Maritimes - Around Mont Ténibre - Stage 3

Vallée haute Tinée

Randonnée Tinée. Lac de Rabuons, 2523 m. (Roger Settimo - PNM)

Useful information

Practice : Hiking

Duration : 7 h

Length : 18.6 km

Trek ascent : 739 m

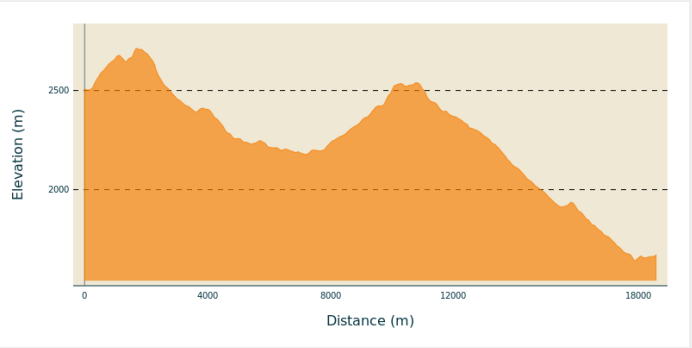
Difficulty : Hard

Type : Walking breaks

Trek

Departure : Rabuons refuge
Arrival : San Bernolfo refuge
Cities : 1. Saint-Étienne-de-Tinée
2. Isola
3. Vinadio

Altimetric profile



Min elevation 1641 m Max elevation 2712 m

From the Rabuons refuge (2523m - m.105a) head south-east on the path which reaches the shores of Lac de Rabuons (2500m). Ford the water between the big lake and a smaller one and continue along the path which rises along the firsts slopes of La Cime de la Valette (Croix - 2701m).

Go downhill for a short way on the southern slopes via a scree below La Tête de Jassine. Over a few steep hairpin bends, you will reach La Crête de Jassine (2700m). The path goes around this obstacle, reaching a large curve where it turns and heads towards the valley of La Clapière.

Cross a vast scree and you will reach the forest of La Crête de Chabraire (2400m - m.105b) which is topped by a magnificent cairn of matching stones. Continue downhill towards the sources of the Bourguet valley (2250m). Go around it along the mountain's edge, where nets made of metal have been installed to hold back possible avalanches heading down to the Tinée.

Reach the flatter section, notable for La Crosetta with its cairn, locally known as Montjoye and start along a gentle downhill section which leads quickly to the intersection with the path from Douans, leading to Pas de Barbacane (2180m - m.105c). Continue towards the east and go over La Crête de la Tête Cimon, then go up the steep slope of La Pointe Costa Plana until you reach the wide flatter section of Le Lagarot de Douans (2200m - m.127).

Continue along the path which leads to Pas de Colle-Logue (south-east), head successively over two spurs on the southern slopes, head over a scree and continue at the same level along a good path. This will lead you to Le Pas de Colle-Longue (2533 - m.59, you can take shelter in the former military huts if required).

Go downhill on the Italian side via a path which reaches the spillway of the big lake of Colle-Longue. Follow the former military track and pass close to the military barracks. You will soon reach Lac di Mezzo de San-Bernolfo followed by the lake of San-Bernolfo and its left bank.

From the lake, go uphill for a few metres along the track, passing close to a hunters' cabin and head over onto the northern slopes to reach the Alexandris Foches refuge (1913m). Continue downhill along the track to reach then end of the stage at San Bernolfo 1663m.

On your path...

2923
Monte Laroussa
2905
2471
3007
CORBORANT
Callieri
San Bernolfo
Tête de Jassine
Cime de Maleterre
2871
Becs du Corborant
2840
2762
Roche Nègre
Pointe d'Isatier
Rocca di San Bernolfo
2681
2583
Pas de Barbacane
Tête Cimon
2699
2759
Pointe de Costa Plana
Cime de Colle Longue
2624
2761
Douans
GR52
Pas de Colle Longue
500 m
Leaflet | Cadastre - Carte © IGN/Geoportail

All useful information