

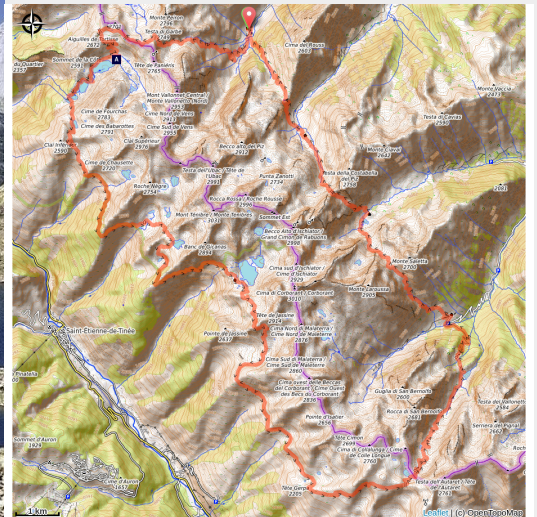


Mercantour - Alpes Maritimes - Around Mont Ténibre

Vallée haute Tinée - Pietraporzio



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



You will travel along many a military path and you can imagine the lives of those men of arms many years ago in the countless military camps and bunkers which are scattered throughout the itinerary, in the heart of Haute Tinée and La Stura.

Twin valleys, one of which runs towards the Pô plain and the other towards the Mediterranean, the Italian Stura valley and the Tinée valley are separated by Mont Ténibre which also links them and towers over them. Climbing, distance and isolation are on the menu for this Franco-Italian trail, spread over 5 days in the mountainous territory of the Mediterranean Alps.

Useful information

Practice : Hiking

Duration : 5 days

Length : 53.2 km

Trek ascent : 4045 m

Difficulty : Hard

Type : Walking breaks

Trek

Departure : Talarico refuge

Arrival : Talarico refuge

Cities : 1. Pietraporzio

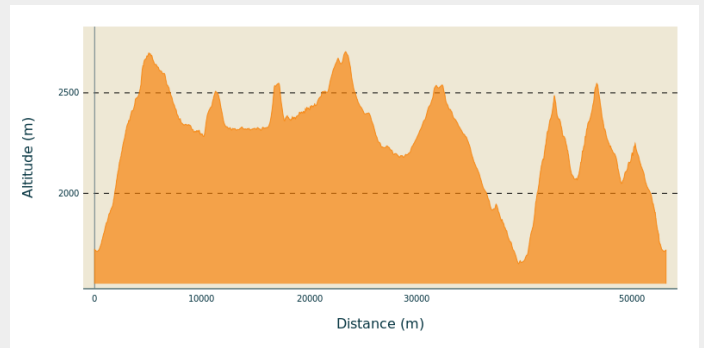
2. Argentera

3. Saint-Étienne-de-Tinée

4. Isola

5. Vinadio

Altimetric profile



Min elevation 1650 m Max elevation 2705 m

!!! IMPORTANT !!!

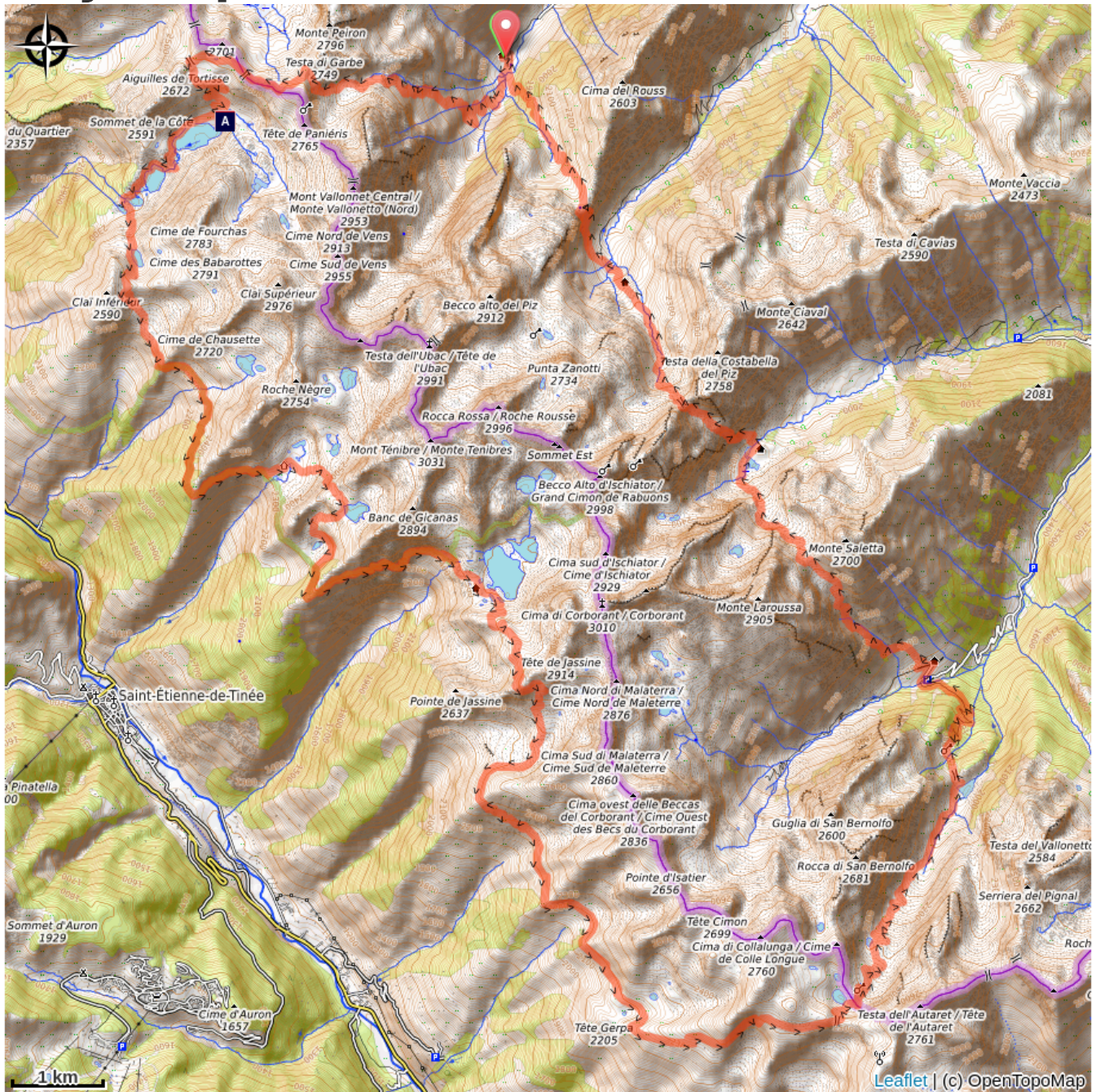
In the second stage, the "Chemin de l' énergie" passage is partially closed between beacons 111 and 110, by municipal by-law.

A diversion is set up from beacon 111, by ascending to Lake Fer and descending to Lake Pétrus (b. 110).

Stages :

1. Mercantour - Alpes Maritimes - Around Mont Ténibre - Stage 1
8.0 km / 999 m D+ / 5 h
2. Mercantour - Alpes Maritimes - Around Mont Ténibre - Stage 2
13.5 km / 808 m D+ / 5 h 30
3. Mercantour - Alpes Maritimes - Around Mont Ténibre - Stage 3
18.6 km / 695 m D+ / 7 h
4. Mercantour - Alpes Maritimes - Around Mont Ténibre - Stage 4
5.2 km / 831 m D+ / 5 h
5. Mercantour - Alpes Maritimes - Around Mont Ténibre - Stage 5
8.4 km / 720 m D+ / 5 h

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.

Advices

Specific regulations concerning protected species in Mercantour National Park.

This itinerary takes place along high-valley Alpine paths.

The accommodation sites listed are the only ones which are available along this route.

Before heading off on a hike, ensure that you have studied the safety advice. If you are setting off on this hike in the early part of the season, you will need to take particular care as patches of snow can still be present in higher areas.

How to come ?

Access

From the A6 Turin-Savona motorway: exit at the Cuneo toll booths, head towards Borgo San Dalmazzo, then Demonte and Vinadio. From Col de Tende: heading down from Limone, follow directions for Borgo San Dalmazzo, then Demonte and Vinadio, Pontebernardo.

Advised parking

Talarico refuge carpark

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://refugedevens.ffcam.fr/reservation.html>

No shower, meal included

Attribution : CAF / DR