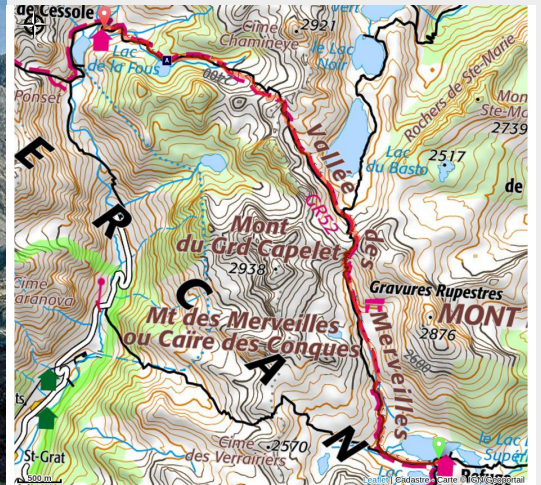




Grand Tour of Argentera and Vallée Merveilles - Stage 5

Vallées Roya&Bevera - Tende



Randonnée Vallée des Merveilles. Le lac du Basto, (2380 m), et la cime de Chamineye, (2921 m), dans un paysage très minéral. (Guy Lombart - PNM)

Useful information

Practice : Hiking

Duration : 5 h 30

Length : 9.2 km

Trek ascent : 731 m

Difficulty : Medium

Type : Walking breaks

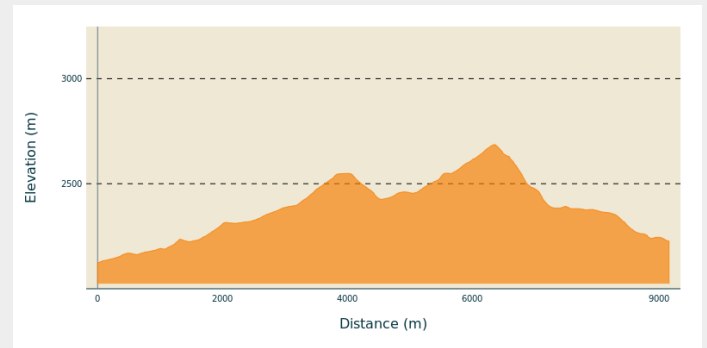
Trek

Departure : Les Merveilles refuge

Arrival : Nice refuge

Cities : 1. Tende
2. Belvédère

Altimetric profile



Min elevation 2124 m Max elevation 2686 m

Go west around the upper lake and head up Vallée des Merveilles along GR52, towards Baisse de Valmasque (2549m - m94) which overlooks the huge lake of Basto; this is where you need to get to. Take GR52 with its red and white markers (m95) and you will reach Baisse du Basto (2693m - m401). Heading downhill, the path will lead you past boulders and screes until you reach a series of lakes at an altitude of between 2379m and 2353m. Continue alongside Lac Niré's spillway until you reach the Nice refuge (2221m), which has recently been renamed Refuge Cessole.

On your path...



 The eclogite of Lac Niré (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...



The eclogite of Lac Niré (A)

Just above Lac Niré, on the right bank of the mountain stream, among the migmatite, can be found very dark rocks which take the shape of huge lentils (geologists call them “black puddings”).

When you look closely at these one of these lentil, you can see very different minerals to the ones you find in migmatite. The rusty red coloured ones are garnet and the darker ones are amphibole.

This very distinctive rock with characteristic fine and very dense crystals is eclogite; it is quite rare and a remainder from oceans which have disappeared. It is a metamorphic rock which springs from the transformation of basalts, ancient lava from the oceanic crust.

Attribution : GUIGO Franck