

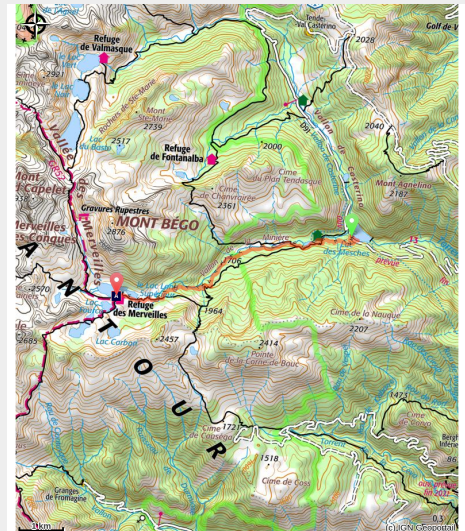


Grand Tour of the Merveilles - In the heart of the Mercantour National Park - Stage 1

Vallées Roya & Bevera - Tende



Randonnée Vallée des Merveilles. Le lac des Mesches, (1381 m), partiellement gelé et recouvert de neige en hiver (Jean-Marie Cevasco - PNM)



Useful information

Practice : Hiking

Duration : 3 h

Length : 8.0 km

Trek ascent : 796 m

Difficulty : Medium

Type : Walking breaks

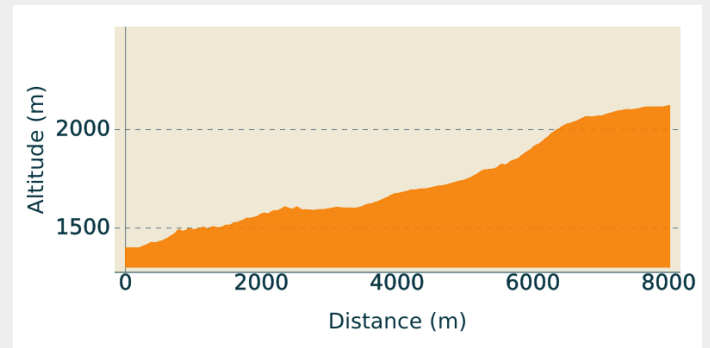
Trek

Departure : Lac des Mesches

Arrival : Les Merveilles refuge

Cities : 1. Tende

Altimetric profile

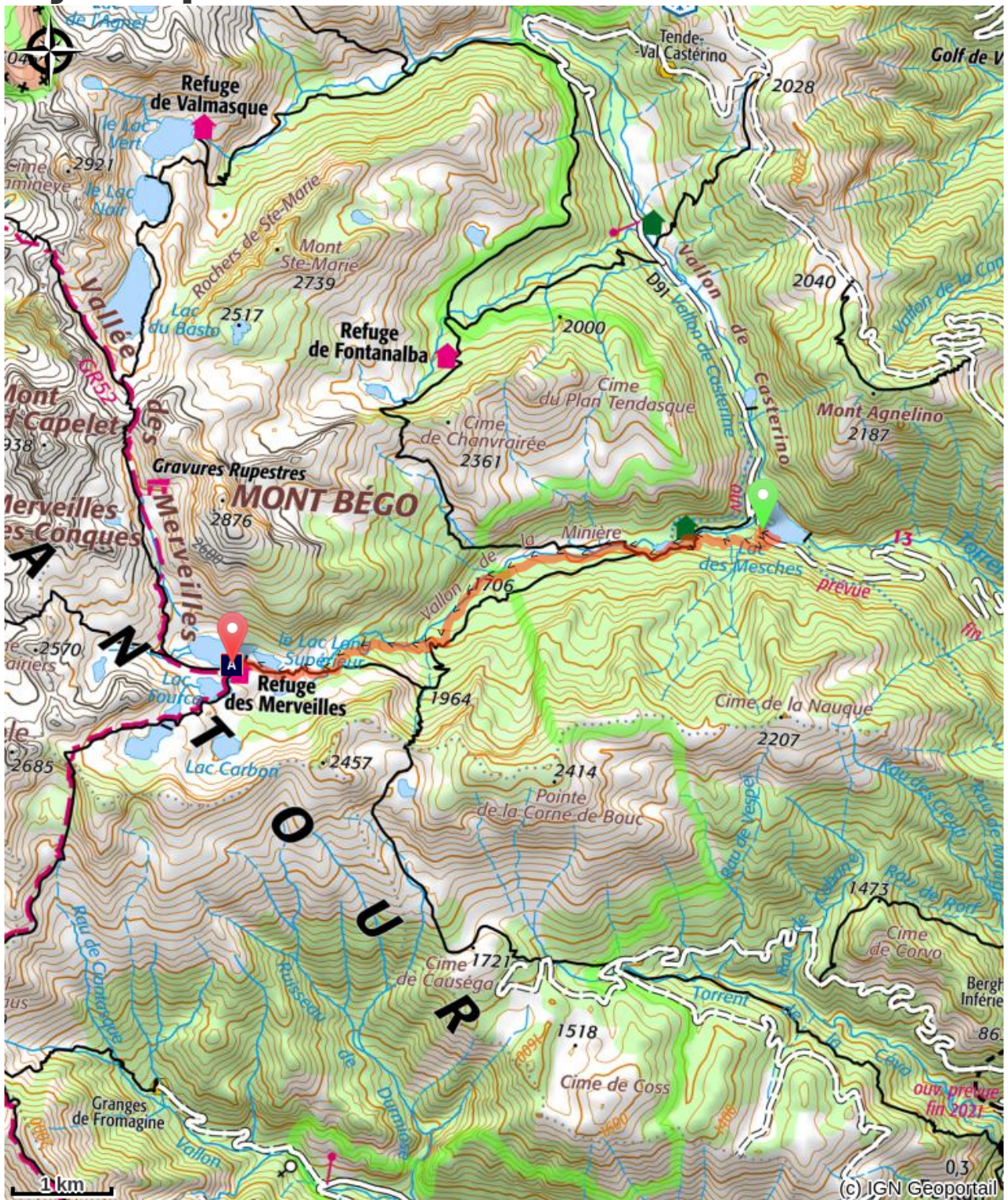


Min elevation 1399 m Max elevation 2122 m

The departure point for your itinerary is indicated by marker 82 (1400m). Head up the wide track which rises pleasantly through the larch forest. Once you reach the National Park Information Office, (b86), continue to the left and keep rising along a gentle slope on a track which can be used by all-terrain vehicles along the Minière valley (m87, 88). At m88, cross the mountain stream via the footbridge and at m88a turn left alongside the river where there are attractive chalets on your right. At m383, keep heading in the same direction and reach the track having first crossed another bridge, still following the yellow markers.

At marker 89, take the path rather than the track for a while: this provides you with a shortcut, avoiding a few superfluous hairpin bends. Although the path is rather more difficult it does not pose any technical problems and is far more picturesque (Val d'Enfer). Get back onto the track at marker 90 and continue until Lac Long Supérieur des Merveilles (2111 m), upon whose southern shores can be found the Les Merveilles CAF refuge.

On your path...



 Les Merveilles 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...



Les Merveilles refuge (A)

Club Alpin Français

Capacity: 75 in refuge – Possibility of eating and having a shower

Warden: 15th June to 15th September: Hugo PUTELAT

(Refuge telephone): 04.93.04.64.64

Winter: October to June (upon reservation): Mouloud CADDUR
refugedesmerveilles@ffcam.fr

The refuge is therefore OPEN for self-catering and with a warden when a reservation is made for 8 people or more, 19 places available for hikers who have covers (2 per person) and pillow.

If you wish to have a warden at the refuge, contact:
refugedesmerveilles@ffcam.fr

Useful numbers:

Tende Tourism Office/Park House: 04 93 04 73 71

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