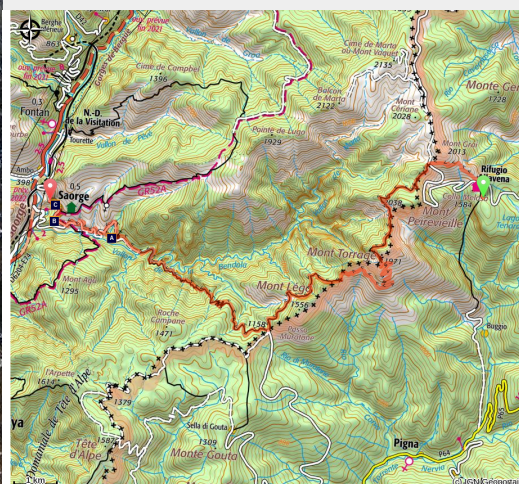
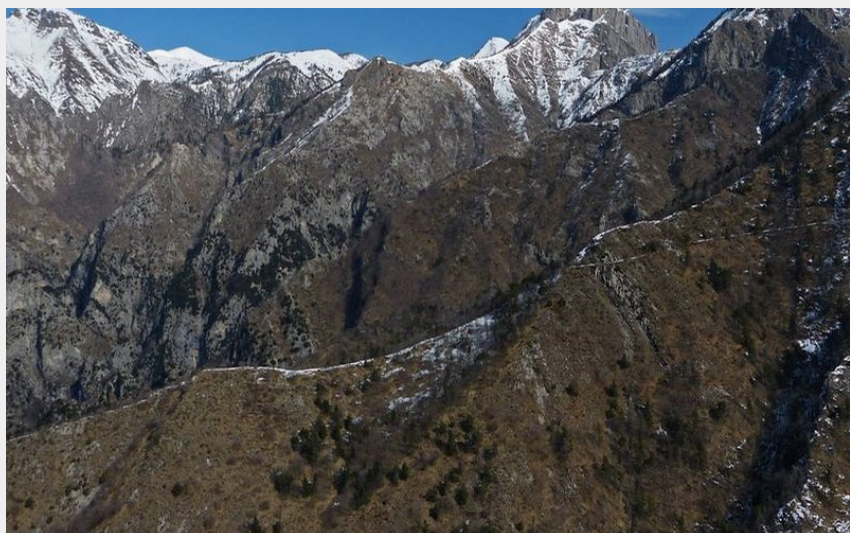




# On the Ligurian Alta Via - The Mont Torage circuit - Stage 3

Parco Naturale Alpi Liguri - Pigna



Randonnée Mont Torage. En haute Bendola, les monts Torage et Peirevieille en hiver. (Laurent Malthieux - PNM)

## Useful information

Practice : Hiking

Duration : 6 h 30

Length : 24.1 km

Trek ascent : 1049 m

Difficulty : Medium

Type : Walking breaks

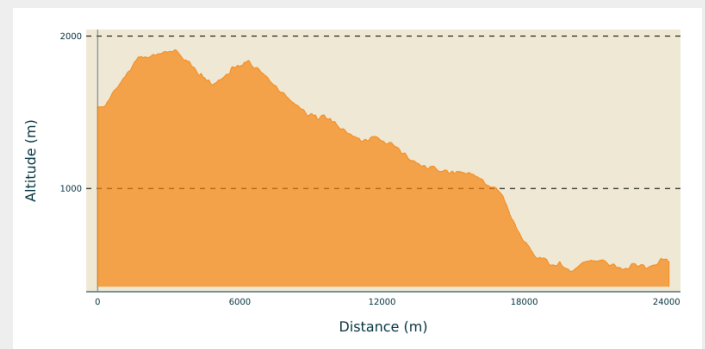
# Trek

**Departure** : Allavena refuge

**Arrival** : Saorge

**Cities** : 1. Pigna  
2. Saorge

## Altimetric profile



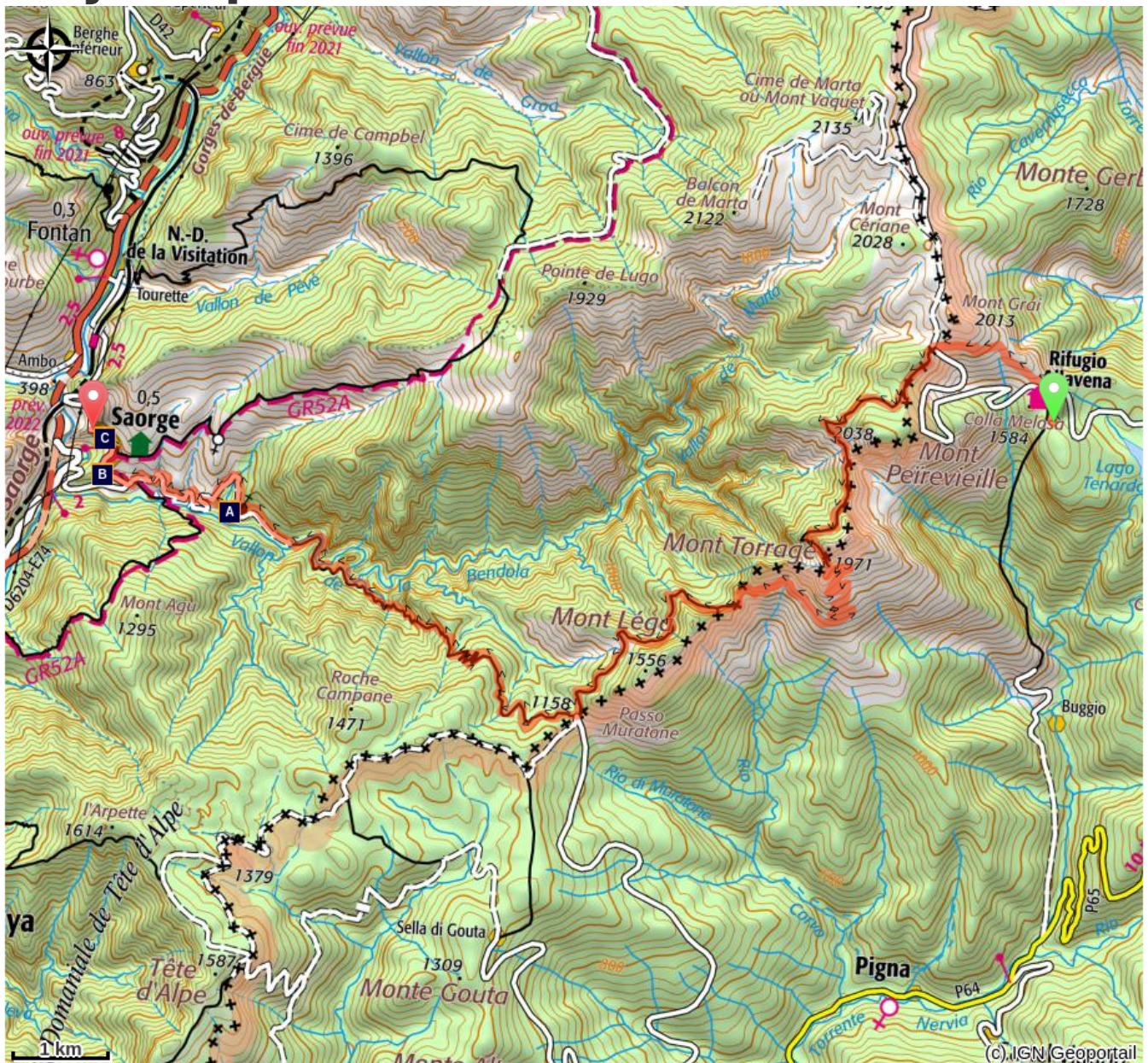
Min elevation 455 m Max elevation 1910 m

Setting off from Col Melosa, take the itinerary which heads up along the path towards the CAI Monte Grai refuge. Reach first of all the border ridge along the direct track which heads off to the left and then Col de la Vallette. 1888m.


Follow the path due south towards Mont Torrage. With uphill and downhill sections, it passes over Pas de l'Incise 1690m and the summit of Mt Torrage 1971m. After a brief return into Italy close to Torrage, the itinerary reaches Col du Corbeau (1404m) and definitively enters into France, heading downhill after Col de Muraton, through the woods to the delightful village of Saorge which is perched at a lofty height.



# On your path...



 Chapelle Sainte-Anne (A)

 Our Lady, pray for the salvation of our souls! (B)

 Chapelle des Pénitents Noirs (C)

# All useful information

# On your path...

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## Chapelle Sainte-Anne (A)

Nestled among some trees along a promontory, chapelle Sainte-Anne overlooks the wild valley of Bendola; every year, a pilgrimage brings several worshippers to the area, as a procession from Saorge to the small sanctuary.

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## Our Lady, pray for the salvation of our souls! (B)

On 4th January 1092, the newly built chapel of Sainte-Marie, was given to the monastery of Lérins, as well as land including houses, mills, vines and meadows.

Four priests and two members of the secular clergy would reside in the house adjoining the chapel and they would sing every day for the salvation of those who signed the gift charter.

A long-term lease was signed on 10th September 1668, between the Lérins monastery and the nobleman J.F. Davéo. After the Revolution in 1789, Notre Dame du Puy became part of the family's estate, which today has no heir, and took the name Notre-Dame del Poggio.

Attribution : Jacques SARRUT

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## Chapelle des Pénitents Noirs (C)

Under the patronage of Saint Claude, the chapel is built into the frame of the houses: the gentle ochre of its wall catches the eye. The confraternity of Mercy brought together nobles to provide help for the needy. Restored and turned into a museum, it reopened its doors again in summer 1989.

Opposite the chapel, the charming Bellevue hotel's restaurant room provides a delightful view over the Roya valley.

Attribution : GRANDJEAN Denis

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