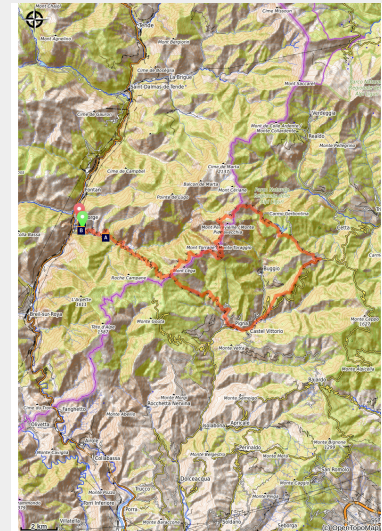




# On the Ligurian Alta Via - The Mont Torige circuit

Vallées Roya&Bevera - Saorge



Randonnée Mont Torige. La Bendola à Saorge, lignes de restanques bien visibles; (Jean-Marie Cevasco - PNM)

*On superb raised paths carved into the rock, this itinerary allows your eyes to devour the lower Roya valley, Le Marguareis and the entire Nervia valley all the way to the Mediterranean.*

On the Italian side and on the border ridge, Mont Torige (with its peak at 2000m) is the mountain resembling a dolomitic summit which is closest to the shores of the Mediterranean.

## Useful information

Practice : Hiking

Duration : 3 days

Length : 55.5 km

Trek ascent : 3592 m

Difficulty : Hard

Type : Walking breaks

# Trek

**Departure** : Saorge

**Arrival** : Saorge

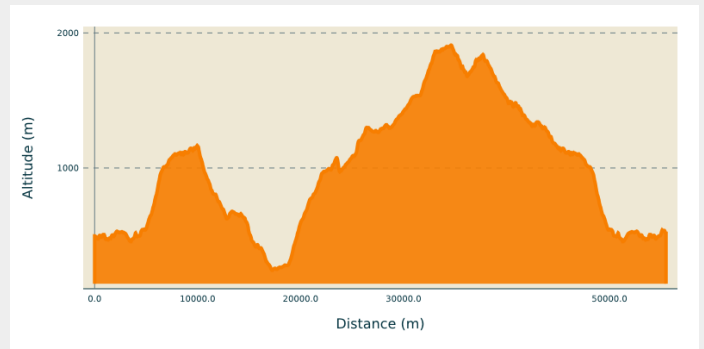
**Cities** : 1. Saorge

2. Pigna

3. Castel Vittorio

4. Triora

## Altimetric profile



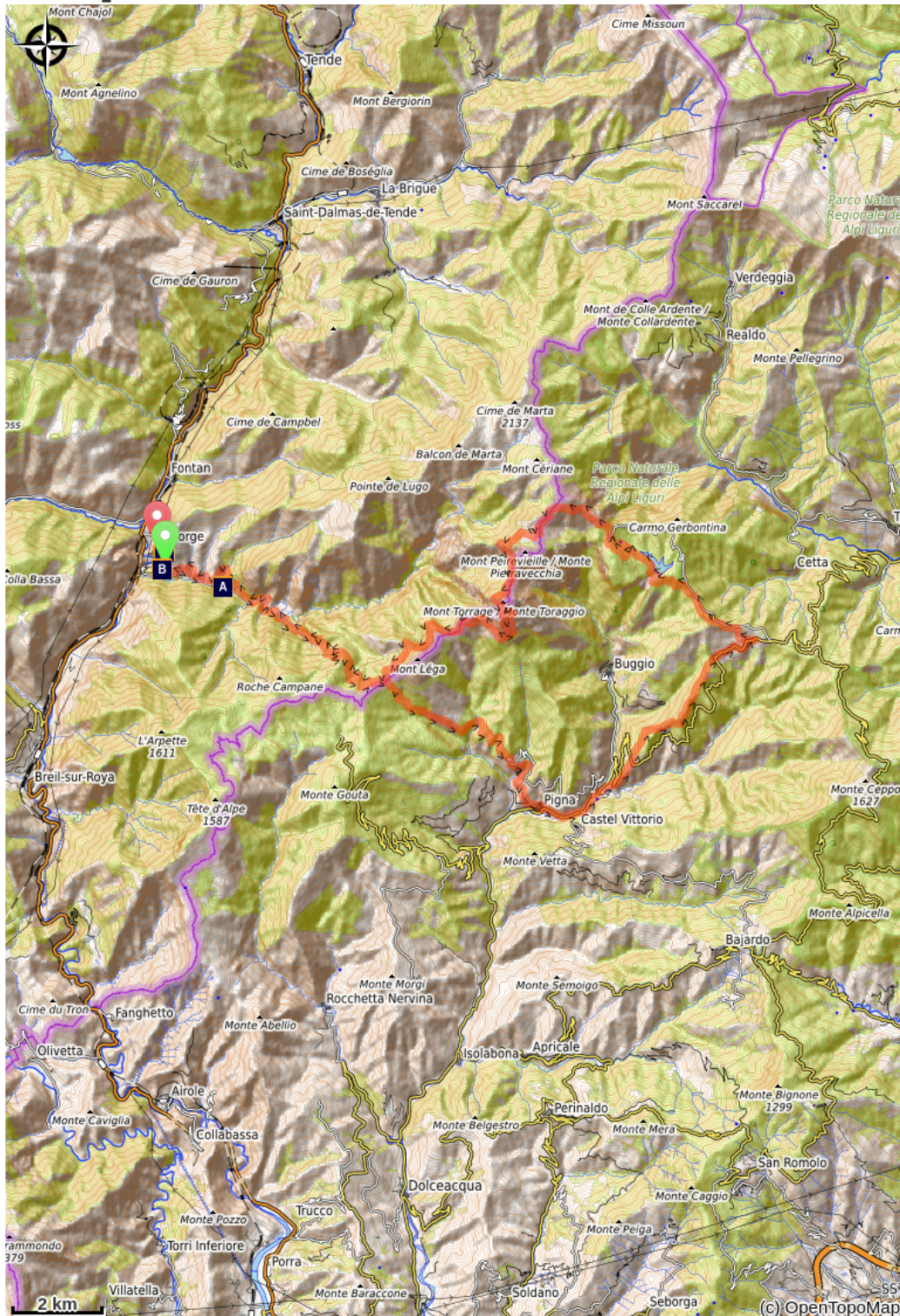
Min elevation 243 m Max elevation 1910 m

## Stages :

1. On the Ligurian Alta Via - The Mont Torrage circuit - Stage 1  
17.0 km / 1044 m D+ / 4 h 30
2. On the Ligurian Alta Via - The Mont Torrage circuit - Stage 2  
14.4 km / 1499 m D+ / 5 h
3. On the Ligurian Alta Via - The Mont Torrage circuit - Stage 3  
24.1 km / 1049 m D+ / 6 h 30



# 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

## **Advices**

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

Menton on the A8 (Exit 59) or Menton SNCF railway station.

### Advised parking

Parking spaces in Saorge

# 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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