

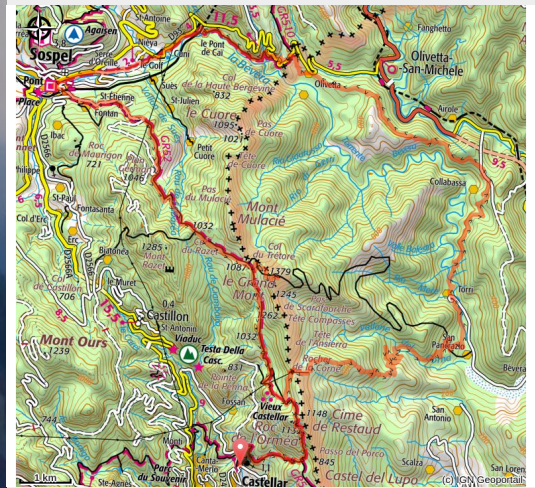


A balcony onto the Mediterranean - Franco-Italian Tour of Mont Gramondo

Vallées Roya&Bevera - Ventimiglia



Randonnée Bévère. Castellar vue de haut. (Mairie de Castellar)



The itinerary, which is highly varied, goes from ridge to ridge alongside beautiful gorges and alternates between wild landscapes and olive groves as far as the eye can see.

This itinerary allows you to visit the tiny Italian villages of Olivetta and Torri, in the heart of the olive groves as well as larger villages such as Sospel in the Bévera valley.

Useful information

Practice : Hiking

Duration : 3 days

Length : 46.8 km

Trek ascent : 3307 m

Difficulty : Hard

Type : Walking breaks

Trek

Departure : Castellar

Arrival : Castellar

Cities : 1. Ventimiglia

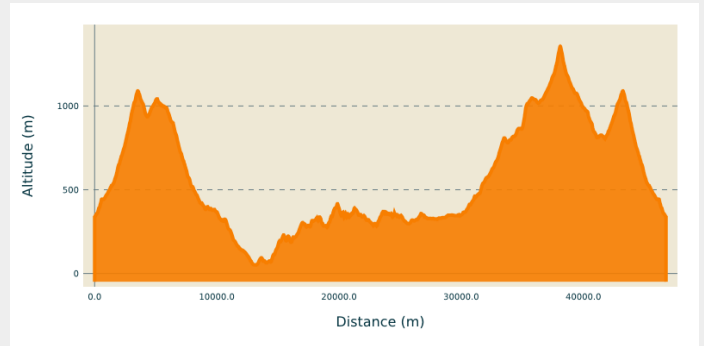
2. Airole

3. Olivetta San Michele

4. Breil-sur-Roya

5. Sospel

Altimetric profile

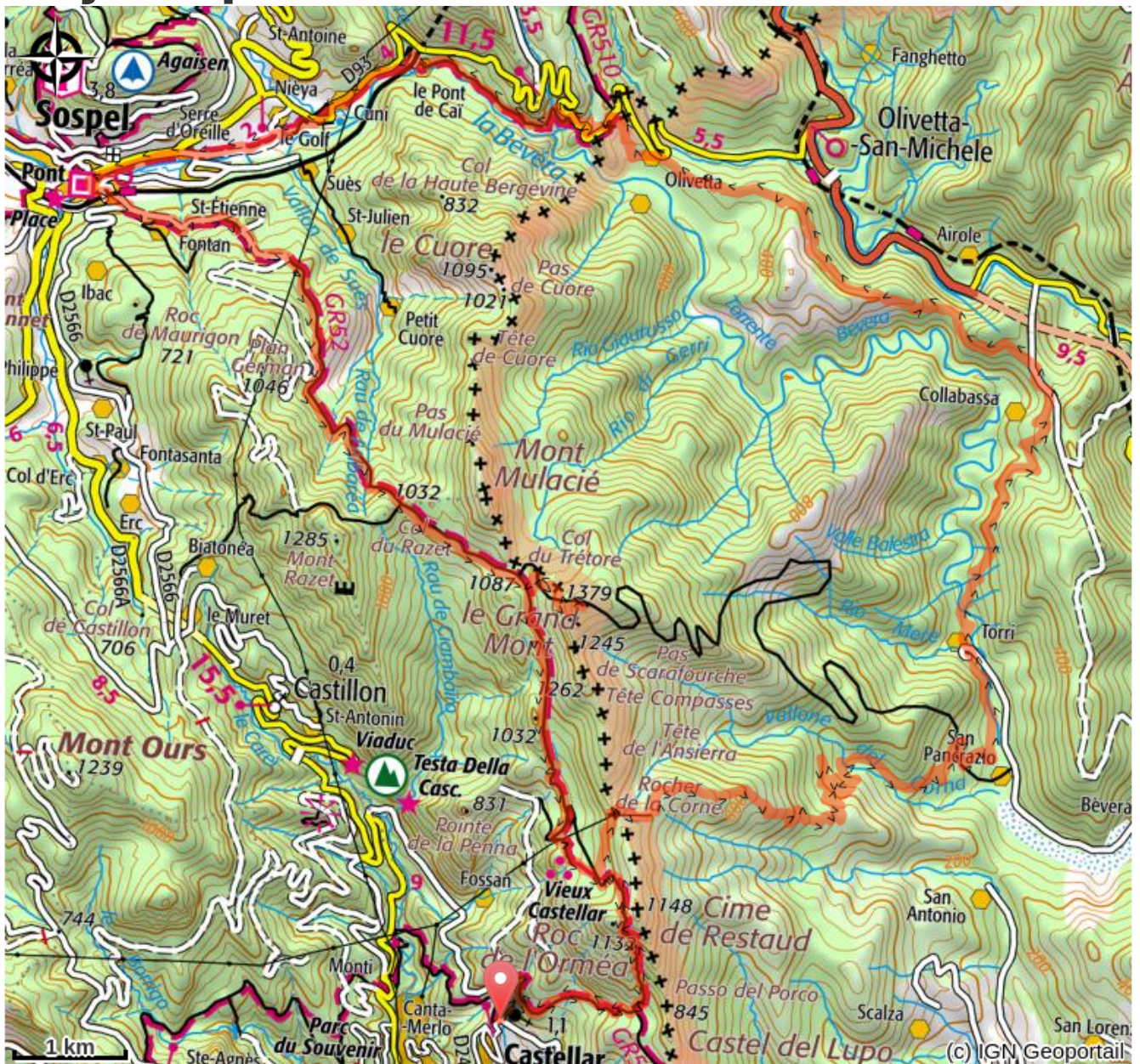


Min elevation 51 m Max elevation 1356 m

Stages :

1. A balcony into the Mediterranean - Franco Italian Tour of Mont Gramondo - Stage 1
14.0 km / 956 m D+ / 4 h
2. A balcony into the Mediterranean - Franco Italian Tour of Mont Gramondo - Stage 2
15.8 km / 946 m D+ / 5 h 30
3. A balcony into the Mediterranean - Franco Italian Tour of Mont Gramondo - Stage 3
15.6 km / 0 m D+ / 5 h 30

On your path...



All useful information

Advices

This itinerary takes place at times along high-valley Alpine paths.

Before setting off on any hike, it is advisable to check the weather forecast.

Particular care should be taken during the summer months when the heat can cause risks of fires and dehydration.

How to come ?

Access

Menton via the A8 (Exit 59), then head along the road to Sospel (D22a) until you reach Castellar.

Advised parking

Parking spaces in Castellar