



# GTM - Stage 01 : Entraunes - Estenc

Vallées haut-Var&Cians - Entraunes



(PNM\_BENSA-Marion)



*The municipality of Entraunes, capital of the Val d'Entraunes and nestled at the confluence between the Var and the Bourdous rivers, is a cosy village with well-restored houses, surrounded by green pastures and black marls that have been carried down from the summit of the Roche Grande (2742m).*

You will ascend towards the Plateau d'Estenc (1800m) and the source of the Var along the old road leading to the hamlet of Estenc, isolated for months in times past due to the winter snow.

The route wends its way along a wild and harsh section in the hollow of a gorge. Superb waterfalls cascade down from the abrupt hillsides of the Tours du lac d'Allos (Garreton

## Useful information

Practice : Hiking

Duration : 3 h

Length : 7.2 km

Trek ascent : 634 m

Difficulty : Easy

Type : Longer treks

and Aiglière) which offer fabulous landscapes. Further on, the pastures claimed from the stony ground, the abandoned or still-exploited farms, chapels and oratories remind us that this place was once tamed by man

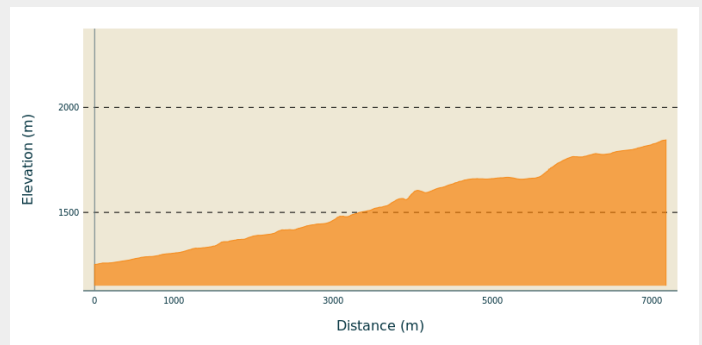
## Trek

**Departure** : Entraunes

**Arrival** : Estenc

**Cities** : 1. Entraunes

### Altimetric profile

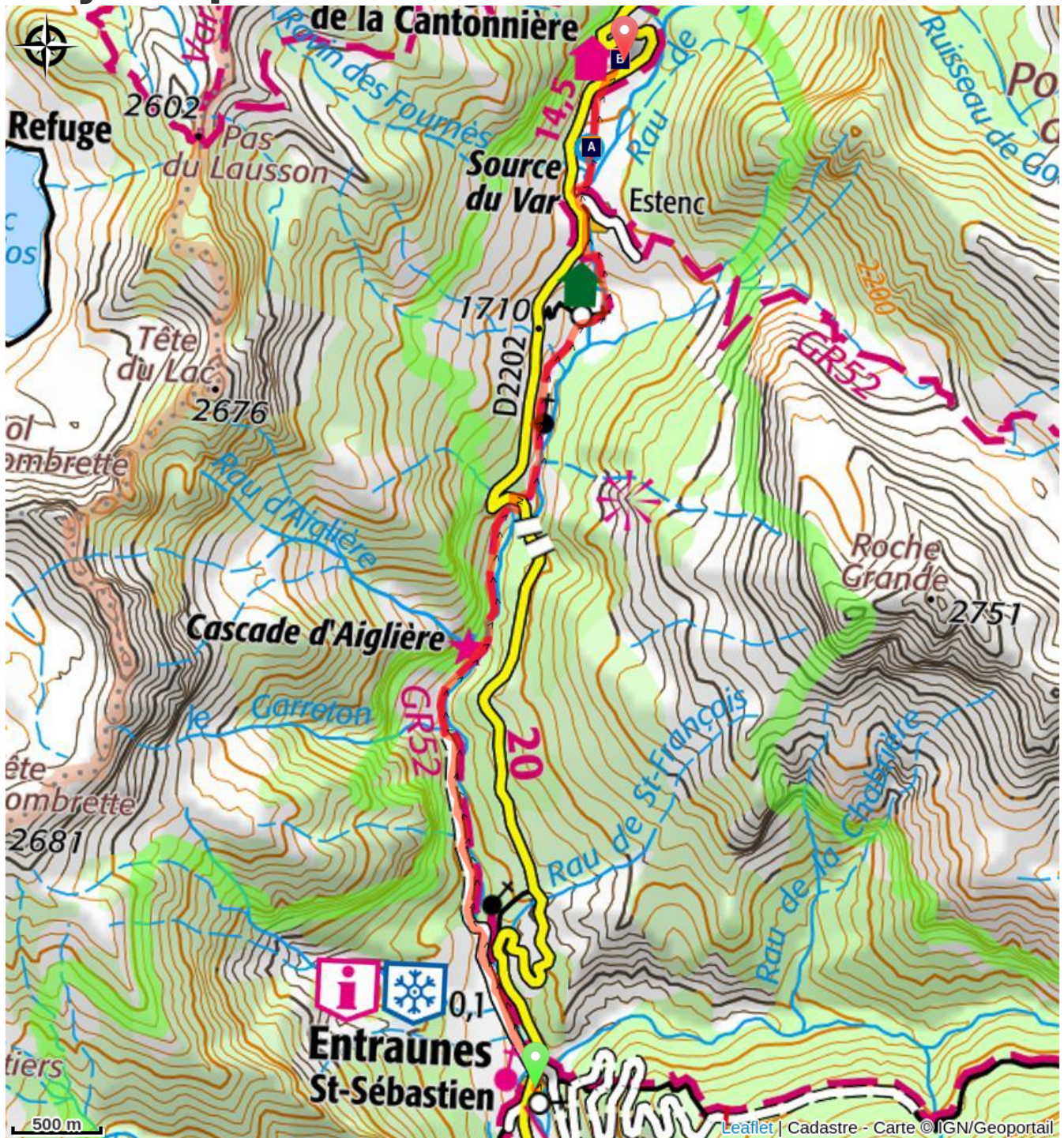


Min elevation 1251 m Max elevation 1845 m

From Entraunes, cross the bridge over the Var (w.33), just opposite the Chapelle Saint-Sébastien, and follow the road that passes close to the road maintenance services premises. Go past the small road to Oustamura (w.34), leaving it to your left, and continue along the Var up to a little oratory (w.35). Follow the earth track that leads to a dam installed in the stream bed near the confluence with the Vallon de Garreton. Gain 100m in height to cross the vallon using a footbridge and turn off onto the path that passes below the rock bands of the Baumette up to the Aiglière waterfall (1450m). Leave the right bank of the Var (footbridges), catching some spray from the waterfall as you go, then continue along the ascending path and you will soon return to the right bank, where the valley widens. Cut across the road above the Saint-Roch bridge (w.36) and ascend a rough track that leads to the water reservoir. A comfortable path follows on from this, passing alongside a large field and reaching the Chapelle Saint-Sauveur (w.37). The landscape softens and the easy walking will take you, through the undergrowth or at the edge of fields, to an intersection (w.39b). Turn right to get to the group of houses named L'Avalanche, from which you can nostalgically admire a large farm and a small church with its adjoining cemetery. After crossing the Var, the path passes near some farmhouse stopover gites (w.38), and from the drinking trough, ascends directly towards an oratory. Cross the torrent in the narrow gorge for a last time by means of the Pont du Diable, and ascend up to the road (w.39a - 39), just before the Auberge de la Cayolle and the Lac d'Estenc (w.40). Follow the path beside the lake to the left, then head for the Cantonnière hostel-hut and the edge of the Mercantour National Park by taking a direct path (w.41) across the hayfields.



# On your path...



 Estenc plateau hay meadows (A)

 La Cantonnière refuge (B)

# All useful information

## **Advices**

Avant de partir en randonnée, prenez connaissance des consignes de sécurité. Une prudence particulière devra être observée en début de saison car il peut exister des névés persistants.



# On your path...

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## Estenc plateau hay meadows (A)

The term “hay meadows” means areas of production of fodder which was not deliberately planted and which are rich in variety of species. The hay is harvested to feed animals. These meadows are part of the non-intensive and environmentally friendly practices and they encourage a wide variety of plants to grow.

Mercantour National Park has 1000ha of hay meadows, included in a pastoral and grassland domain covering around 120000ha. Within this, 90 professional farms are based in the Park’s communes and 268 transhumant farmers are present in summer.

Attribution : Marc EVENOT

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## La Cantonnière refuge (B)

The history of the refuge is closely linked with the Route des Grandes Alpes connecting Lac Léman with the Mediterranean. It was built in the early 20th century by the French Touring Club with the very rudimentary means of the period by Italian workers, for whom the imposing Cantonnière house was built.

Accessible in summer 1913 to the few automobiles which were around at the time, the road was to be inaugurated by President Poincaré in August 1914. But the declaration of war deprived the people of Entraunes of this visit.

The building today serves as a refuge and has been fully renovated by Mercantour National Park.

Capacity: 36 in dormitories of 2, 4, 5 and 18.

Prices and opening periods: <http://lacantonniere.wixsite.com/refugelacantonniere>

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Attribution : Refuge de la Cantonnière