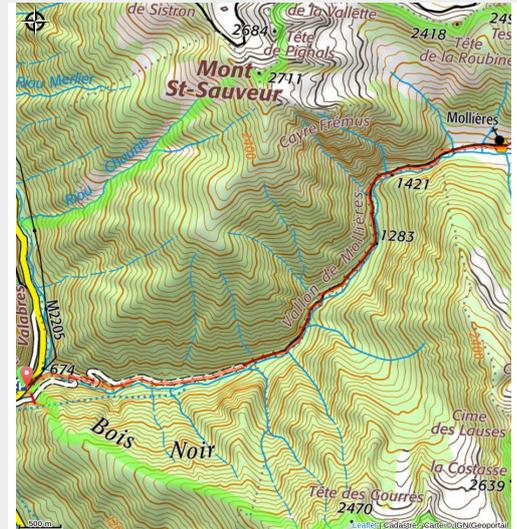




Mollières Valley

Vallée moyenne Tinée - Saint-Sauveur-sur-Tinée



Le mont Saint-Sauveur à la fin du printemps, (2711 m), Au premier plan le vallon de Mollières et son mélézin (emmanuel.gastaud)

The mountain stream will be a constant presence on this tricky hike all the way to the hamlet of Mollières, going across this emblematic valley which is the symbol of the return of wolves to France.

Split between France and Italy throughout its chequered history, the hamlet of Mollières is today essentially occupied during the summer months. The inhabitants notably come together for the village fete which takes place on 15th August.

Useful information

Practice : Hiking

Duration : 6 h

Length : 17.2 km

Trek ascent : 1006 m

Difficulty : Medium

Type : Round trip

Themes : Archeology and history, Architecture, Fauna

Trek

Departure : Pont de Paule, Roure

Arrival : Hamlet of Mollières, Valdeblore

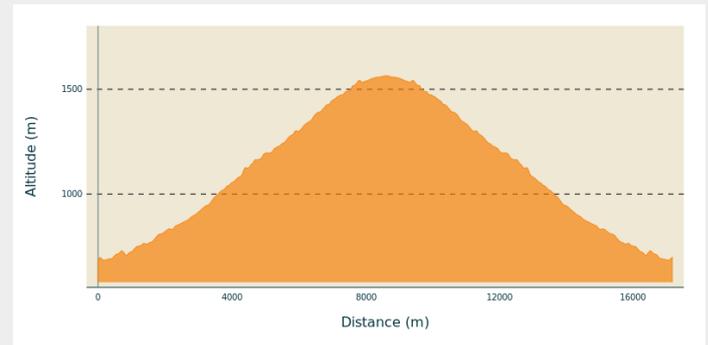
Markings : ■ PR

Cities : 1. Saint-Sauveur-sur-Tinée

2. Rimplas

3. Valdeblore

Altimetric profile



Min elevation 679 m Max elevation 1565 m

After 3km of dirt track running alongside the Tinée and then the mountain stream of Mollières, marker 260 is placed at the foot of the Mollières path, close to the water inlet for the micro-hydroelectric plant. Take the old mule track. Go past a footbridge on the right which leads up into the Vélail valley. The path climbs in a steady gentle slope, hemmed in by the impressive rocky bulk of the Cayre Frémus (2550 m).

The view then opens up along the crest of the Aiguilles du Giegn. The path continues into a wetland area and then climbs the right-hand side of the valley towards the Mollières waterfall. Then head across the scree formed by the Vallette Valley's alluvial cone.

You will then reach the hamlet of Mollières, then end of the journey at 1572m in altitude.

Follow the same route for the return journey.

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.

Advices

This is a wet path, be careful of the rocks and stones which can be slippery.

How to come ?

Transports

Bus 92 Nice Grand Arénas - Isola 2000 Les Hameaux - Arrêt Pont de Paule.
La ligne circule uniquement durant les vacances scolaires d'été (et durant la saison de ski).

Consulter les horaires sur le site [Lignesdazur](https://www.lignesdazur.com)

Access

Set off from the gate at Mollières bridge, where the Valabres EDF electrical plant is located, after the hamlet of Pont-de-Paule heading towards Isola.
There is a parking area close to the fence on the right bank of the Tinée. Marker 259, which denotes the itinerary, is on the other side of the bridge.

Advised parking

Carpark just after the hydro-electric plant at Valabres

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