

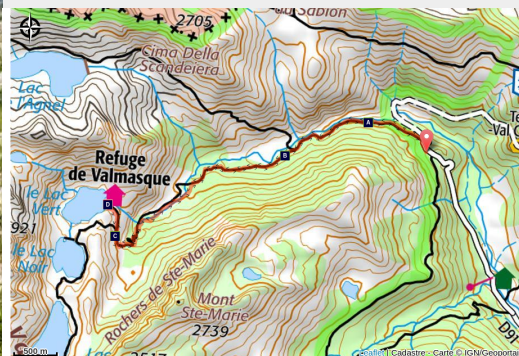


# Lac vert de la Valmasque

Vallées Roya&Bevera - Tende



La vallée de la Valmasque. (CEVASCO Jean-Marie)



*In the Vallon de la Sorcière there is a pleasant refuge on the shores of a lake... maybe you will spot the saxifrage (*Saxifraga florentula*), a plant which is endemic in the Franco-Italian Argentera-Mercantour mountains.*

A delightful itinerary in a high mountain environment in the company of marmots, chamois and ibex.

## Useful information

Practice : Hiking

Duration : 5 h

Length : 11.5 km

Trek ascent : 548 m

Difficulty : Easy

Type : Round trip

Themes : Fauna, Flora, Lake

# Trek

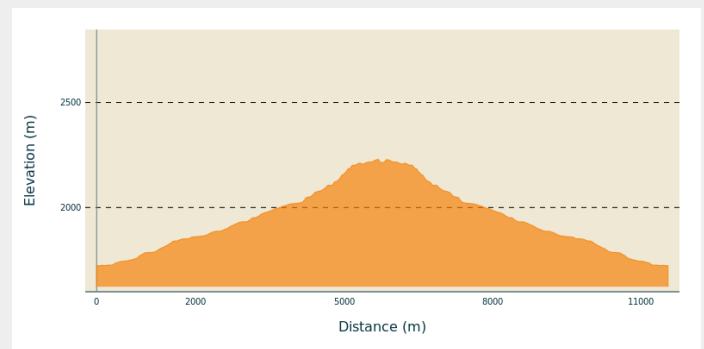
**Departure** : Castérino (Pautamoun carpark)

**Arrival** : Castérino (Pautamoun carpark)

**Markings** :  PR

**Cities** : 1. Tende

## Altimetric profile



Min elevation 1723 m Max elevation 2229 m

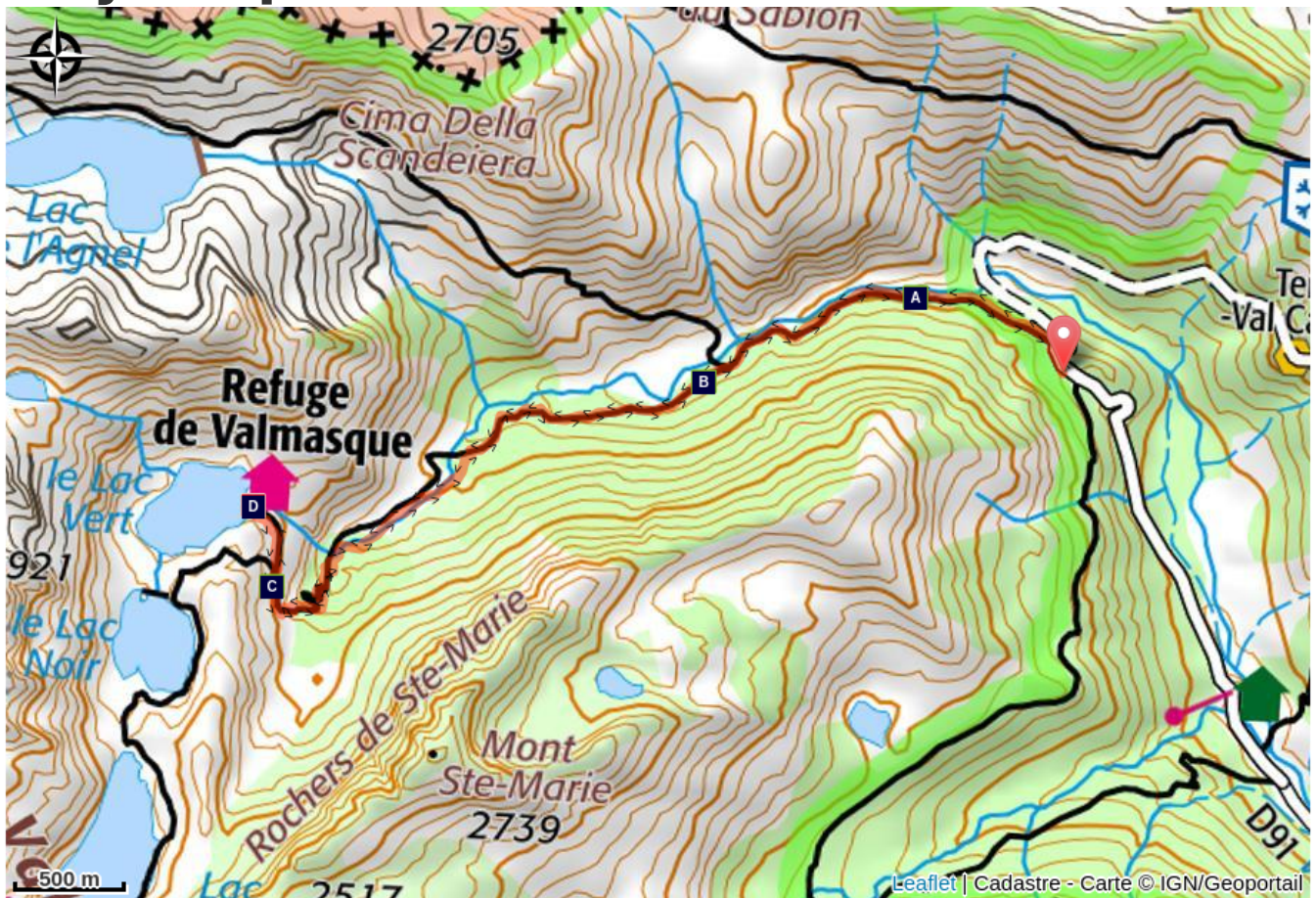
At the end of the carpark, which is the starting point for the hike, you will find signpost 394 pointing towards “Lac Vert et refuge de Valmasque”. The itinerary begins on a track which crosses the gorges, before leading to a widening of the Valmasque Valley.


At marker 374, leave the track and take the path for Vastière des Dragons (follow the signposts for “Refuge de Valmasque”). At the Cabane Julie waterfall, the path zigzags upwards and goes over an old glacier cliff face. Subsequently, the pleasant refuge of Valmasque (meals, drinks and accommodation available, subject to reservation). it is located on a rocky outcrop rendered smooth by glaciers, between two lakes.


Chamois and ibex are often present, except during the hottest periods of the day when they disappear... could it be due to spell by the witch?


Follow the same route for the return journey.

# On your path...



 Rosebay willowherb (*Chamerion angustifolium*) (A)

 Alpine ibex (*Capra ibex*) (C)

 Mountain ash (*sorbus aucuparia*) (B)

 La Valmasque refuge (D)



# 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.

## **How to come ?**

### Transports

From Nice or Italy, take Le Train des Merveilles to St Dalmas de Tende, then the bus to Castérino (bus no. 923)

For more information: <http://www.tendemerveilles.com/component/content/article/2-non-categorise/111-acces.html>

Tel.: 00 33 (0)4 93 04 73 71

### Access

At Saint-Dalmas de Tende, take the fork (RD91) to the hamlet of Castérino. From there, continue along the road for 2km. You will reach the carpark at Pautamoun, the starting point for several hikes.

### Advised parking

Pautamoun carpark

## **Information desks**

### **Maison du Parc national du Mercantour - Tende**

103 av du 16 septembre 1947, 06430  
Tende

tende-tourisme@menton-riviera-merveilles.fr

Tel : 04 83 93 98 82

<https://www.menton-riviera-merveilles.fr>

# On your path...

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## ✿ Rosebay willowherb (*Chamerion angustifolium*) (A)

A companion of the fir and the spruce, assisting their reproduction, rosebay willowherb lights up the clearings with its purple flowers from June to August. Its flowers develop in bunches at the end of a long stalk which can reach 1.2m in length, giving rise to light seeds with silky hairs, allowing them to be easily carried off by the wind which distributes them onto the northern faces of mountains and beside mountain streams up to 2000m in altitude.

Attribution : CEVASCO Jean-Marie

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## ✿ Mountain ash (*sorbus aucuparia*) (B)

A species of light, the mountain ash attempts, along with the larch and laburnum, to conquer the high pastures which have been abandoned by the flocks. Birds, particularly thrushes, love eating its seeds, which means that this elegant tree has spread far and wide. Its leaves provide light shade while its clusters of fruit are amusingly capped by the first snows. While the wood can be carved, the berries are rich in vitamin C and are used to make jam and, most of all, brandy.

Attribution : GUIGO Franck

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## 🐐 Alpine ibex (*Capra ibex*) (C)

From 1920 to 1930, 25 ibexes from Gran Paradiso were released in the royal reserve of Valdieri. Since 1987, reintroduction operations have been jointly undertaken by the Mercantour National Park and the Parco naturale Alpi Marittime. Today, the herds live around Col de Fenestre. The males do not live with the females. The latter remain with the kids and juveniles until they are two years old.

Attribution : BRETON François



## La Valmasque refuge (D)

CAF Refuge

Commune: Tende

IGN Map: 3841 OT

Departure: Castérino (entrance Park National du Mercantour)

Elevation: 540 m

Capacity: summer (54), winter (12)

Possibility of eating and having a shower

Warden: Mid-June – end September

Information CAF: 04 93 62 59 99

Out of season upon reservation: 04 92 31 91 20

CAF website: <http://refugedevalmasque.ffcam.fr/reservation.html>

Useful numbers:

Tende Tourism Office: 04 93 04 73 71

Park House: 04 93 04 67 00

Attribution : Franck GUIGO