



#### SPRING & AUTUMN SUMMER

type :	Self-Guided Hiking Tours With your dog Family Holidays
level :	    
duration :	8 days
period:	Jun Jul Aug Sep Oct
code:	ITSW260

## Val Maira, between Piedmont and France - Italy

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8 days, PRICE FROM € 1180



**Villages suspended between the woods and the sky**, guarded by the mountains; holm oak and pine forests, springs of the clearest water and natural caves that water carved into the karst rock; small charming hotels and hosts as nurturing as the local cuisine - tasty and rustic, typical mountain food. If you are reading these words and thinking that this is everything your heart may desire, **Val Maira** must be singing your name in its **Occitan dialect**.

Located in the **Southern Alps** near the **French border**, Val Maira is only now becoming popular among hikers as a hiking paradise. You won't find packed walking paths, crowded ski slopes and mass tourism, but rather beautiful hamlets and a nature so untamed to be still populated with a lot of animals and - legend says - curious but benevolent gnomes.

French influence - the country which the locals used to be more in contact with, as it was easier to reach than Italy - is vivid and well perceivable in its food, language, culture. The Occitan culture makes this enchanting territory even more peculiar.

## Route

### Day 1 Arrive in San Michele Prazzo

Arrive in the village of **San Michele Prazzo at 1370m altitude** and take some time to visit the beautifully painted Parish Church. You will be picked up from the bus stop and transferred to the first accommodation.

### Day 2 Lou Viol Dal Genesté San Michele round walk, 10 km

The day's walk is on the southern slopes above San Michele and follows part of the "**Lou Viol Dal Genestè**". This circular route takes you into contact with nature, from forests of larch and spruce to grasslands and rocky crags, and Genestè (growing broom). Along the trail it's easy to spot a variety of wildlife native to the area.

*Distance:* 10 km

*Elevation:* +564 / -592 m

### Day 3 Walk from San Michele to Ponte Maira (17 km)

A challenging hike high above the valley with beautiful views. The walk goes through woods and meadows and you will encounter only a few tiny hamlets. Arrive at the accommodation in **Acceglio** and enjoy the peaceful atmosphere of this place.

*Distance:* 17 km

*Elevation:* +1046 / -986 m

### Day 4 Chiappera round walk, 10 km

A short morning transfer will lead you to **Chiappera**, the last restored village of Val Maira at 1620m altitude, where the day's walk starts. The village has a bar and a beautiful church with frescoes. The initial climb to the striking **Rocca Provenzale** is tough, but after **Colle Greguri** (2309m) it becomes a leisurely walk back to Chiappera, where you will be picked up and taken back to the accommodation.

*Distance:* 10 km

*Elevation:* +906 / -723 m

### Day 5 Ponte Maira round walk, 13-16 km

Another short transfer in the morning will lead you this time to **Sorgente Maira** where today's walk on the **Sentiero Frassati** starts. This itinerary goes past a few smaller and larger mountain lakes, such as the deep blue **Lago Apzoi** at 2300m altitude, as well as a series of bunkers that Mussolini had built on the border with France. At the end of the walk you will be picked up and taken back to the accommodation.

*Distance:* 13 or 16 km

*Elevation:* +945 / -932 m

### Day 6 Walk from Ponte Maira to Viviere, 9 km

Today you leave **Ponte Maira** for the tiny mountain village of Viviere, located in the cool and more forested northern slope of the Val Maira. A long climb brings you to **Colle Ciarbonet** (2206m), then you start descending to Viviere where you will be staying in a cozy welcoming hut.

*Distance:* 9 km

*Elevation:* +603 / -509 m

### Day 7 Colle Oserot walk, 13 km

This final stage takes you up to **Colle Oserot** (highest point 2640m). This is a very nice walk along steep limestone cliffs and green meadows with great panoramic views. You can also make a small trip to **Rifugio Gardetta** (at 2380 m), situated on the Plateau Gardetta.

*Distance:* 13 km

*Elevation:* +1007 / -876 m

### Day 8 Arrivederci Val Maira!

The trip and our services end after breakfast, unless you have booked other nights of services with us. From **Viviere** you will be brought to the bus stop in **Acceglio**.

## Accommodation

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7 Nights in double rooms in mountains huts with breakfast



#### Locanda La Tano di Grich - Prazzo

In Occitan, "la tano di Grich" means "the crickets' burrow" and it is located in the High Maira Valley, the most intact of all the valleys in the Province of Cuneo. The building is dating back to the XIX century and it offers rooms, lodges and apartment with kitchenette, fireplace, private bathroom. The inn proposes very good typical dishes. Owners are courteous and welcoming.

[www.latanodigrich.it](http://www.latanodigrich.it)



#### Locanda Mistral - Acceglio

The inn Mistral is situated at 1400 meters above sea level in the relaxing atmosphere of a cosy farmer's house of the 19th century. Rooms are well-furnished, welcoming and comfortable. The kitchen proposes specialties from the Maira Valley and the staff is very courteous. Rooms have woody furniture with a private bathroom and balcony. Homemade breakfast is very good.

[www.locandamistral.com](http://www.locandamistral.com)



#### Rifugio di Viviere - Acceglio

This mountain hut offers accommodations with mountain style, all of wood, comfortable and welcoming with private bathroom. The structure also offers finnish sauna and two scandinavian hot tubs. The restaurant offers occitan and from Piedmonts typical dishes.

[www.rifugiodiviviere.com](http://www.rifugiodiviviere.com)

## Practical info

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*From either Torino airport (TRN), reach the train station Torino Porta Nuova and take a train to Cuneo.*

*From Nice airport (NCE), reach the Nice-Ville train station and get on the Train des Merveilles to Cuneo.*

*From Cuneo, there are only few direct connections to Prazzo: you need to reach Prazzo Inferiore by bus (with change in Dronero). In Prazzo Inferiore, you will be picked up and taken to your accommodation.*

Check train timetables on:

- [www.trenitalia.com](http://www.trenitalia.com)
- [www.tendemerveilles.com/train-des-merveilles.html](http://www.tendemerveilles.com/train-des-merveilles.html)



GPS tracks are available on request.

## Included

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### The price includes:

- 7 Nights in double rooms in mountain huts with breakfast
- 7 dinners and 6 packet lunch
- luggage transport from hotel to hotel
- People and luggage transfer bus stop Prazzo-San Michele
- Transfer Ponte Maira-Chiappera; Chiappera-Ponte Maira; Ponte Maira-Sorgente Maira;
- People and luggage transfer Acceglio-bus stop in Acceglio
- maps and detailed description of the itinerary in digital form, app
- Medical and luggage travel insurance
- 24h phone assistance

### The price does not include:

- Transfers to the starting location and from the arriving location of the tour
- Lunches and dinners, if not otherwise stated.
- Visits and entrance fees - tips
- Personal expense
- Everything that is not mentioned in the "What is included" section.

### Optional Services:

These services can be added to the ones included in the base price of the tour:

- Single room supplement
- cancellation insurance
- Transfers to reach the starting location or to leave the arriving location of the tour, which will be quoted on request.
- travel documentation in printed form (maps and detailed description of the itinerary), shipped to the first hotel