



From the French-Italian border down to the Mediterranean

Departure Nice » Arrival Monaco - Hike from Limone Piemonte to Monaco

7 Days | 6 nights | Difficulty *PP* | Max. difficulty *PP*

In this one-week hike, you will leave Nice on board a picturesque train to plunge into the eastern Maritime Alps and cross into Italy. You will walk back to the very end of the Via Alpina in Monaco, alternating between the Red and Blue trails in the Mercantour National Park and also taking in the famous Vallée des Merveilles with its breathtaking rock engravings.

Period recommended : mid-June to mid-October

Public transport at departure

"Train des Merveilles" to Tende then change: Nice-Ville 9h24, Tende 11h05/13h05, Limone (Italia) 13h25 (route 5, Nice-Cuneo).

http://www.ter-sncf.com/Regions/paca/Fr/Se_deplacer_en_TER/Avant_mon_voyage/Fiches_horaires/Default.aspx

Public transport at arrival

Trains every half hour to Nice and Ventimiglia (25 min. each)

www.bahn.de

Lodgings at departure

- [Gablonzer Hütte](#) ~ +43 6136 8465 (office@gablonzerhuette.at)
- [Hotel Berghof](#) ~ +43 4285 8271-0 (berghof-nassfeld@carnica.at)
- Rifugio E.Questa ~ +39 351 5835607 (rifugioquesta@gmail.com)
- [Foresteria di Camino](#) ~ (+39) 0174 390194 (info@rifugiodonbarbera.eu)
- [Auberge de jeunesse Les Camélias](#) ~ +33 4 93 62 15 54 (nice-camelias@fuaj.org)
- [Auberge de jeunesse du Mont Boron](#) ~ +33 4 93 89 23 64 (nice@fuaj.org)
- [Bed & Breakfast 'L Mai](#) (bandb.salbertrand@gmail.com)

Useful topographic maps

Ref. / Name	Publisher	Scale
TOP25 3741OT	IGN	1:25.000
Alpes Sans Frontières n°4 - Vallée des Merveilles / Val Vermenagna	IGN-IGM	1:25.000
TOP25 3741ET	IGN	1:25.000

Day 1 : Nice - Limonetto

Difficulty *PP* | Walking time 1h30 min | 200 m | 0 m

Starting from Nice-Ville train station, you travel on board the Train des Merveilles tourist railway to discover the Paillon and Roya-Bévéra valleys. Stop in Tende for lunch in this medieval little town with its charming gothic, Renaissance and baroque architectural heritage. You cross the border at the Tende tunnel on a further 20min. train journey and arrive in Limone, Italy in the early afternoon. Finish the day with a 6km-walk along a gently ascending path to Limonetto, where you will sleep.

Websites relative to natural and cultural heritage

- Train des Merveilles : <http://traindesmerveilles.fr>

Lodgings

Albergo da Lino	+39 183 325039 +39 3482454978		www.albergodalino.it
L'ABRIC	+39 3482902263	Email : info@limonetto.com	www.colleditenda.com
Hotel Edelweiss	+39 0171 928138	Email : info@edelweisslimone.it	http://www.edelweisslimone.it
Albergo Panice	+39 0171 928136	Email : info@albergopanice.it	www.albergopanice.it
Gasthof zum Rudi	+43 676 9343605		http://www.zumrudi.at ; http://www.almrudi.at
Bed & Breakfast 'L Mai	3339288102	Email : bandb.salbertrand@gmail.com	www.bedandbreakfastsalbertrand.it
Rifugio Alpe Selle	3472622880	Email : sabrinabiscardini@gmail.com	rifugioalpeselle.weebly.com
Hotel les Vallois	+33 (0)4 92 23 33 10	Email : hotel@lesvallois.com	https://www.hotel-05.fr/contact/
Nona BB	+386 64 169 165	Email : info@nonabb.si	https://nonabb.si/

Day 2 : Limonetto - Castérino

Difficulty *PP* | Walking time 5h10 min | 1000 m | 965 m

Related stages :

[R148](#)

Today's hike follows the Via Alpina Red Trail. It starts gently up the Rio Prati della Chiesa river valley, then climbs steeply through woods and finally across scree slopes to the Baisse de Salente pass, on the French border, by the Giaure fort. Heading down on the French side, you pass the old Peïrefique barracks and several bunkers before reaching the hamlet of Castérino. Here you have a choice between two friendly inns.

Websites relative to natural and cultural heritage

- PROVINCIA DI CUNEO : <http://www.provincia.cuneo.it/montagna/index.htm>

Lodgings

Gite Santa Maria Maddalena	+33 4 93 04 65 93	Email : gitedecasterino@wanadoo.fr	http://www.casterino.com
Hotel les Melezes	+33 4 93 04 95 95	Email : lesmelezescasterino@aliceadsl.fr	http://www.lesmelezes.fr/
Nona BB	+386 64 169 165	Email : info@nonabb.si	https://nonabb.si/

Day 3 : Castérino - Refuge des Merveilles

Difficulty  | Walking time 6h00 min |  1220 m |  660 m

Related stages :

[R146](#) [R147](#)

Walk along the Valmasque stream and around the Mont Paracouerte to enter the Mercantour National Park. The trail leads you to the Valmasque hut where you can stop for refreshments. Continue southwards, along the Lac Vert, Lac Noir then Lac du Basto lakes. Shortly before the Baisse de Valmasque pass you leave the Via Alpina and continue along the GR®52, entering the famous Vallée des Merveilles (Valley of Marvels). Overnight at the Refuge des Merveilles hut.




Websites relative to natural and cultural heritage

- Mercantour National Park : <http://www.mercantour.eu>

Lodgings

Refuge des Merveilles	+33 4 93 04 64 64	Email : jochen.boggero@lesaem.org	www.cafnice.org
Nona BB	+386 64 169 165	Email : info@nonabb.si	https://nonabb.si/

Day 4 : Refuge des Merveilles - Col de Turini




Difficulty  | Walking time 5h20 min |  820 m |  1220 m

This long stage, still along the GR®52, leads you outside the Mercantour National Park and into the Nice foothills, with its Mediterranean scents and perched villages. The numerous successive "baisses" (passes) offers you breathtaking panoramas. From the Refuge des Merveilles, the trail goes up to the Muta lake to reach the Pas du Diable pass. Cross down to the bottom of the valley then follow the Ciantasque stream, which you cross at altitude 2120m to continue south-westerly along the slope until the Baisse Cavalline. You then go onto the other side and continue along the slope under the Raus summit and to the Raus pass. There, change to the northern side again and walk under the Tuor summit to reach the Baisse de St Véran. Change exposure again and climb slowly to the Pointe des Trois Communes peak. You can sleep either at the Baisse de Camp d'Argent or at the Col de Turini.

Lodgings

Hotel Le Yeti	+33 4 93 91 57 01	Email : contact@leyeti.fr	http://www.leyeti.fr/
L'Estive	+33 4 93 91 57 58	Email : info@estive-mercantour.fr	http://www.estive-mercantour.fr/
Hotel Le Ranch	+33 4 93 91 57 23 +33 6 09 88 99 03	Email : ranch.turini@yahoo.fr	http://www.ranch-turini.com/
Nona BB	+386 64 169 165	Email : info@nonabb.si	https://nonabb.si/

Day 5 : Col de Turini - Sospel

Difficulty  | Walking time 8h45 min |  725 m |  2007 m

Related stages :

[D61](#)

Today you are back on the Via Alpina for the last stage of its "Blue Trail", along GR®52. It enters the core zone of the Mercantour national park just after the village of Moulinet and leaves it at the "Bandita de Barrins" area on the southernmost edge of the park. Next, a descent brings you to the stage destination, Sospel, a medieval village at the heart of the Bévéra valley.




Websites relative to natural and cultural heritage

- Mercantour National Park : <http://www.mercantour.eu/>

Lodgings

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Day 6 : Sospel - Peillon

Difficulty  | Walking time 5h45 min |  1191 m |  1164 m

Related stages :

[R160](#)




In Sospel you reconnect with the Via Alpina Red Trail which you will now follow until its end. Today's long, low-altitude stage heads towards the Farguet

pass then descends through very Mediterranean countryside to the preserved village of Peille before arriving at the hamlet of Peillon, the stage destination.

Lodgings

Nona BB +386 64 169 165 Email : info@nonabb.si <https://nonabb.si/>

Day 7 : Peillon - Monaco

Difficulty  | Walking time 2h50 min |  371 m |  692 m

Related stages :

[R161](#)

On leaving Peillon, the trail joins the GR® 51 B, crosses the village of La Turbie with its Trophy of Augustus and then, facing the Mediterranean and its increasingly present maritime air, arrives in the Principality of Monaco, which it crosses to reach the Palais square, the final destination on the Red Trail.

Websites relative to natural and cultural heritage

- Office du tourisme : <http://www.monaco-tourisme.com>
- Musée Océanographique : <http://www.oceano.mc>
- Palais Princier : <http://www.palais.mc>
- Jardin Exotique : <http://www.jardin-exotique.mc>

Lodgings

Nona BB +386 64 169 165 Email : info@nonabb.si <https://nonabb.si/>

Warning

This data contains the information published on the website www.via-alpina.org at the time of the download. The data have been collected by a large number of local partners in each of the Alpine regions. They are updated at varying intervals depending on the region. We are aware that there are still some inaccuracies and differences in quality and we would be grateful if you made us aware of any that you find by using the "comments" section included on each stage sheet of the website.

Credits: see www.via-alpina.org/en/credit

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