From the French-Italian border down to the Mediterranean

**Departure Nice > Arrival Monaco - Hike from Limone Piemonte to Monaco**

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

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).


**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 Carnino** – (+39) 0174 390194 (info@rifugiodonbarbera.eu)
- **Auberge de Jeunesse Les Camélias** – (+39) 04 93 62 15 54 (nice-camelias@fuaj.org)
- **Auberge de jeunesse du Mont Boron** – (+39) 04 93 89 23 64 (nice@fuaj.org)
- **Bed & Breakfast 'L Mai** (bandb.salbertrand@gmail.com)

**Useful topographic maps**

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**Day 1 : Nice - Limonetto**

**Difficulty | Walking time | Distance**

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](http://traindesmerveilles.fr)

**Lodgings**

- **Albergo da Lino** – +39 183 325039 +39 3482454978
- **L’ABRIC** – +39 3482902263
- **Hotel Edelweiss** – +39 0171 928138
- **Albergo Panice** – +39 0171 928136
- **Gasthof zum Rudi** – +43 676 9343605
- **Bed & Breakfast 'L Mai** – 3339288102
- **Rifugio Alpe Selle** – 3472622880
- **Hotel les Vallois** – +33 (0)4 92 23 33 10

**Day 2 : Limonetto - Castérino**

**Difficulty | Walking time | Distance**

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.

**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.

**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.

**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**

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**Day 7 : Peillon - Monaco**

**Difficulty**

| Walking time | 2h50 min | Ascend | 371 m | Descend | 692 m |

**Related stages :**

[1616]

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**

- Musée Océanographique : [http://www.oceano.mc](http://www.oceano.mc)
- Palais Princier : [http://www.palais.mc](http://www.palais.mc)
- Jardin Exotique : [http://www.jardin-exotique.mc](http://www.jardin-exotique.mc)

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**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](http://www.via-alpina.org/en/credit)

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