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DIGITAL GUIDE

DELIVERABLE 7

ENSURING THE SOCIAL INCLUSION OF REFUGEE
AND IMMIGRANT FAMILIES THROUGH TREKKING
AND OUTDOOR SPORTS

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DIFFICULTY: DIFFICULT



TATRA NATIONAL PARK / ORLA PERĆ

INSIGHTS

STARTING POINT: PALENICA BIAŁCZAŃSKA,
ZAKOPANE, POLAND



[Google Maps: Palenica Białczańska](#)



10 KM

Walking distance



6-8 H

Walking time



1000 M

Elevation gain



AVAILABLE

Hotel



AVAILABLE

Campsite



AVAILABLE

Restaurant



AVAILABLE

Water



AVAILABLE

Toilet

A brief introduction

Orla Perć is a famous and challenging trail in the Tatra Mountains, offering stunning panoramic views of the High Tatras. This exposed and rocky route requires scrambling and the use of chains in some sections. It's a thrilling adventure for experienced hikers seeking a demanding trek in the Polish mountains.

Special Conditions

Orla Perć is a challenging trail that requires proper hiking equipment, including helmets and sturdy footwear. Due to its exposure and difficulty, it's recommended to attempt the trail in good weather conditions and with adequate preparation.

DIFFICULTY: MODERATE



BIESZCZADY NATIONAL PARK / TARNICA PEAK

INSIGHTS

STARTING POINT: USTRZYKI GÓRNE, POLAND



[Google Maps: Ustrzyki Górne](#)



12 KM

Walking distance



4-6 H

Walking time



700 M

Elevation gain



AVAILABLE

Hotel



AVAILABLE

Campsite



AVAILABLE

Restaurant



AVAILABLE

Water



AVAILABLE

Toilet

A brief introduction

Tarnica Peak is the highest point in the Bieszczady Mountains, offering beautiful views of the surrounding landscapes. The trail takes you through picturesque meadows, beech forests, and rocky sections. It's a great option for hikers looking for a moderate but rewarding trek in the peaceful and scenic Bieszczady National Park.

Special Conditions

The trail to Tarnica Peak is well-marked and suitable for hikers of moderate fitness levels. The weather in the Bieszczady Mountains can be changeable, so it's important to dress in layers and be prepared for variations in conditions.

DIFFICULTY: EASY TO MODERATE



PIENINY NATIONAL PARK / THREE CROWNS

INSIGHTS

STARTING POINT: SROMOWCE WYŻNE,
POLAND

[Google Maps: Sromowce Wyżne](#)



9 KM

Walking distance



3-4 H

Walking time



450 M

Elevation gain



AVAILABLE

Hotel



AVAILABLE

Campsite



AVAILABLE

Restaurant



AVAILABLE

Water



AVAILABLE

Toilet

A brief introduction

The Three Crowns is a distinctive rock formation in the Pieniny Mountains, offering panoramic views of the Dunajec River Gorge and the surrounding landscape. The trail takes you through forests, meadows, and along the picturesque river. It's a popular and accessible trek suitable for hikers of various fitness levels.

Special Conditions

The trail to the Three Crowns is well-maintained and suitable for hikers of different skill levels. It's important to wear appropriate footwear, as some sections may be rocky. The Pieniny Mountains offer a range of additional activities, including river rafting on the Dunajec River.

DIFFICULTY: DIFFICULT 

BABIA GÓRA NATIONAL PARK / BABIA GÓRA SUMMIT

INSIGHTS

STARTING POINT: ZAWOJA, POLAND



[Google Maps: Zawoja, Poland](#)



14 KM

Walking distance



6-8 H

Walking time



900 M

Elevation gain



AVAILABLE

Hotel



AVAILABLE

Campsite



AVAILABLE

Restaurant



AVAILABLE

Water



AVAILABLE

Toilet

A brief introduction

Babia Góra is the highest peak in the Beskid Mountains and is located within the Babia Góra National Park. The trail offers beautiful views of the surrounding mountainous landscapes and diverse flora and fauna. It's a challenging trek, but the rewarding summit views make it a popular choice among experienced hikers.

Special Conditions

The trail to Babia Góra Summit involves steep ascents and descents, so hikers should be prepared for challenging terrain. It's recommended to check weather conditions and have proper equipment, including sturdy hiking boots and warm clothing, especially during colder seasons.

DIFFICULTY: MODERATE



KARKONOSZE NATIONAL PARK/ ŚNIEŻKA

INSIGHTS

STARTING POINT: KARPACZ, POLAND



[Google Maps: Karkonosze National Park](#)



12 KM

Walking distance



4-6 H

Walking time



600 M

Elevation gain



AVAILABLE

Hotel



AVAILABLE

Campsite



AVAILABLE

Restaurant



AVAILABLE

Water



AVAILABLE

Toilet

A brief introduction

Śnieżka is the highest peak in the Karkonosze Mountains and offers panoramic views of the surrounding landscape. The trail takes you through forests, meadows, and rocky sections, showcasing the diverse nature of the Karkonosze National Park. It's a popular trek for hikers looking to explore this unique mountain range.

Special Conditions

The trail to Śnieżka is well-marked and suitable for hikers with moderate fitness levels. It's important to wear appropriate footwear, as some sections may be rocky. During the winter months, the area offers opportunities for winter sports, including skiing and snowboarding.

DIFFICULTY: EASY



BIALOWIEZA FOREST / BISON RESERVE TRAIL

INSIGHTS

STARTING POINT: BIAŁOWIEŻA, POLAND



[Google Maps: Białowieża Forest](#)



10 KM

Walking distance



3-4 H

Walking time



187 M

Elevation gain



AVAILABLE

Hotel



AVAILABLE

Campsite



AVAILABLE

Restaurant



AVAILABLE

Water



AVAILABLE

Toilet

A brief introduction

Białowieża Forest is a UNESCO World Heritage site and the last remaining primeval forest in Europe. The Bison Reserve Trail takes you through the heart of the forest and offers a chance to see the European bison in their natural habitat. The trail is suitable for all ages and skill levels, making it a popular destination for families and nature enthusiasts.

Special Conditions

The Bison Reserve Trail is well-marked and suitable for hikers of all levels. However, it's important to stay on the designated trail and follow the park's rules to protect the wildlife and preserve the natural environment.

 **POLAND**

DIFFICULTY: EASY



OJCÓW NATIONAL PARK / EAGLE'S NESTS TRAIL

INSIGHTS

STARTING POINT: OJCÓW, POLAND



[Google Maps: Ojcowski National Park](#)



12 KM

Walking distance



4-5 H

Walking time



848 M

Elevation gain



AVAILABLE

Hotel



AVAILABLE

Campsite



AVAILABLE

Restaurant



AVAILABLE

Water



AVAILABLE

Toilet

A brief introduction

Ojców National Park is known for its stunning limestone rock formations and picturesque landscapes. The Eagle's Nests Trail takes you through the park, passing by medieval castles and offering scenic views of the valleys. This trail is suitable for hikers of all levels and provides a unique opportunity to explore the historical and natural wonders of the area.

Special Conditions

The Eagle's Nests Trail is well-marked and relatively easy to navigate. It's important to respect the park's rules and guidelines and take proper precautions when exploring the rock formations and castle ruins.

DIFFICULTY: MODERATE



BIESZCZADY MOUNTAINS / WETLINA TO POŁONINA WETLIŃSKA

INSIGHTS

STARTING POINT: WETLINA, POLAND



[Google Maps: Połonina Wetlińska](#)



18 KM

Walking distance



6-8 H

Walking time



800 M

Elevation gain



AVAILABLE

Hotel



AVAILABLE

Campsite



AVAILABLE

Restaurant



AVAILABLE

Water



AVAILABLE

Toilet

A brief introduction

The Bieszczady Mountains offer breathtaking scenery and unique landscapes. The trail from Wetlina to Połonina Wetlińska takes you through forests, meadows, and alpine pastures, offering panoramic views of the surrounding mountains. It's a moderate trek that provides a chance to explore the beauty of the Bieszczady region.

Special Conditions

The trail from Wetlina to Połonina Wetlińska is well-marked, but hikers should be prepared for uneven terrain and changes in weather conditions. It's important to have proper hiking gear and follow safety guidelines while enjoying the stunning Bieszczady landscapes.

DIFFICULTY: CHALLENGING



GORCE NATIONAL PARK / TURBACZ

INSIGHTS

STARTING POINT: RABKA-ZDRÓJ, POLAND



[Google Maps: Turbac, Poland](#)



20 KM

Walking distance



8-10 H

Walking time



1000 M

Elevation gain



AVAILABLE

Hotel



AVAILABLE

Campsite



AVAILABLE

Restaurant



AVAILABLE

Water



AVAILABLE

Toilet

A brief introduction

Gorce National Park is known for its diverse flora and fauna, as well as its scenic beauty. The trail to Turbacz, the highest peak in the Gorce Mountains, offers stunning views of the surrounding landscapes. It's a challenging trek that rewards hikers with panoramic vistas and a sense of accomplishment.

Special Conditions

The trail to Turbacz is demanding, with steep sections and varied terrain. Hikers should be in good physical condition and have proper hiking gear. It's important to check weather conditions and be prepared for changes in the mountain environment.

DIFFICULTY: VERY DIFFICULT



TATRA NATIONAL PARK / RYSY

INSIGHTS

STARTING POINT: ZAKOPANE, POLAND



[Google Maps: Rysy](#)



24 KM

Walking distance



10-12 H

Walking time



1370 M

Elevation gain



AVAILABLE

Hotel



AVAILABLE

Campsite



AVAILABLE

Restaurant



AVAILABLE

Water



AVAILABLE

Toilet

A brief introduction

Rysy is the highest peak in the Polish Tatra Mountains and offers breathtaking views of the surrounding peaks and valleys. The trail takes you through stunning alpine landscapes, including lakes and rocky terrain. It's a very difficult trek suitable for experienced hikers looking for a challenging adventure.

Special Conditions

The trail to Rysy is demanding and requires a good level of fitness, proper mountaineering equipment, and experience in alpine terrain. It's important to be prepared for changes in weather conditions and to follow safety guidelines.

DIFFICULTY: EASY



HOGE KEMPEN NATIONAL PARK/ CONNECTERRA

INSIGHTS

STARTING POINT: MAASMECHELEN, BELGIUM



[Google Maps: Hoge Kempen National Park](#)



8 KM

Walking distance



2-3 H

Walking time



259 M

Elevation gain



AVAILABLE

Hotel



AVAILABLE

Campsite



AVAILABLE

Restaurant



AVAILABLE

Water



AVAILABLE

Toilet

A brief introduction

Hoge Kempen National Park is the largest nature reserve in Flanders and offers a diverse landscape of forests, heathlands, and lakes. The Connecterra loop takes you through former mining sites, offering panoramic views of the surrounding nature. It's an easy trek suitable for all ages and provides an opportunity to explore the unique history and natural beauty of the area.

Special Conditions

The Connecterra loop is well-marked and suitable for hikers of all levels. It's important to follow the park's guidelines and respect the natural environment.



BELGIUM

DIFFICULTY: MODERATE



ARDENNES / NINGLINSPO RIVER TRAIL

INSIGHTS

STARTING POINT: REMOUCHAMPS, BELGIUM



[Google Maps: Balade du Ningli](#)



6 KM

Walking distance



2-3 H

Walking time



444 M

Elevation gain



AVAILABLE

Hotel



UNAVAILABLE

Campsite



AVAILABLE

Restaurant



AVAILABLE

Water



AVAILABLE

Toilet

A brief introduction

The Ninglinspo River Trail takes you through the picturesque Ninglinspo Valley in the Ardennes region. The trail follows the river, passing by waterfalls, rapids, and moss-covered rocks. It's a moderate trek that offers a peaceful and immersive experience in nature.

Special Conditions

The Ninglinspo River Trail is a popular route, especially during the summer months. It's important to wear appropriate footwear and be cautious of slippery rocks near the river.

DIFFICULTY: MODERATE



HIGH FENS / SIGNAL DE BOTRANGE

INSIGHTS

STARTING POINT: SOURBRODT, BELGIUM



[Google Maps: Signal de Botrange](#)



14 KM

Walking distance



4-5 H

Walking time



200 M

Elevation gain



AVAILABLE

Hotel



AVAILABLE

Campsite



AVAILABLE

Restaurant



AVAILABLE

Water



AVAILABLE

Toilet

A brief introduction

The High Fens is a unique nature reserve characterized by its peat bogs, heather fields, and picturesque landscapes. The trail to Signal de Botrange takes you to the highest point in Belgium and offers stunning views of the surrounding area. It's a moderate trek that allows you to immerse yourself in the tranquility of the High Fens.

Special Conditions

The High Fens can be challenging to navigate, especially during inclement weather. It's important to have proper hiking gear, follow the marked trails, and respect the fragile ecosystem of the peat bogs.

DIFFICULTY: MODERATE



THE GAUME REGION / CHINY TO FLORENVILLE

INSIGHTS

STARTING POINT: CHINY, BELGIUM



[Google Maps: Chiny](#)



15 KM

Walking distance



4-5 H

Walking time



432 M

Elevation gain



AVAILABLE

Hotel



AVAILABLE

Campsite



AVAILABLE

Restaurant



AVAILABLE

Water



AVAILABLE

Toilet

A brief introduction

The Gaume region in Belgium is known for its picturesque landscapes, charming villages, and rich cultural heritage. The trek from Chiny to Florenville takes you through the heart of this region, offering scenic views of the Semois River, lush forests, and rolling hills. It's a moderate trail that showcases the beauty of the Gaume region.

Special Conditions

The trail from Chiny to Florenville involves walking on well-marked paths and can be hiked by individuals with moderate fitness levels. However, it's important to come prepared with suitable footwear and clothing, as well as a map or navigation tool.

DIFFICULTY: MODERATE

FAGNES DE MALCHAMPS / CIRCUIT DES FAGNES



INSIGHTS

STARTING POINT: SPA, BELGIUM



[Google Maps: Fagne de Malchamps](#)



16 KM

Walking distance



5-6 H

Walking time



400 M

Elevation gain



AVAILABLE

Hotel



UNAVAILABLE

Campsite



AVAILABLE

Restaurant



AVAILABLE

Water



AVAILABLE

Toilet

A brief introduction

Fagnes de Malchamps is a nature reserve located near the town of Spa. The Circuit des Fagnes takes you through heathlands, forests, and panoramic viewpoints. It's a moderate trek that showcases the natural beauty of the region.

Special Conditions

The Circuit des Fagnes is well-marked, but hikers should be prepared for uneven terrain and changes in weather conditions. It's important to have proper hiking gear and follow safety guidelines while enjoying the scenic landscapes.

DIFFICULTY: MODERATE



LA ROCHE-EN- ARDENNE / THE GRAND TOUR

INSIGHTS

STARTING POINT: LA ROCHE-EN-ARDENNE,
BELGIUM



[Google Maps: La Roche-en-Ardenne](#)



20 KM

Walking distance



6-7 H

Walking time



500 M

Elevation gain



AVAILABLE

Hotel



AVAILABLE

Campsite



AVAILABLE

Restaurant



AVAILABLE

Water



AVAILABLE

Toilet

A brief introduction

La Roche-en-Ardenne is a picturesque town nestled in the Ardennes region. The Grand Tour takes you on a journey through forests, along riverbanks, and up to scenic viewpoints. It's a moderate trek that allows you to discover the charm of La Roche-en-Ardenne and its surrounding natural beauty.

Special Conditions

The Grand Tour is a well-marked trail, but certain sections may be steep and require proper footwear. It's important to be prepared for changes in weather and follow any safety instructions along the route.

DIFFICULTY: HARD

HIGH FENS / LE SENTIER DES NUTONS



INSIGHTS

STARTING POINT: BARAQUE MICHEL, BELGIUM



[Google Maps: Parc naturel Hautes Fagnes - Eifel](#)



23 KM

Walking distance



7-8 H

Walking time



700 M

Elevation gain



UNAVAILABLE

Hotel



AVAILABLE

Campsite



AVAILABLE

Restaurant



AVAILABLE

Water



AVAILABLE

Toilet

A brief introduction

Le Sentier des Nutons, also known as the "Gnome Trail," takes you through the rugged terrain of the High Fens. The trail offers a challenging trek with steep ascents, rocky paths, and panoramic vistas. It's a hard trek that rewards hikers with stunning views and a sense of adventure.

Special Conditions

The Le Sentier des Nutons is a challenging trail that requires good physical fitness, proper hiking equipment, and navigation skills. It's important to be prepared for variable weather conditions and follow safety guidelines while exploring the High Fens.



BELGIUM

DIFFICULTY: MODERATE



CONDROZ / LES DEUX ROCHERS

INSIGHTS

STARTING POINT: SOMME-LEUZE, BELGIUM



[Google Maps: Somme-Leuze](#)



12 KM

Walking distance



4-5 H

Walking time



300 M

Elevation gain



AVAILABLE

Hotel



AVAILABLE

Campsite



AVAILABLE

Restaurant



AVAILABLE

Water



AVAILABLE

Toilet

A brief introduction

Les Deux Rochers is a beautiful trail located in the Condroz region, known for its rolling hills and picturesque landscapes. The trail takes you through forests, meadows, and past two prominent rock formations. It's a moderate trek that showcases the natural charm of Condroz.

Special Conditions

The Les Deux Rochers trail is well-marked, but hikers should be prepared for uneven terrain and changes in weather. It's advisable to have proper hiking gear and follow safety precautions while enjoying the scenic beauty of Condroz.

DIFFICULTY: EASY



CHINY / THE GAUME FORESTS

INSIGHTS

STARTING POINT: CHINY, BELGIUM



[Google Maps: Chiny](#)



15 KM

Walking distance



4-5 H

Walking time



800 M

Elevation gain



AVAILABLE

Hotel



AVAILABLE

Campsite



AVAILABLE

Restaurant



AVAILABLE

Water



AVAILABLE

Toilet

A brief introduction

The Gaume region is renowned for its beautiful forests, charming villages, and gentle landscapes. The Gaume Forests trail allows you to explore the enchanting woodland areas, meandering rivers, and historic sites. It's an easy trek suitable for all ages, providing a peaceful escape into nature.

Special Conditions

The Gaume Forests trail is well-marked and accessible to hikers of all skill levels. It's recommended to bring insect repellent during the summer months.

DIFFICULTY: HARD

SIGNAL DE BOTRANGE



INSIGHTS

STARTING POINT: BARAQUE MICHEL, BELGIUM



[Google Maps: Baraque Michel](#)



-

Walking distance



4-6 H

Walking time



694 M

Elevation gain



AVAILABLE

Hotel



AVAILABLE

Campsite



AVAILABLE

Restaurant



AVAILABLE

Water



AVAILABLE

Toilet

A brief introduction

Signal de Botrange is the highest point in Belgium and is located in the Hautes Fagnes (High Fens) region. It offers hikers a challenging and rewarding experience as they traverse through the unique and picturesque landscapes of this nature reserve. The route to the summit takes you through heather-covered hills, peat bogs, and serene forests, showcasing the diverse flora and fauna of the area.

Special Conditions

The hike to Signal de Botrange requires proper preparation, including suitable hiking gear, navigation tools, and provisions. The terrain can be challenging, particularly during inclement weather or in wet conditions. It's important to be aware of your physical abilities and to exercise caution while hiking in this mountainous area.



FRANCE

DIFFICULTY: EASY



CALANQUES NATIONAL PARK / SENTIER DES DOUANIERS

INSIGHTS

STARTING POINT: CASSIS, FRANCE



[Google Maps: Parc national des Calanques](#)



9 KM

Walking distance



2-3 H

Walking time



383 M

Elevation gain



AVAILABLE

Hotel



AVAILABLE

Campsite



AVAILABLE

Restaurant



AVAILABLE

Water



AVAILABLE

Toilet

A brief introduction

Calanques National Park is renowned for its breathtaking coastal landscapes and stunning turquoise waters. The Sentier des Douaniers trail takes you along the coastline, offering picturesque views of the calanques (narrow, steep-walled inlets). It's an easy trek suitable for all ages, providing a delightful experience of the Mediterranean charm.

Special Conditions

The Sentier des Douaniers trail is well-marked, but certain sections may have uneven terrain. It's recommended to wear sturdy footwear and bring sunscreen and sufficient water during hot weather.

DIFFICULTY: EASY

MONT SAINT- MICHEL / COASTAL PATH

INSIGHTS

STARTING POINT: MONT SAINT-MICHEL,
FRANCE

[Google Maps: Pas de La Demi-Lune](#)



6 KM

Walking distance



1-2 H

Walking time



87 M

Elevation gain



AVAILABLE

Hotel



UNAVAILABLE

Campsite



AVAILABLE

Restaurant



AVAILABLE

Water



AVAILABLE

Toilet

A brief introduction

Mont Saint-Michel is an iconic UNESCO World Heritage Site located on a rocky island off the coast of Normandy. The Coastal Path takes you along the bay, offering panoramic views of the magnificent abbey and the surrounding tidal flats. It's an easy trek that combines history, natural beauty, and a unique coastal experience.

Special Conditions

The Coastal Path is well-marked, but it's important to be aware of the tides and follow safety instructions to avoid getting stranded on the tidal flats.

DIFFICULTY: EASY

GORGES DU VERDON / SENTIER MARTEL

INSIGHTS

STARTING POINT: POINT SUBLIME, FRANCE



[Google Maps: Point Sublime](#)



15 KM

Walking distance



4-5 H

Walking time



1100 M

Elevation gain



AVAILABLE

Hotel



AVAILABLE

Campsite



AVAILABLE

Restaurant



AVAILABLE

Water



AVAILABLE

Toilet

A brief introduction

Gorges du Verdon is often referred to as the "Grand Canyon of Europe" due to its stunning cliffs and turquoise river. The Sentier Martel trail takes you along the edge of the gorge, providing breathtaking views and an immersive experience of this natural wonder. It's an easy trek suitable for most hikers, showcasing the beauty of the Verdon River and its surrounding landscapes.

Special Conditions

The Sentier Martel trail can be narrow and exposed in some sections, so caution is advised. It's also important to have proper footwear and carry enough water, especially during warmer months.

DIFFICULTY: MODERATE



CORSICA / GR20

INSIGHTS

STARTING POINT: CALENZANA, FRANCE



[Google Maps: Corsica - GR20](#)



180 KM

Walking distance



15-16 D

Walking time



12,775 M

Elevation gain



AVAILABLE

Hotel



AVAILABLE

Campsite



AVAILABLE

Restaurant



AVAILABLE

Water



AVAILABLE

Toilet

A brief introduction

The GR20 is one of the most famous long-distance trails in Europe, traversing the rugged mountains of Corsica. It offers a challenging and rewarding trek through breathtaking landscapes, including pine forests, alpine lakes, and granite peaks. The trail is divided into stages, allowing hikers to choose sections according to their preferences and fitness level.

Special Conditions

The GR20 is a challenging trail that requires good physical condition and hiking experience. It involves steep ascents and descents, narrow paths, and exposed sections. Hikers should be prepared for changing weather conditions and carry proper equipment.

DIFFICULTY: MODERATE



VANOISE NATIONAL PARK / TOUR DU MONT POURRI

INSIGHTS

STARTING POINT: PEISEY-NANCROIX, FRANCE



[Google Maps: Mont Pourri](#)



25 KM

Walking distance



2-3 D

Walking time



2,452 M

Elevation gain



AVAILABLE

Hotel



AVAILABLE

Campsite



AVAILABLE

Restaurant



AVAILABLE

Water



AVAILABLE

Toilet

A brief introduction

Vanoise National Park is the oldest national park in France and offers stunning alpine landscapes and diverse wildlife. The Tour du Mont Pourri is a classic trek within the park, taking you through picturesque valleys, glacial lakes, and rugged mountain passes. It's a moderate trek that showcases the natural beauty and rich biodiversity of the region.

Special Conditions

The Tour du Mont Pourri involves hiking in mountainous terrain, including some steep sections and potentially challenging weather conditions. Hikers should be equipped with proper gear, including sturdy boots, warm clothing, and a map of the area.

DIFFICULTY: MODERATE

PYRENEES / CARROS DE FOC

INSIGHTS

STARTING POINT: ESPOT, SPAIN



[Google Maps: TREKKING CARROS DE FOC](#)



55 KM

Walking distance



4-5 D

Walking time



4,418 M

Elevation gain



AVAILABLE

Hotel



AVAILABLE

Campsite



AVAILABLE

Restaurant



AVAILABLE

Water



AVAILABLE

Toilet

A brief introduction

The Carros de Foc is a popular trekking route that traverses the stunning landscapes of the Pyrenees, including both the French and Spanish sides. It takes you through high mountain passes, glacial lakes, and picturesque valleys, offering panoramic views of the Pyrenean peaks. The trail is well-marked and provides an unforgettable experience for hikers seeking moderate challenges and exceptional natural beauty.

Special Conditions

The Carros de Foc trail involves hiking at high altitude and can be physically demanding. It requires hikers to be well-prepared with proper equipment, including warm clothing, trekking poles, and a map or guidebook.

DIFFICULTY: HARD

MERCANTOUR NATIONAL PARK / VALLÉE DES MERVEILLES



INSIGHTS

STARTING POINT: SAINT-DALMAS-DE-TENDE



[Google Maps: Vallee des Merveilles](#)



20 KM

Walking distance



2-3 D

Walking time



1,303 M

Elevation gain



AVAILABLE

Hotel



AVAILABLE

Campsite



AVAILABLE

Restaurant



AVAILABLE

Water



AVAILABLE

Toilet

A brief introduction

Mercantour National Park is known for its stunning alpine landscapes, including high peaks, pristine lakes, and the famous Vallée des Merveilles (Valley of Wonders). This challenging trek takes you through a remarkable archaeological site filled with thousands of prehistoric rock carvings. It's a demanding trail that rewards hikers with breathtaking views and a unique cultural experience.

Special Conditions

The Vallée des Merveilles trail involves steep ascents and descents, rocky terrain, and potentially challenging weather conditions. Hikers should have proper mountaineering equipment, good physical fitness, and some hiking experience.

 **FRANCE**

DIFFICULTY: HARD



GR10 / PYRENEAN HIGH ROUTE

INSIGHTS

STARTING POINT: HENDAYE, FRANCE



[Google Maps: GR 10](#)



900 KM

Walking distance



45-50 D

Walking time



800 M

Elevation gain



AVAILABLE

Hotel



AVAILABLE

Campsite



AVAILABLE

Restaurant



AVAILABLE

Water



AVAILABLE

Toilet

A brief introduction

The GR10 is a challenging long-distance trail that follows the Pyrenees mountain range from the Atlantic coast to the Mediterranean Sea. It offers hikers a thrilling adventure through diverse landscapes, including high peaks, deep valleys, and picturesque mountain villages. The trail requires excellent physical condition, navigation skills, and proper equipment.

Special Conditions

The GR10 is a demanding trail that requires hikers to be self-sufficient and well-prepared. It involves exposed sections, rugged terrain, and potentially challenging weather conditions. Hikers should have previous long-distance hiking experience and be comfortable with wilderness navigation.

DIFFICULTY: HARD



TOUR DU MONT BLANC

INSIGHTS

STARTING POINT: LES HOUCHES, FRANCE



[Google Maps: Les Houches](#)



170 KM

Walking distance



10-12 D

Walking time



10,000 M

Elevation gain



AVAILABLE

Hotel



AVAILABLE

Campsite



AVAILABLE

Restaurant



AVAILABLE

Water



AVAILABLE

Toilet

A brief introduction

The Tour du Mont Blanc is a renowned long-distance trek that circles the Mont Blanc massif, passing through France, Italy, and Switzerland. It offers a challenging and spectacular journey, showcasing the beauty of the highest peak in the Alps and its surrounding landscapes. The trail provides hikers with a mix of alpine meadows, glaciers, and charming mountain villages.

Special Conditions

The Tour du Mont Blanc is a demanding trail that requires good physical condition, mountain hiking experience, and proper equipment. Hikers should be prepared for variable weather conditions and be cautious on some exposed sections.

DIFFICULTY: HARD



ECRINS NATIONAL PARK / TOUR OF THE ECRINS MASSIF

INSIGHTS

STARTING POINT: LA BÉRARDE, FRANCE



[Google Maps: La Bélarde](#)



100 KM

Walking distance



7-9 D

Walking time



12,308 M

Elevation gain



AVAILABLE

Hotel



AVAILABLE

Campsite



AVAILABLE

Restaurant



AVAILABLE

Water



AVAILABLE

Toilet

A brief introduction

The Tour of the Ecrins Massif takes you through the stunning landscapes of Ecrins National Park, showcasing glaciers, high peaks, and beautiful alpine meadows. It's a challenging trek that offers hikers an opportunity to explore the heart of the French Alps and experience the wilderness of this protected area. The trail provides breathtaking views and encounters with diverse flora and fauna.

Special Conditions

The Tour of the Ecrins Massif involves hiking in high mountain terrain, including some exposed sections and potentially challenging weather conditions. Hikers should be well-prepared with proper mountaineering equipment, navigation skills, and physical fitness.



TREKKING TIPS



Research the Trail Thoroughly

- Understand the trail's length, elevation gain, and technical difficulty.
- Check recent trail reports for any hazards or special conditions.
- Be aware of the typical weather patterns and prepare accordingly.

Selecting the Right Gear

- Invest in good quality, comfortable hiking boots that are broken in before the trek.
- Choose clothing appropriate for the climate; moisture-wicking fabrics are ideal.
- Consider the need for special gear like gaiters, crampons, or trekking poles based on the terrain.

Navigation Tools Are Essential

- Carry a physical map and compass and know how to use them.
- GPS devices or smartphone apps with offline maps can be helpful, but don't rely solely on technology.

Adequate Water and Food Supply

- Plan your water sources and carry a water filter or purification tablets.
- Pack high-energy, lightweight food such as nuts, dried fruits, and energy bars.

Adhere to Leave No Trace Principles

- Be mindful of your impact on the environment – carry out all trash, don't disturb wildlife or vegetation, and stay on marked trails.
- Be considerate of other hikers and keep noise levels down.

Prioritize Safety

- Carry a basic first aid kit and know the basics of first aid.
- Inform someone of your trekking plan and expected return time.

Pacing and Energy Management

- Start slowly and maintain a steady pace to conserve energy.
- Take regular breaks and listen to your body to avoid exhaustion.

Stay Informed About Local Conditions and Regulations

- Check for any local guidelines, restrictions, or advisories.
- Respect cultural norms and practices, especially in areas with indigenous communities.

Emergency Preparedness

- Know the emergency procedures for the area.
- Carry essential emergency gear like a whistle, a flashlight, and a fire starter.

Protection from the Sun

- Apply sunscreen regularly and wear protective clothing.
- Plan your trek to avoid the harshest sun exposure times.

Protect Yourself Against Insects

- Use insect repellent and consider wearing long sleeves and pants in bug-prone areas.
- Check for ticks regularly if trekking in areas known for them.

Wildlife Encounters

- Learn about the wildlife in the area and how to behave if you encounter them.
- Keep a safe distance from animals and never feed them.

Check and Follow Local Guidelines

- Be aware that each trail may have its unique rules or advice.
- Obtain any necessary permits or passes in advance.

Physical Preparation

- Engage in regular exercise that mimics trekking conditions, like hiking or stair climbing.
- Focus on cardiovascular fitness, strength training, and flexibility.

Mental Preparation

- Prepare for the mental challenges of trekking, such as dealing with fatigue or fear.
- Practice mindfulness and stress-reduction techniques.

Balanced Use of Technology

- Use technology for safety and navigation but avoid becoming overly dependent on it.
- Embrace the opportunity to disconnect and enjoy nature.

Insurance and Permit Considerations

- Research the need for trekking permits and acquire them in advance.
- Consider purchasing travel insurance that covers trekking activities.

Cultural Sensitivity and Respect

- Learn about local customs and languages.
- Dress and behave in ways that are respectful to local communities.

Awareness and Prevention of Altitude Sickness

- Recognize the symptoms of altitude sickness and understand how to prevent it.
- Acclimate properly if trekking at high altitudes and ascend gradually.

A photograph of two hikers in a forest. The hiker in the foreground is wearing a grey long-sleeved shirt and a backpack, looking down. The hiker in the background is wearing a white t-shirt, tan pants, and a hat, also with a backpack. The text 'RISKS AND HOW TO AVOID THEM' is overlaid in large white letters on the left side of the image. A small white square with a right-pointing arrow is located on the right side of the image.

RISKS AND HOW TO AVOID THEM

Getting Lost

Risk: Losing the trail or disorientation, especially in poorly marked or complex trail systems.

Avoidance: Always carry a map, compass, or GPS device and know how to use them. Stay on marked trails and be aware of your surroundings.

Weather Hazards

Risk: Unexpected changes in weather leading to hypothermia, heatstroke, or getting caught in storms.

Avoidance: Check the weather forecast before starting. Carry appropriate gear for a range of conditions and know the signs of weather-related illnesses.

Injuries

Risk: Sprains, fractures, cuts, or blisters due to falls, rough terrain, or improper footwear.

Avoidance: Wear appropriate, well-fitted footwear. Use trekking poles for stability. Be cautious on tricky terrains and take regular breaks to rest.

Dehydration

Risk: Not consuming enough water, especially in hot or dry conditions.

Avoidance: Carry sufficient water and drink regularly, even before feeling thirsty. Consider using hydration systems for easy access to water.

Altitude Sickness

Risk: High-altitude treks can lead to altitude sickness due to lower oxygen levels.

Avoidance: Ascend gradually, acclimatize properly, and know the symptoms of altitude sickness.

Wildlife Encounters

Risk: Encountering potentially dangerous wildlife.

Avoidance: Learn about the wildlife in the area. Keep a safe distance, do not feed animals, and know what to do in an encounter.

Hypothermia or Heatstroke

Risk: Extreme temperatures leading to hypothermia or heatstroke.

Avoidance: Dress in layers to manage body temperature. Stay dry, avoid overheating, and protect against the sun.

Getting Stranded

Risk: Being unable to return due to injury, fatigue, or getting lost.

Avoidance: Carry a whistle and a flashlight. Have a plan for emergencies and let someone know your itinerary.

Exhaustion

Risk: Physical and mental fatigue impairing judgment and physical ability.

Avoidance: Pace yourself, take breaks, and maintain hydration and nutrition. Know your limits and turn back if necessary.

Inadequate Preparation

Risk: Being unprepared for the trail conditions or underestimating the trek.

Avoidance: Research the trail thoroughly, train adequately, and carry essential gear.

Poor Nutrition

Risk: Inadequate energy levels due to insufficient or improper nutrition.

Avoidance: Pack nutritious, high-energy foods that are easy to eat on the trail.

Waterborne Illnesses

Risk: Illnesses from untreated or contaminated water sources.

Avoidance: Always treat water from natural sources. Carry a water filter or purification tablets.

Insect Bites and Stings

Risk: Bites or stings from insects leading to discomfort or allergic reactions.

Avoidance: Use insect repellent, wear protective clothing, and be cautious in areas with high insect activity.

Exposure to the Elements

Risk: Sunburn, windburn, or exposure to harsh weather conditions.

Avoidance: Use sunscreen, wear hats and sunglasses, and carry emergency shelter.

Communication Issues

Risk: Inability to call for help in remote areas with no cell service.

Avoidance: Carry a satellite phone or a personal locator beacon in remote areas.

Cultural Insensitivity

Risk: Offending local communities or violating cultural norms.

Avoidance: Research local customs, dress appropriately, and behave respectfully.

Environmental Impact

Risk: Damaging the natural environment or wildlife habitats.

Avoidance: Follow Leave No Trace principles, stay on trails, and minimize your footprint.

Unforeseen Events

Risk: Events like natural disasters or personal emergencies.

Avoidance: Have a flexible plan, keep informed about the area, and have an emergency contact.

Equipment Failure

Risk: Gear malfunction or inadequacy leading to discomfort or danger.

Avoidance: Check and maintain your gear before the trek. Know basic repair techniques.

Isolation

Risk: Challenges in dealing with emergencies when trekking alone.

Avoidance: Consider trekking with a partner or group. If solo, take extra precautions and inform others of your plans.

Trekact

PARTNERS



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