



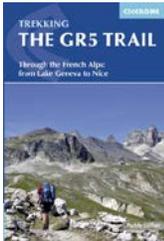
# Hiking in the French Alps

Presentation handout

Vancouver Skiers club night  
Tuesday, March 6, 2018  
Presented by Inge Zegel & Roy Smyth

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## Route ideas for hiking in the French Alps



GR5 from Thonon-les-Bains to Nice or Menton, or any stretch in between.

Cicerone guide: [www.cicerone.co.uk/tour-of-the-vanoise](http://www.cicerone.co.uk/tour-of-the-vanoise)

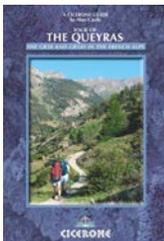
FFRandonnée guides:

1: [Du Lemman au Mont Blanc](#)

3: [De la Maurienne à l'Ubaye](#)

2: [La Vanoise](#)

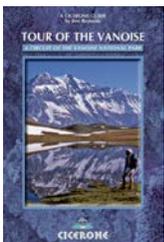
4: [Le Mercantour Vallée des Merveilles](#)



GR58 Tour du Queyras—9-12 day loop; modify as needed.

Cicerone guide: [www.cicerone.co.uk/tour-of-the-queyras](http://www.cicerone.co.uk/tour-of-the-queyras)

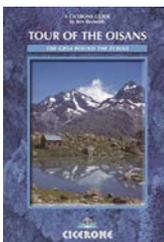
FFRandonnée guide: [Tour du Queyras](#)



Parc de la Vanoise—beautiful alpine hikes; spend a day or a week.

Cicerone guide: [www.cicerone.co.uk/tour-of-the-vanoise](http://www.cicerone.co.uk/tour-of-the-vanoise)

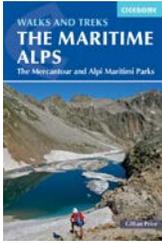
FFRandonnée guide: [La Vanoise](#)



GR54 – Tour of the Oisans.

Cicerone guide: [www.cicerone.co.uk/tour-of-the-oisans-the-gr54](http://www.cicerone.co.uk/tour-of-the-oisans-the-gr54)

FFRandonnée guide: [Tour de l'Oisans et des Ecrins](#)



Walks and treks in the Maritime Alps and Parc Mercantour.

Cicerone guide: [www.cicerone.co.uk/walks-and-treks-in-the-maritime-alps](http://www.cicerone.co.uk/walks-and-treks-in-the-maritime-alps)

FFRandonnée guides: [Le Mercantour Vallée des Merveilles](http://LeMercantourValléeDesMerveilles)

## Guidebooks and resources

### Cicerone guides

Comprehensive guides in English. Available from local bookstores and Amazon, and from Cicerone in the UK direct. Shipping costs are reasonable and you're assured to get the latest version. Shipping can take a while so order early. (Most) guides are available both in print and e-book format (e.g., Kindle). Updates to their guides are available for free from their website. [www.cicerone.co.uk](http://www.cicerone.co.uk). Search for "French Alps" and be tempted by 70 titles!!!

### FFRandonnée boutique

Fédération Française de la Randonnée oversees the network of hiking and walking trails in France. They publish the FFRandonnée guides and will ship to Canada; also available from Amazon. [boutique.ffrandonnee.fr/topoguides](http://boutique.ffrandonnee.fr/topoguides)

### Wanderlust travel bookstore

1929 West 4<sup>th</sup> Avenue @ Cypress St, Vancouver, BC  
[www.wanderlustore.com](http://www.wanderlustore.com)

### Stanford's (London and Bristol, England)

12-14 Long Acre, Covent Garden, London. Will ship to Canada.  
[www.stanfords.co.uk](http://www.stanfords.co.uk)

### Pied-A-Terre

Overtoom 135-137, Amsterdam, Netherlands

If you happen to be in Amsterdam, they're worth a visit. The biggest and most extensive travel book store I've seen so far; extensive selection of Cicerone and FFRandonnée guides.

Unfortunately, they don't ship to Canada and their website is not easy to browse, but if you have a chance to drop in, do it. Located less than 15 min walk from Musuem Square in Amsterdam.

<http://www.piedaterre.nl/reisboekhandel/>

## Hike planning websites

### GR-Infos

For maps and information about all the GR (grande randonnée) routes in France. Includes a google map, distance, min/max elevation, total elevation gain, elevation profiles, recommended maps, and some accommodation information for each route.

[www.gr-infos.com/gr-fr.htm](http://www.gr-infos.com/gr-fr.htm)

### GR5 - five stages through the French Alps:

1. Thonon-les-Bains to Les Houches [www.gr-infos.com/gr5h.htm](http://www.gr-infos.com/gr5h.htm)
2. Les Houches to Bessans [www.gr-infos.com/en/gr5i.htm](http://www.gr-infos.com/en/gr5i.htm)
3. Bessans to Mont Genevre [www.gr-infos.com/en/gr5j.htm](http://www.gr-infos.com/en/gr5j.htm)
4. Mont Genevre to St Dalmas le Selvage [www.gr-infos.com/en/gr5k.htm](http://www.gr-infos.com/en/gr5k.htm)
5. St. Dalmas le Selvage to Nice [www.gr-infos.com/en/gr5l.htm](http://www.gr-infos.com/en/gr5l.htm)  
Or St. Dalmas le Selvage to Mention (alternative via GR52) [www.gr-infos.com/en/gr52.htm](http://www.gr-infos.com/en/gr52.htm)

**GR58 Tour du Queyras:** [www.gr-infos.com/en/gr58.htm](http://www.gr-infos.com/en/gr58.htm)

**GR55 Tour de Vanoise:** [www.gr-infos.com/gr55.htm](http://www.gr-infos.com/gr55.htm) and <http://www.vanoise-parcnational.fr/fr/des-decouvertes/sejourner-dans-le-parc/ou-sinformer-sur-le-parc> (in French only)

## Travel planning websites

**Rome2Rio:** [www.rome2rio.com](http://www.rome2rio.com)

Great travel website to help you figure out how to get from A to B anywhere in the world.

**Seat61:** [www.seat61.com](http://www.seat61.com)

Good website to learn more about train travels; good information and tips. You cannot buy tickets through this site, but if you (want to) travel by train occasionally, it's worth taking a look.

**Trainline:** [www.trainline.eu](http://www.trainline.eu)

Purchase your European train tickets here. They take Canadian credit cards.

**SNCF:** <http://www.sncf.com/en/passengers>

French railway website. Sometimes you may not be able to buy tickets through this website from Canada. (NOTE: You might get re-directed to their North American agent Rail Europe. If that happens, we recommend you try the [Trainline](http://www.trainline.eu) instead.)