

INTRODUCTION

The Route
Suggested Itineraries
Accommodation
How to Get There
When to Go
Notes for Walkers
Equipment
Recommended Map
Safety in the Mountains
The Parc National des Écrins
Alpine Flowers and Wildlife
Using the Guide
Information at a Glance



PART 1 BOURG D'OISANS TO VALLOUISE

Stage 1 Bourg d'Oisans – Besse-en-Oisans
Stage 2 Besse-en-Oisans – La Grave
Stage 3 La Grave – Monêtier-les-Bains
Stage 4 Monêtier-les-Bains – Vallouise

PART 2 VALLOUISE TO BOURG D'OISANS

Stage 5 Vallouise – Refuge du Pré de la Chaumette
Stage 6 Refuge du Pré de la Chaumette – La Chapelle-en-Valgaudemar
Alt Stage 6 Refuge du Pré de la Chaumette – La Chapelle via Vallon d'Isola

Stage 7 La Chapelle-en-Valgaudemar – Le Désert-en-Valjouffrey
Stage 8 Le Désert-en-Valjouffrey – Valsenestre
Stage 9 Valsenestre – Refuge de la Muzelle
Alt Stage 9 Valsenestre – Bourg d'Arud

Stage 10 Refuge de la Muzelle – Bourg d'Oisans
Alt Stage 10 Bourg d'Arud – Bourg d'Oisans



Appendix A Accommodation
Appendix B Useful Addresses
Appendix C Bibliography
Appendix D French–English Glossary