

Discovering the mountain hamlets and lakes of Queyras

Moderately difficult circuit , children from 8 years old

6 days July - October

Altitude from 1350 to 2487 m

Departure and arrival at Le Roux

Tabs

Explore the different villages and hamlets of Haut-Guil and Val d'Azur while passing by the two unmissable lakes of the Arvieux valley.

The steps

Day 1: Le Roux (1760 m) – Abriès (1550 m) – Marassan Forest – Aiguilles (1450 m)

Elevation gain: 230 m / Elevation loss: 520 m / Distance: 10 km / Walking time: 5 h

Leave Le Roux via the GR58 towards Abriès, cross the Bouchet torrent to take a balcony path passing under the old hamlet of Le Cros and descending to Abriès. Then cross the village and the Guil and turn right towards Aiguillez via a shaded, balcony forest track. After passing the Gouret campsite and its beautiful lake, cross the Pas de l'Ours via the pedestrian route and you arrive at the village of Aiguilles, the beautiful American village, where your accommodation is located.

Accommodation at the Petite Auberge lodge, where a donkey park awaits you.

Day 2: Aiguilles (1450 m) – Meyriès (1700 m) - Souliers (1820 m) (Gîte)

Elevation gain: 660 m / Elevation loss: 320 m / Distance: 10 km / Walking time: 5 h

Leave Aiguilles via the GR 58 trail towards Les Meyries. Along this beautiful panoramic sunny slope, you'll discover the foxtail milkvetch, which you won't see anywhere else in Queyras. Arriving at Le Rouet, stop at the Barbaraou cheese dairy, a picturesque place where you'll be welcomed directly into the stable in the heart of a 17th-century mountain chalet. You'll then head towards Fort Queyras, quickly turning right to join the Coste Bertrand forest trail. After seeing the donkeys watering in the small Péas stream, the trail joins a small, quiet road that leads to Souliers.

Accommodation at the Grand Rochebrune lodge where a donkey park awaits you.

Day 3: Souliers (1820 m) – Souliers Lake (2487 m) – La Chalp d'Arvieux (1750 m)

Elevation gain: 670m / Elevation loss: 825m / Distance: 9.7 km / Walking time: 5 hours

Head towards the Bergerie de Souliers. As you go up along the Souliers stream, you'll arrive at the Lac de Souliers in a high-mountain setting. Then, descend via the Aiguillettes, and after crossing all the layers of vegetation, you'll arrive at the hamlet of Chalp d'Arvieux, where you'll spend the night after a short visit to the Queyras toy factory.

Accommodation at the Teppio lodge which will show you a location to install the donkeys.

Day 4: La Chalp d'Arvieux (1750 m) – Lac de Roue (1850 m) – Chateau Queyras (1350 m) – Old Town (1400 m)

Elevation gain: 150 m / Elevation loss: 800 m / Distance: 9 km / Walking time: 5 h

Leave La Chalp via the GR 5 towards Lac de Roue. The climb begins in the undergrowth, then the balcony path leads you to the hamlet of Les Maisons. Take the track rather than the path; the climb will be more gradual to reach Lac de Roue. Continue on the GR5 which descends to Château-Queyras. When you reach the road, cross it and turn right at the traffic lights. Pass below Fort Queyras, perched on an ancient glacial barrier, then follow the Guil River to Ville-Vieille.

Accommodation at the Astragales lodge which will show you a location to put the donkeys.

Day 5: Old Town (1400 m) - Aiguilles (1450 m) – Abriès (1550 m)

Elevation gain : +300 m / Elevation loss: -180 m / Distance: 10.1 km / Walking time: 4 h

Take the road towards Molines Saint-Véran for 300m then at the bend take the path that goes opposite. It joins a forest track that leads to Aiguilles. Cross the village and take the Pas de l'Ours or the forest tracks of Peynin and Marassan (adds 300m of D+/D-) Follow the Guil to the village of Abriès.

Accommodation at the Edelweiss or Ancolie Bleue lodge.

Day 6: Abriès (1550 m) – Le Roux (1760 m)

Elevation gain: 560 m / Elevation loss: 350 m / Distance: 10.3 km / Walking time: 5 h

Follow the Guil towards Ristolas. In the village, cross the Guil at the first bridge and you will find on the left the path that climbs towards the Moussou pond . Continue to the Aiguiller belvedere, the view is magnificent on the Mont Viso (3841m). Arrived at the chairlift, take the Ponsole track . At the Marius pond (hill reserve) continue to the left. The track spans the Bouchet torrent and to the left, takes you back to the foot of the Roux. One last climb and there you are!

Tab: practical information & prices

The donkeys

* They are intended to carry your luggage . Gregarious animals, they will appreciate your company but also that of their peers and **beyond 3 people** , it is preferable to travel with 2 donkeys for the comfort and well-being of all.

* Their equipment: Each donkey is equipped with a halter, a lead rope, a wooden packsaddle and 2 large bags attached to each side of the packsaddle. It can carry 30 kg, or the luggage of 2 to 3 hikers. The load must be perfectly balanced (20 kg on each side). Only light loads (mattresses, etc.) can be placed above the animal, in order to avoid exhausting it or unbalancing it.

* Donkey food and night: in most of the lodges, a park is set up for the donkeys and we provide the necessary equipment to tie them up at night.

Preparing for your hike

We recommend arriving at Le Roux the day before your departure to get to know the area and prepare for your hike (study the route). Accommodation is available at the Cassu lodge, opposite our base camp (<https://www.gite-lecassu.com/fr/>).

On the morning of departure, allow at least one hour to prepare the donkey and organize the luggage.

The period

This hike can be done from July to October.

The IGN map

This circuit appears on the IGN maps (1/ 25000th) 3637OT - Mont Viso, St Véran , Aiguilles, Queyras and 3537ET- Guillestre, Vars, Risoul, PNR du Queyras

Accommodation

This hike was designed for accommodation in lodges.

The refueling

For water, bring one bottle per person and a filter.

Grocery stores in Abriès, Aiguilles, Old Town .

Needle Pharmacy.

Your luggage

In the Hautes-Alpes, the climate is very contrasting: the heat of the full sun during the day and surprisingly cool at night.

So, bring: * walking shoes and light shoes for the evening, * a change of clothes, a warm sweater, a hat for the sun, * rain gear (waterproof poncho), * water bottle, flashlight, notebook, pen, lighter, knife, string, * first aid kit, sunscreen and sunglasses, * plastic bags to wrap your belongings in the bag (very effective in case of rain) and to take your garbage down, * stove and cooking equipment, tent and sleeping bag (if you are camping)

Your dog

At the regulatory level, your dog can accompany you on the trails of the Queyras Regional Natural Park provided it is kept on a leash. After a period of adaptation and mutual observation, it will coexist with the donkeys. However, you must take into account that this does not simplify the organization of your hike because it is sometimes difficult to manage everything at the same time: the donkey or donkeys, the children, the luggage, the map to follow the right path and... the dog! Especially since you sometimes have to keep your distance from the donkey with the dog on a leash and there can be problems with the dogs protecting the flocks of sheep in the mountain pastures. Dogs cannot sleep in the accommodation and in general, a shelter is provided for them outside. Remember to let us know if you plan to hike with a dog.

Your car and various equipment

During your hike, your car remains in one of the parking lots in the hamlet of Roux d' Abriès.

Simple rental rate for a donkey 2026

This price includes the rental of a donkey equipped with a pack saddle, a halter, a lead rope and two saddlebags.

Your accommodation and any transport of the donkeys must be paid for in addition.

6 days : 372 €