

« Reco » ultra-trail Nice by UTMB 100 miles in 4 and a half days



Presentation of the 100 miles trail-running trip:

4 days to discover and identify the route of the 100 miles Nice côte d'Azur by Utmb. You will train on the most essential portions of this ultra-trail which crosses the Alpes-Maritimes and ends up with a bath in the Mediterranean Sea.

Differences with the 6-day-trip:

- No start and downhill course towards Saint-Etienne-de-Tinée
- No stop in Saint-Sauveur-sur-Tinée

DATES

31 July – 4 August
26 – 30 August
(subject to availability)

PRICE 890 €
108 km of « reco »

A service vehicle is at the disposal of the group, for the transportation of the luggage and assistance along the route and at aid stations.

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KEY POINTS

Private minibus transfer

Assistance along the route: aid stations, escape or alternative routes, transportation of the luggage.

We will adjust the program according to your shape and the weather conditions as far as possible.

Advice and coaching by qualified hiking guides from this mountain area (State-registered)

“Reco” of 70% of the trail

Information provided about the trail (rescue and aid stations, escape routes, facilities)

ACCOMMODATION & MEALS

You will be accommodated with full board in accommodations, the first in a village in the heart of the Mercantour massif, a stone's throw away from the “Aquavallée” (swimming pool with a spa) and the second in the Provencal town of Levens with a municipal swimming pool for late afternoon baths.

The menus will be adapted to the practice of the trail: hearty breakfast, picnic appropriate to carry with you, dinner adapted & supplies on the course.

DIFFICULTY 7/10

Portions near precipices, gravel tracks, technical up and downhill courses

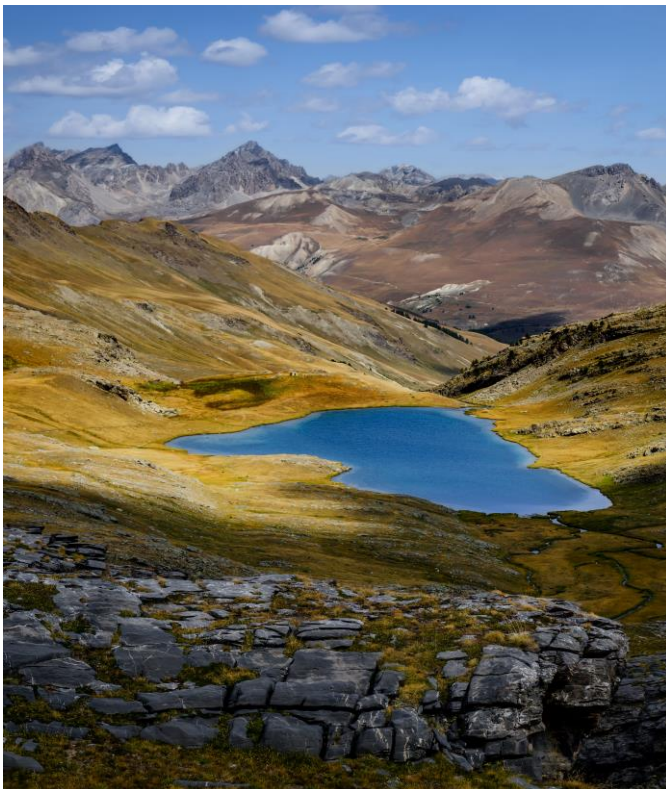
Hardest day: D2 28 km 2000 D+

Requirements: regular training several times a week (at least 5 hours, 20-30 km) in the mountains

Carrying: bag for the day

Accommodation: hotel, gite

Group: 6-8 participants



PROGRAM

Day 1: Welcome, transfer and presentation of the 4-day-trip

Welcome of the participants at 4 pm at Nice Airport
Private minibus transfer (75 minutes) crossing the Valley of Tinée to the lovely village of Isola

Presentation of the trip by your hiking guide and dinner.

Accommodation in Isola Village / Half-board /
Access to the swimming-pool / double rooms

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Day 2: Haute Tinée and Mercantour

Private transfer to Saint-Etienne-de-Tinée in the morning (20 minutes)

In the northern part of the County of Nice, the high Valley of Tinée is a vast indentation orientated North-South, against the Italian border. Saint-Etienne de Tinée, main town of the Northern Mercantour Massif, is overhung by the trail of energy which joins peaks over 3.000 meters high. The mineral world and the high mountain lakes testify the presence of former glaciers. Originated from a water management project, this historical trail offers incredible views on the alpine massif. The slopes are covered by one of the most beautiful larch forests in Europe.

Direct arrival at your hotel.

Length; ascent/descent: 28.2 km; + 2,090 m /- 2,370 m

Estimated duration: 6h30 to 7h45 (including times for feeding/drinking)

Refreshment station in Rabuons

Accommodation in Isola Village / Half-board / Access to the swimming-pool / double rooms



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DAY 3: Crests of the Prealps

Start from your gîte on foot

From Valdeblore (meaning the valley of tears), the summits of Caïre Gros and Brec d'Utelle allow a trail which crosses bare ridges and spruce forests, with the Mediterranean Sea in the background. Due to limestone rocks, the downhill course towards the village of Utelle is technical. Utelle is a true eyrie dominating the Valley of the Vésubie, an area of transition between mountain and Mediterranean climates. You will notice the first olive trees.

Length; ascent/descent: 30 or 38 km; + 1,700 or 1,800 m / - 1,890 or 2,440 m

Refreshment station (water/feeding) at the Pass of Fournes (escape route)

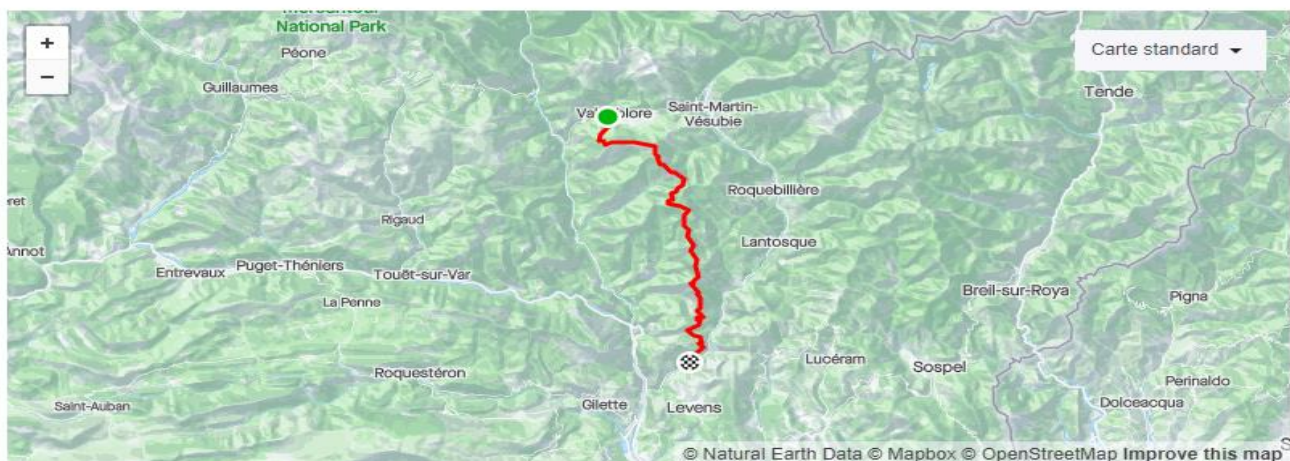
Assistance in Utelle (escape route)

Estimated duration: 6h30 to 8h30 « according to options » (including times for feeding/drinking)

End of the trail in Utelle or Cros d'Utelle (according to participants)

Private transfer to your accommodation (15 to 20 km)

Hotel in Levens / Half-board / Doubles rooms



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DAY 4: Le Moyen-Pays niçois

Start from your accommodation without transfer

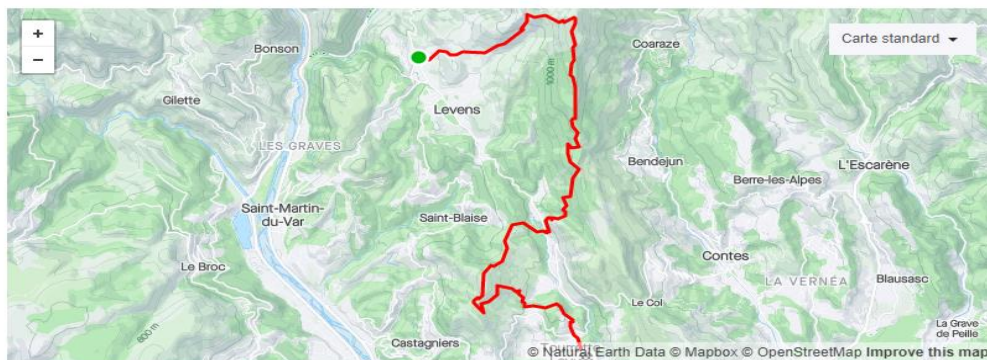
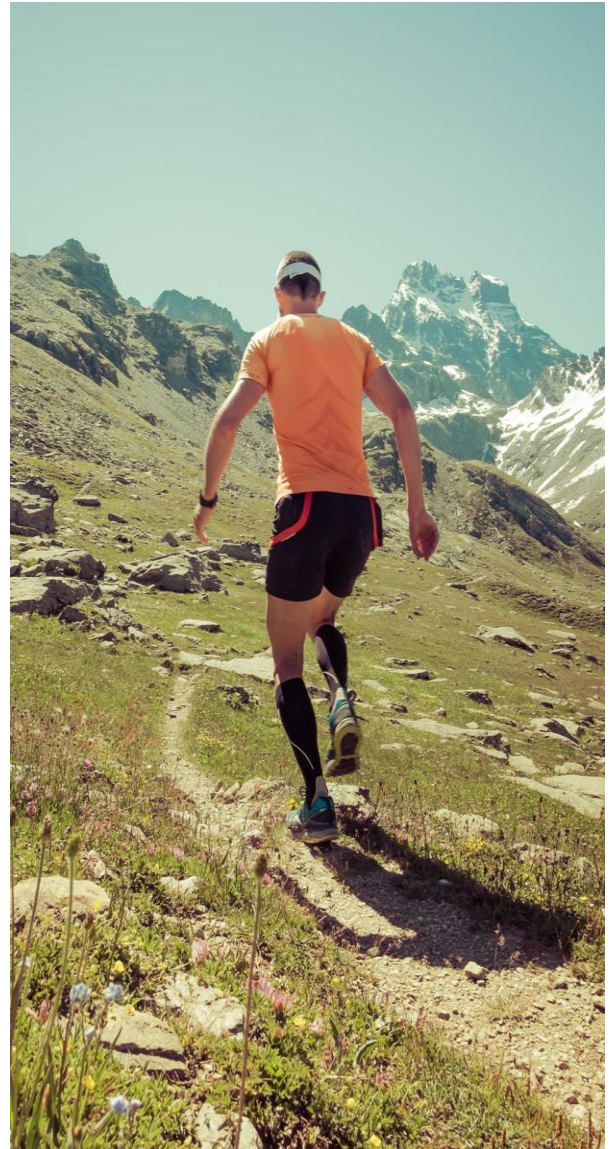
With the song of the cicadas, you will run among Alep pines, olive trees and hornbeams towards the last alpine summit: the “Férior Mount”. Dominating the Valley du Paillon, it might be considered as a gate to the metropolis of Nice, with the towns of Levens, Aspremont, Tourrette-Levens at its foot. Landscapes become more urban and houses more modern.

Length; ascent/descent: 21.8 km; + 1,500 m /- 1,630
Refreshment station at the Plan de Couthon (escape route)

Estimated duration: 5h30 to 6h30 (including times for feeding/drinking)

Private minibus transfer to your accommodation (10 km)

Hotel in Levens / Half-board / Doubles rooms



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Day 5: The foothills of the Mediterranean Sea

Transfer to the village of Tourrette-Levens or Col d'Èze (according to your shape and the weather conditions)

Crossing the Paillon River, you will run uphill the mounts Leuze and Vinaigrier. Your senses will be fulfilled with Mediterranean perfumes and amazing views on the Riviera beaches. Like raptors flying over the sea, you will enjoy the breathtaking scenery on the Villefranche Bay, main harbor of the County of Nice and the Duchy of Savoy till the 18th century. You will follow a path full of history, its hills and forts dominating Nice were strategic places since the Roman times.

Length; ascent/descent: 27 km; + 1,000 m /- 1,390 m

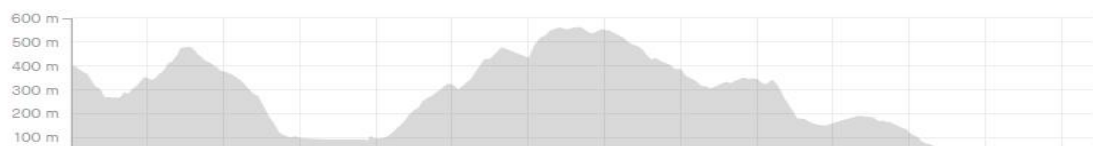
Estimated duration: 5h30 to 6h30 (including times for feeding/drinking)

Refreshment station at the Pass of Fournes (escape route)
Assistance at Col d'Èze (escape route)

End of reconnaissance on the Promenade des Anglais at the finish line.

Debriefing of the week around a snack!

Pick up of the luggage and end of the trip.



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PRICE: 890 €

PRICE INCLUDES:

Organization and booking of your trip
Supervision by a hiking guide (State-registered)
Private minibus transfer from and to Nice Airport
Private minibus transfer to starts/from arrivals of stages
Technical assistance from D2 to D4 (1 person dedicated with a service vehicle)
One to two refreshment points according to the stages
Half-board accommodation in hotels and gites
Lunch picnics from D2 to D4

PRICE DOESN'T INCLUDE:

Lunch picnic on D1
Entrance to swimming-pools and spas
Repatriation costs from areas where access is difficult
Additional expenses for beverages at bars and restaurants
Personal expenses
Personal liability
Additional costs for a single room 25€ per day
Everything not mentioned in "Price includes"



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Conditions:

- **Accommodation:** Rooms for 2 or 3 people. Single rooms in option with additional costs and subject to availability.
- **Meals:** Breakfasts and dinners are copious and adapted. Lunch picnic to carry in your trail bag. Please bring your own energy bars.
- **Water:** Access to drinking water in hotels and fountains in the villages. Nevertheless, you should carry at least 1.5 to 2L of water in your backpack in case of long stages (Camelbak or bottles).

Refreshment points: 1 to 2 points according to stages: fruits, crackers, snacks, hot and cold beverages.

Assistance: For safety reasons, we propose assistance including repatriation in areas where access by car is possible.

• **Duration:** Durations indicated in the description are estimations which depends on weather conditions, nature of the terrain, physical level of the group (state of health of the participants during the trip).

Organization of the group: The hiking guide advices and coaches the group. The group should stay together: “the group starts together and arrives together”.

• **Nature of the terrain:** The terrain is varied and sometimes technical. Alternatively, forest tracks, pastures, stony or rocky paths.

• **Level required:** For safety reasons, the hiking guide may stop any participant because he considers his physical or technical level insufficient. In such a case, we will organize the repatriation without compensation on our part. The participant is responsible when he knowingly registers and signs the contract.

• **Repatriation:** Any individual transfer due to injury, illness or state of health is at the participant’s expense. Every participant should be in possession of adequate and valid individual travel insurance to cover any expenses which might arise in connection with repatriation. Nevertheless, if needed, we will try as far as possible to organize the repatriation of the participant at his own expense.

• **Insurances:** Personal insurance for the duration of the stay is compulsory: civil liability, medical expenses, repatriation, rescue and research expenses. If necessary, we can offer you a cancellation insurance solution with our partner Assurever.

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Your daily equipment:

For the day: your guide will review the weather conditions every day and advise you on your outfit

Trail shoes (not new)

A light trail backpack including:

A waterproof jacket

A survival blanket, a whistle

A cap

Energy bars and/or beverage

A headlamp with new batteries

Camelbak with a capacity of at least 1.5 L

Charged mobile phone

Your equipment for the trip:

Each evening you will find your belongings

Spare clothes

Spare shoes

Spare Camelbak

Spare batteries for your headlamp

Individual first aid kit including: personal medicines, sun cream, anti-chafing foot cream, bandages, paracetamol.

SUPERVISION:

Marc Lecacheur : Hiking guide but also mountain bike and kayak guide. A fan of wide open spaces, he works these various jobs in the Alps but also in the mountain ranges of southern Africa, the Arabian peninsula and Iran. Lover of long distances on foot and by bike, he lives his passion daily through his professional activities.

François Silvestri: Hiking guide for 15 years and State-registered as trail trainer. Coming from the Alpes-Maritimes department and connoisseur of the Mercantour massif.

Competitor in Ultra-Trail:

Top 10 Utcam

Diagonale des fous

Diagonale des fadas, Grand Trail de Serre-Ponçon

Trail noir de Val Cenis



INFO & BOOKING :

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