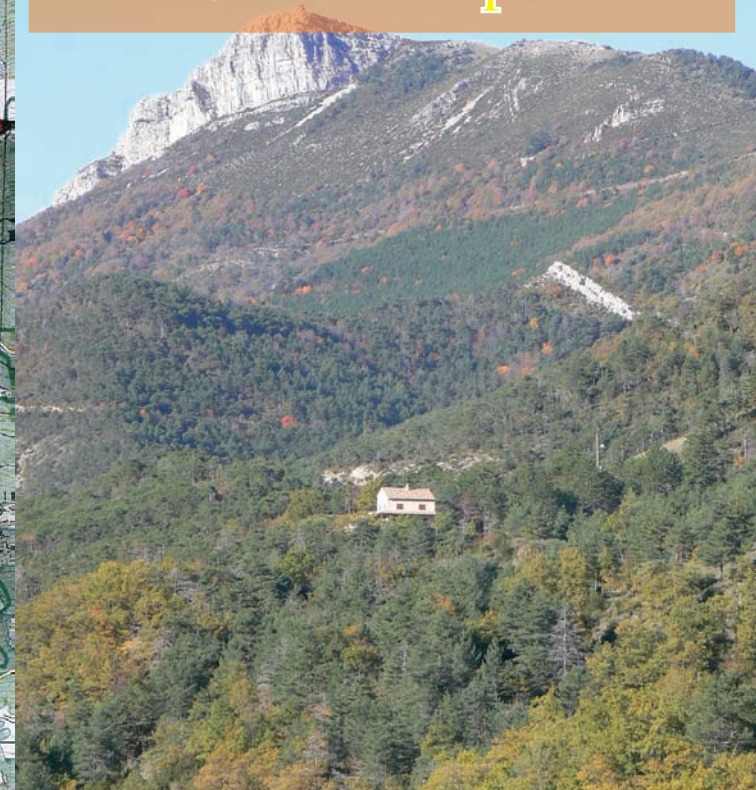


Welcome to Le Mas



Make the most of the fresh mountain air

Tour de l'Arpille



10

Walking guides



CONSEIL GÉNÉRAL
ALPES-MARITIMES

Tour de l'Arpille

Start: **Carrefour D5 / D10 (1129m)**

Height gain: + **1020m** - **1020m**

Distance: **18 km approx**

Length of walk: **6.5 hours approx.**

Level: **Advanced**



Map: **IGN Top 25 n° 3542 ET**

This walk gives you a bit of everything – tracks, hidden paths, mule trails - not to mention also being an excuse for spending a full day out in the countryside.

There is, however, a possible escape route for those who wish to stop the walk at the village of Gars.

The beauty of the places you will pass on the way should hopefully encourage you to complete this ambitious circuit. This walk is perhaps one to keep for the end of your visit to conclude an enjoyable walking holiday in the mountains around Le Mas.

The complete program of mapping, sign posting and maintenance is carried out by the Conseil Général des Alpes-Maritimes which has been deemed legally competent to produce walking guides. (Laws passed 22/7/83 and 30/8/88). Adopted by the department assembly 22/11/2004.

As this is a long walk with lots of height gain, it is probably best to tackle it after a bit of training.

From the village you will need to go by car following the D10 for about 8 km to the junction with the D5 at the foot of the Col de Bleine.

The walk starts from sign-post 113 (1129m) and follows a narrow footpath before joining the forestry track (1350m, sign-post 114) which contours easily round the mountain side.

Ignore the first junction (sign-post 115) and continue westwards. Following the contours, the path then crosses three little valleys. You will then come to a junction, then a few hundred metres further on sign-post 119 (1270m).

Leave the track which carries on to Saint-Auban, turn right (north). The path starts to climb and quickly brings you out at Col de Baratus (1292m).

Take the path which descends, in a north-easterly direction down to sign-post 120. Follow the track for a further 700m until you come to a sharp bend (1202m).

The path then descends, by means of numerous hairpin bends, through Chastellas before crossing the little valley called Combe Fée.

You will then pass through some ravines in the area of Coste de l'Oubrée which bring you out near the countryside surrounding Gars (720m, sign-post 34).

Time to make a start on the ascent. The path goes up between Coste Faou and Le Coste de Pra Cournu. It then takes you through Les Villars and crosses Le Vallon du Plan, coming close to

La Barre du Claou and, thanks to a long traverse, finally reaches Le Col de Bane (1380m sign-post 112).

Follow the line of the crest westwards until you reach the forest track at a sharp bend (1478m, sign-post 111).

Descend by the service road for the fire look out on Arpille to the first junction (1351m, sign-post 110)

Continue westwards, at the same level for about 1 km until you come to sign-post 114 and the little short cut path which will bring you back to the start.

Notes :



Welcome to Le Mas

Information about the village can be found at:

www.commune-lemas.fr

Please note that during the hunting season it is recommended that you don't use these footpaths.