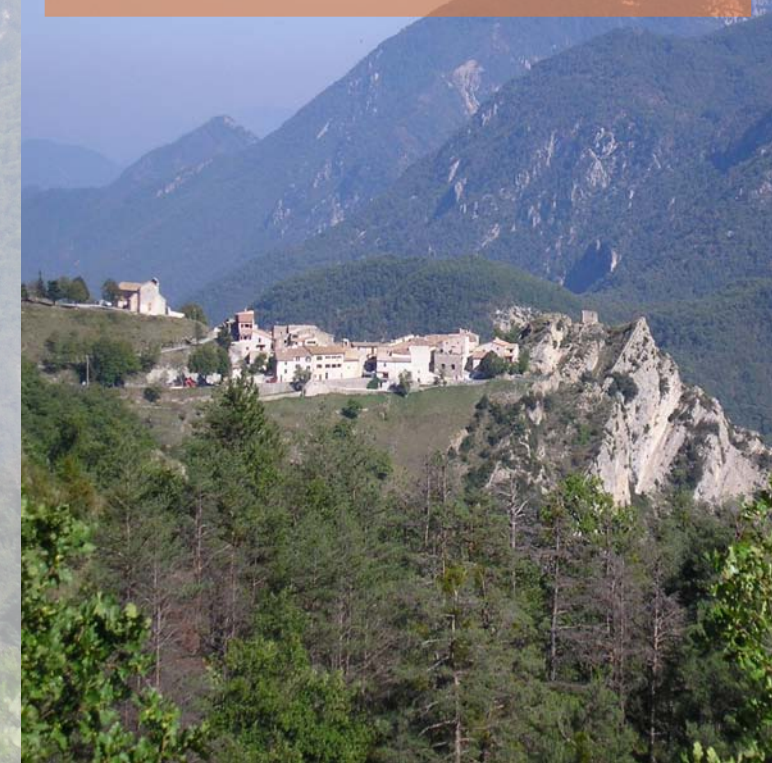


Welcome to Le Mas



Make the most of the fresh mountain air

Information / advice



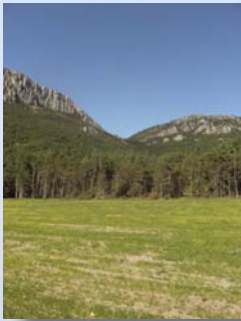
1



Le Mas-le Pont

2 km – 50 mins – easy

2



Col de Baratus

8 km – 3 hrs – easy

3



Le Mas-Aiglun

7 km – 3.5 hrs – medium

4



Le Mas-Les Mujouls

9 km – 4 hrs – medium

5



Le Mas-Gars

9 km – 4 hrs – medium

6



Pic de l'Aiglo

10 km – 4.5 hrs – advanced

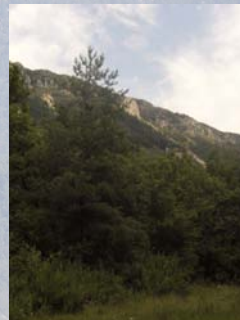
7



L'Arpille

11 km – 5 hrs – advanced

8



Circuit de Charamel

12 km – 5.5 hrs – advanced

9



Pic de Fourneuby

10 km – 6 hrs – advanced

10



Tour de l'Arpille

18 km – 7 hrs – advanced

**Collect all 10
Le Mas village
walking guides**

0

Walking guides

Advice

- Choose your walk bearing in mind your own ability and the difficulty of the walk. Don't hesitate to turn back if you have a problem.
- Be aware of the local weather forecast. 08 92 68 02 06.
- Let somebody know which day and at what time you are leaving, what time you expect to get back and your planned route.
- Avoid going on your own.
- Don't rely only on your mobile phone as there isn't always a signal.
- Wear good footwear. (Ankle boots, non-slip).
- Take enough food and water with you.
- And don't forget to take a first aid kit.

Essential numbers

Mountain rescue :

04.97.22.22.22

Emergency : 112

Ambulance : 18

Paramedics : 15

Characteristics of the walk:

Described separately for each walk.

Height gain:

Difference in height going up (+) or down (-).

Distance :

Length of the walk from start to finish.

Total time:

Time given to do the walk at a normal walking speed, excluding rest stops.

Different levels :

● *Easy walks. A route which isn't difficult, generally with less than 350m of ascent and descent, involving between 1.5 hours and 3 hours of walking. Within the capabilities of virtually all walkers, even those who aren't very fit.*

● *Medium level walks. Moderately difficult route, generally involving between 350m and 650m of ascent and descent and between 3 and 4 hours of walking. Within the capabilities of any walker with an average level of fitness..*

● *Advanced walks. Difficult walks which involve more than 650m of ascent and descent and 4 to 6 hours of walking. Fit, experienced walkers only.*

Maps:

Top 25 series edited by IGN and CGAM

1 cm on the map represents 250m on the ground.

Way markers:

The routes are discreetly indicated by yellow painted way markers.

Sign posts:

The routes are indicated by the carved wooden sign posts.

Information:

Mairie :

Mairie Le Mas

16 route de Saint-Auban

06.910 Le Mas

tél : 04 93 60 40 29

fax: 04 93 70 69 68

email : secretariat@commune-lemas.fr

Where to stay:

There are various gites owned and run by the village which you can reserve through the Mairie.

tél : 04 93 60 40 29

Or write to: Gîtes de France

55 Promenade des Anglais

06.011 Nice

tél : 04 92 15 21 30

Auberge :

Auberge *Le Charamel*

32 route d'Aiglun

06.910 Le Mas

tél : 04 93 66 34 69

fax : 04 93 66 13 83

Information about the village can be found at:

www.commune-lemas.fr