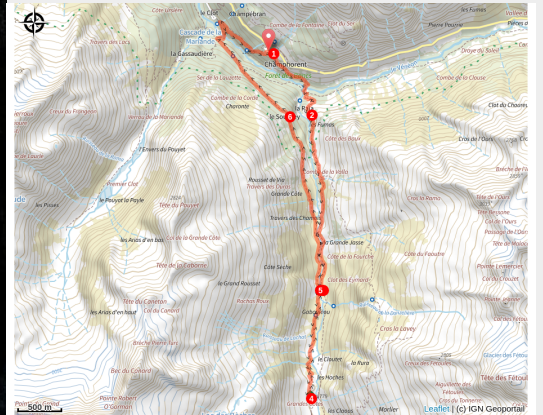


Lavey Refuge, Muande Valley

Oisans - Saint-Christophe-en-Oisans



Pont des Rajas (Thierry Maillet - Parc national des Ecrins)



*An accessible hike along La Muande.
The path leads to the Lavey refuge, the
starting point up to the glaciers.*

The Vénéon valley contains several smaller valleys, such as the Lavey valley, which is one of the most prestigious. It opens the way towards such famous summits as Les Rouies, La Tête des Fétoules, L'Aiguille de l'Olan and the Pointe Maximin corridor.

Useful information

Practice : By walk

Duration : 5 h

Length : 11.1 km

Trek ascent : 613 m

Difficulty : Medium

Type : Loop

Themes : Fauna, Flora, History and architecture, Hut, Pastoralism

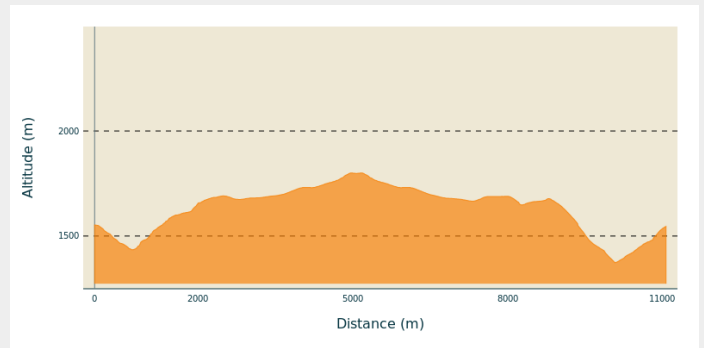
Trek

Departure : Champhorent car park

Arrival : Lavey refuge

Cities : 1. Saint-Christophe-en-Oisans

Altimetric profile



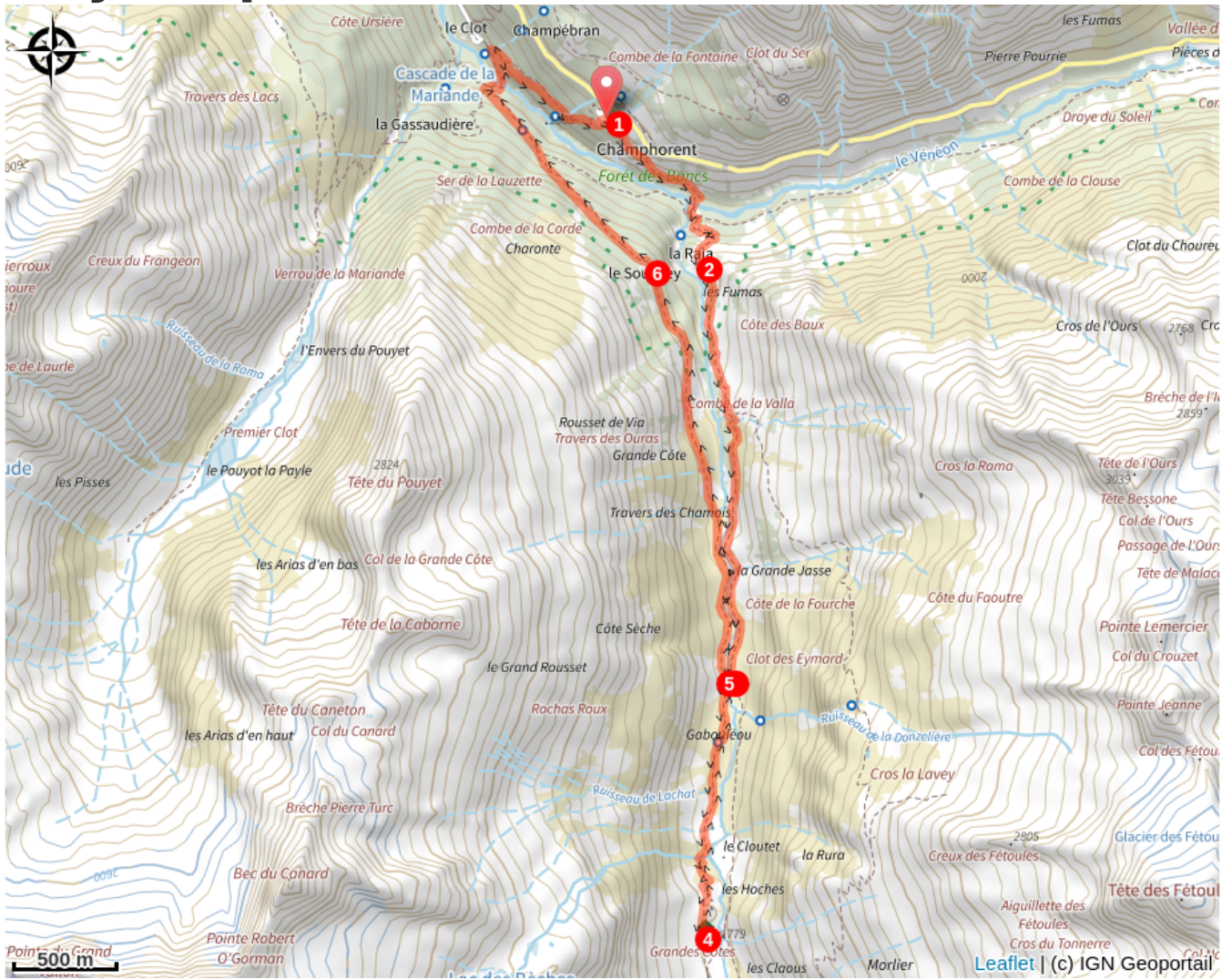
Min elevation 1374 m Max elevation 1801 m

From the car park, take the path marked "Vallon de la Lavey" near the signs marking the Ecrins National Park entrance.

Walk below the village as far as the River Vénéon, then cross the magnificent stone bridge over the torrent (remember to close the barrier behind you). With the Lavey waterfall to your left, take the winding path leading up to the Raya chalets.

Continue along the right bank of the Muande torrent as far as the new arched stone bridge. The route continues along the left bank as far as the Lavey refuge. The way back is through the villages of Le Souchey and Le Clot (in dry weather): 50 m before the stone bridge as you come down from the refuge, stay on the left bank of the Muande torrent. The path rises slightly before arriving at the village of Le Souchey. Then go down towards the Vénéon and Le Clot, and then cross a large wooden footbridge over the Vénéon. Go up the path and, just before the village of Le Clot, take the path leading to the Champhorent car park.

On your path...



All useful information

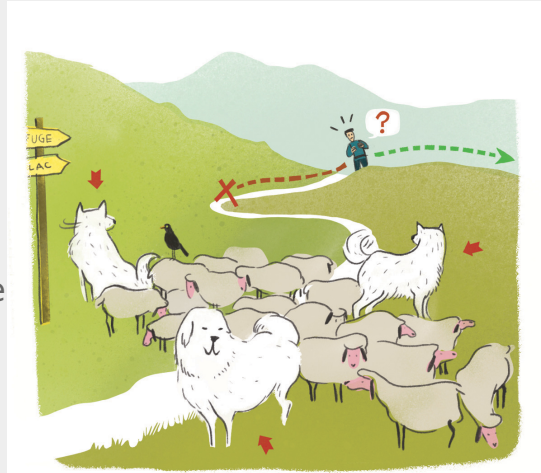
Herd protection dogs

In mountain pastures, protection dogs are there to protect the herds from predators (wolves, etc.).

When I hike I adapt my behavior by going around the herd and pausing for the dog to identify me.

Find out more about the actions to adopt with the article "[Protection dogs: a context and actions to adopt](#)".

Tell us about your meeting by answering this [survey](#).



Is in the midst of the park

The national park is an unrestricted natural area but subjected to regulations which must be known by all visitors.



Advices

The circuit has some steep sections and is slippery in wet weather. Keep an eye on children in the exposed sections.

How to come ?

Transports

Itinisière bus line 3040 stops at Champhorent.

Access

From the RD 1091 Bourg d'Oisans-Col du Lautaret take the RD530 towards Venosc, Saint Christophe en Oisans, La Bélarde. Pass St Christophe (church, cemetery), continue for another 2.5km as far as Champhorent. Park at the car park marked "départ de la Lavey".

Advised parking

Just before the village of Champhorent, car park on the right, marked "Départ de la Lavey"

Environmental sensitive areas

Along your trek, you will go through sensitive areas related to the presence of a specific species or environment. In these areas, an appropriate behaviour allows to contribute to their preservation. For detailed information, specific forms are accessible for each area.

Golden eagle

Sensitivity period: January, February, March, April, May, June, July, August

Contact: Parc National des Écrins
Julien Charron
julien.charron@ecrins-parcnational.fr

Nidification de l'Aigle royal

Les pratiques qui peuvent avoir une interaction avec l'Aigle royal en période de nidification sont principalement le vol libre et les pratiques verticales ou en falaise, comme l'escalade ou l'alpinisme. Merci d'éviter cette zone !

Attention en zone cœur du Parc National des Écrins une réglementation spécifique aux sports de nature s'applique : <https://www.ecrins-parcnational.fr/thematique/sports-de-nature>

Information desks

Oisans Park house

Rue Gambetta, 38520 Le Bourg d'Oisans
oisans@ecrins-parcnational.fr
Tel : 04 76 80 00 51
<http://www.ecrins-parcnational.fr/>



Source



Parc national des Ecrins

<https://www.ecrins-parcnational.fr>