

From Les Clots refuge to Les Mouterres and Le Fay refuges via the Plateau d'Emparis

Oisans



Randonneurs sur le plateau d'Emparis (© Parc national des Ecrins - Carlos Ayesta)



First, go to Les Mouterres and Le Fay refuges, passing in front of the petrified fountain. The gentle ascent continues to the confluence of the Rif Blanc and the Rif Tort. Here, further south, the Lerié and Noir lakes await you, above the Romanche valley, providing one of the most beautiful panoramas over the mountains and glaciers in Les Ecrins.

Stand back and move away from the Massif des Ecrins to get a better view of it. This is the goal of the day. Walking across the Plateau d'Emparis, in the midst of the ewes, surrounded by legendary summits. Go up above the Romanche valley, take your time and take

Useful information

Practice : By walk

Duration : 6 h

Length : 12.5 km

Trek ascent : 1107 m

Difficulty : Medium

Type : Stage

Themes : Lake and glacier,
Pastoralism

photos, with each one better than the last. Make the most of this unique view over Les Ecrins.

Trek

Departure : Les Clots refuge

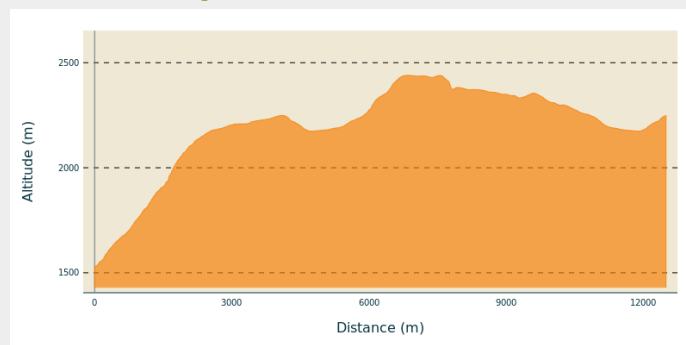
Arrival : Les Mousterres and Le Fay refuges

Markings :  PR  GR

Cities : 1. Mizoën

2. La Grave

Altimetric profile

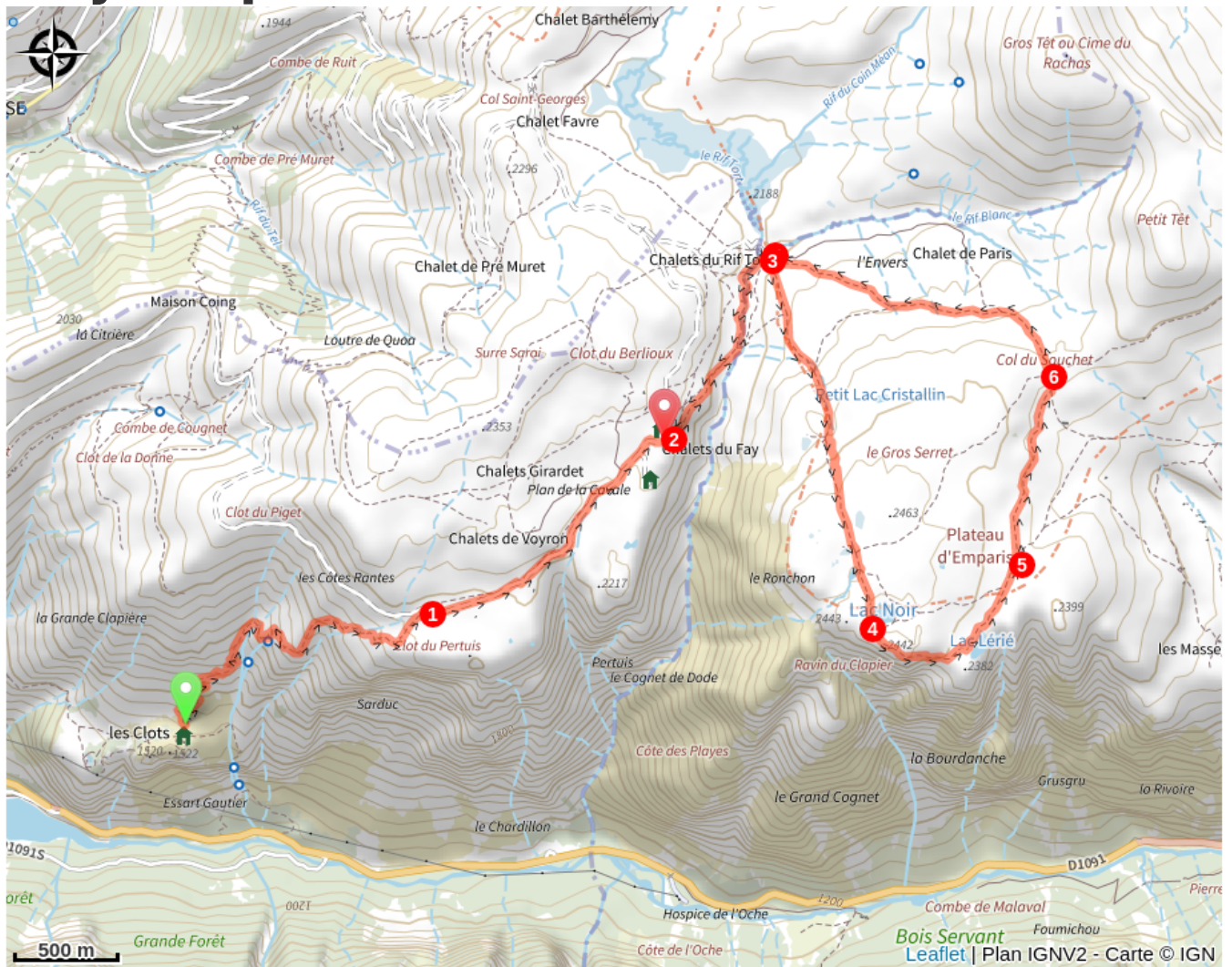


Min elevation 1530 m Max elevation 2441 m

From Les Clots go up towards the north along the Pisse waterfall (follow the markings carefully). Pass above the resurgence and then continue up towards the east.

1. Follow the pastoral track as far as the chalets in Le Fay (2,258 m).
2. From the refuge, continue upwards to the confluence of the mountain streams and then turn right into the footpath (GR54).
3. Follow the first footpath on the right (not the GR) leading to Lake Noir and Lake Lerié. The footpath is not clearly marked in the beginning, and first leads to the little crystal-clear lake (2360 m) across blocks of rock. Carry on upwards to a sloping ledge, leave the path that continues to the left, and you will arrive at the banks of Lake Noir. Here you can admire an exceptional view over the glaciers of Les Ecrins and La Meije (3,983 m).
4. Continue as far as Lake Lerié, due east. At the next intersection, turn off the right-hand path onto the GR54 downstream from the Col du Souchet. You get to the GR54 by climbing upwards on the left.
5. From Col du Souchet (2,365 m) go down to the crossroads along a track just before the Rif Blanc mountain stream (2,190 m).
6. Walk down to the left, along the Rif Tort, towards the Mousterres and Le Fay refuges.

On your path...



All useful information

Advices

Bien suivre le balisage en amont des Clots et sur le plateau d'Emparis

Vous pouvez déposer vos affaires au refuge pour être plus léger quand vous allez admirer les lacs et le panorama du plateau d'Emparis.

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
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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 et de privilégier un survol de la zone à une distance de survol de 300m sol soit à une altitude minimale de 2450m.

Information desks

Oisans Park house

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



Source



Parc national des Ecrins

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