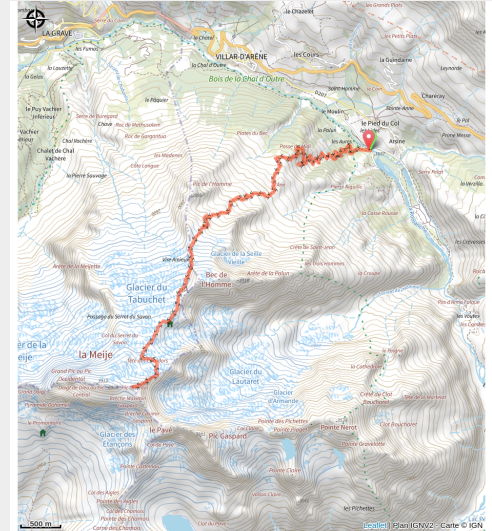


Meije Orientale (3,891m)

Parc national des Ecrins



Doigt de Dieu, Meije Orientale (Thibaut Blais - PNE)



La Meije Orientale (East Meije) is the easiest of the three peaks of La Meije. Its summit offers a remarkable view of the Doigt de Dieu (Finger of God, the central peak) and the arêtes of La Meije. An arête of unrivalled grandeur on an iconic peak in the massif of Les Écrins.

Sunrise at the Refuge de l'Aigle, the imposing glacial ambience, the distant view of Mont Blanc, an arête of perfect snow... all combine to create a sense of harmony with the elements. The approach to La Grande Meije is a life-changing experience, a step towards self-reliance, a high-altitude journey. Everything that makes up mountaineering and the commitment it requires are united in this goal.

Useful information

Practice : Mountaineering

Duration : 2 days

Length : 15.4 km

Trek ascent : 2685 m

Difficulty : Hard

Type : Multi-day trekking

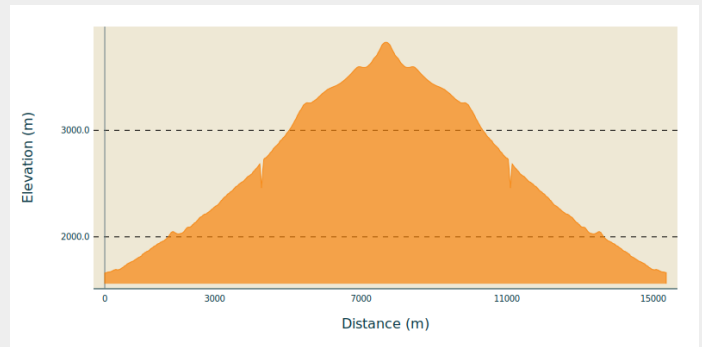
Trek

Departure : Villar-d'Arène

Arrival : Villar-d'Arène

Cities : 1. Villar-d'Arène
2. La Grave

Altimetric profile



Min elevation 1660 m Max elevation 3827 m

Leaving Villar-d'Arène, the climb to the Aigle refuge and its rocky crag is made up of steep switchbacks. The climb takes you successively across the Glacier du Bec, the Bec de l'Homme and the Glacier du Tabuchet.

The second stage allows you to climb the Meije Orientale and enjoy its magnificent panorama before take the same route back down to Villar-d'Arène as on the outward journey.

Stages :

1. From Villar-d'Arène to the Refuge de l'Aigle (approach)
6.4 km / 2001 m D+ / 6 h
2. Meije Orientale from the Refuge de l'Aigle (mountaineering)
9.1 km / 686 m D+ / 8 h 30

Topographic map of the Montserrat region in the French Alps, showing the route of the GR50. The map features contour lines, rivers, and various peaks and passes. Key locations include Villar d'Arène, le Pied du Col, and le Meije. The GR50 route is highlighted in red with arrows indicating the direction of travel. A red pin marks the starting point at le Pied du Col. A scale bar at the bottom left indicates 500 meters. The map is credited to Leaflet and IGN.

All useful information



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

In the descriptions, you will find elevations which are intended as a reference point to locate your position on a gradient or slope. These should be taken with a margin of error ($\sim \pm 30$ metres), especially where they are not set or referenced by the IGN. In the last resort, it is your own experience that will guide you when, maybe at the foot of five dihedral corners all indistinguishable from one another, you are complaining bitterly about your guidebook or even a friend's sketch. It would be difficult to grasp all the complexity of a route using just a description or a photo view of the route. Only the three aids together (description/photo with a route overlay/IGN map) will give you a comprehensive picture.

The conditions of a route or the mountain can change, and sometimes the description will differ from what you encounter on the ground. Be your own guide. These descriptions are not absolute reality and sometimes intuition will serve you better than a guidebook. So **BONNE ROUTE**, with or without a map to lead you through the maze!

From the book by Sébastien Constant (2007), *Voies normales et classiques des Ecrins*, Éditions Constant, L'Argentière-la-Bessée, p. 18.



Gear

Standard equipment for snow and mixed itineraries and glacial terrain: telescopic poles, crampons, ice axe, helmet, harness, 50m climbing rope, belaying and progress equipment, 30-litre bag, warm clothing, safety kit etc.

How to come ?

Access

From Villar-d'Arêne, which is accessible via the D1091 from Le Bourg d'Oisans or Briançon, take the minor road D207 towards Pied du Col. At the first junction, turn right for 850m to the Pont Vieux or Les Brebis car park.

Advised parking

Pont Vieux or Pont des Brebis car park

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 !

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

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