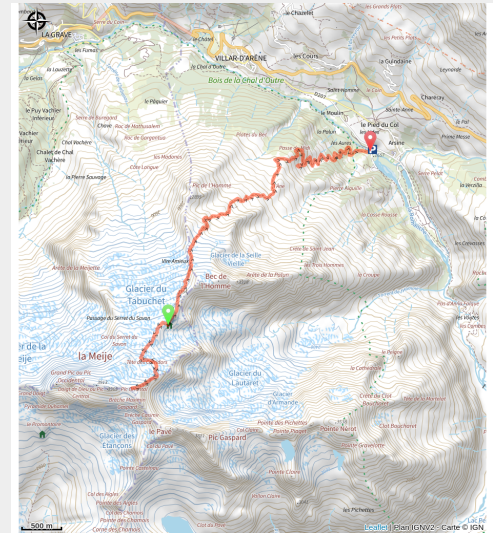


Meije Orientale from the Refuge de l'Aigle (mountaineering)

Parc national des Ecrins



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



The Lautaret and L'Homme glaciers can be seen from the ridges of the Meije Orientale. In the distance, you can even see Mont Blanc.

Climb an emblematic mountain of the Écrins on this beautiful out-and-back snow run from the Aigle refuge. The final ascent promises uninterrupted views of the Alps and the Écrins glaciers, as well as a chance to admire the south face of the legendary Doigt de Dieu.

Useful information

Practice : Mountaineering

Duration : 8 h 30

Length : 9.1 km

Trek ascent : 686 m

Difficulty : Hard

Type : Stage

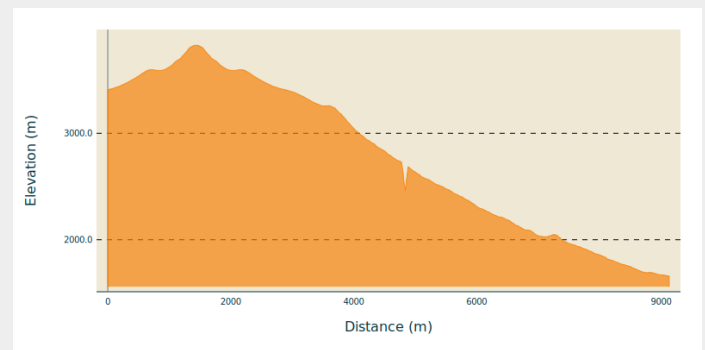
Trek

Departure : Refuge de l'Aigle

Arrival : Villar-d'Arêne

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

Altimetric profile



Min elevation 1659 m Max elevation 3827 m

From the Refuge de l'Aigle, ascend the Tabuchet glacier (crevassed) heading for the Tête des Corridors. At a plateau, at around 3,600 m, traverse left until you have sight of the rimaye at the foot of the slope giving access to the north-east arête 3,670 m. After crossing the rimaye, ascend the steep slope (40°) until you reach the arête. Follow the ridge line, which does not present any difficulty, until you reach a rock island. Skirt around its right flank across rocks mixed with snow (II, 1 piton). Drop a few metres down into a pronounced rocky gap. Join the ridge of the snow-covered arête which rises stight up until it comes up against the base of a rocky outcrop (1 piton). Traverse this and ascend a steep snow triangle (45°) which leads to the easy, snow-covered arête running up to the summit.

Descent : Via the same route in reverse.

For more information, please refer to the book 'Voies normales et classiques des Écrins' by Sébastien Constant.

On your path...



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.

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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Source



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