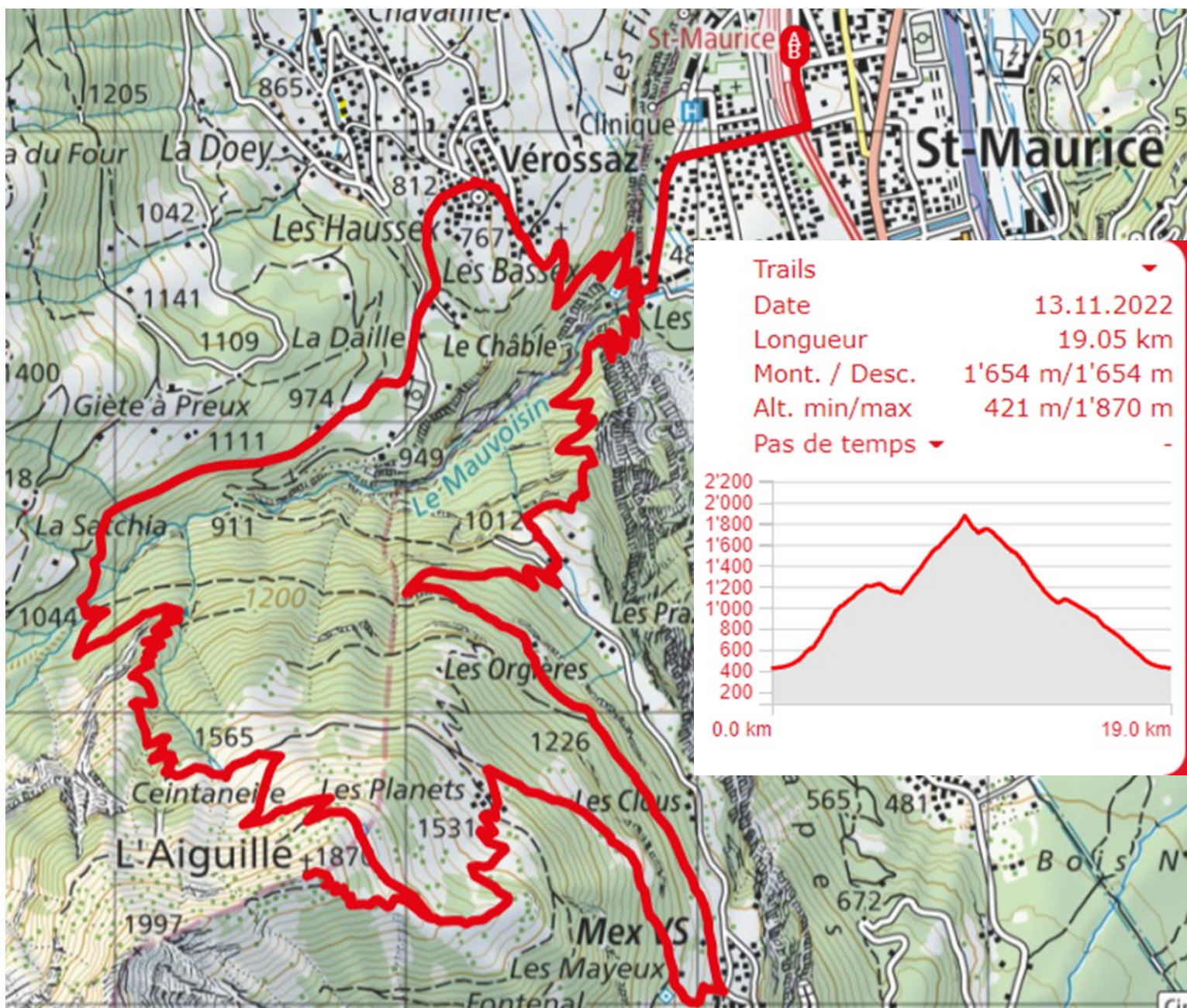


## One Trail, one Top ! L'Aiguille



**Location:** Left bank of the Rhône above St Maurice in the Bas-Valais.

**Description:** A technically easy trail that allows you to quickly gain height above the plain. Pleasant and cool in summer.

**Difficulty:** T3

**Total length:** 41 km-effort

**Distance:** 19 km

**Difference in altitude:** 1654 m

**Altitude:** between 421 m and 1870 m

**National excursion map 1:25,000:** Val d'Ille 1304

**Best time of year:** June to November

**Useful information:** the first part of the route to the village of Mex is through dense, steep forest, on a narrow path that can be dangerous if the ground is slippery. Please take care.

**Route:**

Start from St Maurice station; this is convenient because parking spaces are scarce (2'566'335 / 1'118'300 / 421 m). Walk along the quays in the direction of Martigny and follow the signs for the Saint-Amé clinic. From here, head for the hamlet of Les Cases at the foot of the cliff and take the path that crosses the Mauvoisin torrent towards Praz-Mex. The old road quickly rises above the gravel pit and allows you to reach Plan Maillet via a T3 route, which can prove problematic in very wet conditions. Then take the road to Mex via Les Orgières, which allows you to run while gaining height at the same time. As soon as you enter the village of Mex, follow Les Planeys at 1530 m. The rest of the route takes you along the road that overlooks the hamlet of Les Planeys and ensures that you don't get lost. The summit of the Aiguille is a rare moment, like the Cime de l'Est overlooking the valley.

The return journey takes the same route as the ascent to 1710m at Gros Plan. Head north-west as far as the cattle reservoir and take the easy descent path that runs northwards from the Aiguille. Reach the stables at Ceintaneire and cross the forest of the same name as far as the bridge over the Torrent du Draversey. The road continues unimpeded as far as the heights of Vérossaz. Take the road that leads to the Vérossaz church and then to point 766, which clearly indicates Les Cases. The loop is complete and the return to the station is straightforward.