Saufla (aval)

Saufla aval, Le Roc Coupé,Saufla

Create: 2023-03-09 20:54:16	**Update:** 2023-12-19 13:29:24	**Print:** 2026-10-30 12:10:49
Country: Schweiz / Switzerland **Region:** Kanton Wallis / Canton du Valais **Subregion:** Bezirk Monthey **Town:** Champery		
Difficulty: difficult	**Grading:** v5 a5 V	**Total time:** 4h10
Approachtime: 1h	**Tourtime:** 3h	**Returntime:** 10min
Altitude entry: 1350m	**Altitude exit:** 1150m	**Delta Altitude:** 200m
Canyon length: 780m	**Highest rapell:** 25m	**Amount rapells:** 15
Transport: on Foot	**Rock type:**	**Drainage area:** 17.00km²
Season:	**Orientation:**	**Best Time:**
Rating: ☆ 4.3 (4)	**Info:** ★ 2 (3)	**Belay:** ★ 1.7 (4)

Warnings:
Automatic flushing
Above the stream is a water catchment that automatically flushes itself, so you should only walk the stream late in the year, even if it looks feasible in late summer.

Specialities:
Glacier in drainage area, Dam, Inflow,

Gear:
Ropes: 2x 30m

Summary: (machine translated)
Saufla aval has 2 parts:c) Le Roc Coupé: Deep and narrow dark gorge d) A relatively open part at the end of the gorge.

Hydrology: (machine translated)
Special care must be taken when walking on Saufla. Check water level well for superiore and inferiore.
Many narrow passages.
Inferiore has, among other things, a lot of water supply from the sides and superiore, 2 water dams where the water is pumped. These are sometimes defective and can overflow.
When entering the superiore, check that the pools are empty.

Access: (machine translated)
We leave the Autoroute du Rhône between Martigny and Lake Geneva via the Saint-Triphon exit. Via Monthey we go up the valley of the Vièze to Champéry. Continue towards the cable car and Camping du Grand Paradis. After the second stream crossing (this is already the Saufla) we turn left and go directly along the stream (Route de Barme). 650m further on, we turn left onto a forest road. From here another 550m, then we park our car in the hikers' parking lot before the bridge over the Saufla.

Approach: (machine translated)
We take the path that leads south along the orographic left bank of the Saufla (Roc Coupé, Cascade de la Saufla). First relatively flat along, it then goes away from the stream and up in switchbacks. We arrive at an alp. at 1440m. Here we leave the path and continue in a southerly direction across the meadows towards the coppice. Before this we turn right and go straight down to the entry.\n \nIf we were to continue up the path from the alpine pasture, we would come directly to the entry to the lower part of the Saufla Amont (b) - cf. description Saufla Amont.

Tour: (machine translated)
In part c) mostly rappeling in the beam, no emergency exits, in part d) exits (at the beginning)

Return: (machine translated)
After the last waterfall (20m) turn right out onto the trail or down the creek and get off at the footbridge.

Coordinates:
Canyon Start 46.1470 6.8757
Canyon End 46.1534 6.8722
Parking Entry and Exit 46.1564 6.8709

Reports:

2026-10-16 | System User | |🕮 |⚓ | 〰 High | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Saufla (aval) (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/22775/observations.html)

2026-10-06 | System User | |🕮 |⚓ | 〰 Normal | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Saufla (aval) DC pour ce canyon (DC+ à gros débit pour les normes descente-canyon habituelles). Changé la main courante vieillissante décrite dans les retours précédents (C18 RG) et doublé quelques points à gauche à droite. 3h15 dans le canyon à deux (avec changement de main courante et pose de quelques ancrages). (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/22775/observations.html)

2026-09-26 | System User | |🕮 |⚓ | 〰 Normal | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Saufla Aval P3 équipement nickel P4 assez glissant j'ai donc remis deux pitons qui évite une désescalade "expo" ou d'aller plus haut chercher un arbre (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/22775/observations.html)

2026-09-24 | System User | |🕮 |⚓ | 〰 Normal | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Saufla Aval Idem Natoile (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/22775/observations.html)

2026-09-19 | System User | |🕮 |⚓ | 〰 High | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Saufla Aval Un bon DC pour les normes de saufla. 4H de descente a 3 pour l'amont + aval . Equipement ok. La main courante est vieillissante et meriterait d'etre changée. Attention certain points sont tres bien cachés ! Un peu d'arbres dans l'encaissement mais jamais genants (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/22775/observations.html)

2025-12-28 | System User | |🕮 |⚓ | 〰 Normal | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Saufla Aval Saufla 3 et 4un peu de neige pour l'approche. un peu De la glace sur les bords du canyon Partie 3 un vrai bijou 4 bien moin foufou (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/22775/observations.html)

2025-12-14 | Nathan | ☆ ☆ ☆ ☆ |🕮 |⚓ ★ | 〰 High | 👍 Completed
Anchorages in order. Very cold water. Superb outing (machine translated)

2025-11-14 | Bubtore | |🕮 |⚓ | 〰 High | 👎 Not done
The water level was high, and above all very milky, so we weren't sure if they were doing anything at the water intake. We went to make crêtés instead. (machine translated)

2025-10-19 | System User | |🕮 |⚓ | 〰 Normal | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Saufla Aval Quelques points en plus.Aucun souci avec ce débit (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/22775/observations.html)

2025-10-19 | Peter Lampacher | ☆ ☆ ☆ ☆ |🕮 ★ |⚓ ★ | 〰 Normal | 👍 Completed
The incised part is absolutely 5*! Great rappel, almost everything in the water. Water level see photo (bridge at the access) (machine translated)

2024-11-17 | System User | |🕮 |⚓ | 〰 Normal | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Saufla Aval On a remis un point. DC+ (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/22775/observations.html)

2024-11-17 | System User | |🕮 |⚓ | 〰 High | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Saufla Aval La merveille Saufla 3.7 en gros débit moins ou DC Plus. On a rajouté un point le reste est ok. Très peu de glace. Pas de crampons nécessaire ni pour l approche ni pour le canyon. Golden Team Z :) Élie Geoffroy ZAC Thierry (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/22775/observations.html)

2024-11-01 | System User | |🕮 |⚓ | 〰 Crazy | 👎 Not done
Automatisch importiert von Descente-Canyon.com für Canyon Saufla Aval J’ai ajouté des photos pour donner une idée (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/22775/observations.html)

Parts:
Saufla (amont), v4 a2 V, 1h45+3h+1h
Saufla (aval), v5 a5 V, 1h+3h+10min