

# Lance

La Lance, Torrent de la Lance

<b>Info: The quality of this description has not been checked yet or was rated bad.</b> If you know this canyon, please check this description and file a report with a rating for this description using <i>Reports</i> -> <i>+New Report</i> . Should you notice any error, please let us know or join the community in order to fix this description yourself.		
<b>Create:</b> 2023-03-09 20:52:35	<b>Update:</b> 2023-12-13 08:42:48	<b>Print:</b> 2026-05-02 01:05:05
<b>Country:</b> France <b>Region:</b> Provence-Alpes-Côte-d'Azur / Provence-Alpes-Cote d'Azur <b>Subregion:</b> Alpes-de-Haute-Provence <b>Town:</b> Colmars		
<b>Difficulty:</b> very difficult	<b>Grading:</b> v5 a6 III	<b>Total time:</b> 4h45
<b>Approachtime:</b> 5min	<b>Tourtime:</b> 4h20	<b>Returntime:</b> 20min
<b>Altitude entry:</b> 1630m	<b>Altitude exit:</b> 1300m	<b>Delta Altitude:</b> 330m
<b>Canyon length:</b> 3400m	<b>Highest rapell:</b> 25m	<b>Amount rapells:</b> 10
<b>Transport:</b>	<b>Rock type:</b>	<b>Drainage area:</b> km <sup>2</sup>
<b>Season:</b>	<b>Orientation:</b> Northwest	<b>Best Time:</b>
<b>Rating:</b> ★ 3.7 (2)	<b>Info:</b> ★ 0 ()	<b>Belay:</b> ★ 0 ()
<b>Specialities:</b>		
<b>Gear:</b> Ropes: 2x30m		
<b>Summary:</b> (machine translated) Aquatic and varied rappel canyon		
<b>Hydrology:</b>		
<b>Access:</b> (machine translated) From Castellane a few hundred meters on the N 85 towards Digne-les-Bains, then turn right at the traffic circle onto the D 955, along the reservoir to St-André-les-Alpes (21 km) and further up the Verdon (D 908 towards Col d'Allos) to Colmar (from St. André 28.5 km). In the village, turn right and park the lower vehicle in the large parking lot directly on the orographic right bank of the Lance. With the other vehicle, drive back along the road for about 700 meters (down the Verdon) until a dirt road branches off to the left after a building materials warehouse. This leads over the Verdon and another 700 meters along the river to the south. It then turns left and climbs several kilometers up into the high valley of the Lance. We park the vehicle on the large area in front of the barrier. If you only have one vehicle and no other option, you can also reach the entry point on foot in 1.5 hours. The path starts behind the fire station ("Pompiers") on the other side of the Lance, leads up to the slope, which you then follow to the upper parking lot.		
<b>Approach:</b> (machine translated) From the parking lot directly down to the stream and the first rapell (which can also be bypassed on the left).		
<b>Tour:</b> (machine translated) Lots of cold water, "refreshed" again at the footbridge. Open (hiking) canyon in the upper part, but then a serious canyon with no exit option below the footbridge. Rewarding, also scenic; there are a number of other canyons in the vicinity (including Juan, Maraval, Rest, Rougnouse, Frache) Permitted from May 1st to November 30th from 10 am to 6 pm.		
<b>Return:</b> (machine translated) After the last cascade into the large cauldron, turn right out onto the tourist footbridge and down the footpath to the parking lot.		

**Coordinates:**

Canyon End [44.1726 6.6347](#)

Canyon Start [44.1577 6.6556](#)

Parking at Entry [44.1575 6.6552](#)

Parking at Exit [44.1792 6.6275](#)

## Reports:

2025-08-24 | System User | |📖|📌|🌊 Normal | 🟢 Completed

Automatisch importiert von Descente-Canyon.com für Canyon Lance Une bien belle descente, quelques rappels superbes. L'intégrale vaut le coup je trouve, malgré la marche en rivière (pas désagréable d'ailleurs, on saute de bloc en bloc) car sinon on loupe le plus beau rappel a la fin du premier encaissement.Attention navette super longue, quasi 1h aller retour, prochaine fois on tentera la marche d'approche... + D'infos Nico 0618522515 (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/2459/observations.html>)

2025-08-17 | System User | |📖|📌|🌊 Normal | 🟢 Completed

Automatisch importiert von Descente-Canyon.com für Canyon Lance Garés à la barrière au parking du haut, et remonté à vide en marchant fort en 1h10. Je suppose que 1h sans navette indiqué par F. Jourdan correspond uniquement à la partie aval.On a isolé une réelle tonche sur la MC rouge à mi-hauteur de la dernière cascade. (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/2459/observations.html>)

2025-08-08 | System User | |📖|📌|🌊 Normal | 🟢 Completed

Automatisch importiert von Descente-Canyon.com für Canyon Lance Pas mal de marche et de désescalade sur la première partie . La seconde partie est très courte et nous avons rencontré de nombreux groupe mais cela n'est pas gênant au vu de l'équipement . (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/2459/observations.html>)

2025-08-05 | System User | |📖|📌|🌊 Normal | 🟢 Completed

Automatisch importiert von Descente-Canyon.com für Canyon Lance RAS niveau équipement, dommage cet arbre qui gache la cascade en S Beaucoup de marche dans la première partie.... (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/2459/observations.html>)

2025-08-02 | System User | |📖|📌|🌊 Normal | 🟢 Completed

Automatisch importiert von Descente-Canyon.com für Canyon Lance Pas de navette, environ 1h de marche d'approche (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/2459/observations.html>)

2025-07-30 | System User | |📖|📌|🌊 Normal | 🟢 Completed

Automatisch importiert von Descente-Canyon.com für Canyon Lance DC (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/2459/observations.html>)

2025-06-25 | System User | |📖|📌|🌊 Normal | 🚫 Not done

Automatisch importiert von Descente-Canyon.com für Canyon Lance Canyon interdit jusqu'au 4 juillet compris.Purge des falaises au dessus des cascades finales (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/2459/observations.html>)

2025-06-15 | System User | |📖|📌|🌊 Normal | 🟢 Completed

Automatisch importiert von Descente-Canyon.com für Canyon Lance Je ne fait que la partie basse, mais elle est nikel ... (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/2459/observations.html>)

2025-06-04 | System User | |📖|📌|🌊 Normal | 🟢 Completed

Automatisch importiert von Descente-Canyon.com für Canyon Lance je n'ai fait que la partie basse !!!Attention : - deux branches coincés juste après le passage dernière le rideau- un bouquetin mort pas encore retirer a la dernière résurgence,- une strate est tombé a la cascade de la Lance celle au dessus des amarages rive droite... les mains courants sont toutes HS pour le moment ... (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/2459/observations.html>)

2024-10-06 | System User | |📖|📌|🌊 Normal | 🟢 Completed

Automatisch importiert von Descente-Canyon.com für Canyon Lance Groupe pas très rapide : 5 h la première partie, et 2 h la seconde partie.Très très glissant, ce qui est un plus pour les tobogs - très beau, dommage que les parties de marches soient un peu longues dans la première partie mais ça vaut le déplacement! (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/2459/observations.html>)

2024-09-29 | System User | |📖|📌|🌊 Normal | 🟢 Completed

Automatisch importiert von Descente-Canyon.com für Canyon Lance (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/2459/observations.html>)

2024-09-05 | System User | |📖|📌|🌊 Crazy | 🚫 Not done