Clue d'Amen

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Create: 2023-03-09 20:52:26	**Update:** 2025-09-08 07:32:44	**Print:** 2026-10-30 11:10:25
Country: France **Region:** Provence-Alpes-Côte-d'Azur / Provence-Alpes-Cote d'Azur **Subregion:** Alpes-Maritimes **Town:** Guillaumes		
Difficulty: a little difficult	**Grading:** v4 a3 V	**Total time:** 6h50
Approachtime: 1h30	**Tourtime:** 5h	**Returntime:** 20min
Altitude entry: 1060m	**Altitude exit:** 700m	**Delta Altitude:** 360m
Canyon length: 3000m	**Highest rapell:** 26m	**Amount rapells:** 15
Transport: Car required	**Rock type:**	**Drainage area:** 11.00km²
Season: July - September	**Orientation:** West	**Best Time:**
Rating: ☆ 3.7 (3)	**Info:** ★ 2.7 (3)	**Belay:** ★ 3 (2)
Specialities:		

Gear:
Ropes: 2x 30m

Summary: (machine translated)
Rappel canyon in red rock, at the exit 3 verticals down into the canyon of Daluis.

Hydrology: (machine translated)
During thunderstorms there is a risk of rapidly rising water.
Because of the possible crossing of the Var, also check its water level if you do not want to swim through the lower part of the gorge.

Access: (machine translated)
On the N 202 from Nice north in the direction of Digne up the valley of the Var, past Puget-Theniers to the Pont de Guidan (59 km from Nice, 13 km from Puget-Theniers), where it turns right and on the D 2202 over the Gorges de Daluis winding along. After about 15km, the D 88 branches off to the left, up to Villeplan. Beyond the Var you can see the final waterfalls of the Clue d'Amen.\nPark one vehicle here.\nWith the other on the D 2202, continue 4 km to Pont des Roberts. Here park the second vehicle (altitude 770 m above sea level, marking "111").

Approach: (machine translated)
Follow the trail ("Sentier Amen") that goes up the slope in a southerly direction, passing the entry to Vallon de Tireboeuf. On panoramic paths you go up above the canyon of Daluis, passing the hamlet of Bancheron. At marker "112", do not go left up to the summit of the Amen, but stay on the previous path and take marker "115" to reach the bridge at 1060 m above sea level. Here is the entry.

Tour: (machine translated)
The canyon is particularly attractive because of the final waterfalls and the narrow section in front of them, but is also worthwhile as a "complete package". The alternative is to access the canyon from the parking lot of the first vehicle down to the Var and then up the scree slope to the saddle on the other side in order to walk only the attractive final section - cascades finales (https://www.descente-canyon.com/canyoning/canyon/2480). You can also get off at this saddle before the final section if you walk the entire canyon (signpost).

The red rock is very smooth in the water area. The siphon in the narrow section at the exit of the canyon can be avoided by overclimbing, but can also be dived through without any problems.

Return: (machine translated)
After the final waterfalls, cross the Var and climb steeply in the cirque beyond to the road.

Coordinates:
Canyon Start 44.0433 6.8729
Parking at Exit 44.0549 6.8454
Canyon End 44.0537 6.8497
Parking at Entry 44.0697 6.8658
Alternative Canyon Start 44.0532 6.8507

Reports:

2026-10-29 | Kanyon Kerke | ☆ ☆ ☆ ☆ |🕮 ★ ★ ★ |⚓ ★ ★ ★ | ≋ Low | 👍 Completed
We only did the final section. The access across the boulder field was a bit of a scramble. Cold water. The canyon is amazing! (machine translated)

2026-10-25 | Horst Lambauer | ☆ ☆ ☆ ⯪ |🕮 ★ ★ ★ |⚓ ★ ★ ★ | ≋ Normal | 👍 Completed
We hiked the canyon from the top today. Including the access and return, it took us a total of 4.5 hours, but we kept a brisk pace. Although there are a few walking passages at the top, it’s definitely worth doing the canyon from the top. Especially since the access isn’t very strenuous. The highlight is, of course, the final section, though the canyon is also beautifully carved out in the upper part. All the anchors are in top-notch condition. (machine translated)

2026-10-11 | System User | |🕮 |⚓ | ≋ Normal | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Amen (cascades finales) Très bel encaissement, avec de beaux rappels ! Bien plus joli que le raton.Fait en 2h voiture/voiture à 5 (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/248/observations.html)

2026-10-11 | System User | |🕮 |⚓ | ≋ Normal | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Amen (cascades finales) Très beau canyon. Bel encaissement. Trop court ! (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/248/observations.html)

2026-10-09 | System User | |🕮 |⚓ | ≋ Normal | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Amen (partie amont) (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/256/observations.html)

2026-10-04 | System User | |🕮 |⚓ | ≋ Normal | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Amen (partie amont) Toujours aussi glissant, mais toujours aussi beau. Mais punaise toujours aussi glissant ! + D'infos Nico 0618522515 (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/256/observations.html)

2026-10-04 | System User | |🕮 |⚓ | ≋ Normal | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Amen (cascades finales) Bien d'accord avec Tomfvr ! Toujours aussi magnifique mais court, on enchaine après l'amont ça fait une belle course. Bien glissante cela dit la course.... + D'infos Nico 0618522515 (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/248/observations.html)

2026-10-04 | System User | |🕮 |⚓ | ≋ Normal | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Amen (cascades finales) (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/248/observations.html)

2026-10-04 | System User | |🕮 |⚓ | ≋ Normal | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Amen (partie amont) DC-Toujours un plaisir de descendre Amen, les sauts passent bien. L’eau commence à se rafraîchir. 1h30 d’accès et intégrale en 3h30. (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/256/observations.html)

2026-09-27 | System User | |🕮 |⚓ | ≋ Normal | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Amen (partie amont) RAS (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/256/observations.html)

2026-09-27 | System User | |🕮 |⚓ | ≋ Normal | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Amen (cascades finales) Groupe du CAF Toulon, seul dans le canyon. Sinon RAS toujours aussi joli. (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/248/observations.html)

2026-09-26 | System User | |🕮 |⚓ | ≋ Normal | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Amen (cascades finales) RAS, tout seuls dans le canyon (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/248/observations.html)

2026-09-21 | System User | |🕮 |⚓ | ≋ Normal | 👍 Completed