Carmes aval

Ruisseau des Carmes

Create: 2023-03-09 20:53:48	**Update:** 2023-10-14 09:16:20	**Print:** 2026-10-30 12:10:53
Country: France **Region:** Auvergne-Rhône-Alpes **Subregion:** Isère **Town:** St. Pierre de Chérennes		
Difficulty: not as difficult	**Grading:** v3 a3 III	**Total time:** 1h20
Approachtime: 15min	**Tourtime:** 50min	**Returntime:** 15min
Altitude entry: 460m	**Altitude exit:** 400m	**Delta Altitude:** 60m
Canyon length: 200m	**Highest rapell:** 12m	**Amount rapells:** 6
Transport: Car optional	**Rock type:**	**Drainage area:** km²
Season:	**Orientation:** East	**Best Time:**
Rating: ☆ 3.1 (9)	**Info:** ★ 2.5 (6)	**Belay:** ★ 2.7 (6)

Specialities:

Gear:
Ropes: 1x30m

Summary: (machine translated)
Narrow rappel gorge, lower part of a total tour with a 35m rappel and longer unpleasant walking passages in or next to the stream.

Hydrology:

Access: (machine translated)
On the N 532 parallel to the highway from Grenoble in the direction of Romans-sur-Isere. Pass through the towns of Cognin les Gorges, then Iseron and about 2 km after Iseron turn left towards St. Pierre de Cherennes. Continue on the D 31 through St. Pierre de Cherennes in the direction of Le Faz. About 1.5 km after the end of St. Pierre de Cherennes, before a leftward haipin bend (on the right is a small sign La Combe before the entrance to the private property), you will find a bulge on the left near a rotten well. Park the car there.

Approach: (machine translated)
Unfortunately, there is no other way than to walk (or drive with a second car) about 1.5 km further uphill to the next left turn (sign: Nacon). Shortly before the left turn, go right (after opening a gate) down a slope, at the exit of which is dumped construction debris about 80 m further on. Continue pathlessly above the hut along the fence until you reach a path leading down from the houses above (climb over the pasture fence). Follow this path to the right, first downhill, then in a slight left bend in the direction of the south until you reach a meadow; cross this meadow and descend to the brook. Now downstream to the right until you reach the rock wall. There, climb over the pasture fence and into the streambed (approx. 15 min.).

Tour: (machine translated)
Despite the pathless access over the steep and by cows massively zugesch.... meadows and the shortness of the tour (only 150 m long) an absolute treat.
Beautiful tuff cascades, narrowly cut, smoothly washed out and meandering.

There is also an upper part, see references (Internet and book).

Return: (machine translated)
After the opening of the canyon, at a decaying bridge, up to the right, first over a meadow path and then on the gravel road in front of the houses of La Combe past (privè) to the hairpin bend where the car is (15 min.).

Coordinates:
Canyon End 45.1125 5.3637
Alternative Canyon Start 45.1106 5.3824
Canyon Start 45.1112 5.3717
Parking at Entry 45.1117 5.3797
Parking at Exit 45.1139 5.3655

Reports:

2026-07-08 | Robbe vandenberghen | ⭐ ⭐ |🕮 |⚓ | 〰 Low | 👍 Completed
Top

2026-07-08 | System User | |🕮 |⚓ | 〰 Low | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Carmes (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/2596/observations.html)

2026-06-06 | System User | |🕮 |⚓ | 〰 Low | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Carmes (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/2596/observations.html)

2026-05-30 | System User | |🕮 |⚓ | 〰 Low | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Carmes Quasiment à sec dans la première partie, niveau d'eau correct dans l’encaissement finale. équipement OK (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/2596/observations.html)

2026-05-25 | System User | |🕮 |⚓ | 〰 Normal | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Carmes Beau canyon.Relais à revoir, pas top. (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/2596/observations.html)

2026-05-24 | System User | |🕮 |⚓ | 〰 Normal | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Carmes Fait seulement l'étroiture final qui est sympa et belle. Compter plus 1h15/1h30 pour cette descente final car il y a une vingtaine de minutes de marche dans la rivière au départ. (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/2596/observations.html)

2026-05-01 | System User | |🕮 |⚓ | 〰 Normal | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Carmes RAS (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/2596/observations.html)

2026-04-26 | System User | |🕮 |⚓ | 〰 Normal | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Carmes Uniquement la partie basse. La vieille sente qui partait du parking aval au niveau de la station de pompage n'est plus praticable : cordes fixes cuites, ronces. On est donc finalement rentré par Nacon. (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/2596/observations.html)

2026-04-06 | System User | |🕮 |⚓ | 〰 Normal | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Carmes Très belle étroiture. RAS sur l'équipement.Quelques embacles qui flottent ça et là. (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/2596/observations.html)

2026-04-02 | System User | |🕮 |⚓ | 〰 Normal | 👎 Not done
Automatisch importiert von Descente-Canyon.com für Canyon Carmes DC - c'est le moment.. (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/2596/observations.html)

2026-03-21 | System User | |🕮 |⚓ | 〰 Normal | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Carmes Partie basse en semi nocturnefrais mais agréableRAS (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/2596/observations.html)

2026-03-13 | System User | |🕮 |⚓ | 〰 High | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Carmes Quelques branches mais nickel sinon (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/2596/observations.html)

2025-10-04 | System User | |🕮 |⚓ | 〰 Low | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Carmes Partie inf uniquementVasques pleines et claires mais tout petit filet d'eau. Très beau. Parfait pour compléter une matinée grimpé sur Presles (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/2596/observations.html)

2025-08-30 | System User | |🕮 |⚓ | 〰 Low | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Carmes (Quelle: https://www.descente-