Torrente Prouve

Valeille des Prouves,Prouve

Info: The quality of this description has not been checked yet or was rated bad.
If you know this canyon, please check this description and file a report with a rating for this description using *Reports -> +New Report.* Should you notice any error, please let us know or join the community in order to fix this description yourself.

Create: 2023-08-28 15:22:08	**Update:** 2024-01-06 17:48:47	**Print:** 2026-10-30 12:10:01
Country: Italia / Italy **Region:** Valle d'Aosta / Regione Autonoma Valle d'Aosta **Subregion:** Arnad **Town:** Arnad		
Difficulty: a little difficult	**Grading:** v4 a2 II	**Total time:** 3h32
Approachtime: 0min	**Tourtime:** 3h30	**Returntime:** 2min
Altitude entry: 800m	**Altitude exit:** 415m	**Delta Altitude:** 385m
Canyon length: 1500m	**Highest rapell:** 40m	**Amount rapells:**
Transport: Car required	**Rock type:** granite	**Drainage area:** km²
Season: April - October	**Orientation:** Southwest	**Best Time:**
Rating: ☆ 2 (1)	**Info:** ★ 0 ()	**Belay:** ★ 0 ()

Specialities:

Gear:
Ropes: 2x 40m

Summary: (machine translated)
Canyon that is also suitable for beginners.

Hydrology:

Access: (machine translated)
A5 highway. From Aosta, take the Verrès exit, from Turin the Pont-St-Martin exit. Take the SS26 to Arnad and climb to the highest point of the village (road on the left bank) to the parking lot directly above the old bridge on the left bank: Valley parking lot. Go downhill a little and turn left towards Vacheres. Pass Champgraffion and continue straight ahead at the next bend to the right. Upper parking lot just before the bridge over the torrent.

Approach:

Tour: (machine translated)
The ascent to the first bridge (Alt; 660m) is really not very good, the waterfalls are very steep. Then a C22 under the bridge, the route gets better, a second small wooden bridge, then the highlight: MC, C16, hanging pool, C40. Then 2 small waterfalls and a C34. Path on the D bank, artificial basin from which you have to descend as best you can (rappel approx. 20 m) to reach the streambed.

Commitment
Medium, 2 loopholes at the bridges leading left to the road, no dip.

Period/ water character
Very small water catchment area, facing south-west and reaching its highest point at Monte dell'Aquila, 2580m. Therefore medium water flow, canyon accessible from April to October. A few pools.

Geology
Metamorphic rock similar to granite.

Remarks
The first part can be avoided: At the first hairpin bend on the right on the way up, take the small road on the left that passes at the foot of the ruined Castello, parking lot at the exit. Follow the path for about 10 minutes on foot to the bridge at an altitude of 660 m.
Good bivouac site shortly after leaving Arnad between the road and the stream (valle del Va).

Return: (machine translated)
At the level of the parking lot and a metal platform suspended from the left bank, leave the right bank via 2 m of easy climbing on the wall.

Coordinates:
Canyon Start 45.6474 7.7390
Canyon End 45.6422 7.7277
Parking at Exit 45.6418 7.7268
Parking at Entry 45.6474 7.7396

Reports:

2025-08-21 | System User | | | | Normal | Completed
Automatisch importiert von Descente-Canyon.com für Canyon Prouve Descente partie inférieure à 4 Mur d'eau Vosges,240m en 3h16. Eau 15•6. (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/23854/observations.html)

2020-09-27 | Christian Balla | | | | | Low | Completed
A canyoning tour in the Prouve is certainly not the highlight of the week, but it's fun nonetheless. Nothing special but still a beautiful scenic experience. Video of the tour: https://www.youtube.com/watch?v=0H6VqMJOKL4 Photos and GPS tracks: https://www.christian-balla.de/Prouve (machine translated)