

Lizerne de la Mare

Lizerne

Create: 2024-06-05 23:17:29	Update: 2025-11-03 08:45:45	Print: 2026-06-16 10:06:29
Country: Schweiz / Switzerland Region: Kanton Wallis / Canton du Valais Subregion: Bezirk Conthey Town: Conthey		
Difficulty: not as difficult	Grading: v3 a3 III	Total time: 3h45
Approachtime: 1h30	Tourtime: 2h	Returntime: 15min
Altitude entry: 2030m	Altitude exit: 1780m	Delta Altitude: 250m
Canyon length: 600m	Highest rapell: 30m	Amount rapells: 13
Transport: on Foot	Rock type: limestone	Drainage area: 2.00km ²
Season: July - October	Orientation: West	Best Time: 10-16 o'clock
Rating: ★ 3 (3)	Info: ★ 1.5 (2)	Belay: ★ 1.5 (2)
Specialities: suitable in rainy weather,		
Gear: Ropes: 2x30m		
Summary: (machine translated) Canyon in two parts, the first is similar to the one in Flims, but less interesting. The second part is a little more involved and incised, but not the prettiest limestone. (machine translated)		
Hydrology: (machine translated) Most of the water you see at the parking lot comes from a spring, the stream itself hardly carries anything.		
Access:		
Approach: (machine translated) Cool hiking trail up through Poteu du bois.		
Tour: (machine translated) The canyon has 2 parts, with a walking passage in between. At the top it is more open with beautifully polished waterfalls, and a great gulch with more angular rock.		
Return:		
Coordinates: Canyon Start 46.2984 7.2655 Parking at Entry 46.2935 7.2395		
Reports:		
2025-11-01 Tom Guibert ★★ ★ 📖 ★ ⚓ ★ 🌊 Normal 🍏 Completed Snow in upper part. Several points missing, replaced. (machine translated)		
2023-03-09 System User ★★ ★ 📖 ⚓ Daten importiert von https://ropewiki.com/Lizerne_de_la_Mare		
2021-10-08 Bubtore ★★ ★ 📖 ★★ ⚓ ★★ 🌊 Low 🍏 Completed I quite liked it, it would certainly be cool to do it right after the rain. (machine translated)		

First descent: 09.10.2021 by Timo, Reto