

# Lizerne de la Mare

Lizerne

Create: 2024-06-05 23:17:29	Update: 2025-11-03 08:45:45	Print: 2025-12-05 02:12:55
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: 2.00km²
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 <a href="#">46.2984 7.2655</a> Parking at Entry <a href="#">46.2935 7.2395</a>		
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 <a href="https://ropewiki.com/Lizerne_de_la_Mare">https://ropewiki.com/Lizerne_de_la_Mare</a>		
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