Le Tenaison

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: 2026-04-27 07:45:29	**Update:** 2026-04-27 07:47:15	**Print:** 2026-10-31 01:10:32
Country: France **Region:** Auvergne-Rhône-Alpes **Subregion:** Isère **Town:** Saint-Laurent-du-Pont		
Difficulty:	**Grading:** v? a? ?	**Total time:**
Approachtime:	**Tourtime:**	**Returntime:**
Altitude entry: m	**Altitude exit:** m	**Delta Altitude:**
Canyon length: m	**Highest rapell:** m	**Amount rapells:**
Transport:	**Rock type:**	**Drainage area:** km²
Season:	**Orientation:**	**Best Time:**
Rating: ☆ 0 ()	**Info:** ★ 0 ()	**Belay:** ★ 0 ()

Specialities:

Gear:

Summary: (machine translated)
Incised forest gorge - beware of incorrect entry.

Hydrology:

Access: (machine translated)
From Grenoble, drive towards Voreppe, then over the Col de la Placette to St. Laurent-du-Pont. From St. Laurent-du-Pont, turn right onto the D520b in the direction of St. Pierre-de-Chartreuse and park at Pont St. Bruno. There is a small parking lot on the right-hand side.

Approach: (machine translated)
From the parking lot, take the path that runs along the left bank of the Guiers Mort. You cross a wooden bridge over a stream. Immediately afterwards, take the path on the right, which climbs gently (blue markings) and then continues upwards in a bend until you come to a dirt road after about ten minutes. Turn left and after a few hundred meters you will reach the starting point of the Tenaison. 50 m before the stream (boulder on the ground), you will see a path on the right that leads into a slope covered with vegetation. Follow it straight ahead up the slope. You will pass under a tree lying across, then it becomes steep. Continue straight ahead until you reach the blue-marked path again, which you follow uphill. You will come to a wooden bridge (a signs points to the "Chemin des Sangles"), the starting point of the descent.

Tour: (machine translated)
The descent begins directly at a tree with a right riverbank belay. The rest of the route is secured with 8 mm bolts, which are doubly secured with an RG belay. The cascade in the parts that have been cut can be secured with an RG belay at a single point. The last cascade (C30/35) is secured with a right-hand riverside securing device.

Watch out for rope clips on the trees lying across and the brittle "Lego" rock on the left bank of the river in the last part of the C30.

Return: (machine translated)
Walk along the stream until you come back to the path you took on the way there.

Coordinates:

Reports:

2026-06-14 | System User | |🕮 |⚓ | ≋ Normal | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Tenaison Sympa sans corde et sans combi (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/22438/observations.html)

2026-04-21 | System User | |🕮 |⚓ | ≋ Normal | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Tenaison Démarré depuis la route forestière de la Charmette, après Petite Vache amont, au niveau d'une passerelle en métal.Progression infâme entre troncs d'arbres (glissants), blocs instables (glissants) et surfaces (glissantes) au possible. Dans la partie encaissée, on tombe dans une vasque avec un gisement d'arbres morts bien relou pour le canyonneur qui veut simplement passer sans glisser et sans s'empaler. La suite du resserrement n'est pas mieux..Rajouté quelques points et retriangulé un relais !Descente à ne pas mettre entre toutes les mains avec ce débit DC+15min de jonction depuis Petite Vache amont, 2h15 de descente et un peu plus d1h de retour jusqu'au monastère. (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/22438/observations.html)