Ga

Canyon du Gâ,Torrent du Gâ,Saut de la Pucelle (les Fréaux)

Create: 2023-08-29 09:48:33	**Update:** 2024-01-15 21:46:36	**Print:** 2026-10-30 12:10:54
Country: France **Region:** Provence-Alpes-Côte-d'Azur / Provence-Alpes-Cote d'Azur **Subregion:** Hautes-Alpes **Town:** La Grave		
Difficulty: difficult	**Grading:** v5 a4 IV	**Total time:** 5h10
Approachtime: 5min	**Tourtime:** 5h	**Returntime:** 5min
Altitude entry: 1730m	**Altitude exit:** 1390m	**Delta Altitude:** 340m
Canyon length: 1500m	**Highest rapell:** 120m	**Amount rapells:**
Transport: Car required	**Rock type:**	**Drainage area:** km²
Season: September - December	**Orientation:** South	**Best Time:**
Rating: ☆ 4.4 (3)	**Info:** ★ 1.7 (3)	**Belay:** ★ 3 (3)
Specialities:		
Gear: Ropes: 2x 125m drill tool,		
Summary: (machine translated) This canyon is characterized by a very beautiful view of the mountains and two impressive final abseils. The water quality is not exactly inviting.		
Hydrology: (machine translated) Beware, this canyon can be very dangerous. It is only very rarely accessible, as there is rarely low water (at best in September and November). In addition, the bottom of the pools moves a lot, the water is black so you can't estimate the depth, and the rocks are slippery. All our comments are therefore relative, especially with regard to the jumps, which we advise against.		
Access: (machine translated) D1091 to La Grave. To exit: Park at Les fréaux at the park bridge located opposite the waterfall of Le saut de la pucelle, which corresponds to the old road. For entry: Drive up to Le Chazelet and then back down to the bridge located at the start of the telescope.		
Approach:		

Tour: (machine translated)
This canyon is divided into two parts: The first part is more or less an introductory descent, although the water movements can be very violent. This part is very aesthetic with a gulch that offers a view of the white snow of the Meije (great photo despite the backlight).
The second part is technically more demanding with large abseils. Rating TD+
The whole thing starts with a 300 m hike.
C 15 m (3 points (brooch, bolt + quickdraw, bolt)). Through large flow tree RD
2 waterfalls that de-escalate at low flow. At high flow there is 1 point each.
After the 1st part, it is possible to ascend back to Chazelet.
2nd part:
Waterfall 20 m, it is possible to make a small jump into the intermediate trough. The catch basin cannot be jumped over.
Waterfall 30 m (2 bolts and 1 pin) : Beautiful waterfall with a pinched block that siphons at high flow. The descent is irrigated. In the event of large volumes of water, uninstalled drains must be provided to reach the unstable rock faces below. It is usually possible to jump into the catch basin.
The next pool is skipped.
Chaos with siphons. A 5 m waterfall on a crappy rope ring exposed to high water.
2 waterfalls with possible jumps. 1 point to descend must be checked. (10 m rappel).

C15 m, Possible jump from 8 m into the broth with good attenuation (check beforehand).
C25m: Waterfall toboggan. Caution: if there is a lot of water, there are terrible siphoning chokes in RG and RD (flat rock jutting out 10 m to reach the water).
Large waterfall of 120 m: Difficult access to the relay. Plan equipment to get there in case of large amounts of water. There is a poorly visible RG spit to which we have added a quick link. The other points are jumped. Handrail from 10 meters to the relay.
Relay big waterfall: (3 points: 1 pin, 2 RG pins). Possibility to descend all at once with 2x120 m (little friction), but full juice. If you do not rappel 60 m, descend on the left bank, pass the hump and head above water into a chute that you can downclimb. At the exit of this chute on the right is a relay with two pins and a chain. All the equipment is outdated, Nov. 2006.

Commitment
Watch out for water movement in the first part.
Very engaged in the second part when water is present.

History
The first descent, and therefore the first equipment, was made by Pierre-Olivier Béal, who lives in Le Chazelet and runs the restaurant le Chalet des Plagnes in the same village.

Remarks

Beware, this canyon can be very dangerous. It is rarely accessible as the water is rarely low (at best in September and November). In addition, the bottom of the pools moves a lot, the water is black so you can't estimate the depth, and the rocks are slippery. All our comments are therefore relative, especially with regard to the jumps, which we advise against.
Secondly, the equipment is badly damaged by the flooding. It is intended for descents at low water.
We will give you some indications to estimate the amount of water. These are only suggestions. Your level should be sufficient to objectively assess whether the canyon is actually feasible.
Best: If you watch the Pucelle jump, several clues can help you estimate the amount of water. At the exit of the waterfall, you should see two small, clearly recognizable jets of water around a rock. Likewise, you should be able to see through the rock without difficulty. Secondly, there should be no water packet hitting the RG. Finally, the base must be occupied by a thin veil of water divided into several nets.
Maximum conditions: As long as you can see through the rock and no water packet is slapping against the left bank, it is possible to descend (also rare to find conditions).

Return: (machine translated)
From the exit of the waterfall, you can reach the clearly visible parking lot via the path.

Coordinates:
Canyon Start 45.0535 6.2829
Parking at Entry 45.0566 6.2800
Canyon End 45.0443 6.2848
Parking at Exit 45.0444 6.2844

Reports:

2026-09-27 | System User | |🕮 |⚓ | 〰 Normal | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Ga Beautiful views. (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/2283/observations.html)

2026-09-26 | System User | |🕮 |⚓ | 〰 Normal | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Ga Équipements ok. RaS (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/2283/observations.html)

2026-09-21 | System User | |🕮 |⚓ | 〰 Normal | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Ga RAS, équipement top. Cadre superbe. (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/2283/observations.html)

2026-09-21 | System User | |🕮 |⚓ | 〰 Normal | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Ga Superbe, équipement bon, la vue quand on est au gras cassé est WAHOU. super découverte.Fait en 2h (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/2283/observations.html)

2026-09-19 | System User | |🕮 |⚓ | 〰 Normal | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Ga (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/2283/observations.html)

2026-09-18 | System User | |🕮 |⚓ | 〰 Normal | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Ga Bon équipement inox en général. Descente facile dans ces conditions. Magnifique vue sur le glacier. Cordes 70mx2 suffisant. (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/2283/observations.html)

2026-09-18 | Jeroen Kirchner | ☆ ☆ ☆ ☆ |🕮 ★ ★ |⚓ ★ ★ ★ | 〰 Normal | 👍 Completed
Give or take 10 years since my last visit: the stuck boulder passage is no more, i.e. now you can abseil diagonally without obstacle, which makes it easier. Anchors are now glue-ins etc. Water levels & quality was perfect. Some of the best views a canyoneer can get.

2026-09-05 | System User | |🕮 |⚓ | 〰 Normal | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Ga Les équipements sont en bon état. (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/2283/observations.html)

2026-09-05 | System User | |🕮 |⚓ | 〰 Normal | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Ga Eau pas très froide, dc- (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/2283/observations.html)

2026-08-24 | System User | |🕮 |⚓ | 〰 Normal | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Ga (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/2283/observations.html)

2026-08-11 | System User | |🕮 |⚓ | 〰 Normal | 👎 Not done
Automatisch importiert von Descente-Canyon.com für Canyon Ga DC - (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/2283/observations.html)

2026-07-30 | System User | |🕮 |⚓ | 〰 Normal | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Ga Impressionné par la température de l’eau.Ça fait presque du bien.Équipement, R.A.S., tout va bien, la vasque suspendue en milieu de parcours saute au bout de la mousse , quand au reste , rien à signaler. (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/2283/observations.html)

2026-07-19 | System User | |🕮 |⚓ | 〰 Normal | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Ga Cordelettes fatiguées remplacées, à sureveiller celles des déviations qui allaient encore, mais risquent de fatiguer vite.Anciens relais et cordelettes inutiles enlevés, petit coup de propre. (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/2283/observations.html)

2026-07-18 | System User | |🕮 |⚓ | 〰 Normal | 👍 Completed