

# Groin

Arvière, Le Groin, L'Arvière

<b>Create:</b> 2023-03-09 20:55:18	<b>Update:</b> 2023-10-14 09:16:26	<b>Print:</b> 2026-06-16 11:06:09
<b>Country:</b> France <b>Region:</b> Auvergne-Rhône-Alpes <b>Subregion:</b> Ain <b>Town:</b> Artemare		
<b>Difficulty:</b> a little difficult	<b>Grading:</b> v3 a4 III	<b>Total time:</b> 2h45
<b>Approachtime:</b> 5min	<b>Tourtime:</b> 2h30	<b>Returntime:</b> 10min
<b>Altitude entry:</b> 370m	<b>Altitude exit:</b> 250m	<b>Delta Altitude:</b> 120m
<b>Canyon length:</b> 1000m	<b>Highest rapell:</b> 13m	<b>Amount rapells:</b>
<b>Transport:</b>	<b>Rock type:</b>	<b>Drainage area:</b> km <sup>2</sup>
<b>Season:</b>	<b>Orientation:</b> South	<b>Best Time:</b>
<b>Rating:</b> ★ 4.2 (4)	<b>Info:</b> ★ 2 (1)	<b>Belay:</b> ★ 2.5 (2)
<b>Specialities:</b>		
<b>Gear:</b> Headlamp,		
<b>Summary:</b> (machine translated) Watery dark gorge with rappel canyon (fun character)		
<b>Hydrology:</b>		
<b>Access:</b> (machine translated) After bypassing Geneva on the Swiss N 1 after the national border, take the A 401 towards Lyon, Dijon, Paris for about 2.5 km, then at the highway junction continue on the A 40 towards Lyon, Dijon, Paris. After another 23 km, take exit 11 (Bellegarde Center) in the direction of Fragny, Seyssel. 6 km further on, at the end of Mons, turn right onto the D 992 and drive through Seyssel and Culoz (another 23 km), where you continue on the D 904 (towards Bourg-en-Bresse) for another 8.5 km to Artemare (a total of 62 km from the border).\n\nIn Artemare, we drive straight ahead at the prominent left-hand bend (Rue de la Poste), cross the D 31 (Cote d'Yon) at Place de la Liberté and drive along Rue du Stade towards the school district. We then park the vehicle on the left below the road under the trees (at the sports field)\n\nWith the other vehicle, we return to Place de la Liberté and turn left onto the D 31 (Cote d'Yon). The road winds its way up to the hamlet of Don. 2 bridges over the Groin are left behind. About 200m after the Pont du Diable (2nd bridge), where the Groin has not yet deepened, we park the second vehicle.		
<b>Approach:</b> (machine translated) From the car we walk along the streambed to the dam.		
<b>Tour:</b> (machine translated) At the entry point, there is a small power station operating house; at this, a red-green traffic light for the ravine users (but only for power station operation! - (Regulation only for power station operation, not with regard to the general water level). Access from the right side (tree) directly before the 1st siphon (jumps possible from both sides).\n\nLe Groin is a relatively short but attractive canyon with two different parts, an unproblematic siphon and many possible jumps. In spring, when the meadows above are being fertilized, you should not necessarily enter. There are also some inflows from the houses above the canyon.		
<b>Return:</b> (machine translated) At the second large pool (C6 to C7), where the rock walls recede, you can exit left onto a pad that leads to the lower parking lot. You can also take the next C8 rappel and then exit to the left.		

**Coordinates:**

Canyon Start [45.8852 5.6887](#)

Canyon End [45.8771 5.6882](#)

Waypoint [45.8766 5.6879](#)

Parking at Entry [45.8854 5.6892](#)

Parking at Exit [45.8769 5.6887](#)

Waypoint [45.8771 5.6888](#)

Waypoint [45.8823 5.6895](#)

Waypoint [45.8776 5.6889](#)

## Reports:

2026-06-14 | System User | |📖|📌|🌊 Normal | 🟢 Completed

Automatisch importiert von Descente-Canyon.com für Canyon Groin Dc (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/2175/observations.html>)

2026-06-13 | System User | |📖|📌|🌊 Normal | 🟢 Completed

Automatisch importiert von Descente-Canyon.com für Canyon Groin Tous les sauts passent (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/2175/observations.html>)

2026-06-07 | System User | |📖|📌|🌊 Normal | 🟢 Completed

Automatisch importiert von Descente-Canyon.com für Canyon Groin Aucun feu allumé à la centrale. Quelques embacles à passer, du bois flotté avant le 2e siphon. Tous les sauts sont OK, on n'a pas sorti la corde. (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/2175/observations.html>)

2026-05-30 | System User | |📖|📌|🌊 High | 🟢 Completed

Automatisch importiert von Descente-Canyon.com für Canyon Groin Super canyon! Bon débit par rapport à mes précédentes sessions (tout passait cependant) toujours beaucoup de branches dans le canyon. (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/2175/observations.html>)

2026-05-28 | System User | |📖|📌|🌊 Normal | 🟢 Completed

Automatisch importiert von Descente-Canyon.com für Canyon Groin Tout passe niquel (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/2175/observations.html>)

2026-05-27 | System User | |📖|📌|🌊 Normal | 🟢 Completed

Automatisch importiert von Descente-Canyon.com für Canyon Groin DC/DC+ (1er siphon quasi amorcé), par contre effectivement, c'est bien plein de bois, ce qui rend la progression parfois un peu pénible (finalement pas trop), mais du coup on a presque rien sauté... équipement OK, même si du coup certains points (qu'on voit pas d'habitude en sautant :p) commencent à tirer la tronche (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/2175/observations.html>)

2026-05-12 | System User | |📖|📌|🌊 Crazy | 🚫 Not done

Automatisch importiert von Descente-Canyon.com für Canyon Groin (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/2175/observations.html>)

2026-05-03 | System User | |📖|📌|🌊 Normal | 🟢 Completed

Automatisch importiert von Descente-Canyon.com für Canyon Groin Beaucoup trop d'embacles dans la première partie bloquant les passages dans les vasques et biefs (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/2175/observations.html>)

2026-05-03 | System User | |📖|📌|🌊 Normal | 🟢 Completed

Automatisch importiert von Descente-Canyon.com für Canyon Groin embâcle important (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/2175/observations.html>)

2026-05-03 | System User | |📖|📌|🌊 Normal | 🟢 Completed

Automatisch importiert von Descente-Canyon.com für Canyon Groin Beaucoup de bois dans la première partie. (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/2175/observations.html>)

2026-05-03 | System User | |📖|📌|🌊 Normal | 🟢 Completed

Automatisch importiert von Descente-Canyon.com für Canyon Groin Beaucoup d'embâcles sur la première partie Et relais pas top mais ça passe On a rajouter deux maillons mais il faudrait un peu plus pousser le rééquipement (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/2175/observations.html>)

2026-05-02 | System User | |📖|📌|🌊 Normal | 🟢 Completed

Automatisch importiert von Descente-Canyon.com für Canyon Groin Toujours un voyage. Des grosses embacles non bloquantes. Eau très froide. Sauts RAS (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/2175/observations.html>)

2026-05-02 | System User | |📖|📌|🌊 Normal | 🟢 Completed

Automatisch importiert von Descente-Canyon.com für Canyon Groin (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/2175/observations.html>)