

# Chasten

Vallon de Chasten, Torrente di Chasten

<b>Create:</b> 2023-03-09 20:54:13	<b>Update:</b> 2024-01-06 18:06:26	<b>Print:</b> 2026-06-16 10:06:30
<b>Country:</b> Italia / Italy <b>Region:</b> Valle d'Aosta / Regione Autonoma Valle d'Aosta <b>Subregion:</b> Challand-Saint-Anselme <b>Town:</b> Challand St. Anselme		
<b>Difficulty:</b> a little difficult	<b>Grading:</b> v4 a4 III	<b>Total time:</b> 5h10
<b>Approachtime:</b> 1h	<b>Tourtime:</b> 4h	<b>Returntime:</b> 10min
<b>Altitude entry:</b> 1250m	<b>Altitude exit:</b> 1030m	<b>Delta Altitude:</b> 220m
<b>Canyon length:</b> 1300m	<b>Highest rapell:</b> 25m	<b>Amount rapells:</b>
<b>Transport:</b> on Foot	<b>Rock type:</b>	<b>Drainage area:</b> km <sup>2</sup>
<b>Season:</b>	<b>Orientation:</b> West	<b>Best Time:</b>
<b>Rating:</b> ★ 3.2 (4)	<b>Info:</b> ★ 3 (1)	<b>Belay:</b> ★ 2 (3)
<b>Specialities:</b>		
<b>Gear:</b> Ropes: 2x30m		
<b>Summary:</b> (machine translated) Aquatic rappel canyon with slides and possible jumps		
<b>Hydrology:</b>		
<b>Access:</b> (machine translated) We take the A5 Turin - Aosta - Chamonix freeway (Autostrada de la Valle d'Aosta) and leave it via the Verrès exit. On the SR45 we go up to the Val D'Ayas. Not quite 9 km after leaving the highway, we pass through the village of Tilly. At the northeastern exit of the village we leave the SR45 and follow the signs to Ruvère, Tollegaz. We cross the river Evancon, see the mouth of the Torrente di Chasten on the righthand side and park our car in a suitable place in the next left turn (see also Google aerial photos).		
<b>Approach:</b> (machine translated) Starting at the bend in the road, hiking trail "22" leads us uphill in an easterly direction. We meet a forest road, but soon leave it again to the hiking trail "10", which turns right from the slope and leads over the mountain stream. On its orographic left slope we go up to another bridge that lets us rejoin the slope. On this one we go a few meters to the right, then we climb above the C14 into the stream (see also general map and detailed aerial view of the entry).		
<b>Tour:</b> (machine translated) About 17 rappel, some jump and slide possibilities. In between running routes and a lot of block climbing. Slippery underground. \n\nRed arrows mark the exit to the right after the last waterfall (C19) and a small step (see aerial photo exit).\n		
<b>Return:</b> (machine translated) An inconspicuous path leads us to the trail "22" (on which we climbed). On this one down to the car.		
<b>Coordinates:</b> Canyon Start <a href="#">45.7150 7.7608</a> Canyon End <a href="#">45.7150 7.7490</a> Parking Entry and Exit <a href="#">45.7162 7.7430</a>		

## Reports:

2025-10-02 | System User | |📖|📍|🌊 High |👍 Completed

Automatisch importiert von Descente-Canyon.com für Canyon Chasten Équipement toujours en place et bon même si quelques monopoints... les toboggans passent bien même si on a un peu du mal a se lancer avec ce debit qui pousse assez fort! Pas mal de possibilités de shunt. Du fond dans certaines vasques permettent de sauter mais attention plutôt glissant. Eau très froide prévoir les couches en conséquence... (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/21382/observations.html>)

2025-09-15 | Marco Heltai |★★★★|📖★★★★|📍★|🌊 Normal |👍 Completed

"Pleasant canyon, although with rather slippery sections. In the upper part there are single anchors, which should be assessed carefully."

2025-08-14 | Marco Pasquera |★★★★☆|📖|📍★★★|🌊 Normal |👍 Completed

Nice final piece however overall interesting forra. (machine translated)

2024-08-31 | System User | |📖|📍|🌊 Normal |👍 Completed

Automatisch importiert von Descente-Canyon.com für Canyon Chasten (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/21382/observations.html>)

2024-08-13 | System User | |📖|📍|🌊 Normal |👍 Completed

Automatisch importiert von Descente-Canyon.com für Canyon Chasten Belle ambiance forestière avec quelques encaissements. On peut se mettre hors d'eau très facilement. L'équipement est correct mais très (trop) loin de l'actif, c'est dommage. (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/21382/observations.html>)

2023-03-09 | System User |★★★★|📖|📍||

Info: Teile der Canyonbeschreibung wurden automatisiert übernommen. Konkret die Felder Weblinks, Koordinaten, Rating, Länge des Canyon, Einfachseil Mindestens von <https://www.descente-canyon.com/canyoning/canyon/21382>

2023-03-09 | System User | |📖|📍||

Daten importiert von <https://canyon.carto.net/cwiki/bin/view/Canyons/ChastenCanyon.html>

2020-09-24 | Christian Balla |★★★|📖|📍★★★|🌊 Normal |👍 Completed

Apart from two beautiful spots, I don't find the Chasten Canyon worthwhile overall. Access and walking distances are not in good proportion to the pleasure of this canyon. Anchors are sometimes very difficult to find. Video: [https://www.youtube.com/watch?v=\\_f4Z\\_7YZSgA](https://www.youtube.com/watch?v=_f4Z_7YZSgA) (machine translated)