Phista

Phista-Ardane,Ruisseau de Pista - Ardaneko Erreka,Gorges d' Ardane-Phista,Pista,Ardaneko erreka,Phista ko Arroyla,Ardane-Phista

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: 2023-03-09 20:54:57	**Update:** 2023-10-14 09:16:24	**Print:** 2026-10-30 02:10:34
Country: France **Region:** Nouvelle-Aquitaine **Subregion:** Pyrénées-Atlantiques **Town:** Larrau		
Difficulty: not as difficult	**Grading:** v3 a3 II	**Total time:** 2h45
Approachtime: 15min	**Tourtime:** 2h	**Returntime:** 30min
Altitude entry: 730m	**Altitude exit:** 530m	**Delta Altitude:** 200m
Canyon length: 500m	**Highest rapell:** 22m	**Amount rapells:**
Transport: on Foot	**Rock type:**	**Drainage area:** km²
Season:	**Orientation:**	**Best Time:**
Rating: ☆ 3.4 (1)	**Info:** ★ 0 ()	**Belay:** ★ 0 ()

Specialities:

Gear:

Summary: (machine translated)
rappel canyon

Hydrology:

Access: (machine translated)
From Pau via Oleron to Larrau.\nFrom Larrau, see https://www.wikiloc.com/canyoneering-trails/barranco-phista-iparralde-18640834

Approach: (machine translated)
see https://www.wikiloc.com/canyoneering-trails/barranco-phista-iparralde-18640834

Tour: (machine translated)
see topographic views, photos and videos

Return: (machine translated)
After the 12m cascade, continue for about 40m in the stream, then turn left (fixed ropes) and up to the approach path. Follow this to the right to the car.\nSee also https://www.wikiloc.com/canyoneering-trails/barranco-phista-iparralde-18640834

Coordinates:
Canyon Start 42.9873 -0.9343
Parking Entry and Exit 42.9905 -0.9462
Canyon End 42.9903 -0.9346

Reports:

2026-09-20 | System User | |🕮 |⚓ | 〰 Low | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Ardane-Phista Sec au début mais Ok après la confluence. Eau fraîche 14deg. Glissant. (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/21163/observations.html)

2026-09-06 | System User | |🕮 |⚓ | 〰 Normal | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Ardane-Phista La partie amont (Ardane) quasi a-sec avant l'arrivée du ruisseau de Phista en rive droite (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/21163/observations.html)

2026-06-27 | System User | |🕮 |⚓ | 〰 Low | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Ardane-Phista (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/21163/observations.html)

2026-05-29 | System User | |🕮 |⚓ | 〰 Normal | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Ardane-Phista Canyon parcouru, 29 mai en intégrale équipement R.A.S. dernier rappel de 12 m. Saut possible, mais touche un petit peu le fond. (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/21163/observations.html)

2025-11-15 | System User | |🕮 |⚓ | 〰 High | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Ardane-Phista On a parcouru l'intégralité de ardane jusqu'à la buse. On n'a donc pas descendu le phistaBien équipé mais rien de superflu Pas mal de désescalade en fin de compteAmbiance très sympa (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/21163/observations.html)

2025-07-24 | System User | |🕮 |⚓ | 〰 Normal | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Ardane-Phista Parcouru ce 24 07, équipement OK (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/21163/observations.html)

2025-07-19 | System User | |🕮 |⚓ | 〰 Normal | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Ardane-Phista Sympa, fait après un orage du coup un peu plus d'eau, heureusement .. Enchaîné avec Olhadubie (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/21163/observations.html)

2025-07-08 | System User | |🕮 |⚓ | 〰 Normal | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Ardane-Phista (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/21163/observations.html)

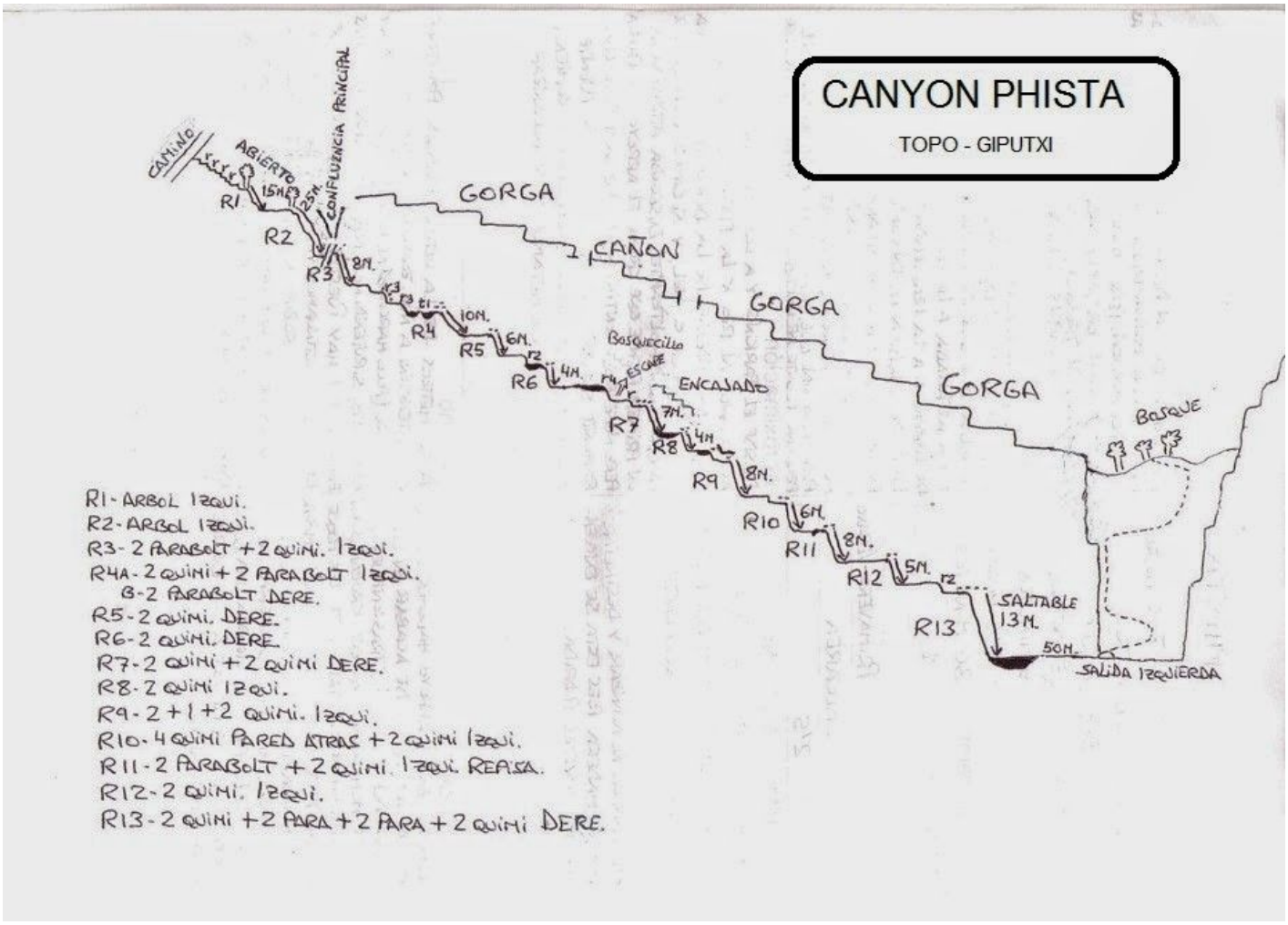
2025-05-30 | System User | |🕮 |⚓ | 〰 Normal | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Ardane-Phista (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/21163/observations.html)

2025-05-18 | System User | |🕮 |⚓ | 〰 Normal | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Ardane-Phista Ras sauf que c'est bien glissant et qu'il y a plein d'ortie sur la marche retour (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/21163/observations.html)

2025-04-30 | System User | |🕮 |⚓ | 〰 Normal | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Ardane-Phista Enchaînement intégrale réaliser suite à zitziratze ça fait une belle journée , débit correct, équipement, R.A.S., même si les mains courantes placent sont un peu vieillissantes (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/21163/observations.html)

2025-03-01 | System User | |🕮 |⚓ | 〰 Normal | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Ardane-Phista En super condition reste assez glissant et l'eau est bien fraîche, mais ça vaut le coup l'équipement et au top (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/21163/observations.html)

2024-07-30 | System User | |🕮 |⚓ | 〰 Normal | 👍 Completed



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