Groven (Inferiore)

Créer: 2023-12-22 08:03:25	**Mettre à jour:** 2026-08-10 22:43:42	**Imprimer:** 2026-11-09 09:11:15
Pays: Schweiz / Switzerland **Région:** Kanton Graubünden **Sous-régione:** Region Moesa **Ville:** Lostallo		
Difficulté: un peu difficile	**Niveau:** v4 a4 IV	**Temps total:** 3h35
Temps approche: 1h	**Temps tour:** 2h30	**Temps de retour:** 5min
Altitude d'entrée: 590m	**Altitude de sortie:** 450m	**Altitude du delta:** 140m
Longueur du canyon: m	**Rapelle le plus haut:** m	**Nombre de rapelles:**
Transport: à pied	**Type de roche:**	**Zone de prise d'eau:** 4.16km²
Saison:	**Orientation:**	**Meilleur moment:**
Évaluation: ☆ 3.5 (1)	**Info:** ★ 3 (1)	**Belay:** ★ 1 (1)

Spécialités:

Matériel:
Cordes: 2x 40m

Résumé: (traduction alternative)
3/4; 1/2 smiley faces
A winding rappel canyon with a few fun rappelling opportunities.

Hydrologie:

Accès: (traduction alternative)
At the southern entrance to Lostallo, turn off the main road toward the canyon and park along the side of the road.

Approche: (traduction alternative)
We climbed up from the northern end of the village toward "Arla." Then we followed a trail to "Paire" and on to "Pontell." Up to that point, red dots were visible at regular intervals to help us find our way.

Starting at the power poles, there are better trails marked with a white outer circle and a purple center. These trails and their markings likely belong to Swissgrid or its power poles.
We followed these markings until we reached a fork in front of a power pole at approximately 596 meters above sea level, where we took the lower path, which descends slightly. We followed this path until we reached the streambed of the Groven.

https://swisstopo.app/i/5/2RQWXSTX
(In this track, we looked too far up for the path to the “Inferiore” entry. The section above 600 can be ignored.)

Tour: (traduction alternative)
A series of medium-height rappels, some of which involve somewhat challenging rope placement.

Retour: (traduction alternative)
On the orographically left path from the swimming area back to the parking lot

Coordonnées:
Départ du Canyon 46.3245 9.1994
Fin du Canyon 46.3248 9.2026
Parking à l'entrée et à la sortie 46.3245 9.2031

Rapports:

2026-08-10 | Peisen | ☆ ☆ ☆ ⯨ |🕮 ★ ★ ★ |⚓ ★ | 〰 Faible | 👍 Terminé
It’s slippery going. Some anchors needed to be tightened. Before lowering the rope, you need to check where the next belay point is, since the canyon has only a few belay points. On the third-to-last or second-to-last high rappels, old anchors could/should be cut out with a grinder. (traduction alternative)

Partie:
Groven (superiore), v5 a4 V, 2h+6h+5min
Groven (Inferiore), v4 a4 IV, 1h+2h30+5min