

Ga

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

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Pays: France Région: Provence-Alpes-Côte-d'Azur / Provence-Alpes-Cote d'Azur Sous-région: Hautes-Alpes Ville: La Grave		
Difficulté: difficile	Niveau: v5 a4 IV	Temps total: 5h10
Temps approche: 5min	Temps tour: 5h	Temps de retour: 5min
Altitude d'entrée: 1730m	Altitude de sortie: 1390m	Altitude du delta: 340m
Longueur du canyon: 1500m	Rapelle le plus haut: 120m	Nombre de rapelles:
Transport: Voiture obligatoire	Type de roche:	Zone de prise d'eau: km ²
Saison: septembre - décembre	Orientation: Sud	Meilleur moment:
Évaluation: ★ 4.5 (2)	Info: ★ 1.5 (2)	Belay: ★ 3 (2)
Spécialités:		
Matériel: Cordes: 2x 125m outil de forage,		
Résumé: (traduction alternative) This canyon is characterized by a very beautiful view of the mountains and two impressive final abseils. The water quality is not exactly inviting.		
Hydrologie: (traduction alternative) 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.		
Accès: (traduction alternative) 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.		
Approche:		

Tour: (traduction alternative)

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).

Retour: (traduction alternative)

From the exit of the waterfall, you can reach the clearly visible parking lot via the path.

Coordonnées:

Départ du Canyon [45.0535 6.2829](#)

Parking à l'entrée [45.0566 6.2800](#)

Fin du Canyon [45.0443 6.2848](#)

Parking à la sortie [45.0444 6.2844](#)

Rapports:

2026-05-25 | System User | |📖|📌|🌊 Fou |🔴 Pas fait

Automatisch importiert von Descente-Canyon.com für Canyon Ga Vu de la route (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/2283/observations.html>)

2026-01-31 | System User | |📖|📌|🌊 Haut |🔴 Pas fait

Automatisch importiert von Descente-Canyon.com für Canyon Ga Le final nous a fait rebrousser chemin, le relais du départ de la 130/140 est complètement sous glace, ainsi que l'intermédiaire. Le débit est déjà conséquent à 8h30 du matin. On reviendra dans des conditions plus clémente. (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/2283/observations.html>)

2025-11-21 | System User | |📖|📌|🌊 Normale |🔴 Pas fait

Automatisch importiert von Descente-Canyon.com für Canyon Ga Dc - pour Meije en face (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/2283/observations.html>)

2025-10-12 | System User | |📖|📌|🌊 Normale |🟢 Terminé

Automatisch importiert von Descente-Canyon.com für Canyon Ga DC- conditions tranquilles pour descendre. On a remplacé la cordelette de la dernière C65. On a aussi ramené celle coupée par les gars d'avant, ramener vos déchets ;) (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/2283/observations.html>)

2025-10-11 | System User | |📖|📌|🌊 Normale |🟢 Terminé

Automatisch importiert von Descente-Canyon.com für Canyon Ga Top conditions. Avè le soleil et la vue sur la Meije pendant une bonne partie de la descente, c'est juste magnifique. RAS sur l'équipement, un poil vieillissant, mais ça fait le job. Et apparemment régulièrement entretenu. (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/2283/observations.html>)

2025-10-11 | System User | |📖|📌|🌊 Normale |🟢 Terminé

Automatisch importiert von Descente-Canyon.com für Canyon Ga top conditions avec ce soleil. Prevoir crochet à lunule pour Le 2ieme relais de la 120, on a supprimé les vieilles cordes mais impossible de remettre les nouvelles ! Il y a 3 points en place qui ont bien souffert, la lunule sécurise bien l'ensemble. (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/2283/observations.html>)

2025-10-02 | System User | |📖|📌|🌊 Normale |🟢 Terminé

Automatisch importiert von Descente-Canyon.com für Canyon Ga Top conditions, équipement nickel. (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/2283/observations.html>)

2022-10-30 | Aja |★★★★★|📖★|📌★★★|🌊 Faible |🟢 Terminé

This tour with 2 locals gone, stands were in perfect condition. On the tour there is a waterfall with clamping block that should be abseiled in any case on the outside. Water level can be seen from below at the last 120m waterfall. By car or on foot (about 1 hour). Last waterfall can be divided into 2 parts, intermediate level on the left, protected from the main stream. Pay attention to rope friction and rope pulling. Very impressive tour with views of the 4 thousand :) (traduction alternative)

2018-09-24 | Christian Balla |★★★★★|📖★★|📌★★★|🌊 Normale |🟢 Terminé

This canyon is characterized by a very beautiful view of the mountains and two impressive final abseils. The water quality is not exactly inviting. Photos: <https://www.christian-balla.de/duGa> Video: <https://www.youtube.com/watch?v=b1RS4Jk0JF0> (traduction alternative)