Oules de Freissinieres

Oules de Freissinières,Torrent des Oules,Oules

Créer: 2023-03-09 20:55:04	**Mettre à jour:** 2026-09-16 09:11:35	**Imprimer:** 2026-11-09 09:11:03
Pays: France **Région:** Provence-Alpes-Côte-d'Azur / Provence-Alpes-Cote d'Azur **Sous-régione:** Hautes-Alpes **Ville:** Freissinières		
Difficulté: très difficile	**Niveau:** v5 a6 IV	**Temps total:** 6h5
Temps approche: 1h	**Temps tour:** 5h	**Temps de retour:** 5min
Altitude d'entrée: 1750m	**Altitude de sortie:** 1440m	**Altitude du delta:** 310m
Longueur du canyon: 850m	**Rapelle le plus haut:** 33m	**Nombre de rapelles:** 19
Transport: à pied	**Type de roche:** slate	**Zone de prise d'eau:** 19.00km²
Saison: août - octobre	**Orientation:** Nord	**Meilleur moment:** 10-15 Heures
Évaluation: ☆ 4.9 (9)	**Info:** ★ 2.4 (7)	**Belay:** ★ 2.9 (8)

Spécialités:
Glacier dans le bassin versant,

Matériel:
Cordes: 3x 35m

Résumé: (traduction alternative)
A rappel canyon with extremely watery conditions, widely known for its geyser. Generally accessible starting in mid-August due to glacial meltwater.

Hydrologie: (traduction alternative)
Glacier water. Before you set off, check the water level at the wooden bridge at the start of the Dormillouse trail.
-1.: Observe the oval pool under the bridge, 3 m downstream. The foam must not take up more than 1/3 of the pool! Otherwise it is "almost insurmountable" and only for experts who know the route. To find this famous 1/3, make a line running from the small ledge RG towards the RD.
-2. find the 50 cm long scale to the right of the main overflow of the same pool, which has 6 rows of holes with an arrow;
- If the waves fluctuate at the level of the 2-hole row, the canyon poses no particular danger.
- From 3 to 4 holes, the water movements become more and more pronounced and the canyon becomes increasingly sporty and impressive without being really dangerous.
- Beyond the 4/4.5 hole level, the canyon is aimed at very experienced practitioners who know the course (some passages can prove to be very technical).

Accès: (traduction alternative)
From L'Argentière-la-Bessée, drive up to Freissinières and follow the D238 to the exit of the valley and park at the end of the road in the public parking lot.

Approche: (traduction alternative)
On the left bank of the Biaysse / Chichin, first follow the path towards Dormillouse. The path then climbs steeply in several bends. This is followed by a longer grade in a north-westerly direction, a leftward haipin bend and a fork at the next hairpin bend. Continue along the gradient (no further to Dormillouse). Continue along the path and follow the forks in a southerly direction (towards Gletcher, not Dormillouse). As soon as the path runs parallel to the Oules with little difference in altitude, you have reached the entry point.

Tour: (traduction alternative)
Cracks: The oules become greased and degreased over the years. Some pools can be very deep in some years and completely fatty in the following years and vice versa. It is therefore necessary to check the depth of each pool before jumping.

Equipment completely revised and updated in 2013.
IMPORTANT INFO: The names of the obstacles used in this description (slides/cascades/protrusions...) do not correspond exactly to the names in the topos Canyons des Hautes-Alpes (Henri Vincens) / Tour d'Europe des Canyon (Caracal). For the sake of "clarity", the names used by these authors for the main obstacles are specified in the following lines and added to the names of this description; example: for the first T5: "T5/dc", "T8/hv", "T6/c", which means in the order Descente-Canyon, Henri Vincens, Caracal (Tour de l'Europe).

The first part of 1.5 to 2 hours consists of ledges and small slides (T5, T10, T3, C5, C20, C12, and C6) where you have to be careful of the water movements. If you are strongly agitated in the slide "T5/dc", "T8/hv", "T6/c" (foaming tub and violent drop to the left), you can still escape to the right via a steep grassy scree just before "T10/dc", "T14/hv", "T10/c" (RD relay) (violent drop due to large current at the finish). This is followed by a small 2/3m slide and then a 4/5m jump/waterfall (RD relay/knot rope/required 4m jump/left bank drop). The 20m waterfall slide: "C20/dc", "T18/hv", "TC17/c" can be dangerous (handrail + RG relay). It can be lowered easily if the foaming jet does not touch the opposite bank (otherwise dangerous drop). Otherwise, you can save yourself via the RG (easy climb/3 m, at the height of the MC start) and then rappel 20 m from a relay on the ledge next to the rechapper. The next waterfall is no problem, RG relay (2 points), 10m rappel + slippery jump. The next obstacle requires a 6m jump into a pool (+/- depth/years).
From the (old) menhir (very large boulders in the canyon bed) things get serious (incidentally, this is the last easy escape route in the RG before... many worries....).

The second, very sporty part takes about 3 hours and requires great attention.
You string together abseiling sections and a nice S-slide, you negotiate de-escalations that are sometimes "hot", and you reach the "climax", the famous "cannon shot" (geyser); a water fountain shoots up horizontally and forms a beautiful ponytail.
On to the technical aspects; after "le Menhir" the 5 m high waterfall is jumped. The following "C8/dc", "C10/hv", "C8/c" can also be jumped, but the start is technical and slippery and you have to jump far to avoid falling onto an edge at a lower depth. It is better to rappel from the RD relay (2 points) (beware of the hanging tub, if the current is strong, it is better for the first person to rappel to reach the relay to avoid being washed away).
The relay of the S-slide, "T3+6/hv", "T5,T8/c", is more difficult to find. One meter before the first slide, climb over the RD jump (it's slippery!... short ladder more or less mandatory) to find two points, sometimes under the vegetation, two meters further (violent water movements and second part to be avoided when active/ ankle bise...). The next ledge offers a small waterfall (1 m, strongly reminiscent when the water flow is strong) and leads into a hanging pool. The next waterfall is an RD waterfall that de-escalates behind a group of trees.

After this, you finally reach the big abseils. A slide sends you directly into a new hanging basin (belay possible / 2 points above the slide / slippery access) towards the first MC with RG cable + RG relay: "C22/hv", "C23/c", rappel 22m or 10m + jump 12m.
Here is the last possible escape route in the RG (fixed ropes 80m), in case you are tired, frozen or scared...
You then reach the second MC with rope RG at the height of the overflow of the large hanging pool (have yourself secured if there is a lot of water to avoid a fall from 60m...).
The "cannon shot" takes place in a C60. Not too much space and a wonderful photo to take.
The wired MC leads you to the RG relay of "C21/hv", "C27/c" for a first rappel (slightly pendular) of 27m to reach the RG relay of "C25/hv", "C32/c" (right at the geyser, 10m under a larch), rappel of 30m. Then, at the exit of this fabulous waterfall (in pouring rain), do not descend to the pool, but reach a first micro-terrace RD by swinging, then find a relay (monopoint) in a small niche 1.5m below this first terrace.

From here we rappel into the basin (still in pouring rain) to bypass an RD jump and reach a 2nd RD terrace (in less pouring rain). Start the abseilable MC "MC10m/hv", "MC D technical/c", (2 points), lay the abseilable MC (12m) to reach a micro-relay RD (4 quick links/2 points), then cross the C18 which follows above water.
Via a slippery climb you reach the third wired MC, then an RD relay for a rappelling routes of 17m or 10m + 7m jump. This is followed by the slides "T15/hv", "TC4,TC6/c", dry to the right (2 points + 1 point + 1 point), or aquatic to the left + jump, leading into a large pool, then a 3m jump (rappel possible) into a narrow pool leading to an RG relay (+ MC rappelable).

Retour: (traduction alternative)
After the 2nd bridge turn right to the car.

Coordonnées:
Départ du Canyon 44.7250 6.4452
Parking à l'entrée et à la sortie 44.7334 6.4496
Fin du Canyon 44.7336 6.4493

Rapports:

2026-10-11 | System User | |🕮 |⚓ | 〰 Fou | 👎 Pas fait
Automatisch importiert von Descente-Canyon.com für Canyon Oules de Freissinieres 8 trous, encore de la neige en haut. Pour l’instant pas praticable. (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/2266/observations.html)

2026-10-04 | System User | |🕮 |⚓ | 〰 Normale | 👍 Terminé
Automatisch importiert von Descente-Canyon.com für Canyon Oules de Freissinieres Un très joli canyon très complet. Tobs, sauts, verticales arrosées mais avec un débit correct à 1/2 trous. Pensez à gérer les sacs tout de même. (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/2266/observations.html)

2026-09-30 | System User | |🕮 |⚓ | 〰 Normale | 👍 Terminé
Automatisch importiert von Descente-Canyon.com für Canyon Oules de Freissinieres (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/2266/observations.html)

2026-09-27 | System User | |🕮 |⚓ | 〰 Normale | 👍 Terminé
Automatisch importiert von Descente-Canyon.com für Canyon Oules de Freissinieres Très bonnes conditions. Pas de mouvements d'eau dangereux. Magnifique descente à réserver à des groupes expérimentés. Descendu en 3h30 à 4. (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/2266/observations.html)

2026-09-25 | System User | |🕮 |⚓ | 〰 Normale | 👍 Terminé
Automatisch importiert von Descente-Canyon.com für Canyon Oules de Freissinieres Very accessible water level for a team doing it for the first time. Well equipped. Beautiful canyon. Done after Chichin. (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/2266/observations.html)

2026-09-24 | System User | |🕮 |⚓ | 〰 Normale | 👍 Terminé
Automatisch importiert von Descente-Canyon.com für Canyon Oules de Freissinieres DC, 1 trou a la vasque témoin (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/2266/observations.html)

2026-09-20 | System User | |🕮 |⚓ | 〰 Normale | 👍 Terminé
Automatisch importiert von Descente-Canyon.com für Canyon Oules de Freissinieres Niveau d'eau très très bas! Nous avons casiment tout descendu dans l'actif pour mettre un peu de fun et de dynamique a la course!! Vivement de la pluie pour remonter le niveau.Les oules sont en tops conditions pour une première découverte sereine mais reste quand même une course technique, engagée et pour canyoniste aguerri (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/2266/observations.html)

2026-09-20 | System User | |🕮 |⚓ | 〰 Normale | 👍 Terminé
Automatisch importiert von Descente-Canyon.com für Canyon Oules de Freissinieres Après Chichin Débit à 2 trous, optimal (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/2266/observations.html)

2026-09-20 | System User | |🕮 |⚓ | 〰 Normale | 👍 Terminé
Automatisch importiert von Descente-Canyon.com für Canyon Oules de Freissinieres Fait après chichin, en 2h20 pour l intégrale. Debit à 2 trous (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/2266/observations.html)

2026-09-19 | System User | |🕮 |⚓ | 〰 Normale | 👍 Terminé
Automatisch importiert von Descente-Canyon.com für Canyon Oules de Freissinieres DC pour ce canyonFait à 4 après chichin, toujours aussi beau !Perdu mon téléphone dans une pochette étanche si jamais quelqu'un par miracle le retrouve... Contactez moi 0619113006 (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/2266/observations.html)

2026-09-18 | System User | |🕮 |⚓ | 〰 Normale | 👍 Terminé
Automatisch importiert von Descente-Canyon.com für Canyon Oules de Freissinieres Conditions au top, a 2 trous. Maison courantes ok, équipement ok (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/2266/observations.html)

2026-09-15 | System User | |🕮 |⚓ | 〰 Haut | 👍 Terminé
Automatisch importiert von Descente-Canyon.com für Canyon Oules de Freissinieres RAS niveau equipement, tout est bon.Thibault, la machine locale, a retressé la mc fixe du mélèze.Fait à 7 dont 4 "débutants" solides, 2 sorties après le mélèze, on a dû mettre 4h30 parking-parking.Débit très agréable, ça reste le 5 étoiles du coin (Quelle: