Carmes aval

Ruisseau des Carmes

Creare: 2023-03-09 20:53:48	**Aggiornamento:** 2023-10-14 09:16:20	**Stampa:** 2026-11-05 11:11:31
Paese: France **Regione:** Auvergne-Rhône-Alpes **Sottoregione:** Isère **Città:** St. Pierre de Chérennes		
Difficoltà: non così difficile	**Grado:** v3 a3 III	**Tempo totale:** 1h20
Tempo avvicinamento: 15min	**Tempo giaro:** 50min	**Tempo ritorno:** 15min
Altitudine di entrata: 460m	**Altitudine di uscita:** 400m	**Altitudine delta:** 60m
Lunghezza del canyon: 200m	**Rapel più alto:** 12m	**Quantità rapelli:** 6
Transporto: Auto facoltativa	**Tipo di roccia:**	**Area di ingresso:** km²
Stagione:	**Orientamento:** Est	**Tempo migliore:**
Valutazione: ☆ 3.1 (9)	**Info:** ★ 2.5 (6)	**Belay:** ★ 2.7 (6)

Specialità:

Attrezzatura:
Corde: 1x30m

Sintesi: (traduzione alternativa)
Narrow rappel gorge, lower part of a total tour with a 35m rappel and longer unpleasant walking passages in or next to the stream.

Idrologia:

Accesso: (traduzione alternativa)
On the N 532 parallel to the highway from Grenoble in the direction of Romans-sur-Isere. Pass through the towns of Cognin les Gorges, then Iseron and about 2 km after Iseron turn left towards St. Pierre de Cherennes. Continue on the D 31 through St. Pierre de Cherennes in the direction of Le Faz. About 1.5 km after the end of St. Pierre de Cherennes, before a leftward haipin bend (on the right is a small sign La Combe before the entrance to the private property), you will find a bulge on the left near a rotten well. Park the car there.

Avvicinamento: (traduzione alternativa)
Unfortunately, there is no other way than to walk (or drive with a second car) about 1.5 km further uphill to the next left turn (sign: Nacon). Shortly before the left turn, go right (after opening a gate) down a slope, at the exit of which is dumped construction debris about 80 m further on. Continue pathlessly above the hut along the fence until you reach a path leading down from the houses above (climb over the pasture fence). Follow this path to the right, first downhill, then in a slight left bend in the direction of the south until you reach a meadow; cross this meadow and descend to the brook. Now downstream to the right until you reach the rock wall. There, climb over the pasture fence and into the streambed (approx. 15 min.).

Giro: (traduzione alternativa)
Despite the pathless access over the steep and by cows massively zugesch.... meadows and the shortness of the tour (only 150 m long) an absolute treat.
Beautiful tuff cascades, narrowly cut, smoothly washed out and meandering.

There is also an upper part, see references (Internet and book).

Ritorno: (traduzione alternativa)
After the opening of the canyon, at a decaying bridge, up to the right, first over a meadow path and then on the gravel road in front of the houses of La Combe past (privè) to the hairpin bend where the car is (15 min.).

Coordinate:
Fine del canyon 45.1125 5.3637
Partenza alternativa del canyon 45.1106 5.3824
Inizio del canyon 45.1112 5.3717
Parcheggio all'entrata 45.1117 5.3797
Parcheggio in uscita 45.1139 5.3655

Rapporti:

2026-07-08 | Robbe vandenberghen | ⭐ ⭐ |🕮 |⚓ | 〰 Basso | 👍 Completato
Top

2026-07-08 | System User | |🕮 |⚓ | 〰 Basso | 👍 Completato
Automatisch importiert von Descente-Canyon.com für Canyon Carmes (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/2596/observations.html)

2026-06-06 | System User | |🕮 |⚓ | 〰 Basso | 👍 Completato
Automatisch importiert von Descente-Canyon.com für Canyon Carmes (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/2596/observations.html)

2026-05-30 | System User | |🕮 |⚓ | 〰 Basso | 👍 Completato
Automatisch importiert von Descente-Canyon.com für Canyon Carmes Quasiment à sec dans la première partie, niveau d'eau correct dans l’encaissement finale. équipement OK (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/2596/observations.html)

2026-05-25 | System User | |🕮 |⚓ | 〰 Normale | 👍 Completato
Automatisch importiert von Descente-Canyon.com für Canyon Carmes Beau canyon.Relais à revoir, pas top. (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/2596/observations.html)

2026-05-24 | System User | |🕮 |⚓ | 〰 Normale | 👍 Completato
Automatisch importiert von Descente-Canyon.com für Canyon Carmes Fait seulement l'étroiture final qui est sympa et belle. Compter plus 1h15/1h30 pour cette descente final car il y a une vingtaine de minutes de marche dans la rivière au départ. (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/2596/observations.html)

2026-05-01 | System User | |🕮 |⚓ | 〰 Normale | 👍 Completato
Automatisch importiert von Descente-Canyon.com für Canyon Carmes RAS (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/2596/observations.html)

2026-04-26 | System User | |🕮 |⚓ | 〰 Normale | 👍 Completato
Automatisch importiert von Descente-Canyon.com für Canyon Carmes Uniquement la partie basse. La vieille sente qui partait du parking aval au niveau de la station de pompage n'est plus praticable : cordes fixes cuites, ronces. On est donc finalement rentré par Nacon. (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/2596/observations.html)

2026-04-06 | System User | |🕮 |⚓ | 〰 Normale | 👍 Completato
Automatisch importiert von Descente-Canyon.com für Canyon Carmes Très belle étroiture. RAS sur l'équipement.Quelques embacles qui flottent ça et là. (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/2596/observations.html)

2026-04-02 | System User | |🕮 |⚓ | 〰 Normale | 👎 Non fatto
Automatisch importiert von Descente-Canyon.com für Canyon Carmes DC - c'est le moment.. (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/2596/observations.html)

2026-03-21 | System User | |🕮 |⚓ | 〰 Normale | 👍 Completato
Automatisch importiert von Descente-Canyon.com für Canyon Carmes Partie basse en semi nocturnefrais mais agréableRAS (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/2596/observations.html)

2026-03-13 | System User | |🕮 |⚓ | 〰 Alto | 👍 Completato
Automatisch importiert von Descente-Canyon.com für Canyon Carmes Quelques branches mais nickel sinon (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/2596/observations.html)

2025-10-04 | System User | |🕮 |⚓ | 〰 Basso | 👍 Completato
Automatisch importiert von Descente-Canyon.com für Canyon Carmes Partie inf uniquementVasques pleines et claires mais tout petit filet d'eau. Très beau. Parfait pour compléter une matinée grimpé sur Presles (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/2596/observations.html)

2025-08-30 | System User | |🕮 |⚓ | 〰 Basso | 👍 Completato
Automatisch importiert von Descente-Canyon.com für Canyon Carmes (Quelle: https://www.descente-