

Carmes aval

Ruisseau des Carmes

Creare: 2023-03-09 20:53:48	Aggiornamento: 2023-10-14 09:16:20	Stampa: 2026-04-21 03:04:21
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: km ²
Stagione:	Orientamento: Est	Tempo migliore:
Valutazione: ★ 3.2 (8)	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 hairpin 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:

2026-04-06 | 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-canyon.com/canyoning/canyon-debit/2596/observations.html>)

2025-06-22 | System User | |📖|📌|🌊 Basso | 🍀 Completato

Automatisch importiert von Descente-Canyon.com für Canyon Carmes DC-- (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/2596/observations.html>)

2025-06-21 | System User | |📖|📌|🌊 Basso | 🍀 Completato

Automatisch importiert von Descente-Canyon.com für Canyon Carmes Première partie sans grand intérêt en dehors de la C35, trop de marche et d'embacles. La seconde partie est belle mais courte . Faire simplement la deuxième partie pour compléter une belle journée de canyon dans le coin (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/2596/observations.html>)

2025-06-07 | System User | |📖|📌|🌊 Normale | 🍀 Completato

Automatisch importiert von Descente-Canyon.com für Canyon Carmes Dc moins .Beaucoup d'arbres entre cascade 35 et partie finale .dernière partie top . (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/2596/observations.html>)

2025-05-29 | System User | |📖|📌|🌊 Normale | 🍀 Completato

Automatisch importiert von Descente-Canyon.com für Canyon Carmes Parcours sans navette (1h de marche)Attention au amarrage dans la première partie (pan inclinée) (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/2596/observations.html>)

2025-05-24 | System User | |📖|📌|🌊 Normale | 🍀 Completato

Automatisch importiert von Descente-Canyon.com für Canyon Carmes (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/2596/observations.html>)

2025-05-18 | Pepijn Hoeksema | ⭐⭐ |📖|📌|🌊 Normale | 🍀 Completato

3 times during guide training course. The connection between the bolts on the last abseil is gone. (River left) It can use some new webbing. We did a lot of pruning on the way in and out!

2025-05-12 | Pepijn Hoeksema | ⭐⭐⭐ |📖|📌|🌊 Normale | 🍀 Completato

All good 📖

2025-05-05 | Pepijn Hoeksema | ⭐⭐⭐⭐ |📖|📌|🌊 Alto | 🍀 Completato

Waterlevels are up after rain. Good canyon for training.