

Groin

Arvière, Le Groin, L'Arvière

Creare: 2023-03-09 20:55:18	Aggiornamento: 2023-10-14 09:16:26	Stampa: 2026-04-21 05:04:04
Paese: France Regione: Auvergne-Rhône-Alpes Sottoregione: Ain Città: Artemare		
Difficoltà: un po' difficile	Grado: v3 a4 III	Tempo totale: 2h45
Tempo avvicinamento: 5min	Tempo giaro: 2h30	Tempo ritorno: 10min
Altitudine di entrata: 370m	Altitudine di uscita: 250m	Altitudine delta: 120m
Lunghezza del canyon: 1000m	Rapel più alto: 13m	Quantità rapelli:
Transporto:	Tipo di roccia:	Area di ingresso: km ²
Stagione:	Orientamento: Sud	Tempo migliore:
Valutazione: ★ 4.2 (4)	Info: ★ 2 (1)	Belay: ★ 2.5 (2)
Specialità:		
Attrezzatura: Lampada frontale,		
Sintesi: (traduzione alternativa) Watery dark gorge with rappel canyon (fun character)		
Idrologia:		
Accesso: (traduzione alternativa) After bypassing Geneva on the Swiss N 1 after the national border, take the A 401 towards Lyon, Dijon, Paris for about 2.5 km, then at the highway junction continue on the A 40 towards Lyon, Dijon, Paris. After another 23 km, take exit 11 (Bellegarde Center) in the direction of Fragny, Seyssel. 6 km further on, at the end of Mons, turn right onto the D 992 and drive through Seyssel and Culoz (another 23 km), where you continue on the D 904 (towards Bourg-en-Bresse) for another 8.5 km to Artemare (a total of 62 km from the border).\n\nIn Artemare, we drive straight ahead at the prominent left-hand bend (Rue de la Poste), cross the D 31 (Cote d'Yon) at Place de la Liberté and drive along Rue du Stade towards the school district. We then park the vehicle on the left below the road under the trees (at the sports field)\n\nWith the other vehicle, we return to Place de la Liberté and turn left onto the D 31 (Cote d'Yon). The road winds its way up to the hamlet of Don. 2 bridges over the Groin are left behind. About 200m after the Pont du Diable (2nd bridge), where the Groin has not yet deepened, we park the second vehicle.		
Avvicinamento: (traduzione alternativa) From the car we walk along the streambed to the dam.		
Giro: (traduzione alternativa) At the entry point, there is a small power station operating house; at this, a red-green traffic light for the ravine users (but only for power station operation! - (Regulation only for power station operation, not with regard to the general water level). Access from the right side (tree) directly before the 1st siphon (jumps possible from both sides).\n\nLe Groin is a relatively short but attractive canyon with two different parts, an unproblematic siphon and many possible jumps. In spring, when the meadows above are being fertilized, you should not necessarily enter. There are also some inflows from the houses above the canyon.		
Ritorno: (traduzione alternativa) At the second large pool (C6 to C7), where the rock walls recede, you can exit left onto a pad that leads to the lower parking lot. You can also take the next C8 rappel and then exit to the left.		

Coordinate:

Inizio del canyon [45.8852 5.6887](#)

Fine del canyon [45.8771 5.6882](#)

Punto di passaggio [45.8766 5.6879](#)

Parcheggio all'entrata [45.8854 5.6892](#)

Parcheggio in uscita [45.8769 5.6887](#)

Punto di passaggio [45.8771 5.6888](#)

Punto di passaggio [45.8823 5.6895](#)

Punto di passaggio [45.8776 5.6889](#)

Rapporti:

2026-04-18 | System User | |📖|📌|🌊 Normale |👍 Completato

Automatisch importiert von Descente-Canyon.com für Canyon Groin Équipements RAS. Beaucoup d'embacle. (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/2175/observations.html>)

2026-04-13 | System User | |📖|📌|🌊 Folle |🔴 Non fatto

Automatisch importiert von Descente-Canyon.com für Canyon Groin Le feu du parking du haut fonctionnait , il était rouge. Il y avait un lâcher d'eau. (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/2175/observations.html>)

2026-03-29 | System User | |📖|📌|🌊 Alto |👍 Completato

Automatisch importiert von Descente-Canyon.com für Canyon Groin GD, le feu ne fonctionne pas à la centrale. Progression à deux, pas de sauts. Le premier relais (qui permet d'accéder à cette belle étroiture) comporte une plaquette carrément visée sur l'arbre. Cela fait le travail. Ce relais, bien placé, permet la descente en fil d'araignée dans le canyon. Il s'en suit un siphon de 15cm, qui se franchit donc aisément. Parcours éminemment ludique. De nombreux passages sont embaclés, ce qui nécessite d'être précautionneux lors de la progression, mais cela ne l'empêche pas. L'eau était bien limpide, ce qui a donné de beaux jeux de lumière, un canyon clair-obscur qui, selon moi, fait parti des plus beaux de la région. (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/2175/observations.html>)

2025-10-11 | System User | |📖|📌|🌊 Normale |👍 Completato

Automatisch importiert von Descente-Canyon.com für Canyon Groin (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/2175/observations.html>)

2025-10-04 | System User | |📖|📌|🌊 Normale |👍 Completato

Automatisch importiert von Descente-Canyon.com für Canyon Groin Pour les adeptes de saut, ATTENTION à la dernière cascade, un tronc d'arbre avec ses racines est à peine visible en bas de la cascade. (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/2175/observations.html>)

2025-09-21 | System User | |📖|📌|🌊 Basso |👍 Completato

Automatisch importiert von Descente-Canyon.com für Canyon Groin Plutôt moins froid que d'habitude Débit à 100l (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/2175/observations.html>)

2025-09-19 | System User | |📖|📌|🌊 Normale |👍 Completato

Automatisch importiert von Descente-Canyon.com für Canyon Groin Pas mal de bois à l'approche des siphons. Tout passe sans obstruction. Eau claire et moins froide que prévu. (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/2175/observations.html>)

2025-09-13 | System User | |📖|📌|🌊 Normale |👍 Completato

Automatisch importiert von Descente-Canyon.com für Canyon Groin Conditions idéale pour cette descente. RAS. tt se saute. Pas de mauvaise odeurs, eau propre (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/2175/observations.html>)

2025-09-13 | System User | |📖|📌|🌊 Normale |👍 Completato

Automatisch importiert von Descente-Canyon.com für Canyon Groin Petit saut technique au depart. Se laisser tomber, débutant s'abstenir. Sinon Ras (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/2175/observations.html>)

2025-09-11 | System User | |📖|📌|🌊 Normale |👍 Completato

Automatisch importiert von Descente-Canyon.com für Canyon Groin Good conditions, fantastic canyon. (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/2175/observations.html>)

2025-08-30 | System User | |📖|📌|🌊 Normale |👍 Completato

Automatisch importiert von Descente-Canyon.com für Canyon Groin DC- des bonnes odeurs et encore pas mal de troncs dans la première partie ... (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/2175/observations.html>)

2025-08-25 | System User | |📖|📌|🌊 Basso |👍 Completato

Automatisch importiert von Descente-Canyon.com für Canyon Groin 1ere partie plus que magnifique petit filé d'eau à dc-, eau gelé au fond de l'encaissement ! Fait sans frontale l'après midi (ciel bleu) pas d'obstacle sur la