

Groin

Arvière, Le Groin, L'Arvière

Creare: 2023-03-09 20:55:18	Aggiornamento: 2023-10-14 09:16:26	Stampa: 2026-06-07 11:06:08
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:

2026-05-30 | System User | |📖|📌|🌊 Alto | 🟢 Completato

Automatisch importiert von Descente-Canyon.com für Canyon Groin Super canyon! Bon débit par rapport à mes précédentes sessions (tout passait cependant) toujours beaucoup de branches dans le canyon. (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/2175/observations.html>)

2026-05-28 | System User | |📖|📌|🌊 Normale | 🟢 Completato

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

2026-05-27 | System User | |📖|📌|🌊 Normale | 🟢 Completato

Automatisch importiert von Descente-Canyon.com für Canyon Groin DC/DC+ (1er siphon quasi amorcé), par contre effectivement, c'est bien plein de bois, ce qui rend la progression parfois un peu pénible (finalement pas trop), mais du coup on a presque rien sauté... équipement OK, même si du coup certains points (qu'on voit pas d'habitude en sautant :p) commencent à tirer la tronche (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/2175/observations.html>)

2026-05-12 | System User | |📖|📌|🌊 Folle | 🟡 Non fatto

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

2026-05-03 | System User | |📖|📌|🌊 Normale | 🟢 Completato

Automatisch importiert von Descente-Canyon.com für Canyon Groin Beaucoup trop d'emacles dans la première partie bloquant les passages dans les vasques et biefs (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/2175/observations.html>)

2026-05-03 | System User | |📖|📌|🌊 Normale | 🟢 Completato

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

2026-05-03 | System User | |📖|📌|🌊 Normale | 🟢 Completato

Automatisch importiert von Descente-Canyon.com für Canyon Groin Beaucoup de bois dans la première partie. (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/2175/observations.html>)

2026-05-03 | System User | |📖|📌|🌊 Normale | 🟢 Completato

Automatisch importiert von Descente-Canyon.com für Canyon Groin Beaucoup d'embâcles sur la première partie Et relais pas top mais ça passe On a rajouter deux maillons mais il faudrait un peu plus pousser le rééquipement (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/2175/observations.html>)

2026-05-02 | System User | |📖|📌|🌊 Normale | 🟢 Completato

Automatisch importiert von Descente-Canyon.com für Canyon Groin Toujours un voyage. Des grosses embacles non bloquantes. Eau très froide. Sauts RAS (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/2175/observations.html>)

2026-05-02 | 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>)

2026-05-01 | System User | |📖|📌|🌊 Normale | 🟢 Completato

Automatisch importiert von Descente-Canyon.com für Canyon Groin DC! Beaucoup d'embacles avant le 2eme siphon sans être problématique pour la progression. RAS pour le reste! (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/2175/observations.html>)

2026-04-30 | System User | |📖|📌|🌊 Normale | 🟢 Completato

Automatisch importiert von Descente-Canyon.com für Canyon Groin Vu les embacles annoncés pas osé sauté le départ mais une fois dans l'eau je n'ai rien touché avant le 1er siphon. Ce dernier est d'ailleurs visible, le 2ieme est encore activé. Je suis surpris que le peu d'équipement nécessaire soit en si mauvais état. On a vu de nombreux amants de bois mais on n'a pu sauter de nombreux ressauts tt de même. Les 2 dernières grandes vasques on a sauté également. La frontale n'est pas un luxe. Le niveau est DC mais ça pourrait virer au DC- dans pas longtemps. (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/2175/observations.html>)