Cascades du Miroir

Creare: 2023-08-29 10:27:17	**Aggiornamento:** 2025-08-03 22:34:27	**Stampa:** 2026-11-05 11:11:09
Paese: France **Regione:** Provence-Alpes-Côte-d'Azur / Provence-Alpes-Cote d'Azur **Sottoregione:** Hautes-Alpes **Città:** Ceillac		
Difficoltà: difficile	**Grado:** v5 a3 IV	**Tempo totale:** 4h10
Tempo avvicinamento: 1h	**Tempo giaro:** 3h	**Tempo ritorno:** 10min
Altitudine di entrata: 1950m	**Altitudine di uscita:** 1750m	**Altitudine delta:** 200m
Lunghezza del canyon: 170m	**Rapel più alto:** 38m	**Quantità rapelli:**
Transporto: a piedi	**Tipo di roccia:** limestone	**Area di ingresso:** 1.09km²
Stagione: settembre - ottobre	**Orientamento:** Nord-Est	**Tempo migliore:**
Valutazione: ☆ 5 (1)	**Info:** ★ 3 (1)	**Belay:** ★ 3 (1)
Specialità:		
Attrezzatura: Corde: 2x 40m		
Sintesi: (traduzione alternativa) VERY impressive canyon. Few running sections, very vertical		
Idrologia:		
Accesso: (traduzione alternativa) From Guillestre in the direction of Ceillac, it is always signposted. Do not drive into the village, but straight on to the ski lifts. Ideally, you should park in the large parking lot about 250 m from the lift, opposite the pedestrian bridge.		
Avvicinamento: (traduzione alternativa) Cross the river and follow the GR5, which climbs up the left bank and then turns right. It moves away and then returns to the left over rocky bars. At the fork (large boulder), take the left-hand path, which still climbs well. Soon (at 2000 m) leave it and follow a horizontal path (left) that quickly leads over a small hill and exits at the edge of a steep meadow. Walk diagonally down to our stream and then continue along the bank until you reach a small plain within sight of the 1st path.		

Giro: (traduzione alternativa)
A series of abseils in a beautiful mountain setting, offering a route whose height difference is greater than its length, which is quite rare.
A first abseil (Lunula on the L bank) and a second (Relais on the R bank) lead to a flat spot from which you can escape. The next waterfall (C28) is approached via a small abseil on a large tree (not equipped), for a very small (thin line), so the abseil is almost water-free. 2.
The final sequence (all relays are on the left bank), with no escape route, is as follows: C14, C14, C15, C38 (possible intermediate stop halfway). C32 leads to a level, from where you have to descend a little before crossing to the relay above the large beak. A small, easy climbing step leads there, do not re-equip the beak; it has jumped on its outer edge. C23 with relay always at right angles, well protected from the spray, on a lunula and a fairly thin line or 7-8 m further down on several planted anchors for ice climbing.

Commitment
The two slips at the start, then full commitment after the fourth admonition.

Period/ water character
To be done in late summer or fall.
With good water conditions, you are practically above water, the watered passages are very short. However, you are often close to the water, in the form of spray. With large amounts of water, it's a different story... Mastery of this hostile environment, personal equipment, every maneuver must be executed efficiently and quickly...

Geology
Low quality limestone, beware of possible rockfalls.

Historical background
Lunula anchors and a little rope/cord, chain links, (at least) absolutely necessary for a route at the beginning of the season.

Notes
Some friction to be overcome if you simply descend.
Be alert as it is quite easy to miss a relay in the big waterfall at the exit, so two 45 ropes may be very welcome.
The suggested time of 3 hours can vary greatly depending on water levels, number of participants etc.

Ritorno: (traduzione alternativa)
Descend along the left bank and then follow the GR that you took on the way there.

Coordinate:
Inizio del canyon 44.6466 6.7902
Fine del canyon 44.6476 6.7913
Parcheggio Entrata e uscita 44.6504 6.7913

Rapporti:

2025-09-07 | System User | |🕮 |⚓ | Folle | 👎 Non fatto
Automatisch importiert von Descente-Canyon.com für Canyon Miroir Accident mortel ce dimanche.
***Informations : https://www.midilibre.fr/2025/09/08/la-sortie-canyoning-vire-au-drame-un-jeune-homme-de-25-ans-meurt-dans-un-tragique-accident-12917206.php?fbclid=IwVERDUAMs0WlleHRuA2FlbQIxMAABHr0tyBCZILcI_1qInfHJkzTeZn-z10qJQNxEg1kFfrVOsYO6w41VaskxOJ0y_aem_b1WTFyfPwnpjHThNY4mYuw (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/22148/observations.html)

2018-09-25 | Christian Balla | ☆ ☆ ☆ ☆ ☆ |🕮 ★ ★ ★ |⚓ ★ ★ ★ | Alto | 👍 Completato
A very impressive canyon. It goes from one abseil directly to the next, usually about 40 meters. (traduzione alternativa)