Clue d'Amen

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Create: 2023-03-09 20:52:26	**Update:** 2025-09-08 07:32:44	**Print:** 2026-11-10 02:11:42
Country: France **Region:** Provence-Alpes-Côte-d'Azur / Provence-Alpes-Cote d'Azur **Subregion:** Alpes-Maritimes **Town:** Guillaumes		
Difficulty: a little difficult	**Grading:** v4 a3 V	**Total time:** 6h50
Approachtime: 1h30	**Tourtime:** 5h	**Returntime:** 20min
Altitude entry: 1060m	**Altitude exit:** 700m	**Delta Altitude:** 360m
Canyon length: 3000m	**Highest rapell:** 26m	**Amount rapells:** 15
Transport: Car required	**Rock type:**	**Drainage area:** 11.00km²
Season: July - September	**Orientation:** West	**Best Time:**
Rating: ☆ 3.6 (1)	**Info:** ★ 2 (1)	**Belay:** ★ 0 ()
Specialities:		

Gear:
Ropes: 2x 30m

Summary: (machine translated)
Rappel canyon in red rock, at the exit 3 verticals down into the canyon of Daluis.

Hydrology: (machine translated)
During thunderstorms there is a risk of rapidly rising water.
Because of the possible crossing of the Var, also check its water level if you do not want to swim through the lower part of the gorge.

Access: (machine translated)
On the N 202 from Nice north in the direction of Digne up the valley of the Var, past Puget-Theniers to the Pont de Guidan (59 km from Nice, 13 km from Puget-Theniers), where it turns right and on the D 2202 over the Gorges de Daluis winding along. After about 15km, the D 88 branches off to the left, up to Villeplan. Beyond the Var you can see the final waterfalls of the Clue d'Amen.\nPark one vehicle here.\nWith the other on the D 2202, continue 4 km to Pont des Roberts. Here park the second vehicle (altitude 770 m above sea level, marking "111").

Approach: (machine translated)
Follow the trail ("Sentier Amen") that goes up the slope in a southerly direction, passing the entry to Vallon de Tireboeuf. On panoramic paths you go up above the canyon of Daluis, passing the hamlet of Bancheron. At marker "112", do not go left up to the summit of the Amen, but stay on the previous path and take marker "115" to reach the bridge at 1060 m above sea level. Here is the entry.

Tour: (machine translated)
The canyon is particularly attractive because of the final waterfalls and the narrow section in front of them, but is also worthwhile as a "complete package". The alternative is to access the canyon from the parking lot of the first vehicle down to the Var and then up the scree slope to the saddle on the other side in order to walk only the attractive final section - cascades finales (https://www.descente-canyon.com/canyoning/canyon/2480). You can also get off at this saddle before the final section if you walk the entire canyon (signpost).

The red rock is very smooth in the water area. The siphon in the narrow section at the exit of the canyon can be avoided by overclimbing, but can also be dived through without any problems.

Return: (machine translated)
After the final waterfalls, cross the Var and climb steeply in the cirque beyond to the road.

Coordinates:
Canyon Start 44.0433 6.8729
Parking at Exit 44.0549 6.8454
Canyon End 44.0537 6.8497
Parking at Entry 44.0697 6.8658
Alternative Canyon Start 44.0532 6.8507

Reports:

2025-10-19 | System User | |🕮 |⚓ | ≋ Normal | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Amen (cascades finales) (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/248/observations.html)

2025-10-13 | System User | |🕮 |⚓ | ≋ Normal | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Amen (partie amont) Premier amen... La partie amont est loin d'être mythique. Enchaînée avec l'aval. Glissant à souhait. Très belle marche d'approche (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/256/observations.html)

2025-10-13 | System User | |🕮 |⚓ | ≋ Normal | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Amen (cascades finales) Enchaîné avec l'amont. Vraiment très beau. Seuls dans le canyon. Retour pile poil avant la nuit (2h d'approche, 4h30 de canyon 1h de retour) . On était pas dans les clous du fin à 17h car le fiston n'était vraiment pas bien... (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/248/observations.html)

2025-09-28 | System User | |🕮 |⚓ | ≋ Normal | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Amen (cascades finales) (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/248/observations.html)

2025-09-28 | System User | |🕮 |⚓ | ≋ High | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Amen (cascades finales) Fait uniquement les dernières cascades. Magnifique enchainement sans doute le plus beaux des Alpes-Maritimes. Passage par le pierrier plutôt expo avec bcp de rocher instable. Éviter les gros groupes. (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/248/observations.html)

2025-09-26 | System User | |🕮 |⚓ | ≋ Normal | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Amen (partie amont) 2 heures d'approche, avec un superbe panorama.Ça vaut le coup de le faire une fois.Très beau, mais discontinu.Glissant à souhait !Parcouru en 3h30 à 6. (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/256/observations.html)

2025-09-26 | System User | |🕮 |⚓ | ≋ Normal | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Amen (cascades finales) Enchainé, à 6 en 1 heure après l'amont.Toujours aussi magnifique. (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/248/observations.html)

2025-09-26 | System User | |🕮 |⚓ | ≋ Normal | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Amen (cascades finales) Ras (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/248/observations.html)

2025-09-21 | System User | |🕮 |⚓ | ≋ Normal | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Amen (cascades finales) Équipement au top, bien glissant. Canyon qui vaut le detour!! (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/248/observations.html)

2025-09-20 | System User | |🕮 |⚓ | ≋ Normal | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Amen (partie amont) Eau claire (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/256/observations.html)

2025-09-20 | System User | |🕮 |⚓ | ≋ Normal | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Amen (cascades finales) (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/248/observations.html)

2025-09-06 | System User | |🕮 |⚓ | ≋ Normal | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Amen (cascades finales) RAS toujours aussi beau ! Le premier siphon se passe par au dessus et le deuxième avant les cascades finales passe très bien (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/248/observations.html)

2025-09-06 | System User | |🕮 |⚓ | ≋ Normal | 👎 Not done
Automatisch importiert von Descente-Canyon.com für Canyon Amen (cascades finales) Je l ai fait pour la première