Arpenaz

Create: 2023-11-20 21:15:07	**Update:** 2024-11-11 14:08:31	**Print:** 2026-11-10 02:11:07
Country: France **Region:** Auvergne-Rhône-Alpes **Subregion:** Haute-Savoie **Town:** Sallanches		
Difficulty: very difficult	**Grading:** v6 a3 V	**Total time:** 10h30
Approachtime: 2h30	**Tourtime:** 8h	**Returntime:** 0min
Altitude entry: 1550m	**Altitude exit:** 550m	**Delta Altitude:** 1000m
Canyon length: 2250m	**Highest rapell:** 145m	**Amount rapells:**
Transport: on Foot	**Rock type:**	**Drainage area:** km²
Season:	**Orientation:**	**Best Time:**
Rating: ☆ 4.2 (2)	**Info:** ★ 3 (1)	**Belay:** ★ 2 (1)

Specialities:

Gear:
Ropes: 2x 60m

Summary: (machine translated)
Data translated by Descente

Hydrology:

Access: (machine translated)
If you are coming from the Bonneville side of the A40 white highway, take the Cluses exit and then the N205 towards Sallanches. Drive past Magland and turn off in Oëx on a small road towards Luzier. You pass a first watercourse: Le Nant de la Rippaz, and 2-3 km later you cross the Torrent d'Arpenaz. 250 m after this bridge, you will find a path on the left that leads to the parking lot.

Note that there is a dirt road that is closed for part of the year (generally open from September) and can only be accessed with an off-road vehicle. It is the slope that leads up to the Verran hut by continuing the slope of the intermediate access from Crève Coeur.

Approach: (machine translated)
Follow the path that leads to the Veréran hut. You enter the canyon 500m before the hut, when the path crosses the torrent. Caution: follow the direction of the hut to the exit. Branches cross the torrent several times before entering the canyon.

Tour: (machine translated)
The first part is long, with fewer large waterfalls. However, there is a 120 m long waterfall and a 90 m long one. The rest of the trail is largely hidden by trees. This part has beautiful, deep parts and is less busy.
The second part consists mainly of the impressive succession of more than 250 m of vertical drops, with the main waterfall being a C200 with three relays.
On September 6, 2023, the large waterfall of Arpenaz was re-equipped by SDIS 74 in close collaboration with CDPC 74, which provided the material for the re-equipment. The aim was to clean the obsolete equipment and refit the relays with chain-shaped stainless steel pin seals.

So the topographic view is as follows:

In the pool at the exit of the big waterfall: a fixed handrail is placed on the right bank to get to the relay for the first rappel.
Be sure to make an abseilable handrail on the left bank on two sealed pins and use the fixed handrail to get to the first abseil relay. There is a sealed clipable pin in the middle to attach your abseilable handrail and make it easier to overcome this difficulty.

1st rappel: Relay Full Throttle (Mood!!!). Two pedals are set up to help with the rappel. Then 48 m rappel with spider web. For the tall ones, there is the option of touching the wall with the tip of your foot to swing and reach the next station. The others can easily swing or help themselves with a stick.

2nd rappel: 45 m rappel in the axis to reach the next rappel, which is on a ledge (obvious to find).

3rd rappel: Make sure this abseil is new and changes the information of all TOPOS. Rappel for 55 meters, pulling slightly to the right as you rappel. You will pass the old relay (we have left a dot to show you the way). Continue down for about 5 to 8 meters to come across a small, clearly visible ledge. The relay is visible in the last few meters. Relay with 3-point chain.

4th rappel: Rappels of about 40 meters. Past the first pool to the exit of the next waterfall. Chain relay with handrail.

5th rappel: Approx. 35 m.

Walk from the base of the large waterfall and descend the riverbed. The relay of C23 has been redone. Relay on chained spits 2 m above the old relay. The last abseil is a C45 which allows you to reach the pool at the foot of the waterfall with regular crowds.

Some old resting places have been preserved and restored. They serve as storage relays for group abseils. There is a handrail to reach the new stainless steel relays for rappels.
However, the new equipment does not change the fact that very good experience is required for such combinations!

There are two possible escape routes through this canyon, which are very easy to find as the paths meet the watercourse there! However, this canyon is very long and once you have started the different parts, there is no escape for the first 2 to 3 hours and for the last at least 3 to 4 hours!

This canyon can only be tackled with little water, otherwise the sequences are deadly. A light wind is enough to move the water jet 20 m sideways at the last chain!
Excellent control of the large verticals is required.
Plan to retrofit, as the ice puts the anchors to the test in winter.

For your information, the LPO (Ligue de Protection des Oiseaux) informs us of the presence of a pair of eagle owls (for 15 years). Seen from the parking lot, the nesting sites are located on the ledges on the right side of the waterfall. Its nesting season, during which it needs absolute peace and quiet, lasts from December to the exit of June (rather outside the optimal time for canyoning - which is a good thing). Given the distance between the rappelling routes and its nesting sites, cohabitation with canyoneers is not a problem for it. This species is fragile, there are only about 20 pairs left in Haute Savoie and only about 1000 in France.

Return: (machine translated)
After a few seconds in a field, you will reach the parking lot on the left bank. You will find some spectators picnicking below the waterfall in summer!

Coordinates:
Canyon Start 45.9772 6.6710
Canyon End 45.9756 6.6407
Parking at Exit 45.9744 6.6406
Alternative Canyon Start 45.9778 6.6598

Reports:

2025-09-15 | System User | | | | Normal | Completed
Automatisch importiert von Descente-Canyon.com für Canyon Arpenaz Partie inf seulement. Superbe verticale, au soleil avec arc en ciel... Relais nickels. (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/2411/observations.html)

2025-09-07 | System User | | | | Normal | Not done
Automatisch importiert von Descente-Canyon.com für Canyon Arpenaz (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/2411/observations.html)

2025-05-14 | Airmax | ★★★★½ | ★★★ | ★★ | Normal | Completed
Climbed in two days with bivouac. Anchors are (mostly in the upper part) in an old condition but mostly trustworthy. The last multipitch is secured with very good anchors. An anchor for a rope traverse has been placed in the upper part. (machine translated)

2023-03-09 | System User | ★★★ | | | |
Daten importiert von https://www.descente-canyon.com/canyoning/canyon/2411/Arpenaz.html