Carmes aval

Ruisseau des Carmes

Create: 2023-03-09 20:53:48	**Update:** 2023-10-14 09:16:20	**Print:** 2026-11-10 02:11:40
Country: France **Region:** Auvergne-Rhône-Alpes **Subregion:** Isère **Town:** St. Pierre de Chérennes		
Difficulty: not as difficult	**Grading:** v3 a3 III	**Total time:** 1h20
Approachtime: 15min	**Tourtime:** 50min	**Returntime:** 15min
Altitude entry: 460m	**Altitude exit:** 400m	**Delta Altitude:** 60m
Canyon length: 200m	**Highest rapell:** 12m	**Amount rapells:** 6
Transport: Car optional	**Rock type:**	**Drainage area:** km²
Season:	**Orientation:** East	**Best Time:**
Rating: ☆ 3.2 (8)	**Info:** ★ 2.5 (6)	**Belay:** ★ 2.7 (6)

Specialities:

Gear:
Ropes: 1x30m

Summary: (machine translated)
Narrow rappel gorge, lower part of a total tour with a 35m rappel and longer unpleasant walking passages in or next to the stream.

Hydrology:

Access: (machine translated)
On the N 532 parallel to the highway from Grenoble in the direction of Romans-sur-Isere. Pass through the towns of Cognin les Gorges, then Iseron and about 2 km after Iseron turn left towards St. Pierre de Cherennes. Continue on the D 31 through St. Pierre de Cherennes in the direction of Le Faz. About 1.5 km after the end of St. Pierre de Cherennes, before a leftward haipin bend (on the right is a small sign La Combe before the entrance to the private property), you will find a bulge on the left near a rotten well. Park the car there.

Approach: (machine translated)
Unfortunately, there is no other way than to walk (or drive with a second car) about 1.5 km further uphill to the next left turn (sign: Nacon). Shortly before the left turn, go right (after opening a gate) down a slope, at the exit of which is dumped construction debris about 80 m further on. Continue pathlessly above the hut along the fence until you reach a path leading down from the houses above (climb over the pasture fence). Follow this path to the right, first downhill, then in a slight left bend in the direction of the south until you reach a meadow; cross this meadow and descend to the brook. Now downstream to the right until you reach the rock wall. There, climb over the pasture fence and into the streambed (approx. 15 min.).

Tour: (machine translated)
Despite the pathless access over the steep and by cows massively zugesch.... meadows and the shortness of the tour (only 150 m long) an absolute treat.
Beautiful tuff cascades, narrowly cut, smoothly washed out and meandering.

There is also an upper part, see references (Internet and book).

Return: (machine translated)
After the opening of the canyon, at a decaying bridge, up to the right, first over a meadow path and then on the gravel road in front of the houses of La Combe past (privè) to the hairpin bend where the car is (15 min.).

Coordinates:
Canyon End 45.1125 5.3637
Alternative Canyon Start 45.1106 5.3824
Canyon Start 45.1112 5.3717
Parking at Entry 45.1117 5.3797
Parking at Exit 45.1139 5.3655

Reports:

2025-10-04 | System User | |🕮 |⚓ | 〰 Low | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Carmes Partie inf uniquementVasques pleines et claires mais tout petit filet d'eau. Très beau. Parfait pour compléter une matinée grimpé sur Presles (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/2596/observations.html)

2025-08-30 | System User | |🕮 |⚓ | 〰 Low | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Carmes (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/2596/observations.html)

2025-06-22 | System User | |🕮 |⚓ | 〰 Low | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Carmes DC-- (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/2596/observations.html)

2025-06-21 | System User | |🕮 |⚓ | 〰 Low | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Carmes Première partie sans grand intérêt en dehors de la C35, trop de marche et d'embacles. La seconde partie est belle mais courte . Faire simplement la deuxième partie pour compléter une belle journée de canyon dans le coin (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/2596/observations.html)

2025-06-07 | System User | |🕮 |⚓ | 〰 Normal | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Carmes Dc moins .Beaucoup d’arbres entre cascade 35 et partie finale .dernière partie top . (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/2596/observations.html)

2025-05-29 | System User | |🕮 |⚓ | 〰 Normal | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Carmes Parcourus sans navette (1h de marche)Attention au amarrage dans la première partie (pan inclinée) (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/2596/observations.html)

2025-05-24 | System User | |🕮 |⚓ | 〰 Normal | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Carmes (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/2596/observations.html)

2025-05-18 | Pepijn Hoeksema | ☆ ☆ |🕮 ★ |⚓ ★ ★ ★ | 〰 Normal | 👍 Completed
3 times during guide training course. The connection between the bolts on the last abseil is gone. (River left) It can use some new webbing. We did a lot of pruning on the way in and out!

2025-05-12 | Pepijn Hoeksema | ☆ ☆ ☆ |🕮 ★ |⚓ ★ | 〰 Normal | 👍 Completed
All good □□

2025-05-05 | Pepijn Hoeksema | ☆ ☆ ☆ ☆ |🕮 ★ |⚓ ★ ★ ★ | 〰 High | 👍 Completed
Waterlevels are up after rain. Good canyon for training.

2025-05-04 | Pepijn Hoeksema | ☆ ☆ ☆ |🕮 ★ ★ ★ |⚓ ★ ★ ★ | 〰 Normal | 👍 Completed
All good.

2025-05-01 | System User | |🕮 |⚓ | 〰 Normal | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Carmes Lower part (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/2596/observations.html)

2025-04-30 | System User | |🕮 |⚓ | 〰 Normal | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Carmes Version express uniquement. Superbe petite partie.Marche d'approche comme décrite par l'équipe précédente. C'est très galère comme ça. Il y a une bonne sente qui descend pour rejoindre le sentier. Elle doit probablement partir de l'endroit où la route fait un angle droit, avant la 2eme épingle à gauche. A tester. (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/2596/observations.html)

2025-04-21 | Pepijn Hoeksema | ☆ ☆ ☆ |🕮 ★ ★ ★ |⚓ ★ ★ ★ | 〰 Normal | 👍 Completed
Water level back to normal after the rain. The narrow section is nice and beautiful. Perfect for a training trip with beginners