

Torrente Prouve

Vaille des Prouves,Prouve

Info: The quality of this description has not been checked yet or was rated bad.
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Create: 2023-08-28 15:22:08

Update: 2024-01-06 17:48:47

Print: 2026-02-11 02:02:33

Country: Italia / Italy

Region: Valle d'Aosta / Regione Autonoma Valle d'Aosta

Subregion: Arnad

Town: Arnad

Difficulty: a little difficult

Grading: v4 a2 II

Total time: 3h32

Approachtime: 0min

Tourtime: 3h30

Returntime: 2min

Altitude entry: 800m

Altitude exit: 415m

Delta Altitude: 385m

Canyon length: 1500m

Highest rapell: 40m

Amount rapells:

Transport: Car required

Rock type: granite

Drainage area: km²

Season: April - October

Orientation: Southwest

Best Time:

Rating: ★ 2 (1)

Info: ★ 0 ()

Belay: ★ 0 ()

Specialities:

Gear:
Ropes: 2x 40m

Summary: (machine translated)
Canyon that is also suitable for beginners.

Hydrology:

Access: (machine translated)
A5 highway. From Aosta, take the Verrès exit, from Turin the Pont-St-Martin exit. Take the SS26 to Arnad and climb to the highest point of the village (road on the left bank) to the parking lot directly above the old bridge on the left bank: Valley parking lot. Go downhill a little and turn left towards Vacheres. Pass Champgraffion and continue straight ahead at the next bend to the right. Upper parking lot just before the bridge over the torrent.

Approach:

Tour: (machine translated)

The ascent to the first bridge (Alt; 660m) is really not very good, the waterfalls are very steep. Then a C22 under the bridge, the route gets better, a second small wooden bridge, then the highlight: MC, C16, hanging pool, C40. Then 2 small waterfalls and a C34. Path on the D bank, artificial basin from which you have to descend as best you can (rappel approx. 20 m) to reach the streambed.

Commitment

Medium, 2 loopholes at the bridges leading left to the road, no dip.

Period/ water character

Very small water catchment area, facing south-west and reaching its highest point at Monte dell'Aquila, 2580m. Therefore medium water flow, canyon accessible from April to October. A few pools.

Geology

Metamorphic rock similar to granite.

Remarks

The first part can be avoided: At the first hairpin bend on the right on the way up, take the small road on the left that passes at the foot of the ruined Castello, parking lot at the exit. Follow the path for about 10 minutes on foot to the bridge at an altitude of 660 m.

Good bivouac site shortly after leaving Arnad between the road and the stream (valle del Va).

Return: (machine translated)

At the level of the parking lot and a metal platform suspended from the left bank, leave the right bank via 2 m of easy climbing on the wall.

Coordinates:

Canyon Start [45.6474 7.7390](#)

Canyon End [45.6422 7.7277](#)

Parking at Exit [45.6418 7.7268](#)

Parking at Entry [45.6474 7.7396](#)

Reports:

2025-08-21 | System User | |📖|📌|🌊 Normal |👍 Completed

Automatisch importiert von Descente-Canyon.com für Canyon Prouve Descente partie inférieure à 4 Mur d'eau Vosges, 240m en 3h16. Eau 15•6. (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/23854/observations.html>)

2020-09-27 | Christian Balla |☆☆|📖|📌|🌊 Low |👍 Completed

A canyoning tour in the Prouve is certainly not the highlight of the week, but it's fun nonetheless. Nothing special but still a beautiful scenic experience. Video of the tour: <https://www.youtube.com/watch?v=0H6VqMJOKL4> Photos and GPS tracks: <https://www.christian-balla.de/Prouve> (machine translated)