

# Lizerne de la Mare

Lizerne

|   |                                    |   |
|---|------------------------------------|---|
| <b>Create:</b> 2024-06-05 23:17:29  | <b>Update:</b> 2025-11-03 08:45:45 | <b>Print:</b> 2026-06-27 02:06:16         |
| <b>Country:</b> Schweiz / Switzerland <b>Region:</b> Kanton Wallis / Canton du Valais <b>Subregion:</b> Bezirk Conthey <b>Town:</b> Conthey   |                                    |   |
| <b>Difficulty:</b> not as difficult   | <b>Grading:</b> v3 a3 III          | <b>Total time:</b> 3h45                   |
| <b>Approachtime:</b> 1h30   | <b>Tourtime:</b> 2h                | <b>Returntime:</b> 15min                  |
| <b>Altitude entry:</b> 2030m  | <b>Altitude exit:</b> 1780m        | <b>Delta Altitude:</b> 250m               |
| <b>Canyon length:</b> 600m  | <b>Highest rapell:</b> 30m         | <b>Amount rapells:</b> 13                 |
| <b>Transport:</b> on Foot   | <b>Rock type:</b> limestone        | <b>Drainage area:</b> 2.00km <sup>2</sup> |
| <b>Season:</b> July - October   | <b>Orientation:</b> West           | <b>Best Time:</b> 10-16 o'clock           |
| <b>Rating:</b> ★ 3 (3)  | <b>Info:</b> ★ 1.5 (2)             | <b>Belay:</b> ★ 1.5 (2)                   |
| <b>Specialities:</b><br>suitable in rainy weather,  |                                    |   |
| <b>Gear:</b><br>Ropes: 2x30m  |                                    |   |
| <b>Summary:</b> (machine translated)<br>Canyon in two parts, the first is similar to the one in Flims, but less interesting. The second part is a little more involved and incised, but not the prettiest limestone. (machine translated) |                                    |   |
| <b>Hydrology:</b> (machine translated)<br>Most of the water you see at the parking lot comes from a spring, the stream itself hardly carries anything.  |                                    |   |
| <b>Access:</b>  |                                    |   |
| <b>Approach:</b> (machine translated)<br>Cool hiking trail up through Poteu du bois.  |                                    |   |
| <b>Tour:</b> (machine translated)<br>The canyon has 2 parts, with a walking passage in between.<br><br>At the top it is more open with beautifully polished waterfalls, and a great gulch with more angular rock.                         |                                    |   |
| <b>Return:</b>  |                                    |   |
| <b>Coordinates:</b><br>Canyon Start <a href="#">46.2984 7.2655</a><br>Parking at Entry <a href="#">46.2935 7.2395</a>   |                                    |   |
| <b>Reports:</b>   |                                    |   |
| 2025-11-01   Tom Guibert   ★★ ★   📖 ★   ⚓ ★   🌊 Normal   🍏 Completed<br>Snow in upper part. Several points missing, replaced. (machine translated)  |                                    |   |
| 2023-03-09   System User   ★★ ★   📖   ⚓    <br>Daten importiert von <a href="https://ropewiki.com/Lizerne_de_la_Mare">https://ropewiki.com/Lizerne_de_la_Mare</a>   |                                    |   |
| 2021-10-08   Bubtore   ★★ ★   📖 ★★   ⚓ ★★   🌊 Low   🍏 Completed<br>I quite liked it, it would certainly be cool to do it right after the rain. (machine translated)   |                                    |   |

First descent: 09.10.2021 by Timo, Reto