Lizerne de la Mare

Lizerne

Create: 2024-06-05 23:17:29	**Update:** 2025-11-03 08:45:45	**Print:** 2026-11-10 06:11:53
Country: Schweiz / Switzerland **Region:** Kanton Wallis / Canton du Valais **Subregion:** Bezirk Conthey **Town:** Conthey		
Difficulty: not as difficult	**Grading:** v3 a3 III	**Total time:** 3h45
Approachtime: 1h30	**Tourtime:** 2h	**Returntime:** 15min
Altitude entry: 2030m	**Altitude exit:** 1780m	**Delta Altitude:** 250m
Canyon length: 600m	**Highest rapell:** 30m	**Amount rapells:** 13
Transport: on Foot	**Rock type:** limestone	**Drainage area:** 2.00km²
Season: July - October	**Orientation:** West	**Best Time:** 10-16 o'clock
Rating: ☆ 3 (3)	**Info:** ★ 1.5 (2)	**Belay:** ★ 1.5 (2)

Specialities:
suitable in rainy weather,

Gear:
Ropes: 2x30m

Summary: (machine translated)
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)

Hydrology: (machine translated)
Most of the water you see at the parking lot comes from a spring, the stream itself hardly carries anything.

Access:

Approach: (machine translated)
Cool hiking trail up through Poteu du bois.

Tour: (machine translated)
The canyon has 2 parts, with a walking passage in between.

At the top it is more open with beautifully polished waterfalls, and a great gulch with more angular rock.

Return:

Coordinates:
Canyon Start 46.2984 7.2655
Parking at Entry 46.2935 7.2395

Reports:

2025-11-01 | Tom Guibert | ☆ ☆ ☆ |🕮 ★ |⚓ ★ | ≋ Normal | 👍 Completed
Snow in upper part. Several points missing, replaced. (machine translated)

2023-03-09 | System User | ☆ ☆ ☆ |🕮 |⚓ | |
Daten importiert von https://ropewiki.com/Lizerne_de_la_Mare

2021-10-08 | Bubtore | ☆ ☆ ☆ |🕮 ★ ★ |⚓ ★ ★ | ≋ Low | 👍 Completed
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