

# Triège

Gorges du Triège, Le Triège

**Info: The quality of this description has not been checked yet or was rated bad.**

If you know this canyon, please check this description and file a report with a rating for this description using *Reports* -> *+New Report*. Should you notice any error, please let us know or join the community in order to fix this description yourself.

**Create:** 2023-03-09 20:54:15

**Update:** 2023-10-14 09:16:22

**Print:** 2026-05-12 09:05:13

**Country:** Schweiz / Switzerland **Region:** Kanton Wallis / Canton du Valais **Subregion:** Bezirk Saint-Maurice

**Town:** Les Marecottes

**Difficulty:** not as difficult

**Grading:** v3 a3 IV

**Total time:** 2h40

**Approachtime:** 20min

**Tourtime:** 2h

**Returntime:** 20min

**Altitude entry:** 1230m

**Altitude exit:** 1100m

**Delta Altitude:** 130m

**Canyon length:** 250m

**Highest rapell:** 12m

**Amount rapells:** 11

**Transport:** Car required

**Rock type:**

**Drainage area:** km<sup>2</sup>

**Season:**

**Orientation:** East

**Best Time:**

**Rating:** ★ 0 ()

**Info:** ★ 0 ()

**Belay:** ★ 0 ()

**Specialities:**

**Gear:**

Ropes: 2x30m

**Summary:** (machine translated)

Aquatic rappel canyon with fun potential

**Hydrology:**

**Access:** (machine translated)

From the Autoroute du Rhône - exit Martigny/Fully - we drive through the center of the city and then to Salvan. From there via Les Marécottes in the direction of Le Tretien. In a bend to the right, the road takes course to the Triège and the bridge. In this bend we find a large area to the left of the road where we park our car for the exit (P2 - see Google aerial photo approach).

With the second car we go back to Marécottes and there we go up on the left towards Cergneux. We come to the second right serpentine and turn left about 50 m later. Still before the bridge over the stream we park the car for the access (P1 - see Google aerial photo implementation route).

**Approach:** (machine translated)

We take the path that enters the valley of the Triège and then - before reaching the bridge - where the path rises again, we descend the path to the stream where we can rope down(E).

**Tour:** (machine translated)

11 rappel, some slide and possible jumps, until we end the tour with a jump into the pool in front of the dam (A). Attention: During our ascent on 15.09.2020 - the local provider no longer goes the canyon! - the exit was much more difficult (eg doors in the tunnel locked), see photo album and video

**Return:** (machine translated)

At the top of the metal walkway we go right through the tunnel (if door is not blocked!) to Le Tretien and from there on the road to the car.

**Coordinates:**

Canyon Start [46.1051 6.9937](#)

Canyon End [46.1046 6.9964](#)

## Reports:

2025-09-12 | System User | |📖|📌|🌊 Normal | 🟢 Completed

Automatisch importiert von Descente-Canyon.com für Canyon Triège Canyon parcouru à 6 en 2 heures.Débit Correct ++Prenez une poulie, si vous souhaitez " esquiver ", le 1er toboggan sous la tyrolienne.A peine 20' d'approche avec navette45' sans navette (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/21005/observations.html>)

2025-08-31 | System User | |📖|📌|🌊 Normal | 🛑 Not done

Automatisch importiert von Descente-Canyon.com für Canyon Triège (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/21005/observations.html>)

2025-08-17 | System User | |📖|📌|🌊 Normal | 🟢 Completed

Automatisch importiert von Descente-Canyon.com für Canyon Triège Equipement ok. Les sauts et tobogans habituels passent bien. Eau très fraîche par rapport à La Tinde. Débit correct + voire gros débit selon les critères DC. (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/21005/observations.html>)

2024-09-16 | System User | |📖|📌|🌊 Normal | 🟢 Completed

Automatisch importiert von Descente-Canyon.com für Canyon Triège DC++ et monopoint douteux un peu avant la fin qui tournait dans le vide sinon RAS (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/21005/observations.html>)

2024-09-14 | System User | |📖|📌|🌊 Normal | 🟢 Completed

Automatisch importiert von Descente-Canyon.com für Canyon Triège DC+ après les pluies de la semaine, le chemin d'approche se fait 200m après le banc au niveau d'un panneau d'Infos canyon.ancrages et tobs okremontée au pk amont par un joli chemin en 45 minutes tranquilles. (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/21005/observations.html>)

2024-08-25 | System User | |📖|📌|🌊 Normal | 🟢 Completed

Automatisch importiert von Descente-Canyon.com für Canyon Triège No es necesaria combinación de vehiculos (aproximación de 1 hora como mucho)No contacto con la empresa hidroeléctrica (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/21005/observations.html>)

2024-08-12 | System User | |📖|📌|🌊 Normal | 🟢 Completed

Automatisch importiert von Descente-Canyon.com für Canyon Triège DC+Plus proche des 1h à 2 h max de descente que des 3h (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/21005/observations.html>)

2023-03-09 | System User | |📖|📌|

Daten importiert von <https://canyon.carto.net/cwiki/bin/view/Canyons/TriageCanyon.html>