Groin

Arvière,Le Groin,L'Arviére

Create: 2023-03-09 20:55:18	**Update:** 2023-10-14 09:16:26	**Print:** 2026-11-10 02:11:49
Country: France **Region:** Auvergne-Rhône-Alpes **Subregion:** Ain **Town:** Artemare		
Difficulty: a little difficult	**Grading:** v3 a4 III	**Total time:** 2h45
Approachtime: 5min	**Tourtime:** 2h30	**Returntime:** 10min
Altitude entry: 370m	**Altitude exit:** 250m	**Delta Altitude:** 120m
Canyon length: 1000m	**Highest rapell:** 13m	**Amount rapells:**
Transport:	**Rock type:**	**Drainage area:** km²
Season:	**Orientation:** South	**Best Time:**
Rating: ☆ 4.2 (4)	**Info:** ★ 2 (1)	**Belay:** ★ 2.5 (2)

Specialities:

Gear:
Headlamp,

Summary: (machine translated)
Watery dark gorge with rappel canyon (fun character)

Hydrology:

Access: (machine translated)
After bypassing Geneva on the Swiss N 1 after the national border, take the A 401 towards Lyon, Dijon, Paris for about 2.5 km, then at the highway junction continue on the A 40 towards Lyon, Dijon, Paris. After another 23 km, take exit 11 (Bellegarde Center) in the direction of Fragny, Seyssel. 6 km further on, at the end of Mons, turn right onto the D 992 and drive through Seyssel and Culoz (another 23 km), where you continue on the D 904 (towards Bourg-en-Bresse) for another 8.5 km to Artemare (a total of 62 km from the border).\nIn Artemare, we drive straight ahead at the prominent left-hand bend (Rue de la Poste), cross the D 31 (Cote d'Yon) at Place de la Liberté and drive along Rue du Stade towards the school district. We then park the vehicle on the left below the road under the trees (at the sports field)\nWith the other vehicle, we return to Place de la Liberté and turn left onto the D 31 (Cote d'Yon). The road winds its way up to the hamlet of Don. 2 bridges over the Groin are left behind. About 200m after the Pont du Diable (2nd bridge), where the Groin has not yet deepened, we park the second vehicle.

Approach: (machine translated)
From the car we walk along the streambed to the dam.

Tour: (machine translated)
At the entry point, there is a small power station operating house; at this, a red-green traffic light for the ravine users (but only for power station operation! - (Regulation only for power station operation, not with regard to the general water level). Access from the right side (tree) directly before the 1st siphon (jumps possible from both sides).\nLe Groin is a relatively short but attractive canyon with two different parts, an unproblematic siphon and many possible jumps. In spring, when the meadows above are being fertilized, you should not necessarily enter. There are also some inflows from the houses above the canyon.

Return: (machine translated)
At the second large pool (C6 to C7), where the rock walls recede, you can exit left onto a pad that leads to the lower parking lot. You can also take the next C8 rappel and then exit to the left.

Coordinates:
Canyon Start 45.8852 5.6887
Canyon End 45.8771 5.6882
Waypoint 45.8766 5.6879
Parking at Entry 45.8854 5.6892
Parking at Exit 45.8769 5.6887
Waypoint 45.8771 5.6888
Waypoint 45.8823 5.6895
Waypoint 45.8776 5.6889

Reports:

2025-10-11 | System User | |🕮 |⚓ | 〰 Normal | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Groin (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/2175/observations.html)

2025-10-04 | System User | |🕮 |⚓ | 〰 Normal | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Groin Pour les adeptes de saut, ATTENTION à la dernière cascade, un tronc d'arbre avec ses racines est à peine visible en bas de la cascade. (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/2175/observations.html)

2025-09-21 | System User | |🕮 |⚓ | 〰 Low | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Groin Plutôt moins froid que d’habitude Débit à 100l (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/2175/observations.html)

2025-09-19 | System User | |🕮 |⚓ | 〰 Normal | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Groin Pas mal de bois à l’approche des siphons.Tout passe sans obstruction.Eau claire et moins froide que prévu. (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/2175/observations.html)

2025-09-13 | System User | |🕮 |⚓ | 〰 Normal | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Groin Conditions idéale pour cette descente. RAS. tt se saute. Pas de mauvaise odeurs, eau propre (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/2175/observations.html)

2025-09-13 | System User | |🕮 |⚓ | 〰 Normal | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Groin Petit saut technique au depart. Se laisser tomber, débutant s’abstenir. Sinon Ras (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/2175/observations.html)

2025-09-11 | System User | |🕮 |⚓ | 〰 Normal | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Groin Good conditions, fantastic canyon. (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/2175/observations.html)

2025-08-30 | System User | |🕮 |⚓ | 〰 Normal | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Groin DC- des bonnes odeurs et encore pas mal de troncs dans la première partie ... (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/2175/observations.html)

2025-08-25 | System User | |🕮 |⚓ | 〰 Low | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Groin 1ere partie plus que magnifique petit filé d'eau à dc-, eau gelé au fond de l'encaissement ! Fait sans frontale l'âpres midi (ciel bleu) pas d'obstacle sur la zone avec peu de visibilité. 2eme partie après un peu de marche en dc - jolie a découvrir, mais très court. Retour en 10min en mode footing pour aller chercher la voiture au départ (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/2175/observations.html)

2025-08-24 | System User | |🕮 |⚓ | 〰 Low | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Groin Débit faible dans l'étroiture : le premier siphon n'est pas armocé. L'eau avant le barrage est stagnante.RAS à l'exception de la MC de la C8 toujours fixée sur le tronc d'arbre mouvant. (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/2175/observations.html)

2025-08-23 | System User | |🕮 |⚓ | 〰 Low | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Groin Avec Alex et Mathieu, belle découverte pour moi. Sorti 1 seule fois la corde par sécurité sur toboggan du bas. Mes 2 collègues ont fait le 13m optionnel sur la fin.1 seul siphon obligatoire très court (fin 1ere partie). (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/2175/observations.html)

2025-08-22 | System User | |🕮 |⚓ | 〰 Normal | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Groin Parcouru à 10 en 2:10. Canyon génial et très ludique, un de mes préférés . Un peu d'eau au départ et plus après la résurgence très froide. Franchement l'odeur