

Bénéfant

Le Bénéfant, Le torrent de Bénéfant

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 <i>Reports</i> -> <i>+New Report</i> . Should you notice any error, please let us know or join the community in order to fix this description yourself.		
Create: 2023-03-09 20:54:34	Update: 2024-01-01 22:49:16	Print: 2026-05-12 11:05:26
Country: France Region: Auvergne-Rhône-Alpes Subregion: Savoie / Savoy Town: La Bâthie		
Difficulty: a little difficult	Grading: v4 a4 II	Total time: 3h5
Approachtime: 35min	Tourtime: 2h20	Returntime: 10min
Altitude entry: 580m	Altitude exit: 410m	Delta Altitude: 170m
Canyon length: 600m	Highest rapell: 25m	Amount rapells: 10
Transport: on Foot	Rock type:	Drainage area: km ²
Season:	Orientation: West	Best Time:
Rating: ★ 3 (2)	Info: ★ 0 ()	Belay: ★ 0 ()
Specialities: § Regulated,		
Gear: Ropes: 2x30m		
Summary: (machine translated) Relatively short, but usually watery canyon in the forest with beautiful rappels. Used to be run commercially. Some emergency exits possible. The last two rappels are - again - permitted (2017).		
Hydrology:		
Access: (machine translated) From Albertville, take the N 90 up along the Isère. After about 7.5 km, take exit 33 in the direction of La Bâthie. From here 1 km further on the D 990 in southern direction to Arbine. We park our car in the parking lot on the left before the bridge.		
Approach: (machine translated) We cross the road bridge and go around the factory on the south side. Then we take the path on the orographic left side of the stream towards "La Bergerie". At a ruin we turn left from the path and follow the signs "Canyon". It goes up now, partly also steeply. Some tree obstacles have to be overcome. We leave a first descent into the streambed to the left, then follow the tracks further up into the streambed.		
Tour: (machine translated) Rappels mainly in the beam, as well as a 12m slide.		
Return: (machine translated) After the last rappel into the now developed streambed out left, up to the access path and then down to the bridge and the car.		
Coordinates: Canyon Start 45.6198 6.4633 Canyon End 45.6188 6.4560 Parking Entry and Exit 45.6178 6.4514		

Reports:

2025-09-20 | System User | |📖|📌|🌊 High | 🟢 Completed

Automatisch importiert von Descente-Canyon.com für Canyon Bénétant Jolie découverte. Pas mal d'eau, entre DC et GD. Rien qui pose problème mais certaines cascades tapent fort dans l'actif donc on passe à côté. Équipement ok. Pas mal d'embacles par endroit. Le toboggan de 12m passe d'en haut. (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/2132/observations.html>)

2025-08-23 | System User | |📖|📌|🌊 Normal | 🟢 Completed

Automatisch importiert von Descente-Canyon.com für Canyon Bénétant Très bon équipement, qui permet si l'on souhaite d'éviter de descendre dans l'actif sur certaines cascades bien arrosées. Certains toboggans font hésiter malgré sondage préalable, ça pousse ! (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/2132/observations.html>)

2025-08-16 | System User | |📖|📌|🌊 High | 🟢 Completed

Automatisch importiert von Descente-Canyon.com für Canyon Bénétant Gd -Très belle surprise. Bien équipé. Belles conditions. Rappels/tob extras. (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/2132/observations.html>)

2025-08-14 | System User | |📖|📌|🌊 Normal | 🟢 Completed

Automatisch importiert von Descente-Canyon.com für Canyon Bénétant DC+ (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/2132/observations.html>)

2025-08-09 | System User | |📖|📌|🌊 High | 🟢 Completed

Automatisch importiert von Descente-Canyon.com für Canyon Bénétant GD-, toutes les cascades ne s'envisagent pas aisément dans l'actif... (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/2132/observations.html>)

2025-07-13 | System User | |📖|📌|🌊 High | 🟢 Completed

Automatisch importiert von Descente-Canyon.com für Canyon Bénétant (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/2132/observations.html>)

2024-08-14 | System User | |📖|📌|🌊 Normal | 🟢 Completed

Automatisch importiert von Descente-Canyon.com für Canyon Bénétant Amont sans intérêt canyon même si c'est joli. Ça devient intéressant 1 rappel au dessus du T 12. Il vaut donc mieux par l'accès intermédiaire. Le tob passe nickel aujourd'hui ainsi que le T15 en RD juste après la prise d'eau. Les 2 C 20 en goulottes sont tops. (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/2132/observations.html>)

2024-08-10 | System User | |📖|📌|🌊 High | 🟢 Completed

Automatisch importiert von Descente-Canyon.com für Canyon Bénétant (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/2132/observations.html>)

2024-08-04 | System User | |📖|📌|🌊 Normal | 🟢 Completed

Automatisch importiert von Descente-Canyon.com für Canyon Bénétant Un beau canyon bien arrosé dans les rappels, avec un super toboggan (à sonder avant bien sûr !) (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/2132/observations.html>)

2024-08-03 | System User | |📖|📌|🌊 High | 🟢 Completed

Automatisch importiert von Descente-Canyon.com für Canyon Bénétant Canyon superbe avec de belles cascades bien arrosées (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/2132/observations.html>)

2024-08-02 | System User | |📖|📌|🌊 Normal | 🟢 Completed

Automatisch importiert von Descente-Canyon.com für Canyon Bénétant Super canyon, on s'est quelque peu perdu entre les obstacles, mais génial ! Quelques relais en mauvais état, mais tout passe bien ! Une belle "aquaticité", mais rien d'alarmant pour un A4.Des bisous (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/2132/observations.html>)

2024-07-20 | System User | |📖|📌|🌊 Normal | 🟢 Completed

Automatisch importiert von Descente-Canyon.com für Canyon Bénétant Descente au top. Nous avons pu descendre dans l'eau mais ça tapait un peu et il ne fallait pas traîner quand même.Quelques relais un peu viellis (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/2132/observations.html>)