

Alzen

Cascade d' Alzen, Ruisseau d'Alzen

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: 2023-11-20 21:14:58

Update: 2026-03-14 22:12:54

Print: 2026-06-27 04:06:40

Country: France **Region:** Occitanie **Subregion:** Ariège **Town:** Alzen

Difficulty: a little difficult

Grading: v4 a2 I

Total time: 2h25

Approachtime: 20min

Tourtime: 2h

Returntime: 5min

Altitude entry: 680m

Altitude exit: 560m

Delta Altitude: 120m

Canyon length: 190m

Highest rapell: 70m

Amount rapells: 3

Transport:

Rock type:

Drainage area: km²

Season: March - August

Orientation:

Best Time:

Rating: ★ 2.5 (1)

Info: ★ 0 ()

Belay: ★ 0 ()

Specialities:

Gear:

Summary: (machine translated)

Nice descent with cave included. In winter the waterfall freezes and is impressive.

Hydrology:

Access: (machine translated)

On the D117 from Saint-Girons to Foix, past La Bastide de Serou, turn right on the D221 to Alzen, Chapelle Ste Croix. Continue on the D21 (Alzen, Chapelle). When we arrive at the sign of the Cascade d'Alzen we look for the return car if we have it.

We continue to Alzen, at the entrance of the village we go right to the Mairie (town hall), we continue 100m until we see a sign "Le Moulicot" on the right. We park

Approach: (machine translated)

We leave in the direction of "Le Moulicot" at the end of the street and follow the road looking for the entrance to the stream.

Tour: (machine translated)

A small tunnel, with no need for a front face, followed by a 15m rappel to enter the almost 100m waterfall. Two rappels 35m and 45m

Return: (machine translated)

We go out to the road to the waterfall. If we have left a return car, we will have it here.

With only one car we have to go up to the village.

Coordinates:

Canyon Start [42.9924 1.4668](#)

Parking at Entry [42.9893 1.4722](#)

Parking at Exit [42.9951 1.4667](#)

Canyon End [42.9935 1.4661](#)

Reports:

2025-12-06 | System User | |📖|📍|🌊 Normal |👍 Completed

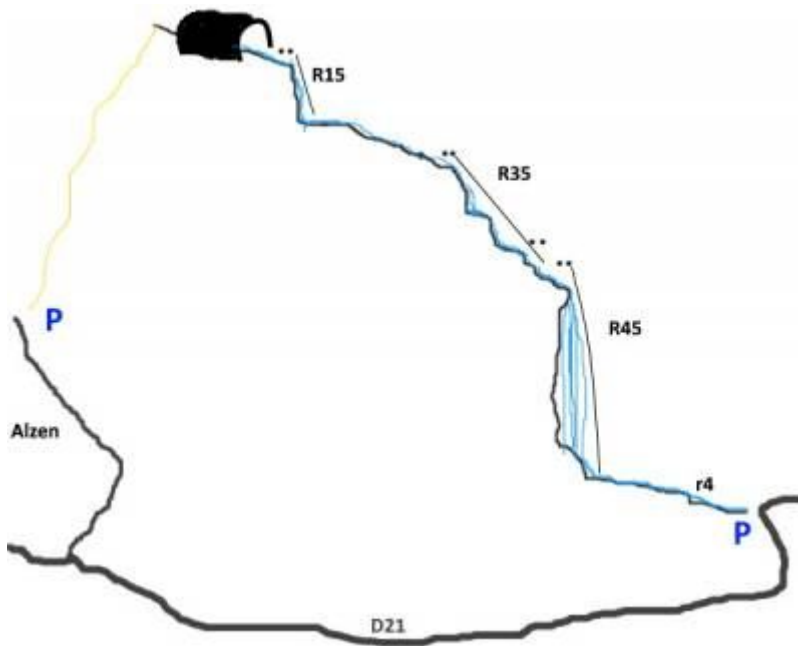
Automatisch importiert von Descente-Canyon.com für Canyon Alzen Canyon court avec un très beau cassé fractionné ! Les amarrages sont en bon état mais des sangles sont à changer. La navette à pieds prend 15 minutes. (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/21230/observations.html>)

2024-06-16 | System User | |📖|📍| |

Información: Partes de la descripción del cañón se han importado automáticamente. Concretamente, los campos Resumen, Acceso, Acceso, Recorrido, Regreso, Cantidad rapells, Temporada start, Temporada end, Ruta GPS, Topografía de <https://www.docuwiki.infobarrancos.es/doku.php?id=barrancosfra:ariego:alzen>

2023-03-09 | System User | ⭐⭐👉 |📖|📍| |

Daten importiert von <https://www.descente-canyon.com/canyoning/canyon/21230/Alzen.html>



Importado de infobarrancos.es