

Groin

Arvière, Le Groin, L'Arvière

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 20:55:18	Update: 2023-10-14 09:16:26	Print: 2024-12-22 07:12:49
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: km ²
Season:	Orientation: South	Best Time:
Rating: ★ 4.3 (3)	Info: ★ 0 ()	Belay: ★ 3 (1)
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).\n\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)\n\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).\n\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:

2024-11-05 | System User | |📖|📌|🌊 Normal |👍 Completed

Automatisch importiert von Descente-Canyon.com für Canyon Groin Sait possible au départ , attention présence de nombreux arbres sur la suite du parcours qui ne permette pas de sauter . Attention au partie syphonante (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/2175/observations.html>)

2024-11-03 | System User | |📖|📌|🌊 Normal |👍 Completed

Automatisch importiert von Descente-Canyon.com für Canyon Groin Siphon peu après le départ à cause d'un embacle, sinon RAS (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/2175/observations.html>)

2024-10-29 | System User | |📖|📌|🌊 High |👍 Completed

Automatisch importiert von Descente-Canyon.com für Canyon Groin (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/2175/observations.html>)

2024-10-25 | System User | |📖|📌|🌊 Normal |👍 Completed

Automatisch importiert von Descente-Canyon.com für Canyon Groin Debit descendant estimé à 0.7m3 sec, pas de difficulté majeure. Pas de mouvement d'eau (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/2175/observations.html>)

2024-09-15 | System User | |📖|📌|🌊 Normal |👍 Completed

Automatisch importiert von Descente-Canyon.com für Canyon Groin Rien de particulier, tout passe. (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/2175/observations.html>)

2024-09-14 | System User | |📖|📌|🌊 High |👍 Completed

Automatisch importiert von Descente-Canyon.com für Canyon Groin Plus gros débit pratiqué dans ce canyon pour ma part. On est allé voir la source avant la descente pour être sur vu qu'il avait plu les jours précédents. Le premier syphon passait encore tout juste la tête hors de l'eau. On a quand même shunté la grosse cascade dont le rappel est bien dessous (celle où il faut la lampe et où l'amarrage est vraiment en bord de cascade), en passant par la courte escalade à gauche (barreaux métal en hauteur). Pour le reste toujours aussi beau et frais! (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/2175/observations.html>)

2024-08-31 | 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>)

2024-08-30 | System User | |📖|📌|🌊 Low |👍 Completed

Automatisch importiert von Descente-Canyon.com für Canyon Groin Fait tout le canyon en sautant malgré le débit faible! Toujours aussi beau. (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/2175/observations.html>)

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

Automatisch importiert von Descente-Canyon.com für Canyon Groin Magnifique !1h30 à 7 tranquille, corde posée pour vérifier les vasques mais tout passait en sautant (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/2175/observations.html>)

2024-08-24 | 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>)

2024-08-18 | System User | |📖|📌|🌊 Normal |👍 Completed

Automatisch importiert von Descente-Canyon.com für Canyon Groin La résurgence est très basse, le barrage à 5cm de déborder, le débit tranquille 0.09m3/sec. L'eau est encore plus trouble qu'en début de semaine, du aux pluies de la veille. L'eau se rafraîchit nettement après le passage souterrain. (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/2175/observations.html>)

2024-08-17 | System User | |📖|📌|🌊 Normal |👎 Not done

Automatisch importiert von Descente-Canyon.com für Canyon Groin RAS, les orages des derniers jours on nettoyer le canyon mais pas pas de branches ou autres dans l'eau toutpasse. (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/2175/observations.html>)