

# Clue d'Amen

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<b>Créer:</b> 2023-03-09 20:52:26	<b>Mettre à jour:</b> 2023-12-13 16:33:28	<b>Imprimer:</b> 2024-12-22 04:12:21
<b>Pays:</b> France <b>Région:</b> Provence-Alpes-Côte-d'Azur / Provence-Alpes-Cote d'Azur <b>Sous-région:</b> Alpes-Maritimes <b>Ville:</b> Guillaumes		
<b>Difficulté:</b> un peu difficile	<b>Niveau:</b> v4 a3 V	<b>Temps total:</b> 6h50
<b>Temps approche:</b> 1h30	<b>Temps tour:</b> 5h	<b>Temps de retour:</b> 20min
<b>Altitude d'entrée:</b> 1060m	<b>Altitude de sortie:</b> 700m	<b>Altitude du delta:</b> 360m
<b>Longueur du canyon:</b> 3000m	<b>Rapelle le plus haut:</b> 26m	<b>Nombre de rappelles:</b> 15
<b>Transport:</b> Voiture obligatoire	<b>Type de roche:</b>	<b>Zone de prise d'eau:</b> 11.00km <sup>2</sup>
<b>Saison:</b> juillet - septembre	<b>Orientation:</b> Ouest	<b>Meilleur moment:</b>
<b>Évaluation:</b> ★ 3.6 (1)	<b>Info:</b> ★ 2 (1)	<b>Belay:</b> ★ 0 ( )
<b>Spécialités:</b>		
<b>Matériel:</b> Cordes: 2x 30m		
<b>Résumé:</b> (traduction alternative) Rappel canyon in red rock, at the exit 3 verticals down into the canyon of Daluis.		
<b>Hydrologie:</b>		
<b>Accès:</b> (traduction alternative) On the N 202 from Nice north in the direction of Digne up the valley of the Var, past Puget-Theniers to the Pont de Guidan (59 km from Nice, 13 km from Puget-Theniers), where it turns right and on the D 2202 over the Gorges de Daluis winding along. After about 15km, the D 88 branches off to the left, up to Villeplan. Beyond the Var you can see the final waterfalls of the Clue d'Amen. Park one vehicle here. With the other on the D 2202, continue 4 km to Pont des Roberts. Here park the second vehicle (altitude 770 m above sea level, marking "111").		
<b>Approche:</b> (traduction alternative) Follow the trail ("Sentier Amen") that goes up the slope in a southerly direction, passing the entry to Vallon de Tireboeuf. On panoramic paths you go up above the canyon of Daluis, passing the hamlet of Bancheron. At marker "112", do not go left up to the summit of the Amen, but stay on the previous path and take marker "115" to reach the bridge at 1060 m above sea level. Here is the entry.		
<b>Tour:</b> (traduction alternative) The canyon is attractive mainly because of the final waterfalls and the narrow section in front of it, but is also worthwhile as a "total package". The alternative is an access from the parking lot of the first vehicle down to the Var and beyond the scree slope up to the saddle to walk only the attractive final part - cascades finales. It is possible to get off at this saddle even if the entire canyon is climbed before the final part (sign). During thunderstorms there is a danger of rapidly swelling water. Because of the possible crossing of the Var, also check its water level if swimming through the lower part of the canyon is not desired. The red rock is very slippery in the water area. The siphon in the narrow section at the exit of the canyon can be avoided by climbing over it, but it can also be dived through without any problems.		
<b>Retour:</b> (traduction alternative) After the final waterfalls, cross the Var and climb steeply in the cirque beyond to the road.		
<b>Coordonnées:</b> Départ du Canyon <a href="#">44.0433 6.8729</a> Parking à la sortie <a href="#">44.0549 6.8454</a> Fin du Canyon <a href="#">44.0537 6.8497</a> Parking à l'entrée <a href="#">44.0697 6.8658</a> Départ alternatif du Canyon <a href="#">44.0532 6.8507</a>		

## Rapports:

2024-09-28 | System User | |📖|📌|🌊 Normale | 🟢 Terminé

Automatisch importiert von Descente-Canyon.com für Canyon Amen (partie amont) (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/256/observations.html>)

2024-08-30 | System User | |📖|📌|🌊 Normale | 🟢 Terminé

Automatisch importiert von Descente-Canyon.com für Canyon Amen (partie amont) (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/256/observations.html>)

2024-08-11 | System User | |📖|📌|🌊 Normale | 🟢 Terminé

Automatisch importiert von Descente-Canyon.com für Canyon Amen (partie amont) Très sauvage, très sympa. Marche d'approche ( montée à l'ombre en partant à 9h30) agréable. Fatigant parce que glissant. (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/256/observations.html>)

2024-08-11 | System User | |📖|📌|🌊 Normale | 🟢 Terminé

Automatisch importiert von Descente-Canyon.com für Canyon Amen (partie amont) (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/256/observations.html>)

2024-08-11 | System User | |📖|📌|🌊 Normale | 🟢 Terminé

Automatisch importiert von Descente-Canyon.com für Canyon Amen (partie amont) Jolie descente sauvage avec une roche bien sculptée et parfois glissante par endroits. Belle ambiance dans l'ensemble sur plus de 4h00 de progression pour la partie amont. (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/256/observations.html>)

2024-08-04 | System User | |📖|📌|🌊 Normale | 🟢 Terminé

Automatisch importiert von Descente-Canyon.com für Canyon Amen (partie amont) Pas trop glissant, eau claire et peu engravé, la plupart des sauts habituels passent. (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/256/observations.html>)

2024-08-02 | System User | |📖|📌|🌊 Normale | 🟢 Terminé

Automatisch importiert von Descente-Canyon.com für Canyon Amen (partie amont) Fait en intégrale, sans navette avec un retour en remontant le var très agréable en période de canicule ! (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/256/observations.html>)

2024-07-22 | System User | |📖|📌|🌊 Normale | 🟢 Terminé

Automatisch importiert von Descente-Canyon.com für Canyon Amen (partie amont) Très beau et sauvage (approche comme descente), mais un peu trop de marche dans le canyon. Descendu en 4h à 5 jusqu'au départ des cascades finales (+1h30 pour la partie aval) (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/256/observations.html>)

2024-07-20 | System User | |📖|📌|🌊 Normale | 🟢 Terminé

Automatisch importiert von Descente-Canyon.com für Canyon Amen (partie amont) (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/256/observations.html>)

2023-04-19 | Daniel Sturm | |📖|★|★|📌|📌|🔴 Pas fait

Coordinates and description edited. (traduction alternative)

2023-03-09 | System User | |★|★|★|📖|📌|📌|

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