

<https://persoremy.fr/spip.php?article173>



**la gardiole(col de la gineste)le
chalabran, le puits du cancel,
vallon de ste marthe, sentier
jaune(crête de l'Estret),vallon
rampe,aven du
ais et retour par le
sentier Albert...**



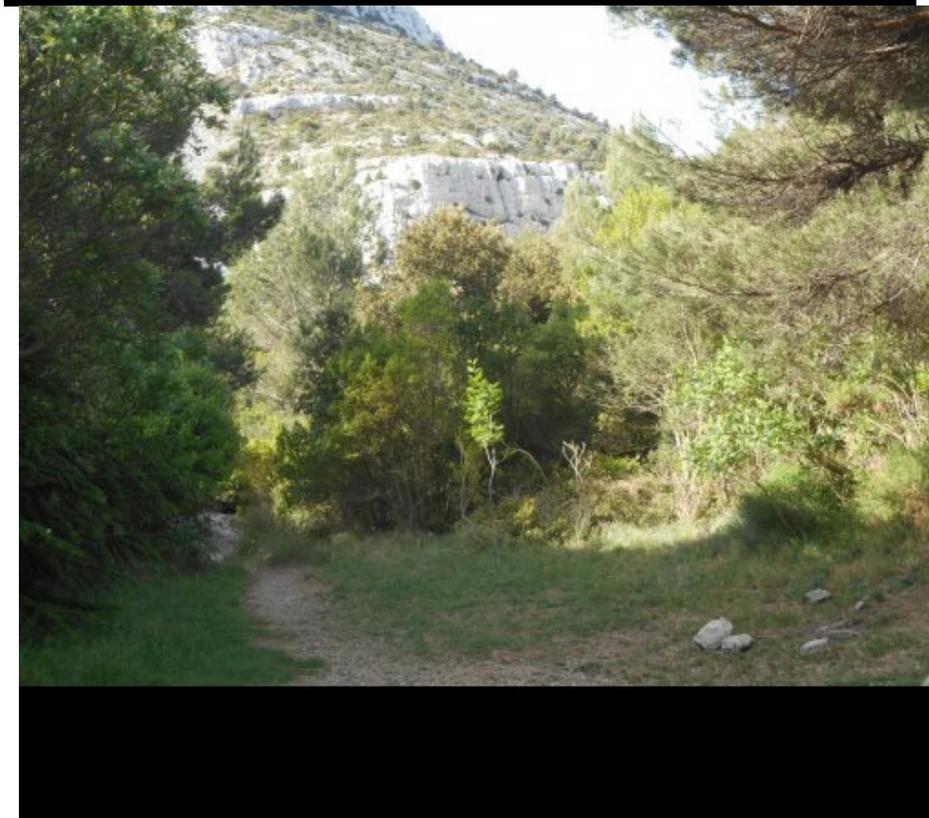
Date de mise en ligne : lundi 12 mai 2014

Date de parution : 12 mai 2014

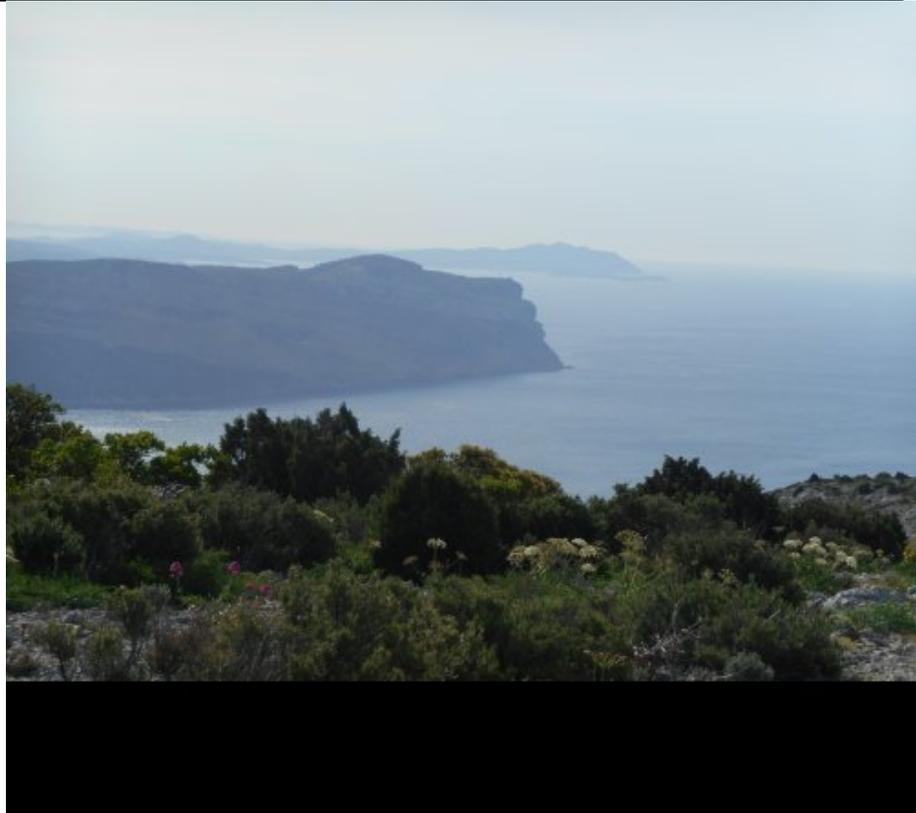
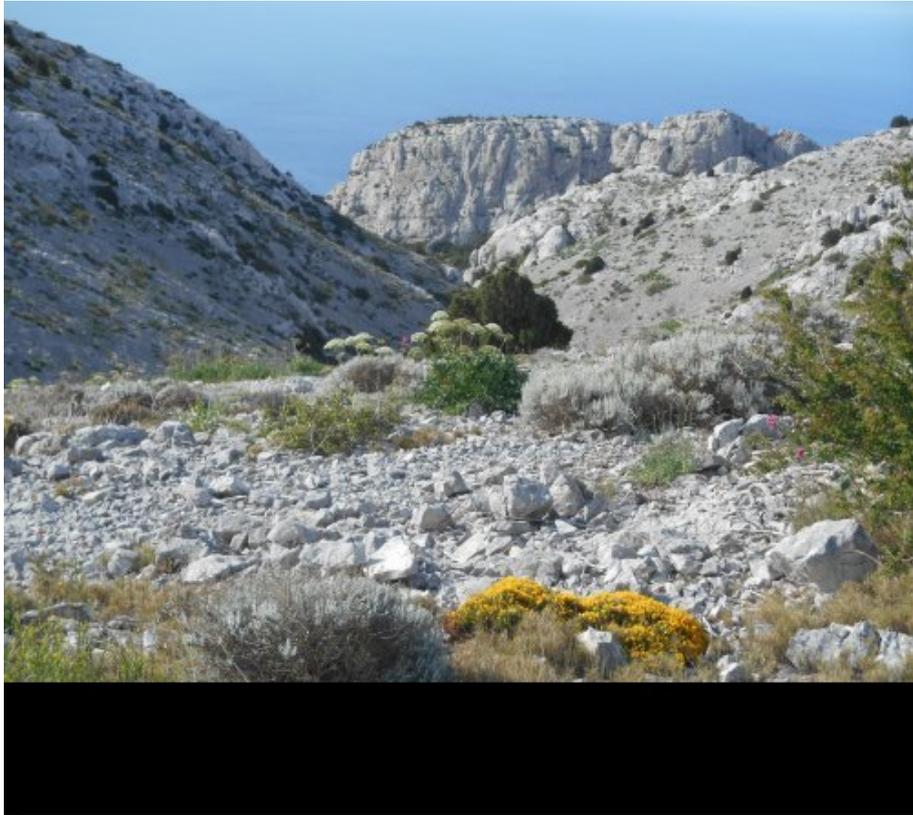
- Randos

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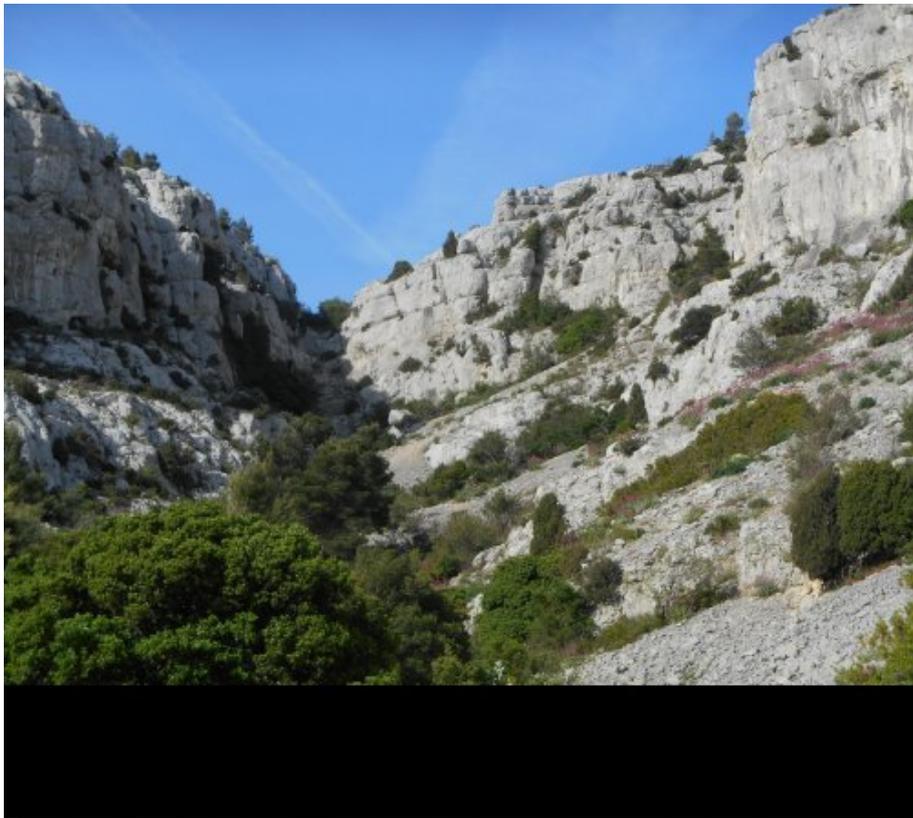


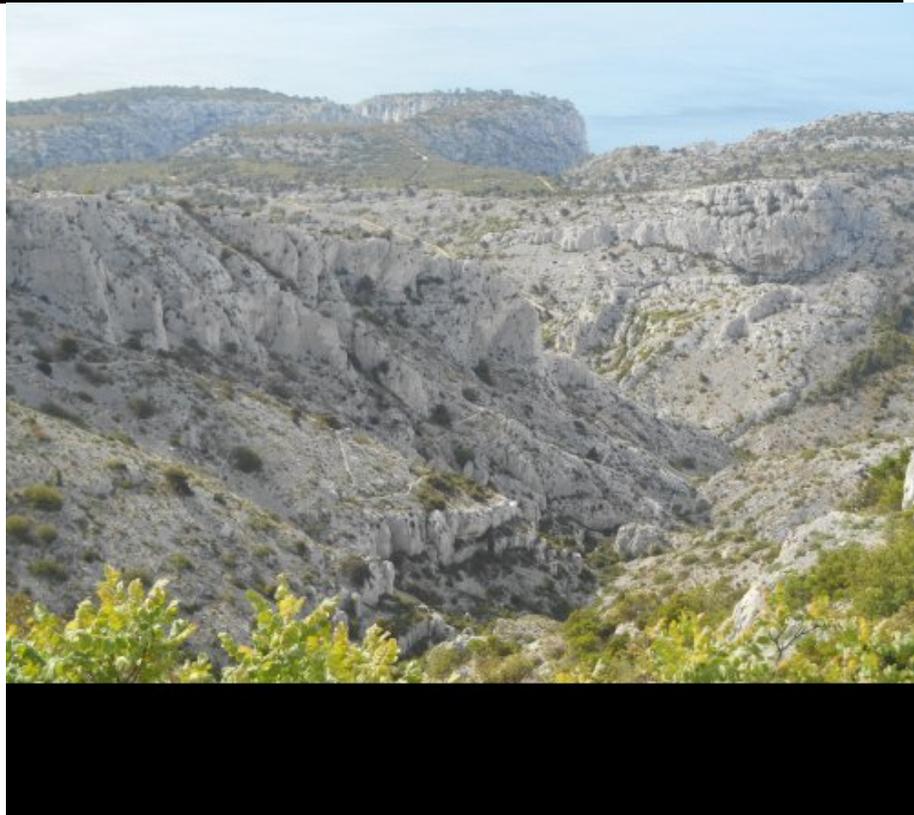


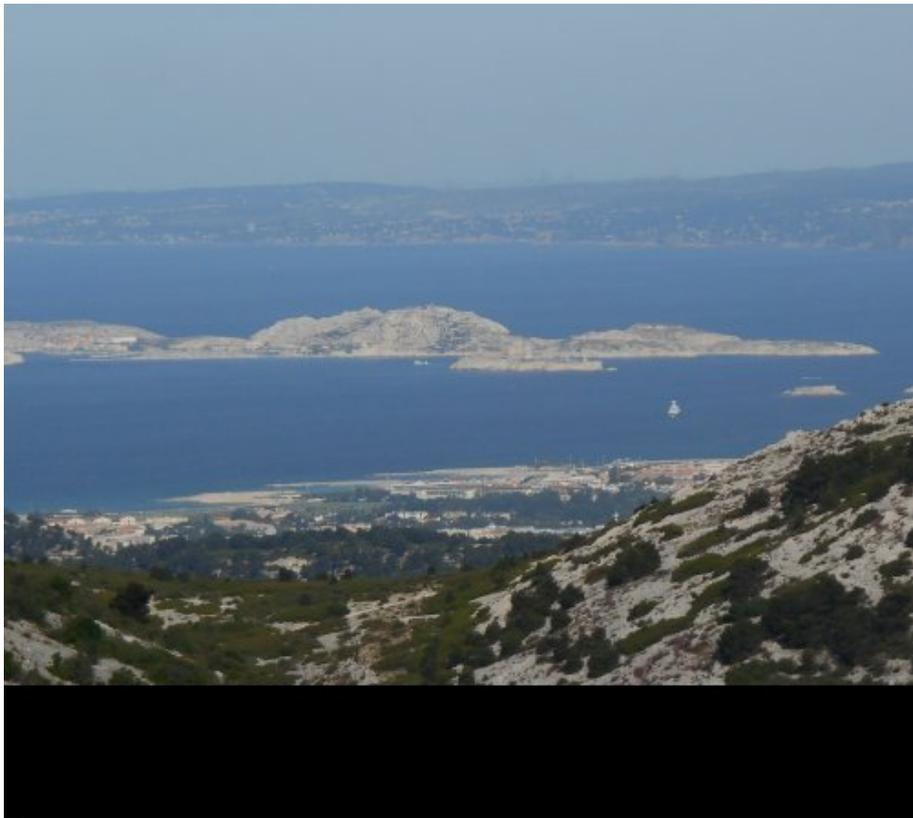


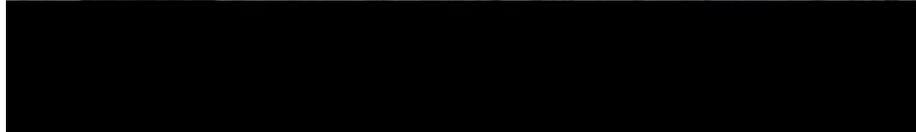


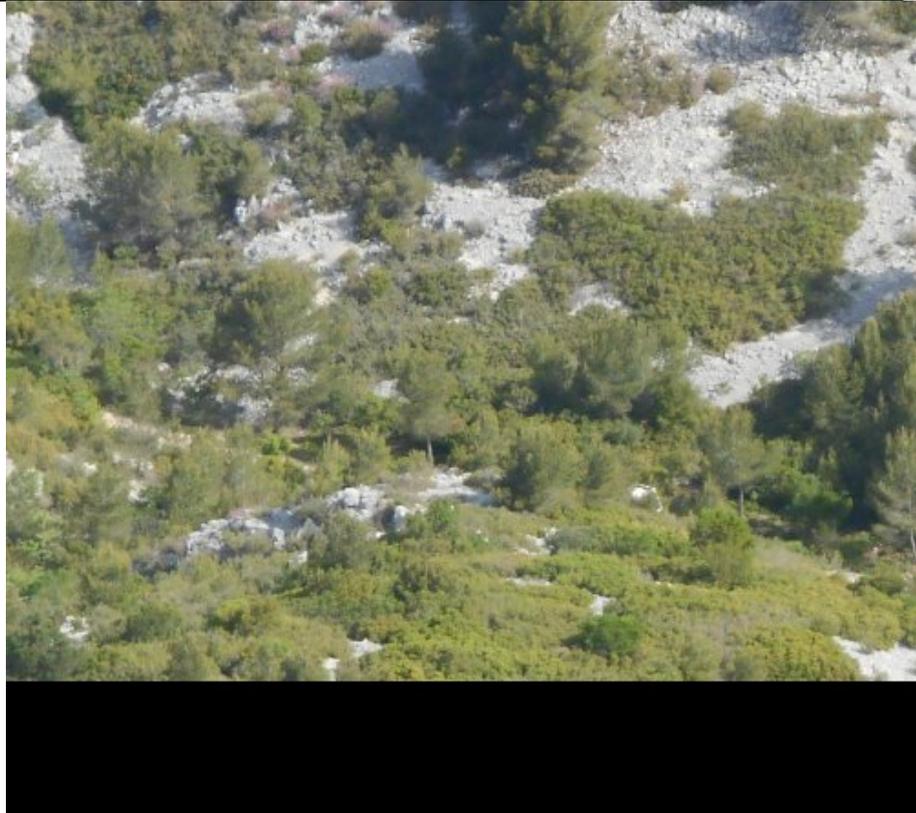
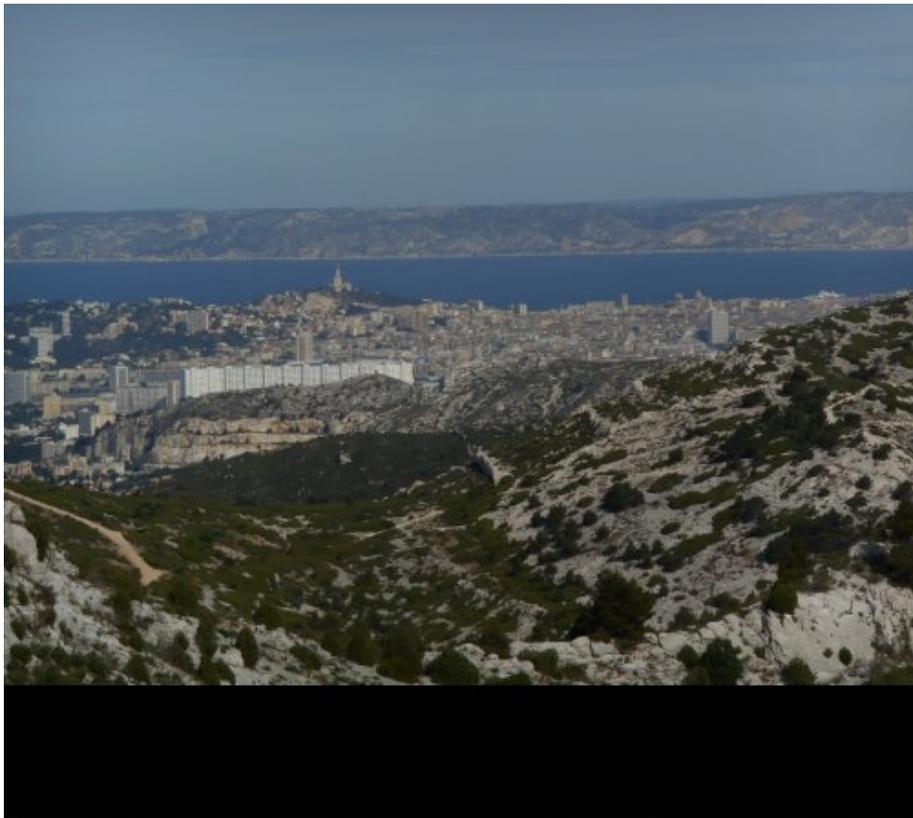




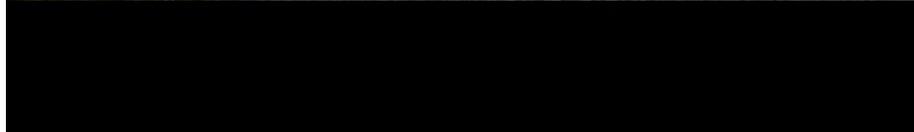




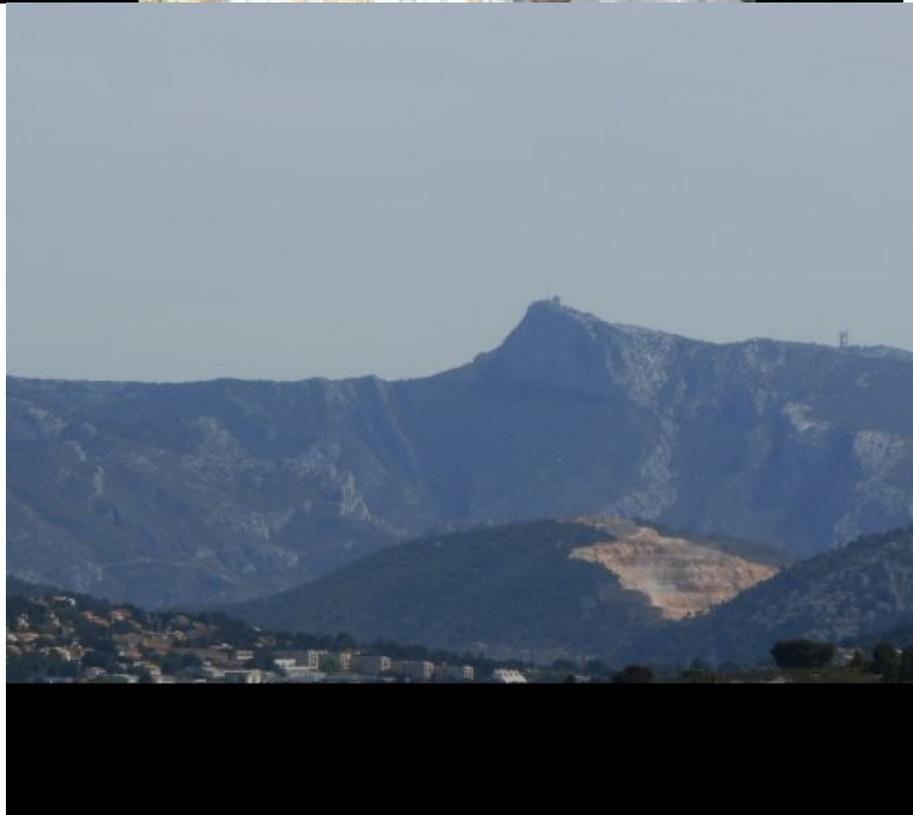
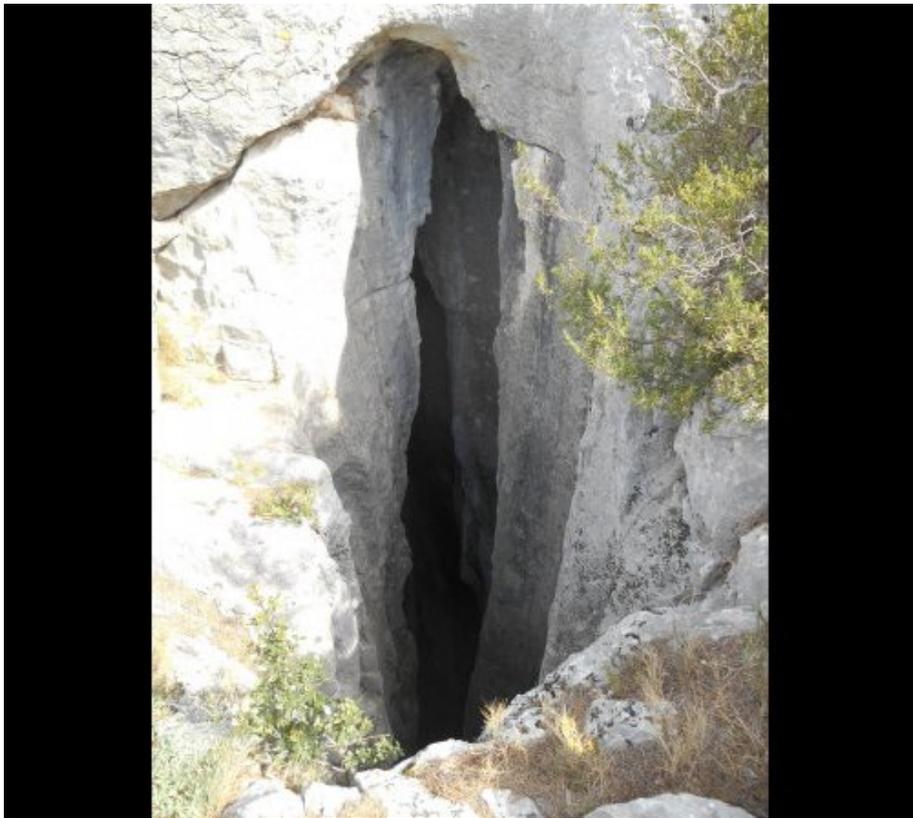


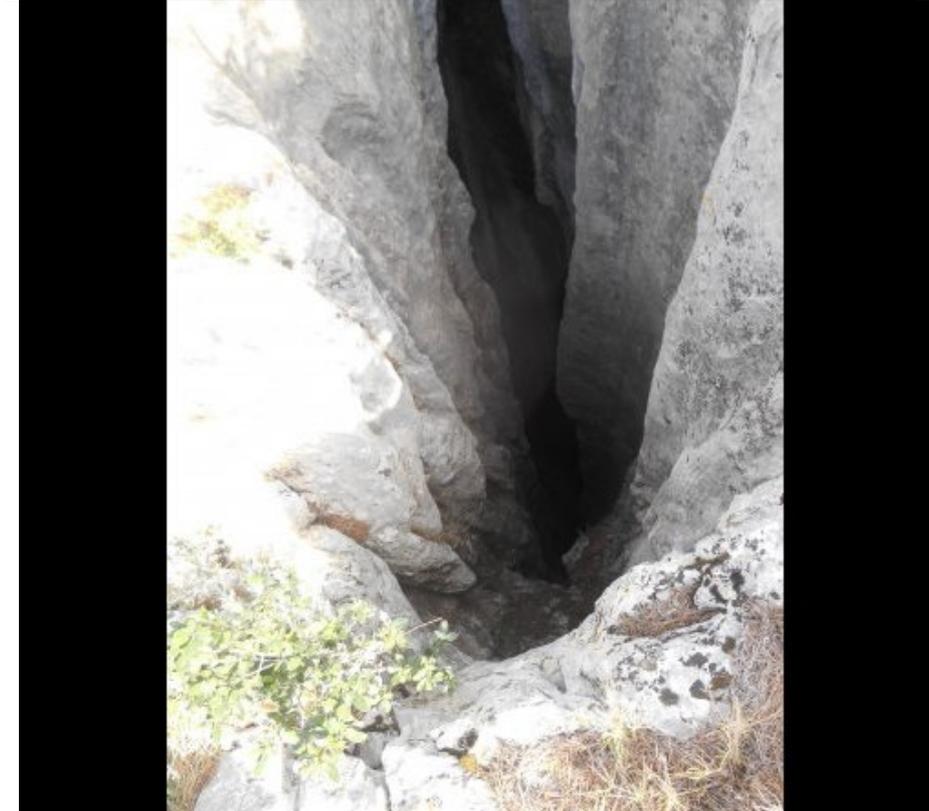


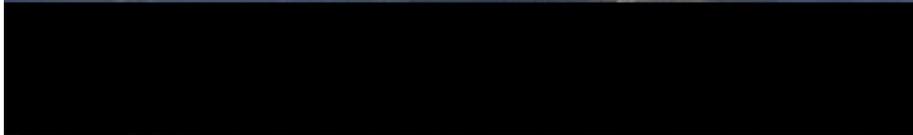
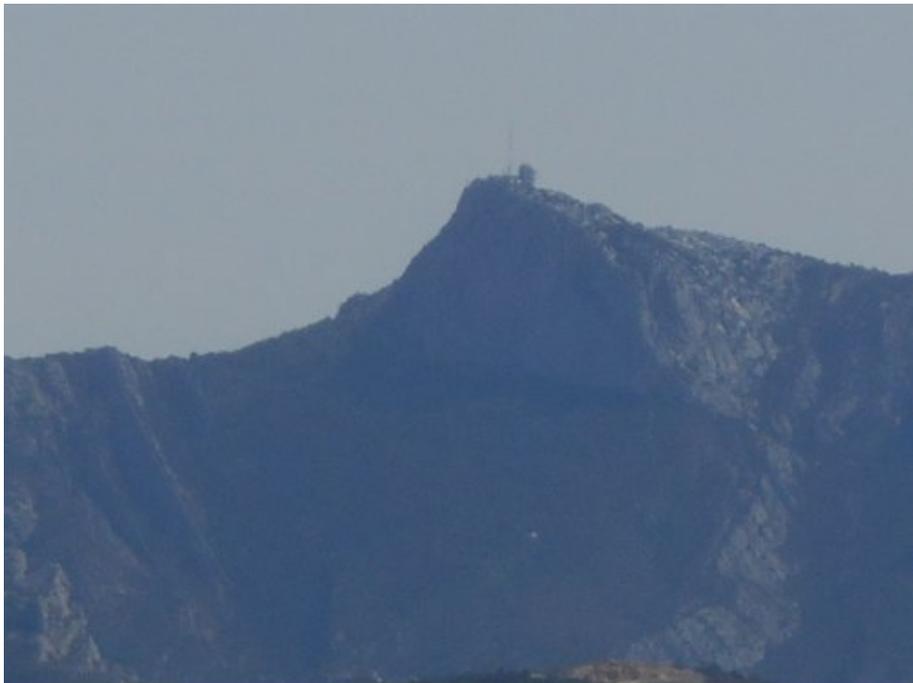


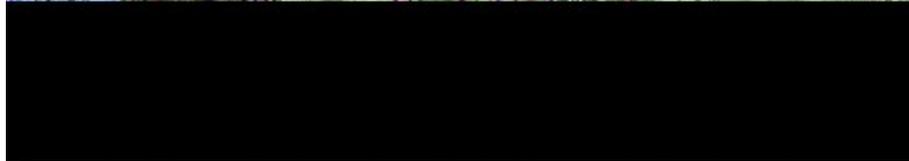




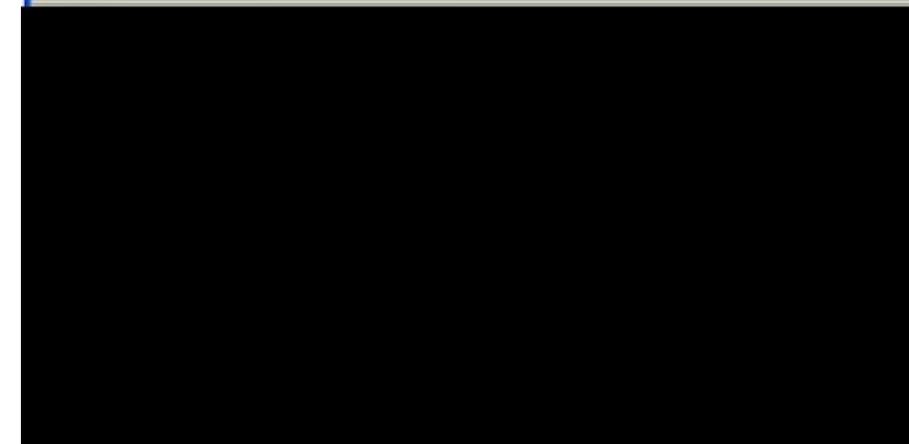


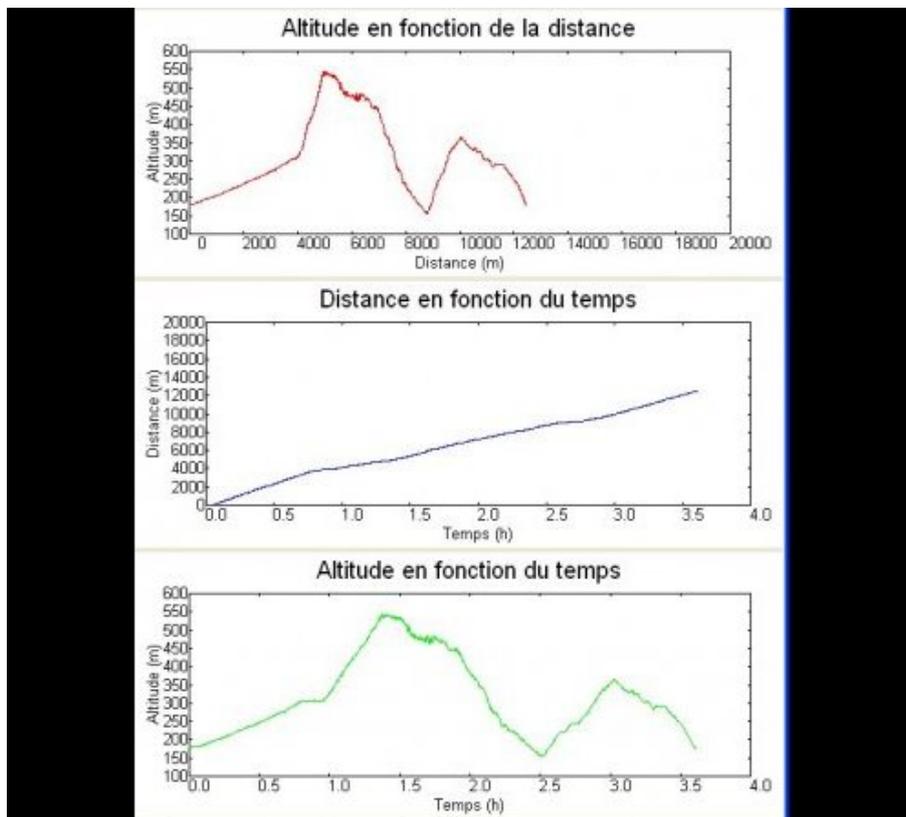






	Départ	Arrivée		
Date	12/05/14	12/05/14	Distance (m)	12473.210
Heure	05:58:39	09:35:38	Durée	03:36:59
Altitude (m)	182	178	Vitesse moy (km/h)	3.449
Altitude min (m)	154		Dénivelé + (m)	1128
Altitude max (m)	545		Dénivelé - (m)	1131
Altitude moy (m)	310			





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