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Cassis ,port miou, auberge la fontasse, calanque d'en vau, col de l'oule puis sa grotte, la calanque de l'eissadon, crête



devenson. Date de mise en ligne : jeudi 7 mars 2019
Date de parution : 7 mars 2019

- Randos

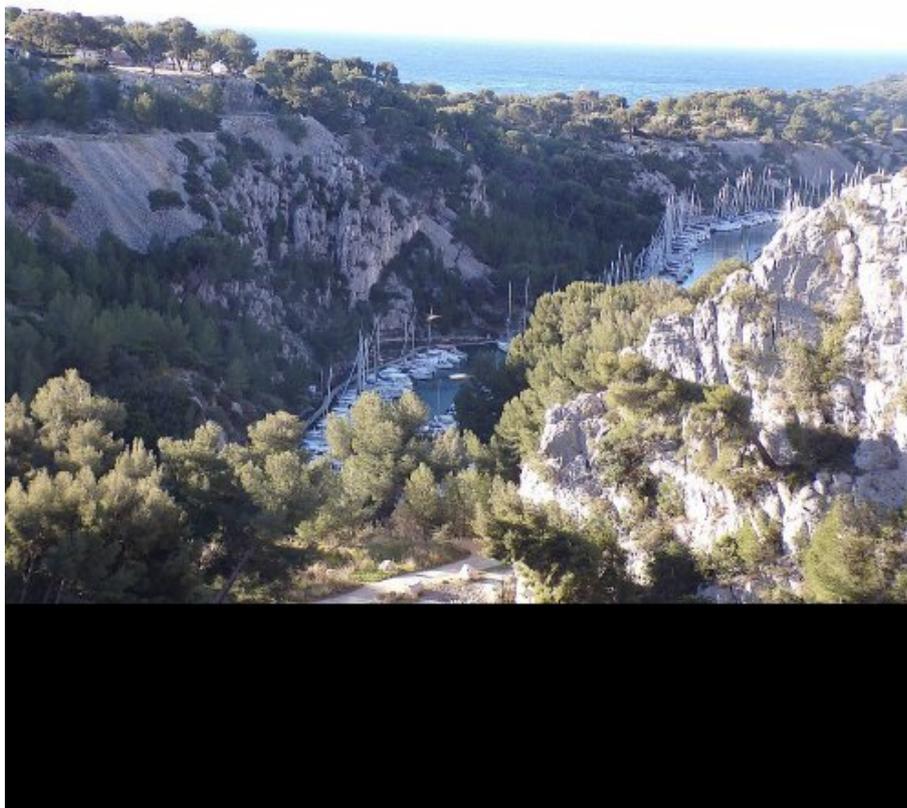
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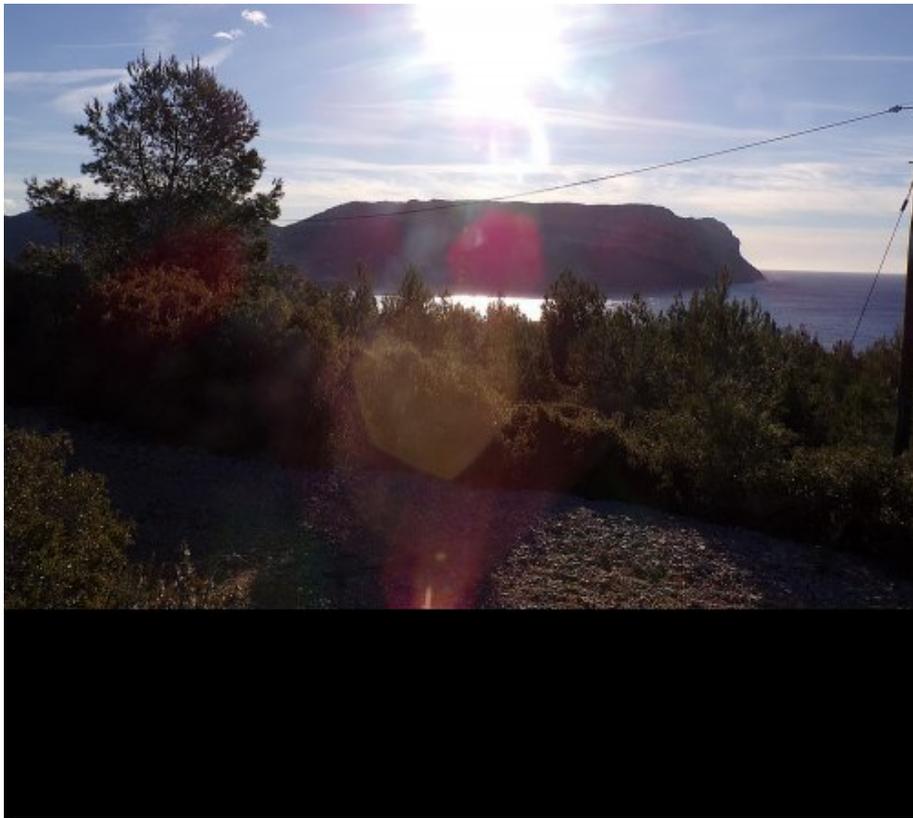
le circuit IGN

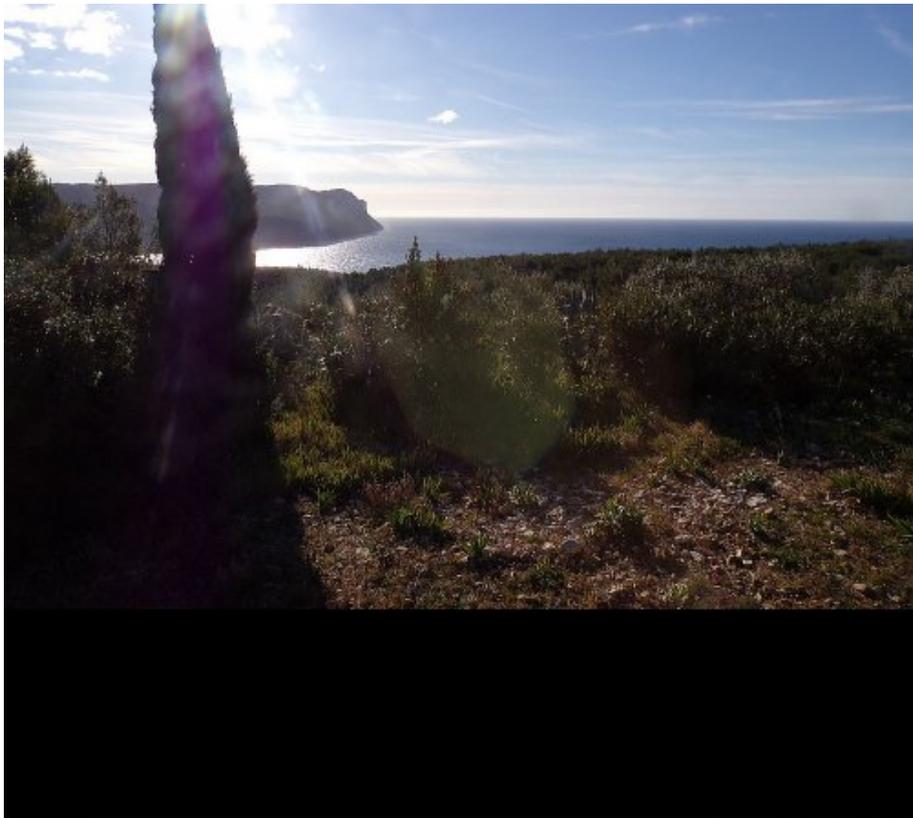
calanque de port miou à cassis, rando moyenne sauf recherche grotte envau..de 18kms800 en 7h et 1000 de dénivelé..

prendre la piste qui monte vers la fontasse, puis la citerne tout droit puis à gauche peu de temps après... , dans le vallon d'en vau jusqu'à la plage, nous prenons l'ancien noir aller retour au delà de la clôture puis un peu sur la droite jusqu'à la grotte , grande salle, des compressions etc.

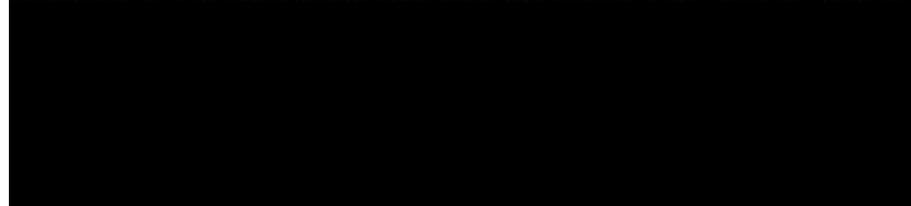
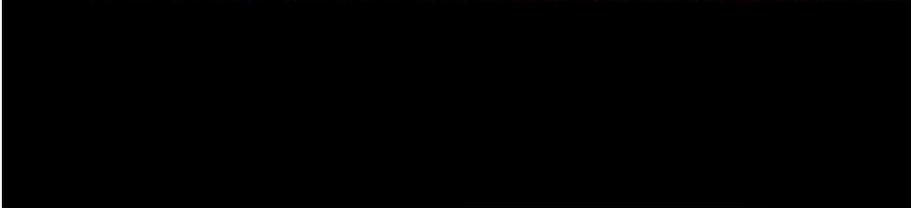
retour sur la plage, remonter le vallon puis dans un virage, à gauche, le GR vers le col de l'oule puis descente vers le puits, le tracé vert vers l'eissadon, descente régulière à un moment la grotte de l'oule sur la gauche..puis plus loin on laisse la sente à gauche qui va à la calanque de l'oule pour suivre le vert qui remonte jusqu'à une zone plate qui surplombe la calanque de l'eissadon dans laquelle nous descendons doucement ,sans trop de difficulté pour manger au bord de l'eau et nous remontons pour suivre le vert, un passage un peu plus technique pour atteindre la crête vers le devenson..un croix, puis nous rejoignons le GR qui va nous ramener au col de l'oule, quelque mètres à droite puis un talus à gauche et nous prenons le vallon, un peu plus loin une sent à droite , nous rejoignons le sentier du matin, direction la fontasse mais avant le grillage du domaine , un cairn à droite, un sentier qui va passer sous le domaine, nous passons à côté du puits, du jardin, puis descente vers la piste , nous remontons vers la gauche nous remontons la piste bétonnée, une sente à droite au cairn, puis la piste qui nous ramène au parking..

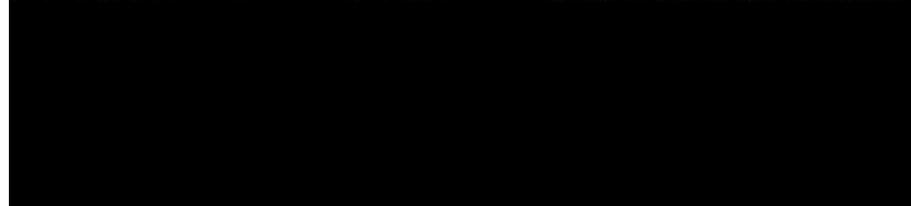
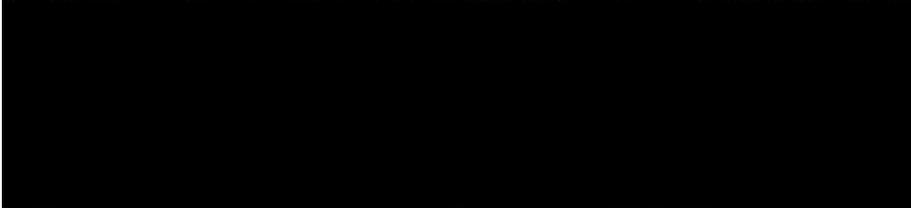




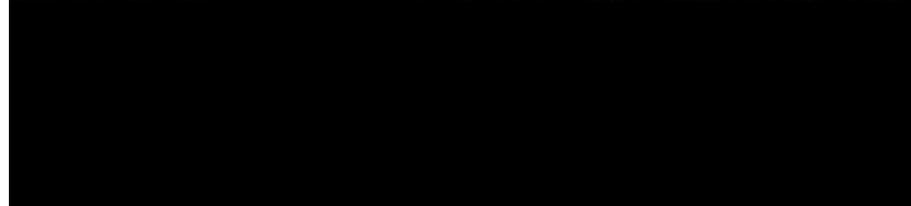


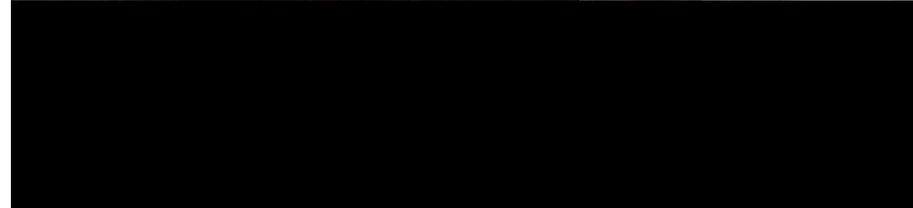
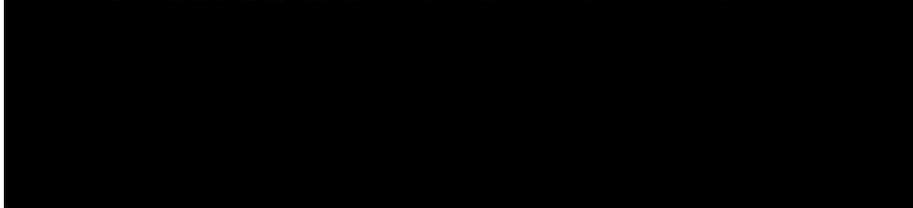


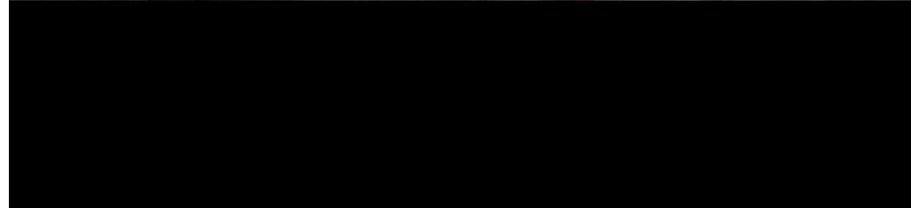




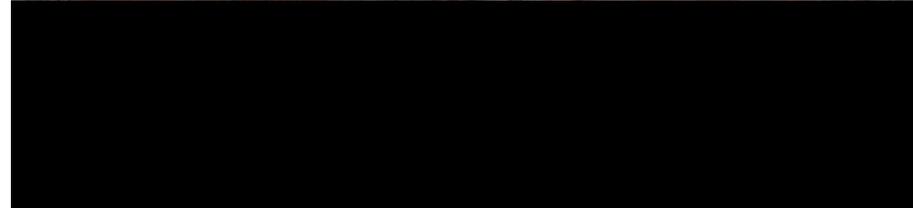


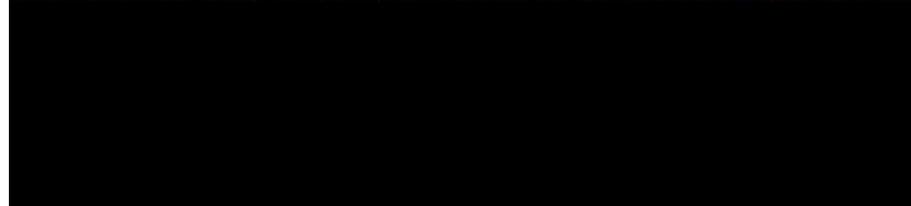




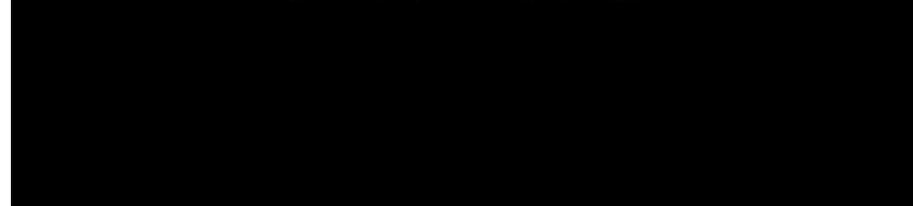
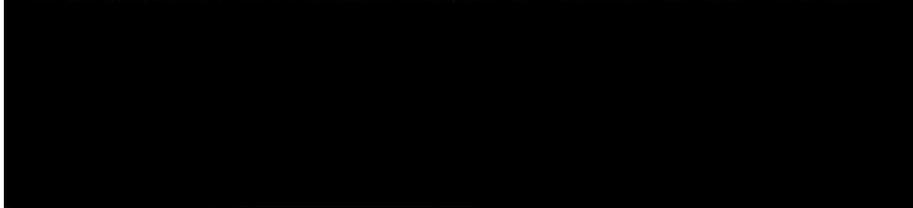




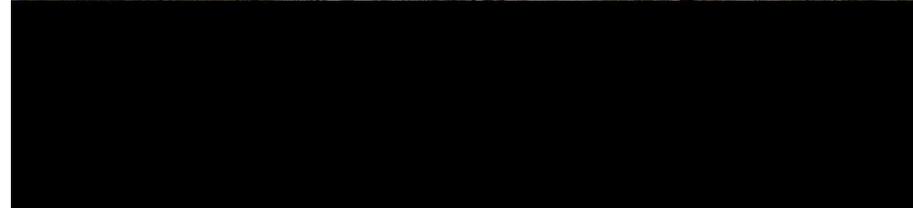


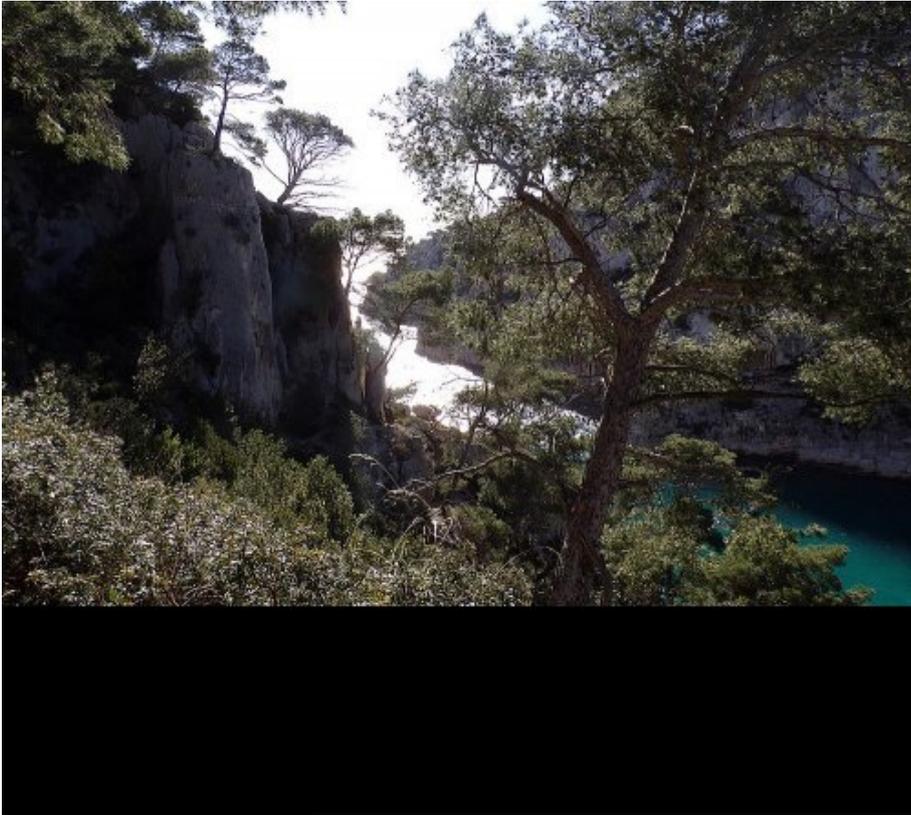


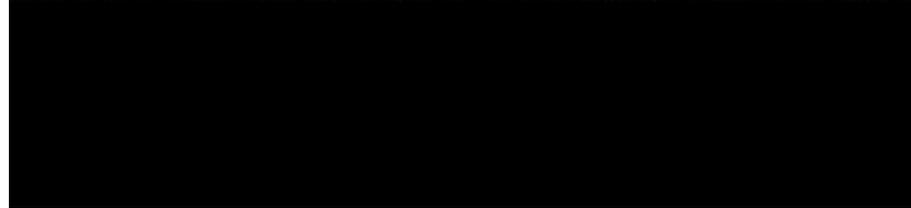


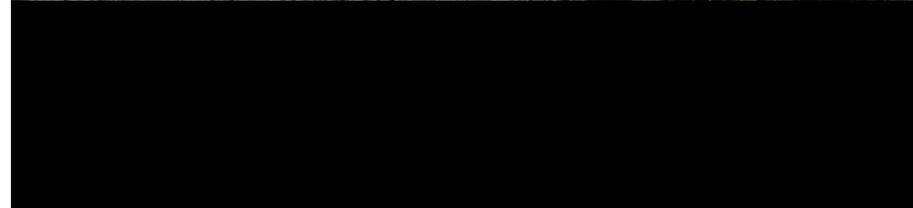
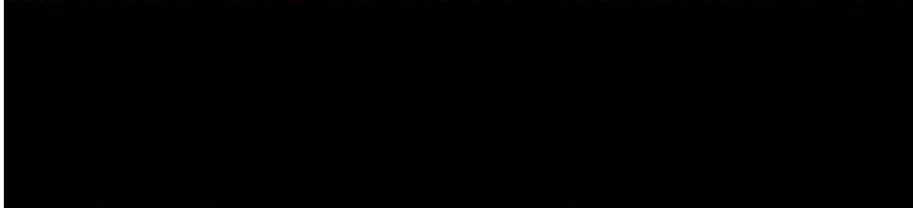


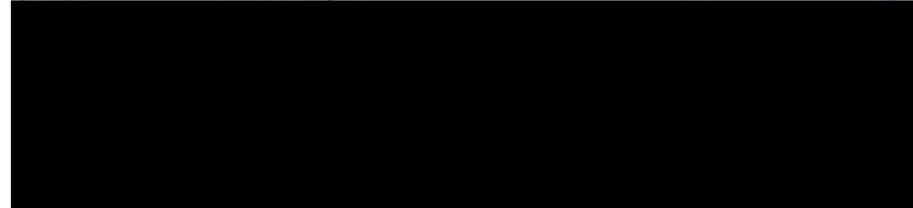
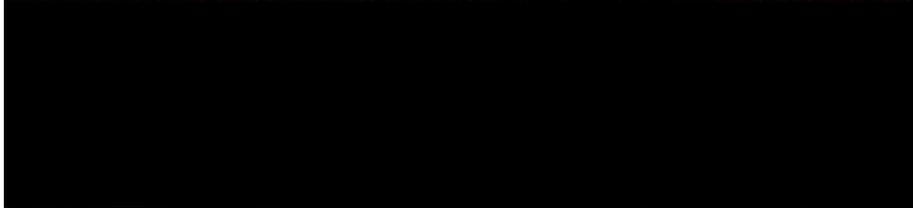


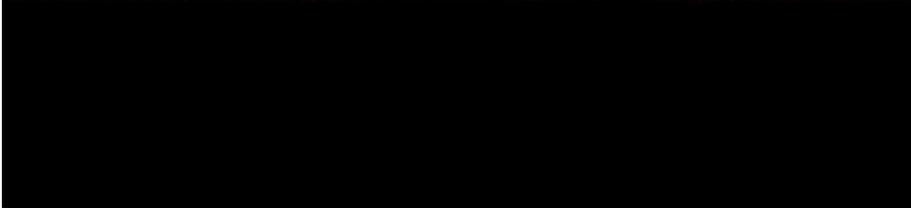


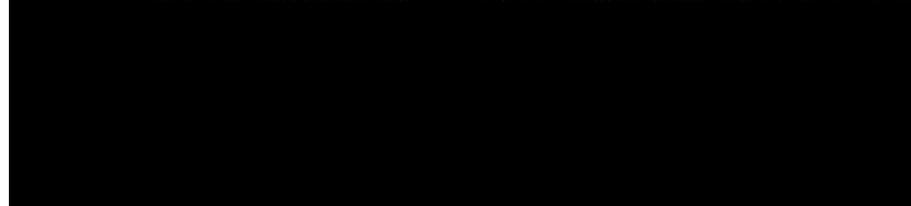
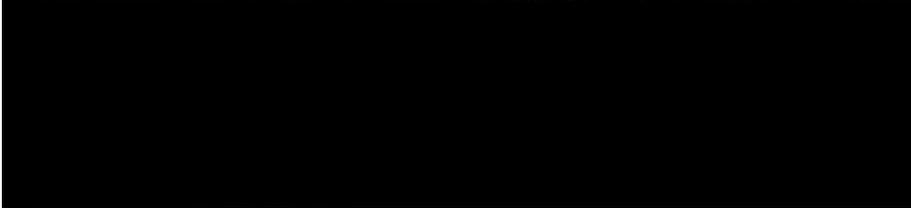


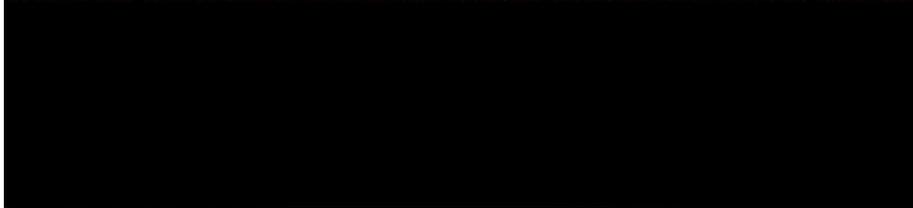


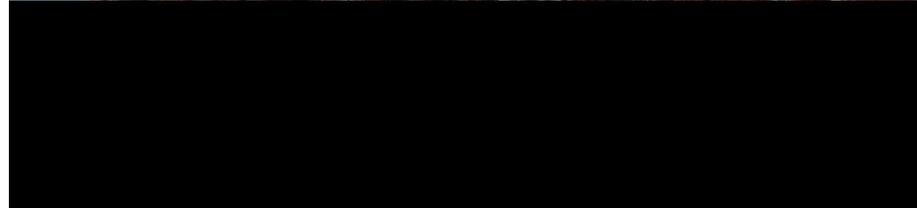


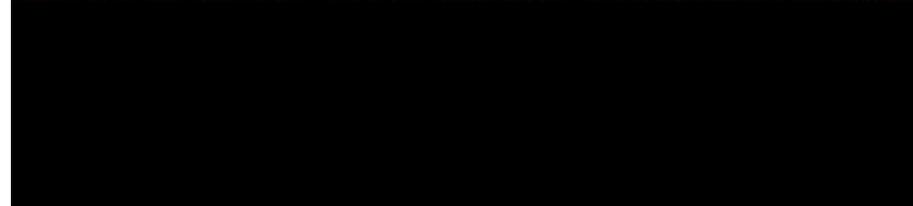
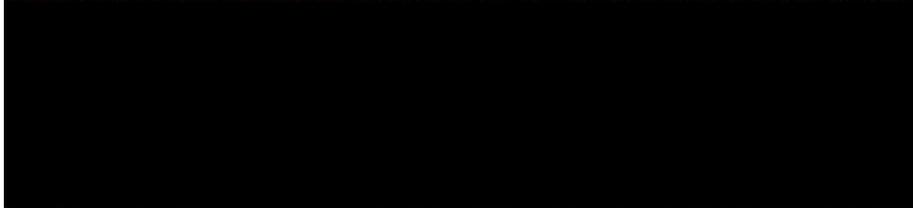


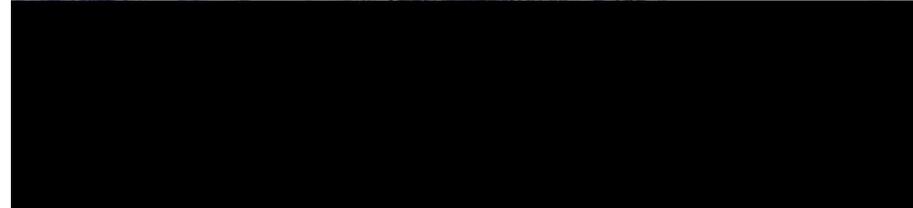
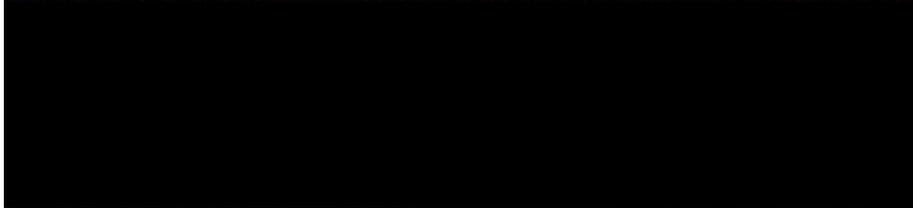






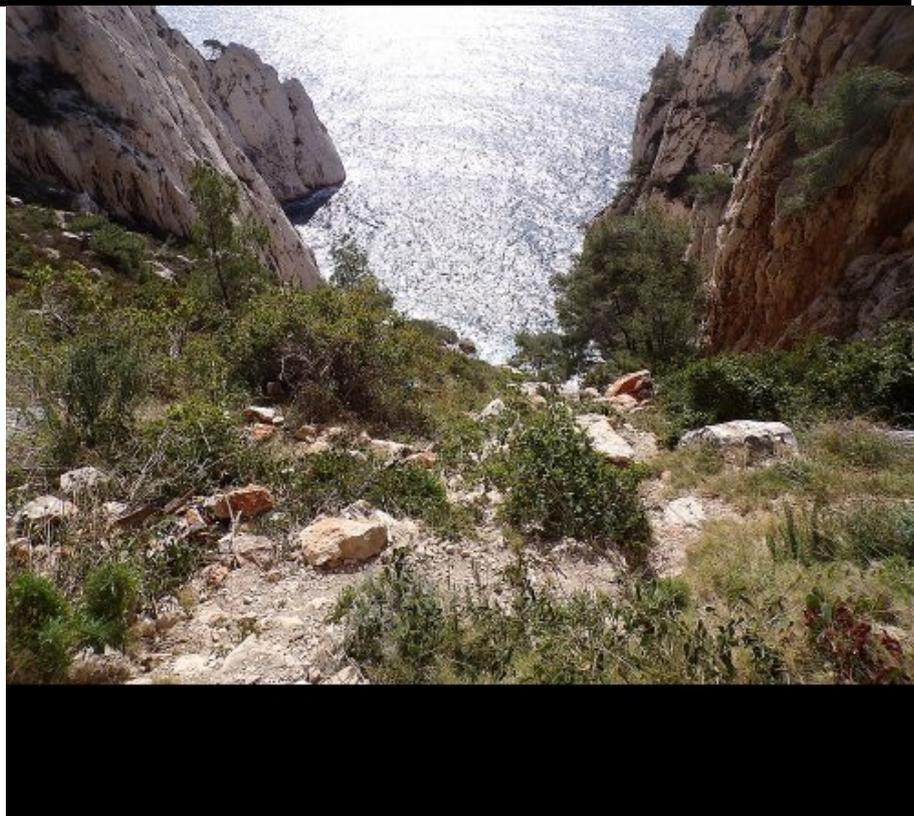


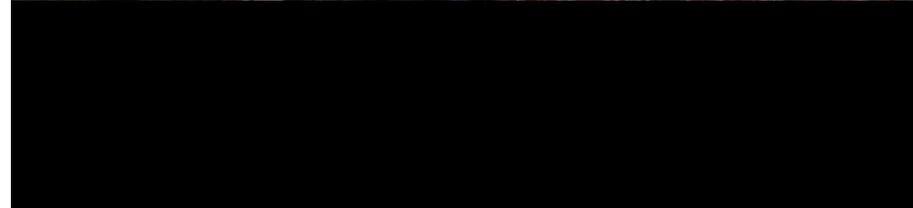
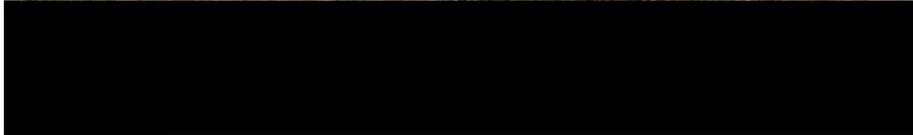


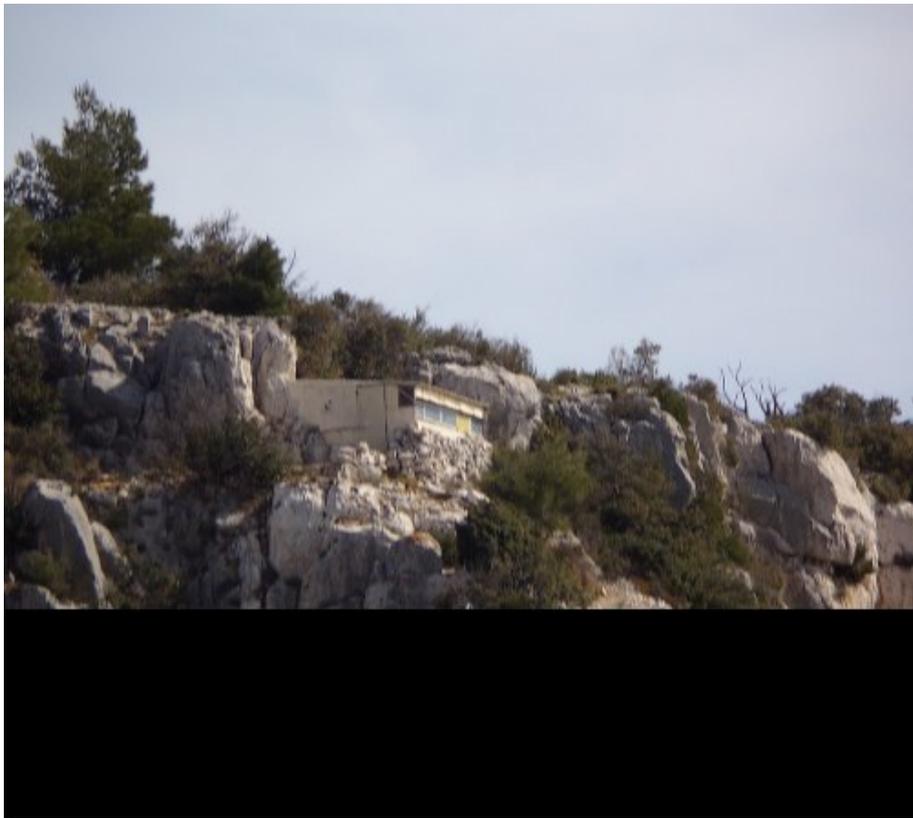


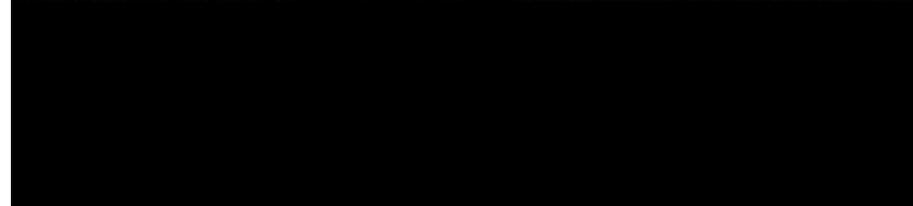
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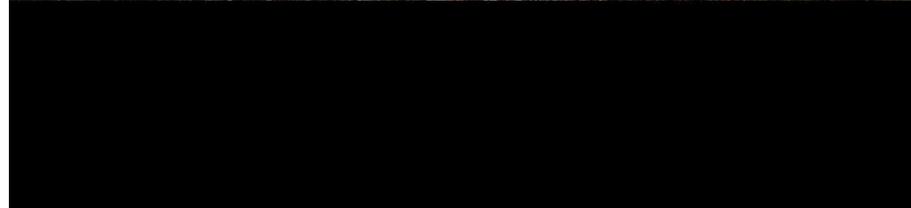
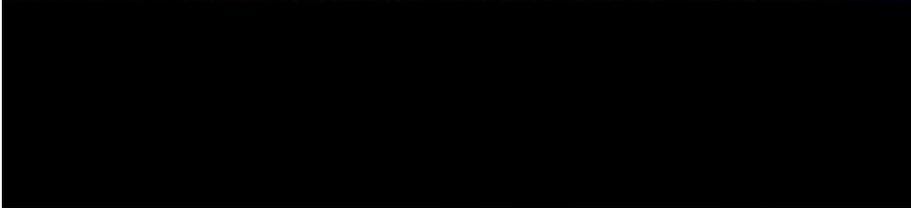


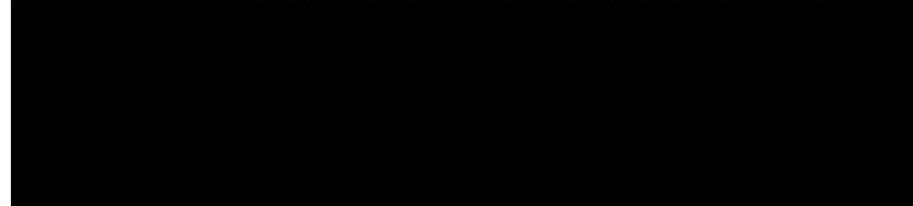
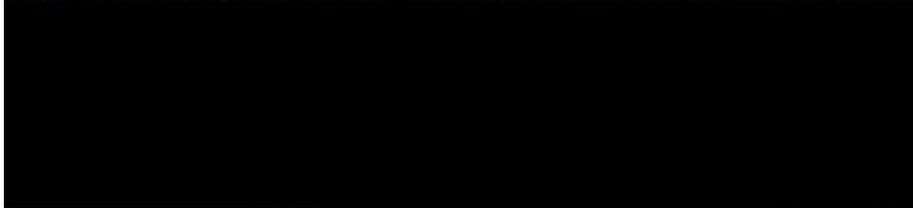


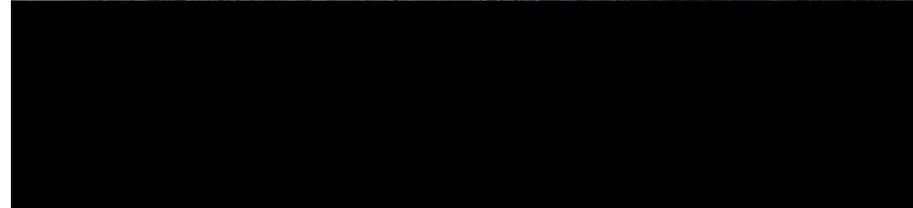
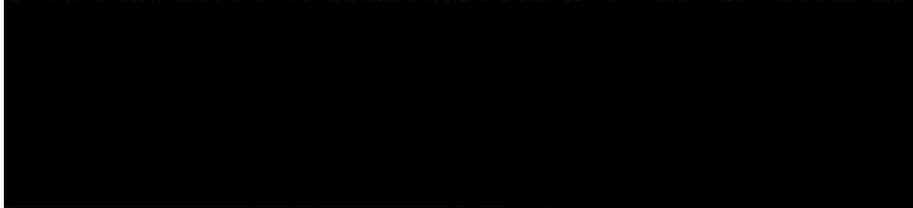


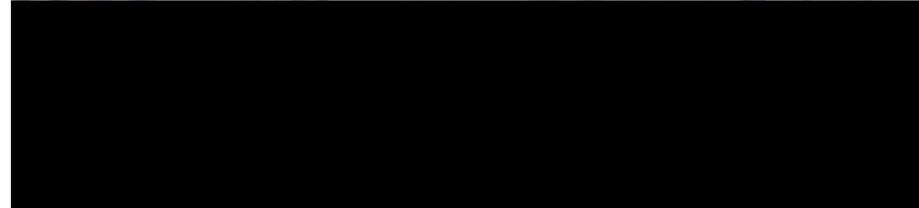


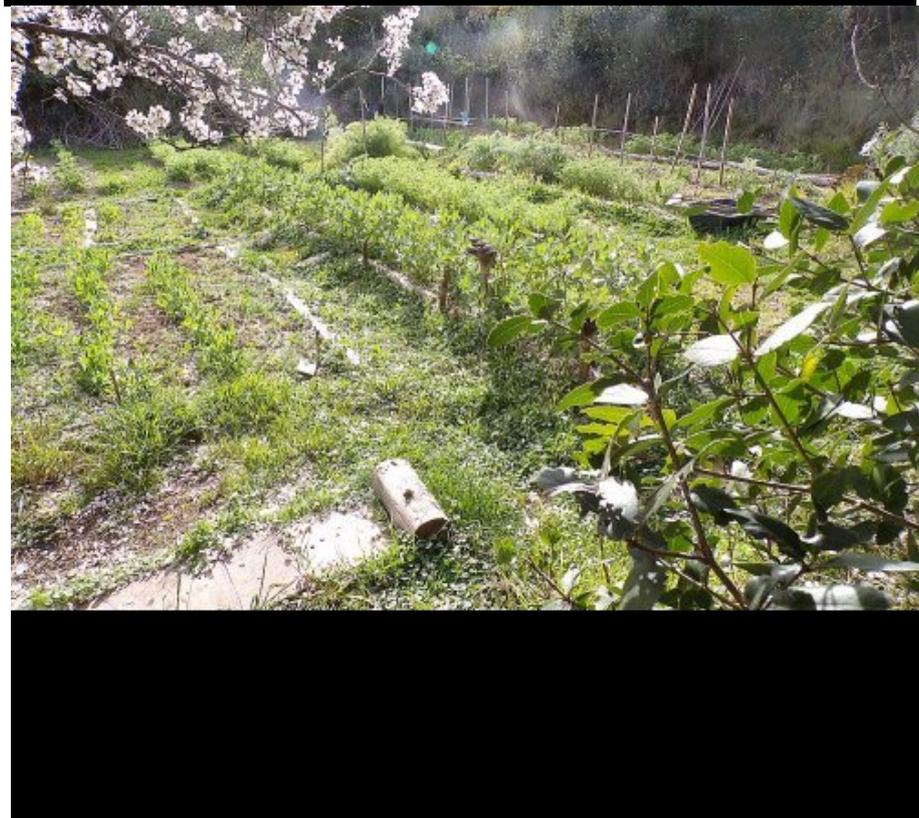


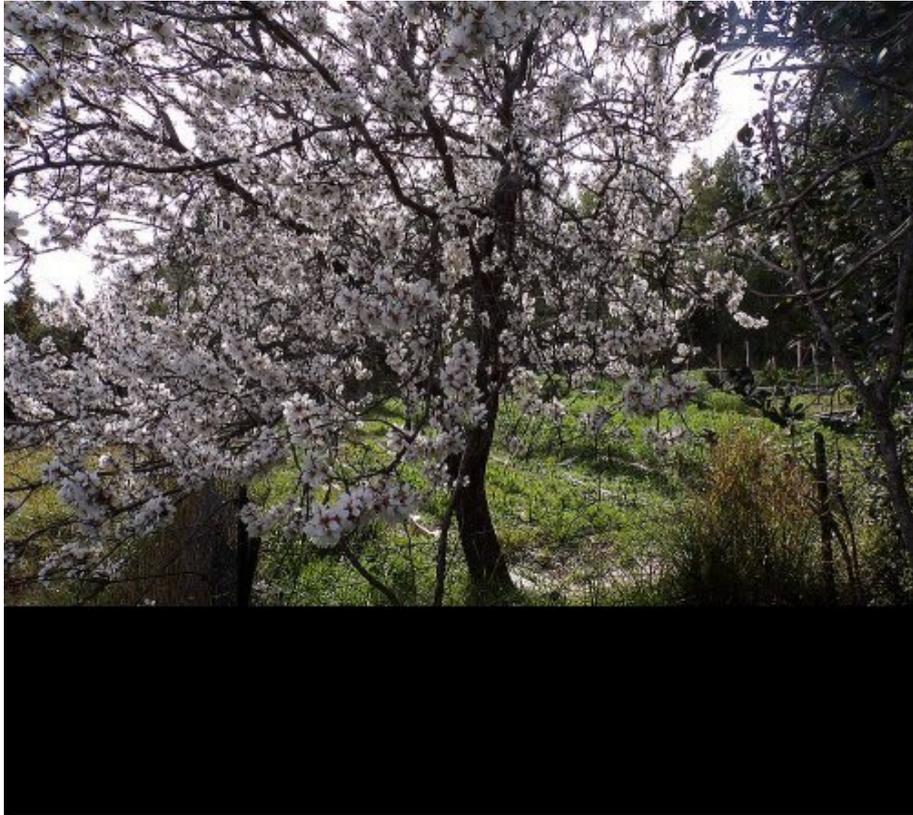


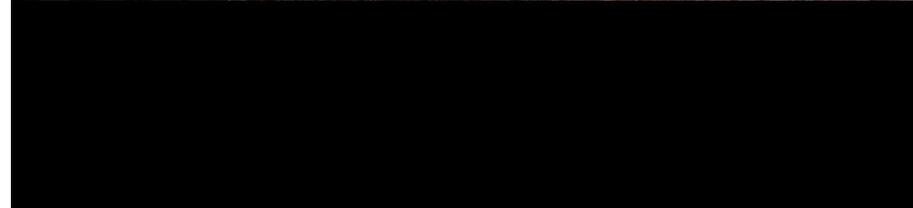


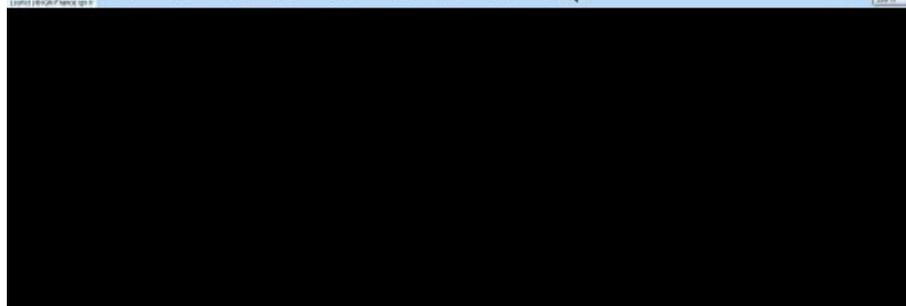
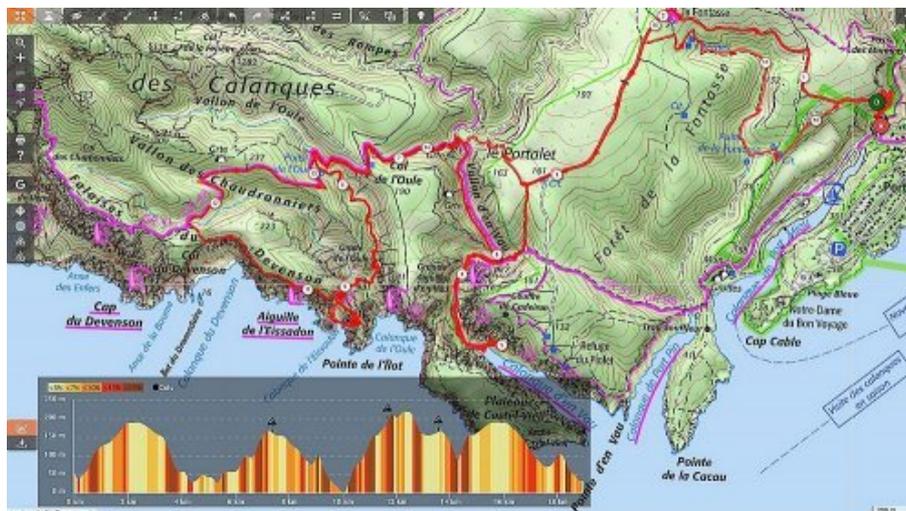




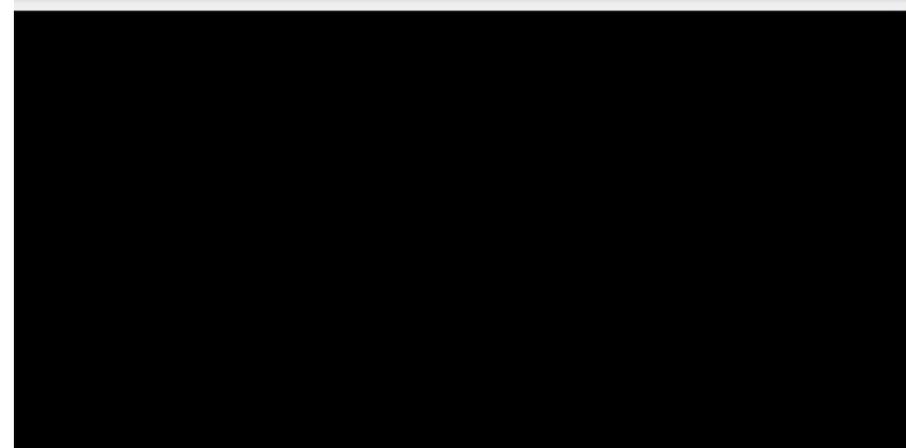


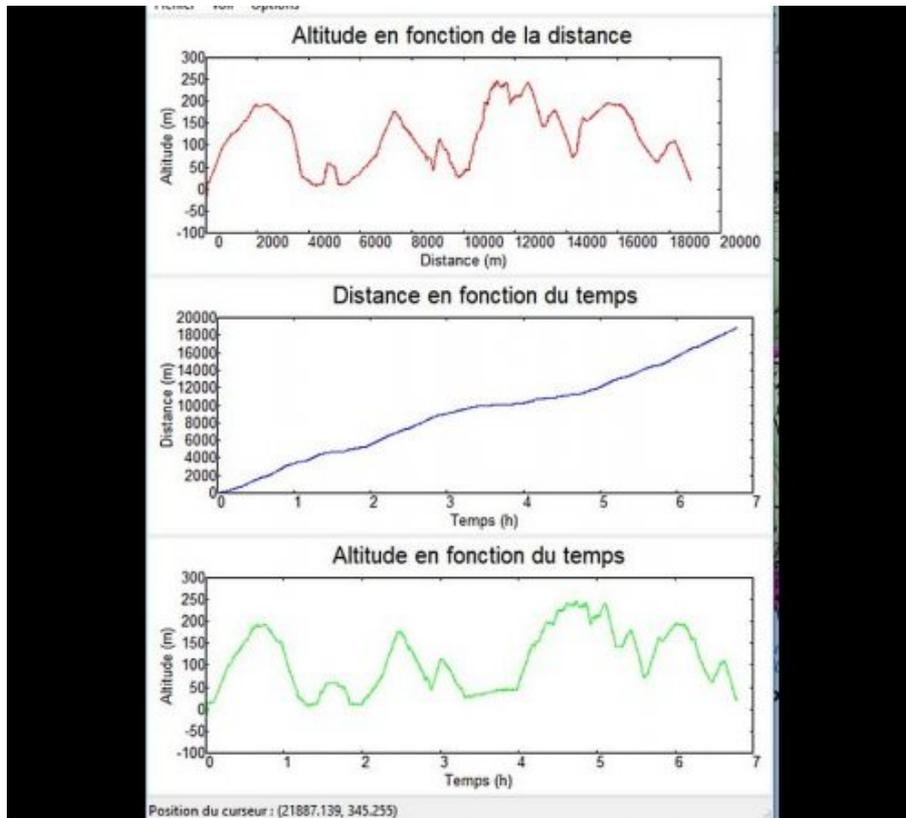






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Altitude (m)	-16	21	Vitesse moy (km/h)	2.766
Altitude min (m)	-17		Dénivelé + (m)	1182
Altitude max (m)	247		Dénivelé - (m)	1143
Altitude moy (m)	119			





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