

<https://www.persoemy.fr/spip.php?article154>



luminy, col de sugiton, calanque de l'oeil de verre, pas de la candelle par le couloir du diable.



- Randos
Date de mise en ligne : lundi 10 mars 2014
Date de parution : 3 septembre 2020

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[circuit IGN du 3 septembre 2020](#)

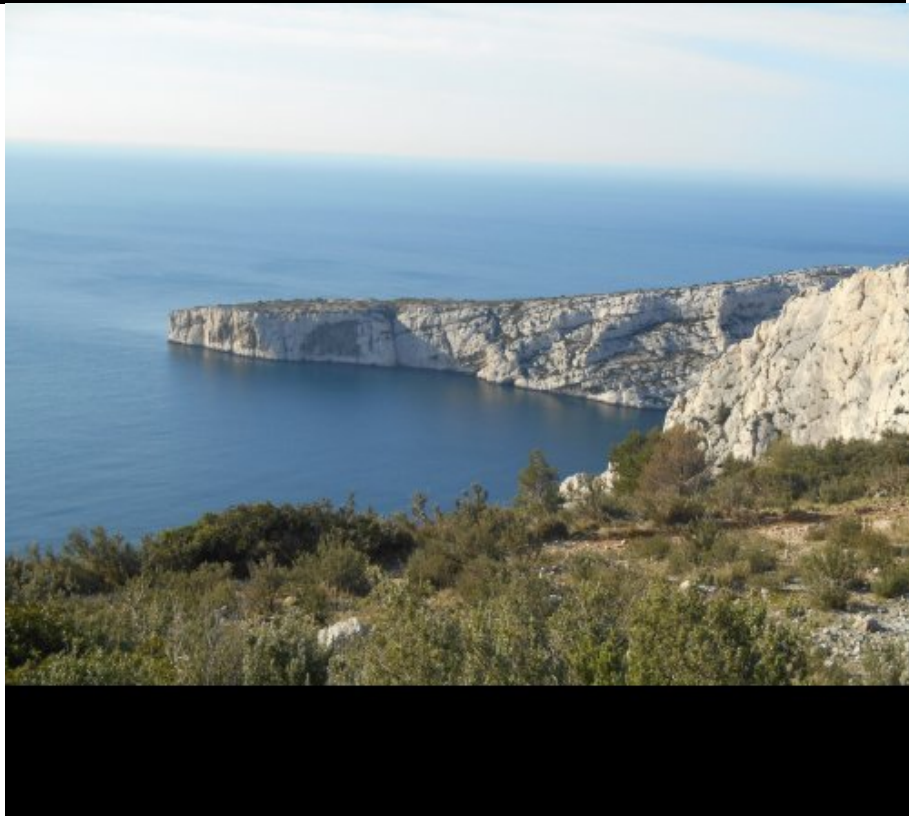
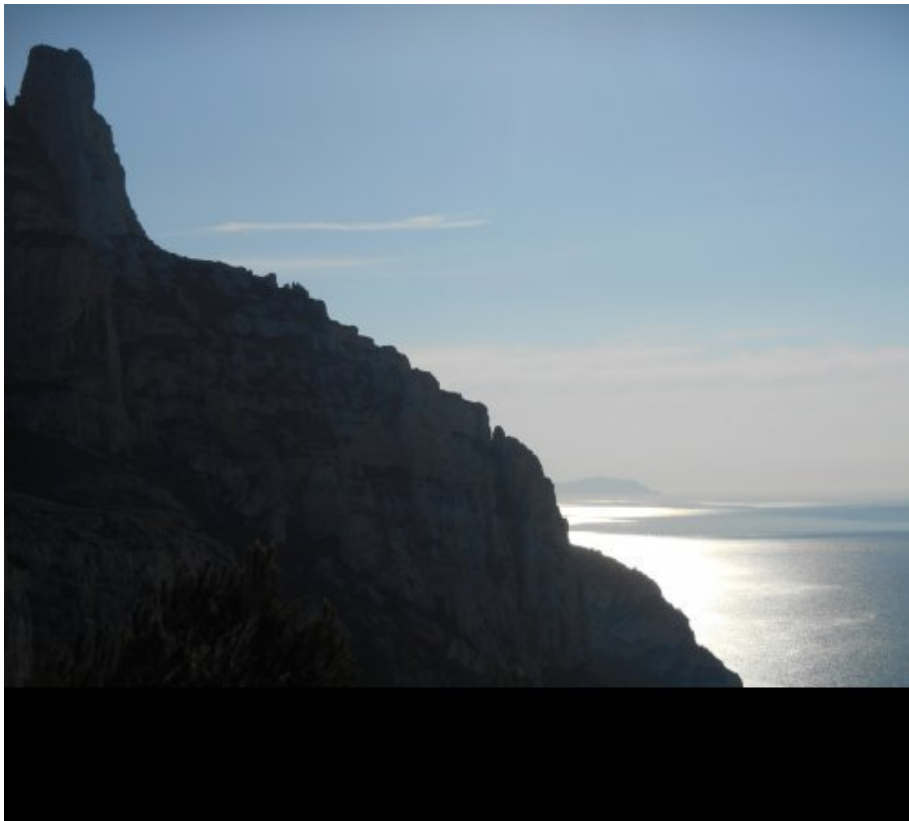
Parcours difficile dans la montée de la calanque de l'oeil de verre, et le couloir du diable..12kms, en 4h15, prévoir 5h et 561m de dénivelé..

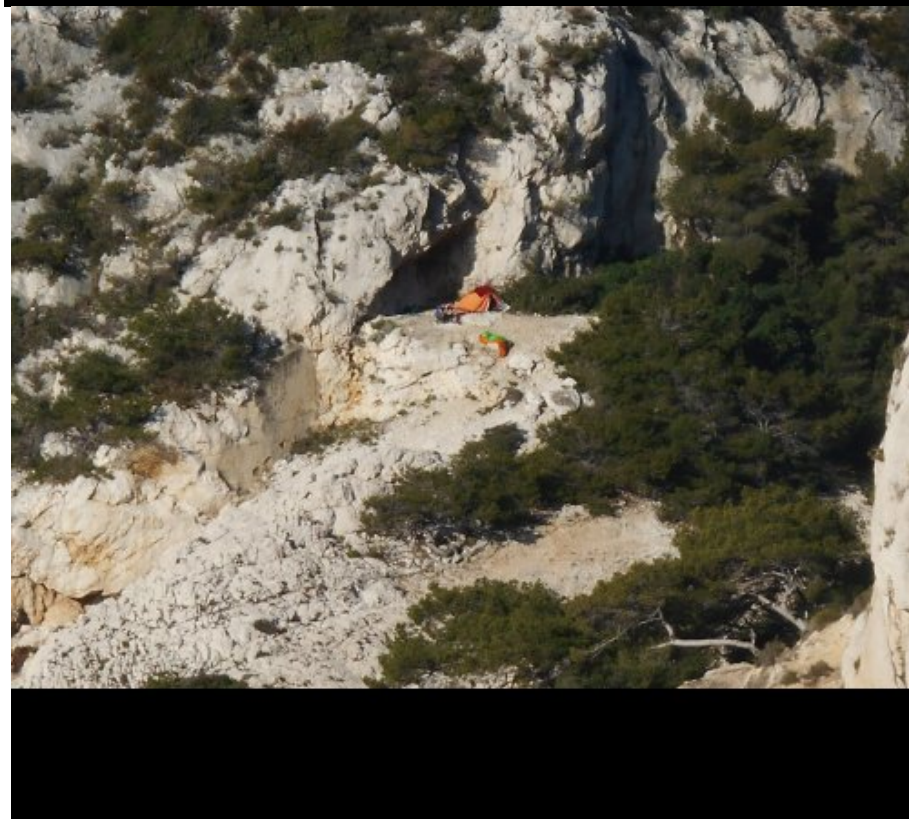
parking luminy, piste vers le col de sugiton, en face GR, piste, puis on quitte le GR, on continue la piste, une barrière, chemin qui va descendre légèrement jusqu'à la calanque de l'oeil de verre (sentier rouge, montée jusqu'au passage aménagé, l'oeil de verre sur la paroi.., on continue à monter..on laisse le noir et le verre sur la droite, puis le sentier du CAF à gauche, montée raide jusqu'au couloir, technique..un pas un peu compliqué (nous avons mis 1h pour la montée jusqu'au GR..)

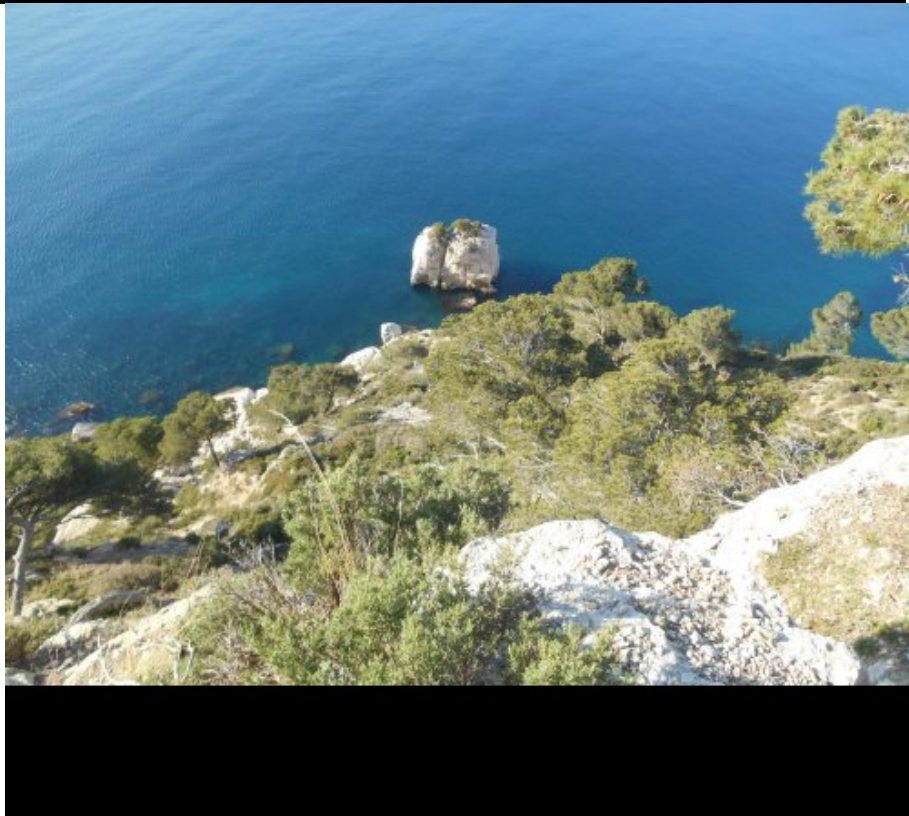
le col de la candelle puis descente assez facile jusqu'au passage avec pierriers puis redescente jusqu'au parking..

[circuit IGN du 10 mars 2014](#)

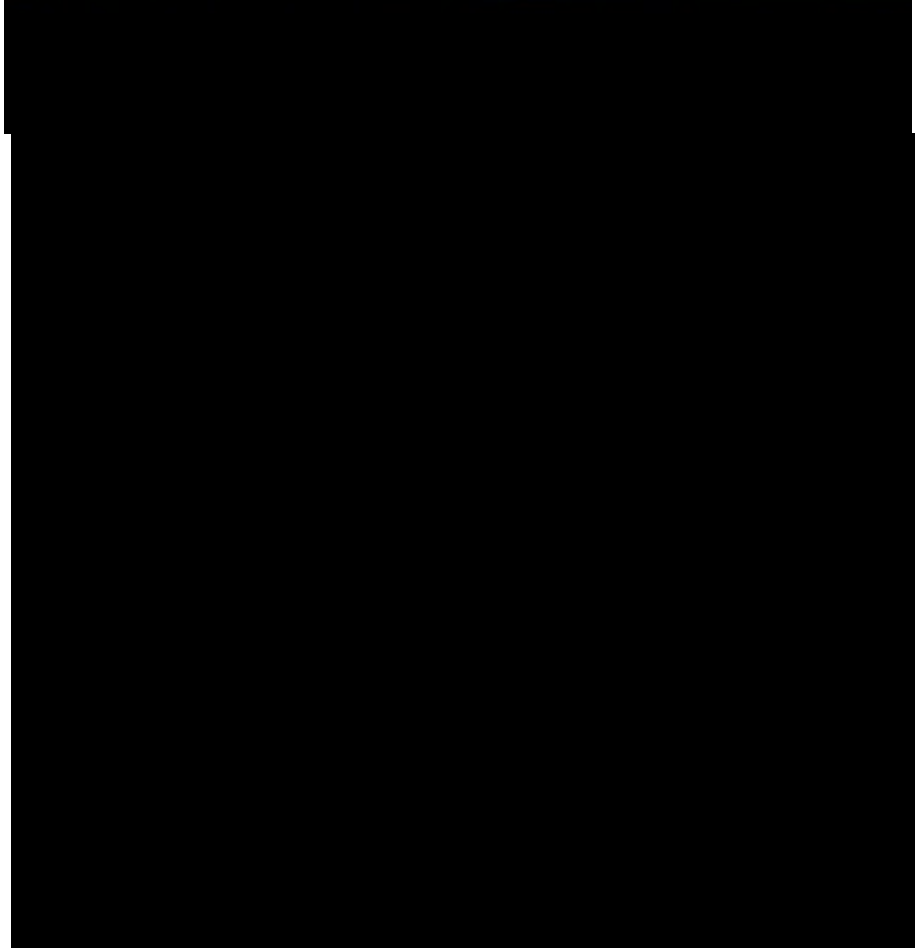


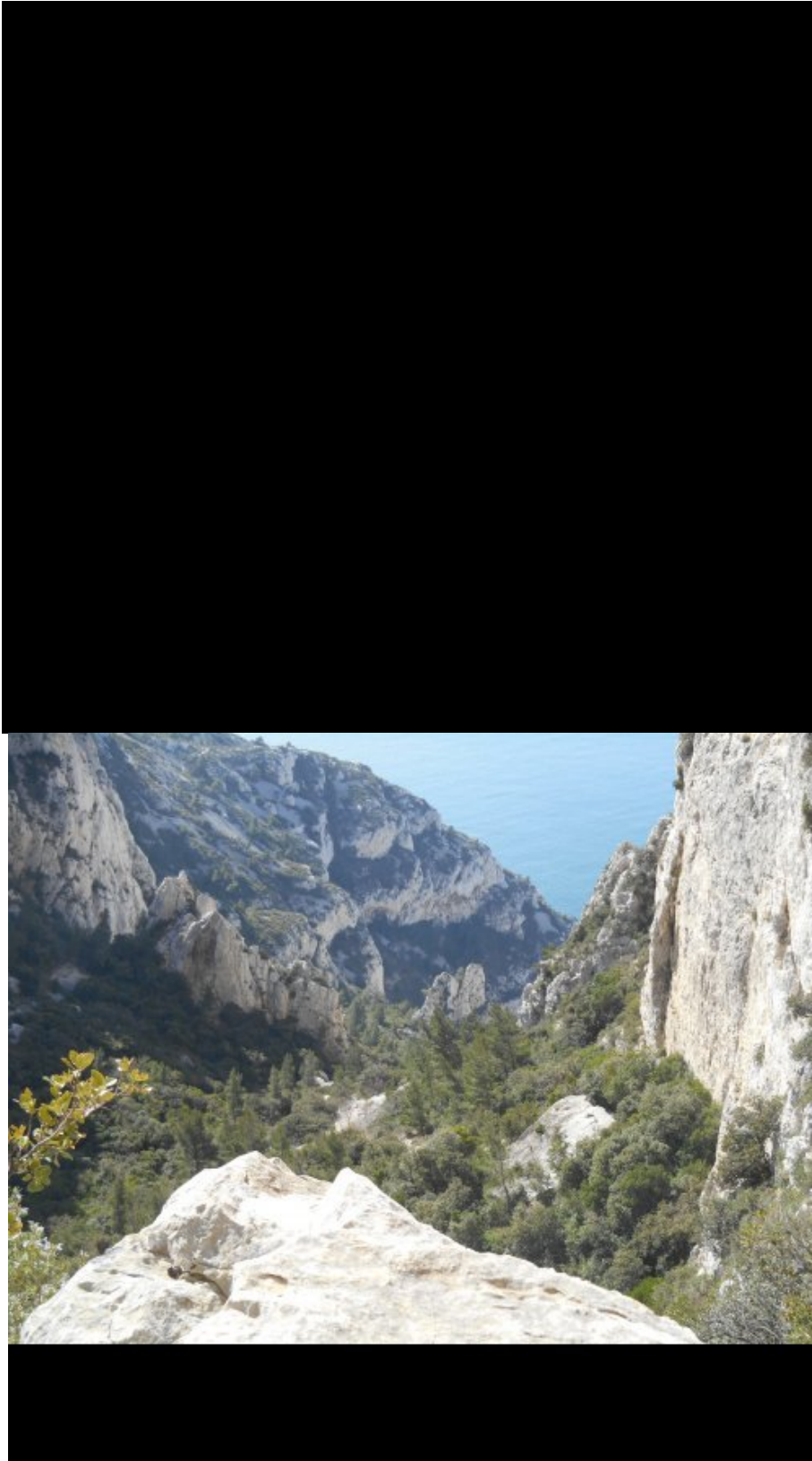




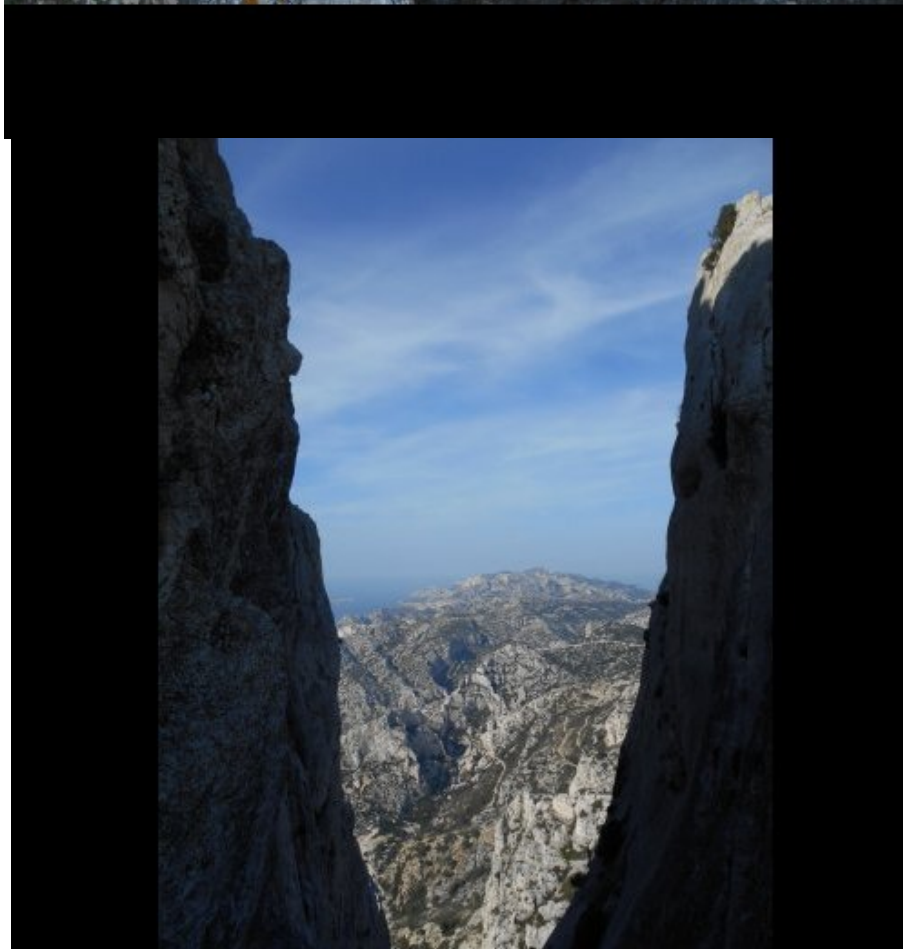




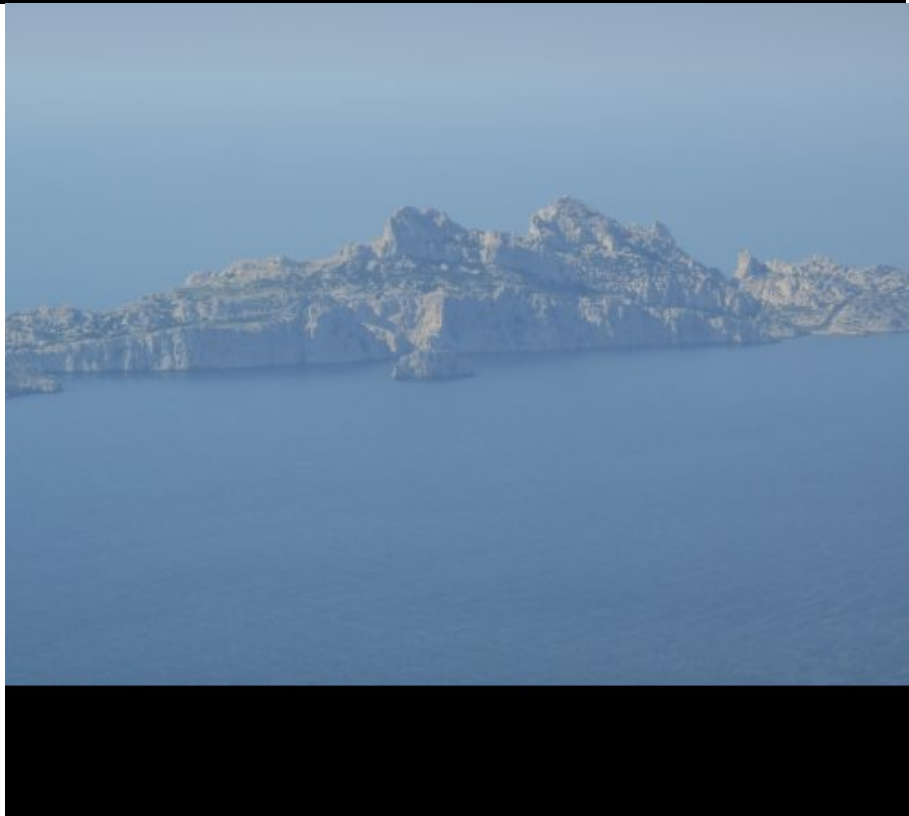
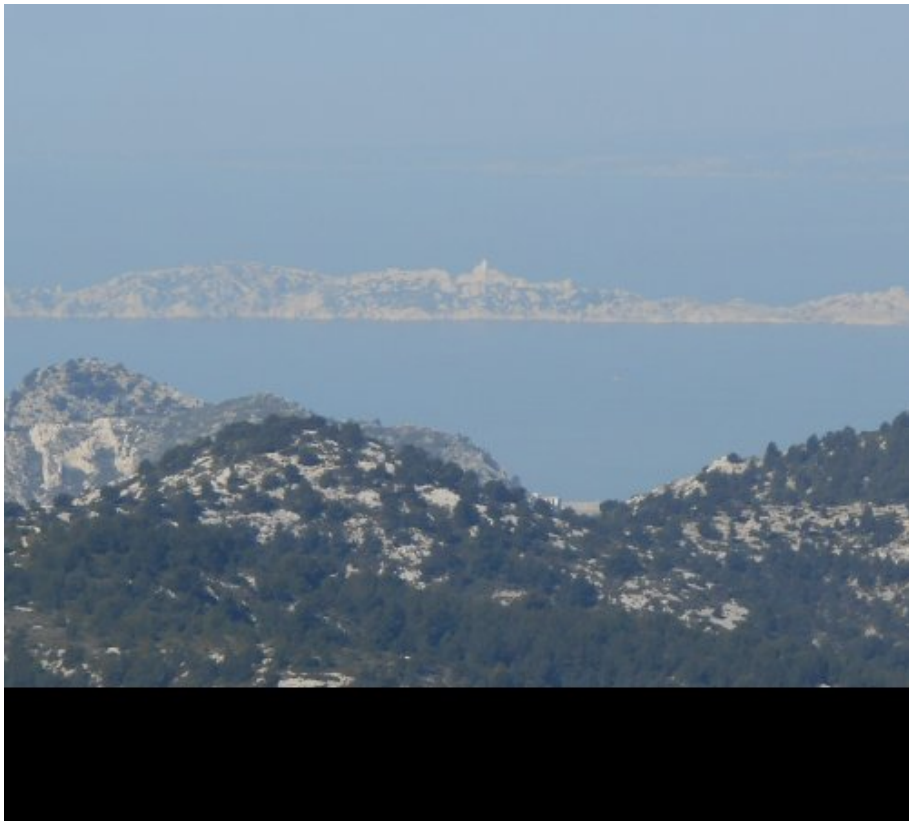


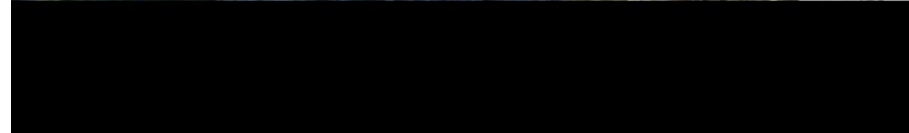






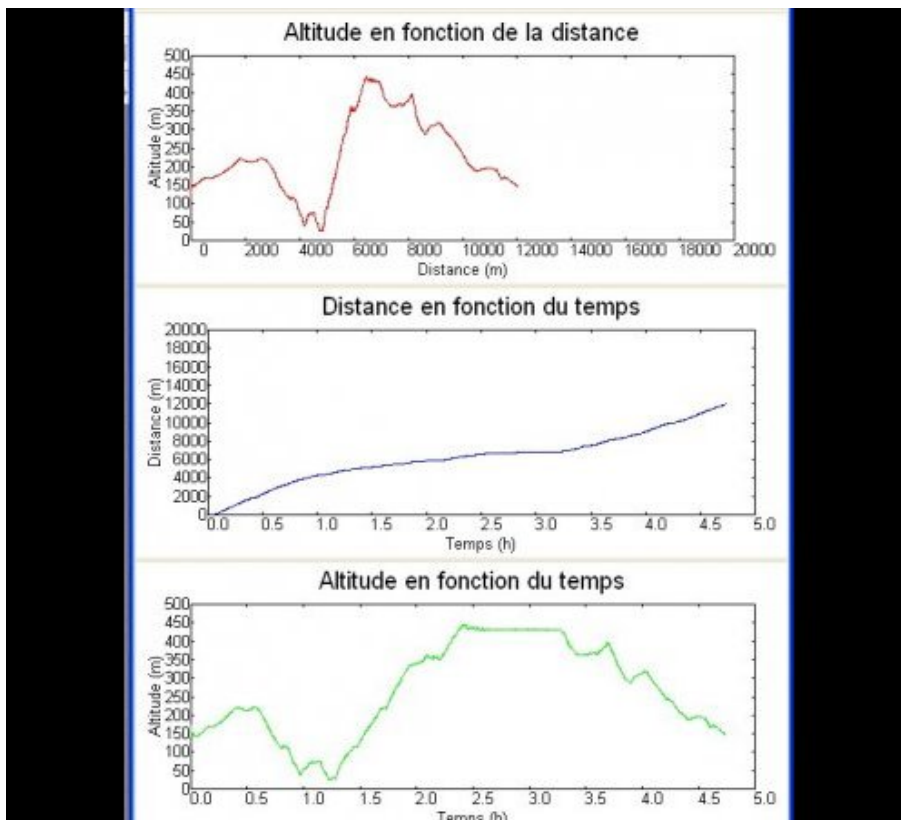




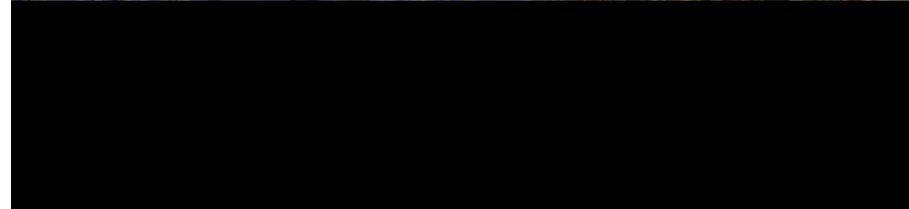


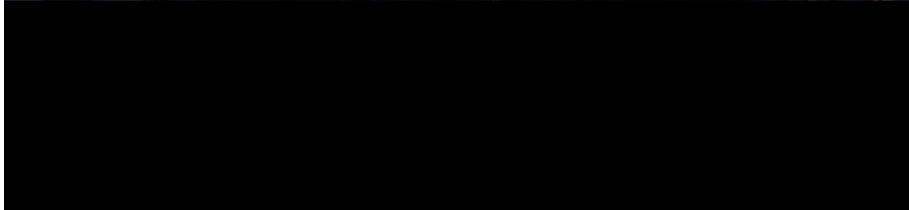


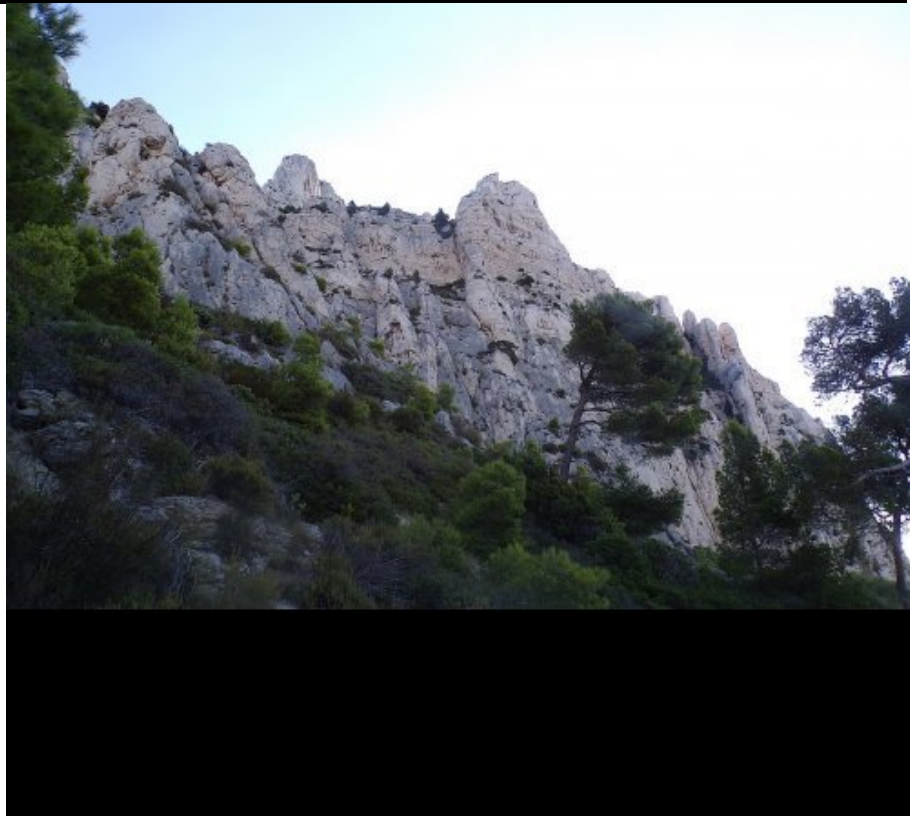
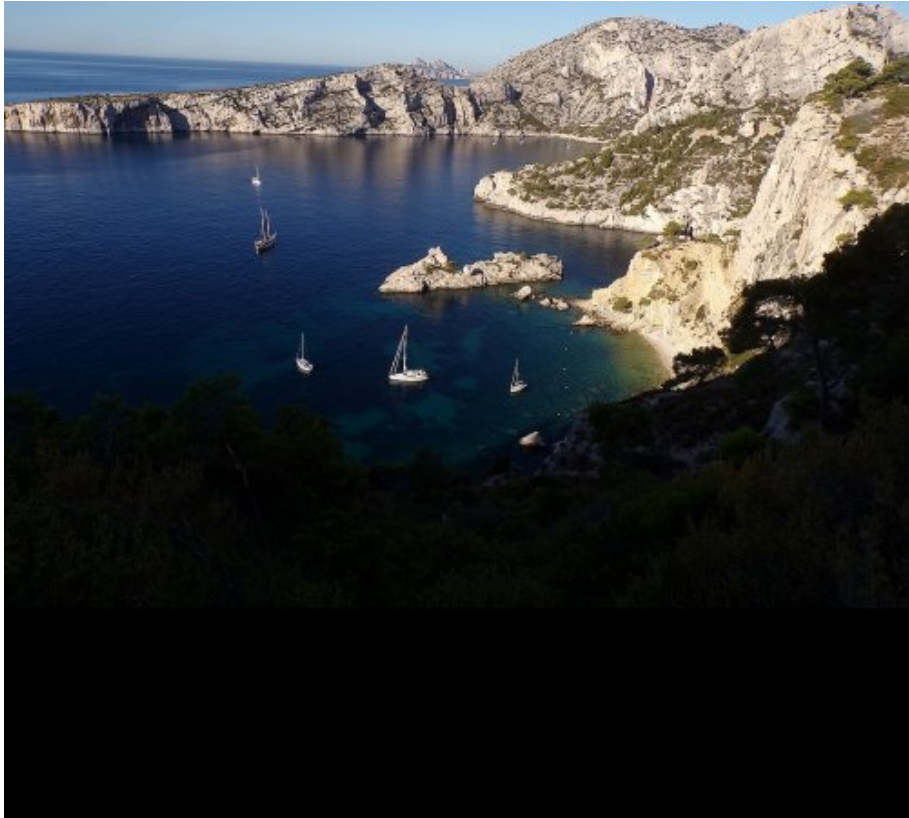


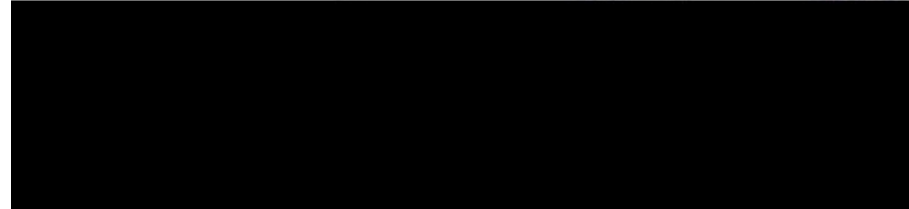
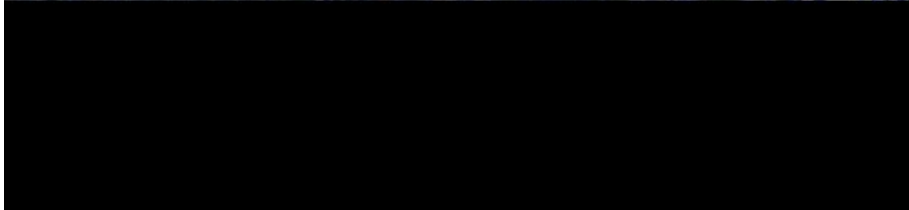


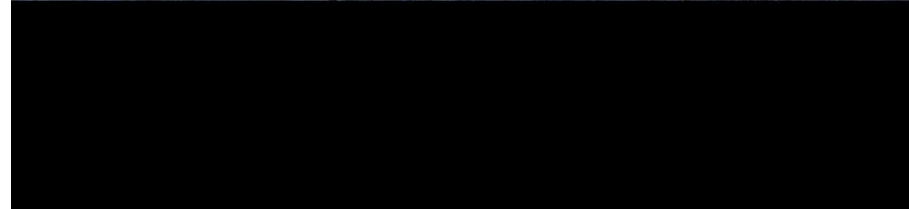
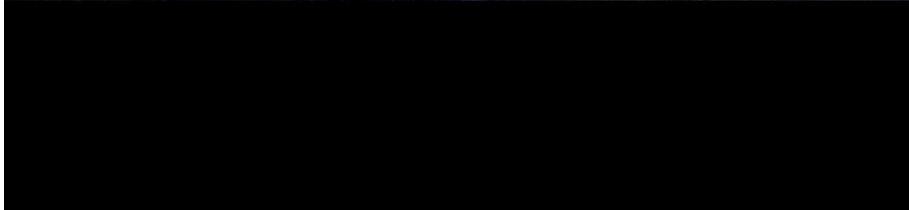
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Date	10/03/14	10/03/14	Distance (m)	12046.953	
Heure	07:32:20	12:16:54	Durée	04:44:33	
Altitude (m)	112	145	Vitesse moy (km/h)	2.540	
Altitude min (m)	26		Dénivelé + (m)	870	
Altitude max (m)	444		Dénivelé - (m)	837	
Altitude moy (m)	230				

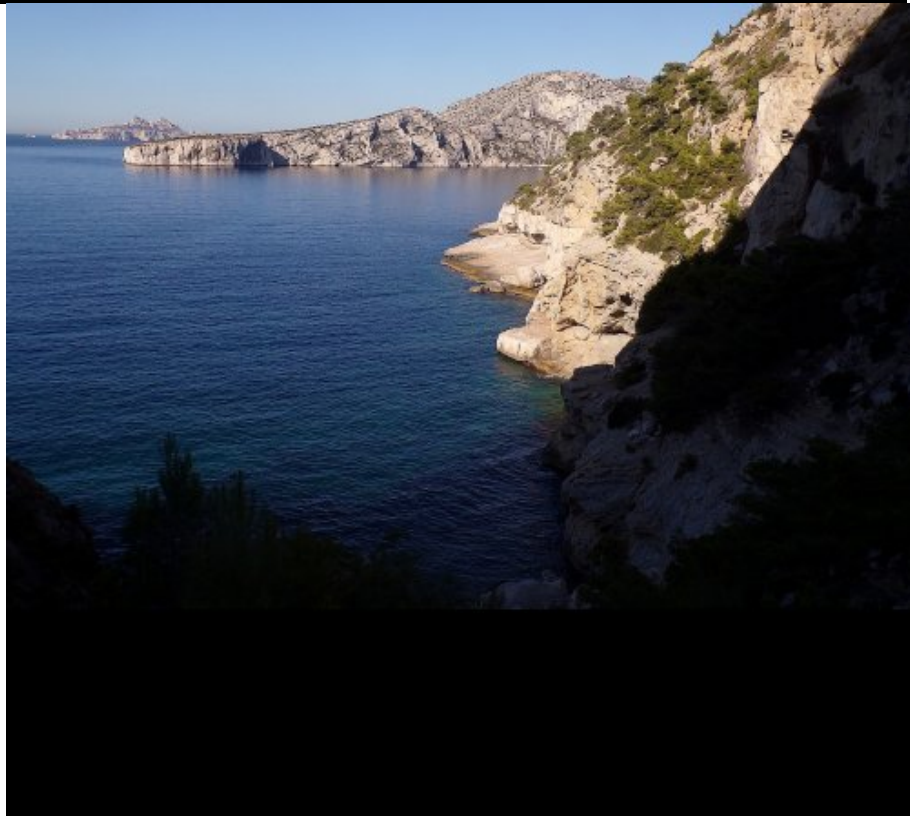
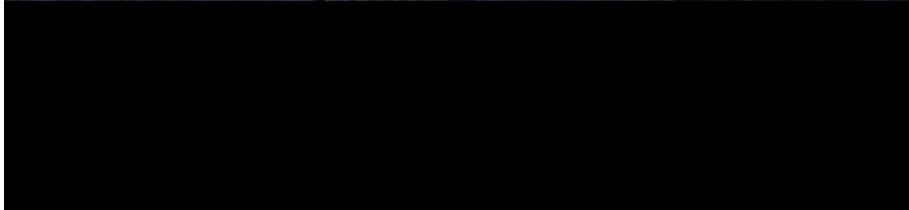


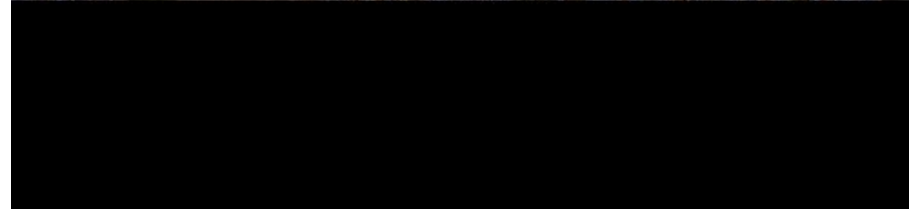
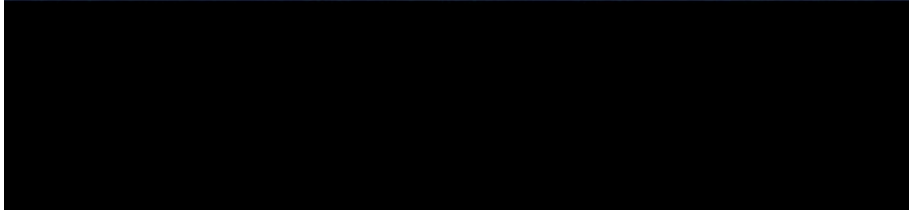




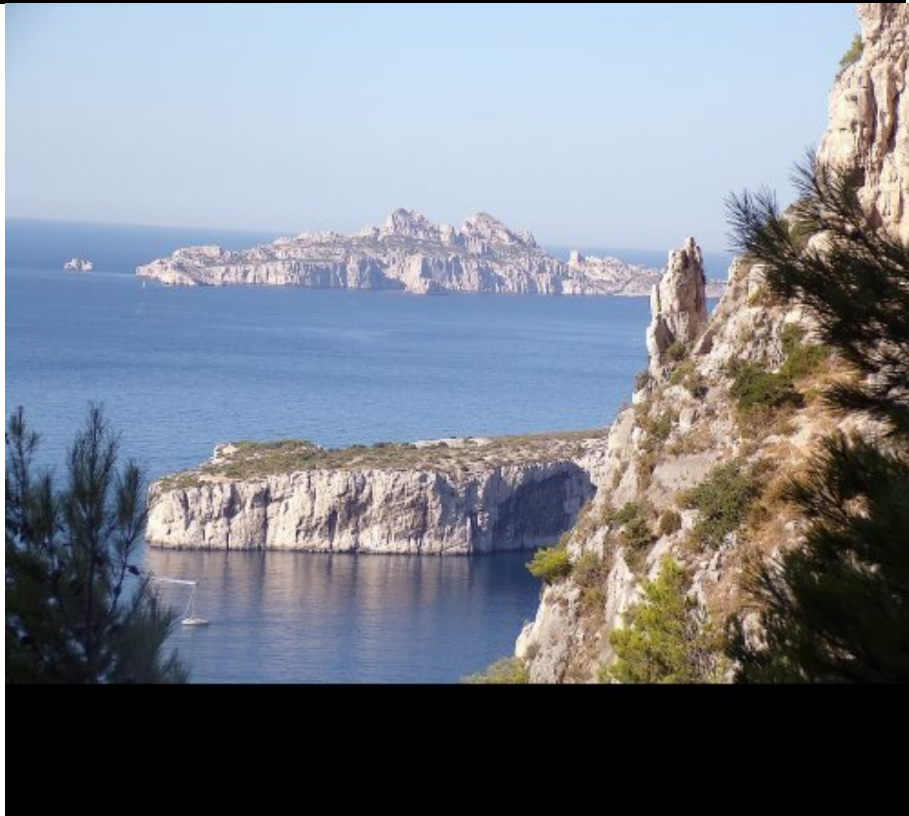


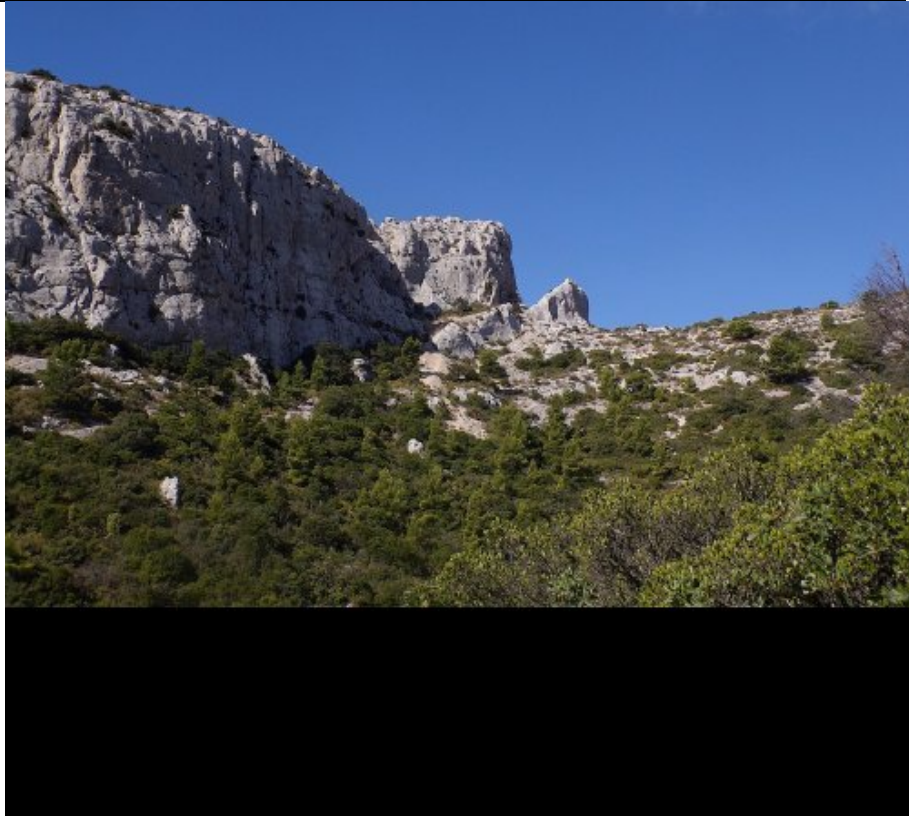


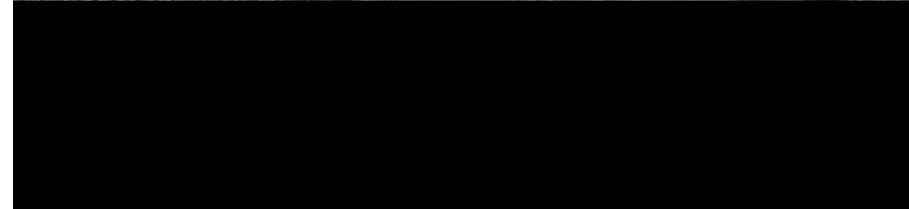
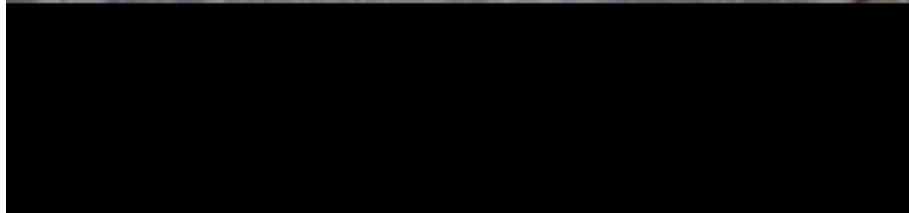


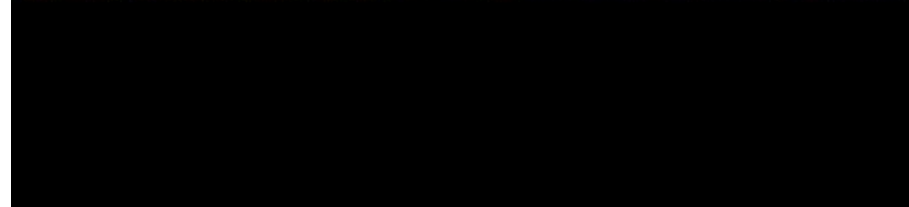
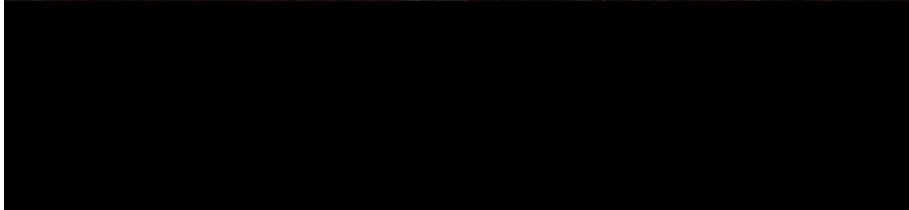


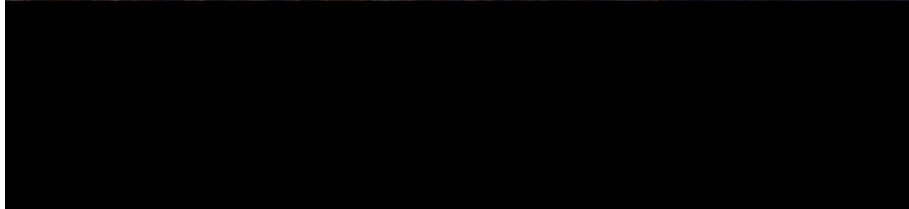




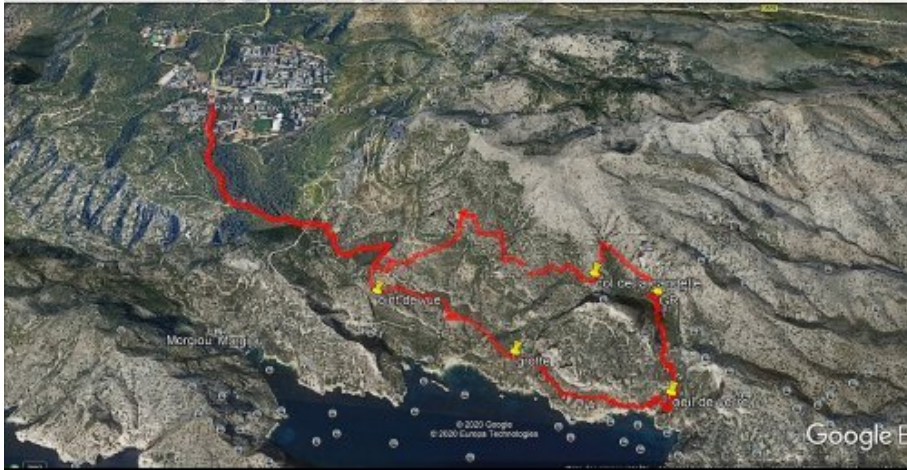


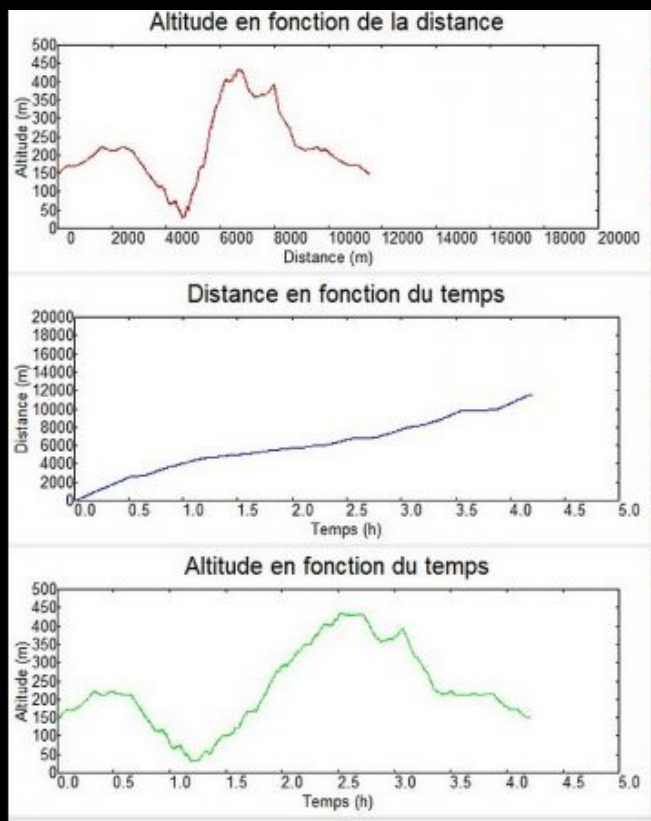




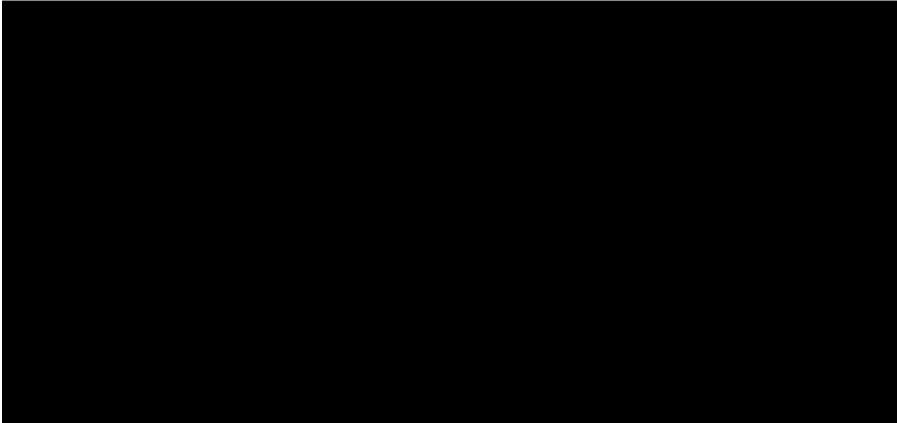


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	Départ	Arrivée		
Date	03/09/20	03/09/20	Distance (m)	11547.436
Heure	06:24:55	10:37:17	Durée	04:12:22
Altitude (m)	149	148	Vitesse moy (km/h)	2.745
Altitude min (m)	30		Dénivelé + (m)	747
Altitude max (m)	434		Dénivelé - (m)	747
Altitude moy (m)	221			



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