

<https://persoremy.fr/spip.php?article338>



le port de marseille, le frioul, ses forts, ses calanques, l'hôpital caroline..

- Randos



Date de mise en ligne : jeudi 22 septembre 2016

Date de parution : 3 juin 2019

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[le circuit IGN du 3 juin 2019](#)

rando facile de 5h avec baignade, arrêt au glacier..de 11kms800 et 250 m de dénivélé
cettefois le parcours commence par l'île de ratonneau, l'ancien hôpital caroline, le fort, la calanque de margiret, puis la piste vers pomègues et le cap caveaux, ensuite arrêt à la calanque de la crine et retour vers le port

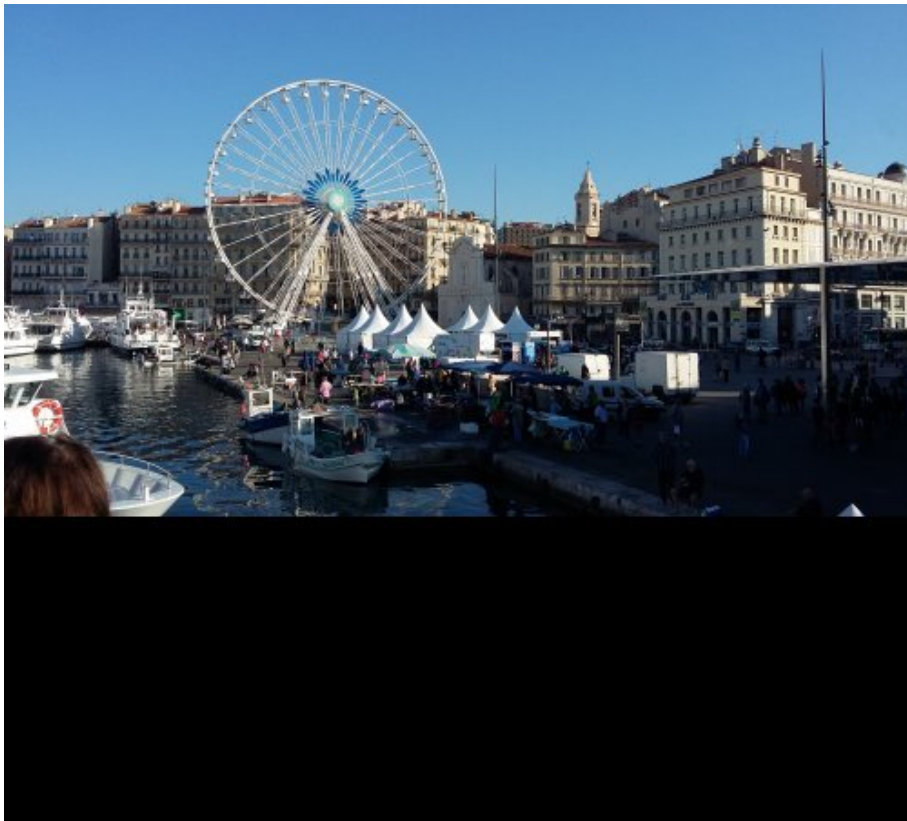
les cris des gabians pour protéger leurs petits

[Install or enable JAVA](#)

[le circuit IGN du 22 septembre 2016](#)

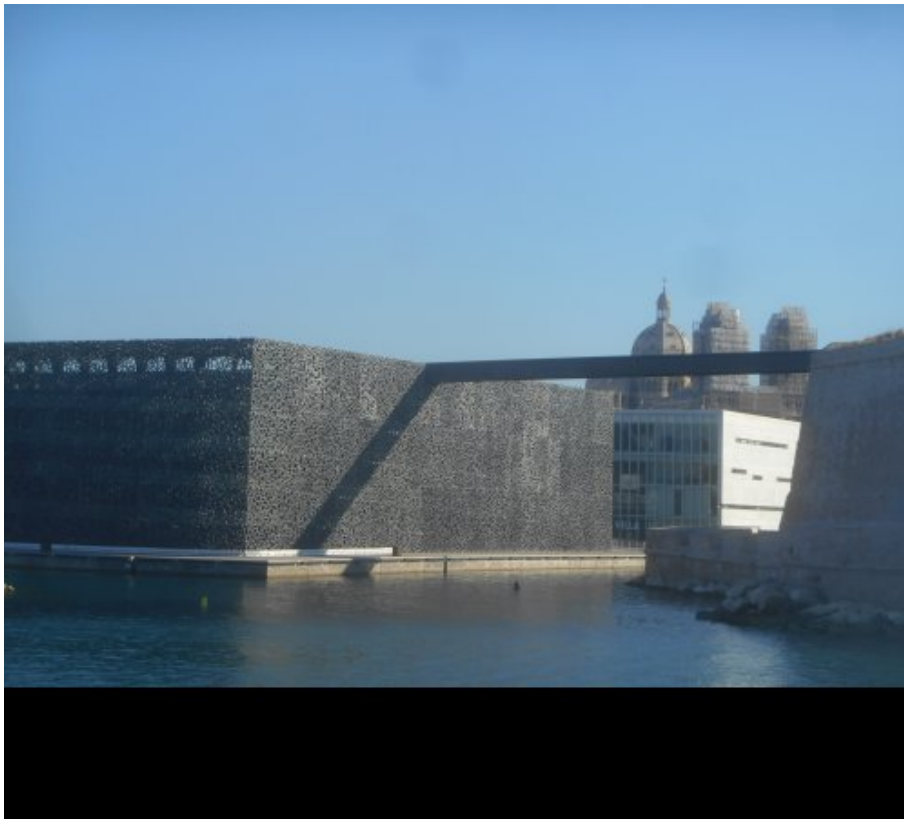
arrivée [au port du frioul](#), une rando de 13kms, 470m de dénivélé, en 4h30,nous partons vers la jetée qui relie les 2 lles, et protège le port, l'île de pomègues en premier, la piste, rien de difficile, paysage sauvage , déchiqueté, visite de la tour du pomèguet ,la roche perchée, puis le sentier des astragales qui nous fait descendre vers les [calanques](#), c'est très bien indiqué, malheureusement ces calanques avaient besoin d'être nettoyées, peu propices à la baignade, des méduses ..., puis le sémaphore, nous nous sommes aventurés presque au cap caveaux.

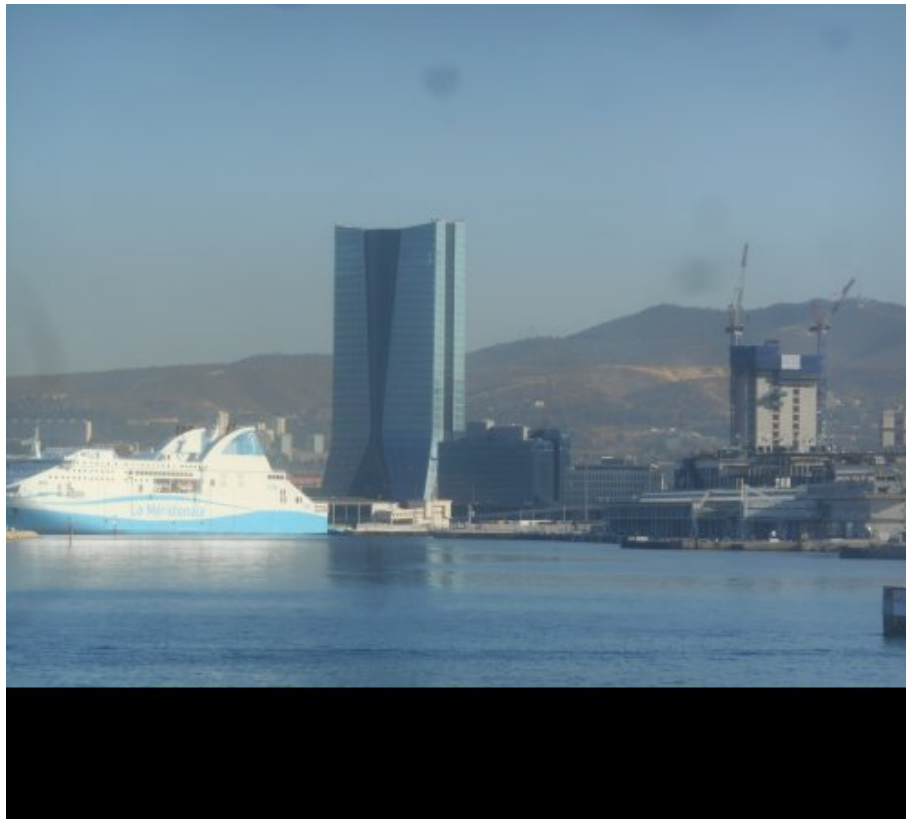
le retour par la piste (en 2 heures île de pomègues), la digue , la pause repas, puis nous dirigeons , la calanque de morgiret,vers l'ancienne carrière, la montée vers le fort de ratonneau, la descente vers la calanque de st estève, avec quelques estivants encore, puis la remontée vers [l'hôpital caroline](#), en train d'être restauré..., nous en faisons le tour, une vue sur le château d'IF, puis le retour vers le port..

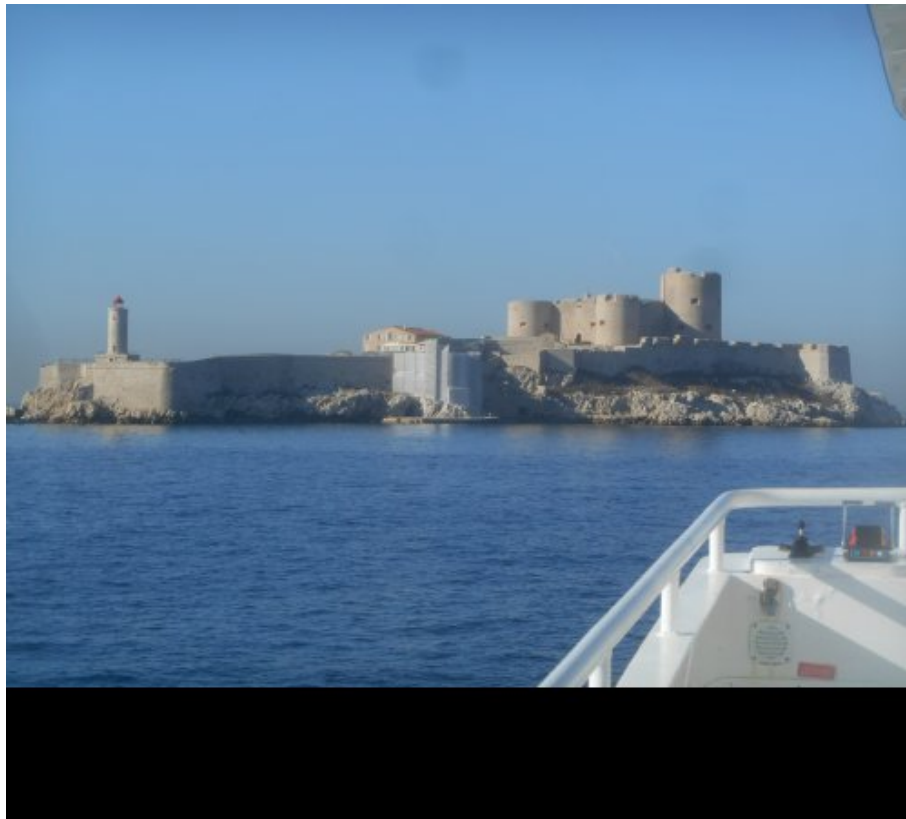


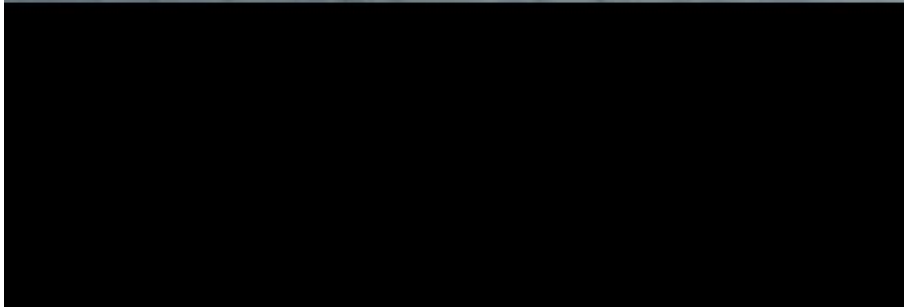


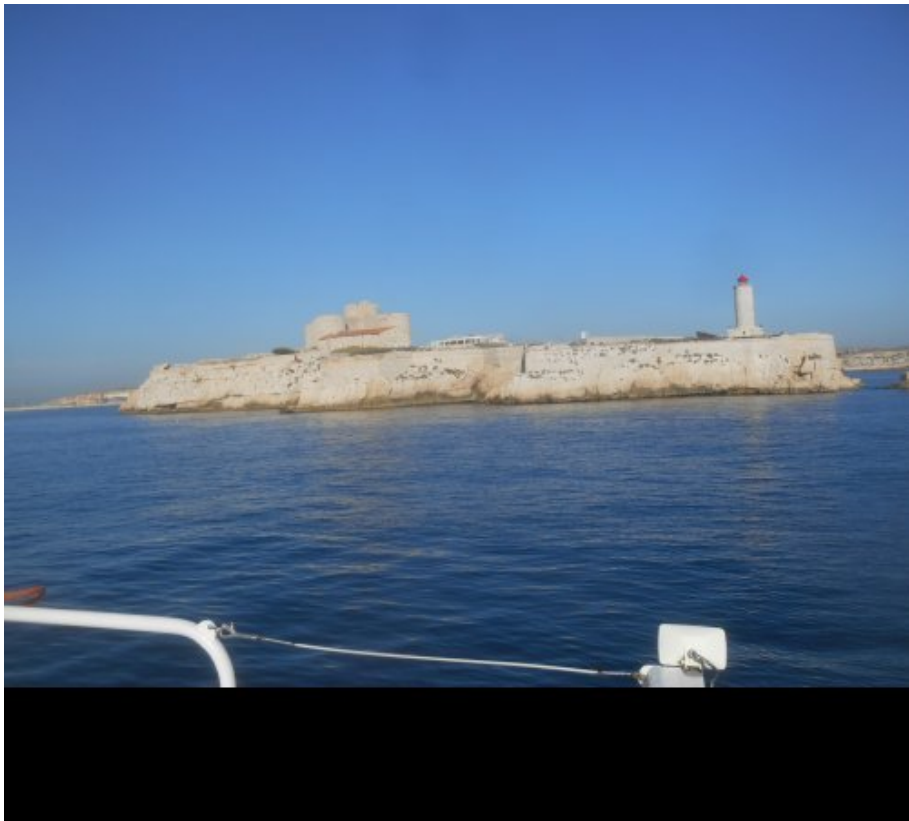








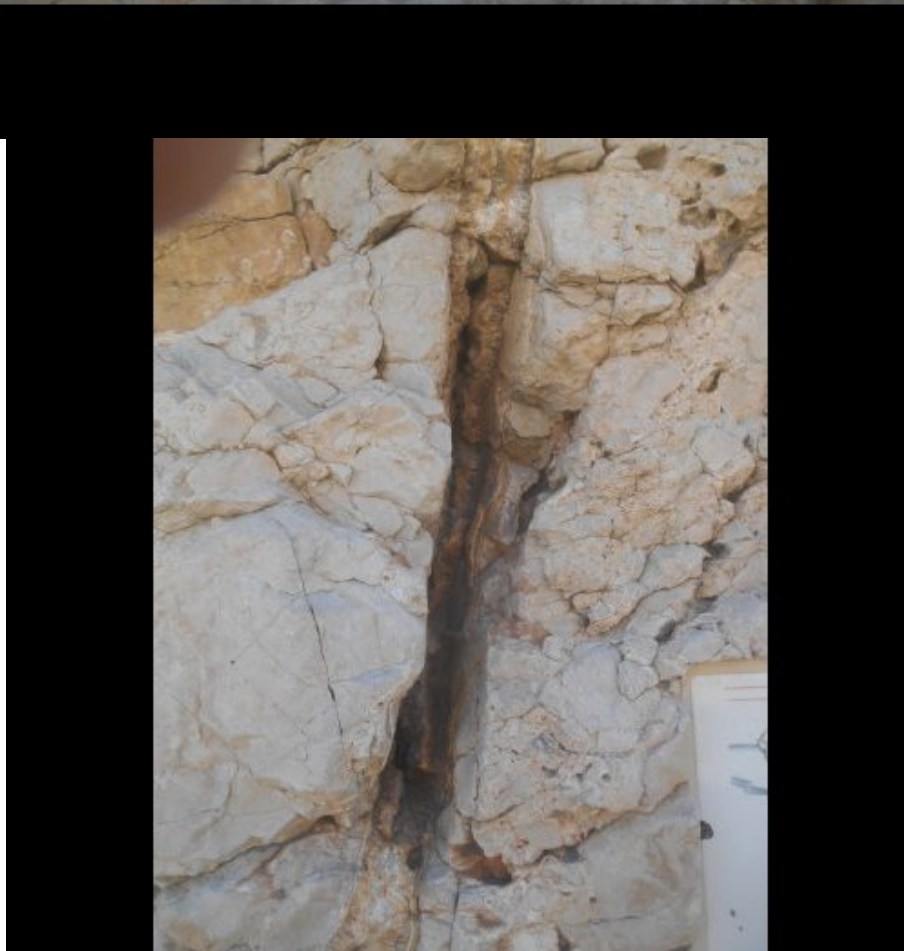




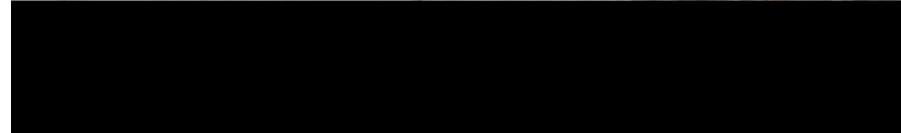


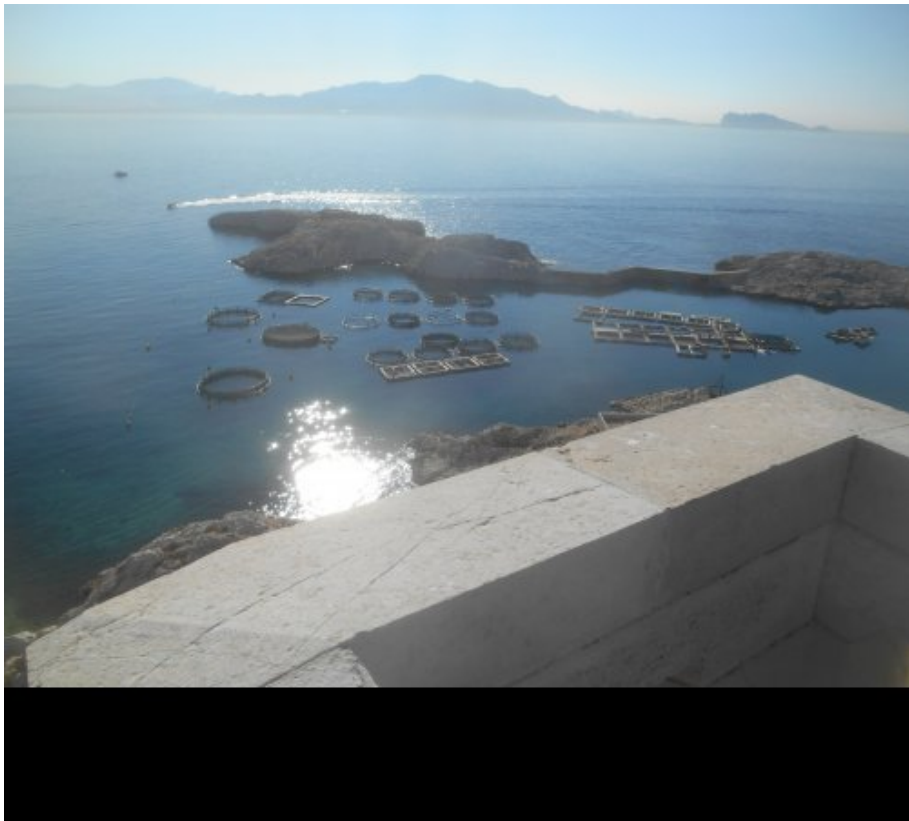








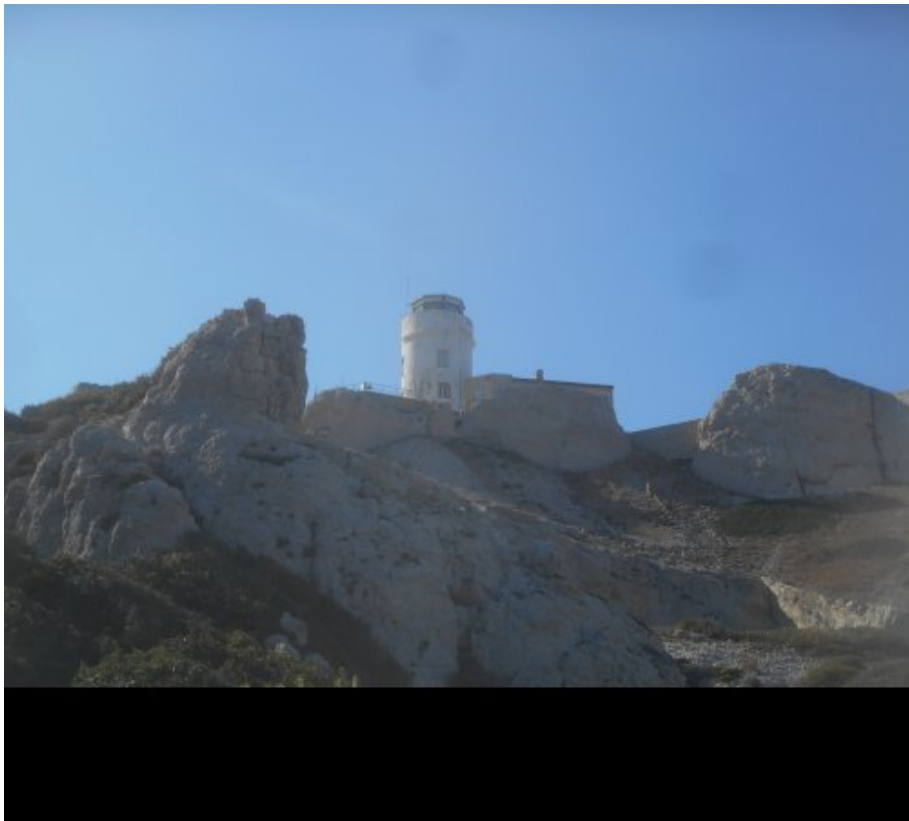


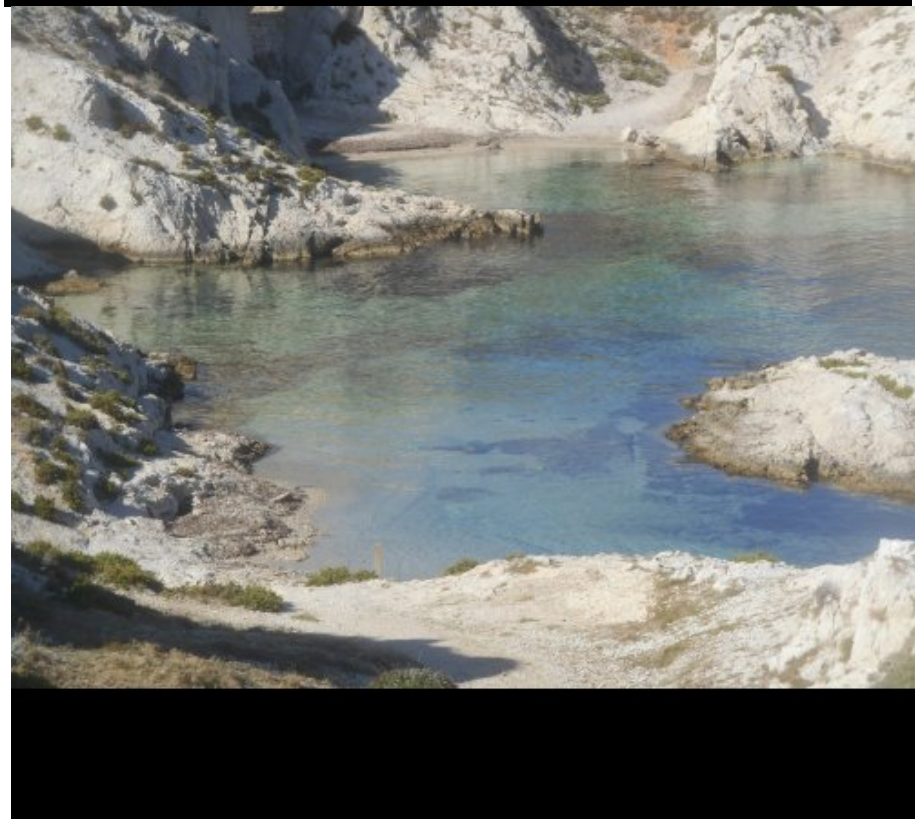




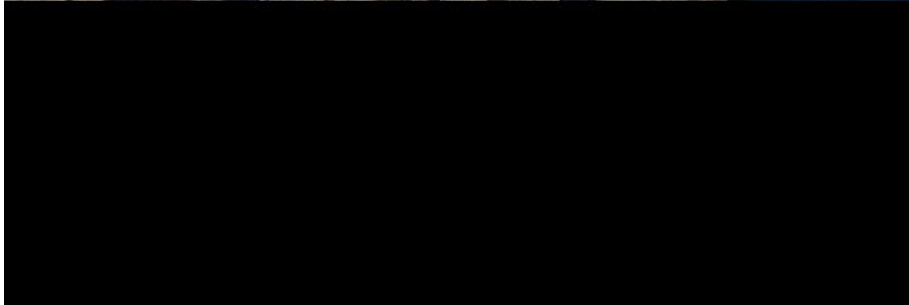


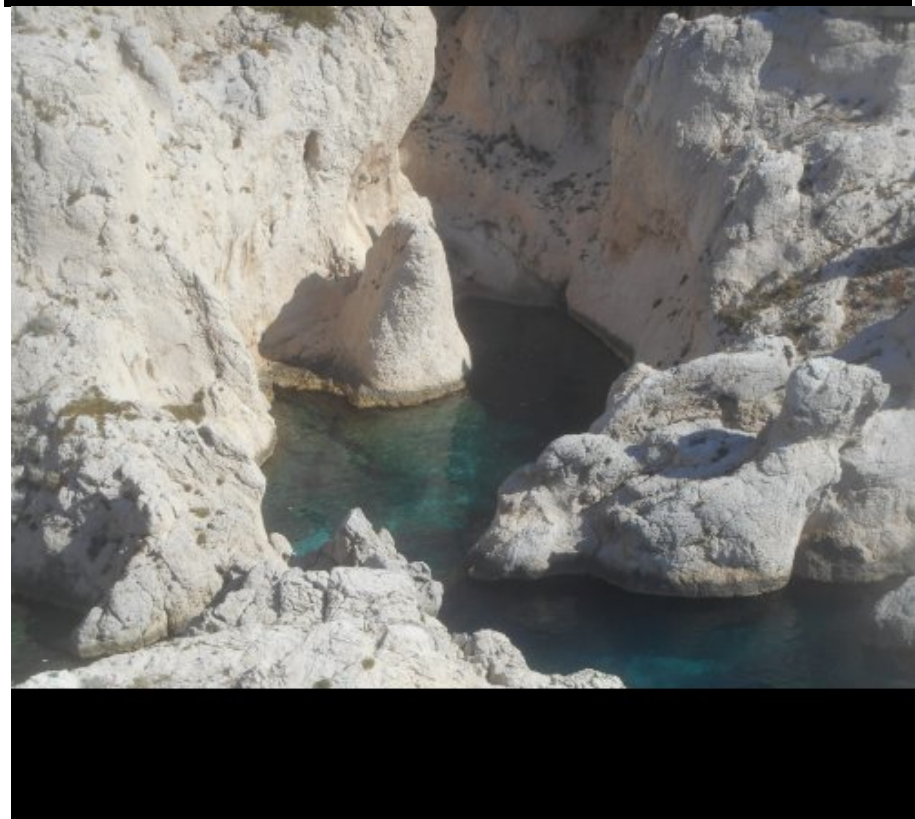




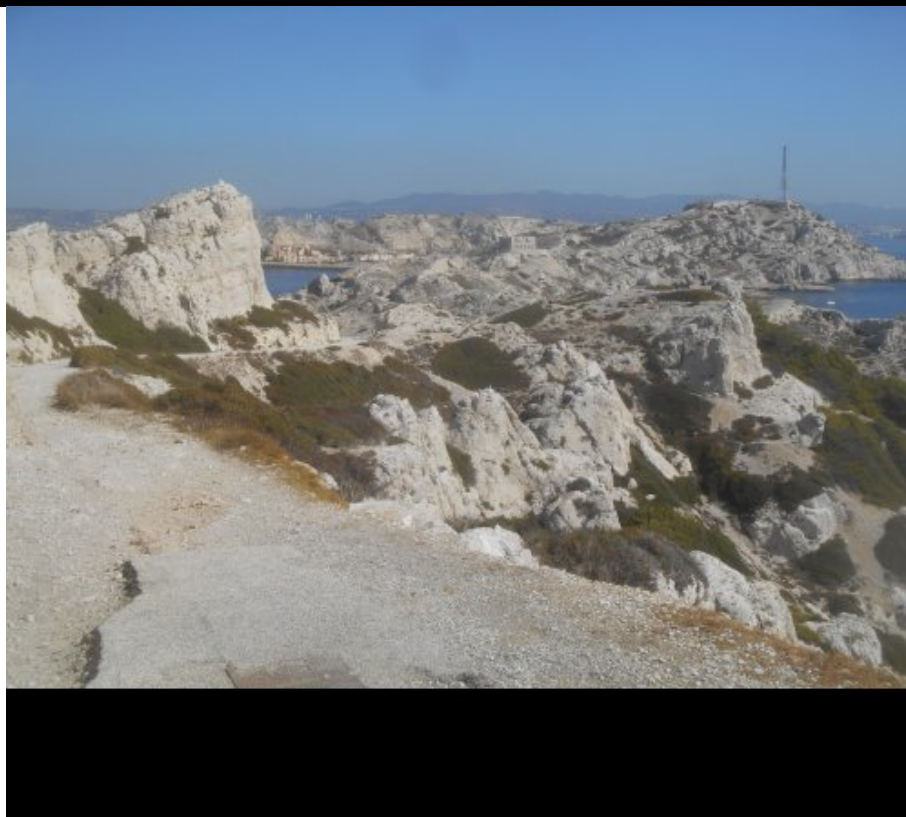






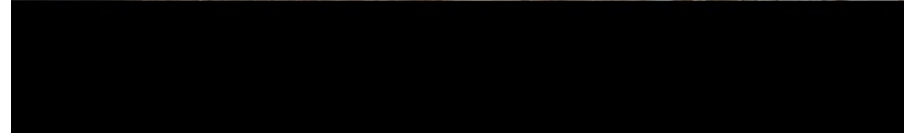




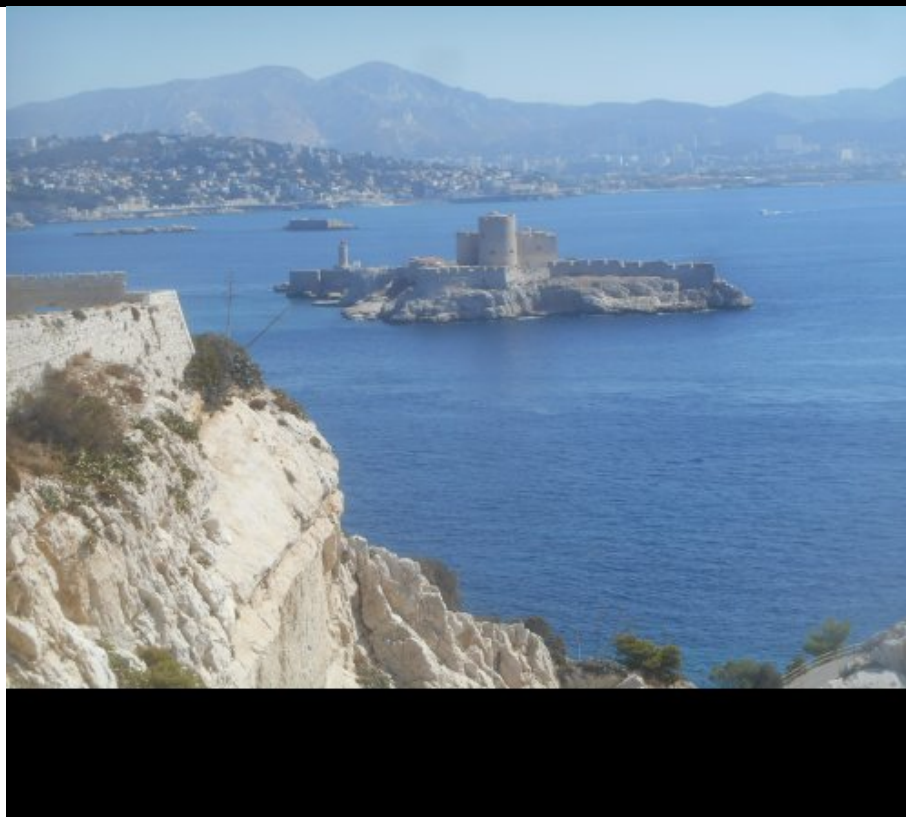
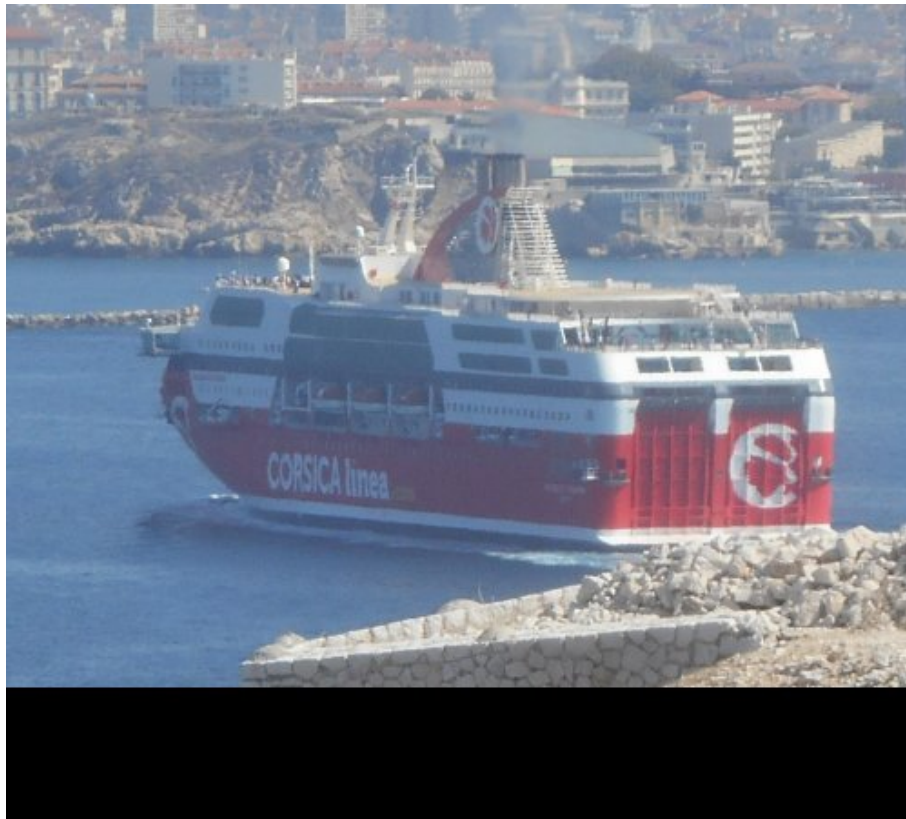




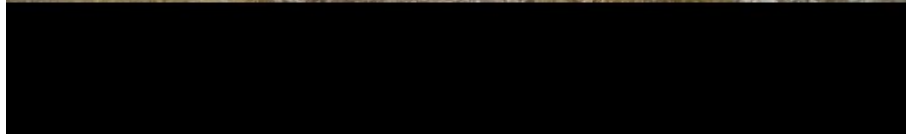


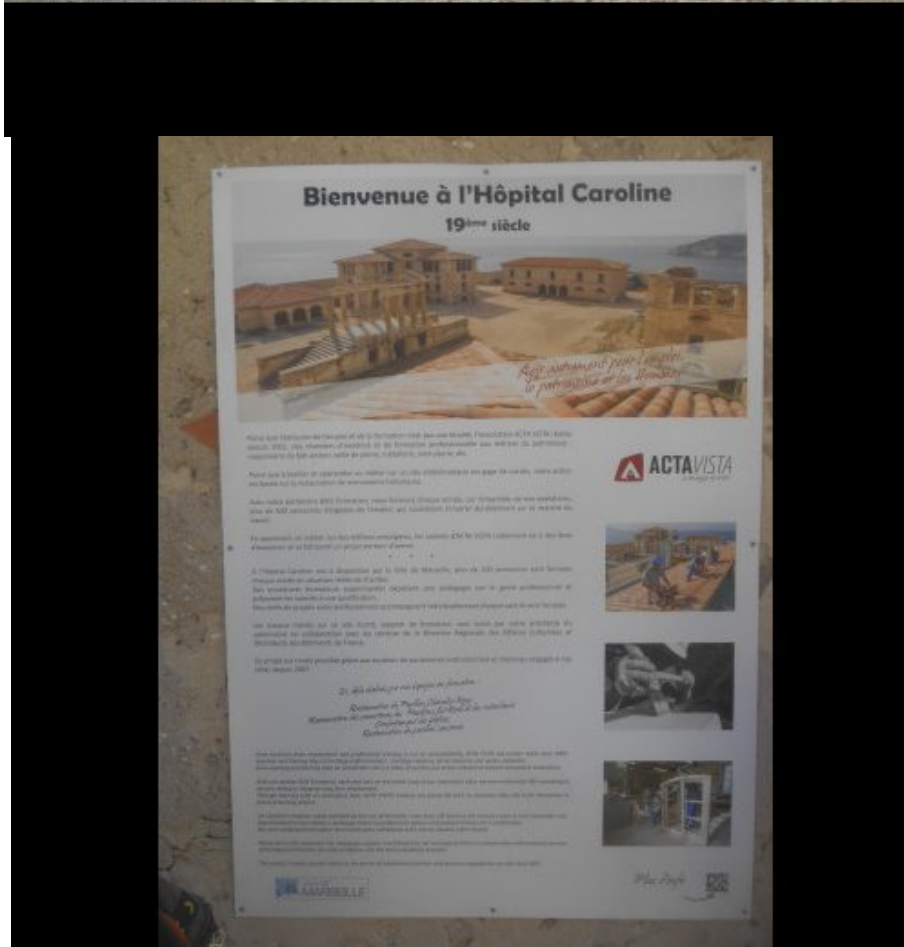


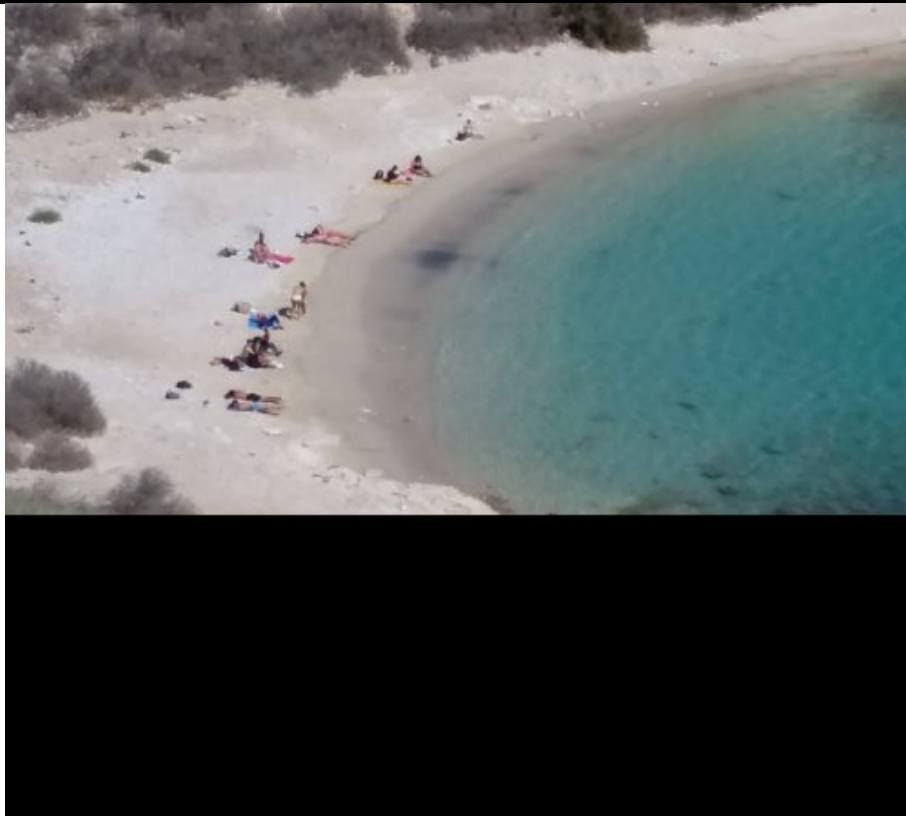
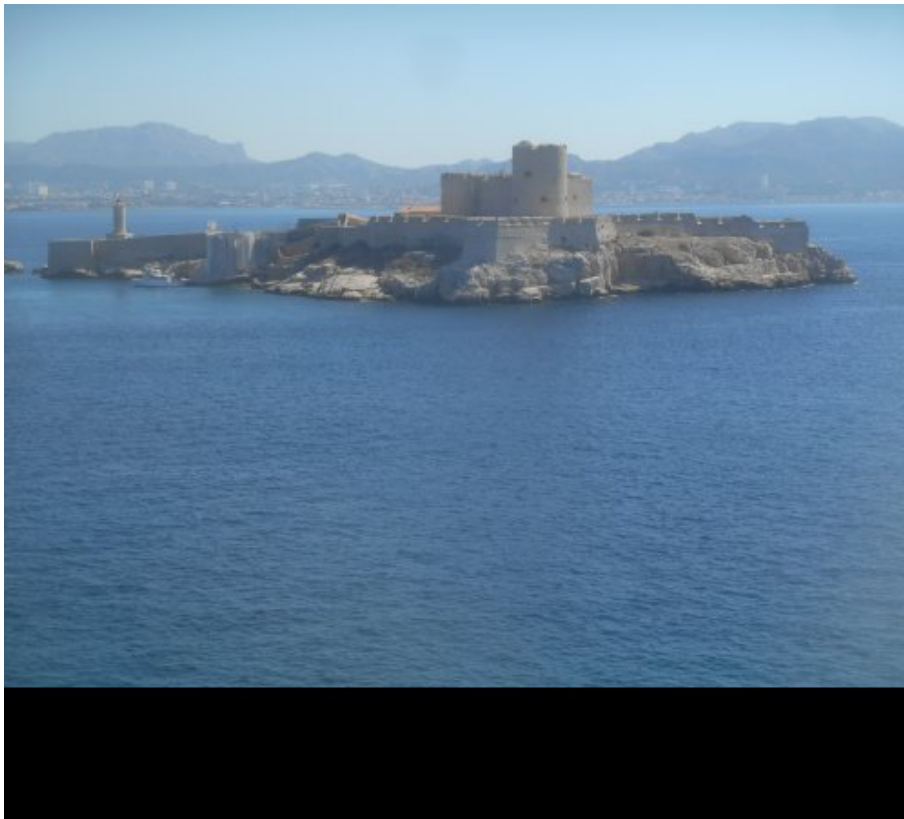




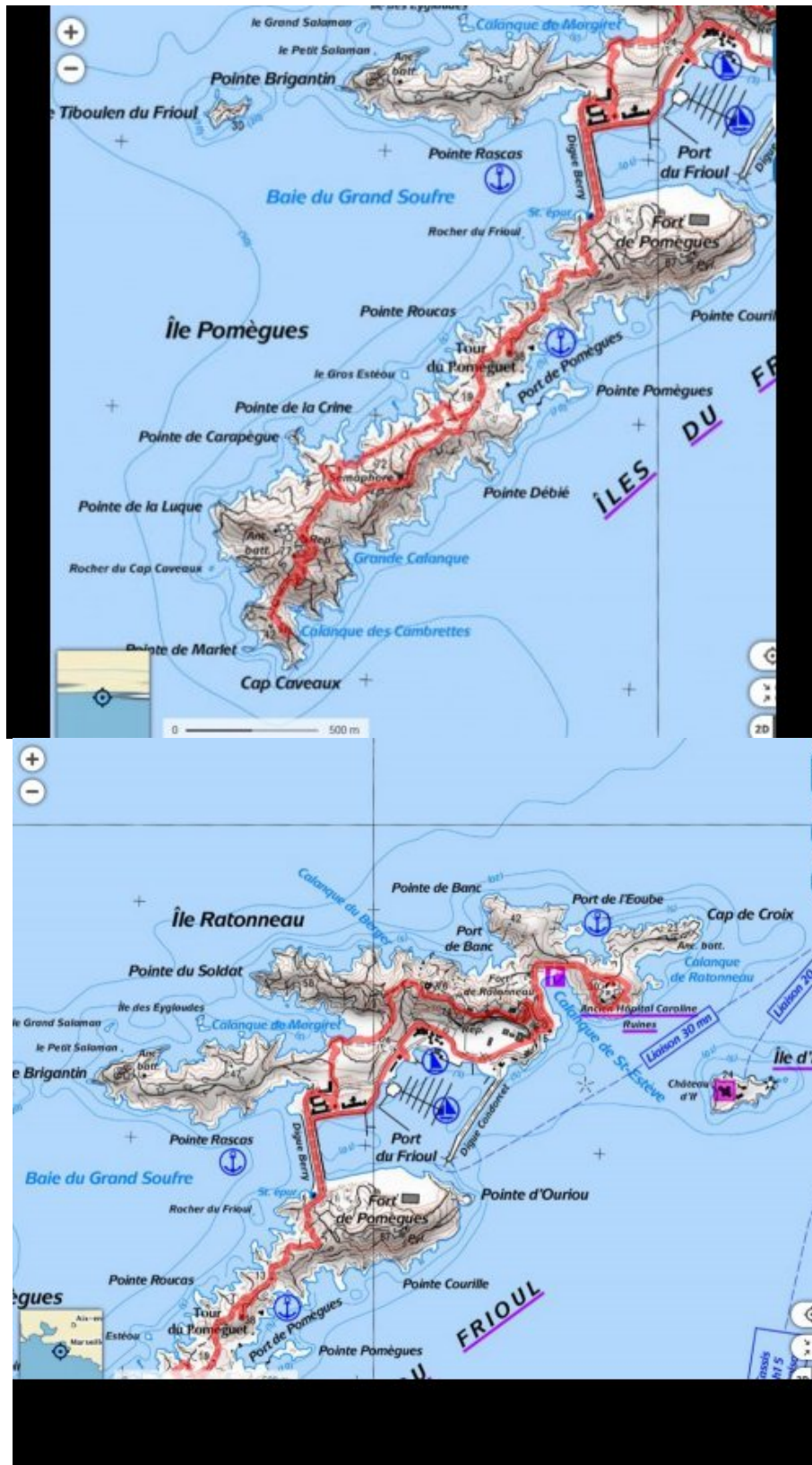


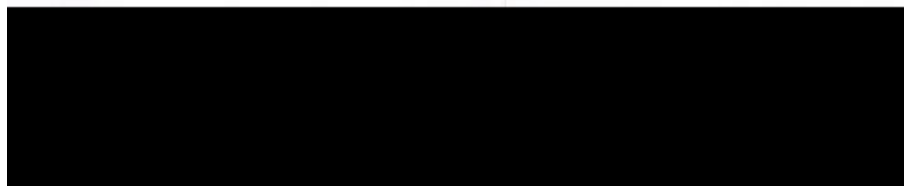
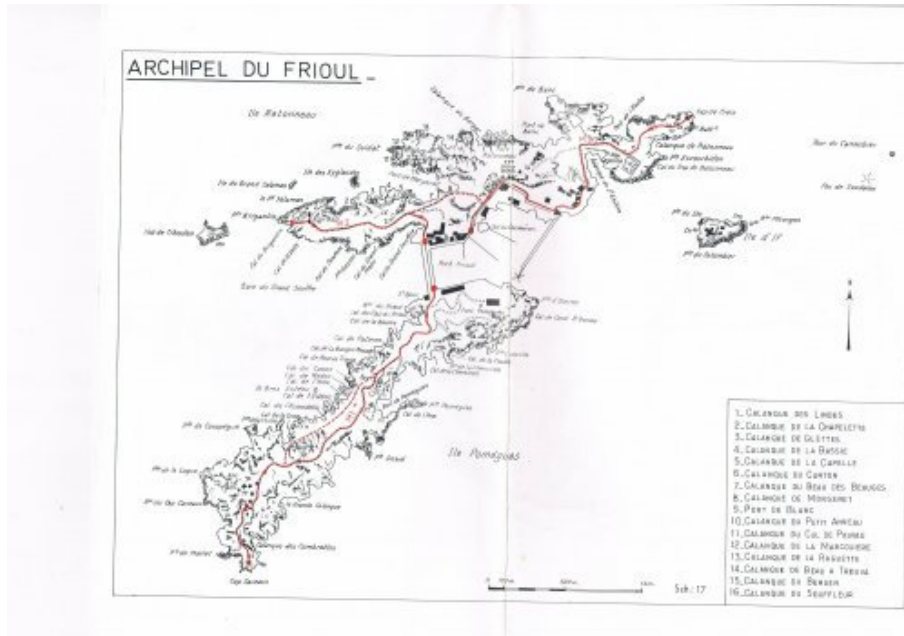




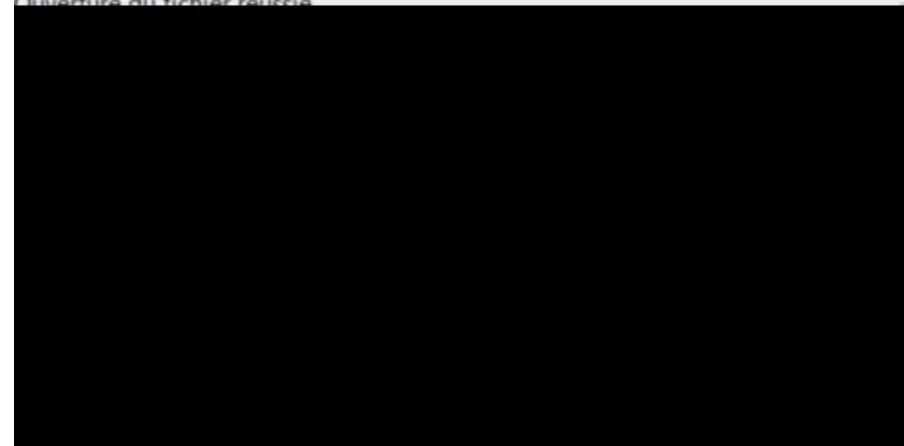


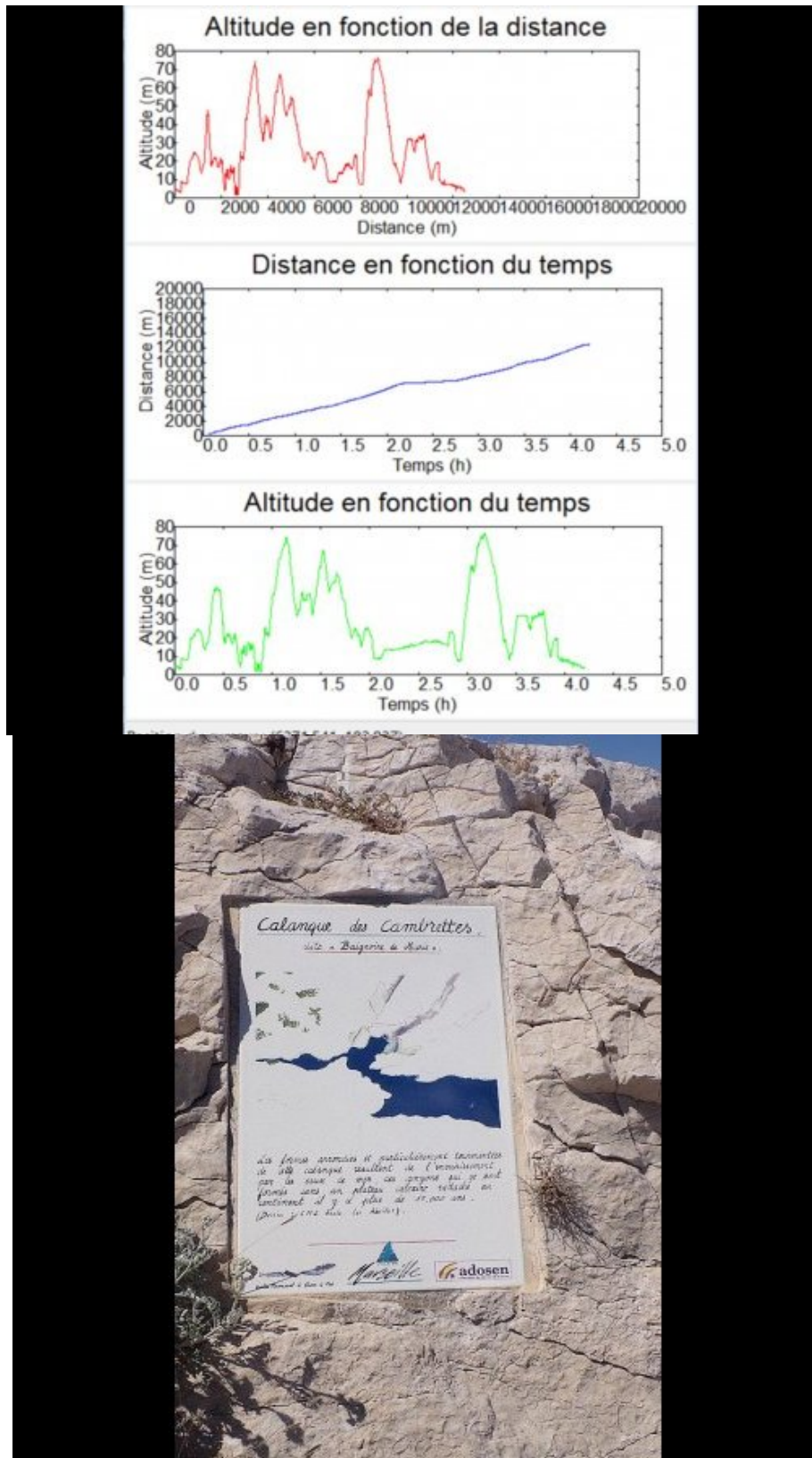






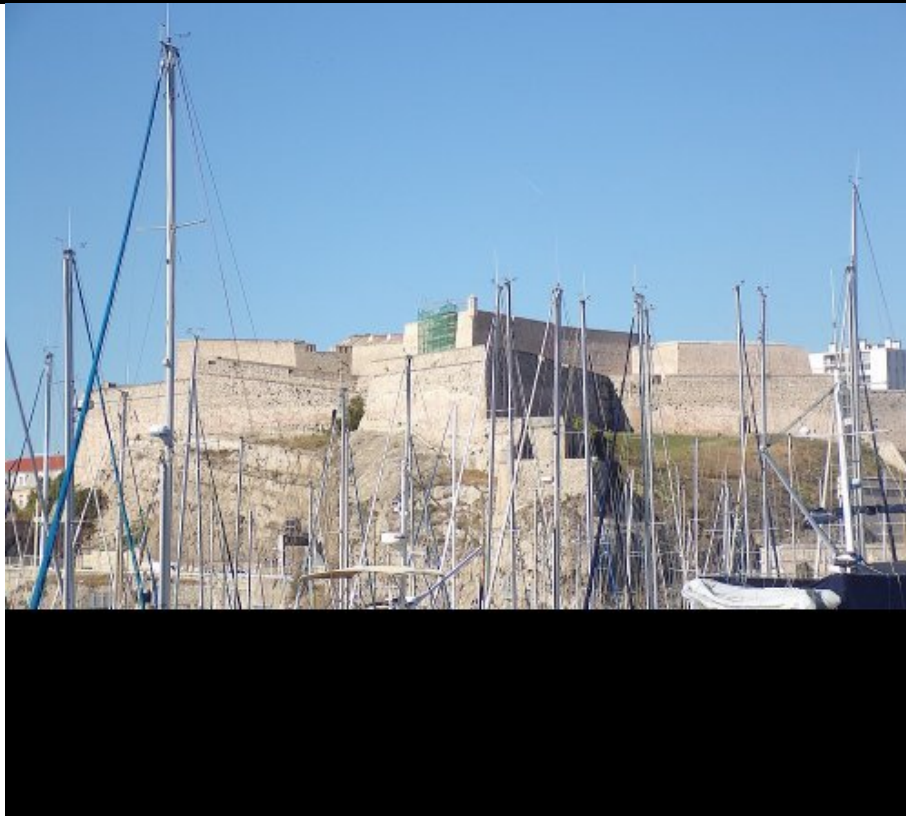
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Altitude min (m)	1		Dénivelé + (m)	468
Altitude max (m)	76		Dénivelé - (m)	470
Altitude moy (m)	26			



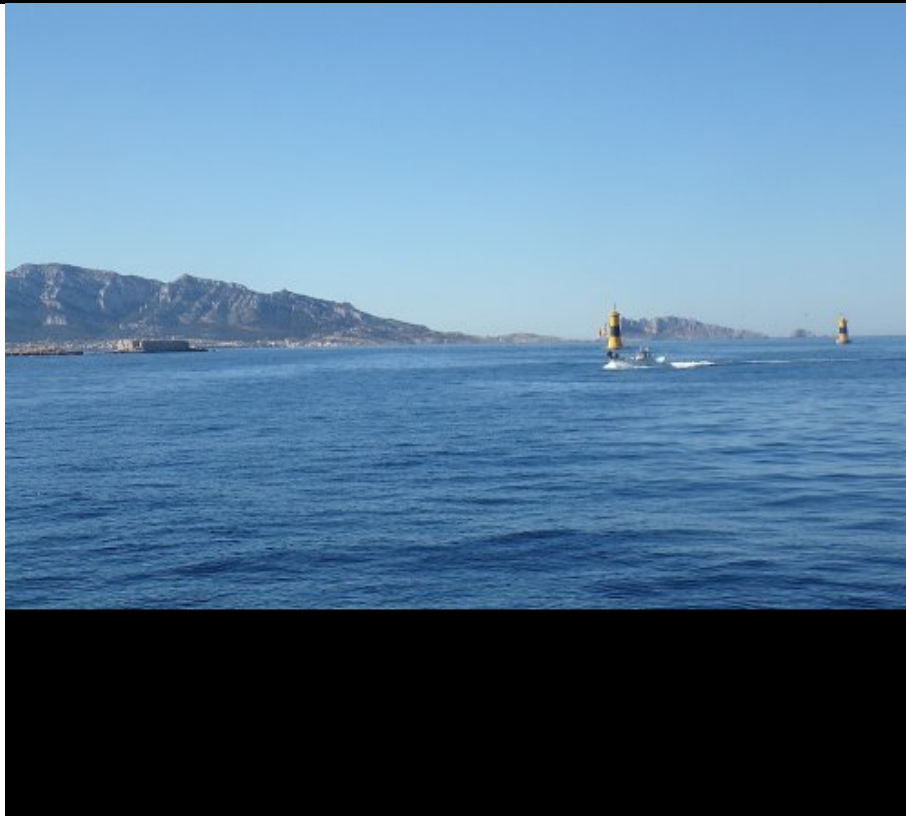
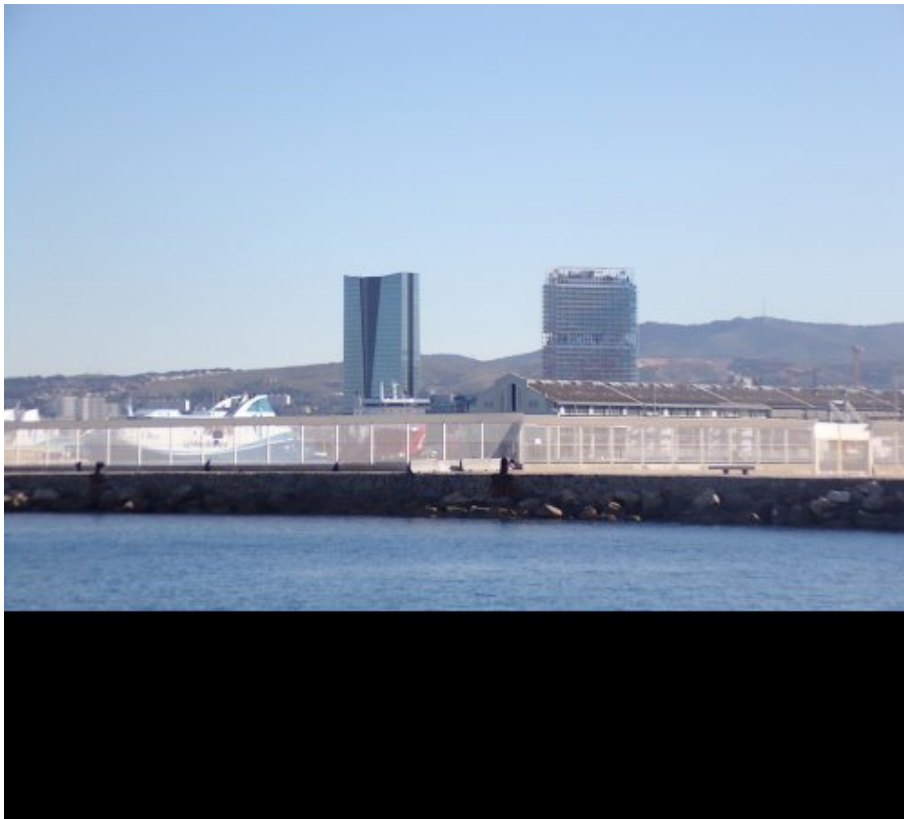


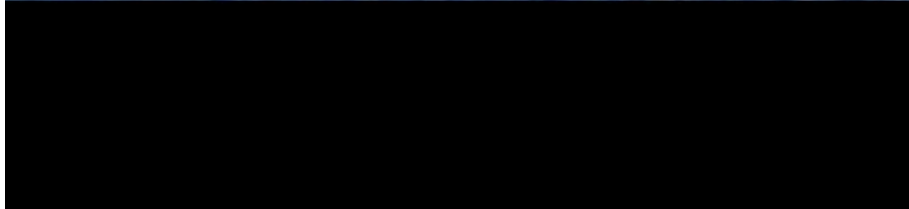
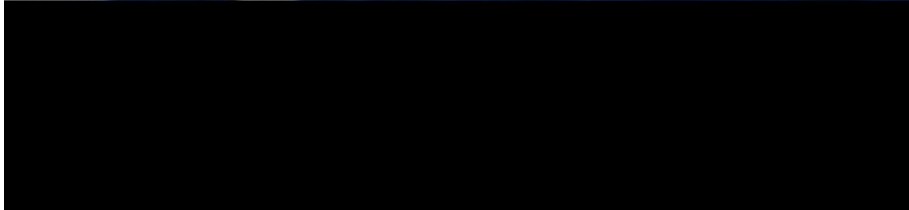




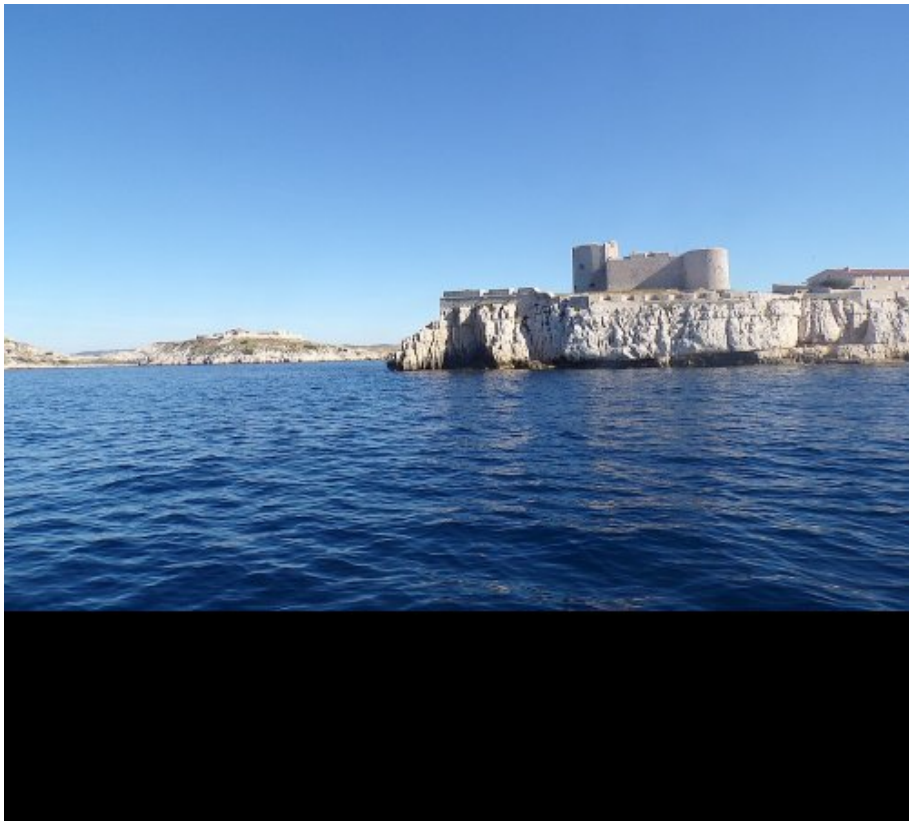


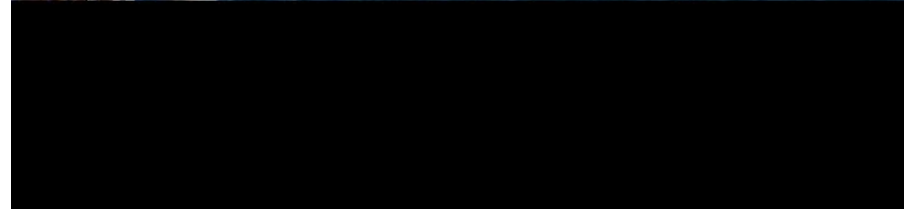


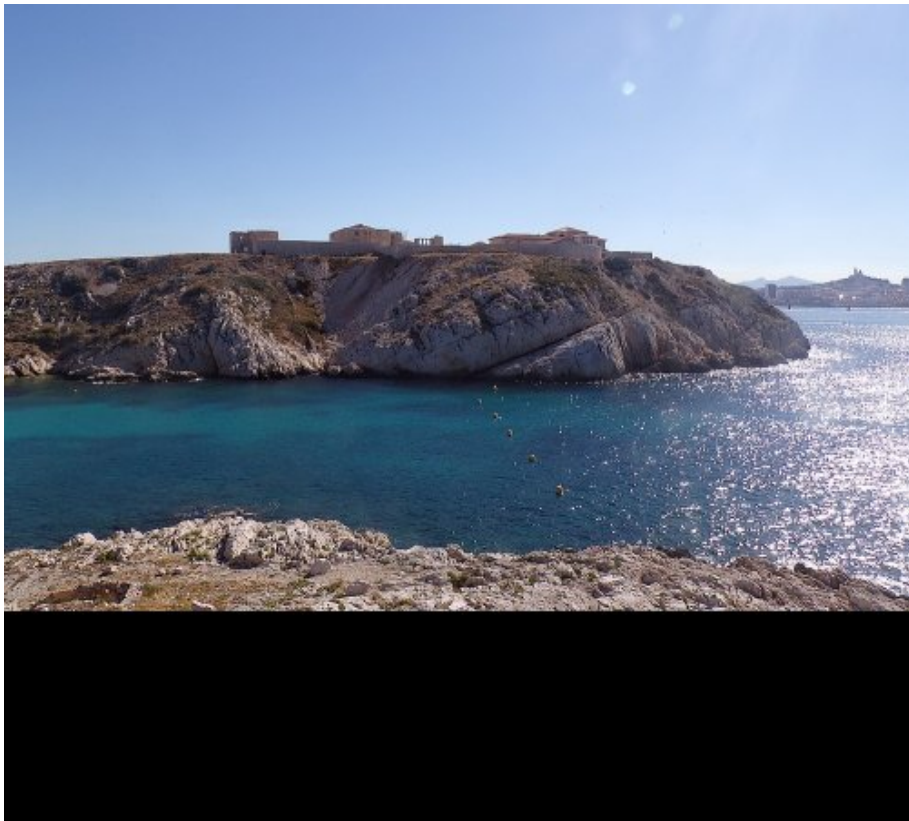








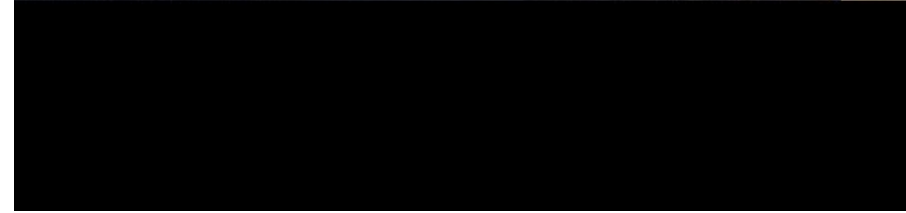
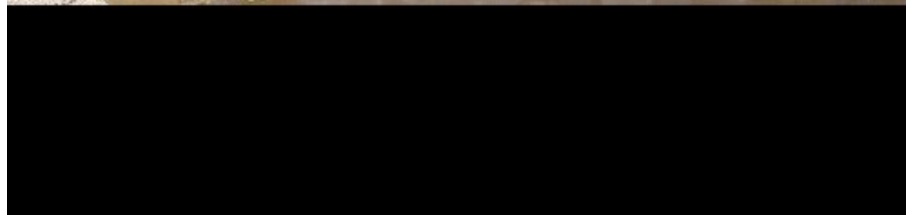


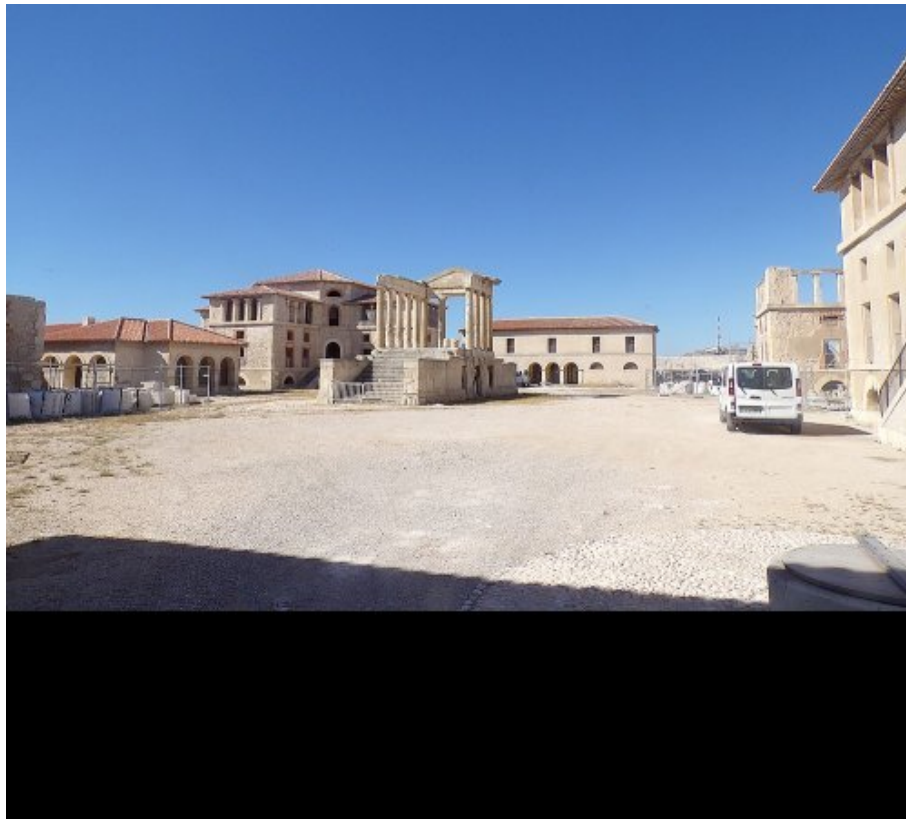




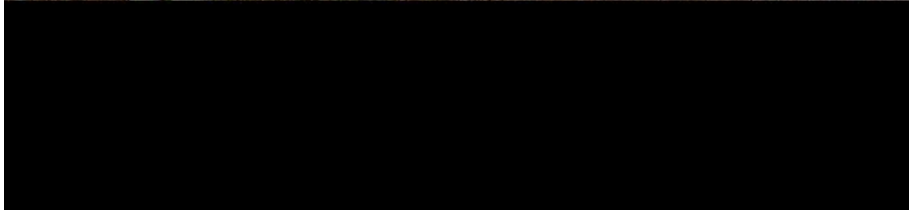








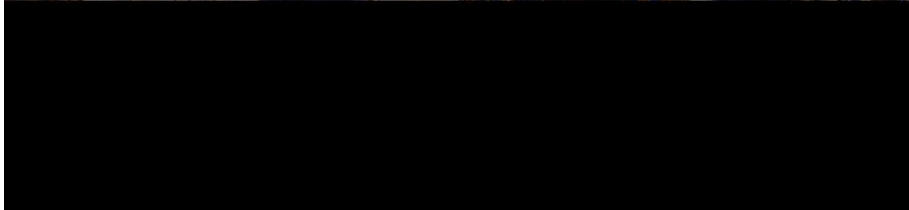








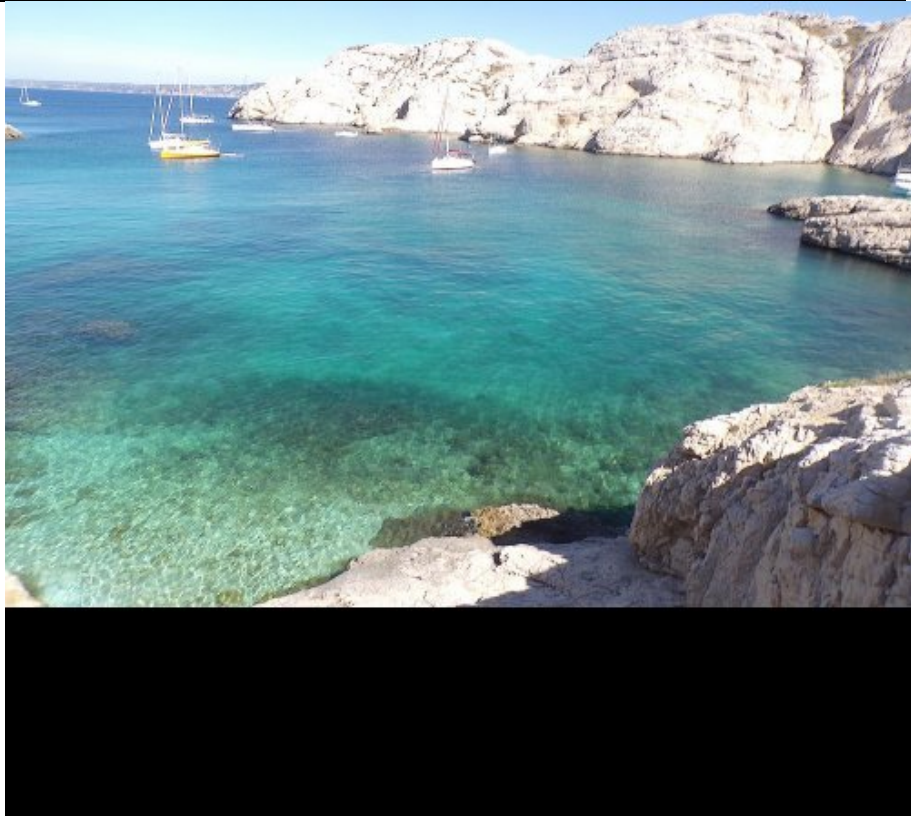
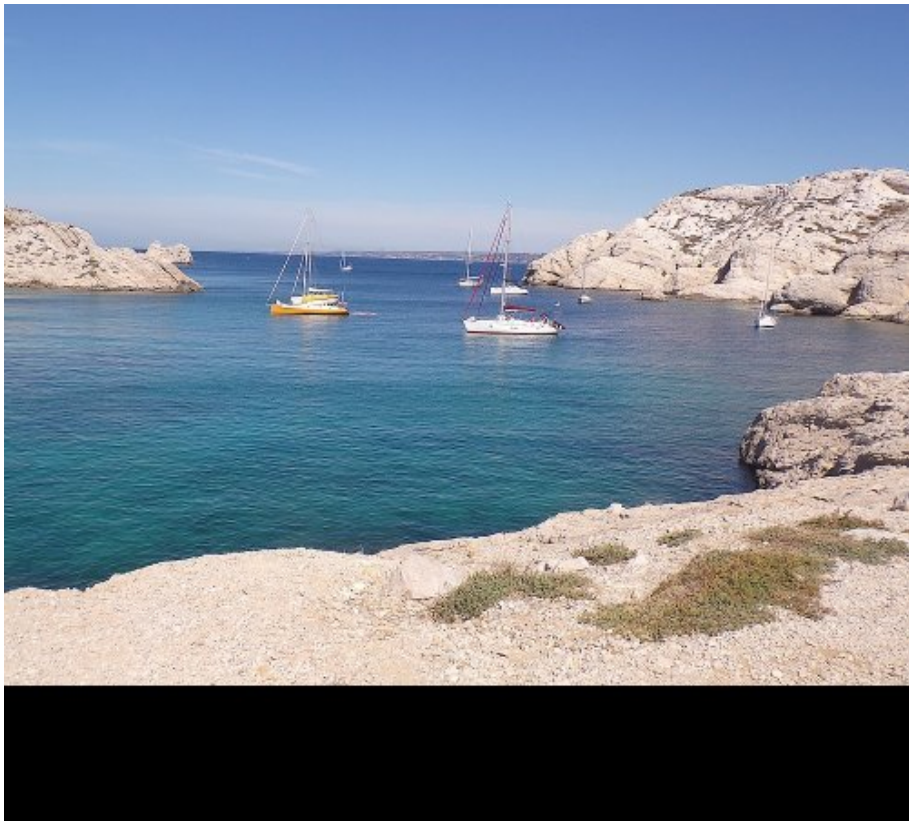


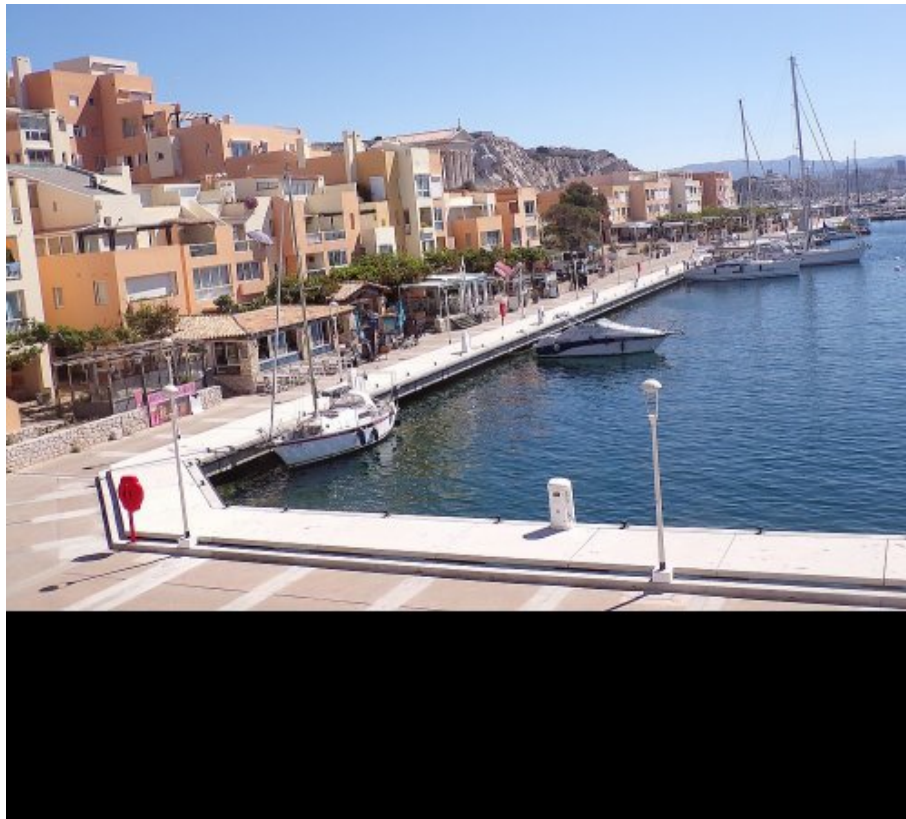


[a>](#)







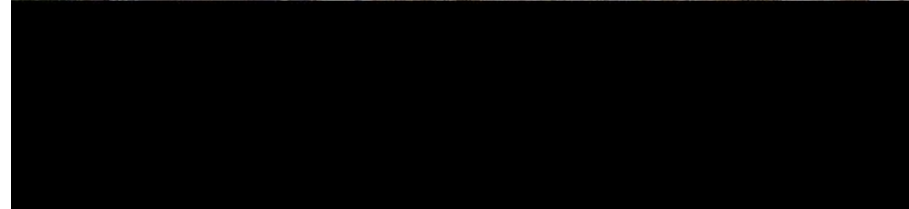




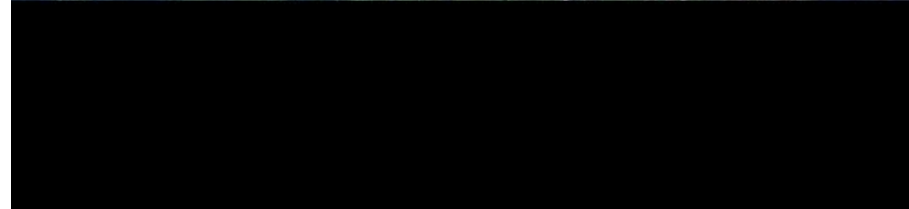


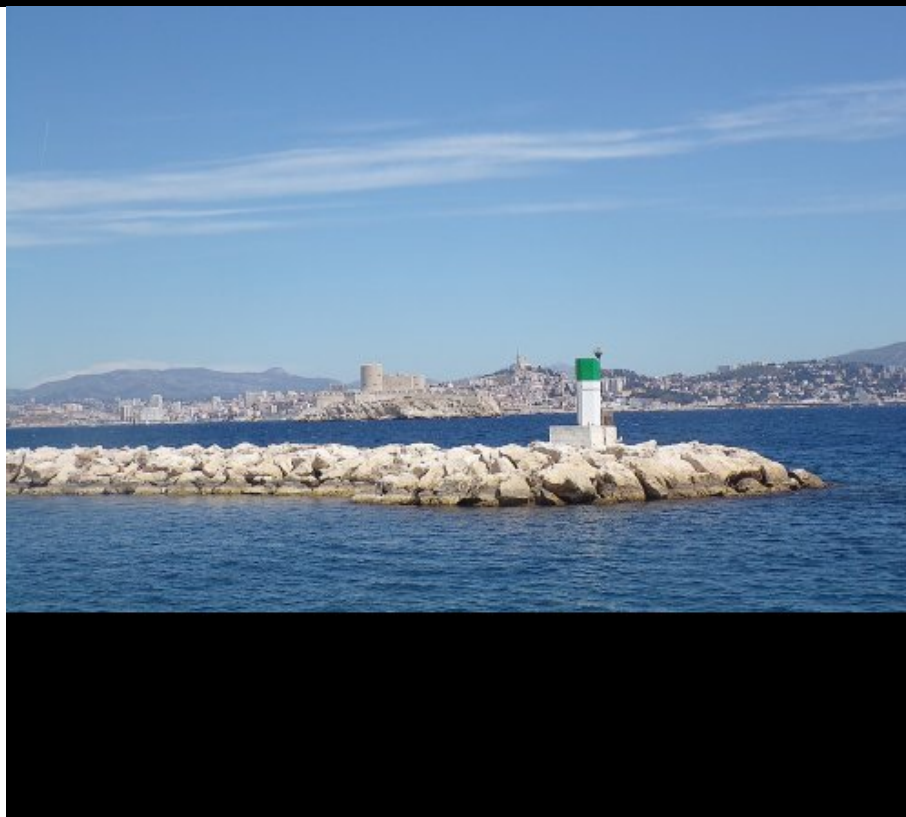


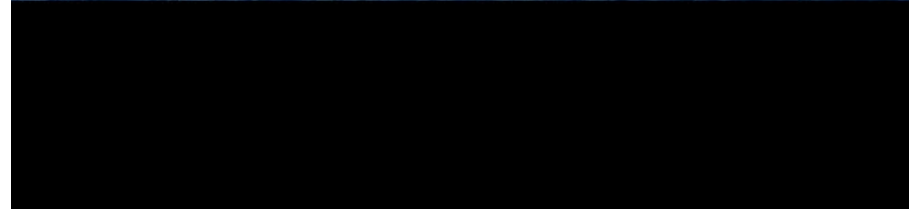








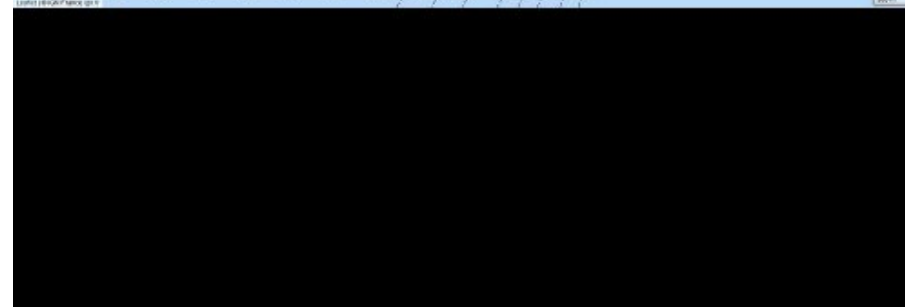
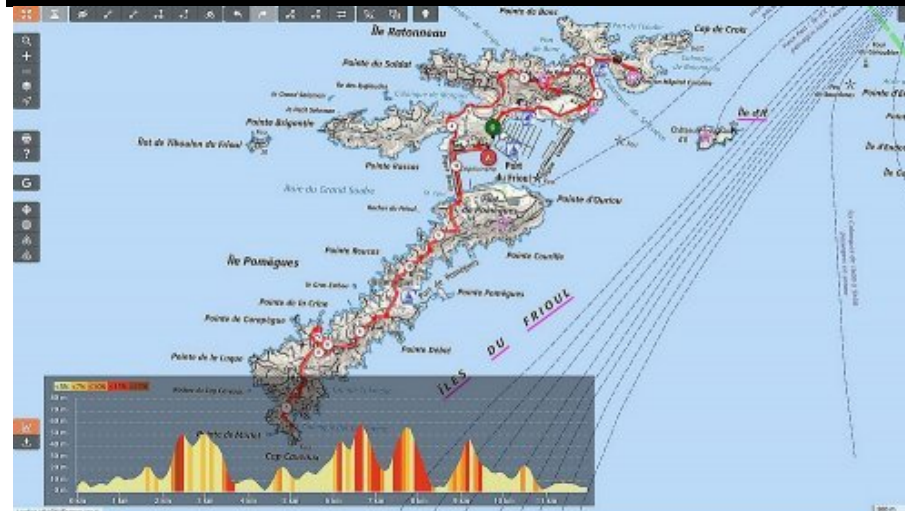
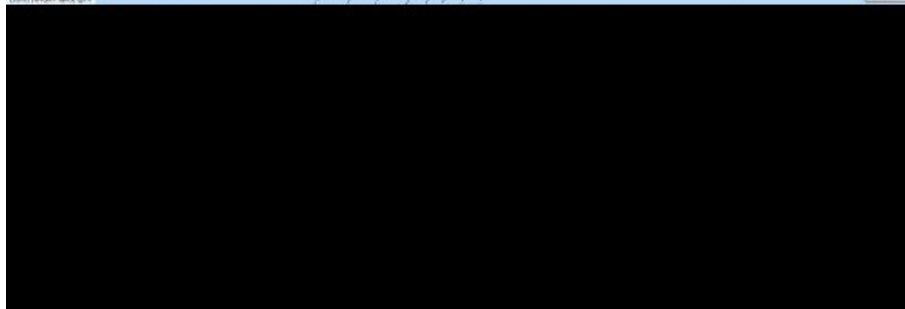






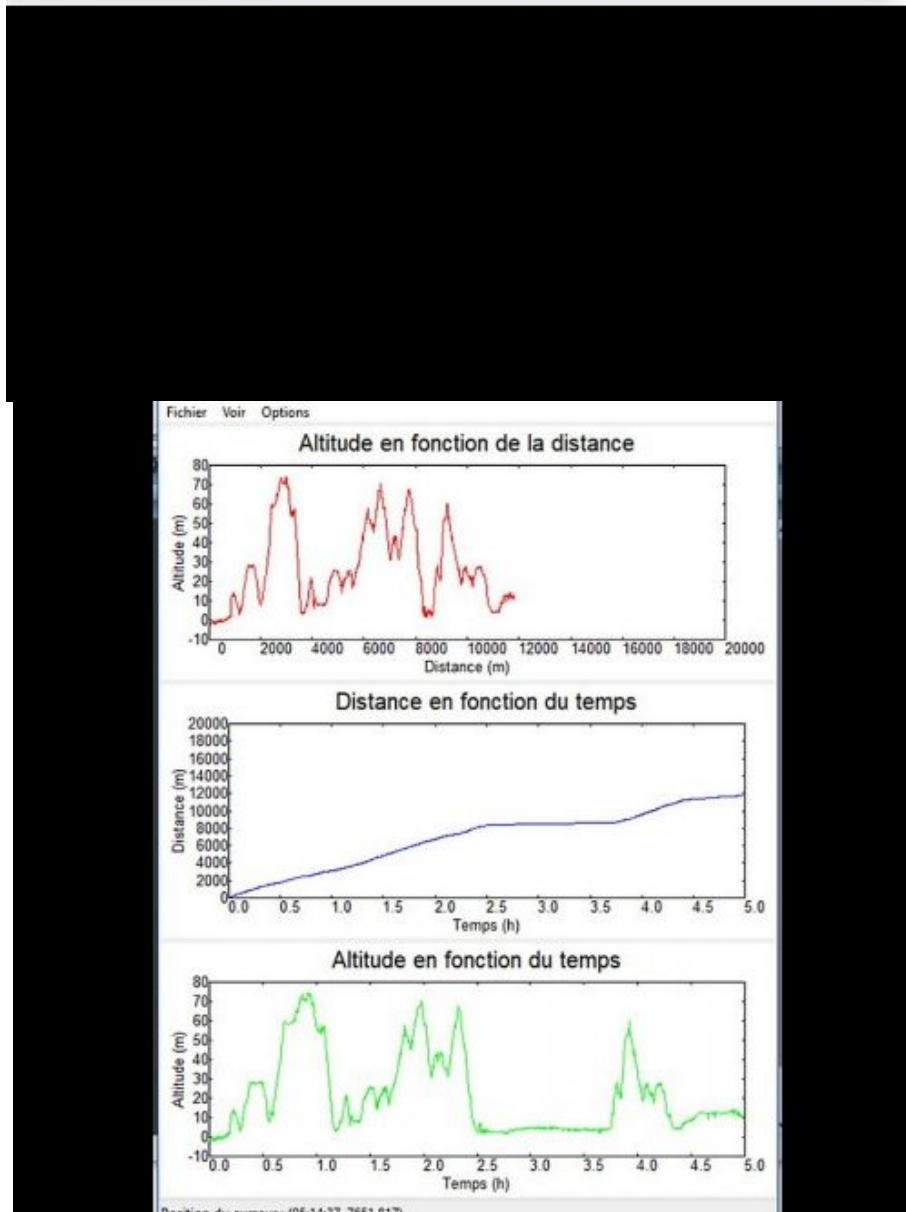


le port de marseille, le frioul, ses forts, ses calanques, l'hôpital caroline..



Départ		Arrivée			
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Altitude min (m)	-2		Dénivelé + (m)	576	
Altitude max (m)	74		Dénivelé - (m)	563	
Altitude moy (m)	27				

Ouverture du fichier réussie.



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