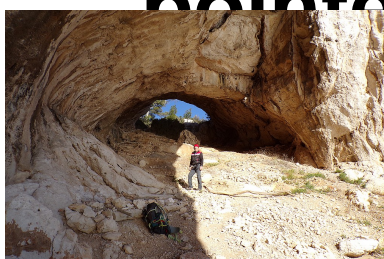


<https://www.persoemy.fr/spip.php?article435>



calanques cassis-marseille, col de la gardiole, calanque d'en-vau, plateau , arche et pointe de castel-vieil,



- Randos
Date de mise en ligne : lundi 17 décembre 2018
Date de parution : 17 décembre 2018

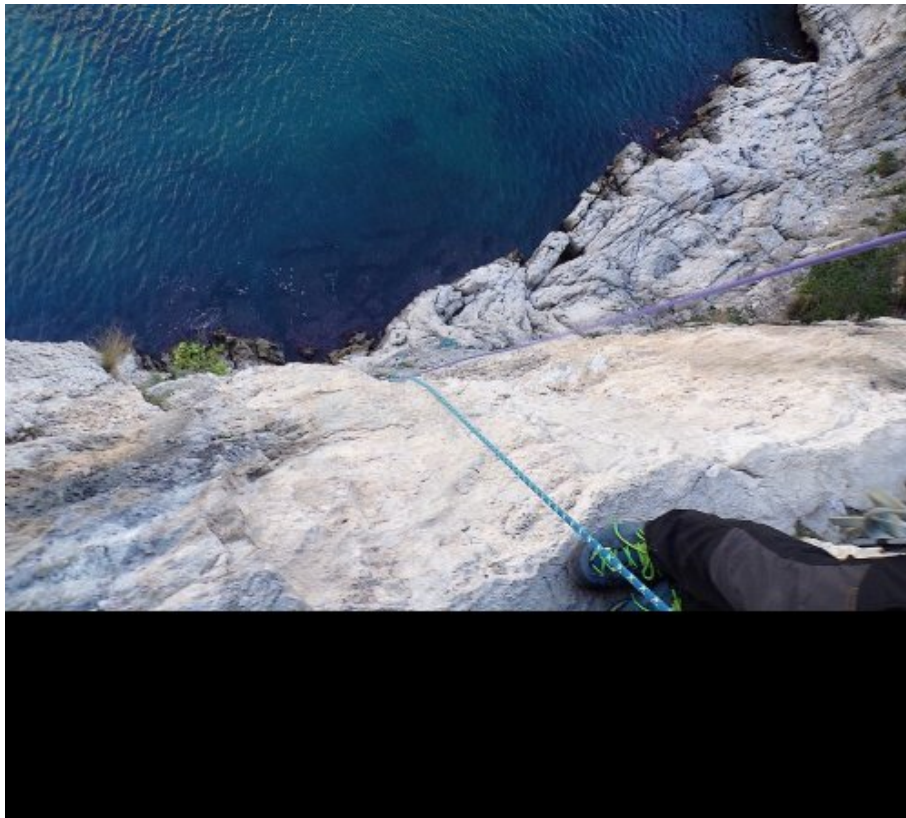
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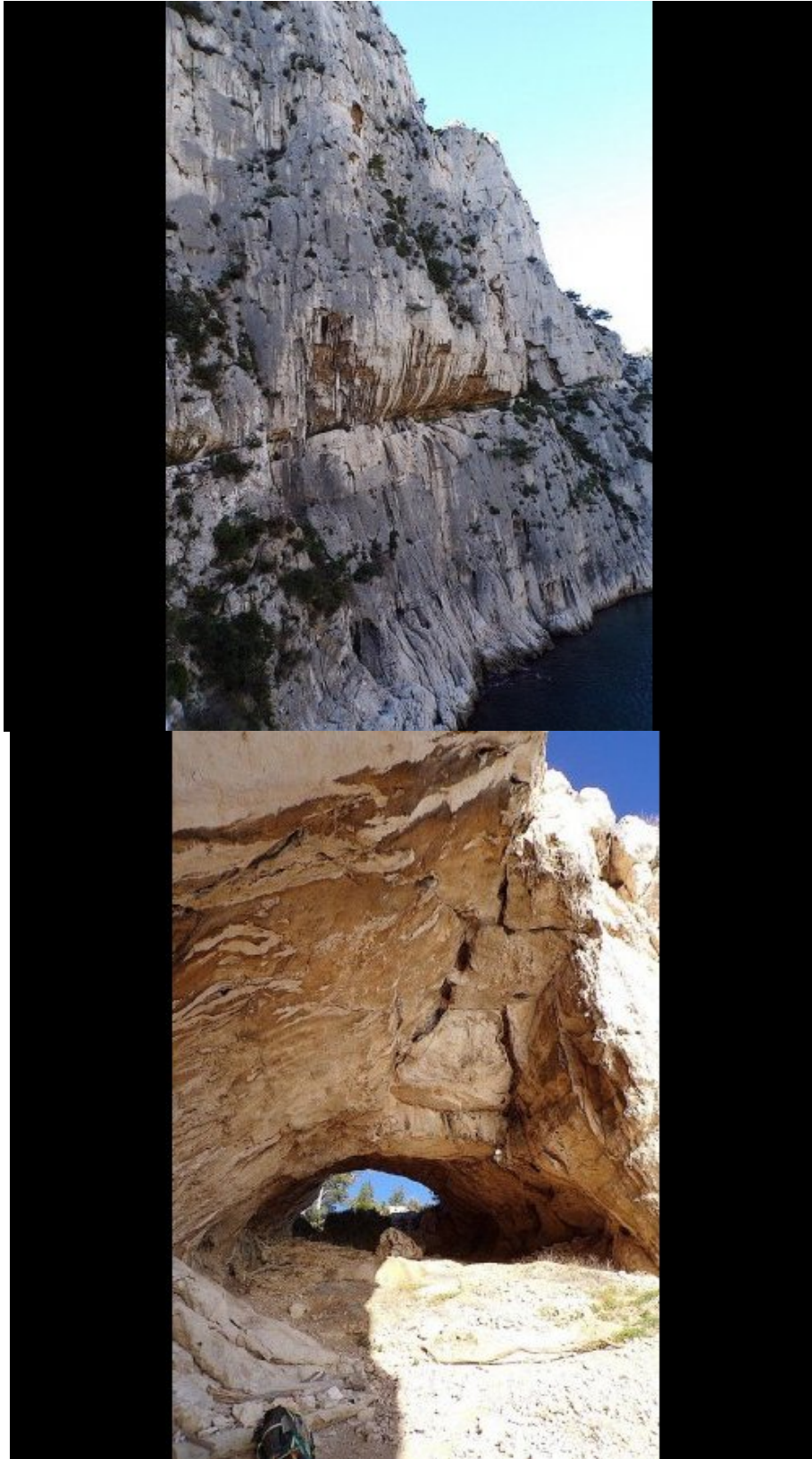
le circuit IGN

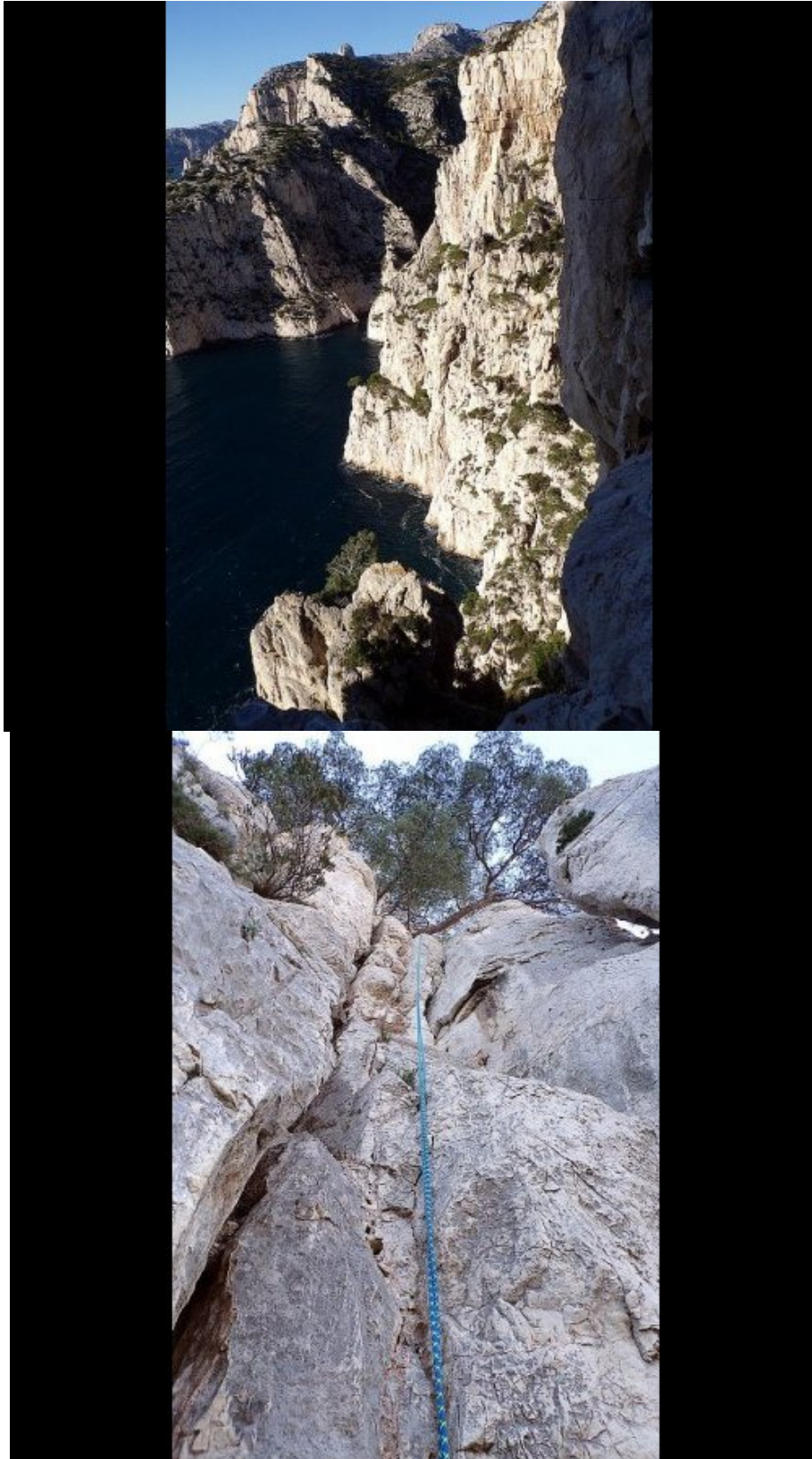
rando escalade de 6 heures ,12kms environ (erreur GPS)et 380m de dénivelé au départ du col de la gardiole joignable par la route du col de la gineste.

Du parking prendre la piste de la calanque d'en-vau, vallon d'en-vau et plage...sur la droite monter sur les rochers qui permettent e plonger puis c'est l 'aventure, montée technique, jusqu'à une vire où on s'encorde jusqu'au départ du rappel, 40m environ bien assuré puis remontée progressive vers le plateau avec des points de vue exceptionnels, direction l 'arche de l'autre côté du plateau , des cairns indiquent le passage, magnifique !!!

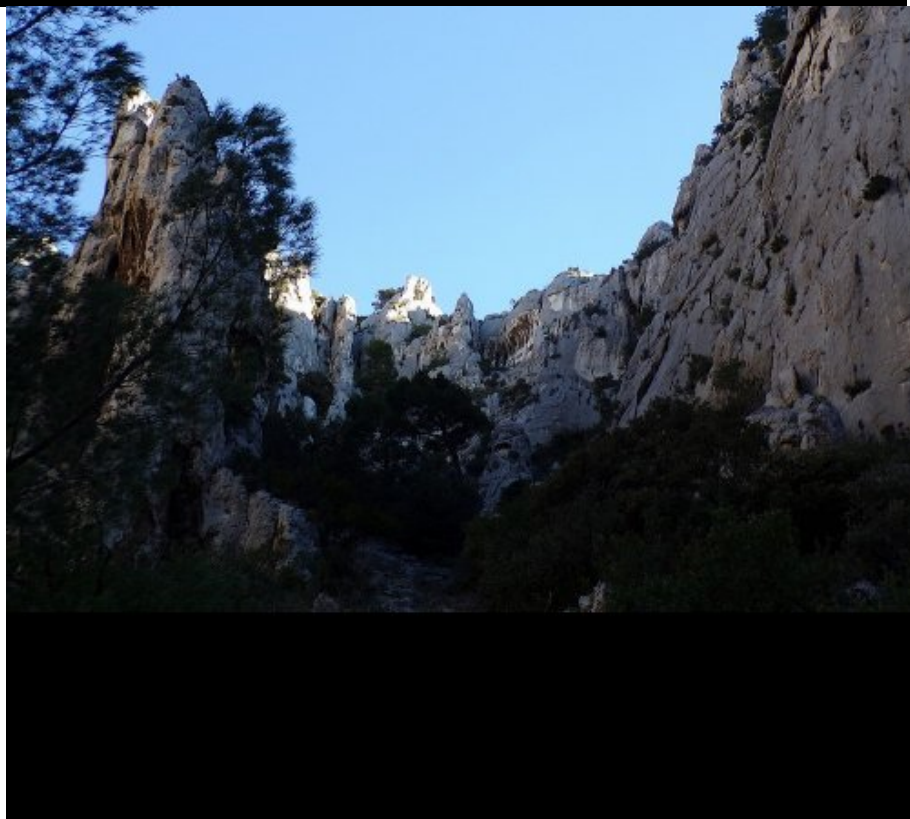
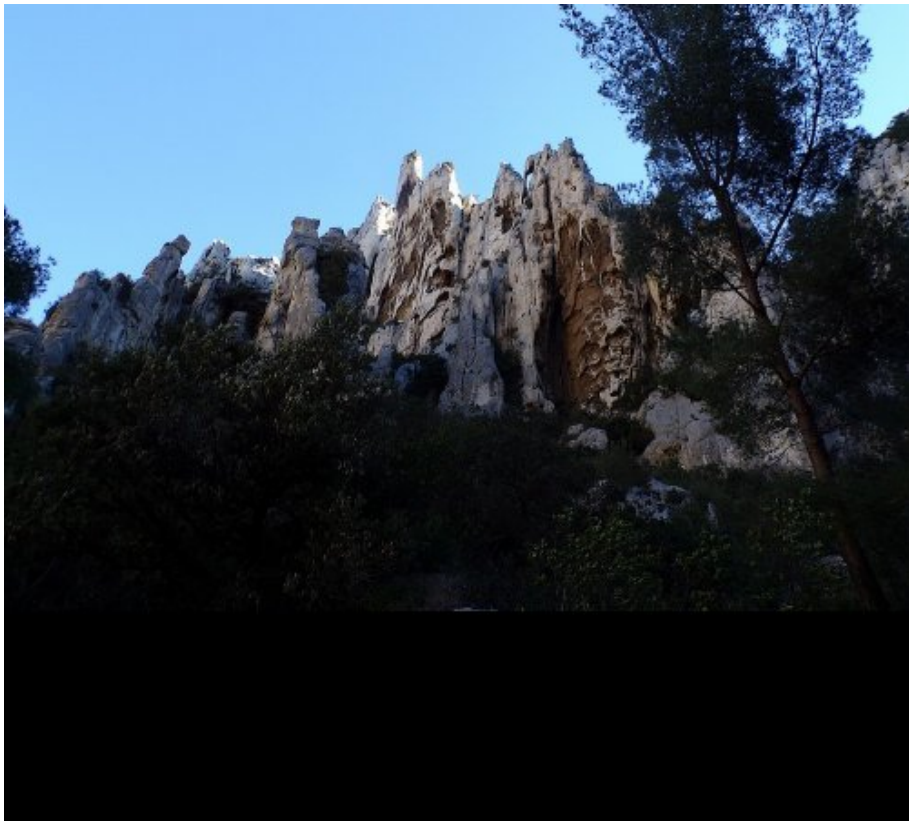
puis nous longeons la falaise vers le nord, puis descente technique jusqu'au départ du dernier rappel 20m environ , le trou du canon, vue sur la calnque de l'oule, au loin la grande candelle..le devenson..puis retour dans le vallon, remontée pour rattrapper le GR et le sentier vert qui part vers la gauche...longue montée caillouteuse puis nous laissons le GR tout droit dans le vallon, en crête, partir à droite sur la piste, la fontasse puis plus loin le sentier bleu vers la gauche, raccourci vers la piste rattrappée plus loin et le parking..

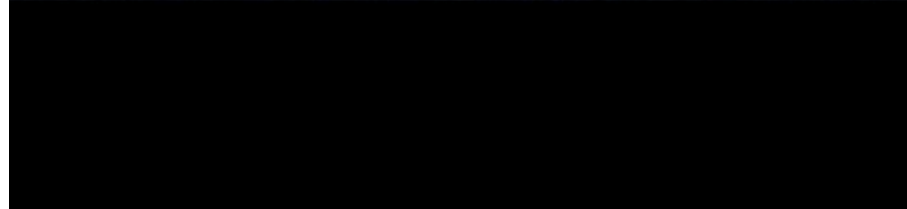
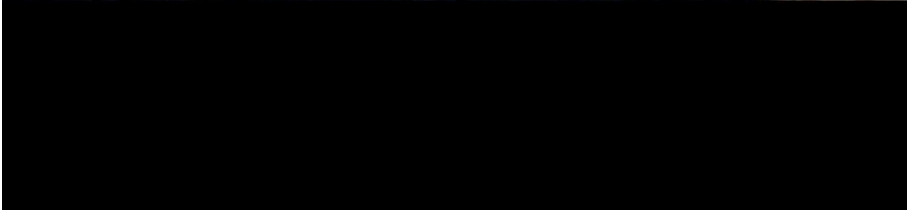


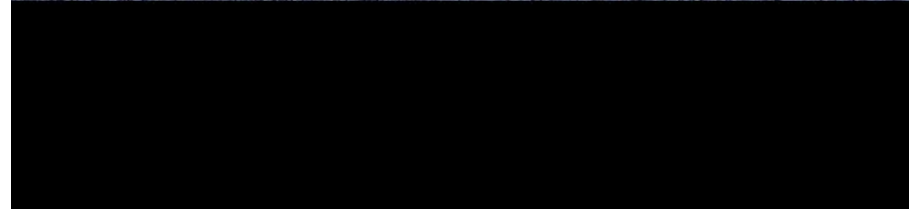
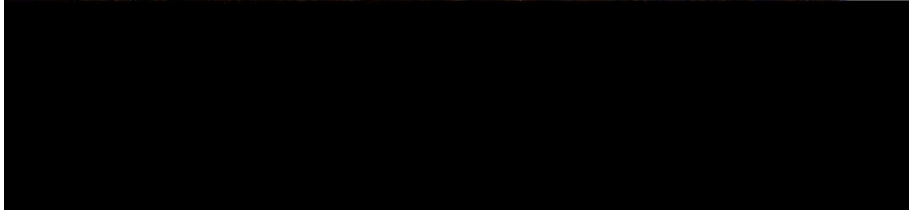


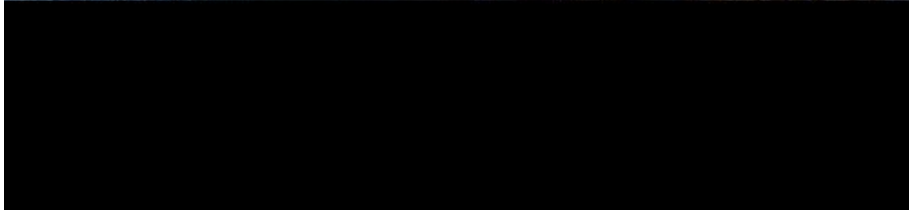


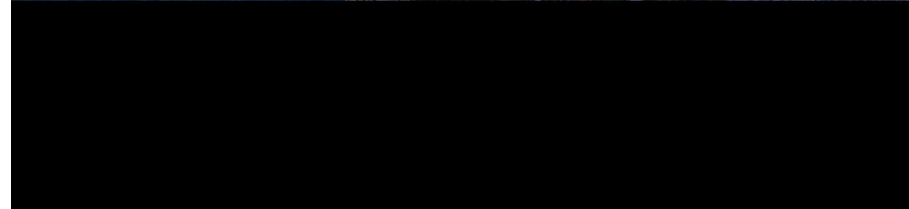
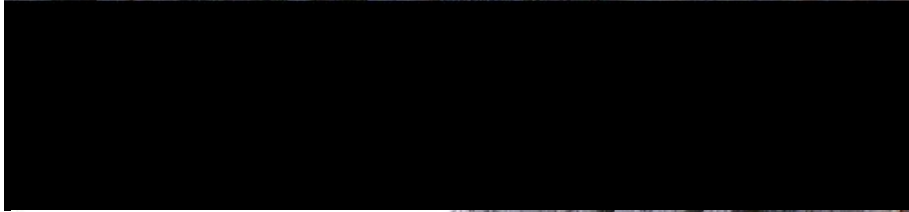


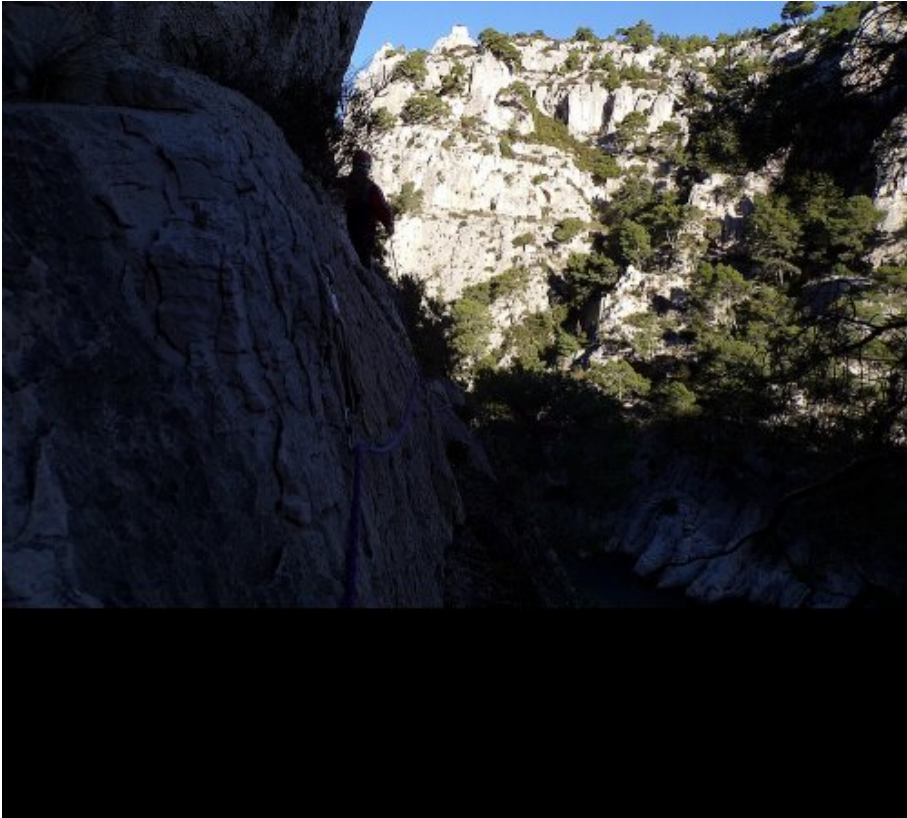




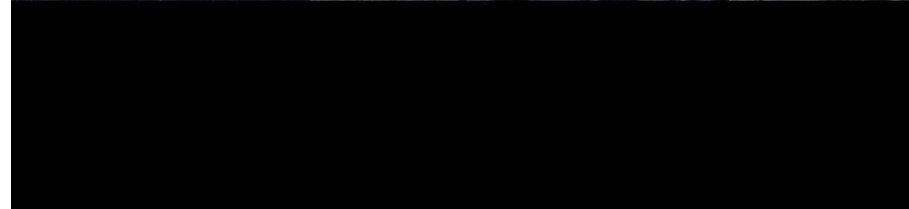


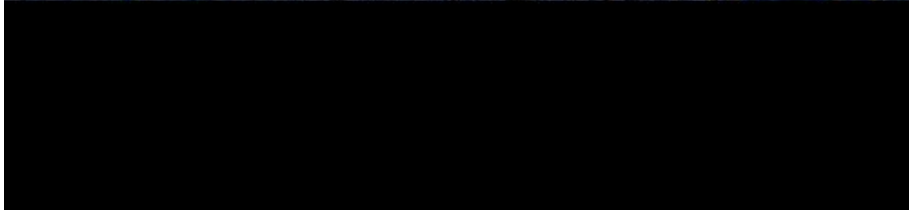






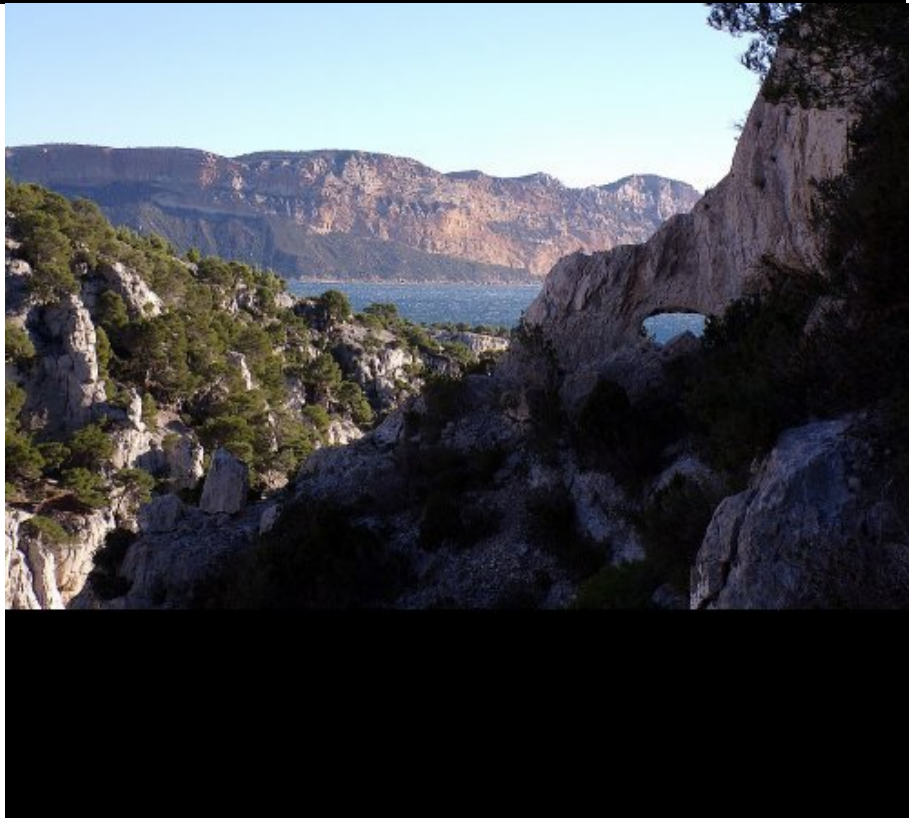
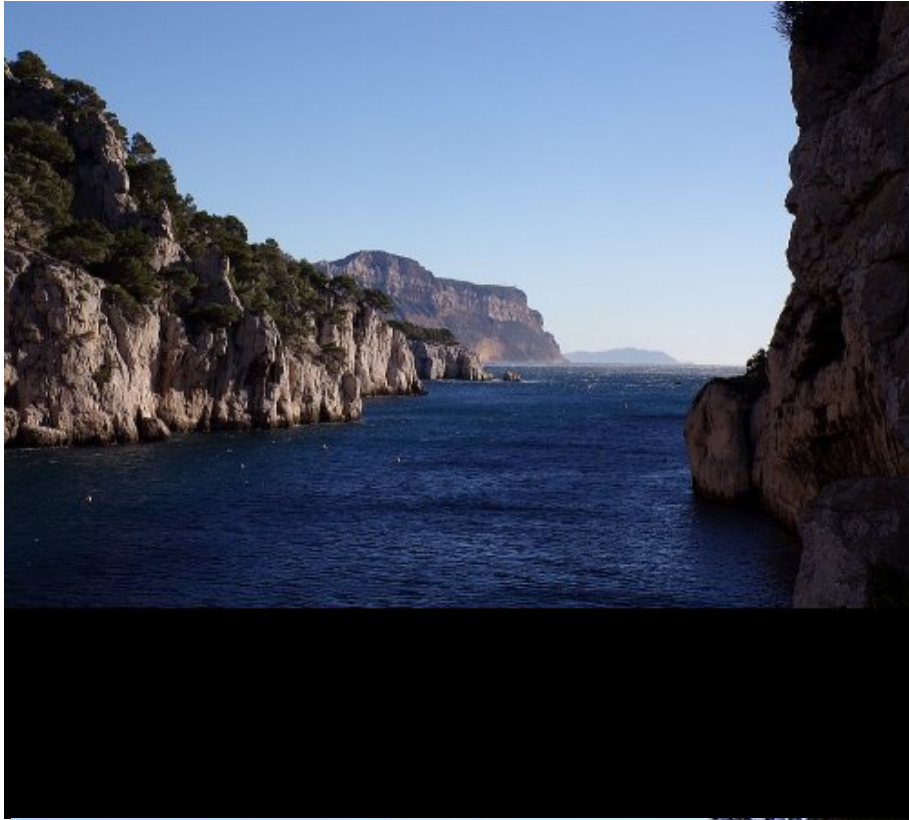


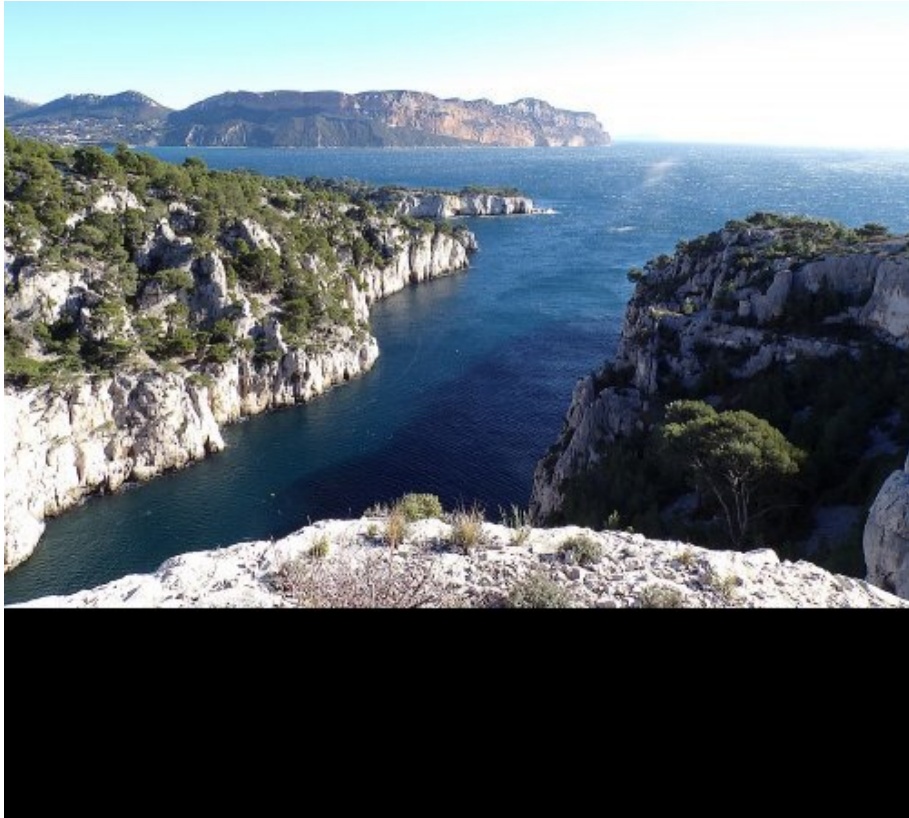


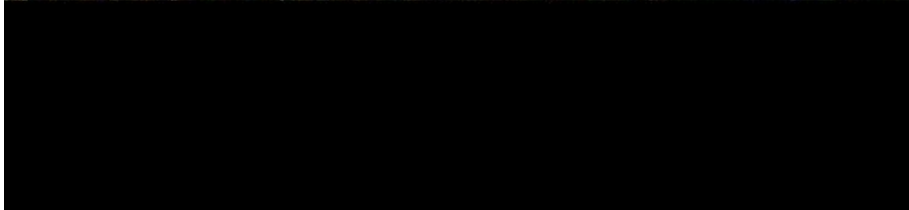


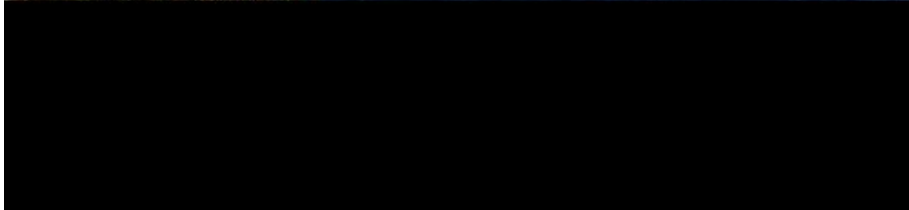


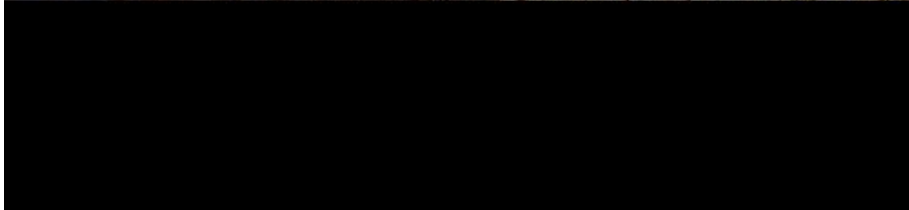




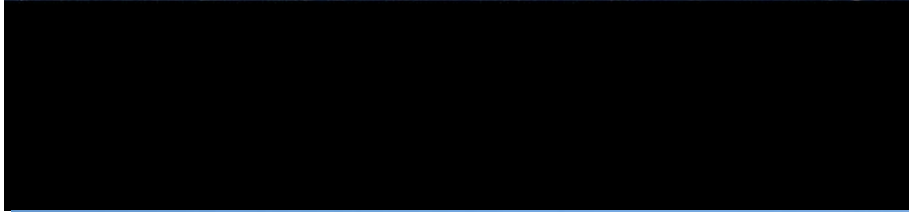


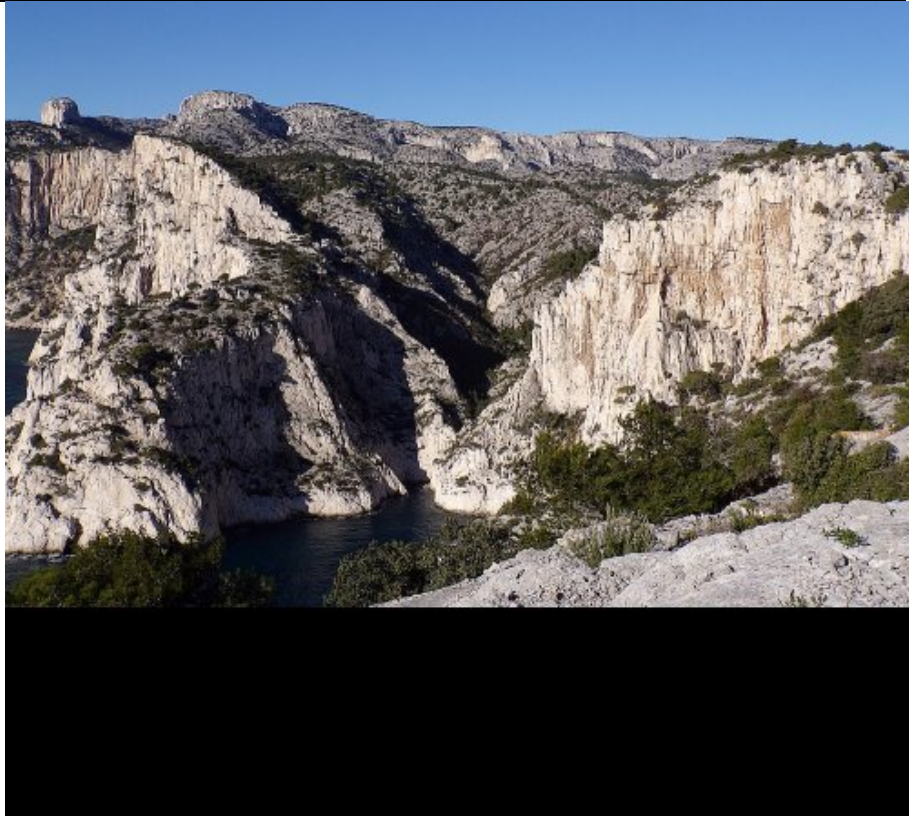
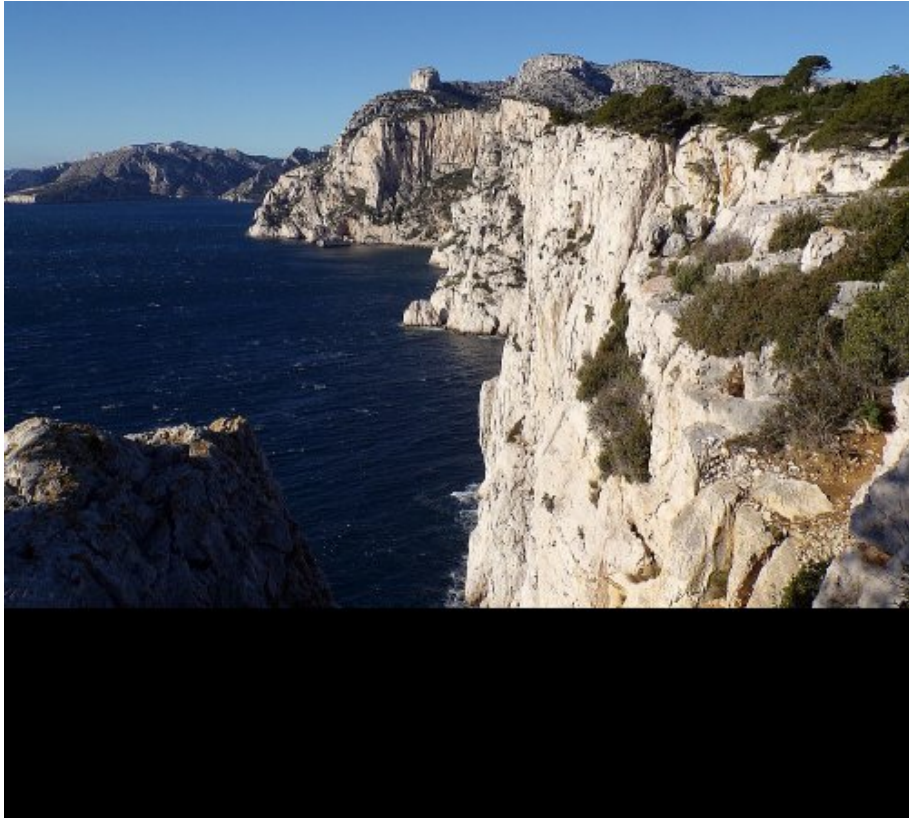


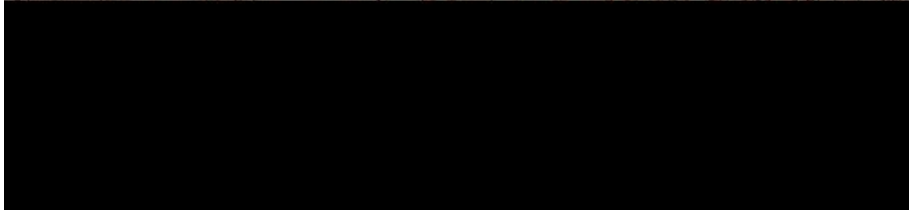






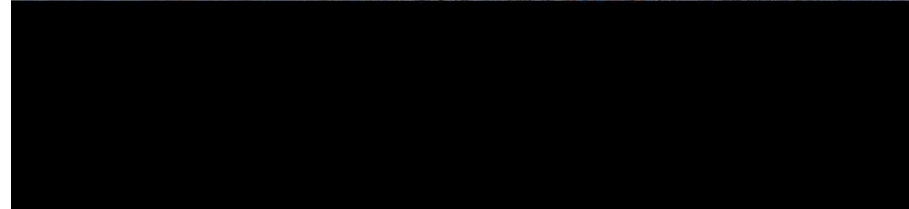
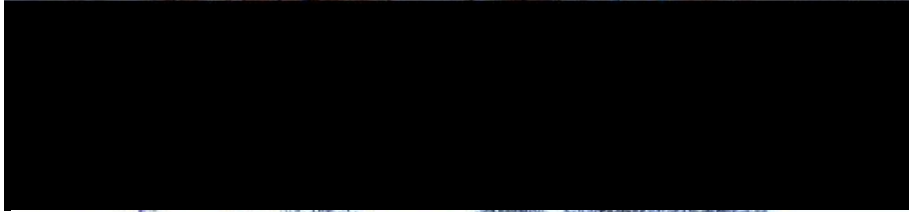






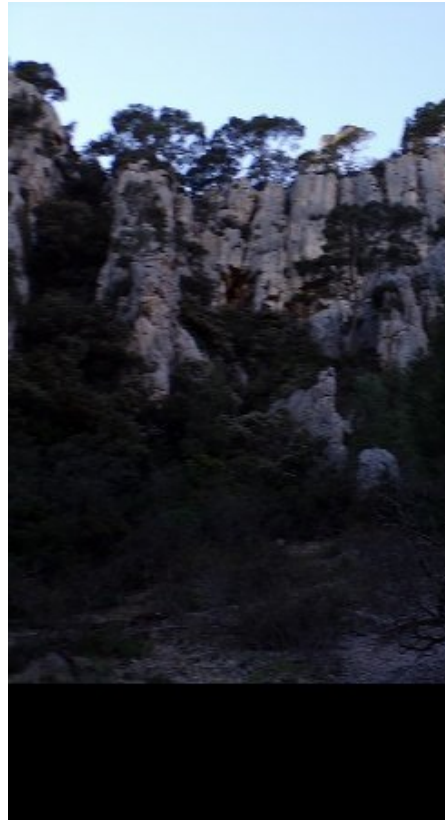


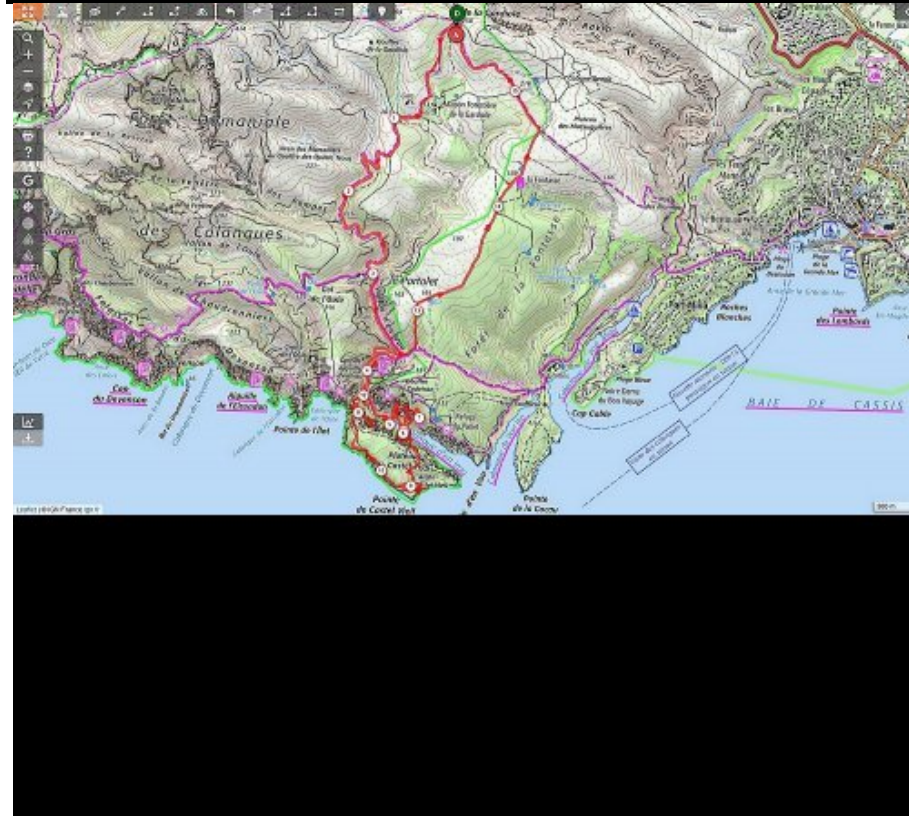
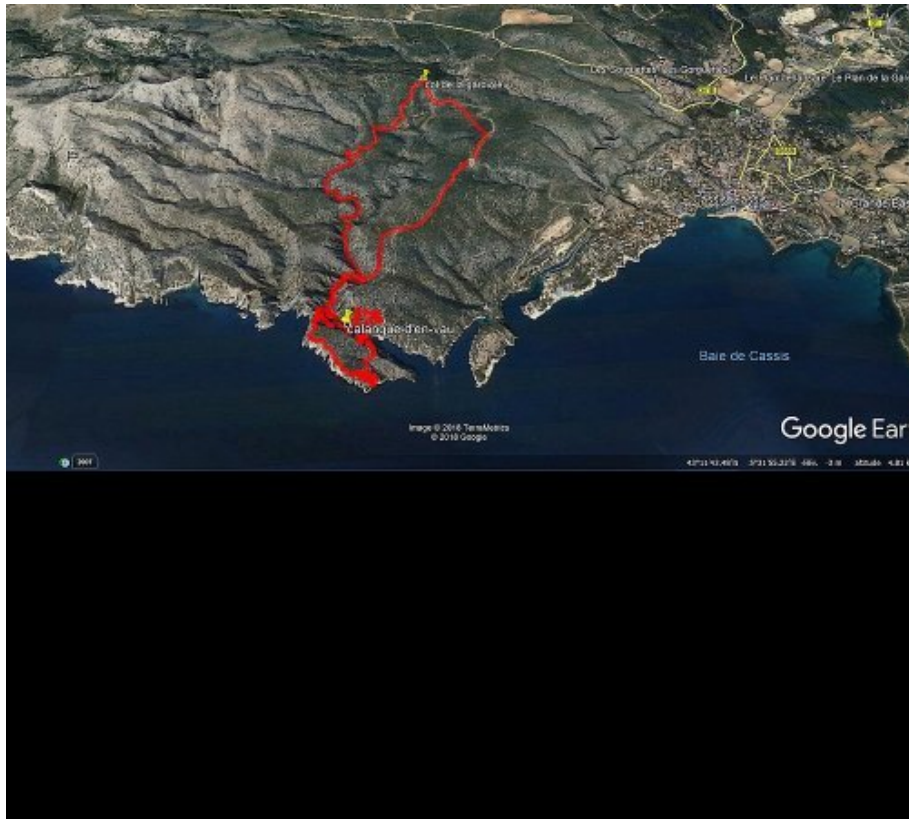


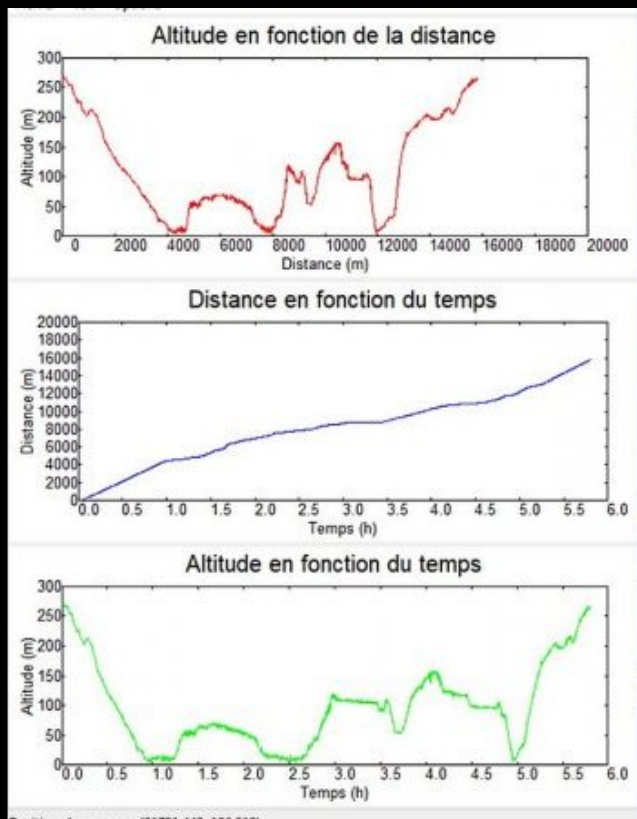




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