

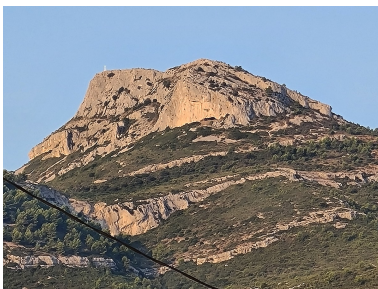
<https://www.persoemy.fr/spip.php?article514>



# lascours(13), grand vallon, le garlaban, ravin du garlaban..

- Randos

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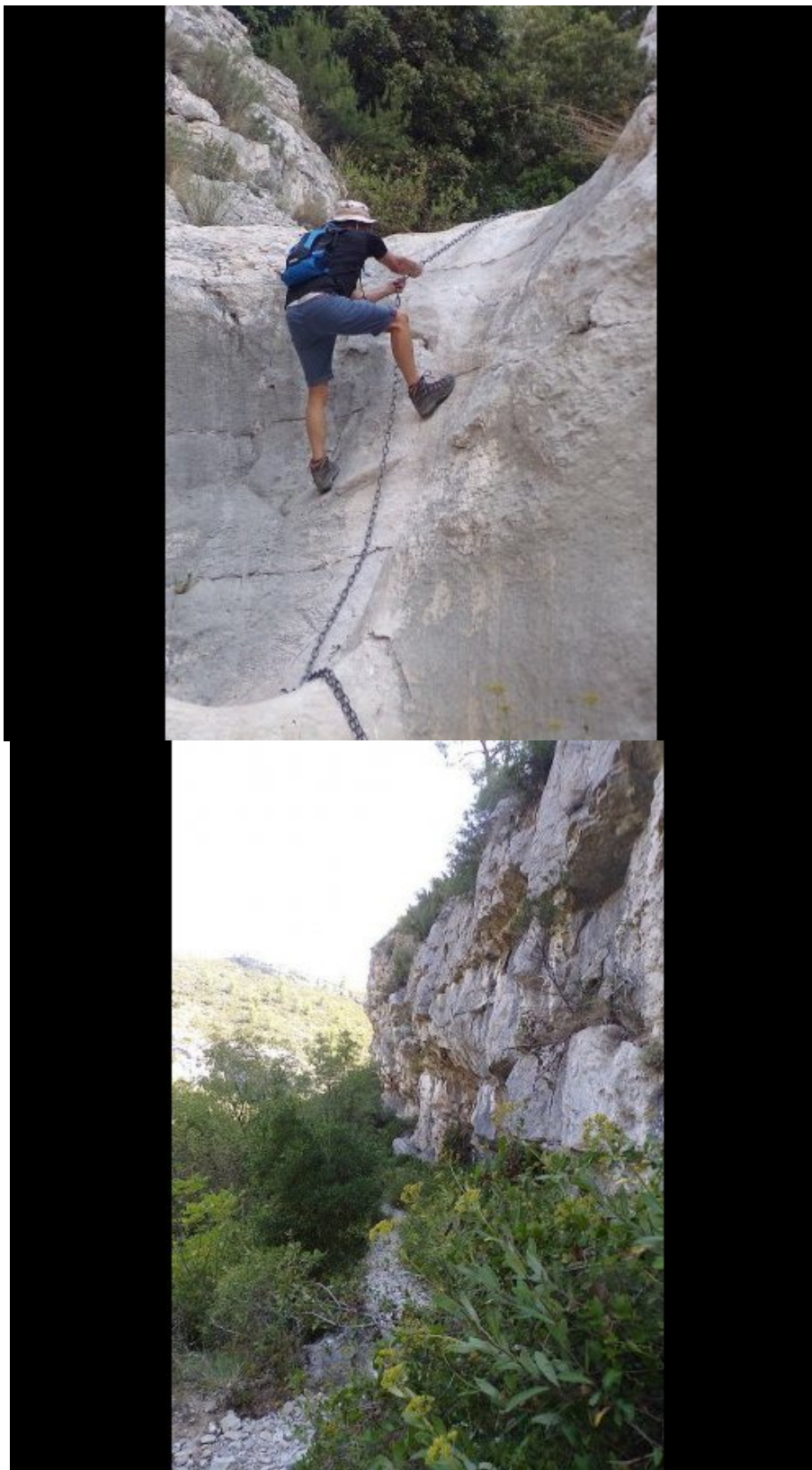
## le circuit IGN

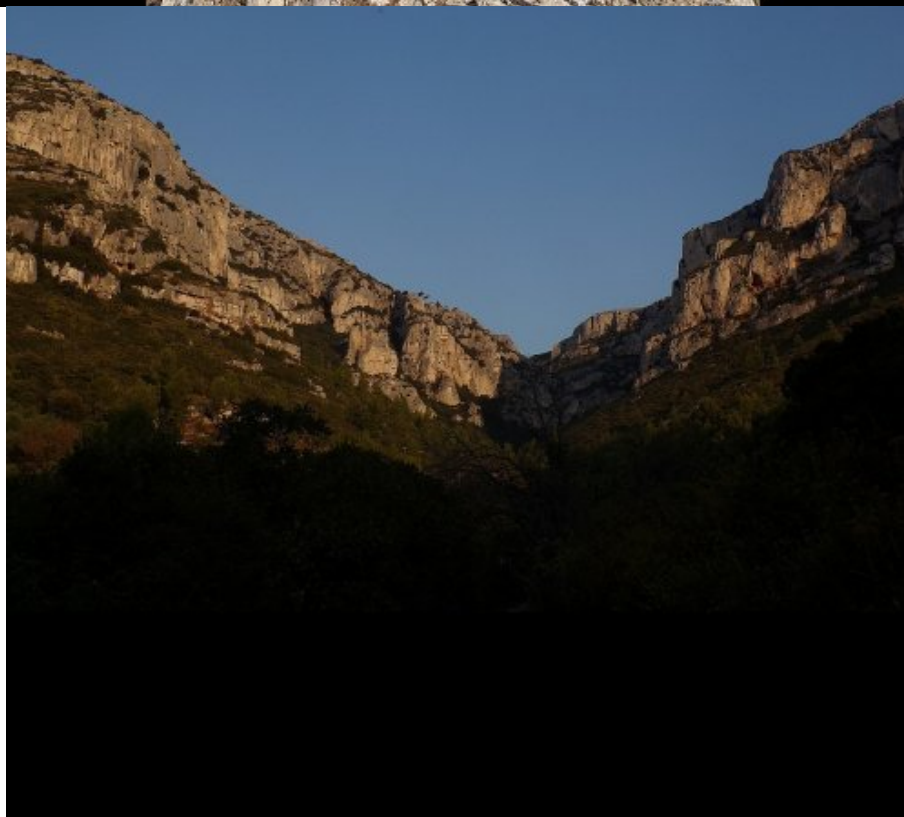
circuit physique en 4h , 11kms860 , chaînes à passer, et 600m de dénivelé, au départ du parking de l'école à lascours 13, prendre la direction du grand vallon, sentier jaune..traverser une propriété autorisée avec arbres fruitiers puis on on retombe sur le jaune, un moment avant de suivre le vallon, le ruisseau à sec, puis un sentier plus haut qui mène aux passages compliqués avec chaînes..

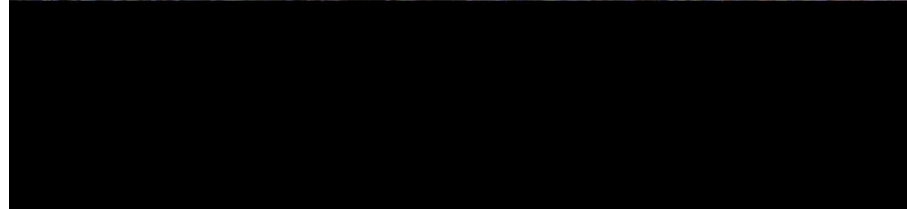
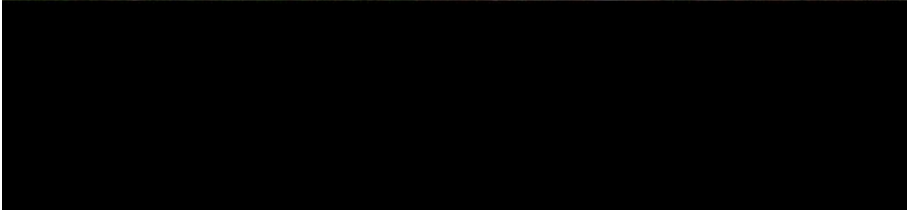
on continue, on rejoint un sentier jaune , vers la gauche, la grotte sans nom, on suit à gauche au prochain carrefour, plus haut à gauche direction le garlaban, on marche en corniche avec de belles vues, on laisse les sentiers qui descendent, au carrefour avec le puits d'aroumi, on monte en crête, vers les antennes, un peu hors sentier pour rejoindre la piste qui va vers le col du garlaban, puis sommet..

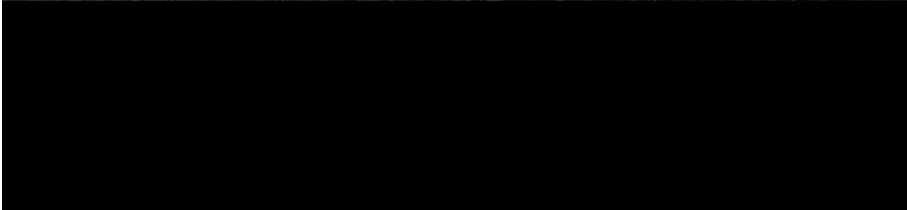
redescente prendre le jaune raide, rocailleux, un cable vers la source de barquieu à sec, puis nous prenons le sentier qui longe la falaise, et ce sera la descente dans le ravin du garlaban, on retombe sur le jaune puis la route et retour au parking..



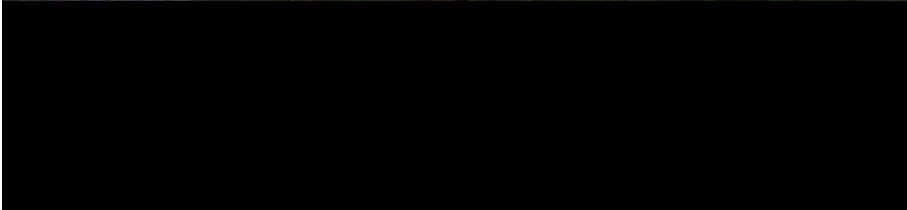






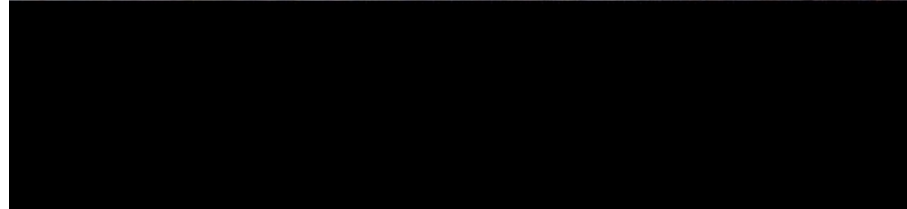
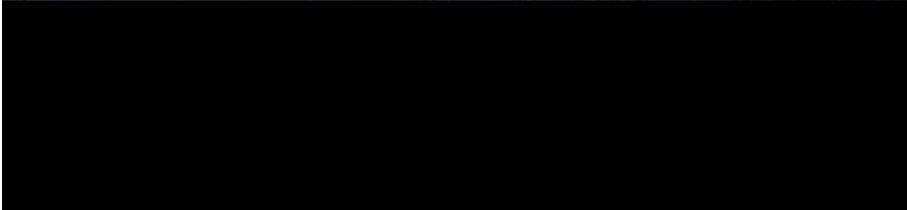


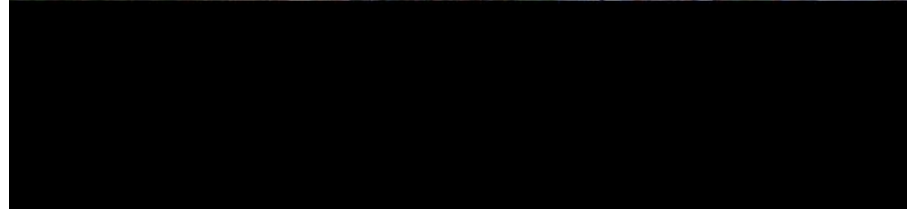
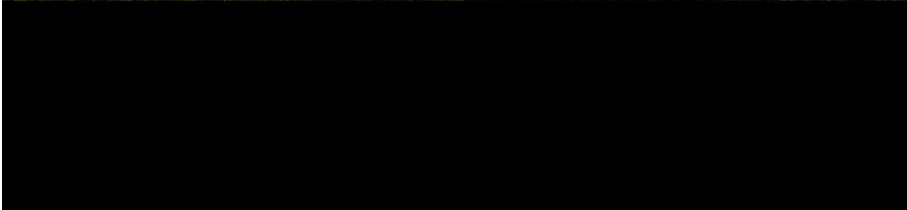


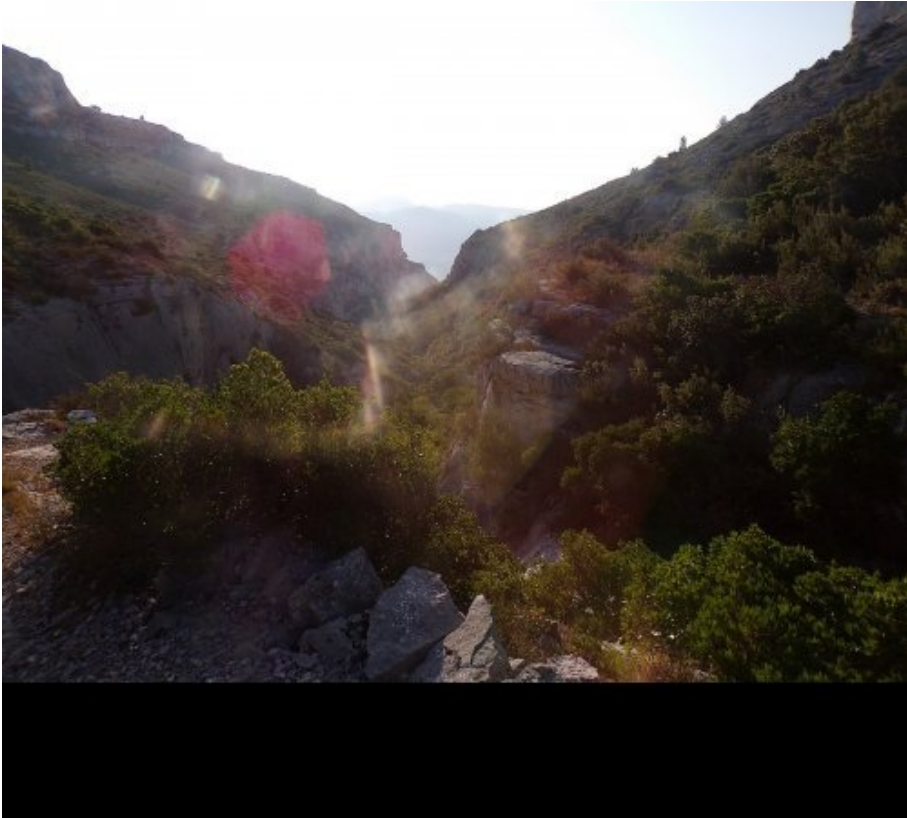


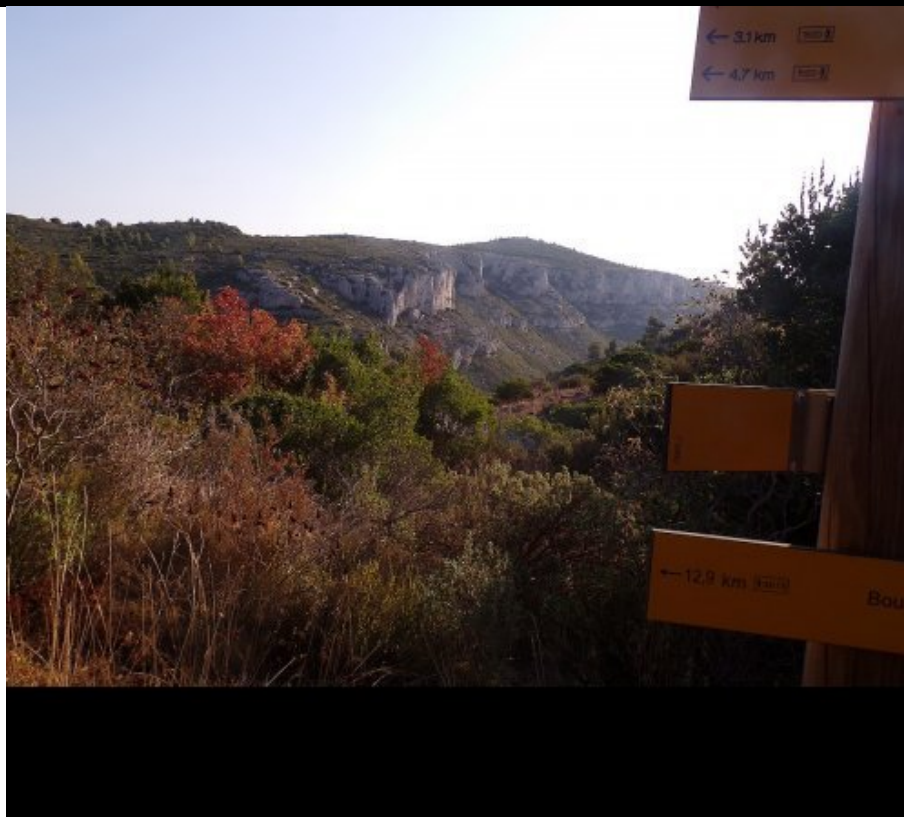


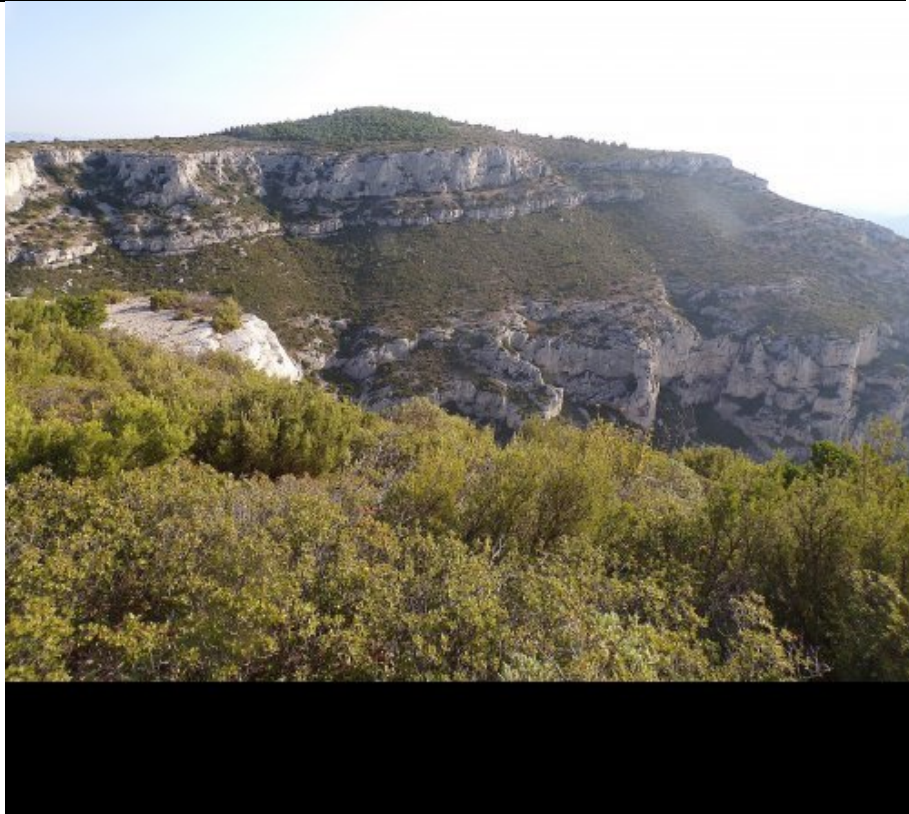
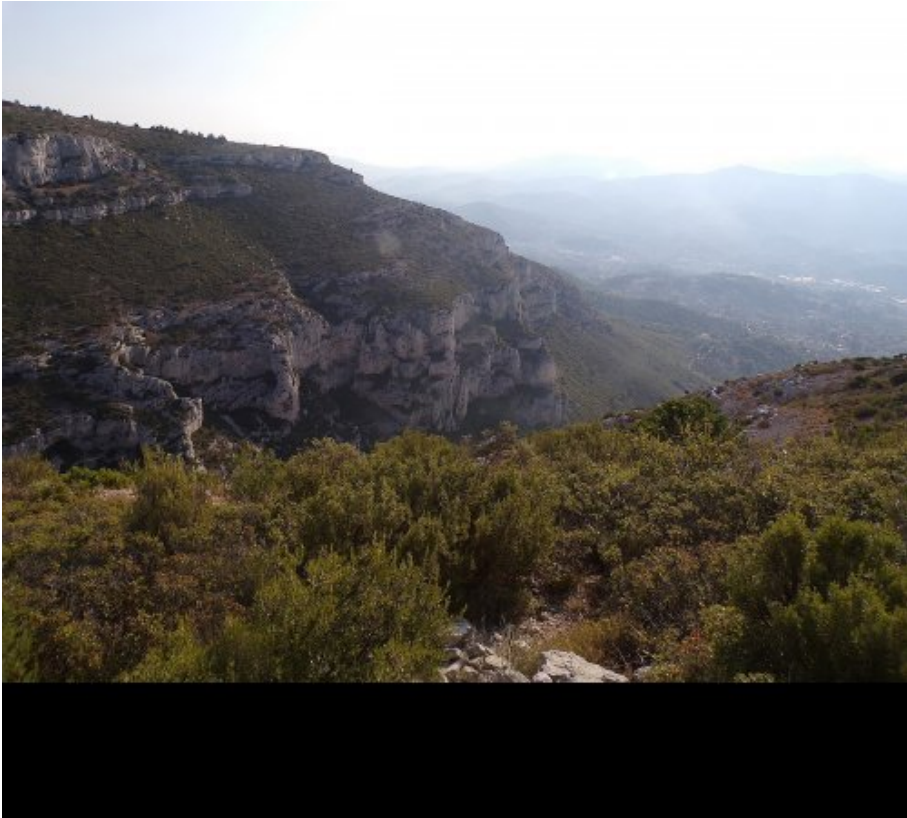


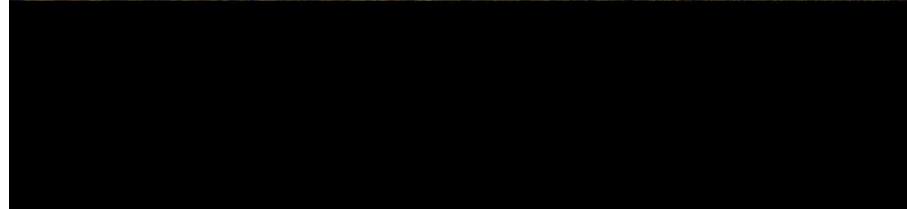
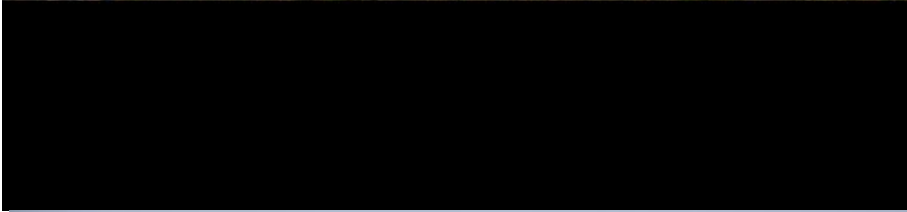






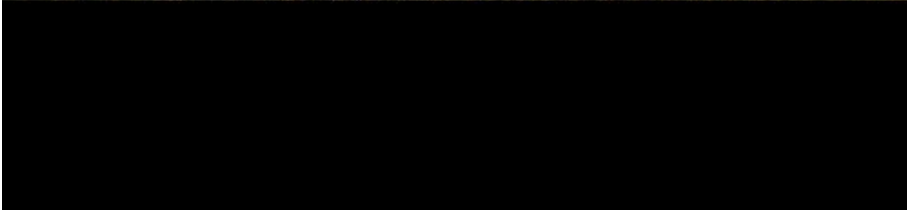


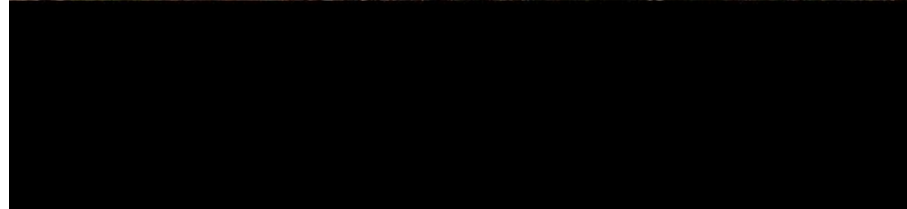
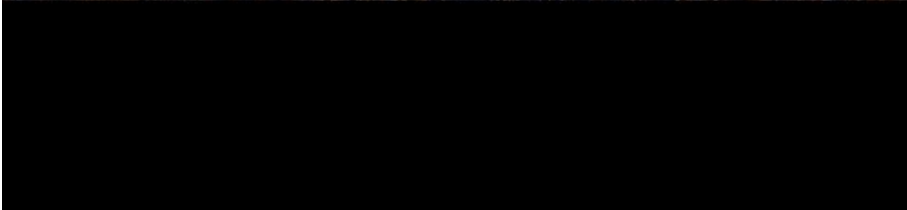




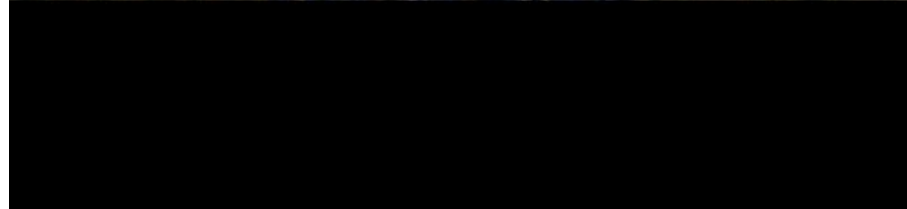
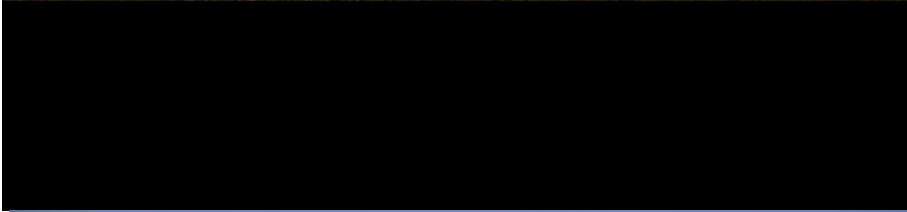


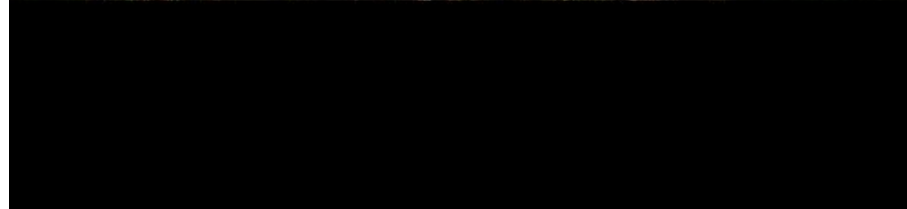


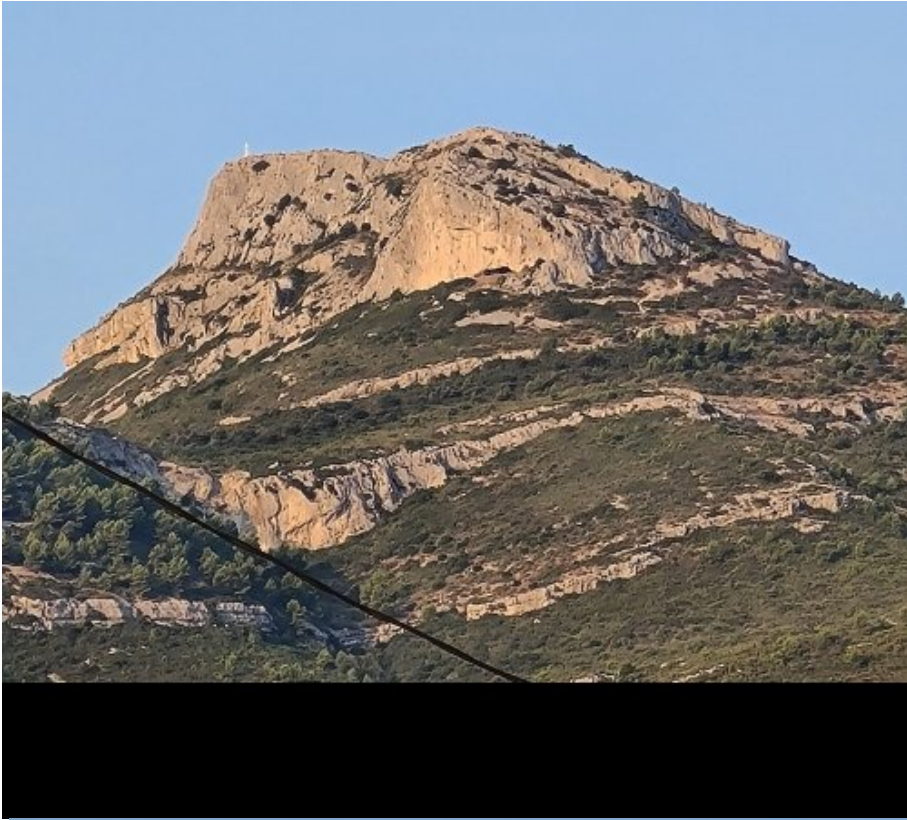


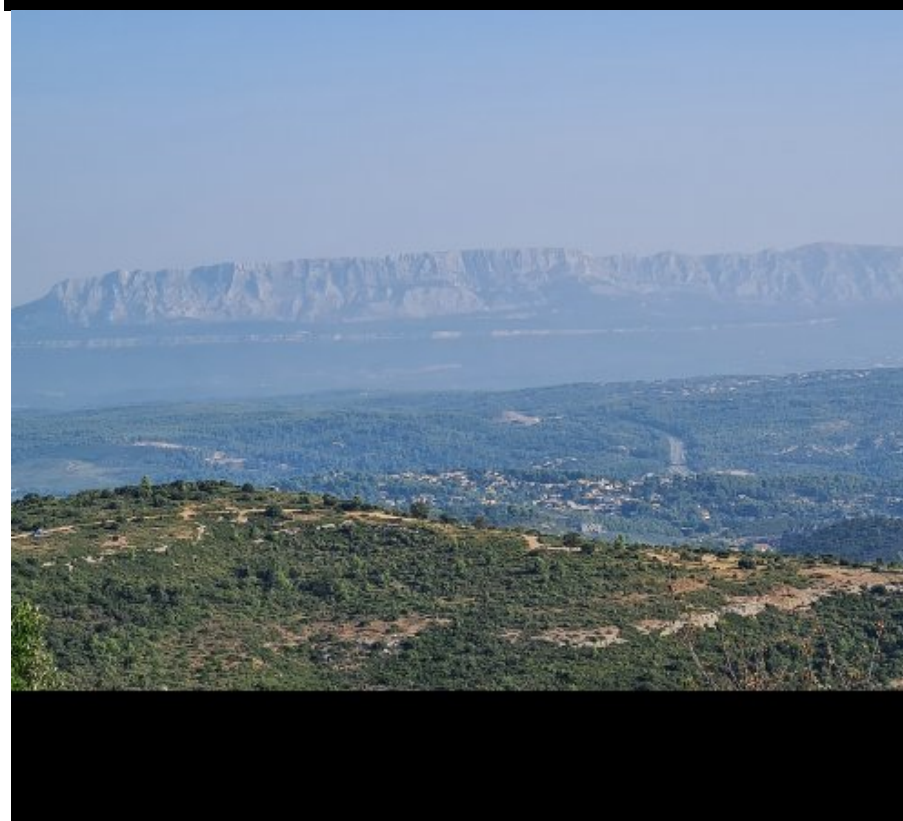


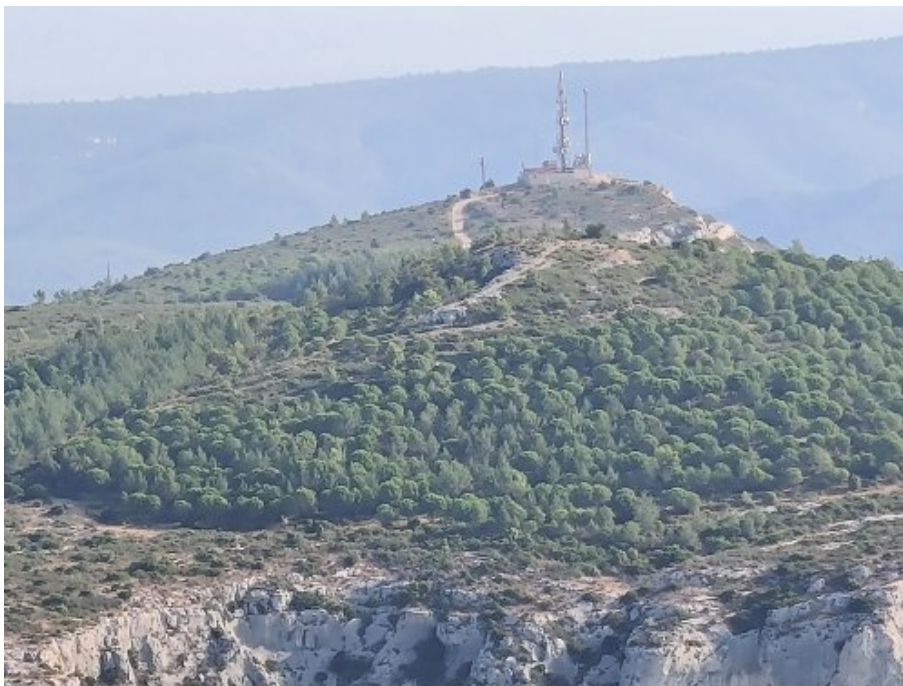






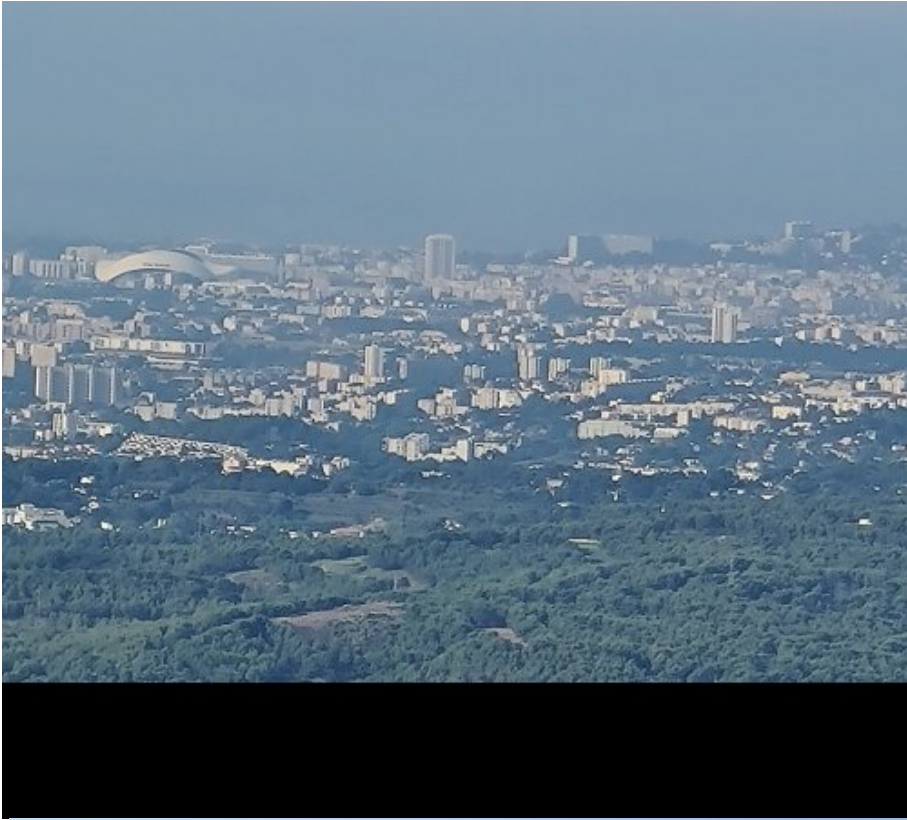






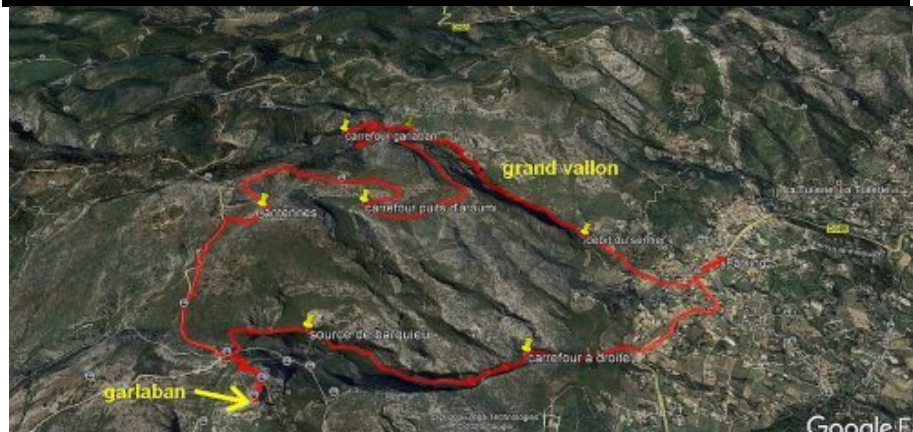


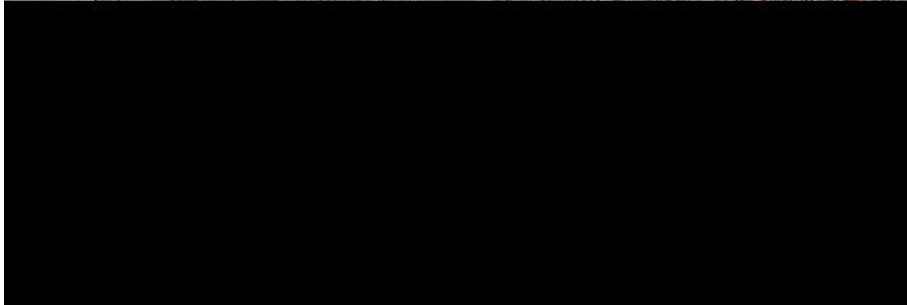
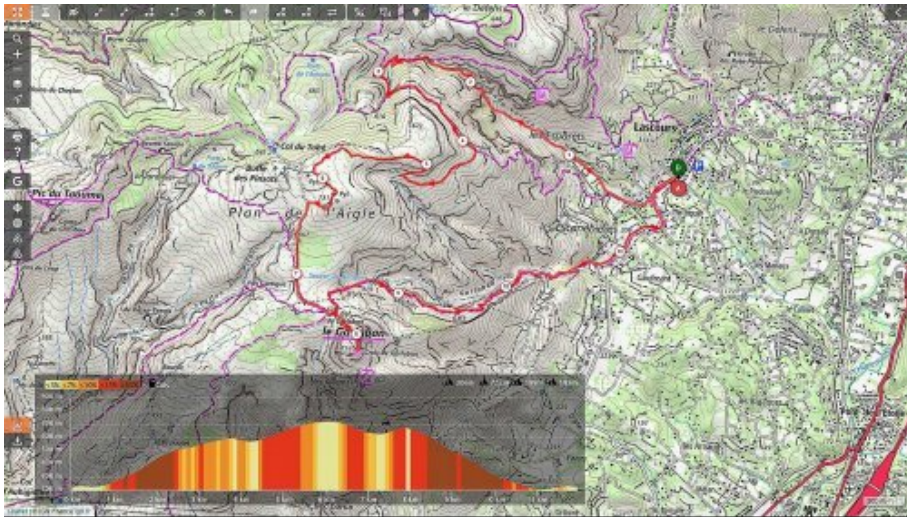


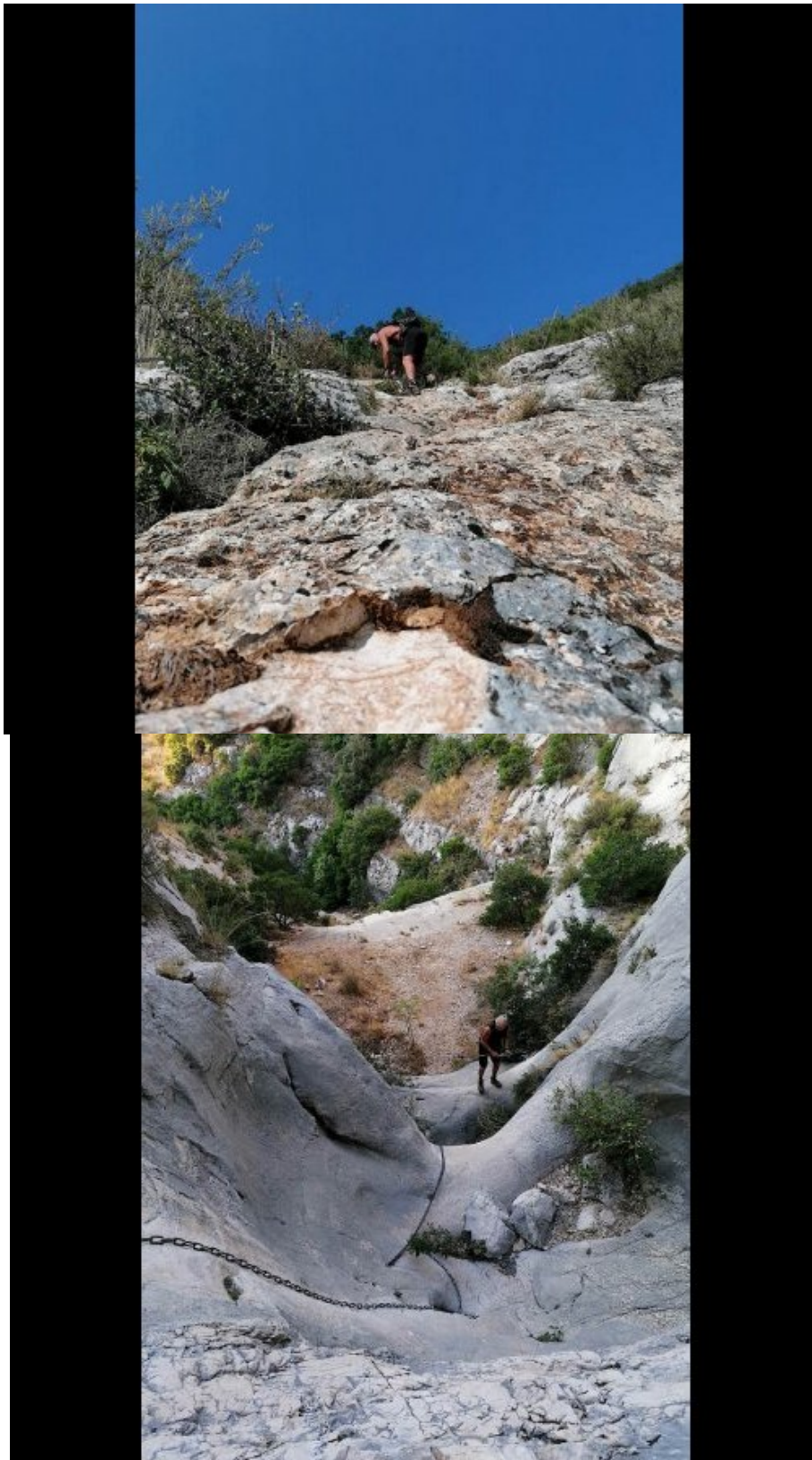


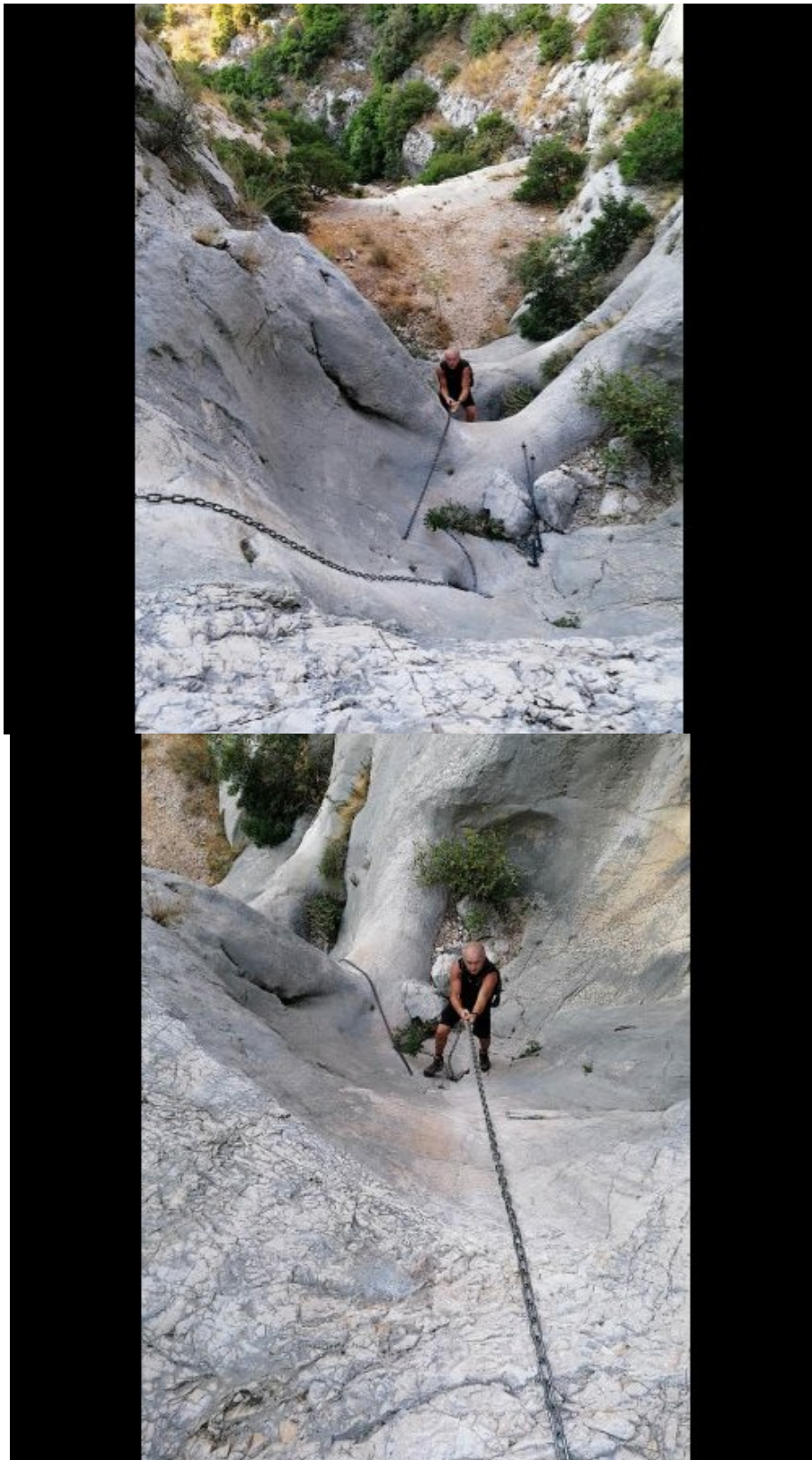


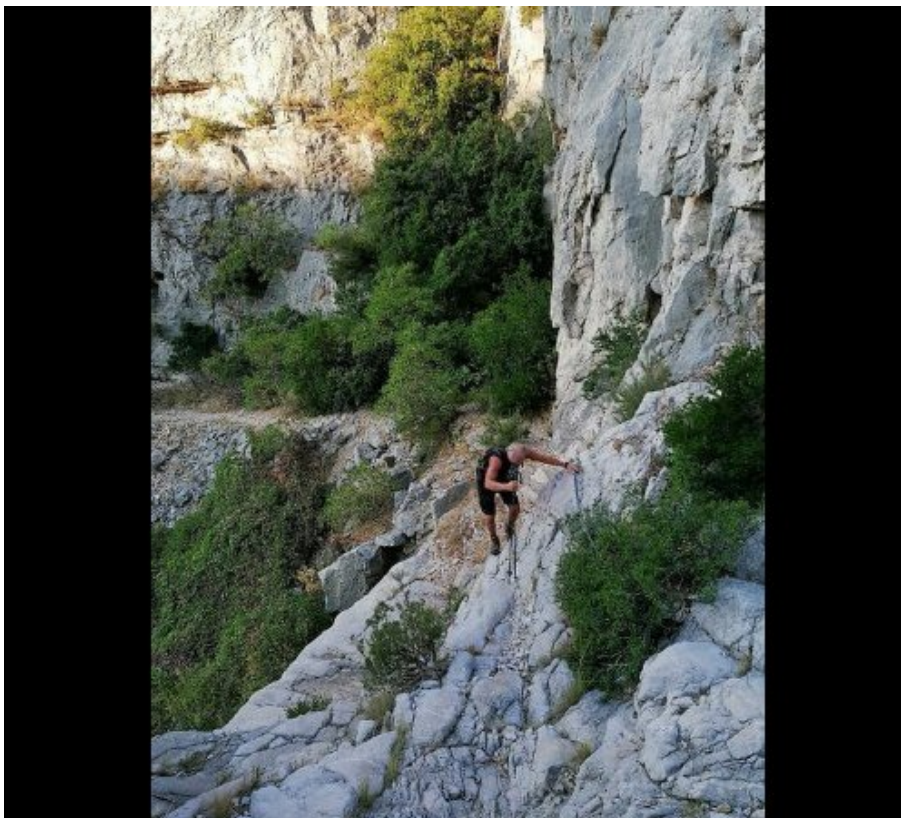
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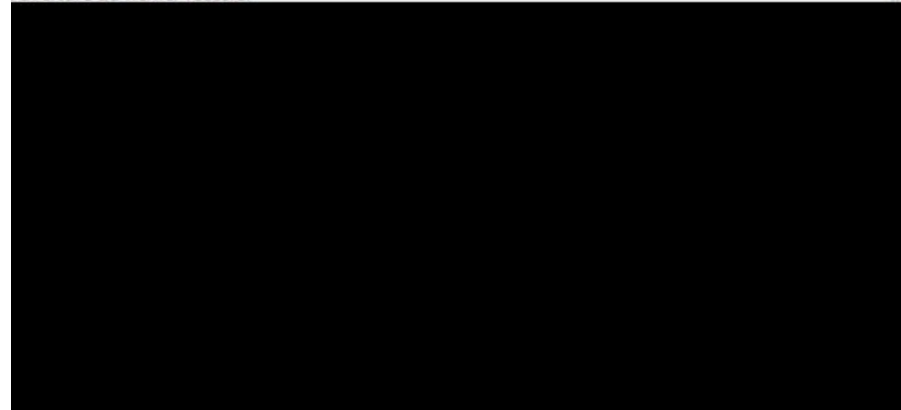




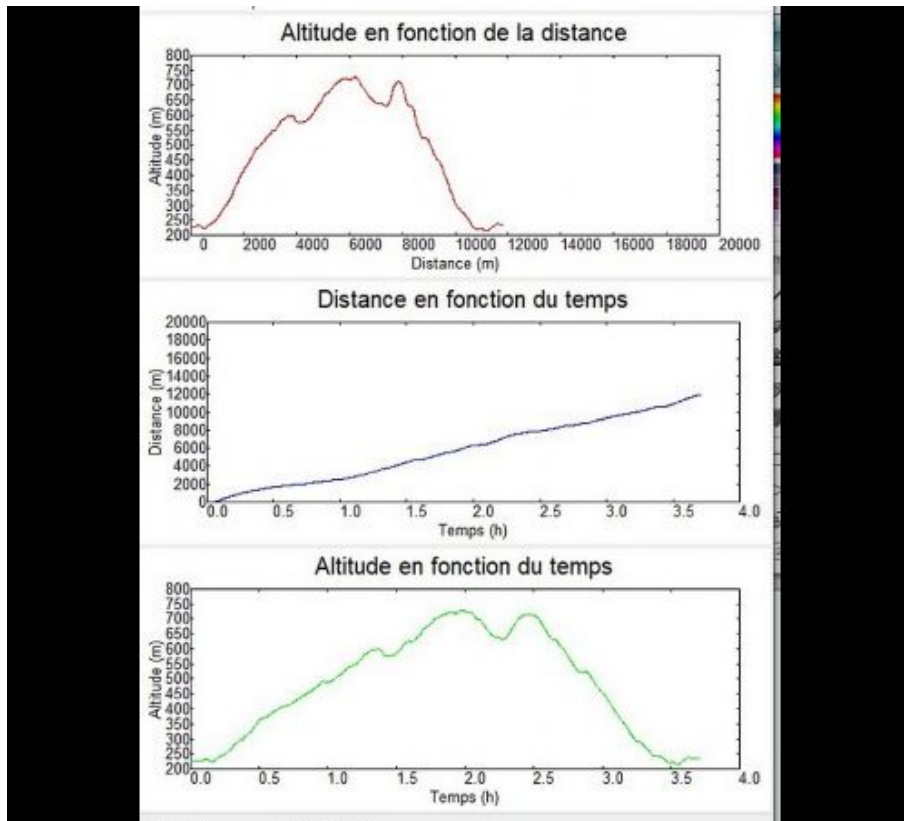


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Heure	06:01:36	09:44:12	Durée	03:42:36
Altitude (m)	226	235	Vitesse moy (km/h)	3.198
Altitude min (m)	214		Dénivelé + (m)	699
Altitude max (m)	728		Dénivelé - (m)	691
Altitude moy (m)	483			

Ouverture du fichier réussie.







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