

<https://persoremy.fr/spip.php?article549>



**marseille, calanques,
callelongue, ancien
sémaphore, col de la galinette,
plan des cailles, grand
malvallon, grotte.., GR,
calanque des queyrons, de
podestat, de l'escu, double
arche(cirque de la bougie,**

calanque de marseilleveyre, de la mounine..

- Randos

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Date de mise en ligne : jeudi 3 juin 2021

Date de parution : 3 juin 2021

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le circuit IGN

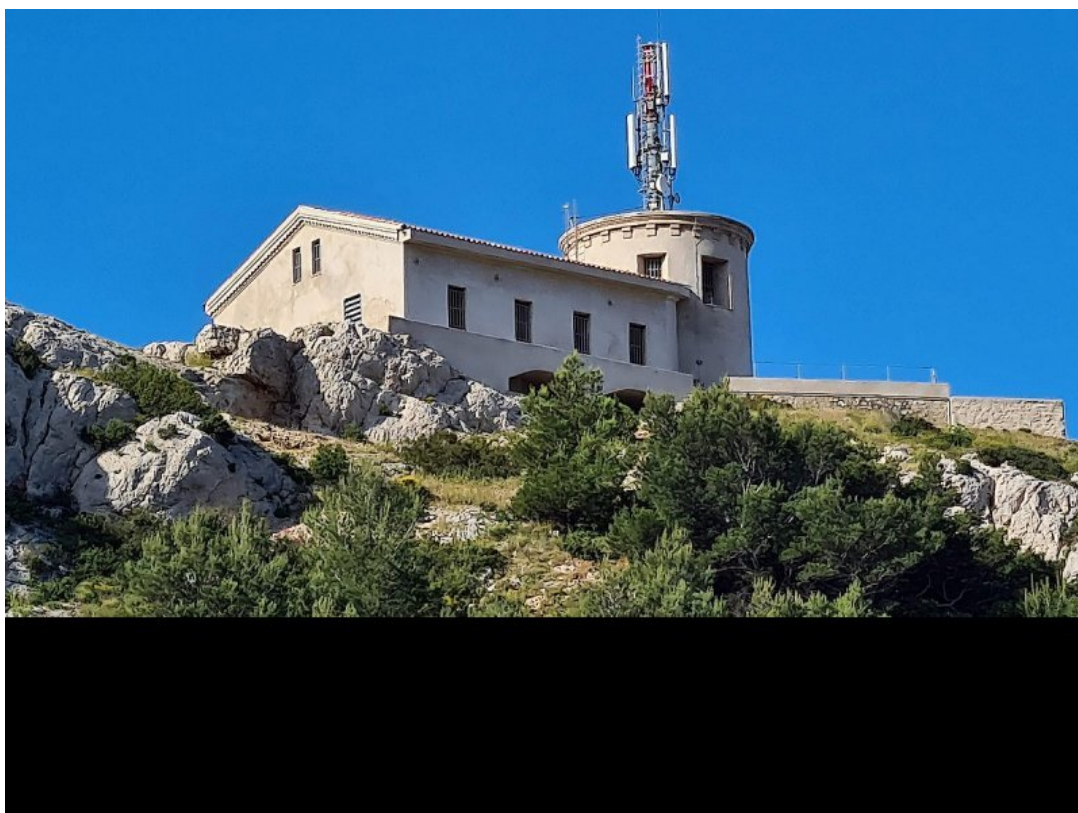
rando moyenne sans les écarts, sinon difficile 13km250 en 5h30 avec la baignade et 596m de dénivelé, au départ de callelongue , le bout du monde à marseille

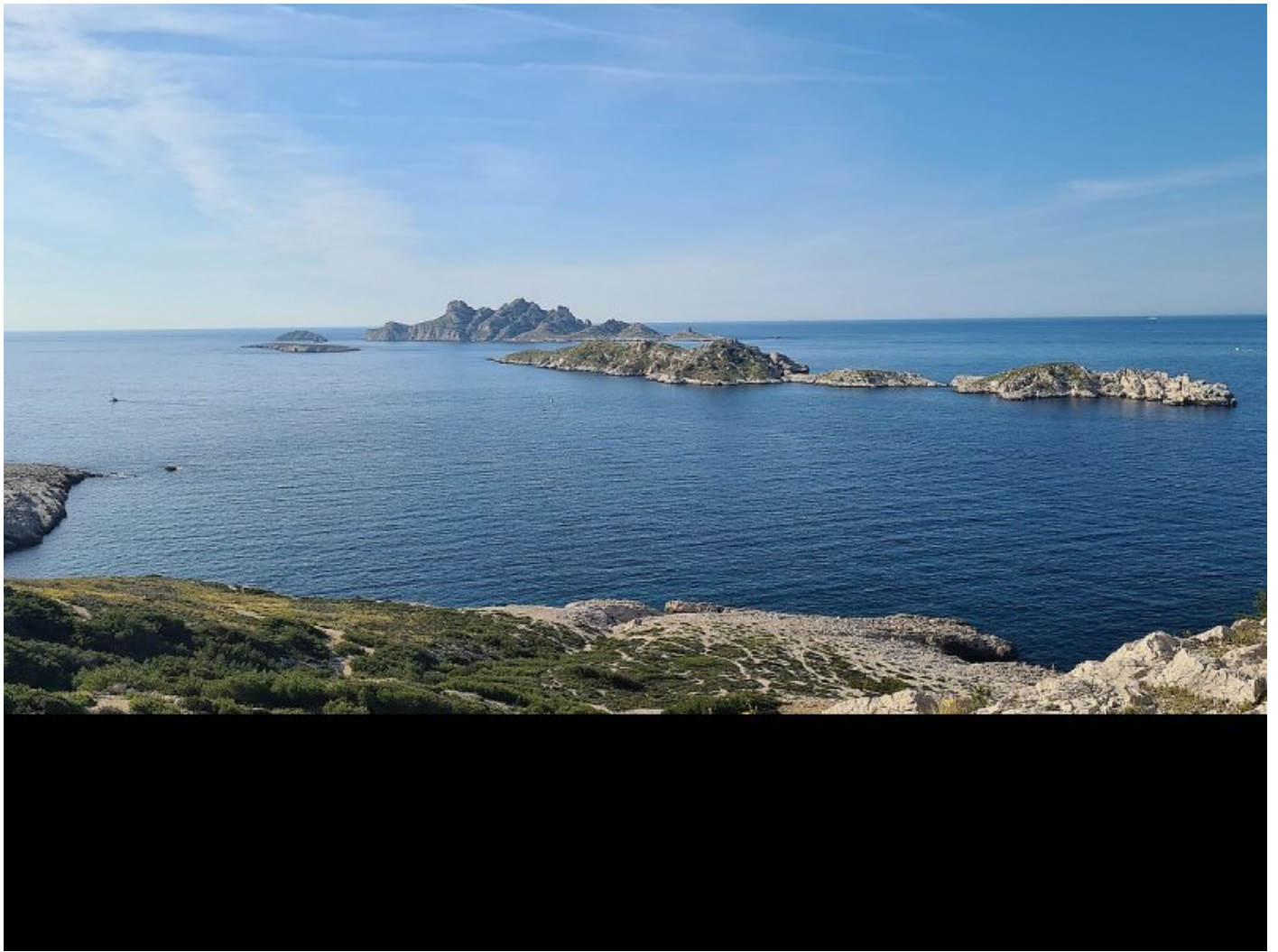
le port , sentier jaune , montée caillouteuse vers l'ancien sémaphore bien restauré et les antennes, un beau point de vue..

puis sur la gauche en direction de cortiou, le jaune , sous le rocher des goudes, carrefour le vert qui vient de la demi-lune., qu'on laisse, au arrive à la descente du vallon de la mouline, qu'on laisse aussi, au col de la galinette, plus haut, on fait un aller retour vers le plan de cailles en face, petit sentier..à voir..

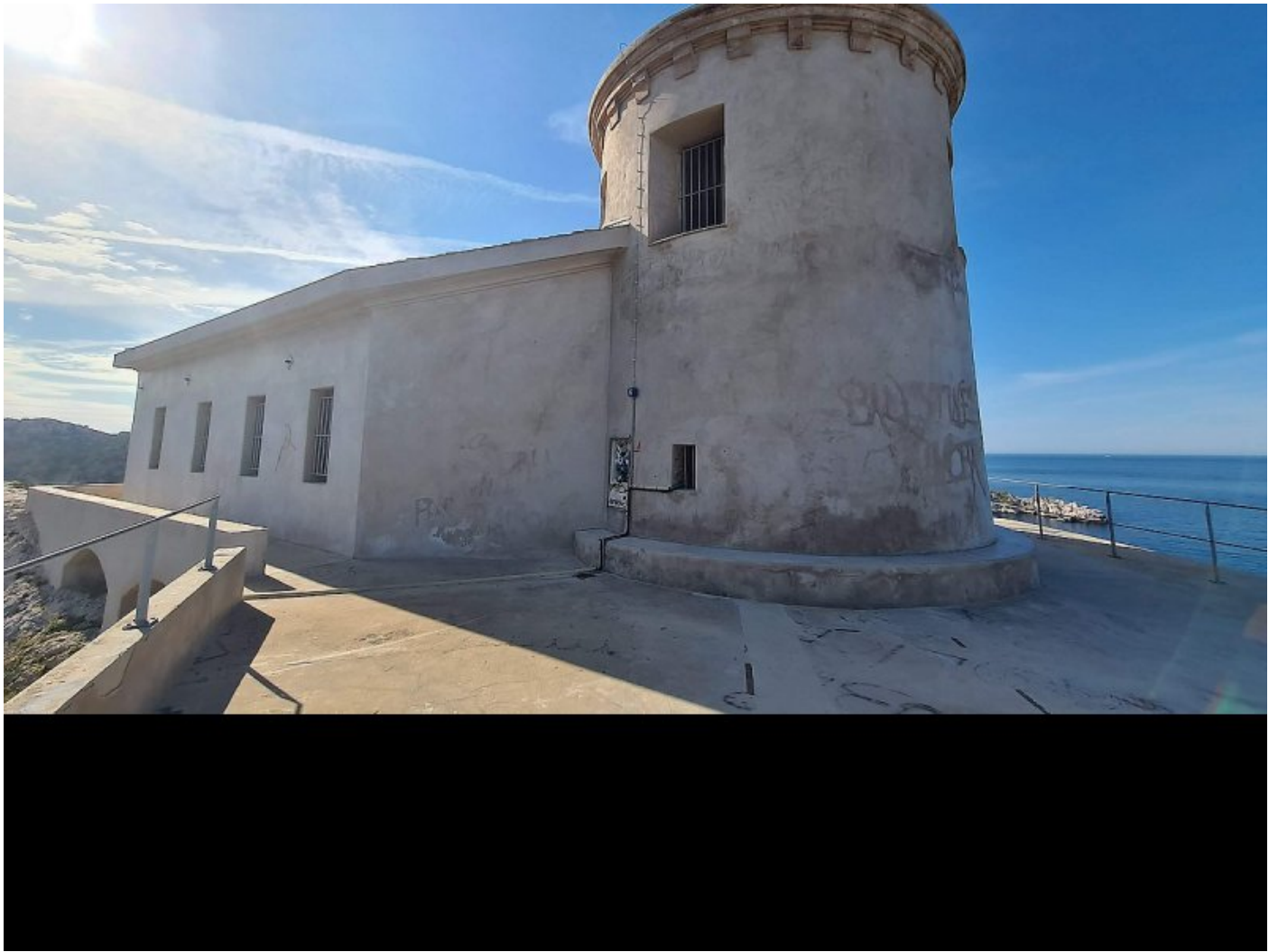
puis on revient et va descendre à droite, très raide dans le grandmalvallon, avant le sentier en bas sur la droite une sente nous mène à la grotte, puis on continue vers l' ancienne batterie de marseilleveyre, pour prendre le GR en direction du col de cortiou..

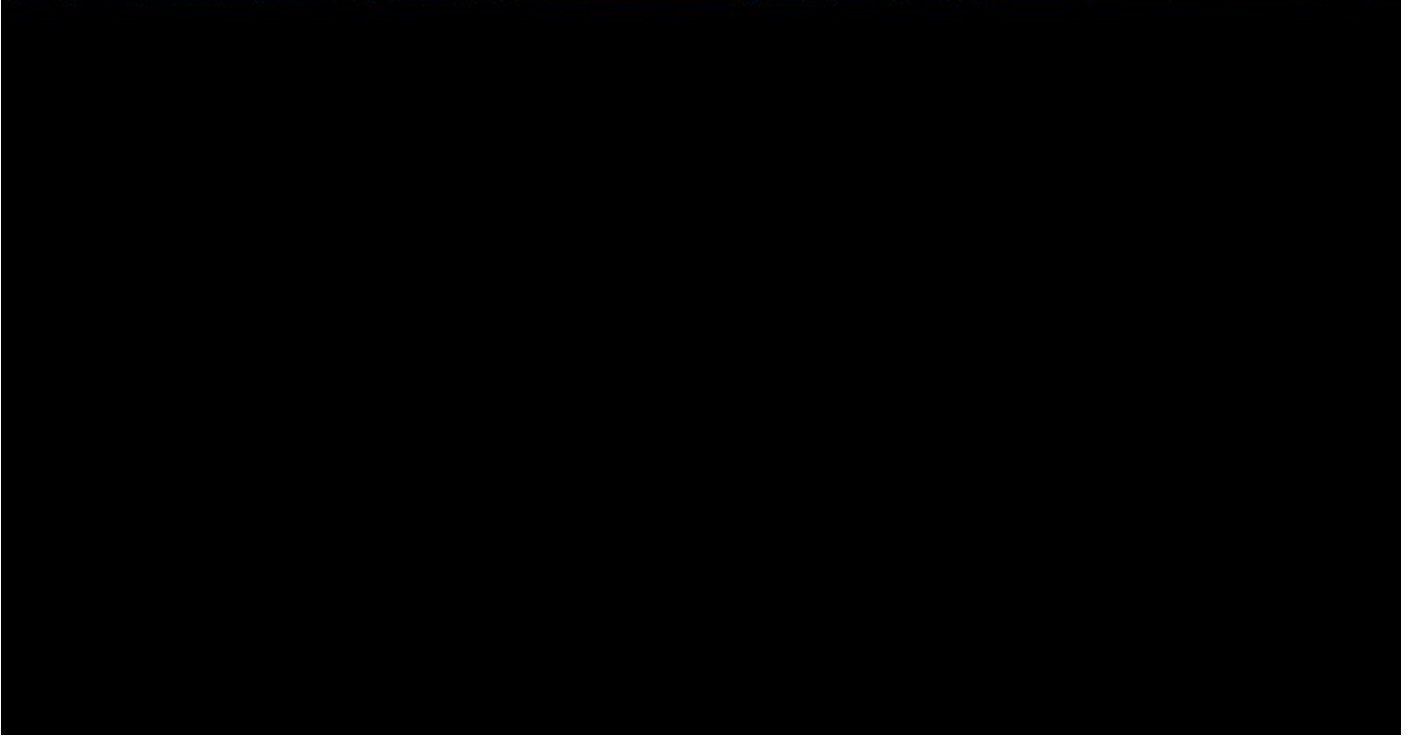
on passe différentes calanques, on laisse le vert, le noir, puis sous le cirque de la bougie, on va explorer une double arche en empruntant un pierrier, ça grimpe., puis c'est la descente dans le pierrier, retour à marseilleveyre, baignade et pause puis le GR toujours vers callelongue, en passant à côté de la mounine..



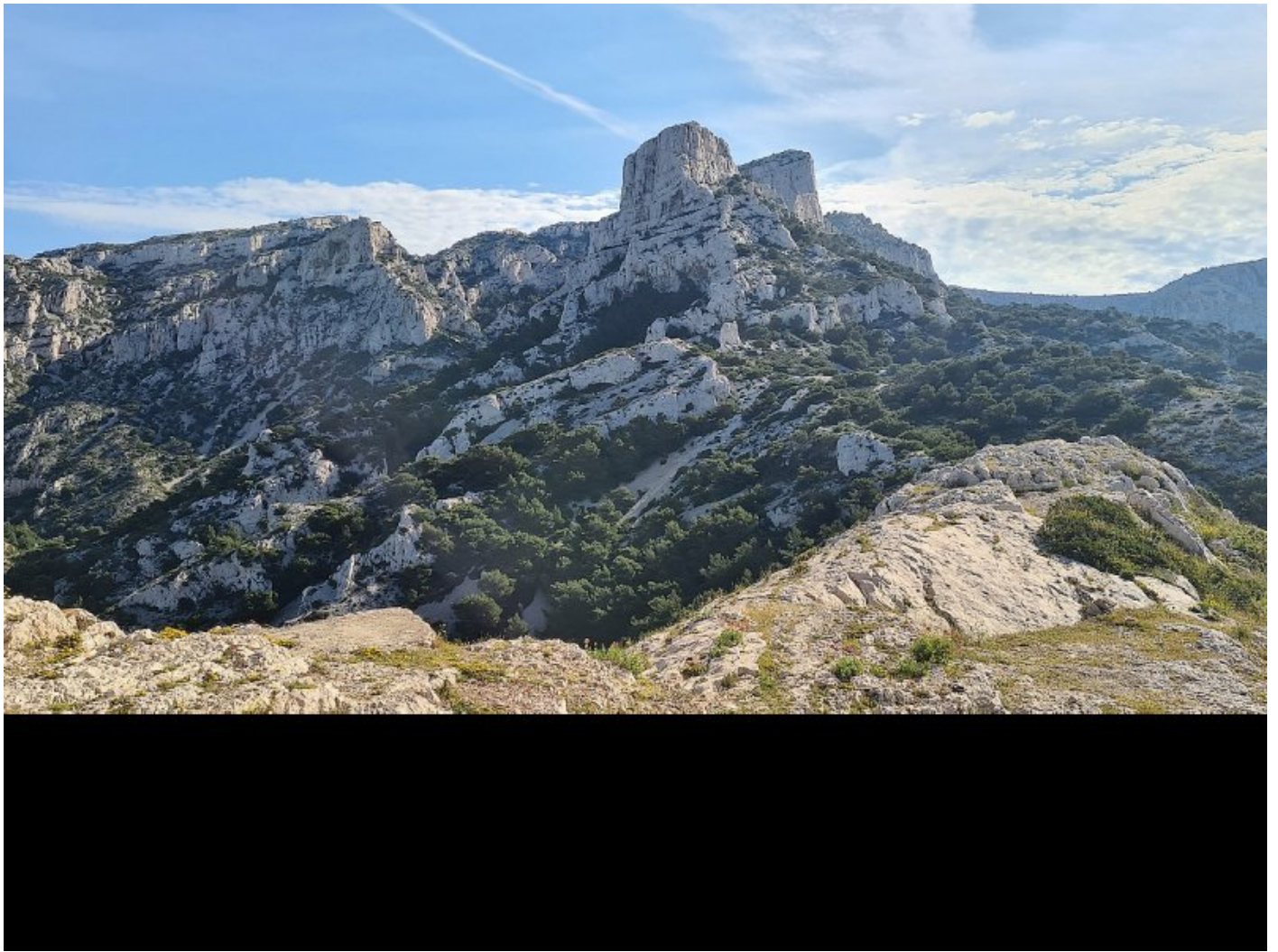


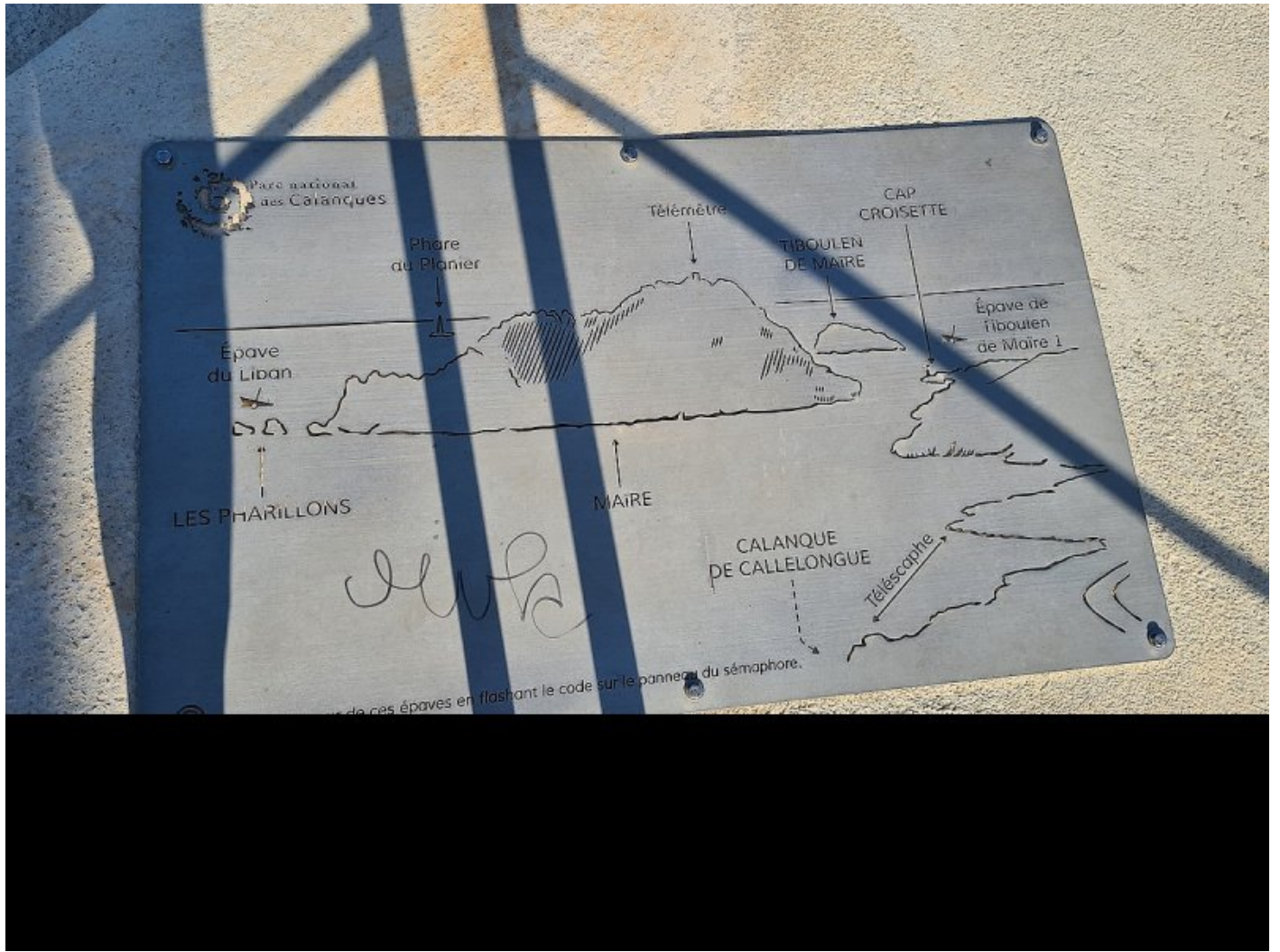


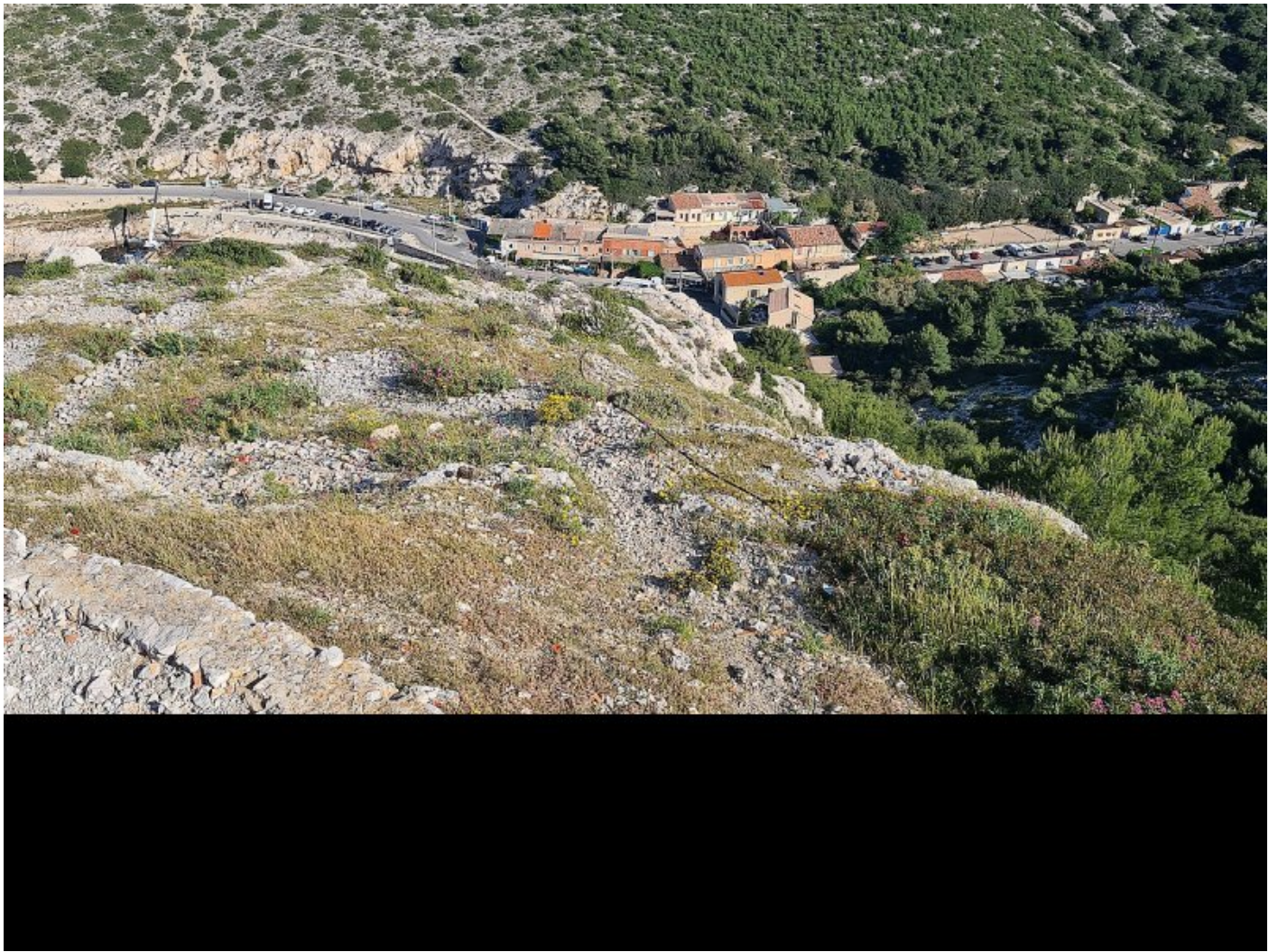






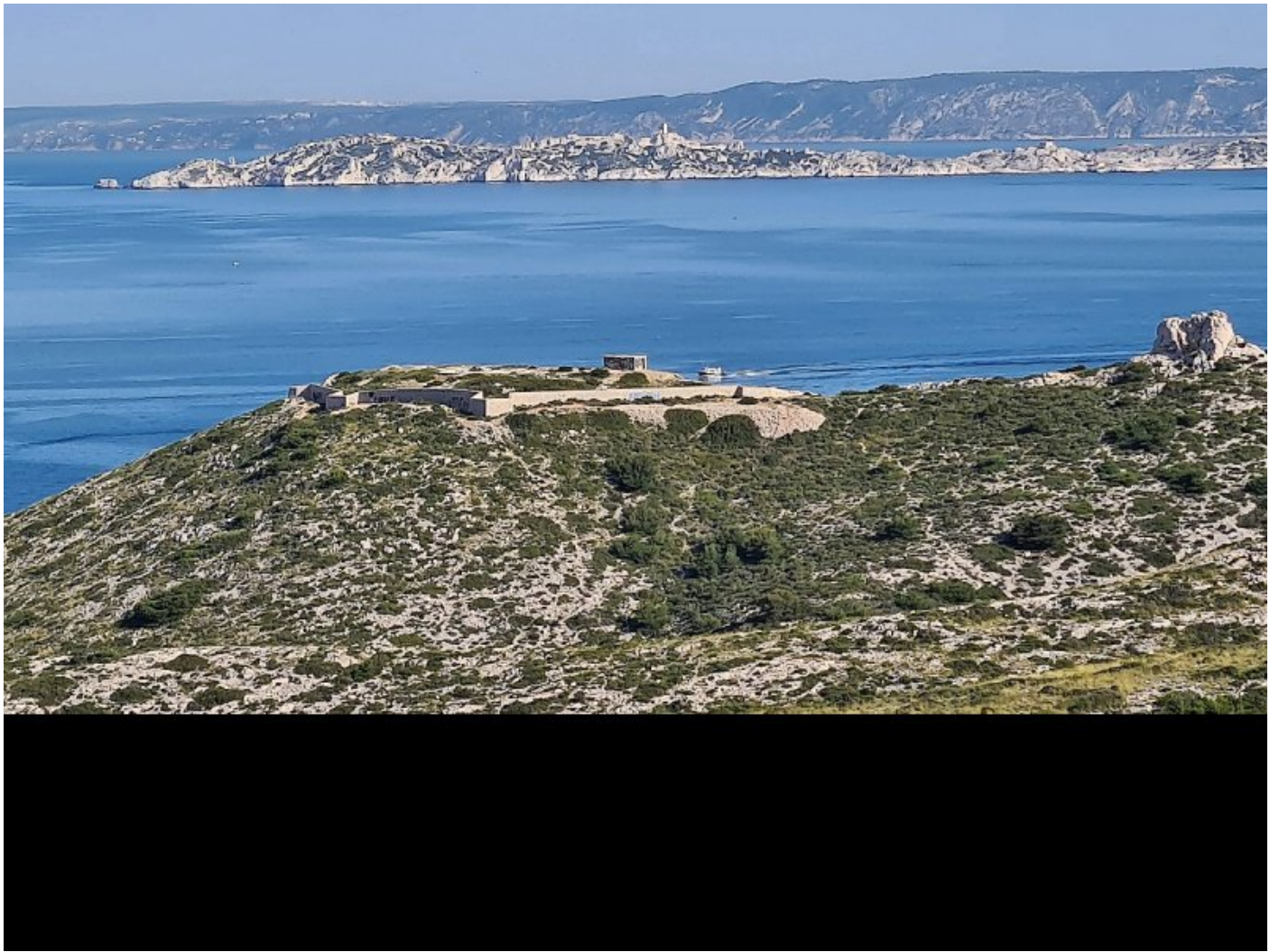


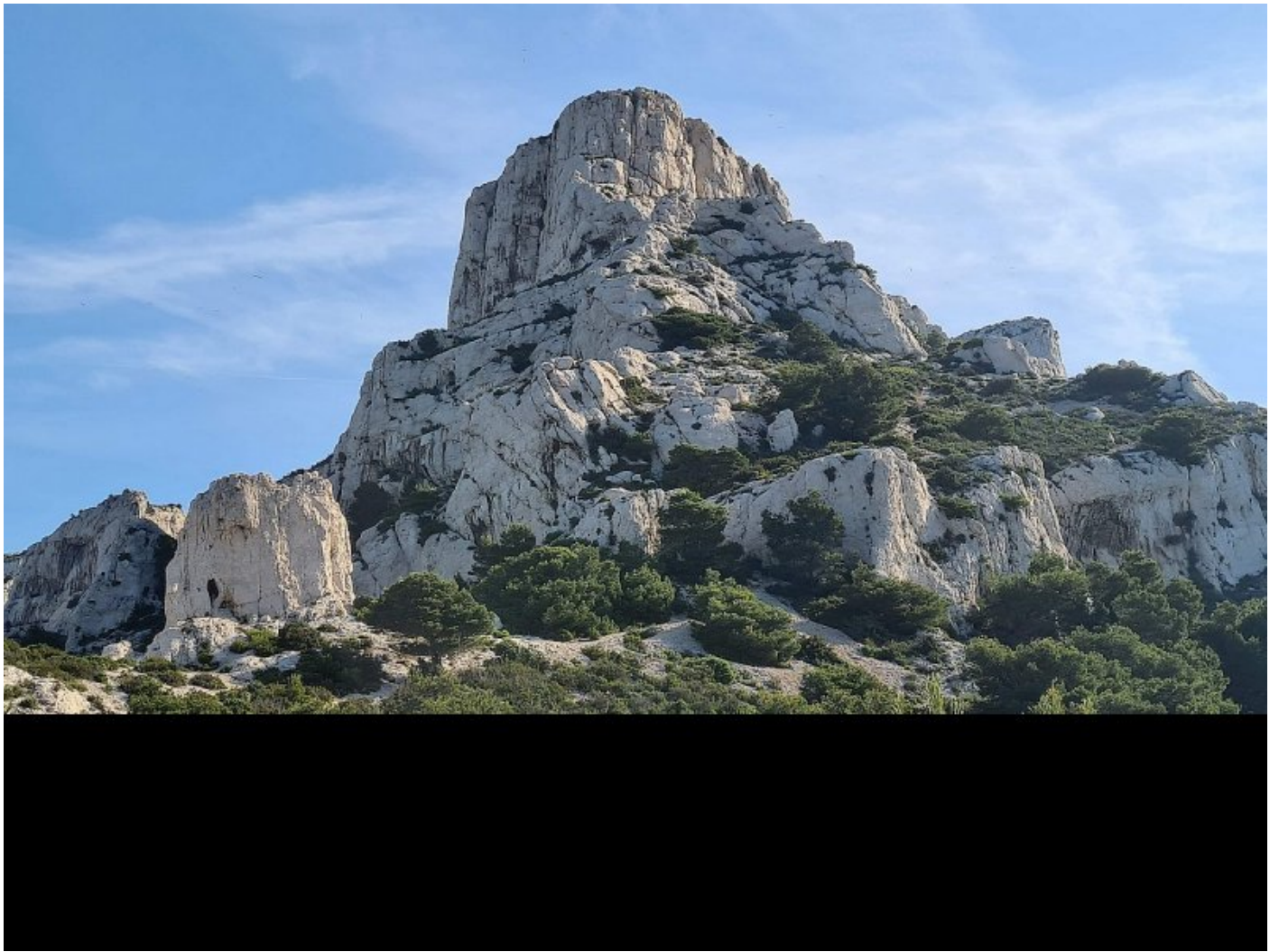


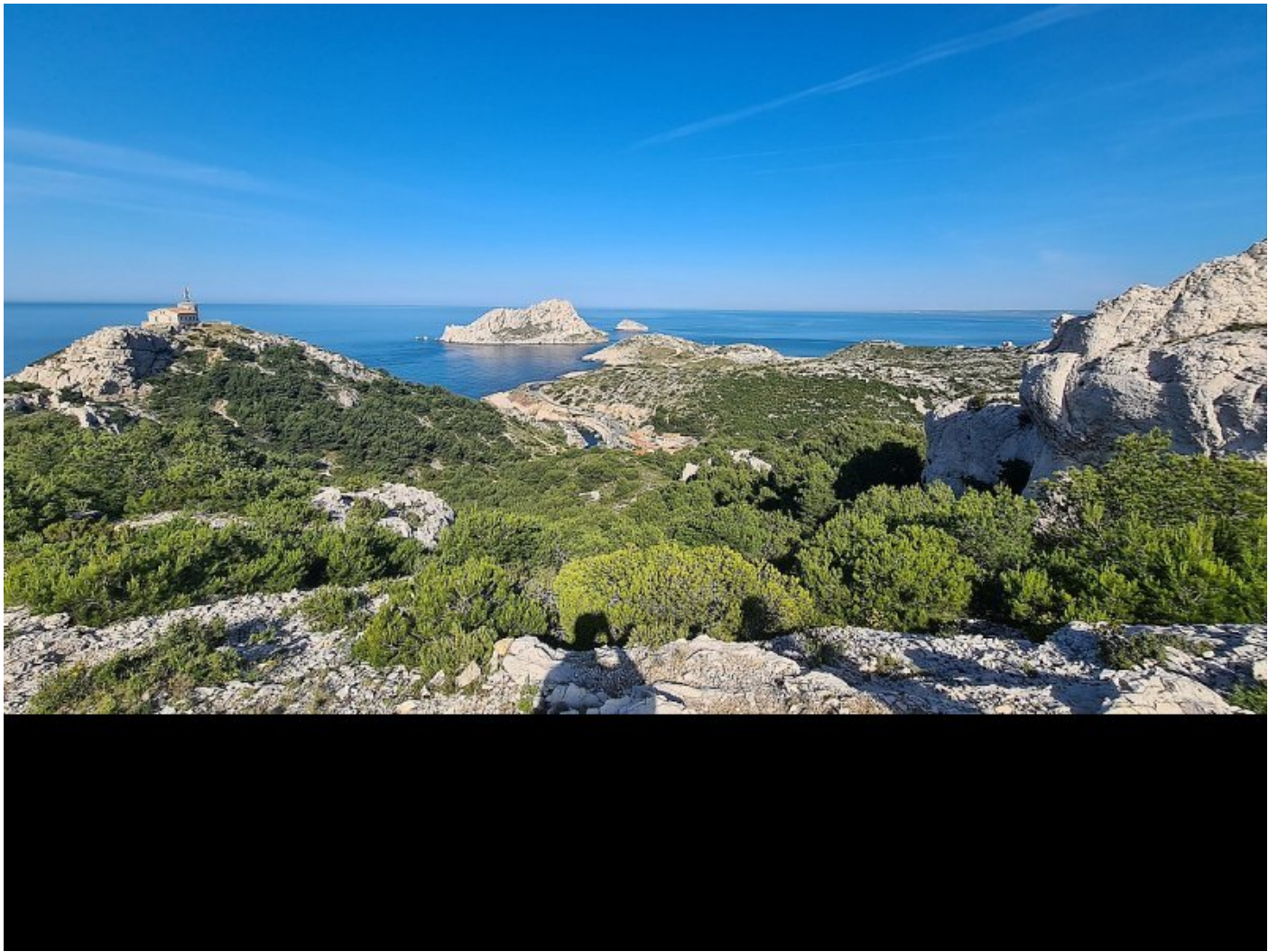






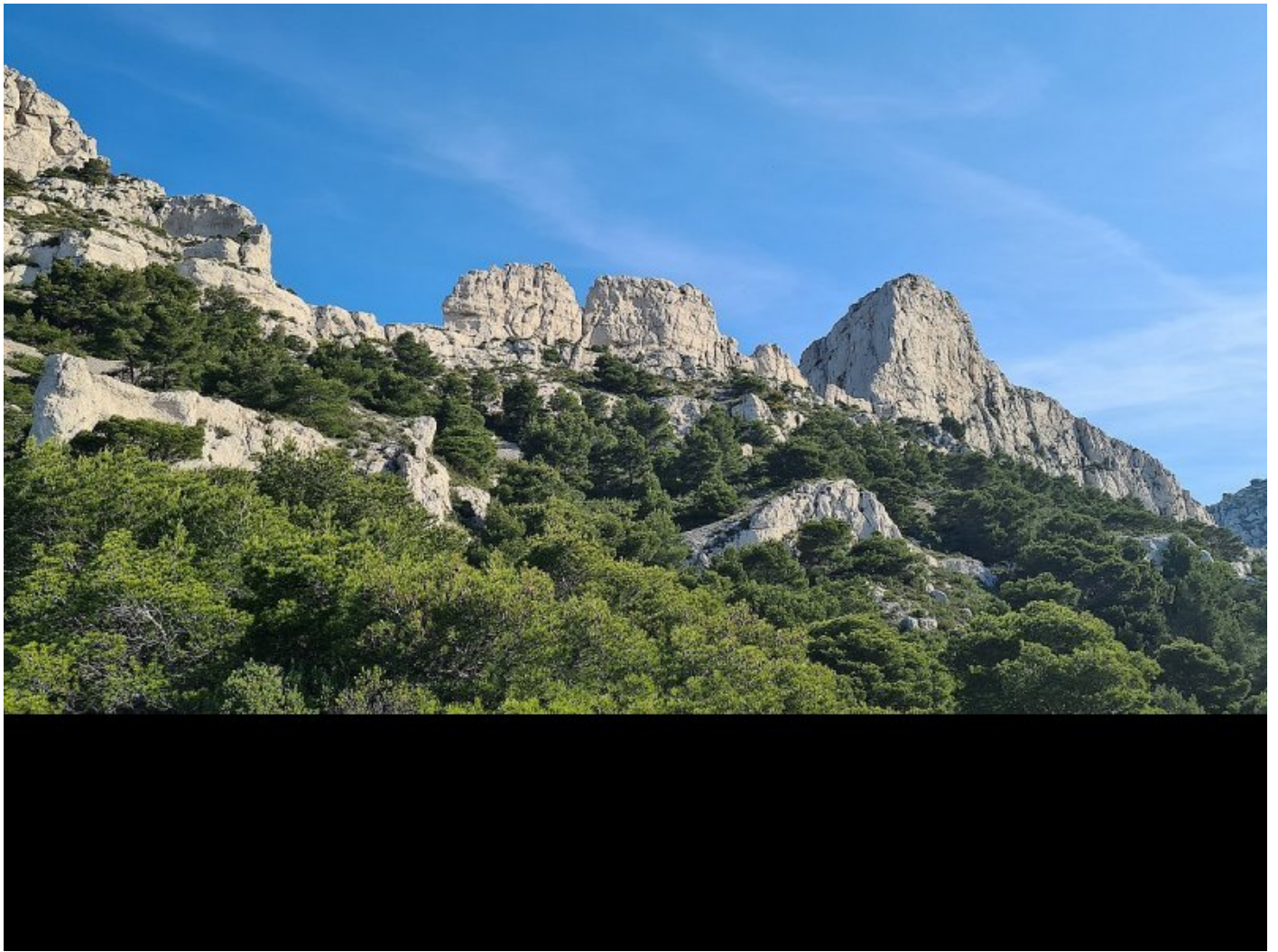


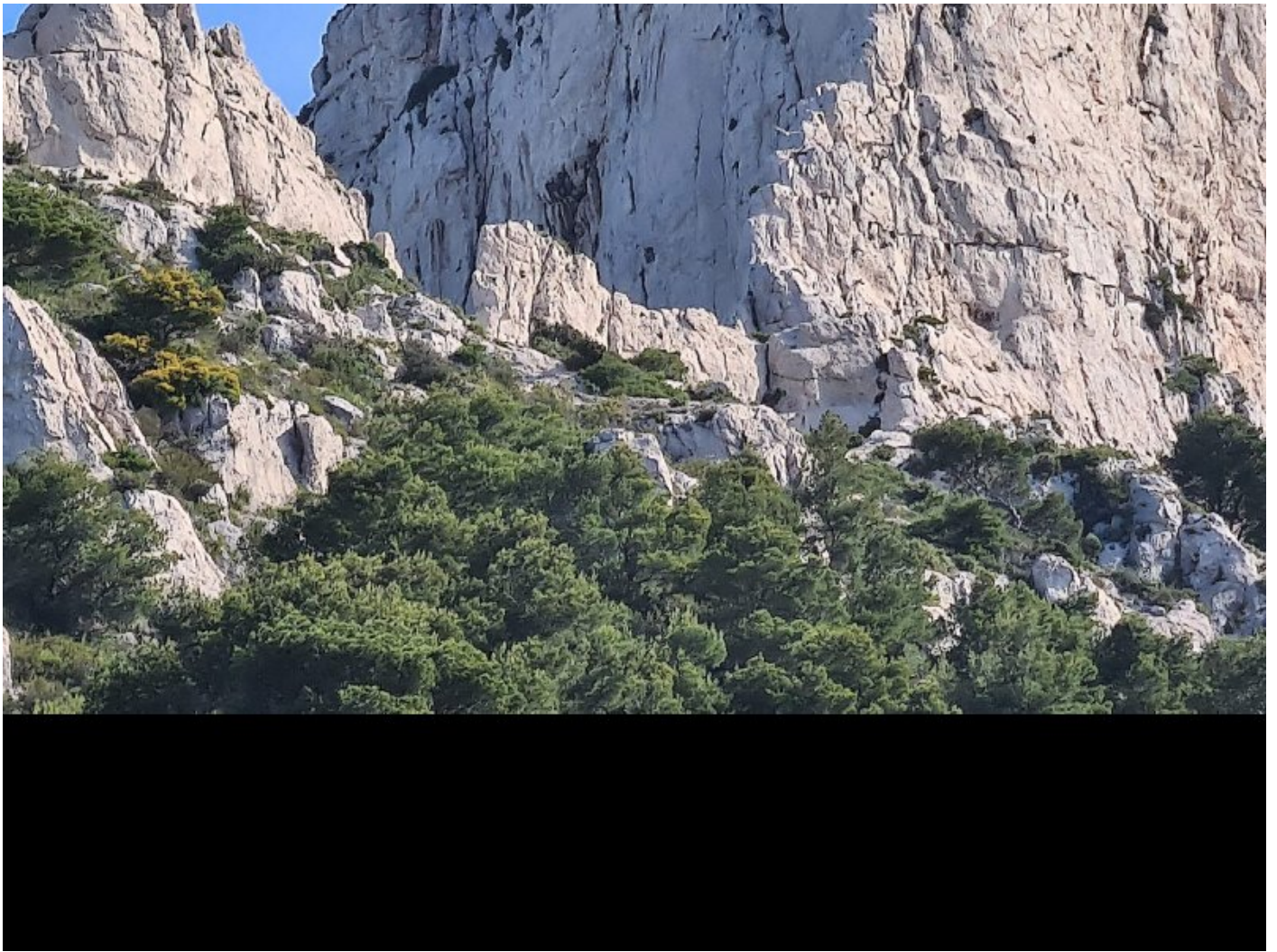


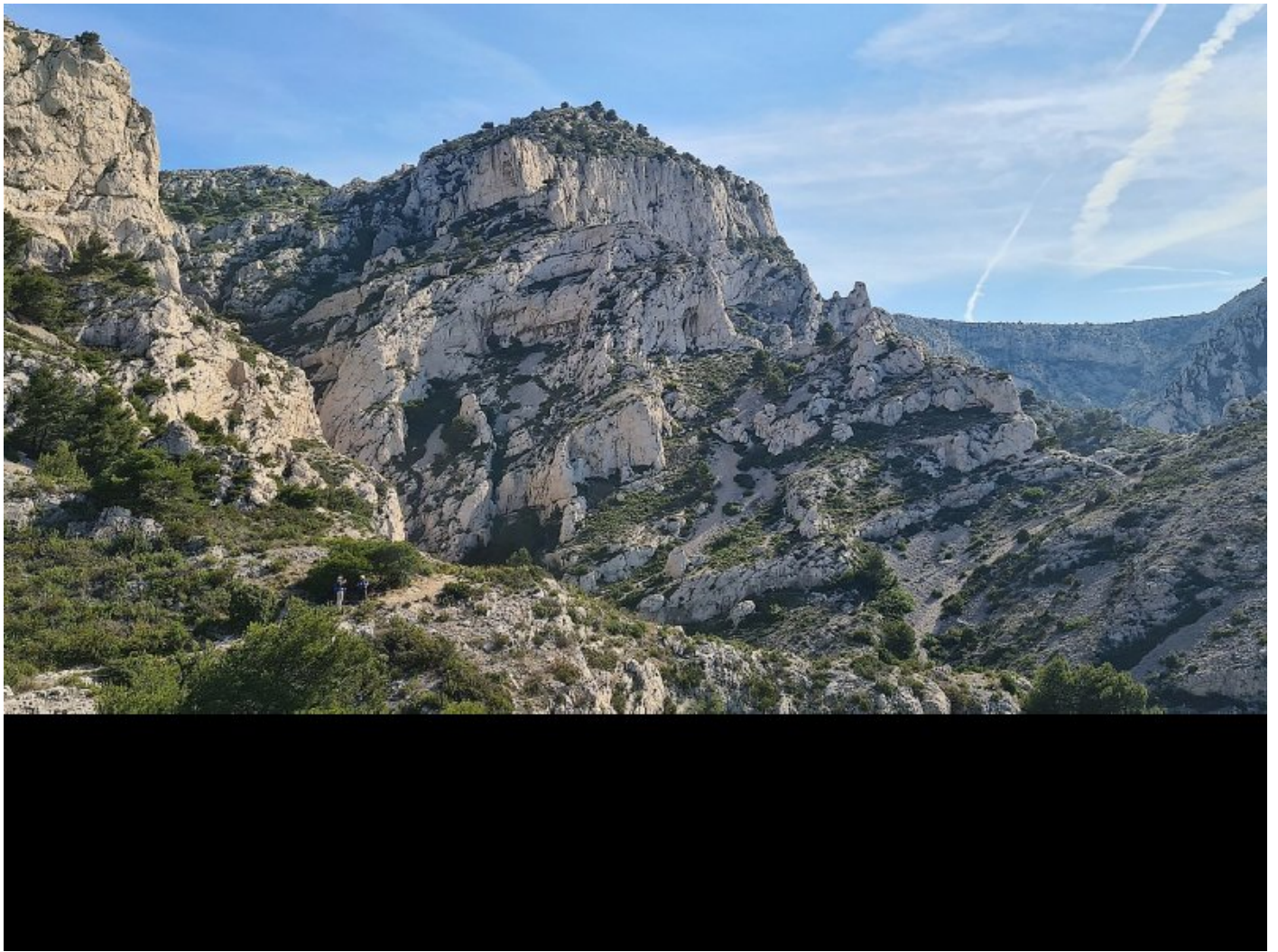




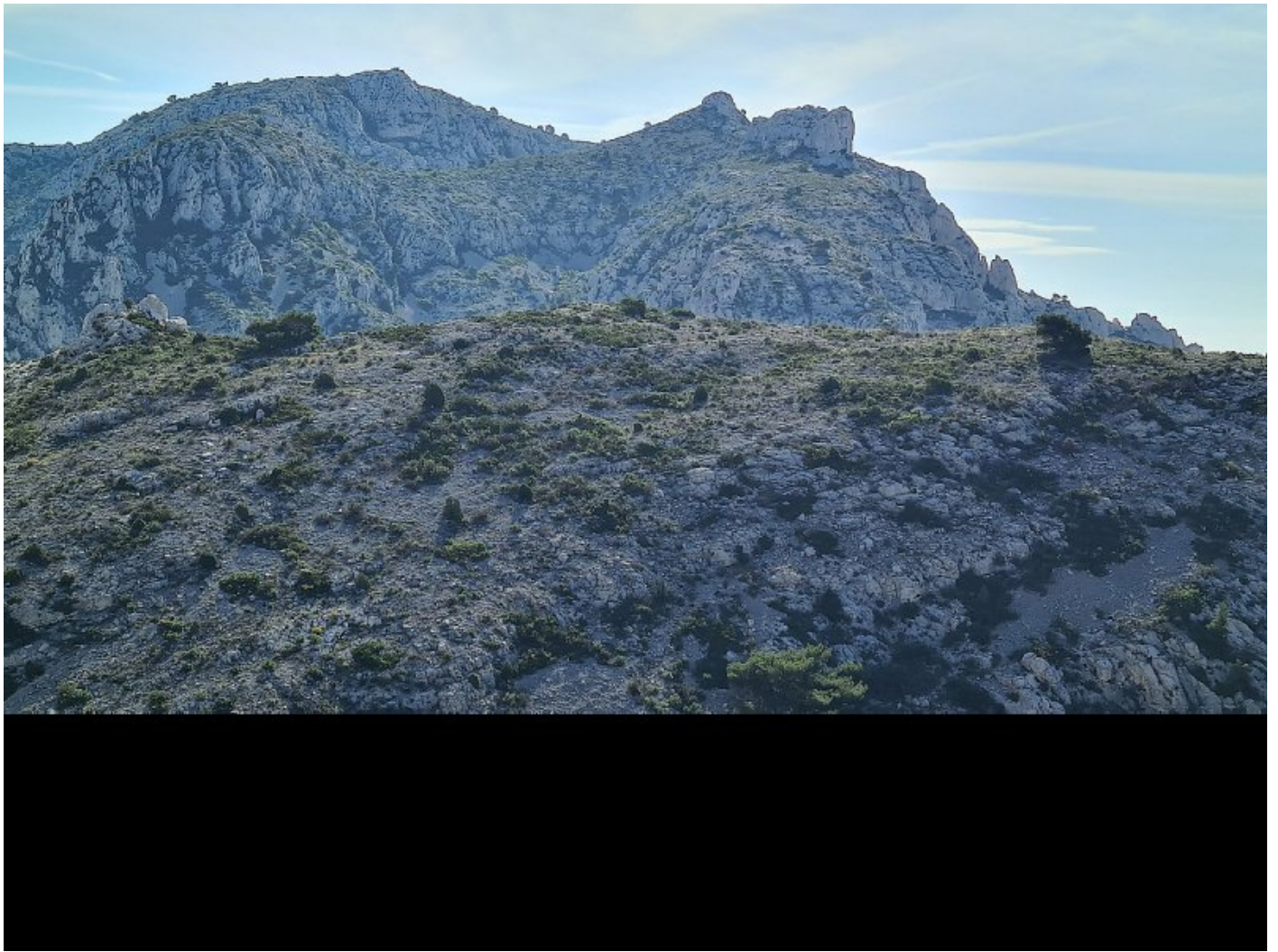


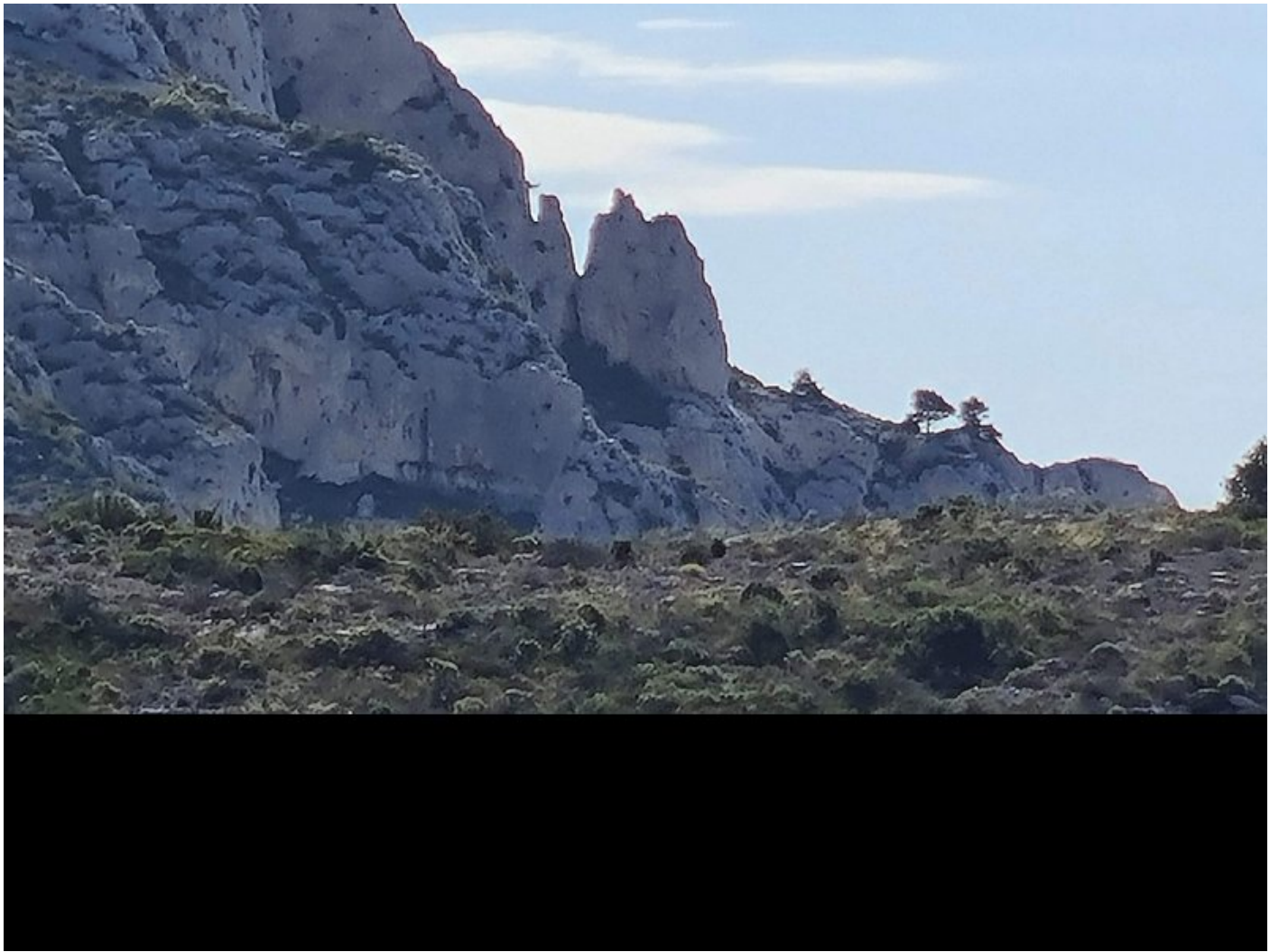


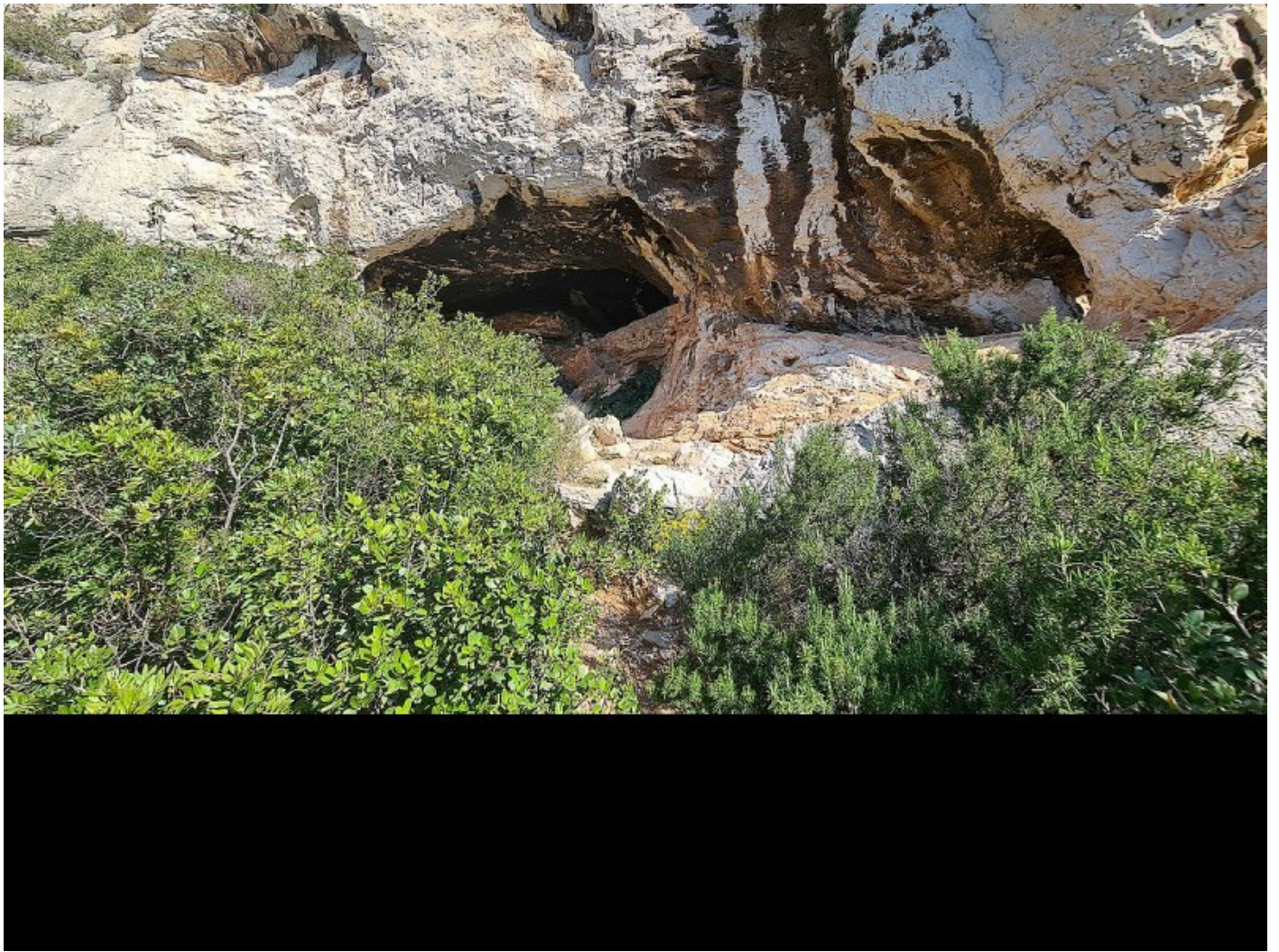




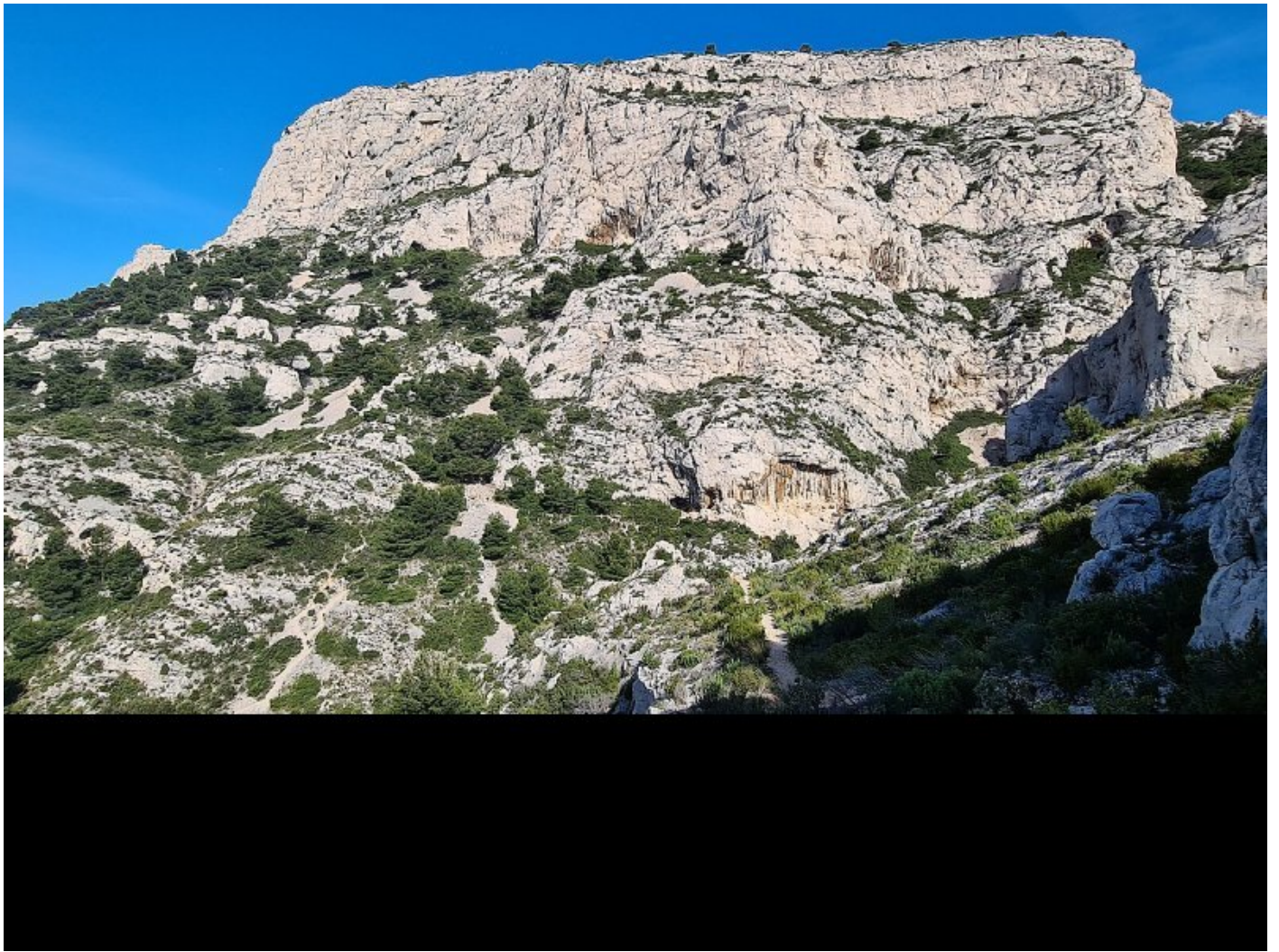


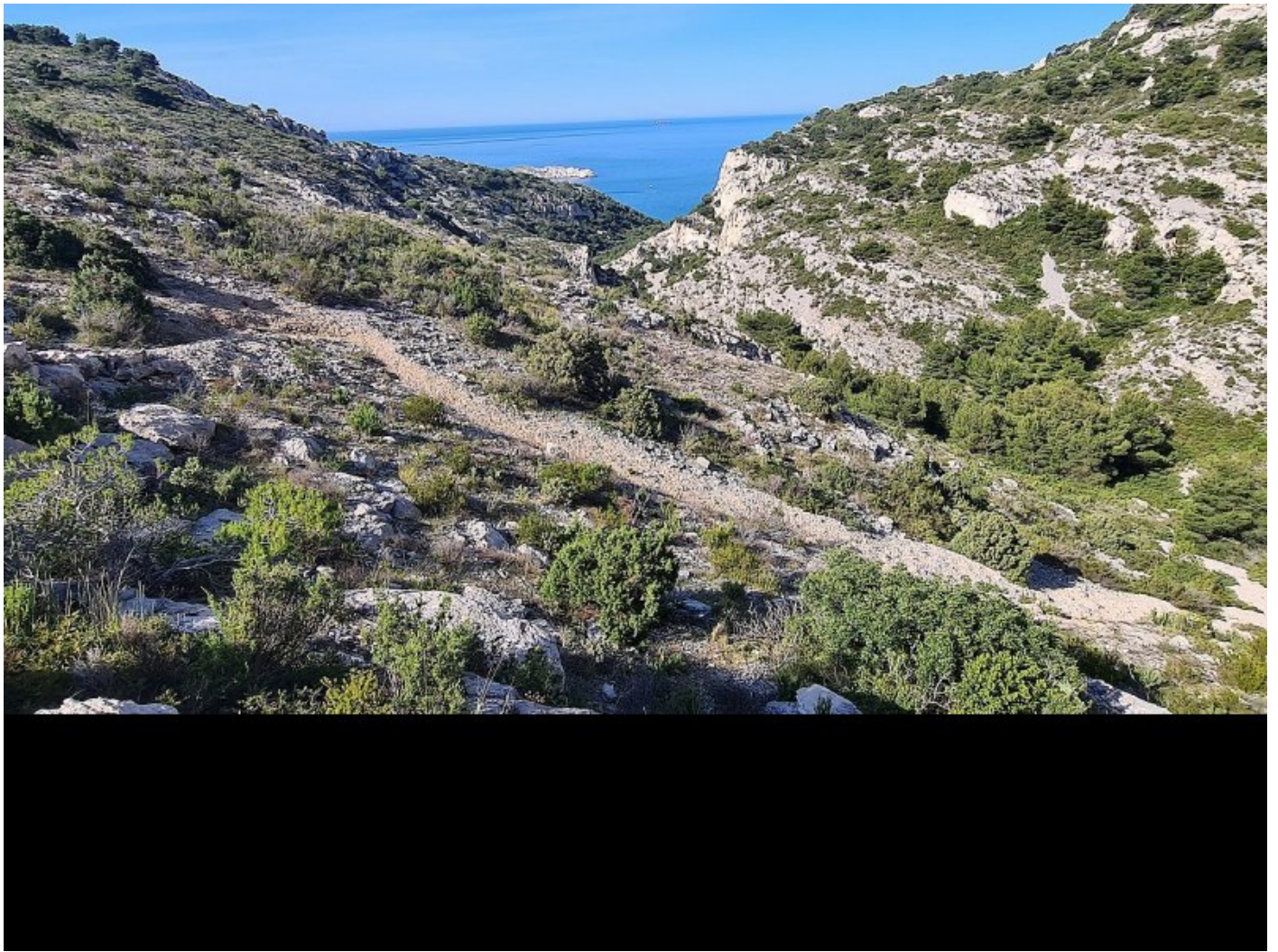


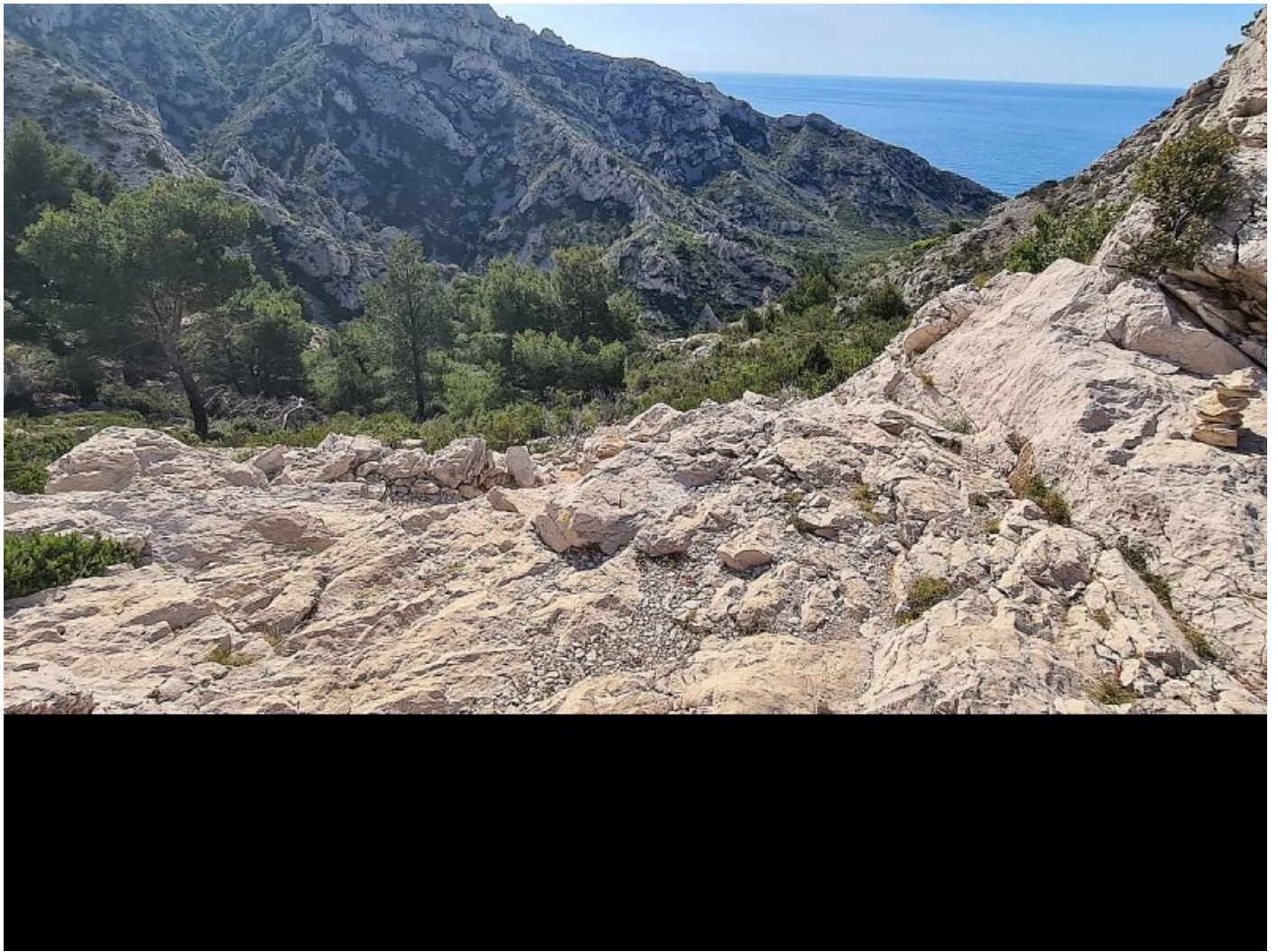




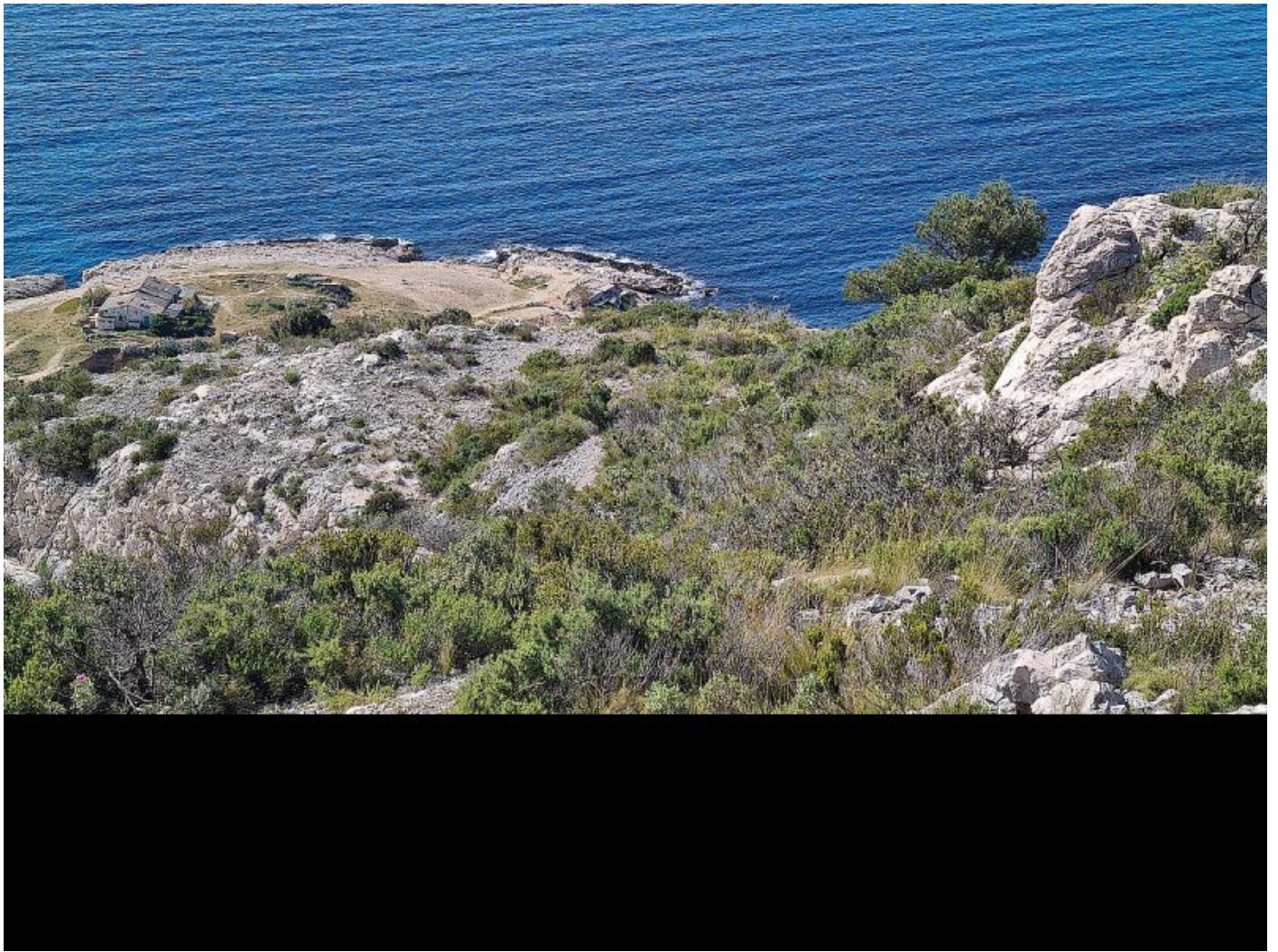


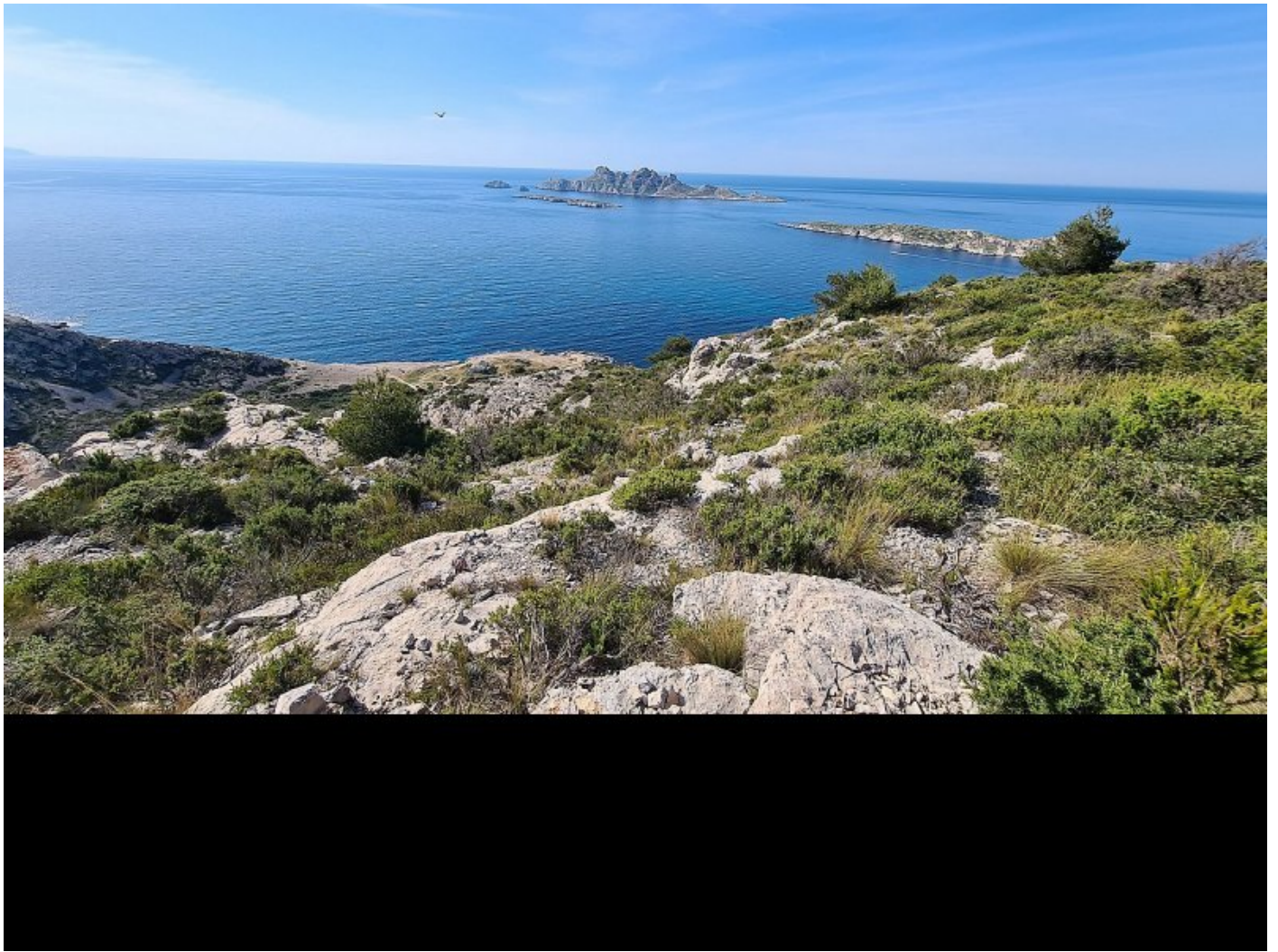


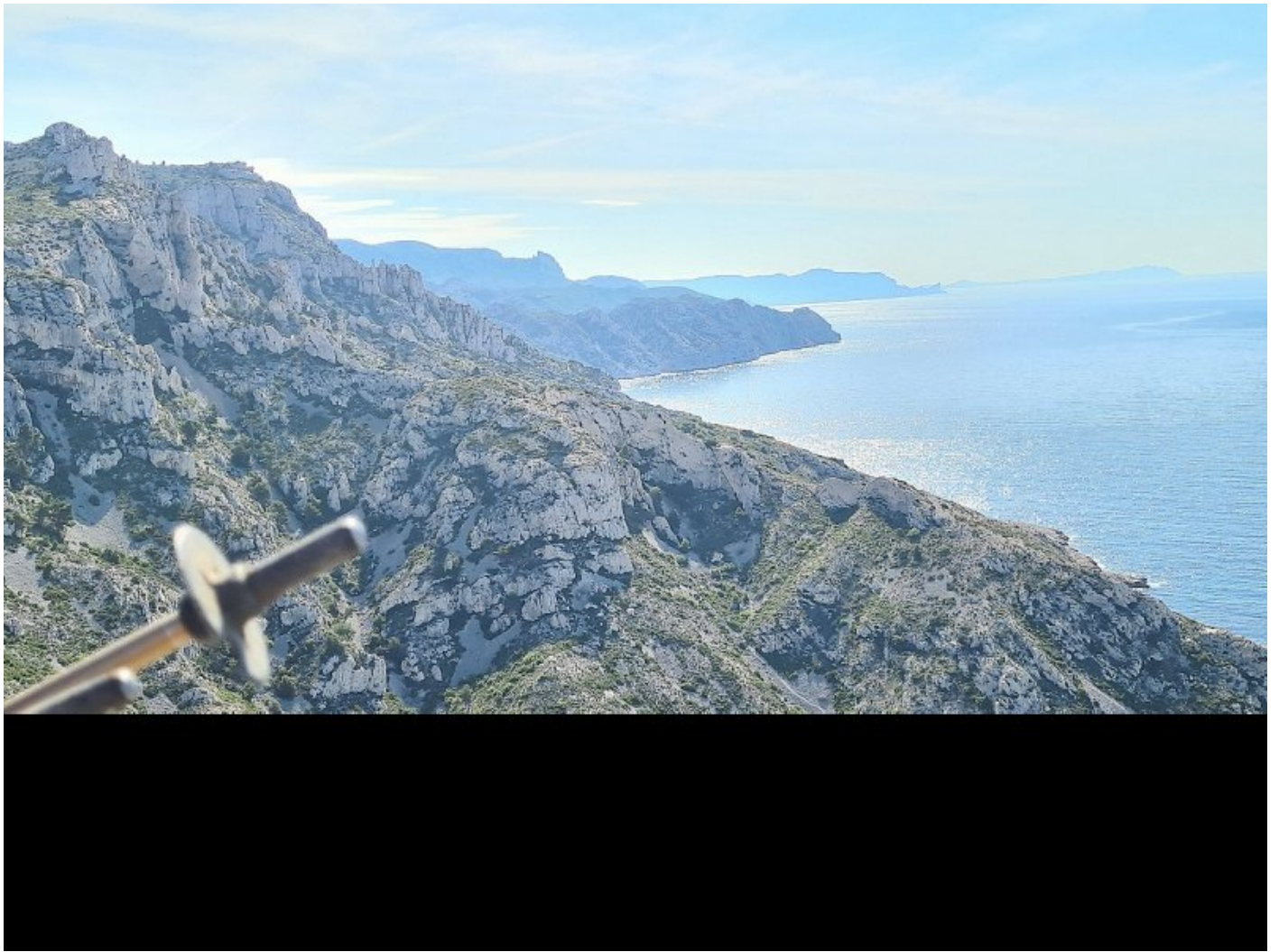


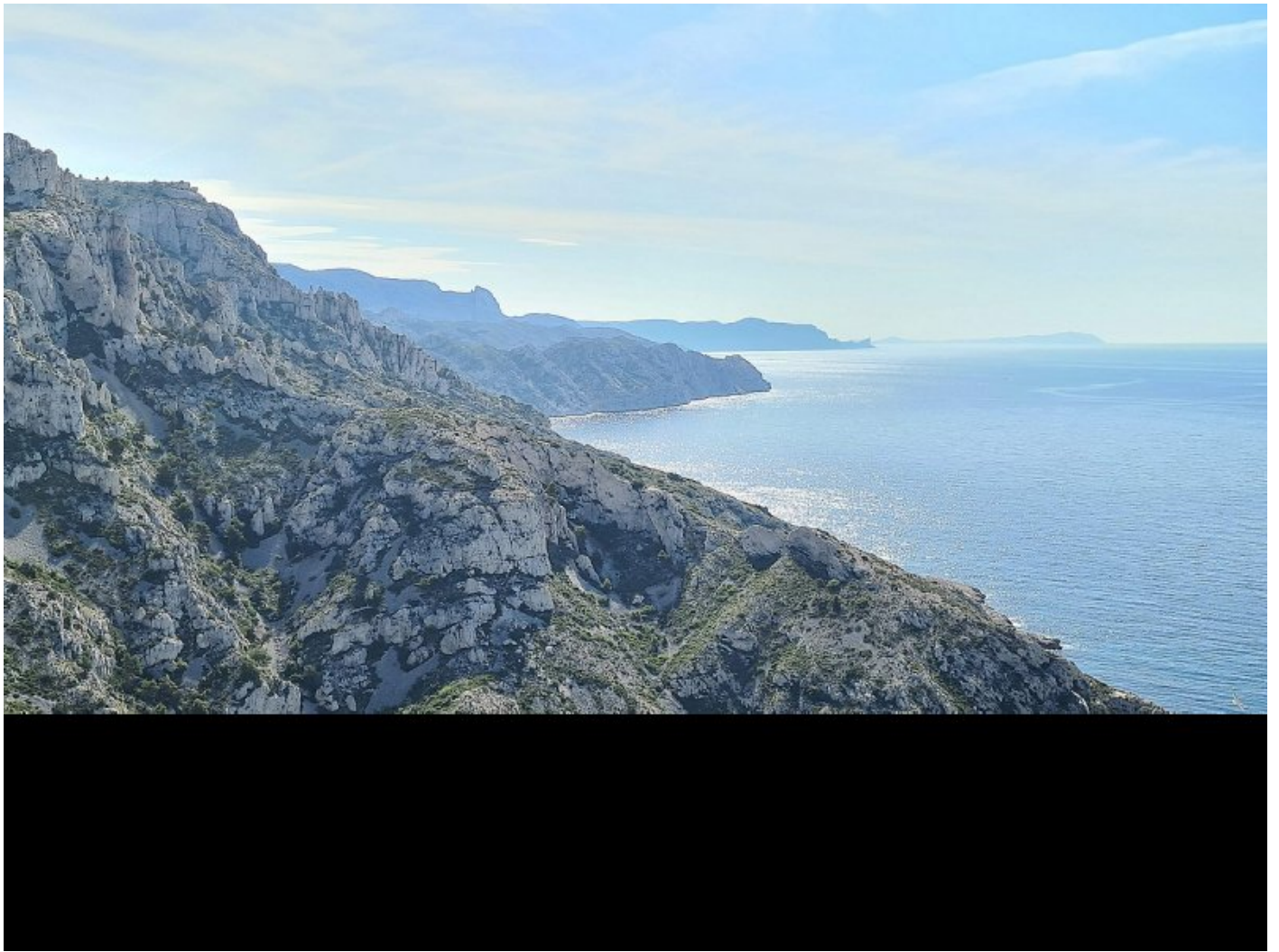


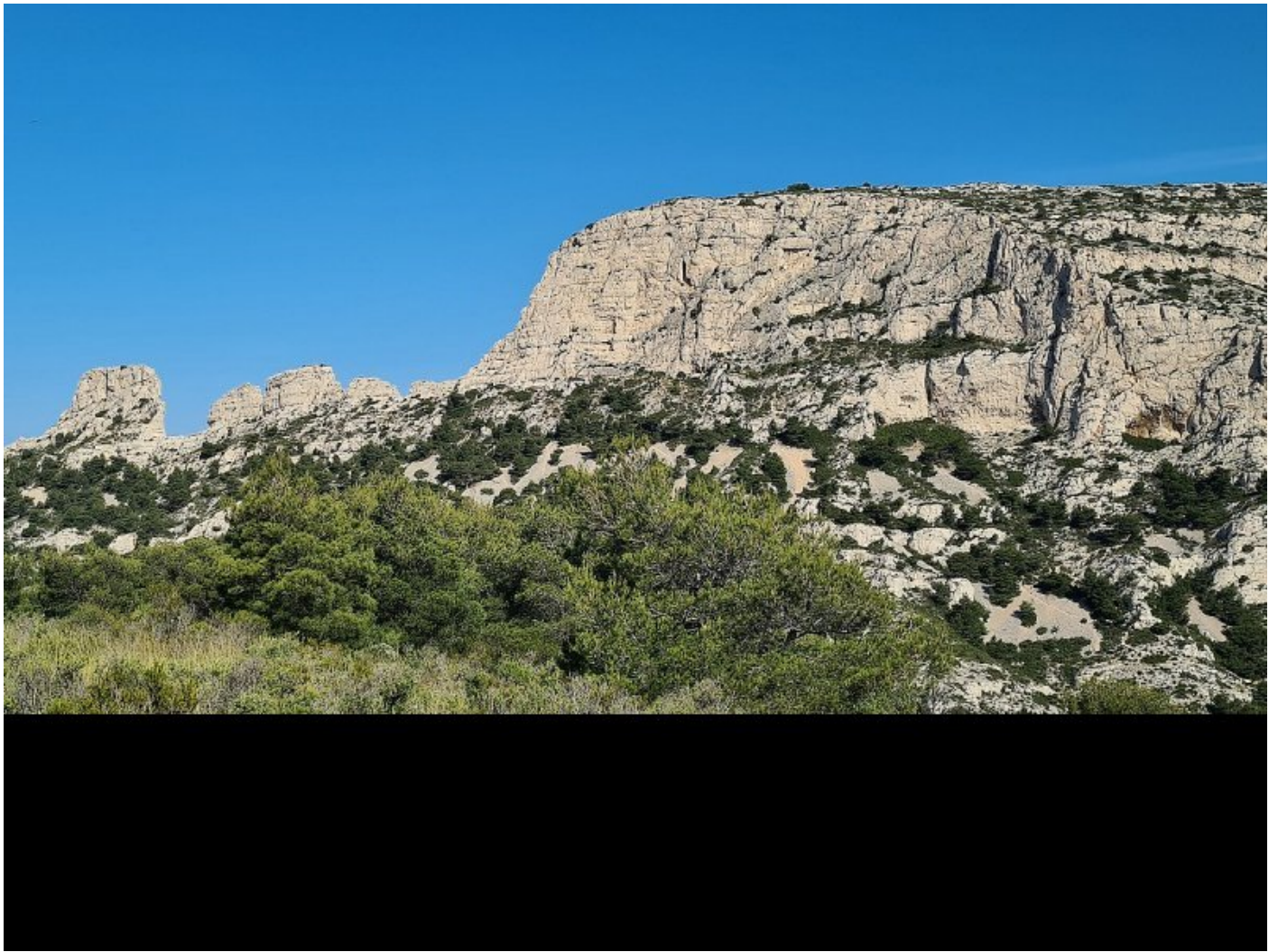




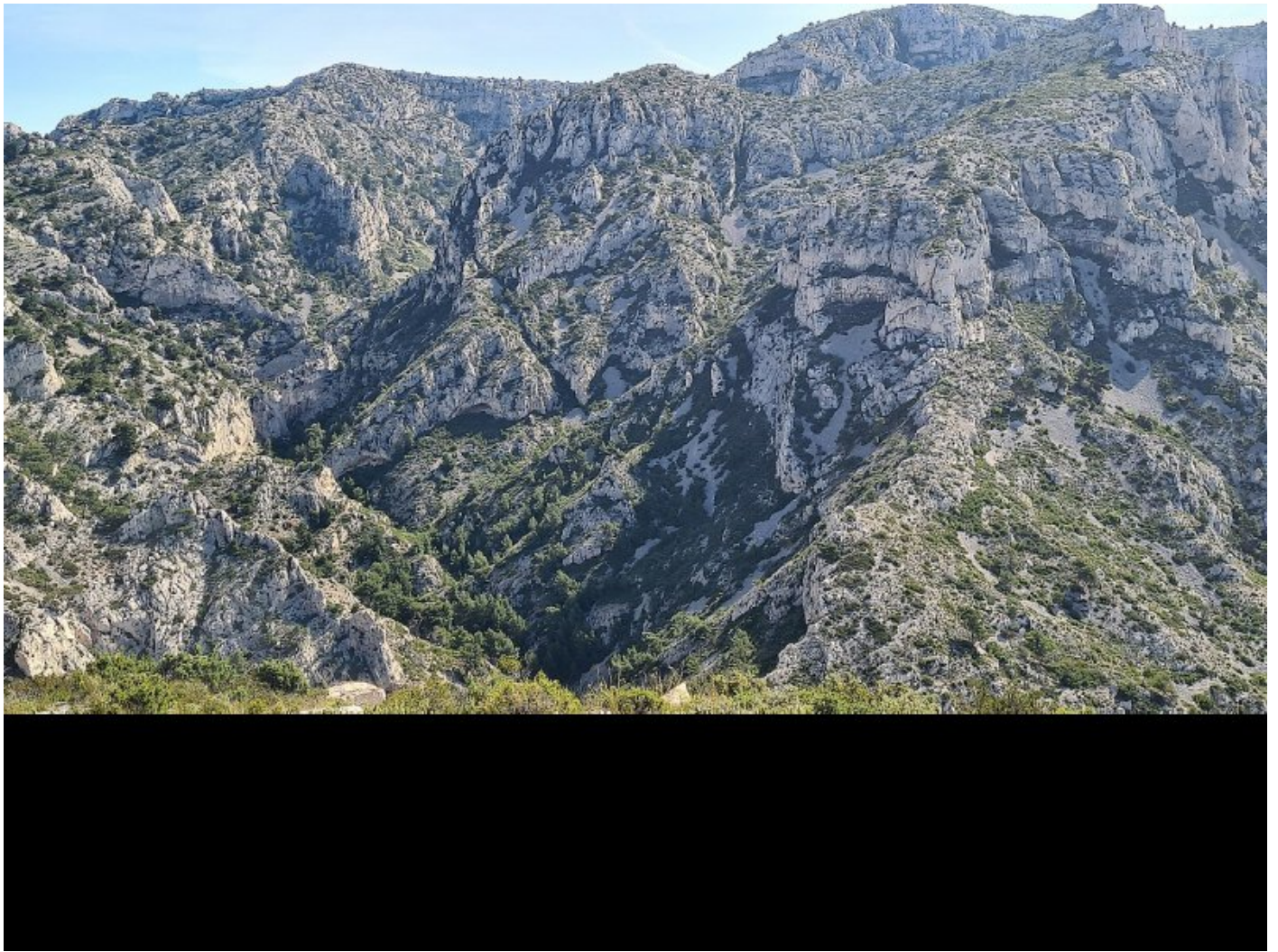


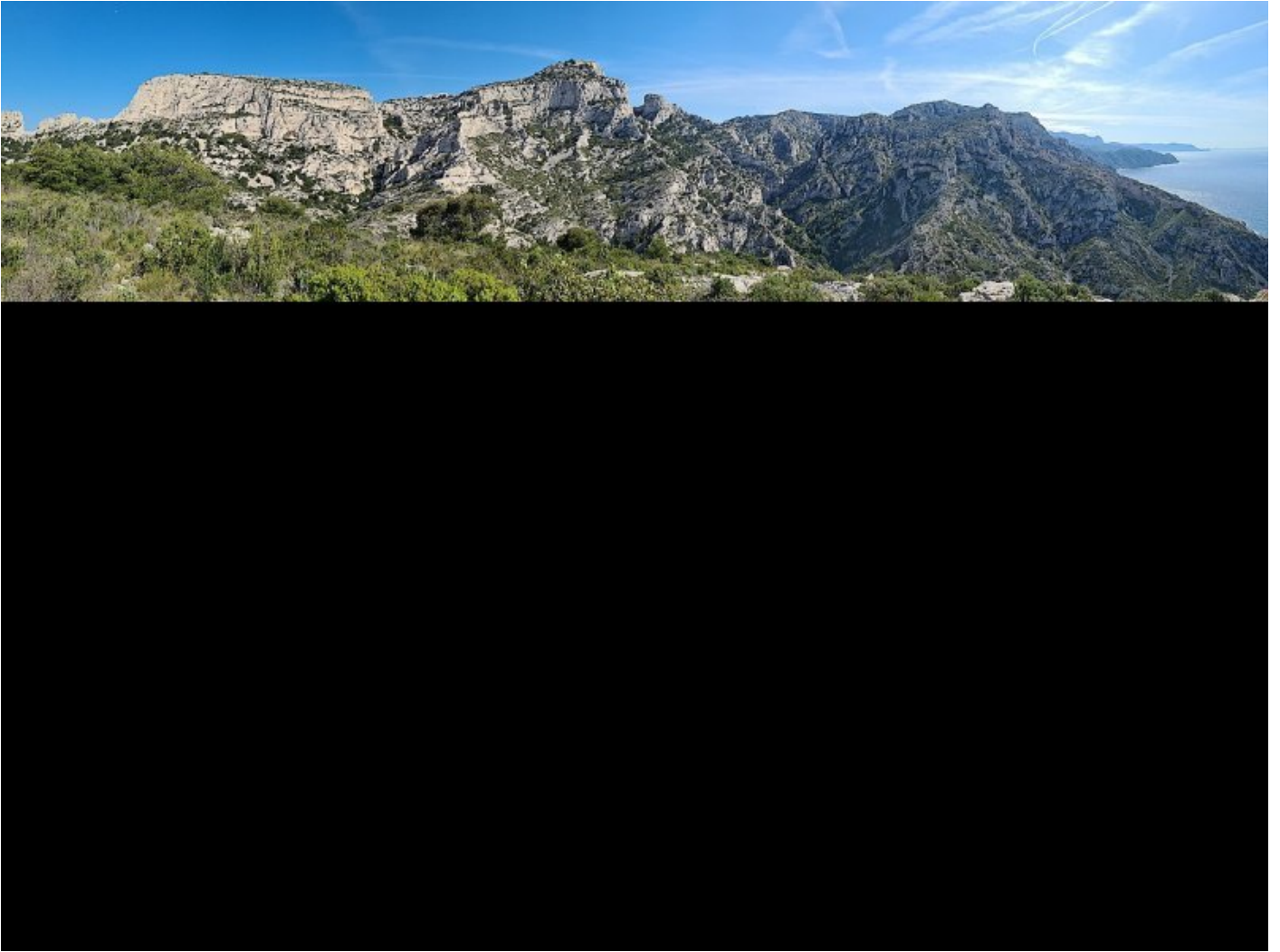




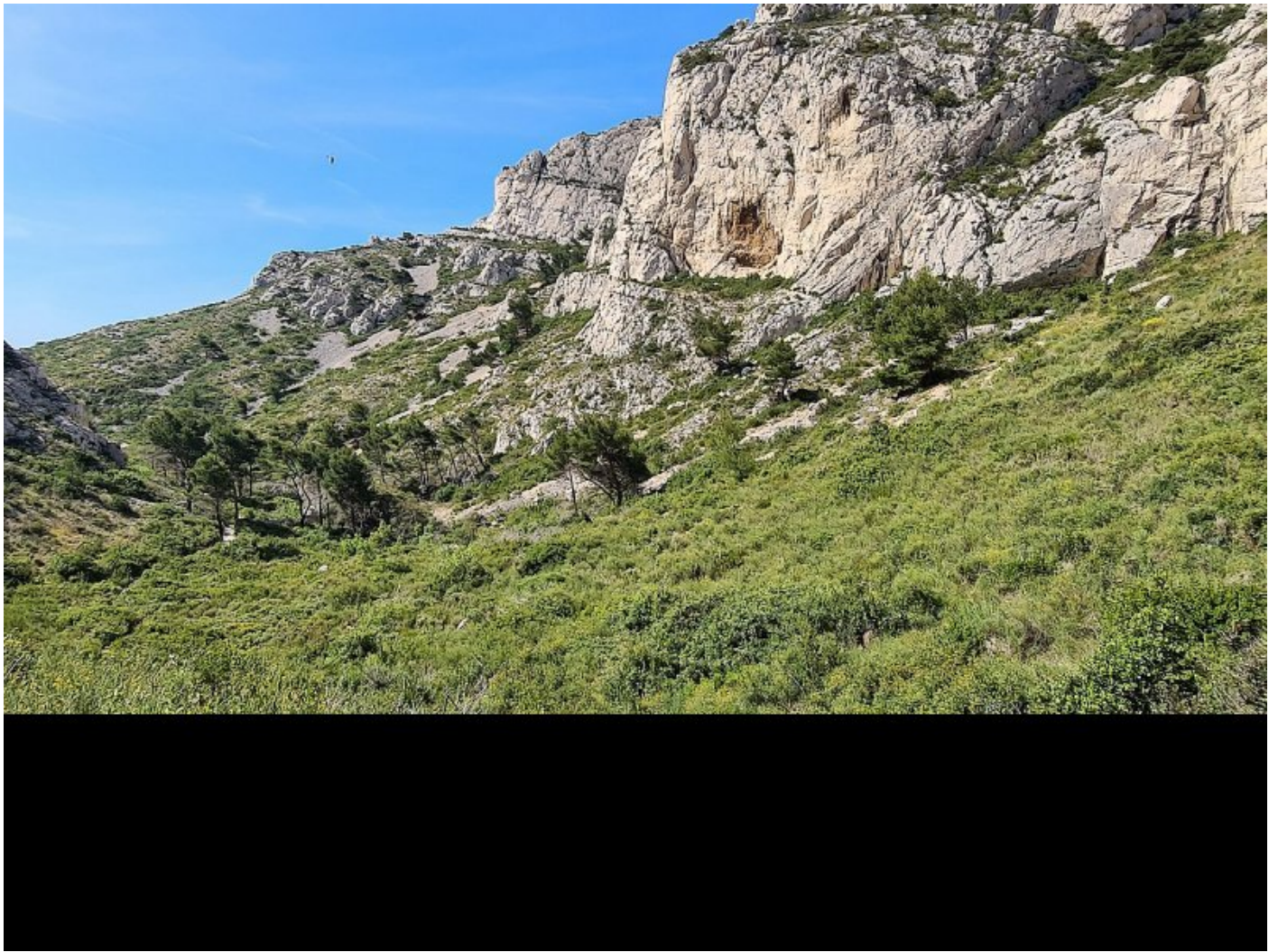


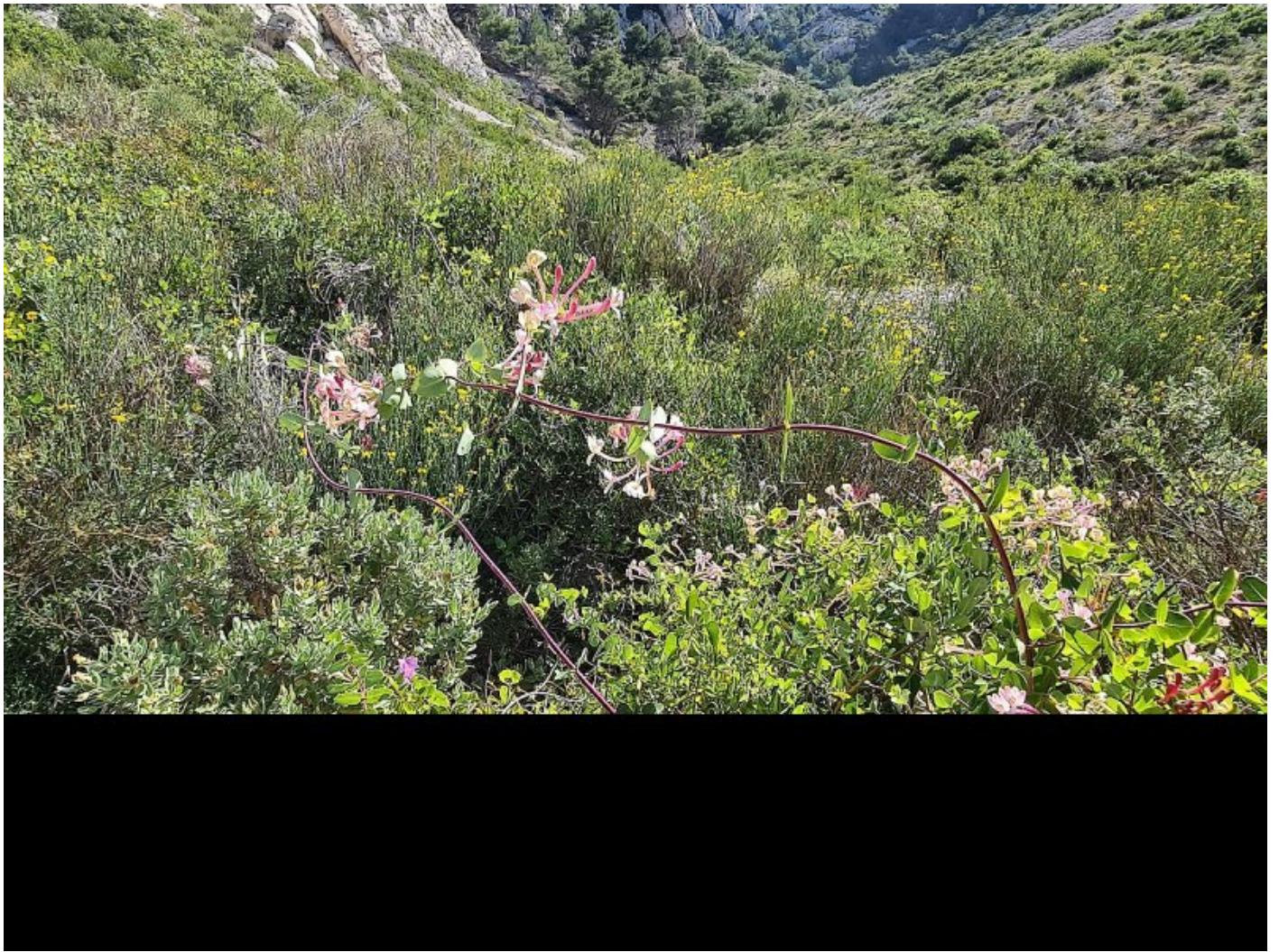








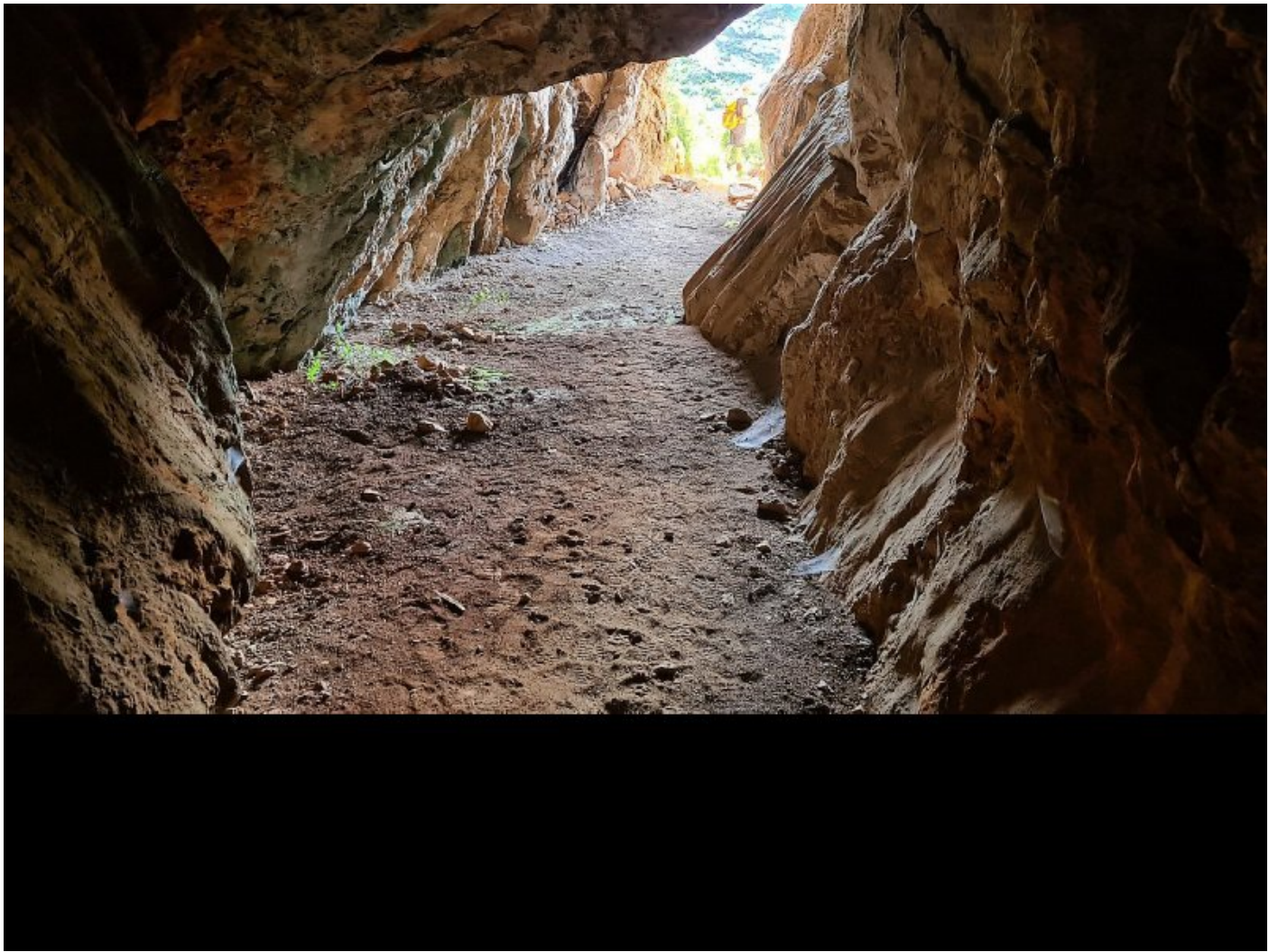




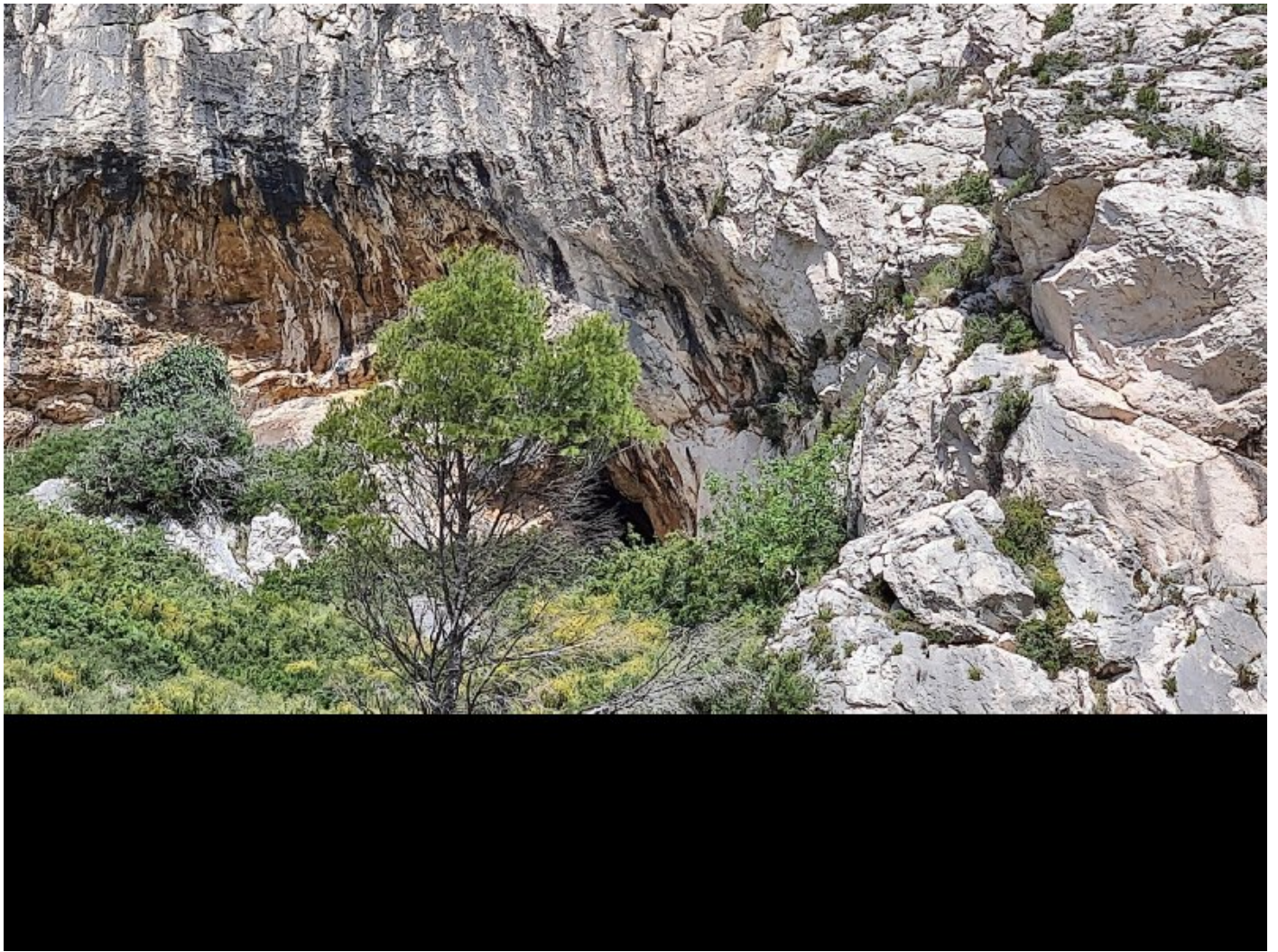


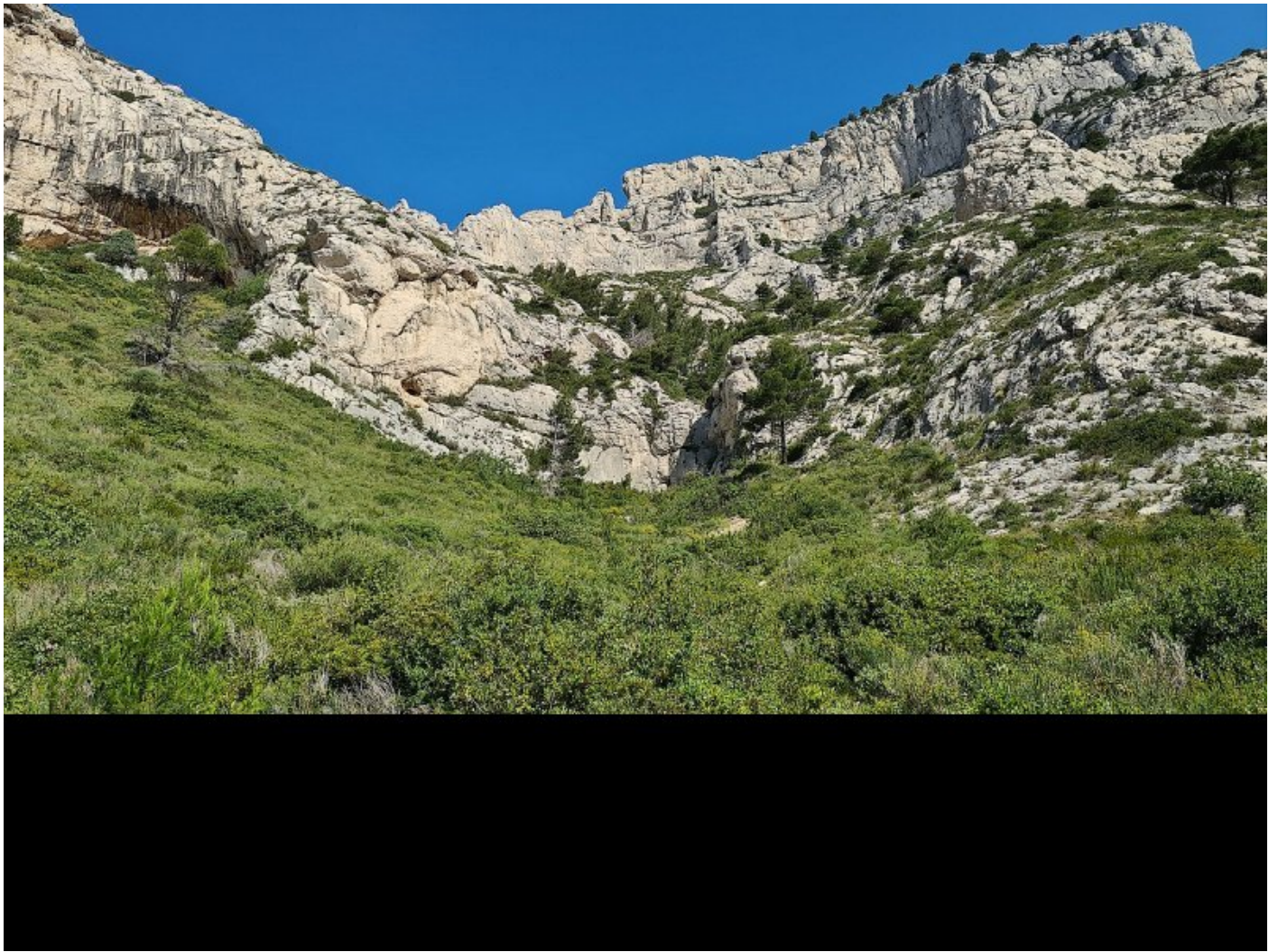










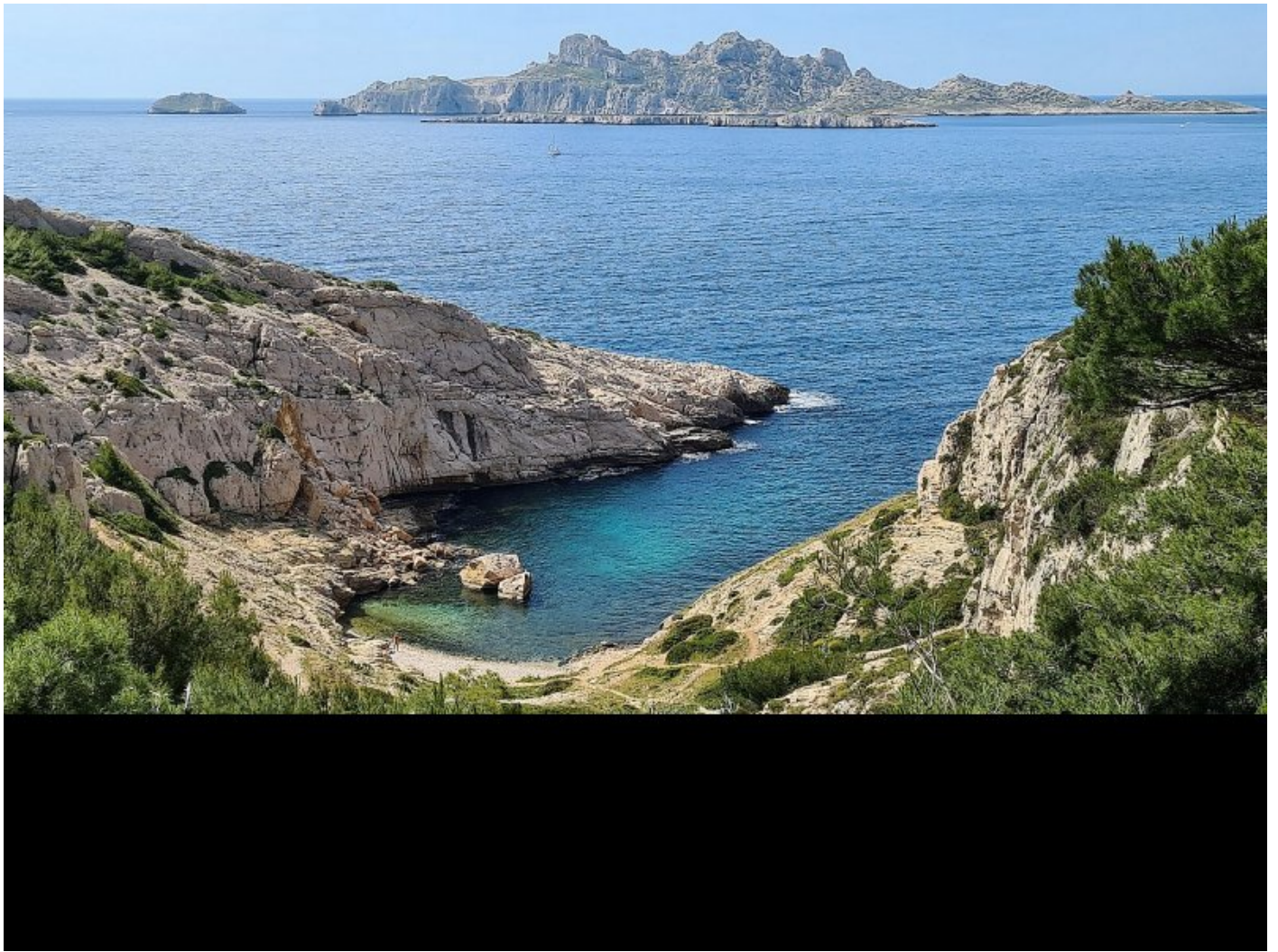


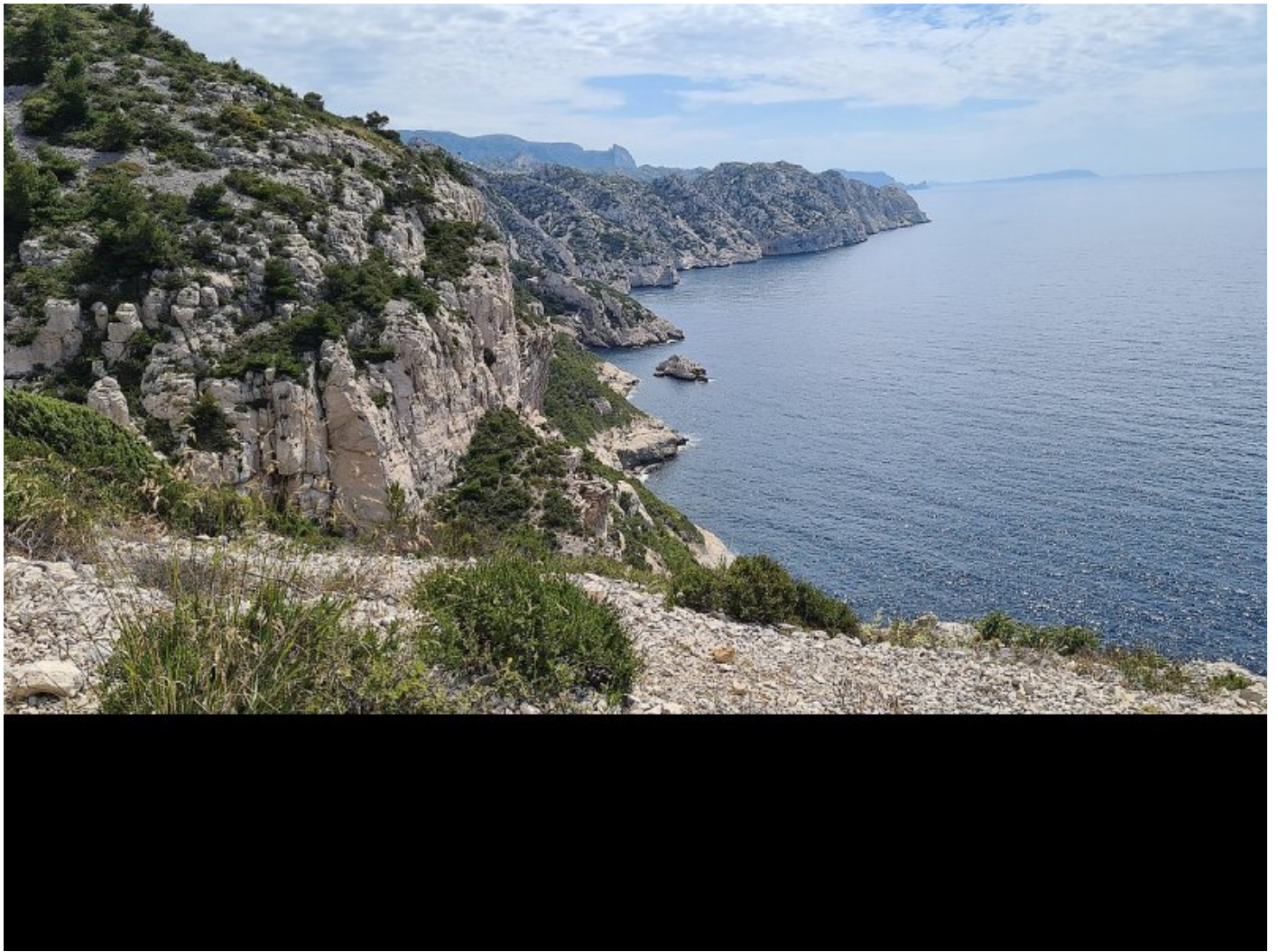


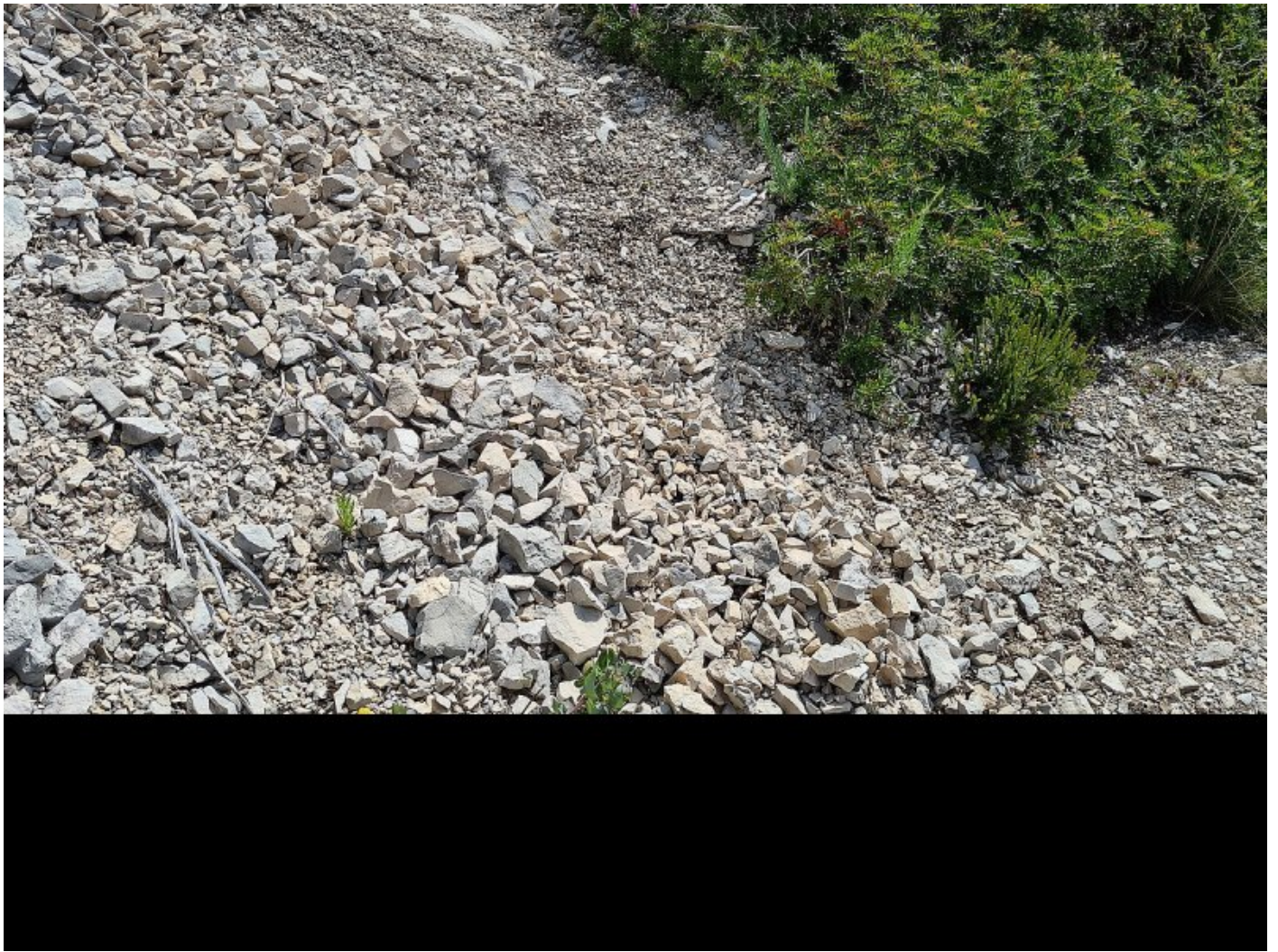


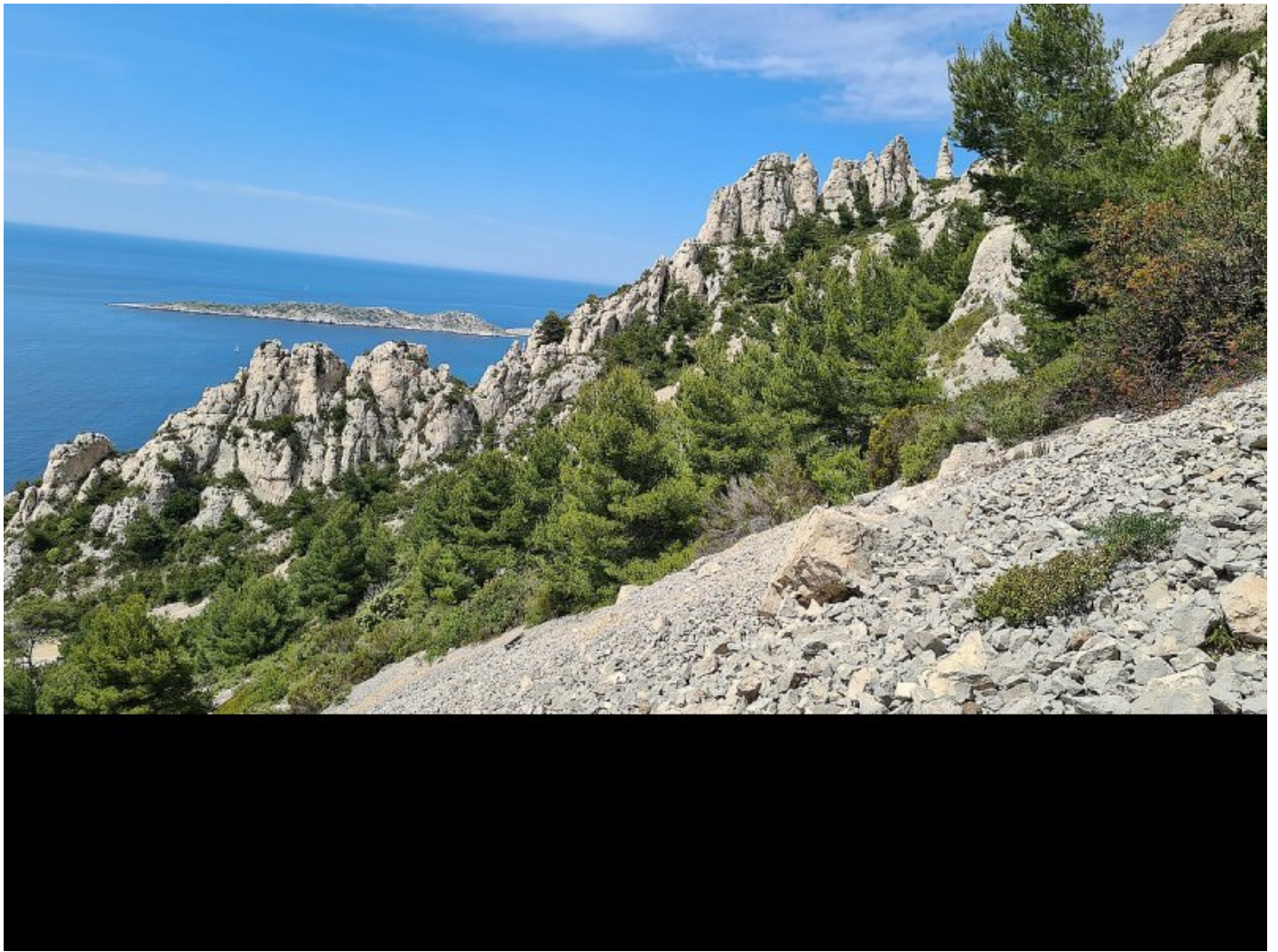






















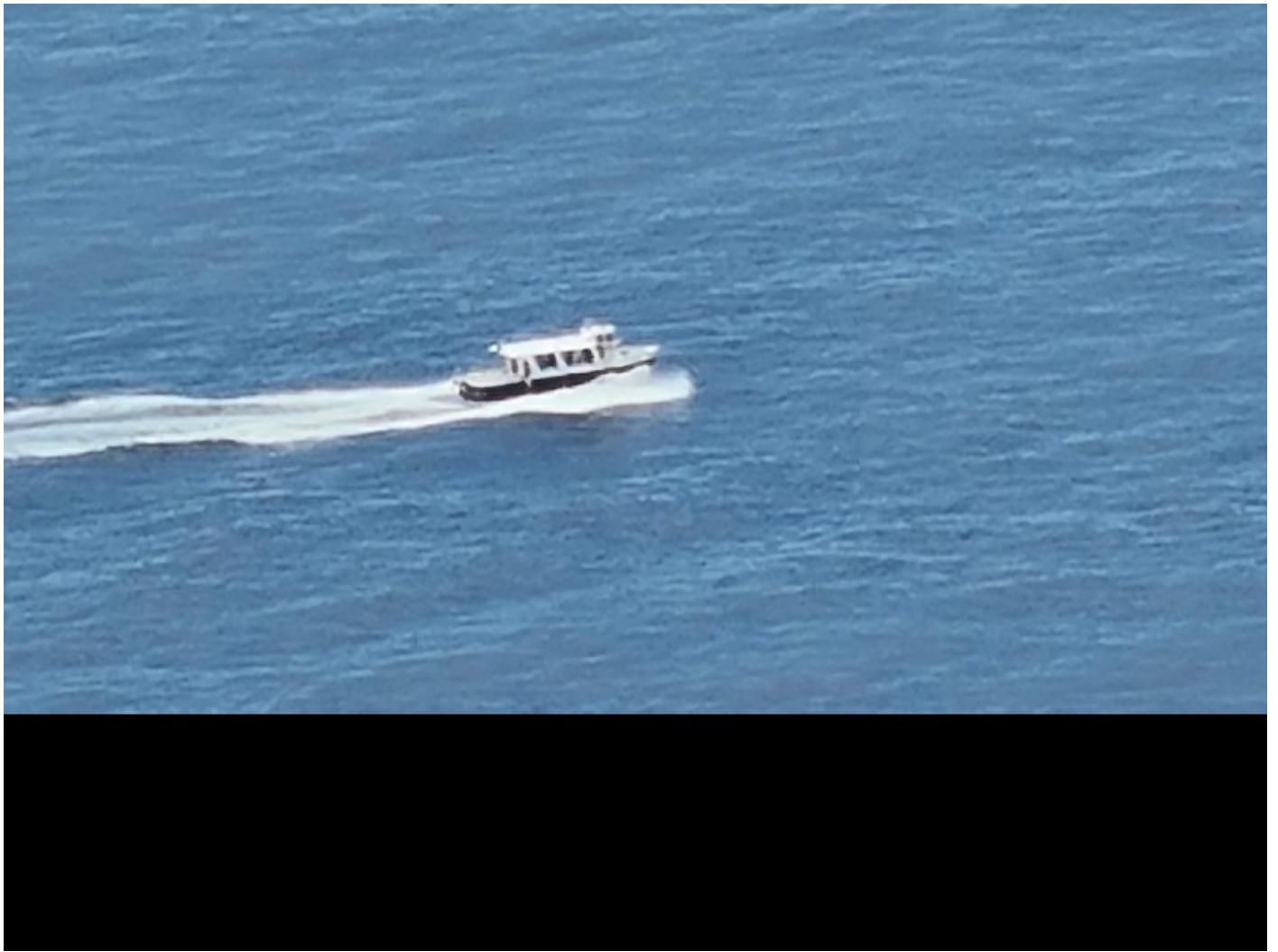


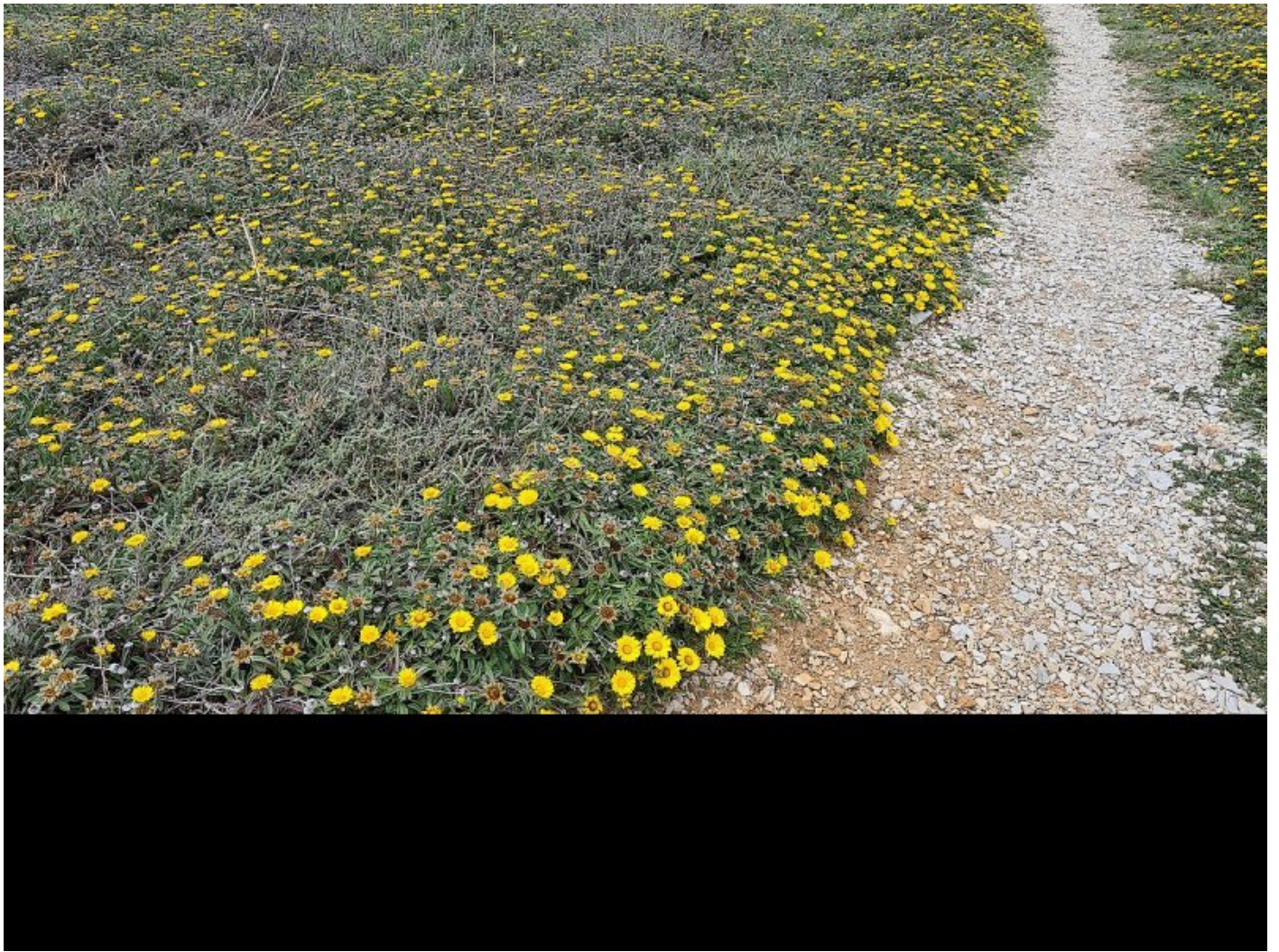


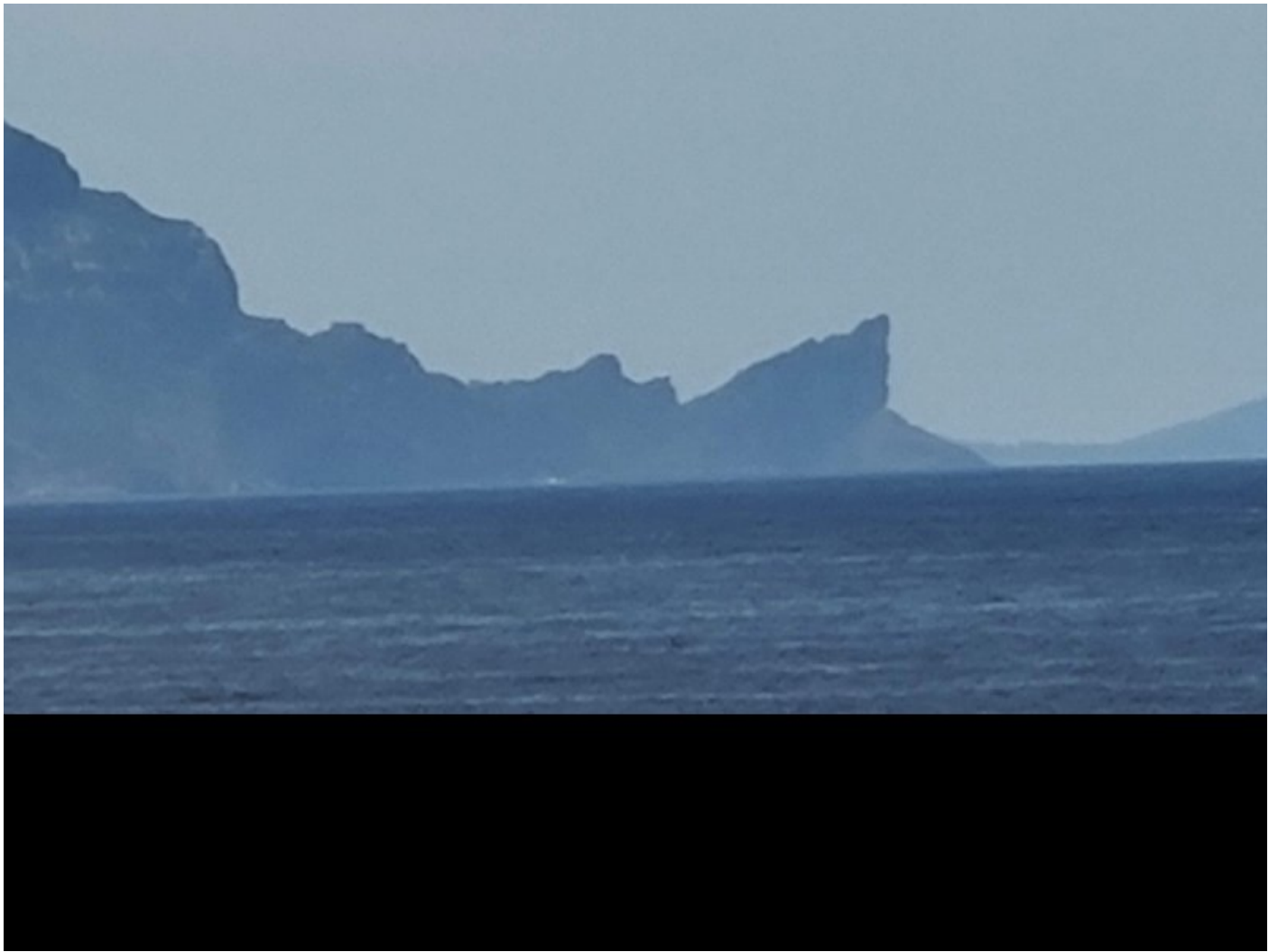


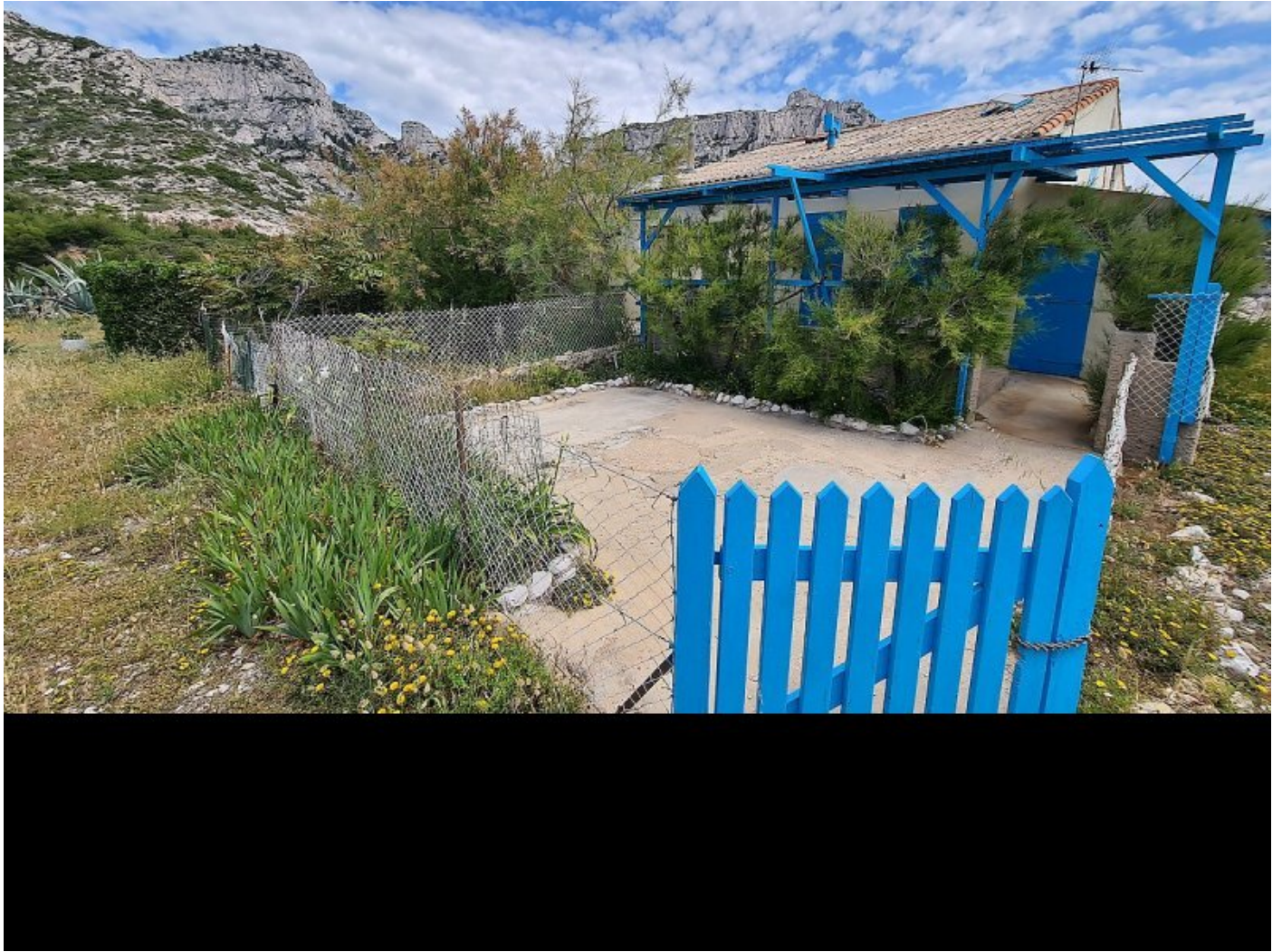








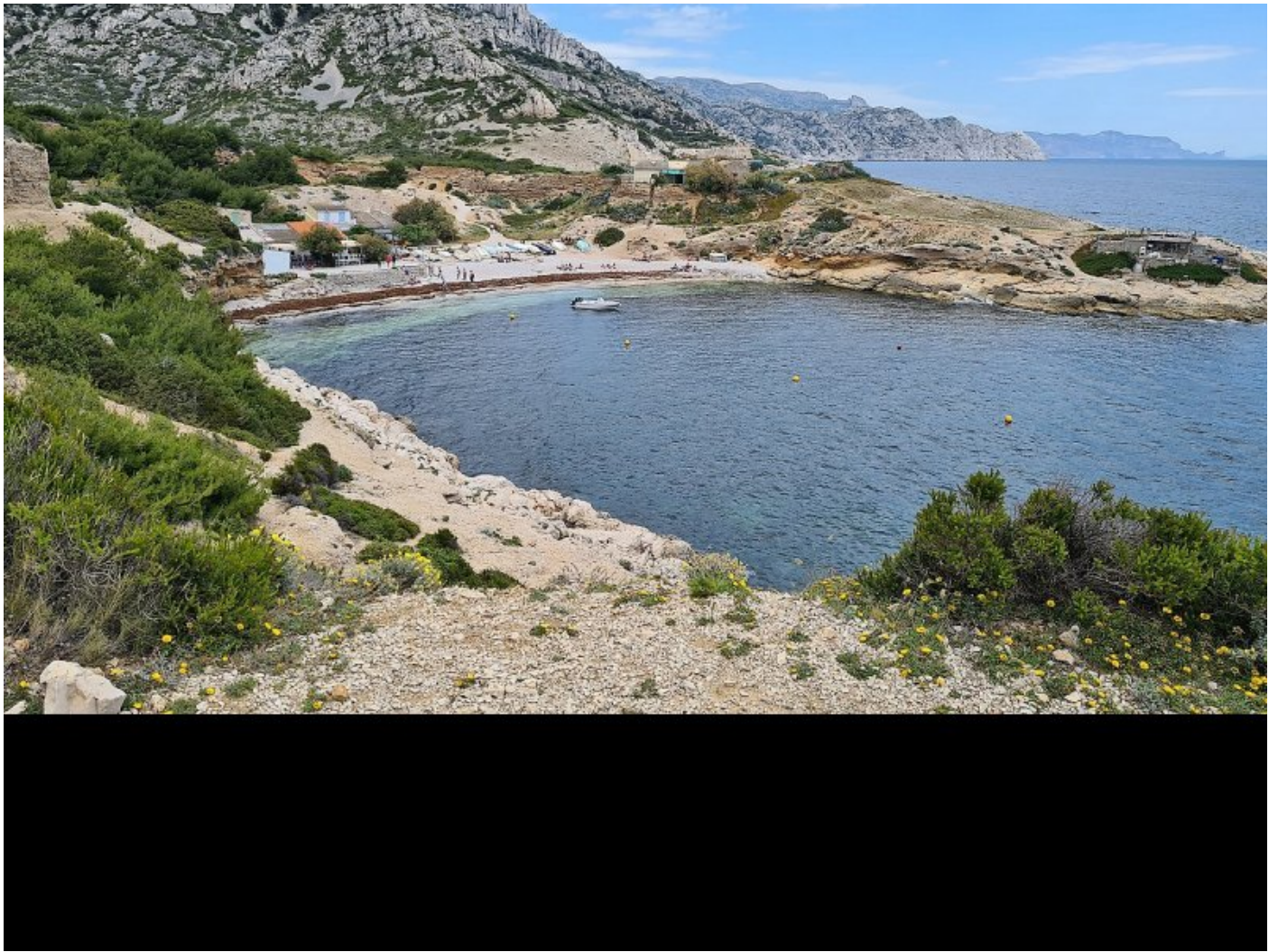


















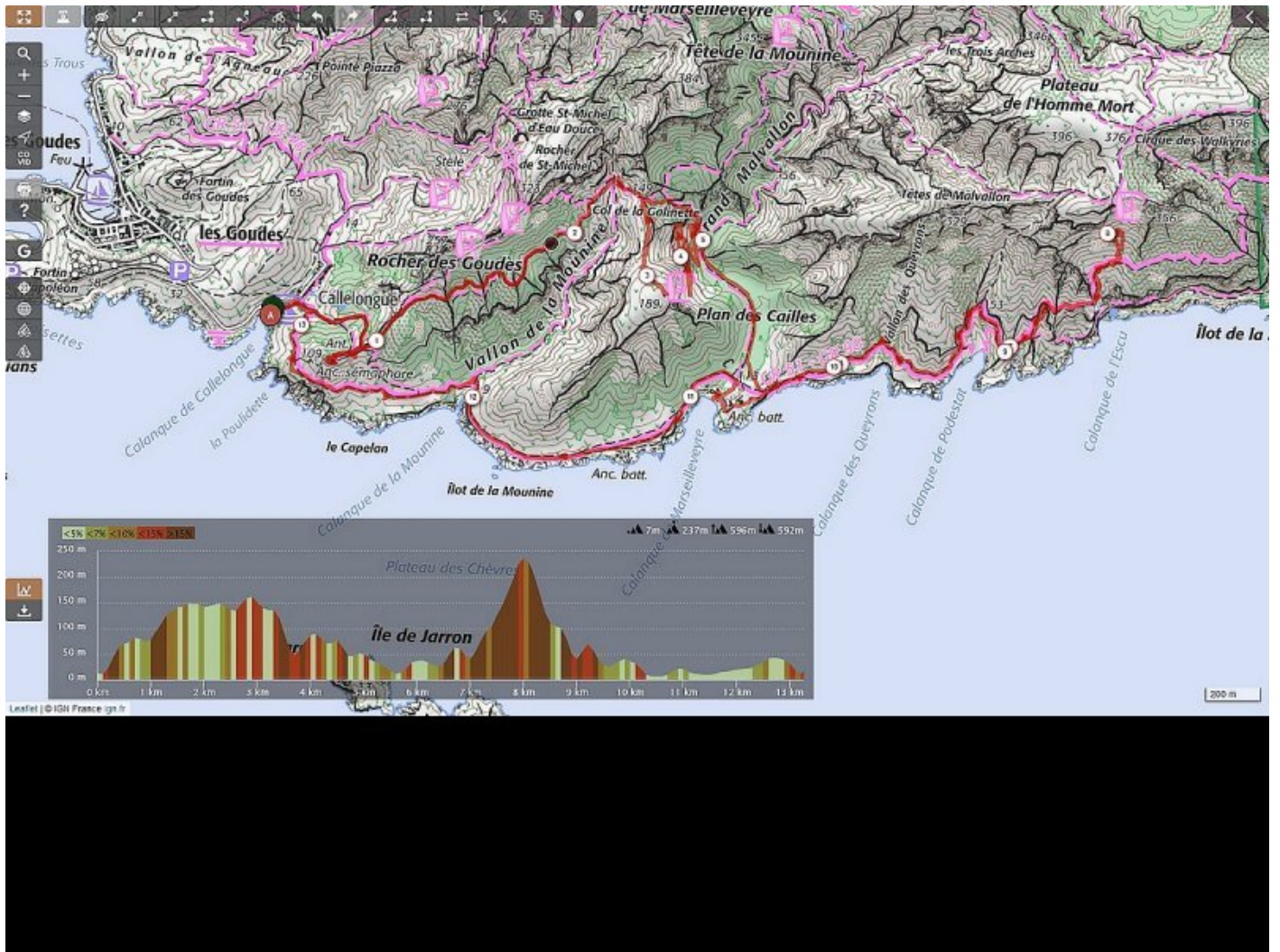




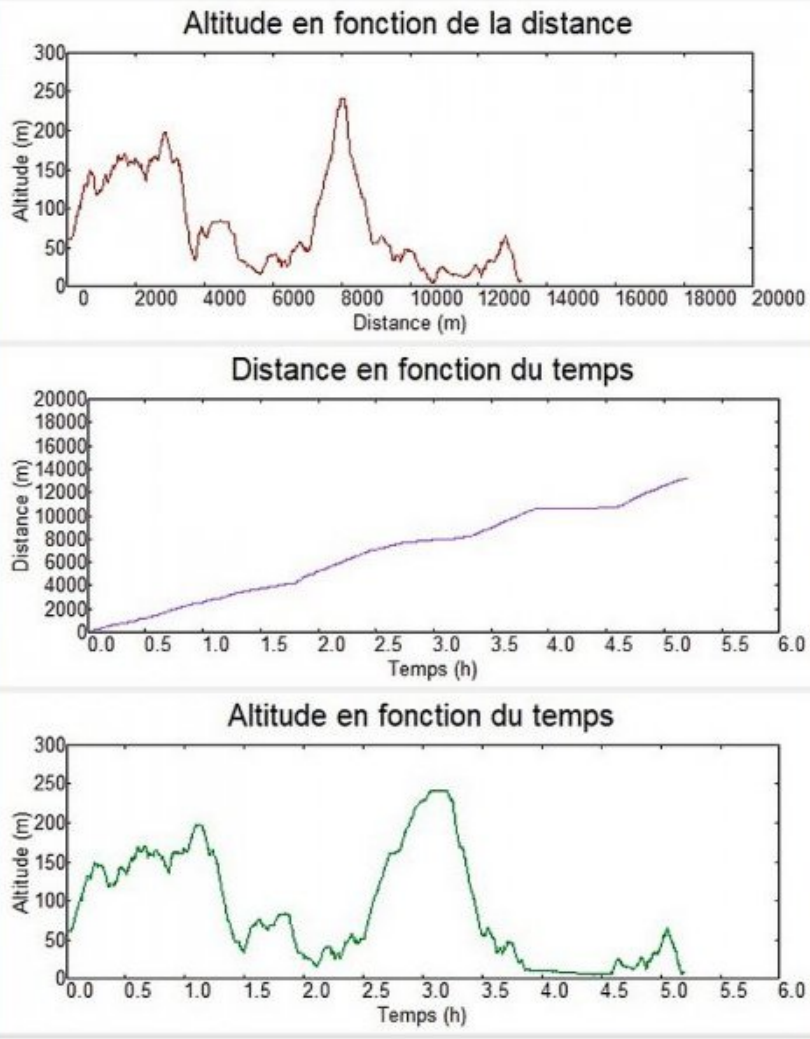








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Heure	06:46:31	11:58:54	Durée	05:12:23
Altitude (m)	61	8	Vitesse moy (km/h)	2.547
Altitude min (m)	4		Dénivelé + (m)	820
Altitude max (m)	241		Dénivelé - (m)	872
Altitude moy (m)	81			



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