

<https://persoremy.fr/spip.php?article570>



**luminy, calanques de
marseille, bouches du rhône,
les escampons, col de
morgiou, col des escourtines,
col morgiou, col renard,
cap morgiou, grotte du figuier,
morgiou..**



Date de mise en ligne : lundi 6 décembre 2021

Date de parution : 6 décembre 2021

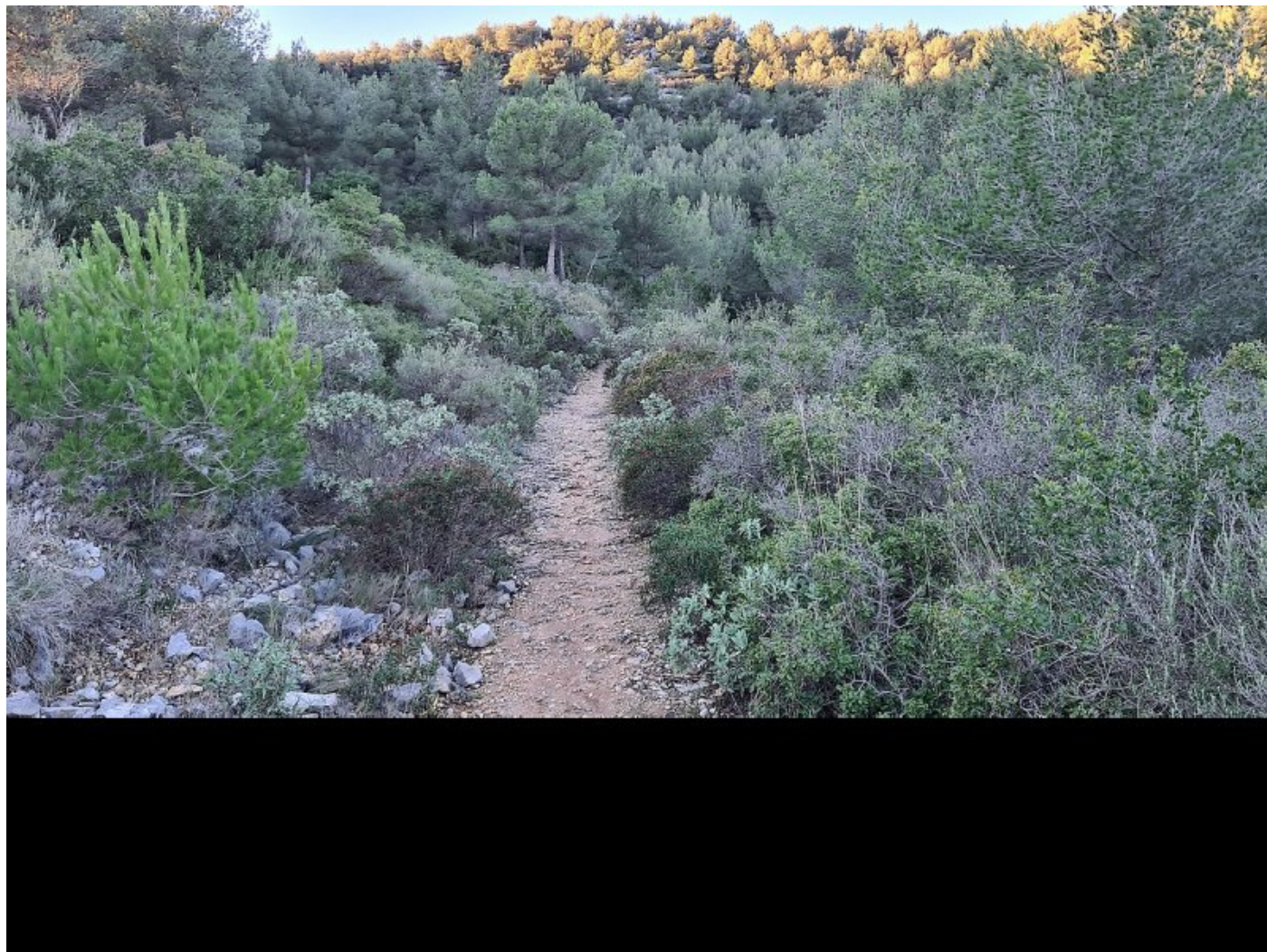
- Randos

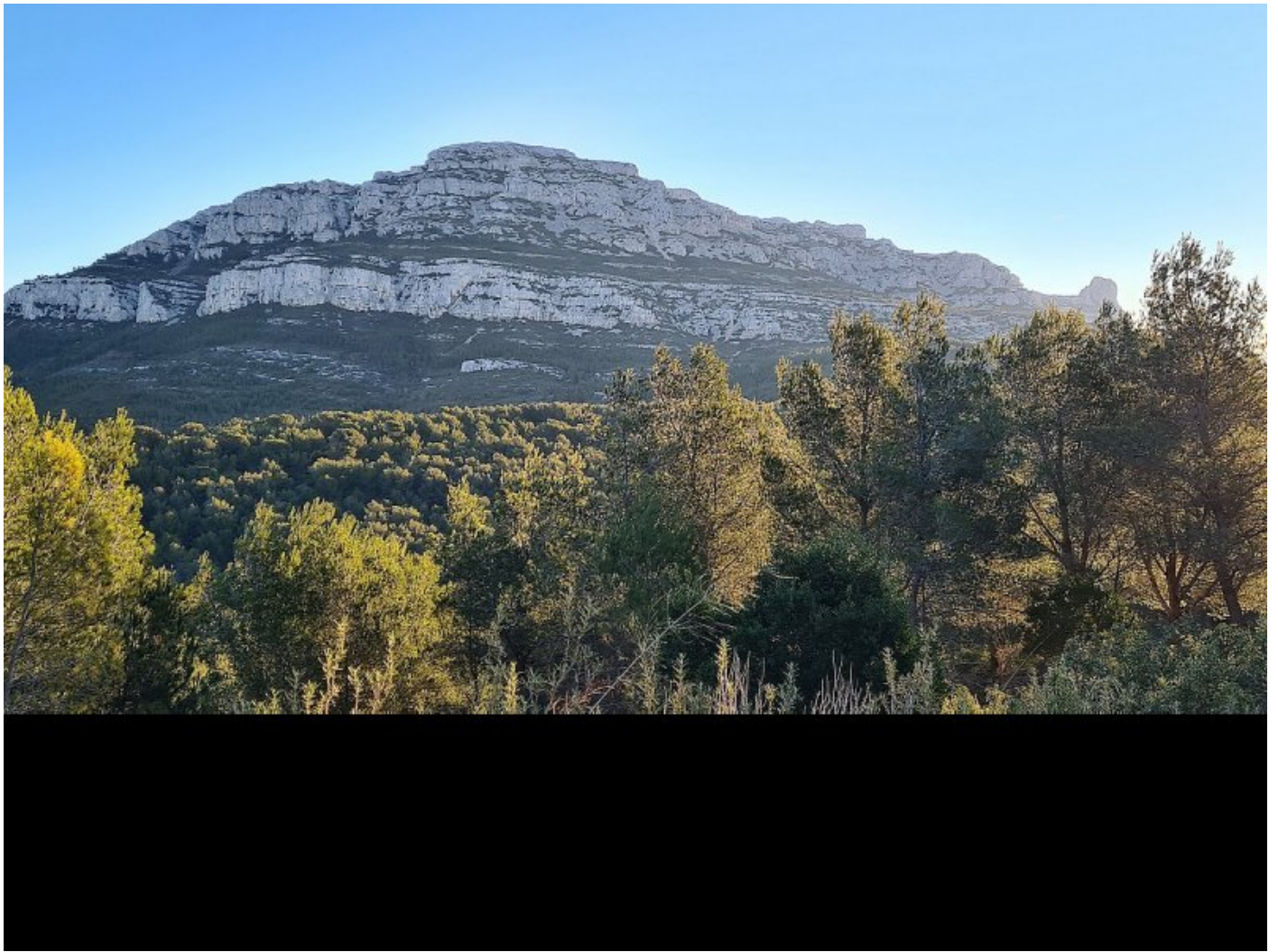
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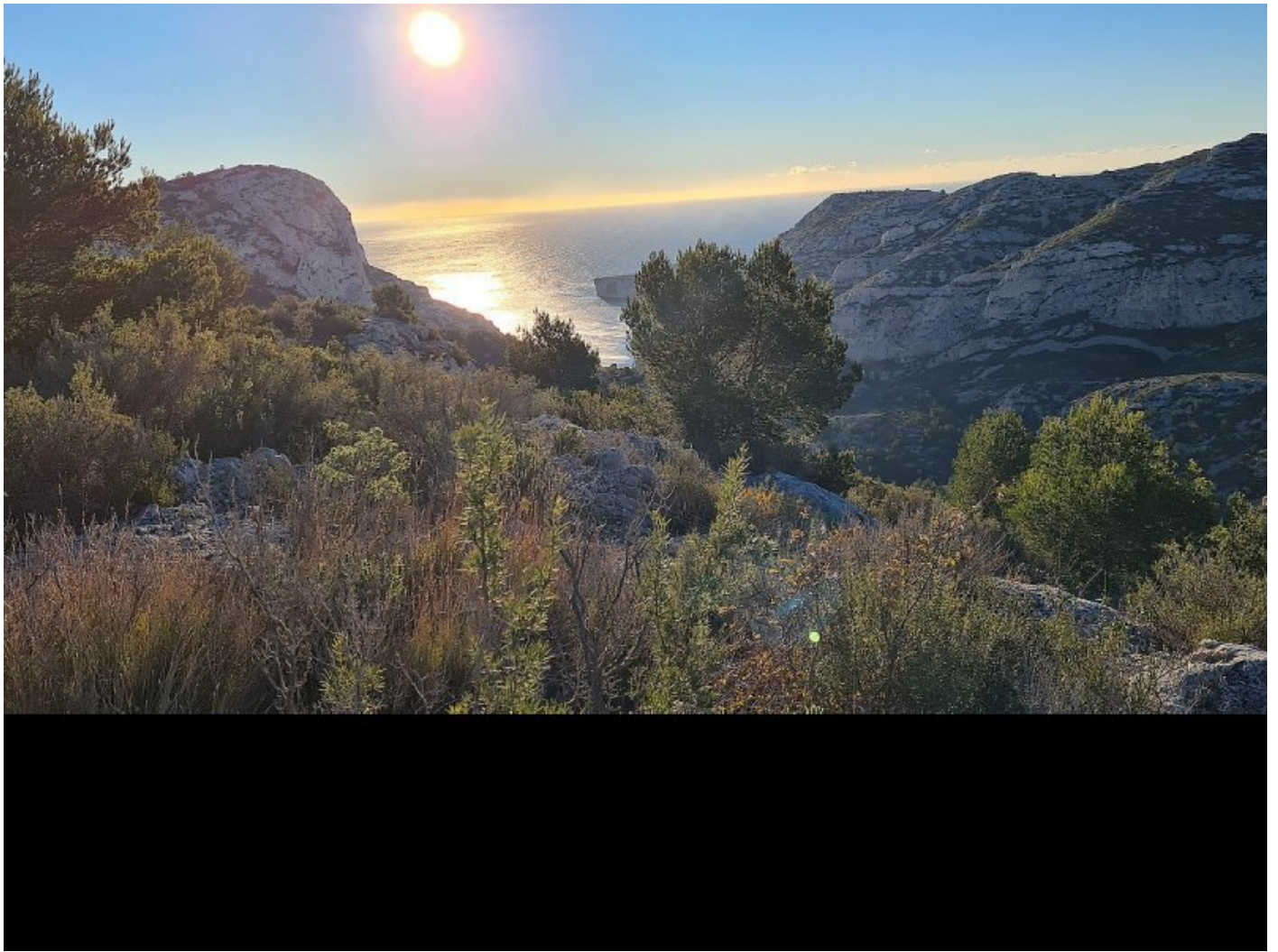
le circuit IGN

rando moyenne encore avec du mistral, de 13kms700 en 5h et 442m de dénivelé, au départ de luminy, campus, la barrière, puis chemin à droite, petite montée, carrefour suivant à droite, le sentier bleu vers la droite puis à gauche le GR blanc rouge..

petite descente caillouteuse, puis joli sentier jusqu'à la piste, col de morgiou, on suit ce GR qui quitte un moment la piste vers la gauche puis la piste jusqu'à la route, en face puis toute la crête sur 3 kms, avec la descente caillouteuse, raide vers le col renard, on continue vers le cap morgiou avec les traces d'anciennes défenses militaires, de belles vues on fait presque le tour, puis le col renard, on descend faire la pause à la grotte du figuier, petite sente, puis retour à morgiou par le noir, on traverse le port, le rouge puis au pied de la falaise, le pointillé jaune avec le passage de la chaîne, et rejoindre la piste vers le parking..

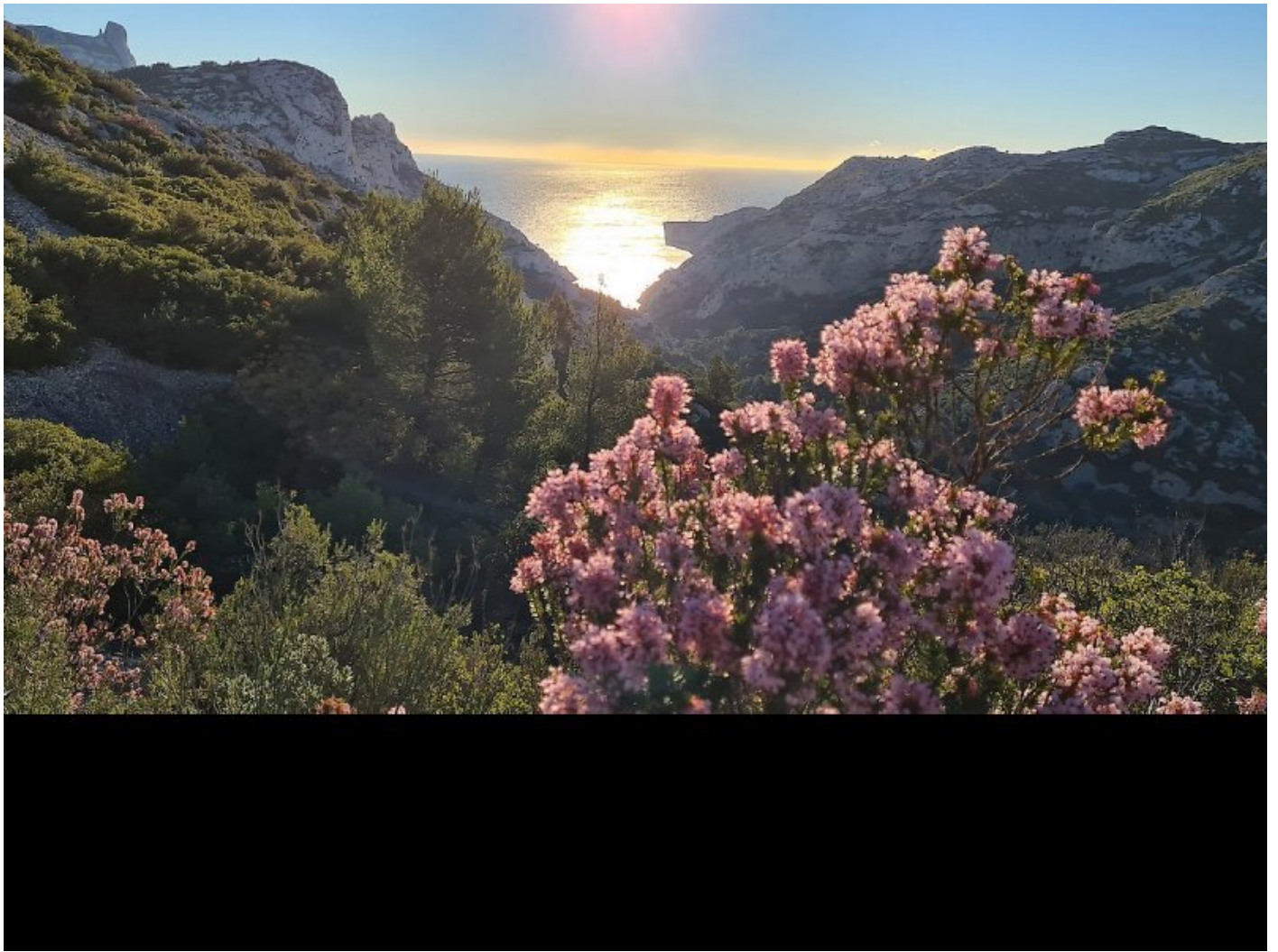




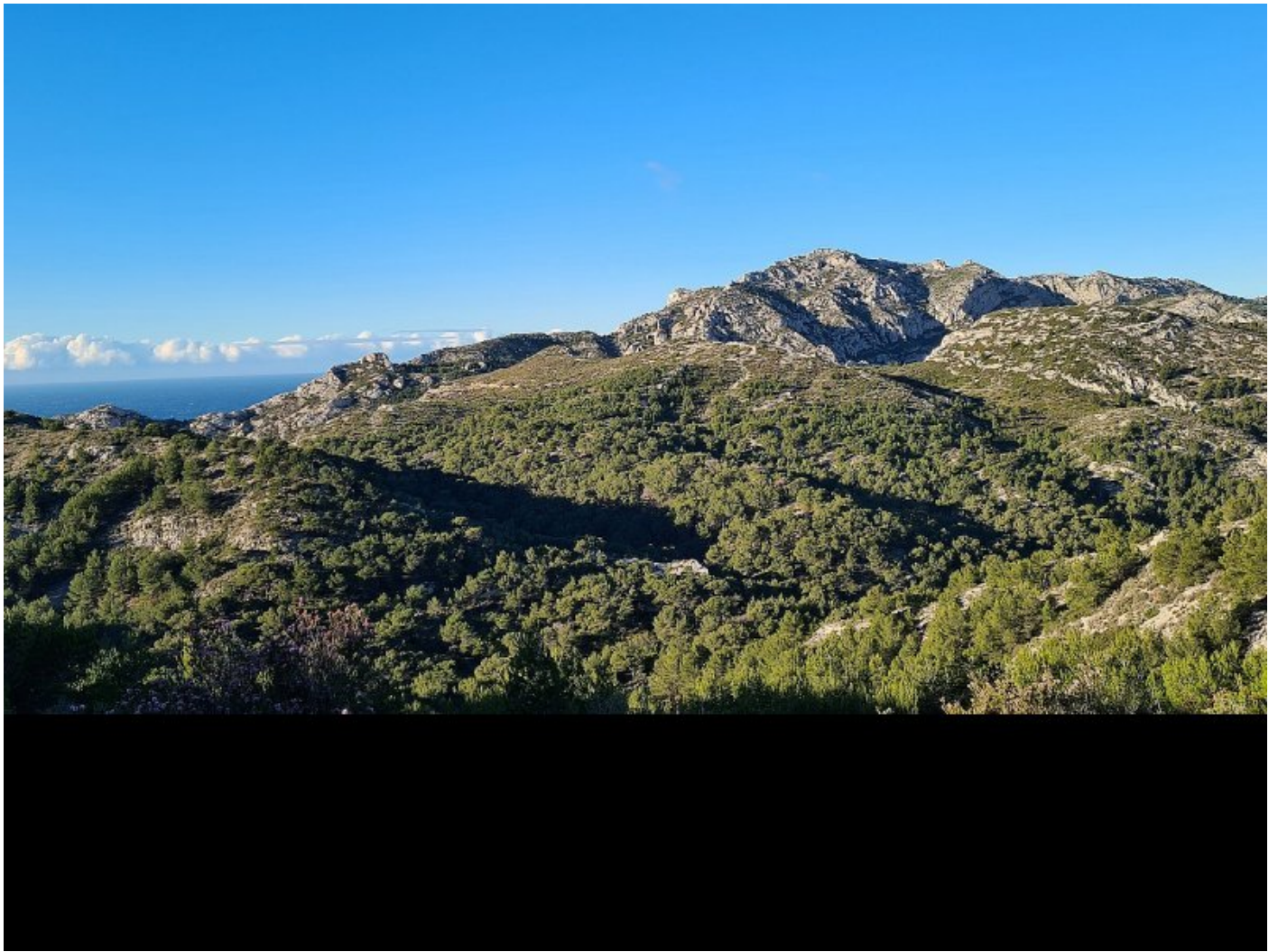


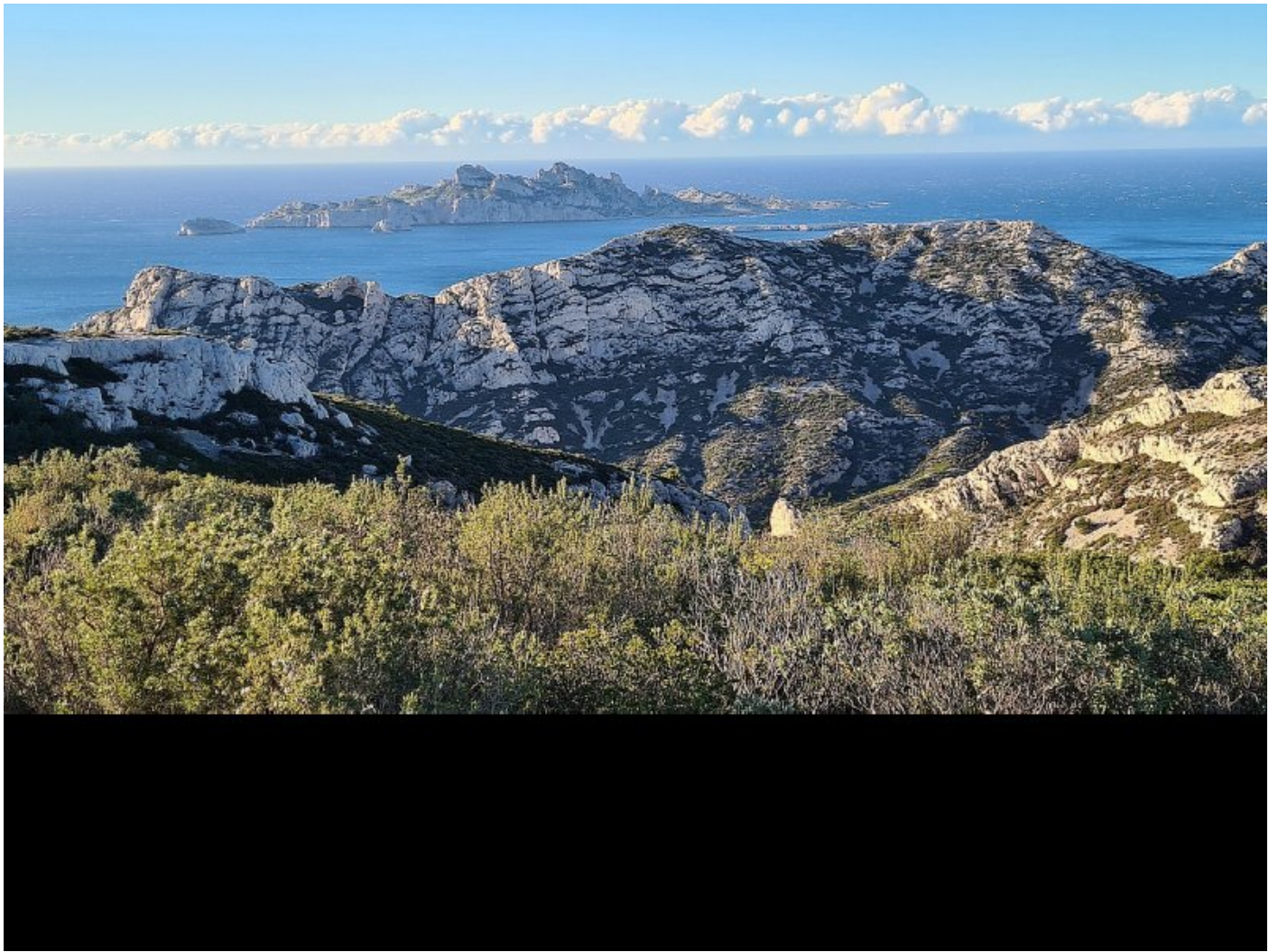


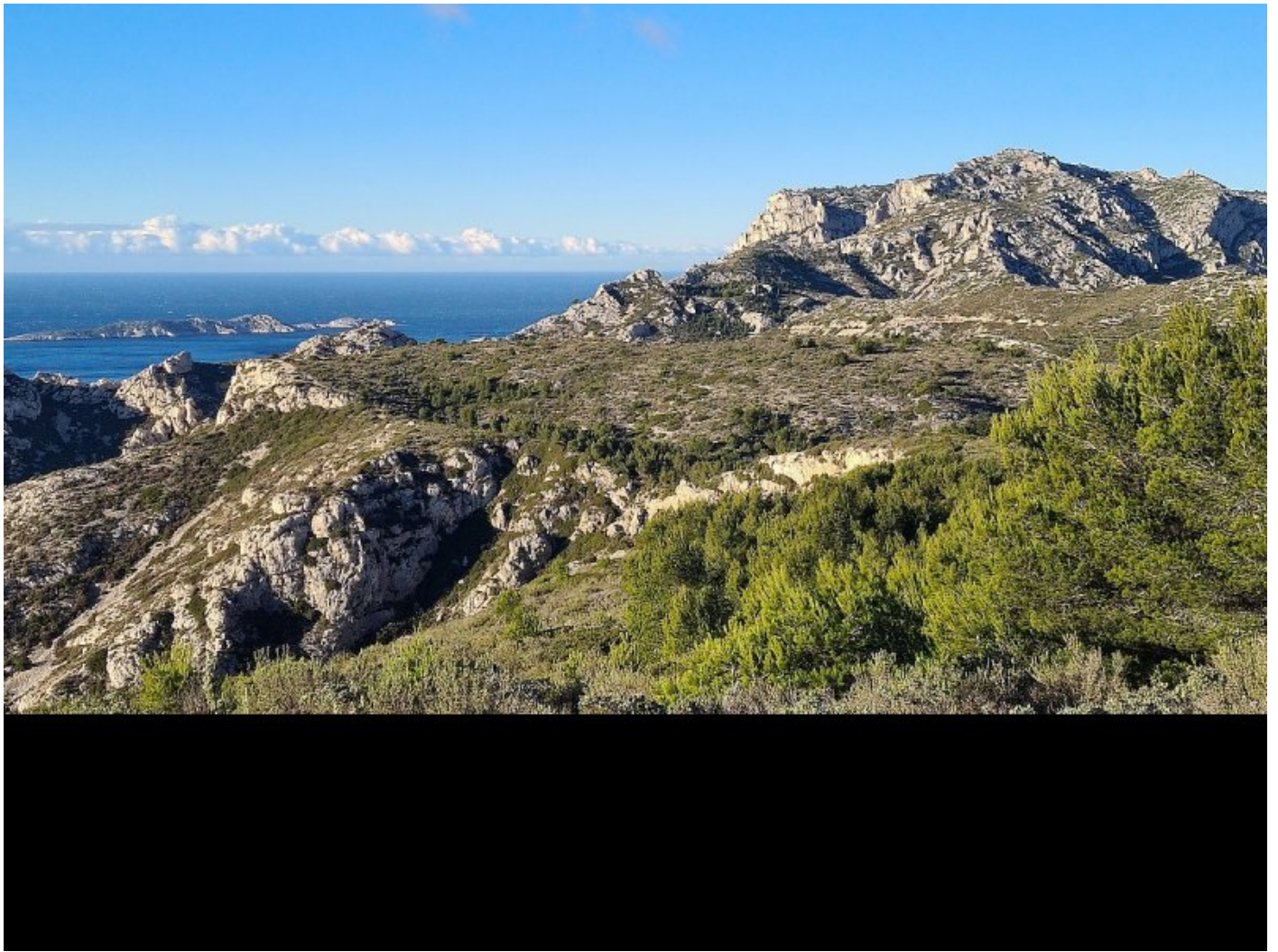


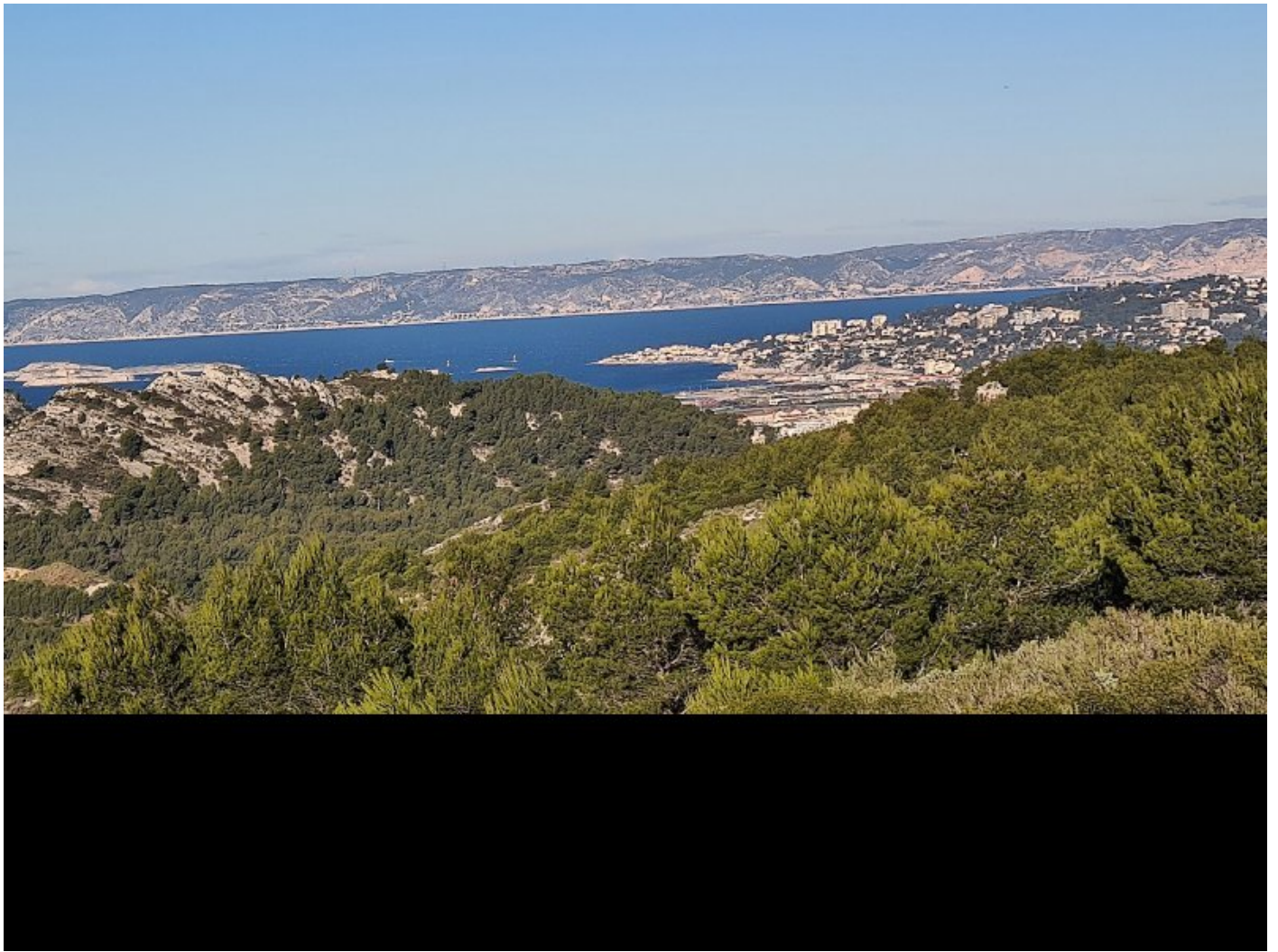


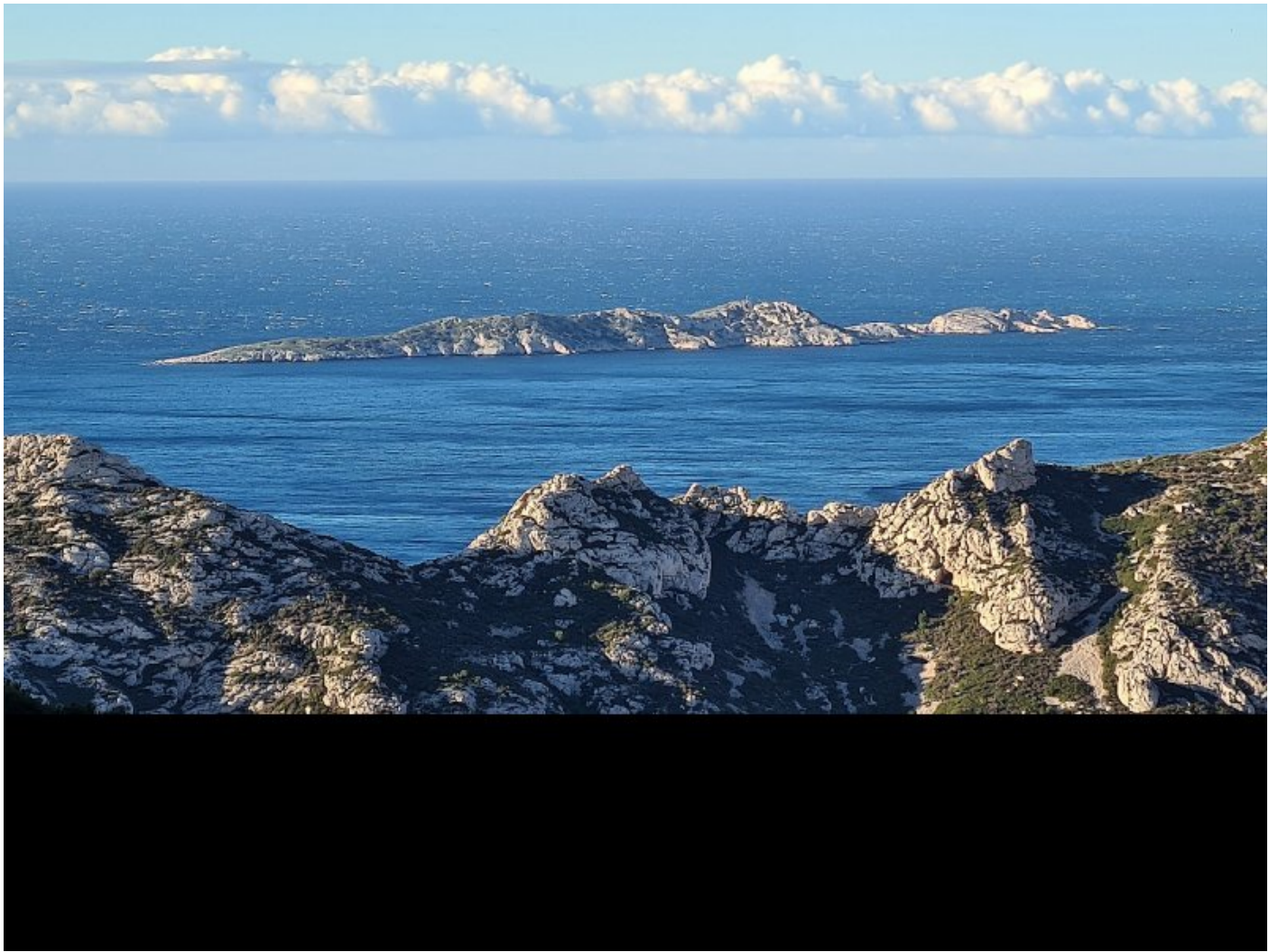


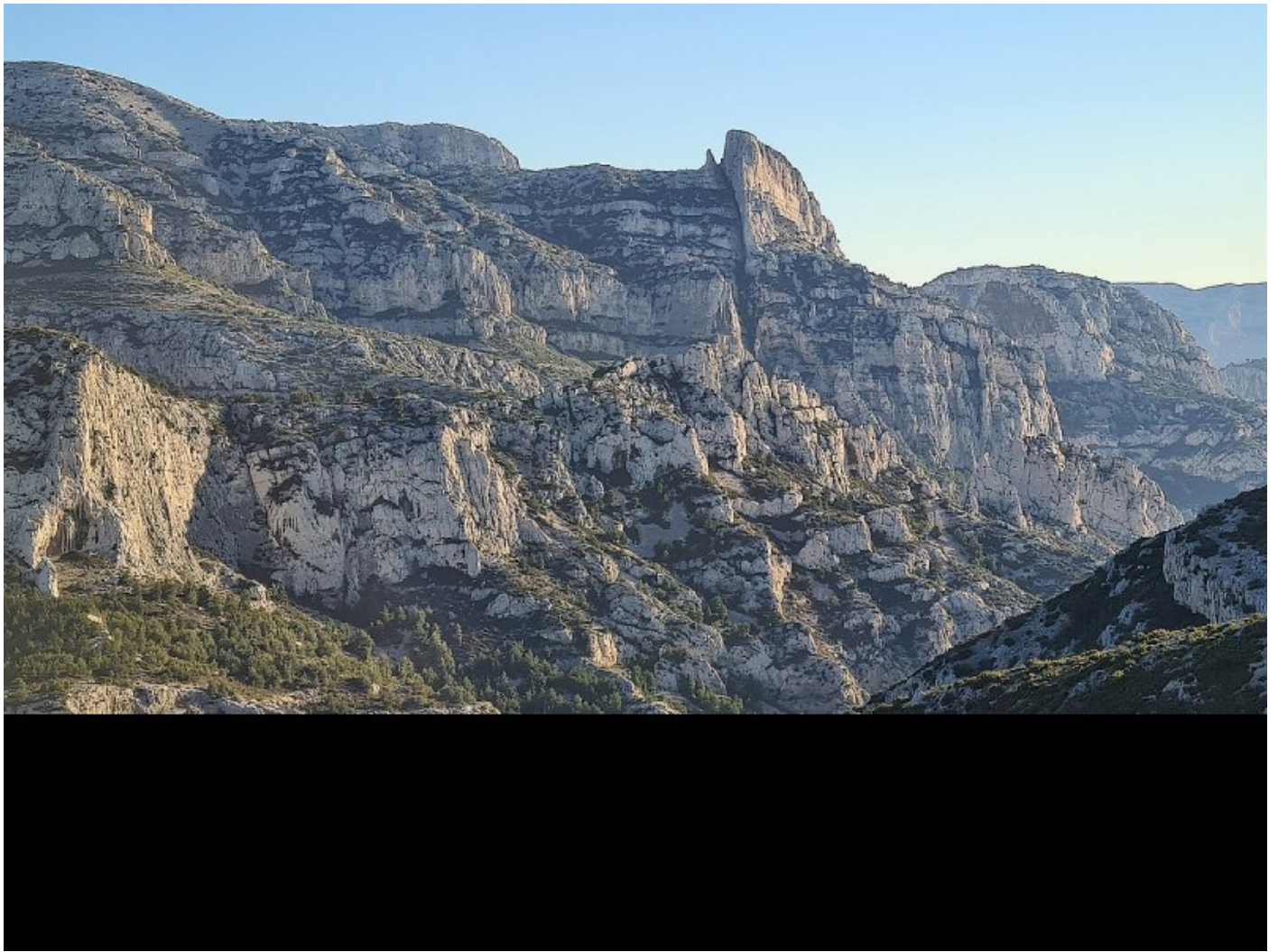


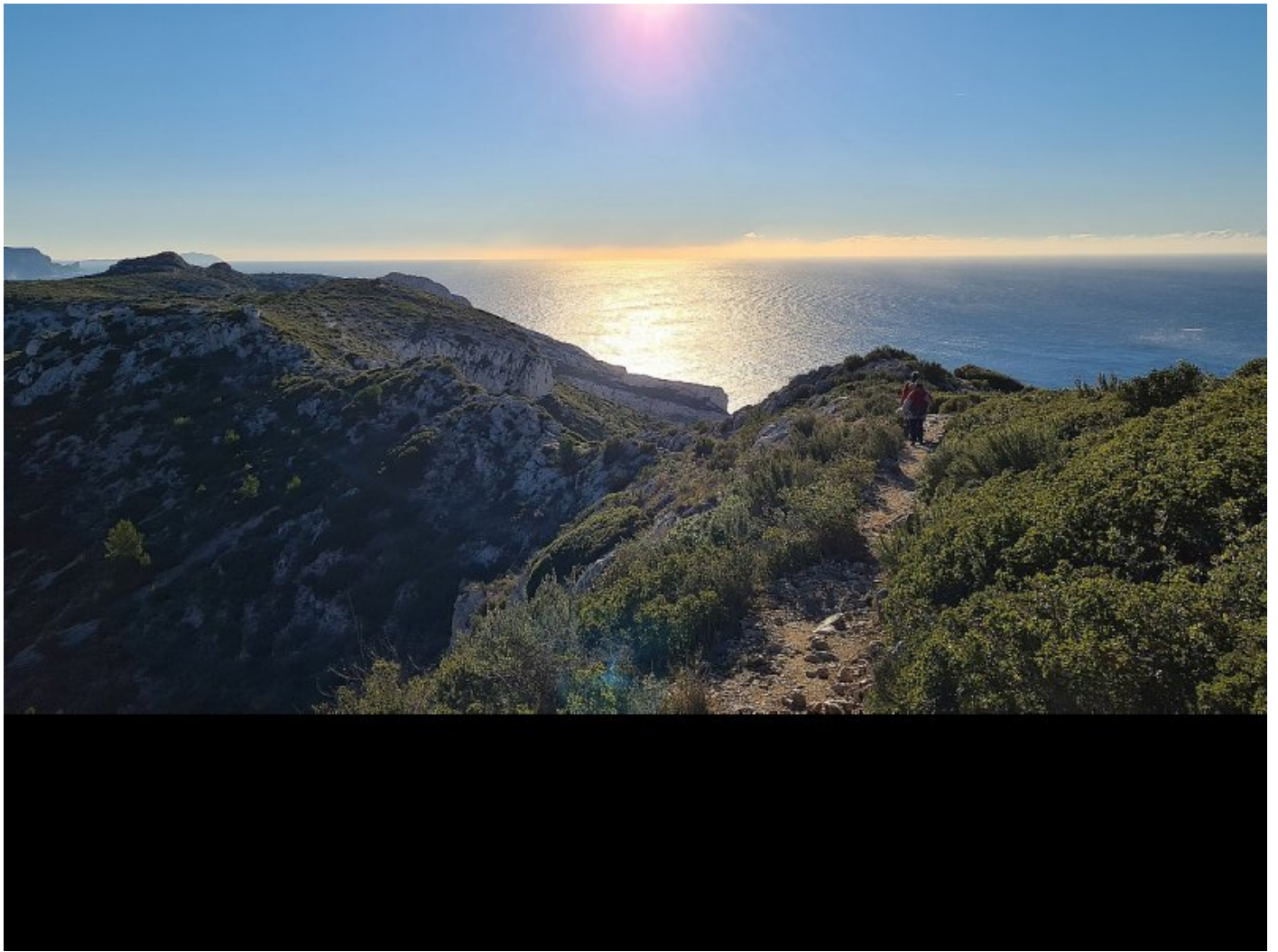


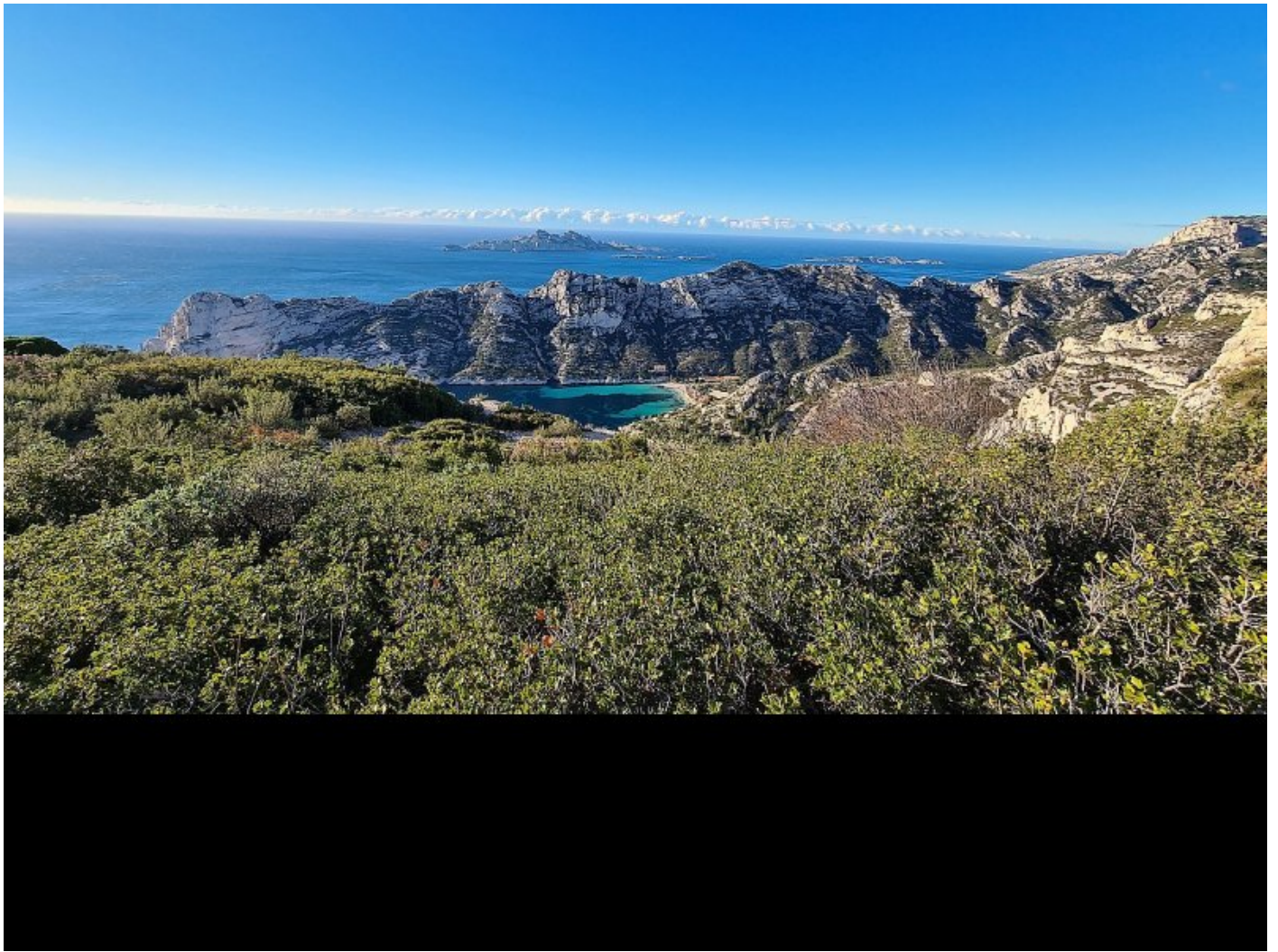


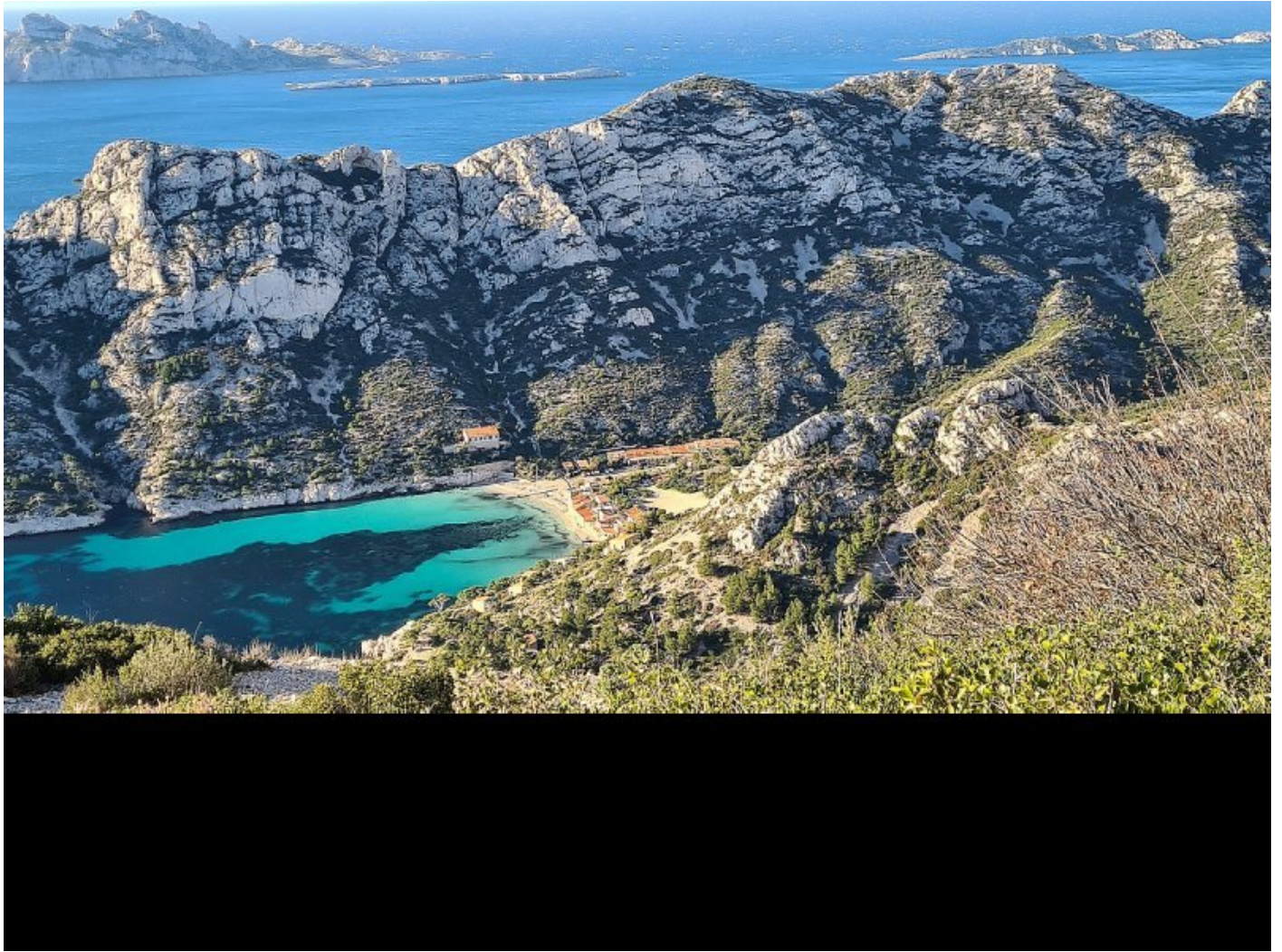


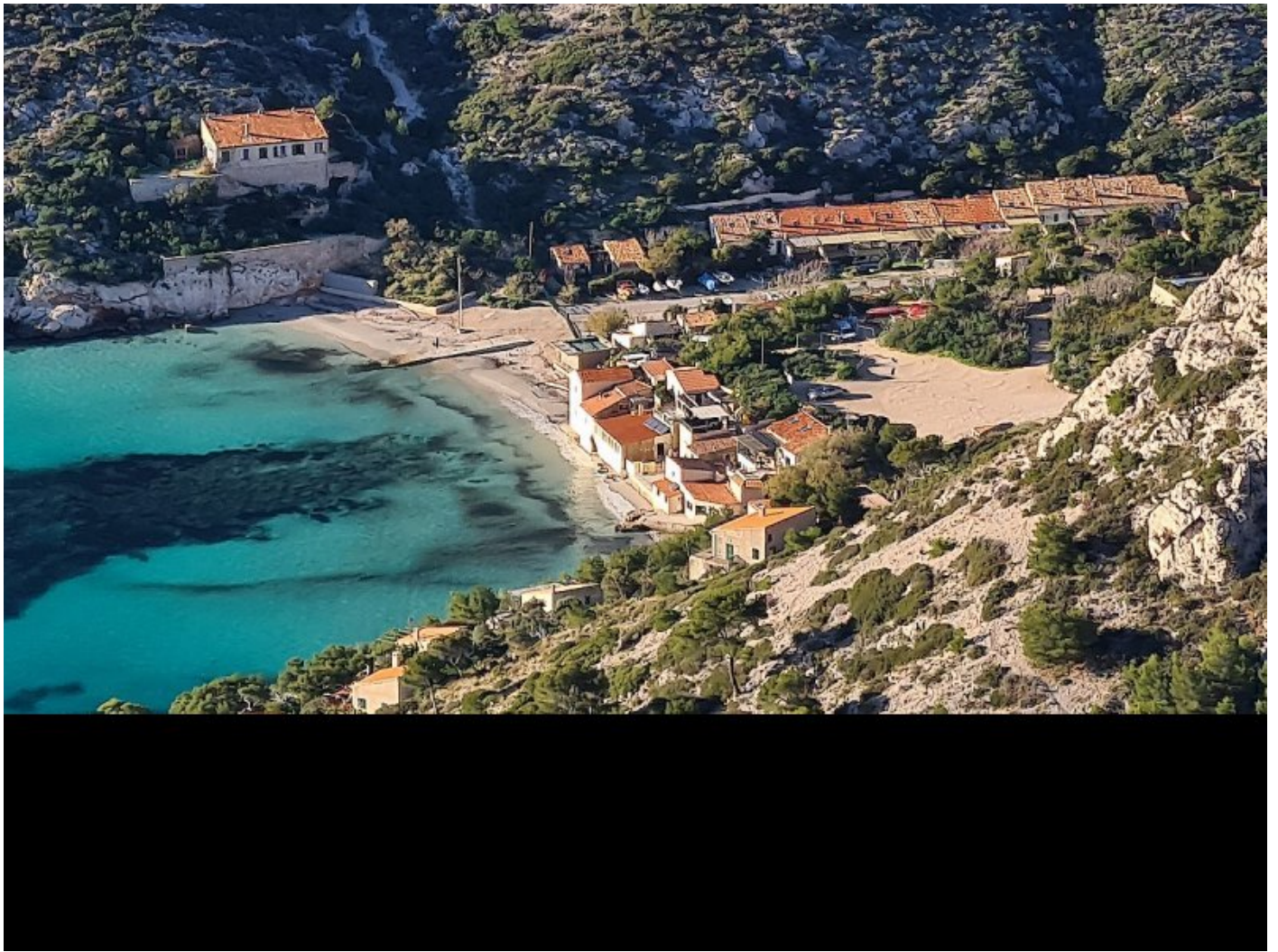


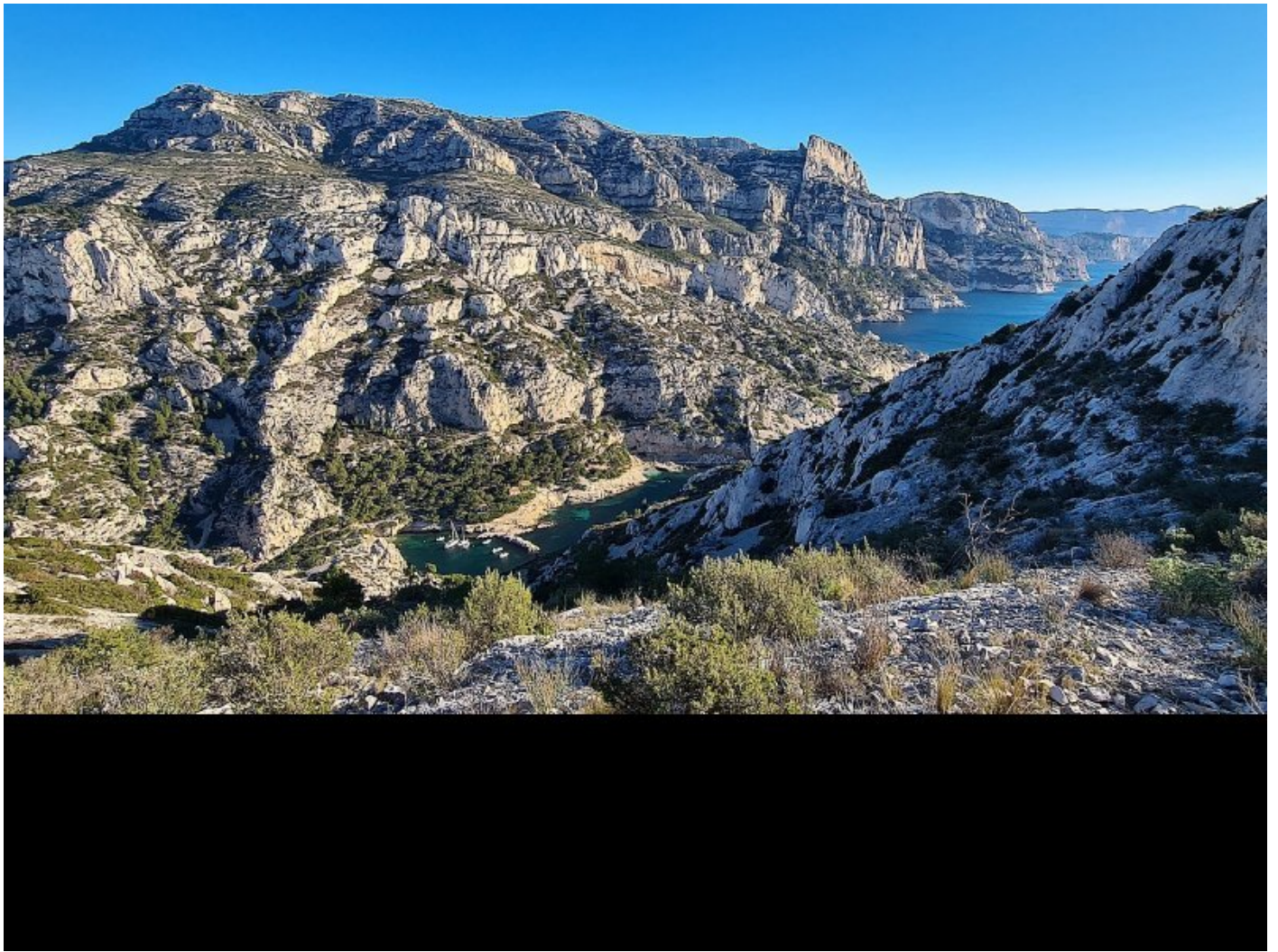




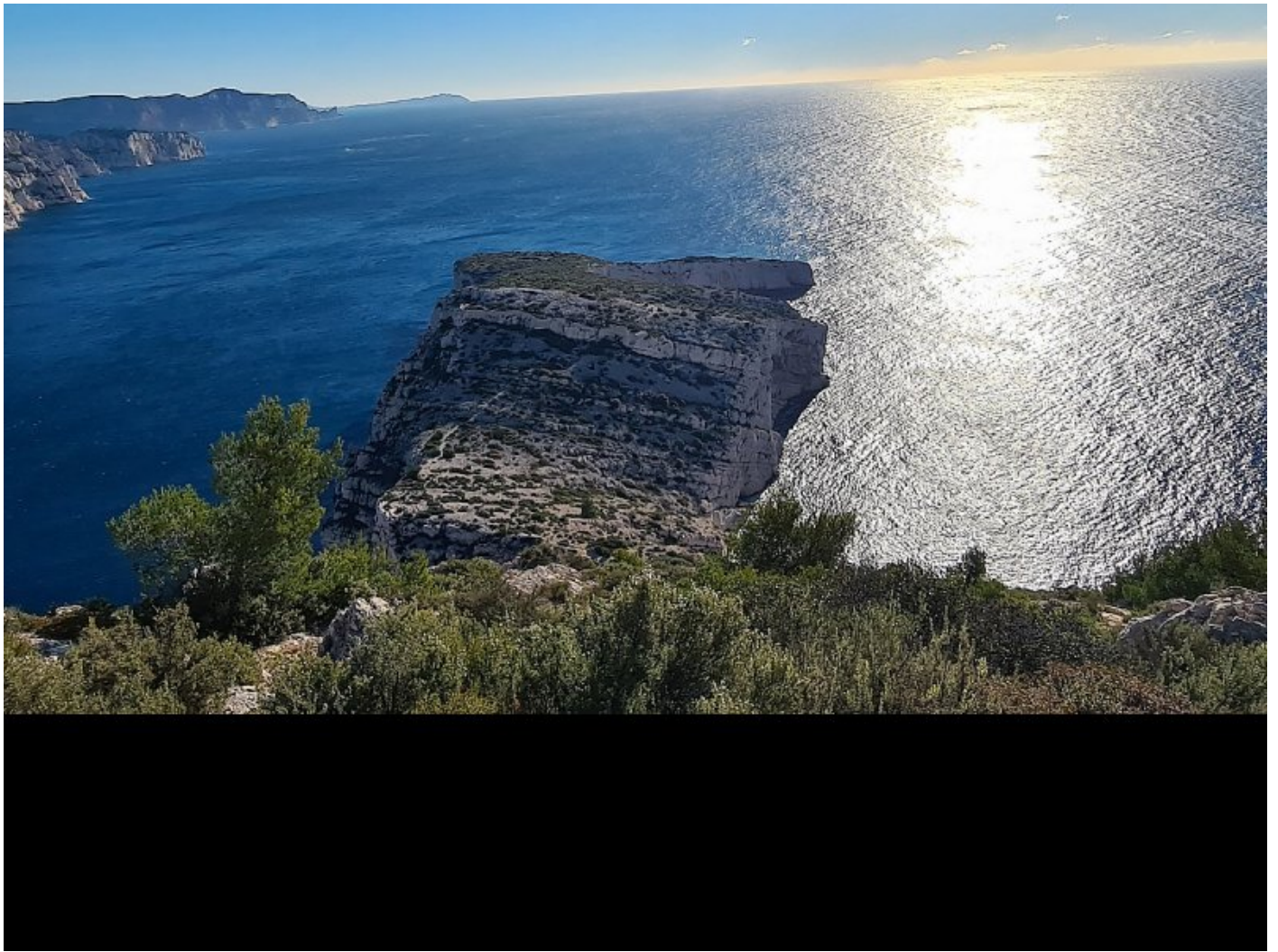


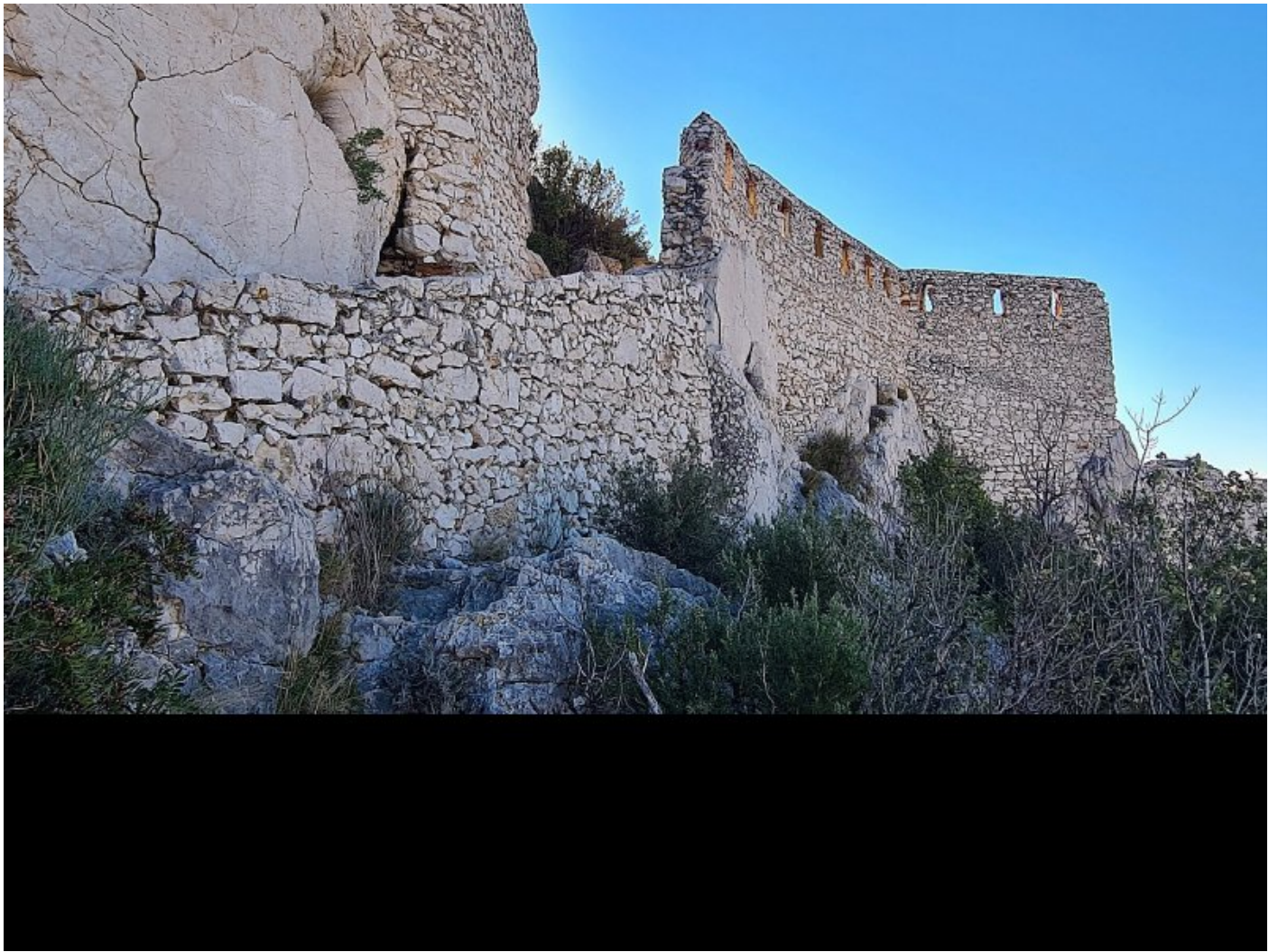


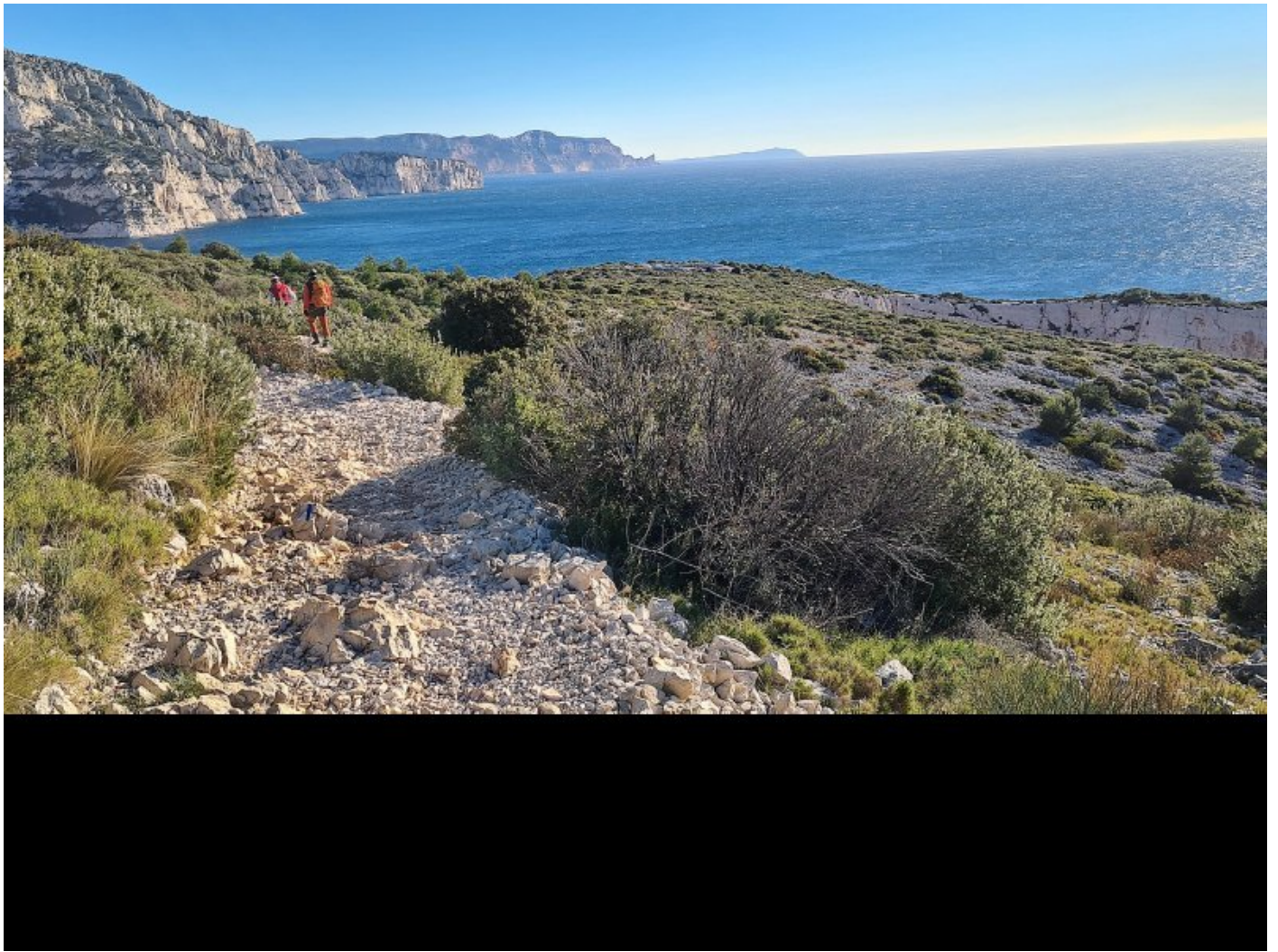


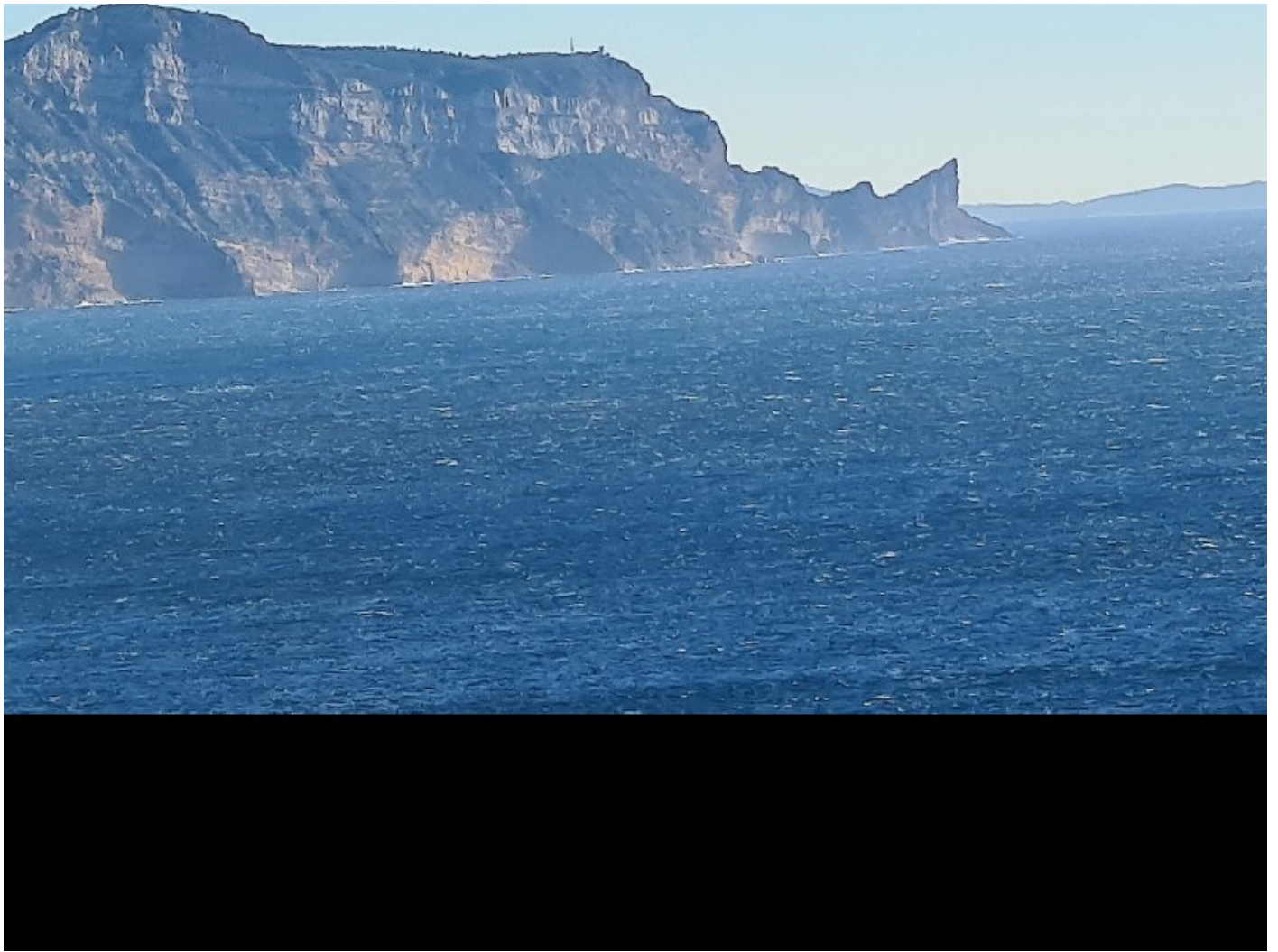


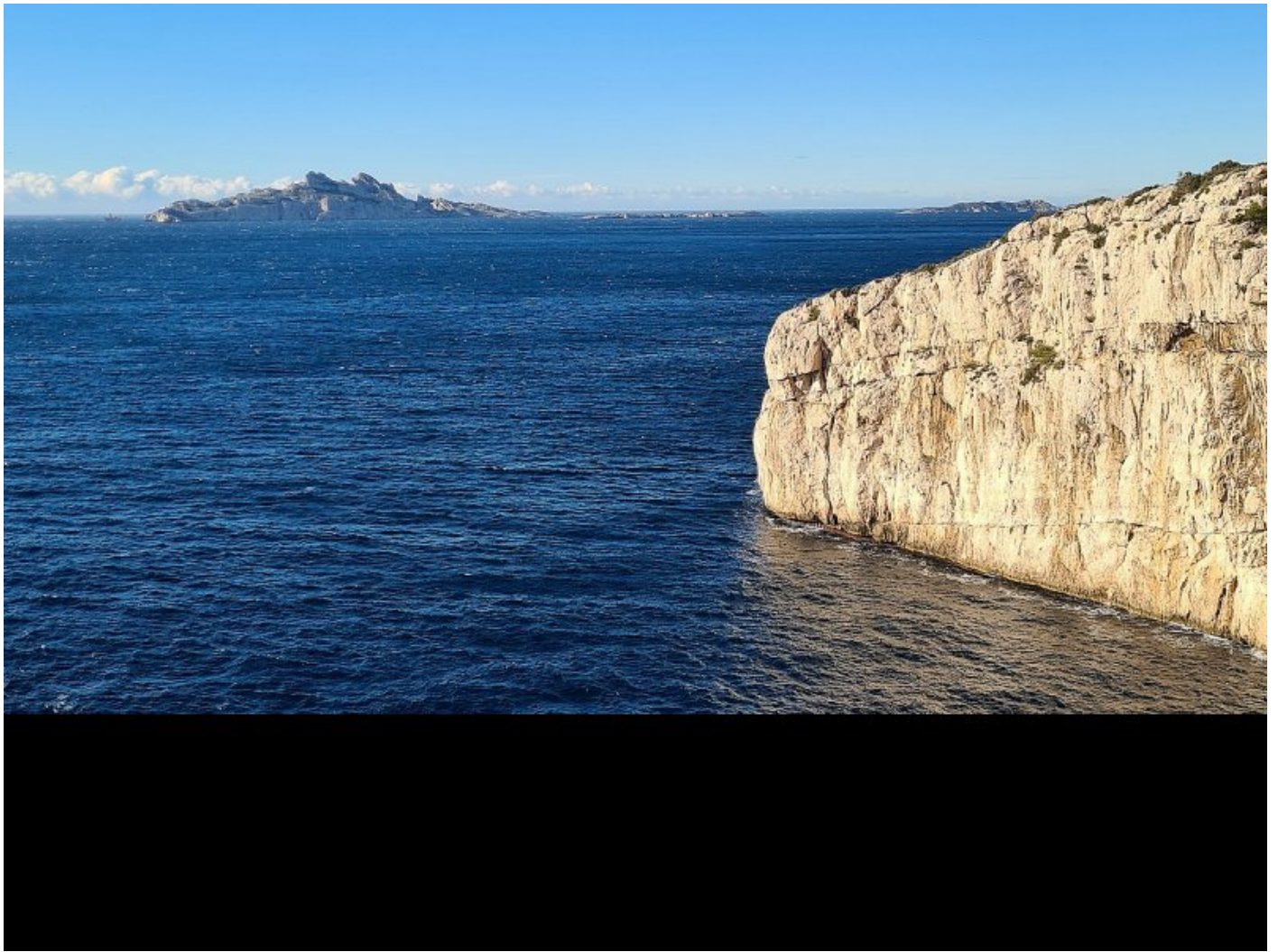


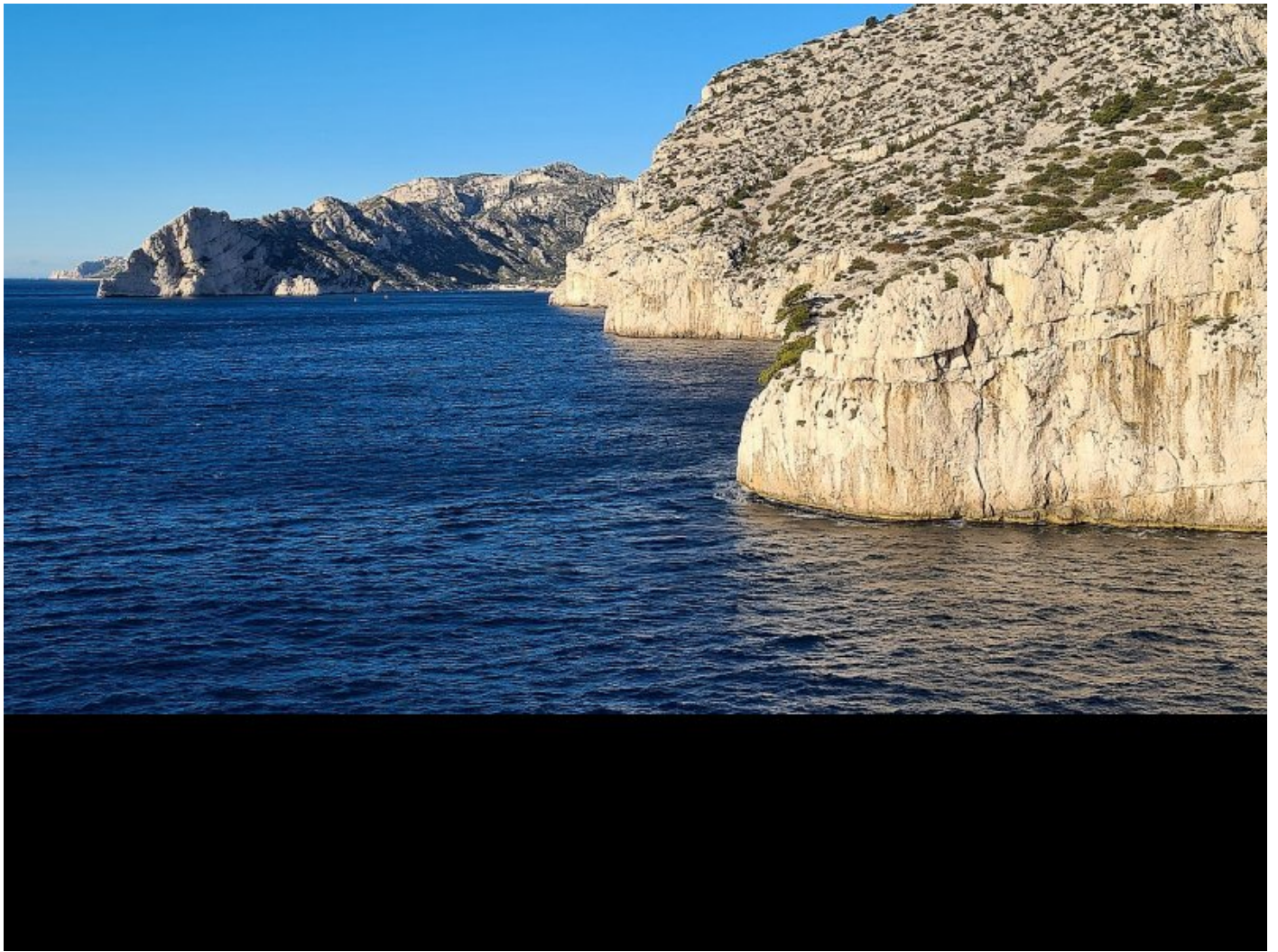


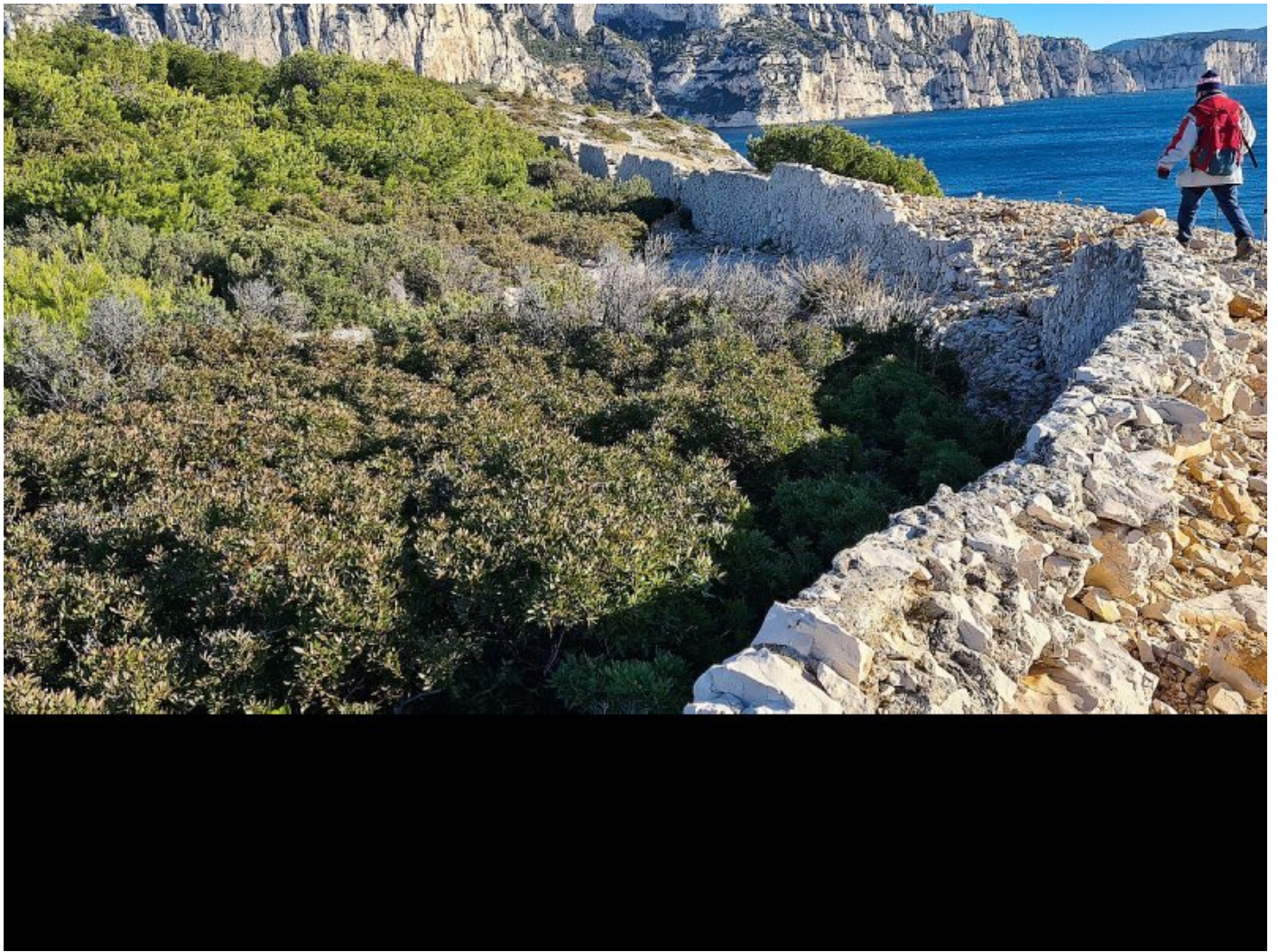


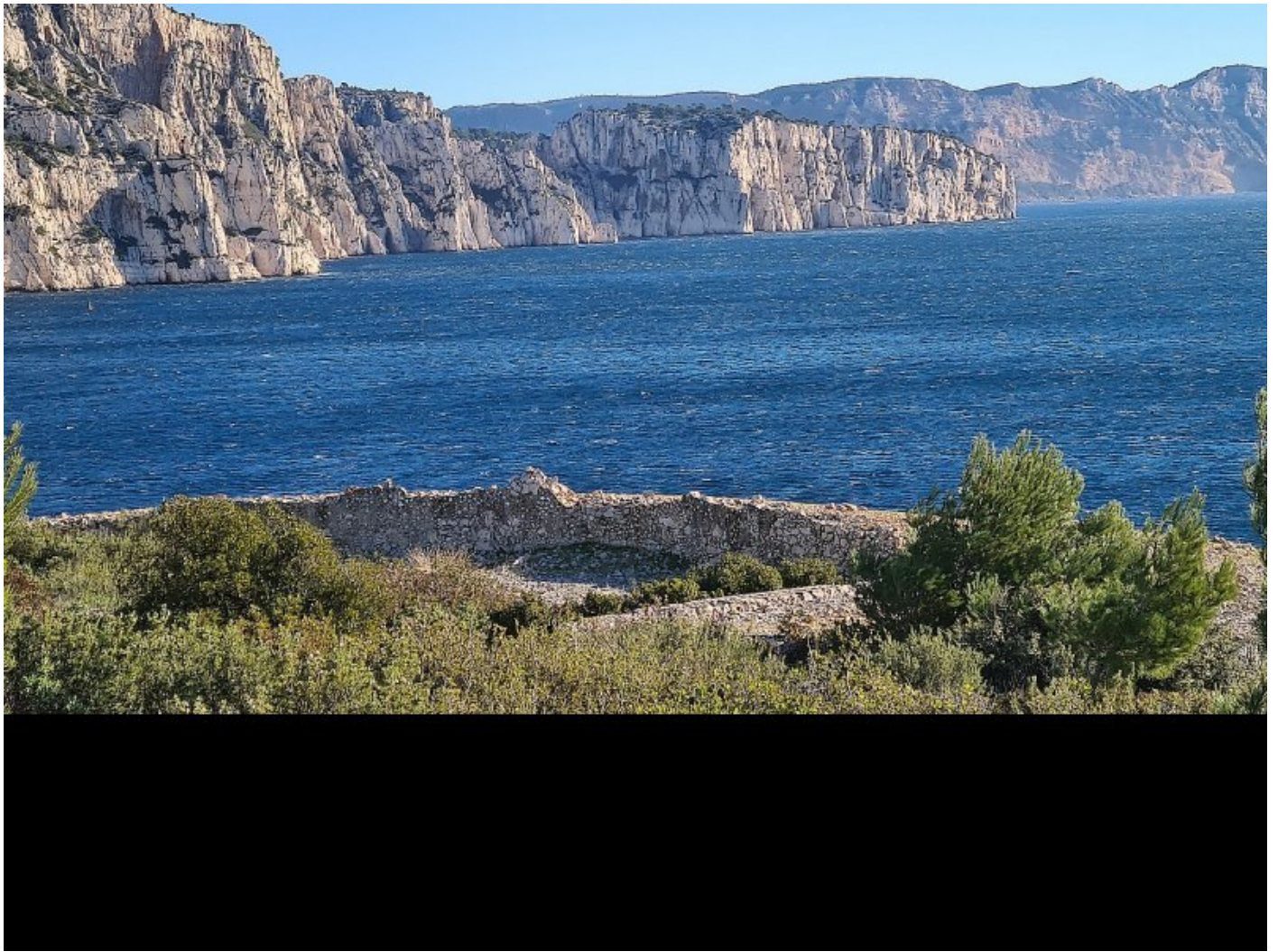




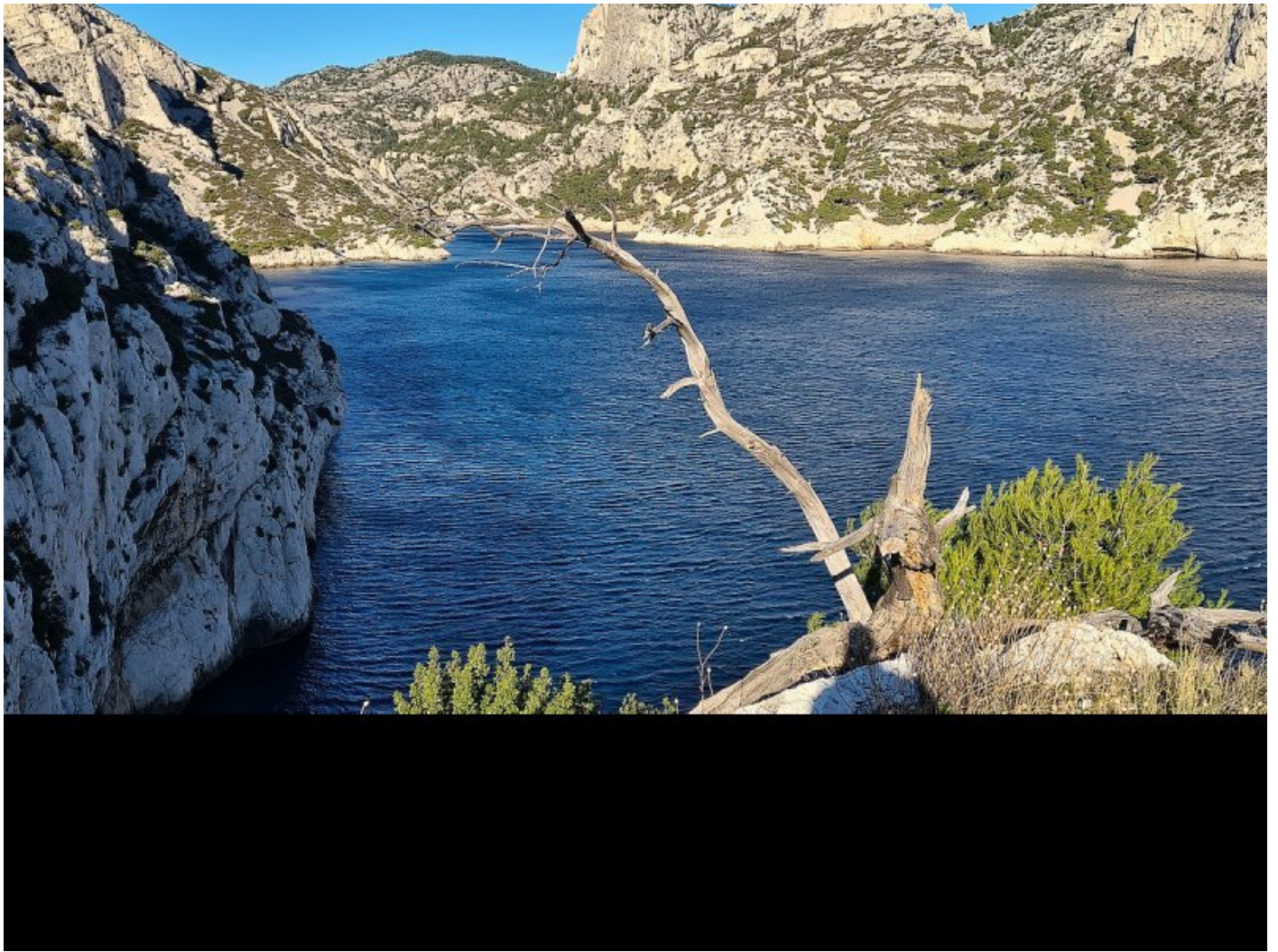


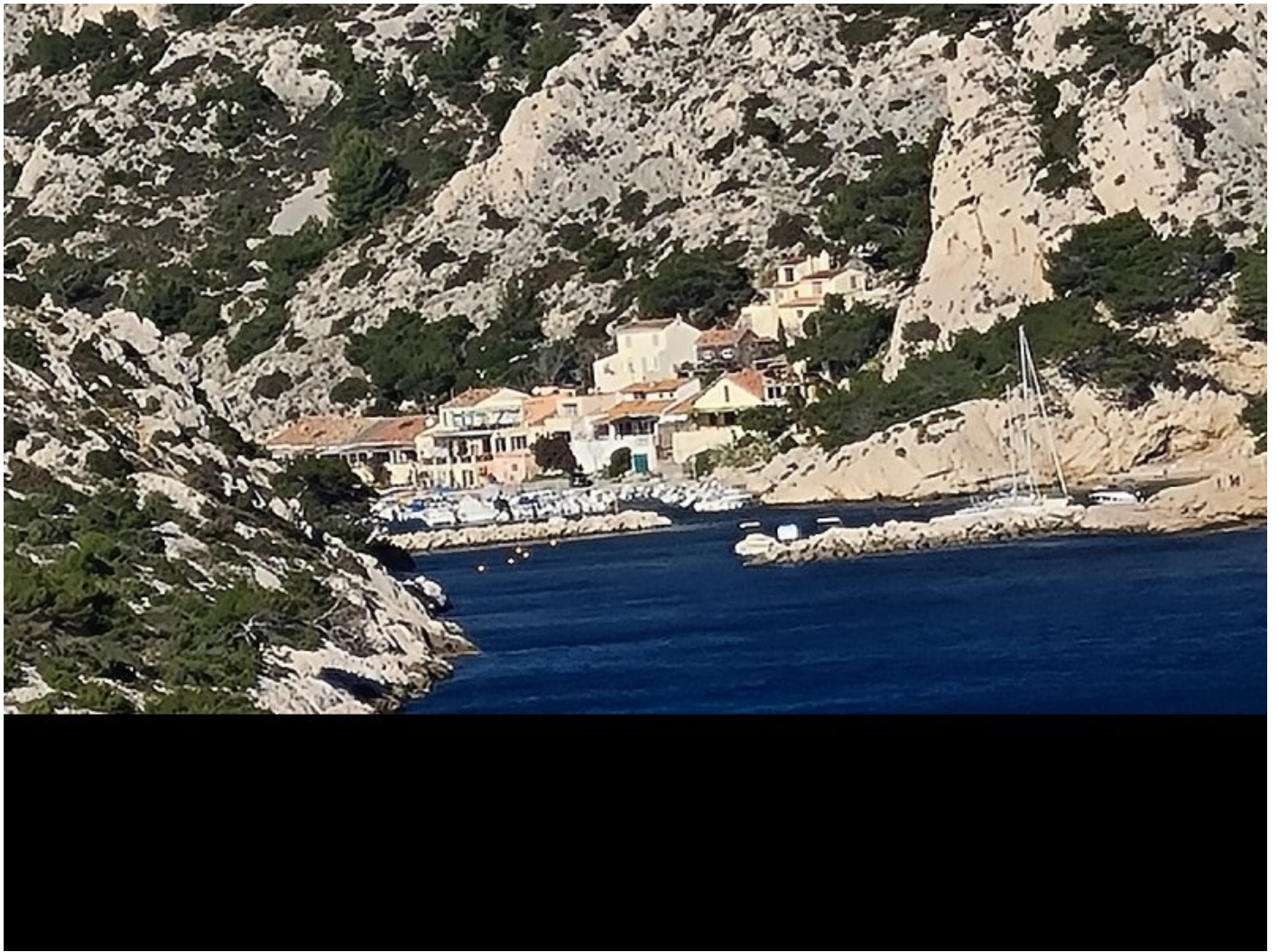


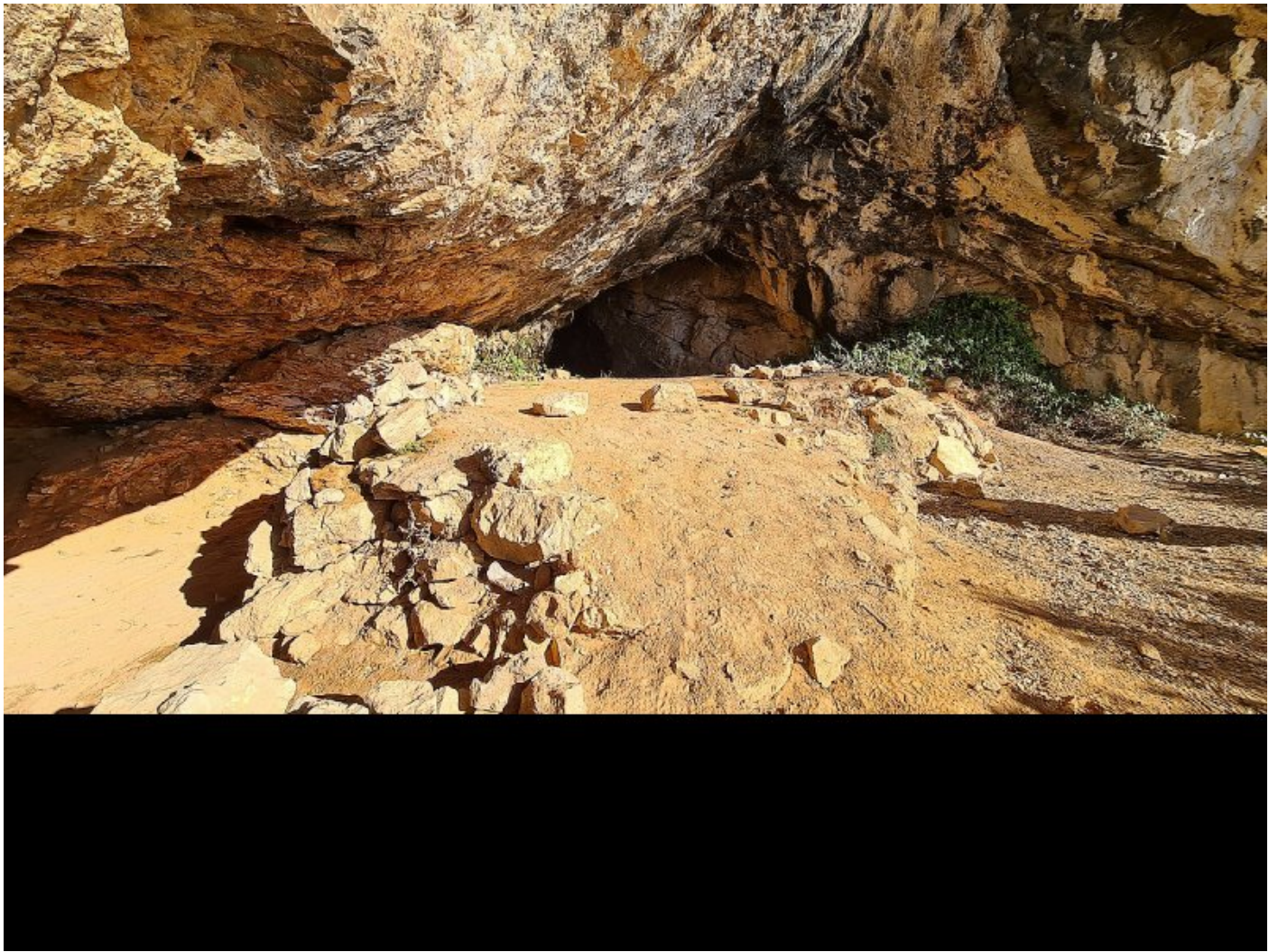


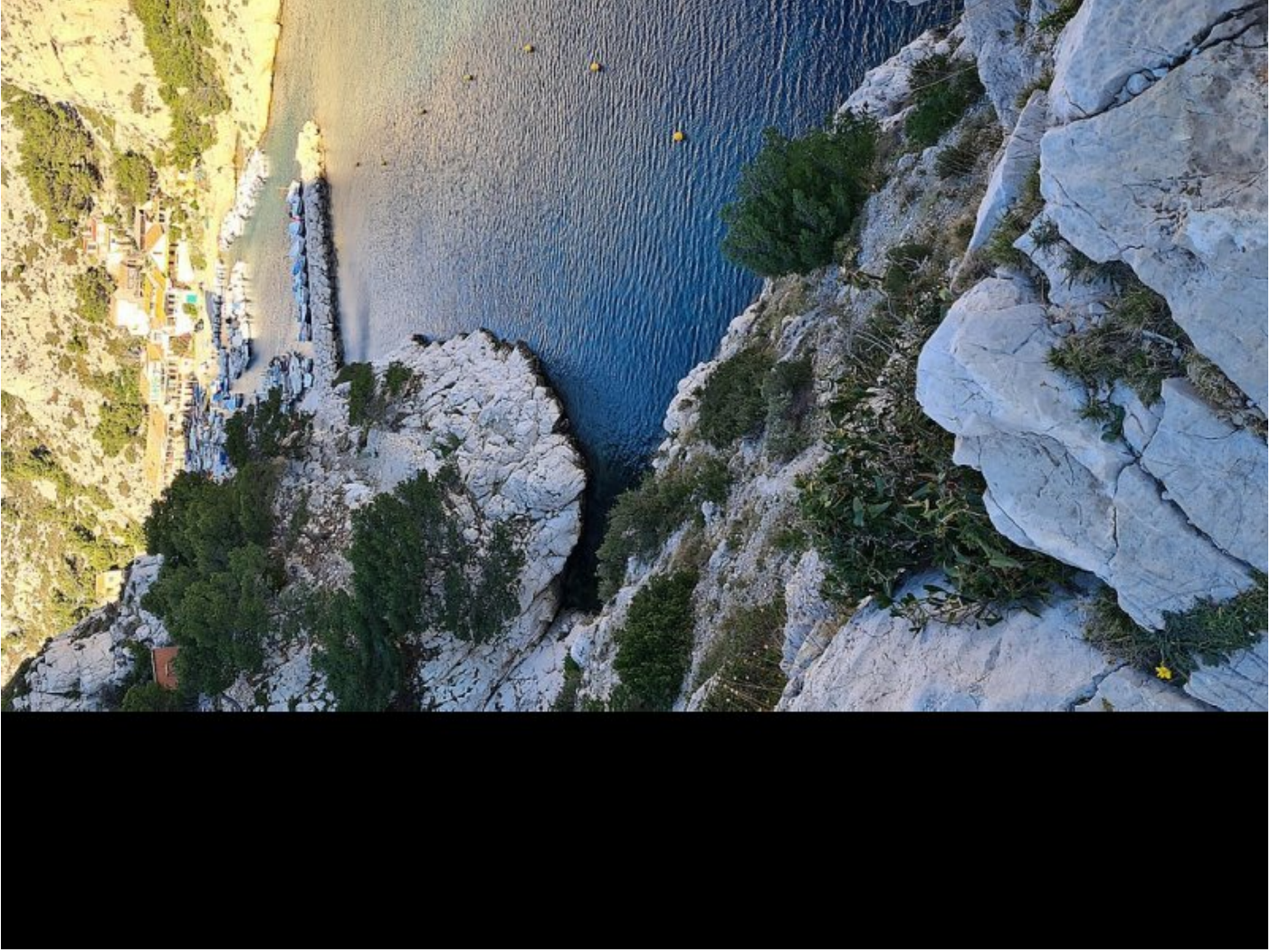




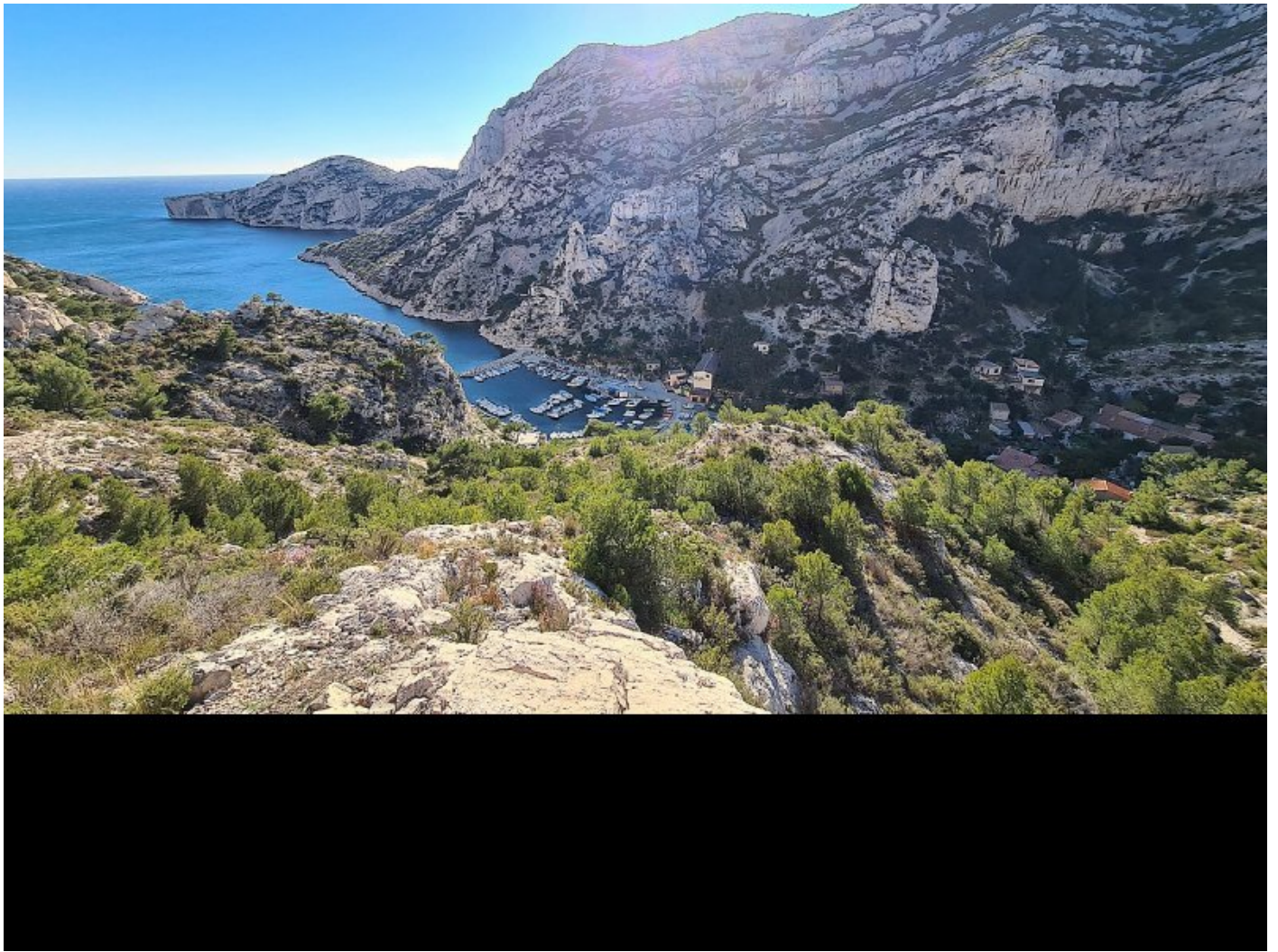


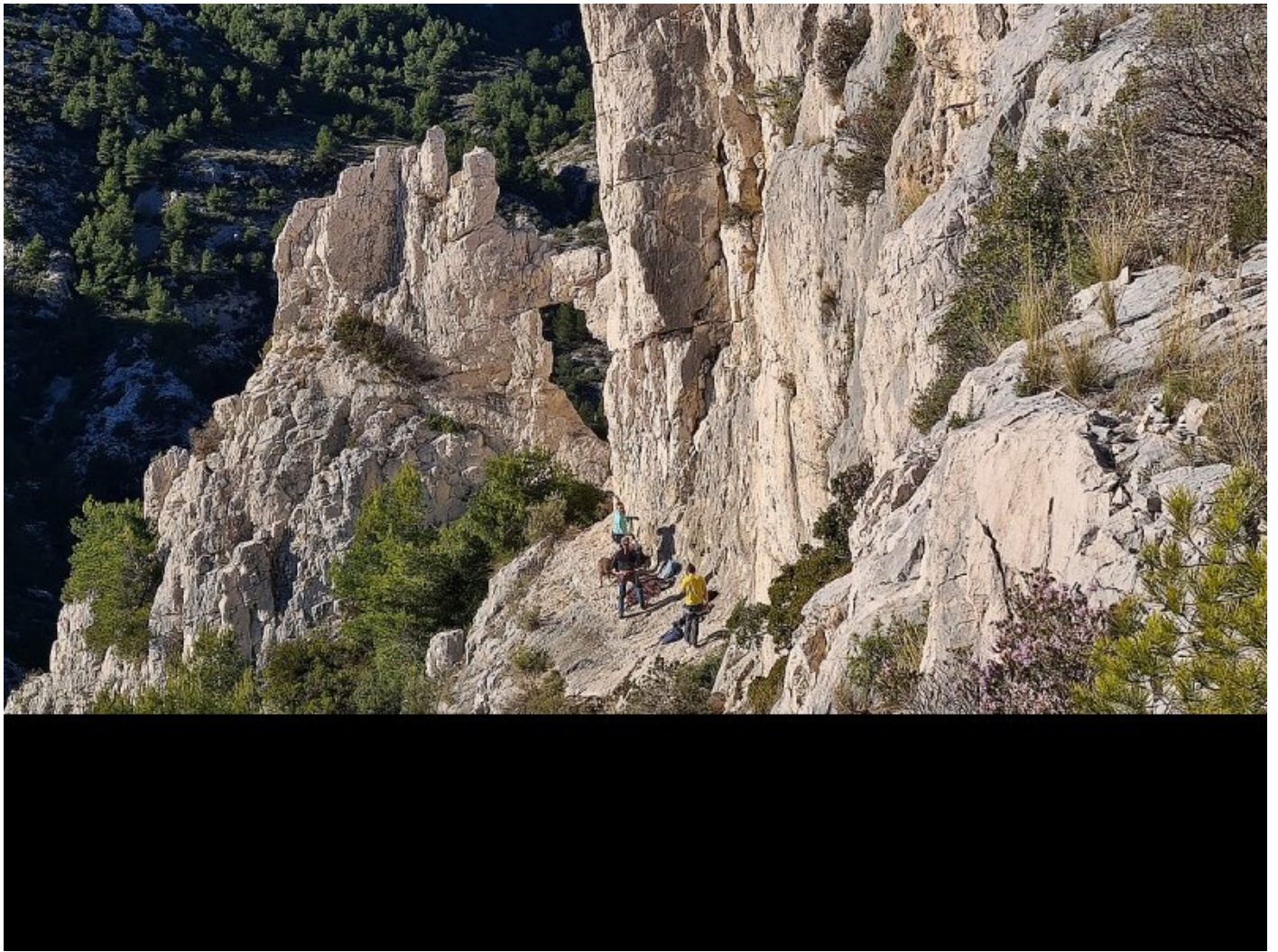


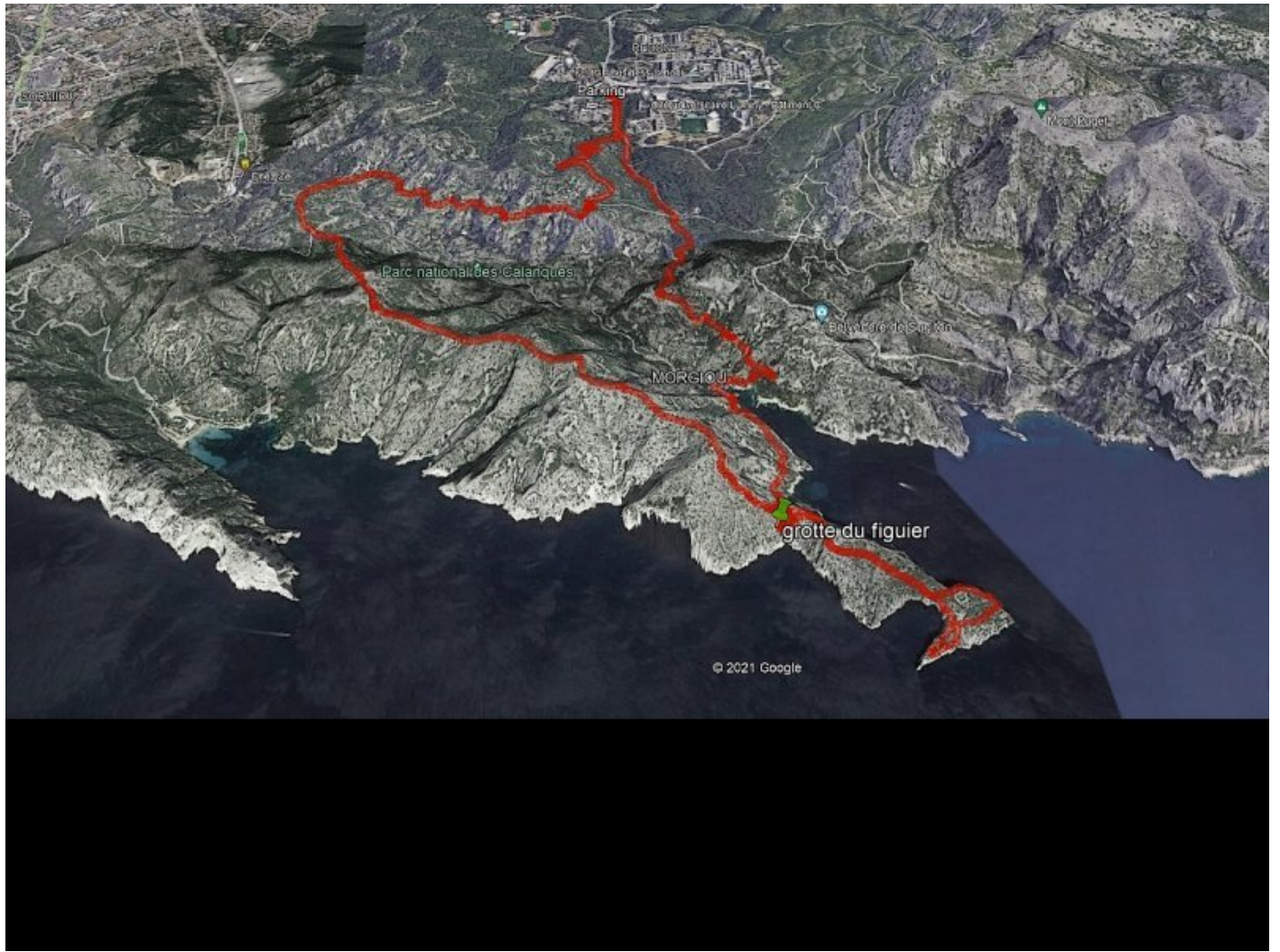




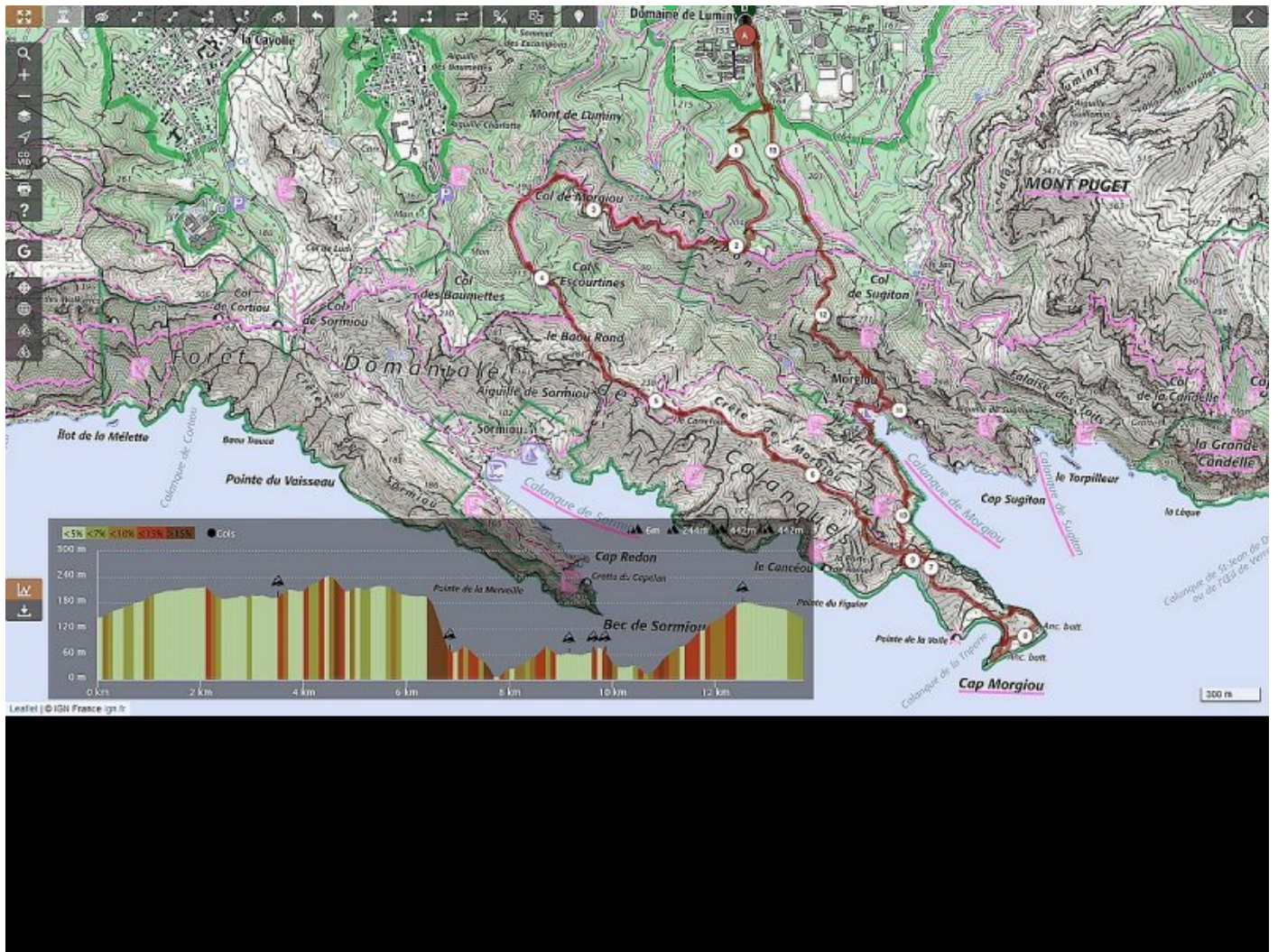






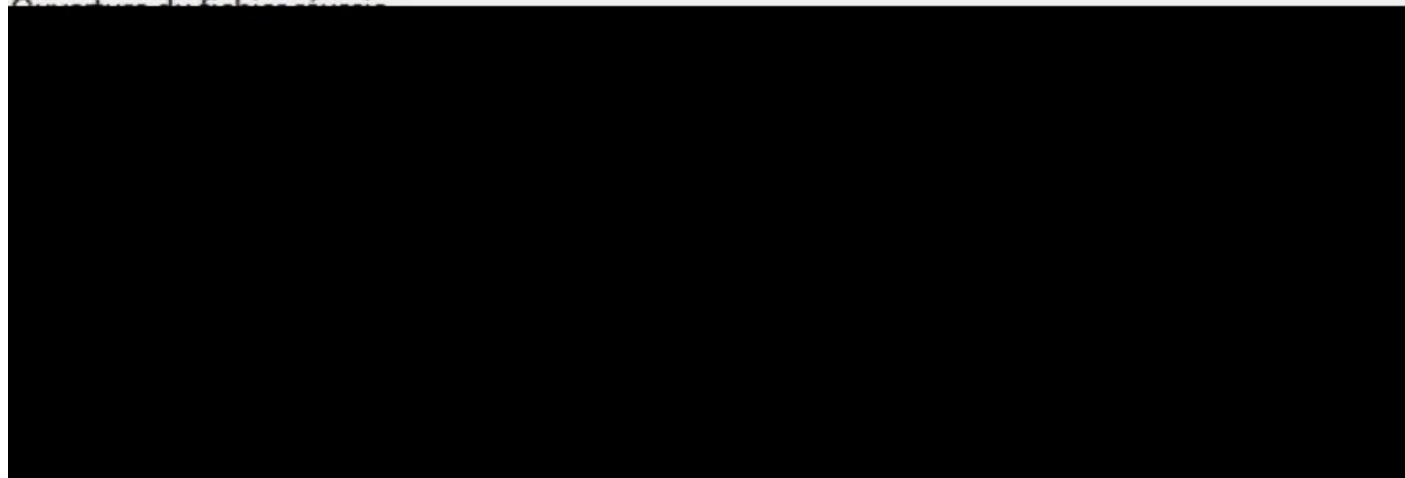


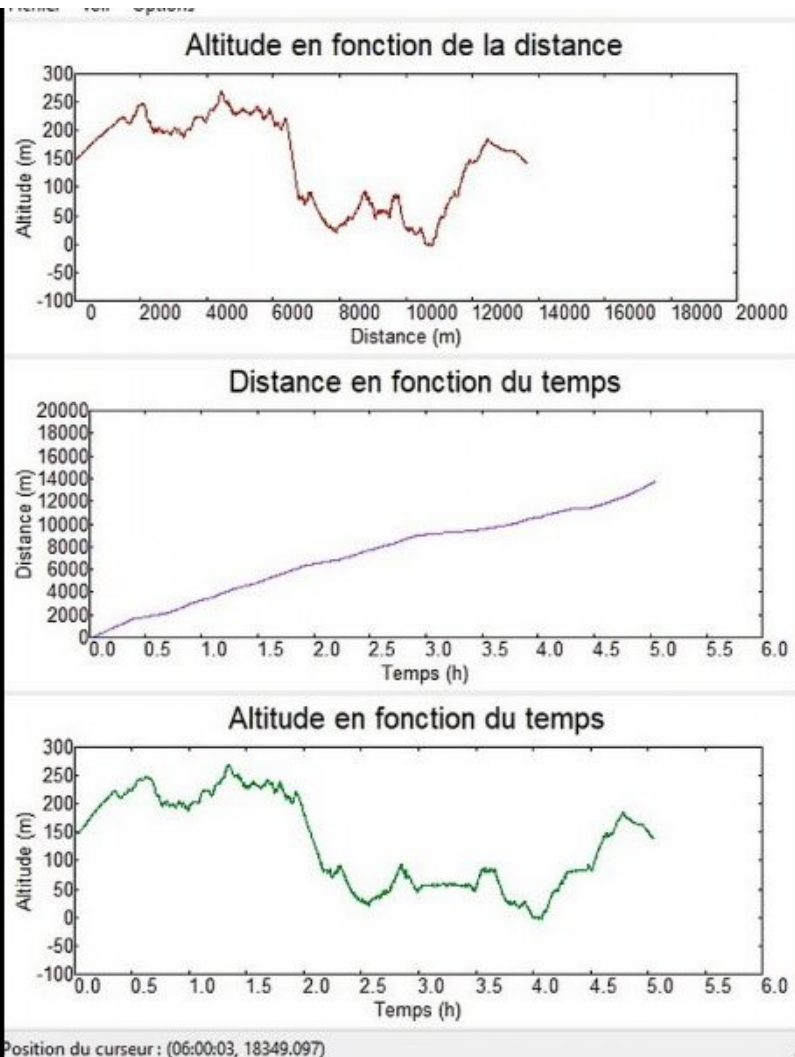




	Départ	Arrivée		
Date	06/12/21	06/12/21	Distance (m)	13717.475
Heure	07:31:15	12:34:33	Durée	05:03:18
Altitude (m)	148	141	Vitesse moy (km/h)	2.714
Altitude min (m)	-3		Dénivelé + (m)	1258
Altitude max (m)	269		Dénivelé - (m)	1266
Altitude moy (m)	145			

Quantité de fichiers fusionnés





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