

<https://persoremy.fr/spip.php?article594>



la ciotat, bouches du Rhône, falaises soubeyranes, grotte de l'émigré, arche, bau rous..

- Randos



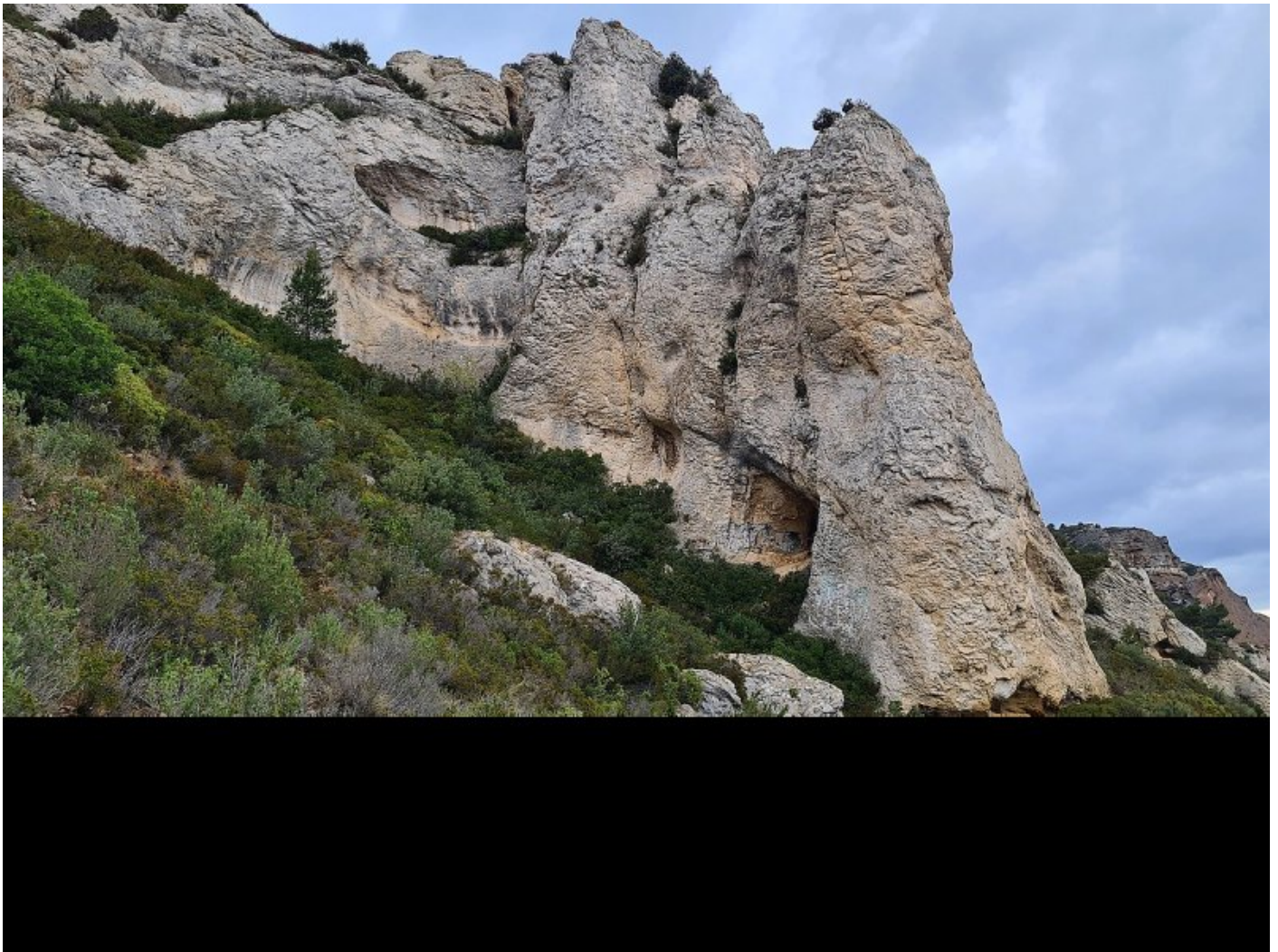
Date de mise en ligne : jeudi 21 avril 2022

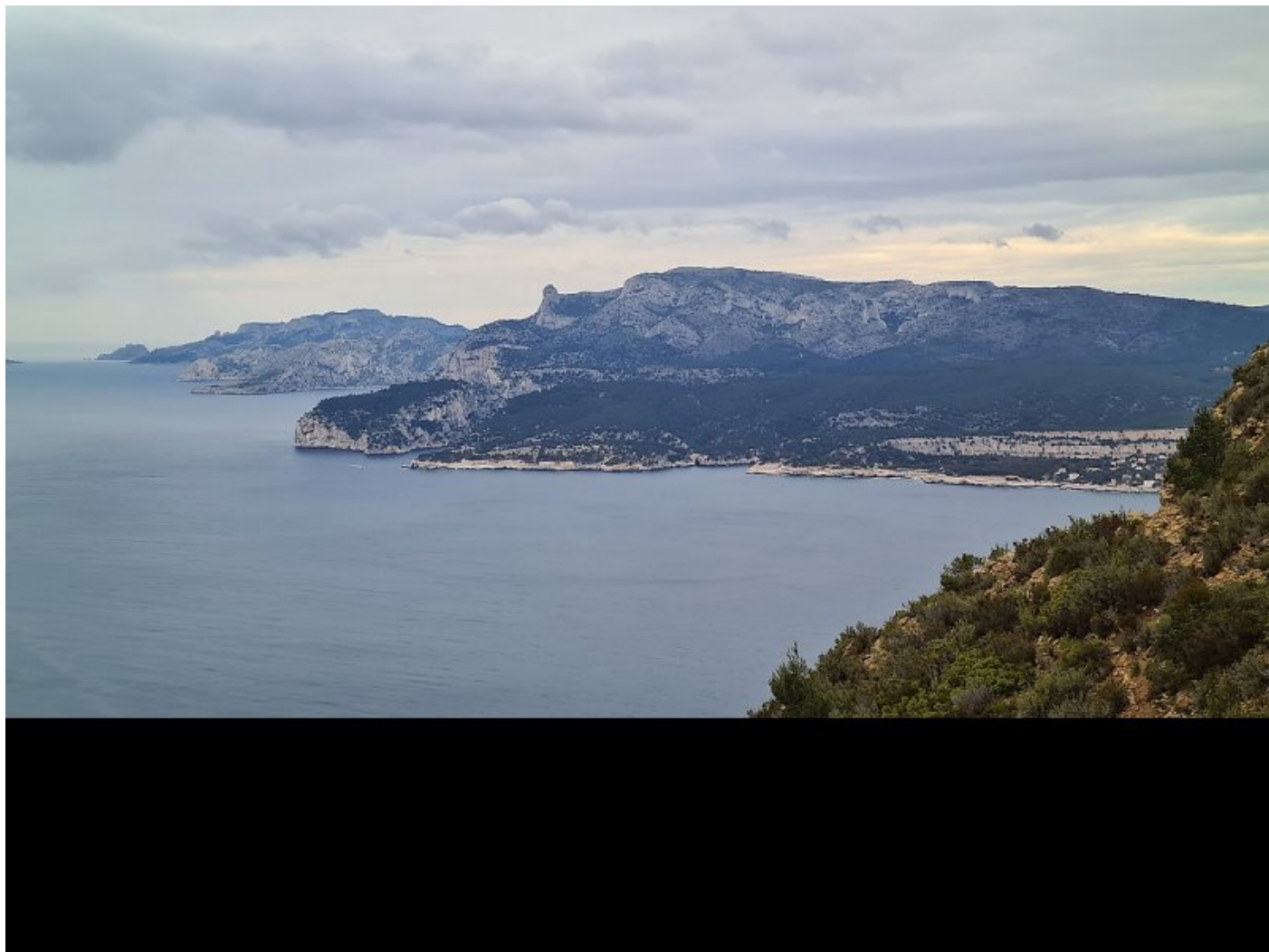
Date de parution : 21 avril 2022

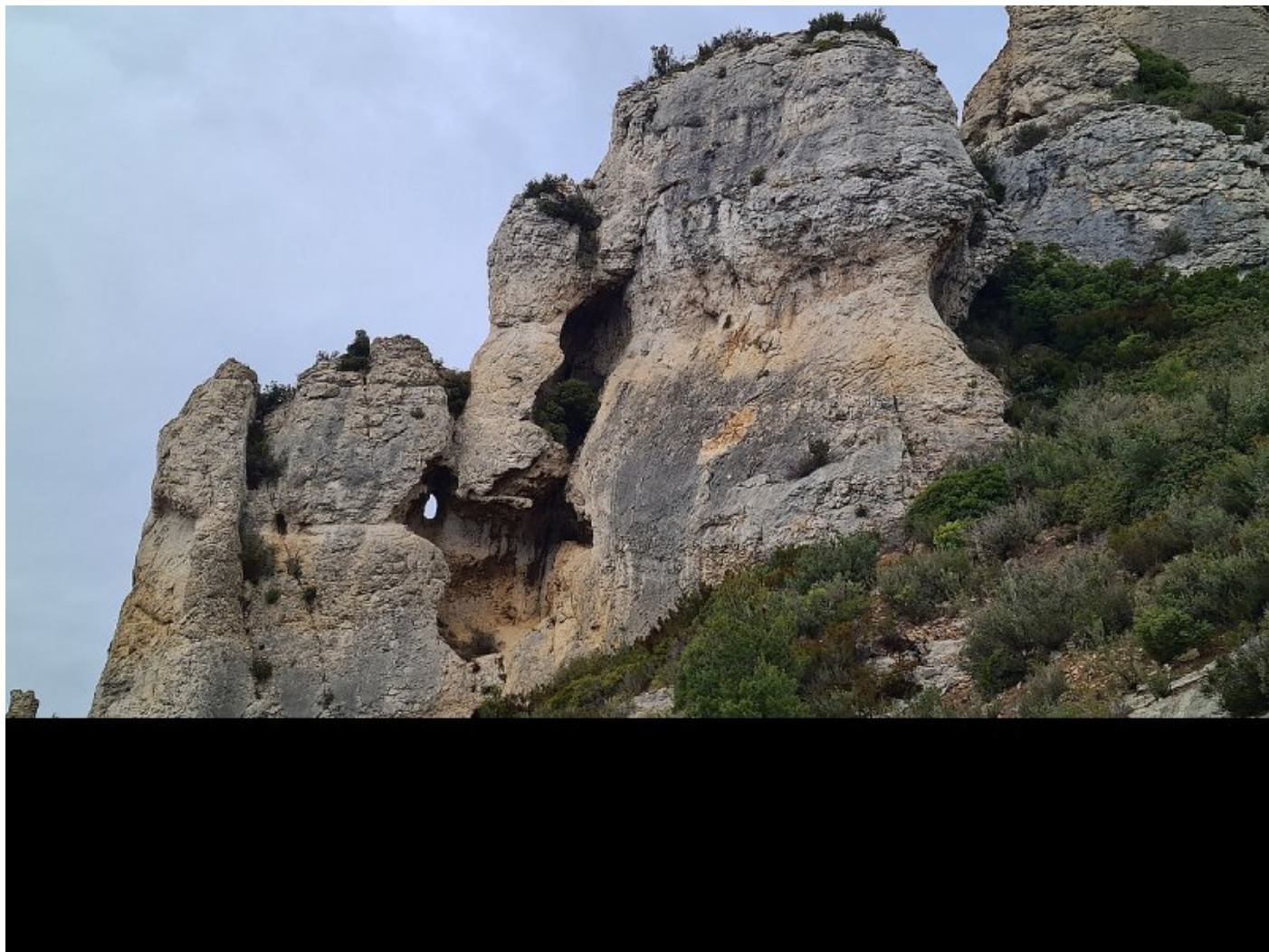
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le circuit IGN

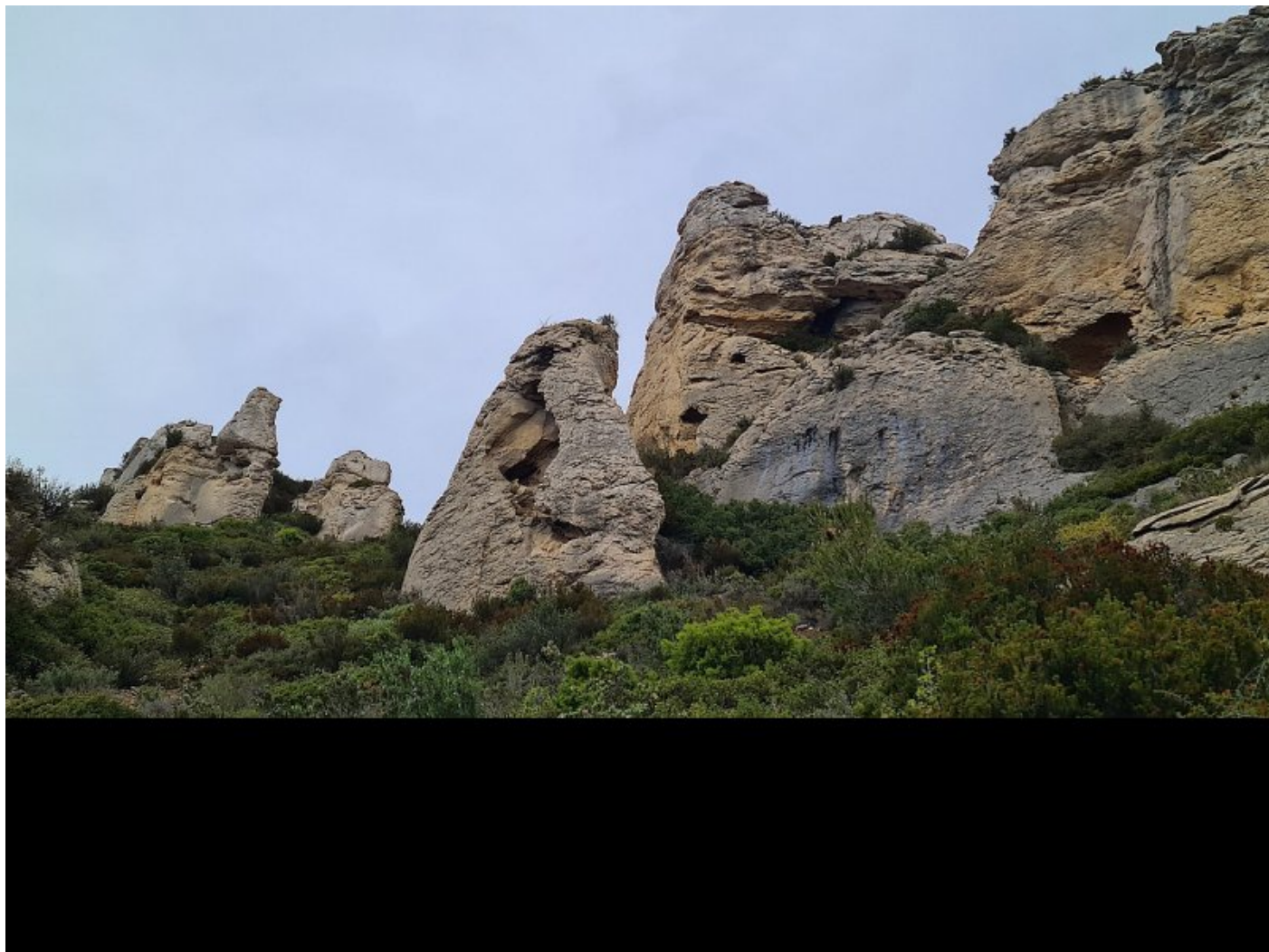
route des crêtes ,cassis la Ciotat,se garer après la citerne, rando de 7kms896 moyenne, en 4h30 et 257 m de dénivelé, le sentier jaune de crêtes, tout de suite une sente à droite, qui rejoint le sentier noir , la grotte de l'émigré, puis un aller retour tant que le sentier est facile, puis avant la grotte, pointillés noirs, on monte, la falaise, quelques ouvertures, avec corde, possibilité de remonter, nous préférons l autre pour rejoindre le jaune, jusqu'à la 2e piste, on passe à côté d'un aven..puis la route qu'on descend, dans le grand virage, sentier pour rejoindre le pont naturel, on remonte pour rejoindre le bau rous, la route, puis un sentier pour rejoindre la voiture





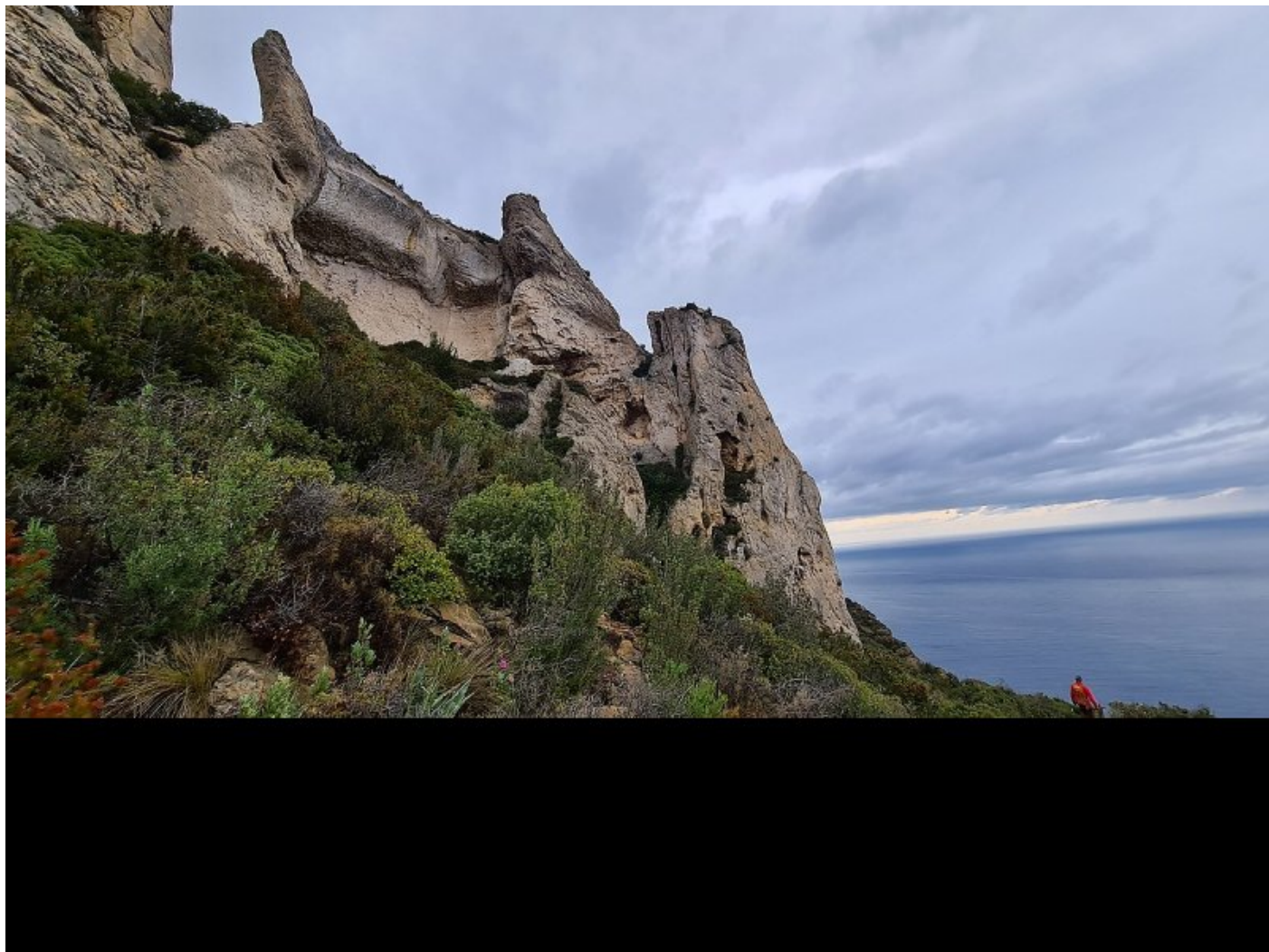




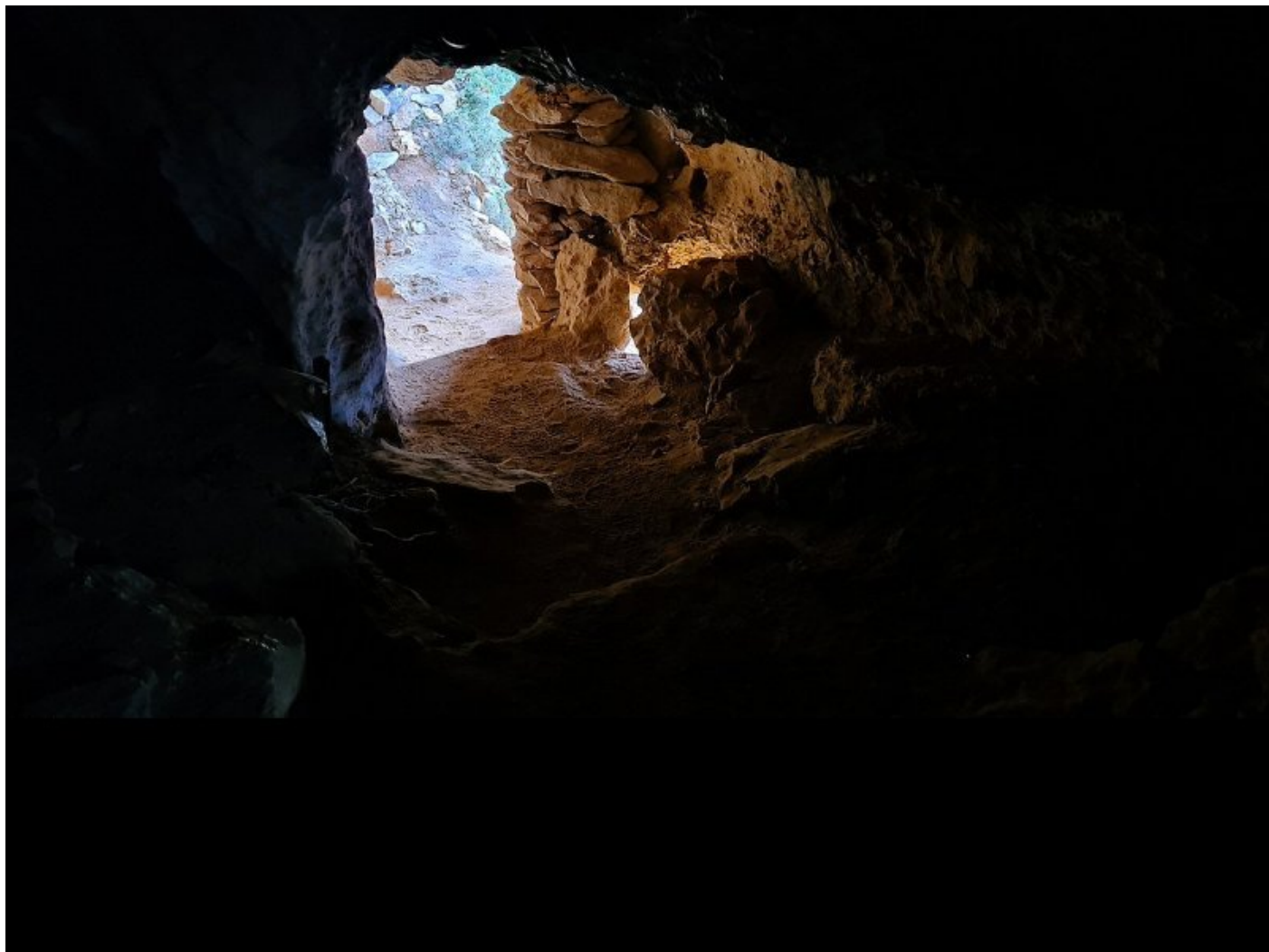














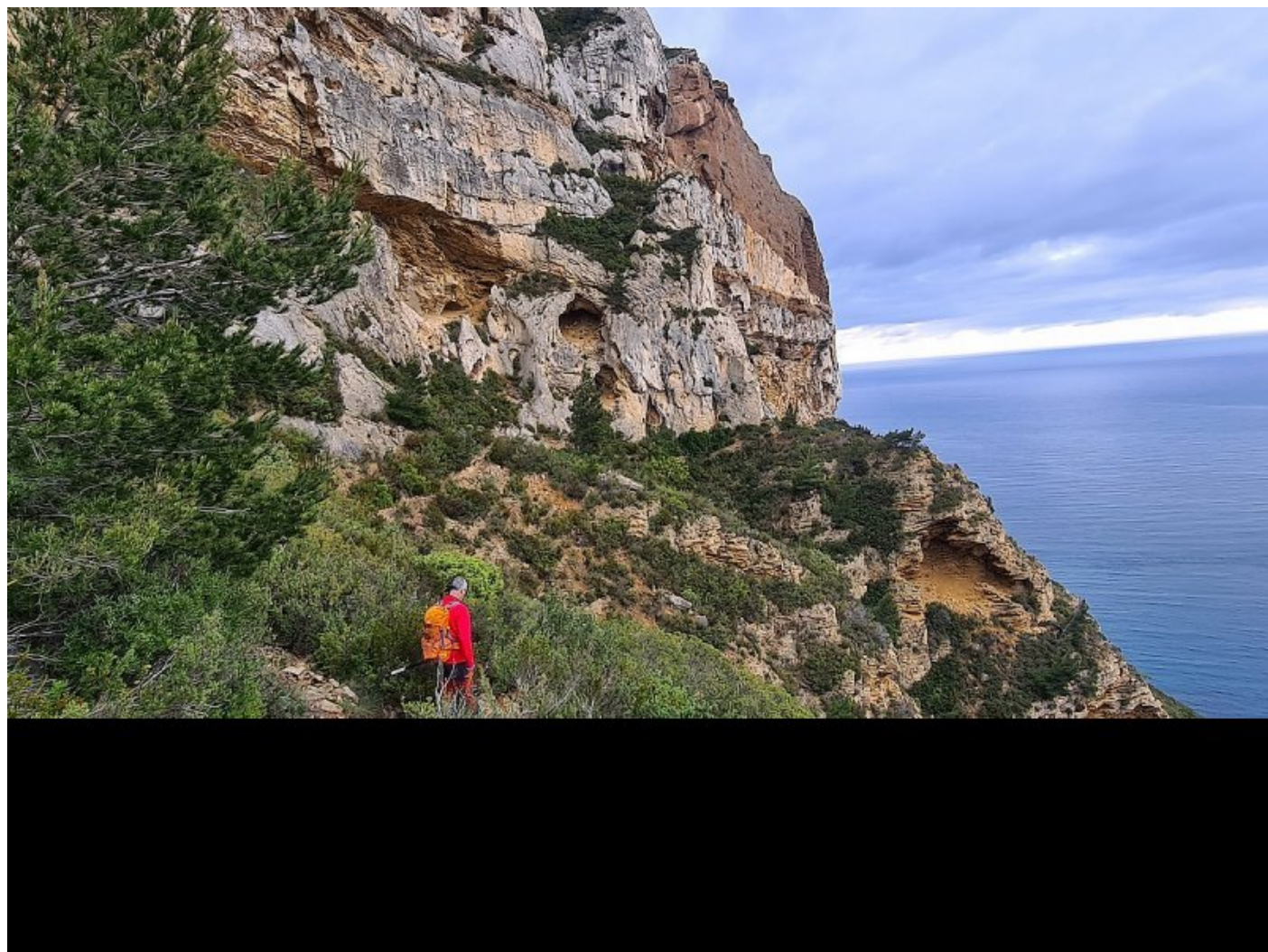


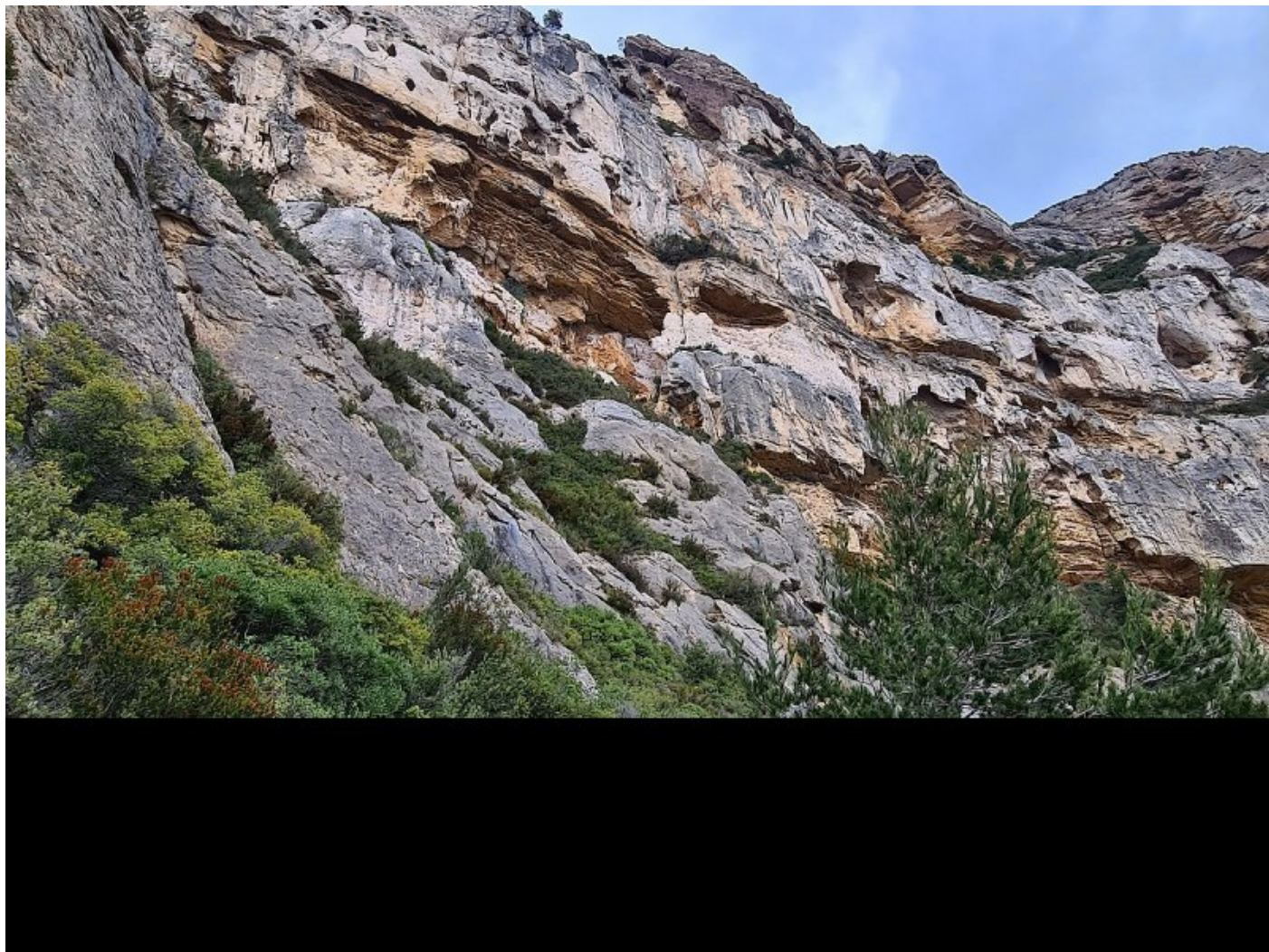




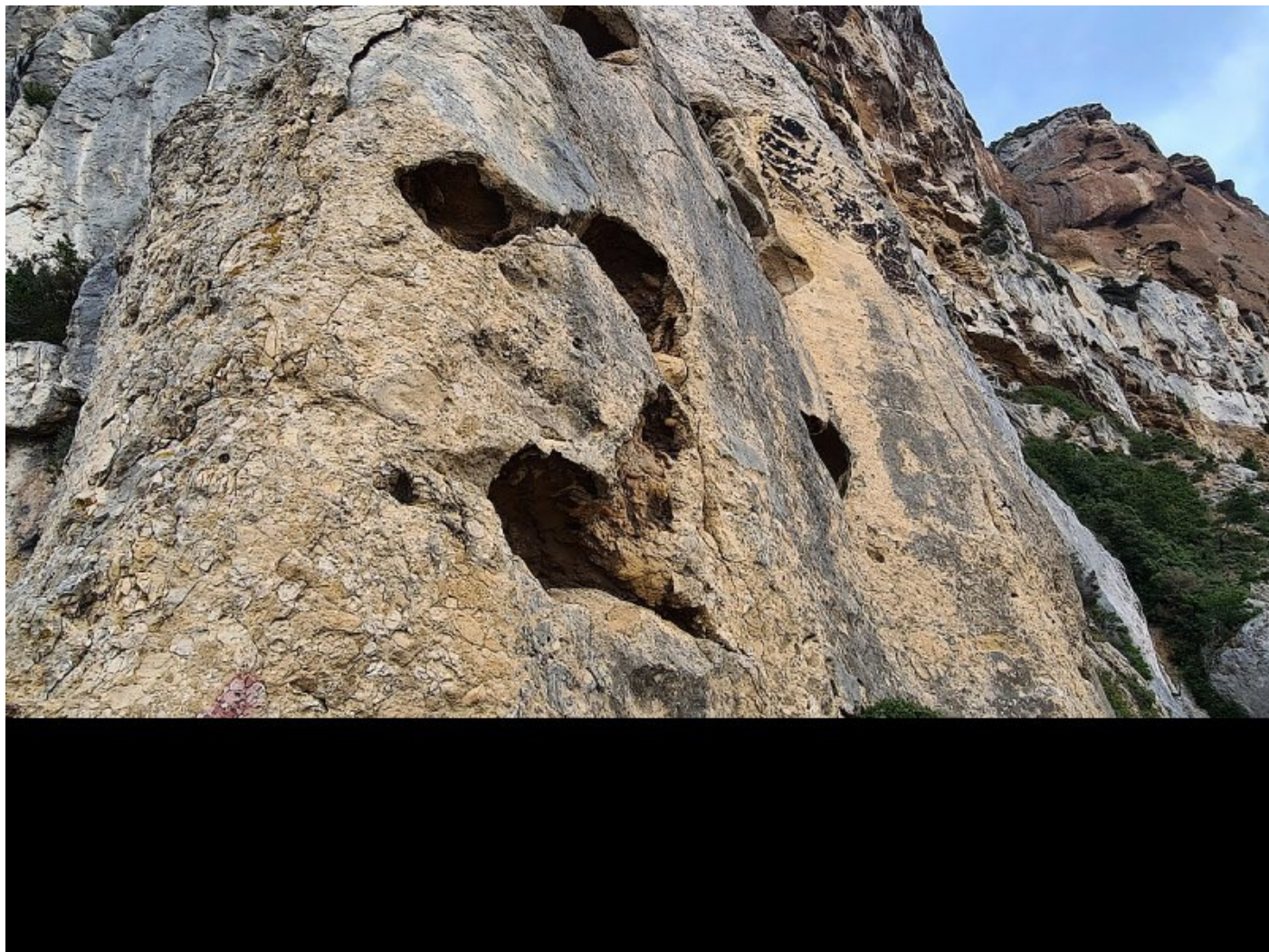




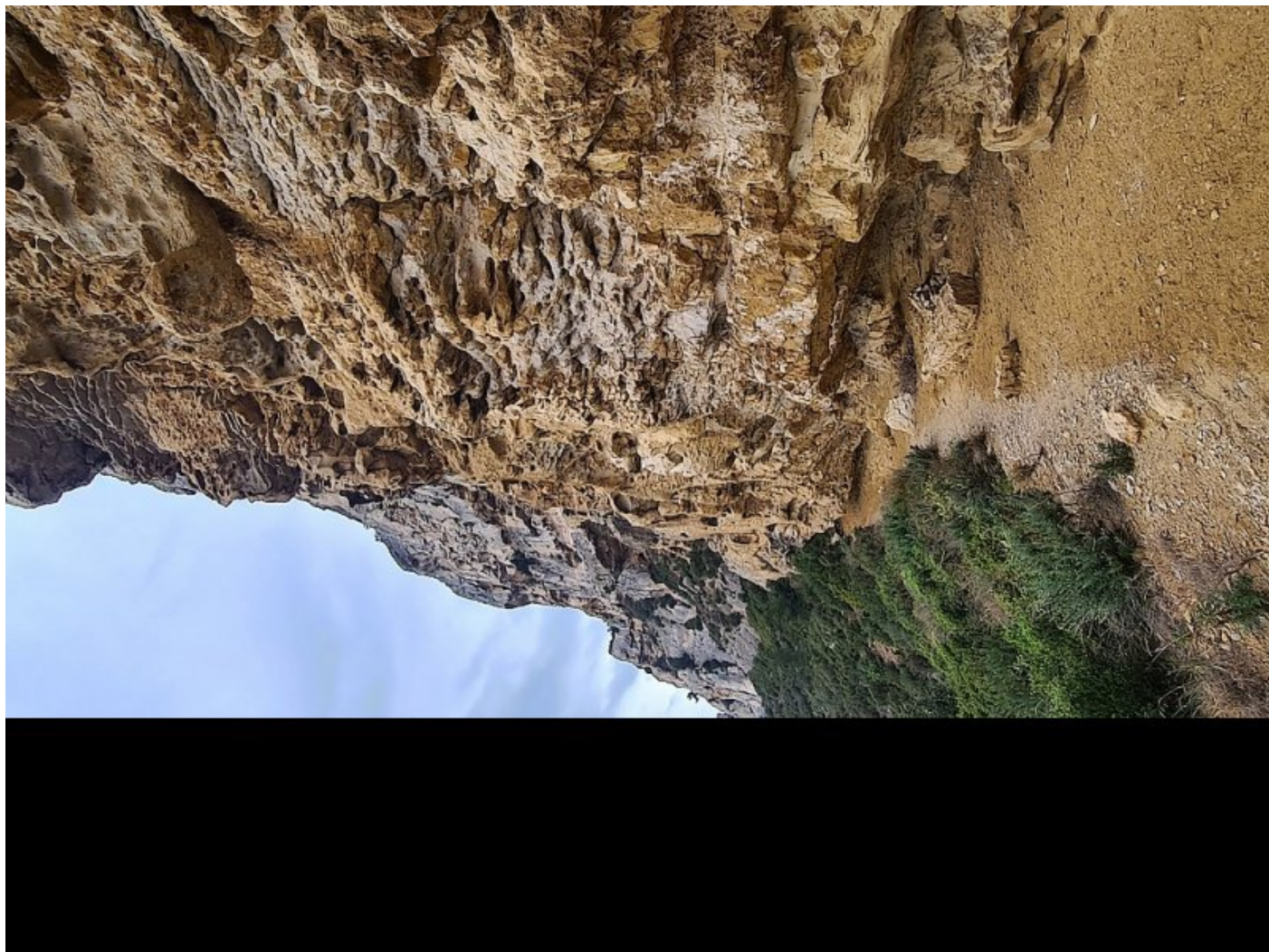


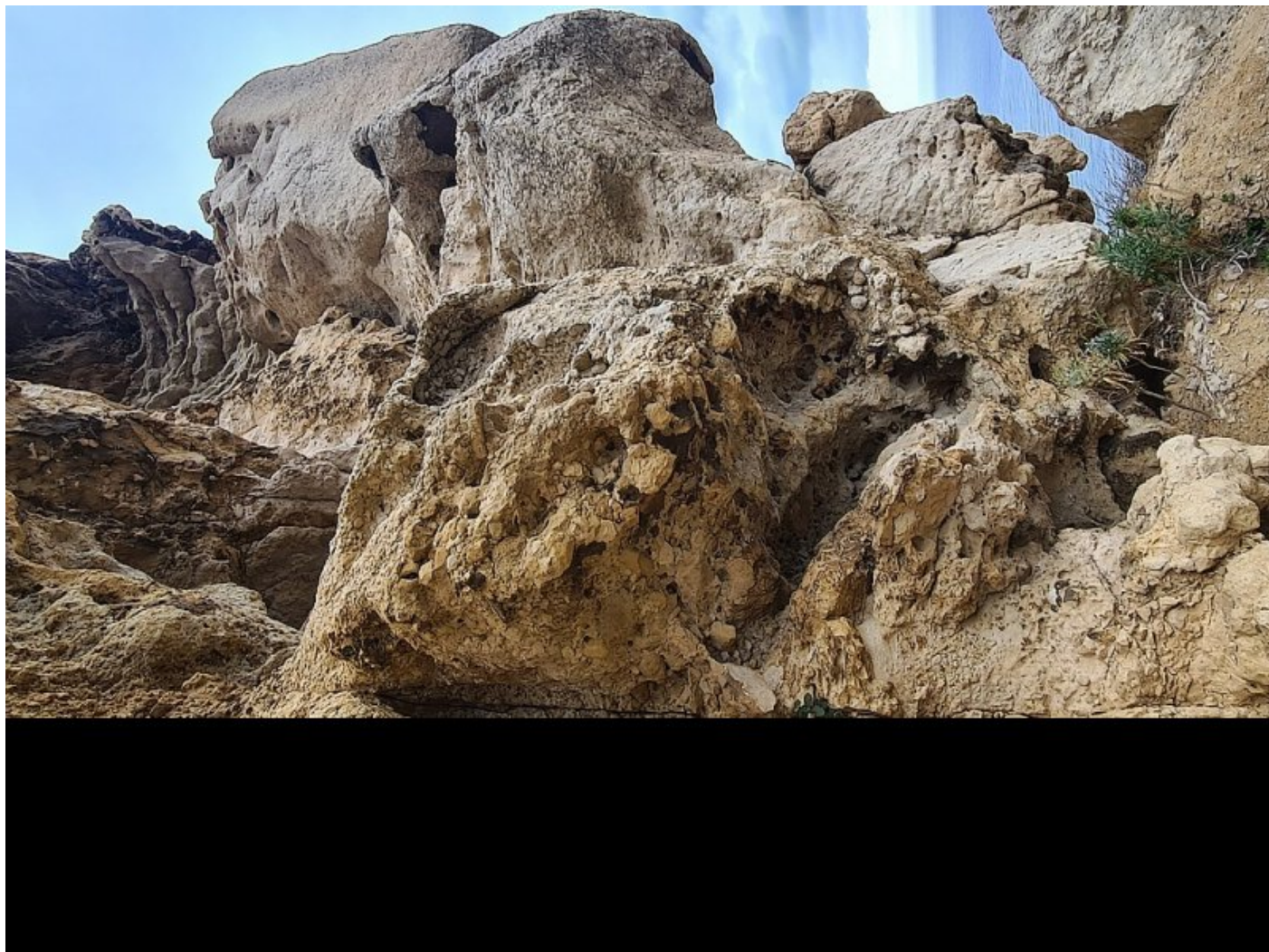




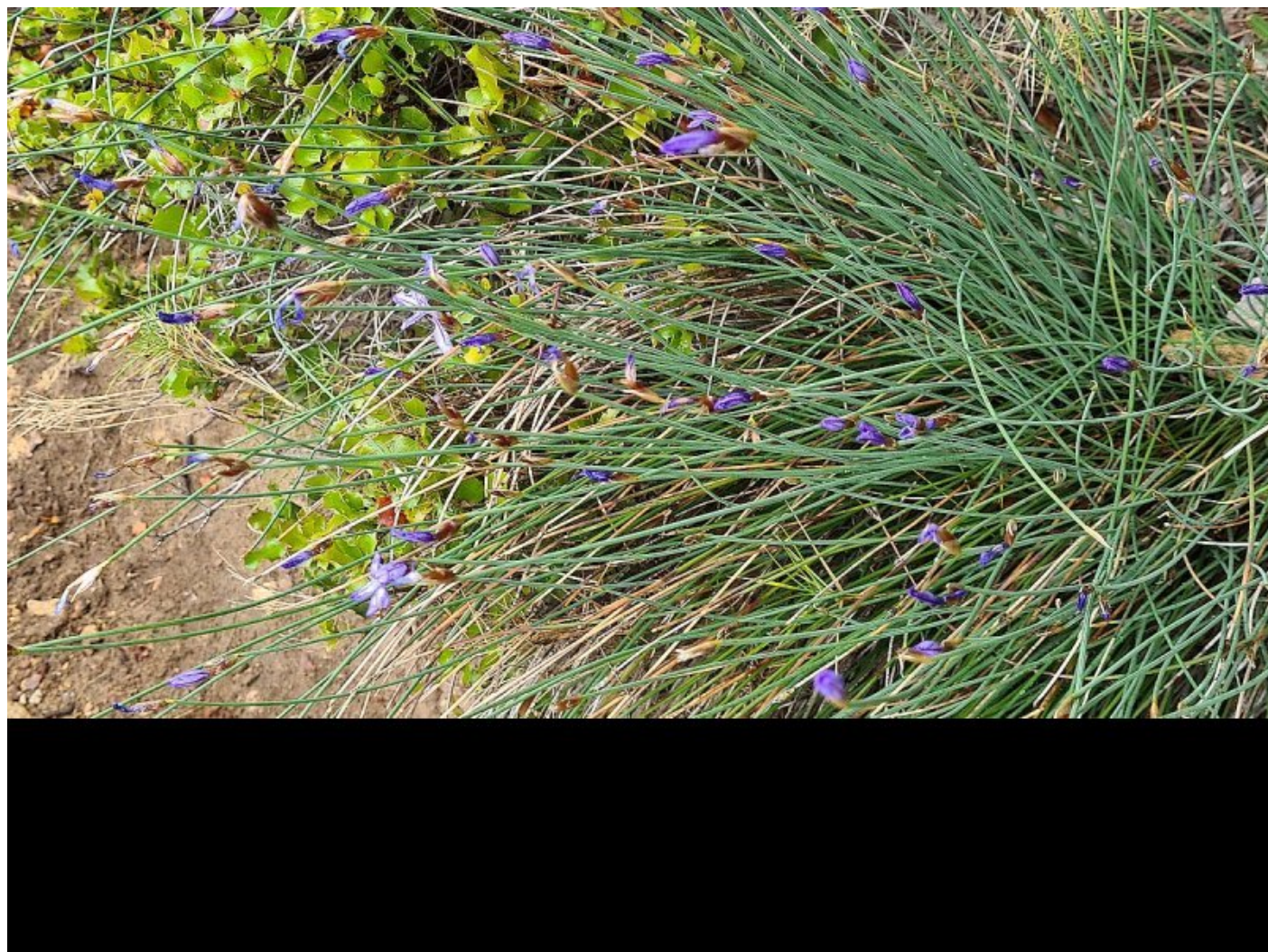




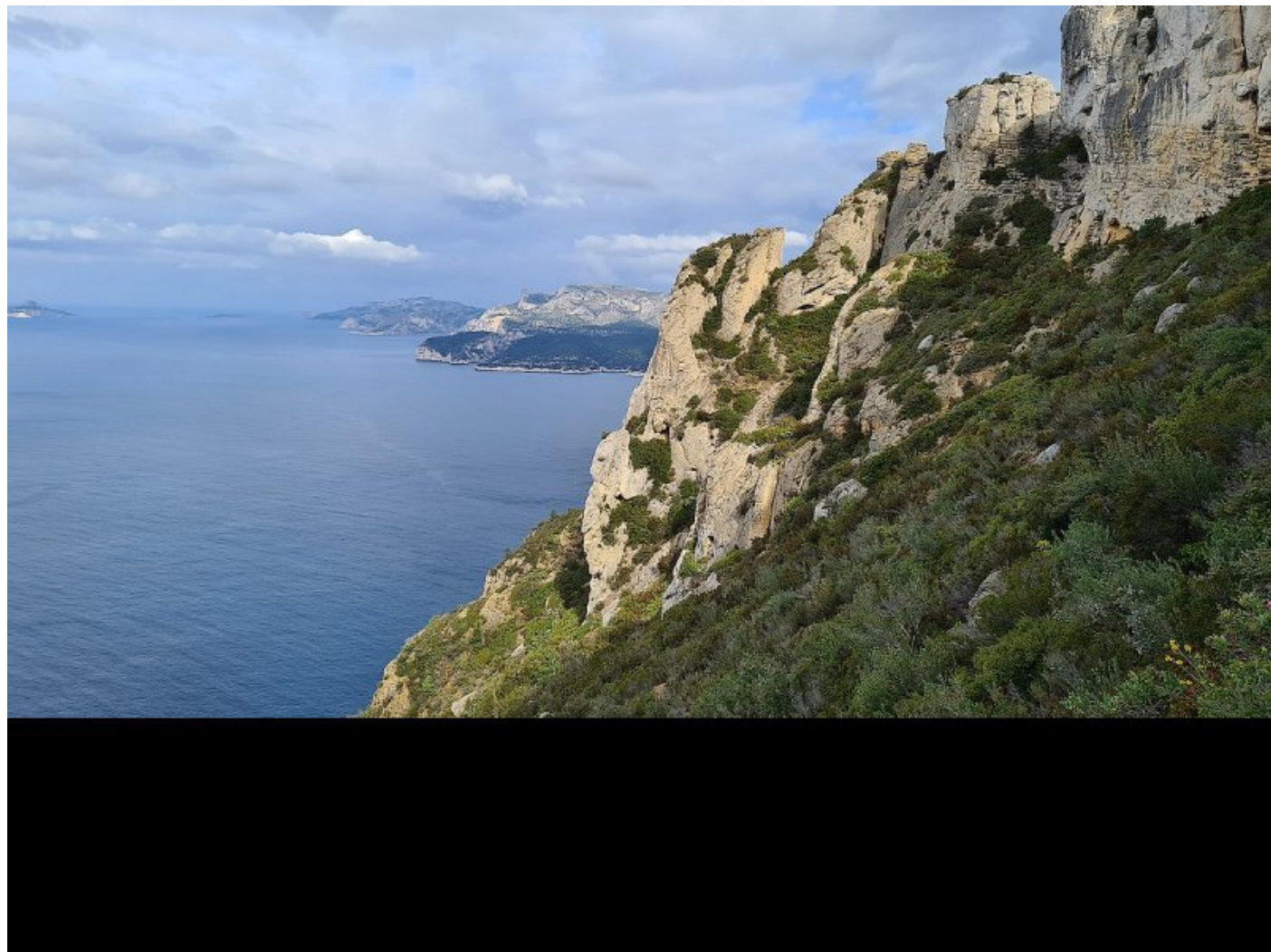


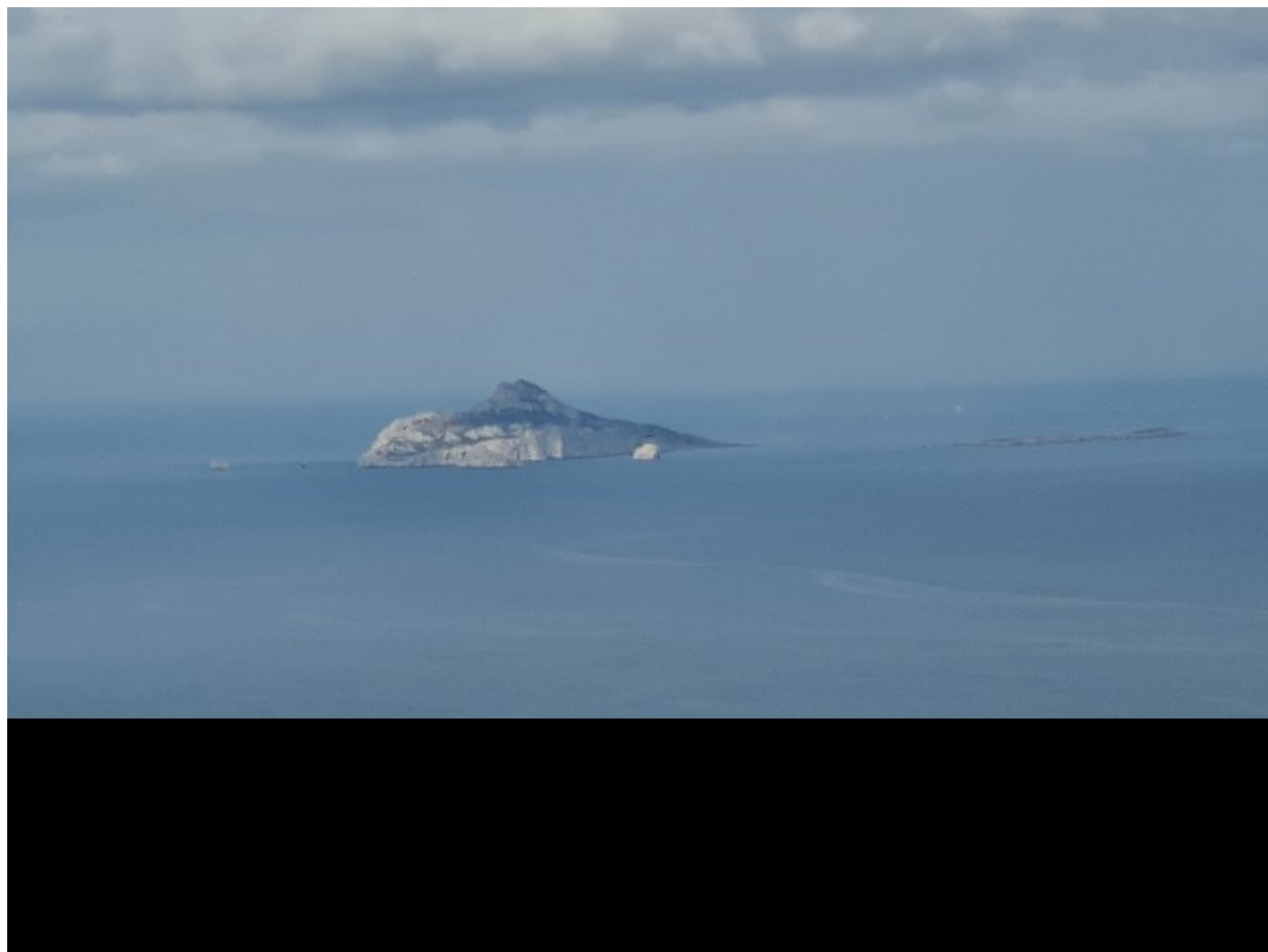




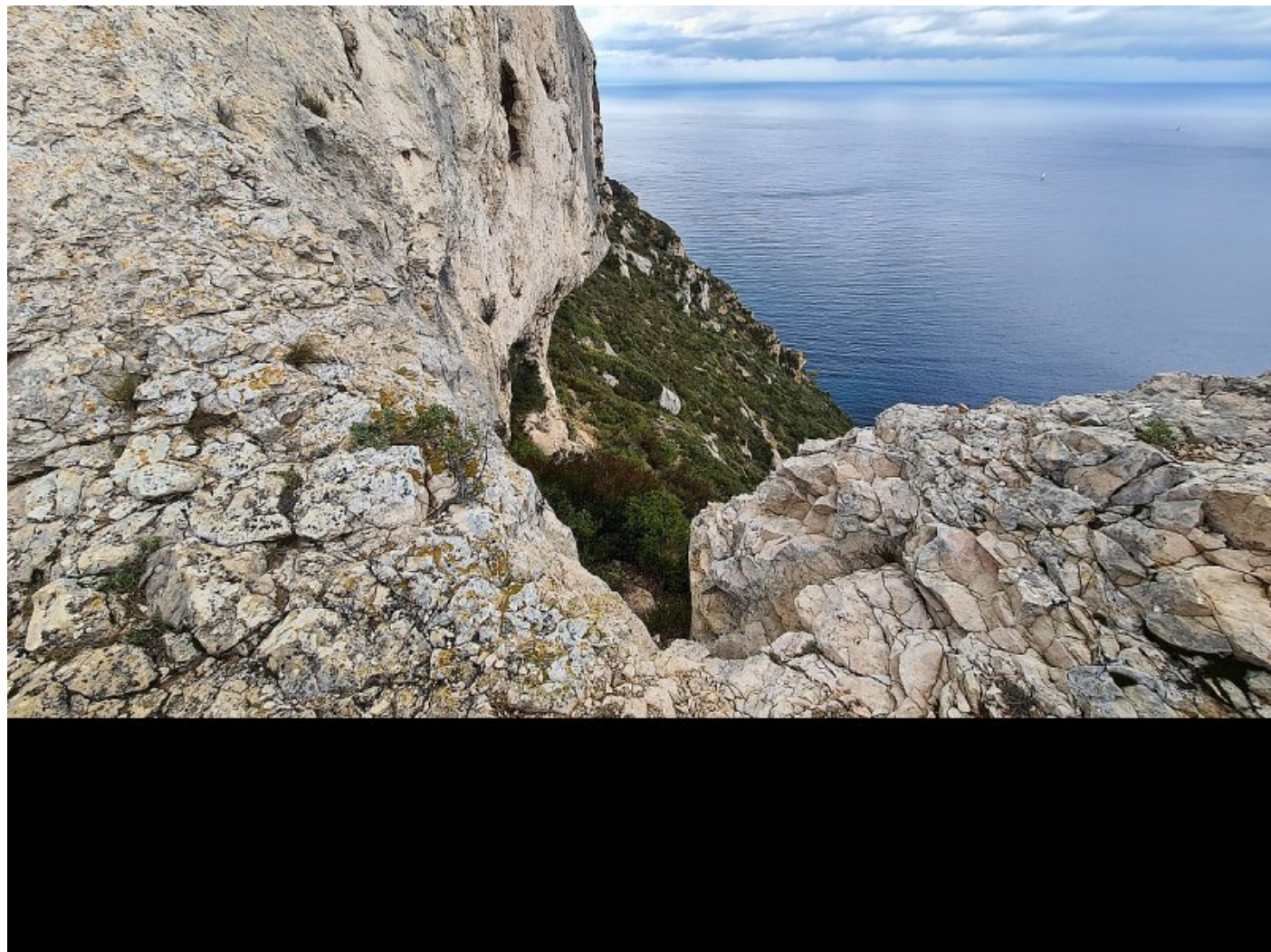




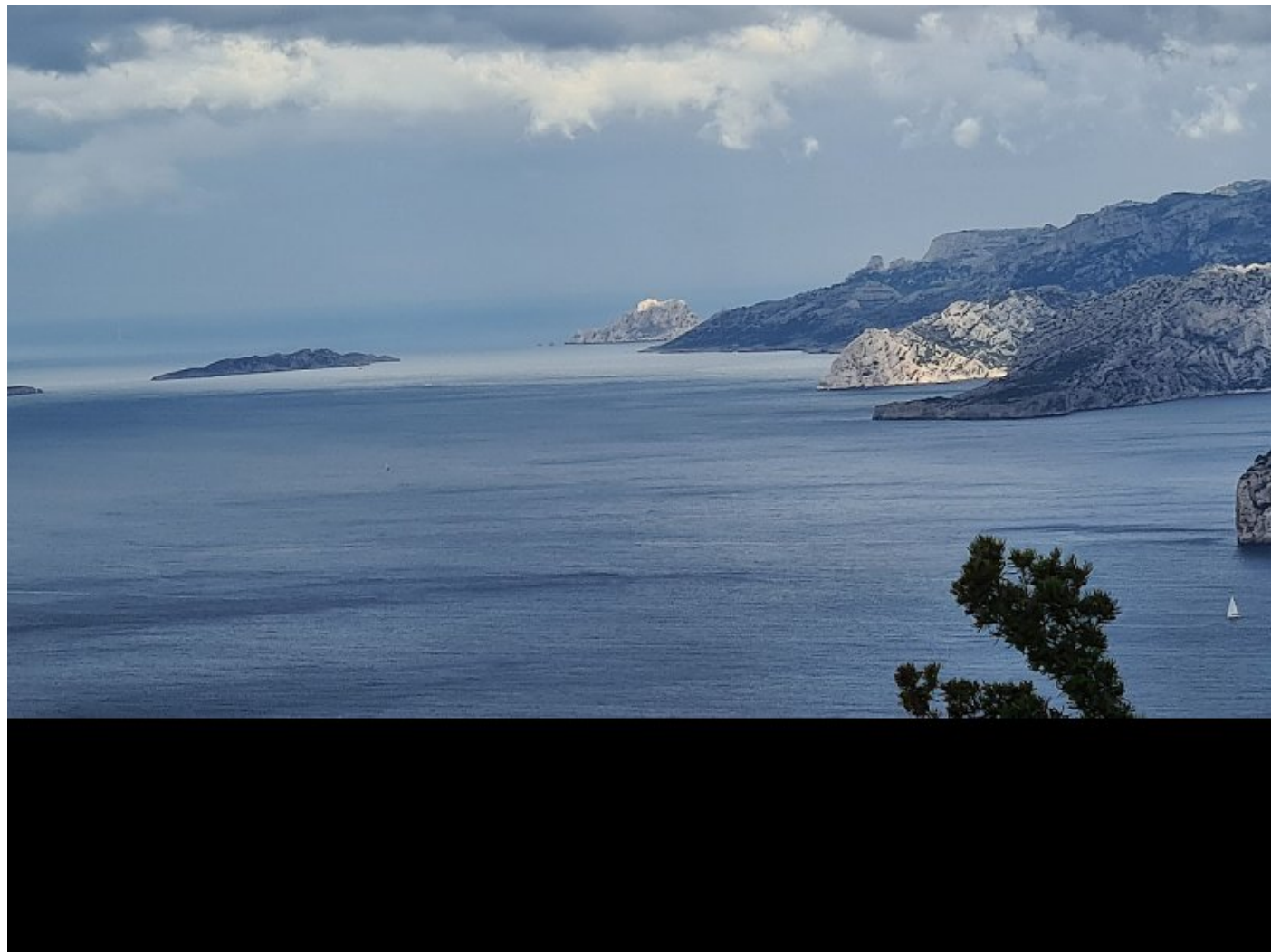








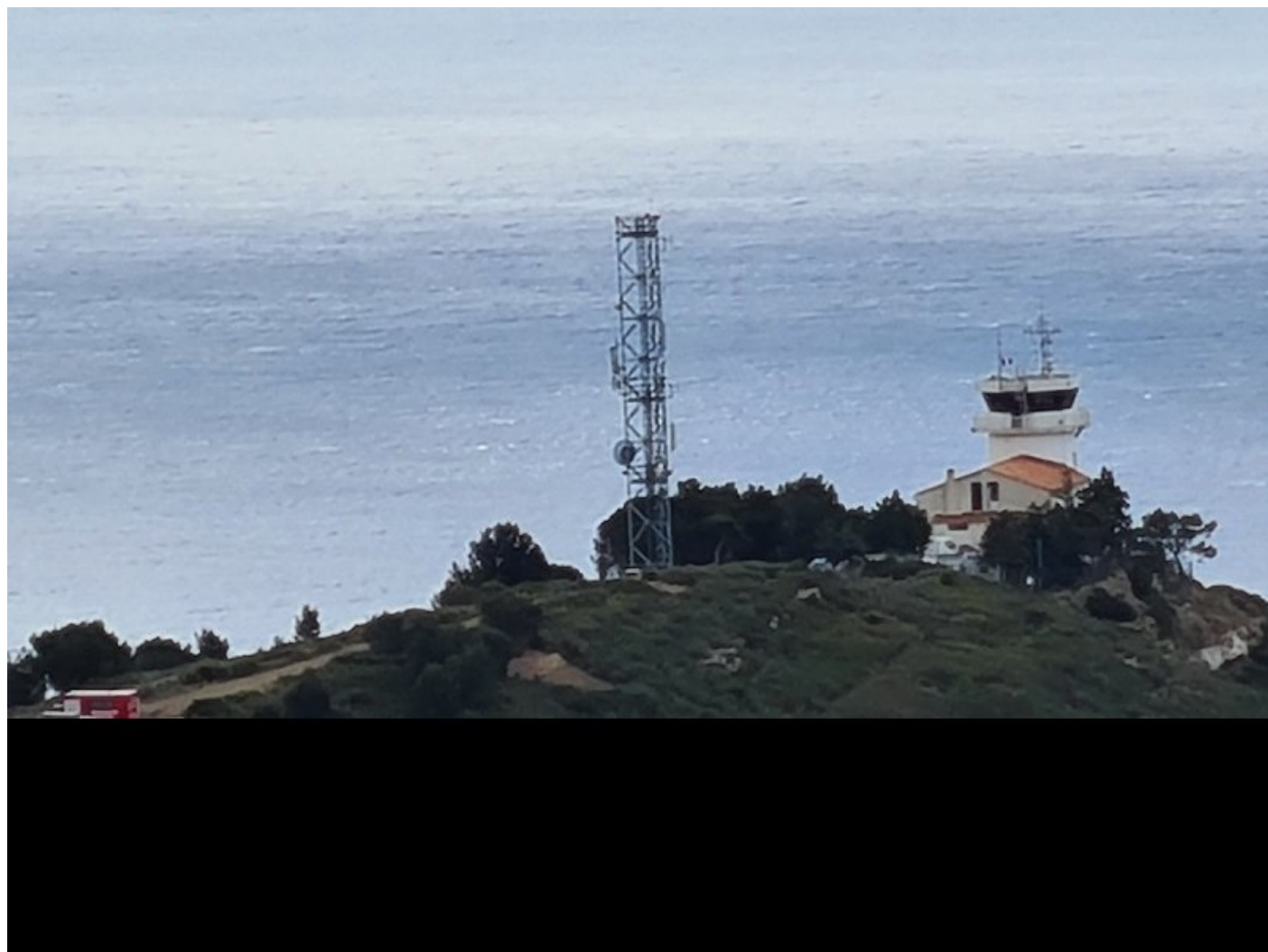


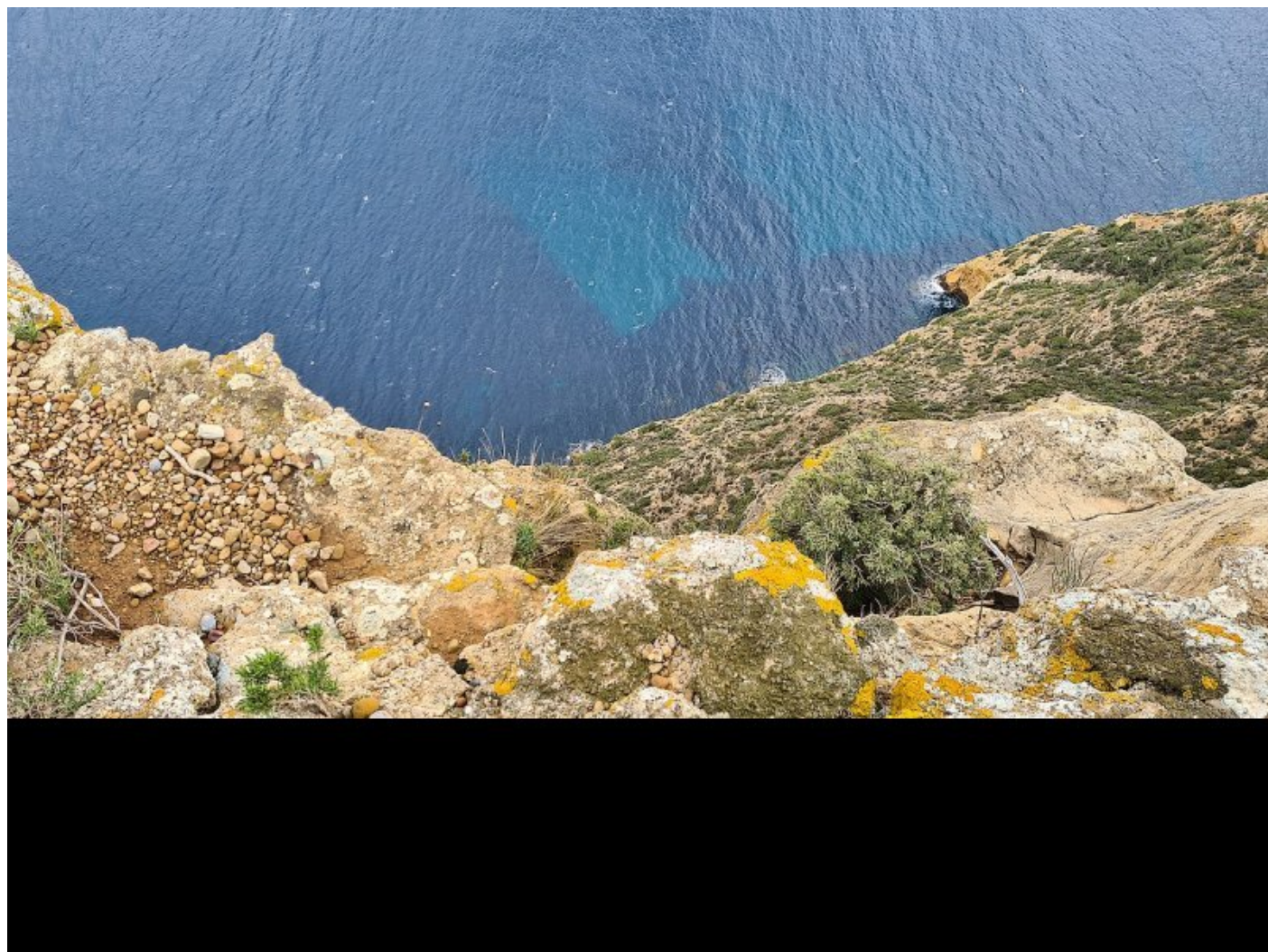


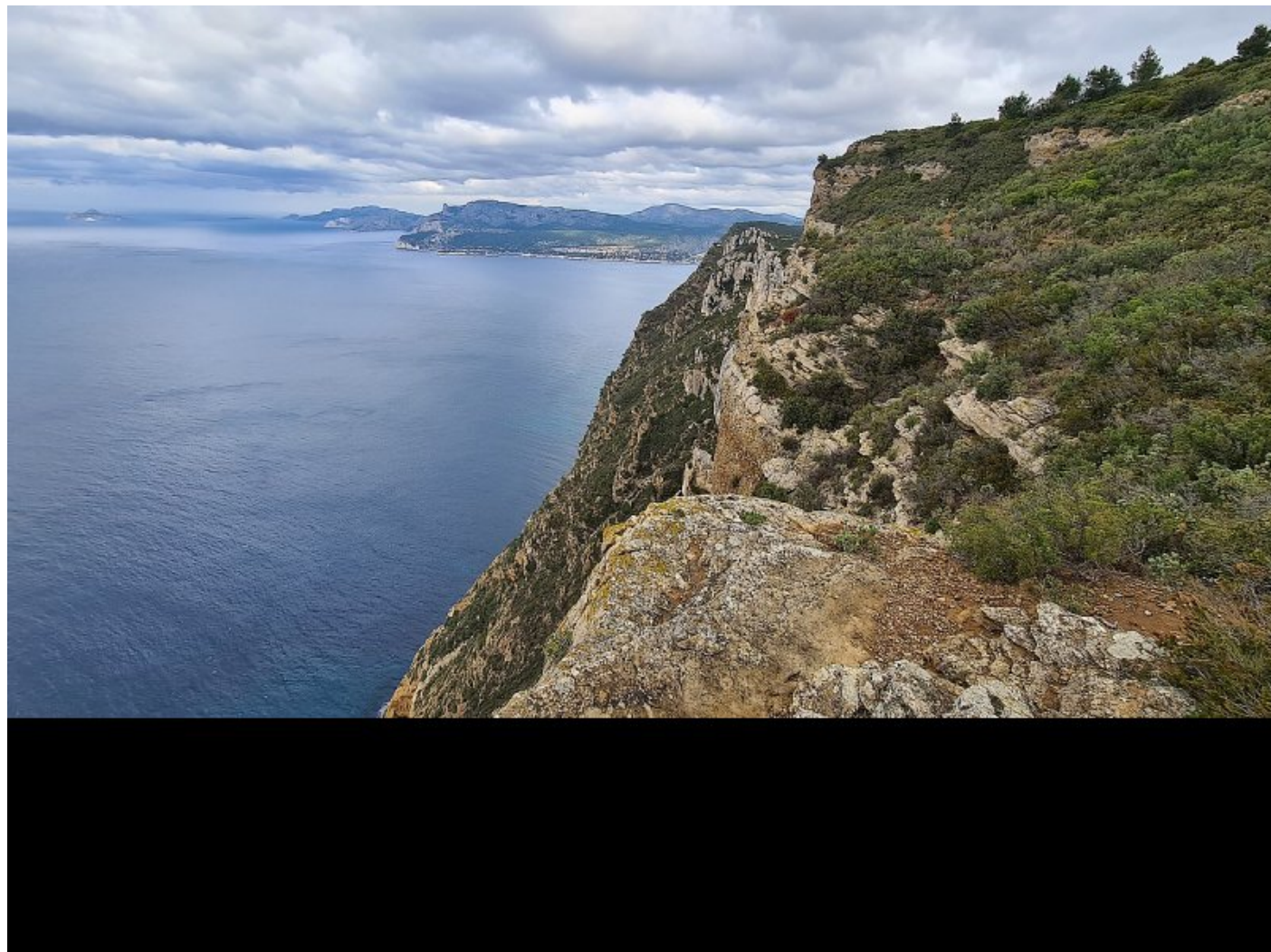














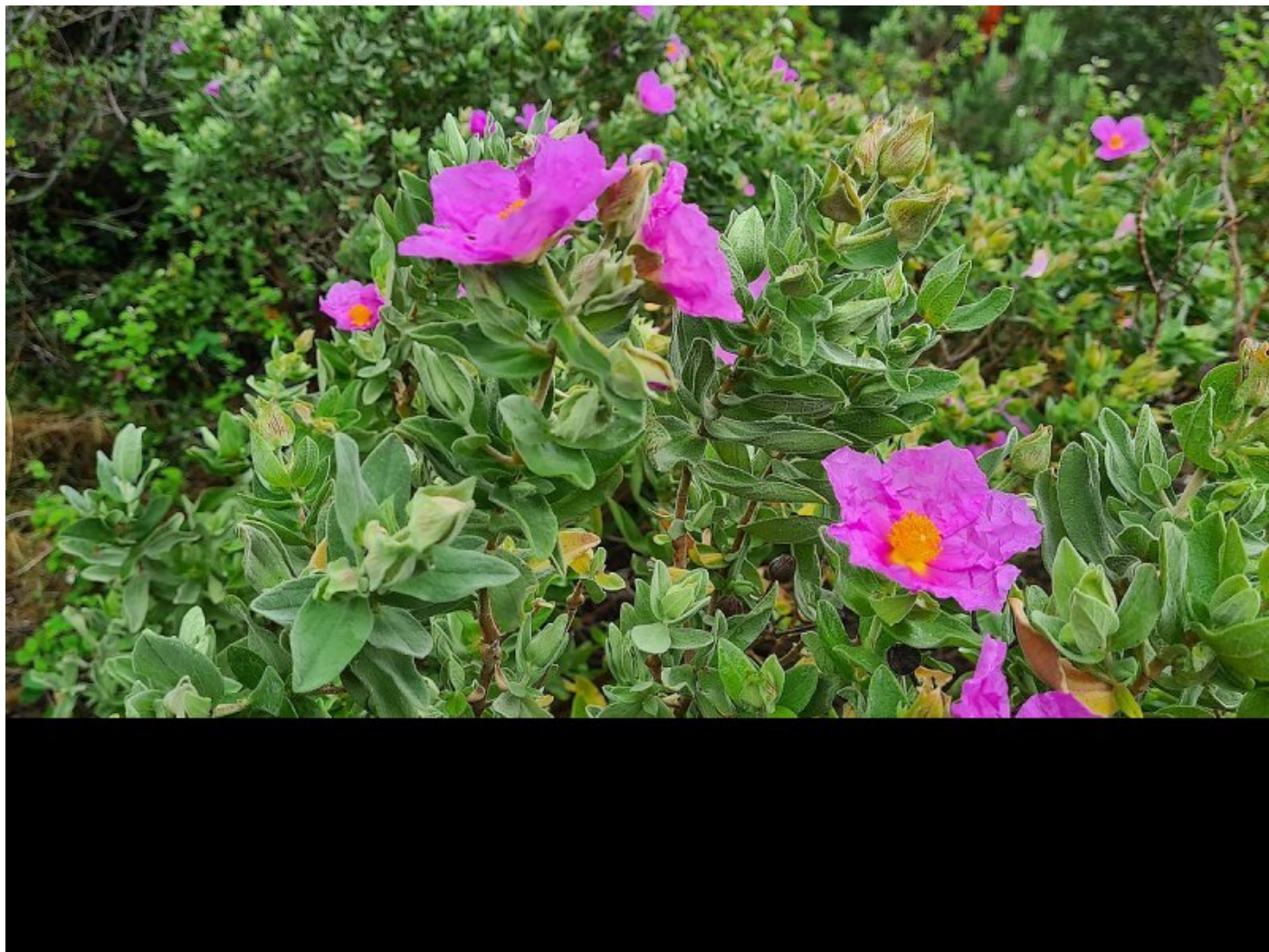
















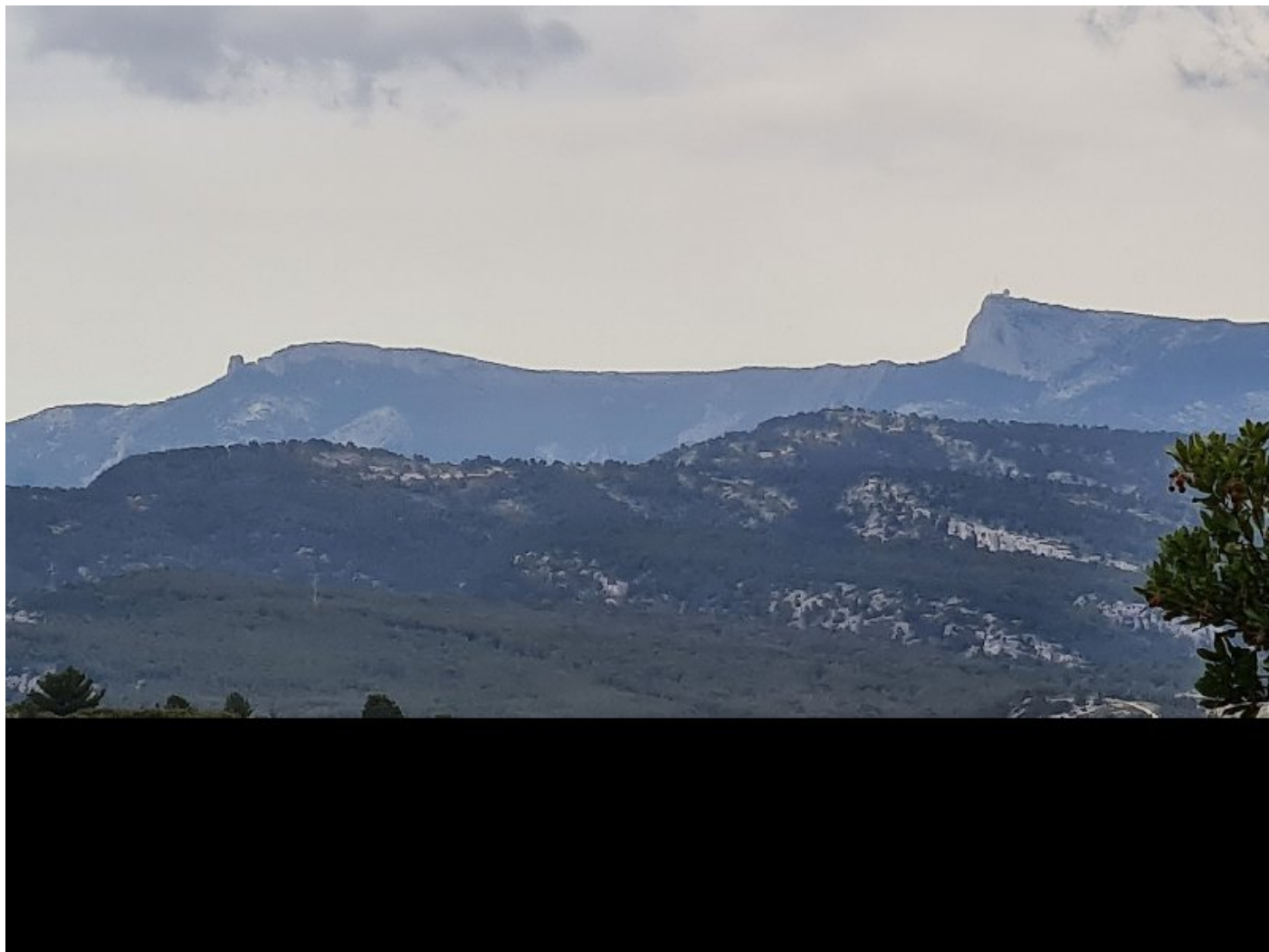




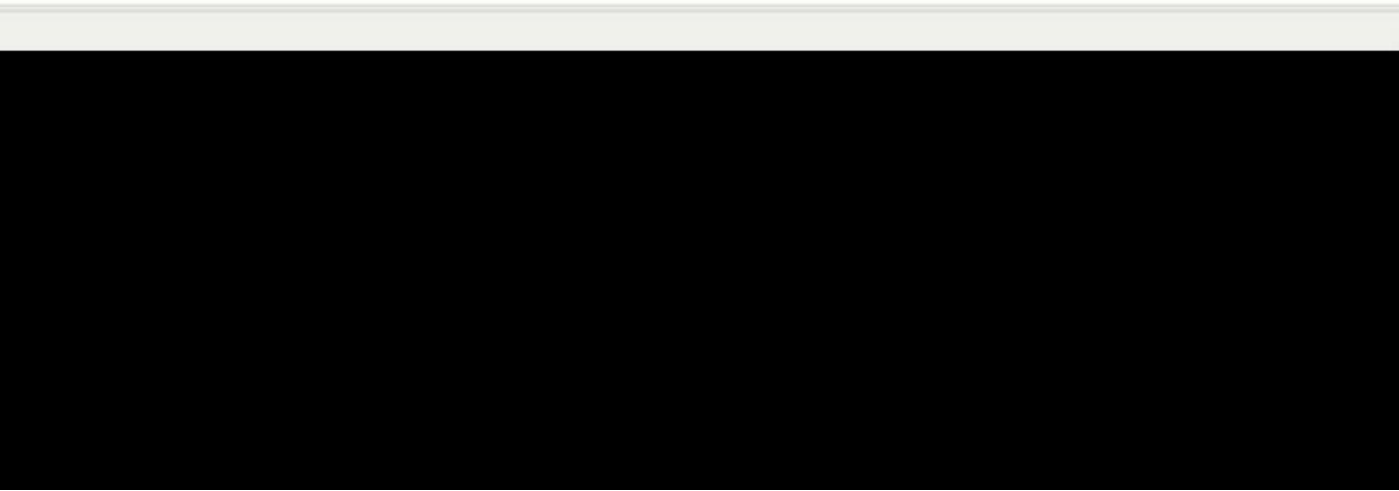


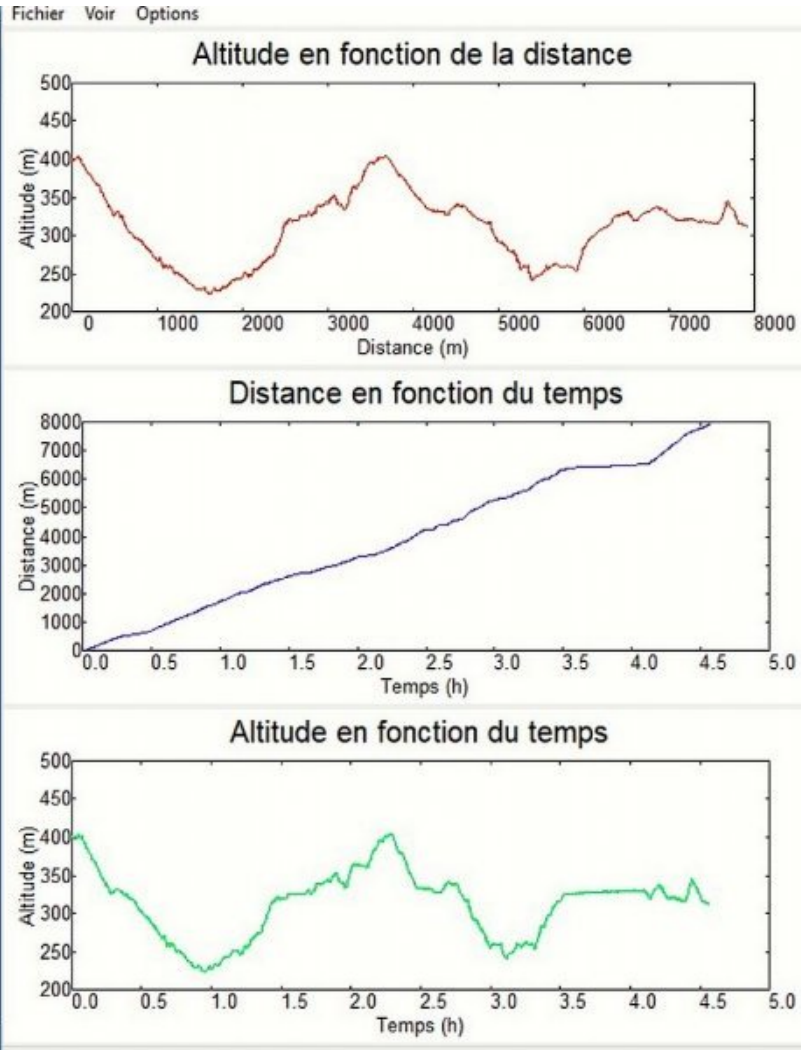


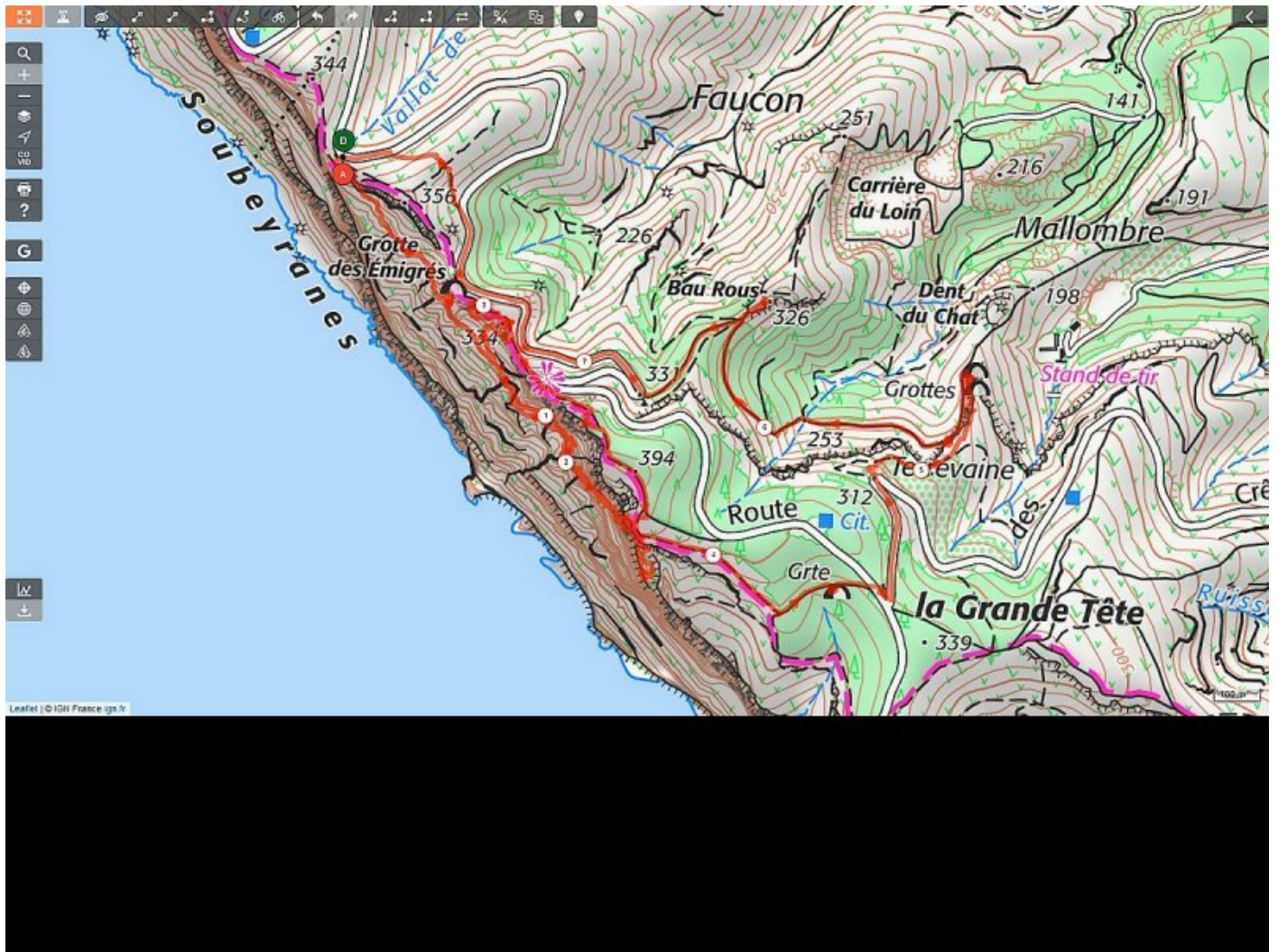


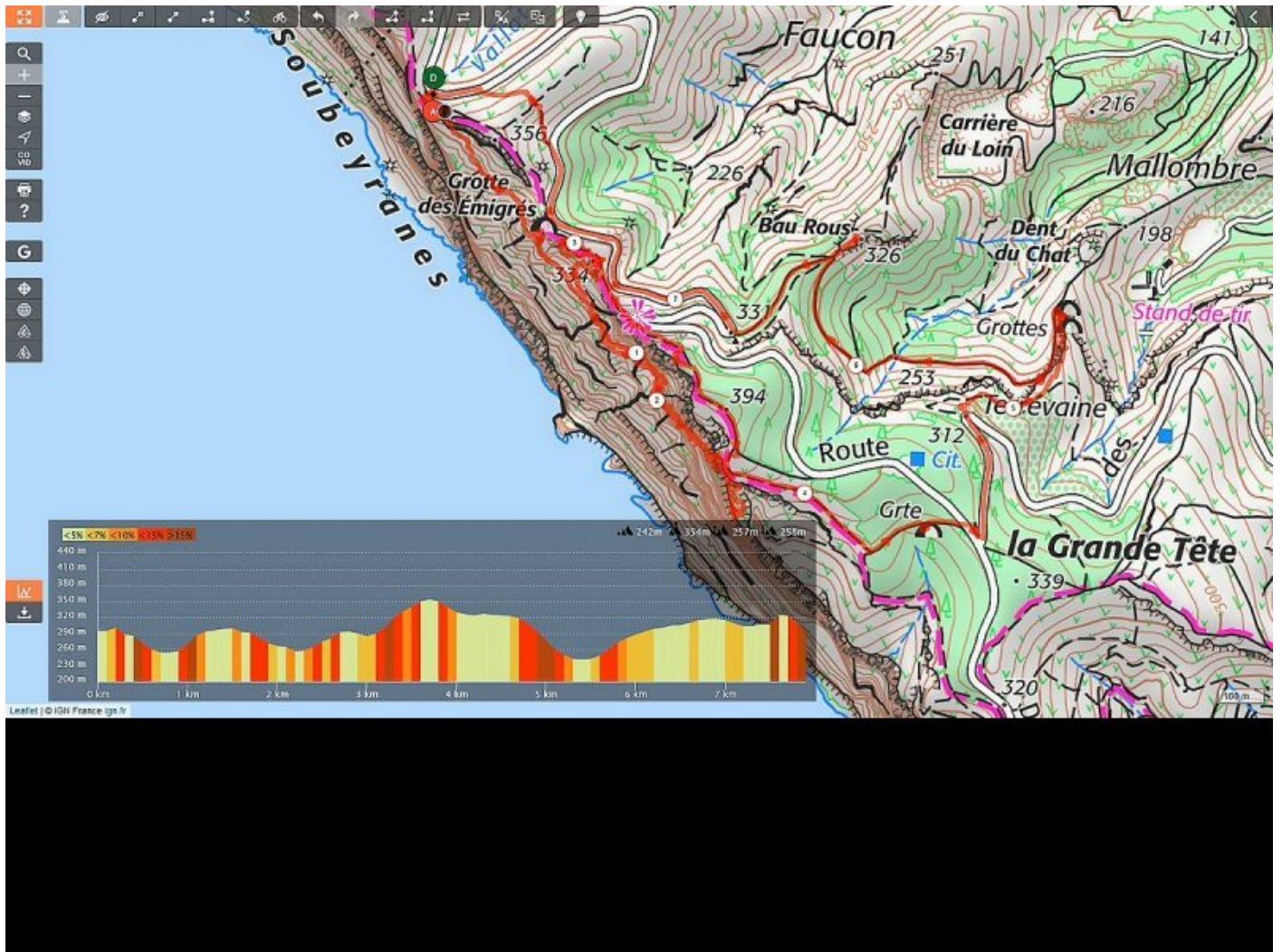


	Départ	Arrivée		
Date	21/04/22	21/04/22	Distance (m)	7926.992
Heure	06:23:20	10:57:26	Durée	04:34:05
Altitude (m)	401	312	Vitesse moy (km/h)	1.735
Altitude min (m)	224		Dénivelé + (m)	548
Altitude max (m)	403		Dénivelé - (m)	638
Altitude moy (m)	310			









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