

<https://persoremy.fr/spip.php?article633>



**ste baume, gémenos, bouches
du rhône, chemin de glace,
abri aubagnais, glacière, vallon
du fauge, pic et col de**



, plan des vaches ,

Date de mise en ligne : jeudi 16 mars 2023

Date de parution : 16 mars 2023

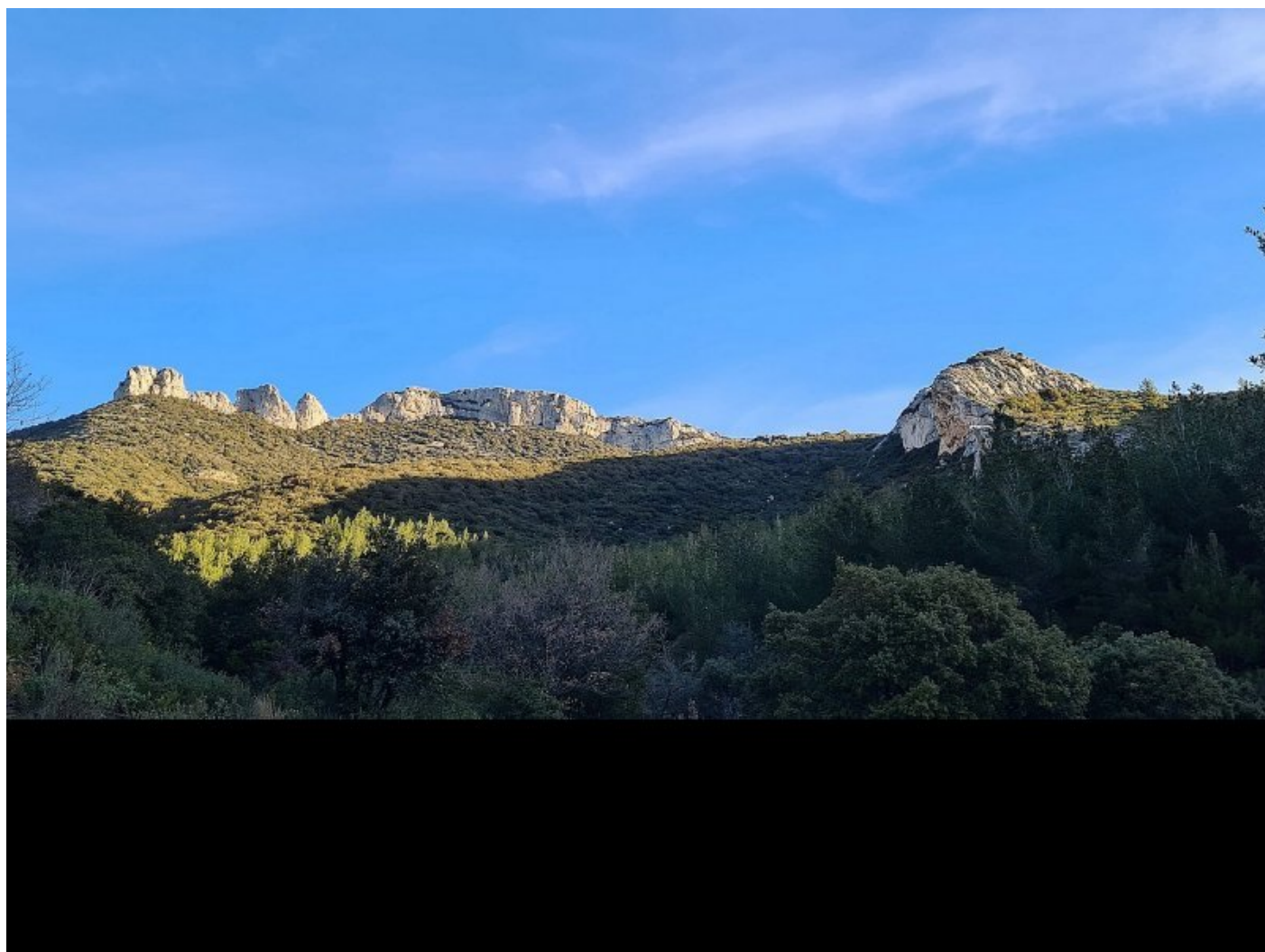
dents de roque forcade

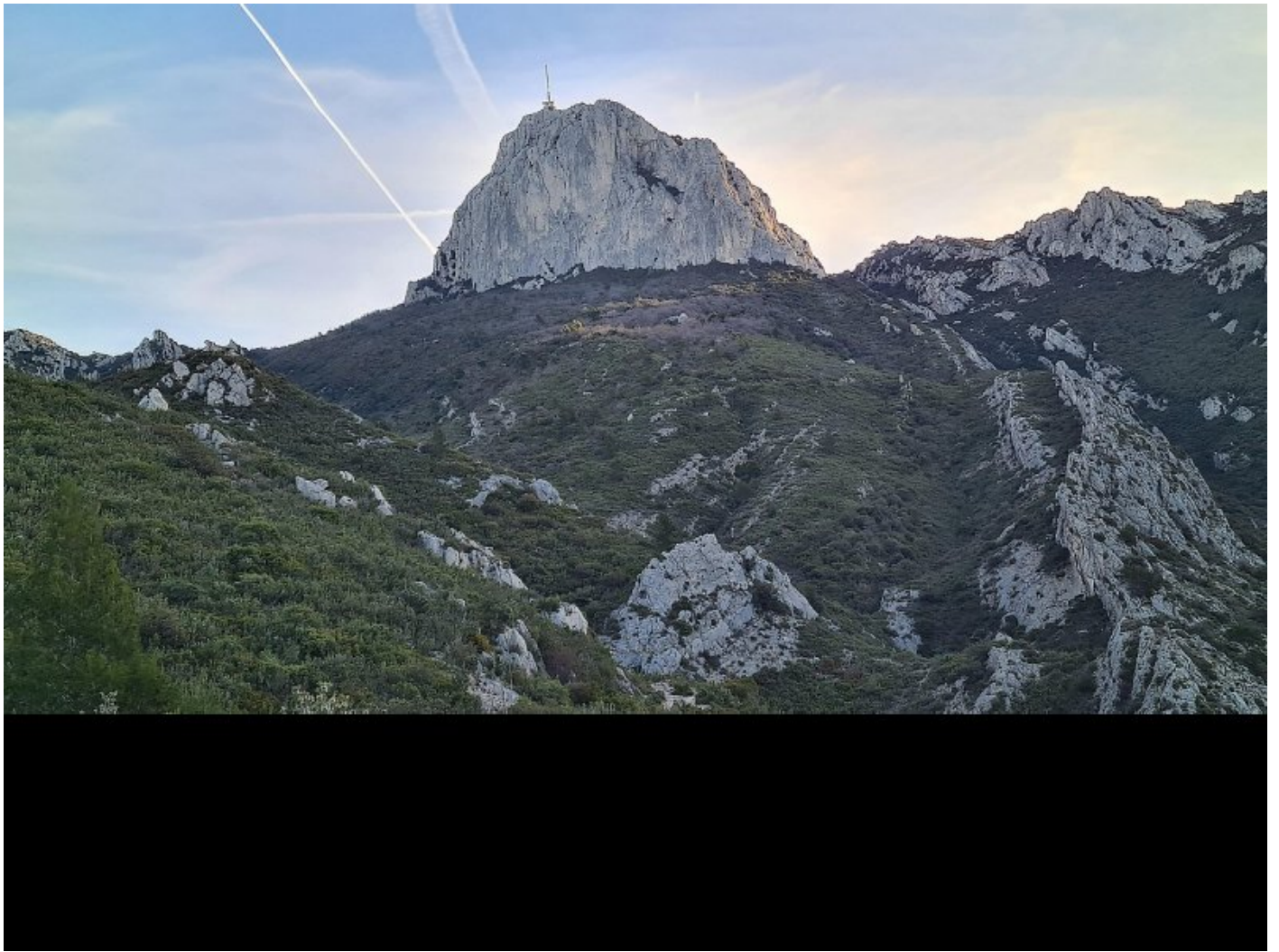
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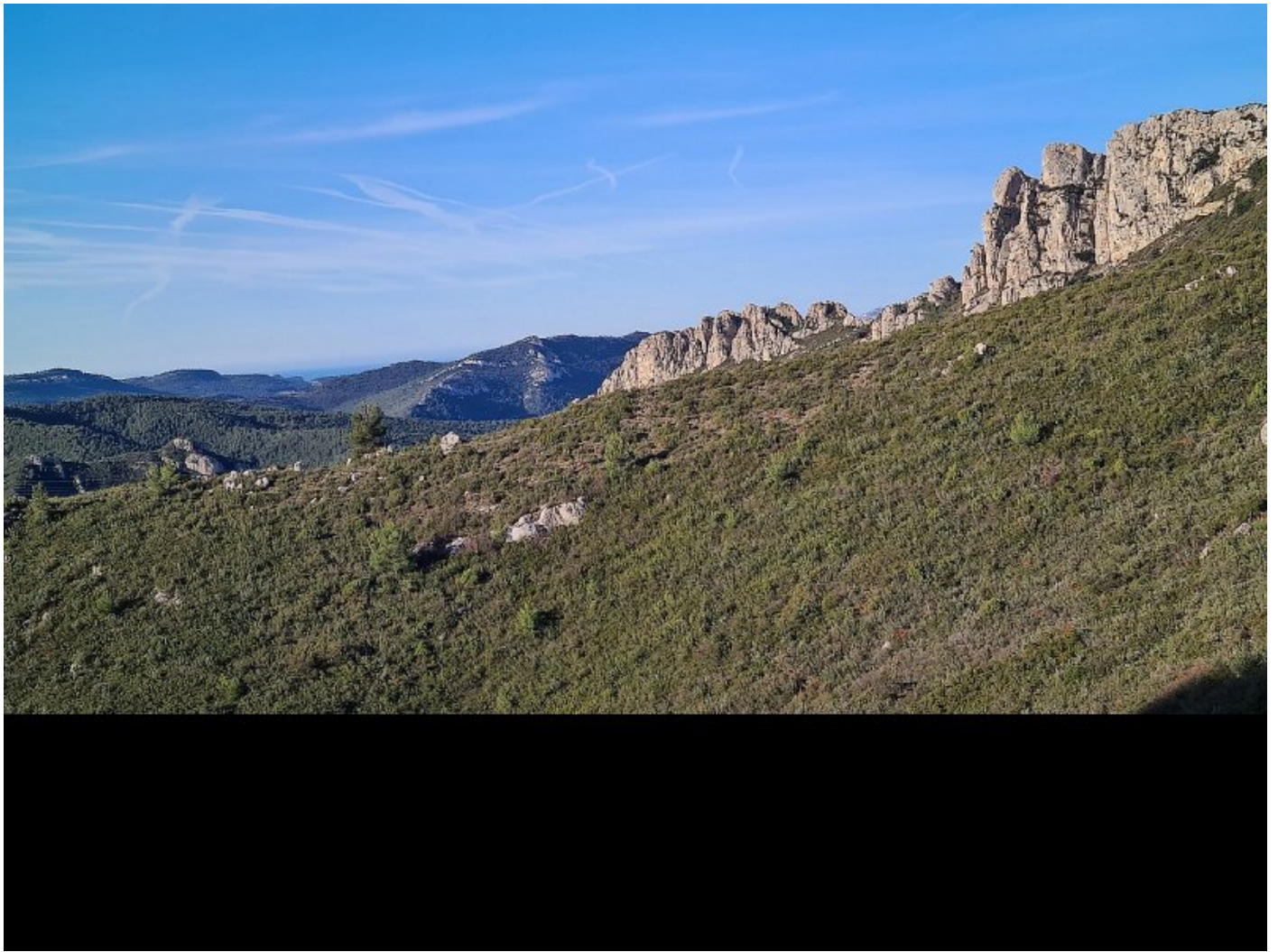
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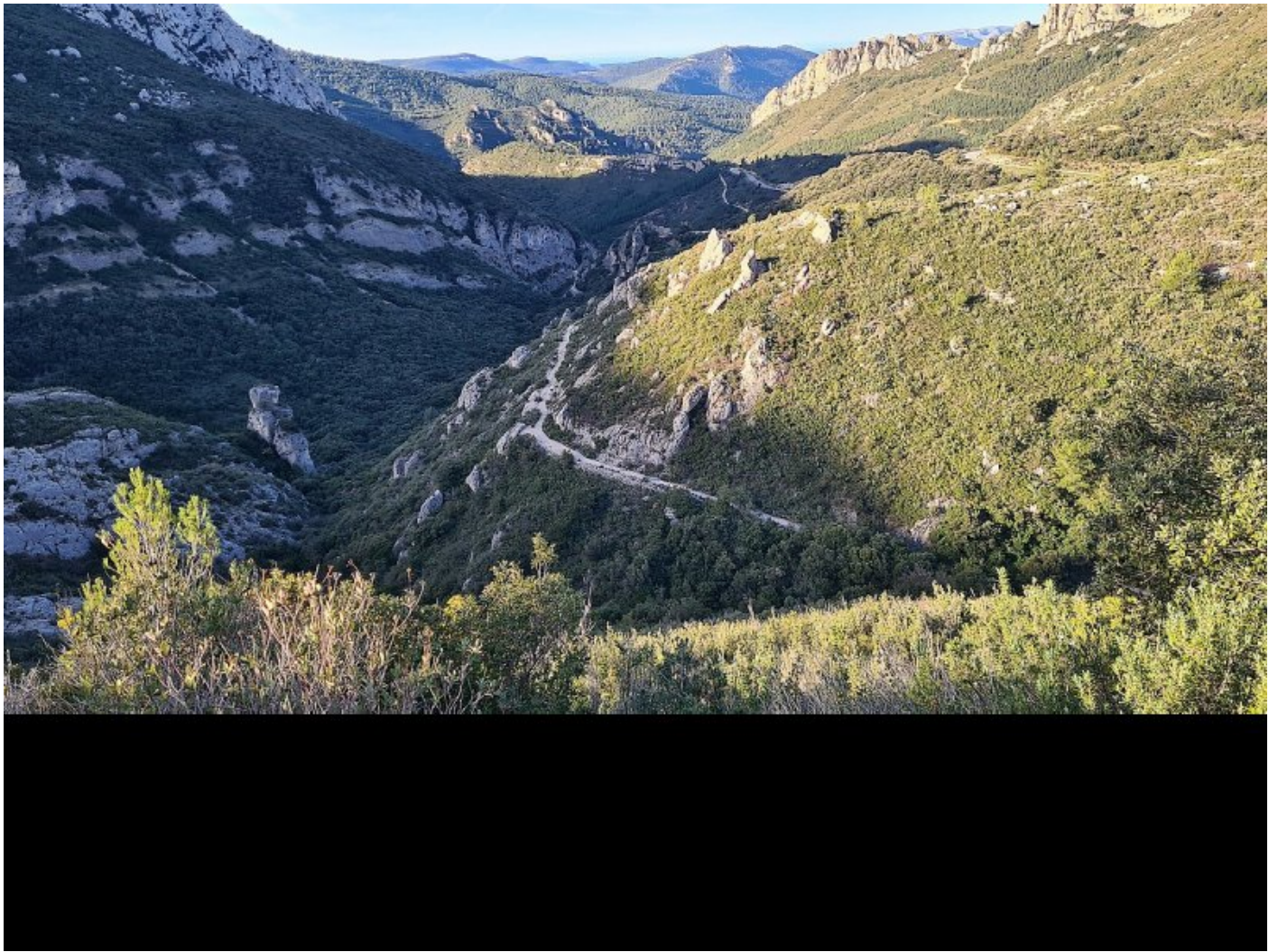
rando moyenne de 12kms160 en 5h25 et 652 m de dénivelé dans la montée du col de l'espigoulier, le chemin de glace, GR, jusqu'à la glacière, en passant au refuge, puis direction le col du fauge, , attention des points bleus sr la gauche, après le petit bois...nous décidons de découvrir ce passage qui est très technique et nous fait arriver à bertagne, sinon je conseille pour le commun des randonneurs le col..puis la route.que nous retrouverons pour descendre au col, attention sur ce parcours en descente, puis direction la tour cauvin que l'on va laisser pour un sentier bleu, le gouffre puis on prend l'ancien bleu en crête pour retrouver le passage qui contourne les dents de forcade, la corde n'y est plus...on va passer près du col de l'espigoulier et remonter le sentier qui va au col du cros, un moment puis une sente à droite, la bergerie, un peu de route en descente pour retrouver le jaune de la barre du pin simon, attention nous avons jouer aux sangliers pour retrouver en vain é cavités, donc rester sur le sentier, puis au carrefour retour à la voiture

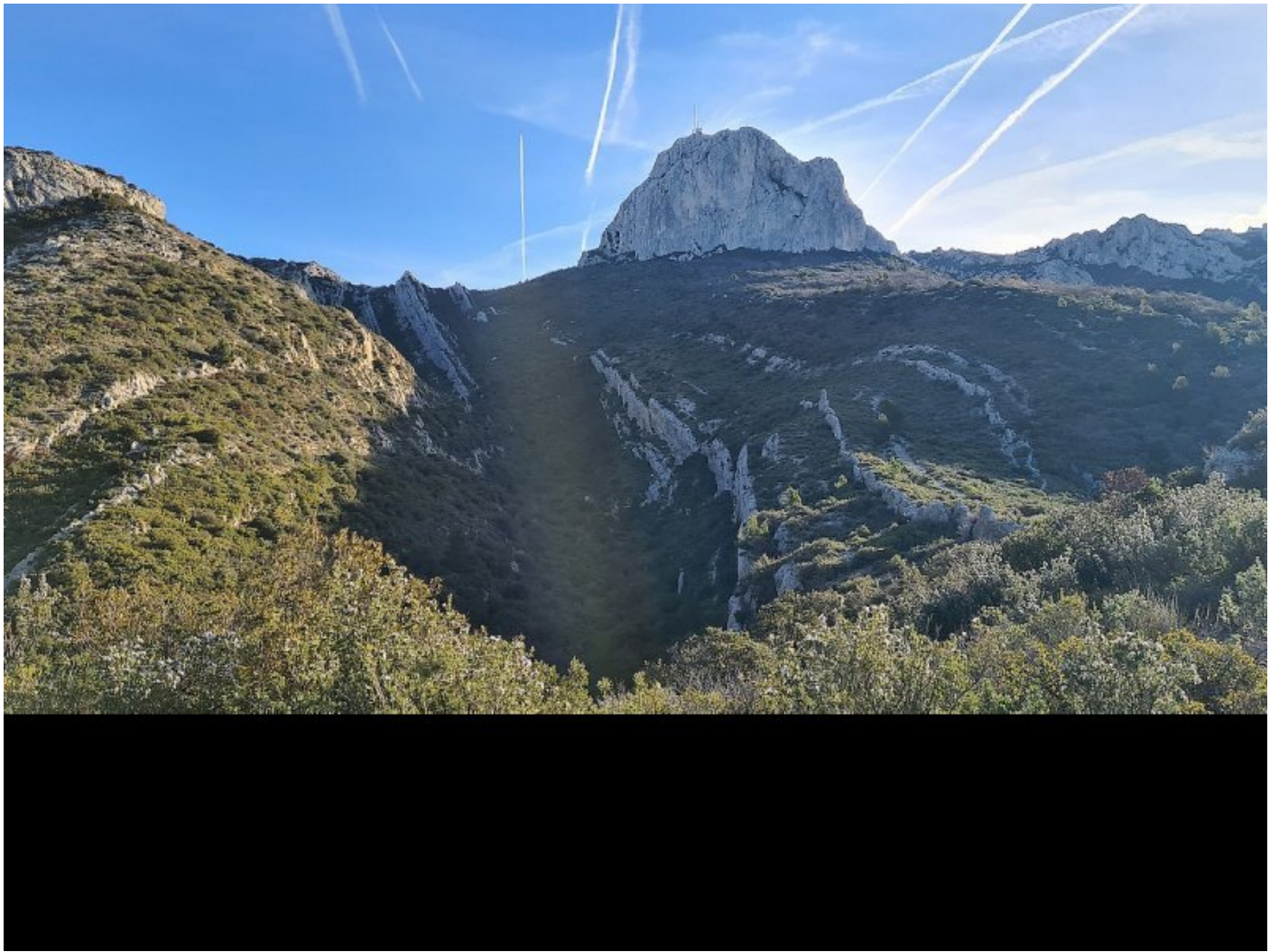


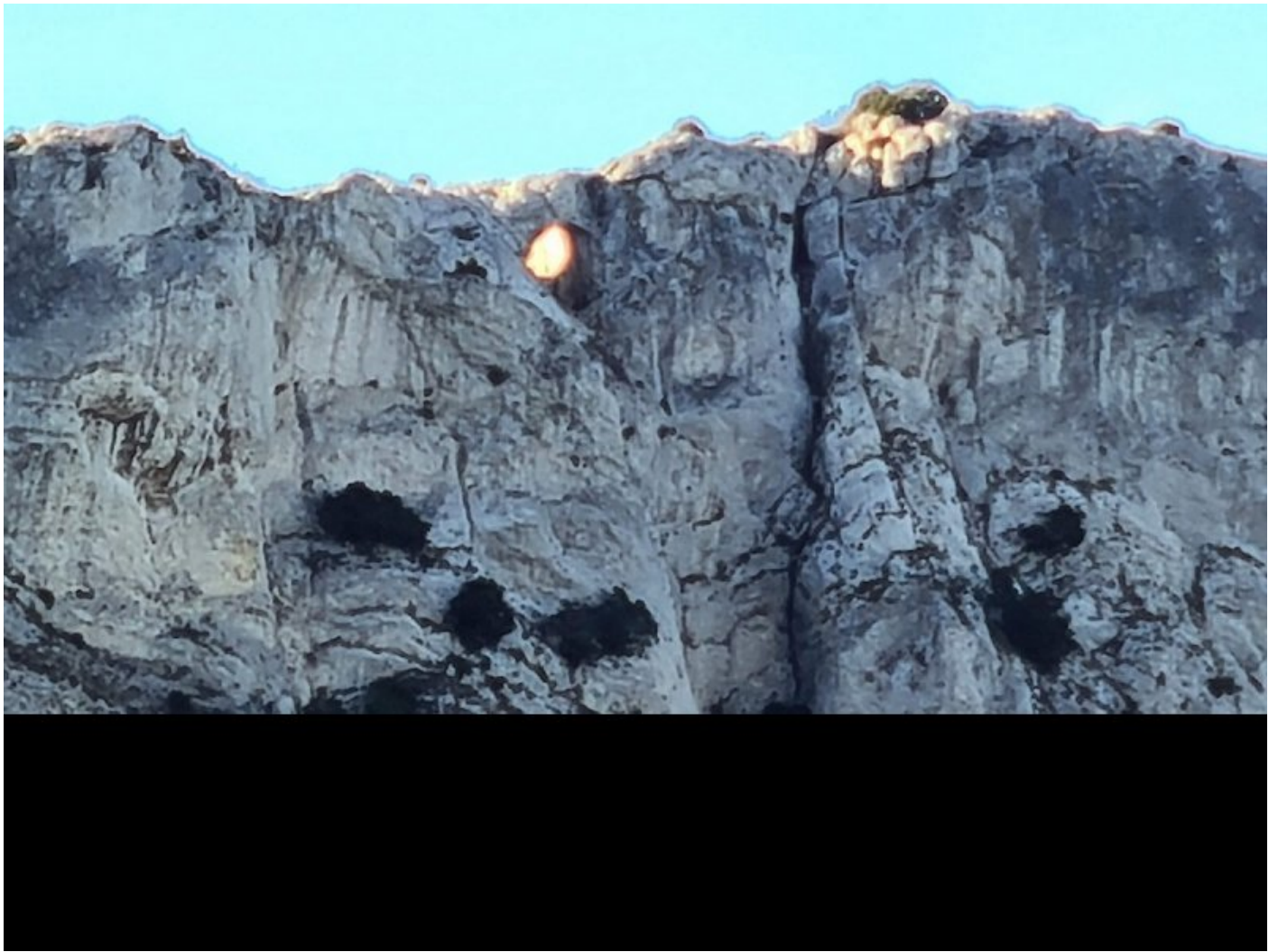


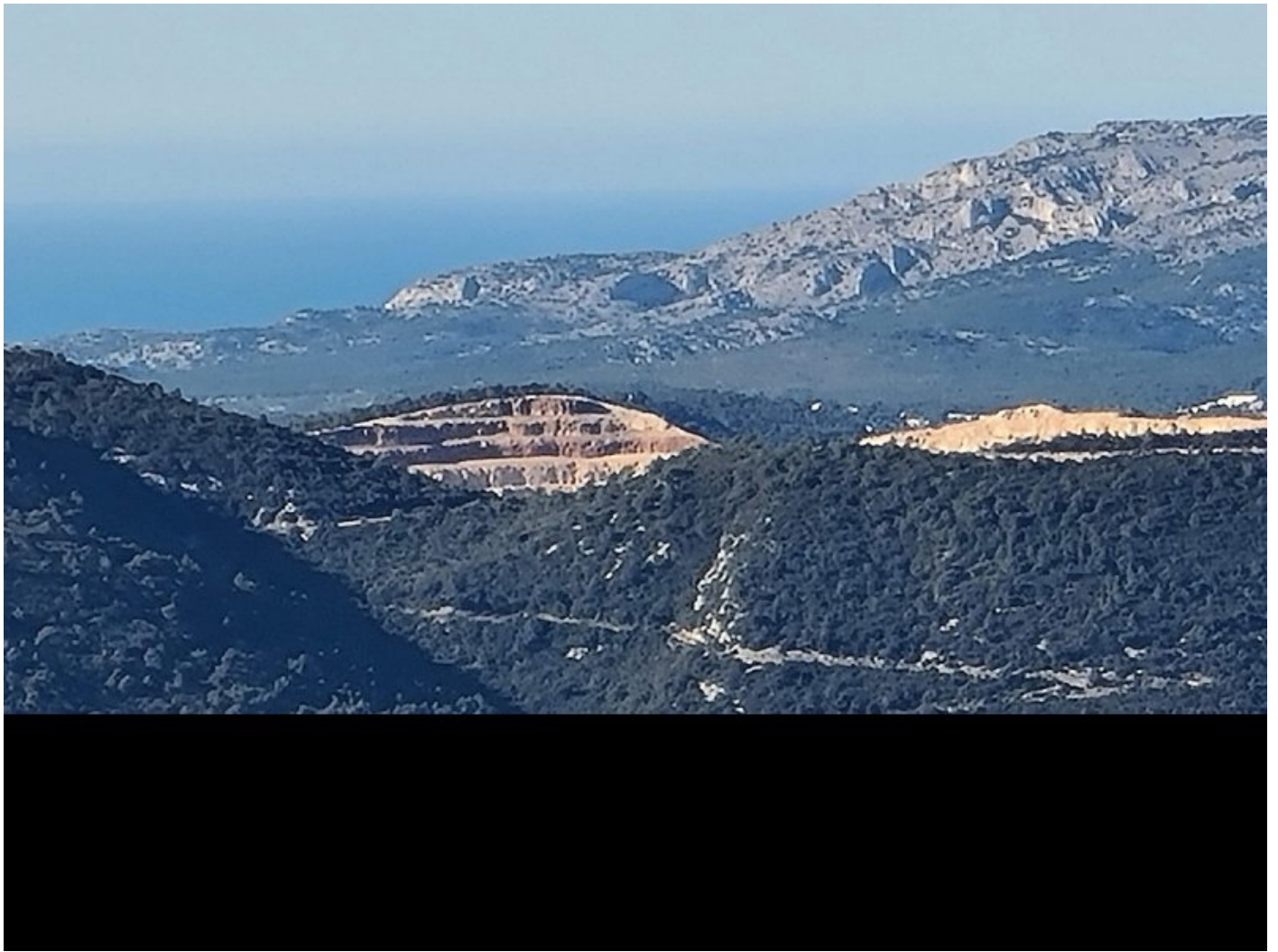








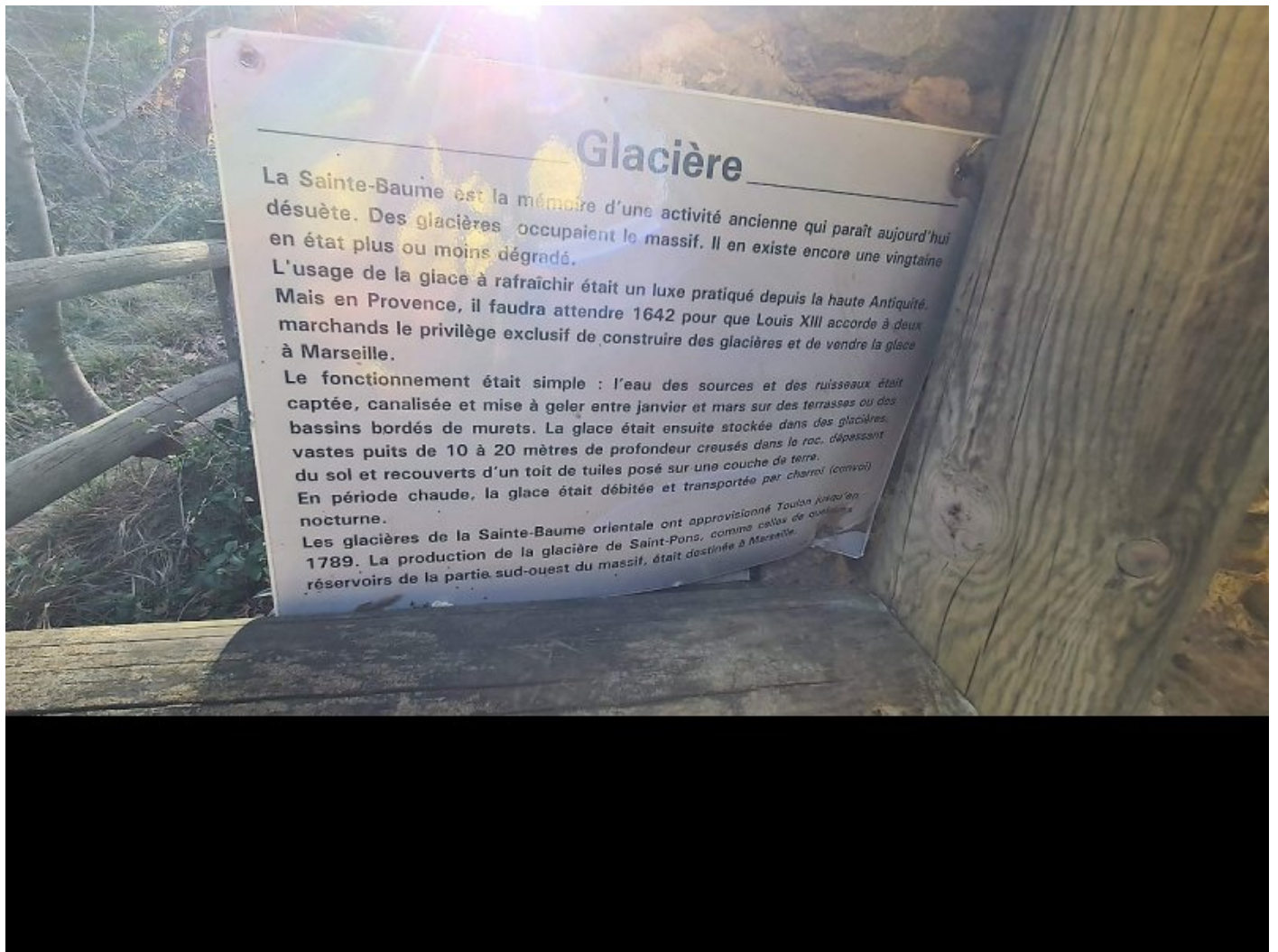










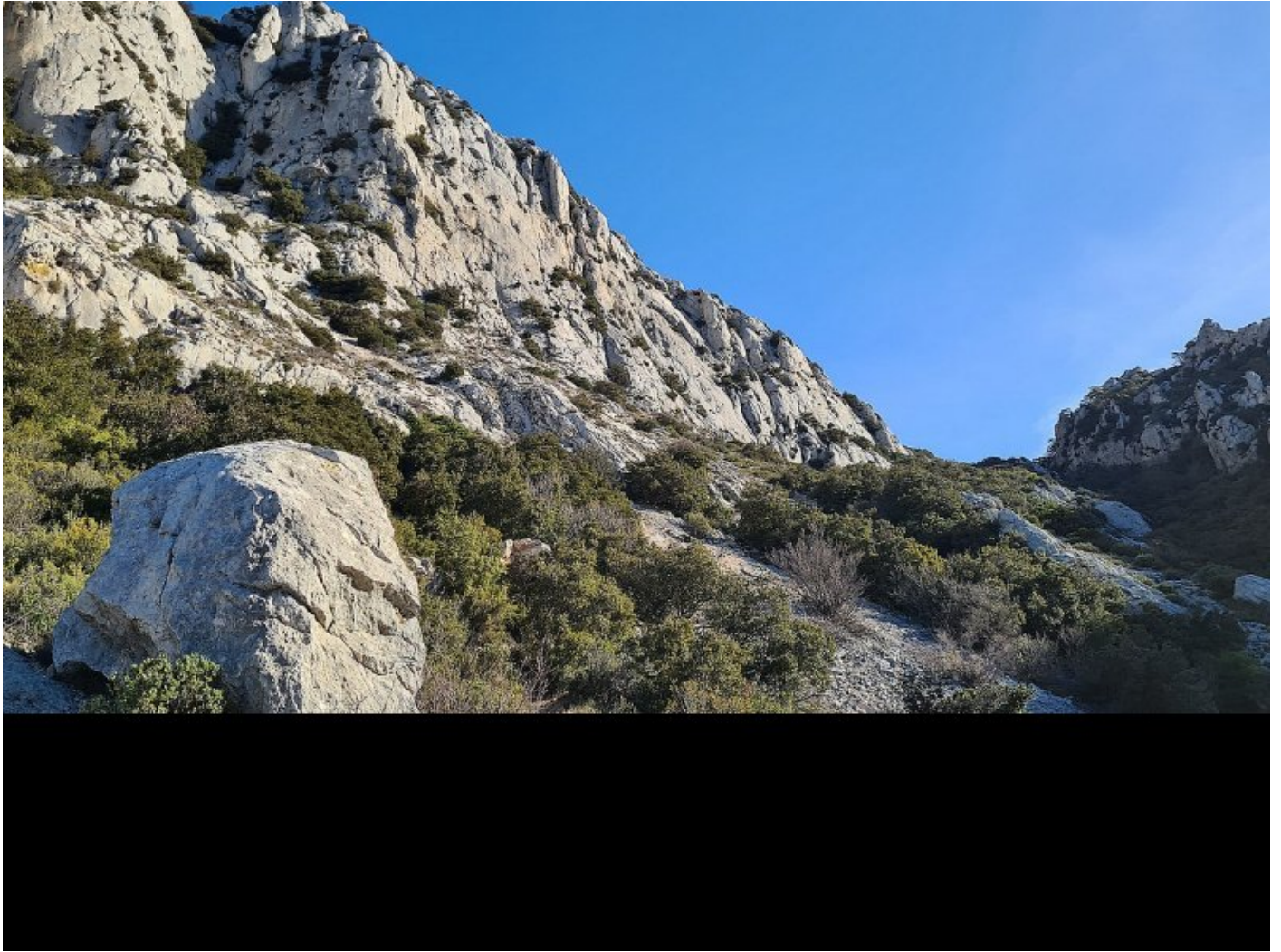


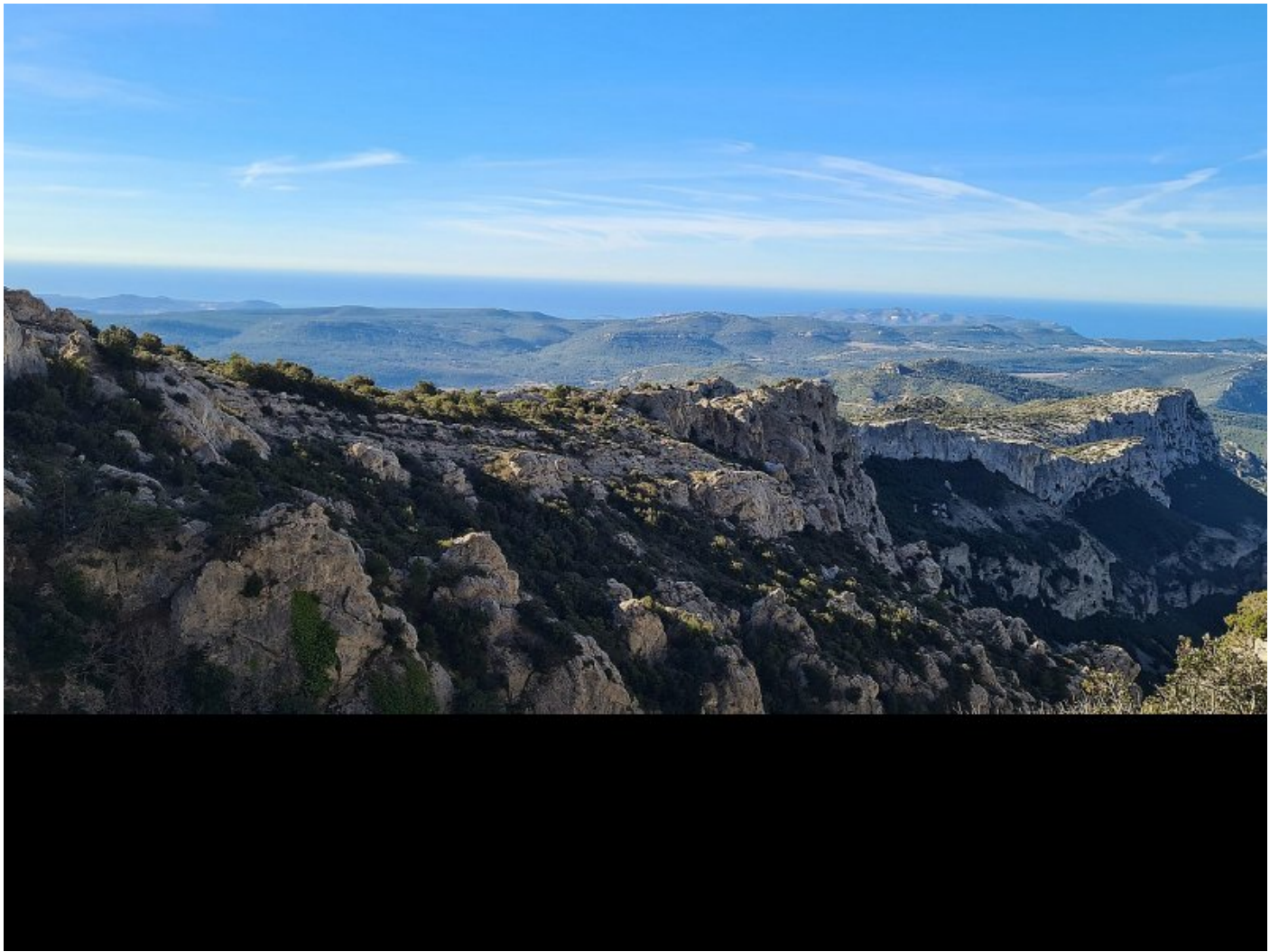




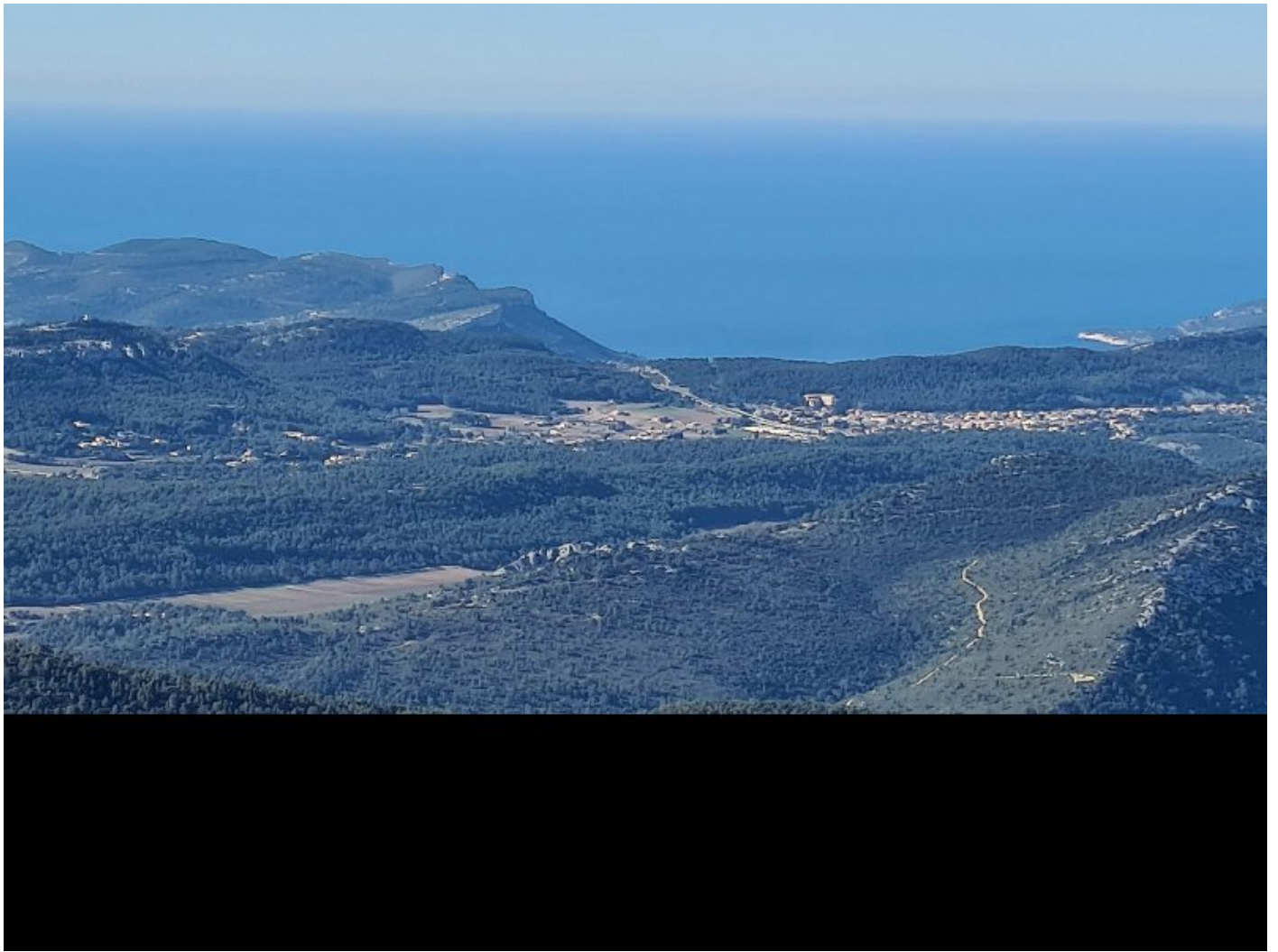


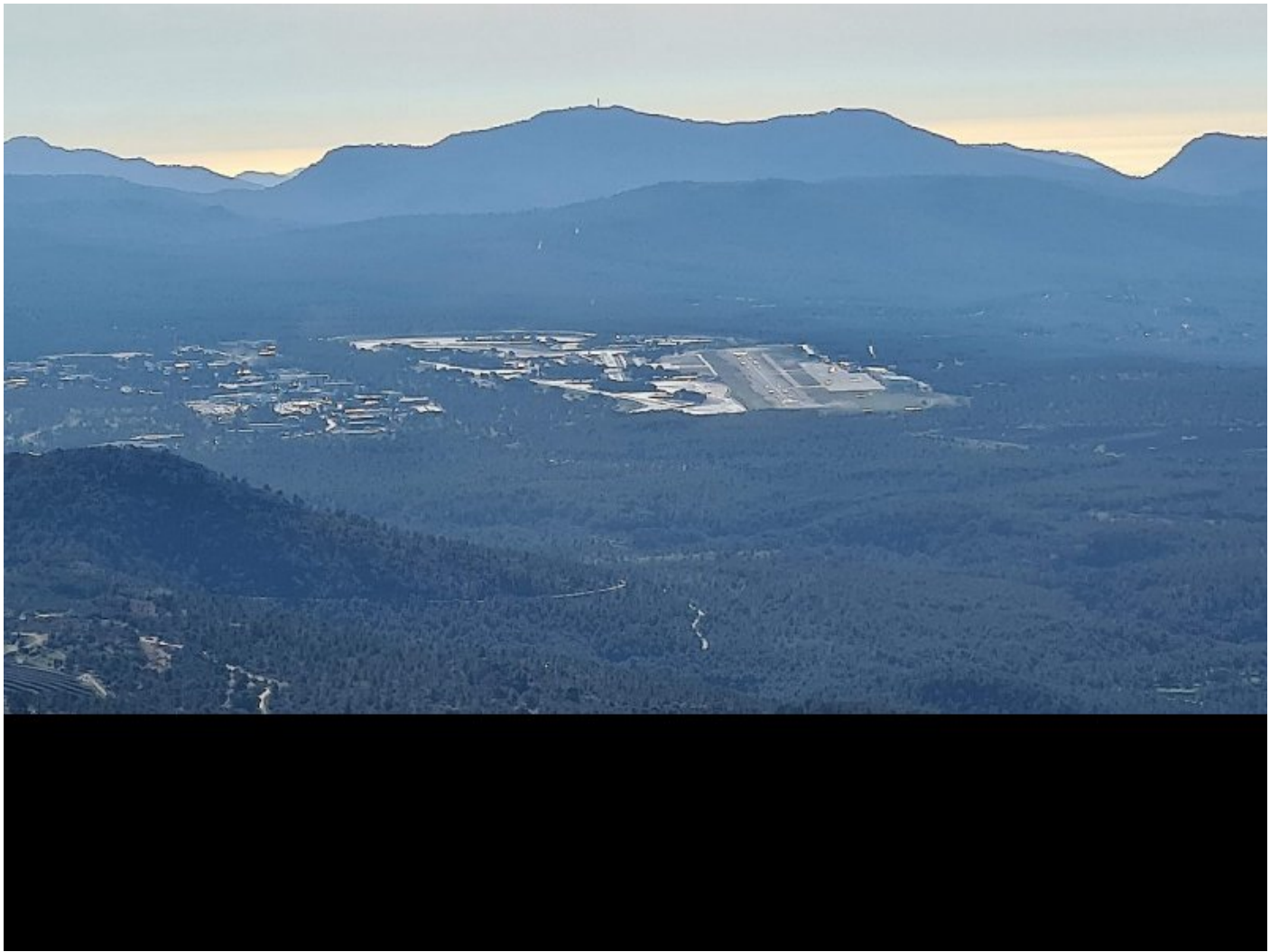


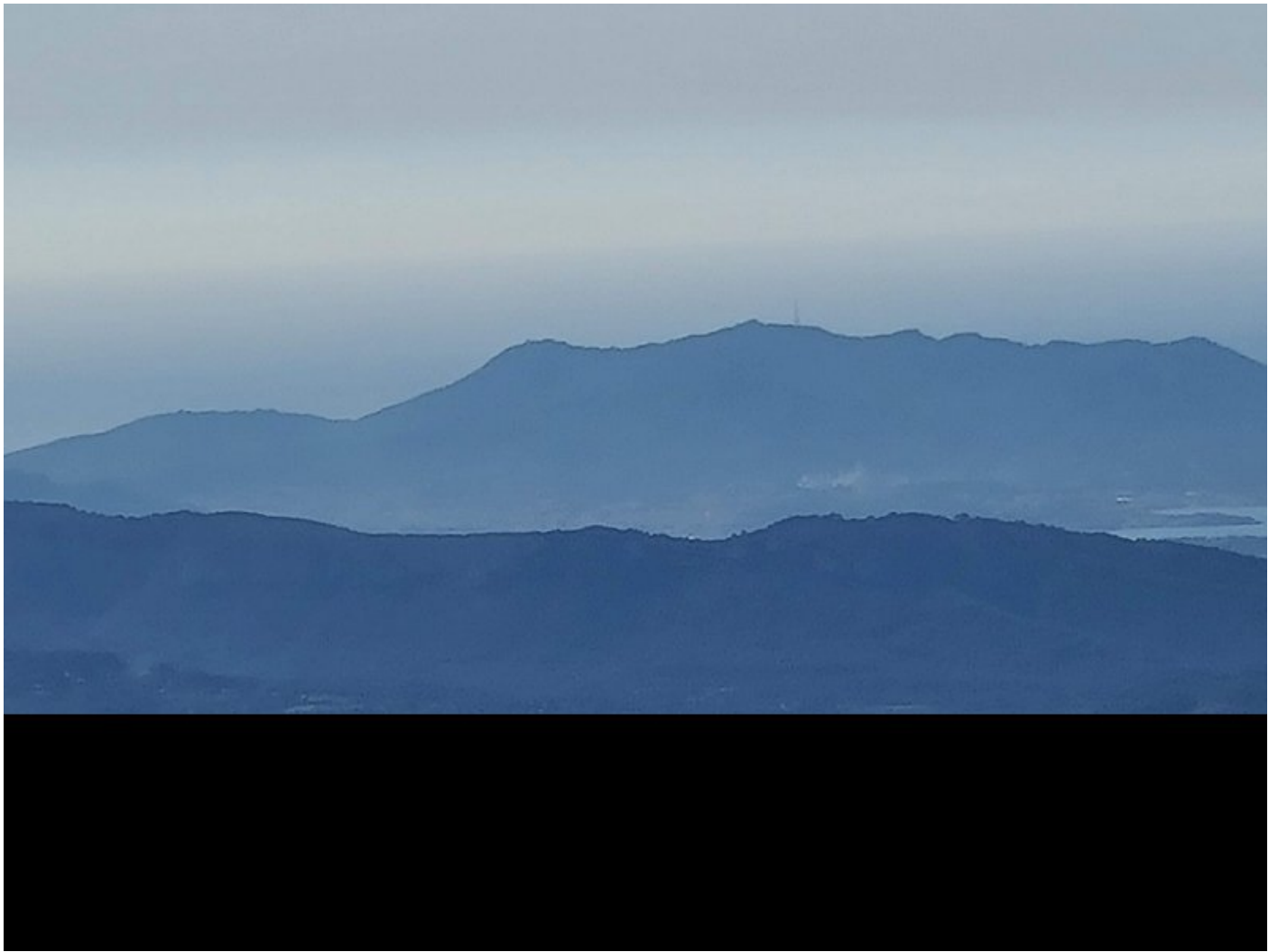


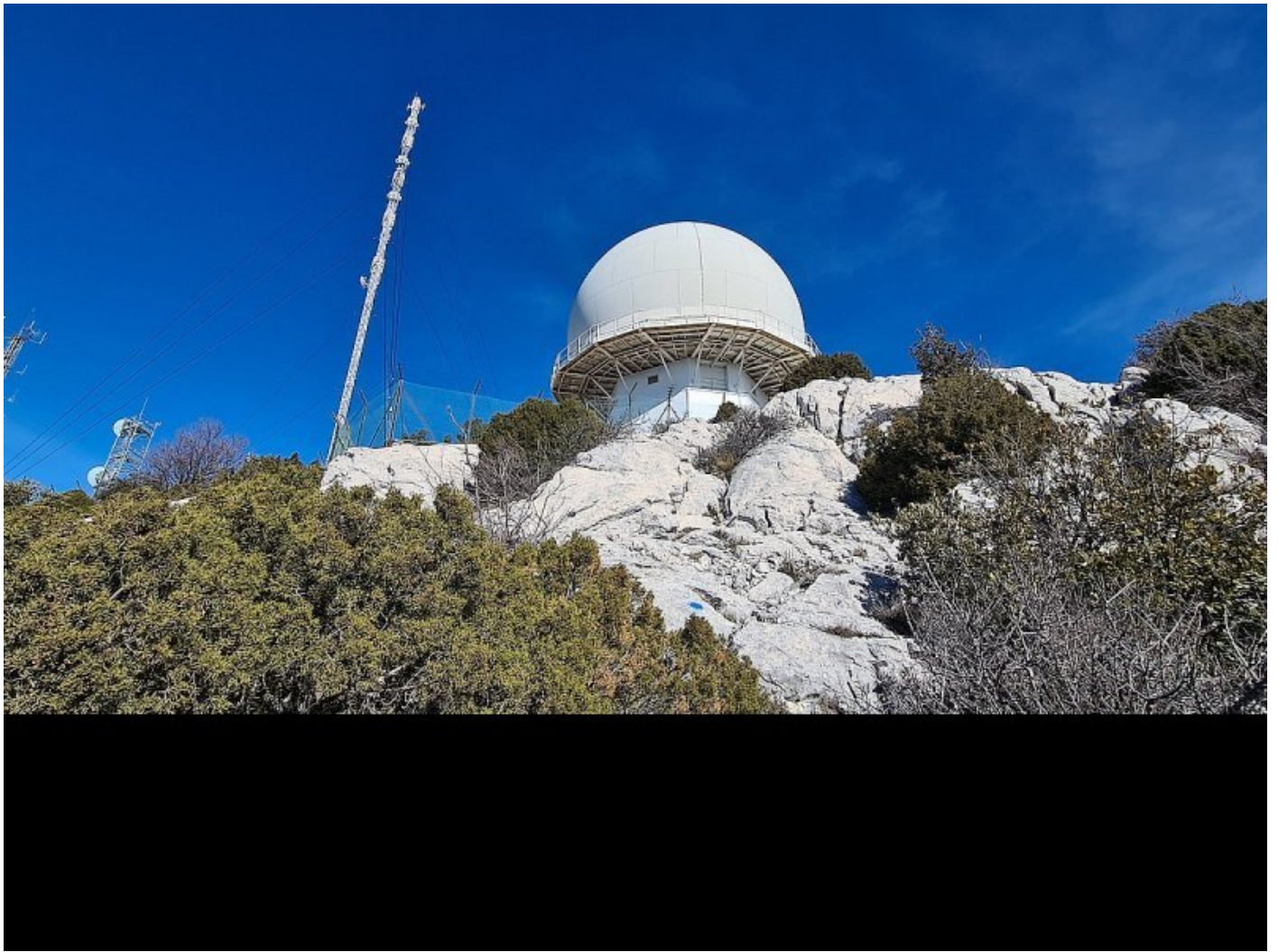


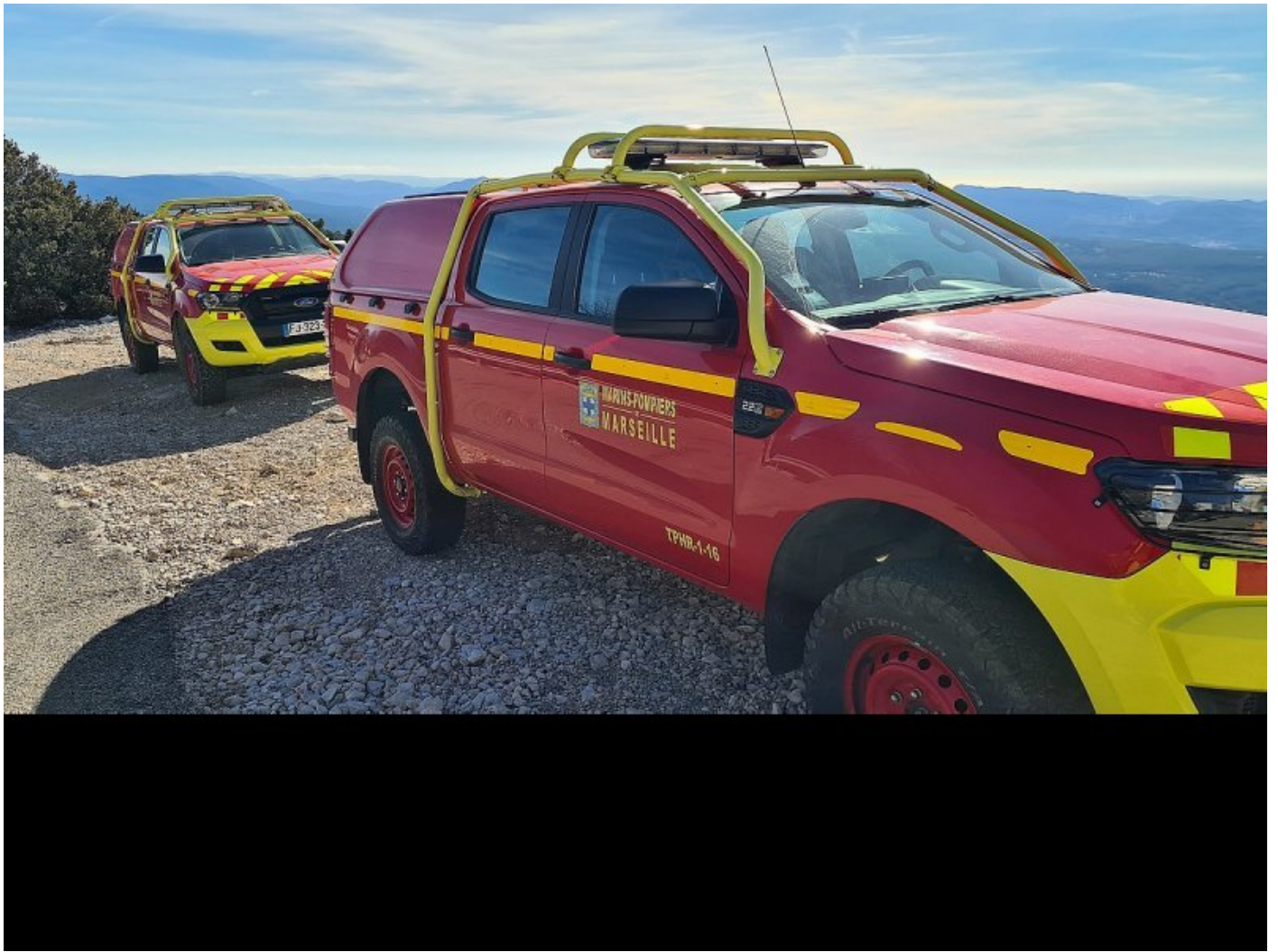


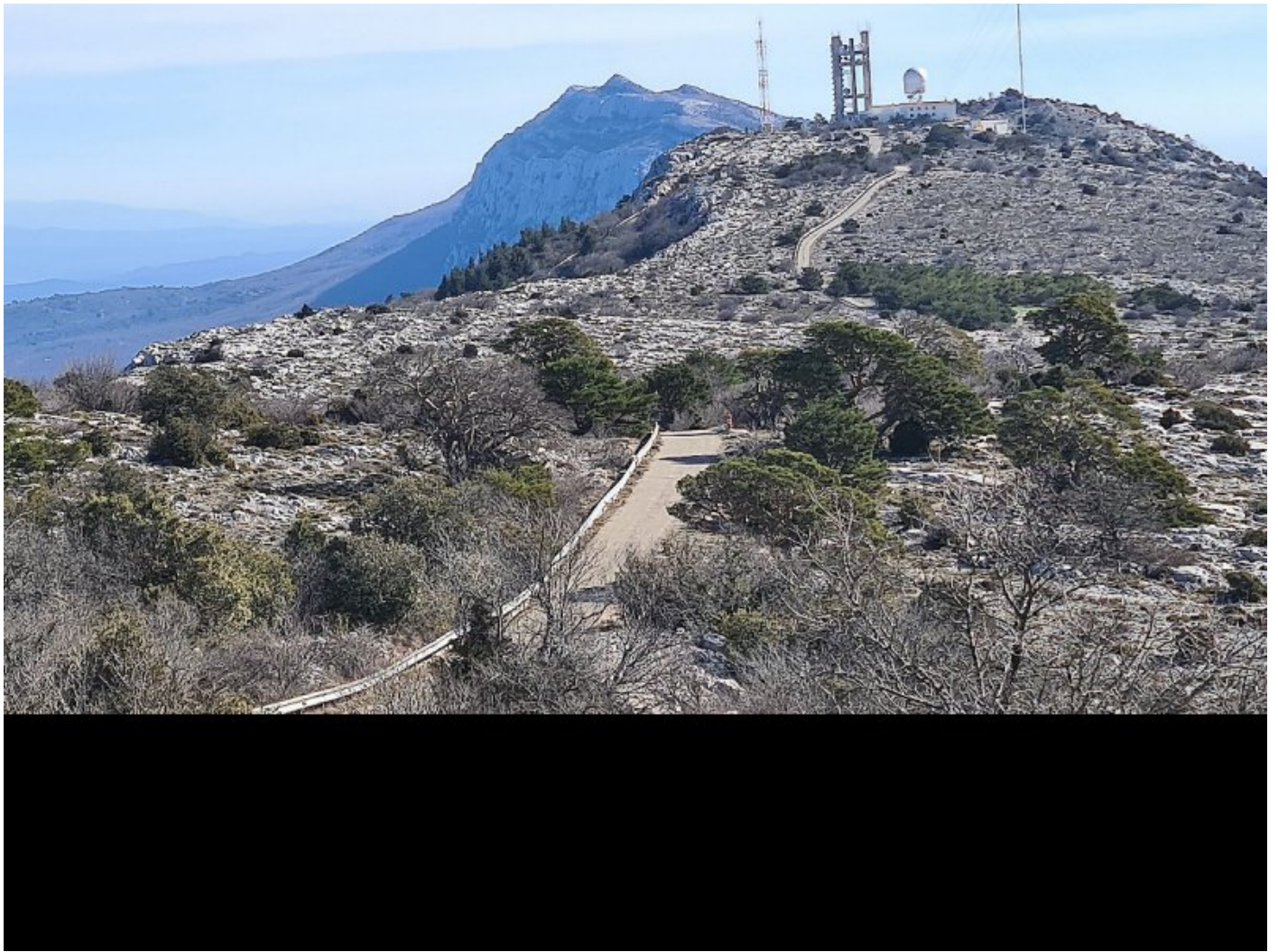




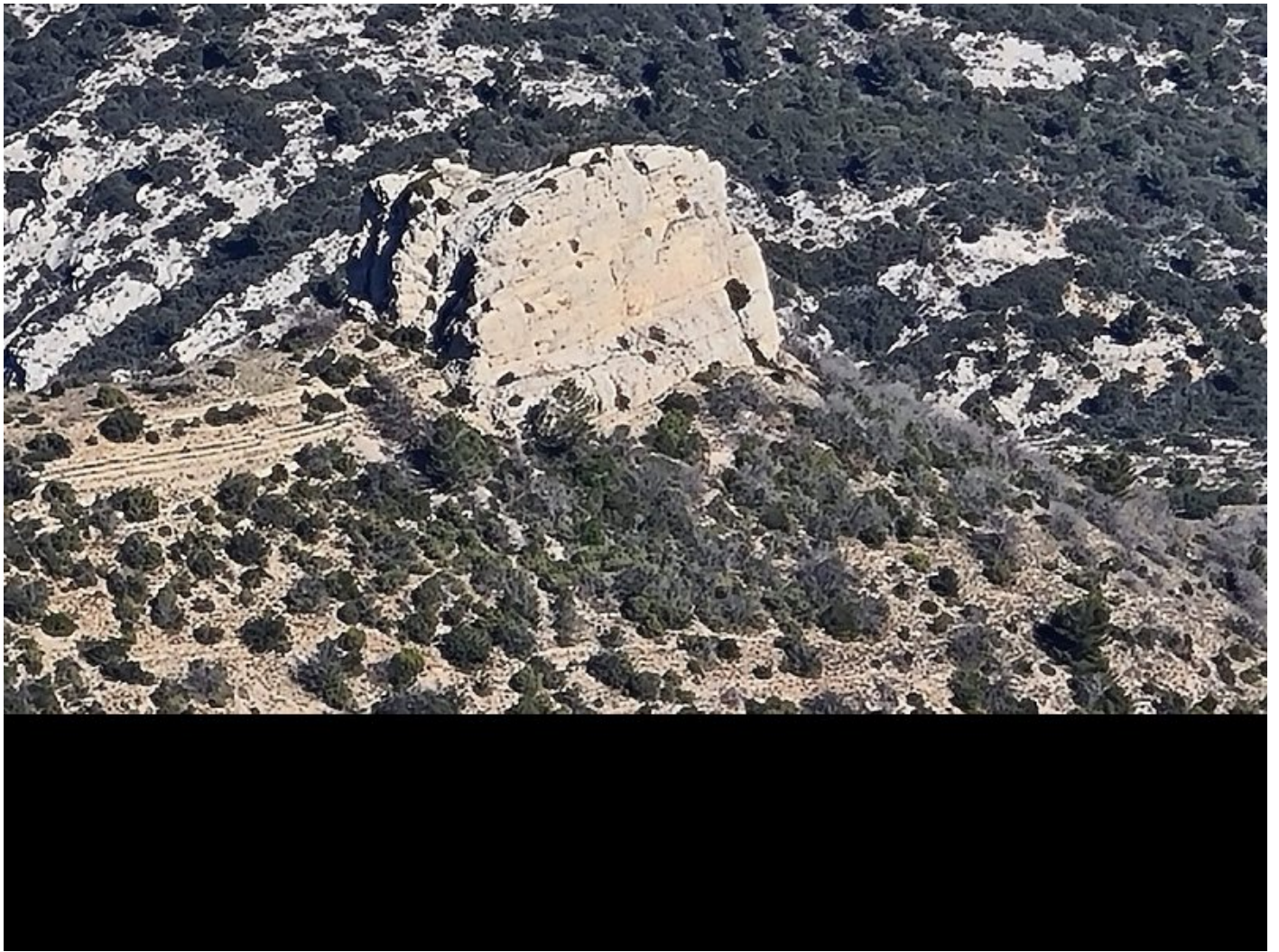


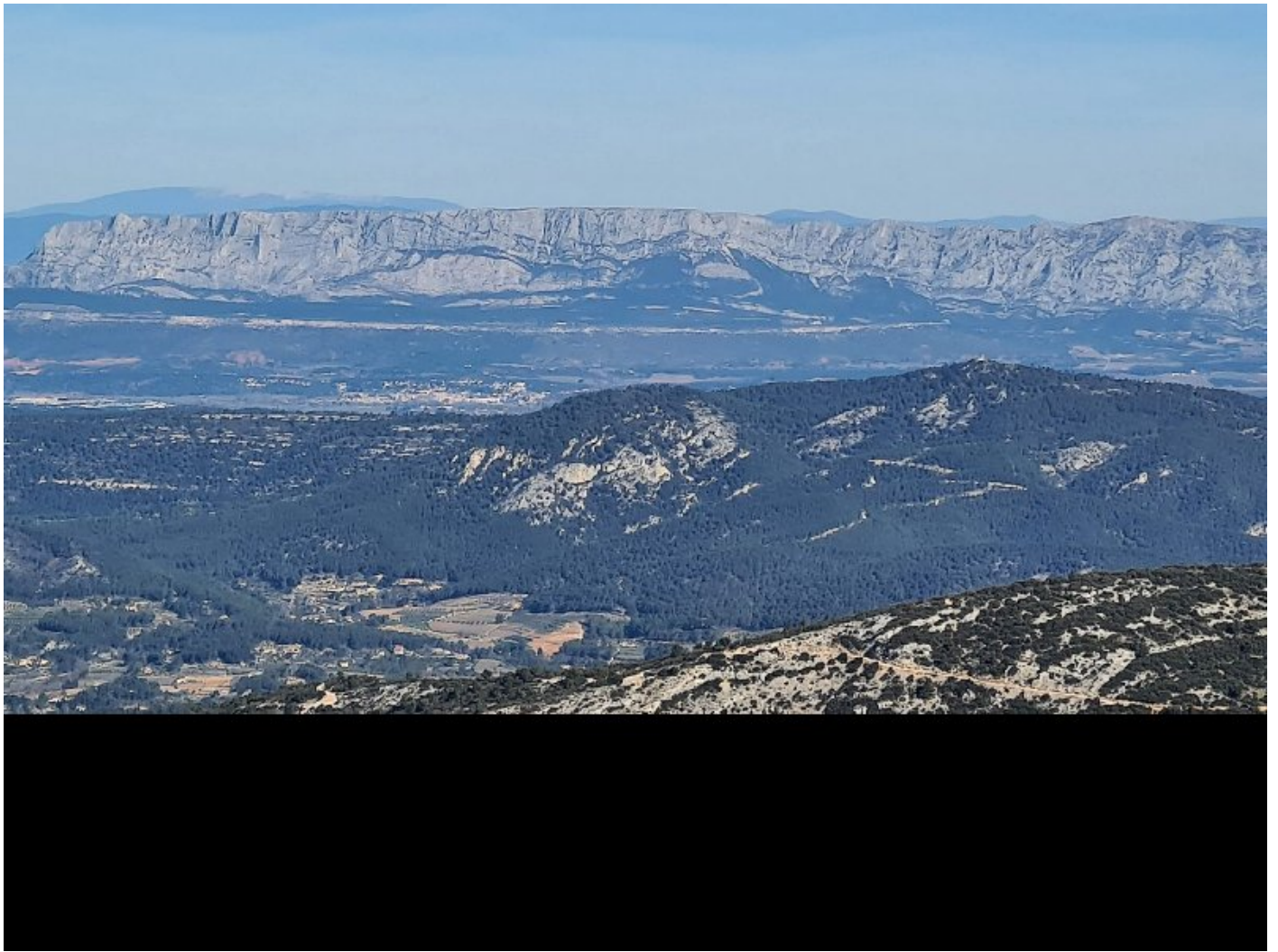


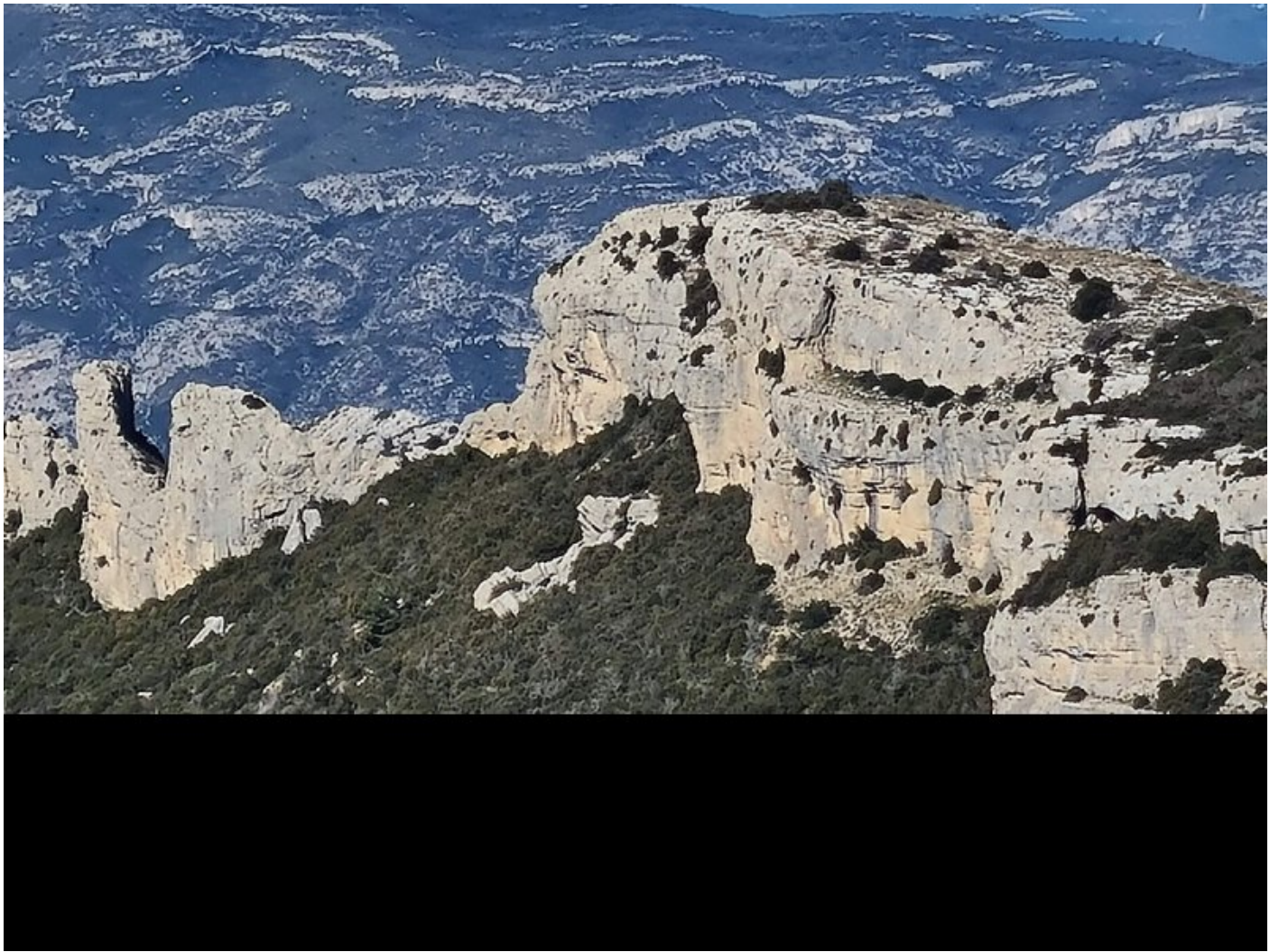


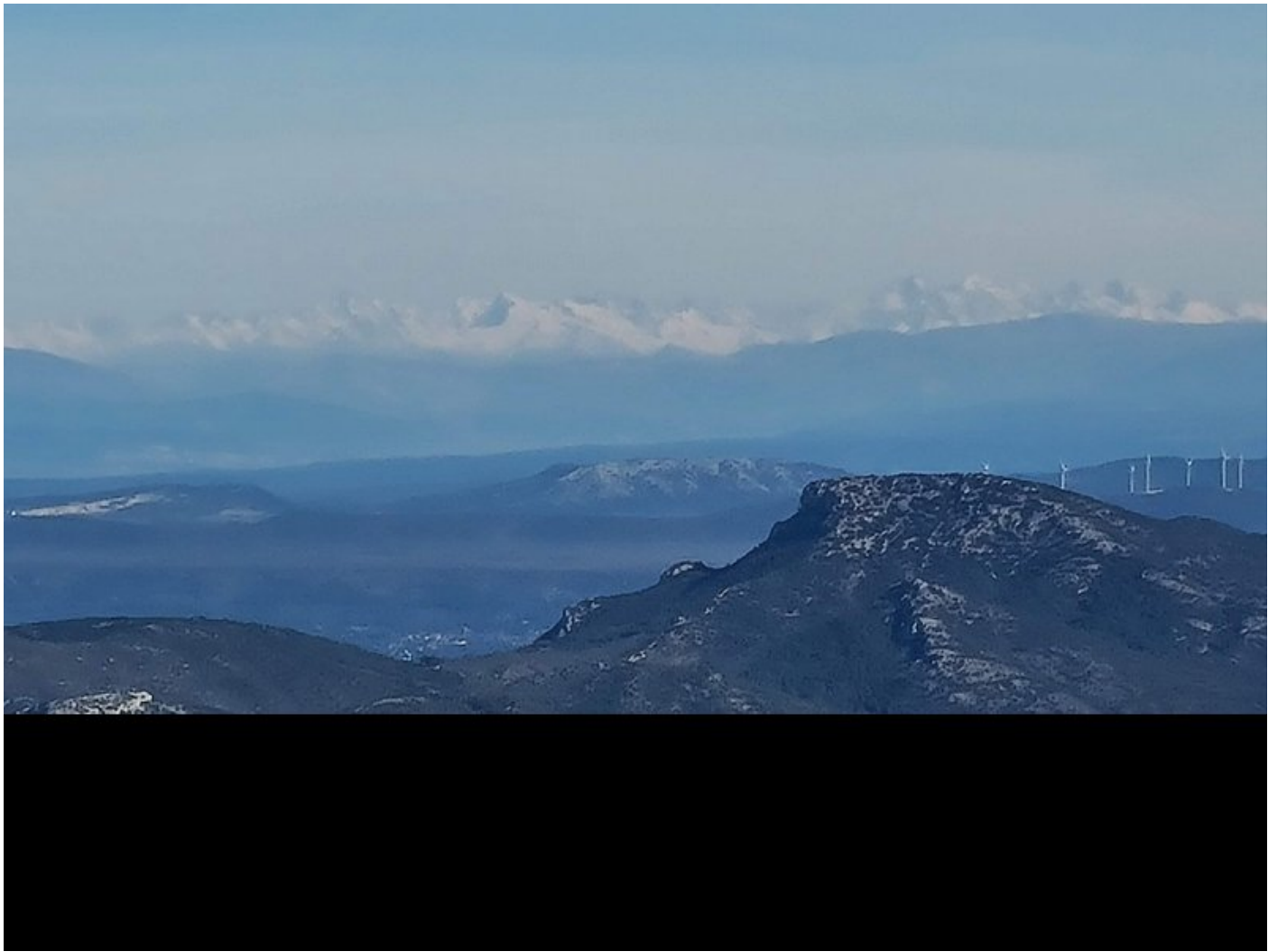


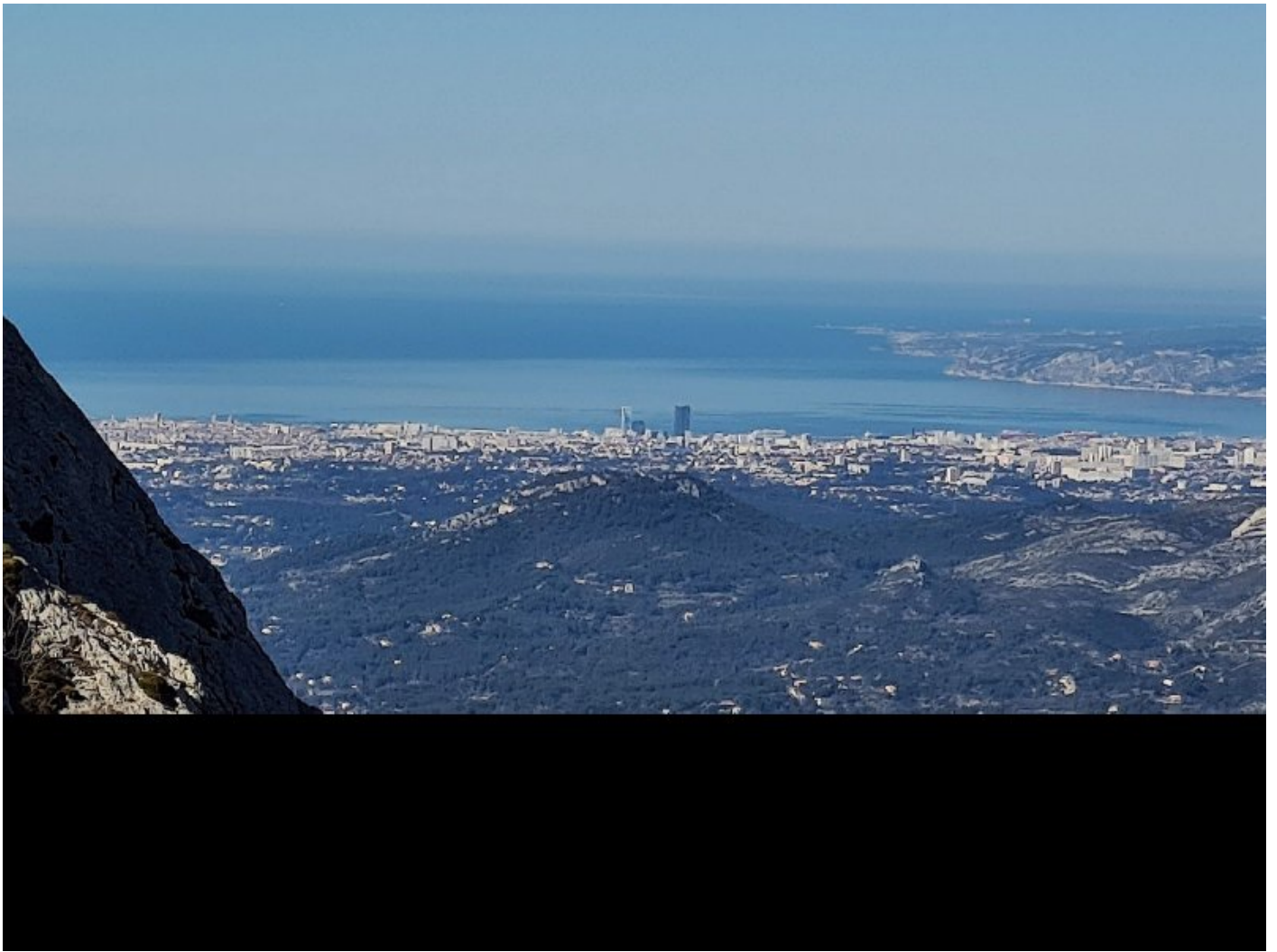


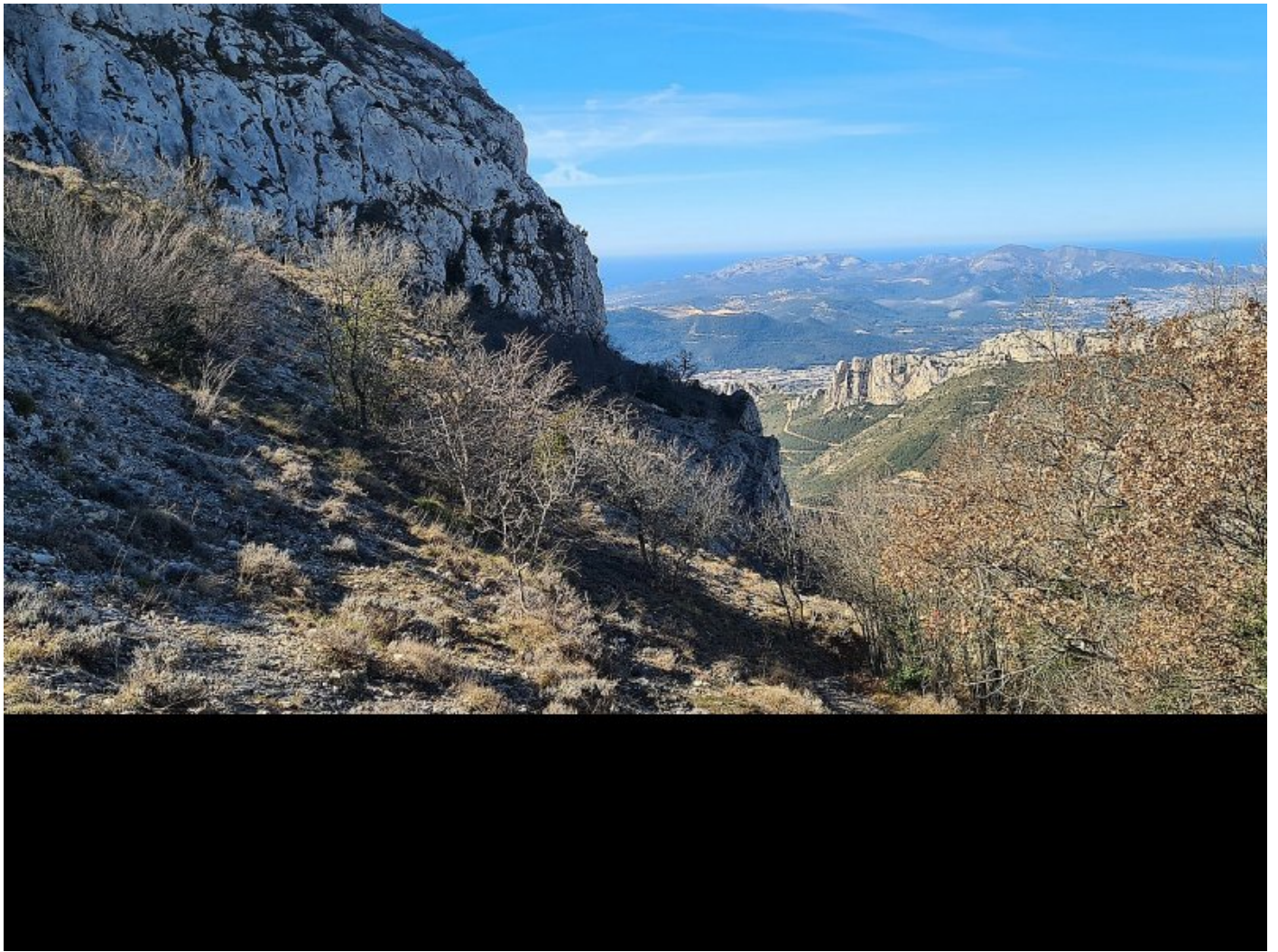






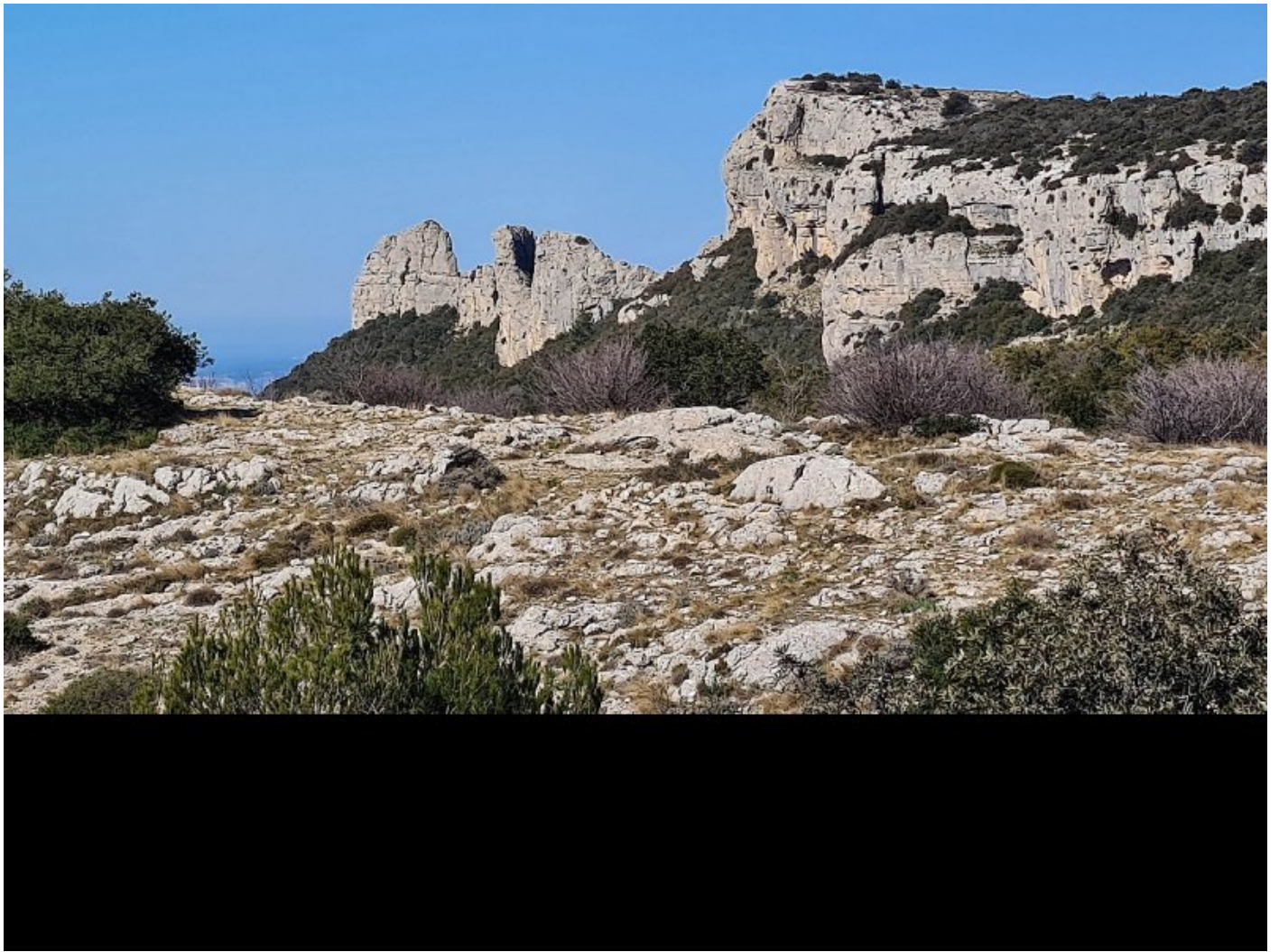








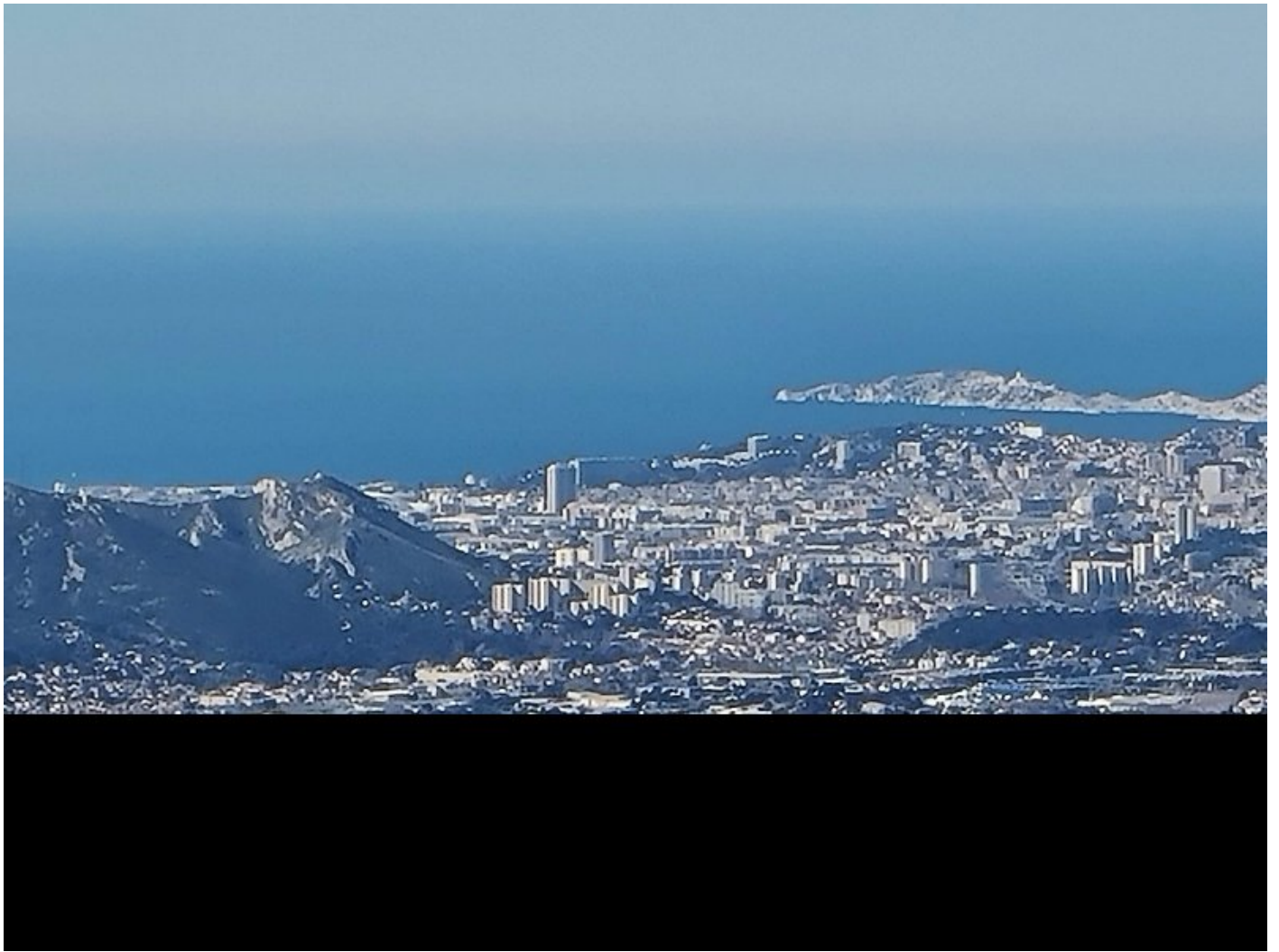


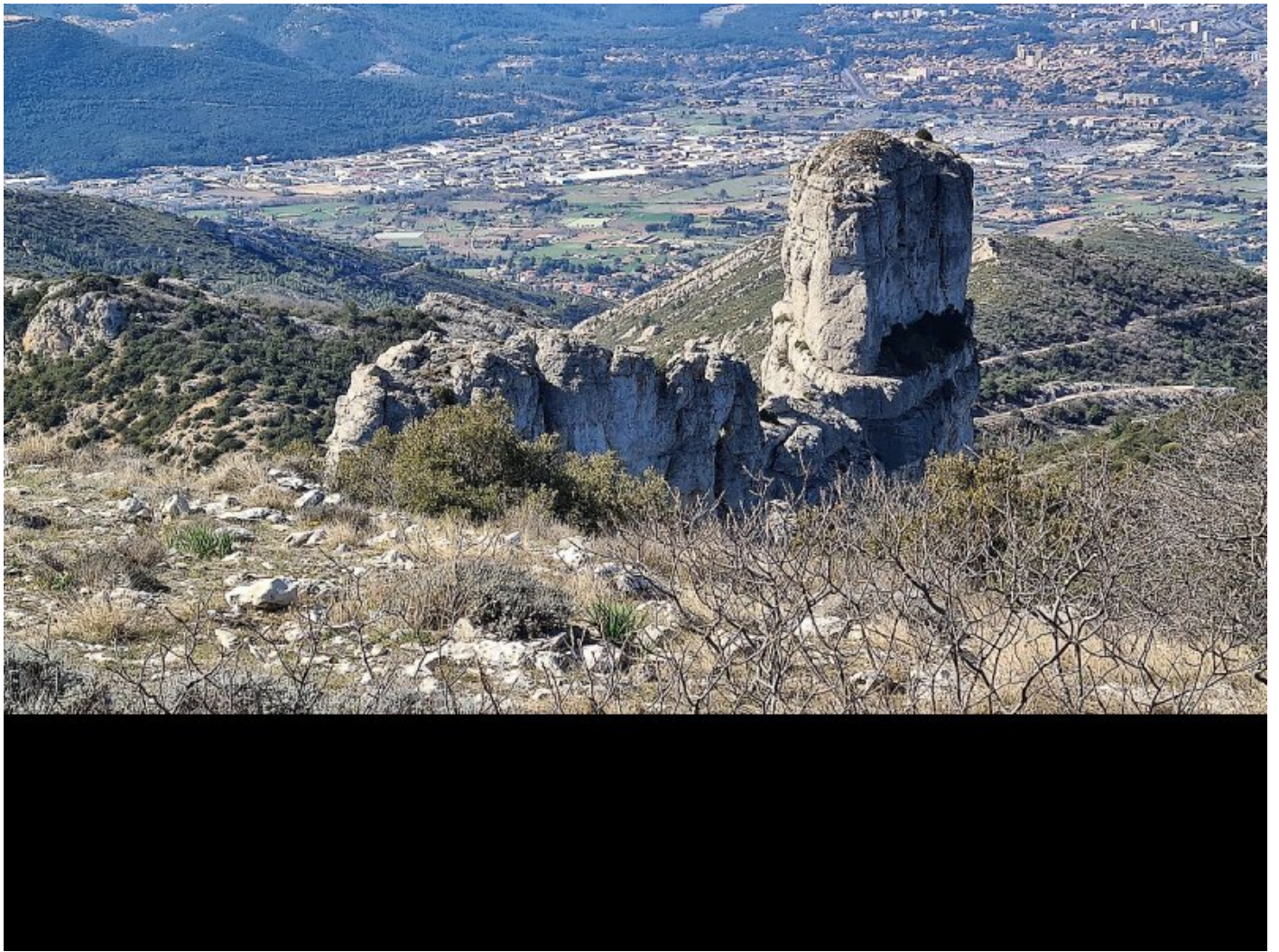


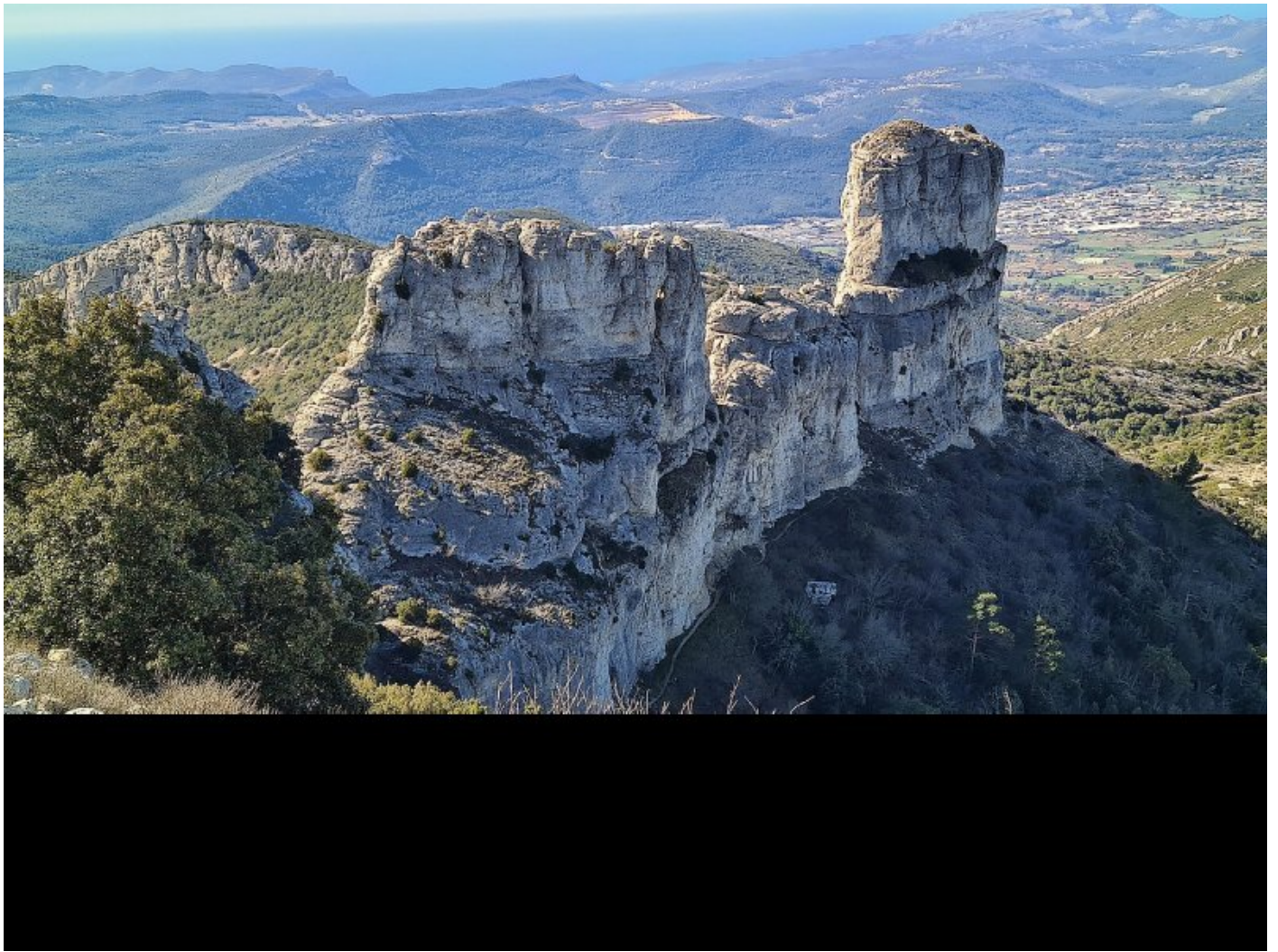




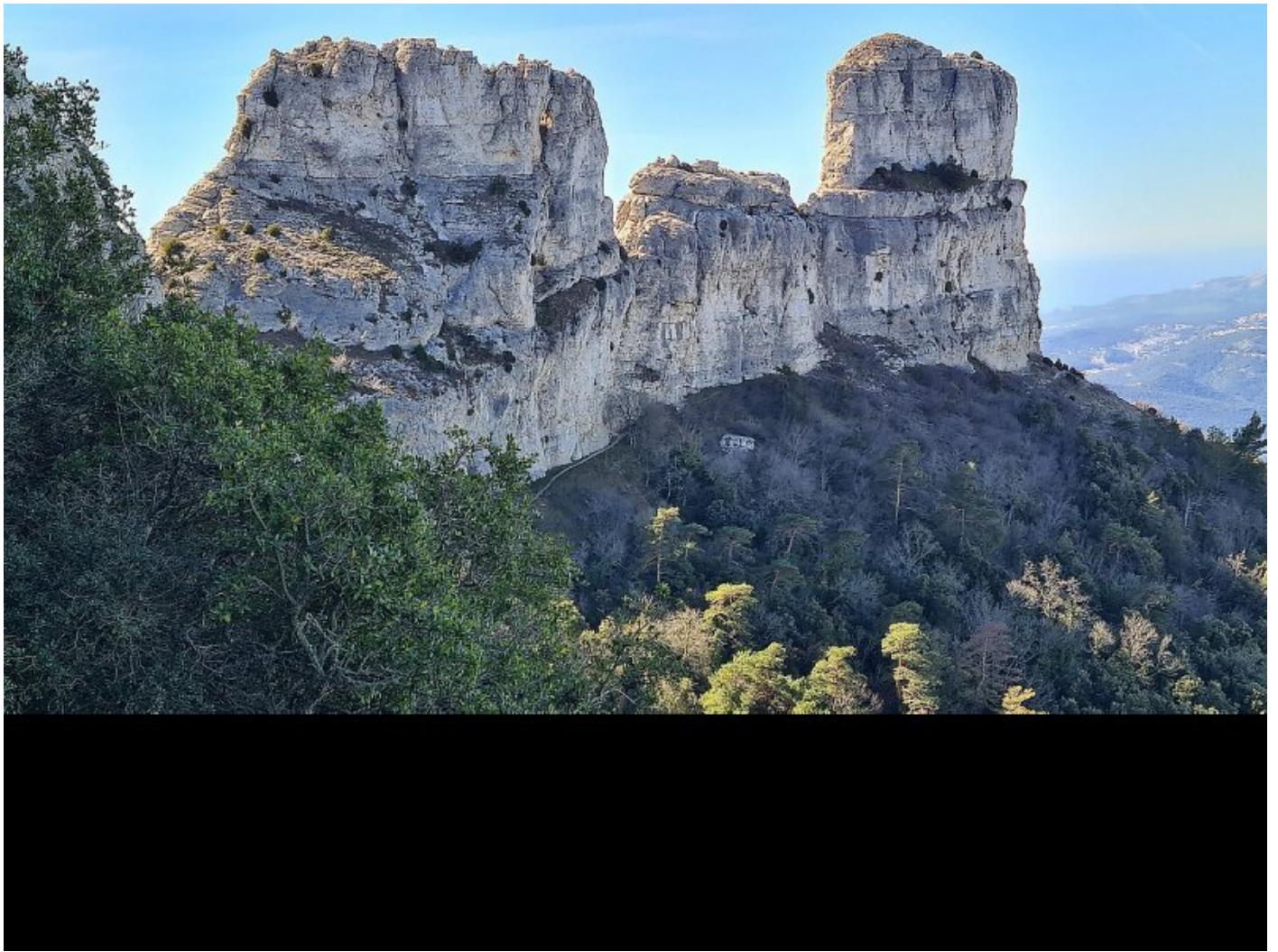






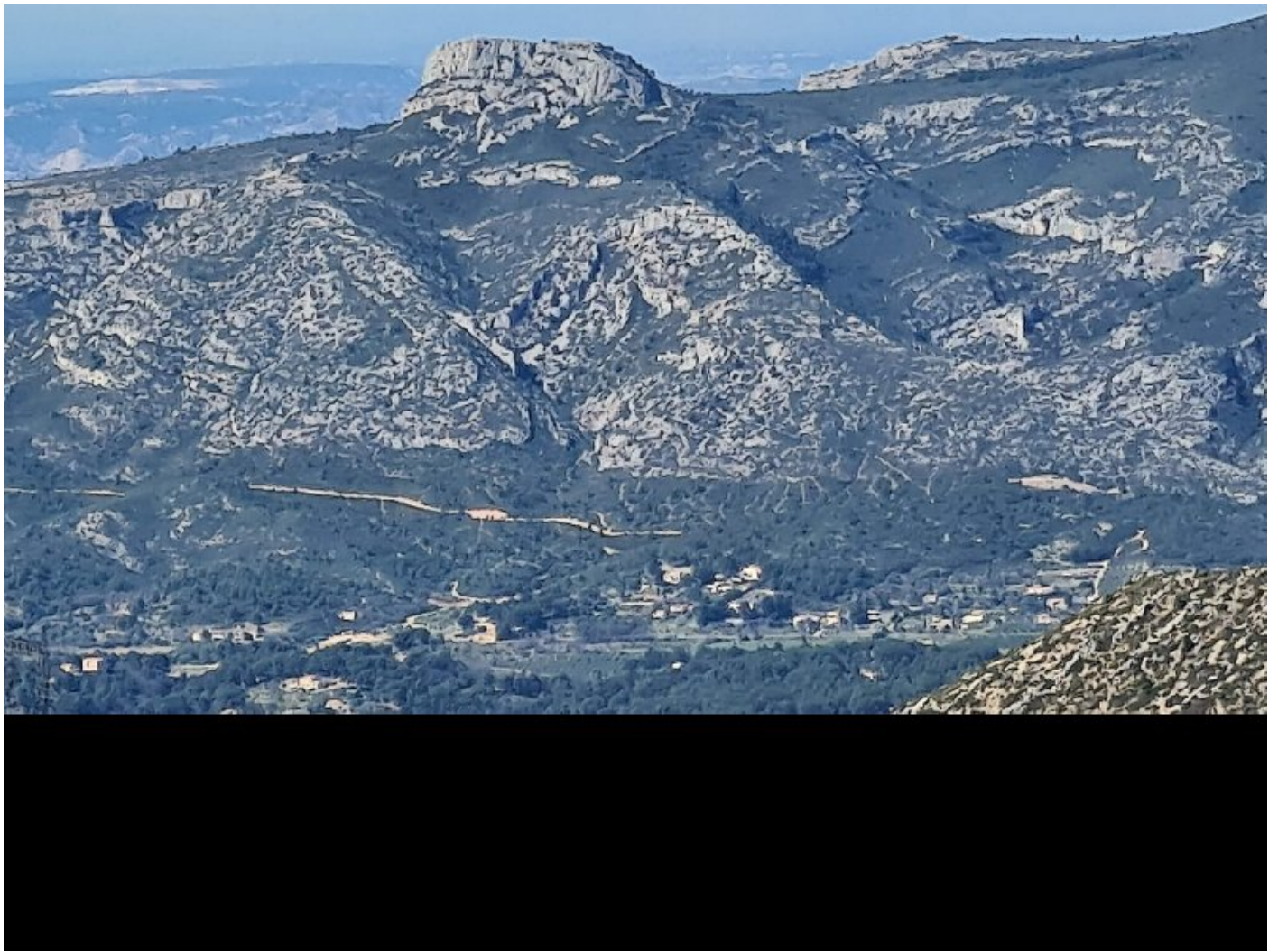


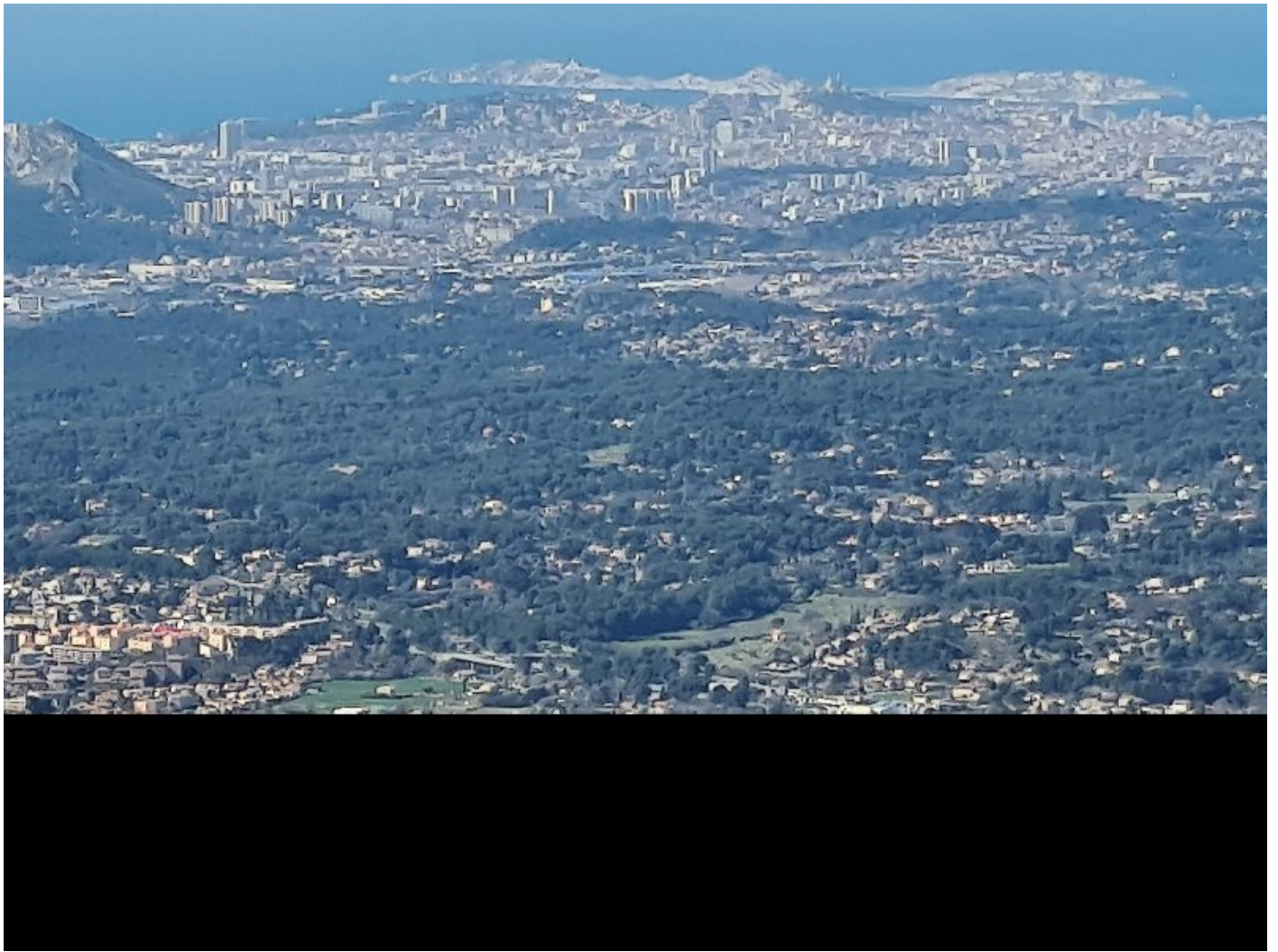


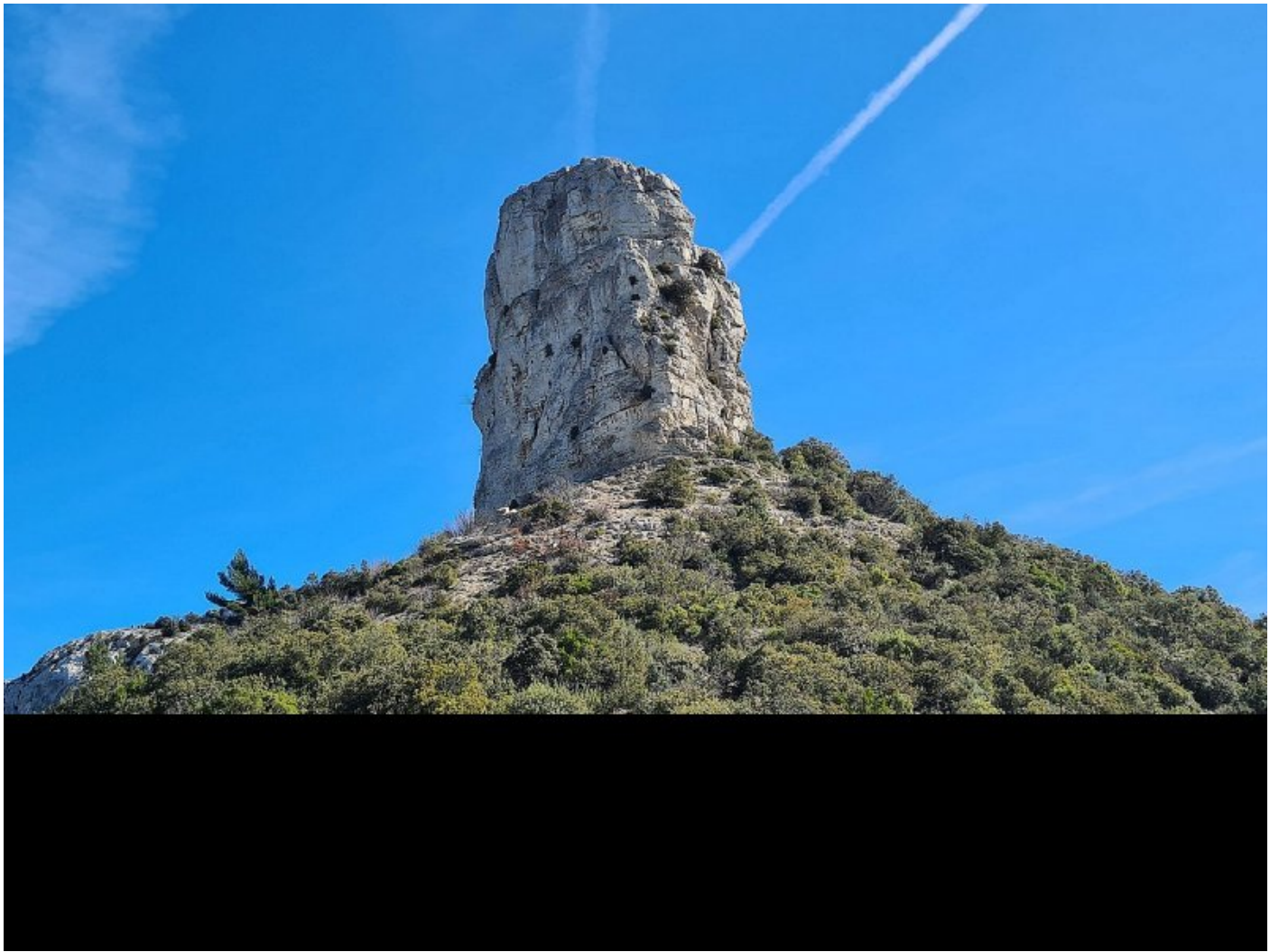






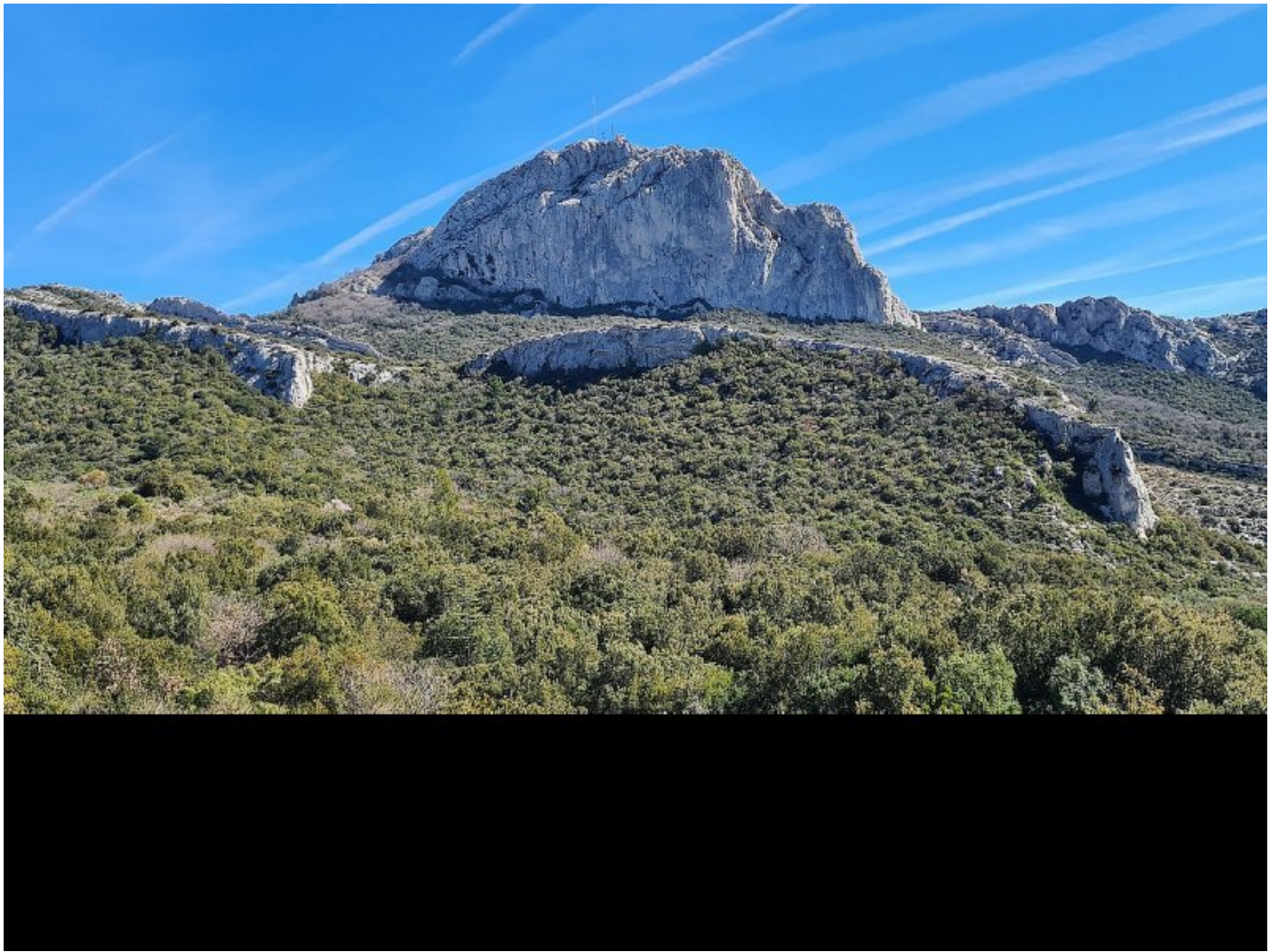






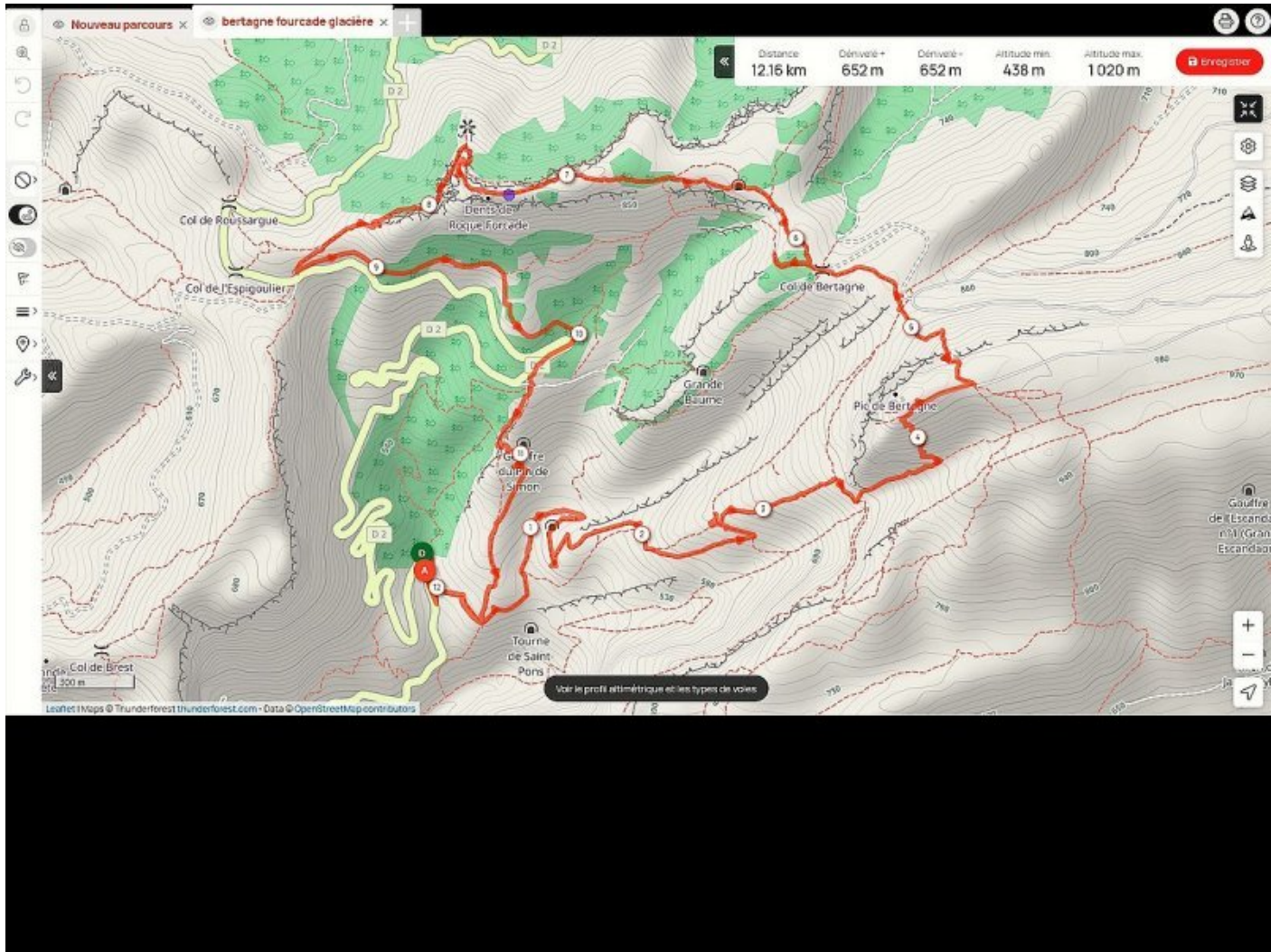


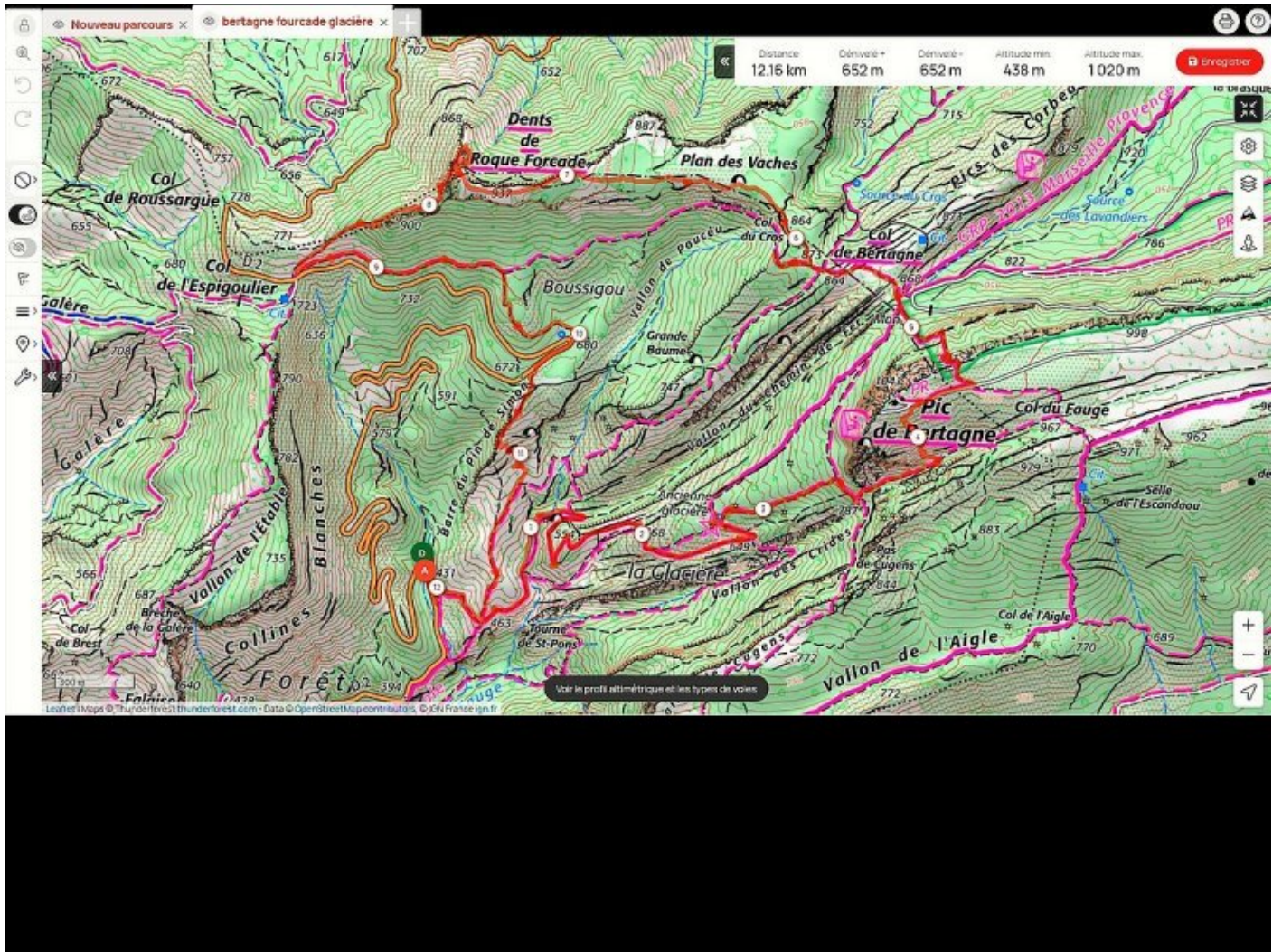


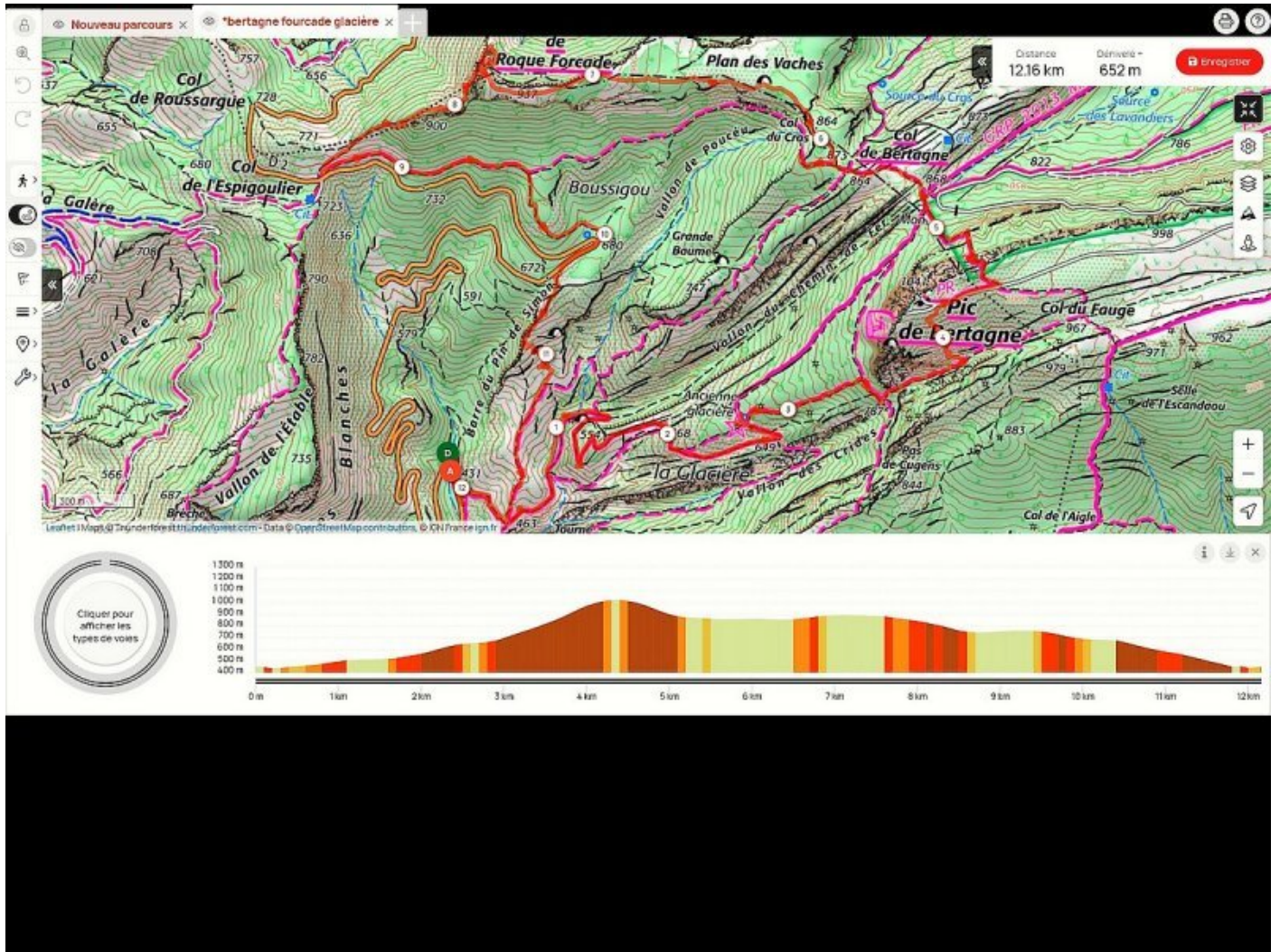


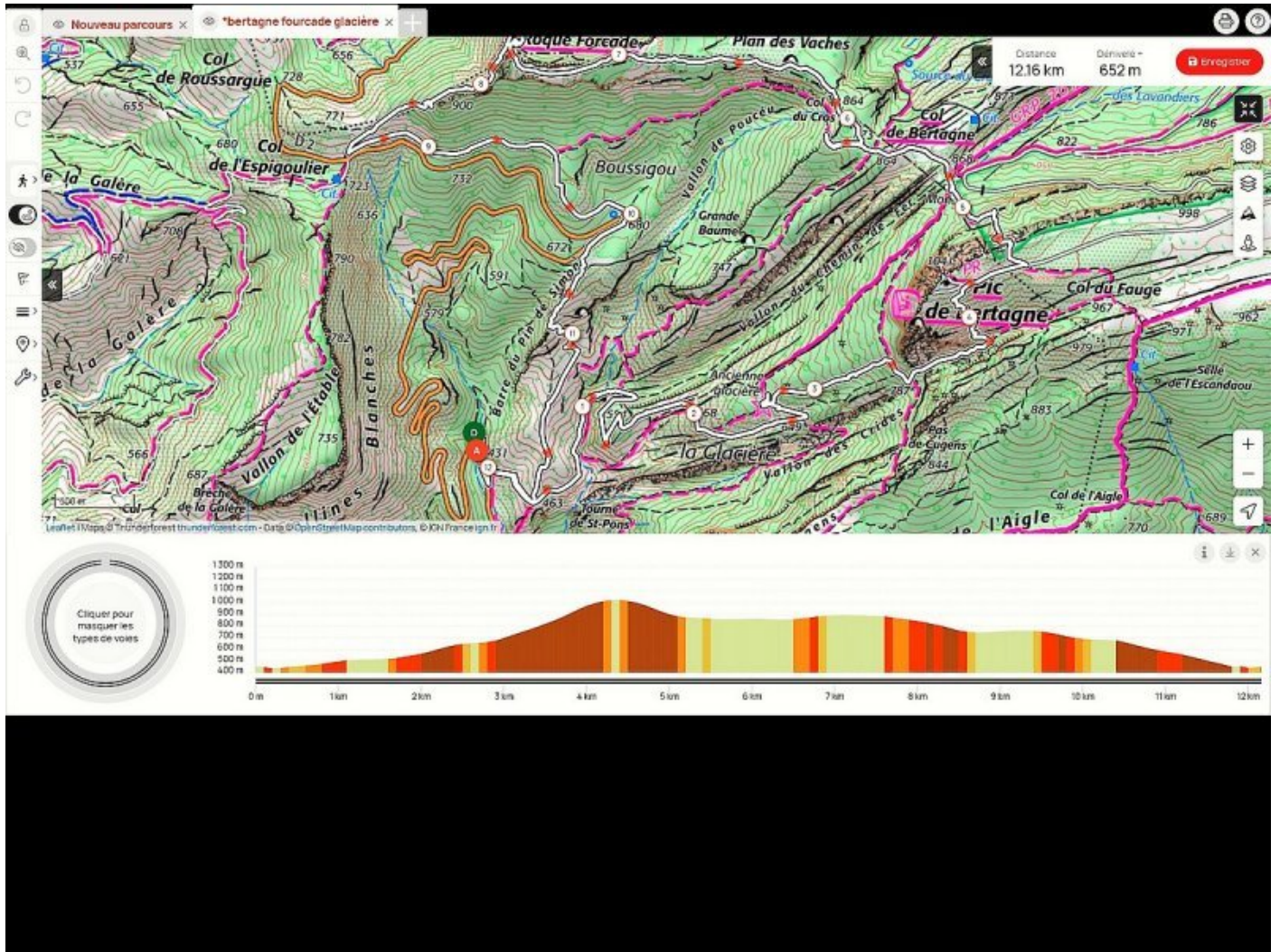






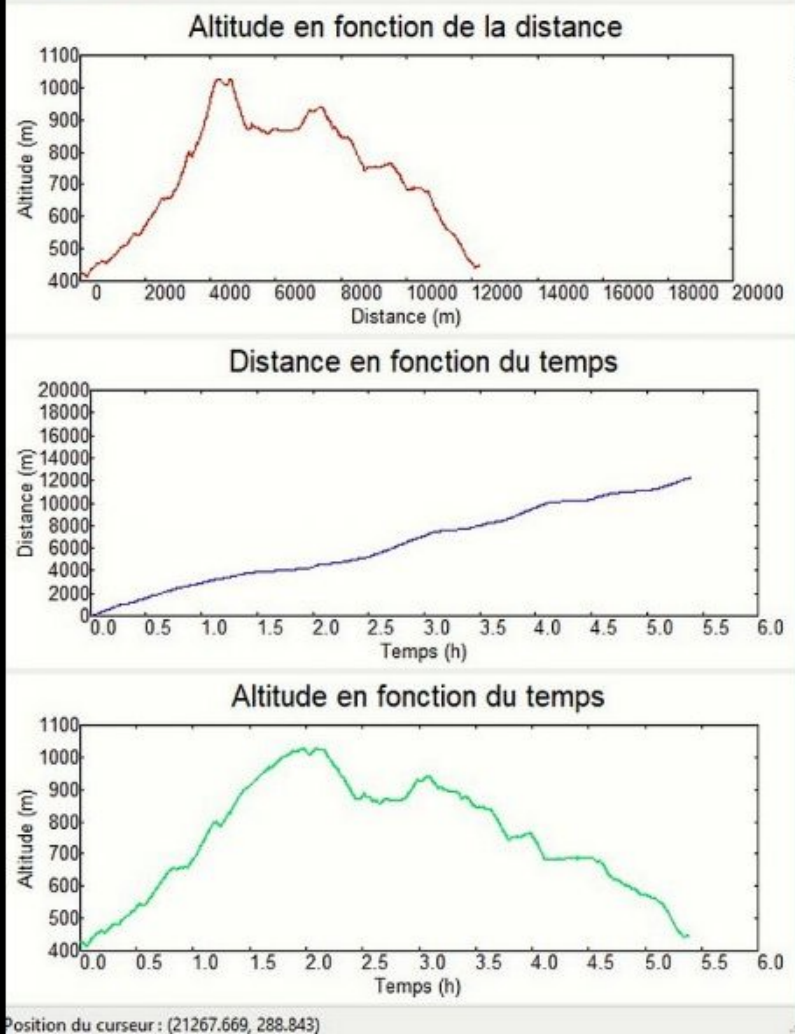






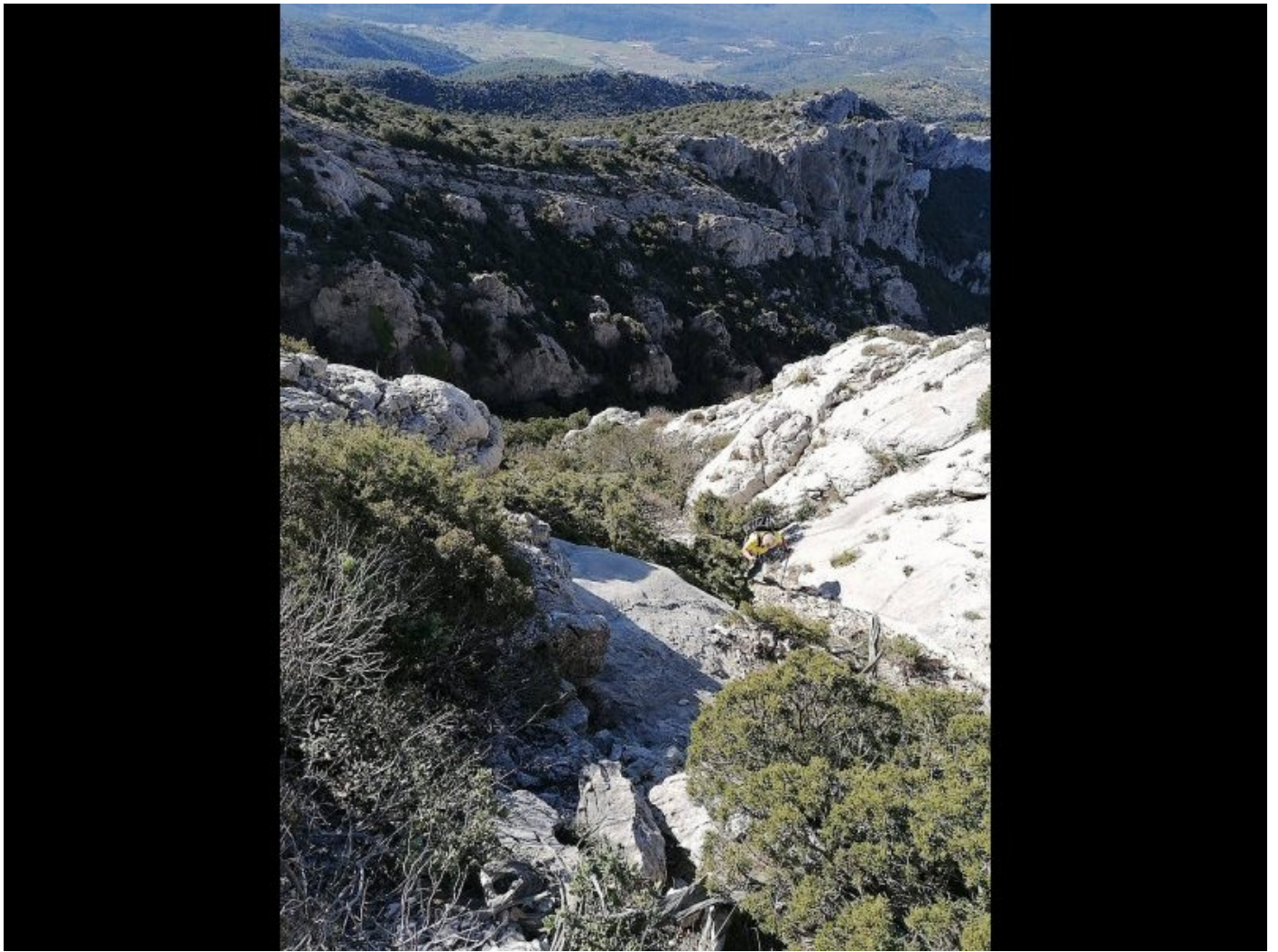
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Altitude min (m)	414		Dénivelé + (m)	959
Altitude max (m)	1026		Dénivelé - (m)	939
Altitude moy (m)	728			

Fichier voir options

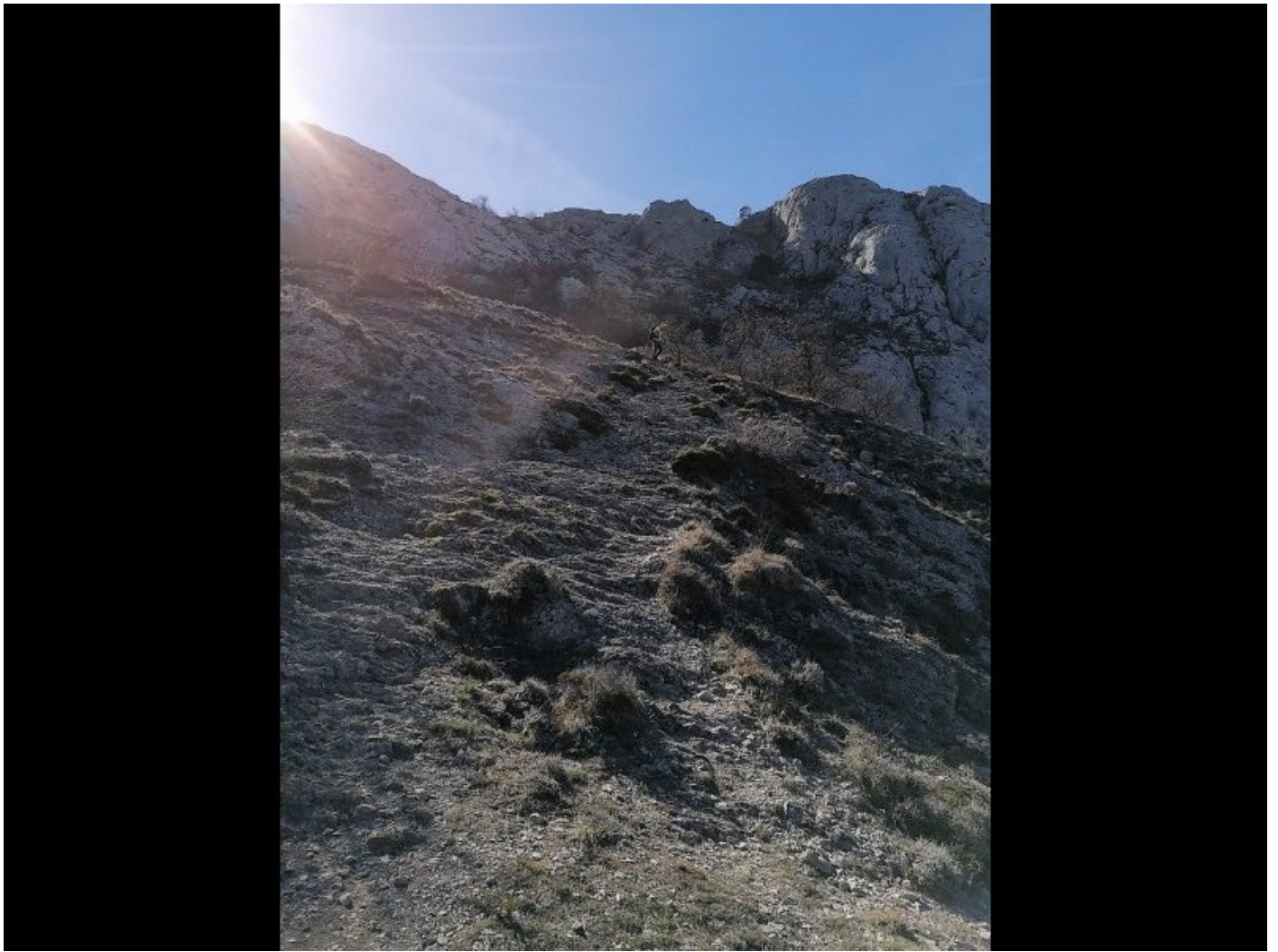




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