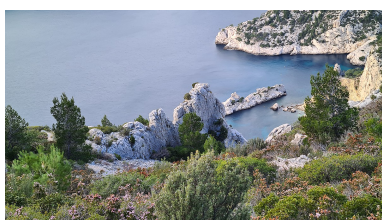


<https://www.persoemy.fr/spip.php?article575>



marseille luminy, les calanques, col de sugiton, oeil de verre, sentier noir du caf, GR..

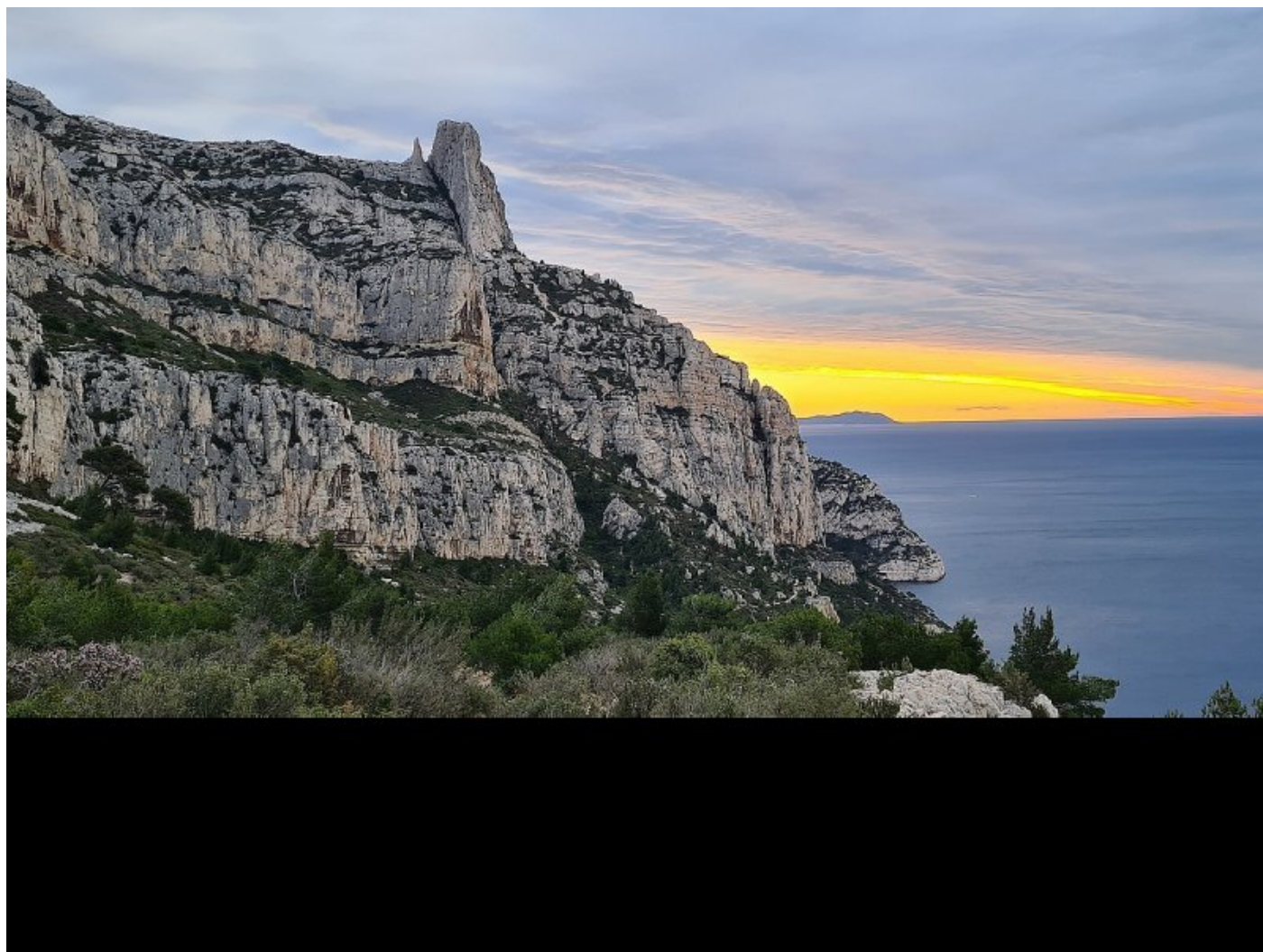


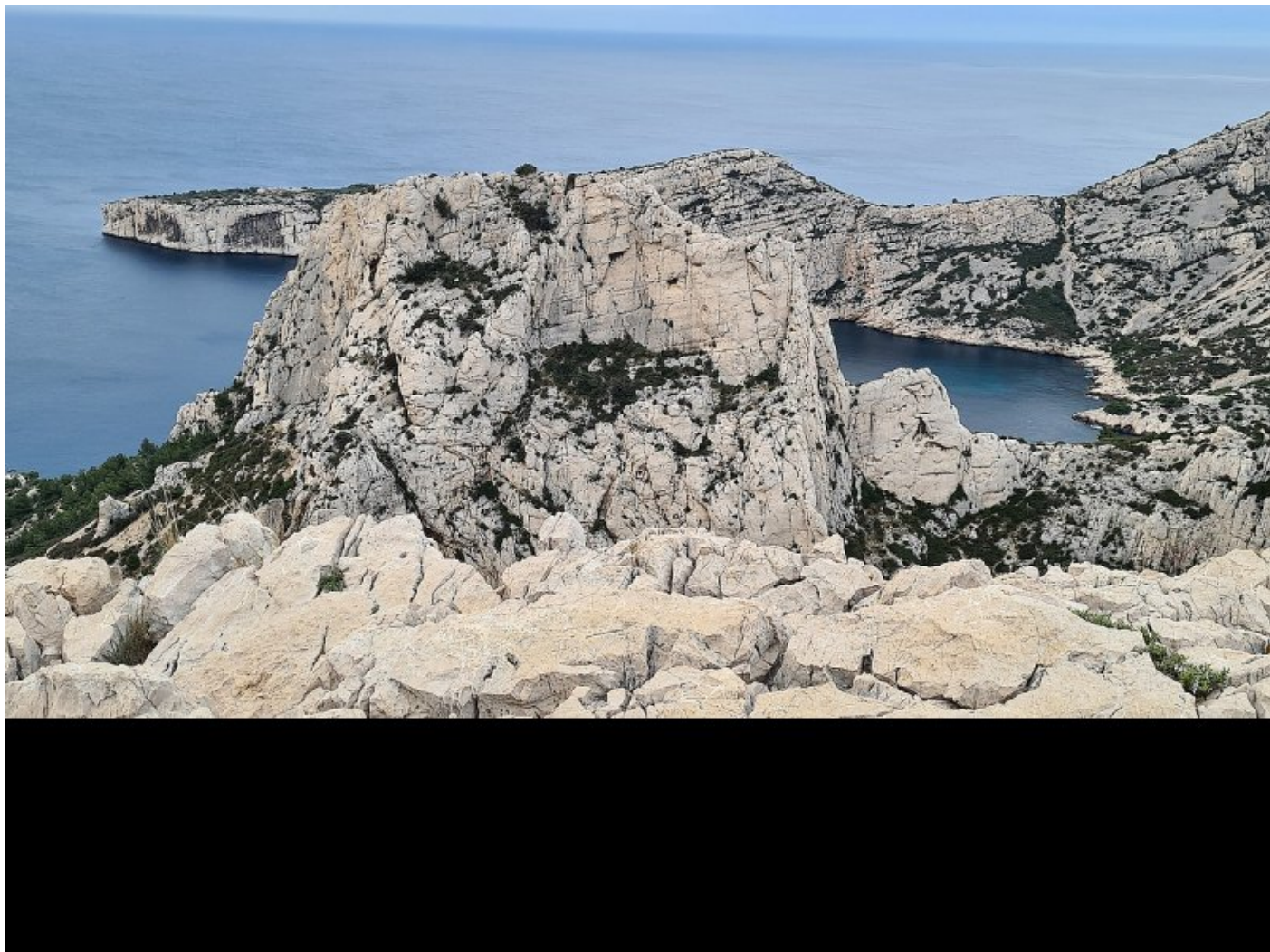
- Randos
- Date de mise en ligne : lundi 10 janvier 2022
- Date de parution : 10 janvier 2022

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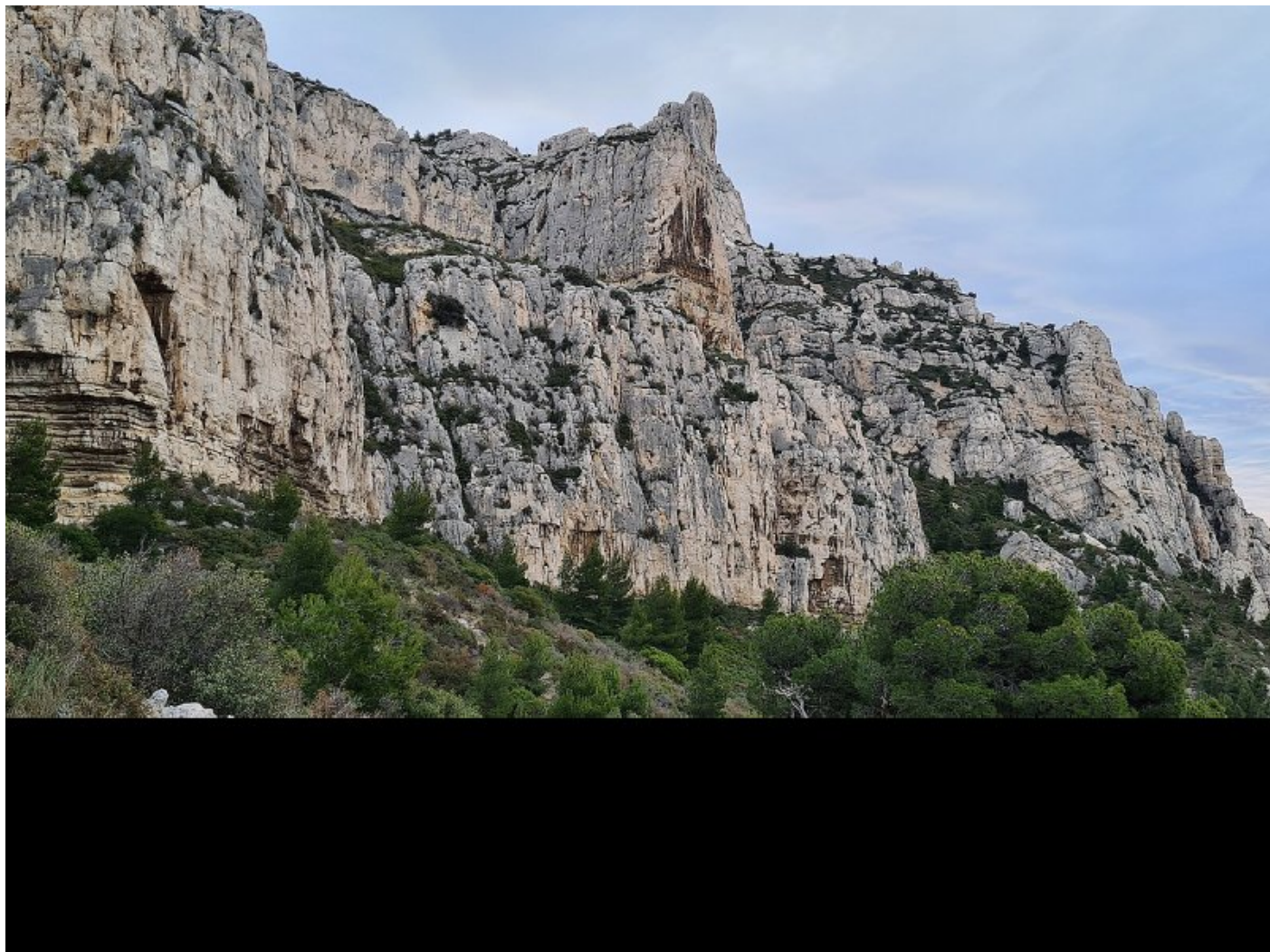
le circuit IGN

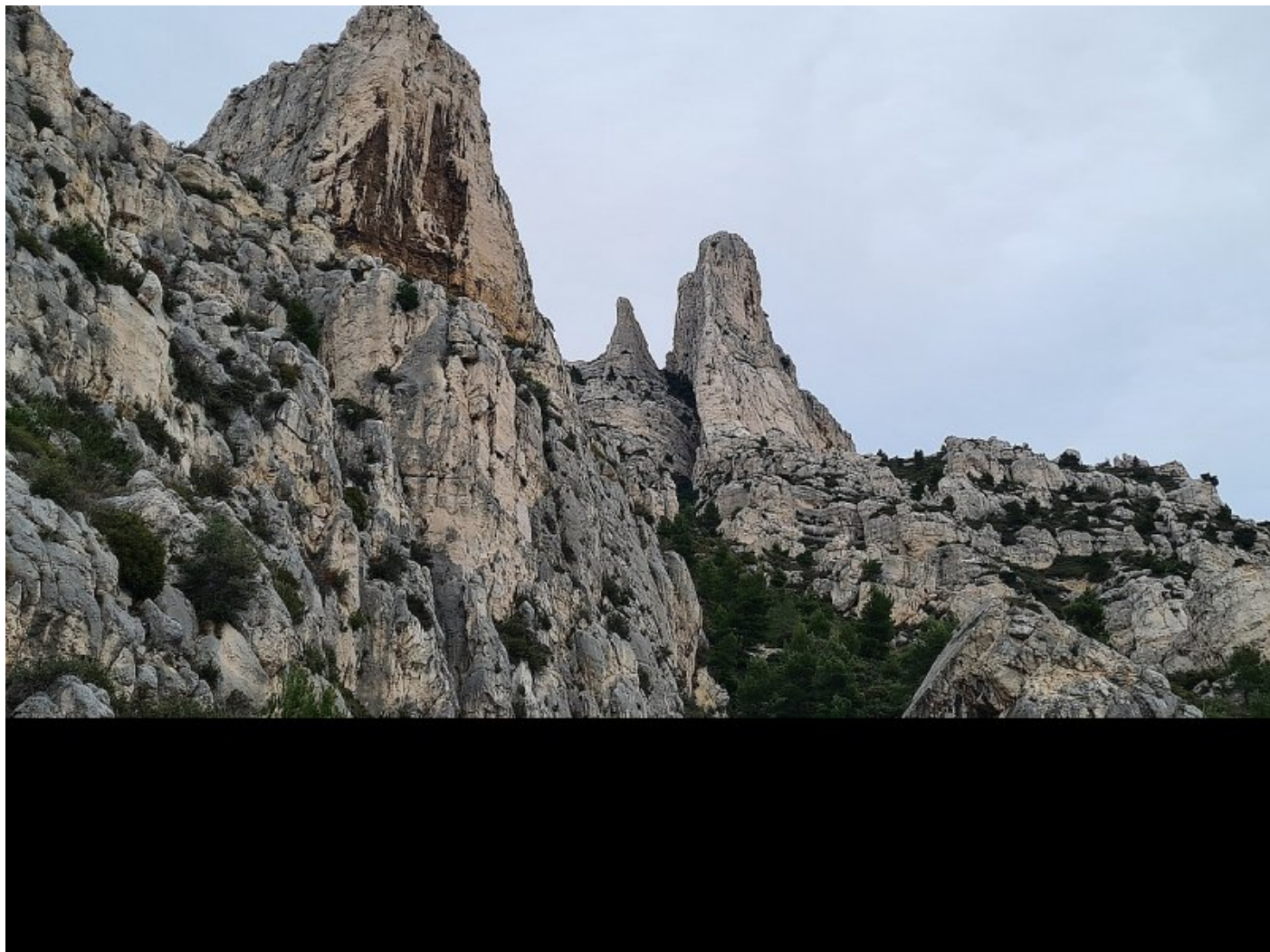
départ de luminy, rando difficile de l'oeil de verre par le sentier noir du caf, 12kms100 en 4h30 et 617m de dénivelé, la piste vers le col de sugiton, la piste en face direction sous la grande candelle, jusqu'à la barrière, ancien tracé rouge descente chemin plus sauvage, remontée vers l'oeil de verre, on continue, au croisement suivant vers la gauche, puis plus loin, nouveau carrefour tout droit le sentier du caf, c'est la partie la plus délicate, des vires, des passages techniques puis sous la candelle, une chaîne puis on rejoint le GR et le retour avec un petit détour à une petite grotte...



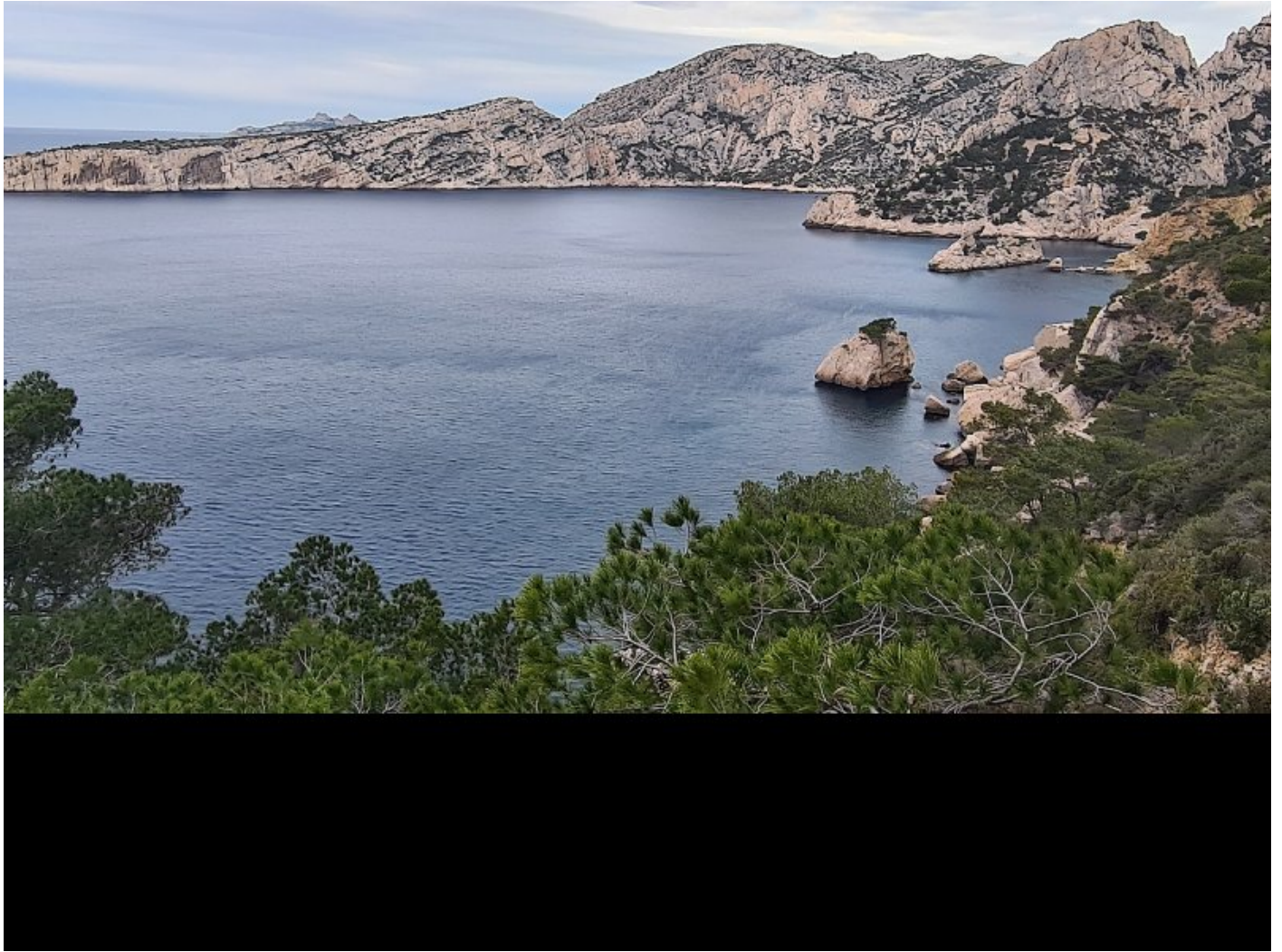


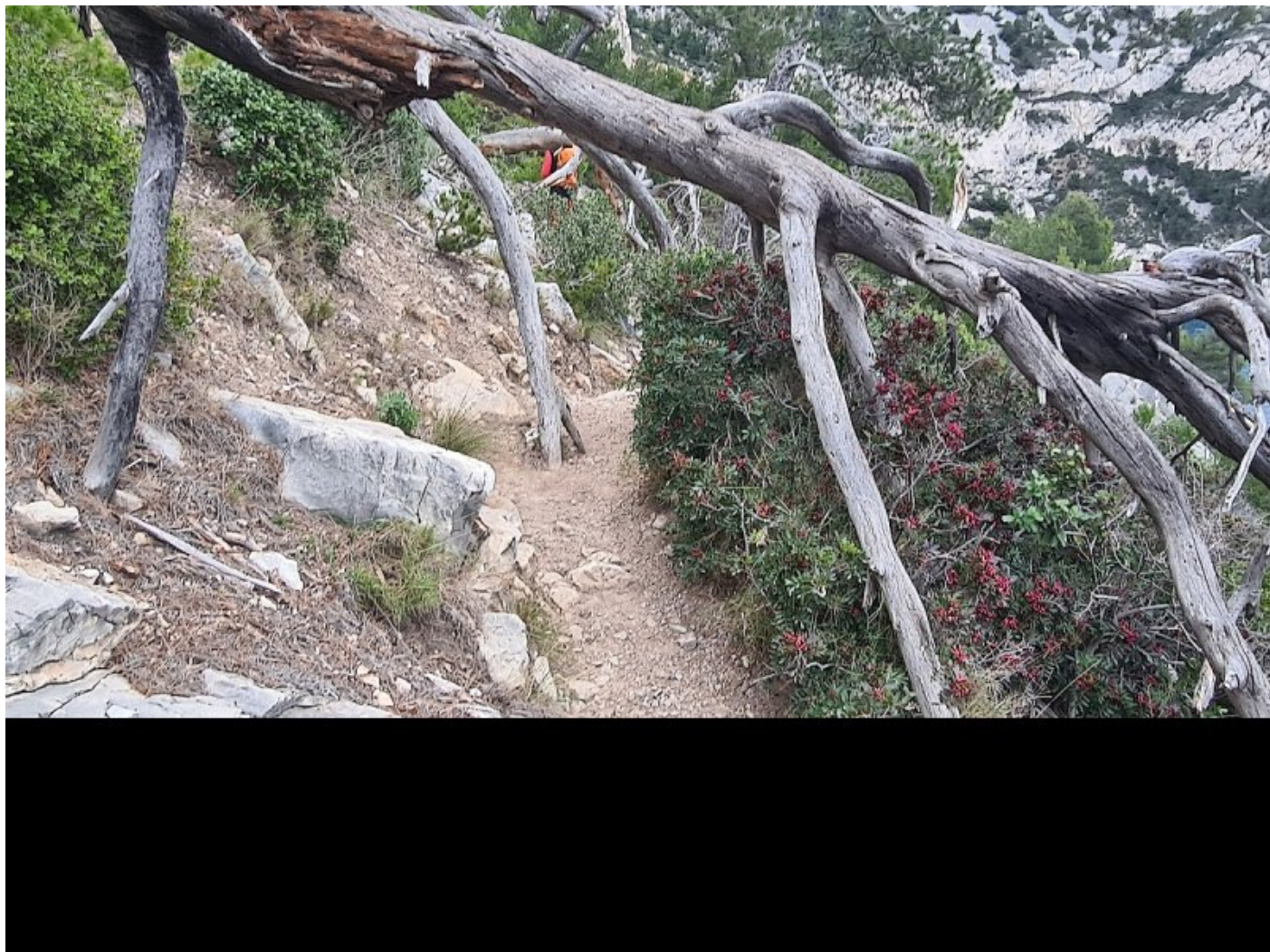


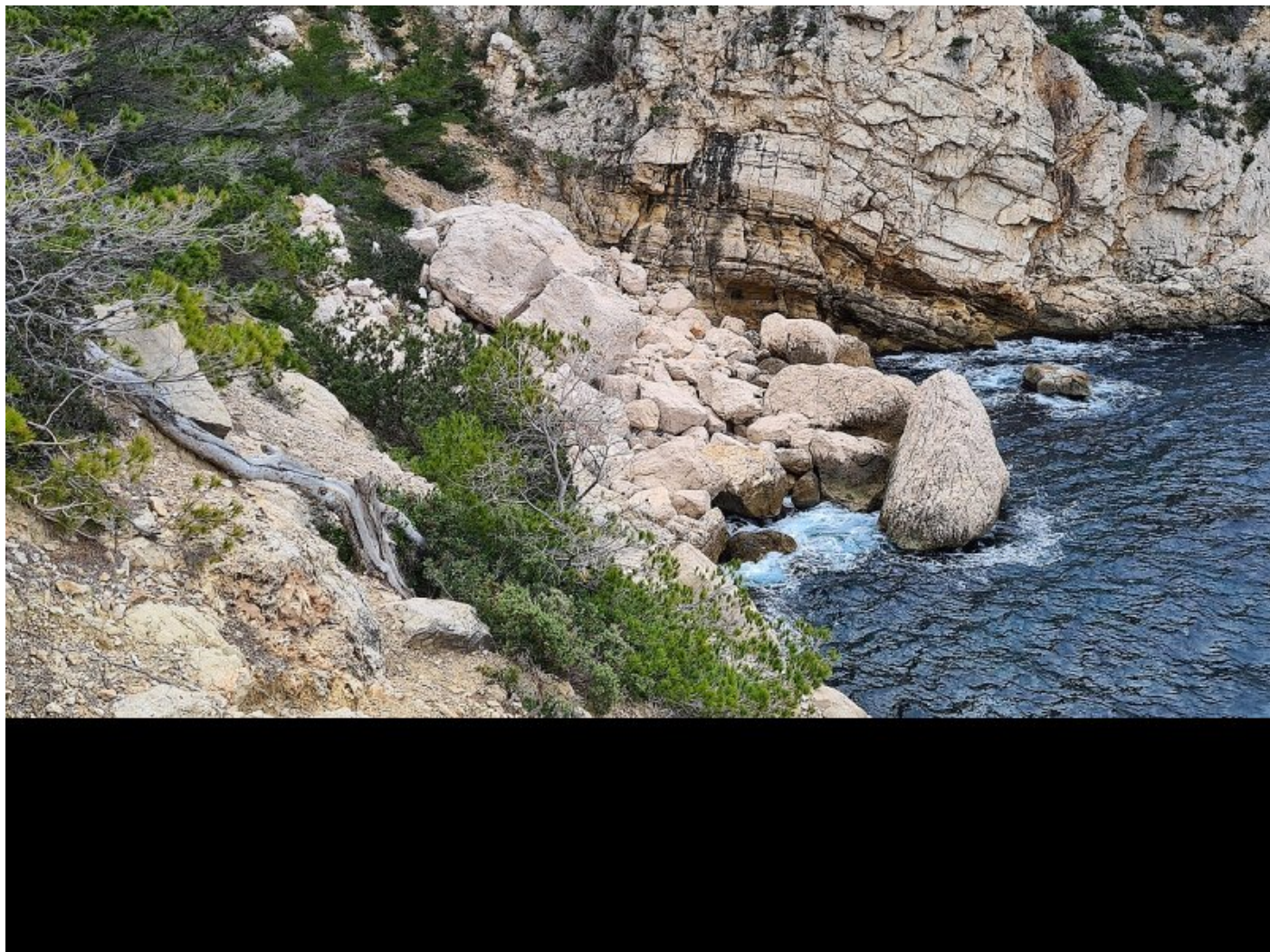


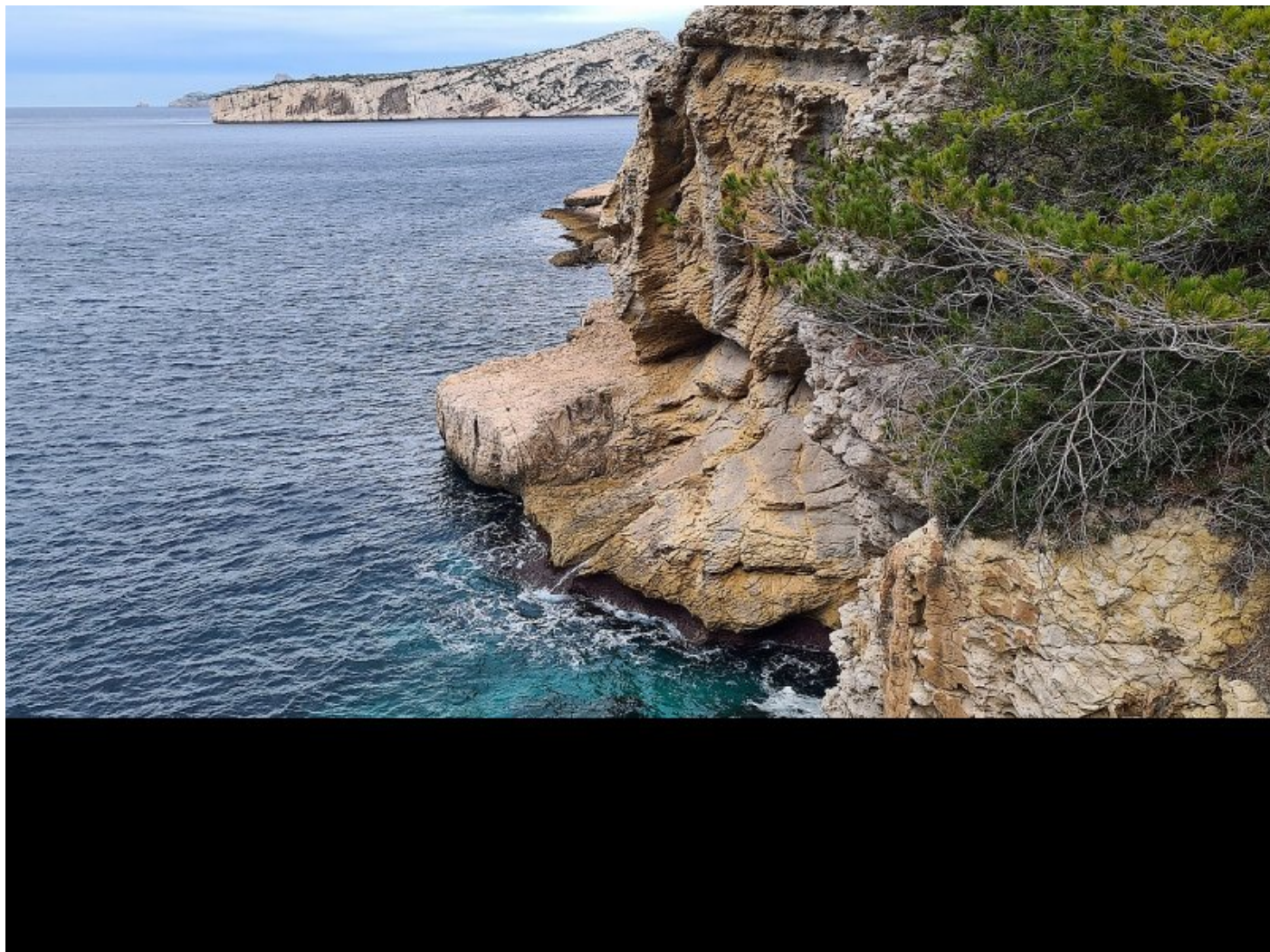


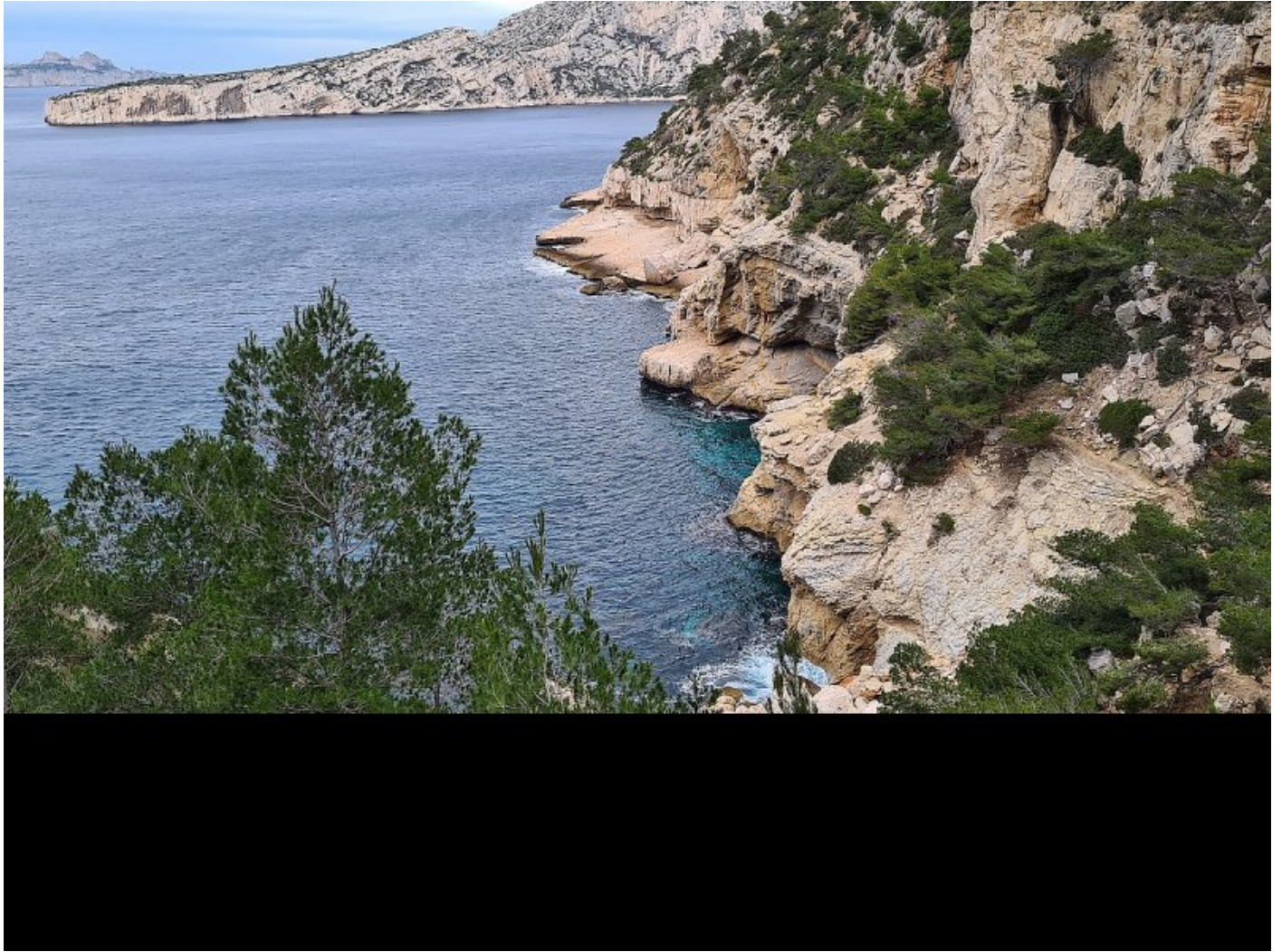










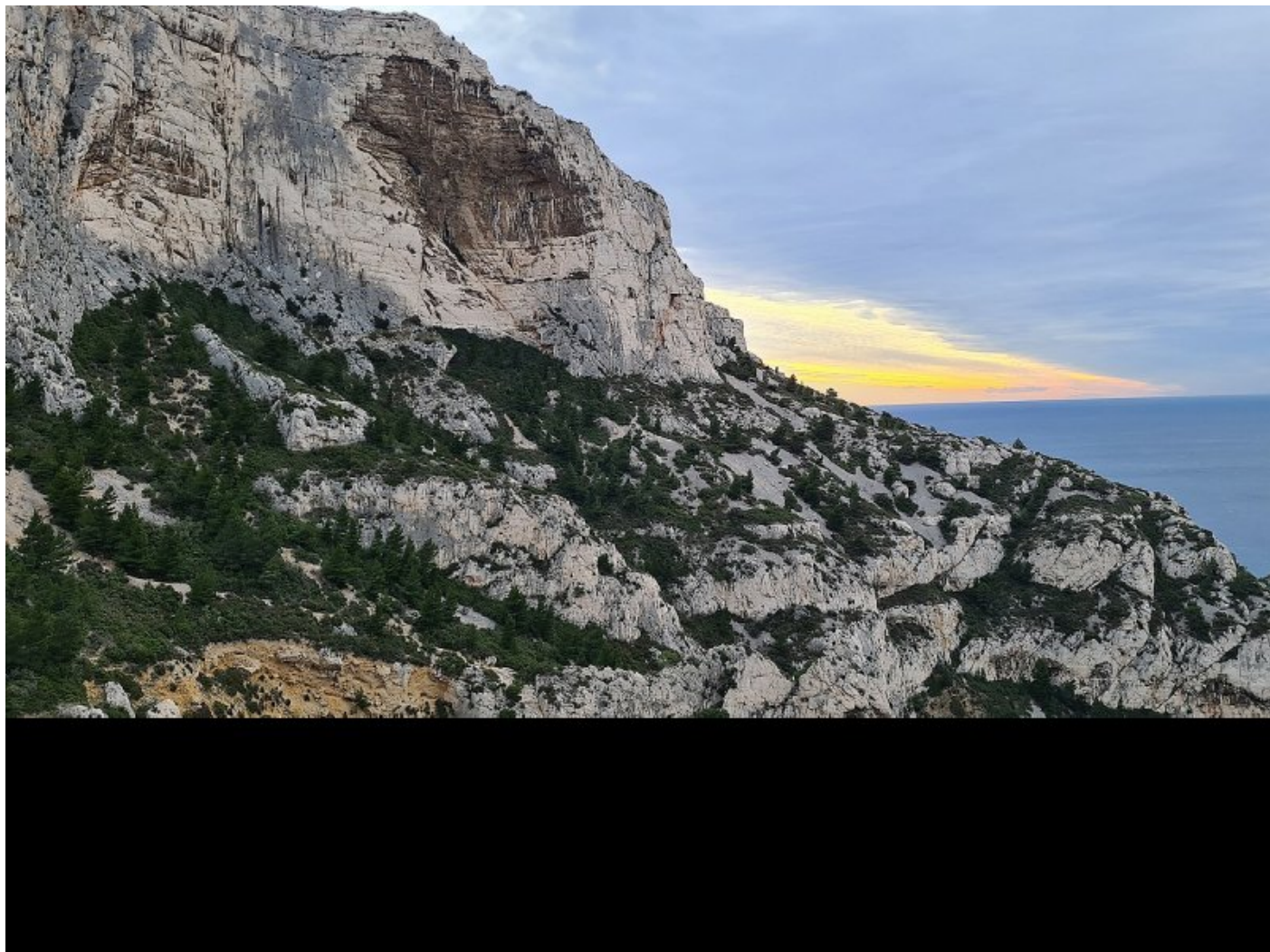






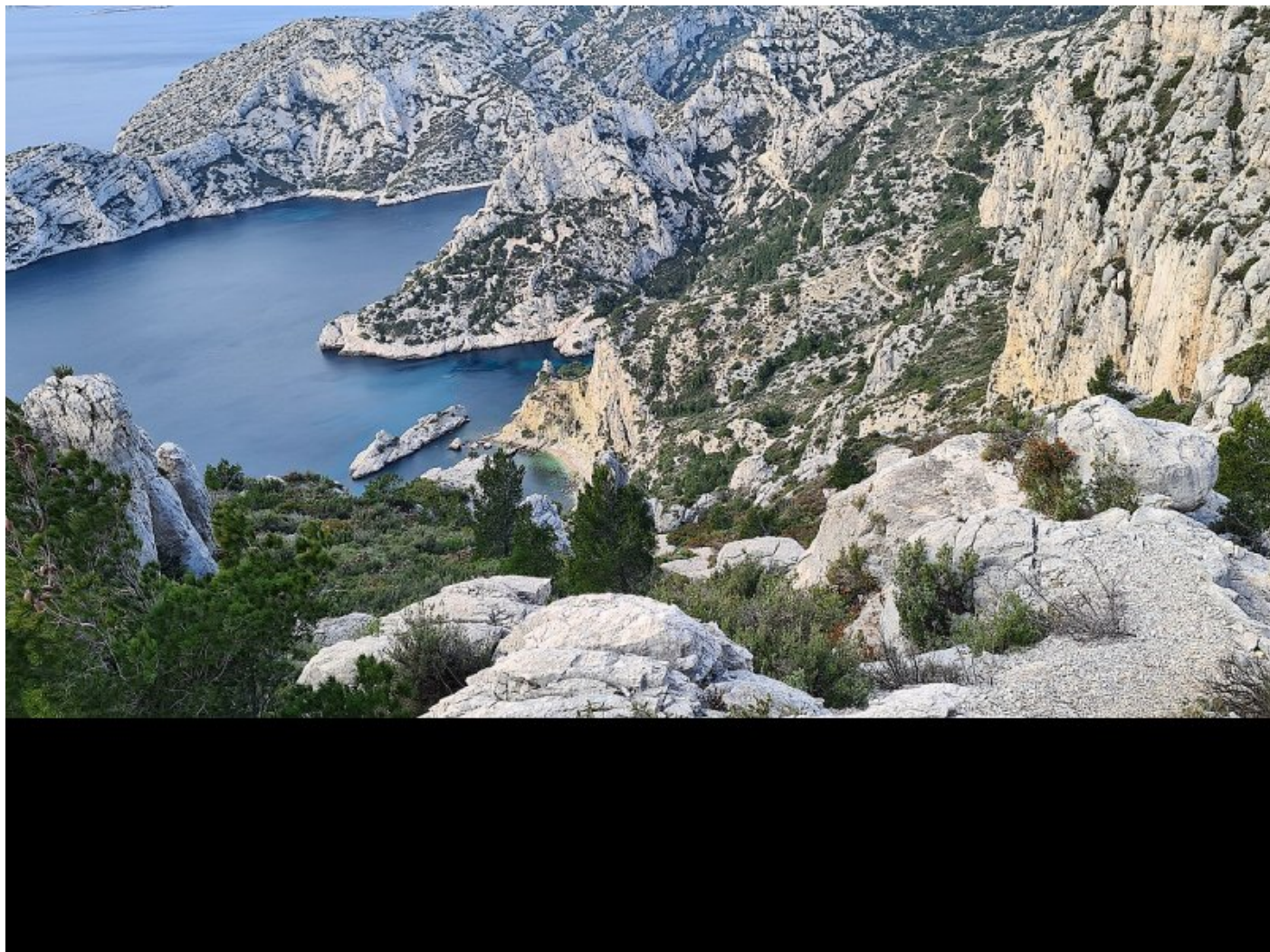


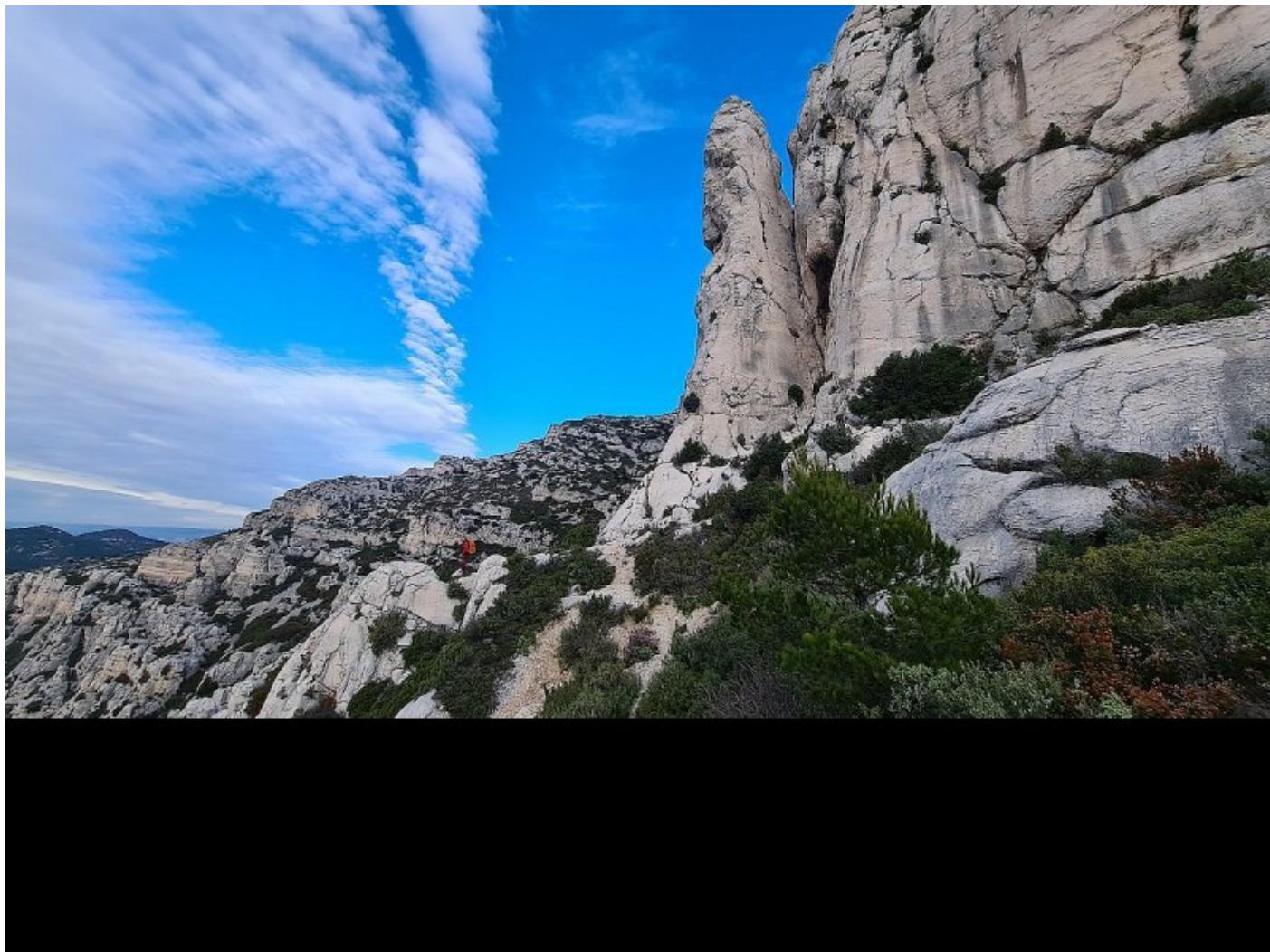


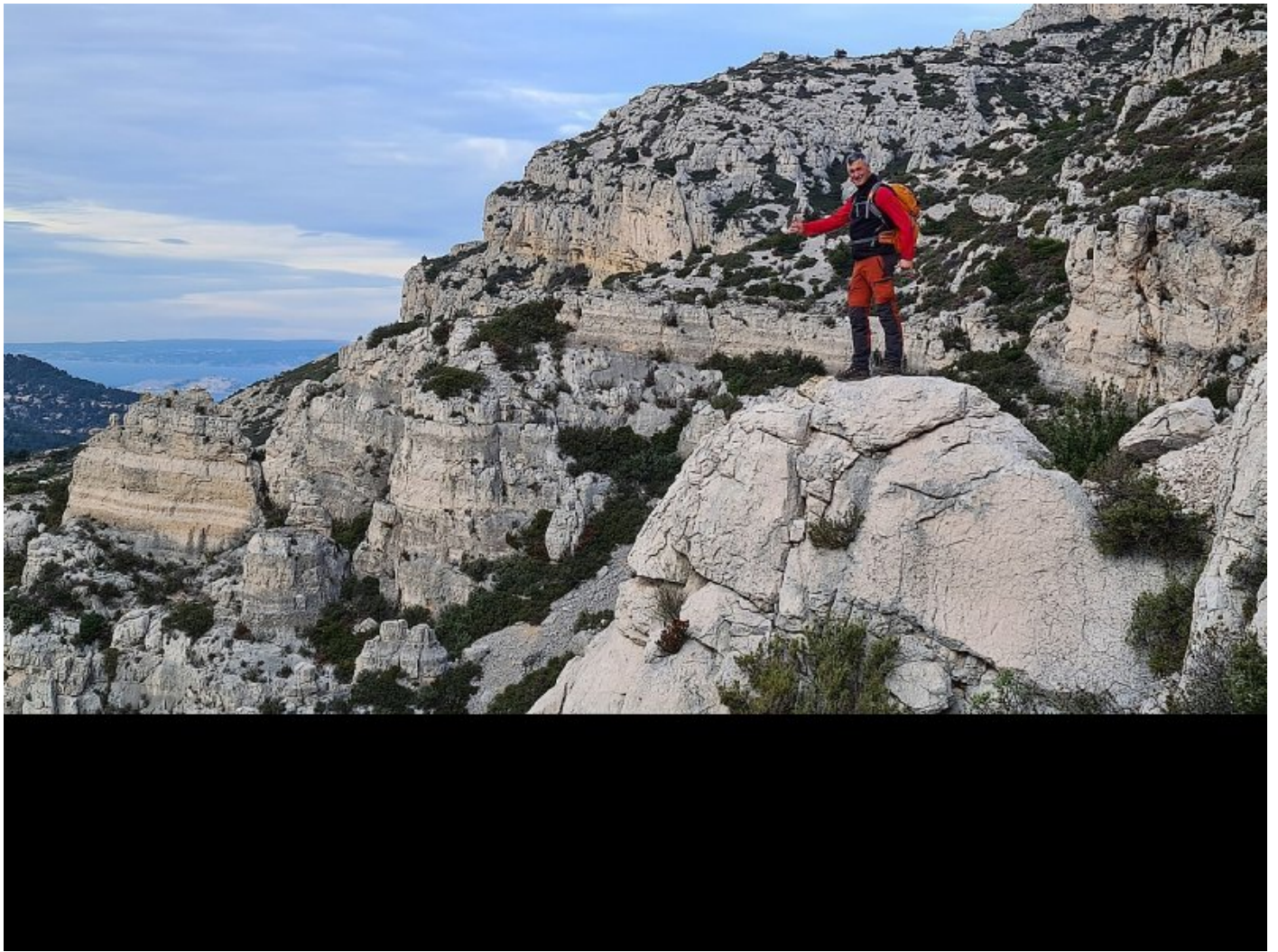


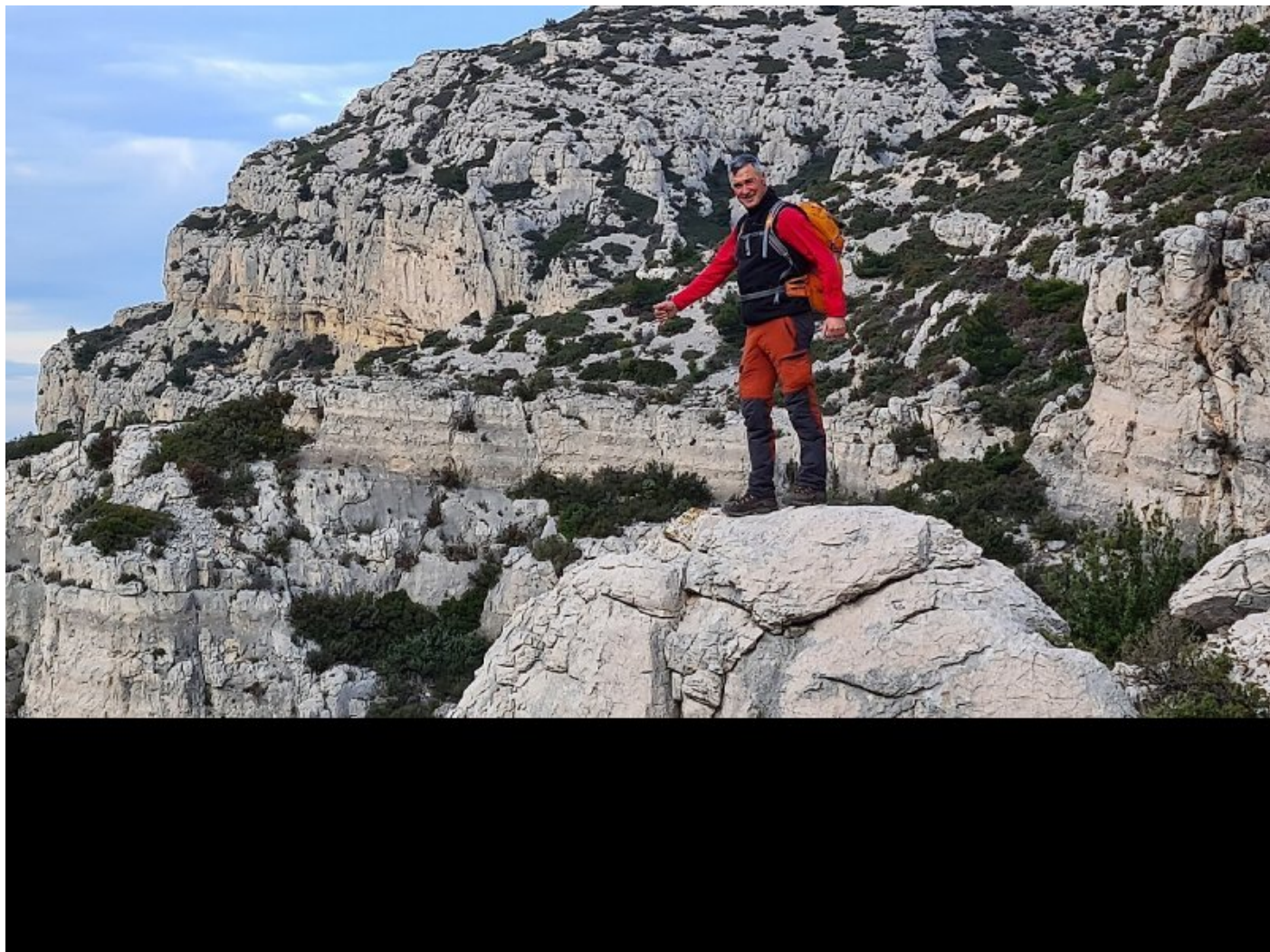


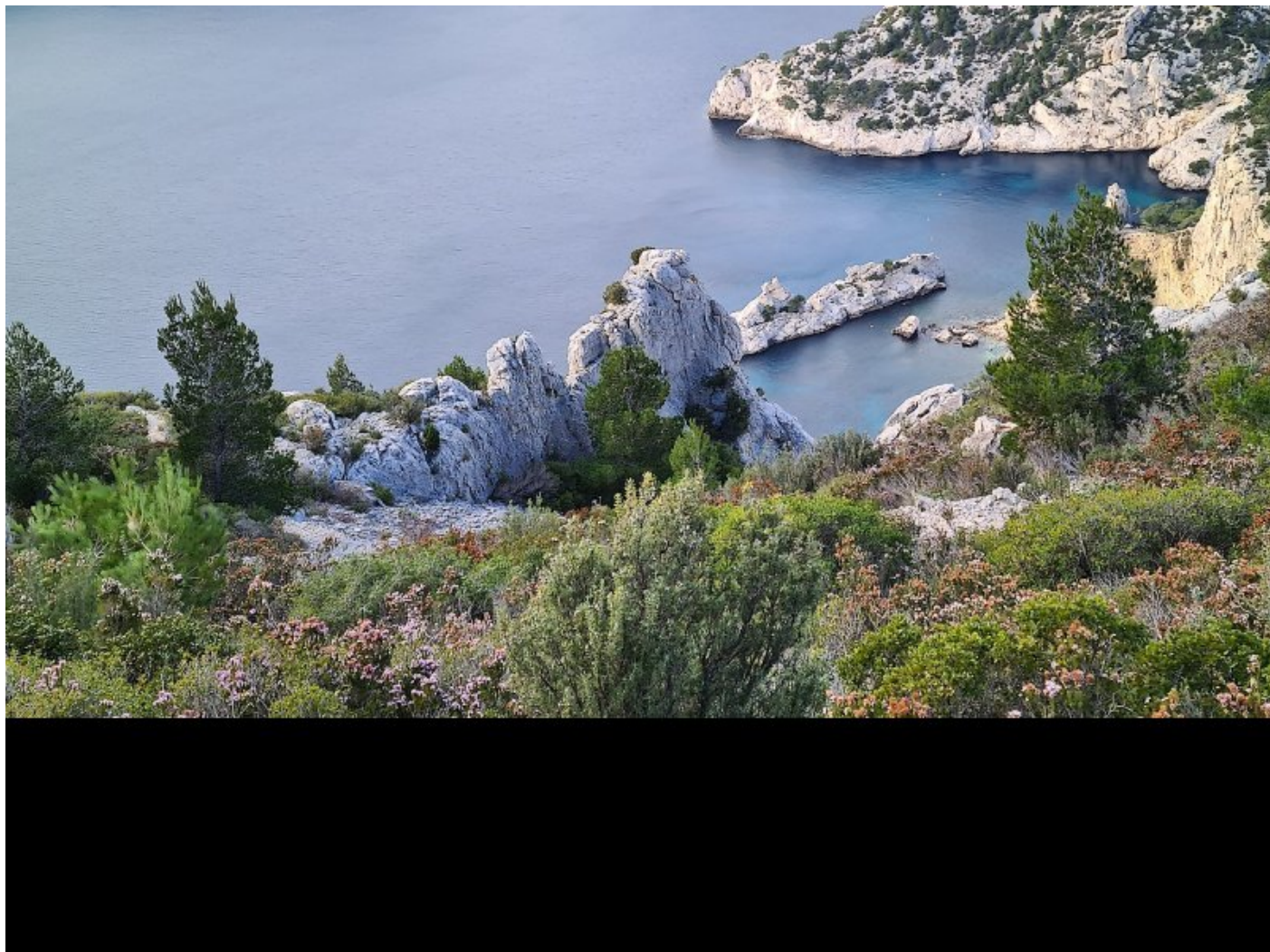








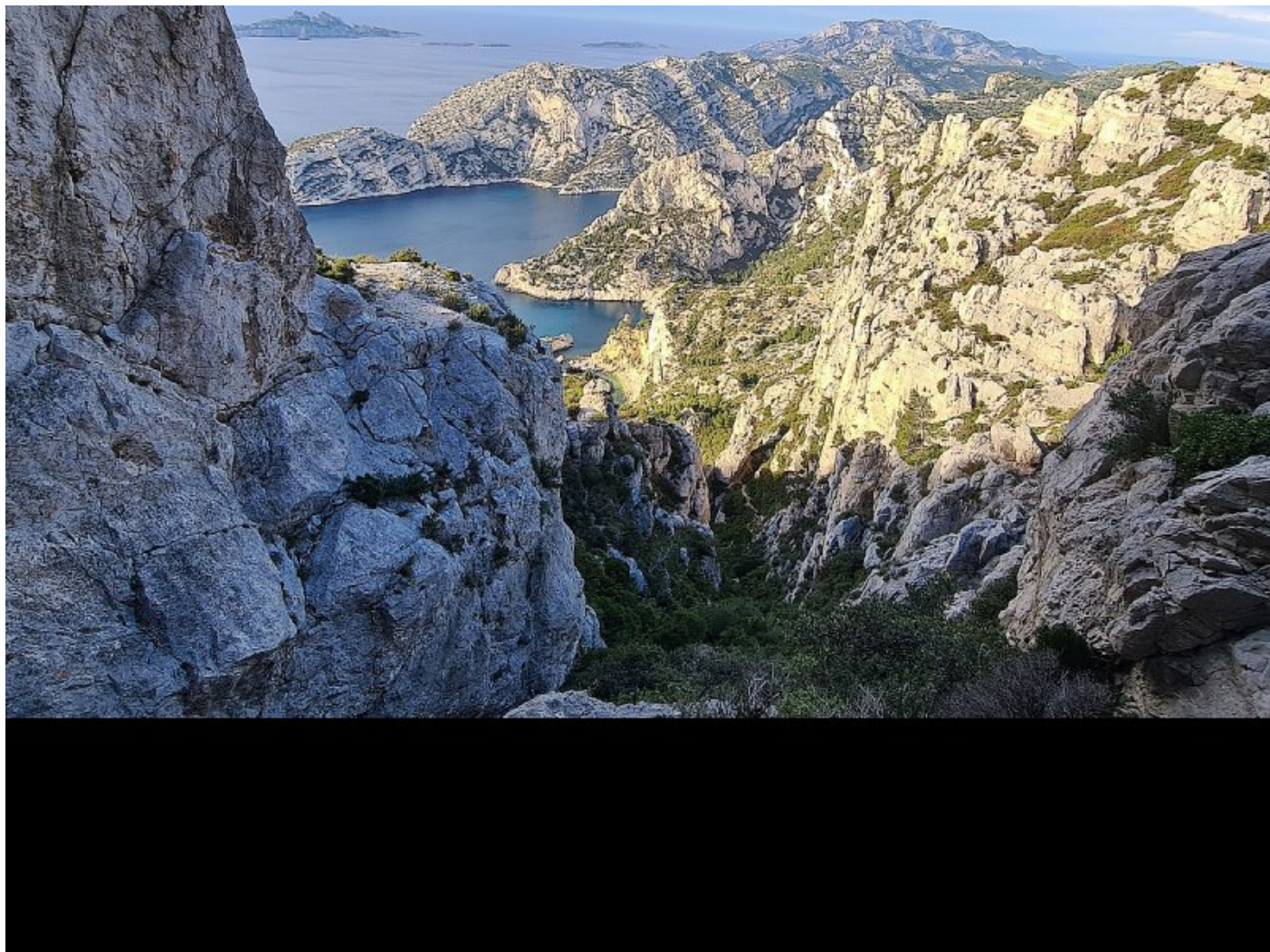




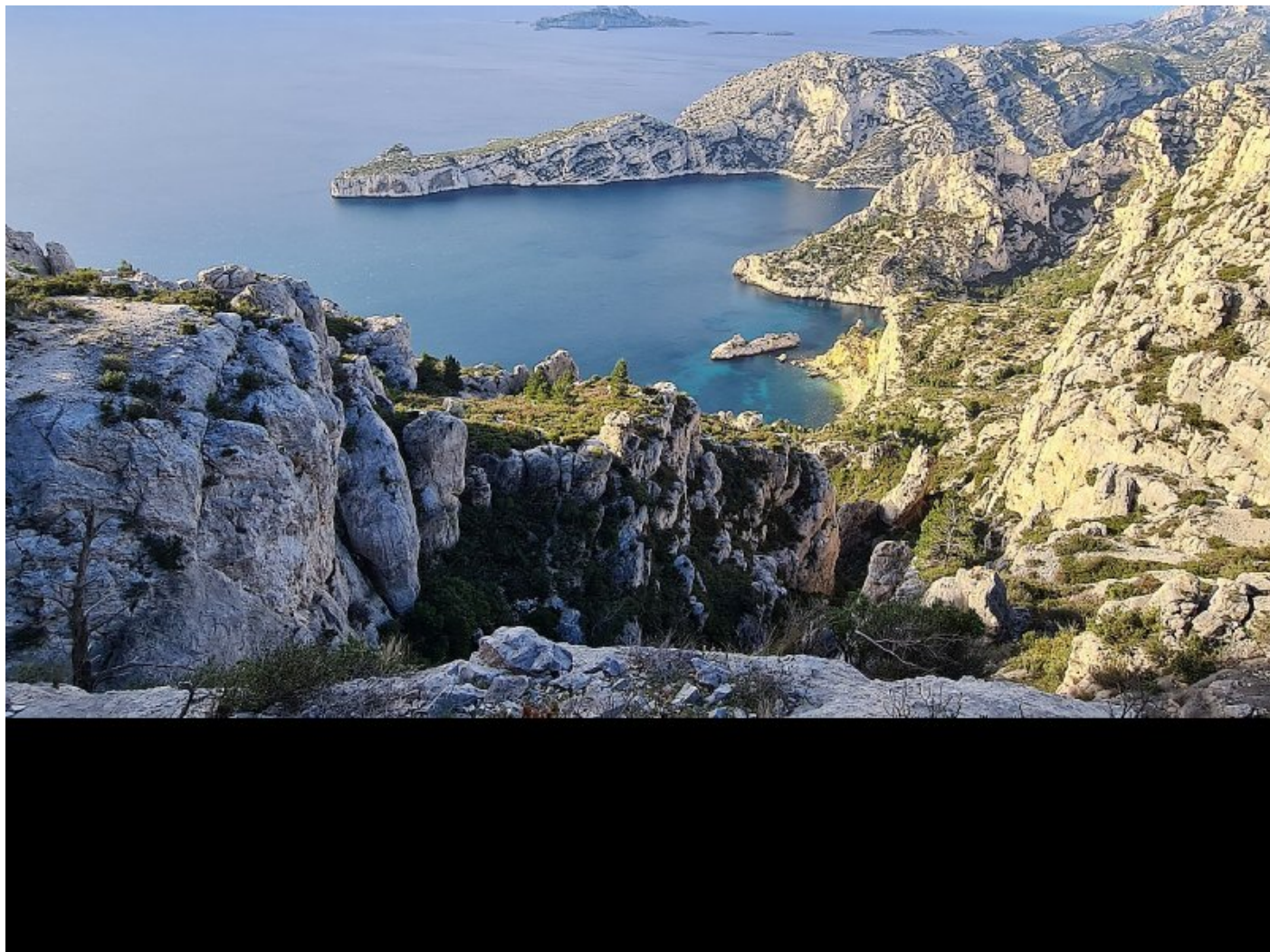


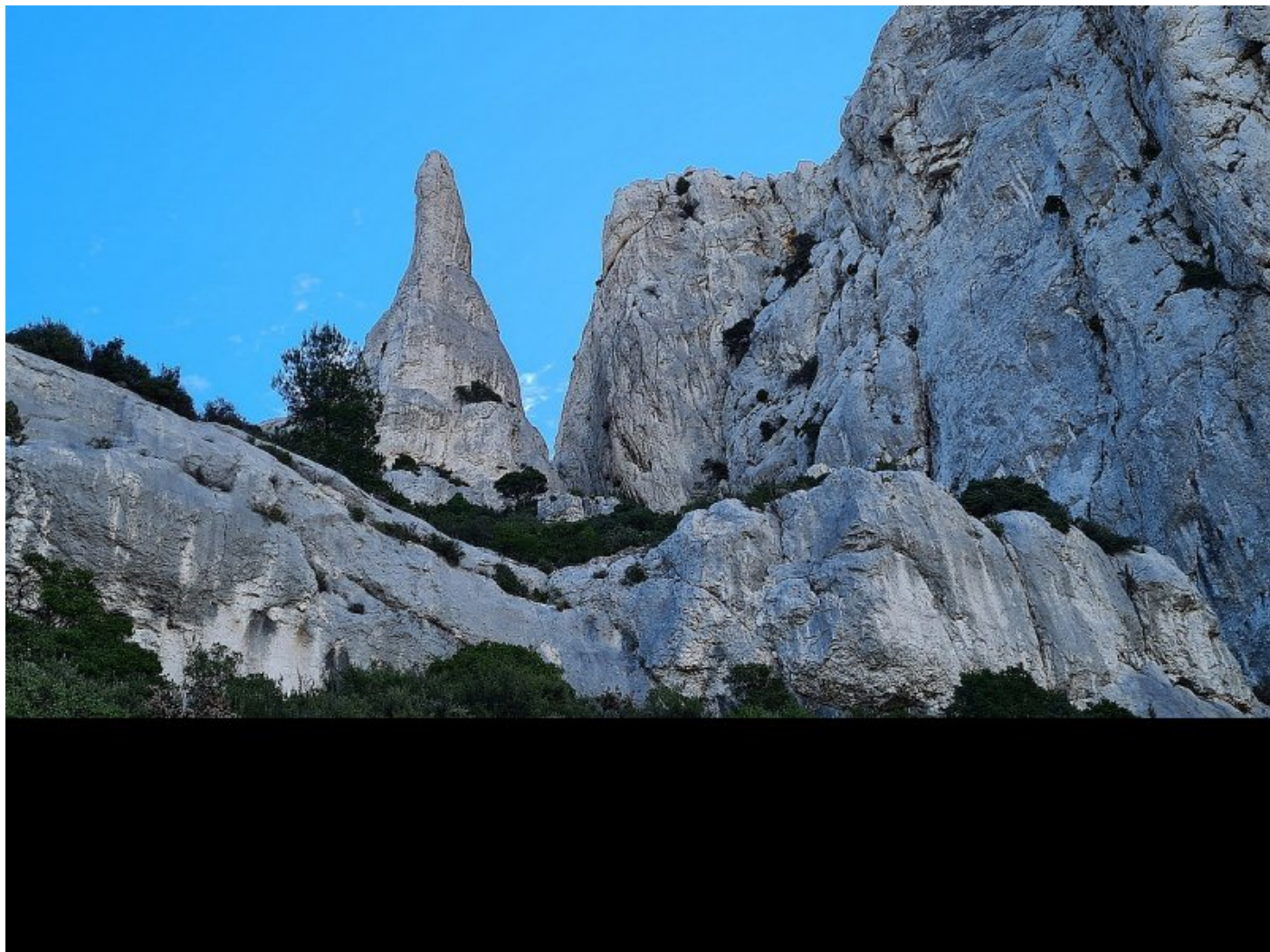


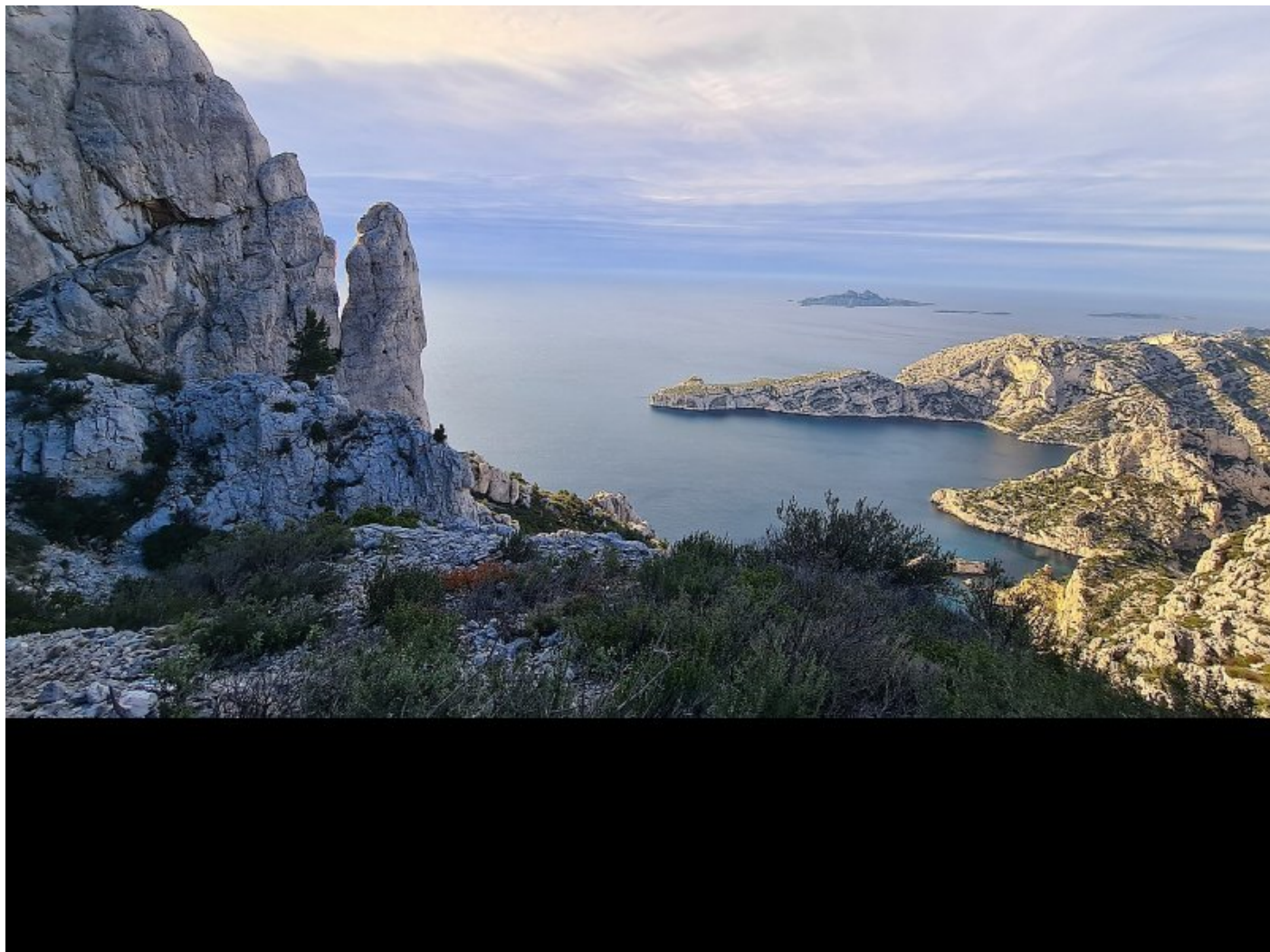


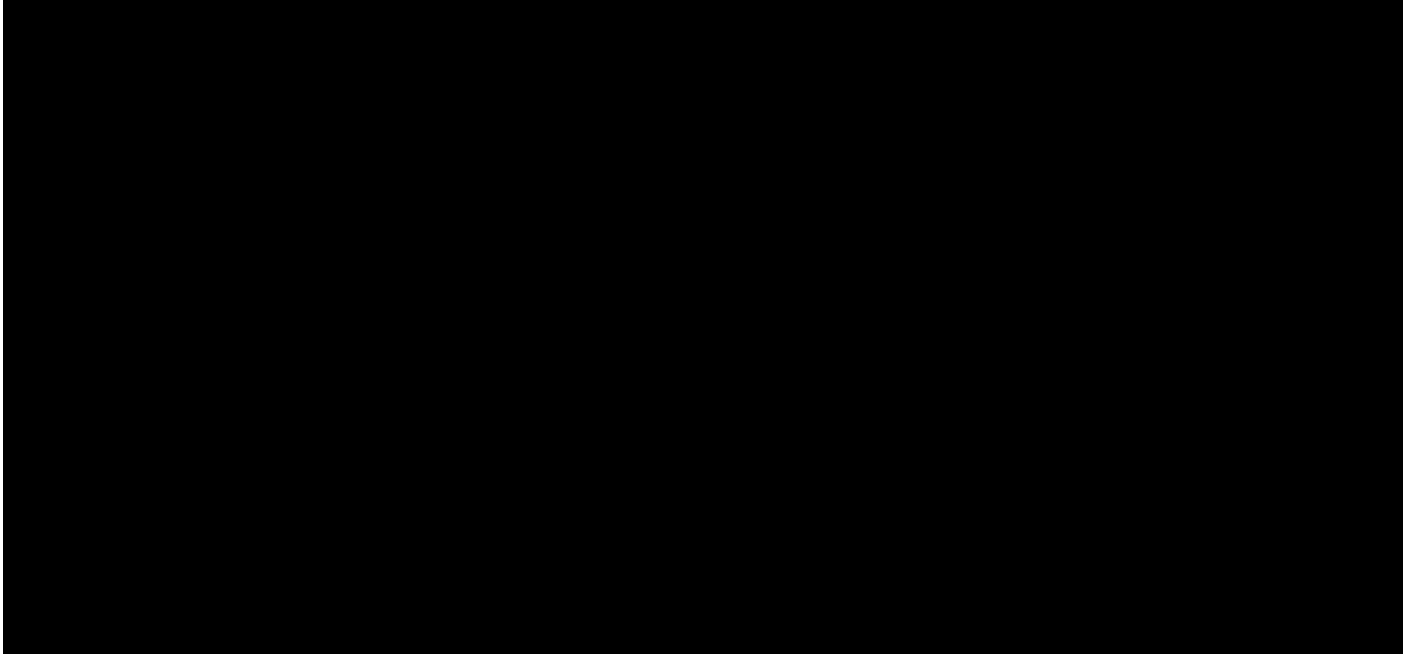






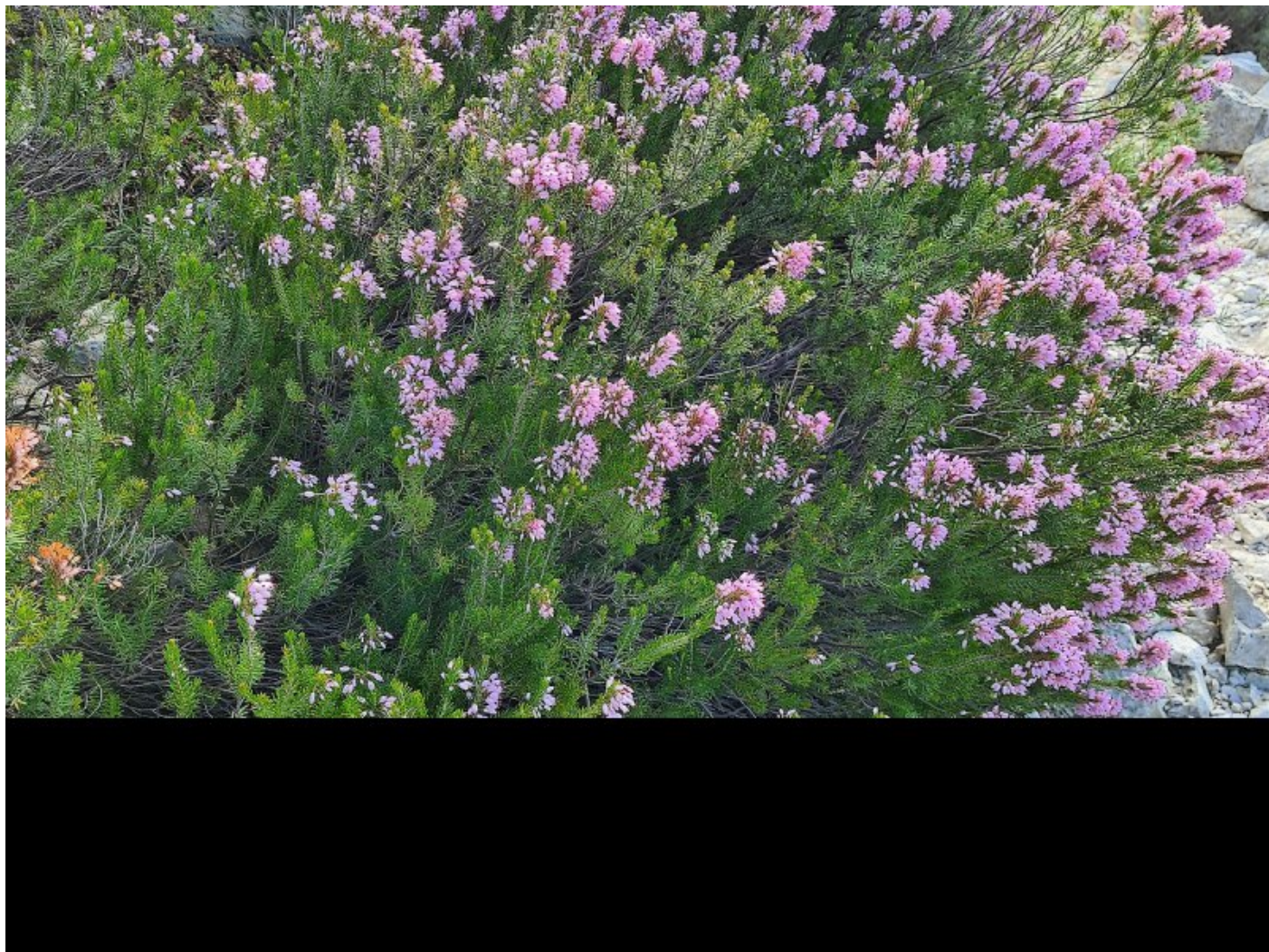


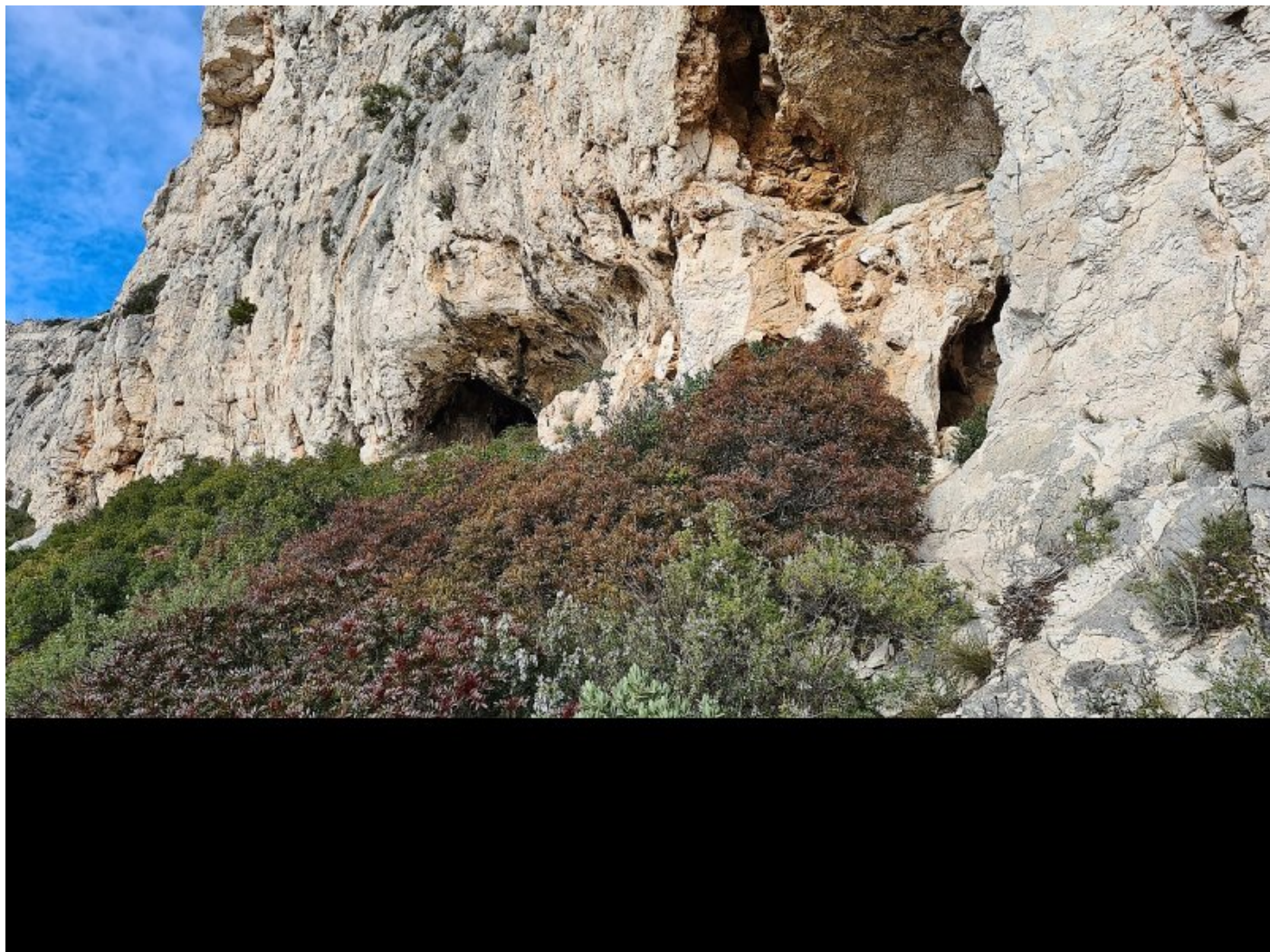






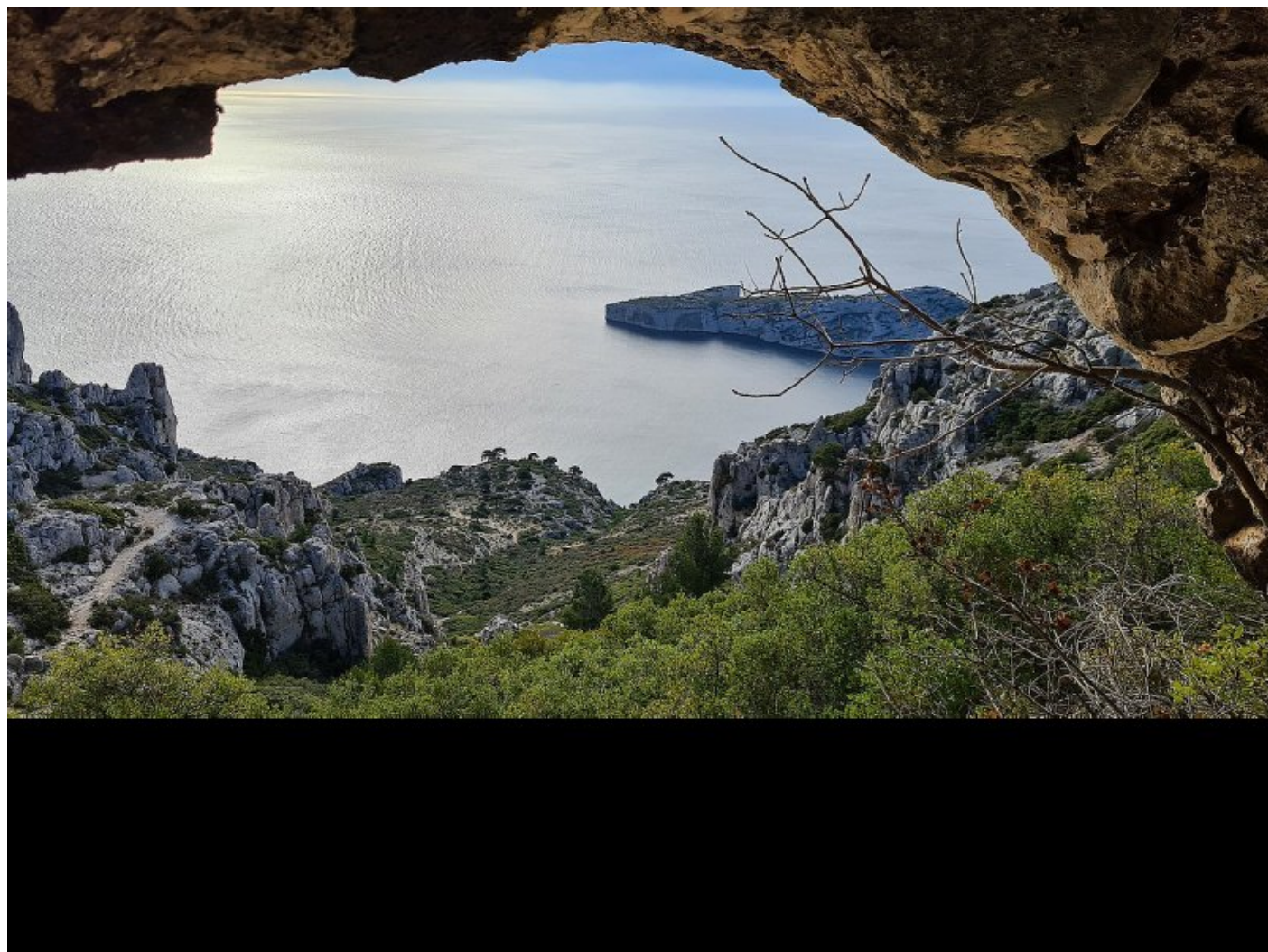








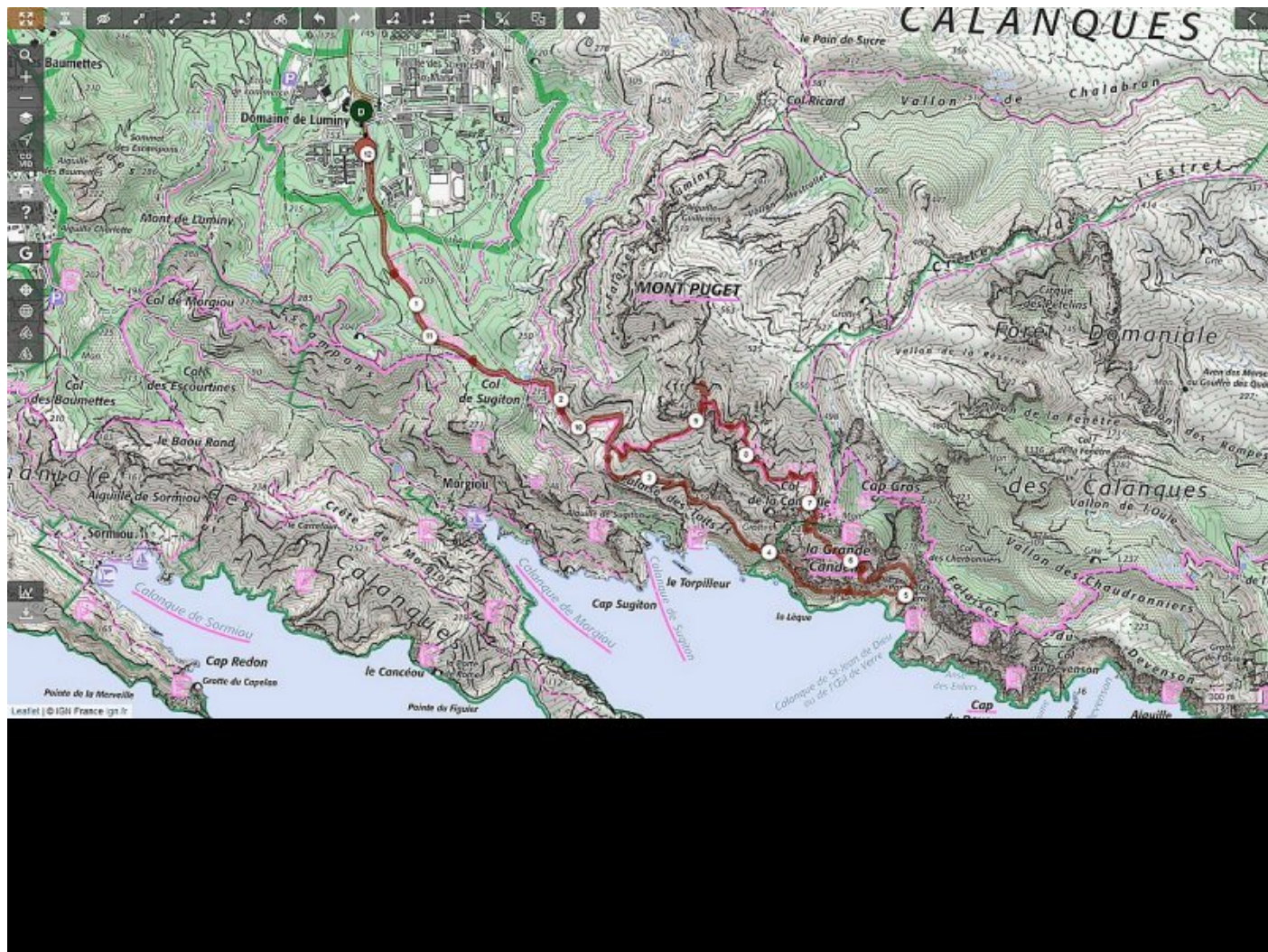


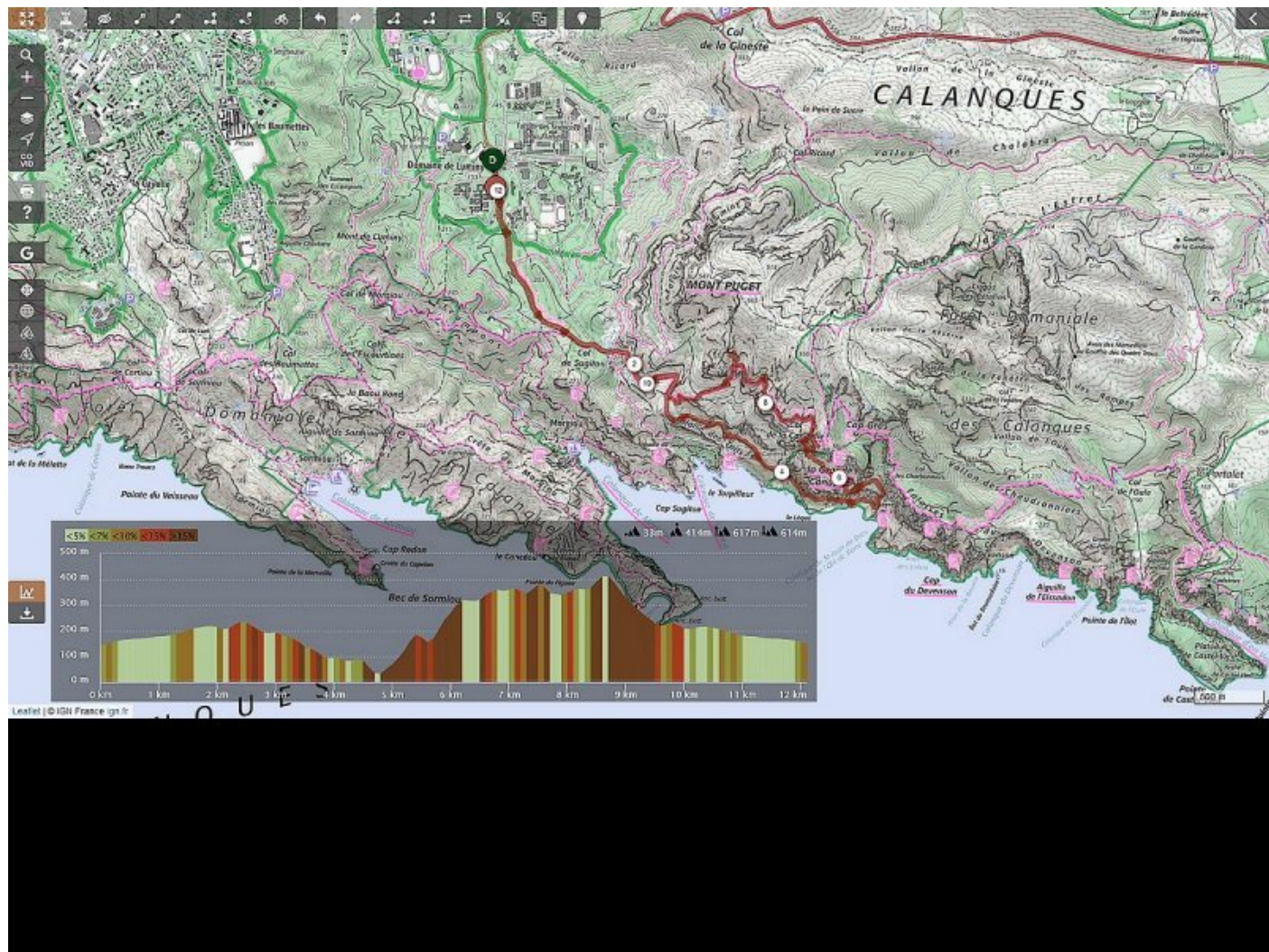






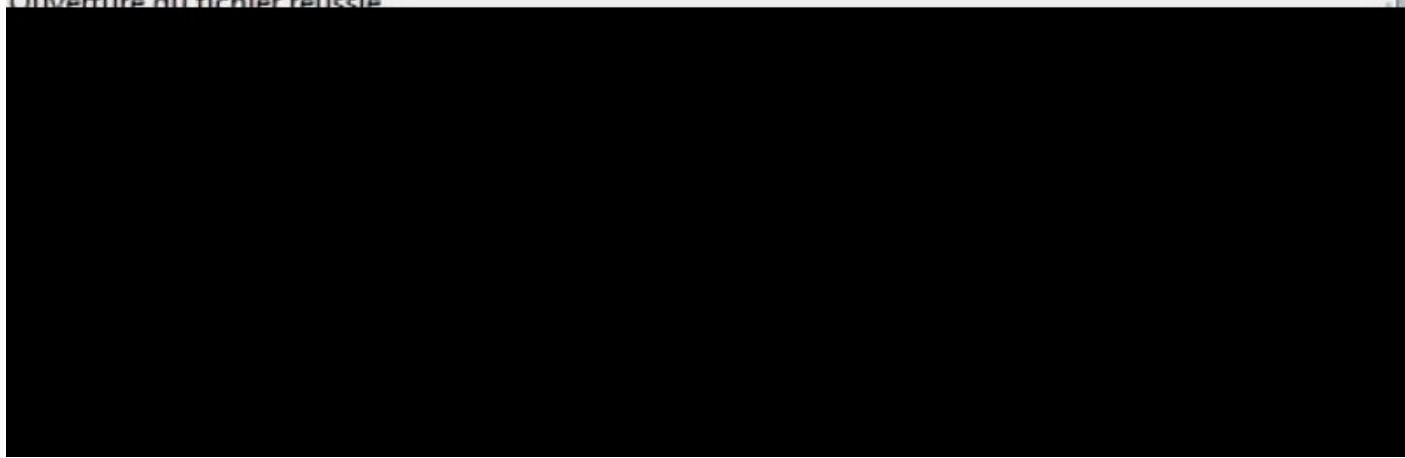


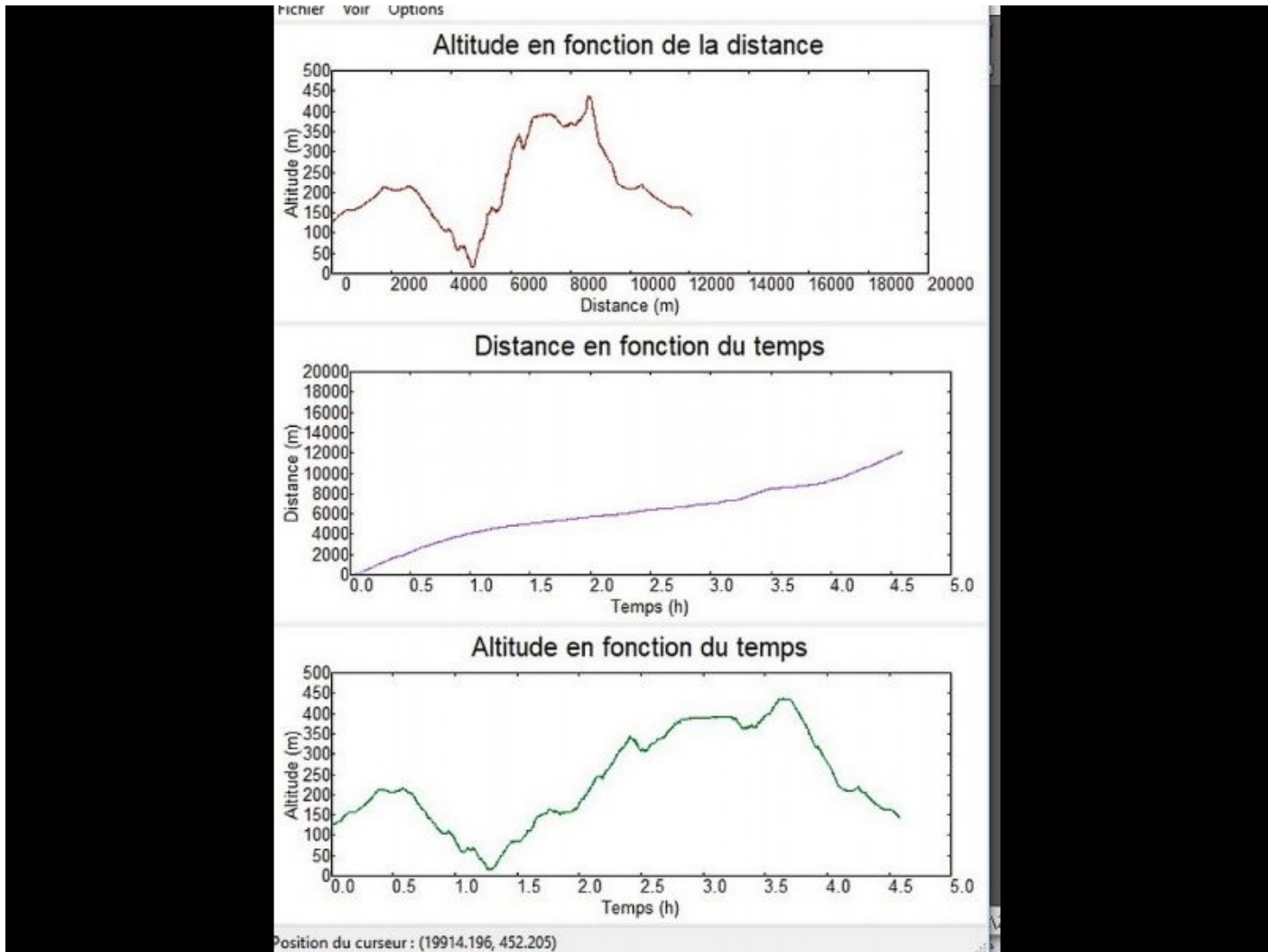




	Départ	Arrivée		
Date	10/01/22	10/01/22	Distance (m)	12099.459
Heure	07:20:23	11:55:50	Durée	04:35:26
Altitude (m)	128	143	Vitesse moy (km/h)	2.636
Altitude min (m)	16		Dénivelé + (m)	776
Altitude max (m)	436		Dénivelé - (m)	760
Altitude moy (m)	218			

Ouverture du fichier réussie











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