

# Riou de Lantosque

**Info: The quality of this description has not been checked yet or was rated bad.**

If you know this canyon, please check this description and file a report with a rating for this description using *Reports* -> *+New Report*. Should you notice any error, please let us know or join the community in order to fix this description yourself.

**Create:** 2023-08-28 14:24:24

**Update:** 2024-01-03 21:58:30

**Print:** 2026-06-26 11:06:18

**Country:** France **Region:** Provence-Alpes-Côte-d'Azur / Provence-Alpes-Cote d'Azur **Subregion:** Alpes-Maritimes **Town:** Lantosque

**Difficulty:** not as difficult

**Grading:** v3 a3 II

**Total time:** 1h20

**Approachtime:** 15min

**Tourtime:** 1h

**Returntime:** 5min

**Altitude entry:** 475m

**Altitude exit:** 410m

**Delta Altitude:** 65m

**Canyon length:** 545m

**Highest rapell:** 20m

**Amount rapells:**

**Transport:** Car optional

**Rock type:**

**Drainage area:** km<sup>2</sup>

**Season:**

**Orientation:** South

**Best Time:**

**Rating:** ★ 2 (1)

**Info:** ★ 0 ()

**Belay:** ★ 0 ()

**Specialities:**

**Gear:**

Ropes: 2x 20m

**Summary:** (machine translated)

Rather something for the scrapbook

**Hydrology:**

**Access:** (machine translated)

Drive up the Vésubie valley and just before Lantosque, turn right onto the D2565 towards St Colomban. Drive 600 m and park near the bridge over the Vésubie.

**Approach:** (machine translated)

Continue along this road on the D bank of the Vesubie for 600 m and take the first bridge over the Riou.

**Tour:** (machine translated)

Attack at the level of the via ferrata's starting platform, rappel 15 meters to gain a foothold in the canyon. A T7 and then the beautiful 20-meter abseil that leads directly into the Vésubie. The route continues more or less floating depending on the water level.

Length of the route: 215 m for the Riou de Lantosque + 330 m for the Vésubie.

Do not start with a large volume of water in the Vésubie, which is very deep in this part. The flow of the Riou will therefore be modest.

To be done from June to October as a complement to another in the valley.

Very small shuttle possible...

**Return:** (machine translated)

About 80 m after the last bridge (where the car is parked), leave the right bank and follow a path that leads onto the road.

**Coordinates:**

Canyon Start [43.9739 7.3118](#)

Canyon End [43.9693 7.3096](#)

Parking at Exit [43.9634 7.3024](#)

Parking at Entry [43.9738 7.3115](#)

## Reports:

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2022-05-10 | Christian Balla | ★★ | 📖 | ⚓ | 🌊 Low | 👍 Completed

Scenic in itself, but unfortunately too much garbage from the village. The way back through the river Vésubie is particularly worthwhile when there is little water, but unfortunately this makes the way back considerably longer. (machine translated)