

# Guiou aval (II)

Vallon du Guiou aval,Guiou

**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.

<b>Create:</b> 2023-03-09 20:53:53	<b>Update:</b> 2023-12-19 07:28:36	<b>Print:</b> 2026-06-27 03:06:19
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<b>Country:</b> France	<b>Region:</b> Provence-Alpes-Côte-d'Azur / Provence-Alpes-Cote d'Azur	<b>Subregion:</b> Alpes-Maritimes	<b>Town:</b> Sospel
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<b>Difficulty:</b> not as difficult	<b>Grading:</b> v3 a3 III	<b>Total time:</b> 5h50
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<b>Approachtime:</b> 1h40	<b>Tourtime:</b> 4h	<b>Returntime:</b> 10min
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<b>Altitude entry:</b> 660m	<b>Altitude exit:</b> 400m	<b>Delta Altitude:</b> 260m
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<b>Canyon length:</b> 3000m	<b>Highest rapell:</b> 25m	<b>Amount rapells:</b> 8
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<b>Transport:</b> on Foot	<b>Rock type:</b>	<b>Drainage area:</b> 15.00km <sup>2</sup>
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<b>Season:</b> June - September	<b>Orientation:</b> Southeast	<b>Best Time:</b>
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<b>Rating:</b> ★ 2.9 (1)	<b>Info:</b> ★ 0 ()	<b>Belay:</b> ★ 0 ()
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**Specialities:**

**Gear:**  
Ropes: 2x 30m

**Summary:** (machine translated)  
River walk with rappels, jumps and slides

**Hydrology:**

**Access:** (machine translated)  
From Sospel - to be reached from Nice on the D 2204 or from Menton on the D 2566 or from the Roya Valley on the D 2204 or D 93 from the Roya Valley - 3 km on the D 2566 in the direction of Moulinet, Col de Turini you come to the inconspicuous bridge over the Guiou. Parking here.

**Approach:** (machine translated)  
From the bridge (400 m a.s.l., marker "54") the access path goes up the orographic right bank in about 1.5 hours, passes the marker "52" and continues to the right to the bridge (Pont de Foutan), above which you enter.

**Tour:** (machine translated)  
Scenic swimming canyon without a big gradient. 8 rappels, 11 jumps, 2 slides.

**Return:** (machine translated)  
A few hundred meters before the road bridge, turn right and take the path back to the road bridge.

**Coordinates:**  
Canyon Start [43.9043 7.3931](#)  
Canyon End [43.8910 7.4146](#)  
Parking Entry and Exit [43.8936 7.4196](#)

## Reports:

2025-09-27 | System User | |📖|📌|🌊 Low | 🟢 Completed

Automatisch importiert von Descente-Canyon.com für Canyon Guiou TopRas (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/254/observations.html>)

2025-09-12 | System User | |📖|📌|🌊 Low | 🟢 Completed

Automatisch importiert von Descente-Canyon.com für Canyon Guiou Entree apres la 1ere etroiture (40min d approche) arrivée au ressaut n°9. Quelques marches mais jolie ambiance. De beauc sauts un peu technique. Le rocher accroche bien (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/254/observations.html>)

2025-09-12 | System User | |📖|📌|🌊 Normal | 🟢 Completed

Automatisch importiert von Descente-Canyon.com für Canyon Guiou (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/254/observations.html>)

2025-08-17 | System User | |📖|📌|🌊 Normal | 🟢 Completed

Automatisch importiert von Descente-Canyon.com für Canyon Guiou Fait en intégral, marche d'approche à suivre jusque à la signalisation, comme indiquée, pas d'erreur possible. Descente du canyon magnifique, en 3h30 tranquille a 2. Rien à signaler! (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/254/observations.html>)

2025-08-17 | System User | |📖|📌|🌊 Low | 🟢 Completed

Automatisch importiert von Descente-Canyon.com für Canyon Guiou (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/254/observations.html>)

2025-08-16 | System User | |📖|📌|🌊 Low | 🟢 Completed

Automatisch importiert von Descente-Canyon.com für Canyon Guiou Marche d'approche réalisée en 1h15, majoritairement à l'ombre. Longue, mais pas difficile. Canyon descendu à deux en 3h00. Un point est plié sur la n°2, mais un autre relais est disponible, donc pas de souci. Pour le reste, RAS. Les vasques sont encore bien en eau, et les sauts passent sans problème. Très joli canyon malgré les longs moments de marche. (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/254/observations.html>)

2025-08-15 | System User | |📖|📌|🌊 Normal | 🟢 Completed

Automatisch importiert von Descente-Canyon.com für Canyon Guiou (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/254/observations.html>)

2025-08-03 | System User | |📖|📌|🌊 Low | 🟢 Completed

Automatisch importiert von Descente-Canyon.com für Canyon Guiou Marche d'approche et descente en 4h/4h30 à deux. Canyon sympa (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/254/observations.html>)

2025-07-26 | System User | |📖|📌|🌊 Normal | 🟢 Completed

Automatisch importiert von Descente-Canyon.com für Canyon Guiou (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/254/observations.html>)

2025-07-20 | System User | |📖|📌|🌊 Normal | 🟢 Completed

Automatisch importiert von Descente-Canyon.com für Canyon Guiou Beaucoup de marche mais pas si désagréable, rocher bien adhérent. De jolis passages, bien équipé sur les rappels. (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/254/observations.html>)

2025-07-06 | System User | |📖|📌|🌊 Normal | 🟢 Completed

Automatisch importiert von Descente-Canyon.com für Canyon Guiou Entrée à l'intermédiaire tout passe amarrage du rappel numéro 2 ive gauche écrasé (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/254/observations.html>)

2025-06-29 | System User | |📖|📌|🌊 Normal | 🟢 Completed

Automatisch importiert von Descente-Canyon.com für Canyon Guiou La première moitié est vraiment longue avec beaucoup trop de marche. La seconde est plus intéressante avec des très jolis passages. (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/254/observations.html>)

2025-06-19 | System User | |📖|📌|🌊 Normal | 🟢 Completed

Automatisch importiert von Descente-Canyon.com für Canyon Guiou Qu'est ce que c'est agréable d'être dans