Bendola med. (II)

Bendola II,Bendola,Bendola (Médiane)

Create: 2023-03-09 20:52:23	**Update:** 2025-10-06 19:39:22	**Print:** 2026-11-10 02:11:10
Country: France **Region:** Provence-Alpes-Côte-d'Azur / Provence-Alpes-Cote d'Azur **Subregion:** Alpes-Maritimes **Town:** Saorge		
Difficulty: not as difficult	**Grading:** v2 a3 III	**Total time:** 4h40
Approachtime: 1h40	**Tourtime:** 2h	**Returntime:** 1h
Altitude entry: 520m	**Altitude exit:** 430m	**Delta Altitude:** 90m
Canyon length: 2600m	**Highest rapell:** 3m	**Amount rapells:**
Transport: on Foot	**Rock type:**	**Drainage area:** 28.00km²
Season: July - September	**Orientation:** West	**Best Time:**
Rating: ☆ 2.7 (3)	**Info:** ★ 2 (1)	**Belay:** ★ 0 ()
Specialities:		

Gear:
Ropes: 1x 20m

Summary: (machine translated)
Hiking and swimming canyons without rappel, also suitable for beginners

Hydrology:

Access: (machine translated)
From Ventimiglia we go up the Roya valley, after 27 km we cross Breil-sur-Roya and continue towards Tende. About 6 km after Breil, we turn right between 2 tunnels and go up over the Bendola on the D 6204 to Saorge, where we park the vehicle near the marker "161" (480m a.s.l.) in a prominent left turn before the village.

Approach: (machine translated)
From marker point "161", we take the dirt road, which is closed to traffic and leads us to the hamlet of Castou (marker point "168"). Continuing up the Bendola valley, we cross the Bendola on the Pont de Castou (428m above sea level) at marker point "167". Continue along an old mule track to the next bridge over the Bendola, the Passarelle de Baragne - marker point "166" just before. This is where we enter the Bendola.
Of course, you can also get here via the upper Bendola (I).

Tour: (machine translated)
Lots of downclimbing, some possible jumps, some swimming passages in a not too narrow gorge to the Pont de Castou. A further descent in the stream is prohibited.

Return: (machine translated)
At the Pont de Castou turn right onto our approach path and descend to the car.

Coordinates:
Canyon Start 43.9731 7.5911
Canyon End 43.9765 7.5796
Parking Entry and Exit 43.9823 7.5569

Reports:

2025-10-06 | System User | |🕮 |⚓ | 〰 Normal | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Bendola (Médiane) DC- (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/2232/observations.html)

2025-10-06 | Bina | ★ ★ ⯨ |🕮 |⚓ | 〰 Normal | 👍 Completed
No ropes necessary. Not as beautiful in fall as in summer. Definitely better by bike than walking the almost 4 km to the bridge and back. On foot, the effort and reward are almost not worth it. (machine translated)

2025-08-31 | System User | |🕮 |⚓ | 〰 Normal | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Bendola (Médiane) C’est beau comme balade aquatique. Il n y a aucun vrai saut ni tob dommage.. on était dans le coin donc on l’a fait mais un peu déçu..1h30 d’approche depuis le parking (43,98194° N, 7,55540° E) 2h descente à 2 tranquillement (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/2232/observations.html)

2025-08-12 | System User | |🕮 |⚓ | 〰 Normal | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Bendola (Médiane) Très beau. A faire absolument. (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/2232/observations.html)

2025-08-10 | System User | |🕮 |⚓ | 〰 Normal | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Bendola (Médiane) Joli encaissement. Quelques beaux passages (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/2232/observations.html)

2025-05-31 | System User | |🕮 |⚓ | 〰 Normal | 👎 Not done
Automatisch importiert von Descente-Canyon.com für Canyon Bendola (Médiane) Nous avons parcouru le Boléga, très bel affluent rive gauche de la Bendola supérieure. Donc nous avons aussi parcouru la partie en amont de la Bendola médiane, pendant 30 minutes jusqu'à la passerelle de la Baragne où nous sommes sortis. Le débit permet certainement de s'aventurer jusqu'au pont de Castou sans problème. Prévoir cependant quelques mètres de corde pour aider les personnes les moins agiles ou les enfants car ça doit pousser un peu dans les parties les plus étroites mais ça doit se faire sans problème, c'est une randonnée aquatique... (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/2232/observations.html)

2024-08-06 | System User | |🕮 |⚓ | 〰 Normal | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Bendola (Médiane) juste un rappel, nage et marche jolie resserrement, enchaîné avec la partie supérieure fait en 1h40 (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/2232/observations.html)

2024-07-28 | System User | |🕮 |⚓ | 〰 Normal | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Bendola (Médiane) (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/2232/observations.html)

2024-06-17 | System User | |🕮 |⚓ | 〰 Low | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Bendola (Médiane) Barranco sin ningún rápel, no tiene ningún interés deportivo, ni estético ni lúdico (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/2232/observations.html)

2023-04-20 | Daniel Sturm | |🕮 ★ ★ |⚓ | | 👎 Not done
Coordinates edited. (machine translated)

2023-03-09 | System User | ★ ★ ★ |🕮 |⚓ | |
Info: Teile der Canyonbeschreibung wurden automatisiert übernommen. Konkret die Felder Weblinks, Koordinaten, Rating, Länge des Canyon, Einfachseil Mindestens von https://www.descente-canyon.com/canyoning/canyon/2232

2023-03-09 | System User | ★ ★ ⯨ |🕮 |⚓ | |
Daten importiert von https://canyon.carto.net/cwiki/bin/view/Canyons/BendolaIICanyon.html

Parts:
Bendola I, v5 a2 V, 30min+10h+2h
Bendola med. (II), v2 a3 III, 1h40+2h+1h