

Lamay

Arrec du Lamay

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

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Create: 2024-06-05 22:35:49

Update: 2025-06-27 21:57:38

Print: 2026-06-28 03:06:13

Country: France **Region:** Nouvelle-Aquitaine **Subregion:** Pyrénées-Atlantiques **Town:** Aste-Béon

Difficulty: easy

Grading: v2 a1 I

Total time: 1h55

Approachtime: 20min

Tourtime: 1h30

Returntime: 5min

Altitude entry: m

Altitude exit: m

Delta Altitude:

Canyon length: m

Highest rapell: 17m

Amount rapells:

Transport:

Rock type:

Drainage area: km²

Season:

Orientation:

Best Time:

Rating: ★ 2 (1)

Info: ★ 0 ()

Belay: ★ 0 ()

Specialities:

Gear:

Summary:

Rohdaten Import von Ropewiki <https://ropewiki.com/Lamay>

Hydrology:

Access:

Approach:

Tour:

Return:

Coordinates:

Canyon Start [43.0211 -0.4103](#)

Reports:

2023-03-09 | System User | ★ ★ | 📖 | 📍 | |

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