

# Trou de Jeannette

**Info:** La qualità di questa descrizione non è stata ancora controllata o è stata valutata negativa.

Se si conosce questo canyon, si prega di controllare questa descrizione e di inviare una segnalazione con una valutazione per questa descrizione utilizzando Segnalazioni +Nuova segnalazione. Se notate un errore, fatecelo sapere o unitevi alla comunità per correggere voi stessi questa descrizione.

**Creare:** 2025-10-13 11:04:43

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**Paese:** France **Regione:** Provence-Alpes-Côte-d'Azur / Provence-Alpes-Cote d'Azur **Sottoregione:** Bouches-du-Rhône **Città:** La Ciotat

**Difficoltà:** difficile

**Grado:** v5 a2 IV

**Tempo totale:** 3h5

**Tempo avvicinamento:** 20min

**Tempo giaro:** 1h30

**Tempo ritorno:** 1h15

**Altitudine di entrata:** 70m

**Altitudine di uscita:** 5m

**Altitudine delta:** 65m

**Lunghezza del canyon:** m

**Rapel più alto:** 45m

**Quantità rapelli:**

**Transporto:** a piedi

**Tipo di roccia:**

**Area di ingresso:** km<sup>2</sup>

**Stagione:**

**Orientamento:**

**Tempo migliore:**

**Valutazione:** ★ 0 ()

**Info:** ★ 0 ()

**Belay:** ★ 0 ()

**Specialità:**

**Attrezzatura:**

Corde: 2x 45m

**Sintesi:** (traduzione alternativa)

Rappels to the sea

**Idrologia:** (traduzione alternativa)

Mostly dry.

Possible all year round. Avoid days with strong winds.

**Accesso:** (traduzione alternativa)

From La Ciotat, take the Chemin de Notre Dame and park in a bend 300 m before the terminus next to a small wooden gate. Please note: after the La Garde residence, the road is closed to traffic except for residents.

More detailed directions: From the highway, drive down to La Ciotat and then turn left towards "Route des Crêtes" (D 141). Do not take the Route des Crêtes on the right-hand side, but continue straight ahead on Avenue Jean Graille, which later becomes Avenue François Billoux. Turn left and drive down Avenue Marc Sangnier. At the bottom, turn right into Avenue du Cardinal Maurin. Then turn right into Chemin Notre Dame de la Garde. Finally, follow the directions above.

**Avvicinamento:** (traduzione alternativa)

After a 5-minute walk through the undergrowth of the riverbed, you reach the last canyon.

**Giro:** (traduzione alternativa)

3 successive abseils: The first exits in a shallow pool of water (easy to avoid if you don't want to get wet). The second (pendulum-like, strong friction) ends on a very slippery ledge, you have to swing to reach the belay. The third leads either into the sea or 3 meters before the sea there is a ledge on the right (small traverse to reach it) that prevents a swim (in a depression you will find a point where you can give the others a belay). From this (fairly wide) ledge, 25 meters further on you come to a final point for a 4-meter rappelling route that exits right at the water's edge.

Equipment for double point.

Very challenging canyon, after the first rappel there is no turning back, otherwise you have to climb in quite brittle rock.

**ONLY UNDERTAKE THIS DESCENT IN GOOD WEATHER CONDITIONS.**

- It is very interesting to combine this tour with the last three waterfalls of the Trou souffleur on the way back (this takes a good hour).
  - Avoid windy days at all costs, as the crossing on the way back would be very dangerous (due to the waves).
  - Take pieces of rope with you to secure the crossing on the way back for people who do not feel confident climbing.
  - A jump (+10 m) into the sea from the foot of the second abseil point is certainly possible (not tested) if there are no waves.
  - Don't forget your camera.
  - Do not underestimate the difficulty of this route.
- Small canyon for independent people.
- Only accessible in good weather.

**Ritorno:**

**Coordinate:**

## Rapporti:

2025-11-11 | System User | |📖|📌|🌊 Secco | 👍 Completato

Automatisch importiert von Descente-Canyon.com für Canyon Jeannette La chaîne du rappel en bout de vire de Jeannette est très corrodée. RAS sinon.Le retour du Souffleur a été rééquipé (comme la partie précédente, avec des broches inox scellées) et légèrement retracé : plus besoin de faire de rappels sur la partie après la tyrolienne. (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/21140/observations.html>)

2025-11-11 | System User | |📖|📌|🌊 Secco | 👍 Completato

Automatisch importiert von Descente-Canyon.com für Canyon Jeannette La chaîne du rappel en bout de vire de Jeannette est complètement corrodée. RAS sinon.Le retour du Souffleur a été rééquipé (comme la partie précédente, avec des broches inox scellées) et légèrement retracé : plus besoin de faire de rappels sur la partie après la tyrolienne. (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/21140/observations.html>)

2025-10-18 | System User | |📖|📌|🌊 Secco | 👍 Completato

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2025-10-12 | System User | |📖|📌|🌊 Secco | 👍 Completato

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