

# Riou de la Bollène

Riou de la Bollène, La Bollène

<b>Creare:</b> 2023-03-09 20:55:20	<b>Aggiornamento:</b> 2025-08-01 20:37:43	<b>Stampa:</b> 2026-04-06 12:04:15
<b>Paese:</b> France <b>Regione:</b> Provence-Alpes-Côte-d'Azur / Provence-Alpes-Cote d'Azur <b>Sottoregione:</b> Alpes-Maritimes <b>Città:</b> La Bollène Vésubie		
<b>Difficoltà:</b> non così difficile	<b>Grado:</b> v3 a3 II	<b>Tempo totale:</b> 3h30
<b>Tempo avvicinamento:</b> 10min	<b>Tempo giaro:</b> 3h	<b>Tempo ritorno:</b> 20min
<b>Altitudine di entrata:</b> 770m	<b>Altitudine di uscita:</b> 550m	<b>Altitudine delta:</b> 220m
<b>Lunghezza del canyon:</b> 2000m	<b>Rapel più alto:</b> 20m	<b>Quantità rapelli:</b> 11
<b>Transporto:</b> Auto necessaria	<b>Tipo di roccia:</b>	<b>Area di ingresso:</b> 10.00km <sup>2</sup>
<b>Stagione:</b> giugno - settembre	<b>Orientamento:</b> Ovest	<b>Tempo migliore:</b>
<b>Valutazione:</b> ★ 3.8 (10)	<b>Info:</b> ★ 2.5 (8)	<b>Belay:</b> ★ 3 (7)
<b>Specialità:</b>		
<b>Attrezzatura:</b> Corde: 2x 20m		
<b>Sintesi:</b> (traduzione alternativa) Varied forest gorge with fun potential (many slides and possible jumps)		
<b>Idrologia:</b>		
<b>Accesso:</b> (traduzione alternativa) From Nice, take the N 202 up the Var for approx. 29 km to Plan-du-Var. Shortly after this village, turn right into the Vesubie valley. 19 km after the turn-off, you pass through Lantosque. About 1.5 km further on, park the lower vehicle at the La Dorgane picnic area. If you think there is too much risk of your car being broken into here, you can park it about 200 m further on at the road junction to la Bollène near an inhabited house. With the other vehicle, turn right at the junction onto the D70, up to the village of Bollène and through it. The road continues above the canyon. You drive through a tunnel and at the next sharp left-hand bend at the edge of the slope there is space for the second vehicle (835 m above sea level), provided you haven't got up too late.		
<b>Avvicinamento:</b> (traduzione alternativa) From the parking lot, take the wide footpath down to the bridge over the Bollène.		
<b>Giro:</b> (traduzione alternativa) Forest gorge with slippery rocks and several jumps and slides. Sometimes crowded, especially by commercial visitors; large slide better not from the top, but from the rope due to lack of control; long slide afterwards without any problems (but lying down!). Here it is also possible to jump out of the vertical wall from the left. Please leave the water drainage untouched.		
<b>Ritorno:</b> (traduzione alternativa) After the last somewhat larger pool, descend on the footpath on the right bank, then later on a bridge to the left bank and out to the La Dorgane picnic area. It is important not to climb up to the village of Bollène.		
<b>Coordinate:</b> Inizio del canyon <a href="#">43.9824 7.3439</a> Fine del canyon <a href="#">43.9873 7.3314</a> Parcheggio all'entrata <a href="#">43.9827 7.3410</a> Parcheggio in uscita <a href="#">43.9852 7.3203</a>		

## Rapporti:

2025-10-17 | System User | |📖|📌|🌊 Normale | 🍀 Completato

Automatisch importiert von Descente-Canyon.com für Canyon La Bollène Ras avec oliv afterwork Dc - ambiance automnale (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/2228/observations.html>)

2025-10-01 | System User | |📖|📌|🌊 Normale | 🍀 Completato

Automatisch importiert von Descente-Canyon.com für Canyon La Bollène RAS (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/2228/observations.html>)

2025-09-25 | System User | |📖|📌|🌊 Normale | 🍀 Completato

Automatisch importiert von Descente-Canyon.com für Canyon La Bollène Dc- mais reste très ludique, tous les sauts et tob passent.. Attention très glissant. Équipement ok (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/2228/observations.html>)

2025-09-21 | System User | |📖|📌|🌊 Normale | 🍀 Completato

Automatisch importiert von Descente-Canyon.com für Canyon La Bollène Niveau d'eau plus bas que d'habitude, mais les sauts restent praticables.Vasques claires jusqu'au captage du canal ; ensuite, certaines sont recouvertes de feuilles mais aucune n'est croupie.Parcours globalement assez glissant.Eau froide mais supportable : les gants sont les bienvenus.Équipement : RAS. (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/2228/observations.html>)

2025-09-15 | System User | |📖|📌|🌊 Normale | 🍀 Completato

Automatisch importiert von Descente-Canyon.com für Canyon La Bollène Tout passe le débit est correct mais très très tranquiiiille je ne l'avais pas faite depuis un moment la dernière cascade qui était 2 cascades de mémoire avant est éboulée et oblige un rappel mais j'ai dû rater pas mal d'épisodes lol (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/2228/observations.html>)

2025-09-14 | System User | |📖|📌|🌊 Normale | 🍀 Completato

Automatisch importiert von Descente-Canyon.com für Canyon La Bollène DC-. Eau froide mais encore supportable.Tout les sauts passent. Certains passages sont glissants mais on ne peut pas dire que le canyon en entier l'est. (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/2228/observations.html>)

2025-09-10 | System User | |📖|📌|🌊 Normale | 🍀 Completato

Automatisch importiert von Descente-Canyon.com für Canyon La Bollène DC-, RAS, ça saute ! + D'infos Nico 0618522515 (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/2228/observations.html>)

2025-09-10 | System User | |📖|📌|🌊 Normale | 🍀 Completato

Automatisch importiert von Descente-Canyon.com für Canyon La Bollène DC- (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/2228/observations.html>)

2025-09-09 | System User | |📖|📌|🌊 Normale | 🍀 Completato

Automatisch importiert von Descente-Canyon.com für Canyon La Bollène (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/2228/observations.html>)

2025-09-07 | Andreas B | ⭐⭐⭐⭐⭐ |📖|📌|🌊 Normale | 🍀 Completato

Superiore jumps and slides. Everything was doable without ropes until the exit. With the higher jumps, especially towards the exit, you should pay close attention to your immersion technique, as the water is sometimes not as deep as it seems. For example, the one where you bypass a small pool on the left and jump into the next one on the left from about 6-8m. must have been spot no. 4. The canyon is highly recommended. Six of us with two children went through it in 2:50 if you jump / slide most of the way. (traduzione alternativa)

2025-09-03 | System User | |📖|📌|🌊 Normale | 🍀 Completato

Automatisch importiert von Descente-Canyon.com für Canyon La Bollène Tout passe sauf dernier rappel (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/2228/observations.html>)

2025-09-03 | System User | |📖|📌|🌊 Normale | 🍀 Completato

Automatisch importiert von Descente-Canyon.com für Canyon La Bollène DC- Ras, Canyon magnifique et très glissant (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/2228/observations.html>)

2025-09-02 | System User | |📖|📌|🌊 Normale | 🍀 Completato