

<https://www.persoremy.fr/spip.php?article620>



st cyr, var, port d'alon, sentier des douaniers , plage de renecros et le port de bandol..

- Randos



Date de mise en ligne : lundi 12 décembre 2022

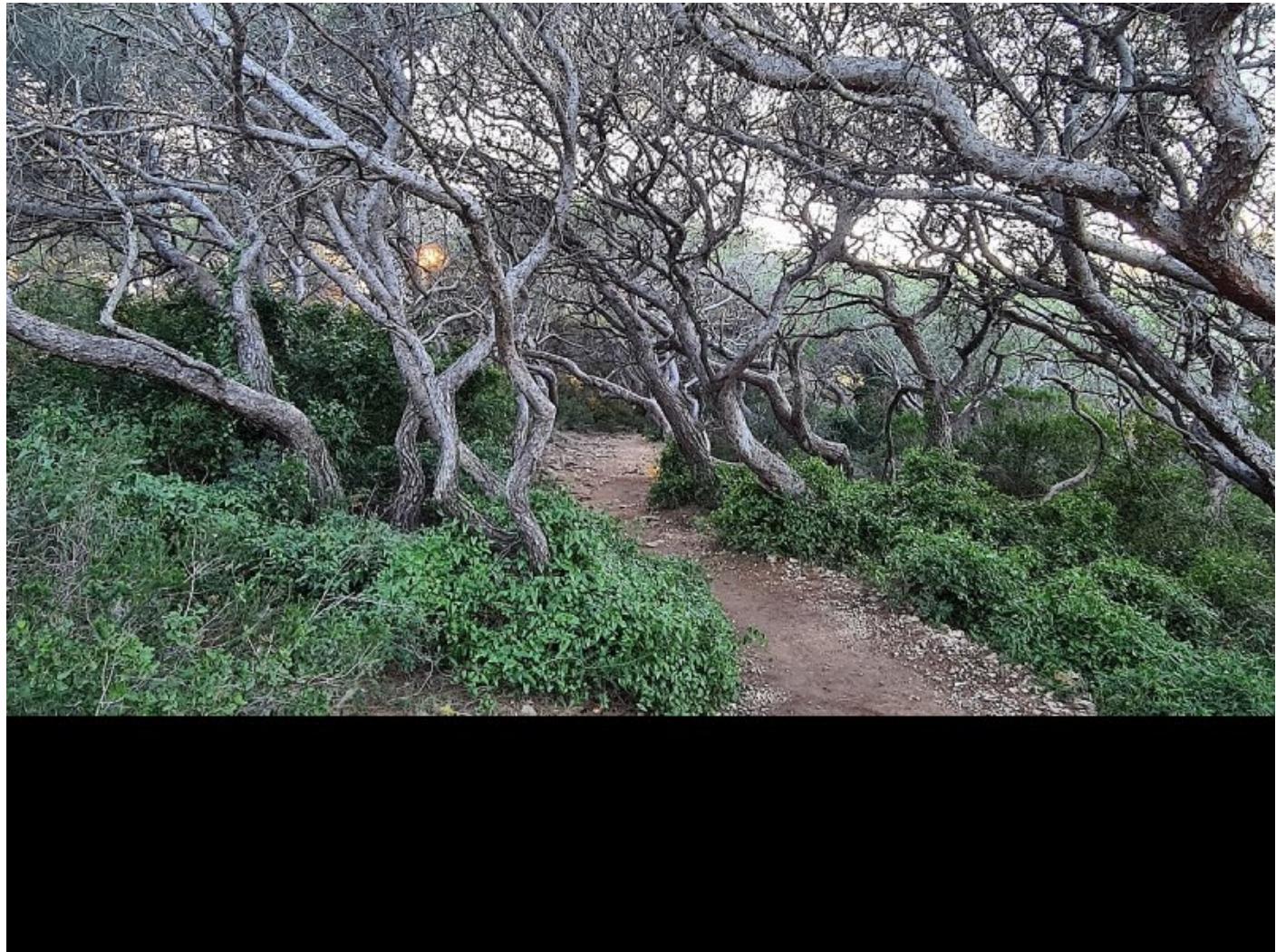
Date de parution : 12 décembre 2022

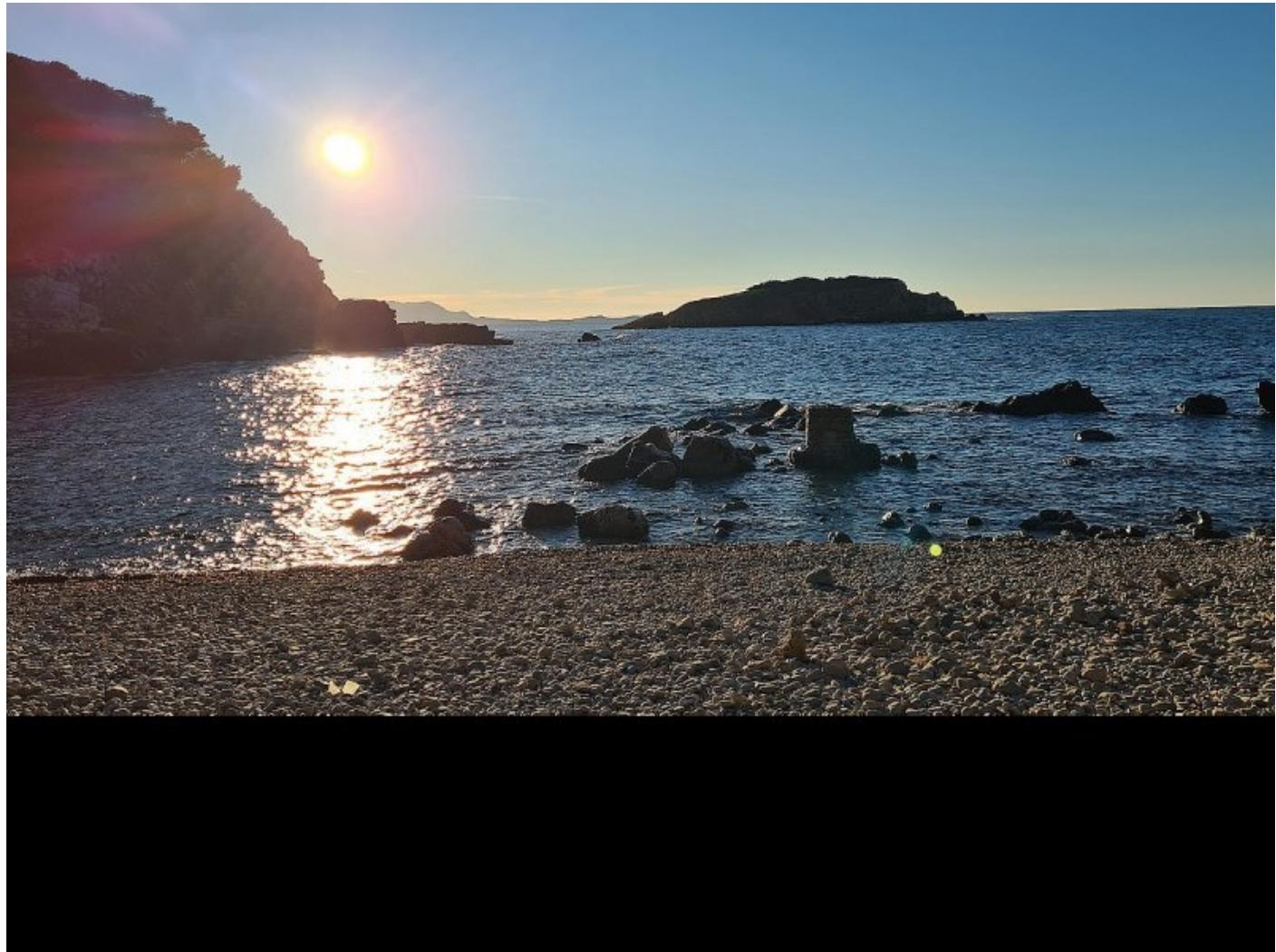
le circuit IGN

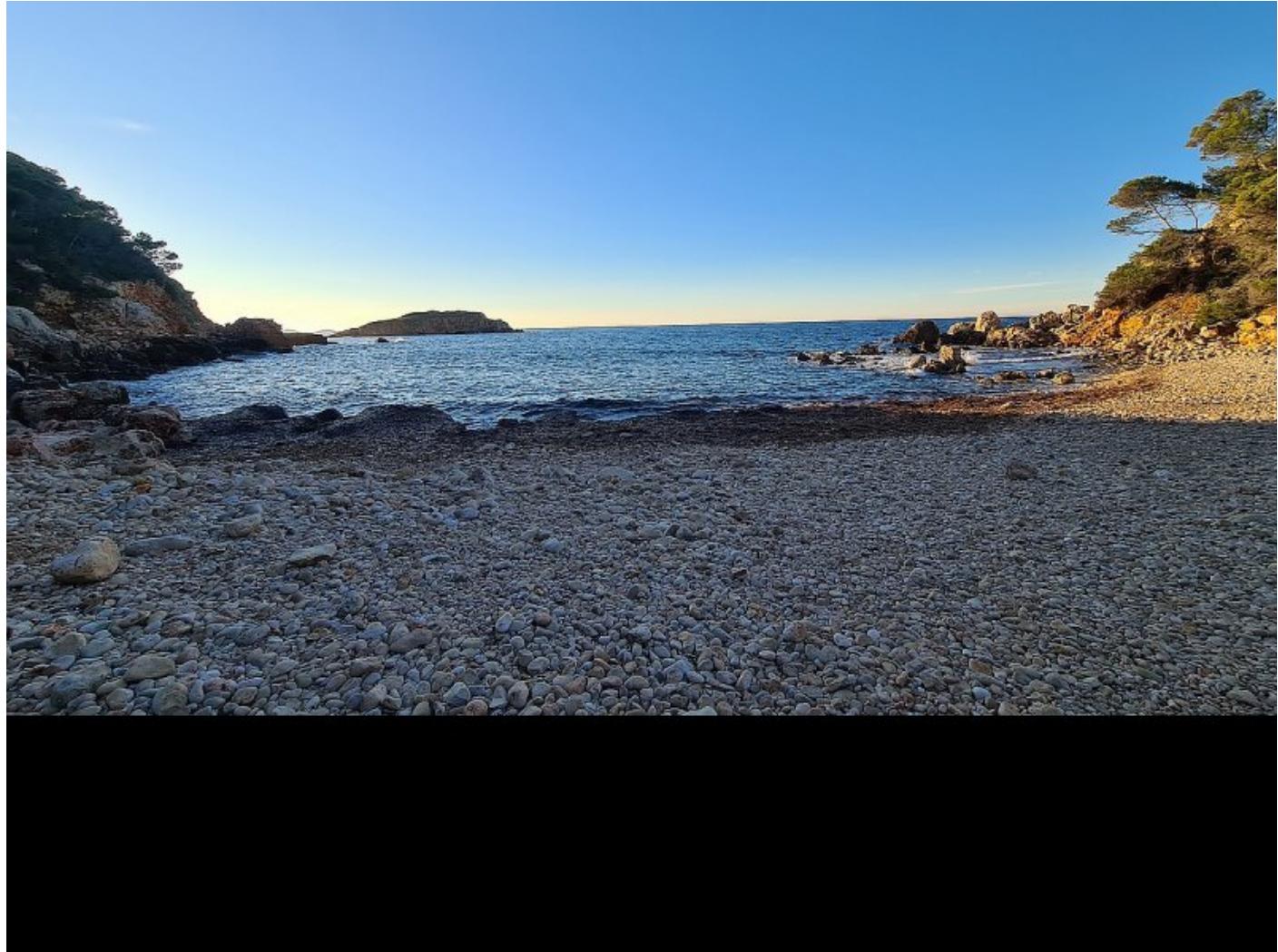
rando facile de 13kms en 4 h et 155m de dénivelé, depuis la calanque de port d'alon, st cyr sur mer, parking gratuit à cette période, la calanque, le sentier jaune des douaniers, facile à suivre, pas de difficultés, sentier rocallieux à certains endroits, on voit l'ile de la galère, la ponte des engraviers, l'île rousse, la presqu'île de capelan, la pointe encanet, la plage de renecros, 20 à 30 cm d'eau nous a obligé à faire le tour pour y accéder, on continue par le port, de grands parkings, puis le retour en faisant quelques variantes..

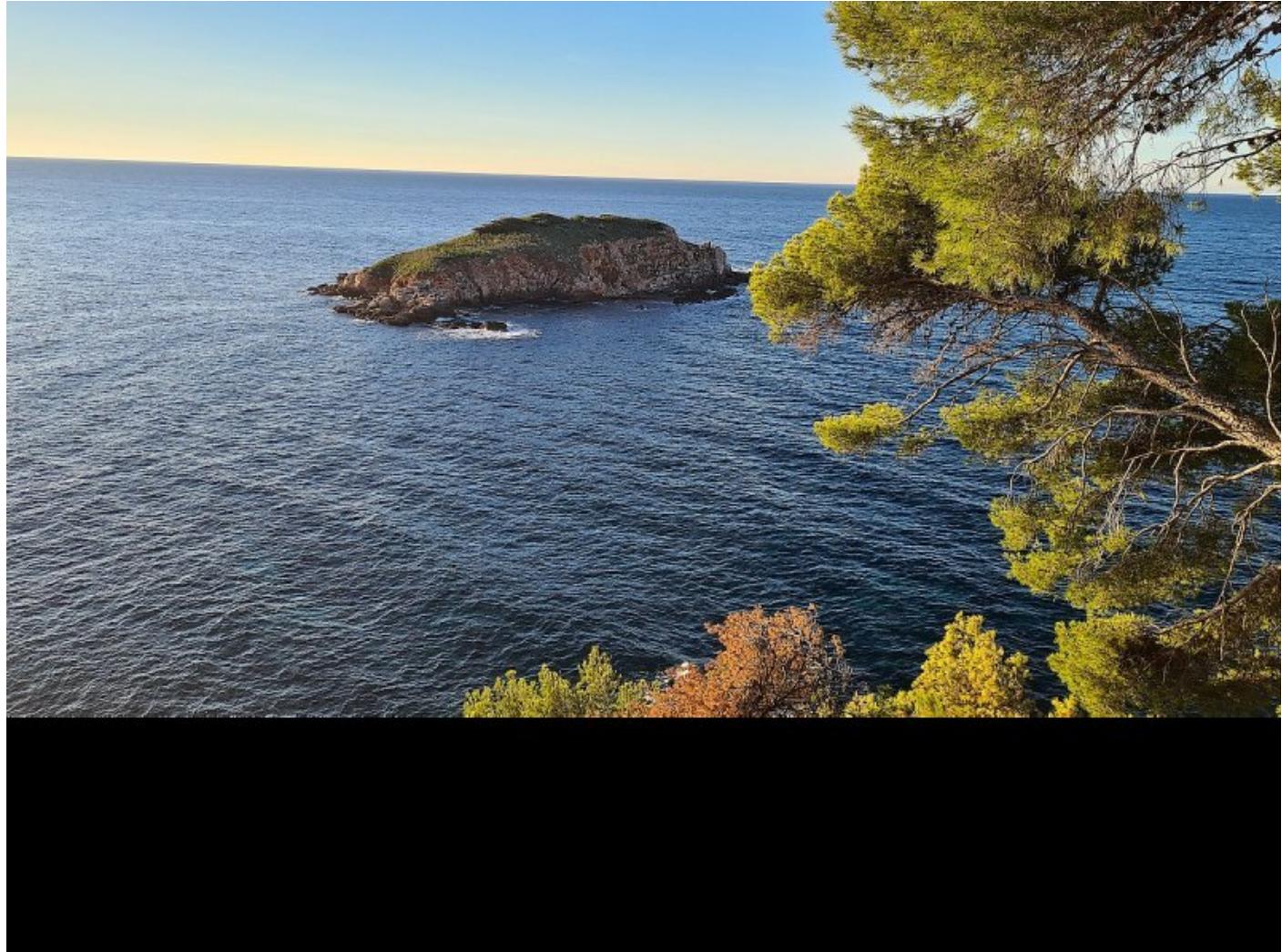


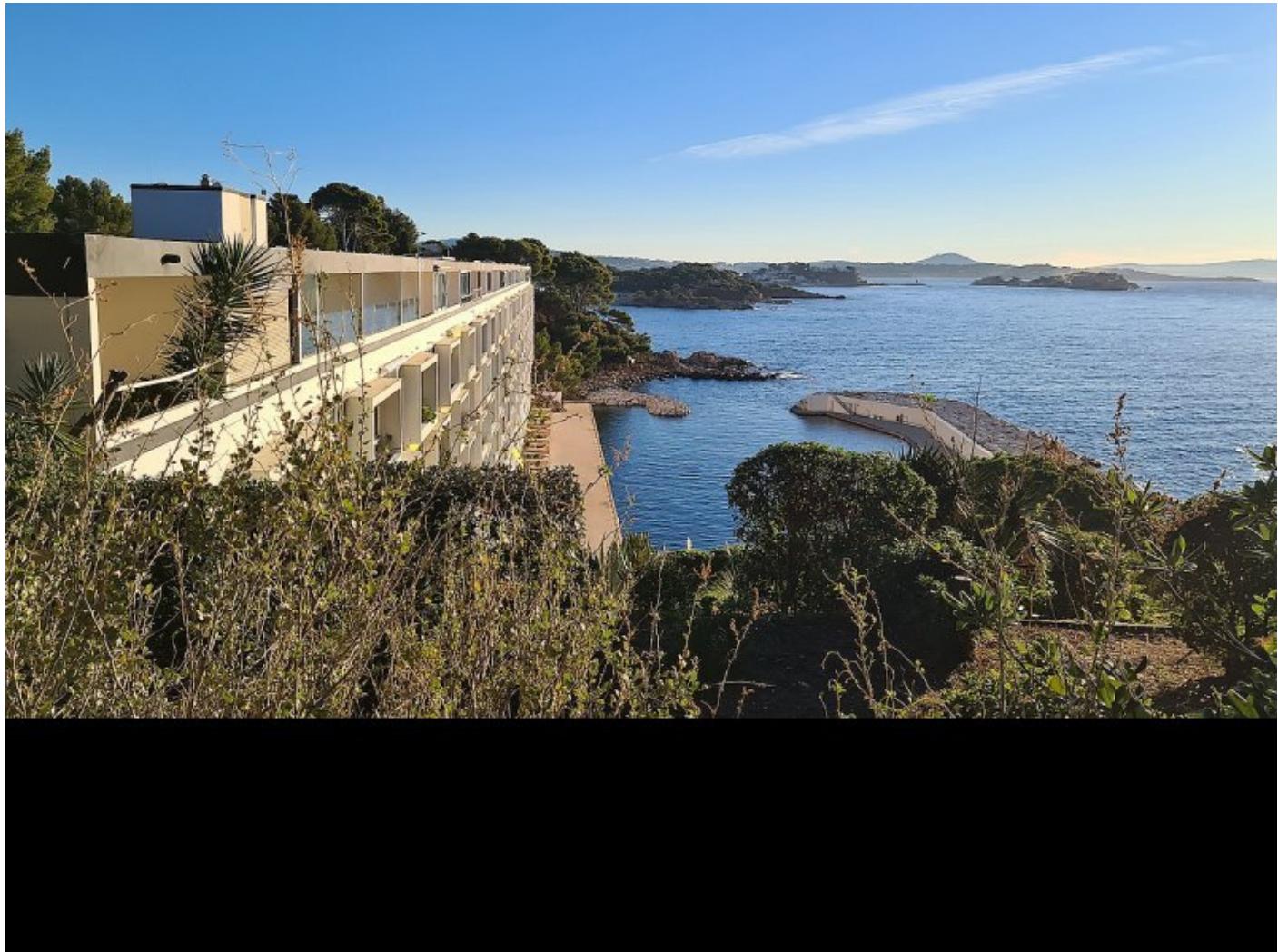


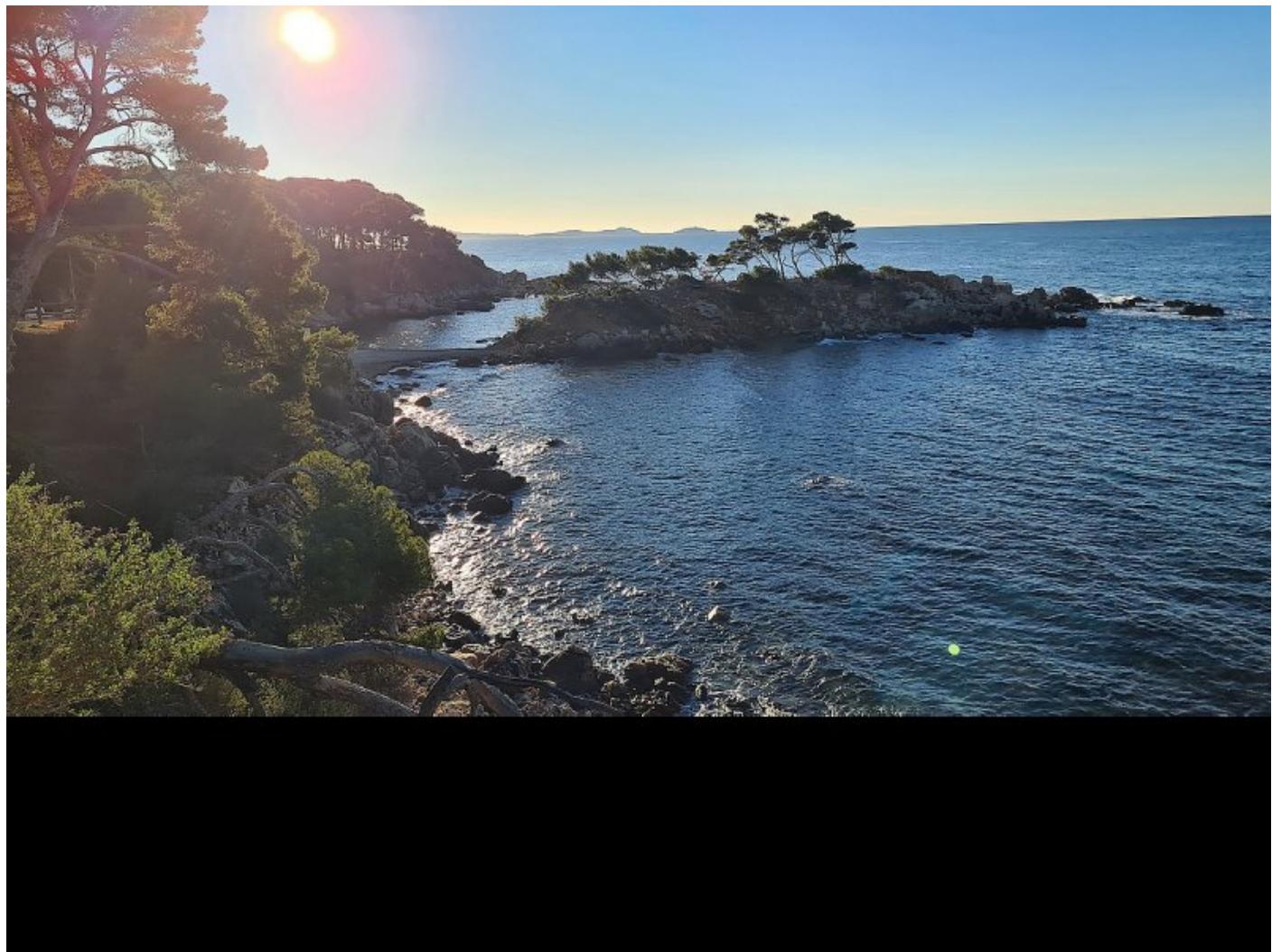




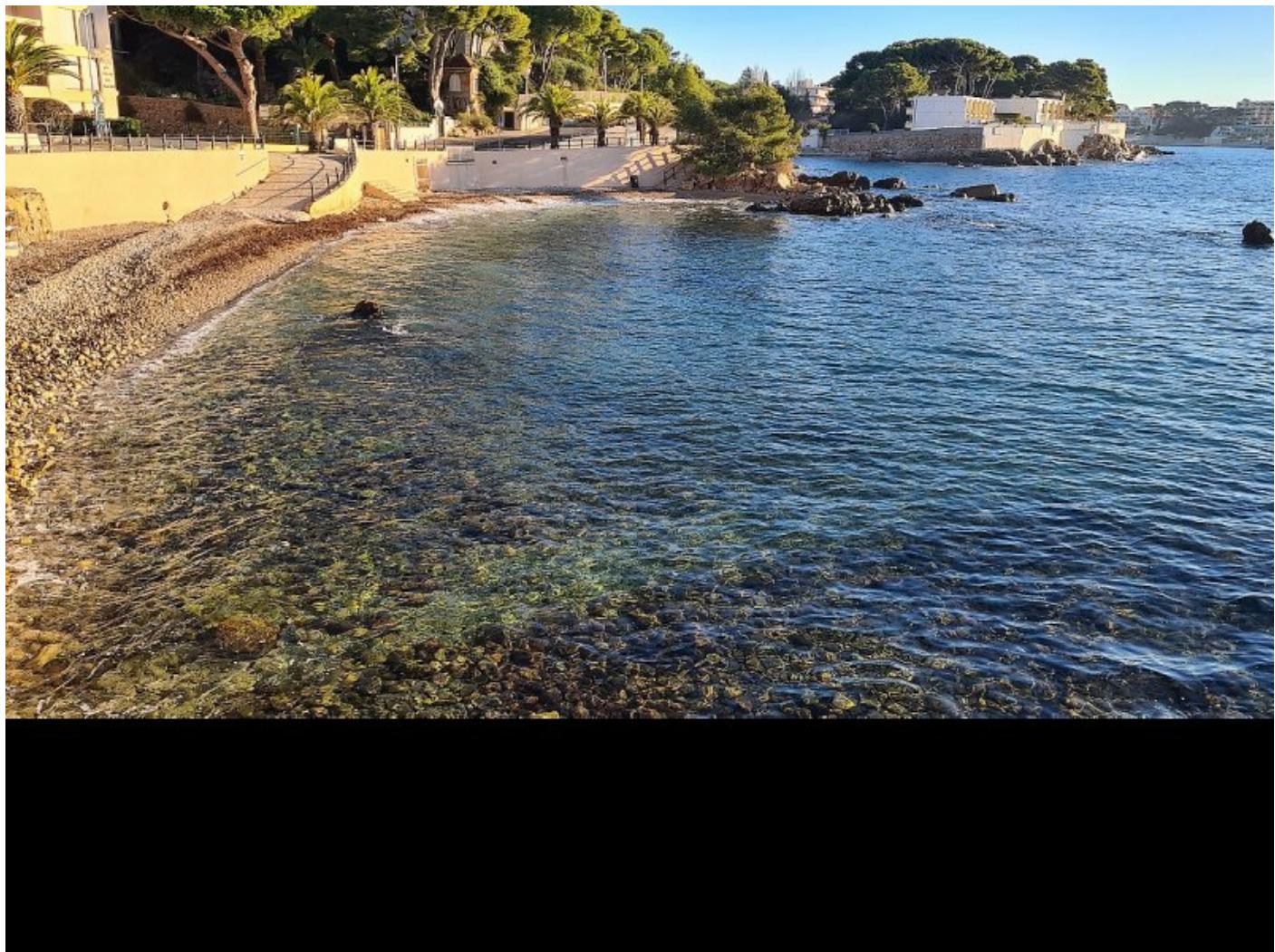


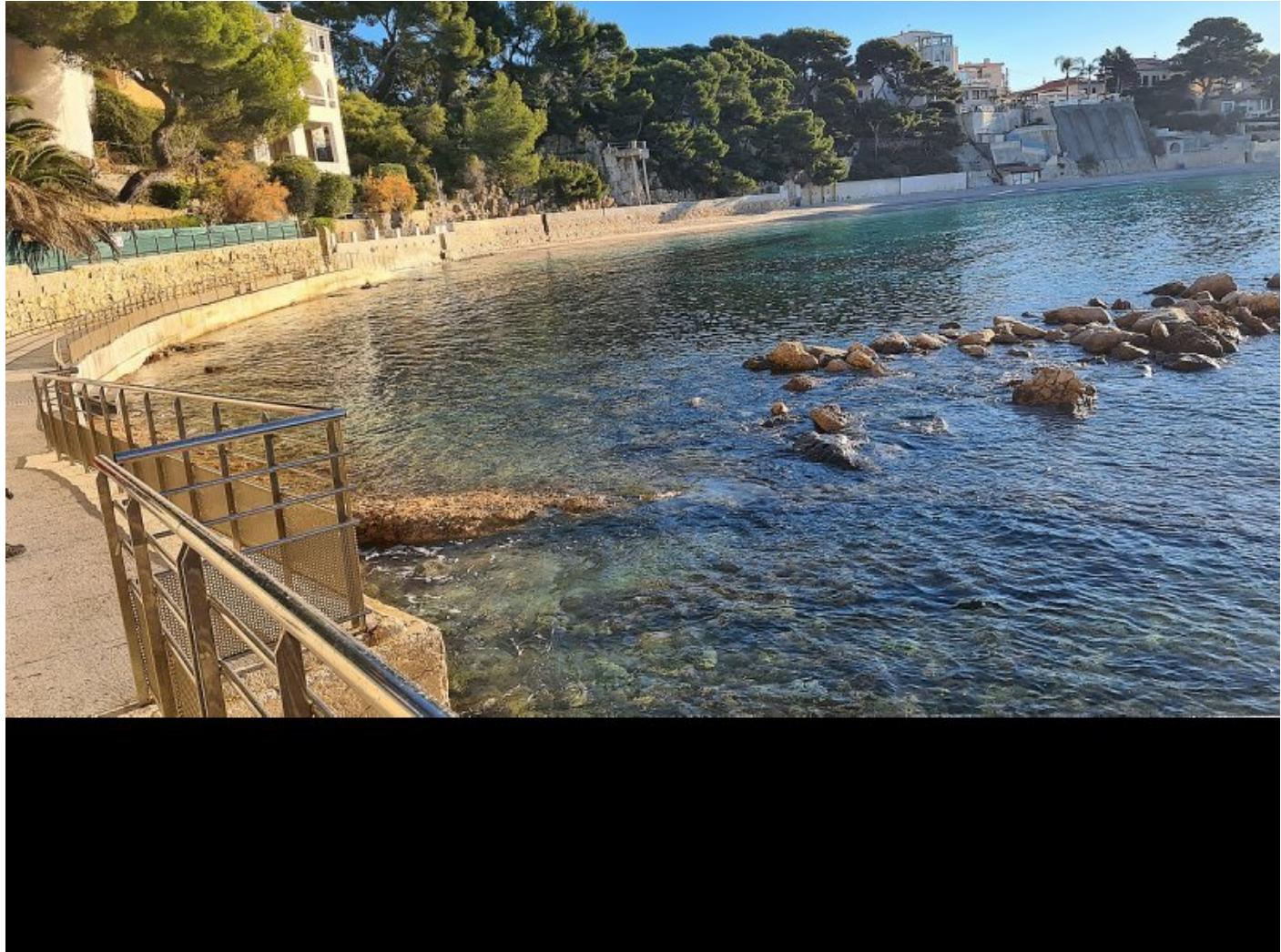


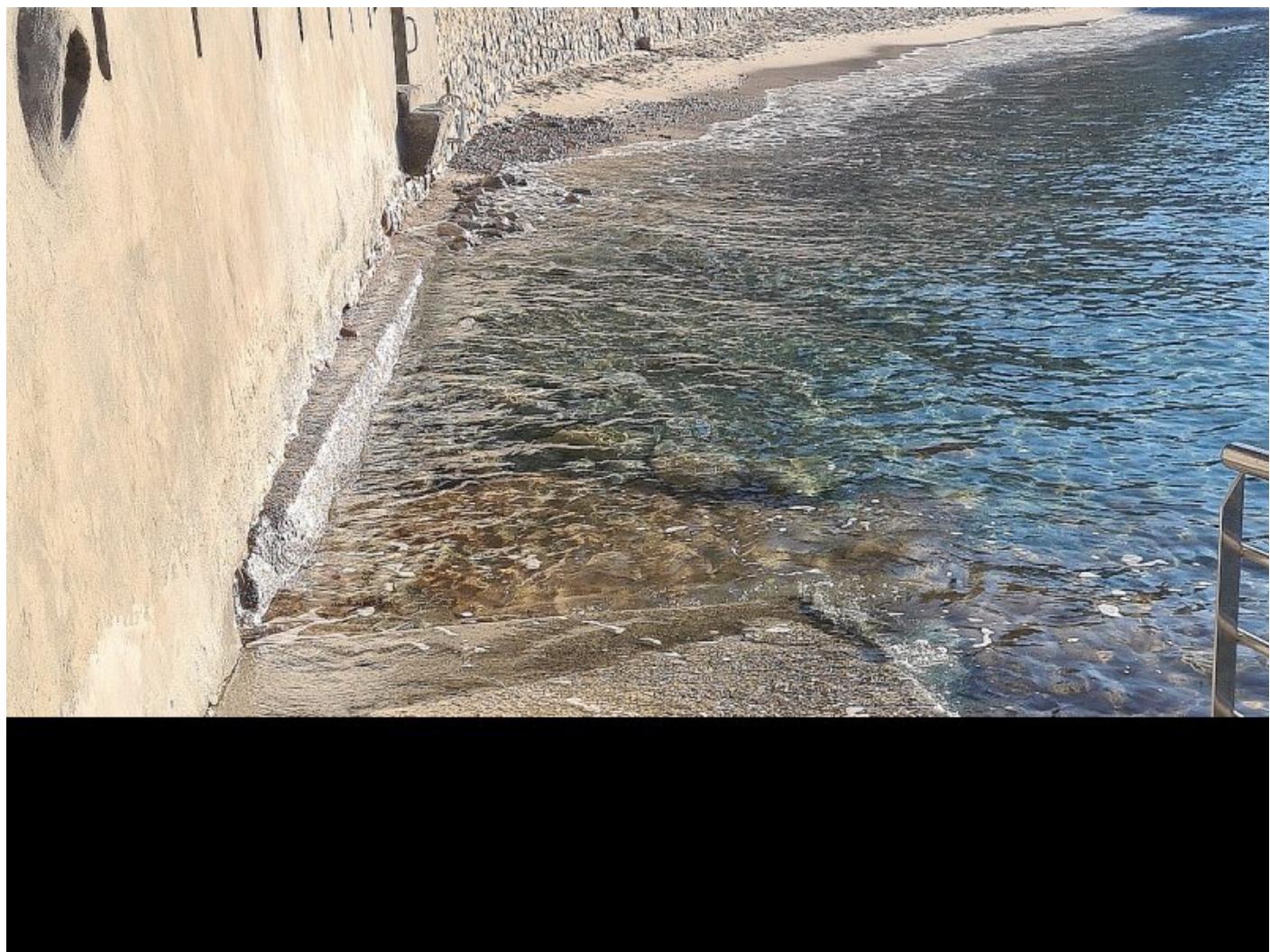


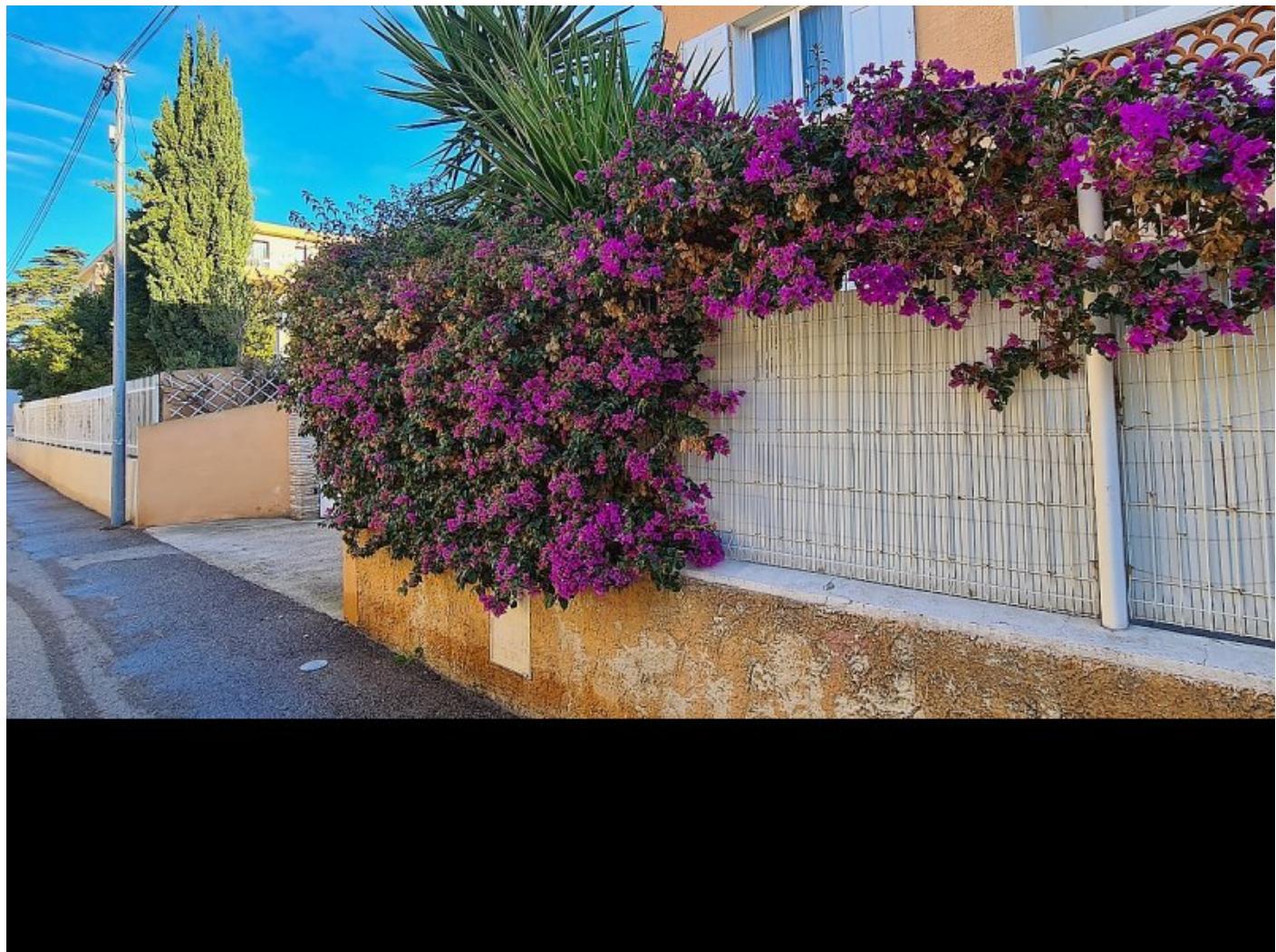




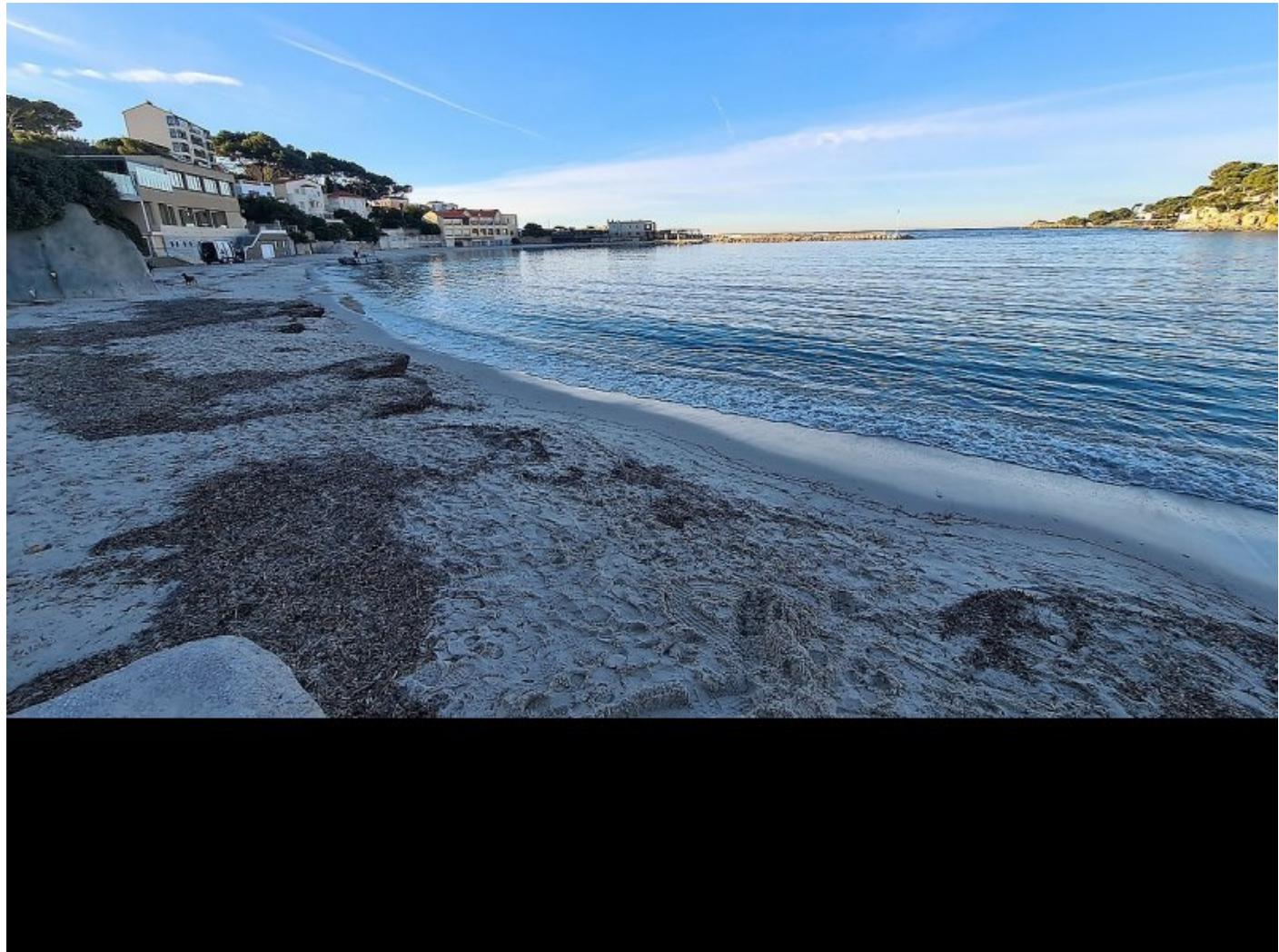


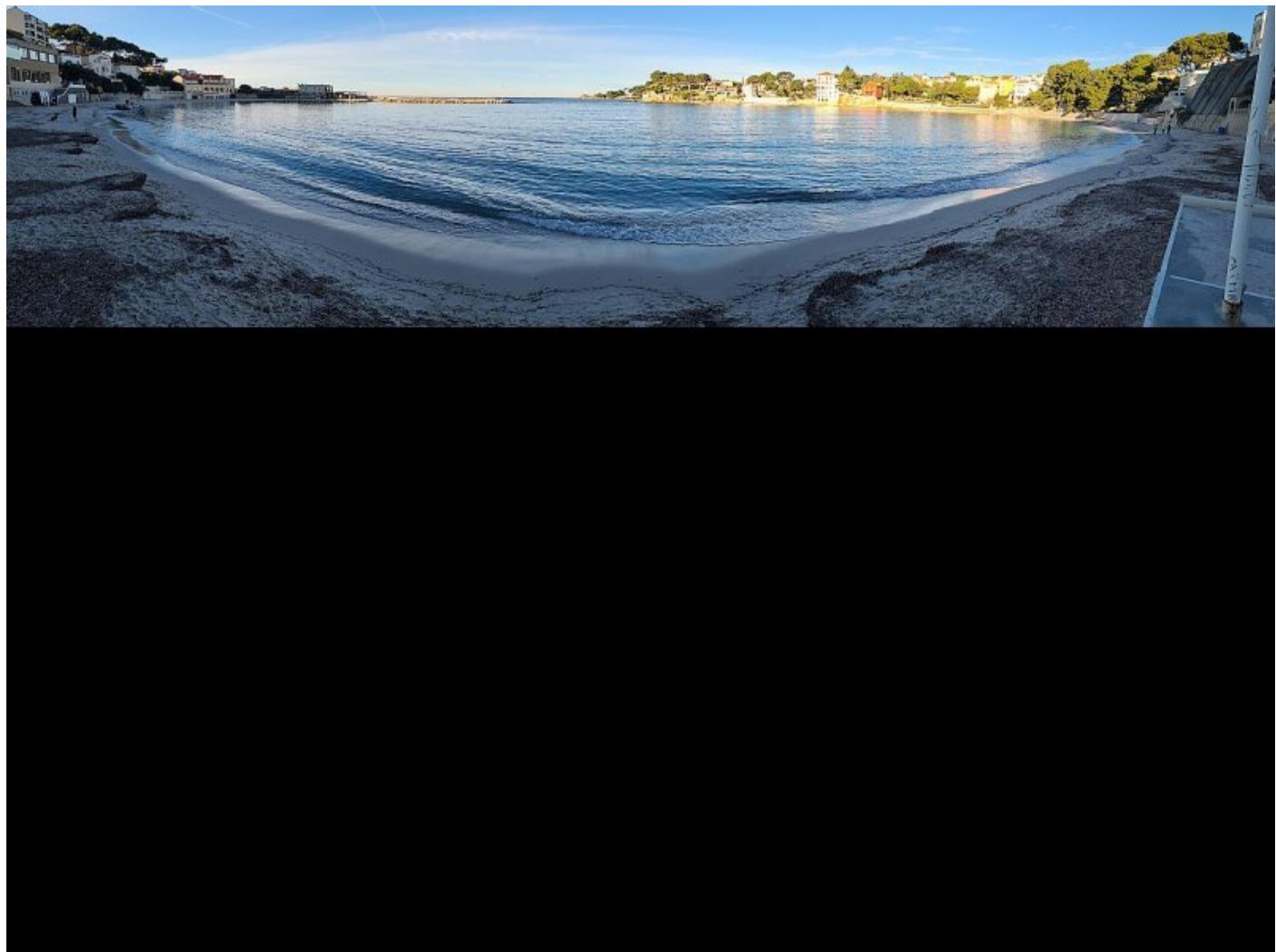


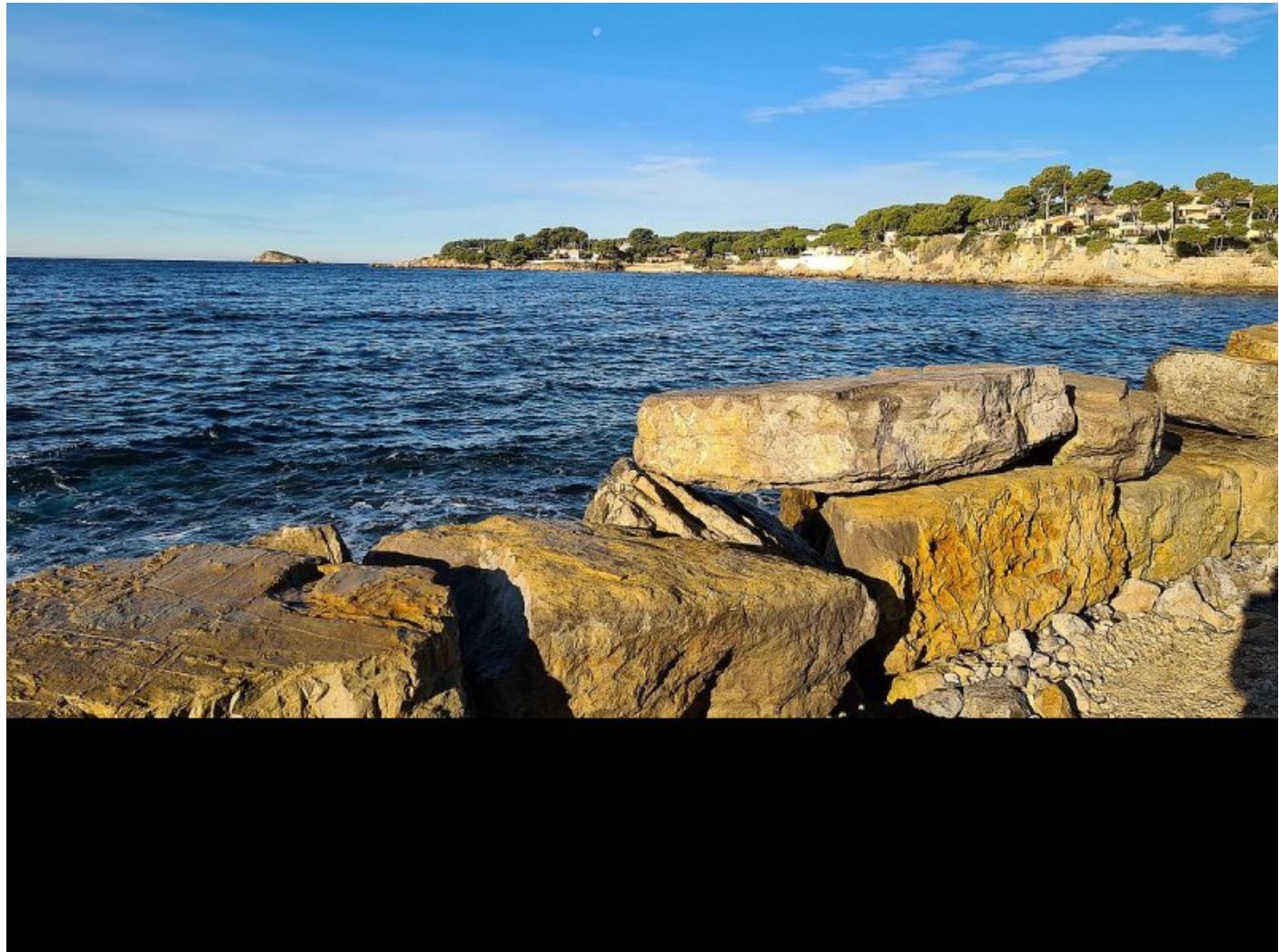




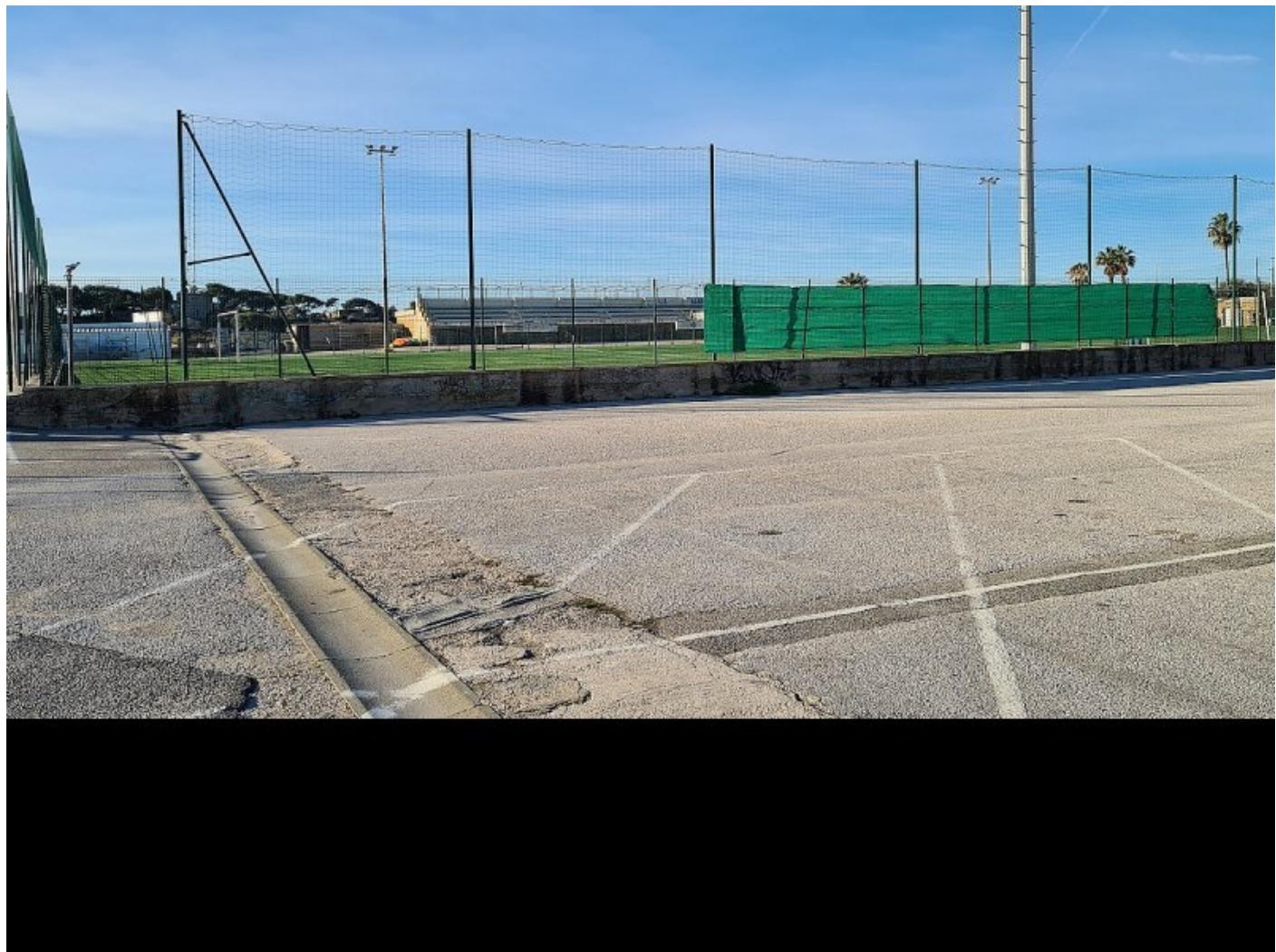






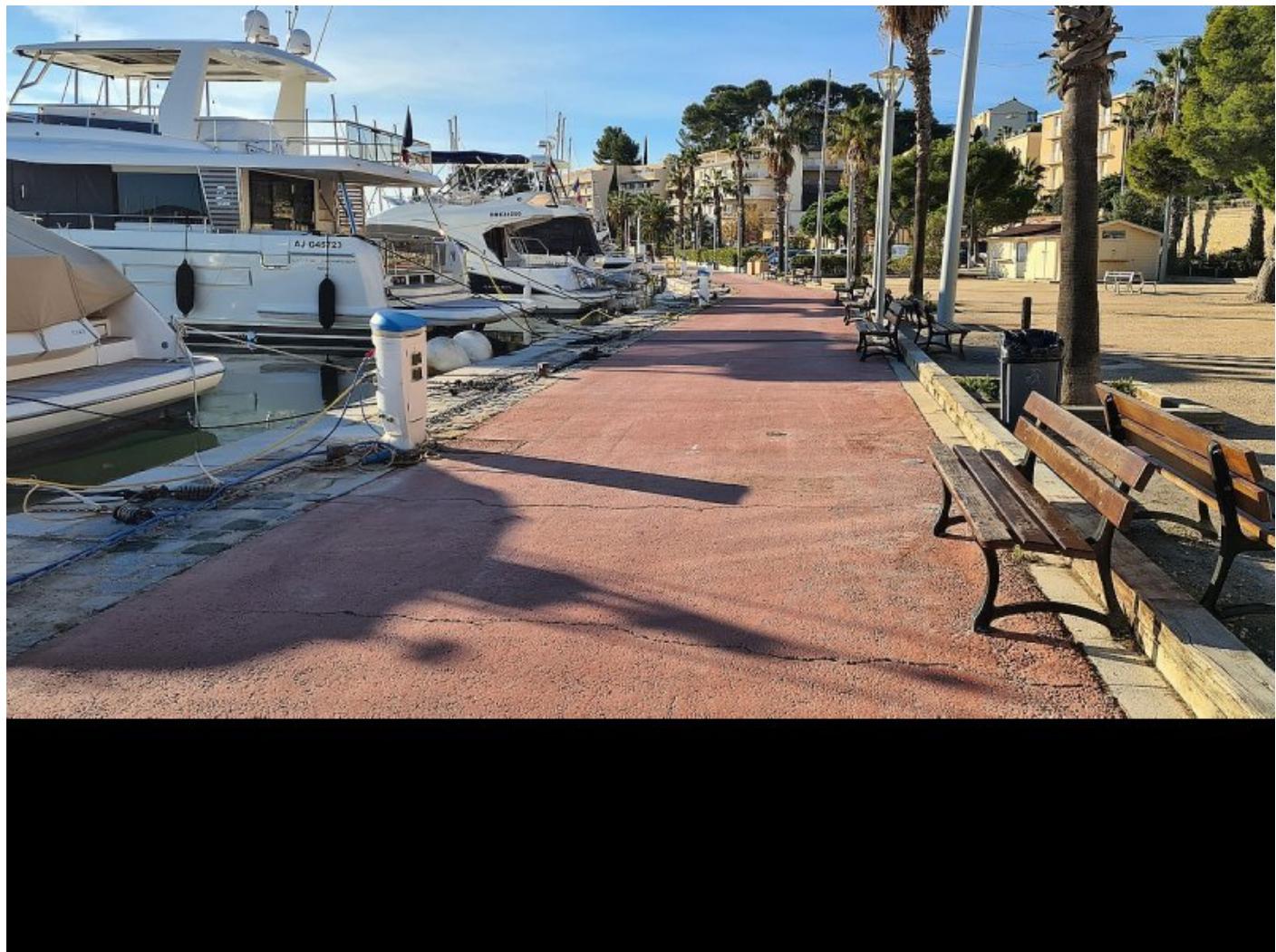


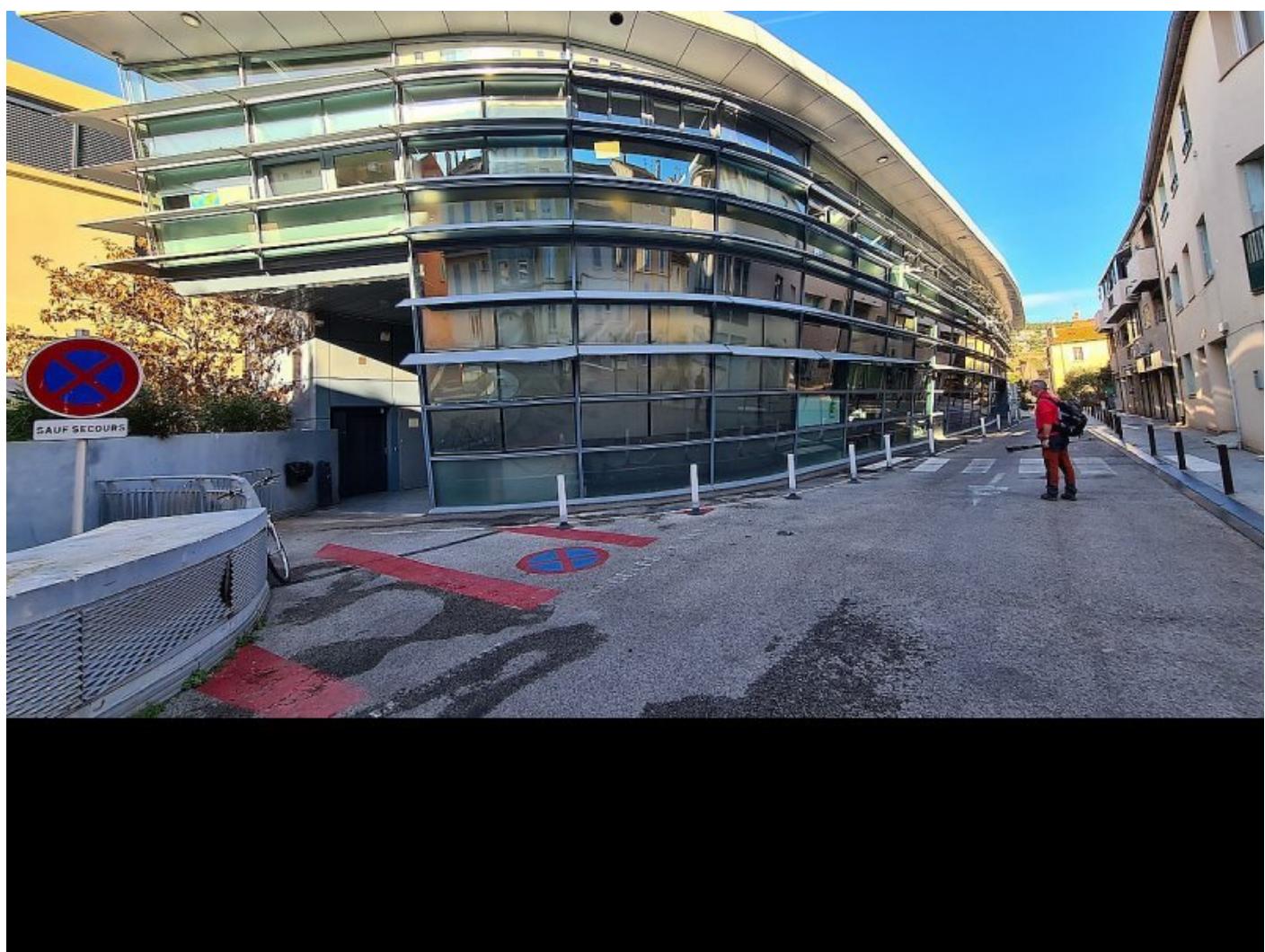






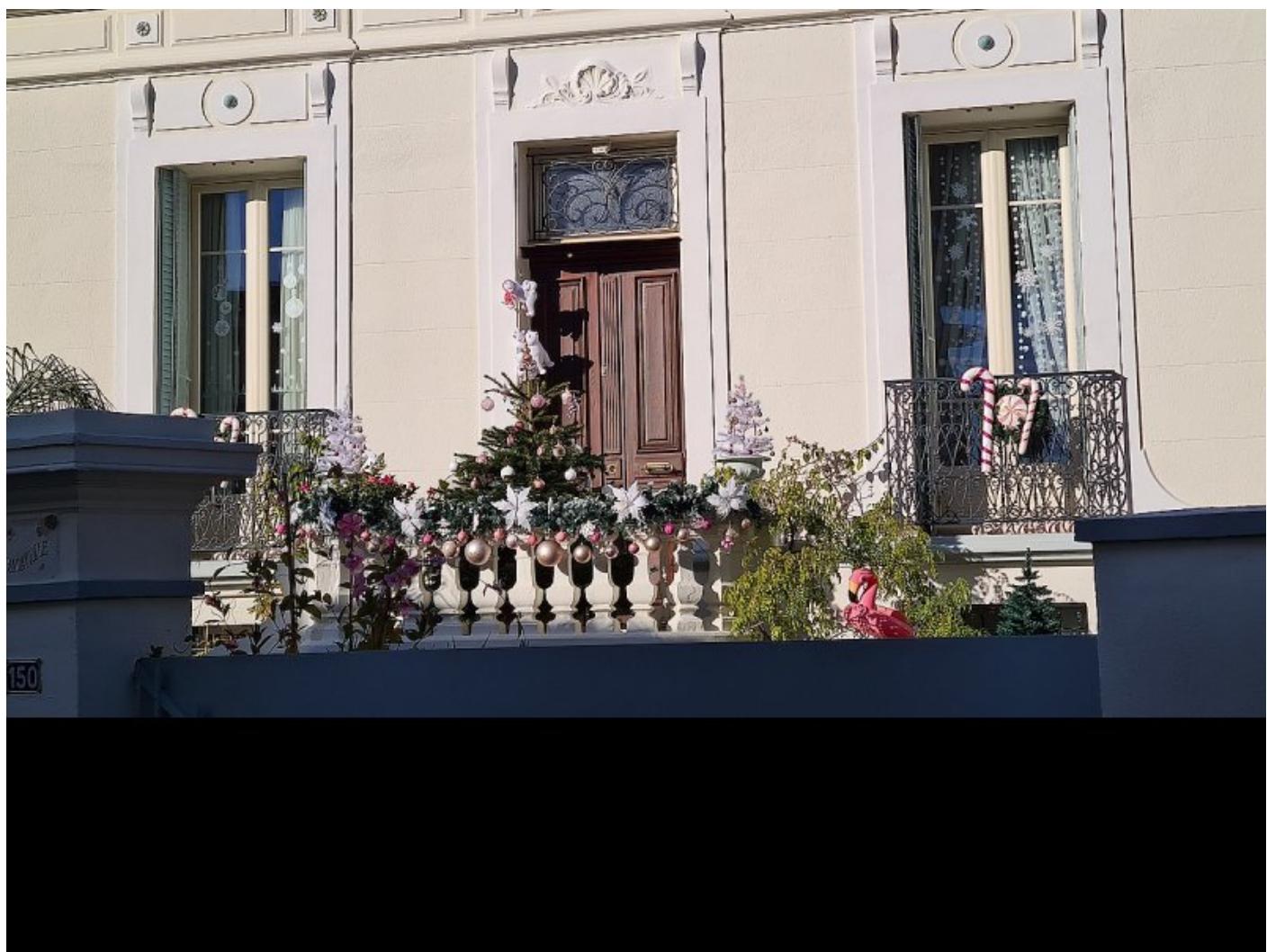


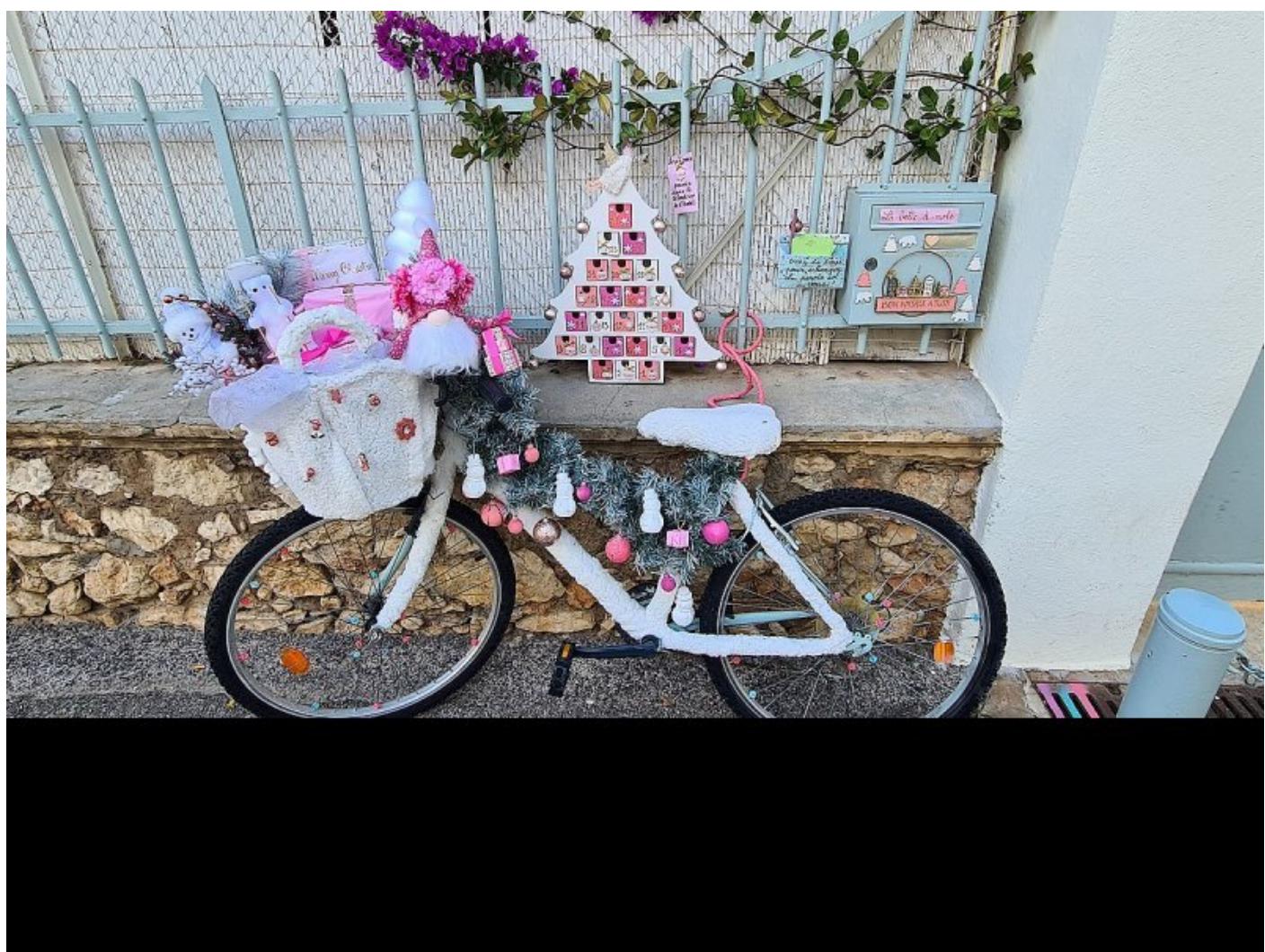








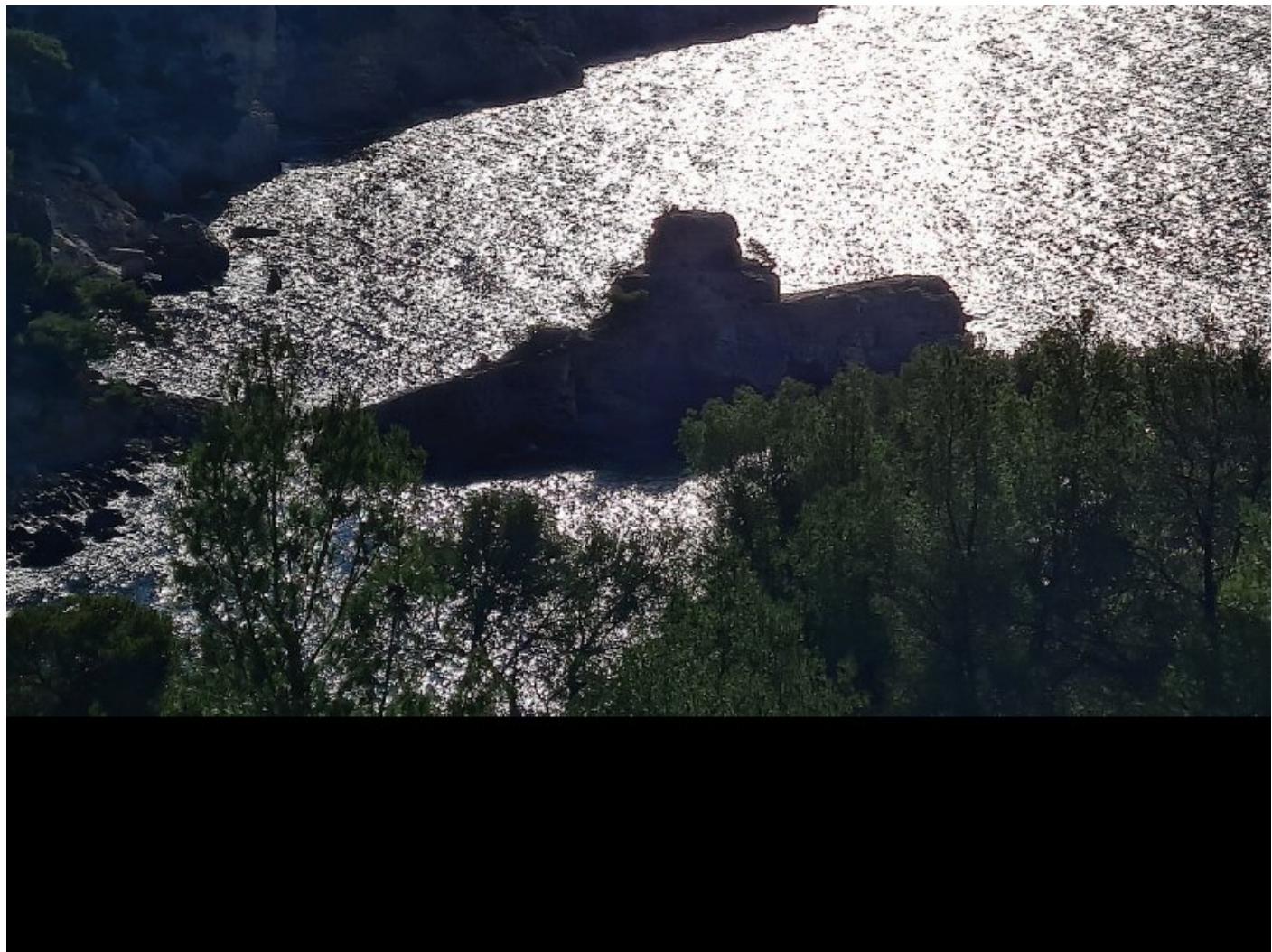


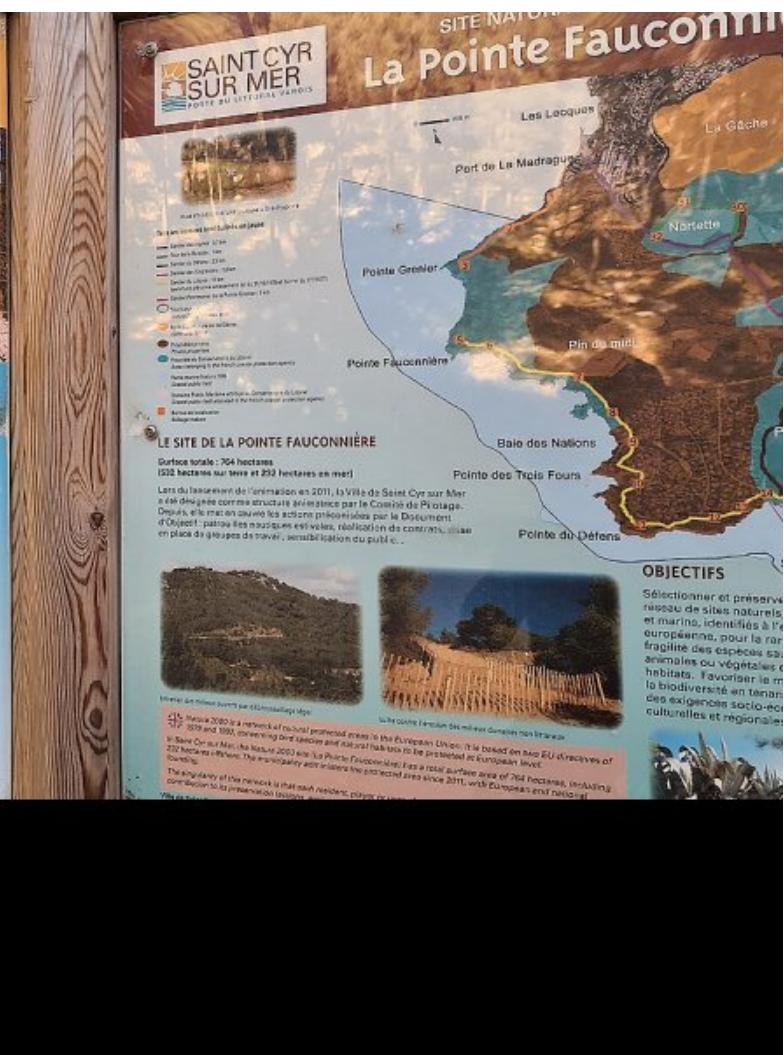
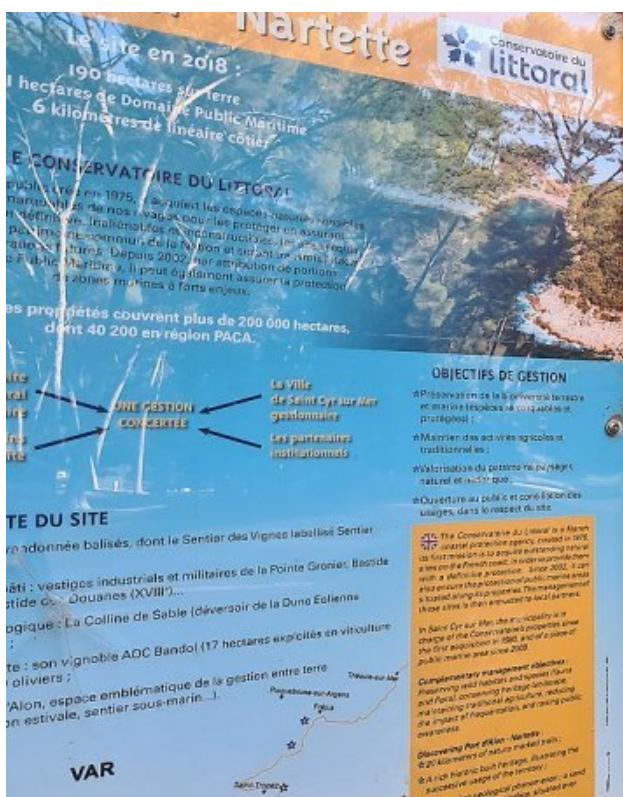


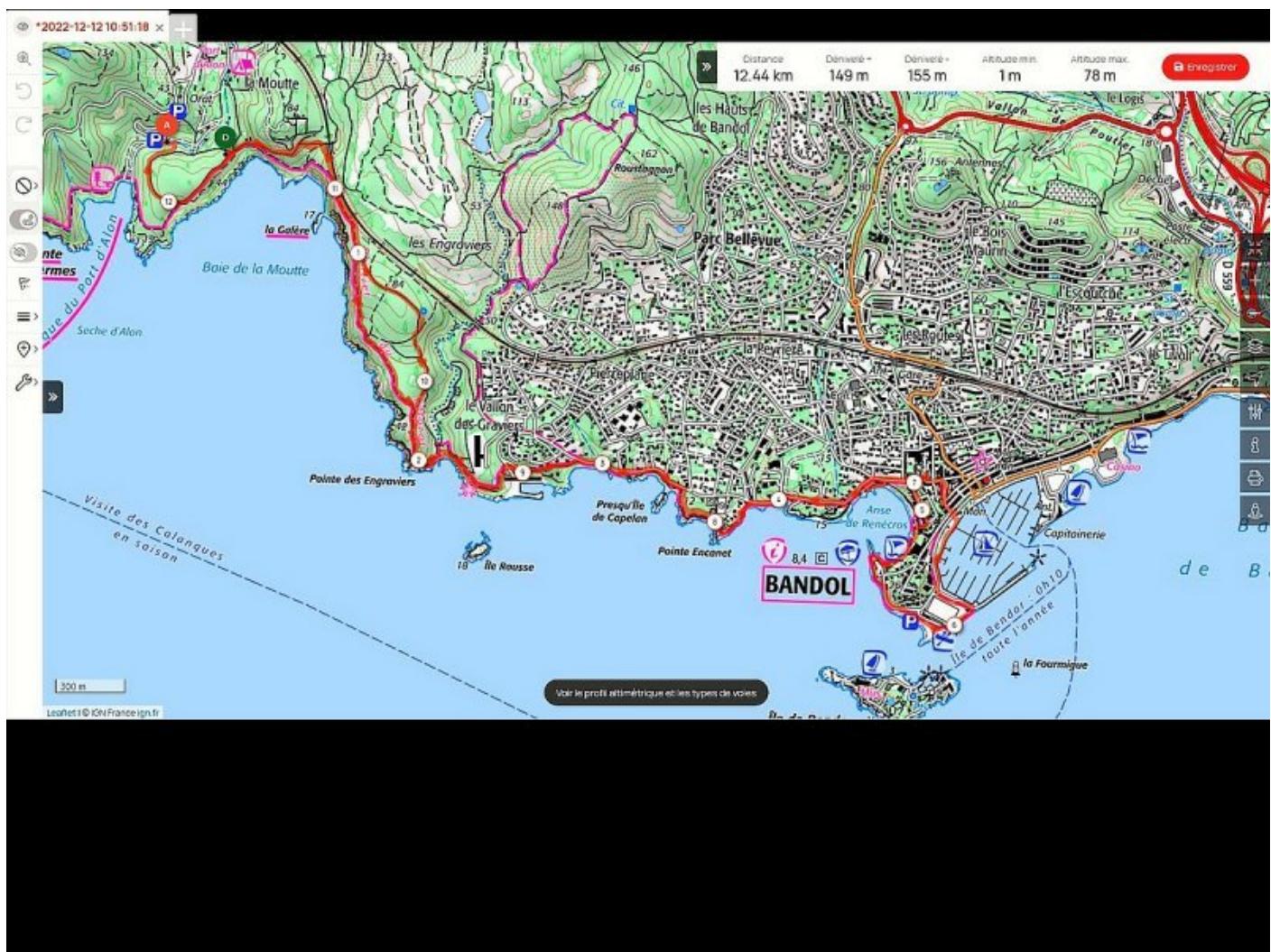










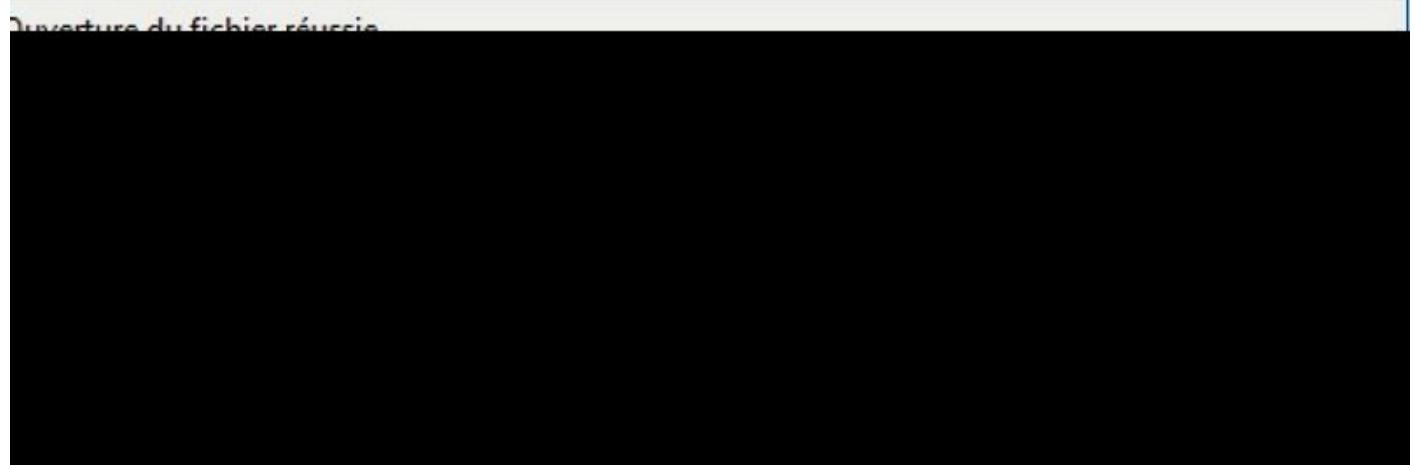


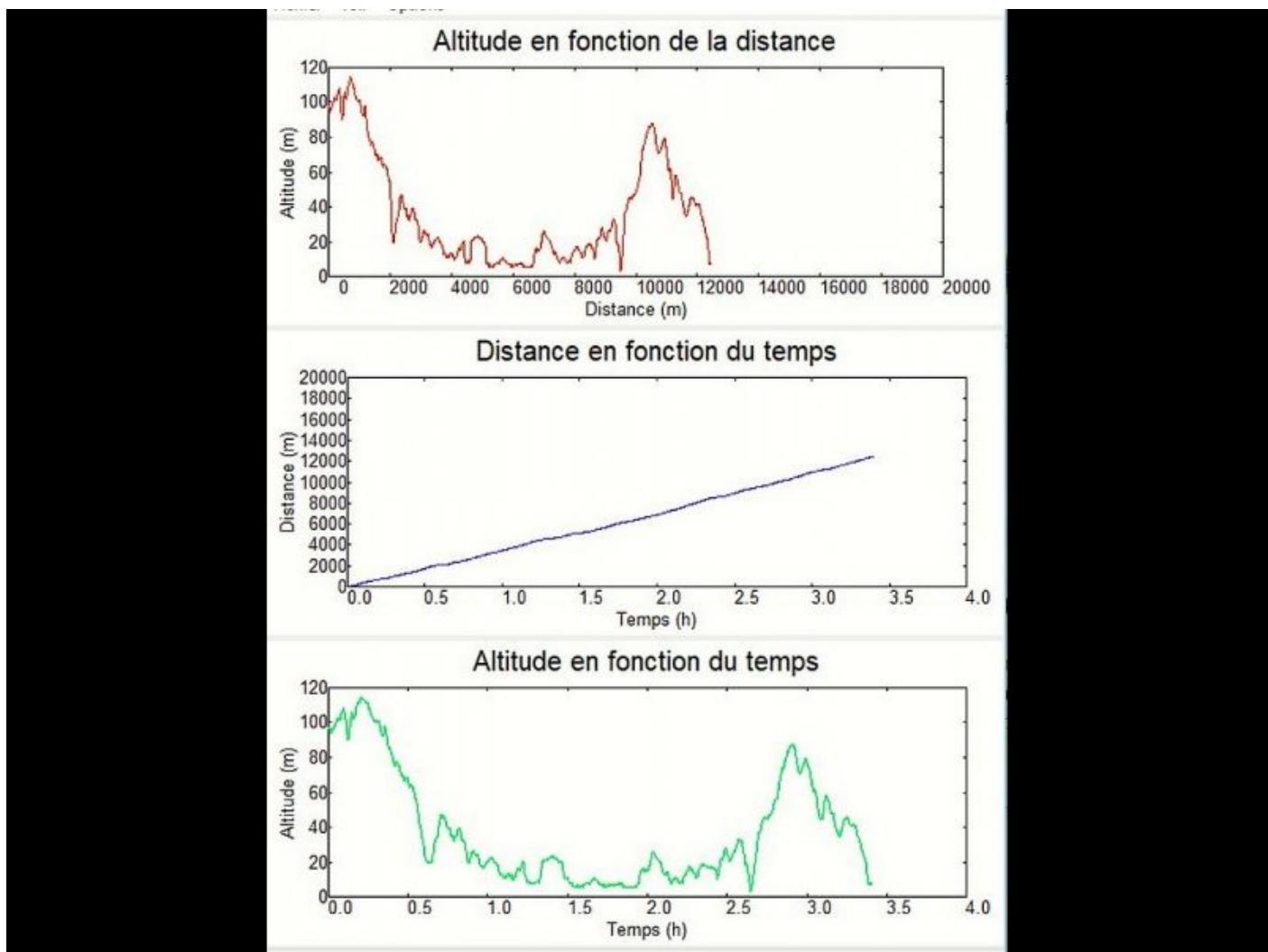
st cyr, var, port d'alon, sentier des douaniers , plage de renecros et le port de bandol..

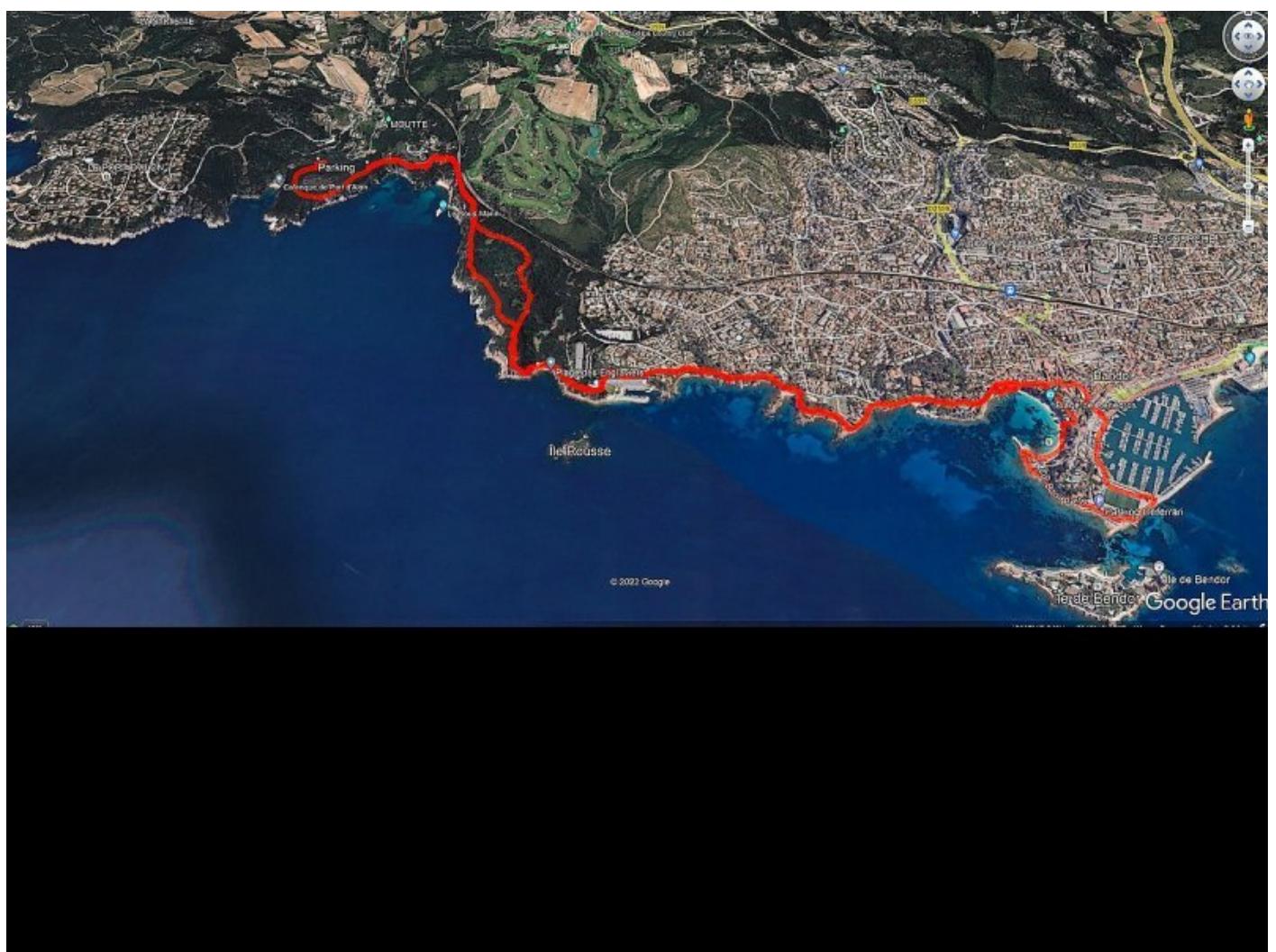


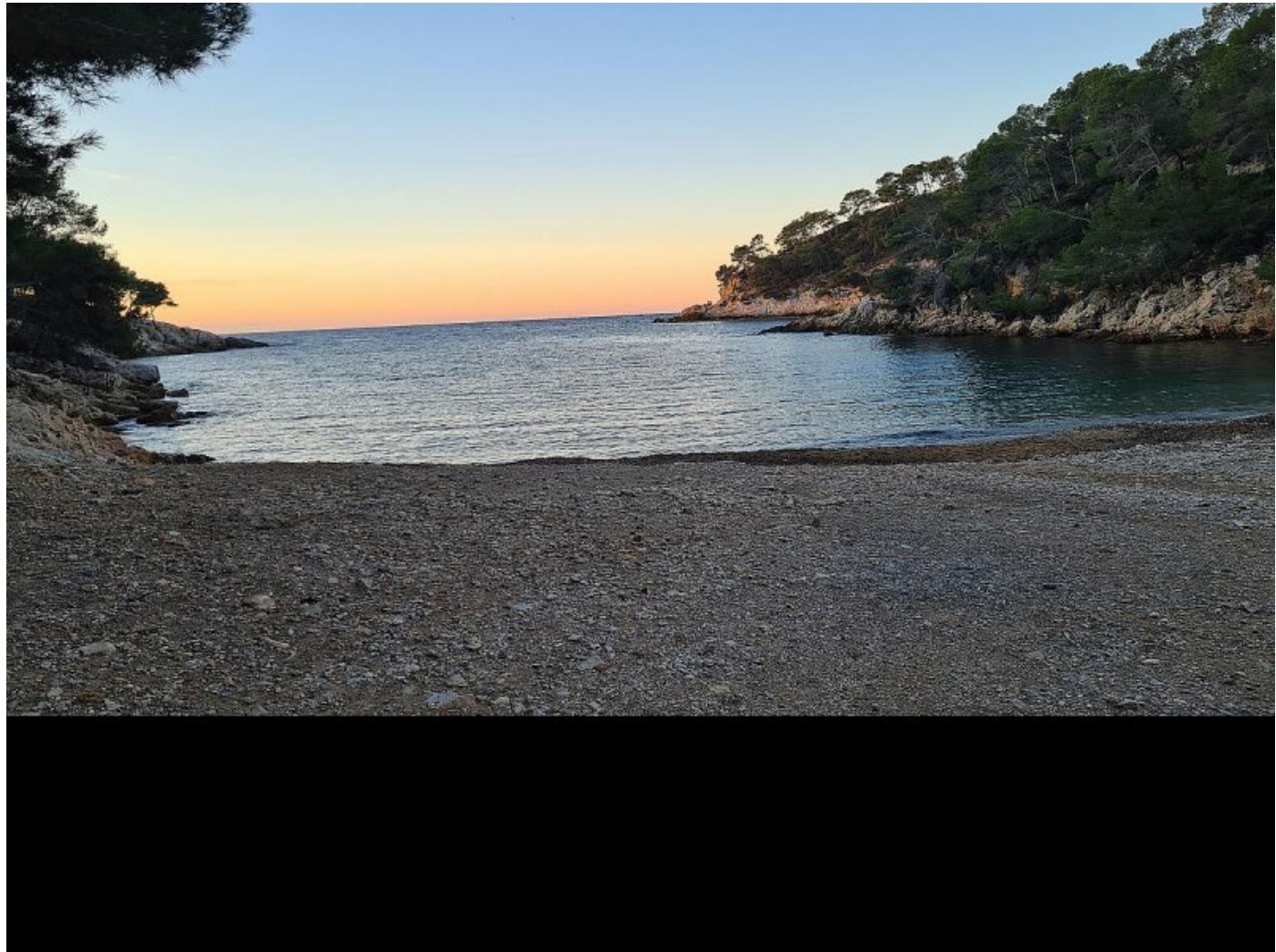
	Départ	Arrivée		
Date	12/12/22	12/12/22	Distance (m)	12443.202
Heure	07:26:46	10:51:17	Durée	03:24:31
Altitude (m)	97	7	Vitesse moy (km/h)	3.651
Altitude min (m)	3		Dénivelé + (m)	394
Altitude max (m)	114		Dénivelé - (m)	484
Altitude moy (m)	37			

Ouvrir le fichier réussi.



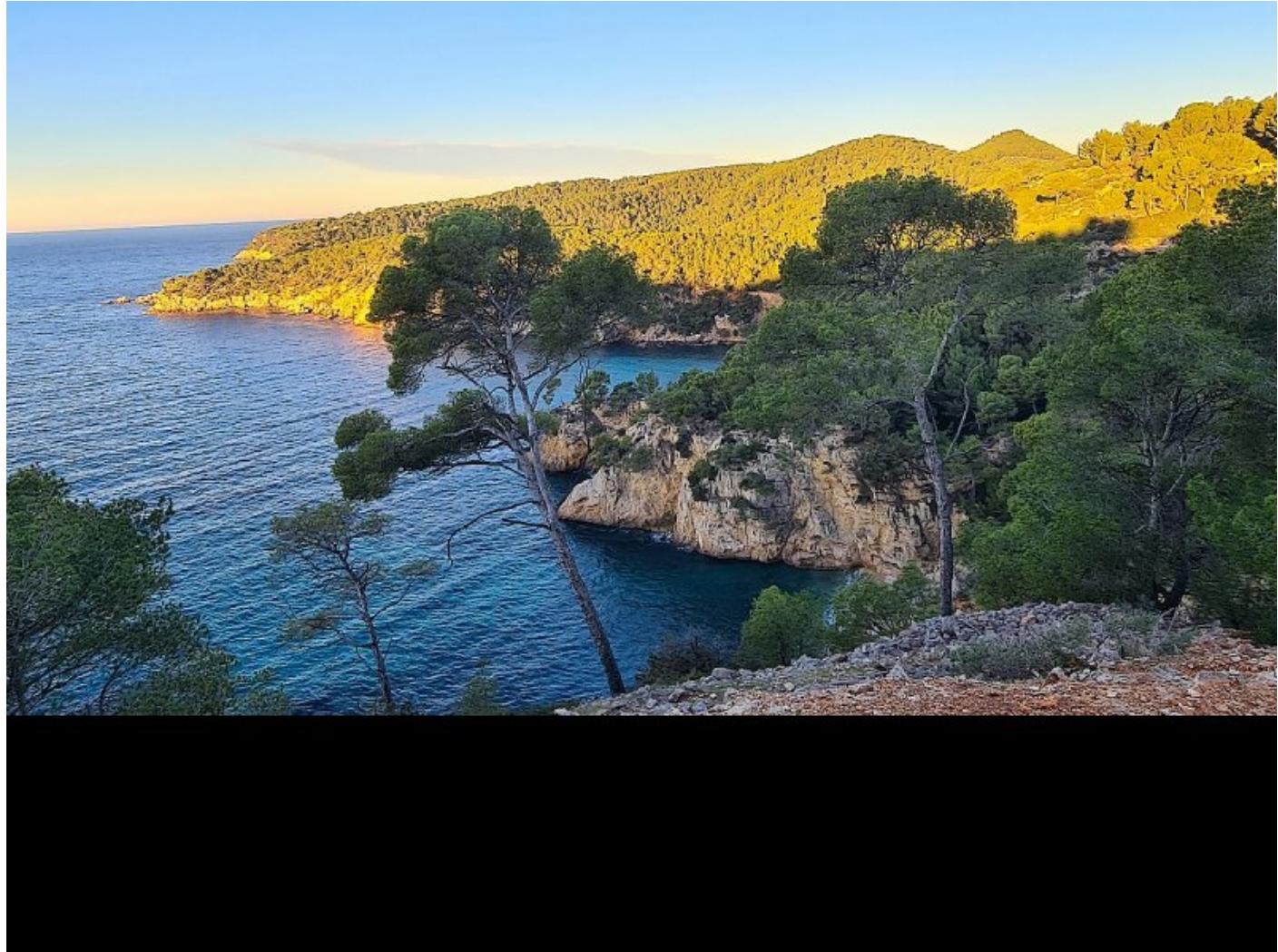


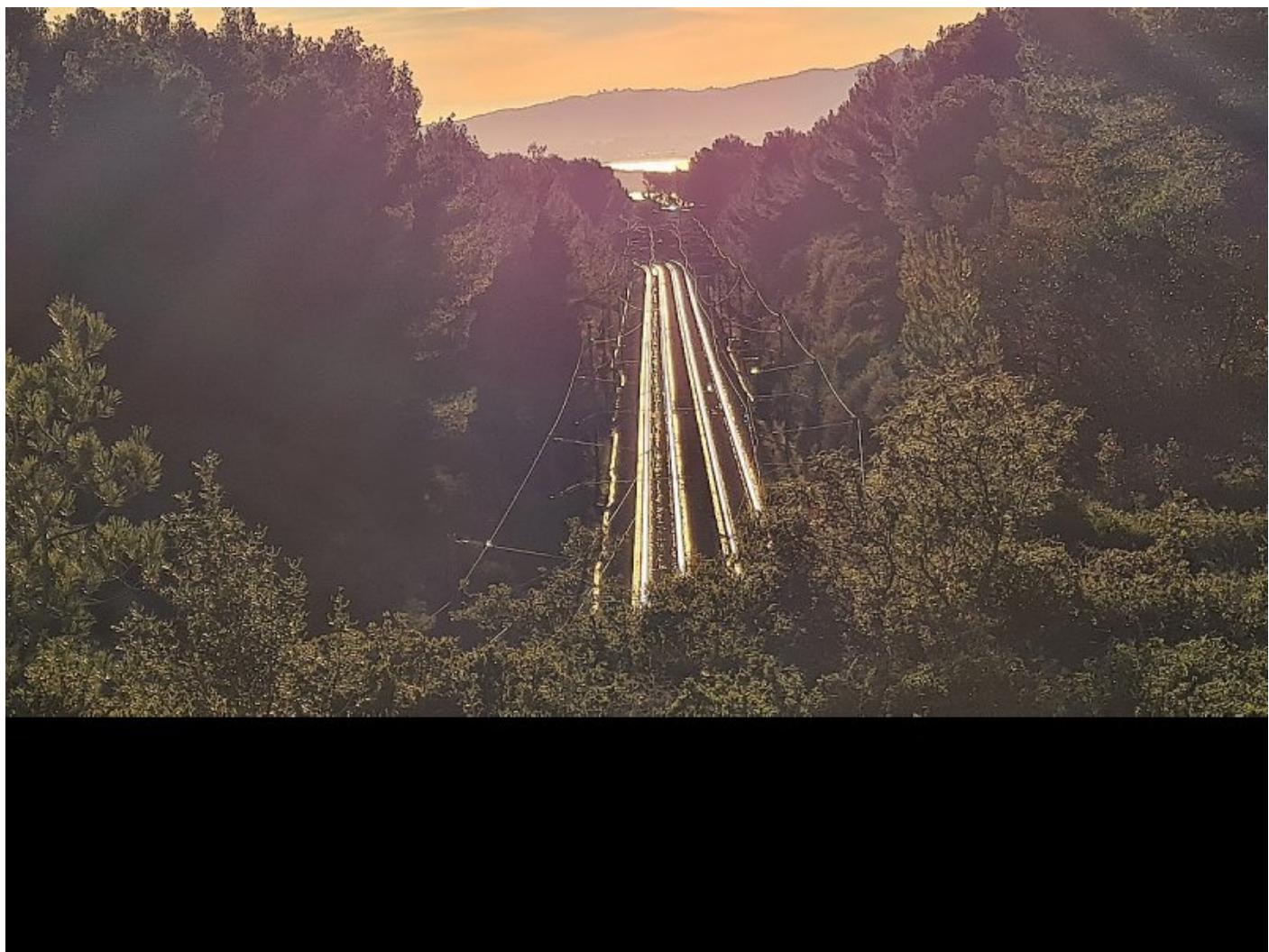












.cycle-paused:after { display:none; } .texte_infobulle { text-align:left; }