

<https://persoremy.fr/spip.php?article626>



# les calanques, marseille, col de sormiou, de cortiou, émissaire de cortiou, nid d'aigle



- Randos  
Date de mise en ligne : lundi 30 janvier 2023  
Date de parution : 30 janvier 2023

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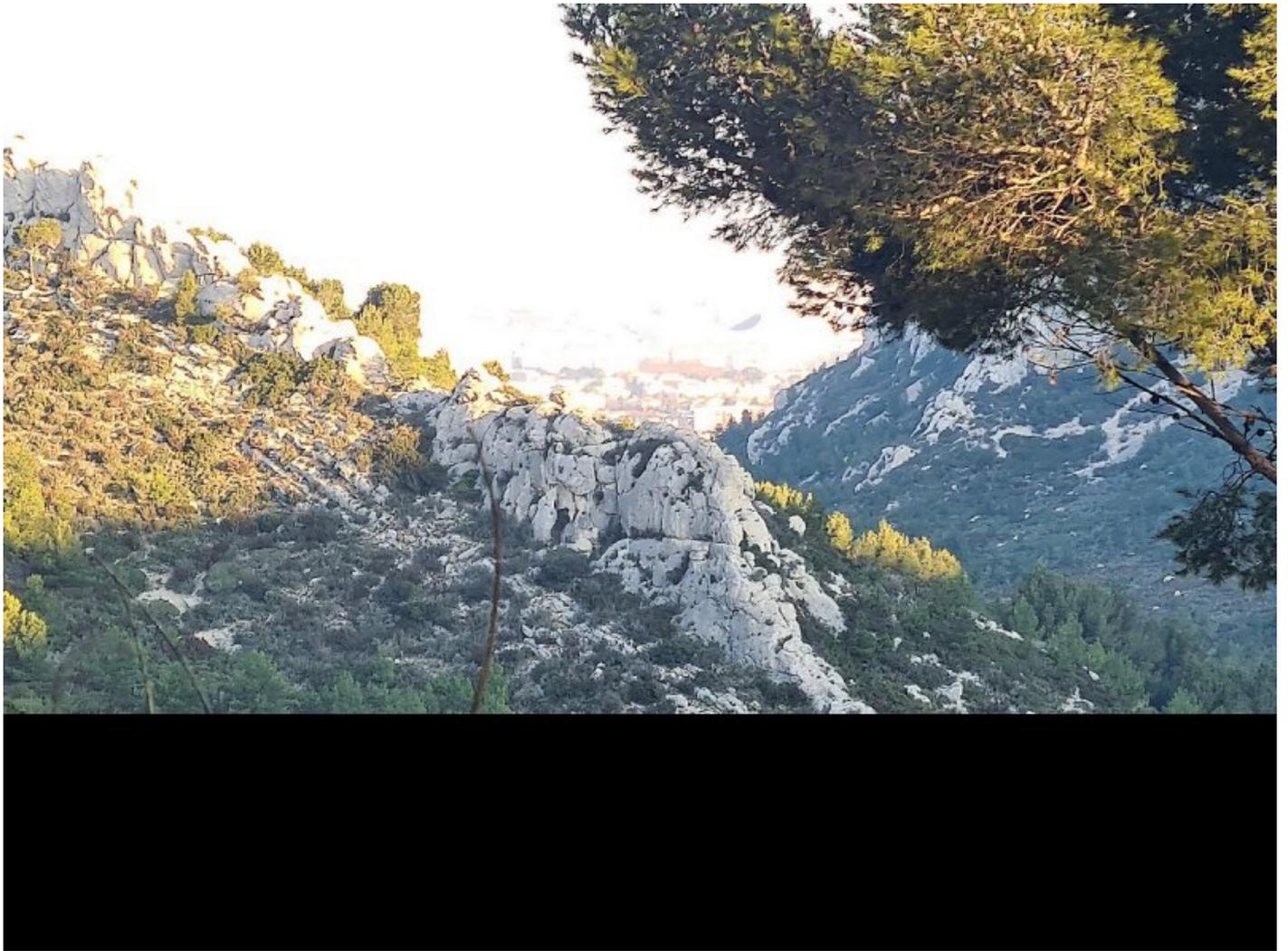
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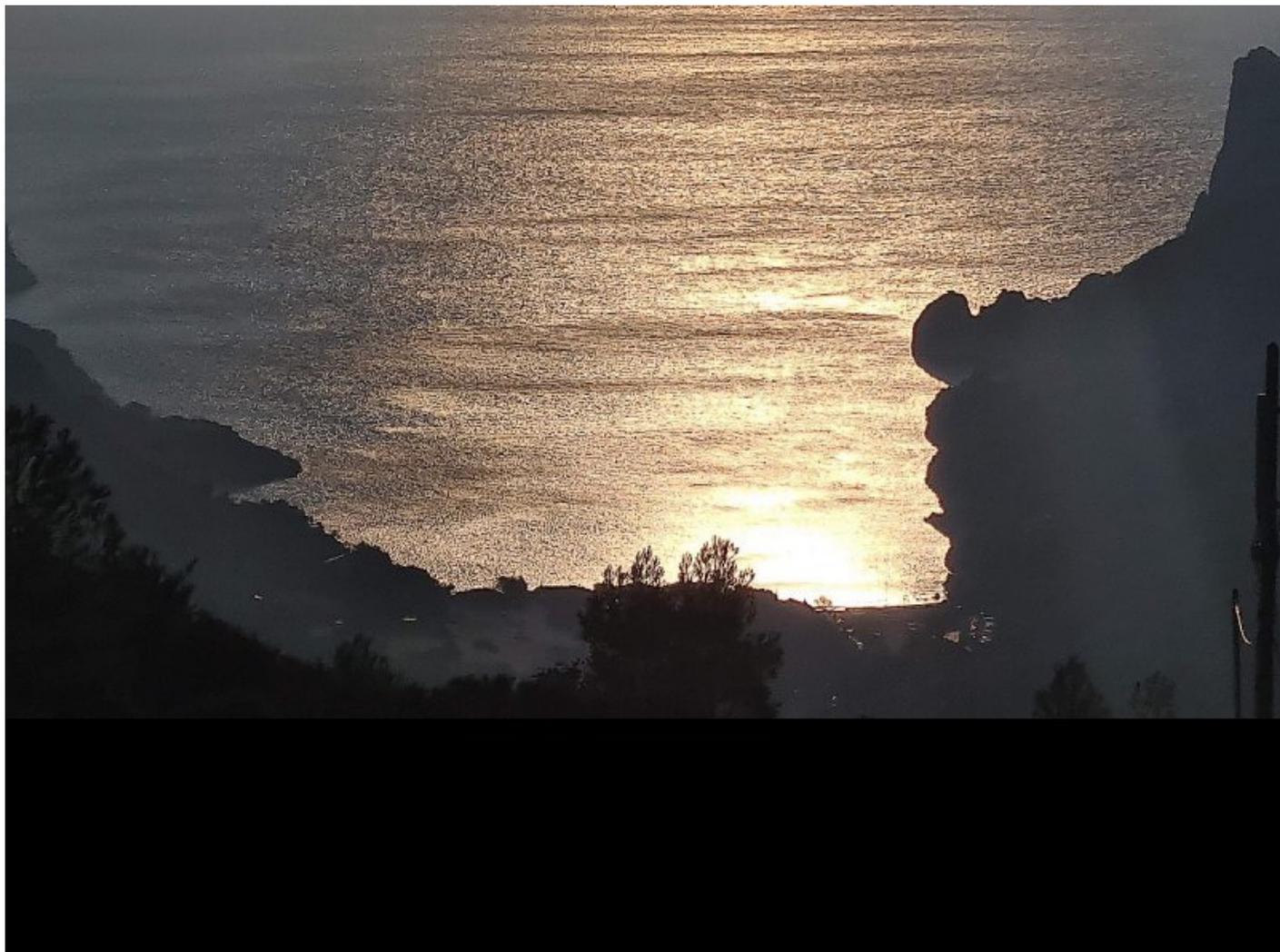
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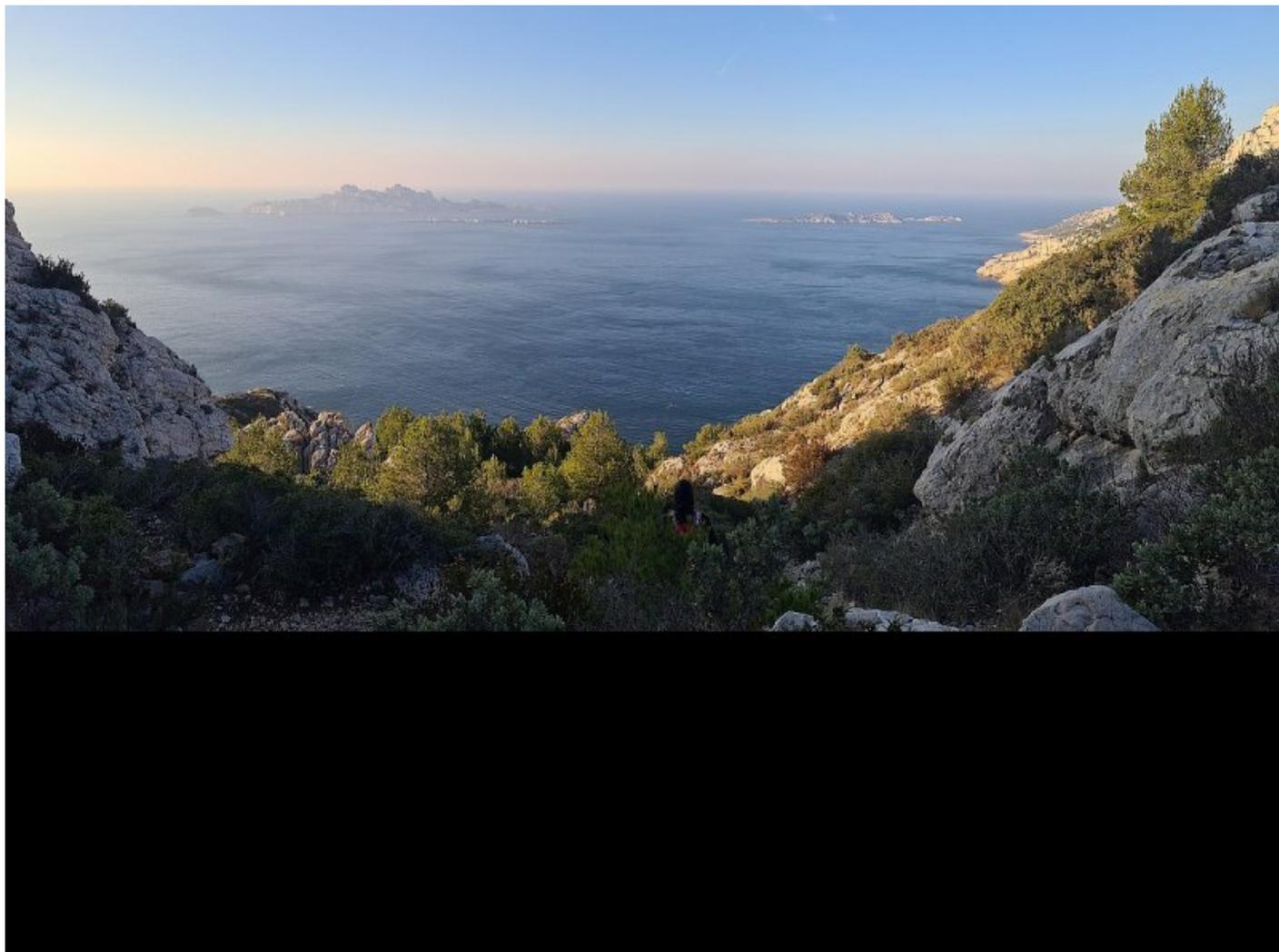
rando compliquée et difficile car souvent hors sentier, en 4h, 7kms195 et 470m de dénivelé au départ de la barrière sur la route de sormiou, monter la route jusqu'au col de sormiou, prendre à droite le GR puis un sentier à gauche, le col du pignet et aller retour sur un sentier raide, rocailleux jusqu'à l'émissaire de cortiou, puis une sente pour rejoindre le col de cortiou, le GR, puis ensuite le vert pour un aller retour jusqu'au nid d'aigle au pied de falaises, site d'escalade...

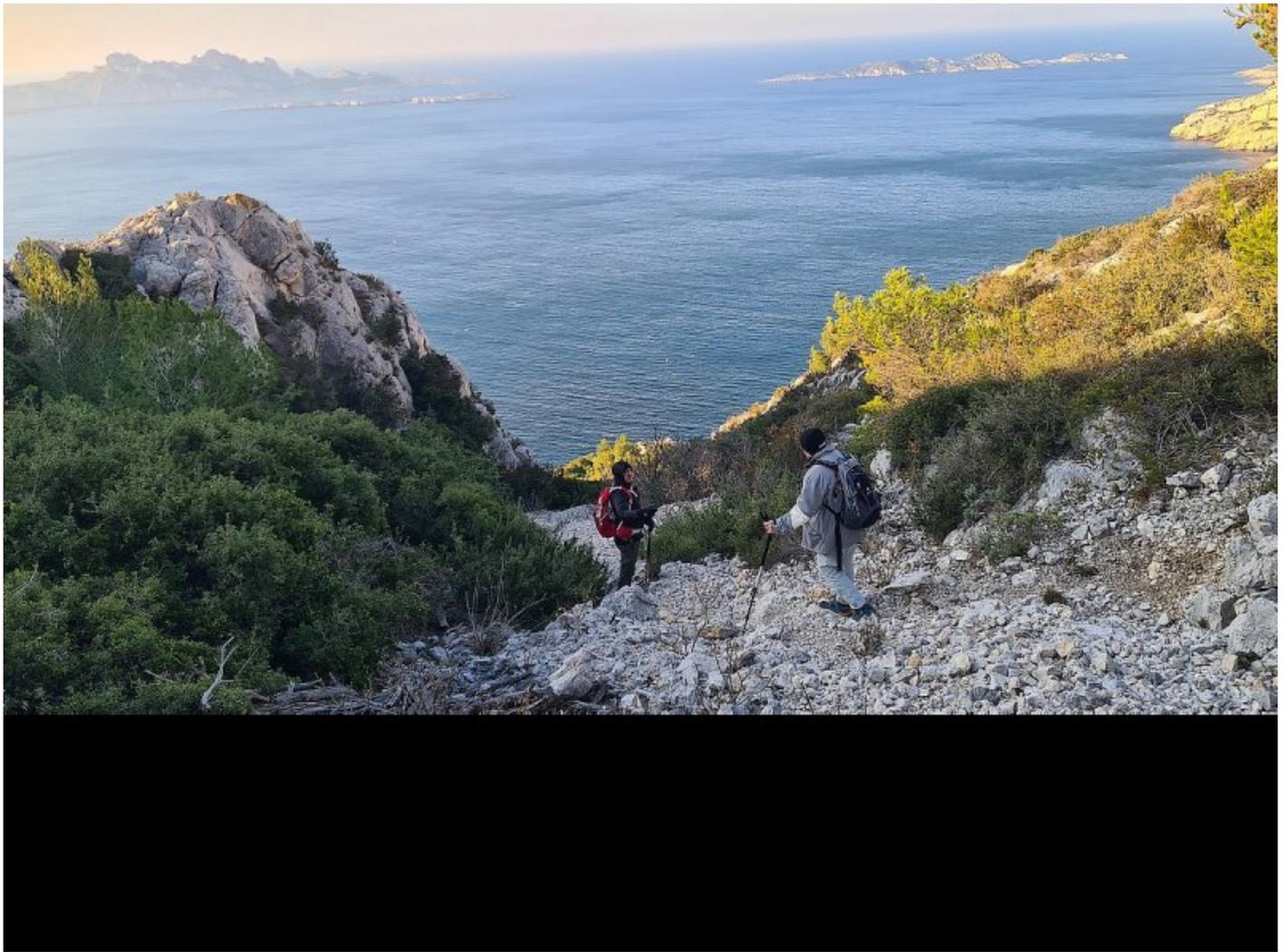


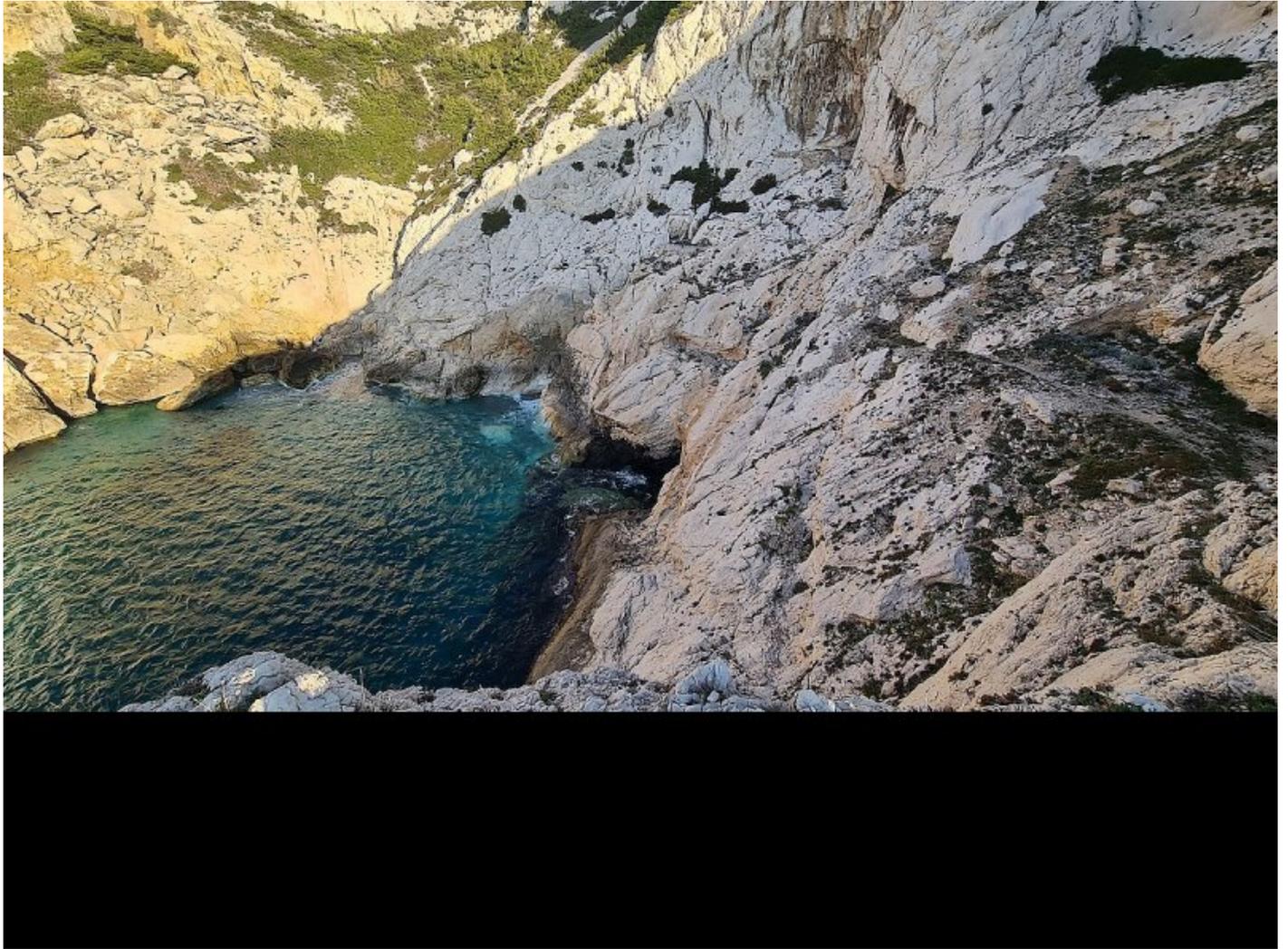


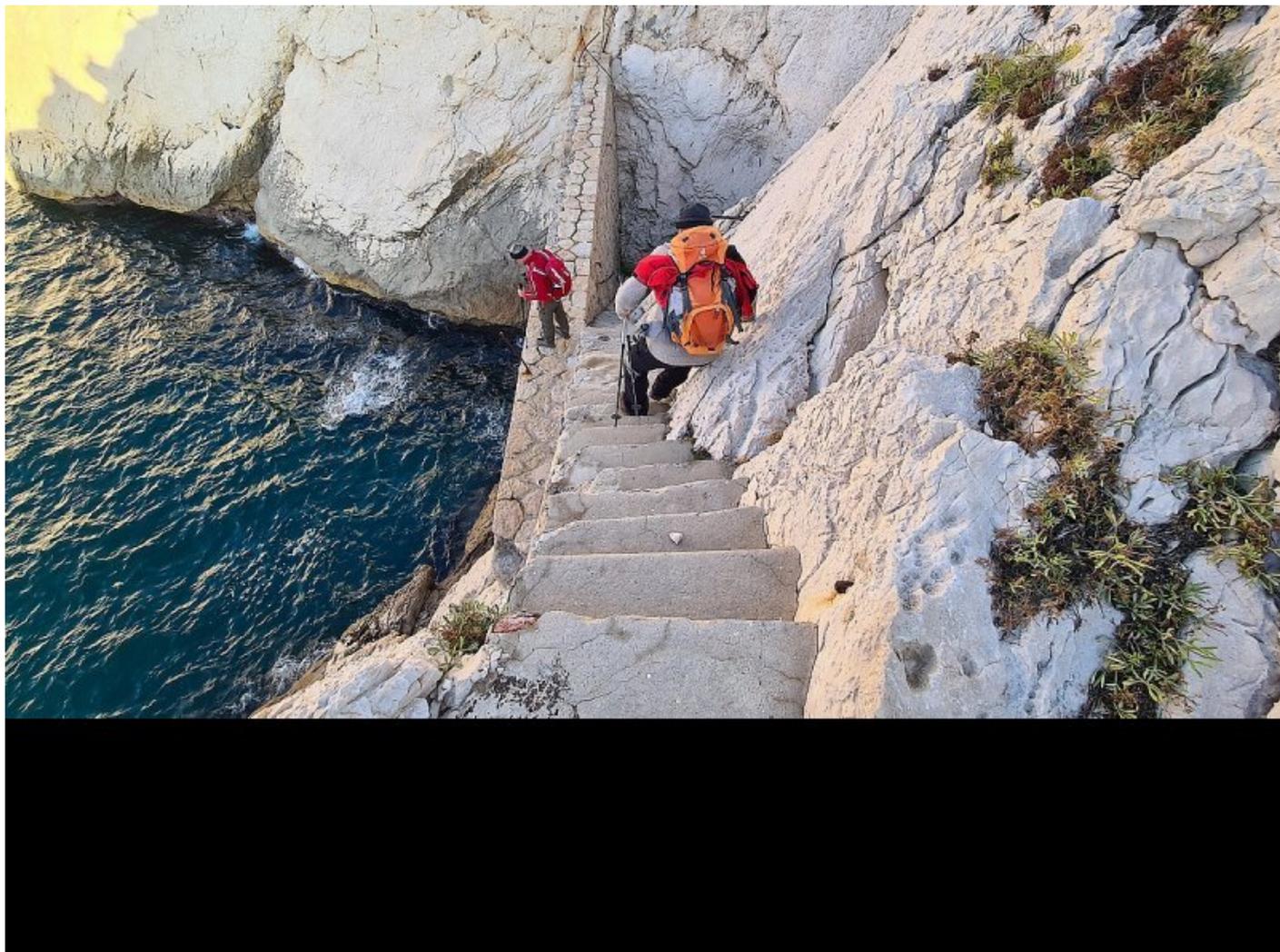






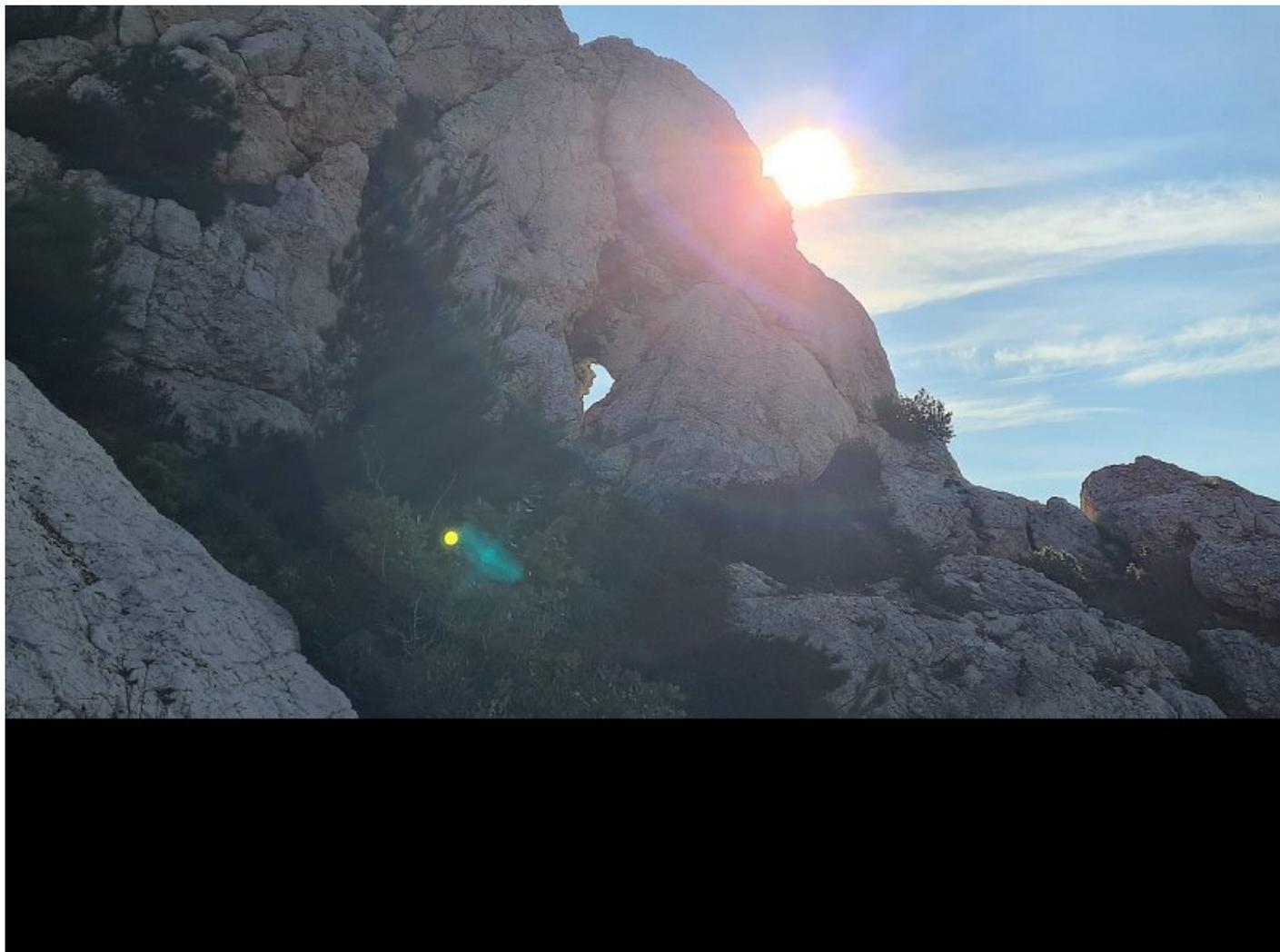


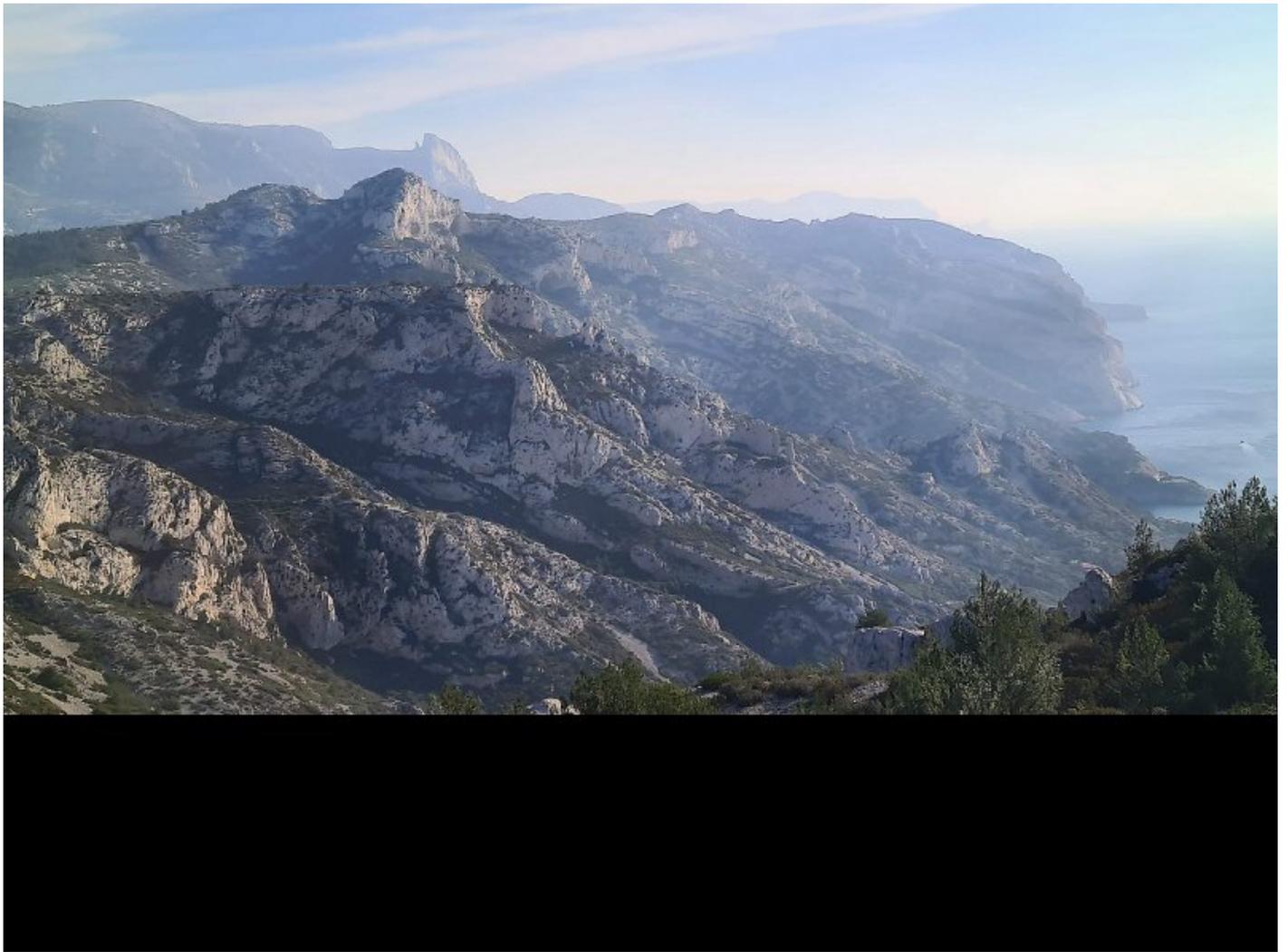


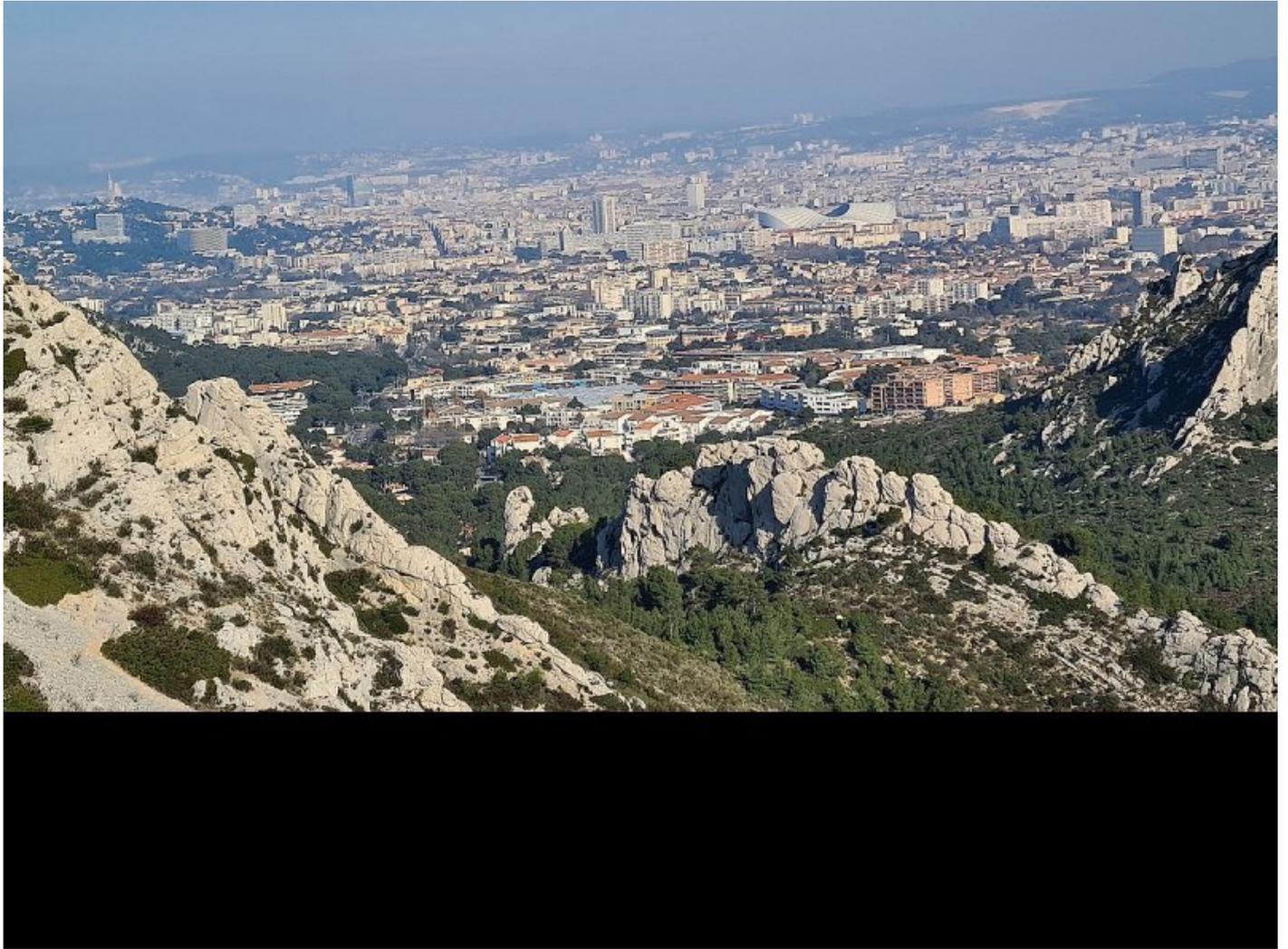


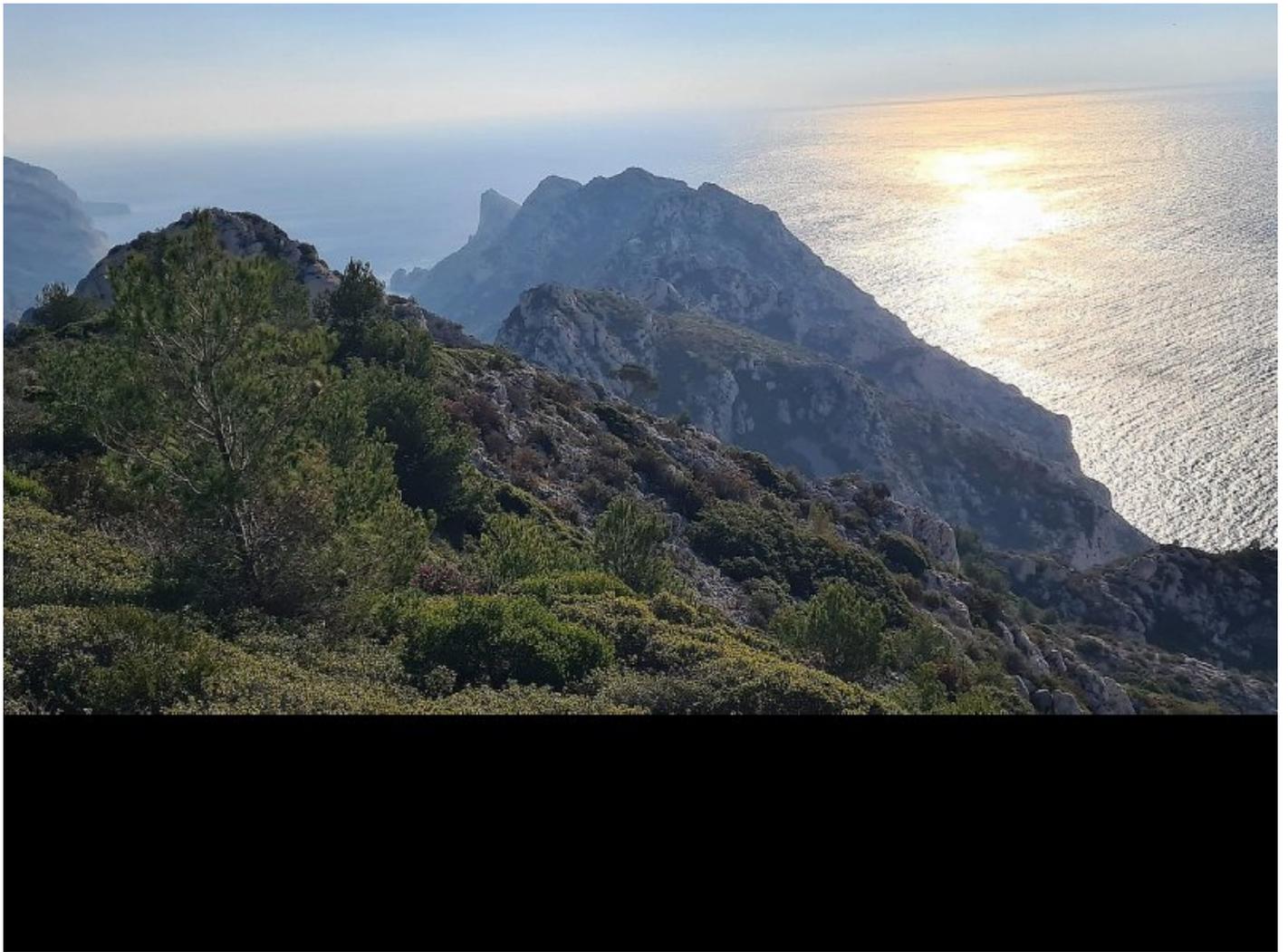


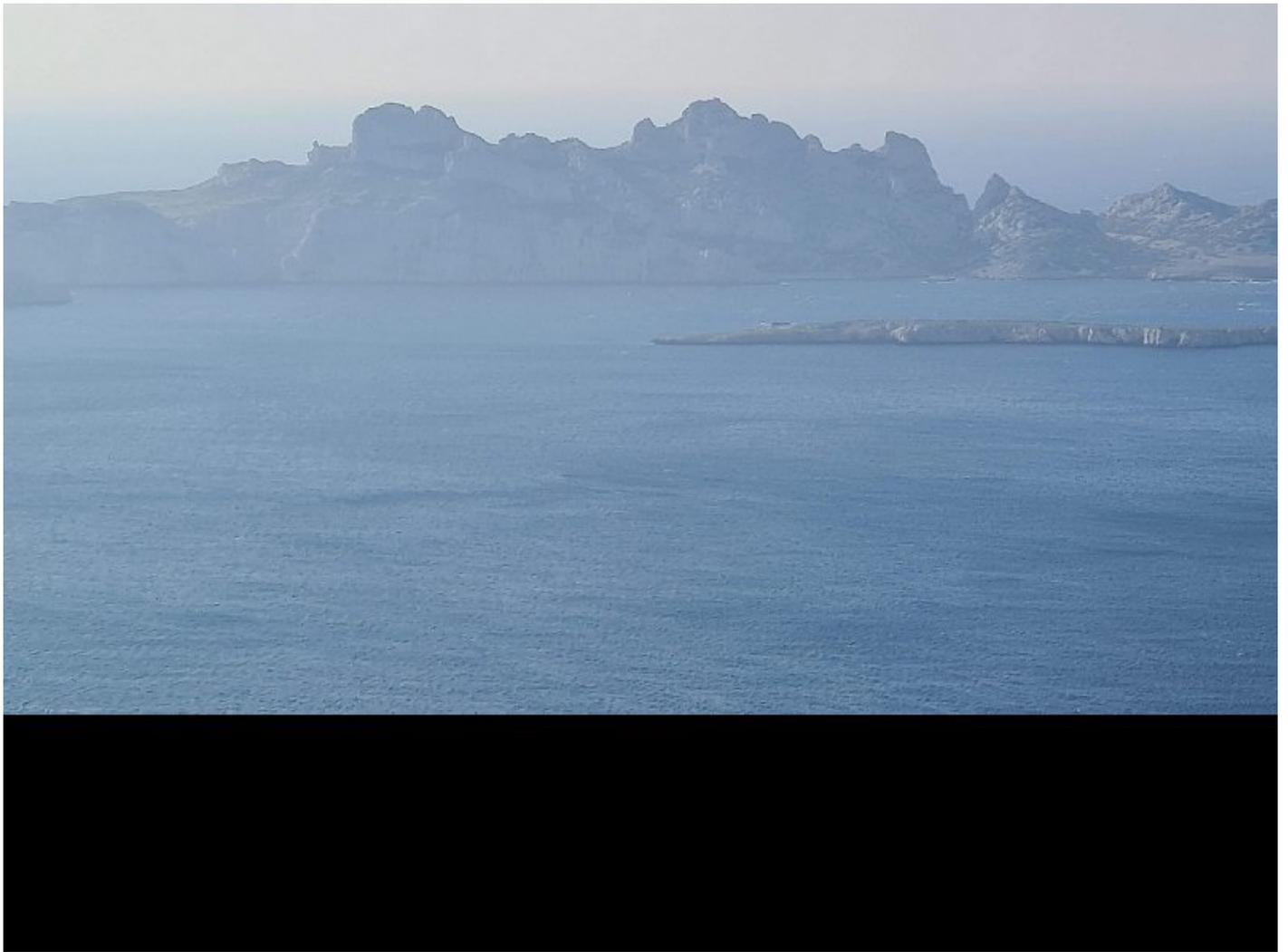


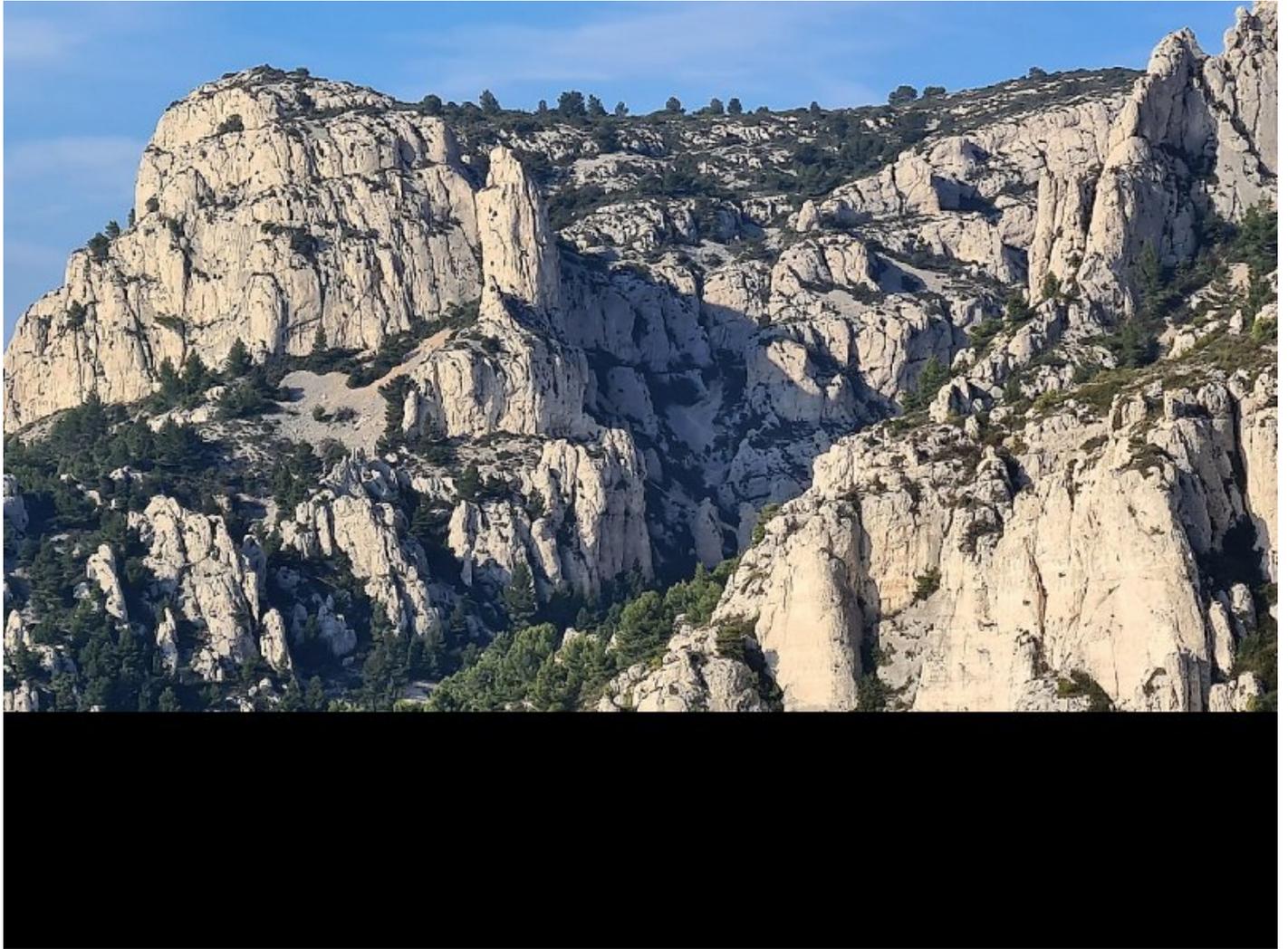


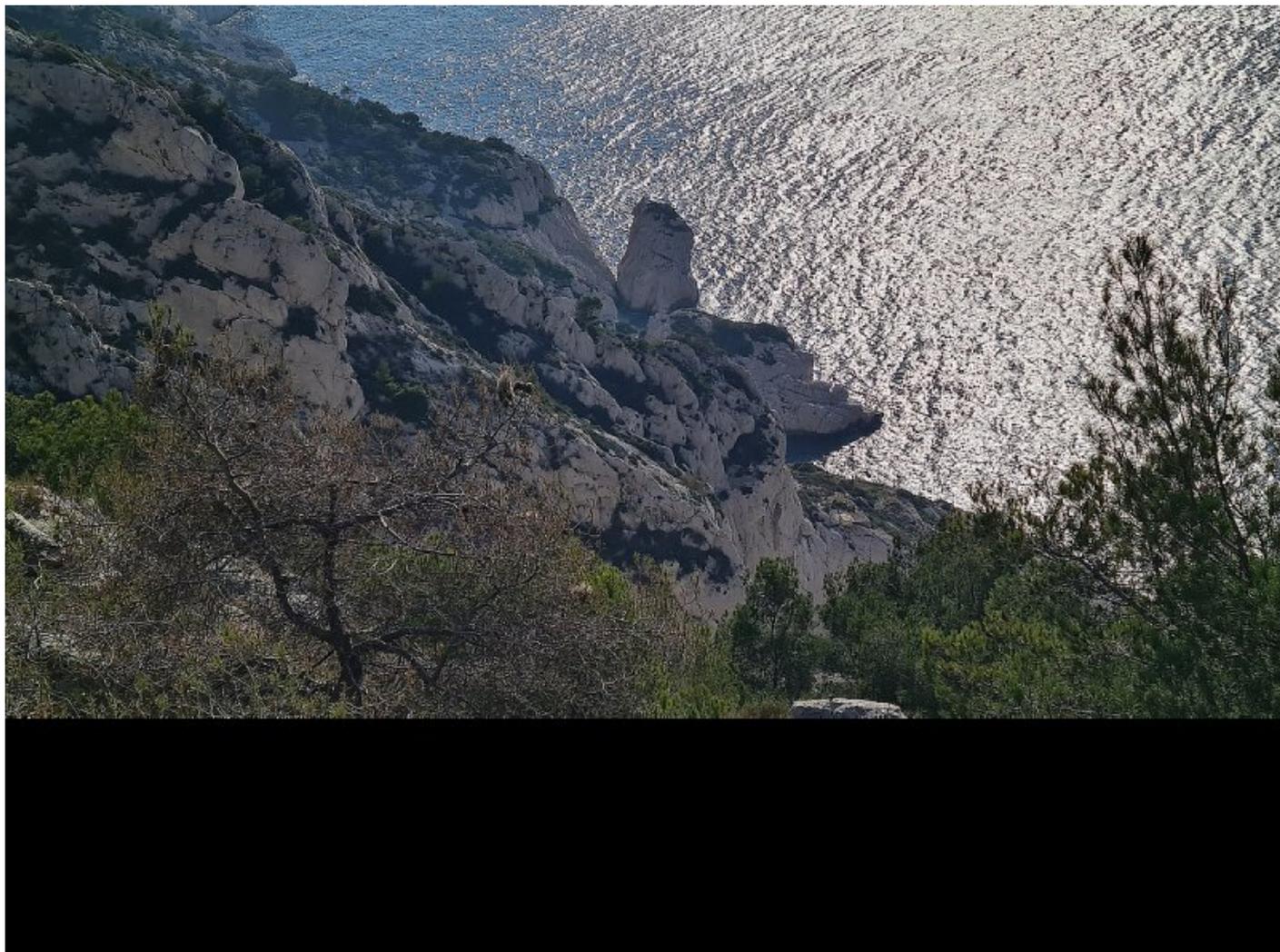


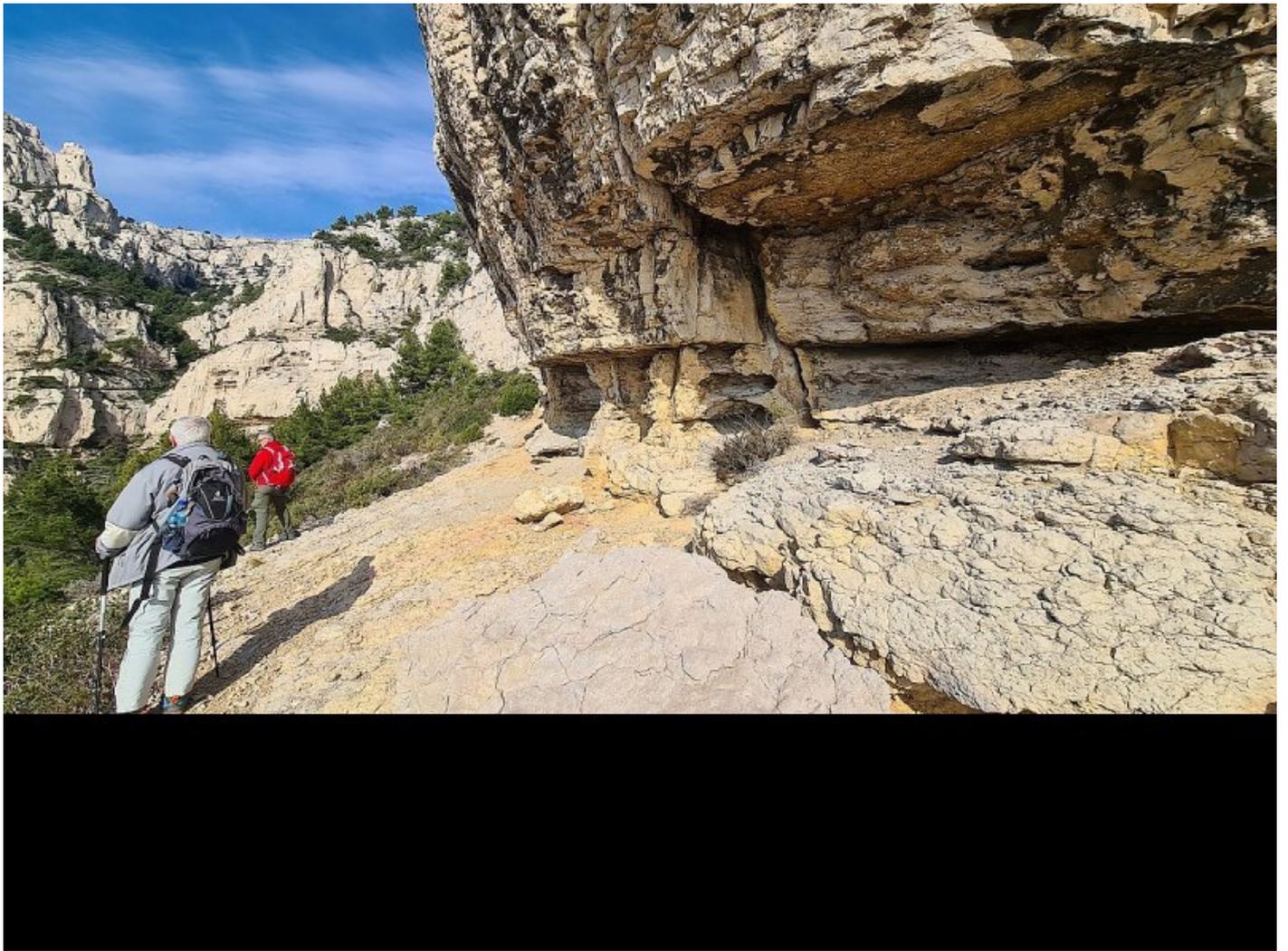


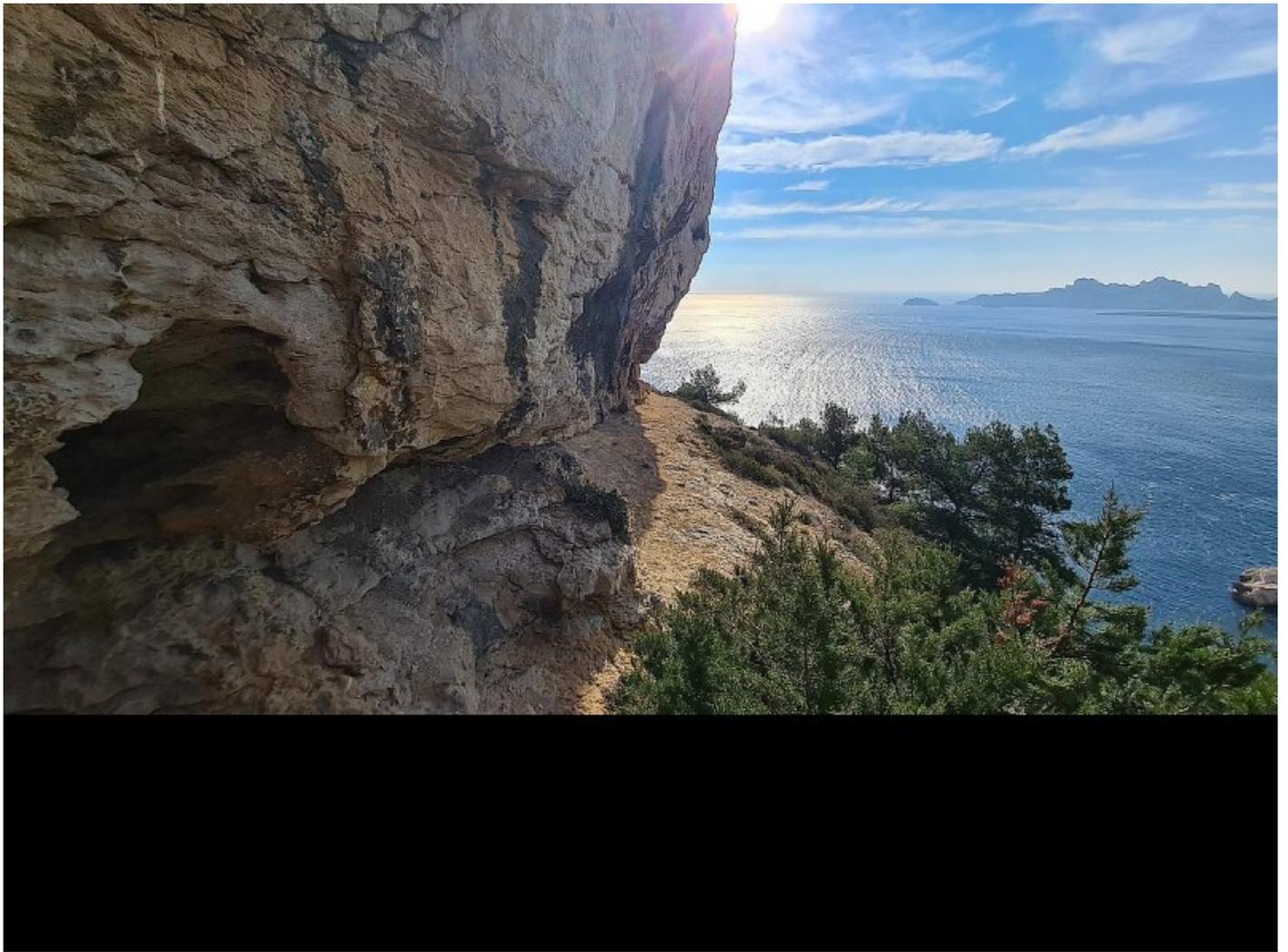






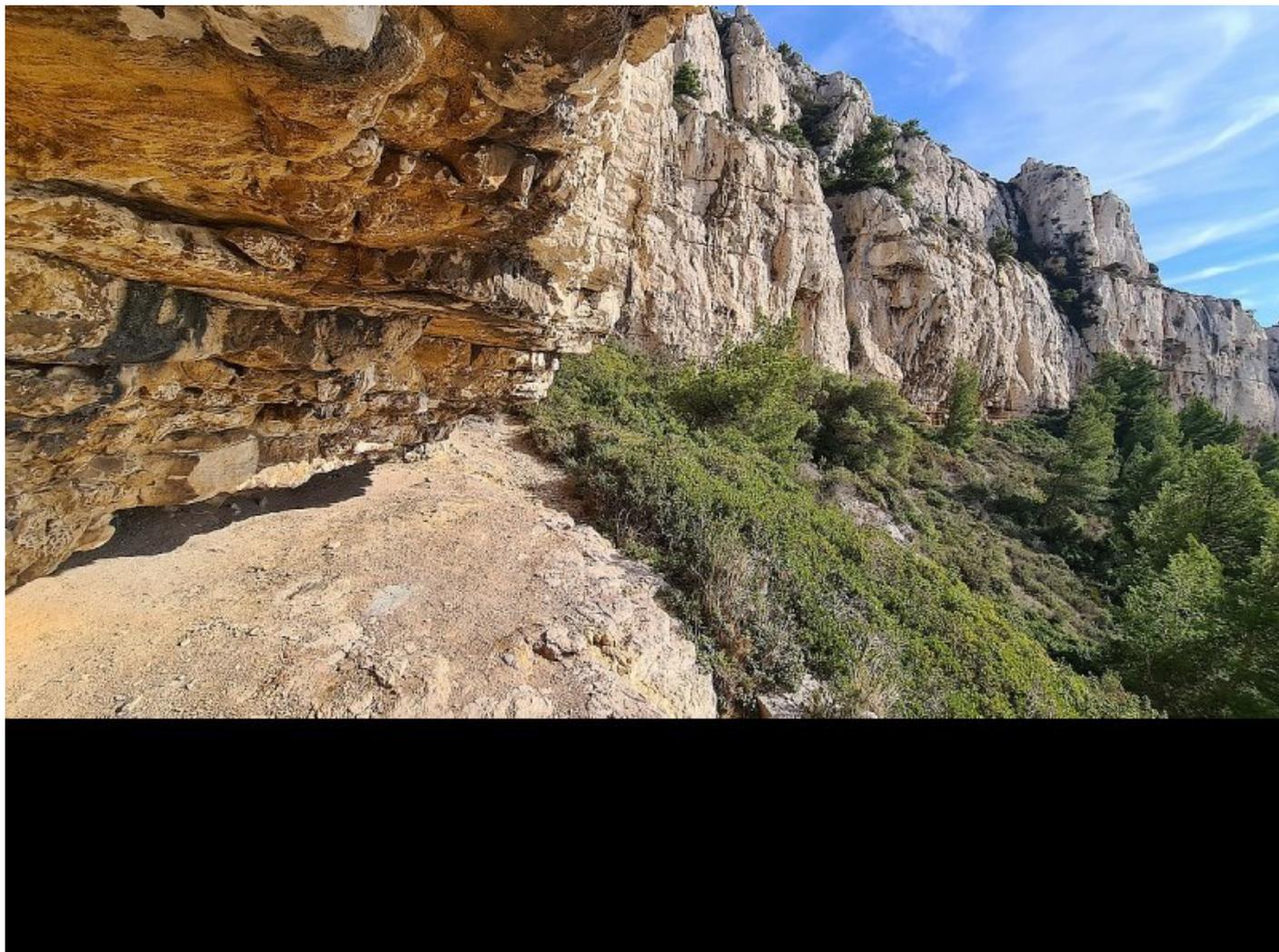


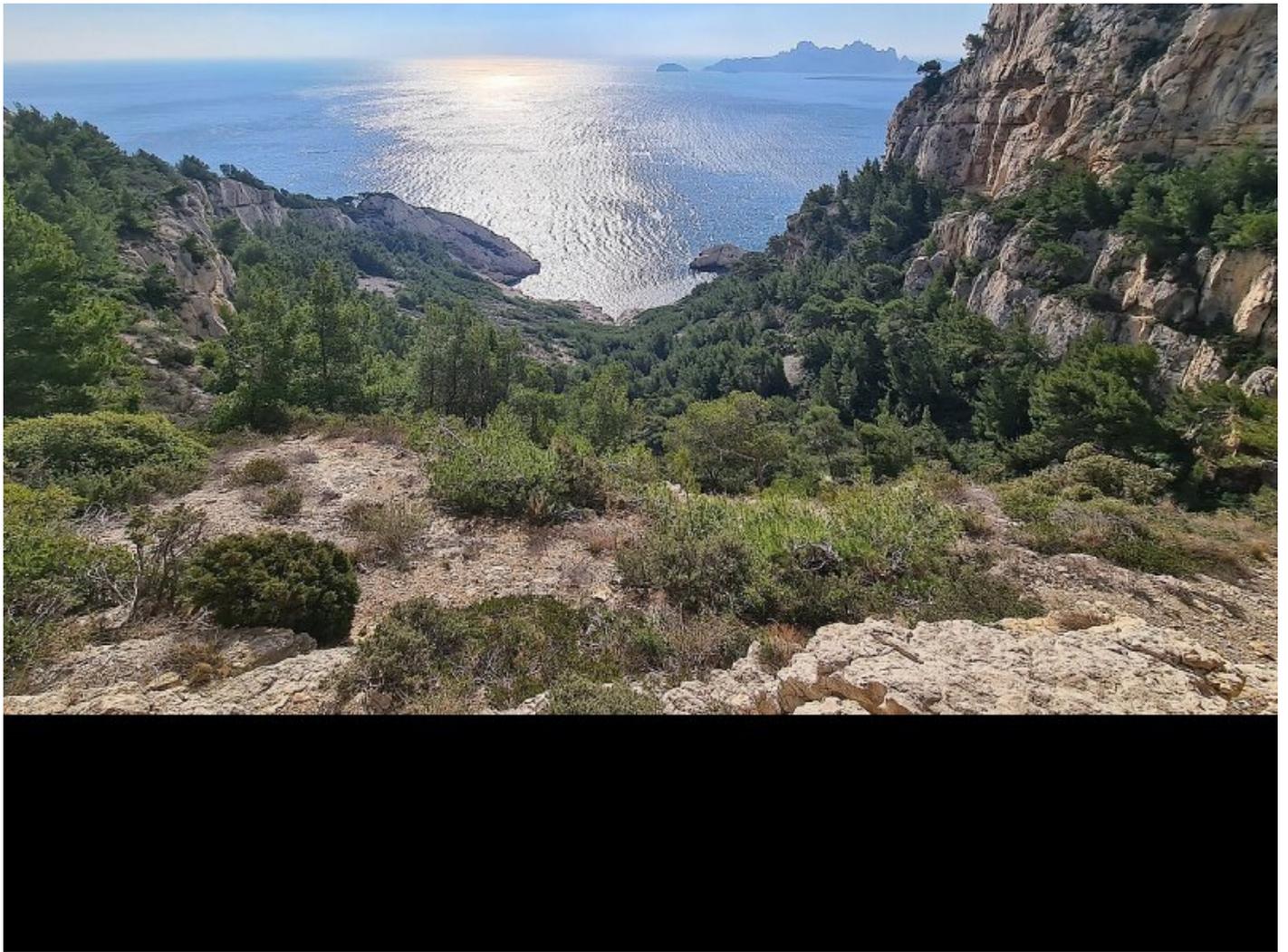


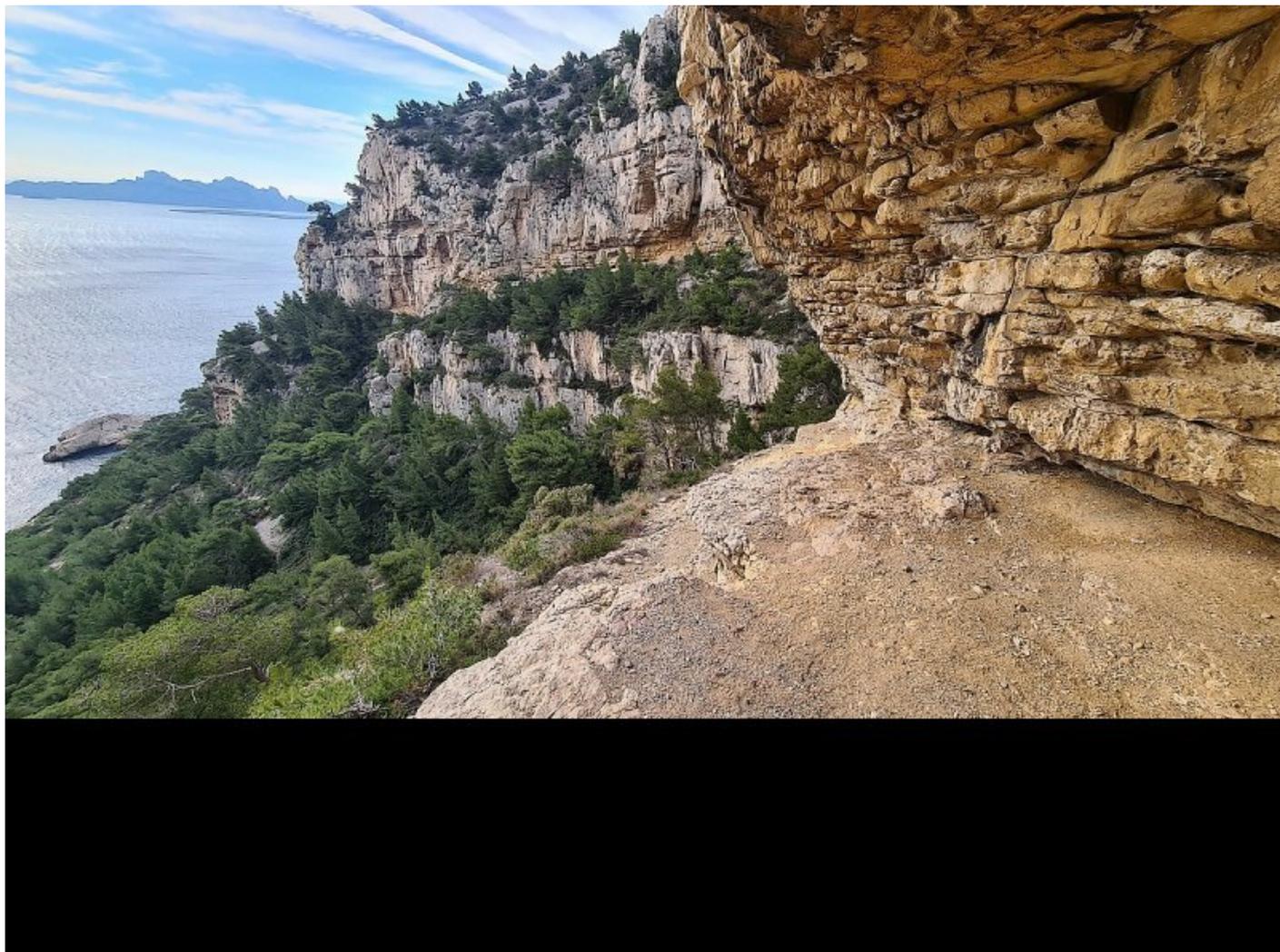










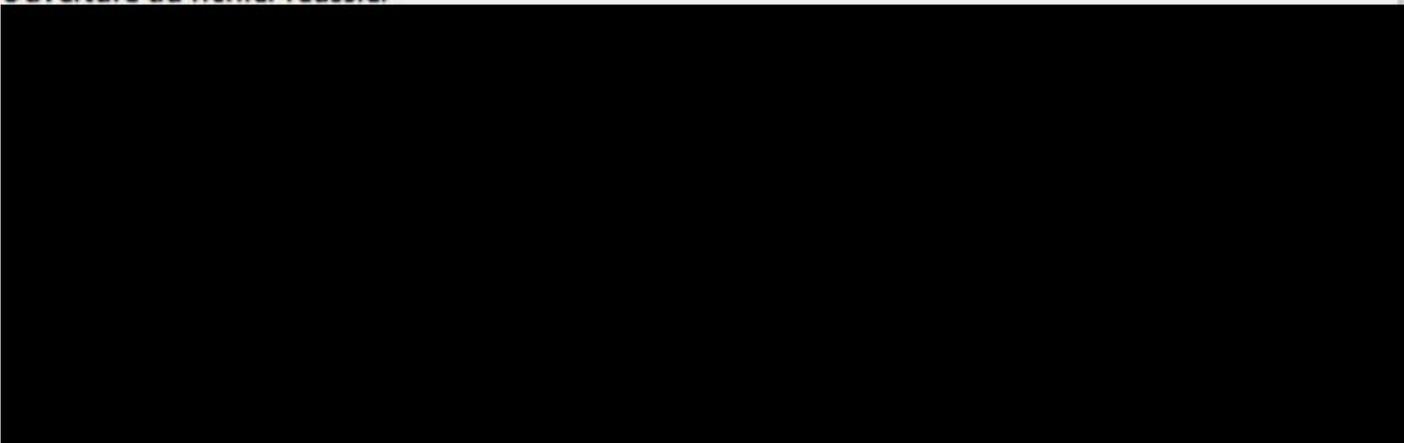


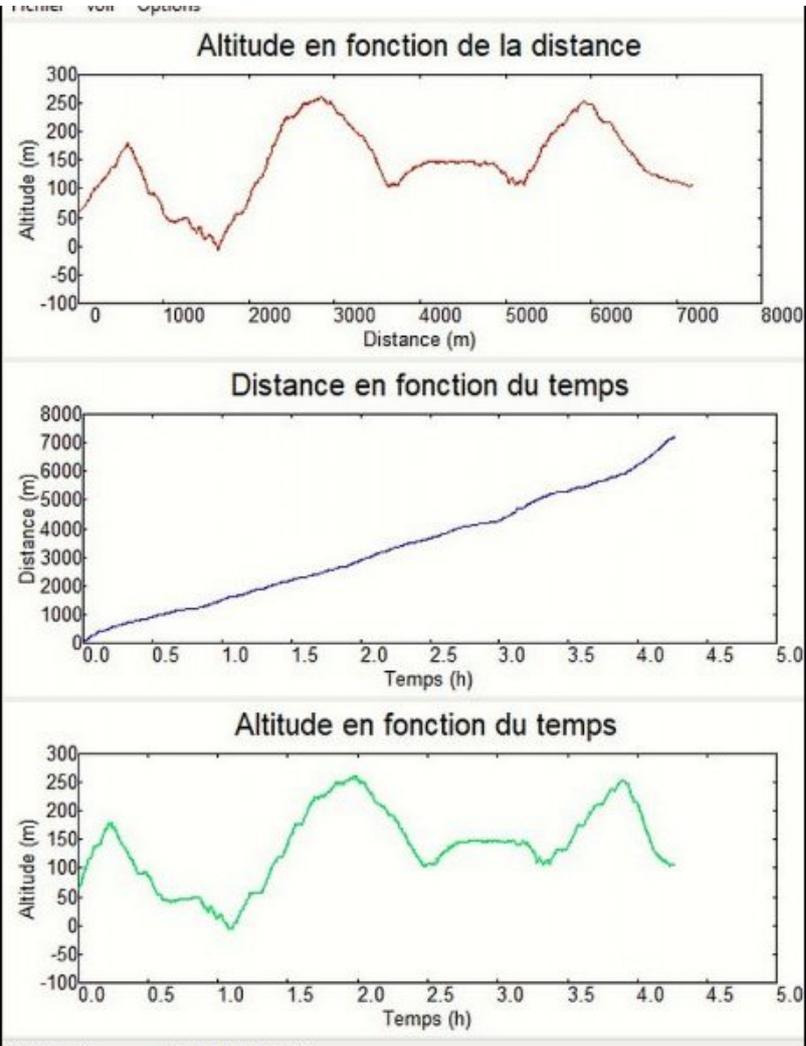




	Départ	Arrivée		
Date	30/01/23	30/01/23	Distance (m)	7195.898
Heure	07:58:03	12:14:12	Durée	04:16:09
Altitude (m)	60	106	Vitesse moy (km/h)	1.686
Altitude min (m)	-6		Dénivelé + (m)	815
Altitude max (m)	261		Dénivelé - (m)	769
Altitude moy (m)	142			

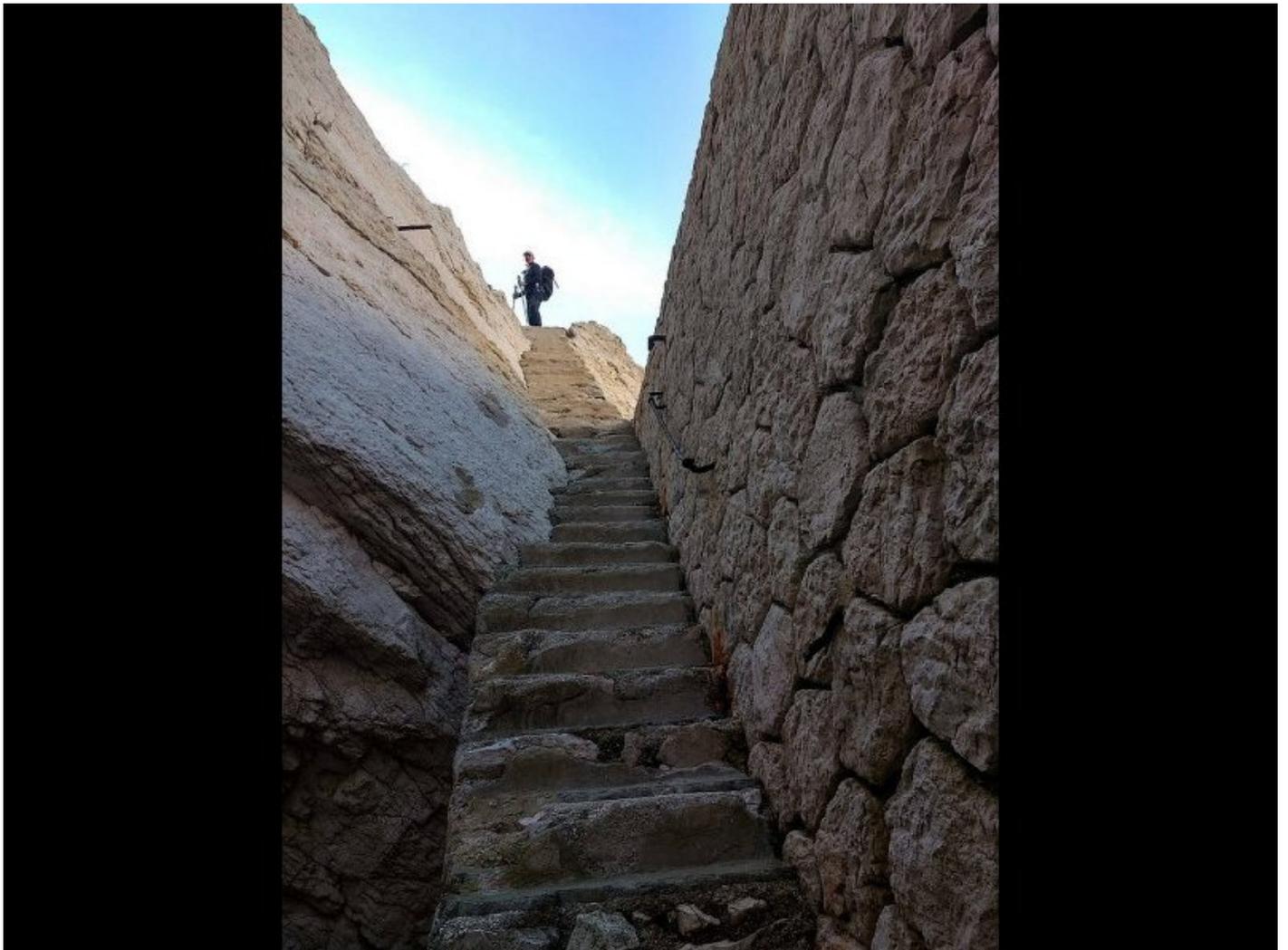
Ouverture du fichier réussie.











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