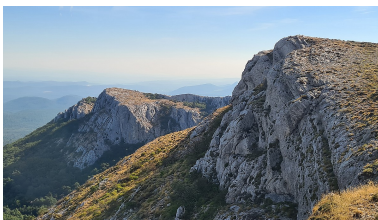


<https://persoremy.fr/spip.php?article653>



plan d'aups, var, ste baume, pas de l'aie, sentier balcon, col st pilon

- Randos

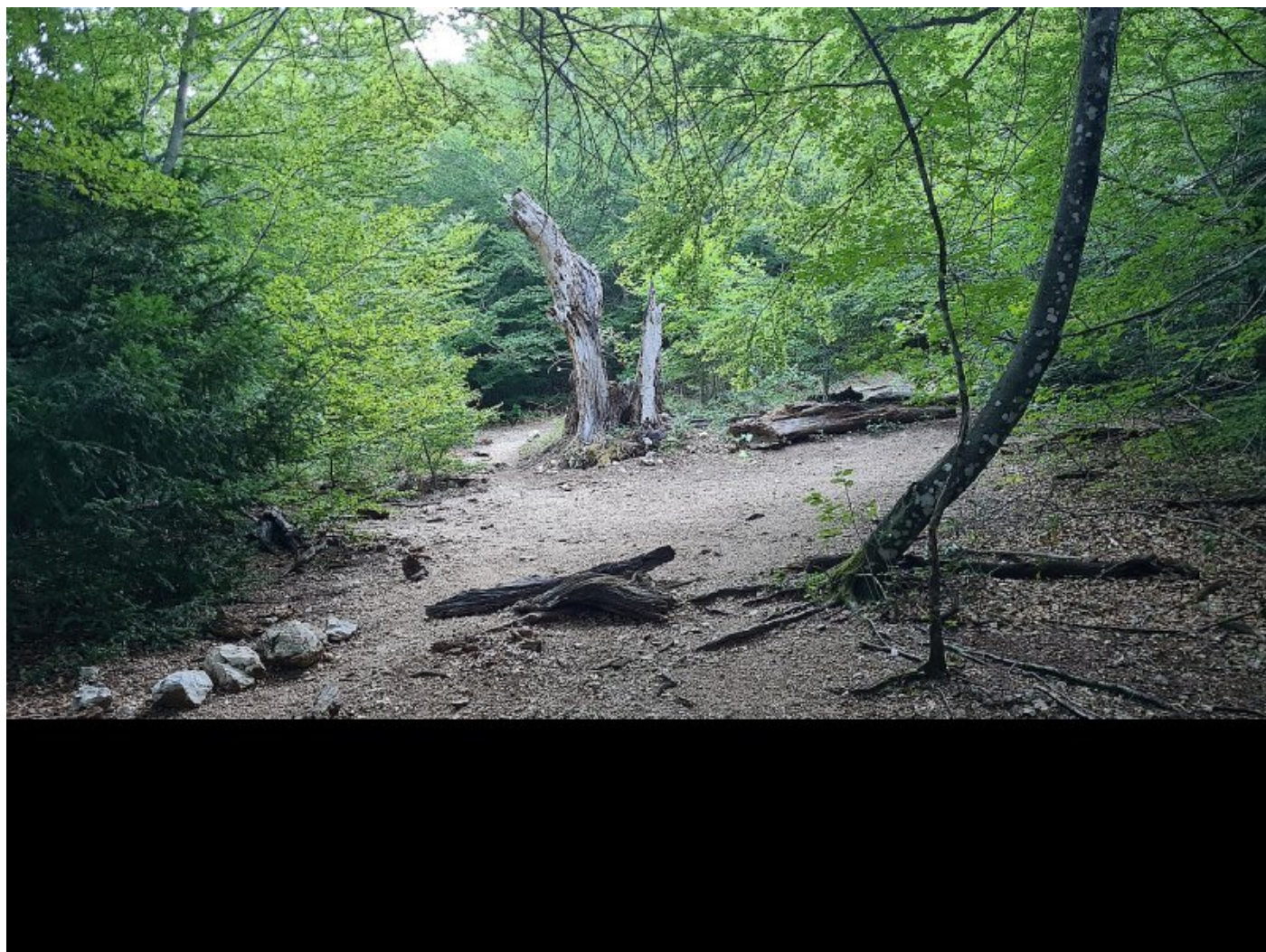


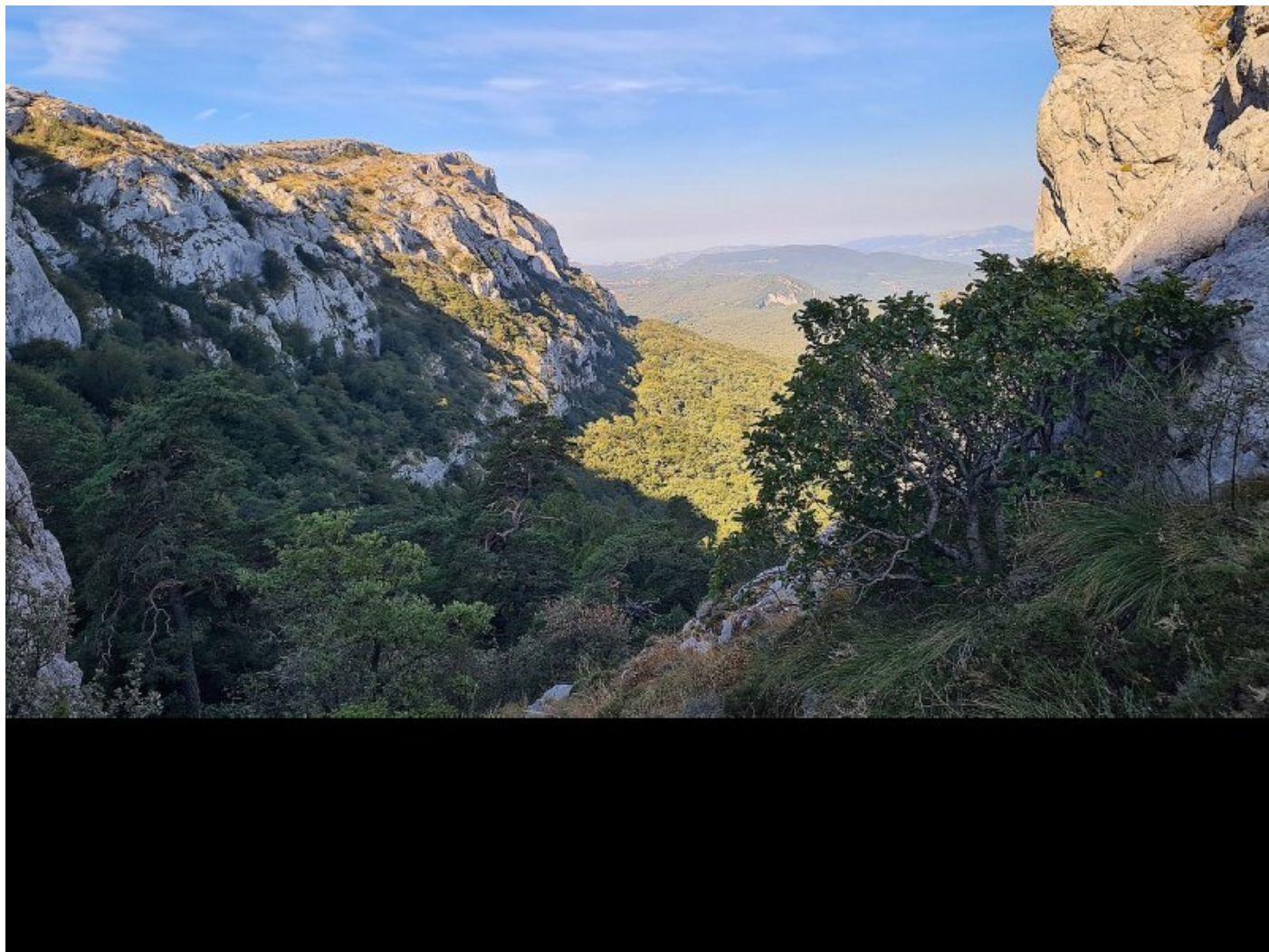
Date de mise en ligne : lundi 11 septembre 2023

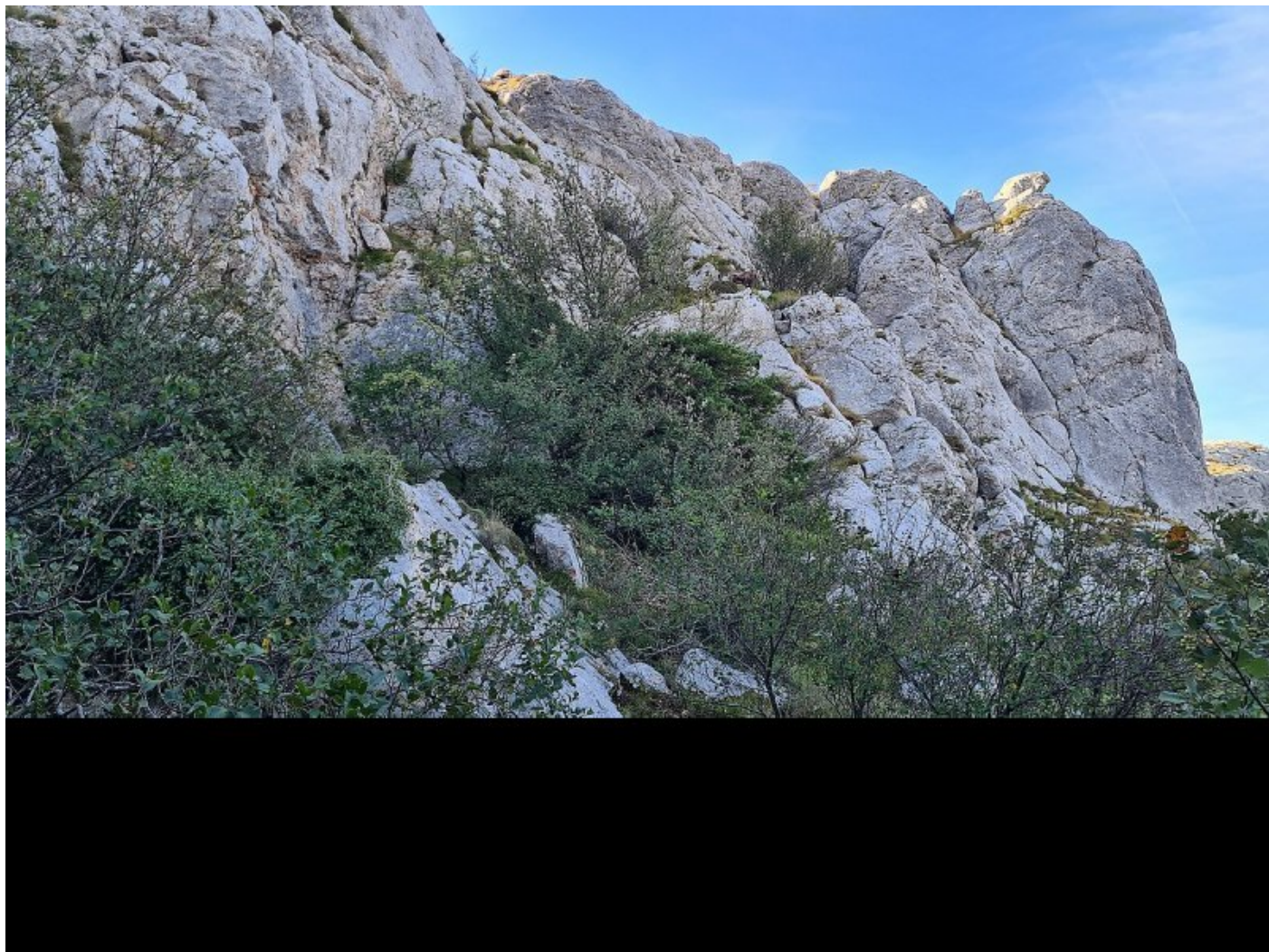
Date de parution : 11 septembre 2023

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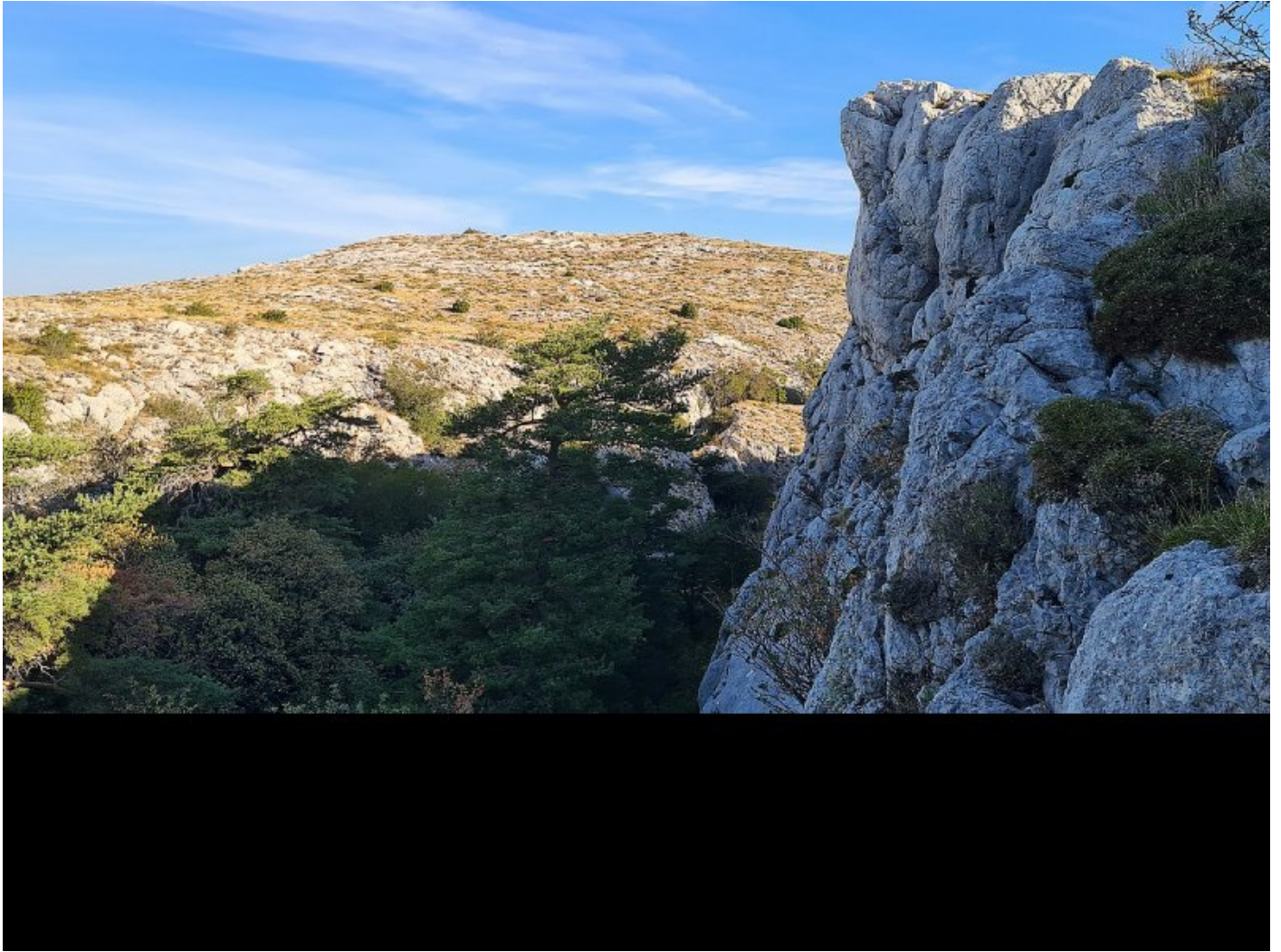
parking des 2 chênes, la piste de gauche, raccourci, direction le gros chêne, 5kms fait à un bon rythme, 1h, bonne température, le pas de l'aie, la crête, le pas de villecroze, recherche du départ du balcon, une petite erreur, le GPS est là, donc on va suivre ce sentier , très souvent à l'ombre, avant d'arriver au GR, une baume, la grotte, et direction du col de st pilon, la descente , la chapelle des parisiens, et la piste jusqu'au parking.. ,





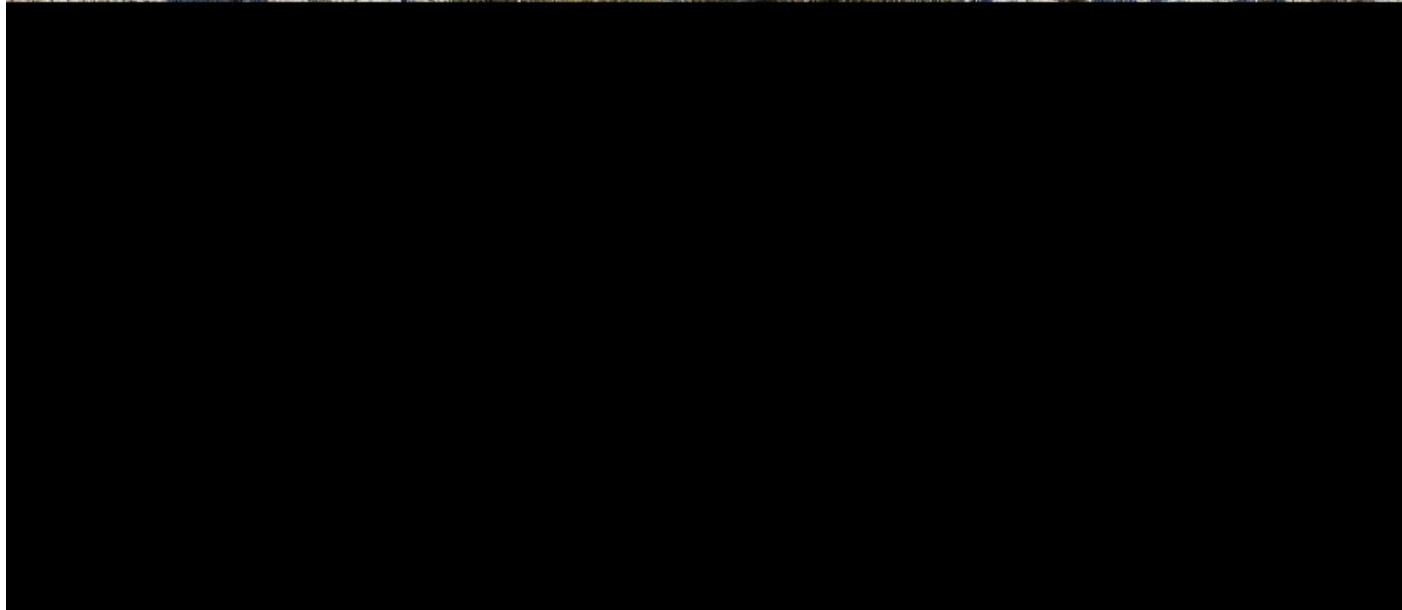
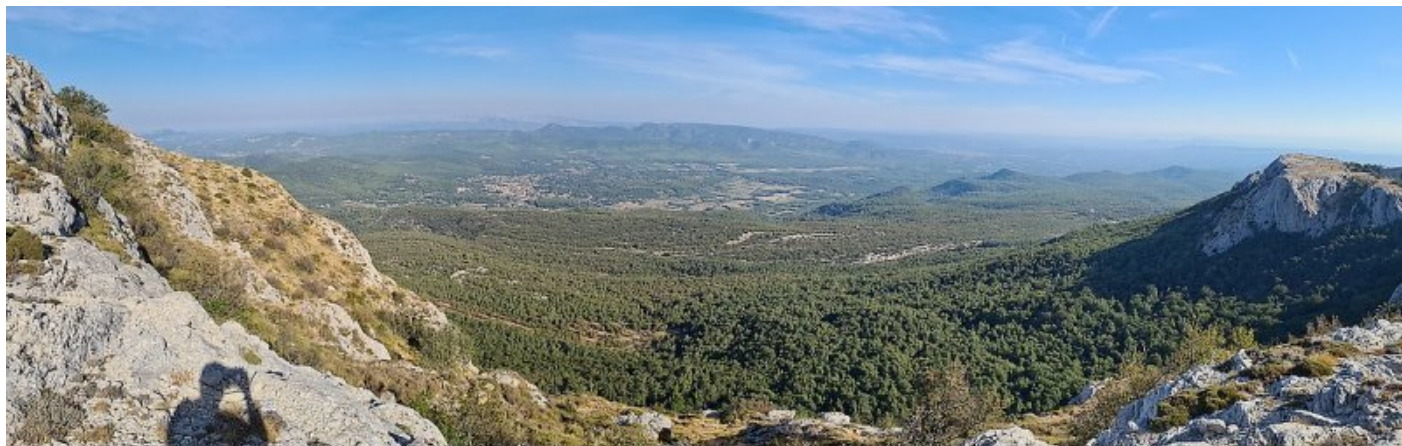


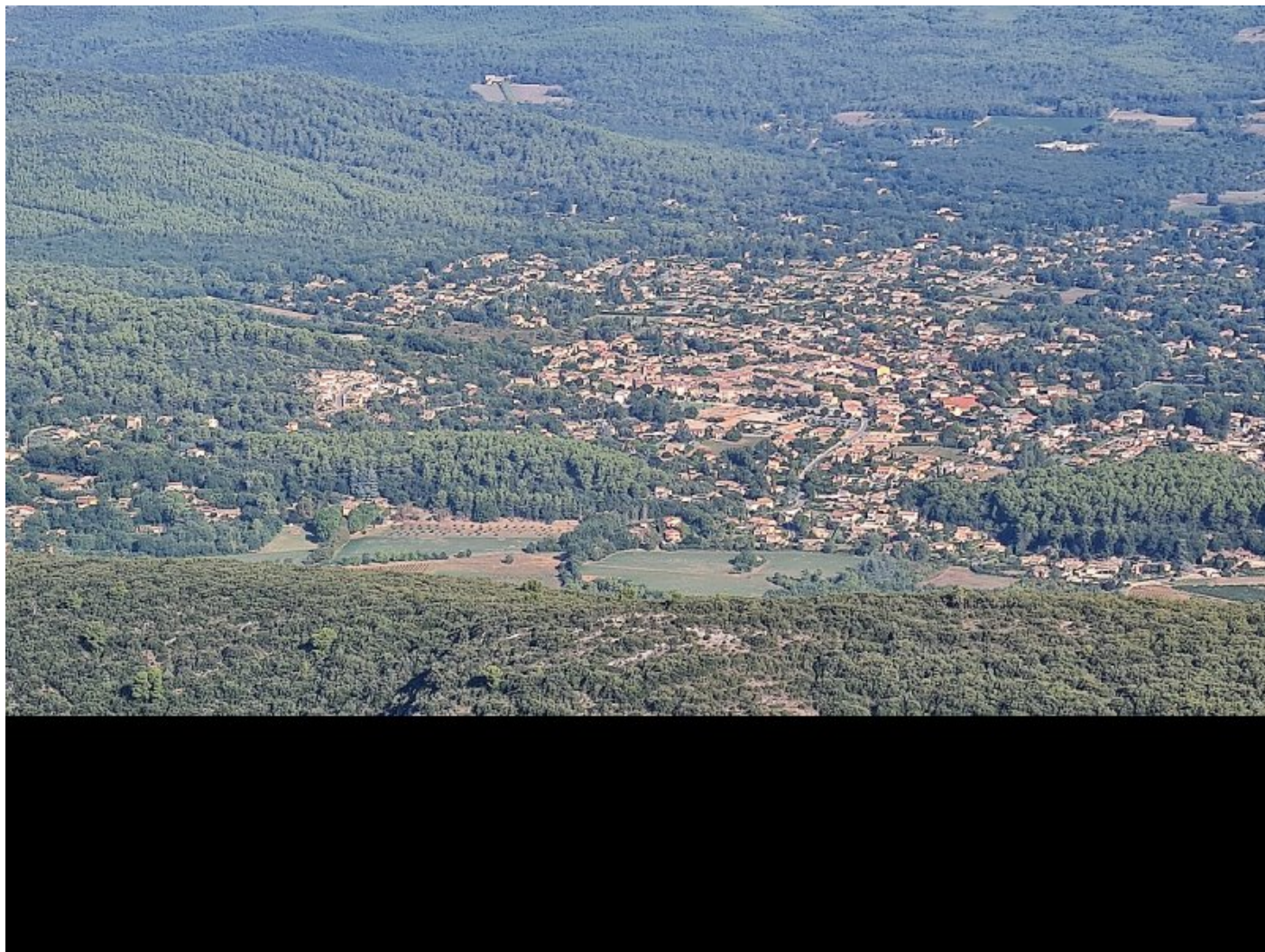


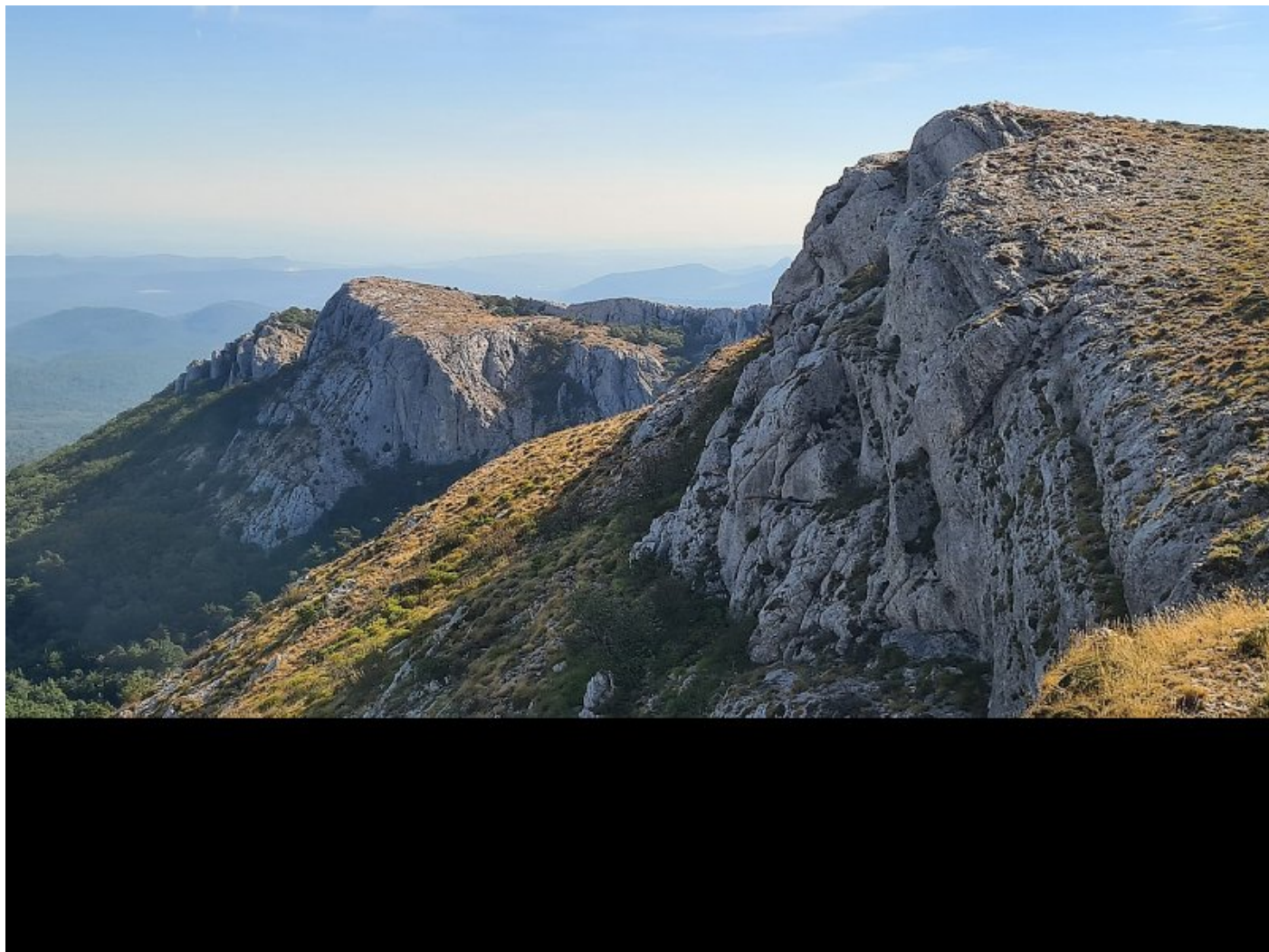


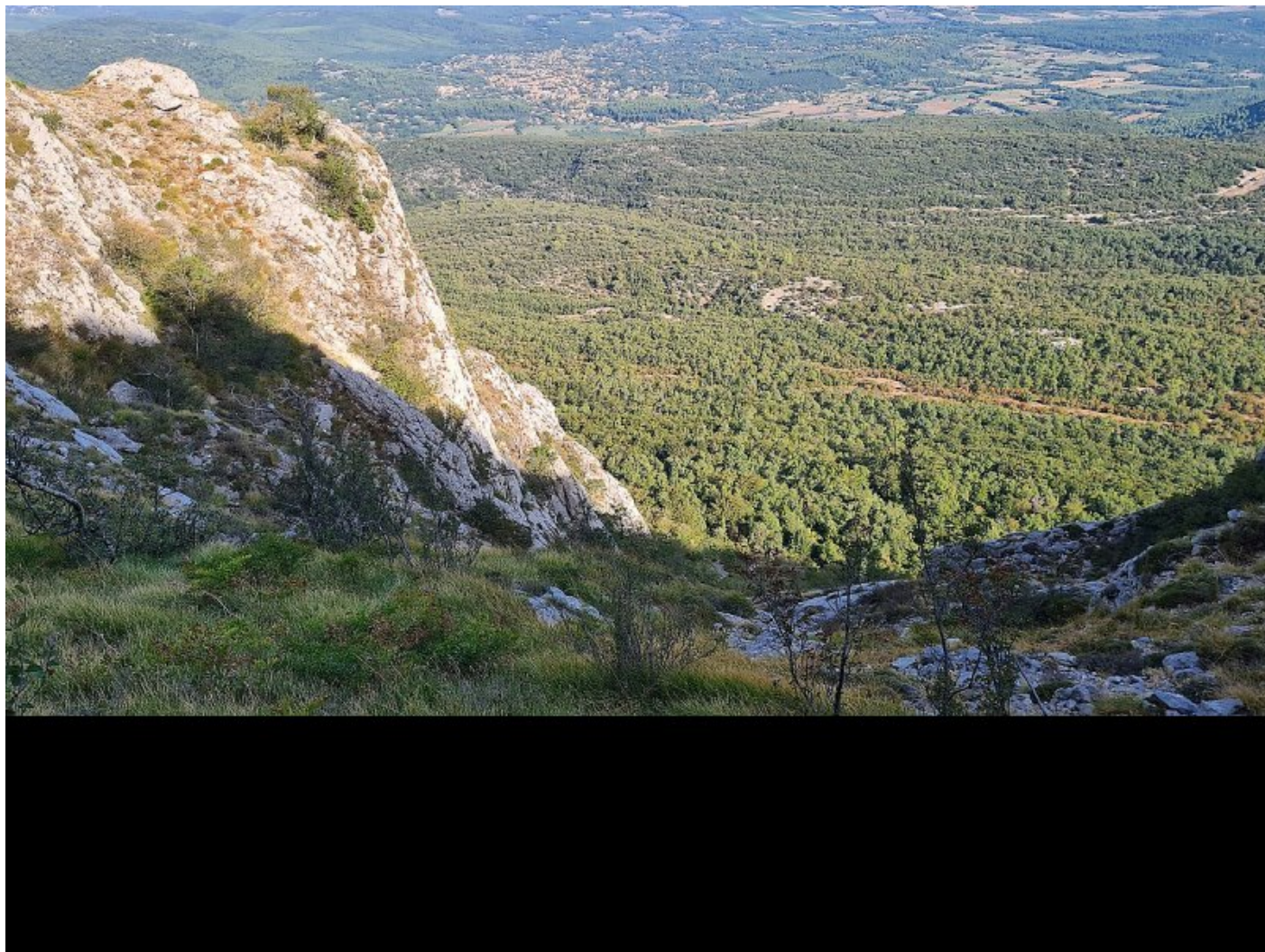




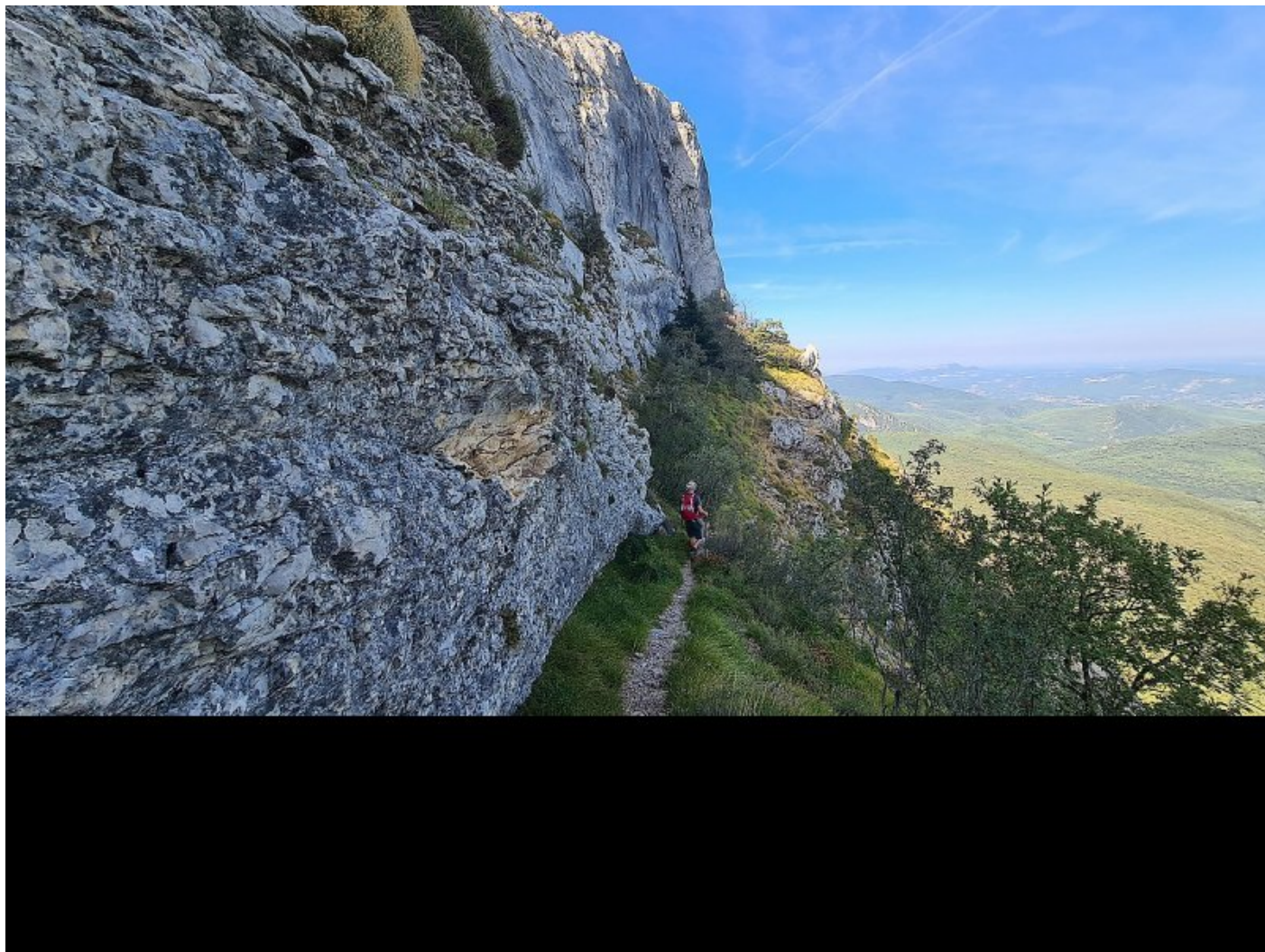


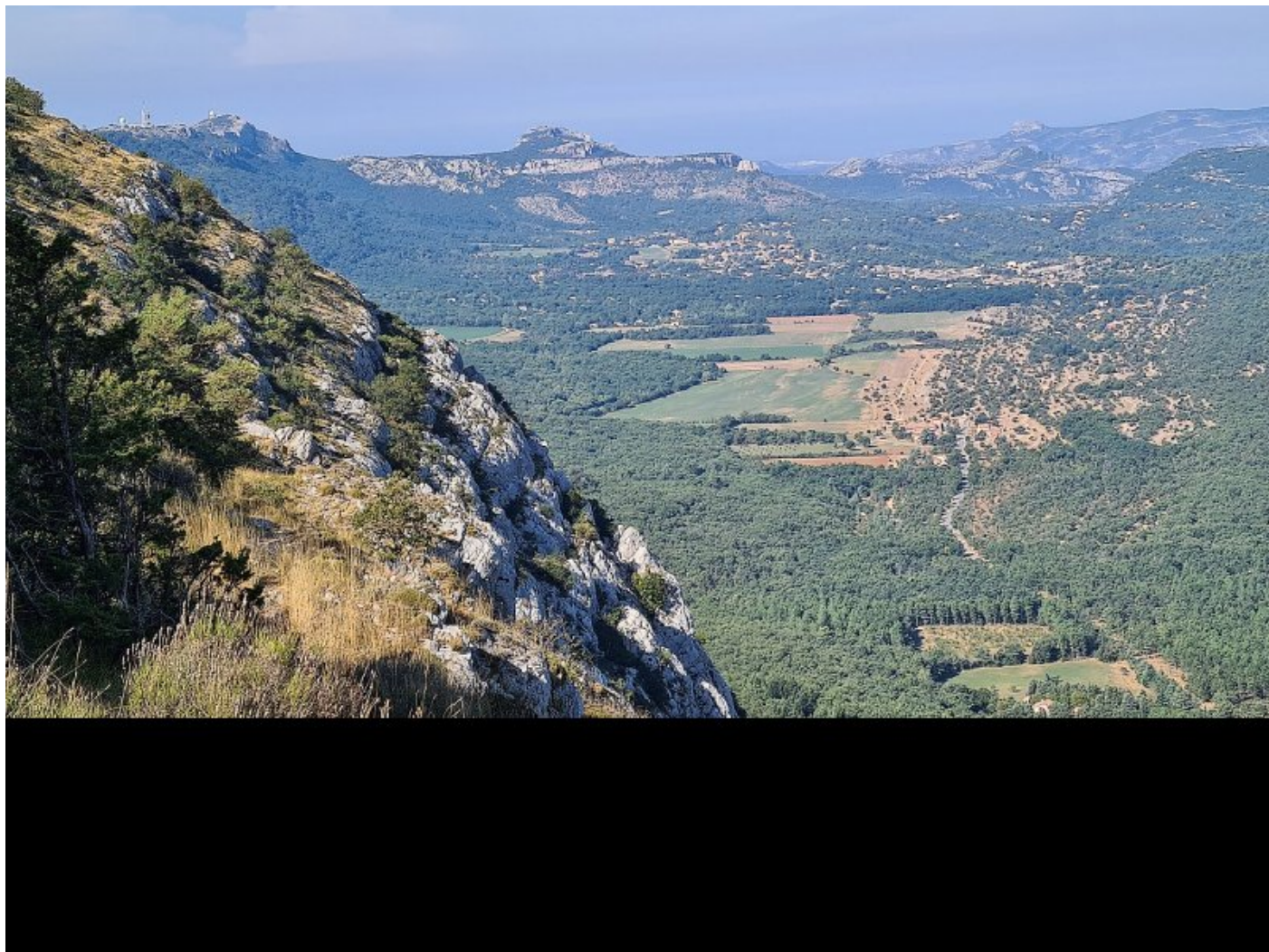


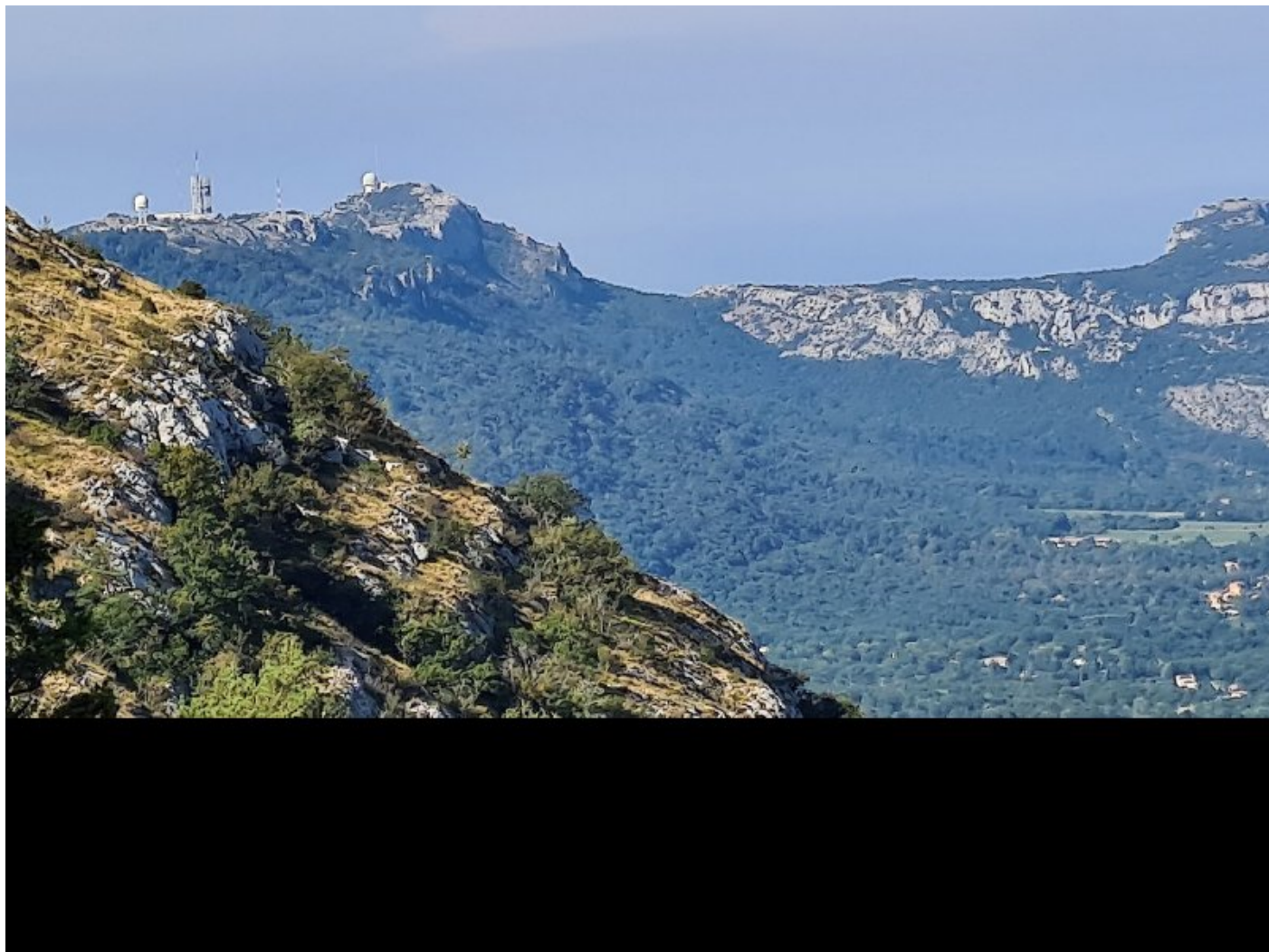


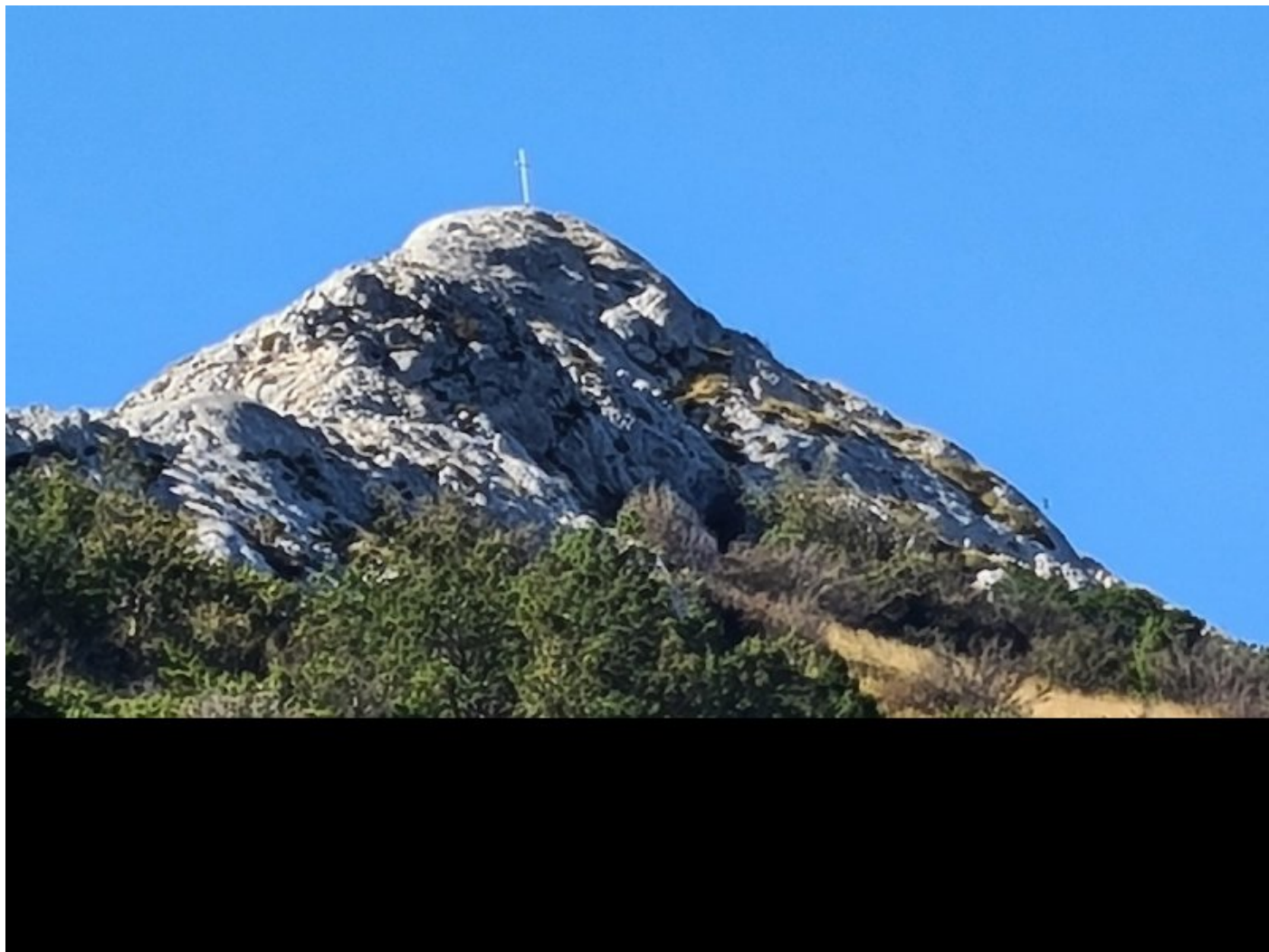














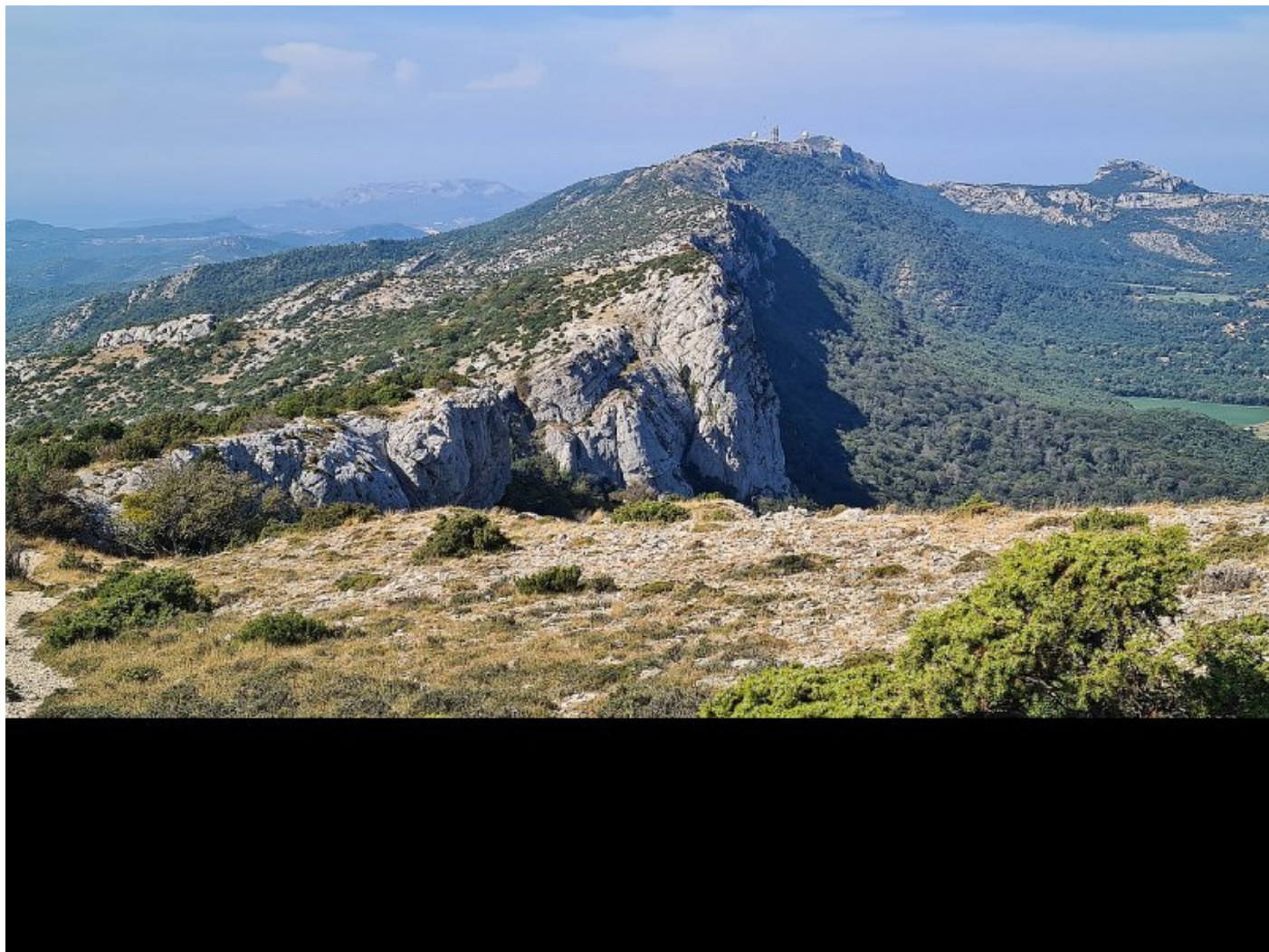


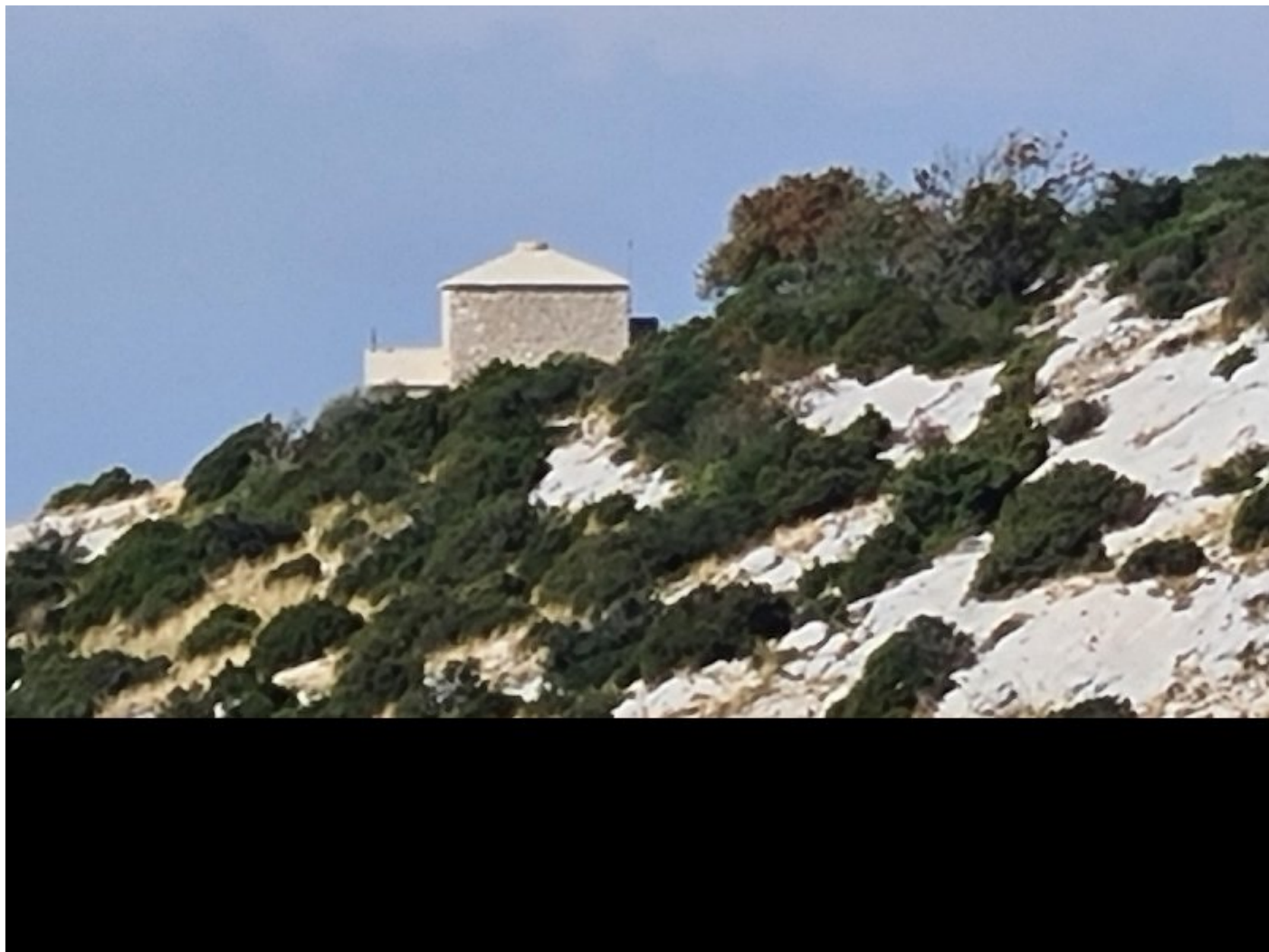


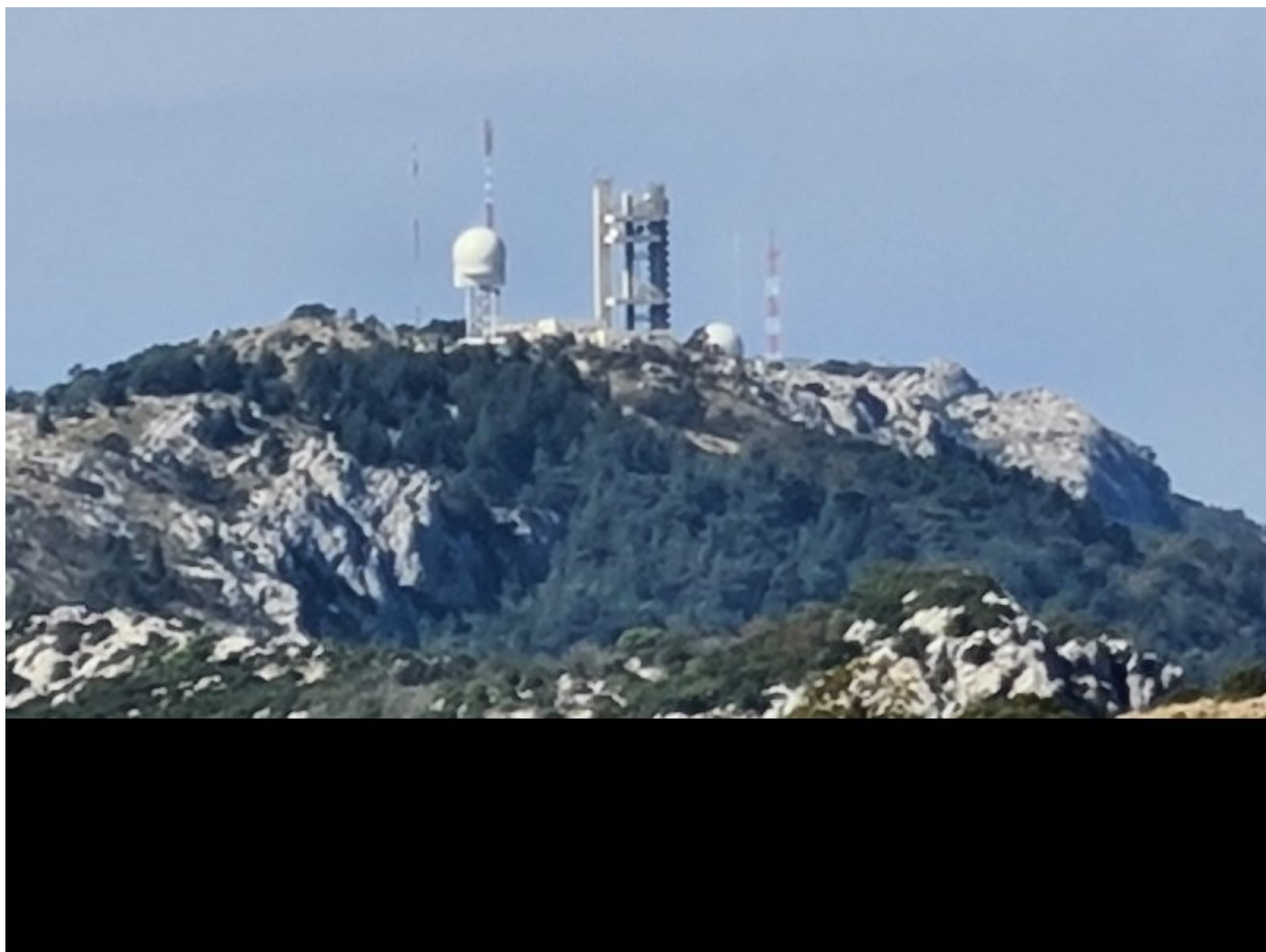










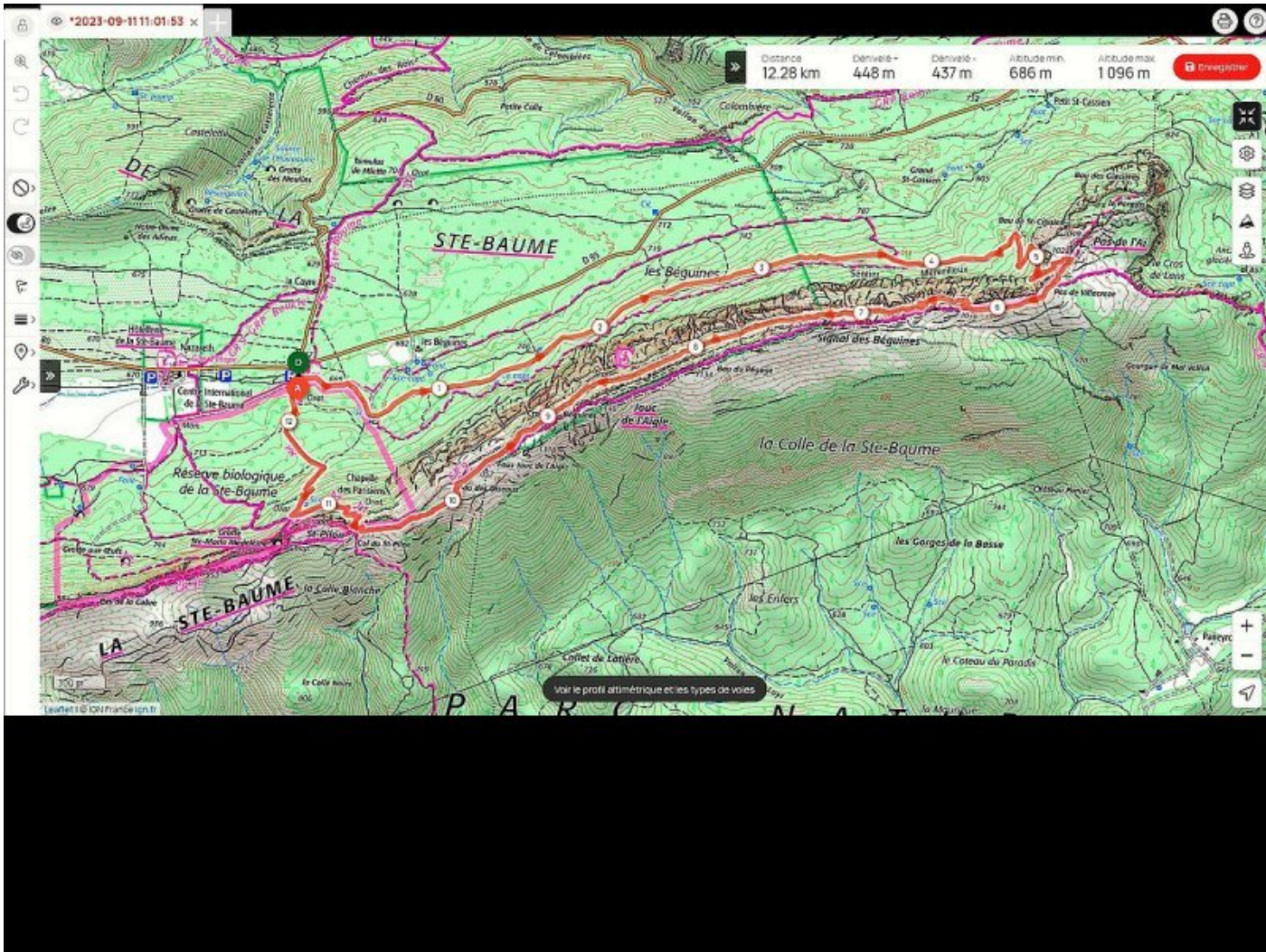




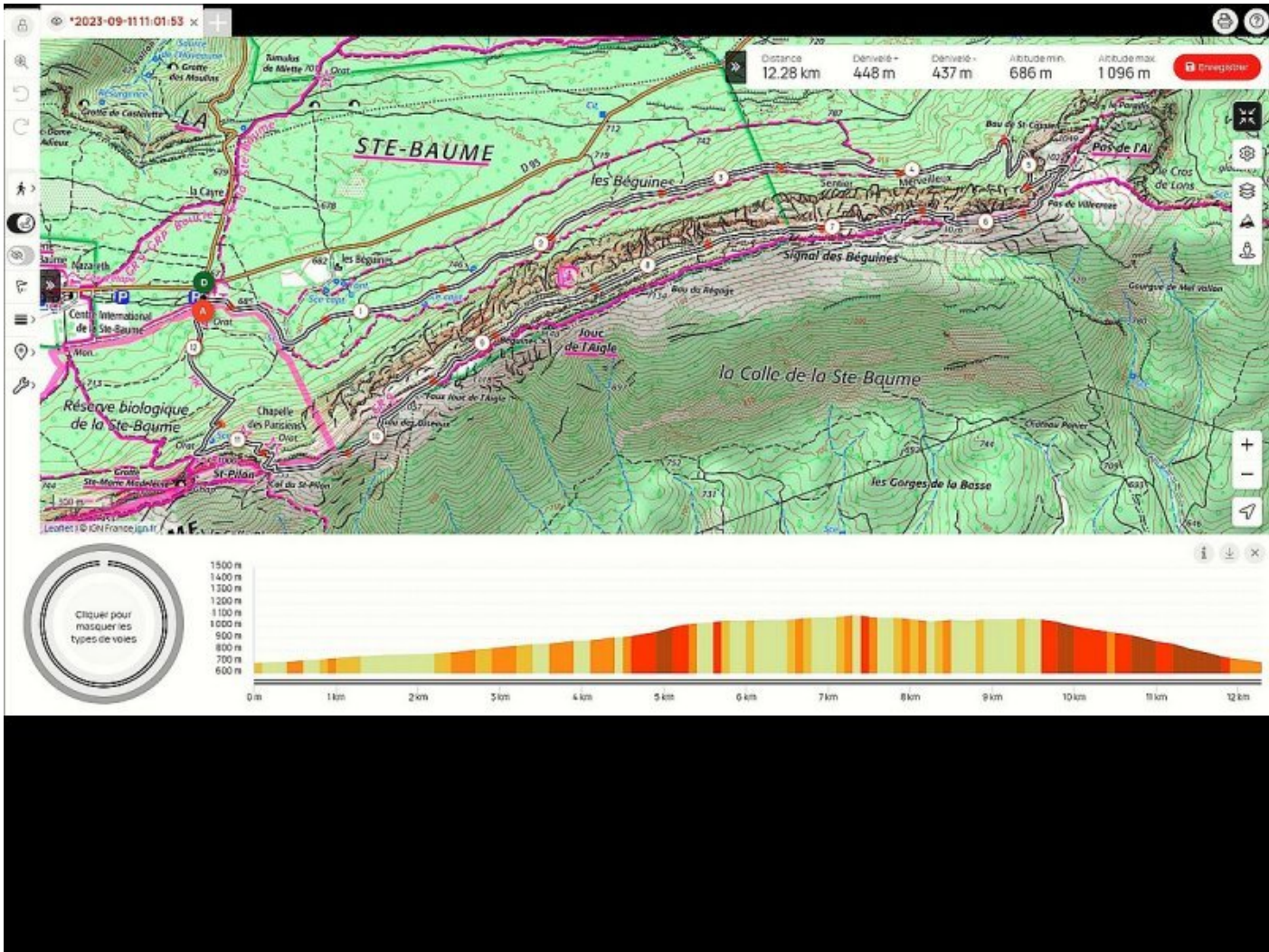




plan d'aups, var, ste baume, pas de l'aie, sentier balcon, col st pilon

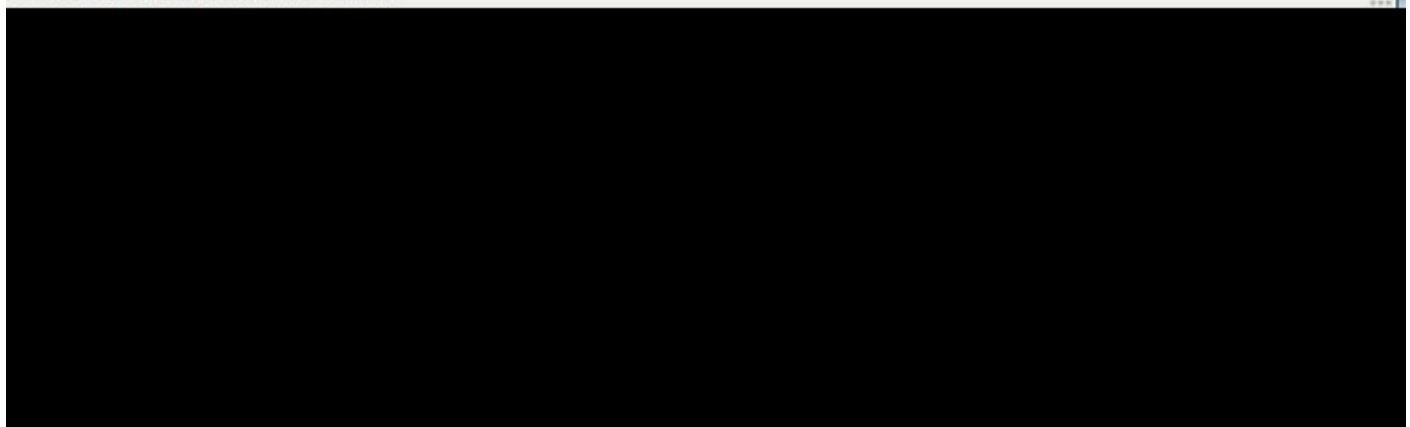


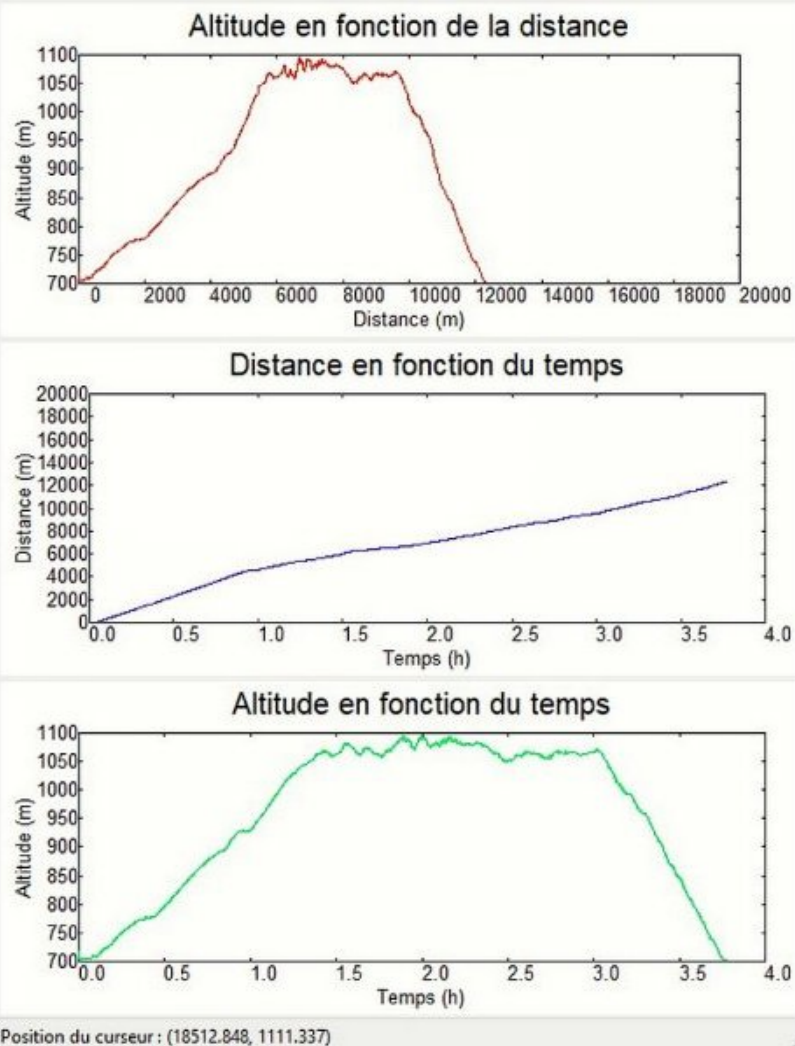
plan d'aups, var, ste baume, pas de l'aie, sentier balcon, col st pilon



	Départ	Arrivée		
Date	11/09/23	11/09/23	Distance (m)	12308.572
Heure	06:15:31	10:01:48	Durée	03:46:17
Altitude (m)	717	701	Vitesse moy (km/h)	3.264
Altitude min (m)	701		Dénivelé + (m)	759
Altitude max (m)	1093		Dénivelé - (m)	775
Altitude moy (m)	925			

Ouverture du fichier réussie.





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