# Lou Gabian

Teychéné,Cascade Cathy,Grand cirque des cascades

**Info: Die Qualität dieser Beschreibung wurde noch nicht oder schlecht bewertet.**
Solltest du den Canyon kennen, sei bitte so nett und prüfe ob die Beschreibung passt und erstelle unter *Begehungen -> +Neue Begehung* eine Qualitätsbewertung. Sollten Fehler aufgefallen sein, informiere uns bitte oder trete der Community bei, dann kannst du die Beschreibung direkt selbst korrigieren.

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| **Angelegt:** 2024-06-05 22:36:10 | **Update:** 2025-08-11 10:46:03 | **Druck:** 2026-11-04 06:11:16 |

**Land:** France **Region:** Provence-Alpes-Côte-d'Azur / Provence-Alpes-Cote d'Azur **Subregion:** Bouches-du-Rhône **Ort:** La Ciotat

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| **Schwierigkeit:** | **Grad:** v? a? ? | **Gesamtzeit:** 3h30 |
| **Zustiegszeit:** 30min | **Begehungszeit:** 1h30 | **Rückwegszeit:** 1h30 |
| **Einstiegshöhe:** 140m | **Ausstiegshöhe:** 0m | **Höhendifferenz:** 140m |
| **Canyonstrecke:** 300m | **Höchste Abseilstelle:** 36m | **Anzahl Abseiler:** |
| **Transport:** | **Gestein:** | **Einzugsgebiet:** km² |
| **Saison:** | **Ausrichtung:** | **Beste Zeit:** |
| **Bewertung:** ☆ 1.9 (1) | **Beschreibung:** ★ 0 () | **Verankerung:** ★ 0 () |

**Besonderheiten:**

**Ausrüstung:**
Seile: 2x 40m

**Charakteristik:**
Rohdaten Import von Ropewiki https://ropewiki.com/Lou_Gabian

**Hydrologie:**

**Anfahrt:**
Access to the Notre Dame de la Garde car park: on the Marseille-Toulon motorway, take the La Ciotat exit. Head down towards the town center. Pass the roundabouts near the shopping area and don't miss the fork on the right that leads to the Route des Crêtes (Avenue Jean Graille). Leave this road and follow the signs for Notre-Dame-de-la-Garde. To do this, follow Rue François Billoux, Marc Sangnier, and Cardinal Maurin. Continue through the residential area. Stop before the no-entry sign and park in the authorized spaces. The shortest route is to stop on the road further on before it is blocked by a gate on the left (Cap Canaille sign), but this is prohibited. The road adds 10 minutes to your walk. Do not block the road. If you are a large group, use the Sémaphore car park.
Access to the Sémaphore car park: on the Marseille-Toulon highway, exit at La Ciotat. Drive down towards the town center, then turn off and follow the signs for the Route des Crêtes for a few kilometers. On the road, after a few hairpin bends, turn left towards the semaphore and park in the small car park provided for this purpose.

**Zustieg:**
Approach to the Notre Dame de la Garde parking lot (15-20 minutes): Walk along the road to the gate with the Cap Canaille sign. Go through the gate and follow the well-marked path to the ruins (green markings). You can also reach the ruins via another clearly visible path that starts on the road before the gate. At this point, take the path on the right that descends towards the Trou Jeannette ravine. Climb up the other side through the low bushes and you will reach an abandoned house that is still in good condition. Enjoy the unique view. You have now reached the edge of the area. Do not attempt to take the track or go through the gates from the road. The locals are vigilant and there is a high risk of conflict.
Approach to the area from the Sémaphore car park (30 minutes): from the car park, take a clearly visible path below the road. Follow it for a few meters and, once you have passed the semaphore, leave it for a path marked with triangles and blue dots. This trail descends along the magnificent cliffs to the first abseil point at Lou Pitchoun or Lou Souléou.

From the house, follow the trail for 150 m and turn left onto the path that climbs into the bushes (blue markings). At the first fork, turn left (large rusty barrel) and the start is 50 m further on. The canyon begins with a pseudo-tributary on the right bank of the first ravine encountered, forming a black mark on the rock. The first belay point is located at a small pine tree (a strap on this pine tree connected to a bolt in the conglomerate).

**Tour:**
The first rappels go smoothly. One of them is overhanging and drops onto a wide ledge that can be climbed back up (Grands Ducs vertigo hike).
We continue the descent to the last “plateau.” From there, there is the last rappel, “Cathy,” which is overhanging and ends on large pebbles at sea level.

**Rückweg:**
Before the last rappel at the large holm oak tree, it is possible to climb back up. If you have chosen this option at the large holm oak tree, you have two options:
- Return via Lou Souleou: 20 minutes. Climb up the clearly visible corridor. A rope has been installed to help you pass an obstacle (E6). A few small climbing steps lead to the landing. From there, turn right onto a wide ledge under the overhangs, which will take you back to Villa Teychéné.
- Return via the Grands Ducs ledge, 40 minutes: turn right (east) onto an aerial ledge, which is technical and narrow in places, leading to the villa (Grands Ducs ledge).
If you descended via the last abseil leading to the seaside, swim east and reach Jeannette's cove (40 min). ONLY in calm seas.
From there, you can walk along the water's edge and pass the Trou Souffleur zip line. Continue along the coastline and climb up the rocky ridge, following the blue dots using the “steps” carved into the rock. There are a few climbing steps that can be secured. The route zigzags up the cliff until you reach a path, and from there, the ruins and the road (45 min).

**Koordinaten:**
Canyon Start 43.1726 5.5819

**Begehungen:**

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2026-10-30 | System User | |🕮 |⚓ | 〰 Trocken | 👍 Begangen
Automatisch importiert von Descente-Canyon.com für Canyon Lou Gabian (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/21930/observations.html)

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2026-10-29 | System User | |🕮 |⚓ | 〰 Trocken | 👍 Begangen
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2025-02-20 | System User | |🕮 |⚓ | 〰 Trocken | 👍 Begangen
Automatisch importiert von Descente-Canyon.com für Canyon Lou Gabian L'accès au petit pin qui est le début du canyon est 50m AVANT le tonneau rouillé en venant de la villa teychene. 50 m avant prendre une petite sente barrée par des pierres. La dernière verticale est la plus intéressante. (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/21930/observations.html)

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2023-03-09 | System User | ⭐ |🕮 |⚓ | |
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