Riou de Moustiers

Le Riou

Create: 2023-03-09 20:53:54	**Update:** 2025-08-01 21:36:27	**Print:** 2026-10-30 12:10:36
Country: France **Region:** Provence-Alpes-Côte-d'Azur / Provence-Alpes-Cote d'Azur **Subregion:** Alpes-de-Haute-Provence **Town:** Moustiers Sainte-Marie		
Difficulty: difficult	**Grading:** v5 a2 II	**Total time:** 3h25
Approachtime: 45min	**Tourtime:** 2h30	**Returntime:** 10min
Altitude entry: 880m	**Altitude exit:** 640m	**Delta Altitude:** 240m
Canyon length: 1500m	**Highest rapell:** 60m	**Amount rapells:** 10
Transport: on Foot	**Rock type:**	**Drainage area:** km²
Season:	**Orientation:** Southwest	**Best Time:**
Rating: ☆ 3.8 (4)	**Info:** ★ 2.5 (2)	**Belay:** ★ 3 (2)
Specialities:		

Gear:
Ropes: 2x 60m

Summary: (machine translated)
At the beginning small and narrow gorge, later attractive vertical

Hydrology:

Access: (machine translated)
From Castellane on the upper Verdon (to be reached from Nice via Grasse on the N 85 - Route Napoléon, about 100 km) on the D 952 first down the Verdon, then up to Palud-sur-Verdon (833 m above sea level) and down again to Moustier-Sainte-Marie, 47.5 km from Castellane. Park the car in the large parking lot above the village.

Approach: (machine translated)
The fastest access route follows the tourist crowds to just before the Chapelle Notre-Dame de Beauvoir. Here, follow the clear tracks to the Canyon de Notre-Dame, cross it and climb up the other side in steep, rocky hairpin bends to the plateau. Once at the top, follow a clear path descending to the left to the entry of the Canyon de Notre-Dame, then ascend again over a ridge into the Rious valley (45 min)

Alternatively, you can also hike through Moustiers and first cross the stream from the Canyon de Notre-Dame, then the outflow of the Riou (exit). Now take the path with the yellow markings up to the right. At a fork, keep right and continue uphill through the forest to a ridge. On the other side, the trail descends slightly to the east and then bears right down to the meadows by the stream shortly before it enters the rocky narrows. Approach time approx. 75 min.

Tour: (machine translated)
At the beginning a narrow, though not very deep canyon with smaller rappels, some slides and possible jumps. In the vertical second part, a succession of longer rappels.
It makes sense to break the 60 m rappel (10 m + 50 m) for better rope retrival, especially as you can stand comfortably on a flat ledge before the 50 m section. On the following 40 m rappel, you can slide from the cut rope into the pool (approx. 10 m is possible without any problems).

Return: (machine translated)
Turn right before the bridge mentioned above, then cross the bridge on the left and return to the parking lot through the town in 10 minutes.

Coordinates:
Canyon Start 43.8523 6.2266
Canyon End 43.8507 6.2217
Parking Entry and Exit 43.8461 6.2226

Reports:

2026-06-03 | System User | |🕮 |⚓ | 〰 Dry | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Riou de Moustiers RAS. Toujours aussi beau malgré l'absence d'eau. (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/278/observations.html)

2026-05-10 | System User | |🕮 |⚓ | 〰 Dry | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Riou de Moustiers Canyon varié avec son début en étroiture et sa fin verticale. Ormi les vasques croupies ou surnage quelques bestioles qui ont bu la tasse,le canyon est très sympa. On a coupé la corde a nœud de l'entrée qui était en piteux état. A refaire en eau ! (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/278/observations.html)

2026-04-16 | System User | |🕮 |⚓ | 〰 Dry | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Riou de Moustiers (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/278/observations.html)

2026-02-08 | System User | |🕮 |⚓ | 〰 Normal | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Riou de Moustiers Équipements top , débit parfait , que c est beau ! (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/278/observations.html)

2026-02-08 | System User | |🕮 |⚓ | 〰 Normal | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Riou de Moustiers Très beau canyon ! On pensait avoir un plus gros débit mais finalement, un gentil DC. Film : https://youtu.be/LL2sNexhi0w?si=cIaWYaZB4kI0rujK (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/278/observations.html)

2025-10-25 | System User | |🕮 |⚓ | 〰 Dry | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Riou de Moustiers Sec. Mais quand même quelques fonds de vasques bien croupies inévitables xD (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/278/observations.html)

2025-06-14 | System User | |🕮 |⚓ | 〰 Dry | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Riou de Moustiers Canyon sec il reste de l'eau dans les vasques Beau canyon à refaire en eau (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/278/observations.html)

2025-06-11 | System User | |🕮 |⚓ | 〰 Dry | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Riou de Moustiers (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/278/observations.html)

2025-06-04 | System User | |🕮 |⚓ | 〰 Dry | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Riou de Moustiers Canyon très beau mais sec ce jour ... avec quelques vasques (eau stagnantes). (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/278/observations.html)

2025-05-30 | System User | |🕮 |⚓ | 〰 Dry | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Riou de Moustiers Canyon sec.Pour le départ ne pas se fier au point de départ mentionné sur la carte. Quitter le PR (Iphigénie) à hauteur du point 935, prendre le sentier qui descend au ravin de riou. Le départ est en bas du chemin et à droite dans le pré. ATTENTION, la main courante (rouge) du 2ème grand rappel 45m, est usée (frottement de corde). (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/278/observations.html)

2025-05-30 | System User | |🕮 |⚓ | 〰 Dry | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Riou de Moustiers L'eau ne coule plus. Il teste quelque vasque ou l'eau est fraîche mais cela commence à sentir.Attention !! La MC rouge (rive gauche) de la c45 a sa gaine légèrement brûlé. A surveiller, voir changer la corde. Sinon, équipements au top (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/278/observations.html)

2025-05-25 | System User | |🕮 |⚓ | 〰 Low | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Riou de Moustiers Ne coule plus que dans la première partie (l'eau reste froide !), pour les cascades finales il y avait encore quelques gouttes mais ça sent la fin de saison ! (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/278/observations.html)