# Baou

Le Baou,Bau

**Info: The quality of this description has not been checked yet or was rated bad.**
If you know this canyon, please check this description and file a report with a rating for this description using *Reports -> +New Report.* Should you notice any error, please let us know or join the community in order to fix this description yourself.

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|---|---|---|
| **Create:** 2023-11-20 21:15:21 | **Update:** 2025-08-19 21:18:29 | **Print:** 2026-10-30 02:10:11 |

**Country:** France **Region:** Provence-Alpes-Côte-d'Azur / Provence-Alpes-Cote d'Azur **Subregion:** Alpes-de-Haute-Provence **Town:** La Palud-sur-Verdon

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|---|---|---|
| **Difficulty:** easy | **Grading:** v2 a2 II | **Total time:** 3h17 |
| **Approachtime:** 2min | **Tourtime:** 3h | **Returntime:** 15min |
| **Altitude entry:** 920m | **Altitude exit:** 690m | **Delta Altitude:** 230m |
| **Canyon length:** 4900m | **Highest rapell:** 15m | **Amount rapells:** 4 |
| **Transport:** Car optional | **Rock type:** | **Drainage area:** km² |
| **Season:** | **Orientation:** | **Best Time:** |
| **Rating:** ☆ 1.9 (1) | **Info:** ★ 0 () | **Belay:** ★ 0 () |

**Specialities:**
§ Regulated,

**Gear:**
Ropes: 1x30m

**Summary:** (machine translated)
A succession of small waterfalls and canyons.

**Hydrology:**

**Access:** (machine translated)
From La Palud sur Verdon, take the D123 to the junction just before it and then continue straight on to the Ponsonnet bridge over the Baou (IGN altitude 922 m).
To use the shuttle, park your car at the bridge on the D952, which crosses the Baou where the canyon exits.

**Approach:**

**Tour:** (machine translated)
A succession of small waterfalls and canyons. Quite a lot to walk. This canyon is somewhere between a water hike and canyoning.
The biggest difficulty is the 15-metre high waterfall, otherwise the rest of the canyon can be negotiated without ropes.

All difficulties can be avoided.

**Return:** (machine translated)
Possibility to return via a walk of about two hours instead of taking the shuttle bus.
At the exit of the canyon, take the right branch of the Baou (which is interrupted by a lock) and then a path on the right that leads to the D123 and follow the road to the car. (not very easy).

**Coordinates:**
Canyon Start 43.8144 6.3433
Canyon End 43.8017 6.3678
Parking at Entry 43.8150 6.3431
Parking at Exit 43.7919 6.3778

**Reports:**

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2026-06-20 | System User | |🕮 |⚓ | 〰 Normal | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Baou (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/280/observations.html)

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2026-06-20 | System User | |🕮 |⚓ | 〰 Low | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Baou Très boueux impossible de voir où on met les pieds. Entrée par l affluent bauduen à sec ... (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/280/observations.html)

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2023-03-09 | System User | ⭐ |🕮 |⚓ | |
Daten importiert von https://www.descente-canyon.com/canyoning/canyon/280/Baou.html