

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.

Create: 2023-11-20 21:15:21 **Update:** 2025-08-19 21:18:29 **Print:** 2026-01-30 11:01:39

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

Difficulty: easy	Grading: v2 a2 II	Total time: 3h17
Approach time: 2min	Tour time: 3h	Return time: 15min
Altitude entry: 920m	Altitude exit: 690m	Delta Altitude: 230m
Canyon length: 4900m	Highest rappel: 15m	Amount rappels: 4
Transport: Car optional	Rock type:	Drainage area: km ²
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:

2023-03-09 | System User | ★ | ⚡ | ⚓ | |

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