

# Bendola med. (II)

Bendola II, Bendola, Bendola (Médiane)

<b>Create:</b> 2023-03-09 20:52:23	<b>Update:</b> 2023-12-21 12:31:26	<b>Print:</b> 2025-04-21 12:04:49
<b>Country:</b> France <b>Region:</b> Provence-Alpes-Côte-d'Azur / Provence-Alpes-Cote d'Azur <b>Subregion:</b> Alpes-Maritimes <b>Town:</b> Saorge		
<b>Difficulty:</b> not as difficult	<b>Grading:</b> v2 a3 III	<b>Total time:</b> 7h
<b>Approachtime:</b> 3h	<b>Tourtime:</b> 3h	<b>Returtime:</b> 1h
<b>Altitude entry:</b> 520m	<b>Altitude exit:</b> 430m	<b>Delta Altitude:</b> 90m
<b>Canyon length:</b> 2600m	<b>Highest rapell:</b> 3m	<b>Amount rapells:</b>
<b>Transport:</b> on Foot	<b>Rock type:</b>	<b>drainage area:</b> 28.00km <sup>2</sup>
<b>Season:</b> July - September	<b>Orientation:</b> West	<b>Best Time:</b>
<b>Rating:</b> ★ 2.8 (2)	<b>Info:</b> ★ 2 (1)	<b>Belay:</b> ★ 0 ( )
<b>Specialities:</b>		
<b>Gear:</b> Ropes: 1x 20m		
<b>Summary:</b> (machine translated) Hiking and swimming canyons without rappel, also suitable for beginners		
<b>Hydrology:</b>		
<b>Access:</b> (machine translated) From Ventimiglia we go up the Roya valley, after 27 km we cross Breil-sur-Roya and continue towards Tende. About 6 km after Breil, we turn right between 2 tunnels and go up over the Bendola on the D 6204 to Saorge, where we park the vehicle near the marker "161" (480m a.s.l.) in a prominent left turn before the village.		
<b>Approach:</b> (machine translated) From marker "161" we take the dirt road closed to car traffic that leads us to the hamlet of Castou (marker "168"). Continuing up the Bendola valley, we cross the Bendola on the Pont de Castou (428m above sea level) at marker "167". Continue on an old mule track until the next bridge over the Bendola, the Passarelle de Baragne - marker "166" just before. Here we enter the Bendola. Of course you can also get here via the upper Bendola (I).		
<b>Tour:</b> (machine translated) A lot of downclimb, some possible jumps, some swimming passages in a not too narrow gorge.		
<b>Return:</b> (machine translated) At the Pont de Castou turn right onto our approach path and descend to the car.		
<b>Coordinates:</b> Canyon Start <a href="#">43.9731 7.5911</a> Canyon End <a href="#">43.9765 7.5796</a> Parking Entry and Exit <a href="#">43.9823 7.5569</a>		

## Reports:

2024-08-06 | System User | |📖|📌|🌊 Normal |👍 Completed

Automatisch importiert von Descente-Canyon.com für Canyon Bendola (Médiane) juste un rappel, nage et marche jolie resserrement, enchaîné avec la partie supérieure fait en 1h40 (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/2232/observations.html>)

2024-07-28 | System User | |📖|📌|🌊 Normal |👍 Completed

Automatisch importiert von Descente-Canyon.com für Canyon Bendola (Médiane) (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/2232/observations.html>)

2024-06-17 | System User | |📖|📌|🌊 Low |👍 Completed

Automatisch importiert von Descente-Canyon.com für Canyon Bendola (Médiane) Barranco sin ningún rápel, no tiene ningún interés deportivo, ni estético ni lúdico (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/2232/observations.html>)

2023-04-20 | Daniel Sturm | |📖|★|★|📌|📌|📌 Not done

Coordinates edited. (machine translated)

2023-03-09 | System User | |★|★|★|📖|📌|📌|

Info: Teile der Canyonbeschreibung wurden automatisiert übernommen. Konkret die Felder Weblinks, Koordinaten, Rating, Länge des Canyon, Einfachseil Mindestens von <https://www.descente-canyon.com/canyoning/canyon/2232>

2023-03-09 | System User | |★|★|📖|📌|📌|

Daten importiert von <https://canyon.carto.net/cwiki/bin/view/Canyons/BendolallCanyon.html>

## Parts:

Bendola I, v5 a2 V, 30min+10h+2h

Bendola med. (II), v2 a3 III, 3h+3h+1h