

# Lamay

Arrec du Lamay

<b>Info: The quality of this description has not been checked yet or was rated bad.</b> If you know this canyon, please check this description and file a report with a rating for this description using <i>Reports</i> -> <i>+New Report</i> . Should you notice any error, please let us know or join the community in order to fix this description yourself.		
<b>Create:</b> 2024-06-05 22:35:49	<b>Update:</b> 2025-06-27 21:57:38	<b>Print:</b> 2026-06-17 12:06:46
<b>Country:</b> France <b>Region:</b> Nouvelle-Aquitaine <b>Subregion:</b> Pyrénées-Atlantiques <b>Town:</b> Aste-Béon		
<b>Difficulty:</b> easy	<b>Grading:</b> v2 a1 I	<b>Total time:</b> 1h55
<b>Approachtime:</b> 20min	<b>Tourtime:</b> 1h30	<b>Returntime:</b> 5min
<b>Altitude entry:</b> m	<b>Altitude exit:</b> m	<b>Delta Altitude:</b>
<b>Canyon length:</b> m	<b>Highest rapell:</b> 17m	<b>Amount rapells:</b>
<b>Transport:</b>	<b>Rock type:</b>	<b>Drainage area:</b> km <sup>2</sup>
<b>Season:</b>	<b>Orientation:</b>	<b>Best Time:</b>
<b>Rating:</b> ★ 2 (1)	<b>Info:</b> ★ 0 ()	<b>Belay:</b> ★ 0 ()
<b>Specialities:</b>		
<b>Gear:</b>		
<b>Summary:</b> Rohdaten Import von Ropewiki <a href="https://ropewiki.com/Lamay">https://ropewiki.com/Lamay</a>		
<b>Hydrology:</b>		
<b>Access:</b>		
<b>Approach:</b>		
<b>Tour:</b>		
<b>Return:</b>		
<b>Coordinates:</b> Canyon Start <a href="#">43.0211 -0.4103</a>		
<b>Reports:</b>		
2023-03-09   System User   ★ ★   📖   📍     Daten importiert von <a href="https://ropewiki.com/Lamay">https://ropewiki.com/Lamay</a>		