

Lamay

Arrec du Lamay

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: 2024-06-05 22:35:49	Update: 2025-06-27 21:57:38	Print: 2026-05-02 03:05:02
Country: France Region: Nouvelle-Aquitaine Subregion: Pyrénées-Atlantiques Town: Aste-Béon		
Difficulty: easy	Grading: v2 a1 I	Total time: 1h55
Approachtime: 20min	Tourtime: 1h30	Returntime: 5min
Altitude entry: m	Altitude exit: m	Delta Altitude:
Canyon length: m	Highest rapell: 17m	Amount rapells:
Transport:	Rock type:	Drainage area: km ²
Season:	Orientation:	Best Time:
Rating: ★ 2 (1)	Info: ★ 0 ()	Belay: ★ 0 ()

Specialities:

Gear:

Summary:
Rohdaten Import von Ropewiki <https://ropewiki.com/Lamay>

Hydrology:

Access:

Approach:

Tour:

Return:

Coordinates:
Canyon Start [43.0211 -0.4103](#)

Reports:

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