

Trou de Jeannette

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Create: 2025-10-13 11:04:43

Update: 2025-10-13 11:07:19

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Country: France **Region:** Provence-Alpes-Côte-d'Azur / Provence-Alpes-Cote d'Azur **Subregion:** Bouches-du-Rhône **Town:** La Ciotat

Difficulty: difficult

Grading: v5 a2 IV

Total time: 3h5

Approachtime: 20min

Tourtime: 1h30

Returntime: 1h15

Altitude entry: 70m

Altitude exit: 5m

Delta Altitude: 65m

Canyon length: m

Highest rapell: 45m

Amount rapells:

Transport: on Foot

Rock type:

Drainage area: km²

Season:

Orientation:

Best Time:

Rating: ★ 0 ()

Info: ★ 0 ()

Belay: ★ 0 ()

Specialities:

Gear:

Ropes: 2x 45m

Summary: (machine translated)

Rappels to the sea

Hydrology: (machine translated)

Mostly dry.

Possible all year round. Avoid days with strong winds.

Access: (machine translated)

From La Ciotat, take the Chemin de Notre Dame and park in a bend 300 m before the terminus next to a small wooden gate. Please note: after the La Garde residence, the road is closed to traffic except for residents.

More detailed directions: From the highway, drive down to La Ciotat and then turn left towards "Route des Crêtes" (D 141). Do not take the Route des Crêtes on the right-hand side, but continue straight ahead on Avenue Jean Graille, which later becomes Avenue François Billoux. Turn left and drive down Avenue Marc Sangnier. At the bottom, turn right into Avenue du Cardinal Maurin. Then turn right into Chemin Notre Dame de la Garde. Finally, follow the directions above.

Approach: (machine translated)

After a 5-minute walk through the undergrowth of the riverbed, you reach the last canyon.

Tour: (machine translated)

3 successive abseils: The first exits in a shallow pool of water (easy to avoid if you don't want to get wet). The second (pendulum-like, strong friction) ends on a very slippery ledge, you have to swing to reach the belay. The third leads either into the sea or 3 meters before the sea there is a ledge on the right (small traverse to reach it) that prevents a swim (in a depression you will find a point where you can give the others a belay). From this (fairly wide) ledge, 25 meters further on you come to a final point for a 4-meter rappelling route that exits right at the water's edge.

Equipment for double point.

Very challenging canyon, after the first rappel there is no turning back, otherwise you have to climb in quite brittle rock.

ONLY UNDERTAKE THIS DESCENT IN GOOD WEATHER CONDITIONS.

- It is very interesting to combine this tour with the last three waterfalls of the Trou souffleur on the way back (this takes a good hour).
 - Avoid windy days at all costs, as the crossing on the way back would be very dangerous (due to the waves).
 - Take pieces of rope with you to secure the crossing on the way back for people who do not feel confident climbing.
 - A jump (+10 m) into the sea from the foot of the second abseil point is certainly possible (not tested) if there are no waves.
 - Don't forget your camera.
 - Do not underestimate the difficulty of this route.
- Small canyon for independent people.
- Only accessible in good weather.

Return:

Coordinates:

Reports:

2026-04-26 | System User | |📖|📌|🌊 Dry | 🟢 Completed

Automatisch importiert von Descente-Canyon.com für Canyon Jeannette Super parcours, retour par le trou Souffleur.Apparemment des personnes sont passées avec une poulie inadaptée ou directement avec des mousquetons sur le câble de la tyrolienne. C'est devenu du fil barbelé. Ce parcours est aménagé et entretenu par des guides, dommage que certains ne respectent pas le matériel en place (et les prochains qui y passeront) (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/21140/observations.html>)

2026-04-04 | System User | |📖|📌|🌊 Dry | 🟢 Completed

Automatisch importiert von Descente-Canyon.com für Canyon Jeannette Parcours varié, beaucoup de mains courantes. Attention ne pas faire lorsqu'il y a des vagues.Descente du trou , on contourne l'intérieur par une corniche pour descendre sur une dalle rocheuse à fleurs d'eau, la chaine qui permet cette descente est rouillée mais un des points est solide. si il y a un peu des vagues il est possible de descendre plus loin et moins bas. Même chose pour le retour après la tyrolienne sur le gros relais (il n est pas rouillé lui). (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/21140/observations.html>)

2026-03-21 | System User | |📖|📌|🌊 Dry | 🛑 Not done

Automatisch importiert von Descente-Canyon.com für Canyon Jeannette Attention il n y a plus depuis quelques années de cordes main courante pour le retour. Notion escalade nécessaire surtout niveau du passage de Pirates. (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/21140/observations.html>)

2026-03-17 | System User | |📖|📌|🌊 Dry | 🟢 Completed

Automatisch importiert von Descente-Canyon.com für Canyon Jeannette (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/21140/observations.html>)

2025-11-11 | System User | |📖|📌|🌊 Dry | 🟢 Completed

Automatisch importiert von Descente-Canyon.com für Canyon Jeannette La chaîne du rappel en bout de vire de Jeannette est très corrodée. RAS sinon.Le retour du Souffleur a été rééquipé (comme la partie précédente, avec des broches inox scellées) et légèrement retracé : plus besoin de faire de rappels sur la partie après la tyrolienne. (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/21140/observations.html>)

2025-11-11 | System User | |📖|📌|🌊 Dry | 🟢 Completed

Automatisch importiert von Descente-Canyon.com für Canyon Jeannette La chaîne du rappel en bout de vire de Jeannette est complètement corrodée. RAS sinon.Le retour du Souffleur a été rééquipé (comme la partie précédente, avec des broches inox scellées) et légèrement retracé : plus besoin de faire de rappels sur la partie après la tyrolienne. (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/21140/observations.html>)

2025-10-18 | System User | |📖|📌|🌊 Dry | 🟢 Completed

Automatisch importiert von Descente-Canyon.com für Canyon Jeannette (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/21140/observations.html>)

2025-10-15 | System User | |📖|📌|🌊 Dry | 🟢 Completed

Automatisch importiert von Descente-Canyon.com für Canyon Jeannette Fait avec max (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/21140/observations.html>)

2025-10-15 | System User | |📖|📌|🌊 Dry | 🟢 Completed

Automatisch importiert von Descente-Canyon.com für Canyon Jeannette (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/21140/observations.html>)

2025-10-12 | System User | |📖|📌|🌊 Dry | 🟢 Completed

Automatisch importiert von Descente-Canyon.com für Canyon Jeannette (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/21140/observations.html>)