

Bolega

Vallon de Bolega

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 <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.		
Create: 2023-11-20 21:15:43	Update: 2026-03-11 07:03:25	Print: 2026-05-02 03:05:25
Country: France Region: Provence-Alpes-Côte-d'Azur / Provence-Alpes-Cote d'Azur Subregion: Alpes-Maritimes Town: Saorge		
Difficulty: a little difficult	Grading: v4 a4 III	Total time: 7h40
Approachtime: 2h30	Tourtime: 4h	Returntime: 1h10
Altitude entry: 856m	Altitude exit: 500m	Delta Altitude: 356m
Canyon length: 2200m	Highest rapell: 39m	Amount rapells:
Transport: on Foot	Rock type:	Drainage area: km ²
Season:	Orientation:	Best Time:
Rating: ★ 3.1 (1)	Info: ★ 0 ()	Belay: ★ 0 ()
Specialities:		
Gear: Ropes: 2x 40m		
Summary: (machine translated) Short gulches in a wide valley.		
Hydrology: (machine translated) Spring. Pay attention to the flow rate of the Bendola.		
Access: (machine translated) From Nice via the highway in the direction of Italy, exit in Ventimiglia and leave the highway and take the SS no. 20 in the direction of Col de Tende. Cross the village of Breil-sur-Roya and pass through the first tunnel before the village of Saorge. Immediately afterwards, turn right onto the road that leads to the "Madonna di Poggio Monastery". At the next crossroads, turn right onto the path marked no. 161 "la Madonina, Col de Muraton". Park at the exit of the path just before the hamlet.		
Approach: (machine translated) Follow the path on foot, which turns into a path further ahead, cross a bridge and take the path marked 167 "Col de Muraton", then follow marker 166 in the same direction until you reach a chapel (2 hours). At this point, take the path on the left, marked 169, which descends and crosses a beautiful tributary. The easiest way is to descend this tributary, which offers easy access to the canyon, with an easy stretch interrupted by small ledges no more than 5 m high. The walk to the canyon takes 30 minutes.		
Tour: (machine translated) Short gulches in a wide valley. At the confluence with the Bendola, descend 1 km between long stretches of flow, descend and swim in the clear, cool water.		
Return: (machine translated) After the hike in La Bendola, cross the pedestrian bridge on the right bank of the river. Take the path downstream on the right bank of the river. It crosses the tributary "de la Madonina" and further on you meet the access path and the parking lot again. Or leave the Bendola (2/3 hours).		
Coordinates: Canyon Start 43.9693 7.6070 Canyon End 43.9746 7.5988 Unknown 43.9655 7.6013		

Reports:

2026-05-01 | System User | |📖|📌|🌊 Low |🚫 Not done

Automatisch importiert von Descente-Canyon.com für Canyon Bolega Aujourd'hui nous avons ouvert le vallon voisin de Bolega. Celui de Sanderau. Nous sommes partis du col du Muratone. Après 200m de déniv nous avons descendu les pentes raides et boisées de Sanderau pour arriver au fond du vallon. Au final : une première partie en ravin encaissé sec. Puis un minuscule filet d'eau apparaît et remplit les vasques. Pendant 400m le canyon est sympa un encaissement peu important mais du rocher sculpté et de belles vasques (2 tobs 3 sauts 4/5 ressauts) Cette partie se termine par une belle C65 Les derniers mètres pour rejoindre la Bendola sont en blocs et un petit encaissement au niveau du confluent. 2h dans Bendola pour rejoindre la passerelle Baragne. Puis 1h30 de montée pour rejoindre Muratone. C'était le dernier "gros" vallon inexploré de la Bendola. Si des gens s'y aventurent ça reste du sauvage équipement de première en mono point sauf la C 65 (2 points reliés avec un fractio à - 15m rg) et qq déscalades sportives. Bref une grosse balade pour un petit morceau joli. Sûrement sec dans 1 semaine.
(Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/21306/observations.html>)

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

Daten importiert von <https://www.descente-canyon.com/canyoning/canyon/21306/Bolega.html>