

Bolega

Vallon de Bolega

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| 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: 2026-06-17 12:06:13 |
| 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:

2026-06-08 | System User | |📖|📌|🌊 Dry |👍 Completed

Automatisch importiert von Descente-Canyon.com für Canyon Bolega Une bonne partie des vasques croupies peuvent être évitées. (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/21306/observations.html>)

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 deniv nous avons descendu les pentes raides et boisé de Sanderau pour arriver au fond du vallon.Au final : une premiere partie en ravin encaissé sec. Puis un minuscule filet d'eau apparaît et remplit les vasques. Pendant 400m le canyon est sympat un encaissement peu important mais du rocher sculté et de belles vasque (2 tobs 3 sauts 4/5 ressauts) Cette partie se termine par une belle C65Les derniers metres 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 equipement 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>