

# Cau et Coeur

Cascades de Cau et Coeur, Houradade

**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:** 2023-11-20 21:16:14

**Update:** 2025-06-27 21:56:19

**Print:** 2026-05-02 03:05:27

**Country:** France **Region:** Occitanie **Subregion:** Haute-Garonne / Upper Garonne **Town:** Castillon-de-Larboust

**Difficulty:** difficult

**Grading:** v5 a3 II

**Total time:** 3h30

**Approachtime:** 40min

**Tourtime:** 2h40

**Returntime:** 10min

**Altitude entry:** 1390m

**Altitude exit:** 1170m

**Delta Altitude:** 220m

**Canyon length:** 450m

**Highest rapell:** 55m

**Amount rapells:**

**Transport:**

**Rock type:**

**Drainage area:** km<sup>2</sup>

**Season:**

**Orientation:**

**Best Time:**

**Rating:** ★ 3.3 (1)

**Info:** ★ 0 ()

**Belay:** ★ 0 ()

**Specialities:**

**Gear:**

**Summary:**

Rohdaten Import von Descente Canyons <https://www.descente-canyon.com/canyoning/canyon/22237>

**Hydrology:**

**Access:**

**Approach:**

**Tour:**

**Return:**

**Coordinates:**

Canyon Start [42.7283 0.5608](#)

Canyon End [42.7320 0.5579](#)

Unknown Parking [42.7355 0.5572](#)

## Reports:

2025-10-10 | System User | |📖|📌|🌊 Normal |👍 Completed

Automatisch importiert von Descente-Canyon.com für Canyon Cau et Coeur Para acceder a la instalación de la cascada de Cau de 35, hay un cordino con maillon en un árbol a la derecha orográfica para realizar un rapel de acceso de 3 metros, y después hay una cuerda fina a modo de pasamanos, uniendo una instalación en la pared a un árbol, desde el que se hace un rappel de unos 15 metros, y ya accedes a la instalación de la cascada. Muy resbaladizo. (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/22237/observations.html>)

2025-10-05 | System User | |📖|📌|🌊 Normal |👍 Completed

Automatisch importiert von Descente-Canyon.com für Canyon Cau et Coeur Ultra glissant. On ne descend quasiment jamais dans l'actif. Sur la grande il y a un relais 5 ou 6 mètres sous la plate forme de départ qui facilitera grandement le rappel de corde. (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/22237/observations.html>)

2025-10-04 | System User | |📖|📌|🌊 Normal |👍 Completed

Automatisch importiert von Descente-Canyon.com für Canyon Cau et Coeur (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/22237/observations.html>)

2025-10-03 | System User | |📖|📌|🌊 Normal |👍 Completed

Automatisch importiert von Descente-Canyon.com für Canyon Cau et Coeur Fait après calahoure inf. Joli mais nettement moins bien que calahoure ! (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/22237/observations.html>)

2025-09-05 | System User | |📖|📌|🌊 Normal |👍 Completed

Automatisch importiert von Descente-Canyon.com für Canyon Cau et Coeur DC+Quelques désescalades mériteraient des points...Carrément plus glissant que la gouffre.Sortie en rg évidente. (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/22237/observations.html>)

2025-08-15 | System User | |📖|📌|🌊 Normal |👍 Completed

Automatisch importiert von Descente-Canyon.com für Canyon Cau et Coeur (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/22237/observations.html>)

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

Daten importiert von <https://www.descente-canyon.com/canyoning/canyon/22237/Cau-et-Coeur.html>