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:** 2026-05-22 16:23:41	**Print:** 2026-10-31 01:10:02

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:** 5
Transport:	**Rock type:**	**Drainage area:** km²
Season: June - November	**Orientation:**	**Best Time:**
Rating: ☆ 3.3 (1)	**Info:** ★ 0 ()	**Belay:** ★ 0 ()

Specialities:

Gear:

Summary: (machine translated)
Beautiful alpine canyon with two magnificent waterfalls of 35 and 55m. It is not as slippery as others in the area and has a very comfortable access and return. Caution with the flows

Hydrology:

Access: (machine translated)
From the Val d'Aran on the N230, or from France on the N125 and turn off at Chaum on the D125 to Bagneres de Luchon. Also from Bossot by the N141 by the col du Portillon.
Location of the Coume, Calahoure and Cau et Coeur ravines
Arriving at Saint Mamet take the D125 to SuperBagnères and Valle du Lys. Turn right onto the D46 following the Vallée du Lis and a little further on turn left (Superbagnères on the right) following the Vallée du Lis and the Cascade d'Enfer. We arrive at a parking lot.

Approach: (machine translated)
Along the GR we will go up towards the Coume cabin, at 1400m altitude we will find a fork, we go to the right. Soon we find the river

Tour: (machine translated)
We started with the beautiful Cau waterfall of 35m, then we arrived at the Coeur waterfall with its 55m, more open but equally aesthetic.

Return: (machine translated)
We can exit through an escape to the left to a trail or further down to the right to the uphill trail.

Coordinates:
Canyon Start 42.7283 0.5608
Canyon End 42.7320 0.5579
Unknown Parking 42.7355 0.5572

Reports:

2026-09-16 | System User | |🕮 |⚓ | ≋ Normal | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Cau et Coeur Todo correcto (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/22237/observations.html)

2026-09-13 | System User | |🕮 |⚓ | ≋ Normal | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Cau et Coeur Tout ok. Prévoir un déboisement de l'arbre en travers sur la dernière cascade. Risque de coincement de corde. Descente possible sur arbre du dernier pour rappeler la corde. (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/22237/observations.html)

2026-09-12 | System User | |🕮 |⚓ | ≋ Normal | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Cau et Coeur La dernière cascade ne vaut pas le coup : embacle (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/22237/observations.html)

2026-09-06 | System User | |🕮 |⚓ | ≋ Normal | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Cau et Coeur Fait après Calahoure inf, gros sapin en travers de la dernière cascade, on s'est pris sur 2 branches pour faire le dernier rappel. (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/22237/observations.html)

2026-08-29 | System User | |🕮 |⚓ | ≋ Normal | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Cau et Coeur Équipement ok,Pas mal de bois dans la partie basse. On a zappé la dernière cascade et son mikado (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/22237/observations.html)

2026-08-02 | System User | |🕮 |⚓ | ≋ Normal | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Cau et Coeur Belle descente, ne pas oublier les fractionnés sur le 34 m et le 42, un peu plus bas des départ de rappel sur la gauche, environ 6 m. En bas de la 42 m, sortir soit rive gauche sentier jusqu'au parking ou ou remonter rive droite pour rattraper la sente de la marche d'approche. En effet le rappel 6 m après est faisable mais pas le dernier 26, chute de falaise et d'un gros pin. Difficile de sortir une fois le 6m effectuer. Sortir donc en bas de la grande cascade. (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/22237/observations.html)

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)
