Lou Gras

Cascades de Lou Gras

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.

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Country: France **Region:** Provence-Alpes-Côte-d'Azur / Provence-Alpes-Cote d'Azur **Subregion:** Alpes-Maritimes **Town:** Roquebrune-Cap-Martin

Difficulty: not as difficult	**Grading:** v3 a1 II	**Total time:**
Approachtime: 20min	**Tourtime:** 2h15	**Returntime:**
Altitude entry: 650m	**Altitude exit:** 342m	**Delta Altitude:** 308m
Canyon length: 400m	**Highest rapell:** 31m	**Amount rapells:** 10
Transport: Car required	**Rock type:**	**Drainage area:** km²
Season:	**Orientation:**	**Best Time:**
Rating: ☆ 2.4 (1)	**Info:** ★ 0 ()	**Belay:** ★ 0 ()

Specialities:
Permit required,

Gear:
Ropes: 2x 30m

Summary: (machine translated)
About ten rappels: C 17, C 30, C 25, C 35 with fractio, T 50, C 6, C 8, C 12, C 9.

Hydrology: (machine translated)
There are animal trails along the entire route. These are to be regarded as dubious and unsafe. You can therefore assume that there is no reliable escape route after crossing the first waterfall.

There are none, the valley is dry most of the time. However, after a period of rain or during heavy thunderstorms, the water flows down to the road and even to the sea (Saint Roman valley). The waterfalls (visible from Monaco) then "explode" with all their water and the harmless canyon turns into a real canyon. In this case, neoprene clothing is recommended. However, watch out for falling rocks.
Also note the artificial pond above, which is located on the property of the Prince of Monaco (Roc Agel). This pond is sometimes emptied and the water then flows through a valve into this canyon at a flow rate of about 20 l/sec (which is enough to get your feet thoroughly wet). This experience was made when the waterfalls were equipped in January 1999. I therefore recommend that you take a spare pair of pants and shoes. Finally, the water quality, if any, is not perfect.

Access: (machine translated)
Downhill access: From Nice, drive to La Turbie and then downhill for 4 km on the D 2564 towards Menton. During the descent, the winding road (Grande Corniche) leads through two very pronounced valleys (right-hand bends). After the second valley, continue for about 300 meters (straight ahead), pass a large left-hand bend, cross a small bridge (long white wall) and park on the left (IGN point: 342 m).
Uphill access: take the second vehicle on the D 2564 back to La Turbie, turn right onto the D 53 towards Peille and after 1 km, continue straight ahead on a bend onto the D 153 towards Mont Agel golf course. Drive uphill for about 2 km and then turn right again onto a small asphalt road that leads to the Col du Mont Gros and the paragliding launch site. The small road winds along flat at first and then begins to descend. Drive past the entrance to the Roc Agel estate and continue for about 500 meters. Park on the right-hand side opposite the enclosure and the hangar where the elephants (the princess) are housed (space for three cars).

Approach: (machine translated)
Follow the road for 200 meters on foot until you reach the wire mesh fence of the property. Leave the road and follow this fence to the left in a southerly direction on a path (sometimes overgrown with small bushes and almost invisible at first) that leads downhill. After 15 minutes of walking (always along the fence), the path climbs slightly (yellow markings with numbers 84 to 79) and crosses a clearly recognizable rocky outcrop. Inside the property, large poplars indicate the presence of water. Continue a few more meters and the starting point of the walk is located about 30 meters after the yellow marker number 79, below the path under a grove of holm oaks (sinews visible on Nat).

Tour: (machine translated)
About ten rappels: C 17, C 30, C 25, C 35 with fractio, T 50, C 6, C 8, C 12, C 9.

Some (large and small) boulders remain from an earlier rockfall. So be careful.
The largest waterfall is divided at -10 on the left bank. This (highly recommended) belaystation is quite narrow.

Return: (machine translated)
On the left bank 20 m from the road.

Coordinates:
Canyon Start 43.7583 7.4351

Reports:

2025-04-16 | System User | |🕮 |⚓ | 〰 High | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Lou Gras trouver le canyon était difficile. coordonnées du départ du canyon : https://ge0.me/0yrka4P3qV/Mijn_locatieParking amont: http://ge0.me/syrka4qJ4G/Mijn_locatie (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/2293/observations.html)

2025-03-23 | System User | |🕮 |⚓ | 〰 Normal | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Lou Gras Fait sans navette, 50 min sans se presser (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/2293/observations.html)

2025-03-23 | System User | |🕮 |⚓ | 〰 Normal | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Lou Gras DC/DC- difficile a juger. Conditions idéal après ces dernières pluies. Équipement vieillissant. Prévoir de la corde à couper ou maîtriser des techniques TA peut s’avérer nécessaire.On a retiré pas mal de corde qui étaient sûrement déjà là lors de mon premier passage en 2019. (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/2293/observations.html)

2024-11-11 | System User | |🕮 |⚓ | 〰 Low | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Lou Gras Equipement : le relais intermédiaire de la deuxième grande cascade a été remplacé. Sinon, le reste est correct, sauf une corde à remplacer sur le relais sur arbre du départ.La surprise a été de subir un lâcher d'eau alors que nous étions au 2/3 de la descente...! Conséquence : parcours glissant! (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/2293/observations.html)

2024-11-10 | System User | |🕮 |⚓ | 〰 Low | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Lou Gras Pluie la veille. Un peu d eau dans le canyon, juste histoire d'avoir une ambiance sonore. Pieds et pantalons un chouia mouillé mais au Soleil ca va.Bien vérifier les amarrages et les anneaux de cordes... (comme d hab quoi). Au tout premier amarrage sur arbre, 3 anneaux de cordes. Un complètement usé, parti en un coup sec.Avons trouver une corde abandonnée, attachée sur un arbre avec un noeud étrangleur. Elle n a pas pu être rappelé du bas, beaucoup trop de frottement. Dommage car il y avait un amarrage à côté (pas trouvé ou manque de confiance ?). On a lové la corde et mis en hauteur. Avec 2 débutants, pas moyen de la ramener. Si une autre équipe passe par là avec un peu plus de capacité d'emport...Il y a 2 cascades avec des relais intermédiaires. Mieux par le rappel de corde.Vue sur Monaco et sur la mer toujours aussi fantastique.Le post précèdent parle d un accès a pied sans navette. Intéressant. Je suppose que c est sur la droite sous le Mont Gros. A 400m de la sortie a L Est, ca passe au dessus de l autoroute. A faire la prochaine fois ;-) (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/2293/observations.html)

2023-03-09 | System User | ☆ ☆ |🕮 |⚓ | |
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