

# Bendola I

Bendola

<b>Créer:</b> 2023-03-09 20:52:47	<b>Mettre à jour:</b> 2023-12-15 19:56:56	<b>Imprimer:</b> 2026-06-22 05:06:20
<b>Pays:</b> France <b>Région:</b> Provence-Alpes-Côte-d'Azur / Provence-Alpes-Cote d'Azur <b>Sous-région:</b> Alpes-Maritimes <b>Ville:</b> Saorge		
<b>Difficulté:</b> difficile	<b>Niveau:</b> v5 a2 V	<b>Temps total:</b> 12h30
<b>Temps approche:</b> 30min	<b>Temps tour:</b> 10h	<b>Temps de retour:</b> 2h
<b>Altitude d'entrée:</b> 1960m	<b>Altitude de sortie:</b> 520m	<b>Altitude du delta:</b> 1440m
<b>Longueur du canyon:</b> 15000m	<b>Rapelle le plus haut:</b> 42m	<b>Nombre de rappelles:</b> 40
<b>Transport:</b> Voiture obligatoire	<b>Type de roche:</b>	<b>Zone de prise d'eau:</b> 28.00km <sup>2</sup>
<b>Saison:</b>	<b>Orientation:</b> Ouest	<b>Meilleur moment:</b>
<b>Évaluation:</b> ★ 3.2 (1)	<b>Info:</b> ★ 2 (1)	<b>Belay:</b> ★ 0 ( )
<b>Spécialités:</b>		
<b>Matériel:</b> Cordes: 2x45m + 1x30m		
<b>Résumé:</b> (traduction alternative) Alpine 2-day canyon with many rappels and little fun potential, generally without water flow at the beginning. The access road at the exit of the tarred road or up by the ruins (somewhat windier and fresher) is a good place to spend the night so that you can get in early the next day.		
<b>Hydrologie:</b>		
<b>Accès:</b> (traduction alternative) From Ventimiglia, we drive up the Roya valley, cross Breil-sur-Roya after 27 km and continue towards Tende. About 6 km after Breil, we turn right between 2 tunnels and drive over the Bendola up to Saorge, where we park one vehicle before the village. We take the other back to Ventimiglia, where we first head towards Bordighera and then turn off into the Val de Nervia (this is also the access road to Buggio and Barbaira). Via Dolceacqua and Isolabona, the route continues for around 20 km to Pigna. From here, the road climbs up to Colla di Langan (1127 m above sea level) and continues left to Colla Melosa (1540 m above sea level). The road is asphalted up to this point and continues up to Col Bertrand without asphalt until you finally reach the highest point (over 2000 m above sea level). The gravel road is in good condition and easily passable by a normal car, provided it has sufficient ground clearance (cross ribs for water drainage). At the ridge - we are on the "Ligurian border ridge road" - we descend a little and about 1000 m after the highest point turn left on a path at a shallow angle. You will come to some ruins and see an inhabited estate on the slope to the right. Park the second vehicle here. The ascent from the French side (Roya valley) described everywhere else makes a 4x4 vehicle seem appropriate, the ascent described here requires a longer transfer, but is much better in terms of the road. From Breil sur Roya you can also get a ride up for a moderate price.		
<b>Approche:</b> (traduction alternative) From the ruins (1960 m above sea level), descend to the left in the hollow until you reach the rocky narrowing just over 1800 m above sea level, which is the entry point.		
<b>Tour:</b> (traduction alternative) Sequence of many rappels at different heights (all before the bivouac site). Water flow only towards the exit. But even before that there are some possible jumps. Bivouac site after about 8 hours at about 760m above sea level - exit at the "Herzgumpen" up to the right. Up to the bivouac site there is no real exit option, although there are always opportunities to get to safety if the water suddenly swells up the slope.		
<b>Retour:</b> (traduction alternative) At the first bridge (Pasarelle de la Baragne) exit to the footpath to Saorge at 520 m a.s.l. Alternatively, you can also connect the Bendola II (see there!).		

**Coordonnées:**

Départ du Canyon [44.0098 7.6568](#)

Fin du Canyon [43.9729 7.5912](#)

Parking à la sortie [43.9824 7.5568](#)

Point de repère [43.9326 7.6651](#)

Point de repère [43.9851 7.6274](#)

Point de repère [43.9851 7.6274](#)

Point de repère [43.9891 7.6840](#)

Point de repère [44.0016 7.6685](#)

Point de repère [44.0067 7.6676](#)

Parking à l'entrée [44.0141 7.6630](#)



**Partie:**

Bendola I, v5 a2 V, 30min+10h+2h

Bendola med. (II), v2 a3 III, 1h40+2h+1h