# Cingle de Migdia

Salt de Cingle de Migdia,La Muga

**Info : La qualité de cette description n'a pas encore été vérifiée ou a été jugée mauvaise.**
Si vous connaissez ce canyon, merci de vérifier cette description et de déposer un rapport avec une note pour cette description en utilisant Rapports +*Nouveau rapport.* Si vous constatez une erreur, merci de nous en faire part ou de rejoindre la communauté afin de corriger vous-même cette description.

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| **Créer:** 2023-11-20 21:12:51 | **Mettre à jour:** 2025-10-22 09:53:37 | **Imprimer:** 2026-11-09 09:11:38 |

**Pays:** España / Spain **Région:** Cataluña / Catalunya **Sous-régione:** Alt Empordà / Upper Empordà **Ville:** Coustouges

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| **Difficulté:** facile | **Niveau:** v1 a2 II | **Temps total:** 3h55 |
| **Temps approche:** 40min | **Temps tour:** 2h30 | **Temps de retour:** 45min |
| **Altitude d'entrée:** 560m | **Altitude de sortie:** 110m | **Altitude du delta:** 450m |
| **Longueur du canyon:** 2500m | **Rapelle le plus haut:** 10m | **Nombre de rapelles:** |
| **Transport:** à pied | **Type de roche:** | **Zone de prise d'eau:** km² |
| **Saison:** | **Orientation:** | **Meilleur moment:** |
| **Évaluation:** ☆ 2.5 (1) | **Info:** ★ 0 () | **Belay:** ★ 0 () |

**Spécialités:**

**Matériel:**

**Résumé:** (traduction alternative)
Short canyon, small slides and jumps.

**Hydrologie:** (traduction alternative)
Small, challenging canyon, no escape possible.

Water sports still in the water in the catchment area of remarkable size.

**Accès:** (traduction alternative)
On leaving Saint-Laurent de Cerdans, turn right onto the road that leads up to the hamlet of Vilaroja and then continue to the Pla Castanyer parking lot.
Or, shorter and with less difference in altitude, via Spain: Albanyà, dirt road (4x4) from Hostal de la Muga, drive through Pincaró and park 2 km after at the farmhouse "els torrents", where the access and return are located. Attention, this road is closed from June 23 during the summer.

**Approche:** (traduction alternative)
Via Spain (35 min.): Take the path that runs between the two Mas dels Torrents farms and follow it to a mountain pass, then descend to a clearing that forms the connection point to the return path described below (altitude 593). At the mountain pass, descend directly to the left or due south to the river.

Access from France is currently not possible!
See descente Canyon Observation from 30.08.2025

**Tour:** (traduction alternative)
S1 shuntable
T2/ramp (glissade)
T3/S4 (monopoint RD)
Rn°1: C10 RG
D2
Rn°2: MCR7 RG dans une faille au sec soit R8 vers l'actif
Rn°3: C5 RG/T5

The canyon begins with a small muffled jump that can be bypassed from the left bank, followed by a small ramp that can be used as a slide (glide) without a pool at the exit.
This is immediately followed by a nice four-meter-high jump into a beautiful reddish pool from the right bank at the height of a monopoint. This obstacle is equipped with a monopoint for those who do not want to make the jump. You can also overcome the obstacle by sliding.
This is followed by a ten-metre-long vertical rappelling route that leads to a small descent point in a conglomerate constriction.
You can then climb down the next ledge in the river, but the most fun and interesting thing to do is to look for a rappelling routes on the left bank at a height, which leads down into a completely dry and aesthetic crevice.
At the exit of the route, a final slide awaits, equipped with a monopoint, for those who want to try their hand at rappel.

Short canyon, but allows for a quick exit in case of thunderstorms.
If the water level is very high during the descent, the canyon is not accessible due to the water level.
- Take an IGN map with you as there are no markings for the way there and back. The walk is a bit long, but the descent is worth it for the purple-red coloring and the amazing shapes of some conglomerate blocks, but also for the symbolic cross-border dimension of the route: the right bank is in Spain, the left in France.
- This French-Spanish river is accessible all year round and is not subject to any special regulations.

**Retour:** (traduction alternative)
At the exit of the canyon, at the height of the "Area de caça privada" (private hunting area) sign, climb up the right bank on a hunter's path to the mountain pass at an altitude of 593 meters to the ruins of a casot and then descend to the river on a well-marked path.
Cross the Muga just above the canyon exit and climb back up on the same path as the ascent.
In Spain, at altitude 593, take the outward route again (40).

**Coordonnées:**
Départ du Canyon 42.3465 2.6323
Fin du Canyon 42.3440 2.6513

**Rapports:**

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2025-08-30 | System User | |🕮 |⚓ | 〰 Normale | 👎 Pas fait
Automatisch importiert von Descente-Canyon.com für Canyon Muga (sup) Attention ce canyon n’est plus accessible côté françaisVoilà notre expérience du jourPb 1. Il n’y a pas de chemin pour contourner le mas des Costes.il faut zigzaguer dans la forêt au hasard ..pour finir par tomber juste sur le mas inoccupé à ce moment par chancePb 2 avant le mas CIC un portail avec panneau propriété privée interdit etc a été installé.... On a continué Pb3 le chemin de descente à partir du mas Ci est marqué en effet avec des points orange puis rouge...mais de nombreux arbres morts sont tombés et les ronces ont envahis le chemin ....bref 45 minutes de marche on entend pas la rivière il reste facile 200m de dénivelé à descendre on est déjà bien griffé..... demi tour..... donc sauf si vous aimez les grosses bartasses oubliez ce canyon en partant de France (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/22542/observations.html)

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2024-06-16 | System User | |🕮 |⚓ | |
Información: Partes de la descripción del cañón se han importado automáticamente. Concretamente, los campos Ruta GPS, Topografía de https://www.docuwiki.infobarrancos.es/doku.php?id=barrancosfra:pyreneesorientales:barranco_de_la_muga_superior

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2023-03-09 | System User | ☆ ☆ ⯨ |🕮 |⚓ | |
Daten importiert von https://www.descente-canyon.com/canyoning/canyon/22542/Cingle-de-Migdia.html