

# Cramassouri

Vallon de Cramassouri, Vallon des aviateurs

<b>Créer:</b> 2023-03-09 20:50:07	<b>Mettre à jour:</b> 2023-12-13 15:57:55	<b>Imprimer:</b> 2026-06-22 05:06:51
<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> La Tour sur Tinée		
<b>Difficulté:</b> moins difficile	<b>Niveau:</b> v3 a3 III	<b>Temps total:</b> 1h50
<b>Temps approche:</b> 15min	<b>Temps tour:</b> 1h30	<b>Temps de retour:</b> 5min
<b>Altitude d'entrée:</b> 290m	<b>Altitude de sortie:</b> 210m	<b>Altitude du delta:</b> 80m
<b>Longueur du canyon:</b> 1000m	<b>Rapelle le plus haut:</b> 11m	<b>Nombre de rappelles:</b> 7
<b>Transport:</b> Voiture facultative	<b>Type de roche:</b>	<b>Zone de prise d'eau:</b> 23.00km <sup>2</sup>
<b>Saison:</b> juin - septembre	<b>Orientation:</b> Sud-Ovest	<b>Meilleur moment:</b>
<b>Évaluation:</b> ★ 3.1 (4)	<b>Info:</b> ★ 2.3 (3)	<b>Belay:</b> ★ 3 (1)
<b>Spécialités:</b>		
<b>Matériel:</b> Cordes: 1x30m		
<b>Résumé:</b> (traduction alternative) Fun canyon with smaller rappels, also suitable for beginners and children. It is an absolute highlight for children. It is very varied.		
<b>Hydrologie:</b>		
<b>Accès:</b> (traduction alternative) From Nice on the N 202 along the Var river for 32 km northwards. Then we turn off into the Vallée de Tinée, driving along the M 2205 in the valley towards La Tour sur Tinée. After 3.4 km from N 202, you can see the mouth of the Cramassouri from the opposite side of the river. Park the lower car here. Continue with the second car for 1.2 km on the M 2205, then turn right onto the M 32 towards La Tour. Continue uphill for almost 3 km until you reach a hairpin bend. Park the second car there.		
<b>Approche:</b> (traduction alternative) We now follow the newly created path, starting about 200m before (below) the hairpin bend, down to Cramassouri. Alternatively - with only one car - you can also reach the entry from the parking lot at the exit via a beautifully laid out path in about 30 minutes. You cross the Tinée above the Cramassouri tributary. A path begins there and joins the access road a few 100m below the parking entry.		
<b>Tour:</b> (traduction alternative) Many slides in an increasingly narrow canyon. Jumps also possible. Highlight a 10m slide at the exit of the tour.		
<b>Retour:</b> (traduction alternative) After reaching the Tinée through the river and beyond up to the car - or back to the parking entry on the path described at the access.		
<b>Coordonnées:</b> Départ du Canyon <a href="#">43.9386 7.1807</a> Parking à la sortie <a href="#">43.9320 7.1757</a> Parking à l'entrée <a href="#">43.9390 7.1785</a> Fin du Canyon <a href="#">43.9339 7.1747</a> Point de repère <a href="#">43.9345 7.1735</a>		

## Rapports:

2026-06-21 | System User | |📖|📌|🌊 Normale | 🟢 Terminé

Automatisch importiert von Descente-Canyon.com für Canyon Cramassouri RAS, DC mais y a vraiment peu d'eau (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/2151/observations.html>)

2026-06-21 | System User | |📖|📌|🌊 Normale | 🟢 Terminé

Automatisch importiert von Descente-Canyon.com für Canyon Cramassouri DC- Tout petit débit, mais il y avait assez d'eau pour descendre dans l'eau. (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/2151/observations.html>)

2026-06-01 | System User | |📖|📌|🌊 Normale | 🟢 Terminé

Automatisch importiert von Descente-Canyon.com für Canyon Cramassouri (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/2151/observations.html>)

2026-05-31 | System User | |📖|📌|🌊 Normale | 🟢 Terminé

Automatisch importiert von Descente-Canyon.com für Canyon Cramassouri Fait seulement en long johnDC- (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/2151/observations.html>)

2026-05-24 | System User | |📖|📌|🌊 Normale | 🟢 Terminé

Automatisch importiert von Descente-Canyon.com für Canyon Cramassouri Top pour une bonne douche (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/2151/observations.html>)

2026-05-17 | System User | |📖|📌|🌊 Normale | 🟢 Terminé

Automatisch importiert von Descente-Canyon.com für Canyon Cramassouri 1er crama 2026Ça se creuse un peuLes toboggans passent (sauf le dernier)Vidéo sur Facebook ABC Canyon (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/2151/observations.html>)

2026-04-23 | System User | |📖|📌|🌊 Normale | 🟢 Terminé

Automatisch importiert von Descente-Canyon.com für Canyon Cramassouri Canyon facile, le balisage et le matériel est excellent. Avec le beau temps de très belles couleurs. Il manque juste un peu de fond. (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/2151/observations.html>)

2026-04-18 | System User | |📖|📌|🌊 Normale | 🟢 Terminé

Automatisch importiert von Descente-Canyon.com für Canyon Cramassouri Y a qques obstacles qui passent à nouveau (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/2151/observations.html>)

2025-09-29 | Tjaz | ⭐⭐⭐⭐ |📖|⭐⭐⭐|📌|⭐⭐⭐|🌊 Faible | 🟢 Terminé

The canyon is closed from 12.9 onwards but we went in anyway. Very very easy but beautiful. We did it in 45minutes. Not worth the drive but worth doing if you are in the area. New path from river up is nicely visible easy to find. No jumps, all slides possible. Last 10m waterfall 50cm deep

2025-09-11 | System User | |📖|📌|🌊 Faible | 🟢 Terminé

Automatisch importiert von Descente-Canyon.com für Canyon Cramassouri (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/2151/observations.html>)

2025-09-06 | System User | |📖|📌|🌊 Normale | 🟢 Terminé

Automatisch importiert von Descente-Canyon.com für Canyon Cramassouri (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/2151/observations.html>)

2025-09-04 | Andreas B | ⭐ |📖|⭐|📌|📌|🌊 Normale | 🟢 Terminé

The fun factor is no longer there in its current state. Possibly still for absolute beginners and smaller children. Completely closed. Some of the mini slides still worked but no jumps and the slide at the end was also too pebbled. We were through after less than 60 minutes... Conclusion: not worth it in its current state (traduction alternative)

2025-09-01 | System User | |📖|📌|🌊 Normale | 🟢 Terminé

Automatisch importiert von Descente-Canyon.com für Canyon Cramassouri (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/2151/observations.html>)

2025-08-22 | System User | |📖|📌|🌊 Normale | 🟢 Terminé

Automatisch importiert von Descente-Canyon.com für Canyon Cramassouri Ça reste toujours un joli canyon mais