

# Riou de Moustiers

Le Riou

<b>Creare:</b> 2023-03-09 20:53:54	<b>Aggiornamento:</b> 2025-08-01 21:36:27	<b>Stampa:</b> 2026-04-21 06:04:57
<b>Paese:</b> France <b>Regione:</b> Provence-Alpes-Côte-d'Azur / Provence-Alpes-Cote d'Azur <b>Sottoregione:</b> Alpes-de-Haute-Provence <b>Città:</b> Moustiers Sainte-Marie		
<b>Difficoltà:</b> difficile	<b>Grado:</b> v5 a2 II	<b>Tempo totale:</b> 3h25
<b>Tempo avvicinamento:</b> 45min	<b>Tempo giaro:</b> 2h30	<b>Tempo ritorno:</b> 10min
<b>Altitudine di entrata:</b> 880m	<b>Altitudine di uscita:</b> 640m	<b>Altitudine delta:</b> 240m
<b>Lunghezza del canyon:</b> 1500m	<b>Rapel più alto:</b> 60m	<b>Quantità rapelli:</b> 10
<b>Transporto:</b> a piedi	<b>Tipo di roccia:</b>	<b>Area di ingresso:</b> km <sup>2</sup>
<b>Stagione:</b>	<b>Orientamento:</b> Sud-Ovest	<b>Tempo migliore:</b>
<b>Valutazione:</b> ★ 3.8 (4)	<b>Info:</b> ★ 2.5 (2)	<b>Belay:</b> ★ 3 (2)
<b>Specialità:</b>		
<b>Attrezzatura:</b> Corde: 2x 60m		
<b>Sintesi:</b> (traduzione alternativa) At the beginning small and narrow gorge, later attractive vertical		
<b>Idrologia:</b>		
<b>Accesso:</b> (traduzione alternativa) From Castellane on the upper Verdon (to be reached from Nice via Grasse on the N 85 - Route Napoléon, about 100 km) on the D 952 first down the Verdon, then up to Palud-sur-Verdon (833 m above sea level) and down again to Moustier-Sainte-Marie, 47.5 km from Castellane. Park the car in the large parking lot above the village.		
<b>Avvicinamento:</b> (traduzione alternativa) The fastest access route follows the tourist crowds to just before the Chapelle Notre-Dame de Beauvoir. Here, follow the clear tracks to the Canyon de Notre-Dame, cross it and climb up the other side in steep, rocky hairpin bends to the plateau. Once at the top, follow a clear path descending to the left to the entry of the Canyon de Notre-Dame, then ascend again over a ridge into the Riou valley (45 min)  Alternatively, you can also hike through Moustiers and first cross the stream from the Canyon de Notre-Dame, then the outflow of the Riou (exit). Now take the path with the yellow markings up to the right. At a fork, keep right and continue uphill through the forest to a ridge. On the other side, the trail descends slightly to the east and then bears right down to the meadows by the stream shortly before it enters the rocky narrows. Approach time approx. 75 min.		
<b>Giro:</b> (traduzione alternativa) At the beginning a narrow, though not very deep canyon with smaller rappels, some slides and possible jumps. In the vertical second part, a succession of longer rappels. It makes sense to break the 60 m rappel (10 m + 50 m) for better rope retrieval, especially as you can stand comfortably on a flat ledge before the 50 m section. On the following 40 m rappel, you can slide from the cut rope into the pool (approx. 10 m is possible without any problems).		
<b>Ritorno:</b> (traduzione alternativa) Turn right before the bridge mentioned above, then cross the bridge on the left and return to the parking lot through the town in 10 minutes.		
<b>Coordinate:</b> Inizio del canyon <a href="#">43.8523 6.2266</a> Fine del canyon <a href="#">43.8507 6.2217</a> Parcheggio Entrata e uscita <a href="#">43.8461 6.2226</a>		

## Rapporti:

2026-04-16 | System User | |📖|📌|🌊 Secco | 🍀 Completato

Automatisch importiert von Descente-Canyon.com für Canyon Riou de Moustiers (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/278/observations.html>)

2026-02-08 | System User | |📖|📌|🌊 Normale | 🍀 Completato

Automatisch importiert von Descente-Canyon.com für Canyon Riou de Moustiers Équipements top , débit parfait , que c est beau ! (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/278/observations.html>)

2026-02-08 | System User | |📖|📌|🌊 Normale | 🍀 Completato

Automatisch importiert von Descente-Canyon.com für Canyon Riou de Moustiers Très beau canyon ! On pensait avoir un plus gros débit mais finalement, un gentil DC. Film : <https://youtu.be/LL2sNexhi0w?si=claWYaZB4kl0rujK> (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/278/observations.html>)

2025-10-25 | System User | |📖|📌|🌊 Secco | 🍀 Completato

Automatisch importiert von Descente-Canyon.com für Canyon Riou de Moustiers Sec. Mais quand même quelques fonds de vasques bien croupies inévitables xD (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/278/observations.html>)

2025-06-14 | System User | |📖|📌|🌊 Secco | 🍀 Completato

Automatisch importiert von Descente-Canyon.com für Canyon Riou de Moustiers Canyon sec il reste de l'eau dans les vasques Beau canyon à refaire en eau (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/278/observations.html>)

2025-06-11 | System User | |📖|📌|🌊 Secco | 🍀 Completato

Automatisch importiert von Descente-Canyon.com für Canyon Riou de Moustiers (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/278/observations.html>)

2025-06-04 | System User | |📖|📌|🌊 Secco | 🍀 Completato

Automatisch importiert von Descente-Canyon.com für Canyon Riou de Moustiers Canyon très beau mais sec ce jour ... avec quelques vasques (eau stagnantes). (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/278/observations.html>)

2025-05-30 | System User | |📖|📌|🌊 Secco | 🍀 Completato

Automatisch importiert von Descente-Canyon.com für Canyon Riou de Moustiers Canyon sec.Pour le départ ne pas se fier au point de départ mentionné sur la carte. Quitter le PR (Iphigénie) à hauteur du point 935, prendre le sentier qui descend au ravin de riou. Le départ est en bas du chemin et à droite dans le pré. ATTENTION, la main courante (rouge) du 2ème grand rappel 45m, est usée (frottement de corde). (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/278/observations.html>)

2025-05-30 | System User | |📖|📌|🌊 Secco | 🍀 Completato

Automatisch importiert von Descente-Canyon.com für Canyon Riou de Moustiers L'eau ne coule plus. Il teste quelque vasque ou l'eau est fraîche mais cela commence à sentir.Attention !! La MC rouge (rive gauche) de la c45 a sa gaine légèrement brûlé. A surveiller, voir changer la corde. Sinon, équipements au top (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/278/observations.html>)

2025-05-25 | System User | |📖|📌|🌊 Basso | 🍀 Completato

Automatisch importiert von Descente-Canyon.com für Canyon Riou de Moustiers Ne coule plus que dans la première partie (l'eau reste froide !), pour les cascades finales il y avait encore quelques gouttes mais ça sent la fin de saison ! (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/278/observations.html>)

2025-05-24 | System User | |📖|📌|🌊 Basso | 🍀 Completato

Automatisch importiert von Descente-Canyon.com für Canyon Riou de Moustiers De l'eau dans la première partie, puis petit filet d'eau après la Grande Cascade. (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/278/observations.html>)

2025-05-16 | System User | |📖|📌|🌊 Basso | 🍀 Completato

Automatisch importiert von Descente-Canyon.com für Canyon Riou de Moustiers (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/278/observations.html>)