# Cascade Silvio

**Info: La qualità di questa descrizione non è stata ancora controllata o è stata valutata negativa.**
Se si conosce questo canyon, si prega di controllare questa descrizione e di inviare una segnalazione con una valutazione per questa descrizione utilizzando Segnalazioni +*Nuova segnalazione.* Se notate un errore, fatecelo sapere o unitevi alla comunità per correggere voi stessi questa descrizione.

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| **Creare:** 2026-10-19 07:59:58 | **Aggiornamento:** 2026-10-22 07:31:38 | **Stampa:** 2026-11-05 11:11:40 |

**Paese:** France **Regione:** Provence-Alpes-Côte-d'Azur / Provence-Alpes-Cote d'Azur **Sottoregione:** Bouches-du-Rhône **Città:** La Ciotat

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| **Difficoltà:** difficile | **Grado:** v5 a1 IV | **Tempo totale:** 2h15 |
| **Tempo avvicinamento:** 50min | **Tempo giaro:** 40min | **Tempo ritorno:** 45min |
| **Altitudine di entrata:** 180m | **Altitudine di uscita:** 135m | **Altitudine delta:** 45m |
| **Lunghezza del canyon:** 40m | **Rapel più alto:** 35m | **Quantità rapelli:** |
| **Transporto:** a piedi | **Tipo di roccia:** | **Area di ingresso:** km² |
| **Stagione:** | **Orientamento:** | **Tempo migliore:** |
| **Valutazione:** ☆ 0 () | **Info:** ★ 0 () | **Belay:** ★ 0 () |

**Specialità:**

**Attrezzatura:**
Corde: 2x 35m

**Sintesi:** (traduzione alternativa)
A 45-meter-high waterfall divided into several parts.

**Idrologia:** (traduzione alternativa)
Moderate. Dry. Good emergency exit before the big rappel.
Dry. Check the Calanques National Park website for permitted times.

**Accesso:** (traduzione alternativa)
Approach to the Notre-Dame-de-la-Garde parking lot: Take the La Ciotat exit on the Marseille–Toulon highway. Drive down toward the city center. Pass the roundabouts near the shopping district and don't miss the right turn leading to the Route des Crêtes (Avenue Jean Graille). Ignore that direction and instead follow the signs to Notre-Dame-de-la-Garde. To do this, drive along Rue François Billoux, Rue Marc Sangnier, and Rue Cardinal Maurin. Continue through the residential areas. Stop at the "No Through Traffic" sign and park in the designated parking spaces. The quickest option is to stop further up the road, before it is blocked off at a gate on the left (sign for "Cap Canaille"), but this is prohibited. Taking this route adds 10 minutes to the walk. Do not block the through road. If you're a large group, it's better to use the "Le Sémaphore" parking lot.
Approach to the "Sémaphore" parking lot: Take the "La Ciotat" exit on the Marseille–Toulon highway. Drive down toward the city center, then turn off to follow the Route des Crêtes, continuing along it for a few kilometers. After a few switchbacks, turn left toward "Sémaphore" and park in the small parking lot provided for that purpose.

**Avvicinamento:** (traduzione alternativa)
From the house, follow the trail for 150 meters, then turn left onto the path that leads uphill through the bushes (blue markings). You'll walk past the base of the white rock face and come to a cave with a tuff stone (town fountain) that originated from a former spring. Continue walking along the base of the rock face. Pass the first rock outcrop, which marks the starting point of "Lou Pitchoun." Continue on to the second, more prominent rock outcrop. On the "ridge" of the rock ledge, leave the trail to the left and follow the small path that crosses the ledge and exits to a peculiar "fountain" (blue markers).
You can also reach the trail from the semaphore: From the parking lot, take the yellow-marked trail that passes to the left of the semaphore. Once you've passed the semaphore, leave that trail and follow a path marked with triangles and blue lines. Follow the ridges, and as soon as you see the distinctive house at the edge of the cliff in the distance, follow the rocky outcrop that branches off to your right (markings: large black dots). At the exit of the rocky outcrop, there is a 12-meter-long rappelling route (anchor points). At the end of this route, follow the blue-dot markings to the left (toward the house) until you reach the first valley.

**Giro:** (traduzione alternativa)
A 45-meter-long waterfall divided into several belay stations. You start with an MC RD to reach the first belay station.
This is followed by a rappel section of < 10 m, then 3 m, and finally 2 m (short rappel sections to minimize rope wear).
This is followed by the 30-meter rappel (Note: A 60-meter rope is just long enough; plan for 70 meters), which ends at the “Vire des Immortelles” ledge.
From there, return via the “Vire des Immortelles” ledge or continue with the 120-meter “Résurrection” rappel.

**Ritorno:** (traduzione alternativa)
Return via the “Vire des Immortelles” rock ledge (check permitted times) or, afterward, the 120-meter-long “Résurrection” rappelling route.
For the return trip via the “Vire des Immortelles” ledge, follow the ledge as it runs eastward; it is equipped with several anchor points. Ideally, you should move forward with the ropes taut. The route is not always easy to follow due to a lack of markings (blue markers). Climbing sections rated at difficulty level 4 are required. From the ledge, follow a path up a rock outcrop to reach a belay point and another rock outcrop. Descend this outcrop and, at the end, climb back up 2–3 meters (climbing) to reach a new belay point on the far right. You then make an exposed traverse ascending to the left to reach another point. You arrive at a new rock ledge and continue to the right until you come back to the bushes and a sort of trail. You cross Lou Pitchoun and reach the exit of the rock ledge. A short rappel is required to reach the palm tree. From there, follow the wide rock path to the house.

**Coordinate:**
Inizio del canyon 43.1723 5.5778
Fine del canyon 43.1720 5.5781
Parcheggio Entrata e uscita 43.1701 5.5942
Parcheggio Entrata e uscita 43.1764 5.5734
Punto di passaggio 43.1720 5.5782

**Rapporti:**

2026-10-14 | System User | |📖 |⚓ | 〰 Secco | 👍 Completato
Automatisch importiert von Descente-Canyon.com für Canyon Silvio Dream line . Relais pas facile à trouver enchaine avec lou pitchoun via la vrire des immortelles et cascade cathy remontée par le sentier benjamin pour boucler. Remontée bien pourrie (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/21965/observations.html)