



RANDO N°263

27 Juin 2022

Départ du parking de la Salèse. Le circuit des Adus est sous un beau soleil et climatisée par une petite brise bien appréciable.

Pause déjeuner et repos au bord du petit lac des Adus.

Descente en passant par le grand lac des Adus (plus d'eau que prévu), puis le refuge des Adus.

Randonnée bien agréable d'environ 10 km et de 700 m de dénivelé.



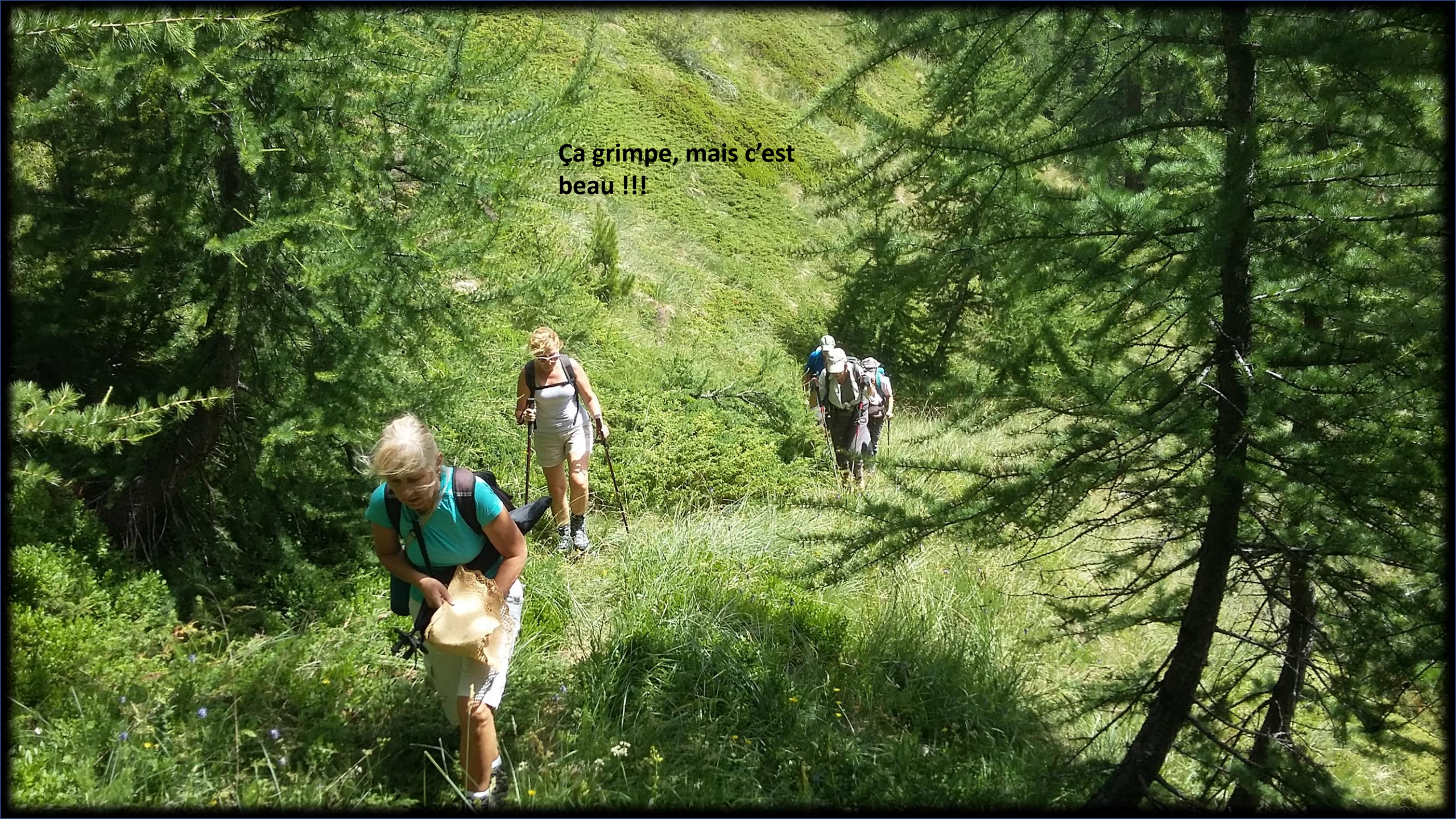








Ça grimpe, mais c'est  
beau !!!







C'est plat, mais c'est beau !!!









**Le Grand Lac des Adus**



Sur la plage du Grand Lac







Au bord du Petit Lac  
des Adus



A group of seven people, four women and three men, are posing for a photo at the edge of a calm lake. The lake's surface is dark and reflects the surrounding greenery and rocks. The group is arranged in two rows: three people are standing in the back, and four are sitting or kneeling on large, grey, jagged rocks in the foreground. The woman on the far left of the front row wears a bright blue t-shirt and a yellow sun hat. Next to her is a woman in a black floral tank top. In the center of the front row, a man sits wearing a light blue button-down shirt and dark trousers. To his right, another man stands wearing a vibrant red polo shirt. On the far right of the group, a woman sits on a rock, wearing a green t-shirt and a white cap. The background is a steep, rocky hillside covered with patches of green grass and small shrubs, with several tall, dark evergreen trees scattered across the slope. The scene is brightly lit, suggesting a sunny day.

Le Groupe au bord du Petit Lac





**Pause dans le vallon de Salèse**



Repos pour certaines...

