

Traseul propus:

**Baile Herculane-Ciclova Montana- Piatra Rolului – Varful Culmea-Pestera Elena- Manastirea Calugara-Ciclova Montana –Baile Herculane**

**Durata totala : 0 zi( Aprox.12 ore)**

**Diferenta de nivel +700m, - 700m**

Baile Herculane – Ciclova Montana cu masini personale 120Km ,cu oprire la Cascada Bigar : 2,5ore

La Ciclova se lasa masinile si se porneste spre Piatra Rolului.Durata urcus aprox. 1,30-2ore,urcus pe poteci de munte

Piatra Rolului - Varful Culmea Rolului - Pestera Sf. Elena 1,30 ore urcus pe poteci de munte

Pestera Sf. Elena Ciclova Montana cu oprire la Manastirea Calugara 2,30ore.coborare pe poteci de munte

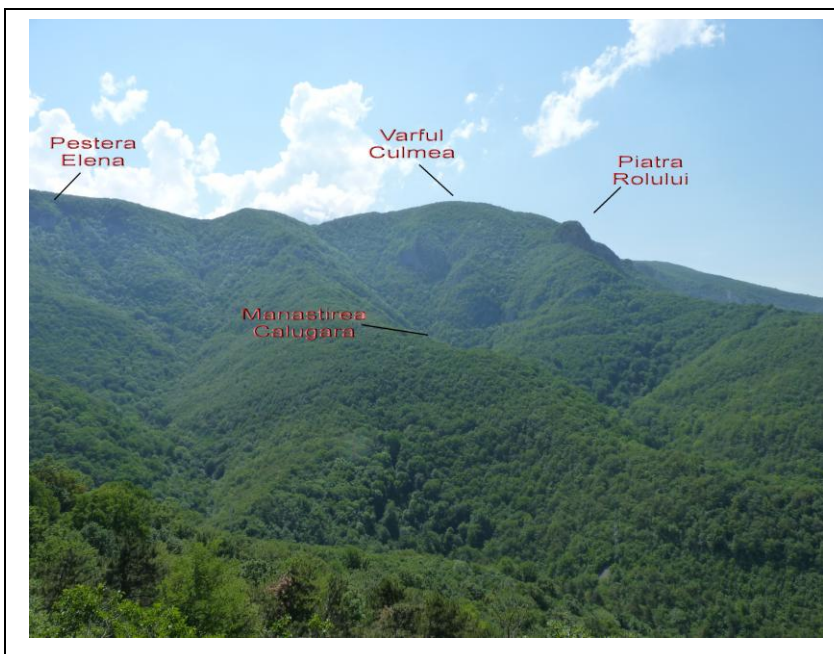
Ciclova Montana –Herculane, 120Km.2,5ore

Echiptament de munte obligatoriu,recomandam si o pelerina usoara

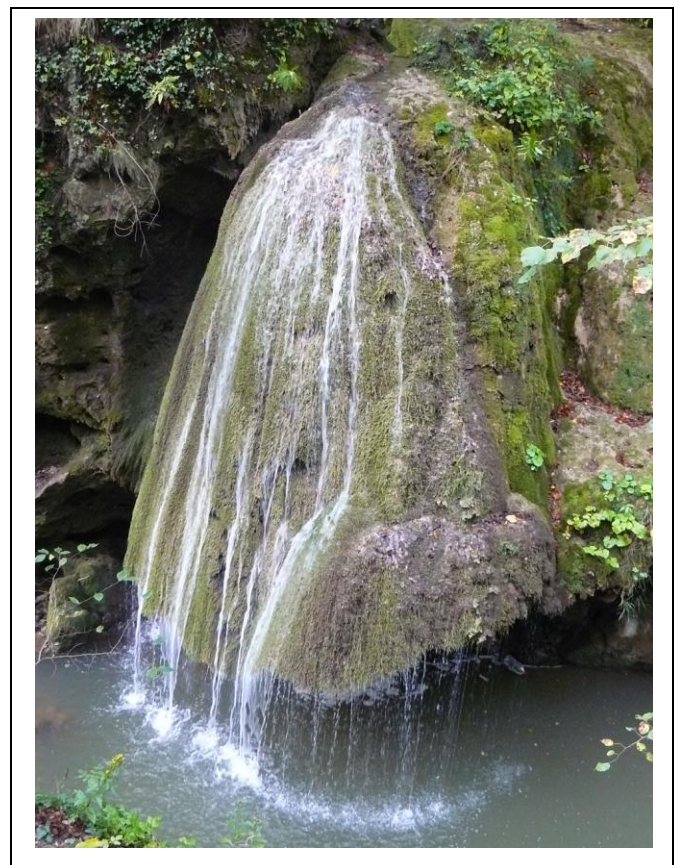
Recipient pentru apa (de preferat 1,5/2l.

Hrana : indicat sandwichuri pentru o zi.

Sosirea la Ciclova ar fi bine in jurul orei 9,00



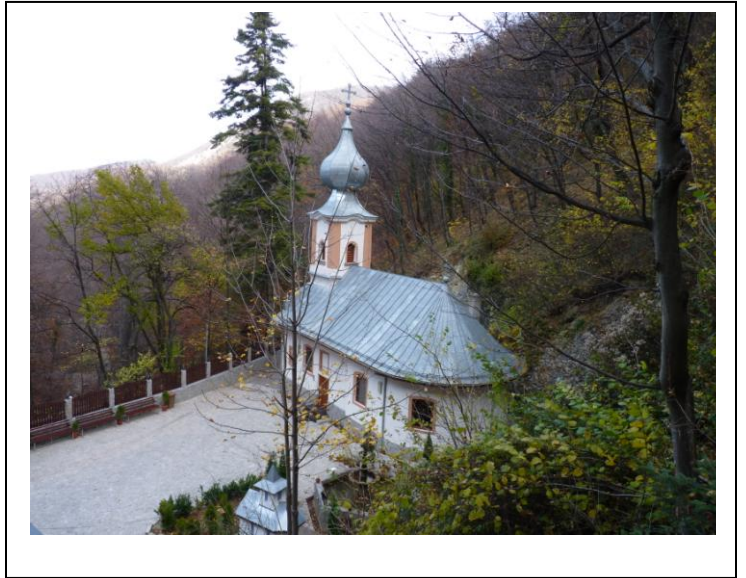
Zona de vizitat



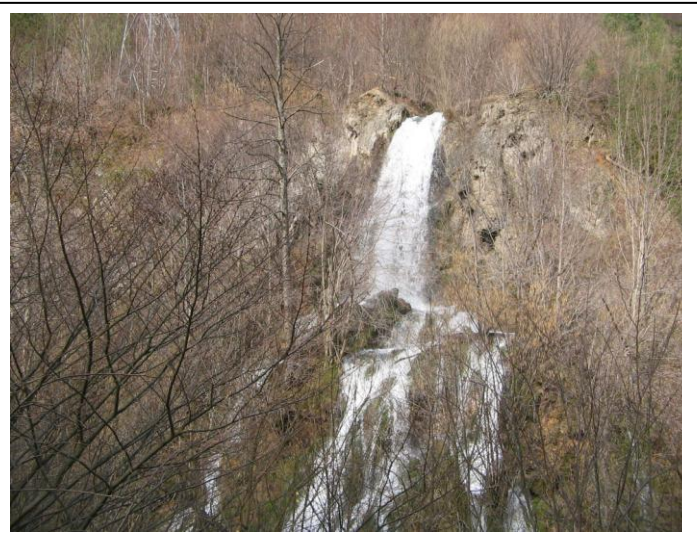
Cascada Bigar



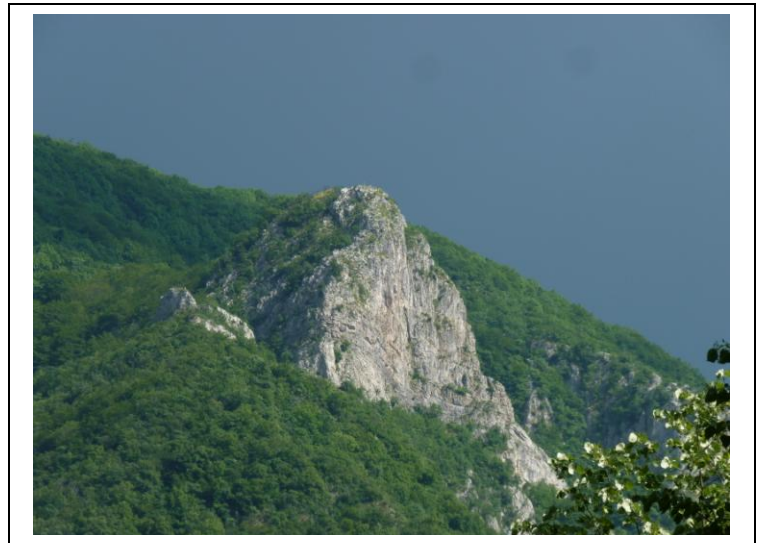
Pestera Elena



Manastirea Calugara



Cascada Carsa



Piatra Rolului

Organizator Asociatia Speologica Speo-Caras Oravita

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