# Para

Valle Para,Torrente Careghin,Rio Abellio

| | | |
|---|---|---|
| **Create:** 2023-03-09 20:50:21 | **Update:** 2023-12-08 17:07:07 | **Print:** 2026-11-10 02:11:49 |
| **Country:** Italia / Italy **Region:** Liguria **Subregion:** Imperia **Town:** Airole | | |
| **Difficulty:** easy | **Grading:** v2 a2 III | **Total time:** 2h53 |
| **Approachtime:** 50min | **Tourtime:** 2h | **Returntime:** 3min |
| **Altitude entry:** 320m | **Altitude exit:** 120m | **Delta Altitude:** 200m |
| **Canyon length:** 1600m | **Highest rapell:** 12m | **Amount rapells:** 6 |
| **Transport:** on Foot | **Rock type:** | **Drainage area:** km² |
| **Season:** | **Orientation:** | **Best Time:** |
| **Rating:** ☆ 2.7 (5) | **Info:** ★ 2.5 (2) | **Belay:** ★ 1.3 (3) |

**Specialities:**

**Gear:**
Ropes: 2x 15 m

**Summary:** (machine translated)
Open hike and rappel canyon in Sinter.
Also known as Rio Abellio.

**Hydrology:**

**Access:** (machine translated)
Either from Ventimiglia on the SS 20 towards Breil-sur-Roya, Tende, Cuneo and after about 12 km, immediately after a long tunnel, turn right towards Airole or coming from the north (Breil-sur-Roya) after 13 km (from Breil) immediately before the tunnel and the road bridge over the Roya, turn left towards Airole. However, we do not turn left at the first houses up into the village, but continue straight ahead on the old SS 20 and come (first left transformer station(?), then a - usually open - barrier) about 1.5 km after turning off the new SS 20 to the road bridge over "our" stream. Directly behind it is the railroad bridge. Here we park the car in a suitable place. There is no longer a barrier. Ignore the dead end sign. You can get through to the parking lot. We didn't look any further. There are 2 parking spaces for cars at the side of the road.

If you arrive with a camper van or similar, you can park at the front on the main road.

**Approach:** (machine translated)
Marked "2" in red on the map from Airole: Back on the road; immediately after the transformer station, take the small road on the right up to the central square (church on the left and fountain in the middle) in Airole. From here, head east up the road with the flat steps (signposted "Rocchetta" and "Basse d'Abellio"). We are now on "Sentiero 1" on the Internet map. We soon turn right at the first junction and 10 minutes later left at another junction, always following the white and red markings.
The path now walks in an easterly direction towards the Vall Para, then turns east and after a few hundred meters high above the Valle Para we come to the Torrente Careghin, where we enter.

**Tour:** (machine translated)
Actually a pure "children's" canyon to get used to canyoning. Valle Para is not as attractive as Audin, but is a slightly better overall package (including scenic) than the neighboring Montixi to the north. Mostly low water flow, but clear water. Some jumps up to 7m possible. At the exit of the summer, the last meters are dry.

Water level could be checked from the exit.

No obvious emergency exits, but you can get out sideways.

**Return:** (machine translated)
After passing under the railroad bridge, climb up to the left and to the road and the car.

**Coordinates:**
Canyon Start 43.8789 7.5646
Canyon End 43.8694 7.5640
Parking Entry and Exit 43.8689 7.5644
Parking Entry and Exit 43.8685 7.5523

**Reports:**

---

2025-10-04 | System User | | 🕮 | ⚓ | | Low | Completed
Automatisch importiert von Descente-Canyon.com für Canyon Abellio (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/20735/observations.html)

---

2025-10-03 | System User | | 🕮 | ⚓ | | Low | Completed
Automatisch importiert von Descente-Canyon.com für Canyon Abellio Clear pools, some nice jumps, but a little bit boring. The approach is nice. (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/20735/observations.html)

---

2025-10-03 | Patrik Bartel | ☆ ☆ ½ | 🕮 | ⚓ ★ | Low | Completed
Sunny and beautiful access. The access-canyon ratio is not quite right. The tour is more of a randonée aquatique with a few hops. Needed the ropes once and could have done without them. This is a good tour for beginners and children who enjoy walking. (machine translated)

---

2025-05-30 | thijs | ☆ ☆ ☆ ☆ | 🕮 ★ ★ ★ | ⚓ ★ | Normal | Completed
The path to the start cannot be missed. The rockfall is very well roped, so no problems there. We jumped everything except one rappel. Long river walk at the end, but as beautiful as Audin.

---

2023-09-13 | Daniel Sturm | ☆ ☆ | 🕮 ★ ★ | ⚓ ★ ★ | Low | Completed
Almost no running water anymore. Pools not yet stale, but close to it. Much sprinbar to slide too grippy. Perfectly suitable for beginners. However, some stamina required. (machine translated)

---

2023-03-09 | System User | ☆ ☆ | 🕮 | ⚓ | |
Info: Teile der Canyonbeschreibung wurden automatisiert übernommen. Konkret die Felder Weblinks, Koordinaten, Rating, Länge des Canyon, Einfachseil Mindestens von https://www.descente-canyon.com/canyoning/canyon/21849

---

2023-03-09 | System User | ☆ ☆ | 🕮 | ⚓ | |
Daten importiert von https://canyon.carto.net/cwiki/bin/view/Canyons/ParaCanyon.html