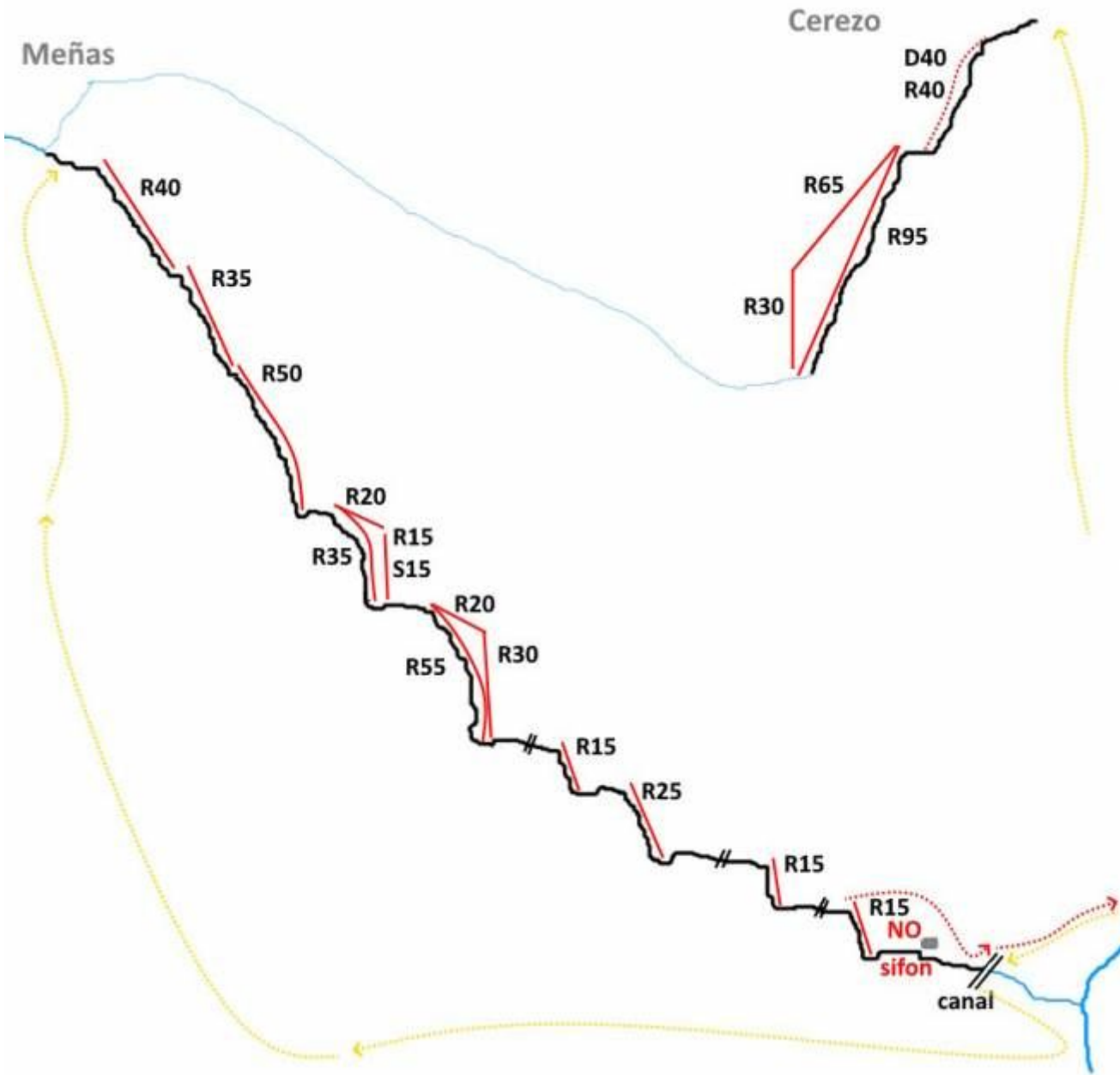


# Meñas

Garganta de las Meñas

<b>Info: The quality of this description has not been checked yet or was rated bad.</b> If you know this canyon, please check this description and file a report with a rating for this description using <i>Reports</i> -> <i>+New Report</i> . Should you notice any error, please let us know or join the community in order to fix this description yourself.		
<b>Create:</b> 2024-06-05 23:13:53	<b>Update:</b> 2026-03-14 22:01:52	<b>Print:</b> 2026-06-27 02:06:22
<b>Country:</b> España / Spain <b>Region:</b> Extremadura <b>Subregion:</b> Cáceres <b>Town:</b> Losar de la Vera		
<b>Difficulty:</b> a little difficult	<b>Grading:</b> v4 a2 III	<b>Total time:</b>
<b>Approachtime:</b>	<b>Tourtime:</b>	<b>Returntime:</b> 1h
<b>Altitude entry:</b> m	<b>Altitude exit:</b> m	<b>Delta Altitude:</b>
<b>Canyon length:</b> 2000m	<b>Highest rapell:</b> 65m	<b>Amount rapells:</b> 8
<b>Transport:</b>	<b>Rock type:</b>	<b>Drainage area:</b> km <sup>2</sup>
<b>Season:</b> March - November	<b>Orientation:</b>	<b>Best Time:</b>
<b>Rating:</b> ★ 0 ()	<b>Info:</b> ★ 0 ()	<b>Belay:</b> ★ 0 ()
<b>Specialities:</b>		
<b>Gear:</b>		
<b>Summary:</b> (machine translated) This is an important canyon due to its approach, the wild environment of Gredos and its large descent. It has a waterfall of about 90 meters divided into several rappels.		
<b>Hydrology:</b> (machine translated) Yes, although the terrain is steep and with a lot of vegetation, it is necessary to know the area.		
<b>Access:</b> (machine translated) We are in the area of La Vera, next to Losar. At the bridge over the Cuartos gorge, we take the track that goes up the left side of the stream.		
<b>Approach:</b> (machine translated) Access to Meñas and Cerezo Depending on whether we want to do Cerezo or not, we will go down to the exit or up the hills. Access to Meñas and Cerezo		
<b>Tour:</b> Ver topo		
<b>Return:</b> (machine translated) When we reach the canal, we will exit to the left and follow it to the area where we have parked.		
<b>Coordinates:</b> Canyon Start <a href="#">40.1211 -5.6050</a>		
<b>Reports:</b>		
2024-06-16   System User    📖 📍    Información: Partes de la descripción del cañón se han importado automáticamente. Concretamente, los campos Verticalidad, Acuáticos, Seriedad, Resumen, Hidrología, Acceso, Acceso, Recorrido, Regreso, Tiempo regreso, Rapel más alto, Cantidad rapells, Longitud del cañón, Temporada start, Temporada end, Ruta GPS, Topografía de <a href="https://www.docuwiki.infobarrancos.es/doku.php?id=barrancos:caceres:menas">https://www.docuwiki.infobarrancos.es/doku.php?id=barrancos:caceres:menas</a>		
2023-03-09   System User    📖 📍    Daten importiert von <a href="https://ropewiki.com/Me%C3%B1as">https://ropewiki.com/Me%C3%B1as</a>		



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