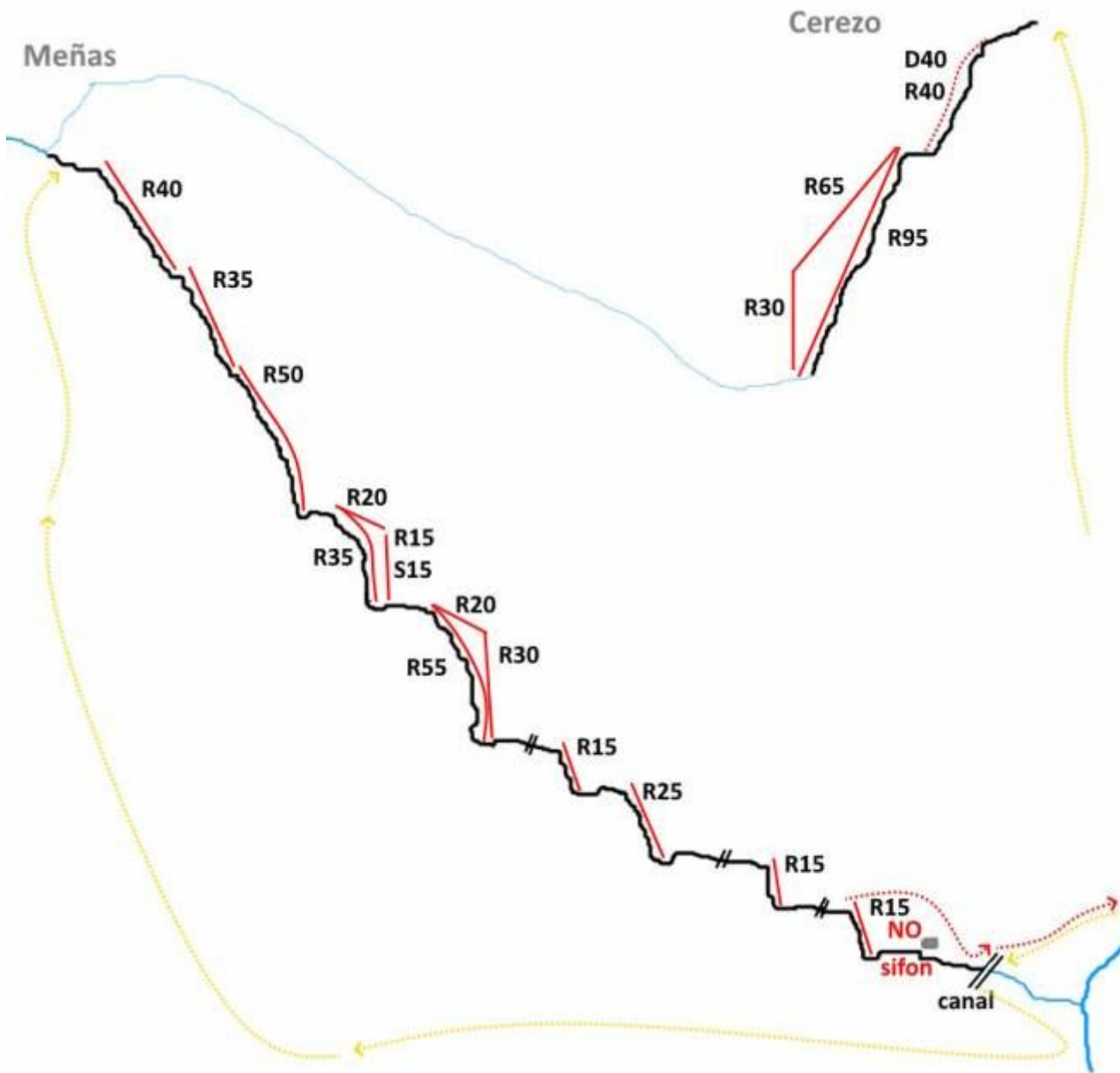


Meñas

Garganta de las Meñas

Info: The quality of this description has not been checked yet or was rated bad. 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.		
Create: 2024-06-05 23:13:53	Update: 2026-03-14 22:01:52	Print: 2026-06-27 12:06:47
Country: España / Spain Region: Extremadura Subregion: Cáceres Town: Losar de la Vera		
Difficulty: a little difficult	Grading: v4 a2 III	Total time:
Approachtime:	Tourtime:	Returntime: 1h
Altitude entry: m	Altitude exit: m	Delta Altitude:
Canyon length: 2000m	Highest rapell: 65m	Amount rapells: 8
Transport:	Rock type:	Drainage area: km ²
Season: March - November	Orientation:	Best Time:
Rating: ★ 0 ()	Info: ★ 0 ()	Belay: ★ 0 ()
Specialities:		
Gear:		
Summary: (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.		
Hydrology: (machine translated) Yes, although the terrain is steep and with a lot of vegetation, it is necessary to know the area.		
Access: (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.		
Approach: (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		
Tour: Ver topo		
Return: (machine translated) When we reach the canal, we will exit to the left and follow it to the area where we have parked.		
Coordinates: Canyon Start 40.1211 -5.6050		
Reports:		
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 https://www.docuwiki.infobarrancos.es/doku.php?id=barrancos:caceres:menas		
2023-03-09 System User 📖 📍 Daten importiert von https://ropewiki.com/Me%C3%B1as		



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