

# Troccu Soloai

Cascata Troccu e Soloai

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**Create:** 2026-01-23 13:33:06

**Update:** 2026-01-23 13:37:31

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**Country:** Italia / Italy **Region:** Sardegna **Subregion:** provincia dell'Ogliastra / Province of Ogliastra **Town:** Talana

**Difficulty:**

**Grading:** v? a? ?

**Total time:**

**Approachtime:**

**Tourtime:** 2h30

**Returntime:** 1h15

**Altitude entry:** m

**Altitude exit:** m

**Delta Altitude:**

**Canyon length:** m

**Highest rapell:** 32m

**Amount rapells:** 6

**Transport:** on Foot

**Rock type:** granite

**Drainage area:** km<sup>2</sup>

**Season:**

**Orientation:** East

**Best Time:**

**Rating:** ★ 0 ()

**Info:** ★ 0 ()

**Belay:** ★ 0 ()

**Specialities:**

**Gear:**

Ropes: 2x40

**Summary:**

<https://catastoforre.aic-canyoning.it/index/forra/cod/OG027>

**Hydrology:**

**Access:**

**Approach:**

**Tour:**

The descent of the gorge includes 6 verticals with a sequence of 10, 18, 32, 25, 20, 11. Once these 6 descents are completed, you arrive a few steps away from the confluence with Bacu Sa Figu.

**Return:**

Two exit options: go back up to the provincial road along the remains of a mule track (1h 15') or continue down the waterfalls of the final sequence of Bacu Sa Figu forra (20, 12, 37) to exit at the Coa 'e Serra bridge

**Coordinates:**

**Reports:**