

Rego do val

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Country: España / Spain **Region:** Galicia **Subregion:** provincia de Lugo **Town:** Folgoso de Caurel

Difficulty: a little difficult

Grading: v4 a2 V

Total time:

Approachtime:

Tourtime:

Returntime:

Altitude entry: m

Altitude exit: m

Delta Altitude:

Canyon length: 400m

Highest rapell: 30m

Amount rapells: 19

Transport:

Rock type:

Drainage area: km²

Season: January - December

Orientation:

Best Time:

Rating: ★ 0 ()

Info: ★ 0 ()

Belay: ★ 0 ()

Specialities:

Permit required,

Gear:

Summary: (machine translated)

The star of the Courel area. 19 chained rappels that with high flow becomes a very technical and delicate canyon. To access you must ask for permission at: <https://montanaregulada.org/area/regdo-val>

Hydrology:

- TODO -

Access: (machine translated)

Location of Folgoso

We must arrive at Folgoso do Courel. To the exit, in the curve there is place to park.

Access to the Rio Carballido ravines sketch

Once there by the LU-651 direction Quiroga. In the km 20 (to 2km of Folgoso). Track to the left and we follow 1,5kms until an abandoned construction. There we leave the access car.

Approach: (machine translated)

Barrancos Río Carballido in map

A path goes off to the left of the construction, descends towards a meadow and towards the cut that can be glimpsed. Soon you reach the beginning of the ravine.

Tour: (machine translated)

After the first rappels we enter the narrow zone with linked rappels where we will not have the opportunity to save the ropes. The last rappels have delicate accesses, so it is advisable to belay.

Return: (machine translated)

At the end of the parking lot, we turn left and we have the parking lot of the first car there.

Coordinates:

Canyon Start [42.5850 -7.1840](#)

