Sammaro

Gola di Sammaro,Torrente Sammaro,Gola del Sammaro,La Grotta

Create: 2023-03-09 20:53:35	**Update:** 2023-11-26 13:26:49	**Print:** 2026-11-10 02:11:27
Country: Italia / Italy **Region:** Campania **Subregion:** Salerno **Town:** Sacco, Roscigno		
Difficulty: a little difficult	**Grading:** v4 a3 IV	**Total time:** 3h55
Approachtime: 35min	**Tourtime:** 3h	**Returntime:** 20min
Altitude entry: 440m	**Altitude exit:** 140m	**Delta Altitude:** 300m
Canyon length: 1600m	**Highest rapell:** 15m	**Amount rapells:** 8
Transport: Car required	**Rock type:**	**Drainage area:** km²
Season:	**Orientation:** Southwest	**Best Time:**
Rating: ☆ 4 (3)	**Info:** ★ 2 (1)	**Belay:** ★ 3 (1)

Specialities:

Gear:
Ropes: 2x20m

Summary: (machine translated)
One of the most impressive canyons of central and southern Italy.

Hydrology:

Access: (machine translated)
We leave the A 3 (Naples - Reggio di Calabria) at the Atena Lucana exit. Then we cross the Vallo di Diano on the N 166 and we come up to S. Rufo (9 km from the A 3). Through the village we go up to the col (930 m a.s.l.) and on the other side we go down. About 10 km after S. Rufo we turn left towards Roscigno. At the beginning of Roscigno we turn left and head southeast towards Sacco. We cross the Torrente Sammaro at about 80 m above the river. At the first houses of Sacco turn right and follow the sign 'Sorgente Sammaro' downhill.At a sharp bend to the left the track from the Sammaro comes up from the right below. Take the second car back in the direction of Roscigno, cross the bridge, pass the cemetery and about 500 m further on turn right onto a tarred road in an easterly direction. At its exit (after about 3 km from the fork) park the second car.

Approach: (machine translated)
From the upper parking lot in a southeasterly direction down to a side stream of the Sammaro, in this and later in the Sammaro itself downstream to the beginning of the gorge. If you have only one car and you are walking from Roscigno, you should take the meadows on the right (in southeastern direction) down to Sammaro as soon as possible. The author has taken a dirt road branching off the road, then had to cross only about 100 m over a tree-covered field (private property) to reach the stream. Thus, one saves a not inconsiderable detour.

Tour: (machine translated)
Narrow and deeply incised great canyon; after the rappel at the beginning of the narrow section and another after about the first third, several rappels in immediate succession from the road bridge onwards.

Return: (machine translated)
At the exit of the canyon, turn left (AIC marking, blue dot on white rectangle), pass under the rock arch onto the well-maintained path and later up the slope on the left towards Sacco. This brings you to the tarred road.

Coordinates:
Canyon Start 40.4010 15.3810
Canyon End 40.3886 15.3630
Alternative Canyon Start 40.4053 15.3837
Parking at Entry 40.4055 15.3831
Parking at Exit 40.3836 15.3644
Waypoint 40.4016 15.3762
Waypoint 40.3956 15.3769

Reports:

2025-06-21 | System User | |🕮 |⚓ | ≈ Low | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Sammaro Magnifique canyon étroit. Il aurait été encore plus beau avec un peu plus d'eau. Premier saut au début de la partie étroite. Pendant la première demi-heure, l'eau coulait encore, créant des bassins limpides. À mi-chemin, le débit a commencé à ralentir et les bassins sont devenus stagnants, mais sont restés clairs. Dans la troisième partie, de nombreux bassins sombres et stagnants sont apparus. Une fois le pont passé, il n'y avait plus que de l'eau stagnante. Quel plaisir de trouver l'eau fraîche et claire à la source ! Nous avons campé près de la rivière aux coordonnées 40.38244 et 15.35507 et avons fait la navette à vélo. De la source, nous avons suivi la rivière jusqu'au camping (20 minutes). (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/21745/observations.html)

2025-06-21 | Jo Haegeman | ☆ ☆ ☆ ☆ |🕮 ★ |⚓ ★ ★ ★ | ≈ Low | 👍 Completed
Beautiful narrow canyon. It would have been even more beautiful with a bit more water. Now we hit first water (jump) at the start of the narrow part. The first half hour the water was still flowing, which resulted in clear pools. Halfway through it started to slow down and the pools became stagnant but remained clear. In the third part many dark stagnant pools. Once past the bridge also only stagnant water. What a delight to find the fresh clear water at the source. We camped at the river at 40.38244, 15.35507 and did the navette by bike. From the source we followed the river back to the camping site (20 min).

2025-04-21 | System User | |🕮 |⚓ | ≈ Normal | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Sammaro Canyon magnifique, le méandre semble interminable ???? (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/21745/observations.html)

2024-04-27 | System User | |🕮 |⚓ | ≈ Normal | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Sammaro (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/21745/observations.html)

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/21745

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