# Rio di Menta

Menta integrale, Quarata integrale

# 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 *Reports -> +New Report*. Should you notice any error, please let us know or join the community in order to fix this description yourself.

Create: 2025-08-08 23:43:48	<b>Update:</b> 2025-08-08 23:51:41	<b>Print:</b> 2025-11-08 04:11:10
Country: Italia / Italy Region: Piemonte Subregion: Verbano-Cusio-Ossola Town: Trontano		
Difficulty: difficult	Grading: v5 a4 IV	Total time: 12h5
Approachtime: 3h	Tourtime: 9h	Returntime: 5min
Altitude entry: 1800m	Altitude exit: 260m	Delta Altitude: 1540m
Canyon length: m	Highest rapell: 55m	Amount rapells: 60
Transport: Car optional	Rock type:	Drainage area: km²
Season: July - October	Orientation:	Best Time:
<b>Rating:</b> ☆ 3 (1)	Info: 🖈 1 (1)	<b>Belay: ★</b> 2 (1)

# Specialities:

Gear:

Ropes: 3x55m

## Summary:

Long alpine canyon, often referred to as one of the european challenges with give or take 60 abseils when continued into Quarata.

### **Hydrology:**

Access:

Approach:

Tour:

Return:

### **Coordinates:**

Canyon Start <u>46.0790 8.3677</u> Canyon End <u>46.0897 8.3098</u>

Alternative Canyon Start 46.0721 8.3588

# Reports:

2025-08-09 | Jeroen Kirchner | ☆ ☆ ☆ | 🎞 🖈 | 🗘 ★ ★ | 🏯 Normal | 🖒 Completed

Done in 2h40+a good 8 hours in the canyon. Easy car shuttle on the N-side, fllwd by a beautiful approach with views towards Monte Rosa & Domodossola. We started in upper Rio Menta, but the first 200m are lost walking down (next time we would try the waterfall a little further on the trail which takes its water from the lake & is visible from the approach). We reinforced or changed location of a few anchors. Top to bottom there are now quite a few new m10 Tebylon anchors, but also glued & 8mm old ones. For the lovers of long days, bigger abseils, lush pools and boulderhopping.