

# 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    **Update:** 2025-08-08 23:51:41    **Print:** 2026-02-11 04:02:21

**Country:** Italia / Italy    **Region:** Piemonte    **Subregion:** Verbano-Cusio-Ossola    **Town:** Trontano

|                                |                            |                                       |
|--------------------------------|----------------------------|---------------------------------------|
| <b>Difficulty:</b> difficult   | <b>Grading:</b> v5 a4 IV   | <b>Total time:</b> 12h5               |
| <b>Approach time:</b> 3h       | <b>Tourtime:</b> 9h        | <b>Returntime:</b> 5min               |
| <b>Altitude entry:</b> 1800m   | <b>Altitude exit:</b> 260m | <b>Delta Altitude:</b> 1540m          |
| <b>Canyon length:</b> m        | <b>Highest rappel:</b> 55m | <b>Amount rapells:</b> 60             |
| <b>Transport:</b> Car optional | <b>Rock type:</b>          | <b>Drainage area:</b> km <sup>2</sup> |
| <b>Season:</b> July - October  | <b>Orientation:</b>        | <b>Best Time:</b>                     |
| <b>Rating:</b> ★ 3 (1)         | <b>Info:</b> ★ 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 [46.0790 8.3677](#)

Canyon End [46.0897 8.3098](#)

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, flwd 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.