

Menta integrale, Quarata integrale

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.

Specialities:

Ropes: 3x55m

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

Access:

Tour:	
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Return:

Coordinates:
Canyon Start [46.0790 8.3677](#)
Canyon End [46.0897 8.3098](#)
Alternative Canyon Start [46.0721 8.3588](#)

Canyon Start 46.0790 8.3677

Canyon End	46.0897	8.3098
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Alternative Canyon Start 46.0721 8.3588

2025-08-09 | Jeroen Kirchner | 🌟🌟🌟 | 📖🌟 | 🚢🌟🌟 | 🌊 Normal | 🍏 Completed

Done in 2h40+a good 8 hours in the canyon. Easy car shuttle on the N-side, flld 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.