

# Rio di Menta

Menta integrale, Quarata integrale

<b>Info: The quality of this description has not been checked yet or was rated bad.</b> If you know this canyon, please check this description and file a report with a rating for this description using <i>Reports</i> -> +New Report. Should you notice any error, please let us know or join the community in order to fix this description yourself.		
<b>Create:</b> 2025-08-08 23:43:48	<b>Update:</b> 2025-08-08 23:51:41	<b>Print:</b> 2026-06-27 03:06:32
<b>Country:</b> Italia / Italy <b>Region:</b> Piemonte <b>Subregion:</b> Verbano-Cusio-Ossola <b>Town:</b> Trontano		
<b>Difficulty:</b> difficult	<b>Grading:</b> v5 a4 IV	<b>Total time:</b> 12h5
<b>Approachtime:</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 rapell:</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)
<b>Specialities:</b>		
<b>Gear:</b> Ropes: 3x55m		
<b>Summary:</b> Long alpine canyon, often referred to as one of the european challenges with give or take 60 abseils when continued into Quarata.		
<b>Hydrology:</b>		
<b>Access:</b>		
<b>Approach:</b>		
<b>Tour:</b>		
<b>Return:</b>		
<b>Coordinates:</b> Canyon Start <a href="#">46.0790 8.3677</a> Canyon End <a href="#">46.0897 8.3098</a> Alternative Canyon Start <a href="#">46.0721 8.3588</a>		
<b>Reports:</b>		
2025-08-09   Jeroen Kirchner   ★★ ★   📖 ★   🪚 ★★   🌊 Normal   🍏 Completed Done in 2h40+a good 8 hours in the canyon. Easy car shuttle on the N-side, filwd 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.		