Grotta su Bentigheddu

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: 2026-01-04 18:13:16	**Update:** 2026-01-04 18:31:36	**Print:** 2026-11-12 02:11:45
Country: Italia / Italy **Region:** Sardegna **Subregion:** Nuoro **Town:** Oliena		
Difficulty: easy	**Grading:** v2 a1 I	**Total time:** 2h
Approachtime: 20min	**Tourtime:** 1h30	**Returntime:** 10min
Altitude entry: 200m	**Altitude exit:** 140m	**Delta Altitude:** 60m
Canyon length: 500m	**Highest rapell:** 30m	**Amount rapells:** 5
Transport: on Foot	**Rock type:**	**Drainage area:** km²
Season: January - December	**Orientation:** Northeast	**Best Time:**
Rating: ☆ 0 ()	**Info:** ★ 0 ()	**Belay:** ★ 2 (1)

Specialities:

Gear:
Ropes: 2x40

Summary:
https://www.verticalwatercanyoning.com/raduni-ed-eventi/new-year-sardinia/

Hydrology:

Access:

Approach:
Follow the left slope immediately after the entrance to the Su Bentu cave to reach the entrance to Su Bentigheddu.

Tour:
After the 30-meter abseil, you'll need to don a wetsuit because, turning right (the Su Bentu siphon lake is on the left), you'll have to cross flooded corridors, make another abseil, and climb. The adventure ends at the exit of Sa Ohe cave.

Return:

Coordinates:
Parking Entry and Exit 40.2564 9.4868
Canyon Start 40.2557 9.4848
Canyon End 40.2568 9.4856

Reports:

2026-01-04 | MirkoT | | 🕮 | ⚓ ★ ★ | ≋ Low | 👍 Completed
The smooth descent of a group is reported. (machine translated)