

# Sa Spendula

Riu Coxinas

<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> -> <i>+New Report</i> . Should you notice any error, please let us know or join the community in order to fix this description yourself.		
<b>Create:</b> 2023-03-09 20:54:43	<b>Update:</b> 2023-11-23 18:50:20	<b>Print:</b> 2026-05-12 10:05:59
<b>Country:</b> Italia / Italy <b>Region:</b> Sardegna <b>Subregion:</b> provincia del Medio Campidano <b>Town:</b> Villacidro		
<b>Difficulty:</b> not as difficult	<b>Grading:</b> v3 a2 II	<b>Total time:</b> 2h55
<b>Approachtime:</b> 20min	<b>Tourtime:</b> 2h30	<b>Returntime:</b> 5min
<b>Altitude entry:</b> 320m	<b>Altitude exit:</b> 225m	<b>Delta Altitude:</b> 95m
<b>Canyon length:</b> m	<b>Highest rapell:</b> 25m	<b>Amount rapells:</b>
<b>Transport:</b> on Foot	<b>Rock type:</b>	<b>Drainage area:</b> km <sup>2</sup>
<b>Season:</b>	<b>Orientation:</b>	<b>Best Time:</b>
<b>Rating:</b> ★ 2.1 (1)	<b>Info:</b> ★ 0 ()	<b>Belay:</b> ★ 0 ()
<b>Specialities:</b>		
<b>Gear:</b> Ropes: 2x30m		
<b>Summary:</b> (machine translated) Sa Spendula is a succession of beautiful waterfalls. Riu Coxinas is the stream that feeds them and as such is not a burner, especially quite overgrown.		
<b>Hydrology:</b>		
<b>Access:</b> (machine translated) Leave the four-lane SS 131 from Cagliari to Sássari approx. 40 km north of Cagliari at Sanluri and drive via San Gavino Monreale and on to Villacidro. At the overpass over the SS 196, the wide Villacidro bypass, turn right onto the SS 196 in the direction of Gùspini. After approx. 2 km, the northern access road to Villacidro branches off to the left. Take this access road towards Villacidro and, before reaching the village, turn right at a crossroads with a signpost for 'Cascata Sa Spendula'. After a wide left-hand bend, there is a large parking lot on the right. This is the exit. Take a second vehicle or walk from the parking lot onto the road you came in on, turn right and up the hill. At the first houses, after a left-right bend, a road branches off to the right that leads steeply uphill. Follow this road uphill and shortly afterwards turn right again onto a narrow tarred road that leads up through a pine forest and past a waterworks. Pass the waterworks on the right and at the exit take a gravel road to a parking lot below the transmitter masts (approx. 30 min. ascent).		
<b>Approach:</b> (machine translated) From the parking lot, follow the wide marked path westwards into the valley. After walking for about 5 minutes, you will see a dam wall in the background. You could walk to the dam wall and get in there. If you like getting completely scratched up in dense undergrowth, you can do that. However, it is advisable to descend to the canyon to the right shortly after the striking path cut between the rocks. This allows you to enjoy the interesting final section and largely avoid the weedy upper section of the stream. From the parplatz at the bottom, you can also climb up the orographic left side of the canyon and get directly to the entry.		
<b>Tour:</b> (machine translated) Up to the final waterfalls, stream climbing with no gradient to speak of and almost no rappel. The final cascades are attractive and the climber can count on spectators.		
<b>Return:</b> (machine translated) After the last waterfall on the footpath to the car.		

**Coordinates:**





Canyon Start [39.4651 8.7214](#)

Canyon End [39.4679 8.7253](#)

**Reports:**

2023-10-27 | System User |    Dry |  Completed

Automatisch importiert von Descente-Canyon.com für Canyon Coxinas Sec malgré au moins 2 jours de pluie. Vasques pas croupies mais presque ! Seule la partie finale est intéressante dans ces conditions. Canyon bien envahi par la végétation. Équipement ok. A faire avec de l'eau ! (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/22430/observations.html>)

2023-03-09 | System User |     | |

Daten importiert von <https://canyon.carto.net/cwiki/bin/view/Canyons/SaSpendulaCanyon.html>