

# Muru Mannu

(Canale de) Muru Mannu, Riu Cannisoni

<b>Info: La qualità di questa descrizione non è stata ancora controllata o è stata valutata negativa.</b> Se si conosce questo canyon, si prega di controllare questa descrizione e di inviare una segnalazione con una valutazione per questa descrizione utilizzando Segnalazioni +Nuova segnalazione. Se notate un errore, fatecelo sapere o unitevi alla comunità per correggere voi stessi questa descrizione.		
<b>Creare:</b> 2023-03-09 20:54:47	<b>Aggiornamento:</b> 2023-10-14 09:16:24	<b>Stampa:</b> 2026-04-06 01:04:02
<b>Paese:</b> Italia / Italy <b>Regione:</b> Sardegna <b>Sottoregione:</b> provincia del Medio Campidano <b>Città:</b> Villacidr		
<b>Difficoltà:</b> un po' difficile	<b>Grado:</b> v4 a2 III	<b>Tempo totale:</b> 5h45
<b>Tempo avvicinamento:</b> 2h15	<b>Tempo giaro:</b> 2h30	<b>Tempo ritorno:</b> 1h
<b>Altitudine di entrata:</b> 730m	<b>Altitudine di uscita:</b> 530m	<b>Altitudine delta:</b> 200m
<b>Lunghezza del canyon:</b> 0m	<b>Rapel più alto:</b> 67m	<b>Quantità rapelli:</b>
<b>Transporto:</b> a piedi	<b>Tipo di roccia:</b>	<b>Area di ingresso:</b> km <sup>2</sup>
<b>Stagione:</b>	<b>Orientamento:</b>	<b>Tempo migliore:</b>
<b>Valutazione:</b> ★ 2.3 (2)	<b>Info:</b> ★ 0 ()	<b>Belay:</b> ★ 0 ()
<b>Specialità:</b>		
<b>Attrezzatura:</b>		
<b>Sintesi:</b> (traduzione alternativa) Angular rappel canyon with usually quite poor water flow; so best done in winter or early spring		
<b>Idrologia:</b>		
<b>Accesso:</b> (traduzione alternativa) In Villacidro we follow the signs "Monti Mannu". This brings us to the Lago di Leni/Lago di Montmannu reservoir and we ride along its northern shore. A bridge brings us to the other bank of a riverbed. We continue along the shore of the reservoir until we reach its southern root, where we cross another streambed. After the bridge, we turn right onto a dirt road and continue following the signs for "Monti Mannu". We follow the forest road for 5.5 km, passing a group of hares on the left, and later a tree nursery on the righthand side. On the left we see the skeleton of a metal footbridge over the Rio Cannisoni. Here we park the car (see Google-map in "photo gallery").		
<b>Avvicinamento:</b> (traduzione alternativa) We continue along the dirt road - also trail no. 109 - for about 1.8 km (25 min.). We come to a fork in the road and take path 113 (sentiero Piscina Irgas), which first walks over an iron bridge and then climbs steeply. We reach the plateau and have an impressive view of the granite basin of the Rio Oridda with the almost 40m high waterfall. The path continues to climb and walks along the eastern side of a flat rocky cone into a wooded hollow. Here (665m alt.) we leave the indistinct trail, cross the forest in the hollow slightly ascending to the ridge beyond the hollow (680m alt.). To the north rises a rocky cone. We pass immediately first slightly downhill under this cone on the left and meet here a slope that also goes up from below (GPS: 39°24'43.39 "N / 8°37'35.78 "E ) - 665m old. On the track now always in northwestern direction along the ridge or just below it, until it meets another track on the saddle Genna de Muru Mannu (GPS: 39°25'25.92 "N / 8°36'32.21 "E) - 761m old. Follow this road in northeastern direction downhill until the first leftward haipin bend. Here we leave the track and follow the faint tracks in the chute down into the streambed. Alternatively, we can stay on the path above the basin of the Oridda waterfall and descend in a southerly direction into the high valley of Riu Oridda. Here we meet a dirt road beyond the stream. We follow it to the northwest, change at a junction to the right to the orographic left side of the stream and on this track we also reach the saddle Genna de Muru Mannu. Then continue as described above. This path is perhaps easier to find and perhaps more comfortable, but the views of the other access are then lost (see sketch in "Photo Gallery"). Another access possibility opens also from the north side and namely from the places where you also approach the Riu Linas: <a href="http://win.aic-canyoning.it/Public/data/teletottes/2012411222038_avvicinamento%2520Muru%2520Mannu.pdf">http://win.aic-canyoning.it/Public/data/teletottes/2012411222038_avvicinamento%2520Muru%2520Mannu.pdf</a> (see also at the Riu Linas - description).		

**Giro:** (traduzione alternativa)

First about 1 hour in the streambed down, then 3 rappel (22-10-67). After the high rappel on tracks on the left slope down to the confluence of Rio Linas and Rio Cannisoni.

**Ritorno:** (traduzione alternativa)

Here a little further down the stream, then we come to the hiking trail "109" (red-white marking) and follow this down the valley to the car.

**Coordinate:**

Inizio del canyon [39.4245 8.6103](#)

Parcheggio Entrata e uscita [39.4014 8.6474](#)

Fine del canyon [39.4264 8.6181](#)

**Rapporti:**

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Info: Teile der Canyonbeschreibung wurden automatisiert übernommen. Konkret die Felder Weblinks, Koordinaten, Rating, Länge des Canyon, Einfachseil Mindestens von <https://www.descente-canyon.com/canyoning/canyon/22046>

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