Para

Valle Para,Torrente Careghin,Rio Abellio

Create: 2023-03-09 20:50:21	**Update:** 2023-12-08 17:07:07	**Print:** 2026-10-30 01:10:31
Country: Italia / Italy **Region:** Liguria **Subregion:** Imperia **Town:** Airole		
Difficulty: easy	**Grading:** v2 a2 III	**Total time:** 2h53
Approachtime: 50min	**Tourtime:** 2h	**Returntime:** 3min
Altitude entry: 320m	**Altitude exit:** 120m	**Delta Altitude:** 200m
Canyon length: 1600m	**Highest rapell:** 12m	**Amount rapells:** 6
Transport: on Foot	**Rock type:**	**Drainage area:** km²
Season:	**Orientation:**	**Best Time:**
Rating: ☆ 2.7 (5)	**Info:** ★ 2.5 (2)	**Belay:** ★ 1.3 (3)

Specialities:

Gear:
Ropes: 2x 15 m

Summary: (machine translated)
Open hike and rappel canyon in Sinter.
Also known as Rio Abellio.

Hydrology:

Access: (machine translated)
Either from Ventimiglia on the SS 20 towards Breil-sur-Roya, Tende, Cuneo and after about 12 km, immediately after a long tunnel, turn right towards Airole or coming from the north (Breil-sur-Roya) after 13 km (from Breil) immediately before the tunnel and the road bridge over the Roya, turn left towards Airole. However, we do not turn left at the first houses up into the village, but continue straight ahead on the old SS 20 and come (first left transformer station(?), then a - usually open - barrier) about 1.5 km after turning off the new SS 20 to the road bridge over "our" stream. Directly behind it is the railroad bridge. Here we park the car in a suitable place. There is no longer a barrier. Ignore the dead end sign. You can get through to the parking lot. We didn't look any further. There are 2 parking spaces for cars at the side of the road.

If you arrive with a camper van or similar, you can park at the front on the main road.

Approach: (machine translated)
Marked "2" in red on the map from Airole: Back on the road; immediately after the transformer station, take the small road on the right up to the central square (church on the left and fountain in the middle) in Airole. From here, head east up the road with the flat steps (signposted "Rocchetta" and "Basse d'Abellio"). We are now on "Sentiero 1" on the Internet map. We soon turn right at the first junction and 10 minutes later left at another junction, always following the white and red markings.
The path now walks in an easterly direction towards the Vall Para, then turns east and after a few hundred meters high above the Valle Para we come to the Torrente Careghin, where we enter.

Tour: (machine translated)
Actually a pure "children's" canyon to get used to canyoning. Valle Para is not as attractive as Audin, but is a slightly better overall package (including scenic) than the neighboring Montixi to the north. Mostly low water flow, but clear water. Some jumps up to 7m possible. At the exit of the summer, the last meters are dry.

Water level could be checked from the exit.

No obvious emergency exits, but you can get out sideways.

Return: (machine translated)
After passing under the railroad bridge, climb up to the left and to the road and the car.

Coordinates:
Canyon Start 43.8789 7.5646
Canyon End 43.8694 7.5640
Parking Entry and Exit 43.8689 7.5644
Parking Entry and Exit 43.8685 7.5523

Reports:

2026-06-20 | System User | |🕮 |⚓ | 〰 Low | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Abellio Petit debit mais agreable (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/20735/observations.html)

2026-06-10 | System User | |🕮 |⚓ | 〰 Normal | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Abellio (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/20735/observations.html)

2026-06-06 | System User | |🕮 |⚓ | 〰 Normal | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Abellio Jolie balade. A faire sans tarder pour profiter de la belle eau verte ! (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/20735/observations.html)

2026-05-15 | System User | |🕮 |⚓ | 〰 Low | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Abellio Très jolie découverte, magnifique cadre sauvage, belles vasques limpides, un beau toboggan et quelques jolis sauts. Fait un seul rappel de 15m.Personnellement j'ai préféré ce canyon à celui d'Audin (juste à côté) au niveau du cadre. Approche clairement passer tout droit là où le GR contourne, ça passe très bien dans l'éboulement (cordes en place). Un local nous a conseillé de nous parquer plutôt au village que sur le point décrit ici à cause du risque de vol, apparemment il y a souvent des cambriolages surtout les week-ends (endroit isolé, pas de souci au le village par contre). (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/20735/observations.html)

2026-05-12 | System User | |🕮 |⚓ | 〰 Normal | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Para (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/21849/observations.html)

2026-05-10 | System User | |🕮 |⚓ | 〰 Normal | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Abellio Petit canyon agréable avec 6 rappels sans difficulté.A faire en eau pour profiter des sauts et des toboggans (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/20735/observations.html)

2026-04-01 | System User | |🕮 |⚓ | 〰 Normal | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Abellio Des gants sont bienvenus, l'eau est froide. Le passage par l'éboulis se fait sans problème. Suivre le GR sauf après 30 minutes, où il tourne subitement à gauche à 90°, pour éviter l'éboulis qui en réalité passe très bien. Il suffit de continuer tout droit. Le ruisseau est joli et ensoleillé. Quelques petits sauts et petites glissades. Petits rappels. Un grand et beau toboggan sur la fin, la vasque est profonde. Puis un joli saut en rive gauche que l'on peut refaire. Cordelette en main courante pour y accéder. Idéal avec des débutants et enfants. Compter 2h, et 50 min pour l'accès. (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/20735/observations.html)

2025-10-04 | System User | |🕮 |⚓ | 〰 Low | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Abellio (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/20735/observations.html)

2025-10-03 | System User | |🕮 |⚓ | 〰 Low | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Abellio Clear pools, some nice jumps, but a little bit boring. The approach is nice. (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/20735/observations.html)

2025-10-03 | Patrik Bartel | ★ ★ ½ |🕮 |⚓ ★ | 〰 Low | 👍 Completed
Sunny and beautiful access. The access-canyon ratio is not quite right. The tour is more of a randonée aquatique with a few hops. Needed the ropes once and could have done without them. This is a good tour for beginners and children who enjoy walking. (machine translated)

2025-05-30 | thijs | ★ ★ ★ ★ |🕮 ★ ★ ★ |⚓ ★ | 〰 Normal | 👍 Completed
The path to the start cannot be missed. The rockfall is very well roped, so no problems there. We jumped everything except one rappel. Long river walk at the end, but as beautiful as Audin.

2023-09-13 | Daniel Sturm | ★ ★ |🕮 ★ ★ |⚓ ★ ★ | 〰 Low | 👍 Completed