Groven (Inferiore)

Create: 2023-12-22 08:03:25	**Update:** 2026-08-10 22:43:42	**Print:** 2026-10-30 01:10:12
Country: Schweiz / Switzerland **Region:** Kanton Graubünden **Subregion:** Region Moesa **Town:** Lostallo		
Difficulty: a little difficult	**Grading:** v4 a4 IV	**Total time:** 3h35
Approachtime: 1h	**Tourtime:** 2h30	**Returntime:** 5min
Altitude entry: 590m	**Altitude exit:** 450m	**Delta Altitude:** 140m
Canyon length: m	**Highest rapell:** m	**Amount rapells:**
Transport: on Foot	**Rock type:**	**Drainage area:** 4.16km²
Season:	**Orientation:**	**Best Time:**
Rating: ☆ 3.5 (1)	**Info:** ★ 3 (1)	**Belay:** ★ 1 (1)

Specialities:

Gear:
Ropes: 2x 40m

Summary: (machine translated)
3/4; 1/2 smiley faces
A winding rappel canyon with a few fun rappelling opportunities.

Hydrology:

Access: (machine translated)
At the southern entrance to Lostallo, turn off the main road toward the canyon and park along the side of the road.

Approach: (machine translated)
We climbed up from the northern end of the village toward "Arla." Then we followed a trail to "Paire" and on to "Pontell." Up to that point, red dots were visible at regular intervals to help us find our way.

Starting at the power poles, there are better trails marked with a white outer circle and a purple center. These trails and their markings likely belong to Swissgrid or its power poles.
We followed these markings until we reached a fork in front of a power pole at approximately 596 meters above sea level, where we took the lower path, which descends slightly. We followed this path until we reached the streambed of the Groven.

https://swisstopo.app/i/5/2RQWXSTX
(In this track, we looked too far up for the path to the “Inferiore” entry. The section above 600 can be ignored.)

Tour: (machine translated)
A series of medium-height rappels, some of which involve somewhat challenging rope placement.

Return: (machine translated)
On the orographically left path from the swimming area back to the parking lot

Coordinates:
Canyon Start 46.3245 9.1994
Canyon End 46.3248 9.2026
Parking Entry and Exit 46.3245 9.2031

Reports:

2026-08-10 | Peisen | ☆ ☆ ☆ ½ | 🕮 ★ ★ ★ | ⚓ ★ | ≋ Low | 👍 Completed
It’s slippery going. Some anchors needed to be tightened. Before lowering the rope, you need to check where the next belay point is, since the canyon has only a few belay points. On the third-to-last or second-to-last high rappels, old anchors could/should be cut out with a grinder. (machine translated)

Parts:
Groven (superiore), v5 a4 V, 2h+6h+5min
Groven (Inferiore), v4 a4 IV, 1h+2h30+5min