Sorba sup

Gula Talheintha

Create: 2025-10-26 10:43:32	**Update:** 2026-08-10 09:35:35	**Print:** 2026-10-30 12:10:41
Country: Italia / Italy **Region:** Piemonte **Subregion:** Vercelli **Town:** Rassa		
Difficulty: not as difficult	**Grading:** v3 a3 II	**Total time:** 3h30
Approachtime: 1h20	**Tourtime:** 1h30	**Returntime:** 40min
Altitude entry: 1360m	**Altitude exit:** 1240m	**Delta Altitude:** 120m
Canyon length: 400m	**Highest rapell:** 22m	**Amount rapells:** 7
Transport: on Foot	**Rock type:** gneiss	**Drainage area:** 12.00km²
Season: June - September	**Orientation:** Northeast	**Best Time:**
Rating: ☆ 3.2 (4)	**Info:** ★ 1.5 (2)	**Belay:** ★ 1 (3)

Specialities:

Gear:
Ropes: 1x50 m + 1x40 m

Summary:
Short open canyon with beautiful, crystal-clear pools and small waterfalls. Opportunities for jumps and tobogas. All set within the magnificent natural surroundings of the upper Val Sorba forest.

Hydrology:

Access:
From the Valsesia provincial road, after Piode, turn left toward Rassa. Reach the village and park in the last parking lot on the left, where a concrete road begins.

Approach:
Follow the uphill concrete road leading into the upper Val Sorba, following the signs for Ristorante Heidi. When the concrete road ends, continue along the beautiful mule track (CAI trail 251/51). You'll first reach the mountain pasture with the restaurant, then Alpe Sorba. Continue straight, ignoring the bridge on the left, and stay in the valley bottom. At one point, the trail runs along a cliff (there's a railing); at the bottom, you can see a large pool with a waterfall. Continue climbing until you find another bridge on the left — from here you can admire two waterfalls of the canyon. Ignore the bridge, and continue until you meet a dirt road; follow it until a ford over the Sorba stream, where the descent begins. (Total: 1 hour 20 min.)

Tour:
You'll immediately find the first pool suitable for jumping, followed by a 4 m toboggan. After a 5-minute walk, you reach the first C15, then another nice 5 m toboggan leads into the continuous section of the canyon. Soon after: C10 right, C14 left, 3 m toboggan, C24 right, C22 right (tree — warning! in the gully there's a boulder creating a siphon in the small pool, the rope can get stuck underneath) + C10 left, C14 left, leading to the large final pool. The last waterfall can also be jumped.

Return:
Once you finish the canyon, after the last "lake," the walls open up and the stream flattens out. Exit on the left through the woods, rejoining the approach trail; descend back to Rassa. (40 min.)
It's advisable to bring a change of clothes in a waterproof barrel, to put on after exiting the canyon for the fairly long return hike. (Alternatively, use a dry suit.)

Coordinates:
Canyon Start 45.7407 7.9928
Canyon End 45.7430 7.9942

Reports:

2026-07-07 | Alex54 | ☆ ☆ ☆ |🕮 ★ ★ |⚓ | 〰 Normal | 👍 Completed
We did something similar to what we described in a previous post... we spent the night in a tent at the base of the stream (there are some beautiful, flat meadows), then in the morning we hiked through the canyon. There are some beautiful waterfalls with stunning pools... a little gem far from everything, short—in the end, we went through it twice in a row (it takes 15 minutes to hike back up from the bottom of the canyon to the start). There aren’t even single anchor points at all the waterfalls, but there are plenty of escape routes. (machine translated)

2025-10-27 | Matteo Delfitto | ☆ ☆ ☆ ½ |🕮 |⚓ ★ | | 👎 Not done
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2025-08-24 | Enrico Rispoli | ☆ ☆ ☆ |🕮 |⚓ ★ | 〰 Normal | 👍 Completed
We slept the night before at the Alpe Toso bivouac (higher up the canyon) which is very well stocked.In the morning we descended into the canyon where the dirt road crosses the Sorba; the first section is very open... There is an unequipped waterfall that we bypassed by getting out for a moment.... At a bridge there is a nice slide and from there it is much nicer all the way down; there are a couple of spectacular pools... Of course the trail is short and the approach long; if you want to do it you'd better combine it with some other activity in the valley. All to singles with tag and ring/quick link (machine translated)

2025-08-22 | Matteo Delfitto | ☆ ☆ ☆ |🕮 ★ |⚓ ★ | 〰 Normal | 👍 Completed
Canyon short but with nice rappels, never complex, a few toboggans, various possibilities of even high dives into always deep pools... Minimally equipped, all single points and some rappels ds do directly rappelled from trees. Green environment in a forest of fir and beech trees. Long approach (more than 1 h) on a gently ascending mule track through the alpine pastures and forests of the upper Sorba Valley, personally does not penalize the descent as it is not strenuous; bring a change of clothes for the return to be done on the same trail as the outward journey (40 min.) In the summer months, on the steep asphalt road leading to the last parking area, transit is prohibited. Explored by me in 2025. (machine translated)

Parts:
Sorba sup, v3 a3 II, 1h20+1h30+40min
Sorba int, v2 a3 I, 20min+1h30+5min
Sorba inf, v3 a4 II, 5min+1h45+20min

First descent: 25.07.2025 by Matteo Delfitto