Costalunga

Val Costalonga,Val Costalunga

Create: 2023-03-09 20:50:09	**Update:** 2025-12-08 18:34:14	**Print:** 2026-10-30 01:10:10
Country: Italia / Italy **Region:** Veneto **Subregion:** Belluno **Town:** Sospirolo		
Difficulty: a little difficult	**Grading:** v4 a3 III	**Total time:** 3h45
Approachtime: 1h	**Tourtime:** 2h30	**Returntime:** 15min
Altitude entry: 640m	**Altitude exit:** 440m	**Delta Altitude:** 200m
Canyon length: 800m	**Highest rapell:** 34m	**Amount rapells:** 16
Transport: on Foot	**Rock type:** limestone	**Drainage area:** 2.30km²
Season:	**Orientation:** Northeast	**Best Time:**
Rating: ☆ 3.5 (2)	**Info:** ★ 2 (1)	**Belay:** ★ 1 (1)

Warnings:

Canyoning forbidden (Dolomite Bellunesi National Park Authority)

According to article 11 of law no. 394 of December 6, 1991, as amended on July 9, 2021 Canyoning is prohibited.
https://www.dolomitipark.it/wp-content/uploads/2021/07/Regolamento-PNDB_GU-n.163_20210709.pdf

Specialities:

§ Proscription,

Gear:

Ropes: 1x70

Summary: (machine translated)

Very beautiful rappel canyon, currently only very few jumps possible (May 2024). A good alternative if there is too much water in the Soffia. Beware, in spring and / or after rainfall, the Torrente Mis, which must be crossed, can be waist-deep and dangerous.

Hydrology:

Access: (machine translated)

From Belluno on the 203 d in the direction of Agordo. After 8km (at Mas) turn left and go west via Gron to Sospirolo (4.5km). There turn right and head NNO to Lago di Mis. At the end of the lake (at the root of the dam, until then about 7 km from Sospirolo), cross the Torrente de Mis, then take the road on the left towards NNW and after 1400 m on the right park your car at the road. (To Gole de Soffia same access, but after the bridge right off to the restaurant on the lake).

Approach: (machine translated)

A good 50 meters back, the vegetation consists of small bushes and the bank is paved with large stone blocks. Here you can descend to the river. Cross it and then head towards the exit of Val Costalunga opposite. From there, climb without a path (possibly animal tracks) up to an open area, at the north-western end of which you will come across two ruined houses. Behind the northern house, a poorly recognizable path starts, which winds its way through the mountain face in steep serpentines, sometimes very exposed. If in doubt, continue upwards through the forest without a path until you reach the path mentioned above. Follow this for a good 40 minutes until you come to the remains of a ruined house (680 m above sea level). Here the path loses its way, a narrow path leads further uphill, a barely recognizable, brick chute leads slightly uphill to the left. Two large trees have fallen over at the start. A little further on, a rusty steel cable is stretched across it. From here, follow the gully for about 50m, then you will see a flat path that was probably used to fetch water in the past. First cross horizontally over a dry and steep side ditch, then descend a little more steeply to reach the stream.

The access path is marked in Open Street Map, but the serpentines are "smoothed", which means that you think you are too far down at the beginning and later too far up.

Tour: (machine translated)
First a sequence of smaller rappels (up to a maximum of 12m) and currently (May 2024) no possible jumps. The canyon opens up briefly to present a vertical part with a C6, C30 combination (newly drilled in May 2024, formerly C34). The canyon narrows again and a nice 20 meter waterfall follows, which becomes problematic when the water level is high. A few more short steps in a fairytale-like setting and you can marvel at all the water seeping into the gravel bed. You are already back at the Torrente Mis.
Valle Costalunga is located in the Parco Nazionale Dolomiti, where canyoning is prohibited. The A.I.C. management has been negotiating with the national park administration for some time in this regard.

Return: (machine translated)
Cross the Mis again, climb up to the road at the familiar spot and return to the car.

Coordinates:
Canyon Start 46.1950 12.0283
Canyon End 46.1972 12.0351
Parking Entry and Exit 46.2006 12.0309
Waypoint 46.1969 12.0290

Reports:

2024-05-20 | Casa Vento Madeira | ☆ ☆ ☆ ☆ |🕮 ★ ★ |⚓ ★ | Normal | Completed
A great water level due to the rainfall of the last week. Rule of thumb: If the water of the Costalunga doesn't completely disappear before the Torrente Mis, then you should take a look at the last step (10 minutes upstream). A beautiful canyon, bright white at the start, which narrows out nicely and presents some very nice abseils. Most of the equipment seemed to date back to the early days of canyoning, we added three new single anchors and redrilled a chain anchor. As a result, the former C34 can now be done in 2 steps, C6 and C30. This means that 30 ropes are sufficient. In the upper parts, the ideal rope length is 25 m. (machine translated)

2023-03-09 | System User | |🕮 |⚓ | |
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/22154

2023-03-09 | System User | ☆ ☆ |🕮 |⚓ | |
Daten importiert von https://canyon.carto.net/cwiki/bin/view/Canyons/ValleCostalungaCanyon.html

First descent: 24.07.1997 by G. Antonini, P. Santinelli, L. Piccini e G. Borgioni