

Canyon Sopho

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Create: 2025-05-29 13:11:56

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Country: საქართველო / Georgia **Region:** აჭარის ავტონომიური რესპუბლიკა **Subregion:** ხელვაჩაურის მუნიციპალიტეტი **Town:** Kapnistavi / კაპნისტავი

Difficulty: a little difficult

Grading: v4 a2 IV

Total time: 4h12

Approachtime: 40min

Tourtime: 3h30

Returntime: 2min

Altitude entry: 650m

Altitude exit: 400m

Delta Altitude: 250m

Canyon length: 550m

Highest rapell: 35m

Amount rapells: 8

Transport: Car required

Rock type: limestone

Drainage area: km²

Season: April - November

Orientation:

Best Time:

Rating: ★ 0 ()

Info: ★ 0 ()

Belay: ★ 0 ()

Warnings:

Canyon Sopho

Specialities:

Gear:

Ropes: 40x2

Summary:

Canyon Sopho is located in the Georgian region of Adjara, approximately 30 km from the city of Batumi, near the village of Kapnistavi, in the Kapnistavi River valley.

The starting point of the canyon is at an elevation of 650 meters above sea level, and the endpoint is at 400 meters. The length of the canyon is approximately 550 meters. There are 7 waterfalls in total, with the highest reaching 50 meters.

There are 8 abseiling stations, some with intermediate points. The valley is very narrow, with depths of 40–50 meters in some sections. The water level is usually low to moderate, but it can rise rapidly during heavy rain.

The first waterfall is 50 meters high and is equipped with two abseiling stations. The first rope section is 20 meters, and the second is 35 meters.

To ensure safety in the narrow canyon and to avoid descending directly into a waterfall, it is recommended to use a guided rappel system for the descent at the fifth waterfall.

The hike from the parking area to the starting point takes approximately 30–40 minutes. The initial section of the hiking trail follows iron ladders.

Hydrology:

Access:

Approach:

Tour:

Return:

Coordinates:

Canyon Start [41.5615 41.7431](#)

Canyon End [41.5522 41.7425](#)

Reports:

First descent: 06.12.2022 by Georgian Canyoning