

# Rio di Menta

Menta integrale, Quarata integrale

|   |                                    |                                       |
|---|------------------------------------|---------------------------------------|
| <b>Info: The quality of this description has not been checked yet or was rated bad.</b><br>If you know this canyon, please check this description and file a report with a rating for this description using <i>Reports</i> -> +New Report. Should you notice any error, please let us know or join the community in order to fix this description yourself.  |                                    |                                       |
| <b>Create:</b> 2025-08-08 23:43:48  | <b>Update:</b> 2025-08-08 23:51:41 | <b>Print:</b> 2026-06-16 11:06:49     |
| <b>Country:</b> Italia / Italy <b>Region:</b> Piemonte <b>Subregion:</b> Verbano-Cusio-Ossola <b>Town:</b> Trontano   |                                    |                                       |
| <b>Difficulty:</b> difficult  | <b>Grading:</b> v5 a4 IV           | <b>Total time:</b> 12h5               |
| <b>Approachtime:</b> 3h   | <b>Tourtime:</b> 9h                | <b>Returntime:</b> 5min               |
| <b>Altitude entry:</b> 1800m  | <b>Altitude exit:</b> 260m         | <b>Delta Altitude:</b> 1540m          |
| <b>Canyon length:</b> m   | <b>Highest rapell:</b> 55m         | <b>Amount rapells:</b> 60             |
| <b>Transport:</b> Car optional  | <b>Rock type:</b>                  | <b>Drainage area:</b> km <sup>2</sup> |
| <b>Season:</b> July - October   | <b>Orientation:</b>                | <b>Best Time:</b>                     |
| <b>Rating:</b> ★ 3 (1)  | <b>Info:</b> ★ 1 (1)               | <b>Belay:</b> ★ 2 (1)                 |
| <b>Specialities:</b>  |                                    |                                       |
| <b>Gear:</b><br>Ropes: 3x55m  |                                    |                                       |
| <b>Summary:</b><br>Long alpine canyon, often referred to as one of the european challenges with give or take 60 abseils when continued into Quarata.  |                                    |                                       |
| <b>Hydrology:</b>   |                                    |                                       |
| <b>Access:</b>  |                                    |                                       |
| <b>Approach:</b>  |                                    |                                       |
| <b>Tour:</b>  |                                    |                                       |
| <b>Return:</b>  |                                    |                                       |
| <b>Coordinates:</b><br>Canyon Start <a href="#">46.0790 8.3677</a><br>Canyon End <a href="#">46.0897 8.3098</a><br>Alternative Canyon Start <a href="#">46.0721 8.3588</a>  |                                    |                                       |
| <b>Reports:</b>   |                                    |                                       |
| 2025-08-09   Jeroen Kirchner   ★★ ★   📖 ★   🪚 ★★   🌊 Normal   🍏 Completed<br>Done in 2h40+a good 8 hours in the canyon. Easy car shuttle on the N-side, filwd by a beautiful approach with views towards Monte Rosa & Domodossola. We started in upper Rio Menta, but the first 200m are lost walking down (next time we would try the waterfall a little further on the trail which takes its water from the lake & is visible from the approach). We reinforced or changed location of a few anchors. Top to bottom there are now quite a few new m10 Tebylon anchors, but also glued & 8mm old ones. For the lovers of long days, bigger abseils, lush pools and boulderhopping. |                                    |                                       |