Menta

Menta integrale,Quarata integrale,Rio di Menta

Info: The quality of this description has not been checked yet or was rated bad.
If you know this canyon, please check this description and file a report with a rating for this description using *Reports -> +New Report.* Should you notice any error, please let us know or join the community in order to fix this description yourself.

Create: 2025-08-08 23:43:48	**Update:** 2026-07-21 12:30:34	**Print:** 2026-10-30 12:10:43
Country: Italia / Italy **Region:** Piemonte **Subregion:** Verbano-Cusio-Ossola **Town:** Trontano		
Difficulty: difficult	**Grading:** v5 a4 IV	**Total time:** 12h5
Approachtime: 3h	**Tourtime:** 9h	**Returntime:** 5min
Altitude entry: 1800m	**Altitude exit:** 260m	**Delta Altitude:** 1540m
Canyon length: m	**Highest rapell:** 55m	**Amount rapells:** 60
Transport: Car optional	**Rock type:**	**Drainage area:** km²
Season: July - October	**Orientation:**	**Best Time:**
Rating: ☆ 3 (1)	**Info:** ★ 1 (1)	**Belay:** ★ 2 (1)

Specialities:

Gear:
Ropes: 3x55m

Summary:
Long alpine canyon, often referred to as one of the european challenges with give or take 60 abseils when continued into Quarata.

Hydrology:

Access:

Approach:

Tour:

Return:

Coordinates:
Canyon Start 46.0790 8.3677
Canyon End 46.0897 8.3098
Alternative Canyon Start 46.0721 8.3588

Reports:

2025-08-09 | Jeroen Kirchner | ☆ ☆ ☆ | 🕮 ★ | ⚓ ★ ★ | ≋ Normal | 👍 Completed
Done in 2h40+a good 8 hours in the canyon. Easy car shuttle on the N-side, fllwd 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.