

Rio di Menta

Menta integrale, Quarata integrale

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 <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.		
Create: 2025-08-08 23:43:48	Update: 2025-08-08 23:51:41	Print: 2026-03-17 04:03:03
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: km ²
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, 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.		