Ponale

Create: 2023-03-09 20:53:34	**Update:** 2026-08-17 13:39:49	**Print:** 2026-10-30 12:10:52
Country: Italia / Italy **Region:** Trentino-Alto Adige **Subregion:** Trento / Provincia autonoma di Trento **Town:** Riva del Garda		
Difficulty: a little difficult	**Grading:** v4 a3 III	**Total time:** 4h
Approachtime: 30min	**Tourtime:** 2h30	**Returntime:** 1h
Altitude entry: 250m	**Altitude exit:** 100m	**Delta Altitude:** 150m
Canyon length: 500m	**Highest rapell:** 25m	**Amount rapells:** 9
Transport: on Foot	**Rock type:**	**Drainage area:** 128.00km²
Season:	**Orientation:** East	**Best Time:**
Rating: ☆ 3.5 (11)	**Info:** ★ 2.8 (8)	**Belay:** ★ 2.6 (9)

Specialities:

Gear:
Ropes: 2x30m

Summary: (machine translated)
Rappel canyon in attractive ambience

Hydrology:

Access: (machine translated)
From Riva del Garda on the SS 240 in the direction of Lake Ledro. About 350 m after the exit of the long tunnel section, turn left over the bridge (below the T. Ponale) in the direction of Pregasina. About 300 m after the bridge and about 100 m before the tunnel there is a large parking bay on the left of the road. Park your car here.

Approach: (machine translated)
50 m further on, in the direction of the tunnel, a dirt road branches off to the left, which we follow downhill high above the Ponale. We come to a paved road that now descends more steeply until we come to a narrow tarred road that is now mainly used as a bike path. Keeping to the left on the little road, we come to a bridge high above the Ponale. It is possible to rappel directly from the bridge into the streambed (about 55 m) or (easier) with the help of a rope to cross the iron gate at the northern end of the bridge and to reach the bottom of the streambed on the path that follows (a few meters before an old water drainage down into the streambed).

Tour: (machine translated)
Besides rappels, there are also slides and jumps. The final passage with the swim out into the lake under a huge rock bridge is overwhelming. Since slightly above the access a sewage plant discharges the hopefully well cleaned sewage, the underground is usually slippery and you should choose a time after heavy precipitation for the ascent.

Return: (machine translated)
After the last waterfall, keeping left through the rock gate and swimming out into the lake, after about 30 meters you reach a small brick platform. Over this we come across the remains of a path, which first over the rock arch meets a partially still paved path, which leads us up to the tarred road and then further, the access path now back up to the car.

Coordinates:
Canyon Start 45.8620 10.8283
Canyon End 45.8613 10.8326
Parking at Entry 45.8638 10.8195
Parking at Exit 45.8609 10.8326

Reports:

2026-10-05 | Puiz | ☆ ☆ ☆ ☆ ☆ | 🕮 ★ ★ ★ | ⚓ ★ ★ ★ | ≋ Low | 👍 Completed
Nice canyon—the exit in the lake is especially great. Parking down there is a bit tricky, but you might be able to find a spot near the old hotel. (machine translated)

2026-09-25 | Rok | ☆ ☆ ☆ | 🕮 ★ ★ ★ | ⚓ ★ ★ ★ | ≋ Low | 👍 Completed
Everything's fine. The best part is definitely the last waterfall, followed by a swim in Lake Garda. You can jump off the bridge at the exit. (machine translated)

2026-08-08 | Massimo Loriato | ☆ ☆ ☆ ½ | 🕮 ★ ★ | ⚓ ★ ★ | ≋ Normal | 👍 Completed
AIC meeting 2026 Flow normal without any problem and all the anchor points in order. Entered roping down from the bridge and shuttled from the lake by finding a parking spot in one of the few holes in the side of the tunnel right after the canyon in the direction of Limone. Beautiful and particular environment and pitches, wonderful final in the lake.

2026-06-01 | Sascha Schäfer | ☆ ☆ ☆ | 🕮 | ⚓ ★ ★ ★ | ≋ Low | 👍 Completed
Well, the last rappel in See brings the 3rd star, At the top again and again garbage in the creek. Otherwise everything ok (machine translated)

2026-05-01 | Ba | ☆ ☆ ☆ ☆ | 🕮 ★ ★ ★ | ⚓ ★ | ≋ Normal | 👍 Completed
Everything ok, cool canyon.

2026-03-14 | Canyon1 | ☆ ☆ ☆ | 🕮 ★ ★ ★ | ⚓ ★ ★ ★ | ≋ Normal | 👍 Completed
Short and beautiful. Excellent weapons (machine translated)

2025-09-13 | Clarissa Linder | ☆ ☆ ☆ | 🕮 ★ ★ ★ | ⚓ ★ ★ ★ | ≋ Normal | 👍 Completed
Everything OK. (machine translated)

2025-08-17 | Harald Gunz | ☆ ☆ ☆ | 🕮 ★ ★ ★ | ⚓ ★ ★ | ≋ Normal | 👍 Completed
Easy entry via a locked gate. The water is currently crystal clear, clean and surprisingly easy to walk on. All stands in good condition. Mostly brand new. At the final waterfall lots of tourists with SUP or kayaks... (machine translated)

2025-07-24 | System User | | 🕮 | ⚓ | ≋ Normal | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Ponale Canyon fait après de grosses pluies. Beau, eau claire. Quelques déchets sur le parcours mais rien de gênant.Tout l'équipement en place est niquel. Juste le premier ressaut équipé directement sur un arbre. (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/22111/observations.html)

2024-08-06 | System User | | 🕮 | ⚓ | ≋ High | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Ponale Fait avec Pierre, Hervé et Tim. Passer dans l’actif remue bien. Beau cadre et beau final sur le lac. Remontée au pont pour sauter en sortant sur la gauche. Marche retour sympa. (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/22111/observations.html)

2024-06-15 | System User | | 🕮 | ⚓ | ≋ Normal | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Ponale (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/22111/observations.html)

2023-09-16 | Susanne | ☆ ☆ ☆ ☆ ☆ | 🕮 ★ ★ | ⚓ ★ ★ | ≋ Normal | 👍 Completed
Abseiling from the bridge is recommended rope protection because of bridge edge. Mainly old chain stalls but in order. Gaps partly graveled. Scenic tour. Water clean. (machine translated)

2023-03-09 | System User | ☆ ☆ ½ | 🕮 | ⚓ | |
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/22111

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