

Grotta su Bentigheddu

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: 2026-01-04 18:13:16

Update: 2026-01-04 18:31:36

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Country: Italia / Italy **Region:** Sardegna **Subregion:** Nuoro **Town:** Oliena

Difficulty: easy

Grading: v2 a1 I

Total time: 2h

Approachtime: 20min

Tourtime: 1h30

Returntime: 10min

Altitude entry: 200m

Altitude exit: 140m

Delta Altitude: 60m

Canyon length: 500m

Highest rapell: 30m

Amount rapells: 5

Transport: on Foot

Rock type:

Drainage area: km²

Season: January - December

Orientation: Northeast

Best Time:

Rating: ★ 0 ()

Info: ★ 0 ()

Belay: ★ 2 (1)

Specialities:

Gear:

Ropes: 2x40

Summary:

<https://www.verticalwatercanyoning.com/raduni-ed-eventi/new-year-sardinia/>

Hydrology:

Access:

Approach:

Follow the left slope immediately after the entrance to the Su Bentu cave to reach the entrance to Su Bentigheddu.

Tour:

After the 30-meter abseil, you'll need to don a wetsuit because, turning right (the Su Bentu siphon lake is on the left), you'll have to cross flooded corridors, make another abseil, and climb. The adventure ends at the exit of Sa Ohe cave.

Return:

Coordinates:

Parking Entry and Exit [40.2564 9.4868](#)

Canyon Start [40.2557 9.4848](#)

Canyon End [40.2568 9.4856](#)

Reports:

2026-01-04 | MirkoT | |📖|📍|★★|🌊 Low |👍 Completed

The smooth descent of a group is reported. (machine translated)