

# 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    **Print:** 2026-01-10 06:01:33

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

<b>Difficulty:</b> easy	<b>Grading:</b> v2 a1 I	<b>Total time:</b> 2h
<b>Approach time:</b> 20min	<b>Tour time:</b> 1h30	<b>Return time:</b> 10min
<b>Altitude entry:</b> 200m	<b>Altitude exit:</b> 140m	<b>Delta Altitude:</b> 60m
<b>Canyon length:</b> 500m	<b>Highest rappel:</b> 30m	<b>Amount rappels:</b> 5
<b>Transport:</b> on Foot	<b>Rock type:</b>	<b>Drainage area:</b> km <sup>2</sup>
<b>Season:</b> January - December	<b>Orientation:</b> Northeast	<b>Best Time:</b>
<b>Rating:</b> ★ 0 ()	<b>Info:</b> ★ 0 ()	<b>Belay:</b> ★ 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)