Torrente Soffia

La Soffia,Valle del Mis

Create: 2023-03-09 20:55:22	**Update:** 2025-08-03 17:00:32	**Print:** 2026-10-30 12:10:29
Country: Italia / Italy **Region:** Veneto **Subregion:** Belluno **Town:** Sospirolo/Agordo		
Difficulty: a little difficult	**Grading:** v4 a4 IV	**Total time:** 7h5
Approachtime: 1h30	**Tourtime:** 5h30	**Returntime:** 5min
Altitude entry: 780m	**Altitude exit:** 410m	**Delta Altitude:** 370m
Canyon length: 1700m	**Highest rapell:** 38m	**Amount rapells:** 17
Transport: on Foot	**Rock type:**	**Drainage area:** 8.20km²
Season:	**Orientation:** Southwest	**Best Time:**
Rating: ☆ 4.7 (10)	**Info:** ★ 2.8 (8)	**Belay:** ★ 2.9 (9)

Warnings:
Canyoning forbidden (Dolomite Bellunesi National Park Authority)
According to article 11 of law no. 394 of December 6, 1991, as amended on July 9, 2021 Canyoning is prohibited.
https://www.dolomitipark.it/wp-content/uploads/2021/07/Regolamento-PNDB_GU-n.163_20210709.pdf

Specialities:
§ Proscription,

Gear:

Summary: (machine translated)
A unique jewel. Probably the most beautiful canyon in a very wide area. Demanding from a sporting point of view, appropriate expertise, fitness and equipment required. It offers everything that an upmarket canyoneer's heart desires. No exit for hours! Altogether much less serious than Val Clusa.

Hydrology:

Access: (machine translated)
Take the SS203 from Belluno towards Agordo to Sospirolo and then towards "Lago del Mis" Nice overnight accommodation by the lake (car/tent), park after the bridge in the "Cascate della Soffia" area.

Approach: (machine translated)
Steep asphalt road to Gena Alta (no driving for non-residents). Take the old forest road on the right at Brunnen until you reach the streambed.

Tour: (machine translated)
First narrow canyon (2-3h) with slides, jumps, rappels up to 30m. Then the confluence with the Val Pisson (also very rewarding). A breather on a ledge, then a 35m rappel into a huge cauldron. ("Mini-Trou de Fer"). Further along the rappel, it becomes more open and a little more playful, but there is still a lot of work to do. Here we have completed jumps of up to 18m... Finally, you reach the Schaufällen at the exit before the confluence with the lake. The small half-cave with a stone seating area on the right is great. Depending on the water level of the Lago del Mis, it may be a few meters underwater!

Return: (machine translated)
Out to the right and back to the parking lot

Alternatively into the lake Mis and from there to the parking lot

Coordinates:
Canyon Start 46.1976 12.0547
Parking Entry and Exit 46.1861 12.0453
Canyon End 46.1864 12.0476
Intermediate Canyon Exit 46.1903 12.0501

Reports:

2025-09-21 | Tjaz | ☆ ☆ ☆ ☆ ☆ | 🕮 ★ ★ ★ | ⚓ ★ ★ ★ | 〰 Normal | 👍 Completed
We started at 7:30.. we also met locals who are living on the top and they offered us a ride to the canyon so we didnt the have to walk. Only the politics is against canyoning and not locals I guess. Everything is perfect, bolts are new. We came out of the canyon at 11:30.

2025-08-18 | Bernhard | ☆ ☆ ☆ ☆ ☆ | 🕮 ★ ★ ★ | ⚓ ★ ★ ★ | 〰 Low | 👎 Not done
Allegedly there is now a wildlife camera at the entry ... This newspaper article (Spanish group of canyoneers were punished at the exit of the Fogare) shows the explosive nature of the current canyoning ban in the area https://www.corrierealpi.it/cronaca/torrentismo-abusivo-sul-cordevole-i-carabinieri-multano-sei-spagnoli-gm8alosl (machine translated)

2025-06-26 | Jason Walker | ☆ ☆ ☆ ☆ ½ | 🕮 ★ ★ | ⚓ ★ ★ ★ | 〰 Normal | 👍 Completed
In the cafe, we overhead some people talking about their recent trip down. All stands were perfect, beautiful new linked glue-ins. Where the nice new bolts end (just a little after an old dam) there is one final exciting 6-8m jump, then you should exit the canyon on the right side before the final two abseils. They said the water was incredibly clear and not cold. The rock was mostly very grippy. They said it was really fantastic. Took them 6 hours car to car. What a shame it's not allowed right now. :-(

2024-09-07 | Canyon1 | ☆ ☆ ☆ ☆ ☆ | 🕮 ★ ★ ★ | ⚓ ★ ★ ★ | 〰 Normal | 👍 Completed
Anchors good, puddles to check before diving. Exit at the concrete dam to the right. (machine translated)

2024-08-04 | Gareth Evans | | 🕮 | ⚓ | | 👎 Not done
Hello, I was planning to run this canyon last year, and was told by people at the café near the exit that access to the canyon is forbidden and that rangers patrol and fine poeple using it. Does anyone know if this is still the case? Also @bina from your description is sounds like exit via the lake is prohibited by the land owner? Would be very greatful for any and all information! Thanks

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2024-08-01 | Alex Arnold | ☆ ☆ ☆ ☆ ☆ | 🕮 | ⚓ ★ ★ ★ | 〰 Normal | 👍 Completed
All good (machine translated)

2024-07-28 | Bina | ☆ ☆ ☆ ☆ ½ | 🕮 | ⚓ ★ ★ ★ | 〰 Normal | 👍 Completed
A great canyon ◫. Please be sure to skip the last 2 rappels after the concreted section and exit on a path to the road, all canyonists following will thank you. (This is a request from a local) (machine translated)

2024-06-21 | Madie Ga | | 🕮 | ⚓ | | 👍 Completed
Water level check photos

2024-06-19 | Madie Ga | ☆ ☆ ☆ ☆ ½ | 🕮 ★ ★ | ⚓ ★ ★ | 〰 Normal | 👍 Completed
Apparently all anchors are good. Walk in 1 hr, canyon 2.45 ish, the lower section is not as nice or continuous

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2024-05-16 | Christian Balla | | 🕮 ★ ★ ★ | ⚓ | 〰 Crazy | 👎 Not done
Currently not accessible after rain (machine translated)

2024-05-12 | Christian Balla | ☆ ☆ ☆ ☆ ½ | 🕮 ★ ★ ★ | ⚓ ★ ★ ★ | 〰 Normal | 👍 Completed
Ideal conditions - perfect amount of water, very clear water, weather top and stable. Canyon very well equipped. https://www.christian-balla.de/Soffia (machine translated)

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

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2022-08-22 | Bubtore | ☆ ☆ ☆ ☆ | 🕮 ★ ★ ★ | ⚓ ★ ★ ★ | 〰 Low | 👍 Completed
The two of us made Forti, Pisson, Sofia in a rush (and fished another group's rucksack out of a pool) because we still had a 5-hour drive afterwards. (machine translated)

Parts:
Soffia (amont), v3 a3 ?, 2h20+2h30+0min
Val Pisson, v5 a3 IV, 1h30+3h+2h
Torrente Soffia, v4 a4 IV, 1h30+5h30+5min