# Rio Poio

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| **Crear:** 2023-03-09 20:49:54 | **Actualizar:** 2026-05-30 15:20:39 | **Imprimir:** 2026-11-05 03:11:44 |
| **País:** Portugal **Región:** Região Norte / Norte Region **Subregione:** Vila Real **Ciudad:** Alvadia | | |
| **Dificultad:** difícil | **Grado:** v5 a5 III | **Tiempo total:** 6h20 |
| **Tiempo acceso:** 10min | **Tiempo tour:** 6h | **Tiempo regreso:** 10min |
| **Altitud de entrada:** 910m | **Altitud de salida:** 390m | **Altitude delta:** 520m |
| **Longitud del cañón:** m | **Rapel más alto:** 30m | **Cantidad rapells:** 13 |
| **Transporte:** Coche obligatorio | **Tipo de roca:** | **Zona de entrada:** km² |
| **Temporada:** junio - noviembre | **Orientación:** | **Mejor época:** |
| **Clasificación:** ☆ 3.5 (5) | **Información:** ★ 1.3 (3) | **Belay:** ★ 2.7 (3) |

**Especialidades:**

**Equipo:**
Cuerdas: 2x40m (2x60m)

**Resumen:** (traducción alternativa)
One of the most beautiful granite gorges in Portugal; clear water; deep pools; possible jumps; large boulders; open lower section; some thorny bushes along the access; finding the access to the “Rio Poio Inferiore” isn’t always easy; beautiful mountain scenery; at the end, about 1 hour of walking and climbing in the streambed to the exit; the entire canyon is very challenging and only possible when the water flow is low, as the Rio Poio “superiore” is very deeply incised and has 2 siphons; C60 can be split (30+30 m); Poio Superiore v5, a4, III; Poio Inferiore v3, a3, III;

**Hidrología:**

**Acceso:**

**Acceso:** (traducción alternativa)
Access to the upper section:
Start at the bridge

Access to the lower section:
From the parking lot at approx. 430 m, follow the path to the left alongside the road until you reach the pipeline, which is already visible as you approach. Caution: Do not take the trail along the ridge here; instead, keep climbing up alongside the pipeline (some thorny bushes). A little further up, you’ll come to a fence. Here, follow the trail—which is still clearly visible at first—as it climbs gently. Gradually, the path becomes harder to make out. With little change in elevation, cross the slope to a ridge.  Here, descend briefly (old wooden branches). Continue along the trail to a beautiful rocky viewpoint at about 550 m. From the viewpoint, descend again along the rock face until the 60-meter waterfall comes into view. You can choose to start the climb either above or below the waterfall. (To start above the waterfall, look for a suitable route above the rock fence right near the waterfall.) The final meters to the lower entry are either downclimbed or rappelled 10 meters from a small step at approximately 500 meters (bolts are available).

**Recorrido:** (traducción alternativa)
Description of the upper section:
Currently missing

Description of the lower section:
Depending on the starting point, the tour begins either above or below the 60-meter waterfall. You can jump into the beautiful, large pools on the left or right. This is followed by a small step that is rappelled down from the left. Then comes a short section of walking and scrambling down. The next step is either jumped from a height of 12 meters (into a pool with deep water) or rappelled down from the left. This is followed by another section of walking and scrambling that ends at the final step before the tributary on the right. Here, you can first rappel 5 meters to the left onto a rock ledge and then jump another 5 meters. From the tributary, it's about a 40-minute walk with downclimbing in an open canyon, interrupted by a 5–10-meter jump in the middle. Follow the stream, past a ruin, to the large stone wall, where you exit the canyon to the left.

**Regreso:** (traducción alternativa)
Follow the steep slope straight up toward the street/parking lot.

**Coordenadas:**
Inicio del Cañón 41.4460 -7.7828
Final del Cañón 41.4580 -7.8035
Aparcamiento a la entrada 41.4460 -7.7841
Aparcamiento a la salida 41.4587 -7.8055

**Informes:**

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2026-06-17 | Canyon Dave | ☆ ☆ ½ | 🕮 ★ | ⚓ ★ ★ ★ | ≋ Bajo | 👍 Completado
Easy acces within few minutes from the upper parking. Wide and open lots of escapes. Between abseil 5 and 6 there is a dead goat in the pool (17-6-2026) strong smell in de next abseil and water sections. There is 1 km of boulder walking in between and at the end it takes about 30 minutes of boulder walking again.

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2026-06-17 | System User | | 🕮 | ⚓ | ≋ Normal | 👍 Completado
Automatisch importiert von Descente-Canyon.com für Canyon Poio Conditions topissime. Une course magnifique. On a pas vu passer le kilomètre de marche entre les deux parties. Une bestiole morte dans l'eau au 6eme rappel. Corde en fixe pour la marmite piège en place mais bien abîmé. Après le R6 final (beau saut!) on peut enlever le matos. Reste une petite heure de marche facile ou moins. Équipement impeccable malgré les monopoints. Fait avec navette. (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/21562/observations.html)

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2026-06-15 | Max H. | ☆ ☆ ☆ | 🕮 ★ ★ | ⚓ ★ ★ | ≋ Normal | 👍 Completado
Access from the parking lot to the stream takes just a few minutes. The upper section starts off interestingly with a few challenging spots, interspersed with easier walking sections. At rappel point 6, there's a dead goat in the pool; it hasn't broken open yet, but you can tell by the smell. Rappelling out at the eighth rappel point turns out to be quite easy; there are plenty of ropes, and even without a rope, the ascent would have been possible at this water level. After that, a lot of wading (~1h) until you reach the 60m waterfall. Intermediate point after about 30m at a chain. After that, a few smaller sections and more trudging until you can clearly see the exit to the lower parking lot up to the left. Since we didn't have a second car, one person walked back along the pipeline/gravel path/road to get the car; this took about ~1h. Don't forget sunscreen; there's a water source along the way in Coucadoiro. (traducción alternativa)

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2025-09-09 | System User | | 🕮 | ⚓ | ≋ Bajo | 👍 Completado
Automatisch importiert von Descente-Canyon.com für Canyon Poio Très beau, faille, vasques, sauts, grande cascade... certes beaucoup de blocs mais ça s'oublie facilement. La zone a tristement récemment brûlé, très visible surtout RD mais pas d'impact apparent sur l'équipement (qui est bon). L'escalade de la vasque de sortie de faille ne m'a pas parue si méchante, il y a un bref passage où les (vieilles) cordes aident, sinon c'est du III/III+ je dirais. Quand même plus confort en laissant le sac en bas et en le hissant a la corde. Pas de difficultés liées a l'eau avec ce débit (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/21562/observations.html)

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2025-05-05 | System User | | 🕮 | ⚓ | ≋ Loco | 👍 Completado
Automatisch importiert von Descente-Canyon.com für Canyon Poio GD++Certains relais sont compliqués à aller chercher. La corde qui permet d'accéder au dernier relai de la faille est HS. La grande cascade est magnifique avec ce débit. (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/21562/observations.html)

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2024-08-22 | Marosffy Dániel | ☆ ☆ ☆ ½ | 🕮 ★ | ⚓ ★ ★ ★ | ≋ Bajo | 👍 Completado
The entire canyon was done comfortably in 8 hours, including 40 minutes walk back to the car (along the pipe, one person only without pack). However, we saw hardly any option the quit in the middle. There might have been a path, but concerning the height of the valley, and the amount of bushes, I would not count on that, so all or nothing. The other problem: the climb up from the big pool. This we estimated cca 15m, there was a just enough length of fixed rope, but if the water level was 1 meter lower, we'd probably still be floating there... Take it seriously, there's no dry spot to escape to, absolutely out of question the climb out anywhere else, and no signal either. If got stuck, your only hope is someone waiting for the group outside. Picture 1: The climb seen in the distance. It's more scary from here than at the bottom. Picture 2: Back from the top. No dry land down there. Otherwise amusing, not counted the long walking sections.

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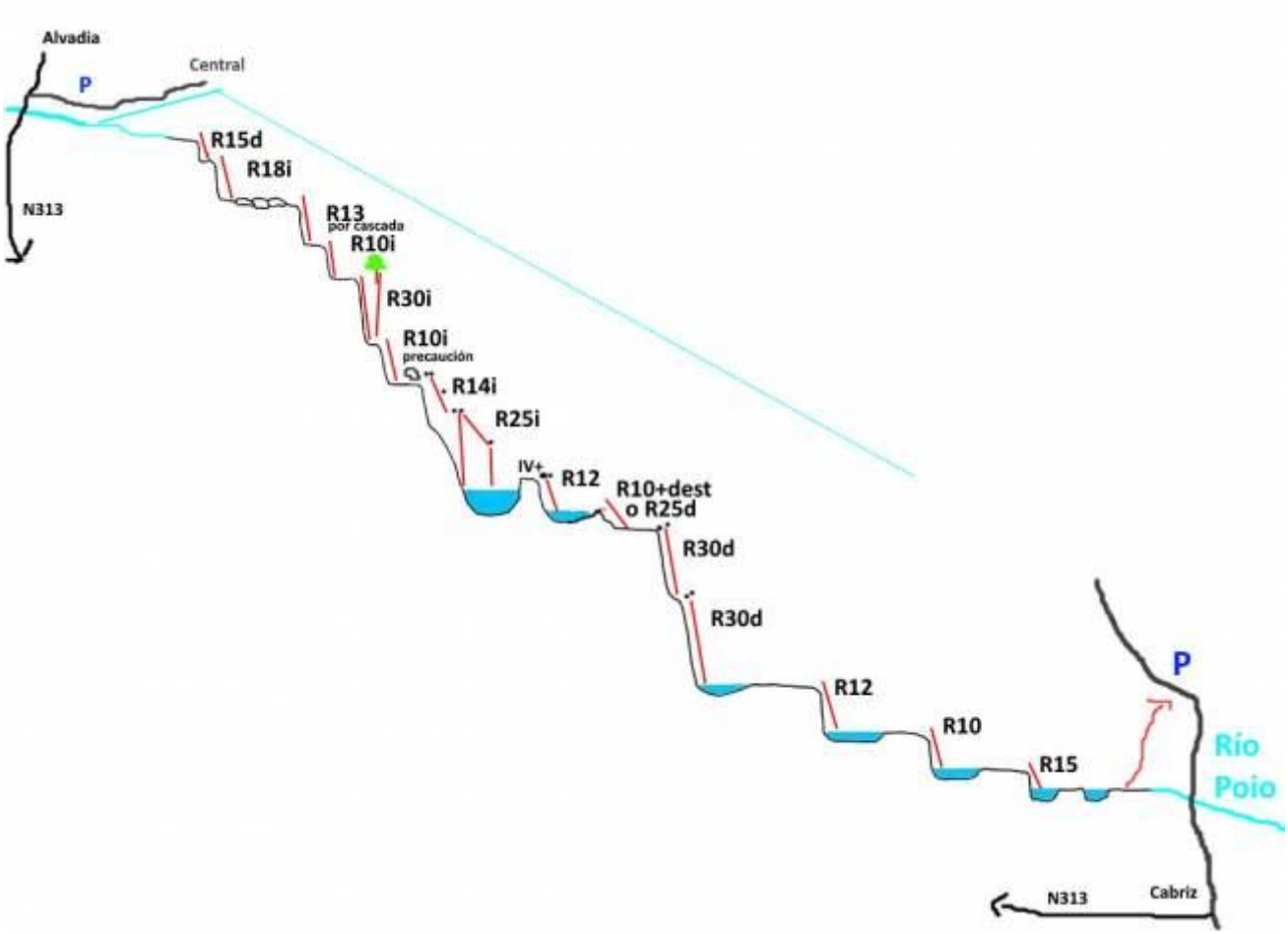
2024-06-16 | System User | | 🕮 | ⚓ | |
Información: Partes de la descripción del cañón se han importado automáticamente. Concretamente, los campos Cantidad rapells, Longitud del cañón, Temporada start, Temporada end, Ruta GPS, Topografía de https://www.docuwiki.infobarrancos.es/doku.php?id=portugal:vilareal:poio

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

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2023-03-09 | System User | ☆ ☆ ☆ ☆ ☆ | 🕮 | ⚓ | |
Daten importiert von https://www.canyoning.or.at/index.php/liste-aller-canyons/392-rio-poio-inferiore




Topo gesamter Canyon (vor/nach) 60m Wasserfall, importiert von infobarrancos.es