Torrente Soffia

La Soffia,Valle del Mis

Crear: 2023-03-09 20:55:22	**Actualizar:** 2025-08-03 17:00:32	**Imprimir:** 2026-11-05 03:11:14
País: Italia / Italy **Región:** Veneto **Subregione:** Belluno **Ciudad:** Sospirolo/Agordo		
Dificultad: un poco difícil	**Grado:** v4 a4 IV	**Tiempo total:** 7h5
Tiempo acceso: 1h30	**Tiempo tour:** 5h30	**Tiempo regreso:** 5min
Altitud de entrada: 780m	**Altitud de salida:** 410m	**Altitude delta:** 370m
Longitud del cañón: 1700m	**Rapel más alto:** 38m	**Cantidad rapells:** 17
Transporte: A pie	**Tipo de roca:**	**Zona de entrada:** 8.20km²
Temporada:	**Orientación:** Suroeste	**Mejor época:**
Clasificación: ☆ 4.7 (10)	**Información:** ★ 2.8 (8)	**Belay:** ★ 2.9 (9)

Advertencias:
Prohibido practicar barranquismo (Autoridad del Parque Nacional de las Dolomitas de Belluno)
De conformidad con el artículo 11 de la Ley n.º 394, de 6 de diciembre de 1991, modificada el 9 de julio de 2021, queda prohibido la práctica del barranquismo. https://www.dolomitipark.it/wp-content/uploads/2021/07/Regolamento-PNDB_GU-n.163_20210709.pdf

Especialidades:
§ Prohibición,

Equipo:

Resumen: (traducción alternativa)
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.

Hidrología:

Acceso: (traducción alternativa)
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.

Acceso: (traducción alternativa)
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.

Recorrido: (traducción alternativa)
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!

Regreso: (traducción alternativa)
Out to the right and back to the parking lot

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

Coordenadas:
Inicio del Cañón 46.1976 12.0547
Aparcamiento Entrada y Salida 46.1861 12.0453
Final del Cañón 46.1864 12.0476
Salida Intermedia del Cañón 46.1903 12.0501

Informes:

2025-09-21 | Tjaz | ☆ ☆ ☆ ☆ ☆ |🕮 ★ ★ ★ |⚓ ★ ★ ★ | 𝌆 Normal | 👍 Completado
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 | ☆ ☆ ☆ ☆ ☆ |🕮 ★ ★ ★ |⚓ ★ ★ ★ | 𝌆 Bajo | 👎 No realizada
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 (traducción alternativa)

2025-06-26 | Jason Walker | ☆ ☆ ☆ ☆ ½ |🕮 ★ ★ |⚓ ★ ★ ★ | 𝌆 Normal | 👍 Completado
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 | 👍 Completado
Anchors good, puddles to check before diving. Exit at the concrete dam to the right. (traducción alternativa)

2024-08-04 | Gareth Evans | |🕮 |⚓ | | 👎 No realizada
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 | 👍 Completado
All good (traducción alternativa)

2024-07-28 | Bina | ☆ ☆ ☆ ☆ ½ |🕮 |⚓ ★ ★ ★ | 𝌆 Normal | 👍 Completado
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) (traducción alternativa)

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

2024-06-19 | Madie Ga | ☆ ☆ ☆ ☆ ½ |🕮 ★ ★ |⚓ ★ ★ | 𝌆 Normal | 👍 Completado
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 | |🕮 ★ ★ ★ |⚓ | 𝌆 Loco | 👎 No realizada
Currently not accessible after rain (traducción alternativa)

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

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 | ☆ ☆ ☆ ☆ |🕮 ★ ★ ★ |⚓ ★ ★ ★ | 𝌆 Bajo | 👍 Completado
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. (traducción alternativa)

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