

# Rio Poio (inferiore)

**Info : La qualité de cette description n'a pas encore été vérifiée ou a été jugée mauvaise.**

Si vous connaissez ce canyon, merci de vérifier cette description et de déposer un rapport avec une note pour cette description en utilisant Rapports +Nouveau rapport. Si vous constatez une erreur, merci de nous en faire part ou de rejoindre la communauté afin de corriger vous-même cette description.

**Créer:** 2023-03-09 20:49:54

**Mettre à jour:** 2024-05-02 14:17:48

**Imprimer:** 2026-04-16 12:04:53

**Pays:** Portugal **Région:** Região Norte / Norte Region **Sous-région:** Vila Real **Ville:** Alvadia

**Difficulté:** moins difficile

**Niveau:** v3 a3 III

**Temps total:** 2h40

**Temps approche:** 45min

**Temps tour:** 1h45

**Temps de retour:** 10min

**Altitude d'entrée:** 500m

**Altitude de sortie:** 390m

**Altitude du delta:** 110m

**Longueur du canyon:** m

**Rapelle le plus haut:** 14m

**Nombre de rapelles:** 4

**Transport:** à pied

**Type de roche:**

**Zone de prise d'eau:** km<sup>2</sup>

**Saison:**

**Orientation:**

**Meilleur moment:**

**Évaluation:** ★ 5 (1)

**Info:** ★ 0 ()

**Belay:** ★ 0 ()

**Spécialités:**

**Matériel:**

Cordes: 2x40m (2x60m)

**Résumé:** (traduction alternative)

Counts among the most beautiful granite gorges in Portugal; clean water; deep pools; several possible jumps; large boulders; lower part open; some thorn bushes at the access; orientation for Rio Poio inferiore not always easy; beautiful mountain landscape; at the exit Ca. 1h walking and climbing in the streambed to the exit; entire canyon very challenging and only possible with little water flow, as Rio Poio superiore is very incised + 2 siphons; C60 divisible (30+30m); Poio Superiore v5,a4,III

**Hydrologie:**

**Accès:**

**Approche:** (traduction alternative)

From the parking lot at approx. 430m, follow the path left of the road to the pipeline, which is already visible on the approach. Be careful not to take the path along the ridge here, but always climb along the pipeline (some thorn bushes). A little further up you will come to a fence. Follow the path, which is still clearly visible at the beginning, slightly uphill. Gradually, the path/trail becomes less and less recognizable. Cross the slope with little difference in altitude until you reach a ridge. Here you descend briefly (old wooden paths). Continue along the path until you reach a beautiful rocky viewpoint at approx. 550m. From the viewpoint, descend again along the rock face until the 60m waterfall becomes visible. You can choose to enter above or below the waterfall. (To enter above, look for a suitable path above the rock fence waterfall.) The last meters to the lower entry are downclimbed or rappelled on a small step at approx. 500m, 10m (bolts available).

**Tour:** (traduction alternative)

The tour starts above or below the 60m waterfall, depending on the entry option. You can jump left and right into the beautiful large pools. This is followed by a small step that is rappelled from the left. Then comes a short walking and abseiling section. The next step is either jumped 12m (deep pool) or rappelled left. This is followed by another walking and abseiling section that exits at the last step before the inflow of water. Here you can first rappel left 5m on a ledge and then jump another 5m. From the tributary it is another 40 minutes of walking and downclimbing in an open canyon, interrupted by a 5-10m jump in the middle. Follow the stream past a ruin to the large stone wall where you are left out of the canyon.

**Retour:** (traduction alternative)

Follow the steep slope straight up to the road/parking lot.

**Coordonnées:**

Départ du Canyon [41.4573 -7.7946](#)

Fin du Canyon [41.4620 -7.8056](#)

**Rapports:**

2023-03-09 | System User | ★ ★ ★ ★ ★ | 📖 | 📍 | |

Daten importiert von <https://www.canyoning.or.at/index.php/liste-aller-canyons/392-rio-poio-inferiore>

**Partie:**

Rio Poio (superiore), v5 a5 III, 5min+5h+15min

Rio Poio (inferiore), v3 a3 III, 45min+1h45+10min