

Monja

Barranco de la Monja, Las Lajas

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 + <i>Nouveau rapport</i> . Si vous constatez une erreur, merci de nous en faire part ou de rejoindre la communauté afin de corriger vous-même cette description.		
Créer: 2023-11-20 21:13:36	Mettre à jour: 2026-03-31 10:45:21	Imprimer: 2026-05-03 03:05:37
Pays: España / Spain Région: Canarias / Canary Islands Sous-région: Santa Cruz de Tenerife Ville: Buenavista del Norte		
Difficulté: extrêmement difficile	Niveau: v7 a5 V	Temps total: 5h25
Temps approche: 25min	Temps tour: 5h	Temps de retour: 0min
Altitude d'entrée: 515m	Altitude de sortie: 0m	Altitude du delta: 515m
Longueur du canyon: 850m	Rapelle le plus haut: 300m	Nombre de rappelles:
Transport:	Type de roche:	Zone de prise d'eau: km ²
Saison:	Orientation:	Meilleur moment:
Évaluation: ★ 2.6 (1)	Info: ★ 0 ()	Belay: ★ 0 ()
Spécialités:		
Matériel:		
Résumé: (traduction alternative) It is the most extreme canyon in Tenerife.		
Hydrologie:		
Accès: (traduction alternative) In Teno Alto, turn right onto the first dirt road to reach the small road to La Mulata, then turn left and park a little further on near a cattle farm (cows). About 2 km from the crossroads in Teno.		
Approche: (traduction alternative) From the corral, follow the dirt road to the right and then turn left into a fork. Then walk on sight through the hills until you reach the beginning of the canyon.		
Tour: (traduction alternative) It is the most extreme canyon on Tenerife. The beginning is very varied, with moderately difficult rappels and beautiful rock formations. The end is a 300 meter high waterfall with an intermediate ledge. There are 14 rappels in total. The large waterfall is divided into 6 parts: 46 m + 50 m + 60 m + 16 m and after the large ledge 40 m + 82 m. At the first rappel of the large waterfall step you have to swing 6 meters, orographic left, at the next rappel you have to swing 3 meters to the right. - Very technical canyon. Strong friction on the ropes. - Pay particular attention to the swell: the sea must be very calm so that you can swim to the boat. Find out about the sea conditions and consult with the boat driver. - Beware of strong winds during the last rappel, risk of the ropes becoming entangled. - Inform yourself thoroughly about the regulations of the Teno Park		
Retour: (traduction alternative) There is no land route for the return journey. It is essential that you are picked up by boat: You must therefore book a boat first. There are three different options for the way back: Punta de Teno, Buenavista del Norte or Puerto de los Gigantes. A5 for the distance you have to swim in the sea to the boat. A1 for the canyon.		

Coordonnées:

Départ du Canyon [28.3606 -16.8869](#)

Fin du Canyon [28.3648 -16.8872](#)

Parking à l'entrée [28.3530 -16.8867](#)

Rapports:

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

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