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 +*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: 2023-11-20 21:13:36	**Mettre à jour:** 2026-03-31 10:45:21	**Imprimer:** 2026-11-09 09:11:30

Pays: España / Spain **Région:** Canarias / Canary Islands **Sous-régione:** 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 rapelles:**
Transport:	**Type de roche:**	**Zone de prise d'eau:** km²
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:

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Información: Partes de la descripción del cañón se han importado automáticamente. Concretamente, los campos Ruta GPS, Topografía de https://www.docuwiki.infobarrancos.es/doku.php?id=barrancos:canarias:monja

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