Bau Vigo (inferiore)

Cascate di Sotzai,Spàdula S'Otzài,Bau Vigo,Spadula

Créer: 2023-03-09 20:49:54	**Mettre à jour:** 2026-01-04 19:49:10	**Imprimer:** 2026-11-14 04:11:29
Pays: Italia / Italy **Région:** Sardegna **Sous-régione:** provincia dell'Ogliastra / Province of Ogliastra **Ville:** Villagrande Strisaili		
Difficulté: un peu difficile	**Niveau:** v4 a2 II	**Temps total:** 2h10
Temps approche: 10min	**Temps tour:** 1h30	**Temps de retour:** 30min
Altitude d'entrée: 560m	**Altitude de sortie:** 420m	**Altitude du delta:** 140m
Longueur du canyon: 450m	**Rapelle le plus haut:** 53m	**Nombre de rapelles:** 5
Transport: à pied	**Type de roche:**	**Zone de prise d'eau:** km²
Saison: septembre - juin	**Orientation:** Nord-Est	**Meilleur moment:**
Évaluation: ☆ 2.7 (3)	**Info:** ★ 2 (1)	**Belay:** ★ 2 (2)

Spécialités:

Matériel:
Cordes: 2x60m

Résumé: (traduction alternative)
Granite canyon; some overhanging sections directly in the watercourse; rope retrival often difficult; some slippery sections; water partly cloudy; final rappel section is divided into 20m/45m/53m with good belays; Inox glued anchors and belays Exposure: East Tip: In our opinion, the most interesting part of the canyon is from the bridge to after the high rappel. You don't need a shuttle car for this part. If you want to do the whole tour, leave a shuttle car in the parking lot described above and take a second car up the 4.5 km Ricahtung Arzana on the SP27. The entrance to the upper entry is on the left directly on the SP27 at a house with a stone wall as a fence and some electric poles. Here you could drive down the gravel road a bit to find a possible parking lot. You should plan about 3-4 hours for the whole tour.

Hydrologie:

Accès: (traduction alternative)
From Arbatax head west on the SS198; after 2.1km turn right onto the SP27; after approx. 15 minutes (13.8km) you will see a gravel road on the right with a cross (motorcycle accident) in front of it and a wooden sign with the name "Cascata Sothai". Turn right here and follow the gravel road for approx. 200m until you reach a house. Park here.

Approche: (traduction alternative)
To get to the entry point of the tour, walk along the gravel road back out to the SP27 and follow it for about 6 minutes to the bridge that crosses the Bau Figu. Descend through the gardens or directly from the bridge or left.

Tour: (traduction alternative)
Directly after the bridge there is a short walk and downclimb to the first 20m rappel. This is also the most difficult of the tour because you rappel directly in the water and overhanging into a deep pool. The section is also very slippery. There is the possibility of setting up a ropeway, glued anchors on the edge of the gully or left. The next 4 shorter abseils are not long in coming, max. 10m. The last of the short rappels can cause difficulties during rope retrival (clamping block). A short walk and downclimb follows before you have a beautiful view of the valley (reservoir). Here you are already at the final cascade. First abseil 20m to the belay station of the 45m rappel, followed by the highest rappel at 53m. There is enough space between the 45m and 53m rappels to stand unsecured. The water is spread over a large area across the broad rocky ridge. After the high cascade, it is not worth continuing the tour, as there is only a long river walk and a 20m rappel to come.

Retour: (traduction alternative)
Directly after the high final abseil or to the right, follow the clearly visible hiking trail along the wooden railing steeply uphill to the parking lot.

Coordonnées:
Départ du Canyon 39.9509 9.5190
Parking à l'entrée et à la sortie 39.9509 9.5261
Fin du Canyon 39.9574 9.5301

Rapports:

2025-12-28 | MirkoT | | | ★ ★ | Normale | Terminé
The smooth descent of a group is reported. (traduction alternative)

2025-09-28 | Mathias Mielke | ☆ ☆ | ★ | ★ | Faible | Terminé
A Naja Camyon, you shouldn't expect too much. Due to the rain over the last few days, we at least had some water. More of a streambed hike in midsummer. The anchor points are interestingly chosen. The only worthwhile parts are the two rappels at the end, 50m and 40m. (traduction alternative)

2023-03-09 | System User | ☆ ☆ ☆ | | | |
Daten importiert von https://www.canyoning.or.at/index.php/liste-aller-canyons/444-bau-vigo

---

2017-05-07 | Christian Balla | ☆ ☆ ☆ | | | Faible | Terminé
Photos of our tour: https://www.christian-balla.de/BauVigo (traduction alternative)

Partie:
Bau Vigo (superiore), v2 a2 I, 15min+3h+25min
Bau Vigo (inferiore), v4 a2 II, 10min+1h30+30min