

# Ola Cenza

Barranco de la Ola del Cenza

<b>Info : La qualité de cette description n'a pas encore été vérifiée ou a été jugée mauvaise.</b> 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.		
<b>Créer:</b> 2024-06-05 22:46:49	<b>Mettre à jour:</b> 2026-05-22 16:14:33	<b>Imprimer:</b> 2026-06-22 06:06:26
<b>Pays:</b> España / Spain <b>Région:</b> Galicia <b>Sous-région:</b> provincia de Orense / Provincia de Ourense <b>Ville:</b> Villarino de Conso		
<b>Difficulté:</b> moins difficile	<b>Niveau:</b> v3 a3 II	<b>Temps total:</b> 3h50
<b>Temps approche:</b> 30min	<b>Temps tour:</b> 3h	<b>Temps de retour:</b> 20min
<b>Altitude d'entrée:</b> m	<b>Altitude de sortie:</b> m	<b>Altitude du delta:</b>
<b>Longueur du canyon:</b> 600m	<b>Rapelle le plus haut:</b> 41m	<b>Nombre de rapelles:</b> 7
<b>Transport:</b>	<b>Type de roche:</b>	<b>Zone de prise d'eau:</b> km <sup>2</sup>
<b>Saison:</b> juin - novembre	<b>Orientation:</b>	<b>Meilleur moment:</b>
<b>Évaluation:</b> ★ 0 ()	<b>Info:</b> ★ 0 ()	<b>Belay:</b> ★ 0 ()
<b>Spécialités:</b>		
<b>Matériel:</b>		
<b>Résumé:</b> (traduction alternative) Ravine regulated by the Encoro reservoir on the river Conselo. It maintains a fairly constant flow except at times of release due to rainfall. It is necessary to be informed in order not to catch one of its floods that can make it dangerous. Its headwaters are quite exposed.		
<b>Hydrologie:</b>		
<b>Accès:</b> (traduction alternative) We have to go to Vilarino de Conso. To do this by the A52 exit in A Gudiña and take the OU-533 or OUR-CU-346. It takes the same time and there are the same curves. Once in the village we have several options: 1 Car next to the village, we can leave it in the square or go to the right along the concrete track and park at the exit about 100m there is a lay-by. 1 car on the road near the entrance wall, for this we continue the concrete track to the road to Castiñeira and where we can park. 2 cars, one we leave in the village and the other we go up the track to the bridge that crosses the river.		
<b>Approche:</b> (traduction alternative) Once on the Castiñeira road, we can enter through the wall taking advantage of the steel cable and we remove the first skills or go to the bridge and do that part.		
<b>Tour:</b> (traduction alternative) Very varied descent with exposed headwaters and duplicated installations to avoid the active. It is advisable to carry more rope to ensure access to the headwaters.		
<b>Retour:</b> (traduction alternative) If we have left the car in the village we leave by the water catchment by a little marked path. Soon it becomes a path that leaves us in the village. If we have the car on the road we can go up on the left side of the road, walking a little bit on the left side.		
<b>Coordonnées:</b> Départ du Canyon <a href="#">42.1758 -7.2000</a>		

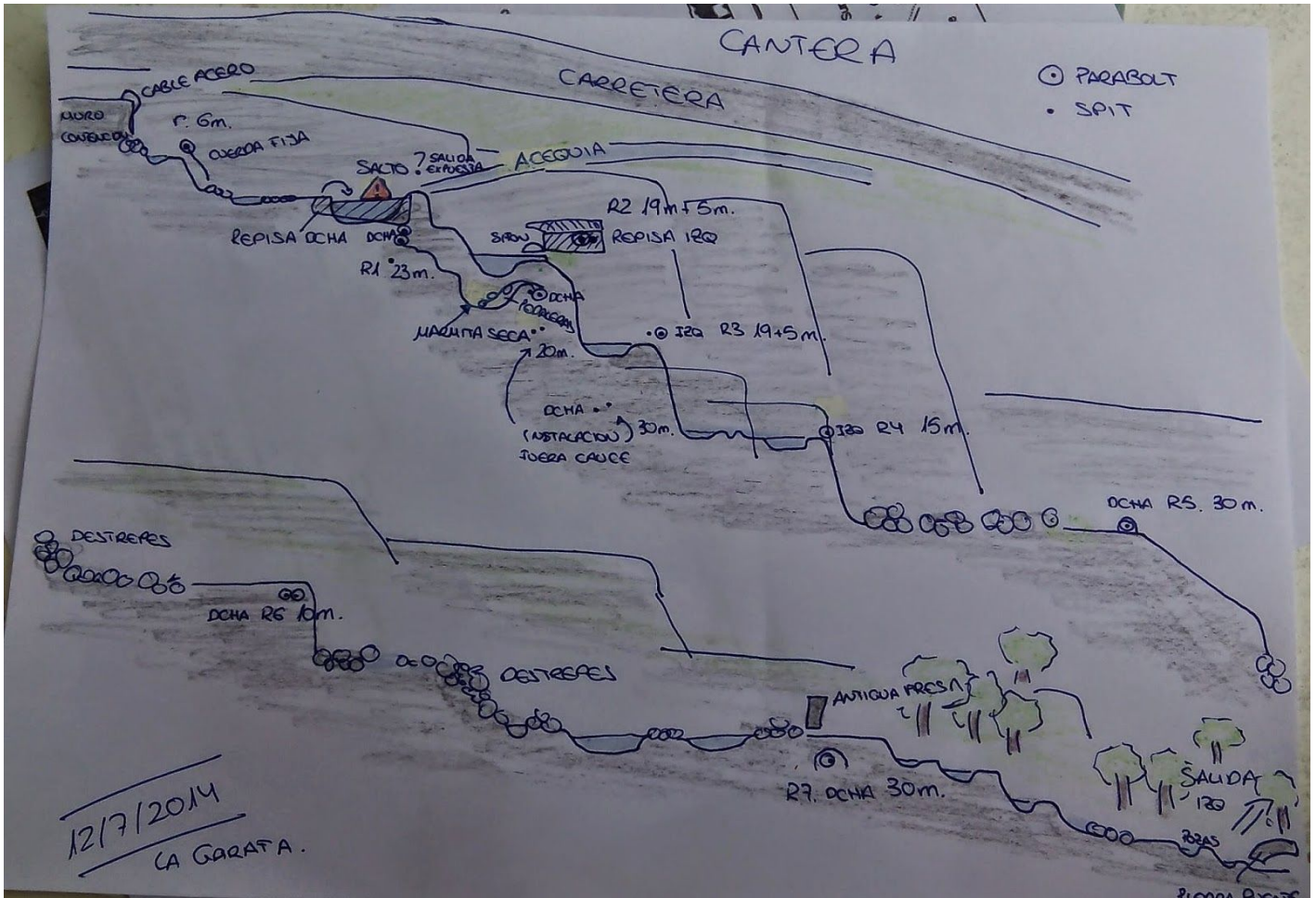
## Rapports:

2024-06-16 | System User | |📄|📍| |

Información: Partes de la descripción del cañón se han importado automáticamente. Concretamente, los campos Verticalidad, Acuáticos, Seriedad, Resumen, Acceso, Acceso, Recorrido, Regreso, Tiempo acceso, Tiempo regreso, Cantidad rapells, Longitud del cañón, Temporada start, Temporada end, Ruta GPS, Topografía de [https://www.docuwiki.infobarrancos.es/doku.php?id=barrancos:ourense:ola\\_cenza](https://www.docuwiki.infobarrancos.es/doku.php?id=barrancos:ourense:ola_cenza)

2023-03-09 | System User | |📄|📍| |

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Importado de infobarrancos.es