Sammaro

Gola di Sammaro,Torrente Sammaro,Gola del Sammaro,La Grotta

Creare: 2023-03-09 20:53:35	**Aggiornamento:** 2023-11-26 13:26:49	**Stampa:** 2026-11-05 11:11:00
Paese: Italia / Italy **Regione:** Campania **Sottoregione:** Salerno **Città:** Sacco, Roscigno		
Difficoltà: un po' difficile	**Grado:** v4 a3 IV	**Tempo totale:** 3h55
Tempo avvicinamento: 35min	**Tempo giaro:** 3h	**Tempo ritorno:** 20min
Altitudine di entrata: 440m	**Altitudine di uscita:** 140m	**Altitudine delta:** 300m
Lunghezza del canyon: 1600m	**Rapel più alto:** 15m	**Quantità rapelli:** 8
Transporto: Auto necessaria	**Tipo di roccia:**	**Area di ingresso:** km²
Stagione:	**Orientamento:** Sud-Ovest	**Tempo migliore:**
Valutazione: ☆ 4 (3)	**Info:** ★ 2 (1)	**Belay:** ★ 3 (1)

Specialità:

Attrezzatura:
Corde: 2x20m

Sintesi: (traduzione alternativa)
One of the most impressive canyons of central and southern Italy.

Idrologia:

Accesso: (traduzione alternativa)
We leave the A 3 (Naples - Reggio di Calabria) at the Atena Lucana exit. Then we cross the Vallo di Diano on the N 166 and we come up to S. Rufo (9 km from the A 3). Through the village we go up to the col (930 m a.s.l.) and on the other side we go down. About 10 km after S. Rufo we turn left towards Roscigno. At the beginning of Roscigno we turn left and head southeast towards Sacco. We cross the Torrente Sammaro at about 80 m above the river. At the first houses of Sacco turn right and follow the sign 'Sorgente Sammaro' downhill.At a sharp bend to the left the track from the Sammaro comes up from the right below. Take the second car back in the direction of Roscigno, cross the bridge, pass the cemetery and about 500 m further on turn right onto a tarred road in an easterly direction. At its exit (after about 3 km from the fork) park the second car.

Avvicinamento: (traduzione alternativa)
From the upper parking lot in a southeasterly direction down to a side stream of the Sammaro, in this and later in the Sammaro itself downstream to the beginning of the gorge. If you have only one car and you are walking from Roscigno, you should take the meadows on the right (in southeastern direction) down to Sammaro as soon as possible. The author has taken a dirt road branching off the road, then had to cross only about 100 m over a tree-covered field (private property) to reach the stream. Thus, one saves a not inconsiderable detour.

Giro: (traduzione alternativa)
Narrow and deeply incised great canyon; after the rappel at the beginning of the narrow section and another after about the first third, several rappels in immediate succession from the road bridge onwards.

Ritorno: (traduzione alternativa)
At the exit of the canyon, turn left (AIC marking, blue dot on white rectangle), pass under the rock arch onto the well-maintained path and later up the slope on the left towards Sacco. This brings you to the tarred road.

Coordinate:
Inizio del canyon 40.4010 15.3810
Fine del canyon 40.3886 15.3630
Partenza alternativa del canyon 40.4053 15.3837
Parcheggio all'entrata 40.4055 15.3831
Parcheggio in uscita 40.3836 15.3644
Punto di passaggio 40.4016 15.3762
Punto di passaggio 40.3956 15.3769

Rapporti:

2026-04-25 | System User | |🕮 |⚓ | 〰 Normale | 👍 Completato
Automatisch importiert von Descente-Canyon.com für Canyon Sammaro Beautiful gorge. Good anchors - only 2 abseils needed, other places could be downclimbed or jumped. A short part was blocked by branches and debris, but easy to go over it without issues. From the bridge crossing the canyon you can have a view on the flow. There was a sign the road from the bridge was closed - but is was not - everyone just drove past it. Thank you to the Italian team for the shuttle! (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/21745/observations.html)

2026-04-08 | System User | |🕮 |⚓ | 〰 Normale | 👍 Completato
Automatisch importiert von Descente-Canyon.com für Canyon Sammaro Magnifique (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/21745/observations.html)

2025-06-21 | System User | |🕮 |⚓ | 〰 Basso | 👍 Completato
Automatisch importiert von Descente-Canyon.com für Canyon Sammaro Magnifique canyon étroit. Il aurait été encore plus beau avec un peu plus d'eau. Premier saut au début de la partie étroite. Pendant la première demi-heure, l'eau coulait encore, créant des bassins limpides. À mi-chemin, le débit a commencé à ralentir et les bassins sont devenus stagnants, mais sont restés clairs. Dans la troisième partie, de nombreux bassins sombres et stagnants sont apparus. Une fois le pont passé, il n'y avait plus que de l'eau stagnante. Quel plaisir de trouver l'eau fraîche et claire à la source ! Nous avons campé près de la rivière aux coordonnées 40.38244 et 15.35507 et avons fait la navette à vélo. De la source, nous avons suivi la rivière jusqu'au camping (20 minutes). (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/21745/observations.html)

2025-06-21 | Jo Haegeman | ☆ ☆ ☆ ☆ |🕮 ★ |⚓ ★ ★ ★ | 〰 Basso | 👍 Completato
Beautiful narrow canyon. It would have been even more beautiful with a bit more water. Now we hit first water (jump) at the start of the narrow part. The first half hour the water was still flowing, which resulted in clear pools. Halfway through it started to slow down and the pools became stagnant but remained clear. In the third part many dark stagnant pools. Once past the bridge also only stagnant water. What a delight to find the fresh clear water at the source. We camped at the river at 40.38244, 15.35507 and did the navette by bike. From the source we followed the river back to the camping site (20 min).

2025-04-21 | System User | |🕮 |⚓ | 〰 Normale | 👍 Completato
Automatisch importiert von Descente-Canyon.com für Canyon Sammaro Canyon magnifique, le méandre semble interminable ???? (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/21745/observations.html)

2024-04-27 | System User | |🕮 |⚓ | 〰 Normale | 👍 Completato
Automatisch importiert von Descente-Canyon.com für Canyon Sammaro (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/21745/observations.html)

2023-03-09 | System User | ☆ ☆ ☆ ☆ |🕮 |⚓ | |
Info: Teile der Canyonbeschreibung wurden automatisiert übernommen. Konkret die Felder Weblinks, Koordinaten, Rating, Länge des Canyon, Einfachseil Mindestens von https://www.descente-canyon.com/canyoning/canyon/21745

2023-03-09 | System User | ☆ ☆ ☆ |🕮 |⚓ | |
Daten importiert von https://canyon.carto.net/cwiki/bin/view/Canyons/SammaroCanyon.html