Torrente Soffia

La Soffia,Valle del Mis

Creare: 2023-03-09 20:55:22	**Aggiornamento:** 2025-08-03 17:00:32	**Stampa:** 2026-11-05 11:11:26
Paese: Italia / Italy **Regione:** Veneto **Sottoregione:** Belluno **Città:** Sospirolo/Agordo		
Difficoltà: un po' difficile	**Grado:** v4 a4 IV	**Tempo totale:** 7h5
Tempo avvicinamento: 1h30	**Tempo giaro:** 5h30	**Tempo ritorno:** 5min
Altitudine di entrata: 780m	**Altitudine di uscita:** 410m	**Altitudine delta:** 370m
Lunghezza del canyon: 1700m	**Rapel più alto:** 38m	**Quantità rapelli:** 17
Transporto: a piedi	**Tipo di roccia:**	**Area di ingresso:** 8.20km²
Stagione:	**Orientamento:** Sud-Ovest	**Tempo migliore:**
Valutazione: ☆ 4.7 (10)	**Info:** ★ 2.8 (8)	**Belay:** ★ 2.9 (9)

Avvertenzas:
Divieto di canyoning (Ente Parco Nazionale delle Dolomiti Bellunesi)
Ai sensi dell'articolo 11 della legge n. 394 del 6 dicembre 1991, modificata il 9 luglio 2021, è vietato praticare il canyoning. https://www.dolomitipark.it/wp-content/uploads/2021/07/Regolamento-PNDB_GU-n.163_20210709.pdf

Specialità:
§ Divieto,

Attrezzatura:

Sintesi: (traduzione alternativa)
A unique jewel. Probably the most beautiful canyon in a very wide area. Demanding from a sporting point of view, appropriate expertise, fitness and equipment required. It offers everything that an upmarket canyoneer's heart desires. No exit for hours! Altogether much less serious than Val Clusa.

Idrologia:

Accesso: (traduzione alternativa)
Take the SS203 from Belluno towards Agordo to Sospirolo and then towards "Lago del Mis" Nice overnight accommodation by the lake (car/tent), park after the bridge in the "Cascate della Soffia" area.

Avvicinamento: (traduzione alternativa)
Steep asphalt road to Gena Alta (no driving for non-residents). Take the old forest road on the right at Brunnen until you reach the streambed.

Giro: (traduzione alternativa)
First narrow canyon (2-3h) with slides, jumps, rappels up to 30m. Then the confluence with the Val Pisson (also very rewarding). A breather on a ledge, then a 35m rappel into a huge cauldron. ("Mini-Trou de Fer"). Further along the rappel, it becomes more open and a little more playful, but there is still a lot of work to do. Here we have completed jumps of up to 18m... Finally, you reach the Schaufällen at the exit before the confluence with the lake. The small half-cave with a stone seating area on the right is great. Depending on the water level of the Lago del Mis, it may be a few meters underwater!

Ritorno: (traduzione alternativa)
Out to the right and back to the parking lot

Alternatively into the lake Mis and from there to the parking lot

Coordinate:
Inizio del canyon 46.1976 12.0547
Parcheggio Entrata e uscita 46.1861 12.0453
Fine del canyon 46.1864 12.0476
Uscita intermedia del canyon 46.1903 12.0501

Rapporti:

2025-09-21 | Tjaz | ☆ ☆ ☆ ☆ ☆ |🕮 ★ ★ ★ |⚓ ★ ★ ★ | 𝌆 Normale | 👍 Completato
We started at 7:30.. we also met locals who are living on the top and they offered us a ride to the canyon so we didnt the have to walk. Only the politics is against canyoning and not locals I guess. Everything is perfect, bolts are new. We came out of the canyon at 11:30.

2025-08-18 | Bernhard | ☆ ☆ ☆ ☆ ☆ |🕮 ★ ★ ★ |⚓ ★ ★ ★ | 𝌆 Basso | 👎 Non fatto
Allegedly there is now a wildlife camera at the entry ... This newspaper article (Spanish group of canyoneers were punished at the exit of the Fogare) shows the explosive nature of the current canyoning ban in the area https://www.corrierealpi.it/cronaca/torrentismo-abusivo-sul-cordevole-i-carabinieri-multano-sei-spagnoli-gm8alosl (traduzione alternativa)

2025-06-26 | Jason Walker | ☆ ☆ ☆ ☆ ⯪ |🕮 ★ ★ |⚓ ★ ★ ★ | 𝌆 Normale | 👍 Completato
In the cafe, we overhead some people talking about their recent trip down. All stands were perfect, beautiful new linked glue-ins. Where the nice new bolts end (just a little after an old dam) there is one final exciting 6-8m jump, then you should exit the canyon on the right side before the final two abseils. They said the water was incredibly clear and not cold. The rock was mostly very grippy. They said it was really fantastic. Took them 6 hours car to car. What a shame it's not allowed right now. :-(

2024-09-07 | Canyon1 | ☆ ☆ ☆ ☆ ☆ |🕮 ★ ★ ★ |⚓ ★ ★ ★ | 𝌆 Normale | 👍 Completato
Ancoraggi ottimi, pozze da verificare prima di tuffarsi. Usciti alla diga di cemento verso destra

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2024-08-04 | Gareth Evans | |🕮 |⚓ | | 👎 Non fatto
Hello, I was planning to run this canyon last year, and was told by people at the café near the exit that access to the canyon is forbidden and that rangers patrol and fine poeple using it. Does anyone know if this is still the case? Also @bina from your description is sounds like exit via the lake is prohibited by the land owner? Would be very greatful for any and all information! Thanks

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2024-08-01 | Alex Arnold | ☆ ☆ ☆ ☆ ☆ |🕮 |⚓ ★ ★ ★ | 𝌆 Normale | 👍 Completato
All good (traduzione alternativa)

2024-07-28 | Bina | ☆ ☆ ☆ ☆ ⯪ |🕮 |⚓ ★ ★ ★ | 𝌆 Normale | 👍 Completato
A great canyon ◫. Please be sure to skip the last 2 rappels after the concreted section and exit on a path to the road, all canyonists following will thank you. (This is a request from a local) (traduzione alternativa)

2024-06-21 | Madie Ga | |🕮 |⚓ | | 👍 Completato
Water level check photos

2024-06-19 | Madie Ga | ☆ ☆ ☆ ☆ ⯪ |🕮 ★ ★ |⚓ ★ ★ | 𝌆 Normale | 👍 Completato
Apparently all anchors are good. Walk in 1 hr, canyon 2.45 ish, the lower section is not as nice or continuous

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2024-05-16 | Christian Balla | |🕮 ★ ★ ★ |⚓ | 𝌆 Folle | 👎 Non fatto
Currently not accessible after rain (traduzione alternativa)

2024-05-12 | Christian Balla | ☆ ☆ ☆ ☆ ⯪ |🕮 ★ ★ ★ |⚓ ★ ★ ★ | 𝌆 Normale | 👍 Completato
Ideal conditions - perfect amount of water, very clear water, weather top and stable. Canyon very well equipped. https://www.christian-balla.de/Soffia (traduzione alternativa)

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

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2022-08-22 | Bubtore | ☆ ☆ ☆ ☆ |🕮 ★ ★ ★ |⚓ ★ ★ ★ | 𝌆 Basso | 👍 Completato
The two of us made Forti, Pisson, Sofia in a rush (and fished another group's rucksack out of a pool) because we still had a 5-hour drive afterwards. (traduzione alternativa)

Parti:
Soffia (amont), v3 a3 ?, 2h20+2h30+0min
Val Pisson, v5 a3 IV, 1h30+3h+2h
Torrente Soffia, v4 a4 IV, 1h30+5h30+5min