

# Costalunga

Val Costalunga, Costalunga

<b>Creare:</b> 2023-03-09 20:50:09	<b>Aggiornamento:</b> 2024-05-20 18:07:55	<b>Stampa:</b> 2024-12-28 11:12:51
<b>Paese:</b> Italia / Italy <b>Regione:</b> Veneto <b>Sottoregione:</b> Belluno <b>Città:</b> Sospirolo		
<b>Difficoltà:</b> un po' difficile	<b>Grado:</b> v4 a3 IV	<b>Tempo totale:</b> 4h45
<b>Tempo avvicinamento:</b> 1h	<b>Tempo giaro:</b> 3h30	<b>Tempo ritorno:</b> 15min
<b>Altitudine di entrata:</b> 640m	<b>Altitudine di uscita:</b> 440m	<b>Altitudine delta:</b> 200m
<b>Lunghezza del canyon:</b> 800m	<b>Rapel più alto:</b> 34m	<b>Quantità rapelli:</b>
<b>Transporto:</b>	<b>Tipo di roccia:</b>	<b>Area di ingresso:</b> 2.30km <sup>2</sup>
<b>Stagione:</b>	<b>Orientamento:</b>	<b>Tempo migliore:</b>
<b>Valutazione:</b> ★ 3.5 (2)	<b>Info:</b> ★ 2 (1)	<b>Belay:</b> ★ 1 (1)
<b>Specialità:</b> § Divieto,		
<b>Attrezzatura:</b>		
<b>Sintesi:</b> (traduzione alternativa) Rappel canyon with a few small jumps		
<b>Idrologia:</b>		
<b>Accesso:</b> (traduzione alternativa) From Belluno on the 203 d in the direction of Agordo. After 8km (at Mas) turn left and go west via Gron to Sospirolo (4.5km). There turn right and head NNO to Lago di Mis. At the end of the lake (at the root of the dam, until then about 7 km from Sospirolo), cross the Torrente de Mis, then take the road on the left towards NNW and after 1400 m on the right park your car at the road. (To Gole de Soffia same access, but after the bridge right off to the restaurant on the lake).		
<b>Avvicinamento:</b> (traduzione alternativa) On the right, next to an open corrugated iron trench, go down to the river, cross it and then head for the exit of the opposite Val Costalunga. There to the left (southwest) up to an open area, at the northwest end of which you come across two ruined houses. Behind the more northerly house, go down again on an old path to the stream (430 m a.s.l.) and on the other side up over the orographic left bank. There, after a few meters, you meet an old but easily recognizable path. \Alternatively, you can hike through the streambed to the mostly dry exit of Costalunga and then look for the path orographic left. The correct path is a rather wide old donkey path that leads up the mountain slope to the NW.\n\nOnce you have found the path, follow it uphill in serpentine for about 40 minutes until you reach a ruined house (680 m a.s.l.). A path next to the ruin goes straight up the mountain, a path in a brick gully goes up keeping slightly to the left. Follow the path in the gully for about 50m until a flat path branches off to the left, which was probably used to fetch water in the past. First cross horizontally over a side ditch, later a little exposed steeper down you come to the stream.		
<b>Giro:</b> (traduzione alternativa) First a succession of smaller rappels (all around 10m) and some possible jumps, then the more vertical part with the C 34 and a C 18, finally a run.\n\nThe Valle Costalunga is located in the Parco Nazionale Dolomiti; the ascent of canyons has been tolerated so far, but it should not be aimed at an encounter with the rangers. The leadership of the A.I.C. has been negotiating for some time with the National Park Administration.		
<b>Ritorno:</b> (traduzione alternativa) After the last rappel down the stream to the Mis, cross it keeping to the right and on the other side up the slope to the car.		
<b>Coordinate:</b> Inizio del canyon <a href="#">46.1950 12.0283</a> Fine del canyon <a href="#">46.1972 12.0351</a>		

## Rapporti:

2024-05-20 | Casa Vento Madeira | ★★★★★ | 📖★★ | 📍★ | 🌊 Normale | 🍏 Completato

A great water level due to the rainfall of the last week. Rule of thumb: If the water of the Costalunga doesn't completely disappear before the Torrente Mis, then you should take a look at the last step (10 minutes upstream). A beautiful canyon, bright white at the start, which narrows out nicely and presents some very nice abseils. Most of the equipment seemed to date back to the early days of canyoning, we added three new single anchors and redrilled a chain anchor. As a result, the former C34 can now be done in 2 steps, C6 and C30. This means that 30 ropes are sufficient. In the upper parts, the ideal rope length is 25 m. (traduzione alternativa)

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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/22154>

2023-03-09 | System User | ★★ | 📖 | 📍 | |

Daten importiert von <https://canyon.carto.net/cwiki/bin/view/Canyons/ValleCostalungaCanyon.html>