

# Froda (Superiore)

Froda superiore, Cuvignone superiore, Torrente Froda

<b>Create:</b> 2023-03-09 20:53:30	<b>Update:</b> 2025-08-28 15:50:21	<b>Print:</b> 2026-06-16 10:06:57
<b>Country:</b> Italia / Italy <b>Region:</b> Lombardia <b>Subregion:</b> Varese <b>Town:</b> Castelveccana		
<b>Difficulty:</b> a little difficult	<b>Grading:</b> v4 a2 III	<b>Total time:</b> 1h40
<b>Approachtime:</b> 5min	<b>Tourtime:</b> 1h30	<b>Returtime:</b> 5min
<b>Altitude entry:</b> 720m	<b>Altitude exit:</b> 575m	<b>Delta Altitude:</b> 145m
<b>Canyon length:</b> 350m	<b>Highest rapell:</b> 40m	<b>Amount rapells:</b> 10
<b>Transport:</b> Car optional	<b>Rock type:</b> limestone	<b>Drainage area:</b> 1.30km <sup>2</sup>
<b>Season:</b> January - December	<b>Orientation:</b> North	<b>Best Time:</b> 10-18 o'clock
<b>Rating:</b> ★ 2.9 (6)	<b>Info:</b> ★ 3 (3)	<b>Belay:</b> ★ 2.6 (5)
<b>Specialities:</b>		
<b>Gear:</b> Ropes: 2x40m		
<b>Summary:</b> (machine translated) After the entry in a forest canyon, succession of vertical rappels until the exit on a small bridge on a more level terrain. Alternatively, you can continue here to finally reach the steep 100m drop of Cascade della Froda (Cf. Torrente Froda inferiore).		
<b>Hydrology:</b>		
<b>Access:</b> (machine translated) From Luino, on the eastern shore of Lake Maggiore, we take SP 69 to Castello Castelveccana (9.4 km). We leave this road here to the left on the SP 7 - Via Galileo Galilei - in the direction of Nazca, Sant'Antonio, Arcumeggia. The road now climbs steadily, we see the 100m high Cascade della Froda (cf. Froda inferiore) and 4.8 km after turning off the SP 69 in Castelveccana we reach a prominent left-hand serpentine. Here we park the lower car. In the hairpin bend a footpath from the west meets the road. If we walk along it for about 5 minutes until we reach a footbridge (it is also the way back after the exit), we can check the water level in the Froda. With the second car we then continue for another 550 m and then turn right onto the SP 8 ("Passo Cuvignone"). On the Sp 8 we go uphill for a good 1100 m and then we look for a suitable parking place.		
<b>Approach:</b> (machine translated) We go downhill in the sparse deciduous forest, keeping diagonally towards the stream (Froda) flowing below us. Relatively late we enter the stream and soon come to the first rappel.		
<b>Tour:</b> (machine translated) As already mentioned, a succession of 11 rappels begins vertically. This opens up beautiful views as far as Lake Maggiore and the Ticino mountains towering behind. Exit at the small bridge if you don't want to join the Froda inferiore.  01- C4 (2 sx) 02- C5 (MC 2sx + 2sx) 03- C6 (2 dx) 04- C15 (2sx + dev dx -8m) 05- C10 (2 sx) 06- C17 (MC 2dx + 2dx) 07- C40 (MC 2 dx + 2 dx) 08- C 15 (2sx + dev sx -7m) 09- C8 (2 dx) 10- C14 (2 sx)		
<b>Return:</b> (machine translated) At the bridge out to the right on the trail and in a few minutes to the lower car.		

**Coordinates:**

Canyon Start [45.9312 8.6848](#)

Canyon End [45.9328 8.6881](#)

Parking at Entry [45.9299 8.6822](#)

Parking at Exit [45.9327 8.6886](#)

**Reports:**

2026-04-18 | System User | |📖|📍|🌊 Normal | 🍏 Completed

Automatisch importiert von Descente-Canyon.com für Canyon Froda (superiore) Première partie avec beaucoup d'arbres tombés récemment rendant la progression chaotique jusqu'au croisement avec le premier sentier reliant San Antonio. A éviter. Équipement ok. (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/23217/observations.html>)

2025-08-23 | System User | |📖|📍|🌊 Normal | 🍏 Completed

Automatisch importiert von Descente-Canyon.com für Canyon Froda (superiore) Équipement ok (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/23217/observations.html>)

2025-07-25 | Enrico Rispoli | ⭐⭐👉 |📖|📍|⭐⭐|🌊 Normal | 🍏 Completed

Easy canyon, not bad enough unexpected in this place (machine translated)

2025-07-24 | Massimo Loriato | ⭐⭐⭐ |📖|⭐⭐⭐|📍|⭐⭐⭐|🌊 Normal | 🍏 Completed

Water level low, everything in order.

2025-04-22 | Peter | ⭐⭐⭐👉 |📖|⭐⭐⭐|📍|⭐⭐⭐|🌊 High | 🍏 Completed

Everything perfect, water more abundant than usual (machine translated)

2024-06-02 | Peter | ⭐⭐⭐ |📖|⭐⭐⭐|📍|⭐⭐⭐|🌊 Normal | 🍏 Not done

Everything in the norm (machine translated)

2023-11-25 | Bina | |📖|📍|🌊 Normal | 🍏 Completed

Very cold water... brrrrrr... (machine translated)

2023-11-25 | System User | |📖|📍|🌊 Normal | 🍏 Completed

Automatisch importiert von Descente-Canyon.com für Canyon Froda (superiore) (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/23217/observations.html>)

2023-05-18 | Bina | ⭐⭐⭐ |📖|📍|⭐⭐|🌊 Normal | 🍏 Completed

Everything ok (machine translated)

2023-03-09 | System User | ⭐⭐ |📖|📍| |

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

**Parts:**

Froda (Superiore), v4 a2 III, 5min+1h30+5min

Froda (Inferiore), v5 a3 III, 5min+3h+10min