Froda sup.

Froda superiore, Cuvignone superiore,Torrente Froda

Create: 2023-03-09 20:53:30	**Update:** 2026-07-21 12:29:30	**Print:** 2026-10-30 01:10:01
Country: Italia / Italy **Region:** Lombardia **Subregion:** Varese **Town:** Castelveccana		
Difficulty: a little difficult	**Grading:** v4 a2 III	**Total time:** 1h40
Approachtime: 5min	**Tourtime:** 1h30	**Returntime:** 5min
Altitude entry: 720m	**Altitude exit:** 575m	**Delta Altitude:** 145m
Canyon length: 350m	**Highest rapell:** 40m	**Amount rapells:** 10
Transport: Car optional	**Rock type:** limestone	**Drainage area:** 1.30km²
Season: January - December	**Orientation:** North	**Best Time:** 10-18 o'clock
Rating: ☆ 2.8 (8)	**Info:** ★ 3 (4)	**Belay:** ★ 2.7 (6)

Specialities:

Gear:
Ropes: 2x40m

Summary: (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 Cascate della Froda (Cf. Torrente Froda inferiore).

Hydrology:

Access: (machine translated)
From Luino, on the eastern shore of Lake Maggiore, we take SP 69 to Castello Castellveccana (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 Cascate della Froda (cf. Froda inferiore) and 4.8 km after turning off the SP 69 in Castellveccana 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.\nWith 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.

Approach: (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.

Tour: (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)

Return: (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:

2026-07-08 | Massimo Loriato | ☆ ☆ ☆ |🕮 ★ ★ ★ |⚓ ★ ★ ★ | Low | Completed
Accumulated wood/logs just right at the crossing of the approach path, once overcome everything clear and in order, many pools have been cleared and the hanging one even with low water can be jumped. Done also the initial part of the lower section after the bridge and the toboggan is fully doable.

2026-07-03 | Herbert von Neumann | ☆ ☆ |🕮 |⚓ | Low | Completed
Almost dry... an easy canyon, but with some beautiful sections (machine translated)

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 | ☆ ☆ ½ |🕮 |⚓ ★ ★ | 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 | ☆ ☆ ☆ ½ |🕮 ★ ★ ★ |⚓ ★ ★ ★ | 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 sup., v4 a2 III, 5min+1h30+5min
Froda inf., v5 a3 III, 5min+3h+10min