

# Foci

Vallone delle Foci, Valle delle Foci

<b>Info: The quality of this description has not been checked yet or was rated bad.</b> If you know this canyon, please check this description and file a report with a rating for this description using <i>Reports</i> -> <i>+New Report</i> . Should you notice any error, please let us know or join the community in order to fix this description yourself.		
<b>Create:</b> 2024-06-05 22:59:32	<b>Update:</b> 2026-01-27 18:52:41	<b>Print:</b> 2026-06-17 11:06:42
<b>Country:</b> Italia / Italy <b>Region:</b> Lazio <b>Subregion:</b> Frosinone <b>Town:</b> San Biagio Saracinisco		
<b>Difficulty:</b> not as difficult	<b>Grading:</b> v3 a2 III	<b>Total time:</b> 6h
<b>Approachtime:</b> 1h30	<b>Tourtime:</b> 4h	<b>Returntime:</b> 30min
<b>Altitude entry:</b> 1400m	<b>Altitude exit:</b> 1024m	<b>Delta Altitude:</b> 376m
<b>Canyon length:</b> 1200m	<b>Highest rapell:</b> 34m	<b>Amount rapells:</b>
<b>Transport:</b> Car optional	<b>Rock type:</b>	<b>Drainage area:</b> km <sup>2</sup>
<b>Season:</b> March - May	<b>Orientation:</b> South	<b>Best Time:</b>
<b>Rating:</b> ★ 0 ()	<b>Info:</b> ★ 0 ()	<b>Belay:</b> ★ 0 ()
<b>Specialities:</b>		
<b>Gear:</b> Ropes: 2x40		
<b>Summary:</b> (machine translated) Raw data import from Ropewiki <a href="https://ropewiki.com/Foci">https://ropewiki.com/Foci</a>		
<b>Hydrology:</b>		
<b>Access:</b>		
<b>Approach:</b>		
<b>Tour:</b>		
<b>Return:</b>		
<b>Coordinates:</b> Canyon Start <a href="#">41.6131 13.9289</a>		
<b>Reports:</b>		
2023-03-09   System User    📖 📌    Daten importiert von <a href="https://ropewiki.com/Foci">https://ropewiki.com/Foci</a>		