

Strona

Torrente Strona

Info: The quality of this description has not been checked yet or was rated bad.

If you know this canyon, please check this description and file a report with a rating for this description using *Reports* -> *+New Report*. Should you notice any error, please let us know or join the community in order to fix this description yourself.

Create: 2026-10-12 21:41:00	Update: 2026-10-12 22:18:15	Print: 2026-10-13 01:10:09
Country: Italia / Italy Region: Piemonte Subregion: Verbano-Cusio-Ossola Town: Valstrona		
Difficulty: a little difficult	Grading: v4 a4 IV	Total time: 6h31
Approachtime: 1h30	Tourtime: 5h	Returntime: 1min
Altitude entry: 1720m	Altitude exit: 1280m	Delta Altitude: 440m
Canyon length: 2000m	Highest rapell: 35m	Amount rapells: 21
Transport: on Foot	Rock type: gneiss	Drainage area: 4.70km ²
Season: July - October	Orientation: Southeast	Best Time: 10-17 o'clock
Rating: ★ 3 (1)	Info: ★ 1 (1)	Belay: ★ 1 (1)

Specialities:

Gear:

Ropes: 2x 40m

Summary:

Sunny alpine canyon with nice views and some jumps

Hydrology:

Medium to high water flow, avoid at the beginning of the season or after heavy rain. In the final section, numerous tributaries joining in significantly increase the water flow.

Access:

From Omegna, take the road toward Campello Monti. Just before the end of the road, go down to the large parking lot on the left, right near the exit of the stream.

Approach:

From Campello Monti, follow the signs for Lago Capezzone. After the Sass da Mur alpine pasture, keep right (west) and cross the bridge over the Strona stream. After the steep climb, you will reach a flat, somewhat marshy area at an altitude of approximately 1700m. Keep right (north) until you reach the stream. The first waterfalls will be clearly visible.

Tour:

1- C20 (1 sx)
2- C25 (1 sx + 2 sx)
3- C15 (1 sx)
4- C15 (1 dx)
5- C15 (1 sx)
6- C20 (1 sx)
7- C 30 (2 sx)
8- C 10 (1 sx)
9- C30 (1 dx)
10- C8 (1 sx)
11- C35 (nat dx)
12- C25 (2 dx)
13- C6 (1 sx)
14- C12 (1 dx)
bridge
15- C20 (nat sx)
bridge
16- C6 (nat sx)
17- C30 (nat dx)
18- C10 (1 dx)
19- C6 (1 sx)
20- C20 (nat dx)
21- C8 (nat dx)

Return:

When you come across the first houses on the left, continue briefly along the streambed until you see the car on the left.

Coordinates:

Parking Entry and Exit [45.9352 8.2376](#)
Canyon Start [45.9400 8.2209](#)
Canyon End [45.9350 8.2373](#)

Reports:

2026-10-10 | Peter | ★★☆☆ | 📖★ | ⚓★ | 🌊 Normal | 🍏 Completed

The perfect stream for a sunny fall day. Beautiful colors all around and a few dips to add some fun. We couldn't have asked for a better first run. After last summer's drought, the water flow isn't a problem. (machine translated)

First descent: 10.10.2026 by Rospi CAI Varese