Froda (Superiore)

Create: 2023-08-07 18:38:43	**Update:** 2026-09-04 16:51:57	**Print:** 2026-10-30 12:10:42
Country: Schweiz / Switzerland **Region:** Kanton Tessin / Cantone Ticino **Subregion:** Bezirk Riviera **Town:** Biasca		
Difficulty: a little difficult	**Grading:** v4 a3 IV	**Total time:** 9h
Approachtime: 4h	**Tourtime:** 3h	**Returntime:** 2h
Altitude entry: 2090m	**Altitude exit:** 1260m	**Delta Altitude:** 830m
Canyon length: 2000m	**Highest rapell:** 45m	**Amount rapells:** 20
Transport: on Foot	**Rock type:** gneiss	**Drainage area:** 2.50km²
Season: June - October	**Orientation:** West	**Best Time:** 7-10 o'clock
Rating: ☆ 3.2 (3)	**Info:** ★ 2 (2)	**Belay:** ★ 1.5 (2)
Specialities:		

Gear:
Ropes: 2x 50m

Summary: (machine translated)
Alpine Canyon part of Froda. Not particularly worth doing on its own, but a really cool challenge as an Integral or even a Super Integral.

Hydrology: (machine translated)
This part can handle a relatively large amount of water, but since you normally continue with the Intermedio, it shouldn't be too much.

Access: (machine translated)
Either hike up from Biasca, or take a shuttle through the Pontirone Valley; you can drive as far as Alpe di Cava.

Approach: (machine translated)
From the bottom, it’s the same as the Intermedio route, but you just keep going higher.

From Alpe di Cava, first head over the Forcarella di Lago, then descend to the lake. For 15 francs, you can spend the night in the unstaffed hut (online registration required).

https://www.patriziatobiasca.ch/rifugio_lago.html

Tour: (machine translated)
From the lake to Alp Compiett, follow this route:
C20 left
C25 left
M400
C10 from the rocky outcrop (optional)
M400
C30 left (flat section)
C20 right
C10 left
Trail crossing at 1,775 m
M100
C15 left
C20 right
C25 right
C5 left
M50
MC10 + C45 right
M200
Alpe di Compiett

Then follow the route as described in Baumgartner’s book.

Return: (machine translated)
Continue on the Intermedio, or walk 1,000 meters of elevation down into the valley, or walk back up to the lake and then on to Alpe di Cava.

Coordinates:
Canyon Start 46.3520 9.0203
Canyon End 46.3544 8.9917
Alternative Canyon Start 46.3558 8.9988

Reports:

2026-09-19 | System User | |🕮 |⚓ | |
Automatisch importiert von Schlucht.ch für Canyon Ri della Froda superiore, Wasserstand: "Niedrig" Verankerungen: "Ok" Wir sind bei der Brücke auf 1250müM eingestiegen. Einige Haken könnten erneuert werden, geht aber auch so. (Quelle: https://schlucht.ch/schluchten-der-schweiz-liste/1081-ri-della-froda-superiore)

2026-07-09 | Bubtore | ☆ ☆ ⯨ |🕮 ★ ★ |⚓ ★ ★ | Normal | Completed
Starting from the lake at 2090m, the uppermost section really serves only to let you say you've done the Superintegrale, because after the two initial rappels, there's nothing for quite a while. But with an overnight stay at the hut, it's still a great experience. We drilled some new anchors between Alp Compiett and the start of the Intermedio. We also removed some of the old slings. (machine translated)

2026-06-27 | Jeanne Picart | ☆ ☆ ☆ ☆ |🕮 ★ |⚓ ★ | Normal | Completed
We hiked through the canyon from Alpe di Lago all the way to the bottom. Six people, 1,800 meters of elevation gain. The anchors for the upper section are in place, but there's a lot of walking in the river. The anchors in the upper section leave something to be desired, whether they're tree belays or fixed points. A good re-equipping wouldn't hurt. Nothing to report on the middle section (DC+ for the narrow part but no risk) or the lower section. Absolutely beautiful! (machine translated)

2025-06-29 | Alex Arnold | ☆ ☆ ☆ |🕮 |⚓ | Normal | Completed
Integrals. Perfect water level for this. Used trees a few times in the superiore. Overnight stay in hut Compiett (machine translated)

2023-09-28 | Daniel Sturm | |🕮 |⚓ | |
Basic data taken with kind permission by Matthias Holzinger from "Swiss Alps Canyoning VOL. 2.0" (machine translated)

Parts:
Froda (Superiore), v4 a3 IV, 4h+3h+2h
Froda (Intermedio), v6 a4 V, 2h+4h+1h
Froda (Inferiore), v6 a3 IV, 1h15+4h30+5min