Froda inf.

Froda inferiore, Cascate della Froda,Torrente Froda

Create: 2023-03-09 20:53:31	**Update:** 2026-07-21 12:29:12	**Print:** 2026-10-30 01:10:51
Country: Italia / Italy **Region:** Lombardia **Subregion:** Varese **Town:** Castelveccana		
Difficulty: difficult	**Grading:** v5 a3 III	**Total time:** 3h15
Approachtime: 5min	**Tourtime:** 3h	**Returntime:** 10min
Altitude entry: 575m	**Altitude exit:** 380m	**Delta Altitude:** 195m
Canyon length: 700m	**Highest rapell:** 50m	**Amount rapells:** 12
Transport: Car optional	**Rock type:** limestone	**Drainage area:** 1.30km²
Season: January - December	**Orientation:** North	**Best Time:** 10-18 o'clock
Rating: ☆ 3.7 (8)	**Info:** ★ 2.7 (3)	**Belay:** ★ 2.5 (8)

Specialities:

Gear:
Ropes: 2x 60m

Summary: (machine translated)
A 100 m - rappel with "run-up".

Hydrology:

Access: (machine translated)
Like Froda superiore:From Luino on the eastern shore of Lake Maggiore, take the SP 69 to Castello Castellveccana (9.4 km). We leave this road here and turn left onto the SP 7 - Via Galileo Galilei - in the direction of Nasca, Sant'Antonio, Arcumeggia. We now drive 1.9 km and come to a house directly on the right-hand side of the road. 200m further on the SP 7, a dirt road turns off to the right (http://www.valganna.info/phpBB3/download/file.php?id=5455&sid=f863e4b82142828d13c5222d5645bee5&mode=view). We park the lower car here.

Take the second car on the SP 7 in a southerly direction continuously uphill. We can see the 100 m high final waterfall of the Froda inferiore and after 2.7 km we come to a prominent left-hand serpentine. Here we park the second car, unless we intend an integral ascent of the Froda (see description of the Froda superiore!).

Approach: (machine translated)
In the haipin bend a footpath goes off in western direction into the forest.we follow it and in about 5 min. we come to a footbridge (entry).

Tour: (machine translated)
First downclimbs and smaller rappels until you reach the break-off edge with the 100 m waterfall. It is set up on the orographic right with several intermediate stands.

11- C7 (2 sx)
12- C5 (2 dx)
13- C3 (2 dx)
14- C5 (MC 2sx + 2sx)
15- C7 (1 sx)
16- C6 (2 sx)
17- C9 (MC 2dx + 2 dx)
18- C30 (2sx + dev sx - 15m)
19- C12 (2 dx)

Final waterfall in water:
20- C5 (2 dx)
21- C20 + C40 + C50 (2sx + 2sx+ 2sx) Only the essential anchors are indicated here; there are additional anchors that can be safely ignored.

Final dry waterfall:
20- C30 + C35 + C45 (2dx + 2dx + 2dx)

Return: (machine translated)
At the foot of the waterfall we come to a wooden footbridge. Left here onto the hiking trail, we soon pass the houses of the hamlet of Casone Froda (394 m above sea level), continue north along the path, cross the river twice and, after the third crossing and another 600 m northwards, reach the SP 7 and our car at the bottom.

Coordinates:
Canyon Start 45.9328 8.6881
Canyon End 45.9347 8.6890
Parking at Exit 45.9430 8.6870
Parking at Entry 45.9327 8.6887

Reports:

2026-05-17 | System User | |🕮 |⚓ | 〰 Normal | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Froda (inferieur) In the upper part are a lot of trees, therefore we did only Inferiore. Nice but slippery (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/23250/observations.html)

2026-05-17 | Bina | ☆ ☆ ☆ |🕮 |⚓ ★ ★ ★ | 〰 Low | 👍 Completed
Unfortunately, there are a lot of trees in the upper part (Sup.), so we only did the lower part (Inf.). Slippery, but beautiful. (machine translated)

2026-04-18 | System User | |🕮 |⚓ | 〰 Normal | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Froda (inferieur) Équipement ok. Très glissant.Nous avons pris la ligne rive gauche pour la cascade finale, dans l'actif. (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/23250/observations.html)

2025-08-23 | System User | |🕮 |⚓ | 〰 Normal | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Froda (inferieur) Dc-Équipement ok (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/23250/observations.html)

2025-07-25 | Enrico Rispoli | ☆ ☆ ☆ |🕮 |⚓ ★ ★ | 〰 Normal | 👍 Completed
The big waterfall gives a twist to the canyon (machine translated)

2025-06-01 | Massimo Loriato | ☆ ☆ ☆ ☆ |🕮 ★ ★ ★ |⚓ ★ ★ ★ | 〰 Normal | 👍 Completed
Done the lower part, from bridge to above the final waterfall, with people from the beginner course. Everything in order, added anchors on the last two points missing for additional security; flow normal, quite slippery here and there.

2024-08-25 | Anja | ☆ ☆ ☆ ☆ ☆ |🕮 ★ |⚓ ★ | 〰 Low | 👍 Completed
Mega beautiful rappel canyon. All stands tiptop. Make sure the rope runs well, especially on the last rappel - sharp edges! (machine translated)

2024-06-02 | Peter | ☆ ☆ ☆ |🕮 ★ ★ ★ |⚓ ★ ★ ★ | 〰 Normal | 👎 Not done
Everything in the normal range. A few pools still silted up. Traversed to above the final waterfall and then exited. (machine translated)

2023-11-25 | Bina | ☆ ☆ ☆ ½ |🕮 |⚓ ★ ★ | 〰 Normal | 👍 Completed
Very cold water. (machine translated)

2023-11-25 | System User | |🕮 |⚓ | 〰 Normal | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Froda (inferieur) (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/23250/observations.html)

2023-05-18 | Bina | ☆ ☆ ☆ ½ |🕮 |⚓ ★ ★ | 〰 Normal | 👍 Completed
Pretty. (machine translated)

2023-05-18 | Patrik Bartel | ☆ ☆ ☆ ☆ |🕮 |⚓ ★ ★ ★ | 〰 Normal | 👍 Completed
Sup. and inf. committed. Only at the beginning a run, then continuously downhill. Abseil follows abseil. If the water level is uncomfortable at the big cascade, as it was during our ascent, the dry but green belay is recommended. https://canyon.li/froda-18-05-23/ (machine translated)

2023-03-09 | System User | |🕮 |⚓ | |
Daten importiert von https://canyon.carto.net/cwiki/bin/view/Canyons/Frodainferiore2Canyon.html

Parts:
Froda sup., v4 a2 III, 5min+1h30+5min
Froda inf., v5 a3 III, 5min+3h+10min