

# Rio Frondizzon

Frondizzon

<b>Créer:</b> 2023-03-09 20:49:53	<b>Mettre à jour:</b> 2026-05-04 14:16:02	<b>Imprimer:</b> 2026-06-22 05:06:00
<b>Pays:</b> Italia / Italy <b>Région:</b> Friuli Venezia Giulia <b>Sous-région:</b> Udine <b>Ville:</b> Tolmezzo		
<b>Difficulté:</b> un peu difficile	<b>Niveau:</b> v4 a2 II	<b>Temps total:</b> 3h10
<b>Temps approche:</b> 40min	<b>Temps tour:</b> 2h30	<b>Temps de retour:</b> 0min
<b>Altitude d'entrée:</b> 500m	<b>Altitude de sortie:</b> 380m	<b>Altitude du delta:</b> 120m
<b>Longueur du canyon:</b> 2000m	<b>Rapelle le plus haut:</b> 35m	<b>Nombre de rappelles:</b> 5
<b>Transport:</b> Voiture facultative	<b>Type de roche:</b>	<b>Zone de prise d'eau:</b> km <sup>2</sup>
<b>Saison:</b>	<b>Orientation:</b> Ouest	<b>Meilleur moment:</b>
<b>Évaluation:</b> ★ 3.8 (20)	<b>Info:</b> ★ 2.9 (16)	<b>Belay:</b> ★ 2.9 (16)
<b>Spécialités:</b>		
<b>Matériel:</b> Cordes: 1x40m		
<b>Résumé:</b> (traduction alternative) Very dangerous/life-threatening at higher water levels (unstable weather); very beautiful half-day tour; best sunshine from midday; water drainage in the upper part by the "Enel" power station, therefore usually little water in the canyon; several bolts for traversing rope construction available; it has often happened that water has been drained into the canyon unexpectedly. The rappels then become really challenging!		
<b>Hydrologie:</b>		
<b>Accès:</b> (traduction alternative) see coordinates		
<b>Approche:</b> (traduction alternative) On foot (approx. 30-40min): Directly next to the exit at the Enel power station, follow the pipeline up steep steps through the tunnel (a lamp is not absolutely necessary). After the tunnel, the path is flat until you reach the equalizing basin. Once you reach the basin, an iron footbridge leads over the concrete obstruction. Then bypass the basin on the left. Before the next iron bridge/stream, look out for the canyoning markings on the tree to the left (blue dot on a white background). From here, follow the markings through the forest.  By car (20min drive one way!): From the cemetery, walk down the hiking trail to the stream in a few minutes --> entry at approx. 500Hm before the stone bridge right.		
<b>Tour:</b> (traduction alternative) The tour begins with a car transfer at the stone bridge at approx. 500m in the streambed and leads for approx. 20-25min through open terrain. In this part you pass the "Enel" water drainage after about 10 minutes (most of the water is diverted here). The wall can be downclimbed on the right-hand side. If accessing on foot, the tour begins shortly before the first abseil point (35m, orographic left, rope traverse possible). After this highest point, the next rappel follows immediately (10m orographic right). Then there are some small steps and pools in open terrain before it cuts in for about 100m in the middle section (no lamp necessary). After an inflow from the left, you have a short stretch to the next 3 abseils, which are interrupted by short walking passages. At the end, the canyon narrows again briefly.		
<b>Retour:</b> (traduction alternative) The exit of the canyon is directly at the Enel power station before the bridge right at approx. 380Hm.		

**Coordonnées:**

Départ du Canyon [46.4319 13.0458](#)

Parking à l'entrée [46.4315 13.0562](#)

Parking à l'entrée et à la sortie [46.4312 13.0388](#)

Fin du Canyon [46.4311 13.0398](#)

## Rapports:

2026-06-21 | Andi Schober | ★★★★★ | 📖★★★★ | 🚧★★★★ | 🌊 Faible | 🟢 Terminé  
Beautiful canyon, well-maintained. Yesterday, after the rain, the access was very slippery. (traduction alternative)

2026-06-14 | Horst Lambauer | ★★★★★ | 📖★★★★ | 🚧★★★★ | 🌊 Normale | 🟢 Terminé  
The power plant is back online, so the water level has returned to normal. All levels are okay. (traduction alternative)

2026-05-28 | Mario Duller | ★★★★★ | 📖 | 🚧 | 🌊 Faible | 🟢 Terminé  
We were in the canyon today around noon and had a rockfall at rappel no. 2 and rappel no. 1. Thank God nothing happened. Otherwise everything was okay. (traduction alternative)

2026-04-30 | Clarissa Linder | ★★★★★ | 📖★★★★ | 🚧★★★★ | 🌊 Normale | 🟢 Terminé  
Access was super easy to find thanks to the many blue markings. The water level is currently very relaxed. (traduction alternative)

2026-04-08 | Péter Bonczi | ★★★★★ | 📖★★★★ | 🚧★★★★ | 🌊 Haut | 🟢 Terminé  
An exciting and beautiful tour. The approach signs are clear. Thank you. Equipment OK. Plenty of water from the start still. Especially from side branch influence, but manageable. On the penultimate swim in the pool, it is advisable to pay attention to the underwater. (traduction alternative)

2026-03-21 | Horst Lambauer | ★★★★★ | 📖★★★★ | 🚧★★★★ | 🌊 Haut | 🟢 Terminé  
I have re-marked the access path where the markings were gone. At the moment, all the water is still being let through the canyon because the power station is out of order. This makes the canyon quite sporty because you have to rappel directly into the water a few times. But mega beautiful and fun for advanced climbers. (traduction alternative)

2025-12-05 | Horst Lambauer | ★★★★★ | 📖★★★★ | 🚧★★★★ | 🌊 Haut | 🟢 Terminé  
Really nice this year because they let the water in from the power station. Some of the water levels are quite sporty and tend not to be for beginners. All stands tip top (traduction alternative)

2025-10-17 | Florian Heufler | ★★★★★ | 📖★★★★ | 🚧★★★★ | 🌊 Haut | 🟢 Terminé  
During the ascent, the siren of the power plant suddenly sounded, after consulting with power plant employees who happened to be present, it turned out that the siren goes off every hour today due to a malfunction, Anchorages all ok, from the inflow onwards the amount of water increased considerably but everything was stress-free to walk on (traduction alternative)

2025-10-12 | System User | | 📖 | 🚧 | 🌊 Haut | 🟢 Terminé  
Automatisch importiert von Descente-Canyon.com für Canyon Frondizzon Petit gros débit. L'équipement permet d'éviter en partie le jet dans les cascades mais probablement pas avec beaucoup plus d'eau. Vu du pont d'arrivée c'est pas facile à jauger, l'idéal étant de remonter jusqu'au dernier ressaut. Magnifique et assez court avant de prendre la route (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/21759/observations.html>)

2025-09-28 | Patrick Summerer | ★★★★★ | 📖★★★★ | 🚧★★★★ | 🌊 Haut | 🚨 Sortie de secours  
Since we already had a sporty water level at the 35m waterfall, it was already late afternoon and there would be about 1/3 more inflow from the inactive hydroelectric power station, we decided NOT to enter the lower part. We made an "emergency exit" after the scree break orographic left steeply through the forest up the 70 meters back to the access path on the ridge. Once back down, we took a closer look at the exit and climbed up the first pools to see the water level in detail. The canyon would probably have been doable with this water, but if in doubt, it would have been better to take the defensive option ;- ) (traduction alternative)

2025-09-08 | System User | | 📖 | 🚧 | 🌊 Haut | 🟢 Terminé  
Automatisch importiert von Descente-Canyon.com für Canyon Frondizzon La première cascade donne tout de suite le ton, ça coule pas mal.La confluence avec l'affluent en RG double le débit. Peu de mouvements d'eau, on a pieds la plus par du temps.Splendide. (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/21759/observations.html>)

2025-09-05 | System User | | 📖 | 🚧 | 🌊 Normale | 🟢 Terminé  
Automatisch importiert von Descente-Canyon.com für Canyon Frondizzon Bel encaissement avec bel obscur. Bien équipé pour éviter au mieux l'actif. (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/21759/observations.html>)