Strona

Torrente Strona

Créer: 2026-10-12 21:41:00	**Mettre à jour:** 2026-10-15 16:08:52	**Imprimer:** 2026-11-09 09:11:47
Pays: Italia / Italy **Région:** Piemonte **Sous-régione:** Verbano-Cusio-Ossola **Ville:** Valstrona		
Difficulté: un peu difficile	**Niveau:** v4 a4 IV	**Temps total:** 6h31
Temps approche: 1h30	**Temps tour:** 5h	**Temps de retour:** 1min
Altitude d'entrée: 1720m	**Altitude de sortie:** 1280m	**Altitude du delta:** 440m
Longueur du canyon: 2000m	**Rapelle le plus haut:** 35m	**Nombre de rapelles:** 21
Transport: à pied	**Type de roche:** gneiss	**Zone de prise d'eau:** 4.70km²
Saison: juillet - octobre	**Orientation:** Sud-Est	**Meilleur moment:** 10-17 Heures
Évaluation: ☆ 3 (2)	**Info:** ★ 1.5 (2)	**Belay:** ★ 1 (2)

Spécialités:

Matériel:
Cordes: 2x 40m

Résumé:
Sunny alpine canyon with nice views and some jumps

Hydrologie:
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.

Accès:
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.

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

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

Coordonnées:
Parking à l'entrée et à la sortie 45.9352 8.2376
Départ du Canyon 45.9400 8.2209
Fin du Canyon 45.9350 8.2373

Rapports:

2026-10-17 | Ivan I. | ☆ ☆ ☆ |🕮 ★ |⚓ ★ | ≈ Faible | 👍 Terminé
The route is exposed but well-protected up to the first bridge; beyond that, there’s a natural ledge that we chose not to descend. We’ll return once the bolting is complete. At rappel point 12, the belay station needs to be reevaluated because it’s too far back, and a rope was damaged by two sharp edges. A gorge well worth considering this season, as it’s beautifully sunny and open. (traduction alternative)

2026-10-10 | Peter | ☆ ☆ ☆ |🕮 ★ |⚓ ★ | ≈ Normale | 👍 Terminé
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. (traduction alternative)

Première descente: 10.10.2026 par Rospi CAI Varese