Froda sup.

Froda superiore, Cuvignone superiore,Torrente Froda

Creare: 2023-03-09 20:53:30	**Aggiornamento:** 2026-07-21 12:29:30	**Stampa:** 2026-11-05 11:11:22
Paese: Italia / Italy **Regione:** Lombardia **Sottoregione:** Varese **Città:** Castelveccana		
Difficoltà: un po' difficile	**Grado:** v4 a2 III	**Tempo totale:** 1h40
Tempo avvicinamento: 5min	**Tempo giaro:** 1h30	**Tempo ritorno:** 5min
Altitudine di entrata: 720m	**Altitudine di uscita:** 575m	**Altitudine delta:** 145m
Lunghezza del canyon: 350m	**Rapel più alto:** 40m	**Quantità rapelli:** 10
Transporto: Auto facoltativa	**Tipo di roccia:** limestone	**Area di ingresso:** 1.30km²
Stagione: gennaio - dicembre	**Orientamento:** Nord	**Tempo migliore:** 10-18 Ore
Valutazione: ☆ 2.8 (8)	**Info:** ★ 3 (4)	**Belay:** ★ 2.7 (6)

Specialità:

Attrezzatura:
Corde: 2x40m

Sintesi: (traduzione alternativa)
After the entry in a forest canyon, succession of vertical rappels until the exit on a small bridge on a more level terrain. Alternatively, you can continue here to finally reach the steep 100m drop of Cascate della Froda (Cf. Torrente Froda inferiore).

Idrologia:

Accesso: (traduzione alternativa)
From Luino, on the eastern shore of Lake Maggiore, we take SP 69 to Castello Castellveccana (9.4 km). We leave this road here to the left on the SP 7 - Via Galileo Galilei - in the direction of Nazca, Sant'Antonio, Arcumeggia. The road now climbs steadily, we see the 100m high Cascate della Froda (cf. Froda inferiore) and 4.8 km after turning off the SP 69 in Castellveccana we reach a prominent left-hand serpentine. Here we park the lower car. In the hairpin bend a footpath from the west meets the road. If we walk along it for about 5 minutes until we reach a footbridge (it is also the way back after the exit), we can check the water level in the Froda.\nWith the second car we then continue for another 550 m and then turn right onto the SP 8 ("Passo Cuvignone"). On the Sp 8 we go uphill for a good 1100 m and then we look for a suitable parking place.

Avvicinamento: (traduzione alternativa)
We go downhill in the sparse deciduous forest, keeping diagonally towards the stream (Froda) flowing below us. Relatively late we enter the stream and soon come to the first rappel.

Giro: (traduzione alternativa)
As already mentioned, a succession of 11 rappels begins vertically. This opens up beautiful views as far as Lake Maggiore and the Ticino mountains towering behind. Exit at the small bridge if you don't want to join the Froda inferiore.

01- C4 (2 sx)
02- C5 (MC 2sx + 2sx)
03- C6 (2 dx)
04- C15 (2sx + dev dx -8m)
05- C10 (2 sx)
06- C17 (MC 2dx + 2dx)
07- C40 (MC 2 dx + 2 dx)
08- C 15 (2sx + dev sx -7m)
09- C8 (2 dx)
10- C14 (2 sx)

Ritorno: (traduzione alternativa)
At the bridge out to the right on the trail and in a few minutes to the lower car.

Coordinate:
Inizio del canyon 45.9312 8.6848
Fine del canyon 45.9328 8.6881
Parcheggio all'entrata 45.9299 8.6822
Parcheggio in uscita 45.9327 8.6886

Rapporti:

2026-07-08 | Massimo Loriato | ☆ ☆ ☆ |🕮 ★ ★ ★ |⚓ ★ ★ ★ | ≋ Basso | 👍 Completato
Accumulated wood/logs just right at the crossing of the approach path, once overcome everything clear and in order, many pools have been cleared and the hanging one even with low water can be jumped. Done also the initial part of the lower section after the bridge and the toboggan is fully doable.

2026-07-03 | Herbert von Neumann | ☆ ☆ |🕮 |⚓ | ≋ Basso | 👍 Completato
Almost dry... easy canyon but with some beautiful sequences

2026-04-18 | System User | |🕮 |⚓ | ≋ Normale | 👍 Completato
Automatisch importiert von Descente-Canyon.com für Canyon Froda (superiore) Première partie avec beaucoup d'arbres tombés récemment rendant la progression chaotique jusqu'au croisement avec le premier sentier reliant San Antonio. A éviter. Équipement ok. (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/23217/observations.html)

2025-08-23 | System User | |🕮 |⚓ | ≋ Normale | 👍 Completato
Automatisch importiert von Descente-Canyon.com für Canyon Froda (superiore) Équipement ok (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/23217/observations.html)

2025-07-25 | Enrico Rispoli | ☆ ☆ ½ |🕮 |⚓ ★ ★ | ≋ Normale | 👍 Completato
Facile canyon, non male abbastanza inaspettato in questo luogo

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2025-07-24 | Massimo Loriato | ☆ ☆ ☆ |🕮 ★ ★ ★ |⚓ ★ ★ ★ | ≋ Normale | 👍 Completato
Water level low, everything in order.

2025-04-22 | Peter | ☆ ☆ ☆ ½ |🕮 ★ ★ ★ |⚓ ★ ★ ★ | ≋ Alto | 👍 Completato
Tutto perfetto, acqua più abbondante del solito

2024-06-02 | Peter | ☆ ☆ ☆ |🕮 ★ ★ ★ |⚓ ★ ★ ★ | ≋ Normale | 👎 Non fatto
Tutto nella norma

2023-11-25 | Bina | |🕮 |⚓ | ≋ Normale | 👍 Completato
Very cold water... brrrrrr... (traduzione alternativa)

2023-11-25 | System User | |🕮 |⚓ | ≋ Normale | 👍 Completato
Automatisch importiert von Descente-Canyon.com für Canyon Froda (superiore) (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/23217/observations.html)

2023-05-18 | Bina | ☆ ☆ ☆ |🕮 |⚓ ★ ★ | ≋ Normale | 👍 Completato
Everything ok (traduzione alternativa)

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

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