Rio Formia

Creare: 2026-05-04 13:59:47	**Aggiornamento:** 2026-05-08 12:58:09	**Stampa:** 2026-11-05 10:11:35
Paese: Italia / Italy **Regione:** Friuli Venezia Giulia **Sottoregione:** ente di decentramento regionale di Udine **Città:** Moggio Udinese		
Difficoltà: un po' difficile	**Grado:** v4 a3 III	**Tempo totale:** 5h20
Tempo avvicinamento: 1h	**Tempo giaro:** 4h	**Tempo ritorno:** 20min
Altitudine di entrata: 1000m	**Altitudine di uscita:** 760m	**Altitudine delta:** 240m
Lunghezza del canyon: m	**Rapel più alto:** 50m	**Quantità rapelli:** 10
Transporto: Auto necessaria	**Tipo di roccia:**	**Area di ingresso:** km²
Stagione:	**Orientamento:**	**Tempo migliore:**
Valutazione: ☆ 2.5 (1)	**Info:** ★ 3 (1)	**Belay:** ★ 2 (1)
Specialità:		
Attrezzatura: Corde: 2x50m		
Sintesi: (traduzione alternativa) Wild forest gorge that flows into the upper Rio Alba below the Rio Fondaris. Unfortunately, the quality of the rock decreases towards the bottom. Times given refer to the combination of Rio Formia + Rio Alba.		
Idrologia:		
Accesso: (traduzione alternativa) From Moggio Udinese up into the Aupa valley. Turn right to Pardis and follow the road further up the mountain. Turn right at a junction. Parking lot in front of a barrier at about 1050m.		
Avvicinamento: (traduzione alternativa) Follow hiking trail 450 to the NE. This part of the climb was still officially closed in 2026, but can and is still used. The official route remains on the road for 60 vertical meters and then leads down to the old path. Soon afterwards, at a crossroads, turn NE into the mostly dry streambed of the Rio Alba. Cross the stream and follow the path into the Rio Fondaris valley without gaining or losing much altitude. At a cairn or a little further on, branch off from the hiking trail on a hunters path marked with blue dots and cairns, which leads into the valley of the Rio Fondaris. Follow this path into the valley to about 930m, where a path marked with cairns branches off to the left. Cross the Rio Fondaris, descend briefly on the other bank and cross to the south above the canyon (cairns, path tracks). After crossing just below a rocky slope, the path becomes more visible again and ascends south-eastwards into the valley of the Rio Formia. When you cross a dry side arm, descend into the streambed of the Rio Formia. The path is correctly marked on the OSM, but not on the Tabacco map.		

Giro: (traduzione alternativa)
20m rappel from ring hook on the right over the pool
25m rappel from ring hook on the right
18m rappel from ring hook on the right
15m rappel from tree sling on the right with chain link
2 slides max. 3m
50m rappel from long tree sling with chain link on the right
25m rappel from ring bolt on the right, above large clamping block
5m rappel from ring hook center left
2m jump from the left (pool relatively shallow)
20m rappel from very low ring hook in the middle of the stream, it may be better to use the tree at the back right
Slide
40m rappel from tree sling with chain link on the left
Downclimb
Rappel 10m from tree sling with chain link on the left.
--- confluence with the Rio Alba ---
If you want to descend across the streambed of the Rio Alba, 35 minutes of hiking and downclimbing in the wide streambed follow, if you look you will find a few small slides and possible jumps. After 25 minutes, a red-marked hunters path crosses, but it is very difficult to walk on with large backpacks (trees and creepers)
After a landslide comes down from the right, a deep and beautiful gorge begins
Downclimb 6m to the right or jump 2m (shallow pool)
2m downclimb
9m rappel from ring bolts in the middle right of the clamping block
Massive slide, climb around the first pool on the right, then short swimming passages
10min walk and downclimb in deep canyon.
Dam, rappel 6m from tree on the right
On the right is the forest road from the Rio Alba access to the stream, either exit here (20min to the Alba parking lot) or continue along the Rio Alba (min. 3h)

Ritorno: (traduzione alternativa)
Take the forest road up to the Rio Alba parking entry.

If you want to get out directly after the mouth of the Rio Formia into the Rio Alba, you have to work your way up the forest ridge on the other bank to the north until you reach the hunters path from the Rio Fondaris exit 100m further up. Follow this path to the SW. The beautiful path crosses a landslide zone (ignore the old belays and bypass above instead) and then crosses in about 15 minutes through steep forest interspersed with rocks to a crossroads. Here take the path marked with pink dots to the right. You soon reach an abandoned hut (Case Foramiz), here only a short ascent on the forest road to the lower parking lot of Rio Fondaris.

Coordinate:
Inizio del canyon 46.4481 13.2285
Fine del canyon alternativo 46.4484 13.2233
Fine del canyon 46.4367 13.2171
Parcheggio all'entrata 46.4510 13.2166
Parcheggio in uscita 46.4335 13.2106

Rapporti:

2026-05-01 | Horst Lambauer | ★★½ |🕮★★★ |⚓★★ | Basso | Completato
First ascent. The stream has some beautiful individual sections. Unfortunately, it was quite slippery during our ascent because there is a lot of nutrient input from the forest and the low water flow means that algae naturally forms. Unfortunately, due to the poor rock quality, we often had to work with tree slings or with less than ideal bolt positions. Formia is definitely an adventure but can be combined very nicely with the upper Alba section. (traduzione alternativa)

Prima discesa: 01.05.2026 da Horst Lambauer, Georg Buol, David Sefaj, Rick Paap, Thomas Csencsitz