Frauenbach

Create: 2023-03-09 20:49:53	**Update:** 2023-10-14 09:16:04	**Print:** 2026-11-10 02:11:49
Country: Österreich / Austria **Region:** Tirol **Subregion:** Bezirk Lienz **Town:** Lienz		
Difficulty: a little difficult	**Grading:** v4 a3 III	**Total time:** 4h10
Approachtime: 30min	**Tourtime:** 3h30	**Returntime:** 10min
Altitude entry: 940m	**Altitude exit:** 700m	**Delta Altitude:** 240m
Canyon length: 300m	**Highest rapell:** 30m	**Amount rapells:** 26
Transport: on Foot	**Rock type:** limestone	**Drainage area:** km²
Season:	**Orientation:** Northeast	**Best Time:**
Rating: ☆ 4.5 (20)	**Info:** ★ 2.7 (14)	**Belay:** ★ 2.1 (18)

Specialities:

Gear:
Ropes: 2x40m
floating anchor,

Summary: (machine translated)
Counts among the most beautiful and aquatic lime canyons in Austria; continuous rappel canyon with many rappelling points; very well equipped; several emergency exits; at high water levels, the canyon can be very dangerous; most rappelling points are directly in the watercourse; cold water; gr. catchment area + weir ; 3er cascade at the end; during shooting range operation, access is prohibited (times see links) !

Hydrology:

Access: (machine translated)
Coming from Spital an der Trau drive into the Drau valley in the direction of Tirol (Lienz) --> after the village of Oberdrauburg (after approx. 10km) at the sign "Schotterwerk Schmidl" turn left across the Drau to Lavant --> after 1.5km at the time sign from the shooting range drive back on the forest road to the barrier (parking lot).

Approach: (machine translated)
From the parking lot in front of the barrier of the shooting range (attention to red flag) it goes on the forest road to the small power plant cottage (700Hm) --> there you can already see the last cascade or the water level via a path that goes up on the left --> after the check back to the forest road --> follow this further to the only fork in the road Ri. Lavanter Alm --> after a short time and some Hm. can be descended at 940Hm simply in the stream (open terrain with views of the mountains).

Tour: (machine translated)
Entry at 940Hm --> from here it goes over a kl. Downclimb to the first step with cold shower:-) most of the (at the beginning still short) rappel points are in the watercourse --> the belays (mostly chain anchors) are however well and thoughtfully placed --> it goes very continuously over many rappels through the canyon --> in the lower part of the canyon come the higher rappel points --> the Frauenbach can change very quickly due to the partly very high water flow and debris, therefore the pools should be checked before a possible jump or slide --> in the upper third come several inlets into the canyon, (Tip: at the information board at the parking lot you can see the normal water level!) --> should the amount of water by the tributaries be too large for the walk, there are some emergency exits on the left side --> by the long stay in the cold water, the canyon should not be underestimated even on hot summer days. The last cascade C10-C30-C25 is very beautiful but can be very dangerous at high water (dry 40m rappel right possible)

Return: (machine translated)
After the last cascade you get out of the stream at 700Hm on the left and go up to the power station house. Then follow the forest road back to the parking lot.

Coordinates:
Canyon Start 46.7800 12.8612
Canyon End 46.7831 12.8635
Parking Entry and Exit 46.7893 12.8633

Reports:

2025-11-16 | Clarissa Linder | ☆ ☆ ☆ ☆ ☆ | 🕮 ★ ★ ★ | ⚓ ★ | Low | Completed
Currently very slippery. (machine translated)

2025-09-19 | thijs | ☆ ☆ ☆ ☆ ☆ | 🕮 ★ ★ ★ | ⚓ ★ ★ ★ | Normal | Completed
beautiful canyon. Last hook was a bit tricky to get to , but all went fine :)

2025-07-14 | Theresa Pichler | ☆ ☆ ☆ ☆ ☆ | 🕮 ★ ★ | ⚓ ★ ★ | Low | Completed
At the moment there’s no deep pools, nothing jumpable at all. On the very last stand (25m) was a fixed rope already that looked like it was cut. Next one who goes down can take it out I guess.

2025-06-22 | Jason Walker | ☆ ☆ ☆ ☆ ☆ | 🕮 ★ ★ ★ | ⚓ ★ ★ ★ | Normal | Completed
This is a truly pretty canyon, with great rock, slides, a jump or two, and heaps of abseils. The canyon is a bit of a bolt graveyard unfortunately with numerous smashed anchors left to stain the canyon for generations. The anchors that survive are fine, but could do with new linking material. Obviously this canyon gets very very high and violent at times (hence the busted anchors). Overall could do with a big makeover with strong unlinked glue ins, and probably needs any fixed ropes to be replaced annually... Super nice canyon to visit!

2025-06-22 | Holzer Johannes | ☆ ☆ ☆ ☆ | 🕮 | ⚓ ★ | Normal | Completed
Have replaced a few hooks. Last step is drilled in again. Mfg (machine translated)

2025-06-15 | Holzer Johannes | ☆ ☆ ☆ ½ | 🕮 | ⚓ ★ | Normal | Completed
Hooks missing on the last rappel. 2x55m and in one through (machine translated)

2024-12-21 | Clarissa Linder | ☆ ☆ ☆ ☆ ☆ | 🕮 ★ ★ ★ | ⚓ ★ ★ | Low | Completed
Rock partly iced in, very slippery. Stands all freely accessible. (machine translated)

2024-10-15 | Max H. | ☆ ☆ ☆ ☆ ½ | 🕮 ★ ★ ★ | ⚓ ★ ★ | High | Completed
Ascended from the middle to the exit with a slightly higher water level (see before/after pictures) as a warm-up tour. No water problems during the rappel. On the last rappel, 53m was enough to get from the end of the chain to the bottom. At one point in the tour we had to extend the rope due to a lack of anchors. Stands were intact at all important points, but could be improved in places. (machine translated)

2024-10-07 | System User | | 🕮 | ⚓ | Normal | Not done
Automatisch importiert von Descente-Canyon.com für Canyon Frauenbach J'ai vu les cascades finales en balade, pas plus, je n'ai pas descendu le canyon, mais me semble top, certainement a faire! Je poste pour informer par rapport les fermatures militaires - je ne sais pas si c'est toujours la meme chose, mais pour cette semaine et la semaine derniere, l'acces est fermé entre 3 et 4 jours par semaine. Voir "Schließzeiten Lavanter Forcha". (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/21881/observations.html)

2024-09-21 | Clarissa Linder | ☆ ☆ ☆ ☆ | 🕮 ★ ★ ★ | ⚓ ★ ★ | Normal | Completed
Everything is great, see previous entries. (machine translated)

2024-08-25 | Joey CIA | ☆ ☆ ☆ | 🕮 | ⚓ ★ ★ | Low | Completed
Anchors ok All pools are covered with gravel, the anchor is missing on the last rappel, but can be roped through with a 60 mm rope or rappelled right over the dry chute. The belay must be climbed. Top conditions (machine translated)

2024-08-16 | Andreas B | ☆ ☆ ☆ ☆ | 🕮 ★ | ⚓ ★ | Low | Completed
Beautiful tour. The upper part up to the intermediate entry/exit is quite short, but can also be done well with (experienced) children. Significantly more water contact in the second part. The anchor on the last rappel is still missing. On 14.8 a group has set an emergency anchor by hand on the right side. See picture. However, we decided not to use it. With 2 60 meter ropes, however, the abseil is easy. Alternatively, use the dry rappelling routes on the right (if necessary with existing intermediate stand). There is a corresponding rope railing in front of the last 3 rappels. See picture (machine translated)

2024-08-16 | Andreas B | ☆ ☆ ☆ ☆ ☆ | 🕮 ★ | ⚓ ★ | Low | Completed
Beautiful tour. The upper part up to the intermediate entry/exit is quite short, but can also be done well with (experienced) children. Significantly more water contact in the second part. The anchor on the last rappel is still missing. On 14.8.24 a group placed an emergency anchor by hand on the right side. See picture. However, we