

Rio Frondizzon

Frondizzon

Create: 2023-03-09 20:49:53	Update: 2024-09-14 14:08:59	Print: 2026-02-11 05:02:21
Country: Italia / Italy Region: Friuli Venezia Giulia Subregion: Udine Town: Tolmezzo		
Difficulty: a little difficult	Grading: v4 a2 II	Total time: 2h35
Approachtime: 5min	Tourtime: 2h30	Returntime: 0min
Altitude entry: 500m	Altitude exit: 380m	Delta Altitude: 120m
Canyon length: 2000m	Highest rapell: 35m	Amount rapells: 5
Transport: Car required	Rock type:	Drainage area: km²
Season:	Orientation: West	Best Time:
Rating: ★ 3.8 (12)	Info: ★ 3 (9)	Belay: ★ 3 (9)
Specialities:		
Gear: Ropes: 1x40m		
Summary: (machine translated) Initially long walking passage, therefore see tip / 2nd possibility; very nice cut middle part; at higher water levels (unstable weather) very dangerous / life-threatening!; very nice half-day tour; best sunlight from midday; water drainage in the upper part by "Enel", therefore usually little water in the canyon; several pitons for traverser rope construction available; it has often happened that unforeseen water has been drained into the canyon. The rappel passages are then really demanding!		
Hydrology:		
Access: (machine translated) approx. 5min+ 20min car transfer From Tolmezzo drive north on the SS52b towards "Austria" --> shortly after Tolmezzo you will see the prison on the left and a Shell petrol station on the right --> from here you drive exactly 1.9km until you turn right at a house after a sharp bend and come to the Enel power station --> there is good parking behind the power station. Check the water level here --> to do this, walk about 50m from the gorge exit to the last step --> the water should flow calmly into the last pool here. It is best to choose the access on foot, if not take the second car in the direction of Tolmezzo --> it is recommended to bypass the town center on the main road --> at the next traffic junction take the exit Tolmezzo --> continue to the small traffic circle --> turn right here --> straight past the Lidl, until you reach the signs for Illegro (turn left) --> from here follow the road up to the village of Illegro --> after the village sign turn left towards the church (narrow lane)--> before the church take the turn-off.left "S. Florian" to the cemetery --> here you park the car (at approx. 580Hm)		

Approach: (machine translated)

(on foot: 35-40min)

1st possibility:

From the cemetery, walk down the hiking trail to the stream in a few minutes --> entry at approx. 500Hm before the stone bridge right.

Tip/ 2nd option (approx. 35-40 min):

To save yourself the whole car transfer and river walk from the village of Illegro to the first abseiling point, you can follow the pipeline up steep steps through the tunnel right next to the exit at the Enel power station (no lamp required). After the tunnel, the route is flat until you reach the equalizing basin. Once you reach the basin, an iron footbridge leads over the concrete obstruction. Then logically 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 and visible path straight up steeply through the forest to the first ridge. At the ridge, do not continue uphill to the left, but follow the path right downhill. After a short time, keep left again up to a second forest ridge (you are too high at the ruin), before finally descending steeply to the stream. After a short stretch in the streambed, you are already at the first abseil point.

(Caution!!! The main path is not always easily visible due to fallen trees, but there are canyoning markings on trees at longer intervals up to the stream.

Tour: (machine translated)

The tour starts at the stone bridge at approx. 500m and leads through open terrain for approx. 20-25 minutes. 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 side before you walk the rest of the way to the 1st rappel point; if you choose the access on foot, you reach the stream about 3 minutes before the first rappel. A traversed rope takes you safely to the exposed stand on the left side before you rappel 35m into the pool. This highest point is followed by a 10m rappel into the second beautiful pool. This is followed by a few small steps and pools in open terrain before it really cuts in for about 100m in the middle section. The incised part does not pose any technical problems. 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. The last step is cleverly downclimbed due to the absence of a bolt, before you soon leave the canyon and reach the "Enel" power station (parking lot).

Return: (machine translated)

The exit of the canyon is directly at the Enel power station before the bridge right at approx. 380Hm.

Coordinates:

Canyon Start [46.4306 13.0441](#)

Parking at Entry [46.4315 13.0562](#)

Parking at Exit [46.4320 13.0379](#)

Canyon End [46.4311 13.0398](#)

Reports:

2025-09-08 | System User | |📖|🚢|🌊 High |👍 Completed

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 | |📖|🚢|🌊 Normal |👍 Completed

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>)

2025-08-25 | System User | |📖|🚢|🌊 Normal |👍 Completed

Automatisch importiert von Descente-Canyon.com für Canyon Frondizzon Todo correcto.los 2 últimos rapeles con desviador.bonito descenso (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/21759/observations.html>)

2025-08-25 | Alfredo |★★★★★|📖★★★★|🚢★★★★|🌊 Normal |👍 Completed

All correct.the last 2 rappels with diverter.no need for frontal for the gorge section. (machine translated)

2025-08-15 | System User | |📖|🚢|🌊 Normal |👍 Completed

Automatisch importiert von Descente-Canyon.com für Canyon Frondizzon Equipement parfait : broches et relais avec chaînes tout inox. (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/21759/observations.html>)

2025-07-20 | Francesco Micaglio |★★★★★|📖★★★★|🚢★★★★|🌊 High |👍 Completed

Sporting scope, weapons in order pro canyon Diving not feasible (machine translated)

2025-06-17 | Enya Schaefer |★★★★★|📖★★★★|🚢★★★★|🌊 High |👍 Completed

Really fun water level, definitely felt exciting at times. Lots of water coming in from the dam half way down. Anchors were all good.

2024-11-01 | System User | |📖|🚢|🌊 Crazy |🔴 Not done

Automatisch importiert von Descente-Canyon.com für Canyon Frondizzon La centrale del bacino di Tramba ha livello d'acqua a sfioro. La centrale ha la griglia della presa intasata viste le ultime forti precipitazioni di due settimane fa e quindi il bacino scarica tutta l'acqua nel rio Frondizzon.Per info aggiornate, chiamare il numero +39042786129 e chiedere di parlare con la persona reperibile. (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/21759/observations.html>)

2024-08-31 | Sietse Winter |★★★★★|📖★★★★|🚢★★★★|🌊 Low |👍 Completed

In the first part of the canyon there was very little water, until another waterfall added a lot of water for the last few abseils. Hooks in good condition. (machine translated)

2024-08-23 | System User | |📖|🚢|🌊 Low |👍 Completed

Automatisch importiert von Descente-Canyon.com für Canyon Frondizzon Alvaro Canyon (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/21759/observations.html>)

2024-06-29 | System User | |📖|🚢|🌊 Normal |👍 Completed

Automatisch importiert von Descente-Canyon.com für Canyon Frondizzon Petit filet dans la première partie puis debit correct + à partir de l'affluent après l'oscuro (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/21759/observations.html>)

2024-06-27 | Bernhard |★★★★★|📖★★★★|🚢★★★★|🌊 High |👍 Completed

Ascent via the tunnel cool ambience but afterwards very slippery in the forest Upper part of the Frondizzon very little turbid water We were lucky and the inflow from the dam (big waterfall in the middle) was active and so we had a superiore water level from there on Two rappels directly in the water jet/ but doable without problems (machine translated)

2024-06-24 | Rick Paapy |★★★★|📖★★★★|🚢★★★★|🌊 Low |👍 Completed

Fast decent on Friday, waterlevel was low, all anchors good did the whole canyon in 1 hour.