

# Froda (Superiore)

Froda superiore, Cuvignone superiore, Torrente Froda

<b>Créer:</b> 2023-03-09 20:53:30	<b>Mettre à jour:</b> 2025-08-28 15:50:21	<b>Imprimer:</b> 2026-05-30 10:05:54
<b>Pays:</b> Italia / Italy <b>Région:</b> Lombardia <b>Sous-région:</b> Varese <b>Ville:</b> Castelveccana		
<b>Difficulté:</b> un peu difficile	<b>Niveau:</b> v4 a2 III	<b>Temps total:</b> 1h40
<b>Temps approche:</b> 5min	<b>Temps tour:</b> 1h30	<b>Temps de retour:</b> 5min
<b>Altitude d'entrée:</b> 720m	<b>Altitude de sortie:</b> 575m	<b>Altitude du delta:</b> 145m
<b>Longueur du canyon:</b> 350m	<b>Rapelle le plus haut:</b> 40m	<b>Nombre de rappelles:</b> 10
<b>Transport:</b> Voiture facultative	<b>Type de roche:</b> limestone	<b>Zone de prise d'eau:</b> 1.30km²
<b>Saison:</b> janvier - décembre	<b>Orientation:</b> Nord	<b>Meilleur moment:</b> 10-18 Heures
<b>Évaluation:</b> ★ 2.9 (6)	<b>Info:</b> ★ 3 (3)	<b>Belay:</b> ★ 2.6 (5)
<b>Spécialités:</b>		
<b>Matériel:</b> Cordes: 2x40m		
<b>Résumé:</b> (traduction alternative) 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 Cascade della Froda (Cf. Torrente Froda inferiore).		
<b>Hydrologie:</b>		
<b>Accès:</b> (traduction alternative) From Luino, on the eastern shore of Lake Maggiore, we take SP 69 to Castello Castelveccana (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 Cascade della Froda (cf. Froda inferiore) and 4.8 km after turning off the SP 69 in Castelveccana 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.		
<b>Approche:</b> (traduction alternative) 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.		
<b>Tour:</b> (traduction alternative) 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)		
<b>Retour:</b> (traduction alternative) At the bridge out to the right on the trail and in a few minutes to the lower car.		

**Coordonnées:**

Départ du Canyon [45.9312 8.6848](#)

Fin du Canyon [45.9328 8.6881](#)

Parking à l'entrée [45.9299 8.6822](#)

Parking à la sortie [45.9327 8.6886](#)

**Rapports:**

2025-08-23 | System User | |📖|📍|🌊 Normale | 🟢 Terminé

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 | ⭐⭐👉 |📖|📍|⭐⭐ | 🌊 Normale | 🟢 Terminé

Easy canyon, not bad enough unexpected in this place (traduction alternative)

2025-07-24 | Massimo Loriato | ⭐⭐⭐ |📖|⭐⭐⭐ |📍|⭐⭐⭐ | 🌊 Normale | 🟢 Terminé

Water level low, everything in order.

2025-04-22 | Peter | ⭐⭐⭐👉 |📖|⭐⭐⭐ |📍|⭐⭐⭐ | 🌊 Haut | 🟢 Terminé

Everything perfect, water more abundant than usual (traduction alternative)

2024-06-02 | Peter | ⭐⭐⭐ |📖|⭐⭐⭐ |📍|⭐⭐⭐ | 🌊 Normale | 🚫 Pas fait

Everything in the norm (traduction alternative)

2023-11-25 | Bina | |📖|📍|🌊 Normale | 🟢 Terminé

Very cold water... brrrrr... (traduction alternative)

2023-11-25 | System User | |📖|📍|🌊 Normale | 🟢 Terminé

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 | 🟢 Terminé

Everything ok (traduction alternative)

2023-03-09 | System User | ⭐⭐ |📖|📍| |

Daten importiert von <https://canyon.carto.net/cwiki/bin/view/Canyons/FrodasuperioreCanyon.html>

**Partie:**

Froda (Superiore), v4 a2 III, 5min+1h30+5min

Froda (Inferiore), v5 a3 III, 5min+3h+10min