

# Froda (Superiore)

Froda superiore, Cuvignone superiore, Torrente Froda

<b>Créer:</b> 2023-03-09 20:53:30	<b>Mettre à jour:</b> 2024-09-30 11:38:56	<b>Imprimer:</b> 2024-12-22 06:12:24
<b>Pays:</b> Italia / Italy <b>Région:</b> Lombardia <b>Sous-région:</b> Varese <b>Ville:</b> Castelveciana		
<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 rapelles:</b> 10
<b>Transport:</b> Voiture facultative	<b>Type de roche:</b>	<b>Zone de prise d'eau:</b> km <sup>2</sup>
<b>Saison:</b>	<b>Orientation:</b>	<b>Meilleur moment:</b>
<b>Évaluation:</b> ★ 2.6 (2)	<b>Info:</b> ★ 3 (1)	<b>Belay:</b> ★ 3 (1)
<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 Castellveciana (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 Castellveciana 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 in the vertical. This opens up beautiful views as far as Lake Maggiore and the Ticino mountains towering behind it. Exit at the small bridge if you do not want to connect the Froda inferiore.		
<b>Retour:</b> (traduction alternative) At the bridge out to the right on the trail and in a few minutes to the lower car.		
<b>Coordonnées:</b> Départ du Canyon <a href="#">45.9314 8.6861</a> Fin du Canyon <a href="#">45.9328 8.6881</a>		

## Rapports:

2024-06-02 | Peter | ★★ ★ | 📖 ★★ ★ | 📌 ★★ ★ | 🌊 Normale | 🚫 Pas fait  
Everything in the norm (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>)

2023-03-09 | 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++25min