

# Frasco - Lago d'Efra - Capanna Efra



Departure  
FRASCO



Arrival  
CAPANNA EFRA

## Suitable for



Adults

## Itinerary features



Typology  
Linear



Length  
6.32 KM



Time required  
3H 40



Difficulty  
Average

## Close to this route

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[Frasco](#)

[Mountain hut Efra](#)



[Frasco](#)

[Mountain Lake Efra](#)

## Tips

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- > Waterproof clothing, light and warm
- > Hiking boots
- > Gloves, sun cap, change of clothes
- > Backpack maximum 5-8 kg
- > First aid kit with penknife
- > Sleeping bag for overnight in alpine hut
- > Torch, sunglasses, sun cream, water-bottle
- > Hiking map/topographic map
- > Compass
- > Camera
- > Food
- > Raincover for backpacks

**Montagnepulite:** This project was born to promote an effective management and sustainable use of mountain huts in Ticino, and in particular the litter management. The responsible management of litter in the mountains is a matter of common sense. We can all contribute:

<https://www.montagnepulite.ch/en/golden-rules>

## Information

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## Emergency number

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 Ticino Soccorso 144

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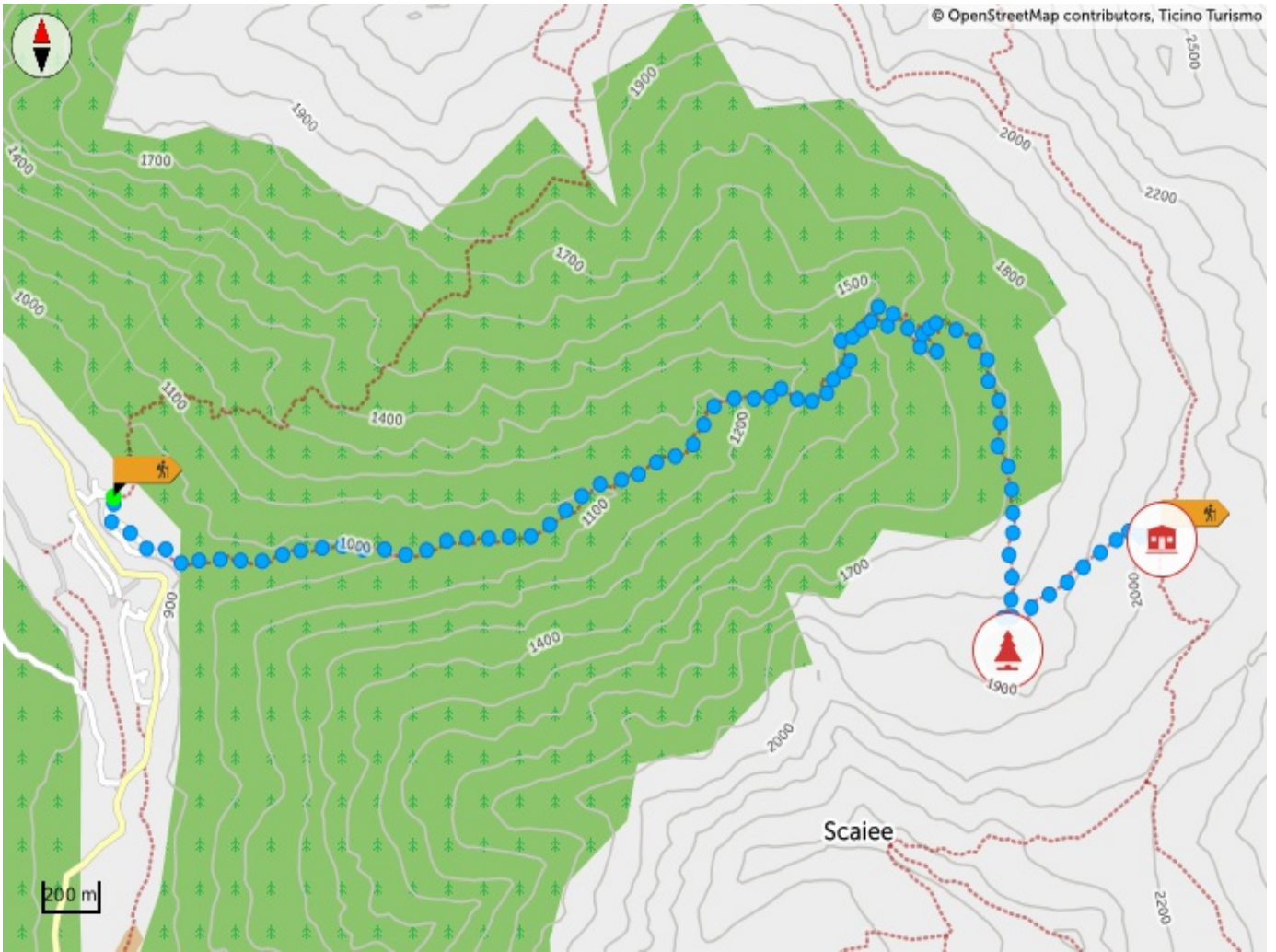
Share your itineraries

**#hikeTicino**



Download the App for itineraries

You don't know Ticino? The App will help you discover the itineraries closest to you.



## Altitude graph

1,177 m                      2,030 m                      62 m  
 Total climb                      Maximum altitude                      Total descent





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