

# CANYON

Routes accessibles to all to discover the mountain differently.

## What is canyoning ?

Canyoning is an outdoor sporting activity that combines hiking, climbing and whitewater swimming. When we venture into a canyon, we progress in the bed of a stream with more or less amount of water, river gorges, ravines. We move in the direction of water flow.

The descent of a canyon is done on foot on various grounds, swimming or sometimes with technical movements on ropes.

The canyons allows you to discover amazing and wild landscapes. Basins, jumps, natural slides or descents on ropes along waterfalls will cross your track.

### ➤ The water canyon:

Real natural aqualand with jumps slides and swimming.

### ➤ The vertical canyon:

Descent of streams whose main obstacles are cascades that are crossed on ropes.

## To plan for the activity :

- a swimsuit
- a water bottle
- a pair of sneakers or hiking shoes
- pare clothes
- spare picnic
- a cord if you wear glasses
- the good mood and the smile!

## To know:

The jump is not obligatory, it can always be circumvented if a person has vertigo or the fear of emptiness.

This practice is accessible to people who have no medical contraindication and can swim at least 25 meters.

There is no minimum age but under 7 years the body is more subject to cold, for this, adapted activities are organized (place to adapt to the children with cascades to abseil ...).

