

Canyoning is an activity that unites water and rock in beautiful natural areas. You will use a variety of techniques to follow the path of the river as it cuts through the mountain. These include walking along the riverbed, jumping from waterfalls into deep pools, abseiling down rockfaces and more.

**Participants must be able to swim as well as being fit and in good health.**

This document will give you the general information concerning the canyons we offer. More information as well as the weekly program are available in our offices.

### HALF-DAY « L'EAU ROUSSE » Level 1 - Beginner

This canyon is open and spacious. It is easy and fun, including all the different techniques used in canyoning: walking along the riverbed, abseiling, natural rock slides, jumps (2m - 6m, not obligatory), swimming and cave-walking. The more challenging areas can be avoided making it perfect for families. There is a path following the trail so that others members of your group can follow your progress along the canyon (bring sturdy footwear).

Time in the canyon: around 1.5h

Walk to the canyon: a 15mn climb

Children from 10 years old with parent(s) participating for those under 14 years // 8 years depending on height, weight, shoe size (30 kg minimum)

Participants: 4 minimum – 12 maximum

Location: La Léchère (near Moutiers)

Meeting Point: Time and place given upon booking, participants must have their own car.

**Price per person: 65€** (includes guide and safety equipment)



### HALF-DAY « PUSSY » Level 2 - Canyon Abseiling

This canyon is more technically challenging as it is almost exclusively abseiling descents: there are around 7 between 10m and 25m including a horizontal one and a guided rappel down a waterfall.

Time in the canyon: around 2 hours

Way to leave the canyon: 10 minutes climbing using ladders

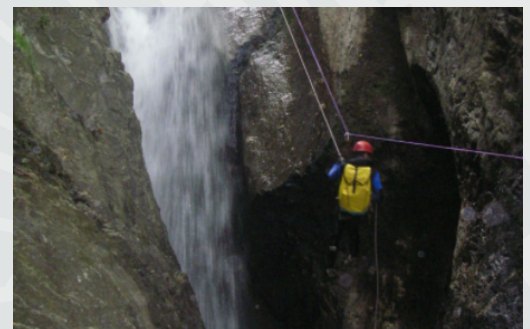
Children from 12 years old/35kg minimum with an adult participating for under 14's

Participants: 4 minimum – 8 to 10 maximum

Location: Pussy (on the way to the Col de la Madeleine, near Moutiers)

Meeting point: Time and place given upon booking, participants must have their own car

**Price per person: 69€** (includes guide & safety equipment).



## DAY TRIPS « MONTMIN » Level 1 - Canyon Jumps

A picturesque beginner level canyon using all the canyoning techniques.

Turquoise water flows into deep pools you can swim through. Jumps between 2 and 8 metres (optional) and several natural slides. There are small 10m abseiling sites (dry and wet) and one slide to belay down.

Time in the canyon: 3 hours

Way to leave the canyon: 15mn walk back uphill

Children from 10/12 years old/35kg minimum with parent(s) participating for those under 14 years

Participants: 5 minimum – 8/10 maximum

Location: Between Vesonne and Montmin - Haute-Savoie (74)

Participants must bring their own picnics.

Meeting point: Time and place upon booking

**Price per person: 79€** (includes guide & equipment)



### USEFUL INFORMATION

- **Booking** in advance is strongly advised.  
Bookings depend on availability and the canyons which are currently accessible.
  - Payment in full will be taken upon booking
  - The following information will be required for each participant  
Full name, date of birth, contact number, height, weight and shoe size (please be precise, the guide will use these measurements to choose one fitted wetsuit for each participant)
- **Participation conditions**  
participants must be able to swim, parental consent forms are required for all minors not accompanied by an adult.
- **Equipment provided:** Full neoprene wetsuit, vest and socks, a helmet and harness.
- **Participants must bring:** Swimming costume, towel, walking shoes or trainers with good grip well and ankle support . Children who are sensitive to the cold may wear thermal tops under the wetsuit. A drink is advised for after the activity and a full picnic for those doing the Montmin canyon.
- **Transport:** Participants must drive their own cars to the meeting point which will be given upon booking. Avoid bringing valuables as all personal belongings will be left in the car.
- **Activity - Guide - Weather**  
Arc Aventures organises this activity which is run by Christophe Renard, a trained mountain guide.  
**Important:** Canyoning depends on the daily weather and water levels. We will contact you as soon as possible over the phone or by text if there is a problem.
- **Terms and conditions:** available on our website [www.arc-aventures.com](http://www.arc-aventures.com) and in our office.