

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).

**Run by Christophe RENARD - Mountaineering guide**

Time in the canyon: around 1.5h

Walk to the canyon: a 15mn climb

Participants: 4 minimum – 12 maximum / Children from 10 years old with parent(s) participating for those under 14 years - 30 kg minimum

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 « EVOLUTION » Level 2 - Canyon Bénéfant or Pussy

These highly water-filled canyons has 4 abseils, one of which is 20 metres long! There's also a 10-metre natural slide, which you can jump over for even more thrills and adrenalin! Jumps, slides and walking will alternate to let you enjoy the exceptional, wild environment of this canyon. This is a half-day trip for beginners only.

**Run by H2O sports - Evolution 2 Landry**

Time in the canyon: around 2,5 hours

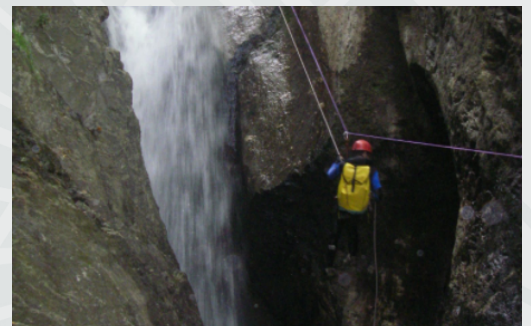
Way to the canyon: 20 to 35 minutes uphill walk

Participants: 6-7 maximum / from 14 years old/45kg minimum

Location: La Bâtie / Cevins

Meeting point: whitewater base H2O sports - Salins-Fontaine - participants must have their own car

**Price per person: 79€** (includes guide & safety 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. + Canyoning shoes provided only for Canyons Evolution (Bénéfant or Pussy).
- **Participants must bring:** Swimming costume, towel, walking shoes or trainers with good grip well and ankle support for Eau-Rousse canyon. Children who are sensitive to the cold may wear thermal tops under the wetsuit. A snack and a drink to be consumed after the activity.
- **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, and H2O sports guides for the « Evolution » canyoning.  
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.