



CANYONING INFORMATION SUMMER 2021

Run by Christophe RENARD
Mountaineering guide

Canyoning as an activity allows you to experience all that the river has to offer as you follow its path through the mountain. You will walk along the riverbeds, swim through the deeper pools, slide down the natural flumes that the water has carved out of the rock and jump or abseil down the waterfalls. **Participants must be able to swim and have a good level of physical fitness.**

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

This is a very open, airy canyon that gets a lot of sunlight. It is easy-going and fun and gives you a taste of all the canyoning techniques: wading, abseiling, natural slides, waterfall jumps (optional 6m maximum), pool swimming and going through caves. More difficult areas can be avoided by an abseiling descent. We recommend the half-day for families.

Time in the canyon: around 1.5h

Accessibility: about 15mn uphill

Children from 10 years old with parent(s) participating for those under 14 years

Participants: 4 minimum – 12 maximum

Location: La Léchère (around Moutiers)

Meeting Point: Time and place upon booking

Price per person: 60€ (includes supervision & equipment)



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

Travelling through this canyon is done mainly by abseiling: 5 belays of 10 to 25m and 1 cabled abseil (guided belay through a waterfall)

A very beautiful jump (technically challenging due to narrow opening) which is optional and can be replaced by a slide or belay descent and then on to the 'Washing Machine' in the pool after the last natural slide. More difficult areas can be swapped by abseiling descents.

Time in the canyon: 2h

Accessibility: 10mn walk back via ferrata ladders

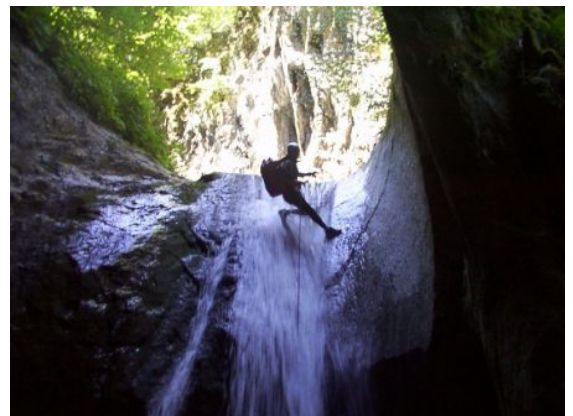
Children from 12 years old/35kg minimum with parent(s) participating for those under 14 years

Participants: 4 minimum – 8 to 10 maximum

Location: Pussy (near Moutiers)

Meeting point: Time and place upon booking

Price per person: 66€ (includes guide & equipment).



DAY TRIP «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. There are around 15 jumps from 1 to 8m (optional) and several natural slides. There are 5 small 10m abseiling sites (dry and wet) and one slide to belay down.

Time in the canyon: 3h

Accessibility: 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 maximum

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

Bring a packed lunch to eat before or after the activity depending on the day's schedule.

Meeting point: Time and place upon booking

Price per person: 77€ (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 upon booking.
 - Please provide for each participant:
Last name - First name - Date of birth - Cell number
Height, weight, and shoe size for each participant so that we can prepare the necessary wetsuits and neoprene socks. Try to be as exact as possible for your own comfort.
- **Participation**
All participants must be able to swim. A parent or guardian must complete a parental consent form for any minors that are not accompanied by an adult.
- **Equipment provided:** Full neoprene wetsuit, vest and socks, helmet and harness.
- **You will need:** Swimming costume, towel, walking shoes or trainers with soles that grip well and provide ankle support . A snack and drink to have at the end of the activity. A packed lunch for those doing the Montmin day trips. A drink and picnic for the Montmin canyon.
- **Travel:** You must use your vehicle to go to the meeting point communicated during the reservation and noted on your invoice. Route information is provided upon registration.
Avoid bringing valuables.
- **Terms and conditions:** available at our offices or www.arc-aventures.com
- **Activity - Weather**
Arc Aventures subcontracts the canyon-based activities to the mountaineering guide Christophe Renard who organises and supervises the activities that are his responsibility.
Important: The technical feasibility of canyoning is completely dependent on the water levels.
If there is a problem, we will call you or send a text message as soon as possible

Covid-19 :

All participants from 11 years old must bring masks.
We clean our equipment with a special disinfectant to protect against the COVID-19.