



FULL DAY CANYONING: HAUTE BORNE

Booking: It is necessary to book in advance for this activity, either by phone + 33 (0)4 75 37 44 33 or by sending us an e-mail at info@ardeche-canyon.com . A deposit of 30% is necessary when you book.

Place and time of meeting: rendez-vous at **9.00 AM** at the parking of the Grand Hotel des Bains in Vals les Bains (follow "quartier thermal") - transportation by your own mean.

Duration : Between 4 and 5h in water

Walking times at the beginning : 5 mn

Walking times at the end : 20 mn

Difficulty : ★★★★★ Adventure, equivalent to a 6 hours hike!!!

The Best of this Canyon: a huge number of jumps, up to 12 m (not compulsory), swimming, abseiling, and a small slide!!!

2010 Prices
55 € per pers.

The price includes:

- wet suit and socks
 - helmet
 - professional guide
 - training and instructions
- Shoes rental : full day + 5€*

Not included:

- transportation

Conditions

- from 10 years old, in good health and ability to swim
- let us know if you have some specific health problems
- minimum weight of 25 kg.
- accept our Terms and Conditions

What you have to bring:

- closed-toed shoes and bathing suit
- you also have to take a **solid meal** (avoid everything that can crash, take a sandwich, no fruits and some cereal bars...) and **water**.

IMPERATIVE: we need name, weight and size of each participant at least 3 days before the activity to prepare necessary equipment.