



CANYONING



DISCOVER BREATHTAKING LANDSCAPES WHILE EXPERIENCING THE THRILL OF ADVENTURE.

Canyoning is an activity that combines nature and adventure in perfect harmony, taking place in beautiful, crystal-clear waters.

It consists of descending river canyons with steep slopes, using ropes, natural slides, and jumps to overcome obstacles. This unique activity offers a true sense of exploration and adventure.

CANYONING IN THE POIO RIVER IS AN EXTRAORDINARY EXPERIENCE.

ALVADIA ROUTE

CANYONING BOOTS INCLUDED

Level	Minimum age	Aprox. duration	Price
BEGINNER / MEDIUM	8 years*	4 hours	45€ / person

*For children aged 8 to 12, a swimming diploma is required, along with parental authorization and adult supervision.

CABRIZ ROUTE

CANYONING BOOTS INCLUDED

Level	Minimum age	Aprox. duration	Price
HARD	16 years	6 hours	55€ / person

ALVADIA + CABRIZ ROUTE

CANYONING BOOTS INCLUDED

Level	Minimum age	Aprox. duration	Price
VERY HARD	18 years	8 hours	75€ / person

NOTES

- ✓ Minimum group: 4 people
- ✓ Booking required
- ✓ Recommended season: May to September
- ✓ Participants must provide their own transport to the activity starting point

WHAT TO BRING

- ✓ Swimsuit
- ✓ Towel

Restrictions

Canyoning is a physically demanding activity and requires a reasonable level of fitness. Participants must not have medical conditions that could prevent them from safely practicing the sport, including recent or recurring dislocations, recent surgeries, or ear and eardrum problems.