






Physical condition

A good physical condition but no experience in canyoning required.

Minimum age: 12 years old.

Please contact us if you have any special medical conditions.

We provide

-  One piece 5mm neopren suit
-  Neopren socks
-  Helmet
-  Harness
-  Special canyon shoes



Difficulty



Duration

1/2 day (in average 3h30 activity, 2h30 canyoning)

Walking distance

30 minutes (difficult climb for those that don't exercise regularly)

Return walk

None

This trail is playful and aquatic with jumps from 0 to 7 meters none of which are compulsory. Make the most of the clear and deep natural pools, the slides, swimming, and the possibility of going through siphons.

Acces and meeting point

After Labastide-sur-Besorgues, 25km from Aubenas (40 min)

- « Côte de Ponsac » -

Remember to drive carefully through the villages and hamlets!

To bring with you

A swimming costume. For those who wear glasses, a string to not lose them.

