# HAUTE BESORGUES



## Physical condition

CANYONING

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
- Keopren socks
- 🖊 Helmet
- 🖊 Harness
- k Special canyon shoes

Difficulty

# Duration

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

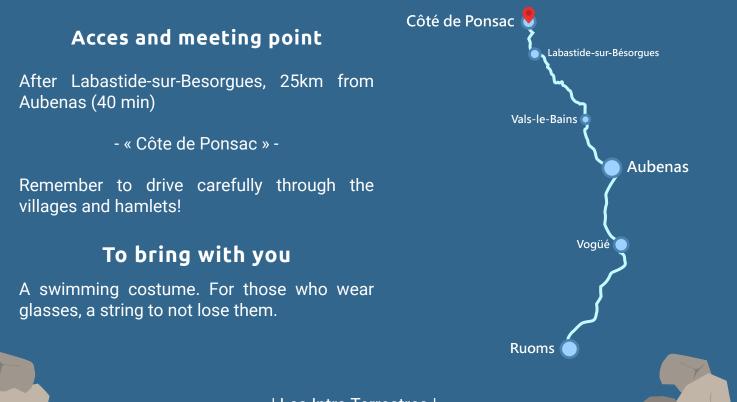
### Walking distance

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.



| Les Intra Terrestres | | Tél. : +33 (0)6 33 37 20 12 | www.ardeche-canyoning.com |