



## DISCOVERY OF THE CANYONS OF THE SIERRA DE GUARA 6 days/ 5 nights with your own vehicle

Neighbouring the Pyrénées , but strikingly different , the Sierra de Guara is a privileged playground .This massif constituted of limestone plateaux possesses a feature which can not be found elsewhere in Europe ; its incomparable beautiful canyons . Down the 'Rios' , trekking here takes a particular form : alternating walks , jumps and swimming .

Within this maze of rock and water , you 'll be driven from gorges with sunlit rock faces to perfectly shaped basins, from reaches intersecting with waterfalls to pebble or sand beaches, all this happening under the eternal Mediterranean sunshine.

A few steps away from the village of Rodellar, 'capital ' of the sierra ; we give you the opportunity to discover its canyons to try out the subtle exercise of active and entertaining holidays.

**-Lodging** :in star ,we'll leave from the same accomodation for the whole week.

**-Destination** :Spain ,Sierra de Guara Provincia de Huesca in the heights of Aragon

**-Difficulty:/Level** : easy, beginners

**-Specific difficulties** : on-path and off-path walks (into the rios) alternating ; jumps,swimming, abseil /rappel skills and techniques

**-Global altitude of the holidays** :between 700 and 1200 m

**-Average difference of altitude** :between 100 and 500 metres a day

**-Type of ground** : chalky , limestone (canyons )

**-Rucksack** :a day bag , collective gear and pic nic

**-Transport** : personal vehicles

**-Support staff** ; a Spanish guide or a French mountain courier qualified for the canyons.  
A guide for a party of between 6 to 10 participants

**-Meeting point** ; 14h30 at the office of the Compañía de Guara in Rodellar( follow the road signs as you'll drive into the village , see the map on the website)

**-Saying goodbye** at the refuge of Las Bordas de Rodellar after the activities on Friday

## CONDITIONS TO PARTICIPATE

- you have to be able to swim fifty meters in a natural environment
- 5 to 6 hours of walking and swimming a day .Easy trek ,but you'll have to enjoy making a minimum of efforts.
- You need to be healthy and fit

## PROGRAMME

**D1** Greeting in Rodellar ; settling in the accomodation . Handing over of the gear.  
FIrst rappel/abseil/canyon/swim

**D2** The canyon of the Barazil ,near Rodellar ;white and clear waters , natural pools/basins and gorges alternate in great outdoor surroundings

**D3** Descent of the river Vero, the most classical , one of the most beautiful in the Guara . In the evening, we will visit the medieval village of Alquezar( Moorish battlements and remparts , Roman church and cloister)

**COMPANIA DE GUARA** - 22144 Rodellar - Huesca – Espagne - Tél: (00 34) 974 318 440 - Fax: (00 34) 974.318.380  
email : [contact@compania-de-guara.com](mailto:contact@compania-de-guara.com) - Web: [www.compania-de-guara.com](http://www.compania-de-guara.com) – (capital : 3100 euros - NIVA : ESB22248371)

**D4** : initiation to the techniques of rappel/abseiling , then we'll drive up to Formiga where amazing pink cliffs give shelter to a large population of vultures.This descent , even if it's rather short ,offers a top and wide range of assets which sum up all the canyon activities ; (jumps , slides, abseiling/rappel) . Its reputation is well established.

**D5**:Rio Alcanadre in its most playful part ; the Peonera ; jumps ,waterfalls , swims. at a rhythm adapted to everyone in an exceptional ambiance.

**D6** :walking up the Sierra de Balcès we will let ourselves slide into the cool waters of the river Isuala and we will behold the most impressive canyon . Saying goodbye after the activities.

**NB: this program is given as an indication, the guide reserves the right to modify it without notice in the event of bad weather conditions or for the safety of the group .**

## CLIMATE

temperatures	Day	Night
spring	25°C	15°C
summer	32°C	20°C
autumn/fall	25°C	17°C

## LODGING-MEALS

Since we settled in the Sierra de Guara and have been welcomed by its inhabitants who were still isolated just a few years ago ;we have been tying bonds of mutual respect and often of friendship

Each type of holiday has a specific lodging ; we chose them according to the cheerfulness of the staff , the quality of the accomodation and of the catering among the various quaint small villages of this region.

In Almunias de Rodellar you will stay either in a refuge , in an inn , in a guest house or in appartements/flats in hotels.

In Bierge : rooms and small (4 bed) dormitories in a guest house inn.  
Two stars hotels only for (à la carte) personnalised holidays.

Rodellar : rooms in guest houses only : contact us.

Cold but sophisticated menus for lunch , food ration packs during the day . Breakfast and meals on the spot of lodging .

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## GEAR

### **CLOTHING**

- a hat
- fell boots ,canvas hiking boots to go and walk in the water
- trainers or a pair of spare shoes to wear in the evenings
- a swimsuit
- rubber gloves to prevent the blisters and cracks caused by abrasive rocks
- a tee shirt
- a light pair of trousers
- a jumper a pullover or a polar fleece
- a windcheater /windbreaker/windproof jacket
- shorts

If you are sensitive to cold you should bring a lycra® teeshirt you will wear under your wetsuit. For your comfort make sure to take Neoprene wet socks -without an outer sole so that you may wear them within your shoes.

### **LIGHT GEAR**

sunglasses,sun protection/block ,a neck cord for your glasses a one liter flask ,a pocket knife , a front torch or head torch , a personal first aid kit,

Elastoplast ®Bandage(5cm x 2,5m) to prevent blisters ,Compeed ® ,light toiletries,a towel ,a waterproof camera(disposable waterproof cameras are perfectly adapted) chapstick , aspirin , mosquito repellent,. There are no chemist's shops or pharmacies in Rodellar.

## **BEDDING**

a light sleeping bag or liner.

This place is so quiet that many people want to sleep out in the open . If you find this perspective charming make sure to bring an inflatable mattress a Lilo (Karimat ® )

## **LUGGAGE**

travel bags for the holidays. Please do not bring suitcases. We will provide you with a special canyon rucksack for the things you need to take everyday.

## **GEAR PROVIDED BY THE COMPANY**

a collective first aid kit , technical gear ( ropes, thermally insulated full wetsuits , helmets , harnesses , waterproof cans and canyoning backpacks)

## **PRACTICAL INFORMATION**

### **DATES AND PRICES**

Please contact us

### **FORMALITIES**

- a valid passport or a National identity card for EU residents
- a E111 certificate provided by the social security services within 10 days (in case of health problems)
- parents' autorisation for unaccompanied minors travelling abroad-a valid passport or a National identity card for EU residents

### **INSURANCE**

Activity insurance included  
Cancelling insurance ; optional

### **CURRENCIES**

Euro

### **TELEPHONE**

you could call from a public phone (booth /box) during the holidays but you will not not be able to receive calls , except in emergency cases.

### **MEANS of ACCESS**

From the west :- Pamplona/Huesca/Angues/Abiego/Bierge/Rodellar.  
or Pau /Col du Portalet/Huesca/Angues/Abiego/Bierge/Rodellar.  
Or Oloron Ste Marie/Tunnel du Somport/Jaca/Huesca/Angues/Abiego /Bierge/Rodellar.

From the east -- Lannemezan/St Lary/Tunnel de Bielsa/Ainsa/Barbastro/Peraltilla/Bierge/Rodellar.  
or Toulouse/Andorre/Lerida/Barbastro/ Peraltilla/Bierge/Rodellar.  
or Barcelonne/Lerida/Barbastro/ Peraltilla/Bierge/Rodellar.

### **FOR FURTHER INFORMATION ABOUT THE REGION**

**visit this website in English:**

**[http://www.caiaragon.com/en/actividades/index.asp?  
idAct=17&idSeccion=1&idTipo=48&idloc=146](http://www.caiaragon.com/en/actividades/index.asp?idAct=17&idSeccion=1&idTipo=48&idloc=146)**

BOOKS AND MAPS (in French and Spanish)

- Michelin Map n° 444 1/400 000 Scale
- Mapa Excursionista 2/2 – Parque de la Sierra y los Cañones de Guara zona oriental 1/40.000è
- Guide Visa Espagne
- Espagne – Guide Bleu – Ed Hachette
- Descentes de canyons dans le Haut-Aragon – tome I – Edisud – Patrick Gimat
- Sierras de piedra y agua – Parque de la Sierra y Cañones de Guara, sierras exteriores – Enrique Salamero
- Edition Camping Mascún 2002

Visitez « Sierra de Guara – David Gomez Samitier – Éditions Everest

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