

DISCOVERY OF THE CANYONS OF THE SIERRA DE GUARA

**7 days/ 6 nights
transport in minibus included**

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 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 : a central accommodation for the whole week. with daily excursions to surrounding sites

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

-Difficulty level : medium

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

-Average difference of altitude :between 500 and 800 metres a day

-Type of ground/terrain : chalky , limestone

-Rucksack : a day bag and a picnic

-Group :between 8 and 16 participants

-Transport : on a 9 seat minibus driven by your guide

-Support staff ; a Spanish guide or a French mountain courier guide qualified for the canyons.

-Meeting point ; On Sunday morning at 9 AM in Pau ,at the «Bar du Funiculaire» opposite to the SNCF train station .

-End of the holiday ; On the next Saturday around 5 PM at the SNCF train station in Pau

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 Pau ; transfer to your lodging ; Meal in an inn on the way . settling in the accomodations.Handing over of your gear of the gear. Dinner and sleep

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

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

D4 : initiation to the techniques of abseiling/rappel ,then we will drive up to Formiga where amazing pink cliffs give shelter to an important 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 , water slides, abseiling/rappel). Its reputation is well established.

D5:Rio Alcanadre in its most playful part of 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 Rio Isuala and we will behold the most impressive canyon.

D7 :way back to France .Short trek , bath and pic nic

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 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 star hotels only for (à la carte) personnalised holidays.

-In Alquezar in a refuge or in a hotel** or a hotel***.

-In Adahuesca :a small and warm welcoming inn , double bed rooms and small dormitories for the children

Rodellar : rooms in guest houses only :contact and ask us.

Whole full breakfast .Cold but sophisticated menus for lunch ,food ration packs during the day .
dinner on the spot of lodging

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 - Web: www.compania-de-guara.com – (capital : 3100 euros - NIVA : ESB22248371)

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 the abrasive rocks
- a tee shirt
- a light pair of trousers
- a jumper a pullover
- a polar fleece
- a windcheater /windbreaker/windproof jacket
- shorts

If you are sensitive to cold we advise you to 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'll need to take everyday.

GEAR PROVIDED BY THE COMPANY

a collective first aid kit , technical gear (ropes, thermally insulated full wetsuits,helmets,harness(,waterproof cans and canyoning rucksacks/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

Cancelation insurance ;optional

SPANISH TOURIST OFFICE IN FRANCE

43 , rue Descamps 75116 Paris

CURRENCIES

Euro

MEANS of ACCESS

by car : A64 Motorway to Pau

by plane : Pau Pyrénées airport **00 33 (0)5 59 33 33 00** www.pau.aeroport.fr.

Daily flights from London to Pau and from Dublin to Biarritz with Ryanair

by train : -Paris/Pau :Night train 11.14 PM / 07.19 AM

- -Pau/Paris : TGV 05.30 PM

- Night train Pau / Paris 11.00 PM / 07;10 AM

- -Bordeaux Pau 06.45/ 08.55 AM

- -Pau/Bordeaux 05.37 / 07.47 PM

- -Nice /Marseille/Pau :Night train 22h02/00h55/07h19.

- -Pau/Marseille /Nice 22h02/04h56/07h19.

These time tables are given for your information . Please contact the SNCF **36 35** or www.sncf.com

SUGGESTION FOR LODGING BEFORE OR AFTER YOUR HOLIDAY

- Hôtel du Bois Louis* opposite the train station 05 59 27 34 98
- Le Funiculaire* opposite the train station 05 59 27 01 40
- Le Roncevaux** downtown 05 59 27 08 44
- Hôtel Montilleul** downtown 05 59 32 93 53

FOR FURTHER INFORMATION ABOUT THE REGION

BOOKS AND MAPS

- Michelin n° 444 au 1/400 000e
 - Mapa Excursionista 2/2 – Parque de la Sierra y los Cañones de Guara zona orientalAU 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