



WATERTREKKING IN FAMILY IN THE SIERRA DE GUARA 7 DAYS / 6NIGHTS

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 .

Thanks to our experience and knowledge of these magical places we can offer you a playful family holiday where you will be lazing around a lot too . It is above all adapted to the level and capacities of children , parents will follow this rhythm alternating: swimming and resting times. . We'll be based at a small village of the Sierra de Guara and will head to a different canyon everyday ; from the ragged reliefs of the Mascun to the turquoise water reaches of San Martin de Alcanadre , from the discovery of the river Vero with the overlooking historic village of Alquezar , to the natural pools of the river Barazil . A holiday week with children roars of laughter , always under the watchful eye of our qualified and experienced guides

- Lodging :a central accomodation 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 : easy , specially adapted for children
- Specific difficulties : on-path and off-path walks (in the rivers) , jumps , swimming .
- Global altitude of the holiday :between 700 and 1200 m
- Average difference of altitude :between 500 and 800 metres a day
- Type of ground/terrain : chalky , limestone (canyons)
- Rucksack : a day bag , pic nic and collective gear
- Transport : your own vehicle + another vehicle driven by your guide to carry the canyoning gear .
- Support staff ; a Spanish guide or a French mountain courier guide qualified for the canyons.
Groups of :between 8 and 10 participants maximum .
- Meeting point ; on sunday afternoons at 5.30 PM in the bar « l'Alcanadre » in Bierge .(Once you're in Bierge ,drive towards Rodellar , you'll find the bar after 300 metres on your left. Car park
- End of the holiday ; On the next saturday around 10 AM .

CONDITIONS TO PARTICIPATE

Children must be 8 years old minimum .

You have to be able to swim about 50 meters in a natural environment.

Between 4 and 5 hours of walking/swimming a day. The trek is easy but you have to enjoy making a minimum of physical efforts.

You need to be physically fit.

PROGRAMME

D1 :Welcome at the bar «Alcanadre » in the village of Bierge at 5.30 PM .Transfer and settling in your lodging.,presentation of the holiday .Dinner .

D2 Handing over of your technical gear .First canyon : «El Puntillo» , first water trekking , jumps , natural waterslides perfect for an initiation to the activity.

D3 :Canyon of the Barazil starting from Rodellar : clear white waters , natural pools and gorges succeeding in grandiose surroundings.

D4 A very nice trek focusing on the discovery of an antic roman bridge and of a former mill at the foot of which we'll find unforgettable pools with cool water inviting us to laze about

D5 The jewel of the Sierra de Guara : the pristine river Vero . Visit of the medieval village of Alquezar.

D6 Following the waterfalls ,we will lead you to the foot of the hermitage of San Martin hung to the walls of a sparkling huge cliff , where krastic gorges and reaches alternate in the waters of the river Alcanadre.

D7 Saying goodbye after breakfast.

.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,harnesses (,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