



## **SPORTS CANYONING IN THE SIERRA DE GUARA** **7 days/ 6 nights with your personal vehicle**

**Real Mecca of the canyoning activities , besides its well known canyons , you will discover the heart and the bowels of the alternative canyons of the Sierra de Guara ; which are as playful as the others but require a more sustained physical effort and involvement .We offer you a sports holidays , a festival of sensations following the rhythm of the waterfalls and the thread of overhanging abseils/rappels , listening to the sweet sound of water and to echoes in the most beautiful karstic gorges of the Sierra de Guara : an hymn to adventure ! Superior Mascun , barranco of Otin (a type of gullied cliff ) , Gorgas Negras , canyon of Portiacha , Gorgonchon ! The best canyoning spots are wide open for you. !**

**LODGING** : a central accomodation for the whole week. with daily excursions to surrounding sites

**DESTINATION** : Spain, Province of Huesca in the heights of Aragon

**DIFFICULTY LEVEL** : hard , sustained efforts and endurance required

**-SPECIFIC DIFFICULTIES** : alternance of on-path and off -path walks (into the rios), jumps, swimming , abseil /rappel skills and techniques , long treks to reach the Gorgas Negras and the Superior Mascun

**-GLOBAL ALTITUDE OF THE HOLIDAY** :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** : you will carry the guide in your own vehicle

**-SUPPORT STAFF** ; a Spanish guide or a French mountain courier qualified for the canyons. One guide for a party of between 4 to 8 participants maximum.

**-MEETING POINT** On Sunday afternoons at 2 AM in our office in Rodellar

**-END OF THE HOLIDAY** :On the following Saturdays around 10 AM in Rodellar

**-CONDITIONS TO PARTICIPATE** :you have to be able to swim a hundred meters in a natural environment .You need to be healthy and fit and you have some experience of canyoning ; from 5 to 11 hours of walking and swimming a day.

## **PROGRAMME**

**D1** :Welcome in Rodellar .Settling in the lodging ,we will hand the canyoning gear to you .First descent in abseil/rappel. First canyon.

**D2**- Barranco de Cueva Cabrito or barranco Fondo. A sequence of abseil/rappel descents on «pudding stone» cliffs will take you to the narrow Balcès canyon .

**D3** :Barranco of Otin or Superior Mascun :an unforgettable spectacle with vultures majestically soaring above us . A sporty and grandiose canyon.

**D4** : Gorgas Negras canyon.The most aquatic one ,the sportiest too.A long day (between 10 and 11 hours )

**D5** :- Canyon de Portiacha and transition , in a sporty way , to a more classic and one of the most beautiful canyons ; the Rio Vero : jumps ,walks , reaches ,passing through karsts , siphons , waterfalls

**D6** : Canyon of la Peonera.. A very aquatic descent in fabulous «karstic gorges» , series of jumps ,waterfalls , reaches in the most spectacular and breathtaking part of this canyon.

**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**

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

## **LODGING and 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 small authentic 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.

In Alquezar ;only if you request it :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.

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

Cold but sophisticated menus for lunch , food ration packs. Breakfast and meals in the lodging.

## 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 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 a 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 prospect 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 , very adapted 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

### **INSURANCE**

Activity insurance included  
Cancelation 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>**

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
- 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