

# **CANYONING TRIP**

During your time with us, you will become familiar with canyoning, discovering a hidden, unusual, breathtaking universe. It will feel like a game!

Discover as a family the clear water canyons, the still-wild landscape and delight in multiple natural water toboggans, jumps, abseiling (rappelling) and Tyrolienne that you come across while descending rivers.

## **Ability level**

Descending the river takes in total between 5 and 7 hours (including the walk to and from the car)

It is vital to be fit and to know how to swim. The minimum age is 8, as long as the child does a lot of sport.

## **PROGRAM**

### **Day 1**

Take the train (the *trinichellu*) from your place of arrival to Corte train station. We will meet you at the station and take you to your chosen accommodation.

### **Day 2**

#### **The Verghellu.**

Transport to the Verghellu valley. An old mule track has an extraordinary view across the valley. We get to the river, equip ourselves and explain the activity. The first descent will enable you to encounter everything you come across while canyoning: toboggans, jumps, abseiling (rappelling) and Tyrolienne.

Height differences : 100 metres

Number of hours of activity: 3h

### **Day 3**

#### **Vecchiu river.**

A steep path winds through the Corsican maquis up to the Vecchiu. The journey is devoted to exploring this beautiful wild river. A very water based day, crossing pools by swimming; excellent jumps are possible but not compulsory. We will even do a little bit of caving by sliding under the rocks placed in the river.

Height differences : 350 metres

Number of hours of activity: 5h

### **Day 4**

#### **""Active relaxation"**

The choices:

You can stay around Corti and take time to recharge your batteries : With its spectacular waterfalls, natural pools, fantastics rivers, spend your day swimming and relaxing next to the river.

OR

Take the *trinichellu* (little train) to Calvi for a day at the beach. A trip to this town (which is a gem of the Balagne region) is a must: the citadel was built at the time of the Genovese occupation. The pretty little cobbled streets and the view of the bay from the ramparts are magnificent. There are also beautiful monuments, including one of Christopher Columbus.

### **Day 5**

## **The Coriscia**

Travelling to the Coriscia valley. We get to the river by walking up a straight path to get to an extremely untouched site. The descent is fun and varied with plenty of toboggans and numerous little jumps. With a rope, we will do 2 abseils (rappel). A day that will leave you with memories of magnificent turquoise water.

Height differences : 350 metres

Number of hours of activity: 5h

## **Day 6**

### **Canyon de la Richiusa.**

Descending the Richiusa canyon, the most well known in Corsica. Very fun; the canyon sets off in a beautiful steep sided gorge where the pools continuously flow on from one another. We take on the jumps, toboggans, an abseil (rappel) and even a Tyrolienne. After an unforgettable descent you will picnic by the banks of the river.

Height differences : 350 metres

Number of hours of activity: 5h

## **Day 7**

End of the stay; return to your starting point on the *trinichellu*.

**Please note**, the above program is an indication, it could be possible that minor modifications may have to be made due to weather conditions and supplies.

## **PRICE**

Camping : 750 € (Price per person)

Hotel : 850 € (Price per adult in a double room)

Bed & Breakfast : 980 € (Price per adult in a double room)

## **THE PRICE INCLUDES**

### **Supervision**

Supervision: a qualified instructor

### **Accommodation and food**

#### **Accommodation**

6 nights (in a tent, hotel or bed and breakfast).

#### **Meals**

At midday: picnics outside; snack break in the canyon  
Breakfast. Evening meals in different restaurants in Corte.

#### **Travelling**

Travelling: all the journeys from Corte from day 2 to 5.

#### **Equipment**

Each individual borrows the needed equipment: wetsuit, helmet, canyoning rucksack, harness, leads, snap class

and abseil device, ropes and water tight drums.

## **IT DOES NOT INCLUDE**

Wine at meals, drinks, and personal expenses.

Your travelling to and from your place of residence to Corte.

## **RECOMMENDED MATERIALS**

### **For the canyoning :**

Alti canyon Alti canyon includes borrowing the special shoes for the trip. Don't forget to tell us your shoe size.

Socks: for sport (wool or bouclettes)

Swimsuit (no shorts for the boys)

Hat, sunglasses and sun cream.

### **For the stay:**

An overnight bag for carrying personal belongings. Please keep this down to a minimum.

A sleeping bag (no blankets in the gîte).

Personal belongings: changes of clothing, t-shirt, socks, underwear, toiletries. For the evenings: fleeces, trousers, light shoes, mountain jackets .

Personal first aid kit: your personal medicines, think about possible blisters, maybe even bring along some earplugs to cut out the snorers...