

Canyoning is a fun activity in close contact with water. This is an adventure that allows you to discover hidden canyons through jumps, slides and descents on ropes. The beautiful canyons on the coast of Lake Garda Brescia and on the slopes of Monte Baldo allow you to enjoy a half or full day of excitement.

## EASY

A first dip in canyoning, short trips also suitable for children.

<b>LOCATION AND MEETING POINTS</b>	- Vaio dell'Orsa "short" (Brentino Belluno): parking A22 Affi exit - Leno Terragnolo (Rovereto): parking A22 Affi exit
<b>DURATION</b>	3 to 4 hours (actual canyoning from 1.5 to 2.5 hours)
<b>PARTICIPANTS</b>	Families: 2-6 people - Groups: min. 5 participants
<b>MINIMUM AGE</b>	8 years
<b>LEVEL</b>	Open to everyone
<b>TIPS</b>	- It is recommended to bring a waterproof camera - A change of clothing is necessary since everything that you bring into the canyon gets wet

	individual	family max 6	group 5/6 people	group min. 7 people
<b>Orsa short</b>	€ 170,00	€ 200,00	€ 45,00 cad	€ 40,00 cad
<b>Leno di terragnolo</b>	€ 230,00	€ 250,00	€ 60,00 cad	€ 52,00 cad

## CANYONING ADVENTURE

These are beautiful Canyons, their path, not overly long, still allows you to enjoy to the full of the sporty, playful, adventurous and environment contentment that canyoning can give you.

<b>LOCATION AND MEETING POINTS</b>	- Palvico (Lake Ledro - Storo): parking A22 Affi exit - Rio Nero (Lake Ledro - Passo Ampola): parking A22 Affi exit - Johanna Canyon (Vione – west shore of Lake Garda): Torri del Benaco, ferry boat dock
<b>DURATION</b>	6 to 7 hours (the portion in the canyon is from 2 to 3 hours)
<b>PARTICIPANTS</b>	Families: 2-6 people - Groups: min. 5 participants
<b>MINIMUM AGE</b>	11 years
<b>LEVEL</b>	Suitable for everyone
<b>TIPS</b>	- Have a good breakfast rich in carbohydrates to keep energy levels up - It is recommended to bring a waterproof camera - A change of clothing is necessary since everything that you bring into the canyon gets wet

	individual	family max 6	group 5/6 people	group min. 7 people
<b>Adventure</b>	€ 280,00	€ 320,00	€ 75,00 cad	€ 65,00 cad

## VAIO DELL'ORSA - EXPERT

It is a beautiful canyon that offers all kinds of situations: there are 25 waterfalls, natural slides and other water features along with completely dry trails. You must have good stamina and be a strong swimmer.

<b>LOCATION AND MEETING POINTS</b>	Vaio dell'Orsa "expert" (Ferrara di Monte Baldo / Brentino): parking A22 Affi exit
<b>DURATION</b>	7 to 9 hours (actual canyon experience: from 4 to 6 hours)
<b>PARTICIPANTS</b>	Individuals or couples - Groups: min. 5 participants
<b>MINIMUM AGE</b>	14 years
<b>LEVEL</b>	Experience in canyoning and in good physical fitness
<b>TIPS</b>	- Have a good breakfast rich in carbohydrates to keep energy levels up - It is recommended to bring a waterproof camera - A change of clothing is necessary since everything that you bring into the canyon gets wet

	individual	family max 6	group 5/6 people	group min. 7 people
<b>Orsa Expert</b>	€ 320,00	€ 390,00	€ 95,00 cad	€ 80,00 cad



### EQUIPMENT FOR ALL CANYONS

All the technical equipment needed is provided by XMountain

- Alpine Guides: full 5mm wetsuit, neoprene socks, protective helmet and harness with lanyard safety.
- Each participant must bring the following: hiking shoes or tennis shoes with laces, a layer of fleece or wool to put under the suit to be warmer, swimsuit, towel or bathrobe

