



## Adventure at Mola Waterfall

At a short distance from Rome, in an uncontaminated valley in an antique frame, you will find a stupendous waterfall. We will take you to descent this waterfall, to admire the view from different angles and see what you would never have expected. The excursion consists of a short trekking to reach the valley of ironworks – a wild and unexpected gorge which still carries the signs of the Etruscan trail, connecting Bracciano with Cerveteri – containing two impressive falls. The participants will contribute to the setting up of the cableway to descent the fall in all safety. During the day, you can also visit three waterfalls in the area, discover the ruins of an old papal iron foundry or learn to navigate using map and compass in the wilderness. After the trip you can enjoy a traditional lunch at a farmhouse nearby. Emotions, nature and discovery are the keywords of this family day. Available for ages from 8 to 80!

**Duration:** full day

**Available:** all season

**Weather sensitive:** the activity is not possible in case of thunderstorms

**Accessibility:**

- Suitable for everybody from 5 to 80
- Wheelchair access not possible
- Escort/companion permitted

**What to bring:**

- comfortable clothes
- swimming suit (not mandatory)
- towel
- winter jacket or wind jacket (k-way)
- sun protection
- sneakers or light trekking shoes (may get wet)
- extra clothes and shoes to change
- 0.5l water
- 2 energy bars or a sandwich

**Price** up to 4 people: € 450 (€ 90 for every added person up to 12)

**Includes:** Guided excursion with a AIGAE (Hiking Professional Italian Association)/AIGC (Professional Canyon Guide Association)/ DEJEPS CREPS France (French State Diploma as a Canyoning Guide) certified Guide and Practitioner as to Law 4/2013, liability insurance, photos, building and progression on a 50m cableway, traditional lunch in a farmhouse (selected beverages included), use of technical material (cords, suit, harness, helmet etc), taxes.



[www.recovery-energy.it](http://www.recovery-energy.it)

Recovery Energy® è un marchio di proprietà dell'Associazione Sportiva Dilettantistica Think Natural con sede in Roma – Via dei Radiotelegrafisti, 45 – C.F. e P.IVA: 10463511005 – t: 347 4207247

**Add-ons on demand:**

- purchase of swimming suit (€ 25)
- lycra shorts rental (€ 5) or purchase (€ 15)
- shoes rental (€ 15)
- pick-up service at the Bracciano station (€ 5 per person) or at B&B (“rent with driver” rates)

**More information:** <http://bit.ly/1okfi31>

**Book now** sending an e-mail to [booking@recovery-energy.it](mailto:booking@recovery-energy.it), or ask for more information.

Note: the program might be changed and adapted to the needs of the participants. Adventure at Mola Waterfall is an outdoor activity and subject to the weather conditions. The guides may decide to change the program at any moment and at their unquestionable judgement in case the safety conditions are not adequate.

