









Canyoning

A true pleasant itinerary for all between Latium, Umbria and Abruzzi: for those who have already tried canyoning and beginners. Jumps, descents by cords and slides in an incredible and fantastic environment. Paths of any kind for all, to experience the varying unique beauty hidden in the folds of the mountains of Central Italy. Nearby Rome you will find different spots offering wild nature, antique villages of a medieval taste and food specialties of high quality, which sometimes becomes the main reason for visiting these canyons!

Meeting time: 9 am (approximately, exact time to be confirmed)

Where	Difficulty	Engagement	Distance from Rome by car	Possibility of train station pick-up	Beauty/fun
Aniene			1h	No, possibility to go to Subiaco by bus from Ponte Mammolo underground railway	3/5
Riancoli			30''	Yes, Carsoli train station	4/5
Prodo			1h 30''	Yes, Orvieto train Station	5/5
Forra del Casco			1h 30''	Yes, Terni train station	3/5

Legend attached

Duration: full day

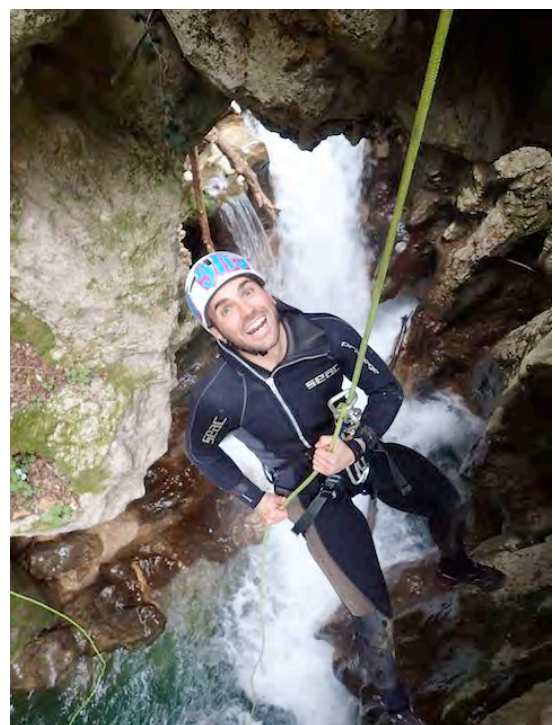
Available: from April to November

Accessibility:

- Suitable for everybody (beginners and intermediate) from 14 to 80 (depending on the level of the water)
- Wheelchair access not possible
- Escort/companion not permitted

What to bring:

- comfortable clothes
- swimming suit (mandatory)
- towel
- winter jacket or wind jacket (k-way)



- sun protection
- sneakers or light trekking shoes (mandatory)
- extra clothes and shoes to change
- 0.5l water
- 2 energy bars or a sandwich

Includes: Guided canyoning excursion with an 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, use of technical material (cords, suit, harness, helmet etc), taxes.

Add-ons on demand:

- purchase of swimming suit (€ 25)
- traditional lunch (from € 20 to € 60, depending on the venue)
- lycra shorts rental (€ 5) or purchase (€ 15)
- shoes rental (€ 15)
- pick-up service at the railway station (€ 5 per person) or at B&B (“rent with driver” rates)

Book now sending an e-mail to 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 judgment in case the safety conditions are not adequate.



LEGEND



Difficulty (technical level) low: suitable for beginners.

Physical engagement low: excursion within 2h (excluding transfers and preparation); suitable for sedentary people in good shape.



Difficulty (technical level) medium: average skills requested; ability to move over rough trails.

Physical engagement medium: path usually less than 3-4 hours (excluding briefing, shuttles and preparation), suitable for active and healthy people.



Difficulty (technical level) high: It requires practice, ability to move safely on uneven paths and a minimum knowledge and ability to use specific techniques (based on activity).

Physical engagement high: path usually less than 4-6 hours (excluding briefing, shuttles and preparation), suitable for people fairly trained and in good health.



Difficulty (technical level) expert: It requires specific technical autonomy and in-depth knowledge of maneuvers and emergency procedures; good attitude to support a comrade in distress; some experience in the field; excellent ability to anticipate and avoid potential hazards.

Physical engagement expert: path usually higher than 6-8 hours (excluding briefing, shuttles and preparation), suitable for sports people, trained and healthy.