

CANYONING IN SOUTHERN EUROPE

INFORMATION

Canyoning – the descent of natural gorges by a mixture of hiking, scrambling, swimming and abseiling – is a spicy mix both for fun and for the adventurous. This is a guide to canyoning in the limestone areas of the western Mediterranean, stretching from the Costa Blanca via the Pyrenees to Provence, Sardinia and Mallorca. Selective in nature, it includes a variety of recommended gorge descents, ranging from two-hour strolls to long-day aquatic expeditions.

The more technical expeditions invariably involve abseiling and scrambling, and most canyons are within reach for anyone in possession of these skills (and, in the case of wet canyons, a one-piece wetsuit). The friendly Mediterranean canyons are great places to learn, and the guide provides a basic grounding in techniques and skills.

In the dramatic mountain limestone scenery of the Mediterranean, your canyon follows a defined geographical feature that is often inescapable for much of its length. Even an easy, dry canyon can be very atmospheric; add a rush of noisy water and you have an exhilarating environment. Want to come and see what's around the next corner?



THE AUTHOR

John has been climbing, walking and mountaineering for over 30 years. He grew up on the fringes of the Lake District, and has since travelled extensively to the mountain and crag areas of Europe, North America and other parts of the world. He has climbed in 30-odd countries and contributed to several rock-climbing guides, and descended his first canyon in the Sierra de Guara in 1992. He was pleased to find that canyoning seemed at least as much fun as climbing or scrambling, and has since made numerous trips combining climbing and canyoning in the sun.

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Classic canyons of Spain, France and Italy

by *John Bull*

Pyrenees
(Sierra de Guara)

Costa Blanca

Mallorca

Provence

Sardinia

Techniques and
equipment



CANYONING IN SOUTHERN EUROPE

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KEY MARKETING POINTS

- The first available (English) guide to this exhilarating and increasingly popular sport.
- The best locations in the western Mediterranean limestone areas – including Costa Blanca, Pyrenees, Provence, Sardinia and Mallorca.

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