

## CANYON BAUDAN-BAOU

Situation: Between Rougon and la Palud sur verdon

Duration: Approximately 3 h 30 min

Go of approach: 5 min

Go return: 20 min

Numbers of participant: 10 persons per monitor



***It's the ideal canyon for initiation***

***in family or between friends.***

***Ludic and esthetic it's course presents***

***all the type of progression: small abseil,***

***jumps, swim and toboggan.***

***The departure starts with abseils well***

***with dryness and them carry out you***

***the basins to limpide water color of***

***Baou, Verdon's affluent.***

***You will finish the activity while letting***

***to you slip into the natural toboggans***

***dug by water with the wire of time.***

Rate: 45 euros per person

The rate includes:

- The framing of a diplome monitor.
- The individual and collective equipment necessary to the activity.
- The insurance civil liability.

Recomandation for participation.

To envisage:

- Swim suit
- Sport shoes (closed)
- Light meal (cereal bar)



To know to swim

To envisage 1 liter of water per person.

Accessible activity as from 8 years.



Family level



Sport level



Very sport level and high air