

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