

Frequently asked questions

Isn't canyoning just for adrenaline junkies and tough guys?

No canyoning is an activity that is fun for everyone. It is entertaining not only for adrenaline junkies but also for everyone else.

Example: On our trip we can encounter a 10m waterfall with the option of jumping down. Some people jump right away, some need a little encouragement and some can go down the waterfall using ropes and that way they don't have to jump at all.

Everyone can find some fun and their preferred level of adrenaline.

Can I go canyoning even if I have zero previous experience?

Almost no one has experience with canyoning. That's why we created the BEGINNER program.

We will guide you through the whole trip. At the beginning, during the safety briefing, all required equipment and techniques will be demonstrated.

Will I be cold?

The water can be a bit cold. But you will get wetsuits from us that will protect you. Normally you are only cold for the first few seconds, then water in the neoprene suit reaches body temperature and you will become one with the water.

Why is the price higher than from other agencies?

If you add up the cost of entry to individual canyons, you will get a similar price to our program. But most importantly, we offer much more.

Our program differs from other agencies in that it lasts at least two days and we take you through more than one canyon. Additionally, our approach is not to go through the canyon as quickly as possible (so that we could go again with another group right away).

We are in no hurry and we try to pass on our knowledge and expertise to you during the trip. What we offer you is **COMPREHENSIVE CANYONING**. We are with you even outside the canyon itself, whether we pass on other canyoning know-how or go out to dinner together.

Can I take my children as well?

For children above 10 years of age, canyoning is great fun. We just prefer not to mix our younger guests (up to 15 years) with normal groups. They usually need more attention and more help, which we are happy to give. But this can slow the whole group down and others might not be so happy about this. For this reason, we provide trips with children only in our program “just for you”

I am afraid of jumping from waterfalls.

If you are afraid of jumping, you don't have to. Every jump can be done with the rope. Also, we only jump when we know it is safe. It is our favourite part of canyoning. Usually, at the beginning, even small jumps can be an adrenaline rush, but you will get used to it quickly.

I am a model. Will I have bruises?

The neoprene suit provides excellent protection. Imagine wrapping yourself in a yoga mat. It's something like that except you can move easier. We also provide pro-canyoning shoes with an anti-slip sole.

I am afraid of water and can't swim that well.

No problem. The neoprene suits will make you float. And canyons are more like springs with pools than big, powerful rivers.

I am afraid of abseiling, I've never done it before.

Don't worry, we've got you covered. At the beginning we'll teach you the right technique and we'll belay you for extra safety.

The beginner program is too easy for me. I want the full adrenaline experience!

No one has ever said that on the program!

My cardio used to be better...can I even make it?

The hardest part is usually a circa 35-minute long approach to the beginning of the canyon. If you really feel that you're not in the best shape, choose the program for three days with one canyon per day.

I am afraid of heights!

That can be a bit of a problem. If you are shaking one meter above the ground maybe canyoning won't be your cup of tea. On the other hand, canyoning is about pushing the limits and getting out of your comfort zone, to see the unseen and feel alive. The worst feedback we ever got was: guys this is not for me, but I am happy that I went with you and tried it at least once.