



Trou Blanc



The Canyon Trou Blanc

• **Description :**

The canyon Trou Blanc is a classic on the island. The fans of Waterworld will absolutely love it : if you like jumps but above all slides, this canyon is made for you ! There are also abseils and a zip-line.

It's quite sporty, because there is hardly any downtime : we keep going non-stop ! You will be doing 10 slides or abseil-slides, 4 jumps (not compulsory) until 8m, a guided abseil at the beginning, and an abseil (or a zip-line, depending on the level of the water) at the end.

Approach : 40 mn

Return : 10 mn

Time of descent : 4h30

From 12 years

• **What you have to take :**

- Swimming suit and towel
- Trainers
- Spare clothing
- A bottle of water
- A pic-nic and something to nibble on during the return journey

• **Meeting point :**

The meeting will be between **7** and **7.30am**, in front of the pharmacy of the village, in Hellbourg.

See the [map](#), to prepare your itinerary.

• **IMPORTANT :** a confirmation SMS will be sent to around 5:00 pm the day before, after a weather chart.

We ask you to reply in order to confirm your presence. Without response from you, we'll consider that you won't come.

• **Payment :**

Price : 90€/person | 85€ from 6 people

Payment : by cash after the activity






Adrenal'île
CANYONING
à La Réunion
0692.750.400

Conditions of participation / Safety

Canyoning is a sportive and leisure activity, entertaining but also considered as « risky ». It's your own responsibility to check the level of each canyon : we are here to advise you though!

We ask you to read and approve the following safety conditions :

- for the aquatic canyons, you must **know how to swim** and **not be scared of water**,
- for all the vertical canyons (abseils), you mustn't be scared of **vertigo**,
- you must listen and follow the **safety instructions** given by the guide,
- you accept the risk inherent in the **natural environment** you will be going through and you are aware of the sole obligation of means when it comes to safety undertaken by the professional.

Here are the medical contraindications :

- canyoning is not recommended for people with **cardio-vascular** or **breathing difficulty** , **tetany** or **epilepsy prone** persons, and pregnant women.
- you haven't been medically contraindicated but you are **medically dependant** or you are following a **specific treatment** (asthma, diabetes, tendonitis) or your health status needs special attention : you will have to inform the guide before the start of the activity.

Insurance / Responsibility :

You are covered by the Professional Liability Insurance of the instructor.
This insurance does not cover your personal belongings. **You are responsible for any object you bring to the canyon (glasses, camera, Go Pro, jewels, ...)**

We advise you to take only the bare minimum !