



Canyoning: Spain, France & Italy

John Bull

£12/Cicerone

For some, being stuck between a rock and a hard place is a pleasure rather than a chore, as anyone who enjoys canyoning will testify. For the uninitiated, this is a challenging activity which takes place in canyons using a variety of techniques. Often dressed in wetsuits, you follow the course of a canyon or gorge downstream by a variety of means including scrambling, walking, climbing, abseiling and swimming.

After the introduction there is a good section on techniques, safety precautions and equipment required – after all, this a pastime not for the faint hearted. The book is well laid out, with each route showing information on things as the terrain, what the descent is like, what the ideal season is for canyoning, how long it's likely to take and what maps you'll need. There's also useful information on local and cheap accommodation, as well as some nice images of the surrounding countryside.

Mark Davidson