

Activity Holidays

Our action packed activity weeks are perfect for adrenaline seekers. We offer a full-on five activity week or a more relaxing week with three days of activities giving you more time to relax and explore the local area.

The area is one of the best canyoning venues in Europe with several good canyons in the Valle de Tena and many others in neighbouring valleys.

No previous experience is necessary for any of our activities. The only pre-requirement is that for any water based activity you need to be able to swim.



Rafting on the Rio Gallego

Accommodation

You will be staying in the family run Hotel Casa Morlans in Panticosa in the heart of the Tena Valley. Canyoning, rock climbing, hiking and mountain biking are available right on our doorstep.

The Rio Aragon is our base for watersports which can be easily combined with a trip to Castle Loarre and Los Mallos.

We take care of everything

All you need to do is to decide which activities you'd like to enjoy and then we'll take care of everything else. We will arrange your accommodation, transport and activities.

Each day you will be accompanied by both a local guide and a translator. All specialist equipment (ropes, harnesses, life jackets, helmets, etc) are provided.



Canyoning the Rio Gorgol

Dates and prices

	3 Activities	5 Activities
Sunday 25 July - Sunday 1 August	£699	£799
Single supplement	£89	£89

Prices are based on two sharing a double room and do not include flight.

To book use the enclosed booking form or call us on 020 8123 5049.

Activities

Activities last half a day (usually morning), followed by a picnic lunch at the activity venue. The rest of the day is flexible depending on what the group would like to do. We can visit a local town, castle or monastery, you can spend time in the outdoor pool or we can go on a short hike.

Rafting

Brave the white water of the Rio Aragon. An exhilarating trip down grade 2/3 rapids. You'll negotiate swirling eddies, standing waves and rough water all set in beautiful scenery.

Canoeing

Take a double canoe downstream through a beautiful valley. Instruction is given before you enter the water and then a guide accompanies you downstream.

Canyoning

This exciting sport involves following a stream as it travels through a deep gorge. We abseil over waterfalls, jump into rock pools and slide down natural rock chutes. Tremendous fun! The Rio Gorgol in the Valle de Tena is a popular canyoning venue and highly recommended



Rock Climbing



Starting up a Via Ferrata route

Rock climbing

Get vertical with a rock climbing session. We teach you the basics of top roping then get started at our excellent climbing location near to Panticosa.

Horse riding

There's no better way to experience the mountains than on horseback. We can cater for absolute beginners through to experienced riders.

Via ferrata

Via ferrata routes follow ladders, iron pitons and cables attached to the rock face allowing you to safely tackle routes that previously were only available to experienced climbers.

Hiking

The Pyrenees are a superb destination for hikers. Take a full day hike in the spectacular Ordesa National Park - a world heritage site. Choice of routes from the tranquil valley floor to the very airy Faja de las Flores.

Mountain biking

Spain is a nation of cyclists - why not join them! Our route takes us on small tracks, through stunning mountain scenery and picturesque villages.

If you have any questions about these activities and exactly what's involved then please give us a call on 020 8123 5049.