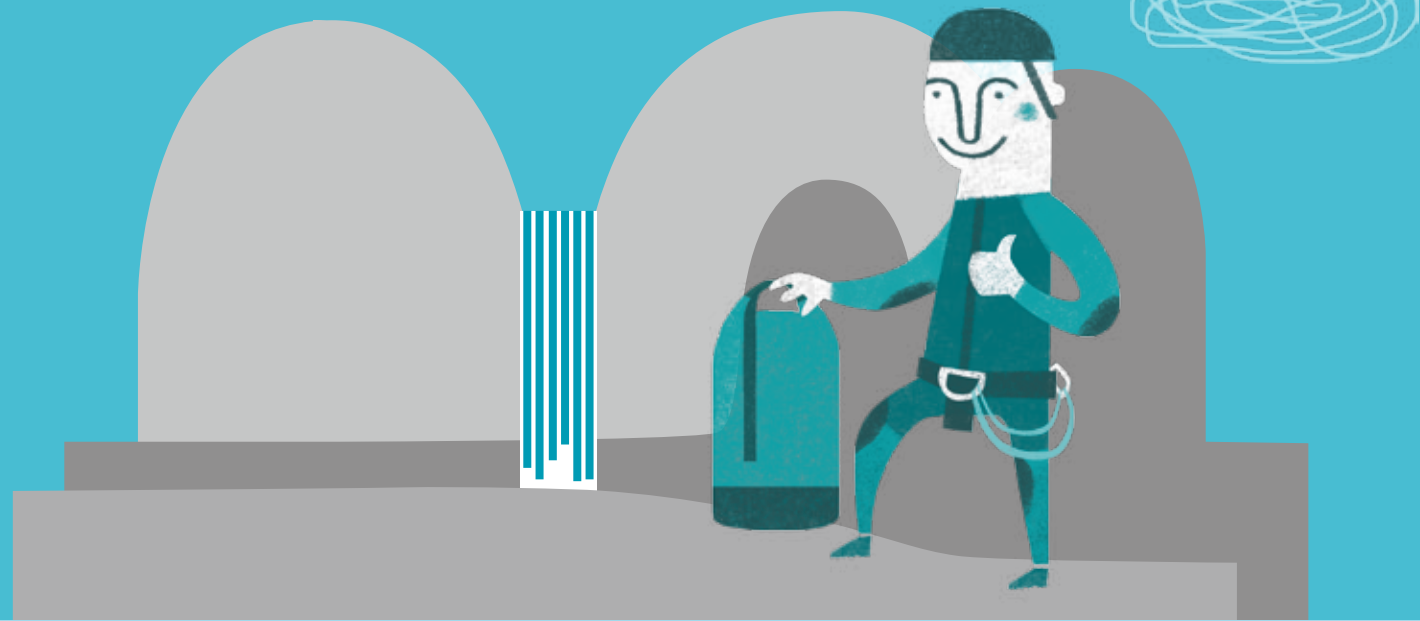




MONTAÑA SEGURA CANYONING



PLAN your activity

- Choose a canyon that is suitable for the experience of the group
- Study its technical difficulties and schedule your trip
- Find out current water flow and check the weather forecast
- Study the possible exit routes from the canyon if you have to leave before the end
- The canyon may change shape every year: look up the latest information
- Get trained and keep up to date



To safely enjoy the canyons

3

 Follow these simple steps

TAKE

- Suitable footwear
- Warm clothing
- Waterproof jacket
- Hat and sunscreen
- Adequate food and water
- Mobile phone with the battery charged
- First aid kit
- Flashlight or headlamp
- Whistle
- Map, compass and GPS

ACT sensibly

- Avoid going alone, and start the activity at a reasonable hour
- Constantly check that the rest of the group are enjoying themselves
- Do not separate from your companions, do not leave anyone on their own
- Use the maps to guide you and your timing estimates to make sure you're on schedule
- Drink and eat properly, protect yourself from the sun and the cold
- Spare your and your group's energies, turn around if something does not go as planned
- Check there is no weather risk
- If necessary, consider shorter alternatives or turn around and come back another day



If you want to go canyoning but lack experience you can hire a guide, a risk management professional, who will teach you to enjoy the sport and will acquaint you with your surroundings

Canyoning is an activity that involves risk and requires technical training and experience

Useful phone numbers

FAM Refugios (Mountain shelters; maintained all year round)

Refugio Lizara, Aragüés del Puerto (Hu) Tel. 974 348 433

Refugio Respomuso, Sallent de Gállego (Hu) Tel. 974 337 556

Refugio de los Ibones de Bachimaña (Hu) Tel. 697 126 967

Refugio Casa de Piedra, Balneario de Panticosa (Hu) Tel. 974 487 571

Refugio Góriz, Parque Nacional de Ordesa y Monte Perdido (Hu) Tel. 974 341 201

Refugio Pineta, Bielsa (Hu) Tel. 974 501 203

Refugio Estós, Benasque (Hu) Tel. 974 344 515

Refugio Ángel Orús, Eriste (Hu) Tel. 974 344 044

Refugio La Renclusa, Benasque (Hu) Tel. 974 344 646

Escuela de Montaña Benasque, Benasque (Hu) Tel. 974 552 019

Refugio Cap de Llauset, Montanuy (Hu) Tel. 974 120 400

Refugio Riglos, Riglos (Hu) Tel. 974 383 051

Escuela-Refugio de Alquézar, Alquézar (Hu) Tel. 974 318 966

Albergue de Morata, Morata de Jalón (Z) Tel. 976 818 155

Refugio Rabadá y Navarro, Camarena de la Sierra (Te) Tel. 978 768 083

Other refugios

Refugio Linza, Ansó (Hu) Tel. 974 348 289

Refugio Gabardito, Valle de Hecho (Hu) Tel. 974 375 387

Refugio de Bujaruelo, Torla (Hu) Tel. 974 486 412

Refugio de Biadós, Gistaín (Hu) Tel. 974 341 613 / 974 506 082

Useful websites

www.montanasegura.com
www.fam.es
www.aemet.es
www.alberguesyrefugiosdearagon.com

WHAT IF SOMETHING GOES WRONG?

In the event of an emergency...

- Assess the situation calmly and act sensibly
- Protect the injured person and give first aid if you are trained to do so
- Call the 112 emergency hotline as soon as possible



Use the 112 hotline responsibly; someone may need it more than you



International distress signals

Signal standing up, motionless, arms outstretched facing the helicopter



Emergency message

Identity, age, number of wounds
Place of accident

Is the injured person responding, bleeding, breathing, in pain?

Weather conditions at place of accident



Your opinion matters to us #montanasegura

Safely enjoy the canyons, it is your responsibility

