

## WALK WARNING

Canyoning is a strenuous day. Getting to and from the canyon requires a descent and ascent of over 300m on a track that is steep and rocky in places. The entry / exit tracks require an exposed climb on tree roots.

The canyon involves many long, cold swims, for which lilos and wetsuits are recommended, and there is a significant amount of climbing up, down and around house-sized boulders.

The exits may be hard to identify and can easily be missed.

Parties need to ensure that all members are capable and know what the day entails.

