

## CANYONEERING FOR TWO



Are you ready to rock? Grab hold of the ropes and experience the great outdoors with an awesome day of canyoneering under the direction of an experienced guide. Descend down waterfalls and explore cool canyons. More rigorous than hiking but less technical than mountaineering, canyoneering is a challenging climbing adventure with a healthy splash of swimming thrown in.

- Gear up and get ready with a general introduction to canyoneering
- Cover basic skills and techniques such as rope rigging and swift water swimming
- Spend the afternoon rappelling down canyons and plunging into mountain waters
- Includes use of helmet, wetsuit, daypack and all equipment
- No experience necessary

### Your Gift Locations\*

Frederick, MD

### Availability

May through September, Monday through Friday

### Duration

6 to 8 hours

### Essential Information

Minimum age is 8 years old; participants should be in good physical health and be strong swimmers; release forms must be completed by all

### Numbers

Experience for 2 in a group up to 4



\*GIFTS ARE REGIONALLY BASED. PLEASE VISIT [WWW.EXCITATIONS.COM/REDEEM](http://WWW.EXCITATIONS.COM/REDEEM) FOR THE LATEST LOCATION LISTINGS • ED01-03-997-A