

SOME ADVICE

Everyone doing a canoe or kayak trip on the Ardèche river is obliged by prefectural decree to **know how to swim**. Children younger than **7 years** are not authorised, except if they are accompanied by a qualified instructor. For your own and your family's security, we ask you to wear your life jackets and to do them up correctly and in conformity with current legislation.

In order to have a good time and to avoid some trouble on the river, it is advisable that you follow these guidelines:

- **Closed shoes are obligatory**
- **Bring some water** (the water of the Ardèche is not potable)
- Wear a cap (useful for protecting yourself against the sun as well as the rain)
- **Wear a short-sleeved T-shirt and bring a towel**. Sunscreen only does not suffice and without clothing, sunburns are inevitable
- Bring sunscreen (forearms and face)
- Bring your own meal (there are no restaurants or eating-houses along the Ardèche Gorges!)
- Bring a change of clothes
- As for the 2-day descent, please make sure you have a fleece and an extra pair of shoes for the evening
- **Payment method: cheque, traveller's cheque, cash (no bank cards)**

We have the possibility to provide you with a meal. Don't hesitate to contact us if you go for this option and want to know more about our terms and prices.

Discover the Ardèche in another way. You have the possibility to opt for a descent, during the day or in the evening, with a qualified instructor. (discover the flora and fauna, follow an initiation lesson, improve your skills, etc.)