

Ability Level	Minimum Requirements							Maximum Requirements				Canyon specifications		
	Past Canyons	Fitness Level	Swimming Ability	Abseiling / Rappelling Ability	Jumping & Sliding	Securing For safety	Rescue in Emergency	Walking Time (mins)	Water Levels & Flows	Canyon Duration (hrs)	Tour Duration (hrs)	Concept	Abseil / Rappel (m)	Suggested canyon
1 Novice	0	2	3 100m	1	Never Compulsory	N / A	N / A	30	Normal	3,5	4,5	Half Day	10	Bordione superiore
													20	Corippo inferiore
													22	Riale di mulitt
													25	Combra
													18	Val porta
													23	Boggera inferiore
													24	Val grande inferiore
2 Advanced	1	3	3 250m	1	Never Compulsory	Mostly Able	N / A	30	Normal	4	5	Half Day	30	Cugnasco inferiore
													30	Barougia
													45	Val di gei
													40	Iragna inferiore
													40	Valle di Giumaglio inferiore
													42	Lesgiuna inferiore
													45	Val progero inferiore
3 Experienced	3	3	4 500m	2	Sometimes Required	Mostly Able	N / A	30	Moderate	4	5	Half Day	32	Val Vira
													40	Val d'Iragna inferiore
													45	Val Lodrino inferiore
													50	Nala inferiore
													32	Val d'Usèdi
													50	Bordione integrale
													70	Riale di censo
4 Expert	5	4	5 1000m	3	Mostly Required	Always Able	Sometimes Able	30	Moderate	7	9	Full Day	85	Valle del chignolasc
													40	Orino integrale
													37	Val grande integrale
													42	Lesgiuna integrale
													65	Valle del salto (heli-accessed)
													47	Val Lodrino intermedio + inferiore
													71	Cugnasco integrale
5 Independent canyoneer	10	5	5 1500m	4	Mostly Required	Always Able	Sometimes Able	120	High	4	5	Half day	40	Val d'Usèdi + Barougia
													44	Boggera integrale (heli-accessed)
													50	Nala intermedio+inferiore
													30	Valle del Trodo
													105	Val soladino inferiore
													50	Val tomé integrale
													30	Valle del Trodo
5 Independent canyoneer	10	5	5 1500m	4	Mostly Required	Always Able	Sometimes Able	120	High	7	9	Full day	45	Val soladino superiore
													110	Ri delle sponde
													40	Val d'Iragna integrale
													50	Val Lodrino integrale (heli-accessed)
													50	Nala integrale (heli-accessed)

Self-assess your ability level (the lowest number indicates your level!):

- How many canyons have you done in the past? *Past canyons*
- Choose your level of fitness *Fitness level*
- Choose your ability of swimming *Swimming ability*
- What are your abilities in Abseiling / Rappelling? *Abseiling / Rappelling ability*

This information is very important in order to allocate a canyon most suitable to your level. Always indicate it with your booking.

Tours will be chosen based on the lowest ability level of your group to avoid unnecessary surprises!

Legend	
1	Poor
2	Bad
3	Normal
4	Good
5	Very good

