

CANYONING

BEGINNER LEVEL

A descent in beautiful stretches of river canyons that combines fun techniques related to waterfalls, tobogganing and rappelling in a unique, spectacularly beautiful excursion. This level is an easy, ideal introduction to the activity for children and families (e.g. Cañon de Gorgol).

Estimated length: 2 to 3 hours

Minimum group: 4 pax

ADVANCED LEVEL

A descent in more challenging canyons for an exciting, fun-filled day (e.g.. Cañón de Soussou).

Estimated length: 2 to 3 hours

Minimum group: 3 pax

EXPERT LEVEL

The longest, most challenging descents for experienced canyoneers who wish to enhance their experience and get to know new places (e.g.. Garganta de Aguaré).

Estimated length: 2 to 3 hours

Minimum group: 3 pax

RAFTING

Rafting down the Ara River with different stretches and difficulty levels. The Ara River is the most highly rated river with over 40 navigable kms and the only one in the Pyrenees today that is still conserved in a natural state and not dammed at any point in its beautiful course. Enjoy a river course with high water levels, swift rapids, gigantic waves and canyoned stretches that produce an exciting water speed.

Estimated length: 3 hours

CANOEING

A canoe ride down the Ara River that includes all its zones, swift rapids and an exciting series of waves suitable for all levels and ages, a stupendous site for an introduction to canoeing.

RIDING TRAILS

Different riding trails in the vicinity of Valle de Tena to enjoy the spectacular Pyrenean landscape, flora and fauna.

Estimated length:

1-hour ride

2-hour drive

4-hour drive

10-hour voucher

_ -hour pony hire

1-hour pony hire

Beginning riding course (4 hours, 2 each day)

BTT (MOUNTAIN BIKES)

Mountain bikes can be hired for cycling on one's own or with a guide booked for excursions adapted to different levels of difficulty.

MULTI-ADVENTURE CHILDREN'S EXCURSION

A children's excursion made up of eight towers of up to 5 metres high with a passive safety system for children 10 years old and younger. All participants are equipped with helmets and the safety measures include protective netting that covers all passes between towers. Scheduled to begin in Summer 2008.

MULTI-ADVENTURE FAMILY EXCURSION

Scheduled to begin in Autumn 2008.

HIKING

BEGINNER'S LEVEL

A half-day guided tour on mostly level terrain to enjoy the Valle de Tena's most beautiful areas and visit some of its most characteristic spots (e.g. circular tour of El Betato Forest).

Estimated length: 3 to 4 hours
Minimum group: 4 pax (adults only)

ADVANCED LEVEL

One-day guided tour to some of the zone's most representative sites (e.g., the Geotectonic Arch and Ibon de Piedrafita).

Estimated length: 4 to 6 hours
Minimum group: 4 pax

ORDESA AND MONTE PERDIDO NATIONAL PARK

Whole-day guided excursion to enjoy the exceptional scenery in one of the most beautiful areas in the National Park (e.g.. Faja de Cotatuero-Cola de Caballo).

Estimated length: 3 to 5 hours
Minimum group: 6 pax

MOUNTAIN TRAILS

ONE-DAY MOUNTAIN TRAIL

A 5 to 7-hour guided tour of the highest mountains zone to get to know the Valle de Tena's most beautiful mountains and surrounding areas, including France (e.g.. Travesía del Pacino-Travesía Musales).

Estimated length: 4 to 7 hours
Minimum group: 4 pax

MULTI-DAY TRAIL

Guided excursion from valley to valley or along the most solitary trails in a grandiose setting that requires several days. Nights are spent in comfortable mountain refuges that offer a complete range of services (e.g., Sallent-Panticosa Spa).

Estimated length: 2 days or longer

Minimum group: 4 pax

ROCK CLIMING

BEGINNER LEVEL

A completely safe introduction to this sport to learn its little technical secrets. Rock-climbing school in Bubón.

Estimated length: 3 to 5 hours

Minimum group: 2 pax (adults only)

EXPERT LEVEL

This combines more advanced rock-climbing with individual instruction in basic techniques to learn how to rock-climb autonomously.

Estimated length: 3 a 5 hours

Minimum group: 2 pax

WALL-CLIMBING

TECHNIQUE COURSE

Training course with instruction in the techniques used in several kinds of wall-climbing. Wall-climbing school in Valle de Tena and vicinity.

Estimated length: 5 to 8 hours

Minimum group: 2 pax

GUIDED ACTIVITIES

Several different kinds of climbing in beautiful, safe surroundings to enjoy the wall-climbing feeling (e.g., Riglos-Mallo Colorado).

Estimated length: 5 to 8 hours

Minimum group: 1 pax

VÍAS FERRATAS

BEGINNER LEVEL

This activity has a long tradition all over Europe that consists in scaling a large wall with climbing equipment and cables that allow for easy ascents. In this beginner level, a small via is undertaken as an introduction to the activity (e.g., Vía ferrata de Santa Elena).

Estimated length: 2 to 3 hours

Minimum group: 2 pax

ADVANCED LEVEL

This level allows for incredible sensations as participant scale vertical walls with little effort, thanks to the techniques they have learned.

Estimated length: 3 to 5 hours

Minimum group: 2 pax

EXPERT LEVEL

Higher-level vias ferratas and stretches that require experience and sound physical condition. (e.g.. Via ferrata in Siala).

Estimated length: 4 a 6 hours

Minimum group: 2 pax

MOUNTAINEERING

MOUNTAINEERING COURSE

Training course in summer mountaineering techniques with instructions on how to be autonomous on the mountain and the techniques needed to do so, based on each client's level. Takes place in the mountains of Valle de Tena.

Estimated length: 4 to 7 hours

Minimum group: 2 pax

GUIDED ACTIVITY

BEGINNER LEVEL: Ascents with no special difficulties to the most representative peaks in Valle de Tena.

Estimated length: 4 to 7 hours

Minimum group: 2 pax

ADVANCED LEVEL: Ascents to 3,000-metre-high peaks or especially difficult peaks.

Estimated length: 6 to 9 hours

Minimum group: 2 pax

MOUNTAINEERING OR CLIMBING IN THE HIGH MOUNTAINS

BEGINNER LEVEL

Mountain excursions with a low level of difficulty that include mountaineering (e.g., Arista Pene Sarriere).

Estimated length: 4 a 6 hours

Minimum group: 2 pax

ADVANCED LEVEL

Moderately difficult mountain excursions with a greater scope (e.g. Arista Peygeret Midi).

Estimated length: 5 to 8 hours

Minimum group: 2 pax

EXPERT LEVEL

Advanced-level mountain excursions with obstacles (e.g., The north face via Ravier Pene Sarriere).

Estimated length: 5 to 8 hours

Minimum group: 2 pax

For more detailed information, please contact Apartahotel Piedrafita Lodge.