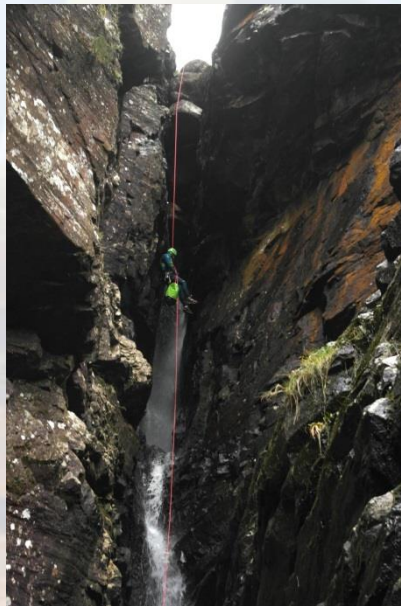


Canyoning in Scotland

Canyoning is an exciting adventure sport where you travel down a mountain stream or burn using a variety of techniques including walking, abseiling, climbing, sliding, jumping or swimming. It requires special skills and knowledge to be safe.



- **A canyon is a natural gorge that has been carved out of the mountainside by a water current.**
- **Canyons can be dry, but in Scotland they are normally very wet!**
- **You often encounter waterfalls that you must abseil, slide or jump to get past.**
- **You need special equipment including wetsuit, helmet, harness, ropes and climbing equipment.**
- **NEVER jump into a pool that hasn't been checked for hazards by the leader first.**
- **There are lots of places you can go canyoning, try searching online.**

