

## SPELEO CANYONING IN THE HOWLING CAVE & A TASTE OF BARGA

Difficulty 



-  When 15.10.2018 (1 DAY)
-  Departure time 08:30 am / Estimated return time 6.00 pm
-  Pick up/Drop off Montecatini
-  Min- Max Pax: 10-12

### DESCRIPTION

Explore the **Howling Cave** on this enthralling speleo-canyoning activity in the underground world of the Apuan Alps Geopark. The cave takes its name from the roar produced by the waterfall that runs inside and was the first cave to be mapped in Europe in the 1700s. A stroll in the lovely hilltop medieval town of **Barga** including wine tasting will complete our day in the Garfagnana valley.

### Highlights:

- Speleo canyoning adventure in the Unesco Geopark of the Apuan Alps
- Delicious tasting lunch in a local *trattoria*
- Afternoon walk in the lovely, medieval town of Barga

## PROGRAMME

Total transfer time: 2:30 hr drive round trip by minivan

Speleo canyoning activity lasts: approx. 3 hrs

Urban trekking activity lasts: approx. 1-1:30 hrs

Meals: L

- Meet your English speaking guide in Montecatini and transfer to Fornovolasco where you will meet your expert canyoning guide who will go through a safety briefing before departure.
- A 15 minute walk on a footpath in the woods will take us to the entrance of the karst cave that is 400 meters long and has been shaped for ages by the stream that runs through it, creating pools and waterfalls that give it its name due to the roar produced by the water.
- We will need to crawl on hands and knees for approx. 8m to get into the cave before we can stand up and continue walking up its water stream to explore tunnels featuring stalactites and stalagmites, waterfalls and a small underground lake. Along the itinerary there are also two waterfalls where we will need to climb using ropes attached to metallic spits. Return via the same way out. The temperature inside the cave is between 10 and 12 °C.
- After a short transfer by minivan we'll enjoy a rustic lunch at a local authentic *trattoria*.
- After lunch transfer (30 minute drive) to the lovely medieval village of Barga where we will have an urban trekking along its winding and steep lanes up to the Dome where we will enjoy spanning views over the Apuan Alps.

Difficulty: 3-moderate. *Alert for claustrophobia being inside the cave for two hours and walking/crawling in small spaces and tunnels.*

### What's included:

- Transportation service by minibus
- FD English speaking tour leader
- Experienced qualified canyoning guide
- Gears: wetsuit ,helmet and harness
- Tasting lunch
- Urban hiking Barga

### INFO/FAQs

Experience required: none

Disabled people: not suitable

**Clothing/What to bring: Swimsuits, sport shoes, towels, shoe & socks change**

Insurance: RC included. We suggest to stipulate a personal insurance health/baggage

Weather/Climate&Season: any season of the year.

Food Intolerances/allergies: to be advised by 72 hours prior the beginning of the tour