



Rainforest canyon adventure

Explore the lush rainforest of Pointe-Noire with river crossings, natural pools and canyon adventures in the heart of Guadeloupe.

Discover the Mamelles canyons on an active journey through one of Guadeloupe's most beautiful natural environments. Hike beneath the tropical canopy, cross rivers and swim through natural pools as you make your way deeper into the rainforest.

Along the route, you can float with the current, try natural rock slides and discover the rich biodiversity that surrounds you, from tropical plants and flowers to butterflies, dragonflies and lizards. Your experienced guide will also introduce you to Shinrin Yoku, the Japanese practice of forest bathing and connecting more closely with nature.

The excursion is suitable for beginners, but a good level of physical fitness, balance and agility is required.

HIGHLIGHTS

- ✓ Hike through the tropical rainforest
- ✓ Swim, float and cross rivers
- ✓ Try natural rock slides

Meet outside the hotel reception at 08.00. Guide, transport and equipment are included. Bring sports shoes and swimwear.

Suitable from 8 years old.

Time

Approximately 4,5 hours

Suitable for

Active families, couples and friends. Good physical fitness is required.

Price

€65 per person

Day: Wednesday