



## **DECREASE OF THE RIVER SELLA IN CANOE**

Welcome to the company ZENIT  
EXPERIENCIAS

The decrease of the **river Sella** in canoe is a free decrease (without monitor) of a section of the river it seals of **16 km** from distance. Approximately, the duration of this activity is about **4 hours**.

**Departures are between 11:00 and 13:00** h. continuously, the price of activity

is **20 €** children under 15 years is **€ 15**. **Minimal age 5 years**.

**You must come** with proper sportswear for exercise in the water, submerging shoes, sunscreen and towel.

We provide you with the canoe (of **1, 2 or 3 places**) along the Sella and we provide all necessary materials (remo 2 blade, life jacket, container to carry your personal belongings and not to get, bag with type food and water **pic-nic**, and waterproofs if the weather requires it.)

Our fee also includes the shuttle end of the tour, RC insurance, **service room and showers**.

The company is not played the role responsible for the objects got in the container.

**Our instructors** will give you a tour and explanation of rowing technique which allows you to face the fall in complete safety.

By the river there are seen a total of 6 bridges, 50 meters before the fifth bridge there is a cartel of green color to the right margin of the river (ZENIT EXPERIENCIAS end). In the pier there are a few vehicles that will bring you up to the office.



The time limit for completion of the activity are the ( 18:00 h) six p.m

## **DESCRIPTION**

**The Sella river** is one of the most beautiful and clean rivers of the peninsula. Thanks to the descent of the river Sella by canoe you can enjoy its beautiful landscapes while having fun with one of the most **spectacular activities** of active tourism.

The Sella makes its way to the **Cantabrico Sea**, through the great mass of limestones of the Picos de Europa, carving a deep gorge on the western border of this important orographic unit. This large cleft, known as the "**Beyos Gorge**", is the upper part of the river, which is only suitable for whitewater experts. In the lower part of the Sella, from **Cangas de Onis** to **Ribadesella**, passing through Arriondas, the waters are much quieter and it is there that has been developing an intense canoeing activity since 1951, when the first International Descent of the Sella was inaugurated .

The **International Sella River Descent** competition takes place every year on the first Saturday of August at 12:00 h. And more than **2000** people participate.

Located in the surroundings of the **National Park of the Picos de Europa** and ending at the fishing village of Ribadesella; The River Sella allows you to enjoy its 16 kilometers of descent by calm waters and without having any experience.

By the river you can make stops on the river beaches to rest, eat and take a bath.

## **CHARACTERISTICS**

**Our monitors** will give you some basic notions of the handling of the canoe and the route to be performed. You are provided with a picnic and a water bottle to store your belongings.

**Departures take place between 11:00 and 13:00 h.** Every 10 minutes and the minimum age for activity is 5 years.

**We have 2 finishes in the river:** a first **8 kilometers** (2 hours) and the second **16 kilometers** (4 hours). Once at the end of the tour we will take you back to our activity base where we have showers and changing rooms.

### **The company provides:**

- Lifejacket.
- Waterproof drum for you to keep food, towel, ...
- Neoprene wetsuit if weather conditions are adverse.
- Specialized monitor that will explain the basic notions.
- Picnic bag [food and water], to replenish forces.
- Insurance from R.C.
- Shower and changing facilities.

### **What you need to bring:**

- We recommend that you bring comfortable sports clothes and shoes that can get wet, as well as sun cream and cap.
- Do not forget to bring a towel and change clothes after the descent.

### **The price for the activity is:**

- Adults: 20 euros per person
- Children under 15 years: 15 euros per person
- In the price is included the taxes and the material as well as the picnic.

To make the **descent of the Sella by canoe** is necessary prior reservation since in the summer season all the squares are completed.

**To make the reservation you can send an email to:**  
**info@zenitexperiencias.com or by calling +34 985 84 14 28.**  
**You can also visit our website: [www.zenitexperiencias.com](http://www.zenitexperiencias.com)**  
**Plaza Venancio Pando, número 2 bajo 33540 Arriondas - Asturias**

