Looking out from the Seven Cataracts overlook on the Catalina Highway you can see a series of waterfalls descending steeply across the canyon. Have you ever wanted to rappel down those waterfalls? Now you can!

Join us for this exciting, adventurous, and challenging descent of Willow Canyon. We will bushwhack into the canyon from just above Windy Point, hike through several miles of isolated creek bed, reach a series of 100+ foot rappels over the seven cataracts, along with a final steep hike back up the Catalina Highway. This will be full day of high adventure right in our own backyard.

**Itinerary**
Subject to change

**Day One:**
- Meet at OR
- Arrive at trailhead at Windy Point
- Hike to first rappel
- Rappel
- Lunch with more rappelling after
- Hike out of canyon
- Drive back to OR

---

**PACKING LIST**

- Hiking boots/shoes
- Sun/quickdry shirt
- Rain jacket
- Camera (optional)
- Water bottles to hold 2 Liters
- Sunscreen
- Wool/fleece jacket
- Lunch

* May be reserved from Outdoor Recreation at no additional cost.

**OUTDOOR PROVIDES**

- Transportation
- Guide
- Backpack
- Rappelling equipment

**EXERTION LEVELS**

LOW, MODERATE, HIGH

For more information, contact Outdoor Recreation at outdoorrec@arizona.edu or (520) 621-8233.