



Advanced Canyoneering Seven Cataracts



Looking out from the Seven Cataracts overlook on the Catalina Highway you can see a series of waterfalls descending 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 Outdoor Recreation (OR)
- Arrive at trailhead at Windy Point
- 5-minute initiative, a chance to give back to the natural areas around us
- Hike to first rappel
- Rappel
- Lunch with more rappelling after
- Hike out of canyon
- Head back to OR

PACKING LIST

- Hiking boots/shoes
- Sun/quickdry shirt
- Rain jacket
- Camera (optional)
- Water bottles (2 Liters)
- Any personal lifesaving medication
- Sunscreen
- Wool/fleece jacket
- Lunch and snacks

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

OUTDOOR PROVIDES

- Transportation
- Leadership and instruction
- All trip-specific gear
- Backpack
- Rappelling equipment

EXERTION LEVELS

