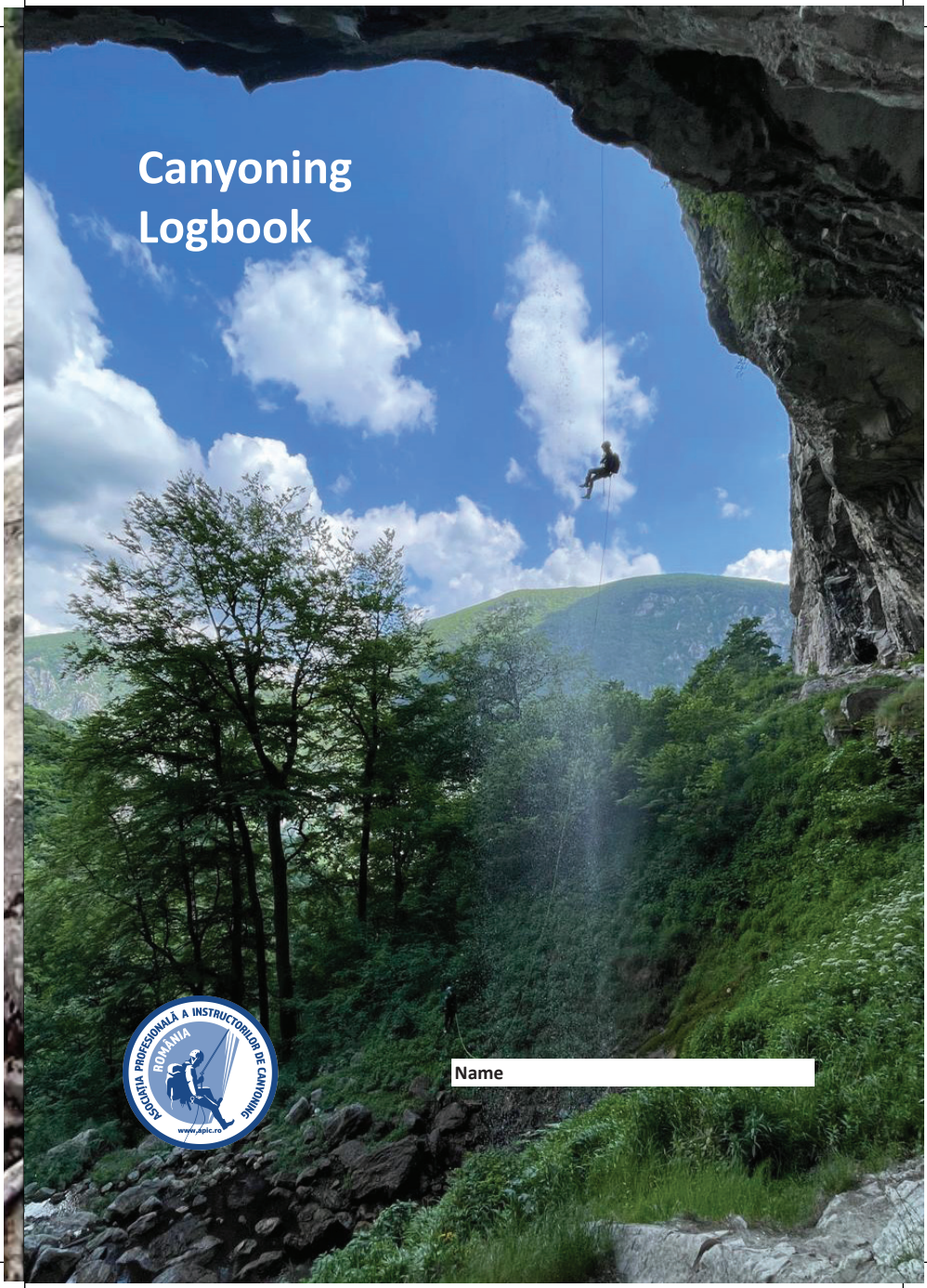

Canyoning
Logbook
ASOCIAȚIA PROFESIONALĂ A INSTRUCTORILOR DE CANYONING
ROMÂNIA
www.apic.ro
Name



Warning

!! Canyoning is a high-risk activity that can lead to serious injury, disability, or even death. Real hazards include flash floods, recirculating hydraulics/holes, siphons and strainers (wood/branches) that can trap or drown you, hypothermia in cold water, rockfall, slips, improvised or degraded anchors, rope-handling errors (belay/rappel), inadequate or insufficient equipment, and fatigue that can impair decision-making.

Lack of knowledge/experience amplifies these risks: underestimating flow and weather, misreading maps/topos, improperly rigging rappel points, choosing an unsafe exit route, poor incident handling (stuck rope, dropped descender), missing self-rescue procedures, weak team communication, and the absence of an emergency plan (first aid, location, evacuation). There may also be legal implications (access/permits) and environmental impacts if best practices aren't followed.

Use **certified operators/guides only** (especially for beginners). If you wish to progress independently, take a formal training course. **Never go alone**.

ASOCIAȚIA PROFESIONALĂ A INSTRUCTORILOR DE CANYONING

Adresa: Bld. Natiunile Unite nr.5 bl.110 sc.2 et.3 ap.36, Sector 5, Bucuresti, Romania

Contact: office@apic.ro; www.apic.ro

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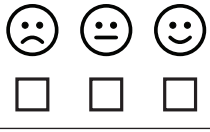
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Approach_____ Return_____ Time-in_____ Time-out_____







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Air	☐	☐	☐	☐	☐
Water	☐	☐	☐	☐	☐

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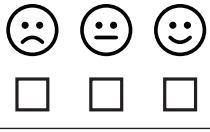
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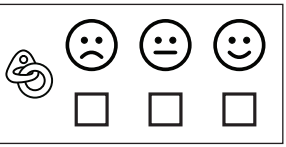
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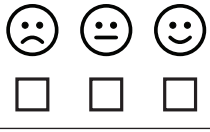
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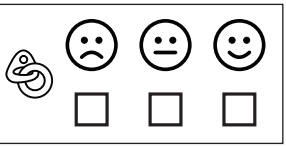
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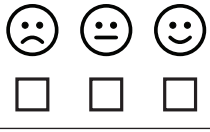
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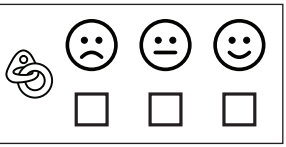
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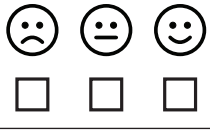
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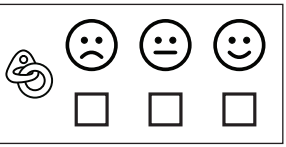
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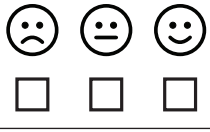
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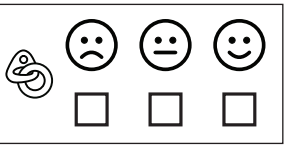
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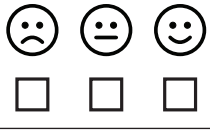
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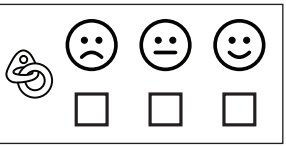
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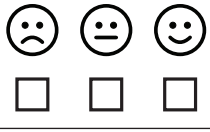
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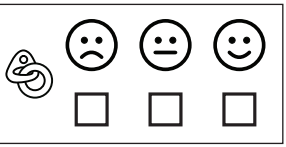
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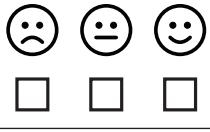
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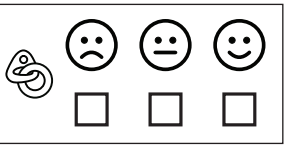
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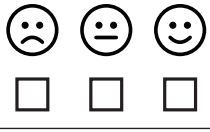
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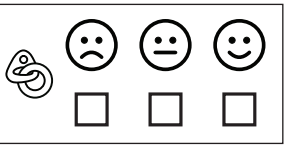
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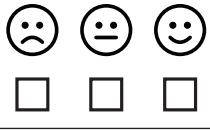
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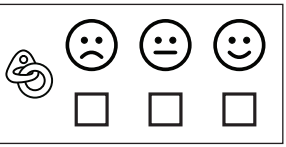
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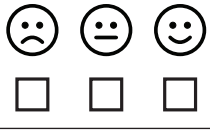
Canion_____ Grade _____

Approach_____ Return_____ Time-in_____ Time-out_____







Temperature C°

	8-12	13-16	17-21	22-27	30+
Air	☐	☐	☐	☐	☐
Water	☐	☐	☐	☐	☐

☐ Course* ☐ Guided ☐ Private

☐ Bolting ☐ Climbing ☐ Divert ☐ Guided ☐ Jumps ☐ Lifeline
☐ Regroup ☐ Rigging ☐ Siphons ☐ Slides ☐ Swim ☐ Waterfall

Comments

Stamp & Signature

Insturctor / Guide_____
*only certified instructors can sign courses

Asociația Profesională a Instructorilor de Canyoning

Trip no._____ Date_____ Location_____

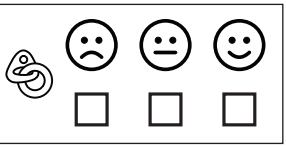
Canion_____ Grade _____

Approach_____ Return_____ Time-in_____ Time-out_____









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Air	☐	☐	☐	☐	☐
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Comments

Stamp & Signature

Instructor / Guide_____

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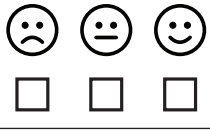
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Approach_____ Return_____ Time-in_____ Time-out_____







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Comments

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Asociația Profesională a Instructorilor de Canyoning

Trip no._____ Date_____ Location_____

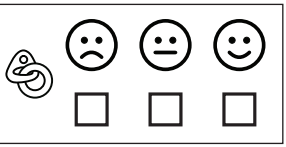
Canion_____ Grade _____

Approach_____ Return_____ Time-in_____ Time-out_____









Temperature C°

	8-12	13-16	17-21	22-27	30+
Air	☐	☐	☐	☐	☐
Water	☐	☐	☐	☐	☐

☐ Course* ☐ Guided ☐ Private

☐ Bolting ☐ Climbing ☐ Divert ☐ Guided ☐ Jumps ☐ Lifeline

☐ Regroup ☐ Rigging ☐ Siphons ☐ Slides ☐ Swim ☐ Waterfall

Comments

Stamp & Signature

Instructor / Guide_____

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Trip no. 1 Date 24.06.2025 Location Valea Cernei, Romania

Canion Cascada Vanturatoarea Grade V4-A2-III

Approach 2.5h Return 1h Time-in 10:20am Time-out 13:45am


3/5



X



X


X


☐ ☐ X

Temperature C°

	8-12	13-16	17-21	22-27	30+
Air	☐	☐	☐	X	☐
Water	☐	X	☐	☐	☐

☐ Course* X Guided ☐ Private

☐ Bolting	☐ Climbing	☐ Divert	☐ Guided	☐ Jumps	X Lifeline
X Regroup	☐ Rigging	☐ Siphons	☐ Slides	☐ Swim	X Waterfall

Comments

A very nice canyon with few small waterfalls and a very big one at the end with a regroup. It was a great feeling to be in this regroup, 40m above ground. The group was great and the guides took great care of us.

Stamp & Signature

Insturctor / Guide_____

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