

**Canmore Caverns Ltd**  
**1-877-317-1178**  
**www.canmorecavetours.com**



## **Three Day Itinerary for CROWSNEST Alpine Caving**

**Day 1:** Meet at the Blairmore Tim Horton's at 7am.

### **The Blairmore Tim Horton's is at the most West exit to Blairmore by the Macs and Gas Station**

After a 15-minute drive to the trailhead, we park, and then take a 7 km four-wheel drive along an old seismic road. This is followed by a steep 2-hour hike up to the alpine camp site. After setting up camp, we ascend 400m to Cleft Cave, which we explore in the afternoon.

**Day 2:** Starting around 8:30 AM we hike almost 2 km, ascending 500m up over the Col to Gargantua Cave. We then descend through the cave via 5 rappels to a lower entrance if it is ice free (if not ice-free then we climb back up on ladders).

**Day 3:** We pack up camp, hike down and head out to the cars. There is an optional morning session on SRT techniques at Camp Caves next to the camp site. You can expect to be heading home at around mid to late afternoon.

### **We will provide:**

- Helmets
- Headlights
- Coveralls
- Kneepads
- Caving gloves (although you might want to bring your own leather gardening-style gloves)
- Harnesses
- Rappelling gear
- Ropes and ladders
- First aid kit

**Remember:** Alpine Caving is a strenuous activity in a remote mountainous area where rescue is notoriously difficult and protracted. All participants should be fit and have some backcountry hiking/camping experience.

The guide will bring a map of the caves and caving area.

This will be a great trip and let's hope for good weather!

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## **Equipment List for CROWSNEST Alpine Caving**

Be prepared for mountain weather, sun, rain, snow; bring extra dry clothing.

### **PERSONAL GEAR**

Backpack & Liner (garbage bag)  
Sleeping Pad (foam pad or therma-rest)  
Sleeping Bag (3 season)  
Water Bottle (1 litre)  
Flashlight for camping  
Utensils / Bowl / Mug  
Toiletries  
Lighter  
Sunscreen & Sunglasses  
Insect repellent  
Small camera with flash

### **CLOTHING**

4 pairs of socks (wool)  
Rain jacket & Pants  
Long underwear  
Fleece Jacket  
Hiking Boots  
Warm Gloves / Mitts  
Toque / Hat  
Long Pants  
Shorts  
3 or 4 T-shirts  
Camp shoes / Sandals/ Crocs

### **MEALS / FOOD (3 days, 2 evenings)**

2 Breakfasts  
3 Lunches  
2 Dinners  
Snacks, Power bars, Trail Mix etc.  
Hot Chocolate  
Tea  
Juice, hot apple mix

### **GROUP GEAR**

Tent  
Stove & Fuel  
Tarp (overhead & groundsheet)  
Pots (cooking)  
First Aid Kit  
Food bag & Ropes (for hanging food)  
2 - 4 gallon collapsible water containers  
Dish Soap & scouring pad