

HEART CREEK CANYON

From €160 per person

- **Difficulty:** Beginner
- **Season:** May 17 – October 1
- **Duration:** 4 to 5 hours
- **Number of rappels:** 4 to 5
- **Group size:** 2 to 8 participants
- **Minimum age:** 12 years old



Embark on an unforgettable adventure in the heart of the Canadian Rockies with our half-day canyoning trip at Heart Creek Canyon.

This shorter excursion (about 4 hours) is perfectly suited for beginners or anyone looking for their first canyoning experience.

You'll start with shorter rappels to build confidence before finishing with an optional, spectacular 18-meter rappel down a waterfall. Enjoy incredible scenery while creating unforgettable memories. This family-friendly trip is also our closest canyoning experience to the towns of Banff and Canmore.

Daily Itinerary:

9:00 AM – Welcome: Meet at the Heart Creek Trailhead parking lot. Meet your guides and receive all necessary equipment. Safety briefing and rappel instruction to prepare for your adventure. Mandatory waiver must be signed by all participants.

9:30 AM – 10:30 AM: Hike approximately 45 to 60 minutes to the top of the canyon to begin the adventure.

10:30 AM – 1:00 PM: Gear up and receive a rappel briefing. Descend the canyon over 2 to 3 hours, starting with shorter rappels to build confidence and finishing with an optional wet 18-meter waterfall rappel.

12:30 PM – 1:00 PM: Short hike back to the vehicle, followed by changing out of wetsuits and packing up the gear.

Note: The itinerary may vary depending on weather conditions and the group's ability level.

Equipment Provided:

- 5 mm wetsuit (top and bottom)
- Petzl helmet (UIAA/CE certified)
- High-quality Petzl harness
- Canyoning-specific rappel device
- Neoprene booties to keep your feet warm
- Waterproof bag for your personal belongings

What to Bring:

- Swimsuit and towel
- Sturdy water-friendly shoes (no sandals)
- Rain jacket or windbreaker (optional)
- Change of clothes
- Waterproof camera or GoPro



Practical Information:

- Heart Creek Canyon is located 10 minutes from Canmore and 25 minutes from Banff.