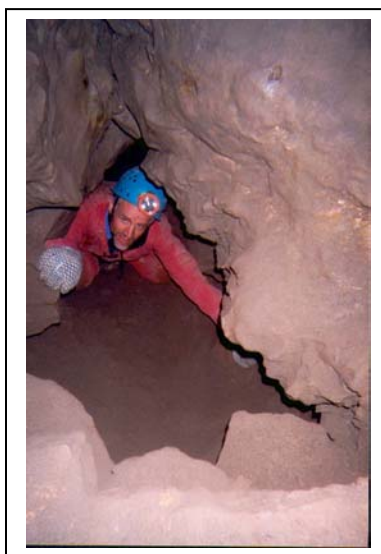


# Canyon to Cave Tour

*This adventure combination tour is complete with geological, historical and environmental interpretation.*

You begin with a hike into Grotto Canyon: View the Red Ochre Pictographs left by our Native Ancestors several thousand years ago. Learn about the historical, spiritual and cultural nature of the area and summarize the significance of the drawings themselves. Your guide will help you to discover and interpret the flora and fauna surrounding the trail.

After a picnic lunch on the trail, you're fitted with your caving gear - coveralls, helmet and light and some light padding for the knees. A ½ hour hike through scenic mountain forest and we arrive at the end of the trail - the beginning of your caving adventure. A quick change into your caving gear and a safety talk we descend in to our underworld adventure. You will enjoy an interpretative tour of this amazing cave system - through passages etched and sculpted thousands of years ago by running glacier water. This activity is considered a medium to extreme activity and meant for those who are physically active fit. Minimum age: 8 years old.



**We provide:** helmet, headlamp, coveralls, kneepads, gloves – and a bag lunch

**What to bring:** We advise our clients to bring a snack bar, a water bottle, a disposable camera with flash and to wear light hiking shoes and warm but not bulky clothes.

**Group Size:** Minimum 6



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