



## Frequently Asked Questions

### Cave Tours near Banff – Alberta – Canmore, AB

**Q: How long does caving take?**

A: The trips depart at 10:00am from Canmore (20 minutes East of Banff). Both of our tours, the Banff Adventure Cave Tour and the Banff Explorer Cave Tour, are designed for beginners and intermediate cavers alike. We estimate the Adventure Cave tour is 6 hours round trip and the Explorer Cave Tour is about 4.5 hours round trip.

**Q: Where is the caving base located?**

A: The caving base is located in Canmore, Alberta. It is a small, dynamic town, nestled in the spectacular Bow River Valley, situated at the gateway to the Canadian Rocky Mountains and Banff National Park (UNESCO World Heritage Site).

*From Calgary:* Distance is 120 km. Allow 1.5 hours travel time.

Drive west (Banff) on Highway 1 (Trans Canada Hwy) from Calgary and take exit 91 “Canmore 1A” then follow the Bow Valley Trail (1A) into the town centre. Turn left at the first traffic lights onto Railway Avenue. Travel a short distance to 10th Street and turn right into the shopping plaza where Sobeys is located. Your guide will meet you under the Sobeys sign outside the entrance door.

*From Banff:* Distance is 22 km. Allow 30 minutes travel time.

Drive east (Calgary) on Highway 1 (Trans Canada Hwy) from Banff and take exit 86 – “Canmore Bow Valley Trail”. Stay right and follow the Bow Valley Trail to the traffic lights (Boston Pizza on corner) and turn right onto Railway Avenue. Drive along Railway Ave to 10th street and turn left into the shopping plaza where Sobeys is located. Your guide will meet you under the Sobeys sign outside the entrance door.

**Q: What are the restrictions?**

A: The minimum age for the Banff Adventure Cave Tour is 12 years old and for the Banff Explorer Tour it is 10 years old.

**Q: Are there lighting or washroom facilities in the cave?**

A: No, the cave is completely natural and undeveloped.

**Q: What certifications do the guides have?**

A: As well as their professional and enthusiastic nature, guide qualifications are numerous and rigorous. Every cave guide has an up to date back-country wilderness first aid certificate, and cave rescue training. All guides are equipped with cell phones in case an emergency arises. We network with the local mountain rescue unit in Kananaskis Country. Each of our cave guides possesses excellent general knowledge of the local geology and geography and of course lots of caving experience. They started out their guiding careers as cavers – enthusiastic, adventurous explorers of the mysterious subterranean world of caves. They have caved locally in the Canadian Rockies of Alberta & British Columbia, in the U.S.A. and internationally e.g. Peru, Cuba, & Mexico.

**Q: Is the cave open to the public?**

A: No, in 1987, the cave was designated a **Provincial Historic Site**. Access to the cave is restricted to protect the delicate environment within.

**Q: How much is it to go on a cave tour?**

A: Current season prices are available on our website.  
<http://www.canadianoutback.com/banff-caving.php>

**Q: Do I need previous experience for cave tours?**

A: No experience is necessary, but the tour is physically demanding.

**Q: What should I wear on the trip?**

A: For caving tours you should wear hiking boots, sport trousers and a warm shirt underneath the coverall you will be supplied with. The supplied caving equipment includes a helmet, headlamp, coveralls, harness, kneepads, gloves and backpacks. The Rat's Nest Cave, where we will be caving, is a constant 5°C (41°F) all year, so warm clothes will be needed.

**Q: Where and when do I check in?**

A: We require you to check in 15 minutes prior to your tour time at Sobeys supermarket located at Railway Ave and 10<sup>th</sup> St., Canmore, AB.

**Q: Do you provide transportation?**

A: Transportation is not provided for this tour. You are required to transport yourself.

**Q: If it's raining will the trip still run?**

A: Trips run rain or shine. Please be sure to check the weather prior to your departure and dress appropriately. There is a half hour walk to the cave entrance, but once inside you are protected.

**Q: What is your refund policy?**

A: Refunds will not be given within 24 hours of the tour. Group bookings are non refundable 2 weeks prior to departure.

**Q: Do I have to pre-sign the waiver?**

A: Upon arrival, everyone will be required to sign a liability waiver. Youths 19 years or younger require a parent or guardian's signature on the waiver. If under the age of 19 and a guardian cannot be present to sign, please inform our office and we will email you a waiver PDF file to be printed and pre signed by the parent or guardian. The waiver must be dated for the date of the tour.

**Q: Do I have to pre book/pay?**

A: We take full payment via credit card at the time of booking. Pre booking is recommended to ensure your space on the tour.

**Q: What time of year do caving tours run?**

A: All year round, every day (based on availability).

**Q: How far in advance do I have to book?**

A: We take bookings months in advance or even the day before. It is up to you how last minute you want to leave your booking. By leaving it to the last minute, you take the risk that there will not be any space left during the tour time which you desire.