Hike of the Week – The Ice Caves

**Stats:**

* 13km, 400m of climb
* 2.5-4hrs

**Driving Directions:**

* From West Calgary: Follow Hwy 1 West to the Hwy 22 intersection. Turn south on Hwy 22 and continue until you reach the 4 way intersection in Bragg Creek. Turn left, continuing south on Hwy 22. At the T-intersection turn right (west) onto Hwy 66, continue for 14.9km. Park at the Ing’s Mine parking lot on Canyon Creek Road.
* From South Calgary: Follow the 22X southwest, staying straight at the intersection with Hwy 22 south. Continue onto Highway 66 for 14.9km. Park at the Ing’s Mine parking lot on Canyon Creek Road.

**Route Description:**

* Continue down the closed, gravel access road for about 6km. The road is fairly flat with a few undulations. It can be easily biked and is plowed during the winter. Continue straight at the T-intersection, then turn right onto an established single track trail that heads up a hill into the woods. After a few hundred metres the trail will begin to climb up a steep, rocky slope. There are multiple trails, but all trails will eventually to the caves. If you brought your headlamp, continue into the cave and enjoy exploring the ice formations. At the back of the cave you will reach a wall of ice.

**Going Further:**

* Before you reach the ice wall at the end of the cave, look to your left. There is a rock slab you can squeeze under to access another corridor and go further into the cave. You may want a helmet for this option as you are squeezing into tight spaces and the rocks are sharp.
* Just before you enter the cave there is a gully. Look at the rocks, they are full of fossils! Geodes are also sometimes found in this area.

**Recommended Gear:**

* Shoes with good grip and that you don’t mind getting muddy
* Layers of clothing in case the weather changes while you are out there
* Headlamp
* Food and water
* The road and trail can be icy, you may want to bring traction aids.

**Trip Report:** Want to see some pictures? Check out Hiking with Barry’s report http://hikingwithbarry.com/2010/04/30/ice-caves-%E2%80%93-canyon-creek-%E2%80%93-hiking-alberta