



CAVING at CADOMIN

The town of Cadomin is an easy 40 minute drive from Hinton on mostly paved road. From Hwy 16, just west of Hinton turn south on Hwy 40 to Cadomin; the road is well marked. You can also get to Cadomin from Edson. About five minutes west of Edson turn south off Hwy 16 toward Robb; again this is well marked. Follow the paved road until you hit gravel; proceed another Km before turning right toward Cadomin. The intersection is marked. Follow this gravel road 35 Km into Cadomin. The trip from Edson to Cadomin takes about 1hr and 25 minutes. It is only slightly longer to go through Hinton, on much better road.

There is only one store (and no gas pump) in Cadomin; it's on the main road. We often arrange to meet participants here. From the store it's only another five minute drive to the trailhead. Once at the trailhead we supply headlamps and helmets (coveralls, with or without gloves, are available to rent for \$5.00. Gloves only, are \$2.00). You must have a raincoat, overclothes for the cave (coveralls, etc) gloves, adequate footwear, water, light lunch, extra clothes and a pack large enough to hold everything including the helmet and headlamp. Your footwear *must* have good traction and ideally should be waterproof (if not bring extra socks).

The hike takes about 45 minutes when the trail is dry and free of snow. It can take as long as two hours to reach the cave under rainy, icy or snowy conditions. There is normally snow on the trail in May and June. Be prepared. The hike starts with a gentle upward climb and gets progressively steeper. *This is not an easy hike.* The cave entrance is above tree line on very steep slopes. The view is wonderful. A hiking pole (a ski pole) is a definite asset.

Once at the cave entrance we grab a quick lunch, put on overclothes (I change to a dry shirt as well), helmets, headlamps and gloves. Packs are left outside the cave; cover them with a garbage bag in case it rains while we're inside. The temperature in the cave is always about 3 degrees Celsius. Most people find a T-shirt, long sleeve shirt and coveralls are adequate for warmth.

Depending on the caving trip you have booked and the skill and fitness level of participants we'll spend between 1 ½ - 4 hours in the cave. Be prepared to get very dirty.

Be Prepared:

Backpack

Light lunch

Work gloves

1 - 2 garbage bags

boots or shoes with good traction

rain coat or poncho

extra socks, shirt, etc

sunscreen & personal medication

1 - 2 LITRES water

coveralls or overclothes

gloves for hiking

hat or toque