Nihahi Canyon – Rappel Descent



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Approach Instructions

Nihahi Canyon is located up Nihahi Creek in Kananaskis Country. It is a fantastic and short canyon adventure suitable for climbers or those with rappel experience. Park at the main Forgetmenot Ridge parking area at the end of Hwy 66, southwest of Bragg Creek.

Parking is located here: https://maps.app.goo.gl/zgm6QJBTjsapXWfE8

From parking, head southwest along the main road past the Little Elbow Campground. This is the Little Elbow Trail that heads towards Nihahi Ridge and the Elbow Loop. From the campground, follow the trail for just over 3 kilometers to where the trail crosses through a small creek (it may be dry). This is Nihahi Creek. Look for the obvious trail heading up on the right (east) side of the creek. Hike up the excellent trail until it levels out and joins near the creekbed. There is an excellent water-worn slot canyon you can scramble through. When you're ready, hike the creek downstream and you will reach the main Nihahi Canyon, marked with a bolted anchor. **Trail distance to Canyon: ~6 km, 150-200 m gain.**

Bikes are helpful for the approach from Forgetmenot Parking to Nihahi Creek!

CLICK HERE FOR A GPX TRACK OF THE APPROACH TRAIL

Required Gear

1 x 60m rope

Helmet, harness, personal anchor, rappel device & lockers, rappel backup (prusik, etc).

Notes

- This canyon is suitable for climbers and others with rappel experience; specialized canyon experience or equipment is NOT required. Wetsuits are not required. You can treat this canyon like a standard rappel descent of any modern climbing route.
- All anchors are bolted with fixed stainless steel hardware (typical climbing anchor)
- There are a total of 3 rappels. After the first rappel, you are committed to one more.
- The canyon is typically dry but may be wet (and slick!) after periods of high rain

Rappels

Rappel 1: 15m down a water-worn groove, anchor on left side. You are now in an awesome canyon "hall" that few people have ever visited!

Rappel 2: 25m fantastic rappel, anchor on left side. An overhanging rock section near the top will likely be the highlight of your trip – it's great!

Rappel 3: 10m, anchor in the middle of the drain. A short rappel with a small overhanging section. Watch for fossils near the bolted anchor!

Nihahi Canyon – 3AII

