

FAQ

Introduction to Caving

Do I need to have any experience to take this course?

This course is designed for the complete beginner.

What type of caves do we navigate through?

You will navigate through 3 big caves. You are lowered 80 feet into one cave (then another two 40ft lowers into other caves). Another cave has a 100-foot descent. Another cave as a fresh water spring at the bottom and is a tight squeeze.

I am a little claustrophobic. Can I take this course?

If you have a natural fear of confined spaces, you may find that having other people around as well as a top-notch guide, along with headlamps, will make you feel comfortable. If you are really claustrophobic, you know yourself best so that decision should be left to you.

What should I wear?

Wear weather appropriate clothing. The caves are colder and some may still have ice in them. Wear clothing that you are not afraid of ripping or getting dirty. Long pants and t-shirts are recommended but bring along a sweater for the ice cave.

I am a big guy. Will I get stuck in the caves?

There are some places that tight squeezes but we have fit everyone through so far. As long as you can fit into our 42 inch harness waist belt, you should be fine.

How long is the course?

It is a one-day course. The course runs from 10:00 a.m. to 3:00 p.m. The instructors will meet you at the parking area for 10:00 a.m. and you should be back in the parking area for 3:00 p.m.

What is the age restriction for this course?

The course is open to adults, adolescents and children. Minors must have their waivers signed in advance by a parent or guardian. Minors who are under 12 must be accompanied by a participating adult.

What is the fitness requirement for this course?

A hiking fitness is generally recommended.

How many people will be on the course?

The maximum group size per instructor is 6 people.

What type of footwear do I need?

It is a good idea to wear running shoes or hiking shoes/boots.

How long is the hike into the cliffs?

It is a short (15 minute) hike from the parking lot. You are able to go back to the car if you need to.

Are there washrooms?

This is a remote area. You may want to visit the washroom before you leave the last major city. After that, it is all fresco.

Can I bring a cooler to put my lunch in?

We recommend that you bring your food in a backpack so that you can hike with your hands free.

Can my wife/husband/daughter/son/brother/sister/friend/neighbour/dog come and watch the course without participating?

We do not provide helmets or harnesses for non-participants. Spectators can watch at their own risk but are not able to navigate through the caves. You are roped up for certain sections of the exploration.

What happens if I arrive late?

If you arrive late, you should be able to find the group putting on their helmets and harnesses. If you are over 30 minutes late, an instructor may come back in one hour to find you. Usually, at noon, an instructor will hike back to try to find you in the parking lot.

What should I do if I am lost?

Prevention is the best advice. The map on our website has an interactive link to Google maps where you can type in your home address and Google maps will give you a recommended driving route and estimated drive time. Please print out this map/directions and bring it with you.

Can I get a copy of the photos the instructor took?

The photos taken by the instructors are for use in the brochure or website. Due to the high volume of requests we are not able to email them to each individual. If you are really nice to us and take us out for dinner, we may consider sending you some shots.

Is water accessible?

There is a spring, however, it is a good idea to bring enough water for the day so that you don't have to worry about the water quality.

Do you have gift certificates?

Yes, we provide gift certificates for all occasions.

Is it customary to tip my instructor?

Tipping is not required. If you feel that you have received exceptional service and would like to gift the instructors with a tip, they will graciously accept it and appreciate your generosity.

TESTIMONIALS

"A lifelong fear of heights, a bit of claustrophobia, no experience rock climbing. Absolutely none of this mattered from the first rappel down into a cool, fissure filled cave during my caving experience with ONE AXE Pursuits. We had a small group, great chemistry and our wonderful guide didn't babysit me, but certainly looked out for all of us in a very professional, friendly matter. I felt supported, challenged and encouraged the entire time. The grand finale of splashing my face in a underground stream after squeezing through the depths of the earth- ASTONISHING! I loved every minute and highly recommend it to the inexperienced, curious and the adventurous! A perfect intro to the basics of caving!"

Tyler Francks, Guelph Ontario

"I liked caving because it was fun going in the caves. I liked being lowered into the caves. When I got into the caves I would explore. There was lots to explore. My favourite cave was the ice cave. I liked it alot. It went down to a fresh water stream. You could drink the water. I like Fred and Christa. They are fun instructors! I had fun!"

**Antonia Burleigh MacMillan (7 years old and attending with her parents),
Brantford Ontario**

"I just wanted to send you a quick email to let you know that Stephanie and I had a great time on Sunday. We had a fantastic instructor - patient, knowledgeable and encouraging. We will definitely be booking more classes through your company. We're already considering the ice climbing course in the winter."

Sara Cooper, Toronto Ontario

"Thanks for a great day caving at Metcalfe Rock. Our guide made us feel very safe and confident in an unknown and initially uncomfortable environment. It's always great to conquer something you're a little afraid of – heights, small dark spaces... The hiking terrain was beautiful and the caves were fascinating to explore. We will definitely be going on future outings with One Axe and would highly recommend your adventures to others."

Jeff Burns and Janet Walker, Toronto Ontario

"We had a blast! We miss the great outdoors and this is one event we will be coming back to. We had a great instructor. He was very helpful and friendly. He gave us instructions as to which way to face while we were being lowered. In the end, he brought us up to the cliff for lunch. What a great view!"

Tracey Ho, Toronto Ontario

"The caving trip was thrilling. I could not imagine myself crawling through those dark tunnels, however, accompanied by my knowledgeable and experienced instructor, I felt completely safe and secure. Fred's friendliness allowed it to be a fun, and exciting experience. Crawling through those caves has given me a sense of accomplishment and the feeling of defeating fear for the first time."

Bobby Lo, Toronto Ontario

"The caving trip was challenging and I was a little bit scared, especially, when I couldn't find my way, it was like Armageddon. I felt so brave and I had the time of my life. I will never forget it. I'm going to go caving again."

Young-Su Seo, South Korea

"Taking the Intro to Caving was simply thrilling. The scenery was spectacular, the guides were fun and full of passion and you offered us awe-inspiring views! More so, you helped give us confidence and conquer our fears. Those feelings will last us a life time. Thankyou for such an exhilarating experience! I can't wait to do it again!"

Neesha Khanderia, Toronto Ontario