

Due to high demand, we've added a 3rd Introduction to Swiftwater Canyoneering Course for summer 2020. Register today to secure your spot.



Get In The Wild offered its first canyoneering courses in the PNW in 2010. As the only local, PNW-based canyoneering company, we have spent the past twenty-four years living and instructing in this amazing backcountry. Our Swiftwater Canyoneering Courses were designed specifically for PNW canyons by PNW canyoneers. Our instructors have a combined 50+ years of outdoor education experience in Class C Swiftwater Canyoneering, Swiftwater Rescue, Whitewater River Guiding, Alpine Mountaineering, Caving, Wilderness Leadership, Wilderness Rescue and Wilderness First Responder. We are excited to share this knowledge and experience as part of our comprehensive Alpine Canyoneering Training Program—the first of it's kind in the US.

Why Choose Get In The Wild's Swiftwater Canyoneering Course

FEATURES

Course Designed for PNW Canyons

Time Spent in Outdoor Classroom

Designed For

Class Size

Financial Investment

Time Investment

Supports local, small business

GITW



100%

Recreational Canyoneers

8 Students

\$695

4 Days



OTHER



5

Professionals

16 Students

\$1,100

8 Days



Introduction to Swiftwater Canyoneering

Our Introduction to Swiftwater Canyoneering Course is the premier introductory course designed specifically for swiftwater canyons in the Pacific Northwest. Get In The Wild has been teaching wilderness education courses in the Pacific Northwest for the past 25 years and was the first commercial guide service to offer canyoneering-specific courses and guided experiences at this world class destination. Canyons with running water, waterfalls and hydraulics pose unique risks that dry canyons (Class A) and standing-water canyons (Class B) do not. This course will provide you with a comprehensive set of skills, knowledge and techniques designed exclusively for Class C, swiftwater canyon systems. All skills will be taught and practiced in a swiftwater canyon environment.

Note: This is not a desert canyoneering course tweaked for whitewater, or a river swiftwater course. This course was designed and tailored exclusively for Pacific Northwest canyons.

Prerequisites: This course is designed specifically for beginner canyoneers and those with existing Class A and B experience who wish to learn swiftwater-specific skills and techniques. This course does not teach you how to swim. You must be a good swimmer to take this course.

Specific Skills You will learn Include

- Anchors, Belays & Rappel Techniques
- Hydrology & Hydraulics: Flow Rate & Velocity, Siphons/Sieves, Holes, Rapids, Laminars, Eddies and Entrapments
- Jumping, Sliding & Tobogganing
- Ropework: Knots, Hitches, Guided Rappel, Tyrollean Traverse, Floating Anchors
- Swiftwater Specific Gear and Equipment
- Trip Planning Techniques
- Navigation and Route Finding
- Personal and Group Safety
- Hypothermia, Submersion
- Hazard Recognition and Avoidance
- Group Problem Solving
- Self-Rescue Techniques
- Rules, Ethics, Style, Communication and Courtesy

Tuition for the course: \$695 per person

Duration: 4-Day Course

Location: Courses Offered in both the Seattle Vicinity - North Cascade Mountains/Mount Baker Snoqualmie National Forest & Portland Vicinity - South Cascade Mountains

Instructors: Christopher Hagedorn, Logan DeGrand and Dusty Gold.

Note: This course will be taught from a central canyoneering basecamp that is accessible by vehicle. Cost includes instruction, course handouts, and all team canyoneering equipment, i.e. ropes, webbing, and rigging. Recommended gear that you should bring includes harness, helmet, rappel device, several locking carabineers, ascending gear, full wetsuit, and appropriate footwear and clothing. Cost for the course does not include lodging, meals, transportation, personal equipment, and gratuities (tips) for instructors and guides.

Seattle Vicinity: [Book Your Reservation Today!](#)

Portland Vicinity: [Book Your Reservation Today!](#)

Advanced Swiftwater Canyoneering

If you enjoy swiftwater canyoneering and are ready to take that passion to the next level, you've come to the right place. The North Cascades is a world class swiftwater destination and provides some of the best canyoneering in the US.

Advanced Swiftwater Canyoneering is an intensive course designed to provide students with the necessary skills to become effective and efficient team members and leaders.

This course is designed to develop strong decision-making skills, critical thinking skills, efficiency and rescue techniques putting you on the path to becoming a confident and skilled swiftwater canyoneer.

The Advanced Course broadens the curricula taught in introductory courses by utilizing real-life scenarios in actual swiftwater canyon environments.

Through application of these techniques in concert with an understanding of hazard recognition and risk management concepts, you will gain increased confidence in your abilities and decision making to overcome a variety of canyon challenges more comfortably. You will have the opportunity to demonstrate your competence and gauge your readiness for more challenging canyons while leading sections of swiftwater routes.

Prerequisites: This course is designed specifically for those with previous swiftwater canyoneering experience. To attend, you must have taken an introductory swiftwater

canyoneering course or have equivalent experience.

Include

Specific Skills You will learn

- Advanced Jumping and Sliding
- High jump scoop entry
- Flat/Lateral jump over whitewater
- Near jump/step off
- Push-Off slide to avoid ledge

- Rapelling into/over a Hydraulic Trap
- Setting rope length by short rope
- Flat jump/lateral jump
- Aggressive swim exit
- Floating anchor

- Guided Rappels
- Constructing bomber anchors
- Setting releasable tension line
- Target practice
- Guided rappel practice

- Hydrology and Weather
- Hydrology/Weather review
- In-canyon whitewater reading
- In-canyon flash-flooding awareness
- Nearest escape/exit point
- Nearest waiting safe zone
- Signs of previous flashes

- Ropework
- Passing a knot on rappel
- Passing a knot ascending
- Zip-lining packs target practice
- Setting retrievable traverse line by self-belay
- Setting retrievable traverse line by top belay
- Creeping the anchor
- After each rappeller
- While on rappel

- Anchor Building
 - Bolts
 - Inspecting bolted anchors
 - In-line vs. American Death Triangle
 - Basic bolting talk
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- Natural
 - Inspecting natural anchors
 - Replacing webbing
 - Tree anchor considerations
 - Boulder pinches
 - Logs

Tuition for the course: \$695 per person

Duration: 4-Day Course

Location: Course Offered in the Seattle Vicinity - North Cascade Mountains/Mount Baker Snoqualmie National Forest

Instructors: Christopher Hagedorn, Logan DeGrand and Dusty Gold.

Note: This course will be taught from a central canyoneering basecamp in the North Cascades that is accessible by vehicle. Cost includes instruction, course handouts, and all team canyoneering equipment, i.e. ropes, webbing, and rigging. Recommended gear that you should bring includes harness, helmet, rappel device, several locking carabineers, ascending gear, full wetsuit, and appropriate footwear and clothing. Cost for the course does not include lodging, meals, transportation, personal equipment, and gratuities (tips) for instructors and guides.

[Book Your Reservation Today!](#)