

Monmouth Creek

Créer: 2026-08-11 05:32:43	Mettre à jour: 2026-08-11 17:26:14	Imprimer: 2026-08-27 05:08:07
Pays: Canada Région: British Columbia Sous-région: Squamish-Lillooet Regional District Ville: Squamish		
Difficulté: un peu difficile	Niveau: v4 a4 III	Temps total: 6h
Temps approche: 2h	Temps tour: 3h30	Temps de retour: 30min
Altitude d'entrée: 413m	Altitude de sortie: 25m	Altitude du delta: 388m
Longueur du canyon: 900m	Rapelle le plus haut: 42m	Nombre de rapelles: 16
Transport: à pied	Type de roche: granite	Zone de prise d'eau: km²
Saison: juin - octobre	Orientation: Sud-Est	Meilleur moment:
Évaluation: ★ 4 (1)	Info: ★ 3 (1)	Belay: ★ 2 (1)
Spécialités:		
Matériel: Cordes: 2x50m		
Résumé: (traduction alternative) A beautiful, deep canyon in the heart of Squamish.		
Hydrologie: (traduction alternative) Echolake is located within the watershed. As a result, the canyon is affected by the lake's water level. Squamish River flow rate: https://wateroffice.ec.gc.ca/report/real_time_e.html?stn=08GA022		
Accès: (traduction alternative) From Vancouver, take Highway 99 to Squamish. In Squamish, exit Highway 99 and then turn onto Government Rd. toward the Squamish River. Follow the road to Spit Rd. Here, park in a parking lot near the gravel bar.		
Approche: (traduction alternative) To cross the Squamish River, you'll need a suitable watercraft such as a canoe, kayak, SUP, or raft. When the current is very weak, it's generally possible to cross by swimming. The entry and exit points are easily recognizable and are located near the gravel banks. After crossing the river, follow the pink markers until you pass the first power line. From there, red markers will guide you the rest of the way to the entry. The access trail climbs steadily uphill on the orographic left side of the canyon. Along the way, there are repeated views into the canyon and its course. The access trail features very steep and, in some places, exposed sections. Some of these challenging sections are secured with chains for support.		
Tour: (traduction alternative) The rappelling points come one after another, with only a few short walking passages in between. The rock consists mainly of granite with good grip, generally providing solid footholds and handholds. The rappelling points are generally equipped with two bolts; in some cases, these are connected by a chain. Among the canyon's special highlights are the Keyhole and the two high rappelling points with descent heights of 42 m and 39 m, respectively. Both also offer impressive views of the surrounding landscape and represent special highlights of the climb, both scenically and technically. Between the higher rappelling points, there are several options for exiting the canyon. This allows the climb to be interrupted if necessary or ended early if conditions warrant it.		

Retour: (traduction alternative)

After the last rappel, there are essentially two options:

Direct exit: Follow the streambed downstream back to the existing markers, which will lead you back to the Squamish River.

Extending the hike: Alternatively, you can hike through the adjacent, shorter Box Canyon, which will extend the tour accordingly.

Coordonnées:

Parking à l'entrée [49.7155 -123.1678](#)

Point de repère [49.7163 -123.1708](#)

Point de repère [49.7136 -123.1728](#)

Site de mesure du niveau d'eau [49.7135 -123.1844](#)

Départ du Canyon [49.7154 -123.1880](#)

Fin du Canyon [49.7130 -123.1824](#)

Rapports:

2026-08-10 | Patrik | ★★☆☆ | 📖★★★★ | ⚓★★ | 🌊 Normale | 🍏 Terminé

Crossing the Squamish River by SUP is doable without any problems. The access is steep and, in places, very exposed. In my opinion, the bolts were not placed optimally at all. Some are not protected from the water, and proper rope routing isn't possible—the ropes often get caught. Therefore, I placed two new bolts. Definitely one of the most beautiful canyons in the area. (traduction alternative)