

Monmouth Creek

Creare: 2026-08-11 05:32:43	Aggiornamento: 2026-08-11 17:26:14	Stampa: 2026-08-24 02:08:21
Paese: Canada Regione: British Columbia Sottoregione: Squamish-Lillooet Regional District Città: Squamish		
Difficoltà: un po' difficile	Grado: v4 a4 III	Tempo totale: 6h
Tempo avvicinamento: 2h	Tempo giaro: 3h30	Tempo ritorno: 30min
Altitudine di entrata: 413m	Altitudine di uscita: 25m	Altitudine delta: 388m
Lunghezza del canyon: 900m	Rapel più alto: 42m	Quantità rapelli: 16
Transporto: a piedi	Tipo di roccia: granite	Area di ingresso: km²
Stagione: giugno - ottobre	Orientamento: Sud-Est	Tempo migliore:
Valutazione: ★ 4 (1)	Info: ★ 3 (1)	Belay: ★ 2 (1)
Specialità:		
Attrezzatura: Corde: 2x50m		
Sintesi: (traduzione alternativa) A beautiful, deep canyon in the heart of Squamish.		
Idrologia: (traduzione alternativa) 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		
Accesso: (traduzione alternativa) 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.		
Avvicinamento: (traduzione alternativa) 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.		
Giro: (traduzione alternativa) 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.		

Ritorno: (traduzione alternativa)

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.

Coordinate:

Parcheggio all'entrata [49.7155 -123.1678](#)

Punto di passaggio [49.7163 -123.1708](#)

Punto di passaggio [49.7136 -123.1728](#)

Sito del contatore del livello dell'acqua [49.7135 -123.1844](#)

Inizio del canyon [49.7154 -123.1880](#)

Fine del canyon [49.7130 -123.1824](#)

Rapporti:

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

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. (traduzione alternativa)