

River Options	Choosing the Right River for YOU and Your Group!	River Class	Duration on River	Distance Travelled	Characteristics	Minimum Age & Weight Restrictions	Available
Kananaskis River	Beginner to Intermediate. No previous experience is necessary	I to III	Approximately 2 hours—half day Approximately 4 hours—full day	12 km	Rapids, Whitewater Sections, Swim Offered Very Scenic	5 years old 45 pounds	May through October
Elbow River	Beginner to Intermediate. No previous experience is necessary	I to III	Approximately 2 hours—half day	12 km	Rapids, Whitewater Sections, Unique to Inside Out Experience	5 years old 45 pounds	May & June
Horseshoe Canyon	Intermediate. No previous experience required however should be able to swim	II to IV	Approximately 2 hours—half day Approximately 4 hours—full day	9 km	Rapids, Whitewater Sections, Great Ledges, Magnificent Canyon Trip	12 years old during high water levels 10 years old during lower water levels 90 pounds	May through October
Bow River Float Trip	Beginner	I	Approximately 2 hours half day Approximately 4 hours full day	12km	Calm water	5 years old 45 pounds	May through October
Red Deer River	Beginner Intermediate. No previous experience is necessary	II to IV	Approximately 2 hours—half day Approximately 4 hours—full day	25km	Rapids, Whitewater Section, Great Ledges	12 years old during high water levels 10 years old during lower water levels 90 pounds	May to mid September
Kananaskis River & Horseshoe Canyon combined	Beginner to Intermediate. No previous experience is necessary however should be able to swim	II to IV	Approximately 4 hours	21km	Rapids, Whitewater Sections, Swim Offered, Very Scenic Great Ledges, Magnificent Canyon Trip	12 years old during high wter levels 10 years old during lower water levels	May through October

