

THE ALPINE CLUB OF CANADA
55+ Summer Trekking and Climbing Camp
Saturday July 11th to Saturday July 18th, 2009

Location: Yoho National Park
Guide: Ferdi Taxbock, (403) 247-1279, ftaxbock@telus.net
Camp Manager: Marg Rees, (403) 678-6501, mtneergal@nucleus.com
Fee: \$1645 + \$82.25 G.S.T. = \$1727.25
Cancellation Insurance: \$123 (optional)
Participants: Eight
Meeting Place: Guide's Room at the CAC at 7am on July 11th, 2009.

Info Pack

The purpose of this info pack is to provide you with the details you need to prepare for your Adventure. If you have any questions, please don't hesitate to contact Rob Whiteway at the National Office in Canmore (adventures@alpineclubofcanada.ca, 403-678-3200 ext 112) or any of the camp staff listed above.

Membership

Your Alpine Club of Canada membership must be current at the time of the camp. As well you must have the facilities upgrade option on your membership, as you will be using the ACC huts during this camp.

Accommodation

The week will be based out of the historic Stanley Mitchell Hut located in the Little Yoho Valley, away from the crowds of Takakkaw falls.

Stanley Mitchell hut has a propane system for cooking and lighting. The cabin is very spacious and provides sleeping space for 26 in summer and 22 in winter. It is very well equipped and has a woodstove for heating and plenty of space for hanging gear.

Accommodation on the nights of July 10th and 18th are not provided. If you require accommodation at Lake Louise prior to the evening of July 11 or immediately following the camp (evening of July 18), you need to arrange your reservations personally with the CAC at (403) 522-2200 or toll free at 1-866-762-4122. Book early, as it is summer at that time and the CAC can be very busy.

Meals

Meals on the camp will be prepared prior to the camp by a professional backcountry cook with an emphasis on the nutritional requirements specific to this kind of activity. Camp staff will organize the remaining preparations while on the camp with assistance from participants. Meals will be tasty and filling, with a significant proportion being dehydrated for weight considerations. If you have any food intolerances or preferences, please include that information with your application and we will do what we can to accommodate you. Breakfast and Lunch on July 11th is not included so be sure to pack a lunch for this day, also dinner on July 18th is not included.

Getting There

Lake Louise, Alberta, is two and a half hours west of Calgary (via the #1 Highway) and an hour west of Banff. Lake Louise can easily be reached by car or bus. For bus schedules, inquire at your local bus depot. The most convenient airport to Lake Louise is Calgary International

Airport. The Banff Airporter provides service from Calgary airport to Canmore and Banff (www.banffairporter.com). Sundog Tours has a service from Calgary airport with stops in Banff, Canmore and Lake Louise (www.sundogtours.com). You will be provided with a participant list prior to the trip. Please use this list to arrange carpooling with others on the trip.

Participants' vehicles will be used to transport participants, food and equipment from Lake Louise to the Yoho Valley trailhead at Takakkaw falls. Since your car will be parked in an unattended public area for a week, do not plan to leave any valuables in it. Lockers can be rented at the CAC for the week.

Trips may not always run exactly according to schedule for reasons beyond our control (weather, wildlife, Parks regulations, etc). For this reason, we recommend that you do not book any scheduled travel (such as airplane flights) within a day or two of the last scheduled day of your camp.

Kick Off Meeting

You will be meeting in the Guide's Room in the Canadian Alpine Centre (CAC) in Lake Louise at 7:00am (Mountain Time) on Saturday morning, July 11th, 2009.

When you arrive at the CAC, please ask the reservations clerk for directions to the guides room.

During the group meeting Ferdl and Marg will review the week's itinerary, participants' expectations, do an equipment check, divide group gear and organize car pooling for the next day. It is *essential* that all participants attend this meeting, and it is very important that you arrive on time.

Itinerary*

- July 11 – Meet at 7:00am at the CAC in Lake Louise; hike in the Little Yoho Valley; stay at Stanley Mitchell Hut .
- July 12-17 – Climb peaks in the area such as the President, the Vice President, Mt MacArthur, the Whaleback; stay at Stanley Mitchell Hut.
- July 18 – Walk out via the Iceline Trail.

*Itinerary and route may change due to weather/snow conditions and/or goals and ability of group.

Insurance Options

If you do not have Canadian medical insurance, or if your provincial insurance is insufficient, we recommend purchasing insurance through Travel Underwriters. They sell a variety of insurance policies, including medical (annual and single trip), trip cancellation/interruption and insurance for visitors to Canada. To find out more about their insurance options, visit the Travel Underwriters website at www.travelunderwriters.com or call them direct at 1-800-663-5389.

Please contact Rob Whiteway (adventures@alpineclubofcanada.ca) to purchase your travel insurance for this camp.

Park Passes

Overnight backcountry passes are included in the cost of camps that take place within National Parks, but participants are responsible for other fees associated with the use of such parks (such as park entry fees). Many of these fees are directly related to whether or not you will be charged in the event of a rescue, so you are strongly advised to avail yourself of the correct information. For more information, contact the appropriate National or Provincial Park.

Environmental Considerations

The ACC is proud to have earned the right to display the UIAA Environment Label. The UIAA is the world's recognized international mountaineering and climbing federation, with over 2.5 million members in 68 countries. The ACC's Mountain Adventures are conducted with great consideration for the environment, and we are thrilled to be recognized for the care we take. If you would like to learn more about the Environment Label, visit www.uiaa.ch, and select "Labels".

Parks Canada Information

Parks Canada has asked us to pass a message to you, the Mountain Adventure participant. When you are on an ACC camp (or any time you are near wildlife), wildlife viewing and safety procedures should be based upon the guidelines presented in Parks Canada brochure "Keep the Wild in Wildlife". The brochure describes appropriate behaviour when encountering habituated wildlife, safe distances for viewing and photographing wildlife, avoiding encounters and limiting attractants while traveling in the backcountry, and specific precautions for bears, elk and cougars. This brochure can be found on the Parks Canada website (http://www.pc.gc.ca/docs/pc/guide/nature/nature01_e.asp).

Recommended Reading

Guidebooks

Rocky Mountains of Canada - South, by Boles, Kruszyna & Putnam (out of print)

Selected Alpine Climbs in the Canadian Rockies, by Sean Dougherty

Scrambles in the Canadian Rockies, by Alan Kane

Backcountry Huts and Lodges of the Rockies and Columbias, by Jim Scott

General Interest

Place Names of the Canadian Alps, by Putnam, W.L. et al

Freedom of the Hills, the Mountaineers

Map Sheets

Murray Toff's map, *Touring the Wapta Icefield*. This is a 1:50,000 topographical map similar to the NTS sheets but with photos and routes marked on it.

Selected books and maps can be purchased from the ACC National Office and ACC members receive a 15% discount. Please contact us at (403) 678-3200, Ext. 1, check our website at www.AlpineClubofCanada.ca or email info@AlpineClubofCanada.ca for further details.

Equipment

The equipment list should be carefully reviewed when packing for this camp. Please do not hesitate to contact Ferdl or Marg if you have any questions at all about your equipment - we want to be sure that you have all the right gear but that you don't bring too much! Remember also that you will be carrying everything you bring, so pack lightly.

You will be asked to carry some group gear in addition to your own personal items, so leave room in your pack for 4-6 kg (10-12 pounds) of group food and gear. We recommend that the total weight of your pack not exceed 14-16 kg (30-35 pounds).

If you require rental equipment, [Gear Up](#) (On Highway 1A in Canmore) offers a 25% discount on rental gear and a 10% discount on retail climbing gear (excluding ropes) to Alpine Club of Canada Mountain Adventure participants. For further information and equipment reservations

call (403) 678-1636 between 8:00 a.m. and 7:00 p.m. MT. In Calgary, the [Campus Outdoor Centre](#) at the University of Calgary (403) 220-5038 8:00 a.m. to 8:00 p.m. MST, rents climbing and backcountry ski gear and accessories, and the [Mountain Equipment Co-op](#) (403) 269-2420 in Calgary, or (604) 872-7858 in Vancouver, has a more limited rental inventory, but will apply a portion of your rental cost toward purchase.

2009 55+ Summer Trekking and Climbing Camp Equipment List

Lunch for the first day

Suggested Clothing List

- Long underwear top and bottoms (synthetic or merino wool)
- Warm outer pants (e.g. Schoeller or fleece.)
- Fleece or other synthetic jacket/sweater (insulation layer)
- Gore-Tex jacket (or equivalent waterproof/breathable outer shell w/ hood)
- Wind/waterproof shell pants (Gore-Tex or equivalent, preferably full side-zip)
- Warm wool or synthetic socks
 - Tip: add a thin liner sock if you are prone to blisters
- Warm gloves or mitts (2 pairs)
- Waterproof over-gloves or mitts
- Spare gloves or mitts
- Toque (warm hat) or balaclava
- Sun hat with neck and ear protection
- Down or synthetic insulated jacket
- Comfortable hut clothing for evenings, including insulated or fleece pants and booties

Personal Equipment

- Large size backpack (50-70 litres) for personal and some group equipment
- Sleeping bag (+5°C to -10°C/41F to 14F, depending on your comfort level)
- Sunglasses -close fitting with good UV protection & side shields
- Sunscreen and lip protection with minimum SPF 30
- Water bottle(s) - 1 litre, wide mouth, plastic with tight lid (hydration systems tend to rupture and freeze, so make sure you have a water bottle as well)
- Small personal first aid kit - bandaids, moleskin, duct tape, medications, etc.
- Toilet kit including towel and "Camp Suds" (biodegradable soap)
- Headlamp – LED type is best
- Toilet paper (a small personal amount for during the day)
- Lighter
- Ziploc bags/container for lunch

Climbing Equipment

- Mountaineering boots - sturdy, supportive, designed for rock and snow and suitable for attachment of crampons. Leather boots recommended.
- Climbing harness
- Climbing helmet
- Crampons, mountaineering-style with front points and anti-balling plates - please fit crampons to boots *prior* to trip)
- Ice axe - approximately 70 cm (27") length, with wrist loop
- One ice screw
- Two locking carabiners - at least one Munter (pear shape)
- Two non-locking identical carabiners
- One length of nylon webbing – 3 meters (10') long, 1" thickness.
- One Prusik cord – 5 meters (16') long, 7 mm diameter
- One Prusik cord – 1.5 meters (5') long, 7 mm diameter

Optional Equipment

- Day climbing pack
- Collapsible trekking/ski poles for hiking
- Shorts / T-shirt
- Earplugs (good for sleeping in noisy huts)
- Camera and film
- Pocket knife (Swiss Army style)
- Thermos
- Map and compass / Altimeter / GPS
- Reading material/journal/pencil
- Boot waterproofing
- Belay/rappel device
- Small personal amount of liquor / treats, if desired
- Umbrella

Some notes on equipment:

Very little equipment or replacement parts will be available on the trip, so be sure you arrive properly equipped with all items adjusted, sized and in very good condition. Shortages and inadequate gear may limit your enjoyment of the experience, rule out your participation in some activities, or impose an unnecessary burden on other participants. It is highly advisable that all equipment (particularly new, borrowed or unfamiliar gear) is checked out extensively before the camp on at least one other trip.

The ACC will supply all group gear including ropes, first aid kit, group repair kit, additional technical gear, etc. All huts are supplied with eating utensils and mattresses.

Please remember you must carry everything you bring, plus some group gear, so pack light!