



THE ALPINE CLUB OF CANADA

Valhallas Climbing Adventure Saturday August 22nd to Saturday August 29th, 2009.

Location: Valhalla Provincial Park, BC,
Guide: Helen Sovdat, (403) 678-6488, helenso@telus.net
Camp Manager: Dave Dornian, (403) 284-4164, ddornian@telusplanet.net
Fee: \$1695 + \$84.75 GST = \$1779.75
Cancellation Insurance: \$130 (optional)
Participants: Ten
Meeting Place: ACC Clubhouse, Canmore. August 22nd, 2009 @ 8am. For a map click [HERE](#)

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.

Accommodation

For the duration of the camp you will be sleeping in tents that will be provided by the ACC. A base camp will be set up on the first day in the Mulvey Lake area. You will be required to share your tent with one or two others depending on the size of the tent. If you require accommodation in Canmore before or after the camp please phone the ACC Clubhouse in Canmore on (403) 678-3200 ext:1 to make a reservation. Accommodation is not included for the night of August 29th.

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. Meals not included in the camp cost are, breakfast on August 22nd and Dinner on August 29th.

Getting There

Canmore, Alberta is about one and a half hours west of Calgary (via the #1 Highway). Canmore can easily be reached by car or bus. For bus schedules, inquire at your local bus depot. The most convenient airport to Canmore is Calgary International Airport. The Banff Airporter (www.banffairporter.com) and Sundog Tours (www.sundogtours.com) provide a service from Calgary airport to Canmore. You will be provided with a participant list prior to the trip. Please use this list to arrange carpooling with others on the trip.

The Valhalla's are situated along the Western shore of Slokan Lake at the southern end of the Selkirk Mountains. The closest town to the trailhead is Slokan, at the southern end of the lake.

Participants' vehicles will be used to transport participants, food and equipment from Canmore to the Valhalla Provincial Park trailhead. 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 ACC Clubhouse 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 Heritage Room in the ACC Clubhouse in Canmore on Saturday August 22nd, 2009 at 8:00am (Mountain Time)*.

*Unless prior arrangements are made with camp staff.

When you arrive at the clubhouse the reservations agent will be able to direct you to the Heritage room.

During the group meeting Helen and Dave 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*

- August 22: Meet at 8:00am at the Canmore Clubhouse and rendezvous with those coming from the West en route to Nelson. Sleep at the trailhead.
- August 23: Hike in and set up our base camp for the week.
- August 24–28: Explore the area.
- August 29: Hike back out to the trailhead.

*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

This camp is not in a national park. If you are driving through a national park to get to the camp, but are not stopping, you do not need a park pass. If you will be making any stops in the park, you will need to get a park pass.

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

The Columbia Mountains of Canada West & South, by Whipple, Laurilla & Putnam. (Out of print)

General Interest

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

Map Sheets

1:50,000 NTS Mapsheet: 82 F/13 Burton,

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 Helen or Dave 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 18-20 kg (40-45 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.

GEAR LIST

2009 Valhallas Climbing Adventure

Suggested Clothing List (please note, although this is a summer trip, winter conditions may be encountered)

- Long underwear top and bottoms (synthetic or merino wool)
- Warm outer pants (Schoeller or fleece.)
- Fleece or other synthetic jacket/sweater
- Gore-Tex jacket (or equivalent waterproof/breathable outer shell with hood)
- Wind/waterproof shell pants
- Warm wool or synthetic socks
Tip: add a thin liner sock if you are prone to blisters
- Gaiters (knee height) that fit over your boots
- Warm gloves or mitts (2 pairs)
- Gore-Tex or other waterproof over-gloves or mitts
- Toque (warm hat) or balaclava suitable for under helmet
- Sun hat with neck and ear protection
- Down or synthetic insulated jacket
- Lightweight clothing and footwear for evenings around camp

Personal Equipment

- Large capacity pack for hauling personal gear and a share of group food and equipment.
This pack can also be used for day climbs. Sleeping bag - adequate for temperatures from -5°C to -15°C / 23°F to 5°F, depending on your comfort level
- Sleeping pad – 3 or 4 season self inflating type, or “Exped” style, bring repair kit too!
- Headlamp with spare batteries and bulb (if not LED type)
- Water bottle(s) - 1 litre, wide mouth, plastic with tight lid (hydration systems tend to rupture, so make sure you have a water bottle as well)
- Sandwich box, or other container for lunch
- Lighter or matches
- Small personal first aid kit - Band-Aids, Moleskin, medications, tape, etc.
- Toilet kit including light camp towel and “Camp Suds” (biodegradable soap)
- Sunscreen and lip protection with minimum SPF 30
- Insect repellent
- Sunglasses with good UV protection
- Repair kit (extra parts and tools that are specific to your gear)
- Toilet paper (a small personal amount for during the days)
- Large plastic bag to line pack
- Personal mug and bowl, plastic & light weight
- Fork and tablespoon, polycarbonate
- Nylon stuff sacks for clothing, food and misc.

Climbing Equipment

- Mountaineering boots - sturdy, supportive, designed for rock and snow and suitable for attachment of crampons. Leather boots recommended.
- Climbing harness
- 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
- Climbing helmet
- 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

- A smaller day climbing pack is optional, but it is recommended that it be as light and compact as possible
- Climbing Shoes
- Collapsible trekking/ski poles for hiking
- Shorts / T-shirt
- Earplugs
- 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

The ACC will supply all group gear including ropes, first aid kit, group repair kit, fuel, etc.

Some notes on equipment and footwear:

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.

Please remember that poorly fitted, untested and non broken-in footwear can cause blisters. Blisters can potentially ruin your trip, if you are skeptical about the comfort of your footwear then make sure to bring extra moleskin and apply at the first onset of a hot spot. Make yourself familiar with blister prevention and treatment.

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