

THE ALPINE CLUB OF CANADA
Banff Mountain Film Festival Ice Camp
Monday November 9th to Friday November 13th, 2009

Location: Canadian Rockies
Guide: Sean Isaac, sean@seanisaac.com
Camp Manager: Nancy Hansen, nhansen@afdata.com
Fee: \$850 + \$42.50 GST = \$892.50
Cancellation Ins: \$88 (optional)
Meeting Place: Beamer's Coffee Shop on the 1A highway in Canmore, 7am
Office contact: 403-678-3200x112, adventures@alpineclubofcanada.ca

Membership

Your Alpine Club of Canada membership must be current at the time of the camp.

Accommodation

Based out of the Bow Valley following the Banff Mountain Film Festival you will return to the warmth, comfort and hospitality of Canmore at the end of the day to relive your day over a hot meal and a cold beverage. Accommodation is not provided for this camp but accommodation at the Alpine Club of Canada Clubhouse in Canmore would be the most convenient centre for the group.

Meals

Lunches will be prepared for you each day. Breakfast and dinners are not included but there are many restaurants in Banff and Canmore to choose from.

Travel and Transportation

Canmore, Alberta, is just over 1 hour west of Calgary (via the TransCanada highway) and can easily be reached by car or bus. The most convenient airport to Canmore is Calgary International Airport. Brewster Bus Lines offers direct service from the airport to Canmore, contact (403) 762-6767 for schedule information. 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 and equipment from Canmore to the trailhead of the ice climbing areas. Since your car will be parked in an unattended public area, do not plan to leave any valuables in it.

Trips may not 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 (i.e. airplane flights) within a day or two of the last scheduled day of your camp.

Kick Off Meeting – Monday November 9 at 7:00am at Beamers in Canmore (on the 1a)

It is *essential* that all participants attend this meeting. During the group meeting camp staff will review the trip's itinerary, participants' expectations, do an equipment check, divide group gear and organize car pooling.

Insurance Options

We recommend purchasing insurance through Travel Underwriters – this can be done through the ACC office (adventures@alpineclubofcanada.ca). TRU offers 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.

Park Canada Information

Park entry fees are not included in your camp fees. Many of the 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.

Discount on Books and maps

Recommended books and maps are listed on the equipment list. ACC members receive a 15% discount on select books and maps. 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 reviewed carefully when packing for this camp - please pack lightly. Do not hesitate to contact camp staff if you have any questions at all about your equipment. You will be asked to carry some group gear in addition to your own personal items, so leave room in your pack.

The following stores offer rental gear:

- [Gear Up](#) (Canmore) 403-678-1636 (8:00am-7:00pm MST) 25% discount on rental gear and 10% discount on retail gear (except ropes) to ACC Mountain Adventure participants.
- [Campus Outdoor Centre](#), University of Calgary 403-220-5038 (8:00am-8:00pm MST)
- [Mountain Equipment Co-op](#) (403) 269-2420 (Calgary) or (604) 872-7858 (Vancouver). MEC will apply a portion of your rental cost toward purchase.

Blisters are always a problem on camps and inevitably slow down the entire group. Please ensure your boots fit properly and have been tested out prior to your camp. Alert camp staff at the first sign of a blister – blisters will only get worse if you wait.