

THE ALPINE CLUB OF CANADA
Rockies Ice Camp
Sunday February 14th to Friday the February 19th, 2010

Location: Canadian Rockies
Guide: Rob Owens, robkowens@gmail.com
Camp Manager: Nancy Hansen, nhansen@afdata.com
Fee: \$1495.00 + \$74.75 GST = \$1569.75
Cancellation Ins: \$123.00 (optional)
Meeting Place: Mosquito Creek Hostel, Banff-Jasper Hwy 93 North, February 14th
8:00am
Office contact: Marc D'Astous 403-678-3200 x 3 adventures@alpineclubofcanada.ca

Membership

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

Accommodation

Mosquito Creek Hostel located 26km north of Lake Louise AB on Hwy 93 N. between Hector and Bow Lake has been booked for the nights of February 14th - 16th. The ACC Clubhouse in Canmore has been booked for the nights of February 17th - 18th February. Accommodation for the night of February 13th and 19th are not included. [Map to Mosquito Creek Hostel](#)

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. We are able to accommodate preferences such as vegetarians and most food allergies. Dinner on the 13 and 19th of February is not included neither is breakfast on the 14th of February

Travel and Transportation

The most convenient airport is Calgary International Airport. Lake Louise is about 2 hours 15 minutes from Calgary and can be easily reached by shuttle bus or car.

- Brewster runs an airport shuttle that services Lake Louise (1-800-760-6934).
- Greyhound also runs a service through Lake Louise (www.greyhound.ca)

Participants' vehicles will be used to transport participants and equipment from Canmore and Mosquito Creek 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 –Mosquito Creek Hostel, Sunday February 14th 2010 at 08:00.

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 Marc D'Astous at the ACC's national office in Canmore: (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.

Parks Canada Information

A backcountry wilderness pass is included in the camp fees to cover the nights that you will spend in the backcountry. However, you will also require a National Parks visitors pass as well which is not included. These passes are available for purchase at the Park's entry gate or call the National Office of the Alpine Club of Canada.

Parks Canada has asked us to pass the following message on to you: 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" which can be found on their website: http://www.pc.gc.ca/docs/pc/guide/nature/nature01_e.asp. The brochure describes appropriate behavior 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.

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.