

THE ALPINE CLUB OF CANADA
Peakbagger's Guide to lake Louise
31st (evening) July to 7th August 2010

Location: Lake Louise in Banff National Park and Yoho National Park
Guide: Brett Lawrence, brett.rmg@gmail.com
Camp Manager: TBD
Fee: \$1795.00 + GST = 1884.75
Cancellation Ins: \$130.00 (optional)
Meeting Place: Canadian Alpine Center in Lake Louise, Banff National Park
Office contact: Adventure Desk 4036783200x112 adventures@alpineclubofcanada.ca

**Kick Off Meeting –Guides Room, Canadian Alpine Center in Lake Louise, 19:00Hrs
31st Jul 2010.**

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

Membership

Your Alpine Club of Canada membership must be current at the time of the camp and have a Facility Upgrade.

Accommodation

The Canadian Alpine Center Hostel in Lake Louise has been booked for the nights of July 31st to August 3rd and August 6th. The 4th and 5th of August will be spent at the ACC's Abbot Hut in the Lake O'Hara region.

If you require accommodation at Lake Louise prior to the evening of Jul 31st or immediately following the camp (evening of Aug 7th), 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 peak summer at that time and the CAC can be very busy.

Meals

All meals starting with breakfast on the 1st Aug and ending with lunch on the 7th Aug 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. The Canadian Alpine Center has restaurant where you can purchase the dinner and breakfast that are not included.

Getting There

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, food and equipment from Lake Louise to the lake O'Hara Trailhead in YNP. Since your car will be parked in an unattended public area for 3 days, do not plan to leave any valuables in it. Lockers can be rented at the CAC for the week.

The Bus into Lake O'Hara has been booked for the 4th of August at 08:30hrs. The return bus has been booked for 6th Aug at 17:30hrs.

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.

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.

Insurance Options

We recommend purchasing insurance through Travel Underwriters; this can be done through the Adventure desk at the ACC 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 night that you will spend in camping 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 for 4-6 kg (10-12 pounds) of group food and gear. We recommend that the total weight of your pack not exceed 16 to 18 kg (35-40 pounds).

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.