

QuickTime™ and a
decompressor
are needed to see this picture.

Welcome Elderhosteler:

We are very pleased to have you registered in our Kettle Valley Railroad Cycling program #5340. We look forward to having you join us for the week as we cycle through the heart of the Okanagan Valley exploring the abandoned rail bed of the historic Kettle Valley Railway.

Included in this package you will find information concerning accommodation, food, transportation and information concerning staying late or arriving early. We have tried to answer all the question that you may have.

This will be the only mailing you receive prior to the program starting; so read thoroughly and please feel free to contact us with any questions or concerns you may have. It is also very important that you fill out and send in the **Health/Emergency form, Bike Detail and Transportation form**. If you have any dietary concerns we will need to know about these at least 4 weeks in advance. Please send this information in via email, mail or fax.

Once again please read carefully, enjoy your trip to Kelowna and we look forward to seeing you soon!

Bernie Woods
Coordinator

Keri Erickson
Program Director

COMPANY OF ADVENTURERS

CONFIRMATION PACKAGE

Cycling the Kettle valley Railway

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PROGRAM ITINERARY

| <u>DAY:</u> | <u>LOCATION:</u> | <u>OVERNIGHT AT:</u> |
|-------------|---|--------------------------|
| SUN 22 | Arrive in Kelowna Meet at airport and Dilworth Inn at 4:00pm Bike rental pickup Dinner in Kelowna at White Spot 7:00pm | Dilworth Inn- Kelowna |
| MON 23 | Cycling from McCulloch Lake to Beaverdell (54kms) | Dilworth Inn- Kelowna |
| TUES 24 | Cycling through Myra Canyon and Historic Trestles (36kms) | Naramata Centre |
| WED 25 | Cycling Chute Lake to Naramata (45kms) | Naramata Centre |
| THUR 26 | Cycling to Okanagan Falls Out and Back from Penticton (34 kms) | Ramada Hotel – Penticton |
| FRI 27 | Cycling the historic Trout Creek Trestle | Ramada Hotel - Penticton |

and Summerland town
Out and Back from Penticton (30kms)

SAT 28 Departure following Breakfast
Arrive at Kelowna Airport 11:00Am

PROGRAM OVERVIEW:

This is an activity-based program. We will learn about local history, wildlife and ecology as we cycle through the stunning landscape of British Columbia's Okanagan Valley. Riding groups will be offered each day and individuals will have the opportunity to choose the group that will best suit their pace and biking ability. Please see Riding Organizational Approach on page 6 for more information.

HOW DO I GET TO KELOWNA:

You can travel to Kelowna by land or air. If you are driving please go directly to the Dilworth Inn located at 1755 Dilworth Dr. where we will be meeting at 4:00pm. If you are arriving by air you may have to connect from Calgary, Edmonton or Vancouver. Both West Jet and Air Canada fly into Kelowna. Horizon Air is another option that offers flights from Seattle. For more information you can contact the Kelowna Airport at (250) 765-8678 or see their webpage at http://www.homeandweb.com/kelowna_airport.htm. We will be meeting air travelers by the **arrival doors at 4:00 pm**, look for our guides and the Company of Adventurers logo.

MAP OF KVR TRAIL:



BIKE RENTAL PICK UP:

We will be traveling to the bike rental shop immediately after the pickup at the Kelowna Airport and collecting those at the Dilworth Inn at 4:30pm. This will be the **only** opportunity to get your bike before departing on our trip, so it is important to ensure that you are in Kelowna at the appropriate meeting times.

ARRIVING EARLY AND STAYING OVER

The following is a list of hotels to choose from that are located in Kelowna. We recommend that if you are a member of your local auto club or if you have a travel agent that you phone them for assistance in booking your accommodation.

Dilworth Inn: 1-800-762-3881
1755 Dilworth Drive
Kelowna, B.C.
V1Y 8R1

Ramada Lodge Hotel: 1-800-665-2518
2170 Harvey Avenue
Kelowna, BC
V1Y 6G8

SITE AND ROOM DESCRIPTIONS:

Each accommodation has its own unique character and beautiful surroundings. All sites provide double occupancy with private bath. Please refer to the list below for more detail:

Dilworth Inn: The Dilworth Inn is situated on an award winning garden property, offering guests an enticing combination of comfort, value, and extra touches that make travelers feel at home. Full en suite private bathrooms; free wireless Internet access; complimentary in-room coffee and tea; fridge and microwave; hair dryers; clock radios.

Naramata Centre: Naramata Centre is located in the heart of Naramata Village, about 15 km/10 miles north of Penticton on the eastern shores of Okanagan Lake. Its enviable location features lush gardens and a stretch of private beachfront property for guest use surrounded by fruit orchards, vineyards and

the south Okanagan Mountains. Double occupancy guest rooms and private bath.

Ramada Inn & Suites: The Ramada Inn Penticton is located near the waterfront on the southern shores of Okanagan Lake. It is a full service hotel situated just minutes away from the downtown core and built around a beautiful pool and courtyard. On-site dining options feature the Poolside Terrace Restaurant and the Kettle Valley Station Pub. Rooms include; Air conditioning; French patio doors; private patios or deck; Internet access; in-room fridge, coffee maker, cable TV; hair dryers; ironing board.

Laundry Facilities: There are laundry facilities located at the Dilworth Inn in Kelowna and at the Ramada Inn & Suites in Penticton. There is a small fee at both locations.

MEALS AND SPECIAL DIETS:

Meals: For this tour all meal arrangements have been made in advance and are included in the package price, *excluding* dinner on Thursday June 26 when you will have a free evening to choose from the wide variety of restaurants and tastes in Penticton.

Special Diets: We will try to meet the dietary needs of participants with health concerns. A variety of kitchens will have to be informed and briefed for this program so we will require at least four weeks notice in writing. This notice is necessary as kitchen supplies are always ordered prior to our group arriving. We cannot accommodate kosher diets.

HEALTH AND EMERGENCY INFORMATION:

Health Forms: If you do not send them in please bring your health forms to the reception on the first night. They must be completed by this time so that guides can review them. Please list your medication **and the reason you take the medication**.

Emergency Contact Numbers:

| | | |
|------------------------|-----------|---|
| Company of Adventurers | Calgary | 1-403-242-8725 Email: coa@shaw.ca |
| Dilworth Inn | Kelowna | 1-250-762-9666 |
| Naramata Centre | Naramata | 1-250-496-5751 |
| Ramada Inn | Penticton | 1-250-492-8926 |

EXPECTED WEATHER, EQUIPMENT LIST:

Weather: Due to the fact that all of our outdoor excursions will be taking place in a mountain environment, we can encounter any type of weather. The average temperature range for this time of year would be estimated at +8 C to +25 C

(approximately 44 F to 80 F). Our programs run “rain or shine” so please follow our gear list to ensure that you are well prepared.

ELDERHOSTEL GEAR LIST:

“**Hope for the best, plan for the worst!**” is the rule to follow when planning clothing to bring. Use layers to adjust to the air temperature and level at which your body is producing heat. For example, a wool sweater with a light wind jacket for a cooler day. Everyone needs a rain jacket in case the weather turns foul. Listed below are recommended items to bring for the program:

- | | |
|---|---|
| * Rain jacket and pants | * Bandana (multiple uses) |
| * Hat with peak/brim for sun | * Wool sweater or polar fleece |
| * 2 (1 litre/quart) Water bottles* | * Winter hat & gloves |
| * Trail snacks | * Extra wool socks (for wet feet) |
| * Sunscreen/Bug repellent | * Sturdy walking shoes |
| * Personal First Aid Kit | * Shorts & T-shirts |
| (Blister kit, band-aids, headache medicine) | * Light, Breathable long pants |
| * Scarf or neck tube | * Helmet – (you are welcome to bring your own helmet if you have one) |
| * Padded cycling shorts | |

A light daypack or panniers are required, they must be capable of carrying your lunch, 2 litres/quarts water, extra clothes, etc. Our trips go rain or shine, although we may alter program sites if weather is inclement.

OTHER ITEMS TO CONSIDER BRINGING:

- | | |
|------------------------|-------------------------------|
| * Bike Gloves | * Face cloth |
| * Gel Seat Cover | * Shampoo |
| * Travel Alarm Clock | * Bathing Suit |
| * Personal toiletries | * Robe and sandals for shower |
| * Indoor footwear | * Ear plugs |
| * Swimsuit and towel | * Journal/Book |
| * Personal medications | * Reading light |
| * Camera | |

RIDING ORGANIZATIONAL APPROACH:

This is a guided trip as opposed to an independent cycling trip, therefore; two riding groups will be offered each day, an advanced group, which will travel slightly faster and a mellow group, which will travel at a moderate pace. You will be expected to travel with the group you choose for the duration of the day. Each riding day is at least 30kms so participants must be prepared to ride for a minimum of 4 hours. The trail surface can be rough in places, and there are **NO paved trails**.

BIKE DESCRIPTION:

The bikes that are supplied in the program fee are 21-speed front suspension mountain bikes. Some of the features are seat post suspension, wide tires for stability and raised handlebars. Bikes come with a wide seat with a choice of male or female ergonomic style. Pannier racks are included. **A light daypack or saddlebags with proper attachments, such as bungee cords, or panniers are necessary to carry raingear, lunch and water bottle, etc.**

Please return the 'Bike Detail Form' to us no later than May 20, 2008.

METRIC SYSTEM EQUIVALENTS:

Air Temperature

| | | | | | | | | |
|------------|-----|-----|-----|----|----|----|------|-----|
| Celsius | -40 | -20 | -10 | 0 | 10 | 20 | 37 | 100 |
| Fahrenheit | -40 | -14 | -4 | 32 | 50 | 68 | 98.6 | 212 |

Distance

One Kilometer (Km) is .62 of a mile. So for every Km you drive, you drive just a bit more than half a mile. To estimate driving time just remember that if you average 100km per hour it takes 6 mins to go 10kms

Driving Speeds (approximate)

| | | | | | | | | |
|---------------------|----|----|----|----|----|----|-----|-----|
| Posted in Km/hr | 30 | 50 | 60 | 70 | 80 | 90 | 100 | 110 |
| Equivalent in miles | 20 | 31 | 37 | 44 | 50 | 55 | 60 | 65 |

Bike Detail Form

In order to ensure that we can accommodate each person with a properly fitted bike, we require that you complete the information below and return this form to us *one month prior to program start date*. Bikes and helmets are included in the price of the package. You can return this information by email at coa@shaw.ca or by mail. Please put KVR bike details in the subject heading. Thank you!

_____ **I will bring my own bike; please do not reserve a bike rental for me.**

_____ **I will not be bringing my own bike, so I will be requiring a bike rental.**

Name: _____

Height: _____

ELDERHOSTEL HEALTH / EMERGENCY FORM

Please Return To: Company of Adventurers
2843 Lionel Crescent S.W.
Calgary, Alberta
T3E 6B1

*Please read carefully and complete **both sides**. If you need additional space, please attach another page.*

Program Number & Date _____
Elderhostel Student Identification # _____

Name _____

Preferred Name _____

Home Address _____
Street and/or Box Number

City

State

Zip code

Home Tel. (____ ____) ____ ____ - ____ ____

Alternate Telephone or E-mail _____

Female Male Age ____ Non-Smoker Smoker

Traveling Companion Name _____

We recommend that all participants carefully consider the demands of this program as described in Elderhostel materials and consult with their physician about participating well before departure.

Special Needs: Elderhostel is committed to accommodating all individuals who want to participate in our programs. We cannot, however, assure your comfortable participation if you do not share with us your individual needs. If you have limited mobility or are otherwise physically challenged, you must describe your condition or circumstances to Elderhostel in advance, so that we can make adequate accommodation or arrangements for you. If you do not advise us in advance of your requirements and you arrive at a program in which the facilities or transportation vehicles are unable to accommodate you, we may have to send you home. So, please be honest in assessing your own abilities and in sharing that information with us in order that we may best serve you.

General Information: Most Elderhostel programs involve walking over variable surfaces and terrain, climbing steps and stairs, getting on and off transportation conveyances, and occasionally carrying your own baggage. Weather conditions are often unpredictable. The physical characteristics of buildings (classrooms, sleeping accommodations, bathroom facilities, dining halls, etc.) and walking distances differ from site to site. Meals commonly consist of local foods prepared according to local tastes. **Special dietary requests CANNOT be guaranteed.** Elderhostel urges participants who will be taking long flights to consult their physician for advice on how to avoid DVT (Deep Vein Thrombosis). DVT is a rare condition caused by the formation of a blood clot in one of the body's deep veins, usually in the legs, that can move throughout the body. Immobility during long flights is believed to increase the risk of developing DVT.

Emergencies: As noted in the *Welcome to United States & Canada Programs* pamphlet included with your enrollment notice, Emergency Evacuation Insurance is included in the cost of your Elderhostel program. It is essential that you advise our staff of any problem if/when it first arises. Should you become ill or be injured during the program, program staff will make every reasonable effort to find local medical help. Should you become seriously ill or be severely injured and unable to participate in the program, arrangements will be made to return you home as quickly and safely as circumstances allow. Please provide all information that would be important to know in an emergency or that could affect your participation in the program. A copy of this form will be given to the Group Leader. For the sake of your

health and safety and that of your fellow Elderhostelers, accurate responses and complete disclosure are necessary.

Thank you!

The granting or denial of admission to a program is within the sole discretion of Elderhostel Inc. Elderhostel may revoke admission or terminate participation at any time if, in the opinion of Elderhostel, a participant's condition, behavior or actions are problematic, inappropriate or disruptive

PLEASE CONTINUE & COMPLETE THE FORM ON THE REVERSE
Elderhostel Program Health & Safety Form – Page Two of Two

Do you have any **RESTRICTIVE FOOD ALLERGY(s)**? No Yes If "Yes," please specify:
(If known) (Participants, **not** Elderhostel or Program Providers, are responsible for making sure they do not consume foods to which they are allergic)

Do you require vegetarian meals? Yes: ___ No: ___ (You will be served only vegetarian meals for the whole program.)

If YES, do you eat Chicken? ___ Fish? ___ Dairy? ___

Please note any additional food restrictions or allergies you may have: _____

Do you have **MEDICAL CONDITION(s)** such as allergies, injuries, depression, diabetes, emphysema, heart condition, seizures, recent surgery, or others that would be important to know about in case of an emergency? No Yes If "Yes," please specify:

Do you have any **IMPAIRMENT(s)** or **RESTRICTION(s)** such as impaired mobility, hearing, vision, etc., that may prevent you from participating fully in the entire program as described by the program description or require special arrangements, equipment, or assistance for you to participate in the program? No Yes If "Yes," please specify:

Do you use or transport any of the following items on a regular basis: Cane Walker Wheelchair Scooter Oxygen

If "Yes," please specify which one(s) and why, and if you will bring to the program:

Do you require prescription medication(s) on a regular basis? No Yes If "Yes," please list and indicate reason(s) for taking:

Do you have private medical/accident/illness insurance coverage (other than Medicare)? No Yes If "Yes," please specify:

Name(s) of Insurance Company(s) and Policy Number(s)

Person to notify in event of an emergency (someone other than your traveling companion):

Name _____ Relationship _____

Address _____

Home Tel. (____) - ____ - ____ Alternate Telephone or e-mail _____

Is there any additional information you would like us to know? _____

Signed _____ Date _____

For your well-being and that of your fellow Elderhostelers, an accurate and complete Health and Safety form is **REQUIRED** for your participation and **MUST** be completed, signed, and returned to The Company of Adventurers, or brought with you to start of trip.

Elderhostel Transportation Form
"Kettle Valley Biking Trip"

Name(s): _____

Telephone #: _____

_____ I (we) will be meeting the bus on DAY 1 of the program at the **Kelowna Airport** in the arrival area at 4:00pm

_____ I (we) will be making my own way to the **Dilworth Inn** on DAY 1 of the program and meeting the group at 4:00pm

Email To: coa@shaw.ca

Or

Mail To: Company of Adventurers
2843 Lionel Crescent
Calgary, Alberta
T3E 6B1