

Welcome Elderhosteler:

We are very pleased to have you registered in, Calgary: Stampede City And Heart of the Canadian West # 5337, running **July 9-15, 2008**.

This will be the only mailing you receive prior to the program starting, so read thoroughly and please feel free to contact us with concerns or questions. It is also very important that you fill out and send in the Health/Emergency form or bring it with you. If you have any dietary concerns we will need to know about these at least 2 weeks in advance. Please send this information in via email, mail or fax.

We look forward to meeting you on July 11, and hope you enjoy your stay in Calgary.

Bernie Woods
Coordinator

Margaret McLuskey
Program Director

COMPANY OF ADVENTURERS **INFORMATION PACKAGE**

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PROGRAM ITINERARY

<u>DAY:</u>	<u>LOCATION:</u>
WED 1	Welcome 6:00 pm dinner 7:30 pm reception – orientation and introductions
THUR 2	Calgary Zoo Stampede Rodeo Evening – Sandstone City Tour
FRI 3	Downtown Events – Rope Square Free afternoon to explore Calgary Evening – Stampede Chuckwagon Races and Grand Stand Show
SAT 4	Bus Tour to Lake Louise and Banff
SUN 5	Heritage Park Free time in afternoon Evening – Heavy Horse Show
MON 6	Exploration of the Calgary 1988 Winter Olympics and Canada Olympic Park Glenbow Museum
SAT 7	Breakfast & Goodbye

HOW DO I GET TO THE FCJ CENTRE?

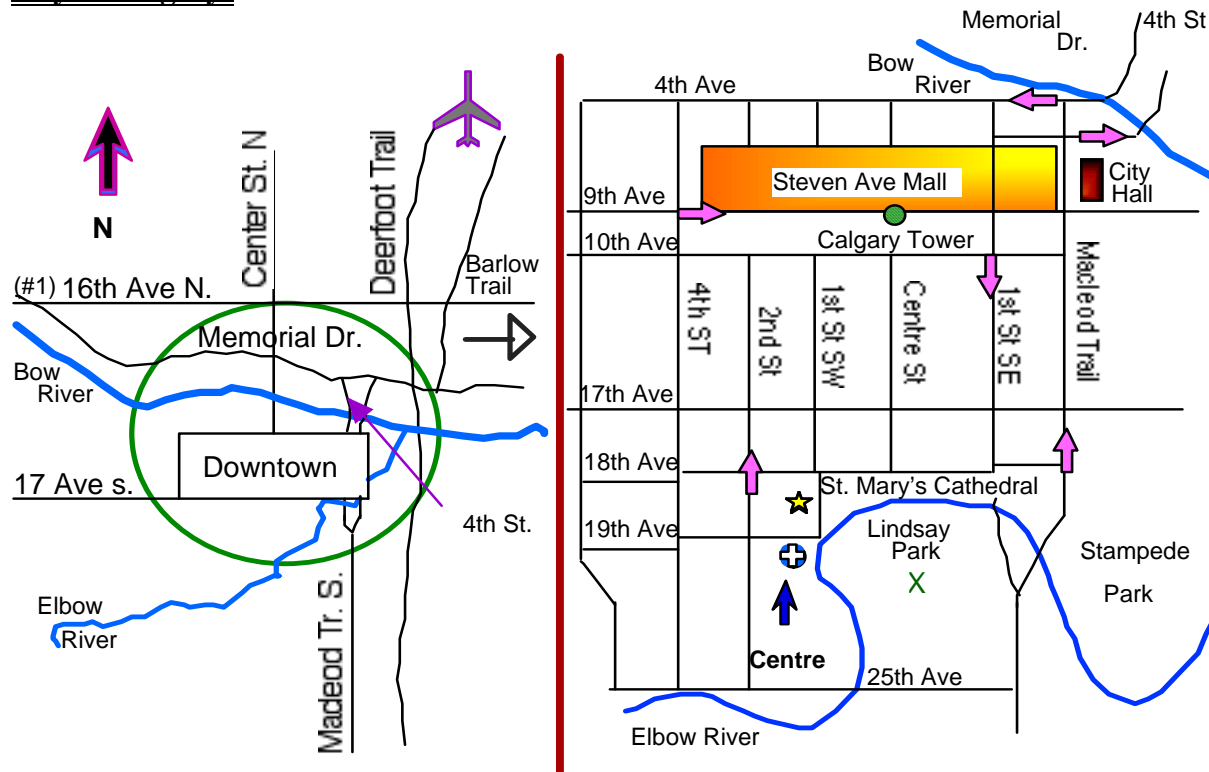
The address of the FCJ Centre is: 219, 19th Ave. S.W., Calgary, Alberta

From the Airport:

Taxi: A taxi/limousine can be located on the arrivals level of the main terminal and will cost \$45 - 55. ** If you are coming from the United States you may wish to exchange money at the Thomas Cooke Currency Exchange located on the departure level at the Calgary Airport.

Automobile: Calgary is divided into a grid system with avenues running in an East / West direction and Streets running in the North / South direction. The FCJ Centre is located on 19th Avenue just off 2nd Street South West. This is just south of the city centre. Once you locate our city center, refer to the enclosed map, your objective is labeled FCJ. Parking is free and can be located at the back of the centre.

City of Calgary:



ARRIVING EARLY AND/OR STAYING OVER

We have two options to suggest should you wish to stay in our area either before or after our program. One option is to stay at the FCJ Centre where this program starts and concludes or we can recommend a number of international chain hotels.

FCJ Centre Contact: Michelle Slade
Office Tel: (403) 228-4215 Fax: (403) 541-9297
Cost: \$65 per person or \$90 per couple for Bed and Breakfast

Space is limited at the FCJ so call early.

The following is a list of the international chain hotels that are located close to the Calgary Airport. 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.

Best Western: 1 800-661-1161

Holiday Inn: 1 800-465-4329

Travel Lodge: 1 800-578-7878

Quality Inn: 1 800-661-6858

SITE AND ROOM DESCRIPTIONS:

FCJ Centre: Located in one of Calgary's most historic districts, this sandstone building was originally created as a convent, and is still run by Catholic nuns. The Centre is located next to the Elbow River near a pleasant park. A short walk will bring you to a unique shopping and restaurant area. Downtown is only a 15 minute walk away. The rooms at the FCJ Center are cozy with shared dual occupancy, private baths and a dining facility on site. The FCJ center is equipped with elevators.

MEALS AND SPECIAL DIETS:

We will try and meet the dietary needs of participants with health concerns. We will do our best to transfer diet restrictions to the kitchen if we are given at least two weeks notice in writing. This notice is necessary as kitchen supplies are always ordered prior to our group arriving. Sending in your Health/Emergency form with the required information is adequate. We cannot accommodate kosher diets.

