

Welcome Elderhosteler:

We are very pleased to have you registered in our Kananaskis Country program # 7534. We look forward to having you join us for the week on the cross-country ski trails, exploring the Kananaskis.

Included in this package you will find information concerning accommodation, food, transportation and information concerning staying late after the program, or arriving early. We hope this package will address all of your questions. **This will be the only mailing you receive prior to the program starting** so read thoroughly and feel free to contact us if you should have any questions or concerns.

Please note that it is very important that you fill out the **transportation form** enclosed, and return it to us at least **two weeks prior** to the program start date so that we have a record of your travel plans. It is equally important that you complete and mail in or bring the **Health/Emergency form** with you. If you have any dietary concerns we will need to know about these at least 3 weeks in advance.

Once again please read carefully. Enjoy your trip to Calgary and we look forward to seeing you soon.

Bernie Woods  
Coordinator

Keri Erickson  
Program Director

# **COMPANY OF ADVENTURERS**

## **INFORMATION PACKAGE**

### ***Kananaskis Country - XC Ski Program***

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#### **PROGRAM ITINERARY**

<b>DATE:</b>	<b>DAY:</b>	<b>LOCATION:</b>	<b>OVERNIGHT AT:</b>
SUN	1	Arrive in Calgary. Meet at airport at 3:30 pm Dinner at Delta Lodge at 6:30 pm Welcome reception at 7:30 pm	Delta Lodge
MON	2	XC Skiing In Kananaskis Valley	Delta Lodge
TUES	3	XC Skiing in Kananaskis Valley	Delta Lodge

WED	4	XC Skiing and Trip to Lake Louise/ <b>Dinner in Banff</b>	Delta Lodge
THUR	5	XC Skiing in Kananaskis Valley	Delta Lodge
FRI	6	Snowshoeing/XC Skiing Option in Kananaskis Valley	

(departure from Kananaskis at 1:00 pm - arriving Calgary approx. 2:30 pm, independent departures from Calgary International Airport)

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### **PROGRAM OVERVIEW:**

Company of Adventurers' programs are activity based. In this program we will learn about local history, wildlife and ecology as we ski and snowshoe through the stunning landscapes of Kananaskis Country and Banff National Park. Groups will be subdivided and each individual will have the opportunity to choose the group that will best suit their pace and skiing ability. Please see the section on ski organization for a description of ability levels and instruction.

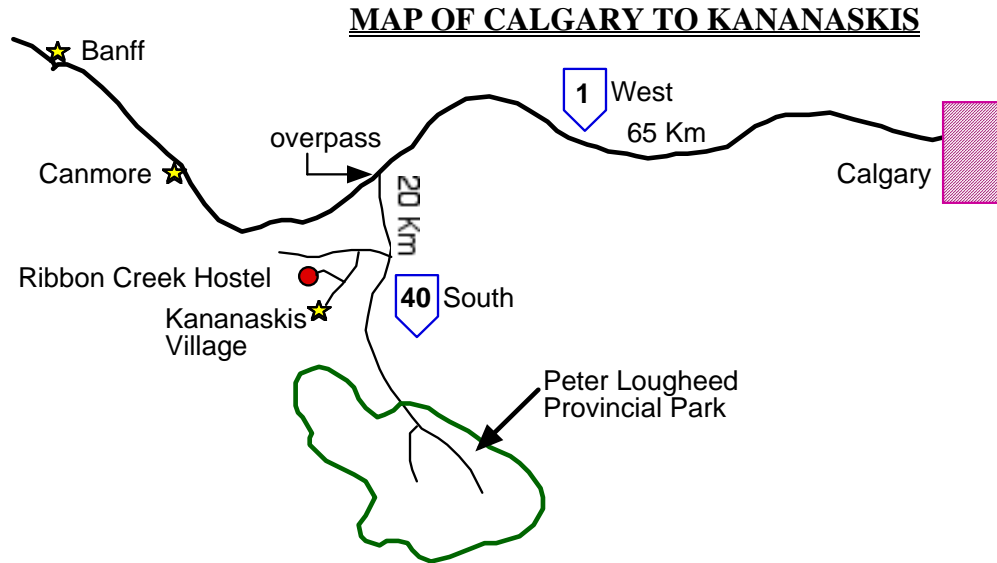
### **HOW DO I GET TO THE DELTA LODGE AT KANANASKIS?**

The best option is to meet your provided transportation at the Calgary International Airport on **DAY ONE of your program. Meeting Area "C" on the Arrivals Level.** Look for the Company of Adventurers sign. The cost of this shuttle is already included in your Elderhostel course fee. If you are planning to be in Calgary for a night or a few days before the program, the best way to meet us on Sunday is to arrange to take your hotel shuttle back to the airport - this is a free service if you stay at a hotel near the airport. See the section on arriving early for contact numbers of local hotels.

If you wish to travel to Kananaskis Country on your own, there are two options. You may rent a car or catch the Brewster shuttle. Both options are available from the Calgary Airport. The Kananaskis Village is located 100 kilometers south west of Calgary. Take **Highway #1 west** from Calgary for approximately 65 kilometers to the overpass junction for **Highway # 40 south.** Follow #40 south for approximately 20 kilometers and turn right at the **Kananaskis Village / Nakiska** sign. Once on this road take the next left and follow the road up to Kananaskis Village. Follow signs to the Delta Lodge at Kananaskis.

If you wish to take the Brewster shuttle, reserve ahead by calling 1-800-267-3035. Make sure to tell them you need to meet the Kananaskis Delta Lodge shuttle on the highway at the **#1/#40 junction.**

Please complete the attached **transportation form** and send it back to us so that we can account for everyone on the first day of the program.



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**ARRIVING EARLY AND STAYING LATE**

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

If you wish to arrive at the Delta Lodge at Kananaskis early or stay an extra night at the end of the program please speak to a reservation representative @ 1 800-268-1133 or (403) 591-7711

**SITE AND ROOM DESCRIPTION:**

**Delta Lodge at Kananaskis:** The Delta Lodge is a full service facility, situated in the midst of spectacular scenery and wildlife habitat. Shops are in very close proximity, as are cafes, pubs, restaurants and a spa. If you are interested in a spa appointment, the spa can be contacted at (403)591-6227 or [info@summitspaandfitness.com](mailto:info@summitspaandfitness.com). Rooms have two queen beds and a private bath.

**MEALS AND SPECIAL DIETS:**

We will try and meet the dietary needs of participants with health or religious concerns. If you have any food restrictions please return your health information form to us no later than **three weeks prior to the program date**. We cannot accommodate kosher diets.

**HEALTH AND EMERGENCY INFORMATION:**

**Health Forms:** If you have not sent your health forms in ahead of time please bring them to the reception on the first night. They must be completed by this time so that instructors can review them. It is most helpful if you list your medication **and the reason you take the medication**. **Please note that there is no Pharmacy in the Kananaskis Valley.**

**Emergency Phone Numbers:**

Company of Adventurers Office:	(Calgary)	1 403-242-8725 email: coa@shaw.ca
Delta Lodge at Kananaskis	(Kananaskis)	1 403 591-7711
Delta Hotels toll free:		1 800 268-1133

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**EXPECTED WEATHER, EQUIPMENT LIST AND AREA ELEVATIONS:**

**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 -20 C to 0 C (approximately -10 F to 32 F) however the average temperature is only -8 C/18 F. The Elevation at Kananaskis Village is 4200 ft. Our programs run “snow or shine” so please follow our gear list to ensure that you are well prepared.

**ELDERHOSTEL GEAR LIST:**

“**Plan for the worst, hope for the best**” is the rule to follow when choosing what clothing to bring. Use layers to adjust to the air temperature and level at which your body is producing heat. (ex/ long underwear tops and bottoms non-cotton; light fleece pants; thin fleece or wool sweater; vest; windproof and breathable jacket and pants.) Please avoid cotton clothes if at all possible, these absorb water like a sponge and are very cold when wet. It is especially important to avoid cotton touching your skin, even socks! Please call or email us with questions about this. Many sports stores and second hand stores will have appropriate clothing for inexpensive prices.

The following is a gear list for our day trips:

- day pack to carry lunch, water, extra clothes
- water bottle 1 L or 1 quart (a small thermos is nice too)
- ski hat
- sunscreen
- ski mitts or gloves (extra pair)
- sunglasses
- long underwear (tops and bottoms)
- warm winter boots (for snowshoeing)
- wool sweaters or polar fleece
- warm pants (wool /fleece/other synthetics)
- personal first aid kit
- warm winter weight socks (blister kit, band-aids, headache medicine...)
- extra insulating layer
- scarf or neck tube
- winter proof jacket
- winterproof pants / overalls
- **waxing kit** (if you have your own waxable skis)

### **OTHER ITEMS TO CONSIDER BRINGING:**

- personal toiletries
- reading light
- indoor footwear
- ear plugs
- swimsuit
- journal
- personal medications
- camera
- a book and a deck of cards
- any favourite trail snacks (your lunch will include a sandwich, a drink, a salad and a granola bar)

### **Ski Rentals & Snowshoes:**

Kananaskis Outfitters ski shop is located in the Kananaskis Village. Waxless skis, poles and boots are available as a package for approximately \$16.25 / day, a waxable package will be about \$20.00/day. You may rent the package for the week on the Monday morning of the program. You will be allowed to take your rental skis to Banff. Snowshoe rentals are included in the price of the program. Our modern snowshoes adjust to all types of outdoor boots.

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### **Description of Skiing and Snowshoe Groups:**

In an effort to ensure that all participants enjoy the week as much as possible, Company Of Adventurers likes to split participants up into groups. Each day, groups will spend time with their instructor learning and practicing XC ski skills appropriate to their ability level. There will be groups available for all levels from those who are just beginning, to skiers with intermediate skills and beyond.

The instructors will give a detailed description of the trails daily, so that each individual will have the opportunity to choose the level they feel most comfortable with that particular day. All groups will cover the same topics and types of material during our outings.

The ski levels are as follows:

**Mellow:** Goal: Appreciate nature and take our time. This is a group which likes to stop and smell the evergreens. As a rule these folks do not care to ski any defined number of kilometres, rather they like to ski in beautiful scenery with no specific distance required. These folks often go at a slower pace as they are in no hurry to get anywhere!

**Motivated:** Goal: To travel at a medium skiing pace but also stopping to enjoy the mountains. Often these people will travel over more varied terrain at a quicker pace and for more distance than the mellow group.

\*\*Your instructor will be glad to discuss the group that would best suit you on any given trail.  
**Each day you may decide for yourself which group you would like to ski with, giving you the opportunity to vary your interests/goals throughout the week.**

ADD TYPICAL DAY ITINERARY with average distances for each group.

### 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**

Kilometres	}	One Kilometre (Km) is .62 of a mile.
Miles	}	To estimate driving time just remember that, if you average 100 Km per hour it takes 6 minutes to go 10 kilometres.

#### **Driving Speeds**

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

(speeds are approximate)

We look forward to having a wonderful week of XC Skiing with you! Please do not hesitate to contact us should you have any questions what so ever!

### 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)

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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.

**SKI RENTAL FORM**  
**Kananaskis Country XC Ski Program**

Name(s): \_\_\_\_\_

Will you be requiring rental equipment for the week? \_\_\_\_\_ Yes \_\_\_\_\_ No

Please return this form along with your transportation and medical forms if you will be requiring rentals.

**Elderhostel Transportation Form**  
**“Cross Country Skiing in the Canadian Rockies”**

**Name(s)** \_\_\_\_\_

**Telephone # ( )** \_\_\_\_\_

\_\_\_\_\_ ***I (we) will be meeting the bus on DAY 1 at the Calgary International Airport at Meeting place “C” on the Arrivals level at 3:30 p.m.***

\_\_\_\_\_ ***I (we) will be meeting the group at Delta Lodge Kananaskis on Day 1 for dinner at 6:00 p.m.***

**Mail to: Company Of Adventurers**  
**2843 Lionel Crescent**  
**Calgary, Alberta**  
**T3E 6B1**  
**or email:coa@shaw.ca**