

Welcome Elderhosteler:

We are very excited to have you registered in Past, Present and Future in the Magnificent Canadian Rockies, trip # 2646! Our trips are unique to Alberta Elderhostels, as we visit a number of different locations dispersed over a wide area.

Included in this package you will find information on accommodation, food, how to get here, and information concerning staying late or arriving early. We have tried to answer every question that you will 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 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 4 weeks in advance. Please send this information in via email, mail or fax.

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

Bernie Woods
Coordinator

Keri Erickson
Program Director

COMPANY OF ADVENTURERS

CONFIRMATION PACKAGE

MOUNTAINS AND MILLENNIUMS

Natural and Human History in the Majestic Rockies

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PROGRAM ITINERARY

<u>DAY:</u>	<u>LOCATION:</u>	<u>OVERNIGHT AT:</u>
SUN 1	Arrive in Calgary (The FCJ Centre can store your luggage until check- in at 5:00pm) Welcome	5:00 pm earliest check in 6:00 pm dinner 7: 00 pm reception
MON 2	Royal Tyrrell Museum of Paleontology near Drumheller Alberta	FCJ Centre in Calgary

TUES	3	Kananaskis Country	FCJ Centre in Calgary
WED	4	Banff National Park and Area	Irwin's Mountain Inn
THUR	5	Icefield Parkway	Irwin's Mountain Inn
FRI	6	Lake Louise and Area	FCJ Centre in Calgary
SAT	7	Departure following Breakfast	

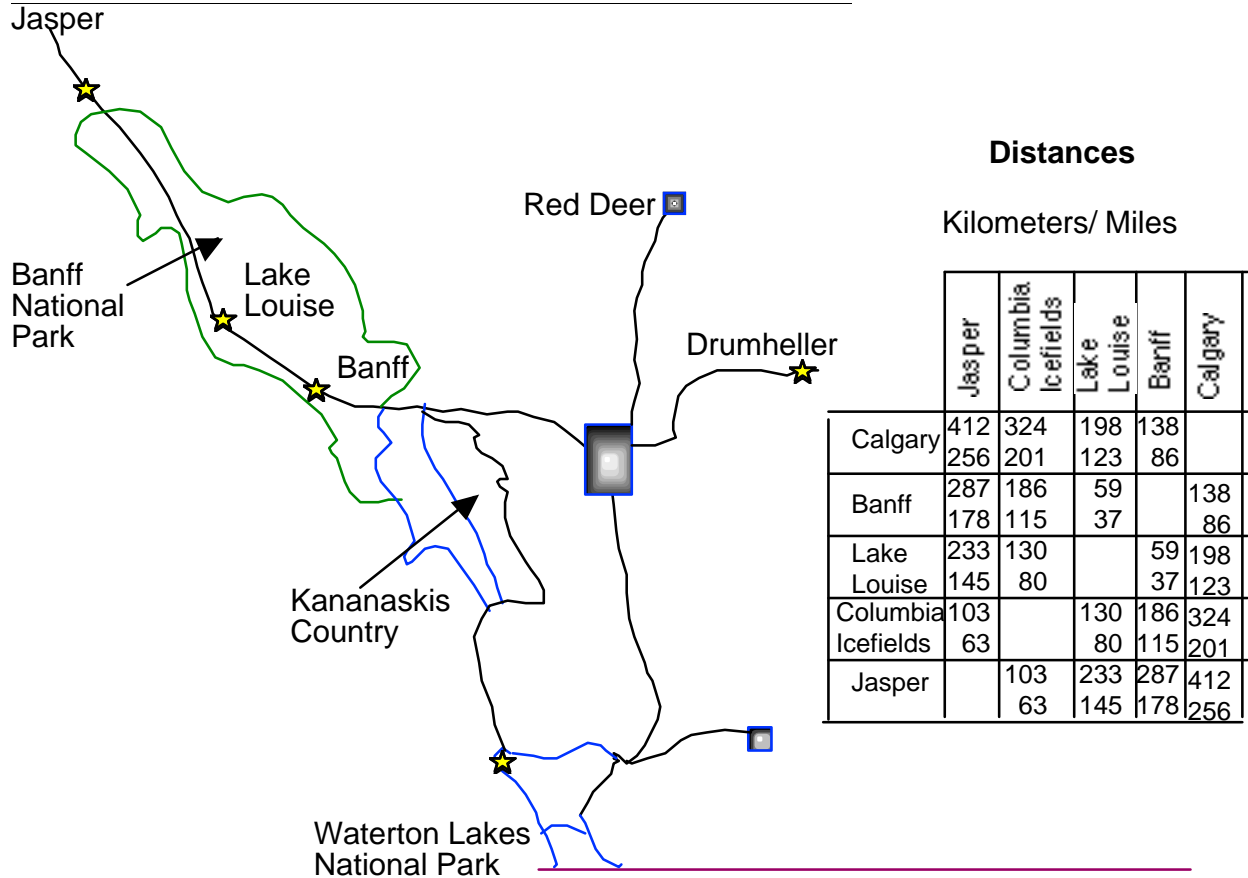
PROGRAM OVERVIEW:

Company of Adventurer's programs are activity and travel based. We try to deliver most of our material through the use of the PA system on our deluxe motor coaches, as each topic becomes relevant. For example we might take the opportunity to discuss glacier formations as we view a glacier up close. The rest of the information is delivered during the walks and hikes.

The themes covered during this program are, Prehistoric times and Geology, Glaciology, Wildlife and Flora. We will cover all three of these areas as we tour on our coach, travelling diverse terrain from the desert like badlands near Drumheller to the lush meadows of Kananaskis. Of course, we cover a little information on all the areas in between as well. Our focus is to present a broad overview of these subjects through interesting sites and information.

Every day we will take the opportunity to walk or hike trails in the areas we are visiting. Each hike will be subdivided into different ability levels to accommodate. See the section on walks and hiking organization for a description of our hiking levels.

MAP OF GENERAL AREA & TRAVELING DISTANCES



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: The **Airport Shuttle Express** will drop you at the front doors of the FCJ building. It costs \$20.00 per person one way or \$20.00 for two and it meets at meeting place "C" on the arrivals level. Buses leave every 30-40 mins. The phone number is (403)-509-4799.

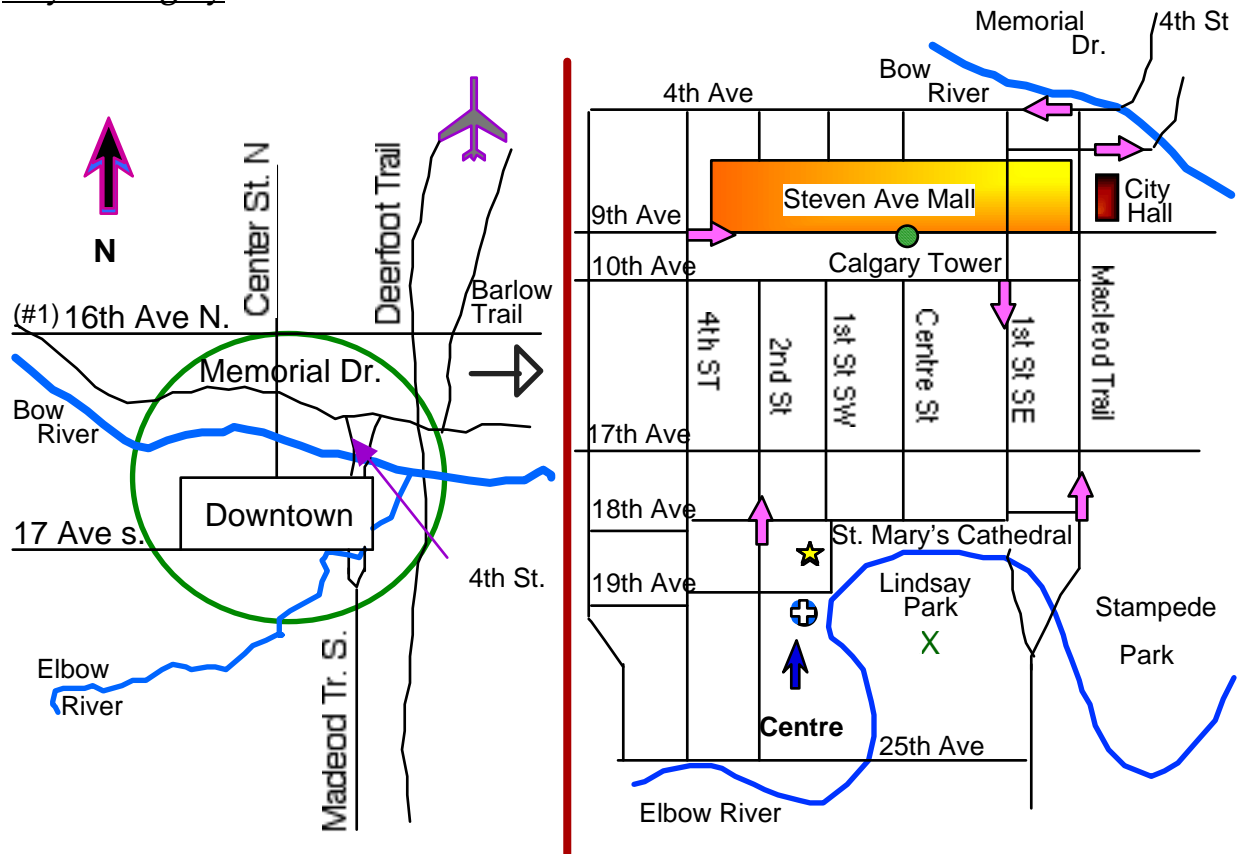
Taxi: A taxi can be located on the arrivals level of the main terminal and will cost \$30-\$40.

** There is a Thomas Cooke Currency Exchange located on the departure level.

By 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, just south of the City Centre. Most of the highways leading into Calgary have signs indicating the City Centre. Once

you locate our city center, refer to the enclosed map, your objective is labeled FCJ Centre. Parking is free and can be located at the back of the centre.

City of Calgary



ARRIVING EARLY AND 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: \$45 per person for Bed and Breakfast or \$90 per couple.

The FCJ Centre is located near the center of Calgary on a small park and the Elbow River. Space is limited at the FCJ so call early if you wish to arrive early or stay 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
Travel Lodge: 1 800-578-7878

Holiday Inn: 1 800-465-4329
Quality Inn: 1 800-661-6858

SITE AND ROOM DESCRIPTIONS:

FCJ Centre: A sandstone building originally created as a convent, this unique facility is still run by Catholic nuns. The Centre is located next to the Elbow River in one of Calgary's most historic districts and near a pleasant park. A short walk will bring you to one of Calgary's most unique shopping and restaurant areas. Downtown shopping is only a 15 min 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.

Irwin's Mountain Inn: Located in the townsite of Banff nestled in the Canadian Rocky Mountains. This quiet mountain inn offers dual occupancy and private bathrooms. Banff's many shops, restaurants and the Bow River can be found only a short walk away. The Inn is also equipped with elevators.

Laundry: Both facilities are equipped with pay washing and drying machines.

MEALS AND SPECIAL DIETS:

We will try to meet the dietary needs of participants with health concerns. Two individual 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 instructors can review them. Please list your medication **and the reason you take the medication**.

Emergency Contact Numbers:

Company of Adventurers

Calgary

403-242-8725
coa@shaw.ca

FCJ Centre	Calgary	403-228-4215
Irwin's Mountain Inn	Banff	1-800-661-1721

EXPECTED WEATHER, EQUIPMENT LIST AND AREA ELEVATIONS:

Weather: Although late spring and summer are our nicest seasons, we can still encounter a variety of weather conditions. For example, we have seen temperatures as high as 25°C / 80°F one day and a snow storm the next. As we are in the mountains, expect the weather to be slightly cooler than in the cities, ranging anywhere between -5°C (20° F) to 30°C (86°F).

Elevations:

Banff	1383 meters	Icefields Parkway High Point	2069 meters
	4537 feet		6787 feet

ELDERHOSTEL HIKING 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 or anorak in case the weather turns foul. Listed below are recommended items to bring for the program:

- | | |
|---|--|
| * Day pack | * Rain jacket |
| * Hat with peak/brim for sun | * Extra wool sweater or polar fleece |
| * Water bottle | * Hat or toque & gloves (for cold weather) |
| * Trail snacks | * Extra wool socks (for wet feet) |
| * Sunscreen/Bug repellent | * Light hiking boots or sturdy walking shoes |
| * Personal First Aid Kit | * Shorts & T-shirts |
| (blister kit, band-aids, headache medicine) | * Light, Breathable long pants for cooler days |

Our trips go rain or shine, although we may alter program sites if weather is inclement.

OTHER ITEMS TO CONSIDER BRINGING:

- | | |
|-----------------------|----------------------------------|
| * travel alarm clock | * face cloth |
| * personal toiletries | * robe and flip flops for shower |
| * indoor footwear | * ear plugs |

- * swimsuit and towel (civic pools nearby)
- * personal medications
- * shampoo
- * journal
- * reading light
- * hiking poles

Description of Hiking Groups:

In an effort to ensure that all participants enjoy the week as much as possible, Company of Adventurers likes to split hikers up into groups. The Instructors will give a detailed descriptions of the hikes/walks daily so that you will have the opportunity to choose the level you feel most comfortable with. All Groups will cover the same topics and types of material during these hikes and walks. The two categories are as follows:

Mellow: *Goal: Appreciate nature and not follow any agenda.* This is a group which likes to smell the roses. As a rule these folks do not care to hike any defined number of kilometers, rather they like to walk in beautiful scenery with no specific agenda or distance given. These folks often hike at a slower pace as they are in no hurry to get anywhere!

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

** Your guide or instructor will be glad to discuss the group that would best suit you on any given trail. Each day you can decide which group you would like to hike with.

METRIC SYSTEM EQUIVALENTS:

Air Temperature

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

Distance

Kilometers
Miles

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 100 Km per hour it takes 6 minutes to go 10 kilometers.

Driving Speeds

Posted in Km/hr	30	50	60	70	80	90	100
Equivalent in miles	20	31	37	44	50	55	60 rounded off

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 Adventures, or brought with you to start of trip.