

Toronto Section "Scrambles Week"

An Introduction to the Canadian Rockies

Dates: Monday July 16 through to and including Saturday night July 21. (6 nights)

Location: Canmore, Alberta

Number of participants: 10



Above: Sandra Bowkun and Paul Chvostek on Fairview Mountain -2744m easy scramble- Lefroy and Victoria are in the background.

The "Camp" will be based at the Bell Cabin at the ACC Headquarters outside of Canmore. The Bell Cabin is +/-100 m from the main clubhouse/admin building and has a large self-contained kitchen, a sunken lounge area, large patio, complete with a BBQ, overlooking the Three Sisters. There are two large sleeping areas with bunk beds and two large multi shower/toilet rooms. It's reasonably quiet and private, a pleasant place to operate from and hang out in.

Cost: The only direct cost to you is \$132 for the accommodation (6 nights @ \$22) assuming that you have the hut facilities supplement on your ACC membership. Costs of reaching the Bell Cabin and all travel during the

week are covered by the participants and can be shared. We should be able to car pool and share the cost of gas. All meals will be left up to the participants. You may cook as individuals or as groups, eat in the cabin or eat out at the many fine restaurants in Canmore, even for breakfast! Everyone provides their own gear however if you are short of something, we may be able to help. Trips will be lead by our experienced volunteers.

The intent of this camp is to provide an introduction to the Rockies to those who have never been to the mountains. Within a one hour drive of Canmore one can explore and enjoy all of Kananaskis Country, the Spray Lakes valley and the Bow Valley from Banff to Lake

Right: Heart Mountain - 2135m -easy with a moderate step with lots of rock - this is close to Canmore

Below: Mt. Temple - 3543m moderate scramble - The Valley of the Ten Peaks behind (Paul Chvostek coming up to the summit)



Louise. Difficulties can range from a strenuous hike up a mountain to scrambling up a cliff band to making your way across a narrow ridge.

Route selection is part of the experience and days can vary in length from 6-12 hours depending on people's interests and how long you wish to spend at the Banff hot springs on the return. Each day will provide opportunities for map/compass/GPS work; debating what the weather will do; why geology will control our way up and our way down; how snow conditions vary due to slope aspect and the time of day; what we need and don't need in our packs; pacing the day and how to be really observant in the mountain landscape. You will learn how having a good day in the hills isn't just luck!

There are more than 60 scramble peaks within an hour or so of Canmore and the path to the summit of

Grotto Mountain begins outside the Bell Cabin.

Depending on the strength and interests of the participants we can take off in different directions each day.

An organizational meeting will be held on Thursday April 26 to ensure co-ordinate vehicles/cooking, ascertain what things people would most like to do, and go through a basic gear list.

Climbing or scrambling experience is not required but all participants must be fit/strong hikers.

Essential pre-reading:

1. Alan Kane's (2nd Edition) "Scrambles in the Canadian Rockies" – Rocky Mtn. Books
2. Gillean Daffern's "Kananaskis Country Trail Guide (3rd Edition) – Rocky Mtn. Books.



For more information or to register for this trip, please contact our mountaineering coordinator:

Thanks,

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