

CALGARY WEEKEND HIKERS CLUB



GUIDELINES 2011

**AS A MEMBER OF THE CALGARY WEEKEND HIKERS CLUB IT IS
YOUR RESPONSIBILITY TO READ AND TO BE AWARE OF THE
FOLLOWING GUIDELINES.**

Revised March 2008

Members are encouraged to check the Hike Information Phone Line weekly to obtain up-to-date information on hikes including additions to the schedule, changes & cancellations, and other useful information & reminders. The information will be updated each Thursday evening for weekend hikes and Sunday evening for midweek hikes.

To register for a hike, you **must call** the Hike Coordinator listed on the schedule no later than the evening prior to the scheduled hike unless there is a request for no phone calls.

REQUIREMENTS FOR RETAINING ACTIVE MEMBERSHIP

To retain active membership in the Calgary Weekend Hikers Club, **ONE MEMBER FROM EACH MEMBERSHIP UNIT MUST GO ON AT LEAST FOUR HIKES** during the season.

ASSOCIATE MEMBERS

Associate Members are welcome to participate on a maximum of two hikes per season.

GUESTS of MEMBERS

Guests must be sponsored by a member and can participate on a **maximum of two hikes per season**, regardless of the number of different sponsors. The sponsoring member must phone the Hike Coordinator to register the guest(s) on the hike and to make sure that there is space available for the guest(s) to come. The number of guests per member on a hike may be limited at the discretion of the Hike Coordinator.

The Hike Coordinator will require that the guest(s) sign a separate ***“Waiver of Liability”*** prior to starting the hike. Guests will indicate the name of the member who will be responsible for them on this waiver. *This means that the member MUST accompany the guest(s) on the hike and will ensure that the guest(s) has the proper clothing and equipment and is physically capable of meeting the demands of the hike and will, if necessary, slow to the guest’s pace. The member MUST acknowledge his/her responsibility by initialling the column provided on the “Waiver of Liability” form.*

GUESTS on WAITING LIST

Applicants on the wait list also are encouraged to hike with the Club a maximum of 4 times. By exercising this privilege they will be better able to decide if they truly want to become members in the future. The rules for applicants are the same as those outlined for guests. However, the procedure will be as follows:

- *applicants will be furnished with a copy of the hike schedule and will choose the hikes they wish to do;*
- *an applicant wishing to do a specific hike must either be the guest of a member or must phone and introduce themselves to the hike coordinator;*
- *the hike coordinator will confirm the suitability of the hike for the applicant and the ability to accommodate the applicant on the hike;*
- *the hike coordinator alone will make the decision whether or not the applicant is to be included in the hike; and*
- *the hike coordinator may request that a member participating in the hike assume the role described above for those bringing guests on a hike.*

Members are encouraged to bring guests along on club hikes, especially if they are on our membership waiting list. However, we request that you adhere to the following guidelines:

- ensure that your guests are fully aware of the level of difficulty of the hike, are capable of doing this type of hike, and have the appropriate clothing and equipment;

PETS

Pets are not allowed on club hikes.

MID-WEEK HIKES

The same rules and guidelines apply to mid-week hikes as to the scheduled weekend hikes and overnight trips.

The Mid-Week Hike Planning Coordinator is the usual contact person for announcing mid-week hikes on the phone line and distributing the hike reports to members who wish to coordinate a mid-week trip. **Before calling, listen to the Thursday phone update to determine who is doing the Sunday night update.**

As a mid-week Hike Coordinator, you will be responsible for:

- Calling **by 6 PM on Sunday evening** to have your mid-week hike announced on the Hike Information Phone Line.
- Obtaining a Hike Report form from Alice.
- Being aware of the Hike Coordinators' Guidelines.
- Having hikers sign in at the parking lot.
- Mailing the completed Hike Report to our statistician, Wendy Aitkens.

Mid-week hikes will be counted as a club trip and included in your total number of hikes completed for the season as long as the Hike Coordinator submits a formal report to the statistician. If a formal report is not submitted to the statistician, the trip will not be counted.

CLUB ARCHIVES

Jack Crossley is the club's archivist. If you can provide Jack with photos, either recent or from the past, your contributions would be greatly appreciated. It is important that the photos be appropriately labelled (i.e., date, location, photographer, and names of the people appearing in the photo). Jack can be contacted by telephone in the evening.

HIKE GUIDEBOOKS & MAPS

Almost all of our hikes are fully described in several excellent guidebooks that are available at many bookstores and outdoor equipment stores including:

- ***"The Canadian Rockies Trail Guide"*** by Brian Patton & Bart Robinson
- ***"Kananaskis Country Trail Guide"*** Volumes 1 & 2 by Gilleen Daffern
- ***"Hiking Lake Louise"*** by Mike Potter
- ***The World of Lake Louise: A Hiking Guide"*** by Don Beers as well as other books in this series.
- ***"Hiking the Historic Crownsnest Pass"*** by Jane Ross & William Tracy
- ***"Scrambles in the Canadian Rockies"*** by Alan Kane
- ***"Short Walks for Inquiring Minds I: Canmore & Kananaskis Country"*** by Gilleen Daffern

It is strongly recommended that each hiker obtain copies of these books especially ***"The Canadian Rockies Trail Guide"*** and ***"Kananaskis Country Trail Guide"*** Volumes 1 & 2.

Before you hike a particular trail, study the description to be sure you understand the challenges. In some cases our hikes may not travel the full distance shown in the guidebook, while in others the option may be to extend the hike. The information on the Hike Schedule will indicate the intentions and the rated level of difficulty.

In addition to the various hiking guidebooks, it is suggested that members avail themselves of some or all of the excellent recreational maps produced by Map Town Publishing. These maps show most of our hiking trails on the topographic base and are very easy to read.

Maps are available for a cost of about \$10 at a number of retail outlets and bookstores including Mountain Equipment Co-op, and Chapters.

The following areas are covered:

- Kananaskis Country
- Bragg Creek & Elbow Falls
- Spray Lakes & Canmore Regions

- Kananaskis Lakes & Region
- Banff & Mt. Assiniboine (including Castle Mountain)
- Lake Louise & Yoho (including Skoki Lodge)
- Bow Lake & Saskatchewan Crossing
- Columbia Icefields (including Parker's Ridge)
- Jasper and Maligne Lake (including Tonquin Valley)

CLOTHING & EQUIPMENT GUIDE

It is essential that all hikers are properly outfitted and clothed. Weather changes in the mountains are often unpredictable and sudden. It is recommended that you adopt a layered look including lightweight rain gear. It is also important to include in your pack your lunch, snacks, an adequate water supply (1-2 litres, more for a long hot day), and other beverages as desired.

Hiking uses 60% more calories per hour than normal walking. Always carry extra food and water on longer trips or where there is substantial elevation gain. Hike Coordinators can refuse to allow anyone not adequately equipped to participate on the hike.

PACK: A 25–40 litre pack with a wide hip belt and chest strap as well as a plastic liner bag for those wet days.

BOOTS: The boots you choose to wear will be one of the most important articles you bring. You want footwear to fit properly and to keep your feet dry, warm, and well supported. Running shoes and other casual footwear will not keep your feet dry when going through mud, and not warm when travelling over snow – yes, even in summer! They do not offer adequate support and footing on steep trails or off trail scrambles. New lightweight trekking boots (i.e., Merrell) are fine for most easy and even moderate rated hikes. Sturdy waterproof boots are required for scree, rough terrain, backpacks and scrambles where a variety of conditions are encountered.

Other points to consider:

- ✓ Wear new boots around town first to detect any problems and to break them in!
- ✓ Tight boots can cut off circulation causing cold feet and pinched toes.
- ✓ Loose boots can cause blisters.
- ✓ In-soles provide extra insulation and cushioning.
- ✓ Apply waterproofing on a regular basis.

SOCKS: A two-sock layer system provides comfort and helps to prevent blisters. Thin synthetic socks keep your feet dry by wicking away moisture. Thicker synthetic, wool, or blend socks provide warmth and cushioning. It is a good idea to carry extra socks in your pack.

GAITERS: Calf height gaiters help keep snow, mud, stones, and moisture out of your hiking boots and off your pants, and provide additional warmth when needed. Short ankle height gaiters can also be used to keep stones and snow out of hiking boots.

CLOTHING: Suggested list of clothing to wear or to carry in your pack.

- Wide brim sun hat protects from UVA rays
- Long sleeves protect arms from cold, insect bites, sunburn, and scratches
- Light fleece, wool shirt
- Undershirt, long johns for cold weather
- Windproof or waterproof breathable shell jacket
- Shorts or pants (zippered pants ventilate/warm pants if wearing shorts)
- Toque, mitts, extra sweater and socks (thin & thick), Waterproof shell jacket & pants (rainwear)
- Tough gloves for bushwhacking

Wearing bright colours (red, yellow, orange) makes you more visible to the rest of the group or to searchers if you become lost.

ESSENTIALS:

- Sunglasses and sunscreen (high UVA, UVB protection)
- **FIRST AID KIT – Each hiker MUST have his/her own first aid kit.**

Suggested items include:

- Band-Aids (assorted sizes)
- Moleskin, 2nd skin (for blister prevention and care)
- Personal medications including Tylenol, Ibuprofen, Roloids, antibiotic cream
- Candies for mild hypothermia, diabetic emergency
- Dressings (assorted sizes), gauze pads and swabs
- Triangular bandage, tensor bandage, adhesive tape
- Steri-strips, antiseptic wash, pads, quick splint
- Scissors, tweezers, safety pins, mirror
- Notebook, pencil and first aid book

OTHER IMPORTANT ITEMS:

- Bear (pepper) spray (no replacement for common sense)
- Shoe & clothing change to wear back in the car
- Sit-upon to keep your bottom warm and dry during stops
- Plastic bag for boots
- Map, compass, altimeter
- Camera, umbrella
- Lip balm, insect repellent, toilet paper, zip-lock bag for waste material
- Duct tape – multiple uses
- Hiking poles
- Light runners or sandals for stream crossings
- Needle, thread, spare pack buckles

- Whistle, pocket knife, water treatment tablets
- Fire starter – matches, lighter, small candles
- Light shelter – 2 large garbage bags, space blanket
- Headlamp – or flashlight, spare batteries

WHICH HIKE SHOULD I CHOOSE?

The Club Hike Schedule indicates the intended destination, level of difficulty, optional extensions, pace, and special requirements.

Distances include the total round trip covered.

Elevation Gain represents the gain in height from the base/start point to the highest point reached – usually the destination.

NOTE: In cases where more than one ascent and descent is encountered along the trail, the total elevation gain/loss could be significantly greater than the difference in elevation between the high point and the trailhead. Check your guidebooks and/or phone the Hike Coordinator for more complete information.

The following is a general description of the hike ratings as shown in the Hike Schedule. While some hikes may not fit clearly into one of these categories, these ratings should help you to select hikes that match your interests and capabilities.

CHOOSE YOUR HIKE WITH CARE! YOU ARE THE ONLY ONE WHO CAN MAKE THE RIGHT DECISION ON EACH OUTING.

If considering a hike you suspect might be beyond your capability, consult with the Hike Coordinator who may be able to compare the hike to others that you have done.

The Hike Coordinator has the right to deny you or your guest(s) the right to join the hike if there is reason to believe that the hike is beyond your capability or you are ill prepared, and that your participation will endanger the safety or enjoyment of the other hikers.

Within the framework outlined below, there are lots of hikes for each one of us. Be considerate of your Hike Coordinator and other hikers in the group when making your choice. The group is affected by each individual's actions.

The most difficult section of a trip determines the overall trip difficulty.

EASY (E): Generally less than 10 km in length with elevation gains of less than 300 M and no steep slopes. Well-maintained trails with few if any hazards to footing. A relaxed pace with plenty of opportunities to stop for rests, observe surroundings, and study the flora and fauna, or simply to socialize. This section also includes city walks

that are mostly considered easy, although some may be as long as 10 km and may involve some climbing (e.g., Nose Hill Park). Prepare as you would for other hikes, bringing your lunch and adequate water.

MODERATE (M): Typically about 10-15 km in length and/or 300-500 M elevation gain. May have the odd steep sections and rough trail conditions (e.g., exposed roots, rocks or even occasional loose scree). A steady pace is normally maintained with fewer stops than on the easy hikes. Some endurance is required.

DIFFICULT (D): Typically 15-25 km in length and/or 500-1000 M elevation gain. You are most likely to encounter steep sections as well as difficult footing (e.g., loose scree). A brisk pace is required and *hikers must have both strength and endurance* for the distance and the elevation.

EXTRA DIFFICULT (XD): Either more than 25 km in length *requiring superior stamina*, or in excess of 1000 M of elevation gain *requiring strong legs*, or both. On the major climbs, very steep sections are almost certain to be encountered with loose rocks and scree and other hazards (e.g., *scrambling over exposed faces or following narrow exposed ridges*). Unpredictable weather can greatly increase the hazards.

Anyone concerned with exposed conditions (e.g., narrow ledges or ridges and scrambling over exposed faces) or uncertain of his/her strength and stamina under the most demanding conditions SHOULD NOT attempt extra difficult hikes.

If the word **exploratory** appears in the comment section of the Club Hike Schedule, it means that the hike listed may be a new one for the club, and/or the Hike Coordinator may not have explored the route before the scheduled day. Be prepared for route finding, bushwhacking, and perhaps backtracking.

REGISTERING FOR THE HIKES

Do not wait until the last minute to see how you feel, or if it's going to rain. Often the weather in Calgary is different from the weather in Banff or Kananaskis Country, and the weather in the Highwood area is not the same as it is at Lake Louise. Rain seldom lasts all day and, with appropriate gear, many hikes are still very enjoyable and the trails are less crowded.

The Hike Coordinator is advised to phone Environment Canada (299-7878) for a recent weather forecast, and should provide the group with an update at the meeting place.

MUST PHONE is required by all Hike Coordinators for all hikes listed in the Club Hike Schedule except where it specifically indicates *No Phone Calls or Call Only If Questions*.

MUST PHONE means that you are responsible to phone the Hike Coordinator and register for his/her hike. It is recommended that you phone **not less than 12 hours prior to the scheduled hike**. If the Hike Coordinator cancels the hike, he/she will contact each person who has registered. The Hike Coordinator should announce the change on his/her home phone answering machine. ***If you have not registered and arrive at an empty parking lot, don't be surprised or annoyed with the Hike Coordinator.***

If **No Phone Calls** or **Call Only If Questions** has been indicated, the Hike Coordinator will be at the parking lot to meet hikers who arrive for the hike.

Each member is encouraged to check the **Hike Information Phone Line** after 7 pm on Thursday evening for updated information on the weekend hikes or after 7PM on Sunday evening for mid-week hikes.

MEETING PLACES

ASSUMPTION SCHOOL: The school parking lot located at the corner of Sarcee Trail and 34th Avenue NW, just north of the Trans-Canada Highway.

RICHMOND ROAD: Richmond Square Shopping Centre, located at Richmond Road and 52nd Street SW, just off of Sarcee Trail. **Meet due east of the Visions Store, adjacent to 51st Street.**

ANDERSON LRT STATION: The LRT parking lot on the west side of Macleod Trail near the south end of the station.

HERITAGE PARK: Immediately after turning west off 14th Street onto Heritage Park Drive, turn left into the parking lot facing 14th Street.

VALLEY RIDGE: Right turn off 16 Ave NW (Trans-Canada Highway west) onto Valley Ridge Blvd. and take first right turn at 4-way stop onto Valley Ridge Drive east bound to Valley Meadows Close (first right turn after shopping mall and small park). Park at north end of park in small gravel parking lot.

AT THE MEETING PLACE

- Remember that **at least 4 hikers**, three of whom must be club members, are required in order for the hike to qualify as a club-sanctioned trip.
- Arrive at the meeting place 15 minutes before scheduled departure time so the Hike Coordinator can give instructions; ensure that all hikers (and guests) have registered and signed-in on the trip report form; arrange carpooling; and can count the number of hikers going on the trip.

- It is a good idea to attach a card to the outside of your pack in a waterproof cover that indicates your name, health care number, medic alert information (such as allergies and medications), and the name and phone number of the person who should be contacted in case of an emergency.
- Make sure you occupy a carload with compatible plans for pace, destination, and return to Calgary.
- In the event that you are late arriving at the meeting place, remember that the Hike Coordinator will only wait 5 minutes past the indicated departure time. This rule also applies if you are meeting the group at the trailhead.

CARPOOLING

- Generally, carpools are formed at the meeting place in the city. If you do need a ride, be at the parking lot early. Make sure your plans are compatible with the drivers, and do not delay your carpool at the end of the day.
- Passengers are expected to contribute to the cost of gas and to pay their share to the driver upon returning to Calgary. Distances vary from hike to hike, but ***the contribution is a minimum of 5 cents per kilometre for each person, regardless of the number of passengers.*** The following amounts are suggestions based upon the current price of fuel at the pump in Calgary:

5 cents per kilometre when gas price is \$0.95 per litre and under

6 cents per kilometre when gas price is \$0.96 to \$1.10 per litre

7 cents per kilometre when gas price is \$1.11 to \$1.25 per litre

8 cents per kilometre when gas price is \$1.26 per litre and over

- The Hike Coordinator will note the distance from the parking lot to the trailhead and indicate the appropriate contribution at the trailhead.
- It would be appreciated if all members who have vehicles take his/her turn driving.
- For trips within one of the Mountain National Parks (Banff, Jasper, Kootenay, Waterton, Yoho) passengers should share equally with the driver the purchase of a one-day entrance fee per car unless the fee is on a per person basis.

ON THE HIKE

- About 20 minutes after the strong starters leave the trailhead, they should stop for a breather and let the rest of the group catch up. Often the Hike Coordinator will

suggest splitting into two groups (faster and slower paced) and agree to a lunch destination.

- The Hike Coordinator will ensure that there are a designated "lead hiker" and a "tail ender" for each group. Your responsibility is to stay between the lead hiker and the tail ender.
- The tail ender should carry a whistle in order to alert the group ahead if a problem should arise.
- If you choose the wrong group and feel you must change, please tell either the lead hiker or the tail ender. Both will keep a close count throughout the hike. The "Jim Eickmeier" method works extremely well – *always know the number of hikers behind you.*
- Do not go past a trail junction unless the hikers behind you can see you and they are certain which way to go.
- Please do not complain about the first group going too fast. This probably indicates that you should be with the slower group.
- **NEVER HIKE IN GROUPS OF LESS THAN 4.** In the event of an emergency, two people can go for help while the third person remains with the hiker in difficulty.
- If a group of hikers wants to go beyond the scheduled destination to a higher vista, or a lake, this is fine provided there are **at least 4 hikers** in the group. **This group are then fully responsible for themselves and the other hikers will not wait for this group at the parking lot.** Any necessary carpooling adjustments should be arranged before the group sets off.
- **If there are less than 4 hikers who insist that they want to go beyond the destination or turn back early then they must accept full responsibility for them and will NOT be considered as part of the group. Their names will subsequently be removed from the hike registration list.**
- When you return to the trailhead, wait at the car or leave a message if you depart early so the Hike Coordinator knows every hiker is back safely.
- **RESPECT THE ENVIRONMENT!** The rule is that hikers pack out all garbage and do not leave behind any banana peels, apple cores, chewing gum, orange peels, or any other items. Of interest, orange peels take 2 years to biodegrade, which equals the lifespan of a rabbit. Don't feed any wildlife including the ground squirrels, chipmunks and whiskey jacks.

The Provincial Parks Act and General Regulations state that it is unlawful to pick, deface, injure or remove any object in a Provincial Park or Provincial Recreation

Area. This law is in place to keep humans from removing food that will be used by other animals, birds, insects and bacteria inside a land designation that aims to protect our natural heritage. As an example, a Conservation Officer observing a hiking group picking wild strawberries would be entitled to issue a ticket to all members of the group.

The Calgary Weekend Hikers will adopt this policy on all of our hikes.

KANANASKIS VOLUNTEER TRAIL CARE GROUP

Trail maintenance work parties are normally scheduled for the second Saturday of each month from May through September. If you think that you might like to participate in one or more of these parties, please email "trails@kananaskis.org"

Work party hours are generally from 9 am to about 3 pm and the duties are divided into light, medium and heavy chores. All participants will be given a hike credit for their effort by reporting their participation to our statistician.