



ROCKY MOUNTAIN MULTI-SPORT

PLANNING YOUR TRIP....

Thank you for choosing a R.O.A.M. wilderness rafting, hiking, and multi-sport trip. We are very excited that you will be joining us for an unforgettable expedition through some of Canada's most spectacular wilderness. This trip combines the best of the natural world with good old Canadian hospitality. Participants will hike, raft, kayak and even mountain bike through some of the West's most spectacular landscapes.

If any of your questions remain unanswered, please don't hesitate to call. We strive to fully prepare you for what to expect on your trip so you can spend your vacation thinking more about smelling the essence of a forest of old growth forest or a field of alpine wildflowers than whether or not you brought the right pair of shoes.

The Terrain We Cover

Our multi-sport program offers the adventurous traveler a bounty of images and experiences. Enveloped by the peaks and canyons of the Canadian Rockies, you will be immersed in Alberta's best wilderness and most dramatic waterways. The second half of your trip traverses the Rocky Mountain Trench and Purcell Mountain Ranges. Known for outstanding weather, fun rivers and decadent resorts, we'll combine outdoor pursuits with some of the region's finest hospitality.

Our trip starts off with a spectacular hike around world famous Lake Louise. Your adventure co-efficient rises dramatically with an exciting raft ride of the Upper and Lower Kicking Horse River in Yoho National Park. The Canadian Rockies are jewel encircled by pristine wilderness and the perfect habitat for moose, grizzly bears, wolves, cougars and eagles. Traveling by foot, raft and even bicycle, allows us the path of least resistance into this beautiful wilderness.

Getting in Shape

Our trips are designed for people who enjoy the out-of-doors, rather than for fitness fanatics. Still, they are active holidays. Age is unimportant when it comes to your ability to do the rafting, walking, and/or hiking—the more important consideration is your physical condition. If you haven't attempted the kind of exercise levels required by our trips within the last couple of years, please be aware of the sort of trip you're taking. It's an active one, and you'll enjoy it more if you've been doing some exercise before you go. No previous river experience is required.

Your guides will give you an orientation to rafting and expedition practices and teach you all the basic skills that you'll require to enjoy the experience. Our prime consideration is to provide you with a trip that is as safe and comfortable as possible while still maintaining the integrity of a wilderness experience. Activities that involve aerobic conditioning such as swimming, walking, jogging, squash and tennis are great for overall physical conditioning. Keep in mind the relative topography of where you live compared to the region you will be visiting. If you live in flat country, for example, consider supplementing your training with artificial hill training on a treadmill or stair-master.

A Thumbnail Training Program

- 2-3 months before the trips starts: try to do exercises that involve aerobic conditioning 3 times each week—swimming, walking, jogging, squash, cross-country skiing, tennis, biking;
- 1 month before the trip: go for a couple of longer walks each week;
- The week before your trip: try to go for 3 long walks;
- Be sure to stretch before exercising—it reduces chances for injury, muscle pain, stiffness and fatigue.

Expedition Equipment

The Kicking Horse River utilizes center-mount oar rigs with paddle assist, as does the “Spilly” at higher water. The Toby is best run by paddle raft or inflatable kayak while the White varies by water levels. On each of the rivers we use state-of-the-art self-bailing rafts and kayaks. For those unfamiliar with self-bailing boats, the benefits are revolutionary. As water enters the boat, it collects on the inflated floor, which is attached to the side tubes above the waterline, then drains out through grommet holes along each side. Self-bailing boats offer invaluable advantages such as greater portability, stability, capacity and maneuverability.

Fishing

In some locales you will be able to fish for rainbow, cutthroat and bull trout. We suggest you bring a rod with case and the smallest of tackle boxes with the appropriate lures or flies. Fishing is most often restricted to single barb-less hooks and requires a license, which may be purchased en route.

The Weather

The weather is one of the few details we can't control. In early or late season the weather is more unpredictable. That being said, likelihood of good water is still be dry. Daytime highs in the temperatures dropping during Rockies and snow could appear temperatures may vary with possibility so be sure to follow our experience suggests a multi-temperatures and conditions in

Calgary		
Month	High	Low
	°F/°C	°F/°C
June	73/23	54/12
July	75/27	54/12
Aug	75/27	54/12

we plan our trips at times when the greatest. Summers in Alberta tend to interior can reach 85° with the evenings. However, we are in the in almost any month. Evening localized winds. Rain is always a our recommended equipment list, as layering approach with a range of mind.

What to Take

While we encourage you to travel light, you'll also want to be sure you pack all the essentials. We want to make sure you are prepared for both land and water environs. The personal equipment list will address what you will need to wear in conjunction with our gear. Weight and volume restrictions come into play with our limited cargo space on legs of the exploratory. Please follow our recommendations closely.

Equipment Notes

The personal equipment list we provide you has been developed through years of practical experience. It is important that the clothing you bring will withstand the rigors of the trip. Your personal equipment should not weigh more than 40 pounds and all clothing should be quick drying and made of synthetics. Warmth and comfort are the main objectives with this outline. Weather conditions can vary considerably in the North. It's important to dress in layers, so you can maintain a comfortable body temperature, no matter what Mother Nature may have in store. The inner layer should move perspiration outside, where it can evaporate. The intermediate layer should insulate, while the outside layer should act as a barrier to wind and rain.

Rain Gear

In the summer months you are more likely to have the occasional shower than to have an entire day of rain. Still, you'll be more comfortable if you stay dry and warm, so be sure to pack some rain gear—both tops and bottoms. A jacket is the most important item to keep your torso warm and dry. Good quality nylon raingear is available, but seams should be taped or sealed. Several manufacturers make GORE-TEX® waterproof jackets with closures at the wrists and sometimes neck. Whatever you choose, the jacket and pants should be compact enough to fit easily into your daypack.

Pile or Fleece

The best we've found is 200-weight Polar Plus, which is used by a variety of companies. This fabric is warm, dries quickly and is not excessively bulky. It can be found in many different styles and colors.

Long Underwear

Synthetic materials like polypropylene, polyester and natural fibers like silk and wool work well. Both are quick drying and bacteria resistant, as well. Do not bring cotton long underwear. When wet, cotton dissipates heat from your body and takes a long time to dry.

Hiking Clothes

Choose lightweight, synthetic fabrics that breathe well for warm weather walking. Whatever you choose, be sure you have comfortable freedom of movement, especially for uphill and downhill walking.

Footwear for Hiking and Walking

We plan to hike and walk as much as possible. The importance of good footwear cannot be overstated. What may seem like a good shoe at home could leave you with sore feet on your trip. Given that our trails are often gravelly or sometimes muddy, you need a good walking boot with a firm sole, good ankle support and a degree of water resistance. It's now easy to find a "hybrid" walking boot, which combines the lightweight, ventilated features of a shoe with the support and durability of a boot. If you buy new walking shoes or boots for the trip, make sure you break them in well before you go.

Socks

Bring at least one pair for each day of hiking, unless you want to wash them out each night. We recommend 50% synthetic, 50% cotton socks, as these tend to draw the perspiration from the foot. It may be a good idea to bring along some additional items such as foot powder, cushioned pads and/or bandages to place inside your footwear—just in case. Another worthwhile product is something called Spenco 2nd Skin®, which provides cushioned comfort with an antiseptic for blistered and sore feet. Many people find a product called moleskin gives them great relief from blisters. The guides carry a blister kit as part of their first-aid supplies. You will need a supply of wool or fleece socks for the river. They will keep your feet warm, even when wet.

Day Packs

Bring a daypack that holds approximately 20-35 liters. You'll want enough room for raingear, camera and water bottle.

Water Bottle

Bring a 1-liter water bottle or some type of hydration pack for hiking with. There is no need for additional or larger bottles since, in most cases, you'll be close to sources of water while en route.

Sun Protection

Since you will be spending a good portion of your day outside, we recommend you bring skin protection cream with an appropriate SPF. Sun visors or baseball caps can also be helpful.

Some Extras

Binoculars: Many people like to have a pair for those great vistas or for bird or animal watching.

Compass: A fun thing to have for the avid map-reader. We carry a full set of topographical maps on the trip.

Pedometer: For the insatiably curious, those who must know exactly how far they've walked each day, though they tend to be fiddly and somewhat inaccurate. Better yet, check out Highgear's new wrist top computers that give time, temperature, compass, altimeter and barometer.

Personal Equipment List

Footwear

- 1 pair light hiking boots with appropriate numbers of socks
- 1 pair river sandals (Teva's are great) with neoprene socks or wetsuit booties
- 4 warm wool or fleece socks

Upper Body

- 2 long-sleeved shirts
- 3 T-shirts
- 3 long underwear tops (synthetic)
- 1-2 pile or fleece jackets
- 1 high quality waterproof rain jacket
- 1 down jacket or vest (not for on the river but awesome insulation for other activities)

Lower Body

- 2 pairs long underwear bottoms (synthetic)
- 1 pair light shorts (quick-drying)
- 1 pair of padded bike shorts
- 2 pair of quick-dry pants
- 1 pair high quality waterproof rain pants

Head & Hands

- 1 warm hat, 1 sun hat or visor
- 1 pair warm gloves (fleece)

Additional Gear

- 1 day pack (for use on rafts or day hikes)

- 1-liter water bottle with securing strap
- Toiletry kit, sunscreen, lip salve, insect repellent
- Sunglasses with safety strap and extra prescription glasses (if necessary)
- Notebook, journal, reading material
- Binoculars and camera (don't forget to bring lots of film and store gear properly)

Equipment Provided For You

Wetsuit, paddling jacket, personal flotation device, helmet and waterproof gear bags

Luggage

Due to the nature of this expedition, we ask that you pack your clothes into soft duffel bags. The gear you are taking should weigh less than 40 pounds in total. Once oriented by your guides, there will be plenty of time to transfer your personal gear into our waterproof bags. Please leave excess baggage and suitcases at your hotel.

Getting Insured – Trip Cancellation Insurance

R.O.A.M. strongly recommends that you purchase trip cancellation insurance. You risk forfeiture of all monies paid, if you cancel your trip. You have the option of purchasing an insurance policy that meets the specific needs of our travellers. Please make sure you understand what the insurance will and will not cover. Please consult the policy for exact coverage, details of other risks insured, and for other benefits and limitations of the insurance.

Making Your Travel Plans

Now that you're packed and ready to go, the following may help you get to the start of your R.O.A.M. trip with a few pleasant adventures along the way. Your trip starts and ends in the city of Calgary.

Flight Arrangements

Calgary will be your point of arrival, unless you have pre-trip plans elsewhere in Canada. Your flight reservations should be made as far ahead of time as possible. Please contact your agent or the airline of your choice as soon as order to avoid last minute destinations, space on peak times and fares tend to increase as you near the departure date. If you are planning to use a frequent flyer program or other discounted fare, please take extra precautions to make your plans in advance, as airlines allocate only a limited number of seats for this type of travel and may impose restrictions or extra costs on changing travel arrangements.

Rendezvous City - Calgary Gateway - Calgary International Airport
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you have decided on travel dates, in inconveniences. As with all popular Canadian flights can be limited at

Calgary

Calgary, Alberta is the gateway city to the Canadian Rockies. Those arriving by air will get a glimpse of the mountains to the west as they land at the Calgary airport. Calgary started out as Canada's first North West Mounted Police outpost in 1870. It grew to become a railway depot and then a "cow town" where area ranchers congregated to sell cattle. Today its cosmopolitan business center is more tied to the oil industry. The last vestiges of its cow town reputation lie with the Calgary Stampede, known as the world's largest rodeo, held for ten days every July.

Following the No. 1 Highway, 140 kilometers (90 miles) west from Calgary you will pass rolling farmland, the occasional oil pump, the Stoney Indian Reserve at Morley and the foothills of the Canadian Rockies. Before you know it, you have entered the Rockies, the dominant mountain range and watershed of North America.

The Night before Your Trip

We recommend that you arrive in Calgary the day before your trip begins. We'll depart from Calgary at **10:00 AM** in morning, but you'll feel more rested if you've arrived the night before. Calgary is a nice city, and even if you can't afford the time for an extended stay after your trip, it is well worth a day's visit.

Early reservations are advised, as Calgary is a very popular destination. You can reserve your night-before hotel by calling or faxing the hotel directly, or by making the necessary arrangements through your travel agent. If you call personally, you'll need a major credit card to guarantee your reservation. You should receive a confirmation in return by mail or by fax. If you have any difficulties reserving a room or require other suggestions, please give us a call.

Kananaskis

Halfway between Calgary and Banff lies a collection of provincial parks set together in the foothills and front ranges of the Rockies. It has been designated as a prime recreation area in Alberta. Mt. Allan, better known as Nakiska, was the site of the 1988 Winter Olympic Downhill events. Kananaskis village boasts world-class golf courses, hiking trails, and trails for road and mountain bikes.

Canmore

Traveling west from Calgary will eventually bring you to Canmore, host town of the 1988 Winter Olympic Nordic events. Two kilometers further west are the park gates marking the boundary of the 6641 square kilometer Banff National Park.

Banff

The town of Banff is a first-class tourist resort and abounds with restaurants, stores, entertainment and attractions. The world famous Banff Springs Hotel built in the late 1800s is still the focal point of the town. The forerunner of the park as we know it today was created in 1887 as the Rocky Mountain Hot Springs Reserve, following the discovery on Sulfur Mountain of eight natural hot springs. If you can spare the time before or after your trip, plan on spending a few days exploring Banff and its surroundings.

Accommodation Recommendations

Banff	Banff Springs Hotel (luxury)	800-441-1414
	Buffalo Mountain Lodge (luxury)	800-661-1367
	Banff Central Reservations	403-762-5561
Jasper	Jasper Inn (mid-range)	403-852-3301
	Jasper Park Lodge (luxury)	403-852-3301
	Jasper Central Reservations	403-852-4242
Calgary	Delta Bow Valley Inn (downtown)	800-268-1133
	Port O Call (airport - economy)	800-661-1161
	Chateau Airport Hotel	800-441-1414

Rendezvous

ITINERARY SAYS REP MEETS AT CALGARY INTERNATIONAL AIRPORT OR IN BANFF. WHAT IS CORRECT?

Both – as this allows people to come to Banff early and be picked up enroute to Lake Louise

Your trip starts at **10:00 AM** from the lobby of the Delta Bow Valley Inn (downtown Calgary). Here, you will rendezvous with our representative. Alternatively, we can meet you in Banff at 12:00 NOON in the lobby of the Buffalo Mountain Lodge.

After Your Trip

PLEASE CONFIRM THIS INFORMATION. ITINERARY JUST SAYS, "AFTER BREAKFAST IT IS OFF TO CALGARY AND RETURN FLIGHTS HOME."

This is correct

After your trip, you will be dropped off in Calgary at approximately **2:00 PM**. Weather permitting you will arrive in time to make connecting flights that depart after **5:00 PM**. If you have any concerns about your return flights or hotel reservations, your guides will be happy to re-confirm them for you prior to the end of your trip. If you are staying on in Calgary and need to rent a car, you'll find all the major car rental agencies represented at the Calgary airport. The following information will provide you with further details regarding car rentals.

Further Useful Travel Information...

Car Rentals

AVIS
1-800-331-1212
www.avis.com

BUDGET
1-800-527-0700
www.budgetrentacar.com

HERTZ
1-800-263-0600
www.hertz.com

If you need a car for part of your travels before or after your trip with R.O.A.M., reservations can be made easily through your travel agent or directly with the major rental companies. Make sure you have your driver's license with you, but there is no need for you to obtain an international driver's license. Be sure to check with your credit card provider before leaving home, to verify whether collision damage insurance for car rentals is included in your credit card benefits. Many companies do offer such coverage—especially for gold and platinum cardholders—and it can represent a considerable savings.

Currency

The Canadian monetary unit is the Canadian dollar (CDN). Like U.S. currency, coins are the penny, nickel, quarter and the dollar or "Loonie" piece. Most recently, a two-dollar coin has come into circulation to replace two-dollar bills. You are likely now only to see the "Toonie" as it has been coined, but there are still some 2-dollar bills in circulation and they will be accepted. The most common bills are 5, 10, and 20-dollar denominations. Avoid carrying large sums of cash at any time during your holiday. Credit cards are widely accepted, especially VISA and MasterCard.

American dollars and traveller's checks are accepted everywhere though at exchange rates that thieves envy. When converting American to Canadian dollars, you'll get the most favorable rates at banks. Most banks are open from 9:00 AM to 4:00 PM Monday to Friday though some branches stay open later and on Saturday mornings. ATMs are everywhere.

Carrying Valuables

Canada is very safe for travelling, but still there is no point in carrying lots of valuables when travelling. Regrettably, tourists are among the most easily targeted, so please exercise some caution. We also recommend that you check your personal insurance policy before travelling to ensure that you are covered for theft and loss while travelling. As a safety precaution, do not travel with excessive amounts of cash or jewelry if it is not necessary.

Language

Canada is officially a bilingual nation with English and French being the two recognized languages. However, the chances that you will hear any French spoken out west are slim. Of course, once you are “oot” and “aboot” on your Canadian holiday, you shouldn’t have any language problems, eh? Once a forbidden subject, it is now okay to speak to Canadians about Olympic Hockey.

Travel Documents

Effective January 1, 2007 a passport will be required for all travel to or from Canada. For further information on entry requirements, travelers may contact the Embassy of Canada at 501 Pennsylvania Avenue N.W, Washington, D.C. 20001, tel. (202) 682-1740, or the Canadian consulates in Atlanta, Boston, Buffalo, Chicago, Dallas, Detroit, Los Angeles, Miami, Minneapolis, New York, San Juan, or Seattle. The Embassy of Canada maintains a website at: <http://www.canadianembassy.org/>.

Water

You’ll be hard pressed to find better water anywhere in the world than in Canadian Rockies. The water comes directly from the mountains and is more than potable.

Electricity

Alberta has the same voltage requirements as the United States. Those wanting to use video cameras should be reminded to bring extra batteries.

Time Zones

Alberta is on Mountain Time, which is the same as Denver, Colorado.

Etiquette

On our trip, we’ll be travelling through some environmentally and historically sensitive areas. Our excursions are designed to promote an understanding of the delicate ecosystems that make our province unique while preserving their fundamental integrity. We ask participants to share our concern for the environment by practising low-impact touring in this sensitive area.

R.O.A.M. operates on a “leave-no-trace” policy, meaning we travel in a self-contained manner, carrying in what we require and carrying out all garbage and human waste. We believe the survival of the natural environment and the wildlife it supports depends on establishing an economy beyond simple resource harvesting. Our goal is to immerse our clients in the province’s vast natural beauty, which, in turn, supports eco-tourism as a viable, economic choice.

Canada’s Goods & Services Tax (GST)

Canada has a Goods & Services Tax (GST) of 6%. However, for non-residents of Canada, most of these taxes can be recuperated. Be sure to keep receipts, and ask customs officials on your departure from the country for the necessary forms and information.

Telephone and Fax

Phoning and faxing in Canada is the same as in the United States. Coin-operated public telephones are the norm in Canada, and there are machines. For international calls, overseas calls begin with 011.

Operator Assistance Local and international: dial 0 Directory Assistance: 411 Emergency Help: 911 MCI Direct: dial 102 2200 AT&T Direct: dial 102 8800

also phone-card-operated
you begin by dialling 1, and

Emergency Phone

While in the field, our guides will be carrying satellite communication. The sat phones are battery-powered and have limited standby and talk times. The phones are used for medical and evacuation purposes only. Should you need a phone at your disposal, you should make arrangements for your own satellite communication. Because of our remote locale, cellular phones are not always an option.

Tips and Tipping

Tipping is common in Canada, and fairly similar to U.S. practices. Of course, there are some exceptions, which we have noted.

Taxis—5% is appropriate for good service and 10% is generous.

Porters—\$2 per bag.

R.O.A.M. Guides

Our guides are as impressive as the scenery; passionate about their work, they are delighted to pass on their knowledge and skills. They have an intimate knowledge of a region's wildlife, natural history, culture and folklore. Trained in wilderness first aid and professionally certified to the highest provincial level, our guides are eager to please and will ensure you have a memorable experience.

The tipping of R.O.A.M. guides is entirely discretionary, and we feel strongly that gratuities should not be offered to them if they lead anything less than a great trip. However, we expect that our guides will do a great job in making your trip memorable and, when they do, it is not uncommon for our travellers to offer a gratuity. The guides very much appreciate it. We are often asked what is appropriate. In general, we have found that when our travellers offer a gratuity, it is in the range of a "thank you" to 10% of the trip cost per person. But again, tipping is entirely at your discretion.

More Information ? ? ?

Alberta Tourism	800-661-8888
Banff/Lake Louise Tourism Bureau	403-762-8421
Parks Canada - Parks info	403-762-1550
CALGARY TOURIST BOARD	403-263-8510

Maps

Topographical Information

We carry a full set of maps, but if you wish to have your own set contact either of the following:

Geographical Survey of Canada

6th Floor, 100 W. Pender Street, Vancouver, B.C. V6B 1R3, Tel (604) 666-0271

Canada Map Office

130 Bently Street, Nepean, Ontario K2E 6T9, Tel (613) 952-7000

Scale 1 to 50,000 Map #83B4, 83B5, 83B6

Please don't hesitate to call your travel agent or any of our Adventure Consultants if you need any more information.

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