

**PETER AMANN MOUNTAIN GUIDING**

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**Let's get ready to go!**

As a guide I have done many trips over the years on to the Wapta Icefields. This is a spectacular place to visit and with the use of the Alpine Club's huts it makes the trip that much more enjoyable. This is both an instructional course as well as a guided climbing adventure. We will spend 3 nights at the huts gradually heading north to the Peyto hut. En route we will cover the basic skills and just generally have a great time!

**The Camp**

The camp will begin with an evening meeting at the Canadian Alpine Centre at Lake Louise. On Thursday morning, we will drive north to the trailhead at Bow Lake and trek to the recently renovated Bow Hut on the Wapta Icefield. After two nights at Bow, the group will move to the Peter and Catharine Whyte (Peyto) Hut, exiting the Wapta Icefield via the Peyto Glacier on Sunday.

The objective of the camp is to help participants learn more about mountaineering and improve their skills - while having fun and looking for adventure, we will focus on:

- Terrain evaluation
- Route planning and selection
- Glacier travel and navigation
- Crevasse rescue systems
- Weather evaluation
- Rescue techniques
- Map and compass/navigation skills

We certainly hope to climb some peaks during the 4 days! Weather can be unpredictable, and conditions can quickly change. You will however get to experience 4 days in the mountains and learn about the ageless art of mountaineering.

**The Agenda**

- ✓ We meet the evening before the trip to go over gear
- ✓ (Day 1) Shuttle vehicles, pack up and head in to Bow Hut, unpack, work on knots, practice use of ice axe and check out the glacier.
- ✓ (Day 2) Work on some skills, climb a peak in the area
- ✓ (Day 3) Pack and move to Peyto hut, climb a peak en route if possible. Work on some navigating and more glacier travel skills.
- ✓ (Day 4) Hike out the Peyto glacier to Peyto Lookout.

**Who is this trip for?**

This is a great introductory trip for the budding mountaineer, or for a strong hiker/scrambler wishing to learn the basic skills of glacier travel. The trip will involve summer glacier travel, with possible ascents of nearby peaks. It is important that you be of a good fitness level.

**Accommodation and Meals**

The first night accommodation is at the Hostel in Lake Louise.

The Alpine Club of Canada and the Southern Alberta Hostelling Association own the Canadian Alpine Center jointly. It has 150 beds; full self serve kitchen facilities, and features the Bill Peyto Café (which is well known for its great food), storage lockers, and a gorgeous living room to relax in.

- ✓ The first night's stay at the Canadian Alpine Centre is included in your camp fee.
- ✓ All huts fees are prepaid.
- ✓ All meals during the course will be included.
- ✓ If staying the night of the 4<sup>th</sup> day in Lake Louise, you are responsible for your own bookings and meals.

If you require accommodations when the camp is over, please contact (403) 522-2200 or call toll free at 1-866-762-4122 to make arrangements.

**Summers are busy at the center; book early!**

To reduce the amount of weight you will need to carry, porters will be employed to transport food to the Bow Hut.

**Meeting Place**

Once booked and having paid a deposit, we will try and arrange some car-pooling amongst the participants. A list can be circulated if you require transportation.

1. We will meet the evening prior to the course to get organized and do an equipment check. We will also divide up any group gear and food for the hike into Bow hut.
2. A plan will be made for a starting time next morning.
3. We will have breakfast at the hostel (not included in cost) and drive about a ½ hour to the trailhead. Vehicles will be used to shuttle us, and left at Bow Lake or Peyto summit.

**If you have valuables in the car please rent a locker at the hostel till you return!**

**Equipment**

*The equipment list should be carefully reviewed when packing for the trip.*

Please do not hesitate to me if you have any questions at all about your equipment. [pamann@incentre.net](mailto:pamann@incentre.net) or 780 8523237

Keep your pack light! There will be some group gear, and as well you will have the technical gear. If in doubt drop me a note, we will get your weight down.

Check that all your equipment is in good working order and fits properly prior to arriving at camp. If you have borrowed or rented gear it is particularly important to invest some time making sure that it is right for you. Be sure you understand *how* your equipment works.

Broken or unsuitable equipment or blisters can potentially ruin your trip!

If you are buying new boots before the trip, you should do some day hiking in them in advance to break them in. Please also bring a repair kit that is specific to your gear.

Participants should be prepared for all types of weather! (Hot sun, rain, snow, etc.) The equipment list should be used as a good guideline.

If you require rental equipment here are a few options

Gravity Gear in Jasper: 780 852-3155

Gear up (in Canmore: (403) 678-1636

In Calgary (Uof Calgary) (403) 220-5038 [www.ucalgary.ca/opc](http://www.ucalgary.ca/opc)

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**Park Passes**

You will need a vehicle pass to get into the national parks. This is not included in the trip package.

Overnight backcountry passes are required even when using huts. These are included in the cost of the trip.

## Map Sheets

*Touring the Wapta Icefields*, by Murray Toft. (Nice map! Waterproof paper, a great keepsake.)

Or:

We can provide a map of the area as well. (Please request one!)

(This will be a printed one off a computer)

## Wapta Adventure

### Equipment List

#### Clothing

- Mountaineering boots - sturdy, supportive, designed for rock and snow and suitable for attachment of crampons. Leather boots recommended.
- Wool socks (2 pairs)
- Liner socks (2 pairs)
- Synthetic underwear top and bottoms (wicking layer)
- Medium weight sweater layer
- Fleece or other synthetic jacket
- Climbing pants (e.g. Schoeller, wool, or fleece)
- Gore-Tex jacket (or equivalent, i.e. waterproof/breathable outer shell w/ hood)
- Wind and waterproof shell pants (full zip)
- Gaiters (knee height) that fit over your boots
- Warm mitts or gloves with Gore-Tex shells
- Thin glove liners
- Sun hat with neck and ear protection
- Bandana
- Toque (warm hat) or balaclava (suitable for under helmet)
- Clothing and footwear for evenings indoors - lightweight

#### Personal Equipment

- Overnight Pack - waterproof, durable, and large enough to carry a share of food and group equipment in addition to personal gear (60-80 liters).
- Sleeping bag (+5°C to -10°C / 14°F to 41°F, depending on your comfort level)
- Headlamp - with spare batteries and bulb
- Water bottle(s) - 1 litre, wide mouth, plastic with tight lid
- Sandwich box, or other container for lunch
- Lighter or matches
- Small personal first aid kit - Band-Aids, Moleskin, medications, tape, etc. (We recommend [compeed](#) type products for blister management!)
- Personal toilet kit
- Sun screen and lip protection with high SPF (greater than 20)
- Sunglasses w/ good UV protection, (bring a spare pair as well)
- Repair kit (extra parts and tools that are specific to your gear)
- Toilet paper (enough to last for 4 days)
- Pocketknife
- Large plastic bag to line pack

### **Climbing Gear**

(Gear is included in the price of the trip. If you have your own bring it. Please let us know what you will need at least a week prior to the course/trip)

- Climbing harness – either sit- or full-body style
- Crampons (pref. mountaineering-style, w/ anti-snow-collecting sole plates) (please fit to boots *prior* to trip)
- Ice axe - approximately 70 cm. (27") length, with wrist loop
- Two locking carabiners - at least one Munter (pear shape)
- Two non-locking carabiners
- One 10ft webbing sling (cut total length = 10ft or 3meters)
- Two Prussik cords - 5 metres (6 yards) long, 7 mm diameter! (Not 6mm)

### **Optional Equipment**

- Collapsible trekking/ski poles for hiking (highly recommended)
- T-shirt / lightweight hut shoes
- Down jacket or vest (highly recommended)
- Earplugs (good for sleeping in noisy huts)
- Camera and film
- Map and compass / Altimeter / GPS
- Reading material/journal/pencil
- Belay/rappel device
- One ice screw, if you have one
- Personal amount of liquor / treats, if desired

We will supply all climbing ropes, group first aid and repair kit.

### **Renting?**

Please make sure that everything fits and is in good working order. This is why we will look at all the gear prior to the trip. There will be no time to change gear on the day of the trip. If you borrow it, find out how it works. Please make sure you do this as once we are on the glacier, there are no shops...

### **Booking Procedures**

#### **All course participants must read and sign a waiver**

Your spot is not confirmed until you have paid! We reserve the right to cancel trips if there are not enough participants, or we can also adjust the price if a private group is interested in booking the trip. Please contact us for these specific details.

**All deposits should be prepaid before the start of the course or arrangements should have been made to pay at the meeting place. There are exceptional occasions where it may be difficult to prepay due to time constrictions. Please contact us in advance. In most cases though, your place will not be confirmed unless you have paid the deposit. Courses will be cancelled if there is not a minimum enrolment.**

**In order that we meet your needs and those of others, we ask you to register at least 2 weeks prior to course commencement date. A deposit of one half the course fee is needed to ensure your place.**

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