

SAMU Group Ski Trip 2022



THURSDAY, FEBRUARY 24, 2022

- 7:30 am** - Load bus from *SAMU Building (10850 – 104 Ave)*. Northside of the building.
Please check-in with the Live it Up Tour Directors upon arrival. Waivers will need to be signed along with proof of Vaccination or negative covid test will need to be provided. Please note this is non-drinking trip and NO alcohol will be allowed on-board. Any alcohol you may be bringing for the weekend must be stored in the bins below with luggage and ski gear. Everyone must wear a mask for the entire bus ride and we suggest people keep the same seats throughout the trip.
- 8:00 am** - Depart for Banff. **We could coordinate a quick stop in Red Deer or Calgary if you like.**

*Quick stop will be required at the Park Gates.

- 12:30 pmish** - Approx. arrival in Banff at the *Elk & Avenue Hotel*. One person from each room will need to provide a credit card at the Front Desk (for incidentals and such). Please stay on the bus until the Tour Directors obtain everyone's room keys.

FRIDAY, FEBRUARY 25, 2022

- 7:30 am** - Bus will be available for boarding for those skiing today at Lake Louise Ski Resort.
- 8:00 am** - Bus will depart for Lake Louise Ski Resort. Tour Director's will distribute lift tickets en-route.
- 8:45 am** - Approx arrival at the ski hill.
- 4:00 pm** - Bus available for boarding at Lake Louise Ski Resort.
- 4:30 pm** - Bus departs for hotel.
- 5:15 pm** - Approx. time back at hotel.

SATURDAY, FEBRUARY 26, 2022

- 7:30 am** - Bus will be available for boarding for those skiing today.
- 8:00 am** - Bus departs for another great day of skiing at Lake Louise.
- 8:45 am** - Approx. arrival at the ski hill.
- 9:30 am** - Bus will depart Lake Louise ski resort to head back to Banff.
- 12:15 pm** - Everyone participating in the Dog Sled Tour must be ready in the lobby of the hotel.

**If for some reason our bus can't do the transfer to Canmore or you want to get there on your own, there would be an additional cost of \$10 per person cost + GST. The Snowy Owl Office is located at 109-829 10th Street, Downtown Canmore. You must let the Tour Director know by Friday night if you plan on doing this.*

- 12:30 pm** - Bus will depart Banff for Canmore to drop off those taking the Dog Sled tour this afternoon.
- 1:00 pm** - Dog Sled Tour will start.

You, Living life to the fullest

Mailing address: 419 Klarvatten Lake Wynd, Edmonton, AB T5Z 3B9
Office address: 902, 11834 Kingsway Ave, 9th floor East Tower, Edmonton

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- 3:15pmish** - Our bus will be available in Canmore to pick up those people who did the Dog Sled tour and then depart to pick up skiers from the hill.
- 4:15 pm** - Bus available for loading at the ski resort.
- 4:45 pm** - Bus departs for hotel.
- 5:30 pm** - Approx. time back at hotel.

SUNDAY, FEBRUARY 27, 2022

- 11:00 am** - Everyone must be checked out of hotel and pay any incidentals.
- 12:30 pm** - Bus will be available for boarding
- 1:00 pm** - Bus will depart Banff. **We can arrange a quick stop en-route in Calgary or Red Deer if you like.**
- 6:00 pmish** - Approx arrival back in Edmonton at the SAMU Building.

Reminder: Make sure to take all of your personal belongings with you. We are not responsible for lost or stolen items.

Disclaimer: All times are approximate and details are subject to change.

Please make sure to check out the links below for COVID-19 updates for your visit to Banff National Park and Banff townsite:

<https://www.pc.gc.ca/en/pn-np/ab/banff/visit/covid-19-info>

<https://www.banfflakelouise.com/travel-information>

<https://banff.ca/1132/Coronavirus-info-for-Banff>

Bus Ride

There can be lots of socializing fun as long as everyone is following AHS COVID rules and wearing masks for the duration of the trip. Bottled water will be available. Please note this is non-drinking trip and NO alcohol will be allowed on-board. Any alcohol you may be bringing for the weekend must be stored in the bins below with luggage and ski gear.

Elk + Avenue Hotel

*Each room has two comfy queen beds with desk and work area as well as an ensuite bathroom featuring up-graded amenities including hairdryers, top calibre toiletries and spacious deluxe showers.

*Good Earth Coffeehouse located in the lobby

*Farm & Fire Restaurant on-site (Government issued ID, proof of vaccination or a negative COVID-19 PCR or rapid test completed within 72 hours are required for dine-in service)

*Gift shop on-site

*Free WiFi

*Full-size lockers for ski equipment

*Jacuzzi and dry sauna (temporarily unavailable due to COVID)

*Located on Banff Avenue and a short walk to downtown Banff

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Arrival

Upon arrival at hotel, please remain on-board; while we get everyone's room keys from the front desk. You may keep all your ski/board equipment on the coach (at your own risk). Boots can be brought to your rooms. We suggest you bring your own snacks and such to enjoy throughout the weekend.

Please note: *Live It Up reserves the right to pass along any charges levied by suppliers with respect to hotel damages or unpaid incidental charges. To be enjoyable for all guests please keep in mind that the hotel has a strict 11:00pm quiet hour.*

Lake Louise Ski Resort

**Most Lifts/runs are open from 9am to 4pm.*

New chairlift & more runs for 2022! Juniper Express Quad, their third base area lift. Construction is well underway with a targeted opening date of mid-January or earlier. This chair's base will be located near the Whiskey Jack Lodge and will take guests to the junction of the Men's Downhill, Juniper Jungle and West Bowl egress runs. This will comfortably situate guests at the start of three new runs available for learner and intermediate skiers and riders.

Please make sure to check out their winter safety COVID protocols:

<https://www.skilouise.com/explore-winter/winter-safety-assurance/>

Please note: All lift tickets are non-refundable. If a lift card is lost or stolen, you will need to present the ticket stub to the Guest Services Desk and they may be able to cancel that ticket and re-issue a new one, if applicable. If for any reason you are not skiing on a day please return it to Guest Services Desk at the ski hill before Noon each day. NO guarantee of refunds.

Snowy Owl Dog Sled Tour (based on 2 people per sled)

Powder Hound Express Tour is the perfect introduction to dog sledding! This tour is 2 hours and trail length is approximately 10 kms. Included is 30 minutes of intro and instructions, 1 exhilarating hour of dog sledding and 30-minute campfire with hot beverages and baked goods. Self-driven and instructor-driven sled options are available and subject to availability and have weight restrictions (self-driven sleds up to 500 lbs and Instructor driven sleds up to 370 lbs).

Acceptable Apparel (any guests arriving in unsafe attire will unfortunately have to decline the tour without a refund):

*Insulated winter jacket or down jacket or small down jacket under wind/water proof shell or fleece jacket under wind/water proof shell

*Insulated winter overalls or insulated snow pants

*Fleece pants under wind/water proof outer pants

*Wool or synthetic wool socks

*Supportive insulated winter boots above the ankle or supportive insulated wind/water resistant hiking boot above the ankle or Snowboard boots

*Warm toque/beanie/hat that covers your ears

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*Insulated winter mitten or gloves

*Wool/silk/synthetic wool under-layers

*Goggles or sun glasses and sunscreen or chap-stick

*Sunscreen, Chap-stick*Small day pack with water, snacks, extra warm layers and camera



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