

OUTDOOR

FALL/WINTER 2019-20 PROGRAMS, TRIPS & RENTALS

CENTRE



UNIVERSITY OF
CALGARY



NO WIFI.
**BETTER
CONNECTION.**

FEATURES

DISCOVER
SNOWSHOEING

P. 9

LEARN TO
LOPPET

P. 19

A NEW LANDING FOR
HANG GLIDING VETERAN

P. 27



SKATE RENTALS & SKATE SHARPENING

ucalgary.ca/outdoorcentre/bowness-park



UCalgary Alumni

Skate with Santa

Jolly old St. Nick returns to the Olympic Oval Nov. 23

Bring your family for a festive spin around the fastest ice in the world.

Learn more: alumni.ucalgary.ca/events



[f](#) [t](#) [i](#) [@ucalgaryalumni](#)



BROADEN YOUR HORIZONS

HANG GLIDING | PARAGLIDING | TRACTION KITING
Novice and Intermediate Lessons

mullerwindsports.com

Novice Hang Gliding and Paragliding



TRAIN HARDER



CLIMB HIGHER

UCalgary Active Living memberships can take your outdoor pursuits to the next level.

Options start at just \$47.25/mth. Alumni discounts.

Aquatic Centre • Fitness Centre • Racquet Centre
Climbing and Bouldering Walls • Olympic Oval





Cover picture by
JEFF BULLOCK



**ucalgary.ca/
outdoorcentre**

INFORMATION

Outdoor Centre Information.....	2
Bowness Park.....	3
Free Presentations.....	4

BIKING

Biking.....	5
Repair and Tuning.....	5

SNOWSHOEING

Snowshoeing.....	6
Trail Descriptions.....	7
<i>Discover Snowshoeing.....</i>	9

MOUNTAIN & SAFETY

Crevasse Rescue.....	10
Caving.....	10
Avalanche Safety.....	11
Ice Climbing.....	12
Wilderness First Aid.....	13
Leadership.....	14
Navigation.....	15

SKIING

Cross-country Skiing.....	17
Loppet.....	18
<i>Learn to Loppet.....</i>	19
Backcountry Skiing.....	20
Telemark Skiing.....	20
Youth Programs.....	21

WATER & PADDLING

Sea Kayaking.....	22
River Kayaking.....	23
Canoeing.....	24
Fishing.....	25

WIND SPORTS

Hang Gliding.....	25
Paragliding.....	25
<i>A New Landing – John Janssen Feature.....</i>	27

CLIMBING

Climbing.....	28
Bouldering.....	31

RENTALS

Rentals Information and Prices.....	32-33
-------------------------------------	-------

The University of Calgary Outdoor Centre



UNIVERSITY OF CALGARY
FACULTY OF KINESIOLOGY

is a partner with the Faculty of Kinesiology and University of Calgary Active Living.
ucalgary.ca/outdoorcentre | 403.220.5038 | outdoor@ucalgary.ca

HOURS

Friday – Monday 8 am – 8 pm
Tuesday – Thursday 8 am – 6 pm

EXTENDED SUMMER HOURS

July – August 8 am – 8 pm

HOLIDAY CLOSURES

Closed all statutory holidays.

REGISTER FOR PROGRAMS

1. ONLINE

Find your program on our website then follow the registration links and check out with secure credit card payment. You can register yourself, your family or your friends.

FIND YOUR PROGRAM ON THE WEBSITE

Outdoor Centre programs are located alongside the Active Living programs at

www.ucalgary.ca/outdoorcentre.

2. PHONE

Having problems finding your program or with online registration? We can help. Call 403.220.5038.

3. IN PERSON

Our shop staff can help you with registration and take payment directly. If you have questions about a program feel free to email the program coordinator directly.

RENT GEAR

Did you know that we have over 10,000 quality outdoor items available to rent? All of our gear is checked and tuned and we regularly replace any old with new. Our knowledgeable staff can give you a primer on how to care for gear that you rent.

SEE PAGE 32-33 FOR A FULL LIST OF RENTAL ITEMS, PRICES AND HOURS OF OPERATION.

Call 403.220.5038 or email outdoor@ucalgary.ca for booking information.

Program and rental prices are subject to change. Please check our website for the most up-to-date information.

CONTACT

OUTDOOR CENTRE FRONT DESK

403.220.5038
outdoor@ucalgary.ca

CUSTOMER SERVICE MANAGER

403.220.8459
cfourni@ucalgary.ca

MARKETING & ADVERTISING

403.220.2432
outdoorm@ucalgary.ca

CONNECT WITH US

Follow us for the most up-to-the-minute updates on events, Bowness Park closures and program details.

[calgaryoutdoorcentre](https://www.facebook.com/calgaryoutdoorcentre)

[ucoutdoorcentre](https://twitter.com/ucoutdoorcentre)

[ucoutdoorcentre](https://www.instagram.com/ucoutdoorcentre)

Tag your Outdoor Centre program or gear rental photos with #ucoutdoorcentre to be featured.

[outdoorcentre](https://www.pinterest.com/outdoorcentre)

SIGN UP FOR OUR NEWSLETTER

Go to our website to opt in for our newsletter.

FIND US

The University of Calgary Outdoor Centre is located behind the Olympic Oval off of 24th Avenue NW. See the map below for directions to our main rental shop and FREE 15 minute loading zone.

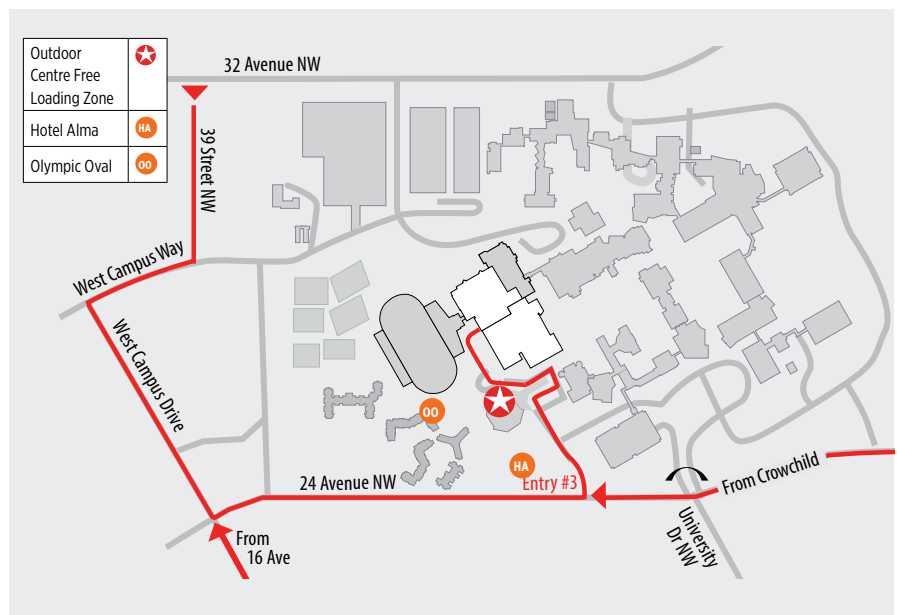
University of Calgary Outdoor Centre
Kinesiology B180, 2500 University Drive NW
Calgary, AB T2N 1N4

PARKING

Ask for a time-stamped parking pass to use our free 15-minute loading zone.

PARTNERS/ CONTRIBUTORS

Canmore Cave Tours
Duke of Edinburgh Awards
Go Trekkers
GPS City
Muller Windsports
Outdoor Council of Canada
Paddle Alberta
Tourism Calgary
Rocky Mountain Adventure Medicine



BOWNESS PARK

The University of Calgary Outdoor Centre is working with the City of Calgary to operate the Bowness Park boathouse, mini train and skate shop.

ucalgary.ca/outdoorcentre/bowness

bowness@ucalgary.ca
403.247.0683 (during operating hours)
8900 48 Avenue NW

SKATE SHOP

Rent skates and helmets or get your skates sharpened. You will need to provide photo ID and sign a rental agreement. The person renting must be 18 or older.

You can find seasonal hours/prices on our website: ucalgary.ca/outdoorcentre/bowness-park.

BOAT HOUSE

Rent a pedal boat, canoe or kayak to paddle in the lagoon for ½ hour, 1 hour or 2+ hours. Come midweek and save.

Boat rentals include paddles and personal flotation devices.

You will need to provide a credit card, photo ID and sign a rental agreement. The person renting must be 18 or older.

In the event of a severe weather warning or poor weather, all boats will be called off the lagoon and the boathouse will close.

MINI TRAIN

The vintage mini train circles the park starting at the main parking lot. A ticket includes a stop-off at the splash park and back, or once all the way around. Single or family tickets are available. Kids younger than two ride free.

Beat the crowds and go mid-week. Bowness Park is a busy place on hot, summer weekends.

The City of Calgary will periodically perform unscheduled maintenance to the mini train track, and the train will not be operational during that time.

STAY INFORMED

Go to our website for up-to-date hours of operation, prices and announcements.



FREE PRESENTATIONS

Our free presentations and information sessions are open to everyone. There is no need to register — just show up early to park and get a good seat. If you are driving, paid parking is available on campus. Most presentations are two hours long and just down the hall from the Outdoor Centre.

Wind River by Steven Wapple March 2020

The Wind River is a northern gem. Situated in the Peel River watershed and Mackenzie mountain range, this river offers a true wilderness adventure. There is great hiking, crystal-clear water and a rich habitat for northern wildlife. This section is Class II moving water — a perfect canoe destination. The area is filled with history from the Tsetlit Gwich'in and Na-Cho Nyak Dun First Nations, to stories of the ill-fated Lost Patrol (a NWMP patrol who lost their way and perished in the early 1900s). It is one of the largest unspoiled natural environments in the world, but is currently under the threat of potential industrial development. If you've ever dreamt of paddling this pristine environment, now is the time.

See website for presentation and trip registration details.

Churchill River - Voyageur Highway by Steven Wapple April 2020

Paddle through a succession of shimmering lakes, connected by short portages, rapids and waterfalls. Follow the path of early explorers and discover great camping, and fishing in the Canadian Shield. Come alive in the land of wind, water, and rock!

See website for presentation and trip registration details.

STAY INFORMED

Follow us on Facebook at [calgaryoutdoorcentre](https://www.facebook.com/calgaryoutdoorcentre) to learn about upcoming events.



BIKING

Group mountain biking lessons on Calgary's best trails give you the skills to ride rocks, roots & singletrack. Hit the trail with skill and confidence.

ucalgary.ca/outdoorcentre

Program Coordinator: Cody Johnston
outdoorbike@ucalgary.ca
403.220.5232

Mountain Biking Series - Fat Biking

Fat bike curious? Poor ski conditions? Discover new trails, build fitness and try fat biking with new friends — it's easier than you think (your smile gets a workout too). We provide the bike, you bring your sense of winter biking adventure. *Prerequisite: comfortable XC skiing or mountain biking 10-15km. Includes: guide, fat bike rental.*

November — March **\$85**

REPAIR & TUNING

Basic Bike Repair

Less fuss, more ride - learn how to efficiently fix a flat tire, clean and lubricate a dirty chain (and fix a broken one), and fix some of the common noises that bikes tend to make. Also learn when a trip to a professional bike mechanic is warranted. Get the confidence to do-it-yourself while on the road, the trail, or your workshop. No experience necessary. 16+. *Prerequisite: none. Includes: instructor, use of shop tools and supplies, course notes. 20% off tools and repair supplies when purchased in class.*

May — September **\$60**

Comprehensive Bike Repair Course

Using your own bike, (mountain or road) learn and practice the principles of bike repair with a professional mechanic. You'll be led hands-on through a comprehensive tune-up/overhaul—leaving no component untouched (fork and shock internals exempt). The content includes four modules (A. Basic Maintenance, B. Gears and Brakes C. Bearings and D. Wheel Truing) which will give you the knowledge to improve the performance and longevity of every component on your bike. Weekend and 4-week evening courses available. 14+. *Prerequisite: none. Includes: instructor, use of shop tools and supplies, course notes and Basic Bike Mechanic certificate upon completion. 20% off tools and repair supplies when purchased in class.*

Year-round **\$225**

Suspension Fork Basic Service & Brake Bleeds

Modern mountain bikes with hydraulic suspension components require regular service to prevent damage and to perform at their best. Service and tune your bike to a higher level. Topics include basic fork and rear shock service, hydraulic bleed procedures (all brakes), plus tips on bringing routine repairs to a higher level of accuracy and consistency. It is suggested you contact the coordinator in advance for advice on seal kits or other required parts. *Prerequisite: ABCD Weekend Certificate or equivalent hands-on practice. Includes: instructor, course notes and resources, all lubricants/hydraulic fluids.*

Sept — Oct, March — June **\$150**

Wheel Building

Learn how to measure spokes, lace, tension and true a practice wheel using a mix of measurement, formula, technology, and good old-fashioned 'feel'. This course is perfect for anyone who aspires to build their own wheels, or would like to replace a damaged rim on an existing wheel. *Prerequisite: ABCD course certificate and/or experience truing wheels. Includes: instructor, use of shop tools, in-house practice components (hub, spokes, rim), course notes and resources.*

Sept, Oct, March — May **\$75**

See page 20 for information on our Ski/Board Tuning Clinic.





SNOWSHOEING

Try snowshoeing in the Rocky Mountains on a guided day hike or multi-day series. Choose from easy to challenging trips which include snowshoe rentals.

ucalgary.ca/outdoorcentre

Program Coordinator: Rachel Oggy
 hike@ucalgary.ca
 403.210.8446

Introduction to Snowshoeing Lecture

In this evening lecture, we'll cover these snowshoeing basics: how to select and fit snowshoes, the best clothing and footwear for winter sport, essential day pack contents, safety concerns and where to go. *Prerequisite: none. Includes: instructor.*

November — February \$25

Discover Snowshoeing Series

Become a confident snowshoer in 3 weekends. In this series you'll get the Introduction to Snowshoeing lecture, and 3 snowshoe day trips with our experienced guides that progress in difficulty from week-to-week. All trips cover safety guidelines, instruction on travel skills in different terrain and interpretive information on the area. Trips are either on Saturday or Sunday. Level 1 and 2 trips meet at 9 am. Level 3 trips meet at 8 am. *Prerequisite: none. Includes: guide, snowshoes. Choose a series that has carpool or van transportation.*

November — March \$230 carpool/
 \$305 van

Guided Snowshoe Day Hikes

Discover new snowshoeing locations in Kananaskis or close to Calgary in a group with an experienced guide. All destinations have been selected to take advantage of the best snow conditions throughout the season, for both beginners and experienced snowshoers. We'll cover safety guidelines, instruction on travel skills

in different terrain and interpretive information on the area. Trips are either on Saturday or Sunday. Level 1 and 2 trips meet at 9 am. Level 3 trips meet at 8 am. *Prerequisite: none. Includes: guide, snowshoes. Some dates use self-transportation by carpool, while others include van transportation.*

November — March \$89 carpool/
 \$114 van

Easy Does It Snowshoe Fitness Series

Change your lifestyle over 8 weeks with this snowshoeing series that combines outdoor fun with indoor fitness training. This series is ideal for those new to snowshoeing and who have been fairly inactive. Each Wednesday, attend a small group training session at the University led by a certified trainer. Each weekend, enjoy a snowshoeing trip in the mountains led by an experienced guide, progressing in distance and elevation gain each week. *Prerequisite: none. Includes: guide, fitness trainer, snowshoes, 8 x 1-hour evening training session, 8 x full-day weekend snowshoe hike.*

January 7 — February 29 \$580

Level 1 - Easy

UP TO 7KM ON FLAT OR ROLLING TERRAIN WITH A MAXIMUM OF 150M OF ELEVATION GAIN. WE SNOWSHOE FOR 2-3 HOURS (PLUS LUNCH) AT A RELAXED PACE WITH PLENTY OF BREAKS. INTENDED FOR THOSE WITH LITTLE OR NO SNOWSHOEING EXPERIENCE IN FAIR PHYSICAL CONDITION. TRIPS MEET AT 9 AM.

BOW RIVER MARSH The Bow River Marsh loop starts in Banff and explores the winter wetlands. We'll hike along the meandering Bow River and see the ponds and marshes that are integral to its health. 4km, 50m gain.

HOGARTH LAKES This loop is a great location for new snowshoers. A flat forest trail leads to a series of small frozen lakes. We'll hike through plentiful snow along the shoreline and enjoy the gentle terrain. 5km, 50m gain.

PENSTOCK LOOP We'll head down to the wintry Kananaskis Lakes and see some of the history involved with their use for water storage and power generation. The trail takes a winding route through the forest, and enjoys a spectacular view of the Opal Range. 6km, 100m gain.

LOWER KANANASKIS LAKE This is a fun, scenic loop. We'll snowshoe along a gently-rolling forest trail out to an icy peninsula. After lunch we'll take in the views as we return along the shore of the frozen lake. 7km, 50m gain.

WARSPITE CIRQUE This hike in the Smith-Dorrien Valley ascends through mature forest, then finishes at a picturesque lake in a subalpine cirque. We'll take it slow and steady and be rewarded by tall mountains and deep snow. 5km, 150m gain.

Level 2 - Moderate

A 7-9KM HIKE ON ROLLING TERRAIN WITH UP TO 250M OF ELEVATION GAIN. WE SNOWSHOE FOR 3-4 HOURS AT A RELAXED PACE. AN EXCELLENT TRIP FOR THOSE WITH LITTLE SNOWSHOEING EXPERIENCE IN MODERATE PHYSICAL CONDITION. TRIPS MEET AT 9 AM.

BURSTALL MEADOWS This trail follows a chain of snow-covered lakes up the Burstall valley. We'll hike below steep mountain walls, and if time permits, may continue up the valley for a view of the Robertson Glacier. 8km, 200m gain.

SAWMILL LOOP A fun route that goes up and down rolling hills through open forest on the sunny eastern side of the Smith-Dorrien Valley. The area has lots of snow and great views of the surrounding peaks. 7km, 200m gain.

MURRAY LOOKOUT A snowy trip in the Smith-Dorrien Valley, this route ascends a lesser-used trail to a great viewpoint over the valley to the peaks and glaciers on the Continental Divide. After the lookout we'll return via a different path and practice skills in the hilly terrain. 6.5km, 225m gain.

MARUSHKA LAKE This little-visited lake is tucked under the dramatic Mount Shark, but some of the best views are along the way looking out over the Spray Lakes Reservoir. This route is likely to offer trail-breaking practice. 9km, 200m gain.

Level 3 - Challenging

AN 8-12KM TRIP ON HILLY TERRAIN GAINING UP TO 350M OF ELEVATION. WE SNOWSHOE FOR 4-6 HOURS AT A MODERATE PACE. FOR THOSE WHO HAVE SOME SNOWSHOE EXPERIENCE AND ARE IN GOOD PHYSICAL CONDITION. TRIPS MEET AT 8 AM.

RAWSON LAKE This trail is a steady hike from Upper Kananaskis Lake. We'll start off on the lake shore, and pass by the frozen Sarraill Creek Falls before turning uphill to ascend moderate switchbacks through mature forest to a picturesque subalpine tarn tucked in a bowl below Mount Sarraill. 8km, 300m gain.

ELK PASS Here's an opportunity to snowshoe to the Alberta/BC border. In the abundant snowpack of the Kananaskis Lakes region this longer trail gains steadily to the pass where we'll enjoy views of multiple surrounding mountain ranges. 11km, 250m gain.

CHESTER LAKE A classic in both summer and winter. We'll ascend a steep hillside through dense forest and deep snow, then meander through rolling open meadows to the frozen lake tucked below the dramatic Mount Chester. 7km, 310m gain.

RUMMEL LAKE This longer trip begins in an open forest across from Tent Ridge. We'll gain elevation quickly and be rewarded with spectacular views of the Spray Lakes Reservoir before reaching the lake in a broad bowl below Mount Galatea. 9km, 350m gain.

GUIDED SNOWSHOE TRIPS

All of our snowshoe trips include an experienced guide and snowshoe rentals.

“BUILD YOUR
FITNESS AND
**TRY OUT A
NEW ACTIVITY”**





DISCOVER SNOWSHOEING

By Jacqueline Louie

IF YOU'RE LOOKING TO STAY FIT AND HAVE FUN THIS WINTER, CONSIDER STRAPPING ON A PAIR OF SNOWSHOES AND HEADING OUTSIDE.

"Snowshoeing is a great activity because it is beginner-friendly and transforms winter into a fun opportunity to explore new places, rather than something to be endured indoors," says Snowshoeing Program Coordinator, Rachel Oggy.

GET OUTSIDE

The Outdoor Centre's snowshoeing programs start in mid-November with guided day-hikes in the Rockies, Kananaskis and Banff. Trips range from Level 1 (easy, short and flat) to Level 3 (difficult, several kilometres long and up to a few hundred metres in elevation gain). All trips are instructional and no previous snowshoeing experience is required. Few

outdoor activities are as beginner-friendly as snowshoeing, but taking a course can give you the confidence and know-how to navigate different types of terrain.

The Outdoor Centre snowshoeing programs appeal to a wide range of people — everyone from those who want to be more active outside to Calgary newcomers trying winter sports for the first time.

"A lot of people come on our programs to meet other outdoor enthusiasts," Oggy says. All ages and ability levels can enjoy the sport together.

GET IN SHAPE

Snowshoeing, "is very suitable for the entire range of abilities and fitness levels," Oggy adds. "One thing that is awesome about it from a fitness perspective, is that it can be as challenging as you want it to be." Snowshoeing can extend your hiking season and allow people who are used to being active in the warmer months to enjoy an outdoor program. Stay in shape, even as the snow falls.

For those who are new to physical activity, an eight-week beginner fitness series is available. Easy Does It runs January through February with a weekly training session in the gym and a weekly snowshoeing trip.

"It's a great way to build your fitness and try out a new activity at the same time," Oggy says.

DON'T BREAK THE BANK

If you're just getting into snowshoeing, renting gear is a great way to get started. The Outdoor Centre provides the MSR Evo, a general-purpose snowshoe with excellent grip; and the MSR Lightning Ascent, a performance snowshoe that has all the benefits of the Evo, plus a heel lift to make ascending steep slopes much easier.

When you go snowshoeing with the Outdoor Centre, another bonus is the transportation. If you don't have a car or don't enjoy winter driving, the Centre makes it easy to get out to the mountains with its 15-passenger van. Carpooling is another option.



CREVASSE RESCUE

Glacier travel can be tricky. Learn various crevasse rescue techniques on our climbing wall from ACMG guides, then practice them in an outdoor setting

ucalgary.ca/outdoorcentre

mountain@ucalgary.ca

Crevasse Rescue 1

Spend the day learning the equipment and techniques used in crevasse rescue. We use sections of the climbing room that were built specifically for crevasse rescue systems. Learn how to rope up for glacier travel, use assisted rescue techniques with a drop loop and self-rescue. This program is also offered as an evening course. *Prerequisite: none. Includes: instructor, technical equipment.*

September — March

\$128

Crevasse Rescue 2

This full-day course covers the equipment and techniques used in crevasse rescue in an outdoor setting. It will build on what you learned in Crevasse Rescue 1 with practice of basic techniques, new rope skills and anchor building (T-slot and 2 point anchor concepts). *Prerequisite: Crevasse Rescue 1 or equivalent experience. Includes: instructor, technical equipment.*

September — March

\$150

PRACTICE OUTDOOR SKILLS

The University of Calgary's unique climbing wall, which simulates an actual rock face, can be used not only for climbing but also for placing gear, which allows you to practice essential mountain skills like crevasse rescue without having to head out to the mountains. Start in the gym, then take it outside.

CAVING

A unique adventure - explore Rat's Nest Cave with experienced guides on a caving tour that's just one hour from Calgary.

ucalgary.ca/outdoorcentre

Program Coordinator: Rachel Oggy
hike@ucalgary.ca
403.210.8446

Rat's Nest Cave Adventure Tour

Looking for something warmer to try this winter? Caving is perfect, as the temperature inside is a constant +5 degrees. Explore ancient passageways in Rat's Nest Cave near Canmore and see large chambers, narrow passages and a tranquil underground pool. Along the way, descend an 18m rappel, and crawl through the 'laundry chute' for just some of the highlights of this thrilling adventure. Course meets in Canmore. *Prerequisite: moderate physical condition. Includes: caving guide, coveralls, all technical equipment.*

Year-round

\$165

AVALANCHE

Canada's premier avalanche safety school—learn rescue skills, avalanche terrain recognition and safe backcountry travel from our certified instructors.

ucalgary.ca/outdoorcentre

mountain@ucalgary.ca

Avalanche Skills Training 1

Learn to recognize avalanche terrain, understand safe travel practices and be taught companion rescue. AST 1 is essential for skiers, snowshoers, climbers and sledgers, and is the first 2 days of 6 when combined with AST 2. It follows Avalanche Canada's curriculum and is taught by certified instructors. Courses start with either a full day or 2 evenings of classroom theory, followed by a field day at Fortress Mountain. *Prerequisite: no previous backcountry experience is necessary and you can choose to use snowshoes, backcountry skis or splitboards. Includes: Canadian Avalanche Association certified instructor, AVCAN AST 1 certificate, course materials, use of transceivers, shovels and probes. Book the optional van transportation for \$27.*

November — April

\$225

Avalanche Skills Training 2

AST 2 is for skiers and riders who have taken a basic avalanche awareness course, are comfortable in the backcountry, and want to further their mountain winter training. The first day covers advanced avalanche-related concepts, and the next 3 days will focus on decision-making in the field, with evening theory sessions. This course follows Avalanche Canada's curriculum and is taught by certified instructors. 19+ years and up (or 16+ if accompanied by a parent). *Prerequisite: AST 1 or equivalent, good physical condition and able to ski/ride safely under all snow conditions. Includes: ACMG guide, AVCAN AST 2 certificate, use of transceivers, shovels and probes.*

December — March \$599 Kananaskis
\$799 Rogers Pass

VANS FOR AST1 PARTICIPANTS

Take a break and let us do the driving in our 15-passenger vans. Book your spot when you register for your avalanche course.



ICE CLIMBING

Climb a frozen waterfall! Our experienced ACMG-certified guides teach beginner to advanced skills for you to safely enjoy classic Rocky Mountain ice climbs

ucalgary.ca/outdoorcentre

mountain@ucalgary.ca

Intro Ice Climbing

Ice climbing is an exciting, technical sport that is a key component in the mountaineering skill set. In this beginner course, ACMG-certified guides teach movement skills, belaying, how to use crampons and technical ice tools, and how to place ice screws. Lessons are on Saturdays at a popular climbing destination in the Rockies. A pre-trip meeting the night before covers details and safety. 16 years and up. *Prerequisite: none. Includes: ACMG-certified guide, use of technical equipment.*

November — March **\$160**

Ice Climbing Weekend

We've tacked on an extra day to Intro Ice Climbing so that you have more time to practice with our ACMG-certified guides. Learn the basics and improve techniques while enjoying new Rocky Mountain locations each day. Beginners and experienced climbers are welcome. A pre-trip meeting the night before covers details and safety. 16 years and up. *Prerequisite: none. Includes: ACMG-certified guide, use of technical equipment.*

November — March **\$325**

FAMILY FRIENDLY Youth Ice

Encourage your teen to try a new winter sport and take advantage of world-class ice climbing in the front ranges of the Rockies. In this program, youth will learn how to use ice axes and crampons in a fun, safe day out with our experienced, ACMG-certified guides. Parents are welcome to register as well to make it a family activity. *Prerequisite: All participants must attend the pre-trip meeting. First-time climbers welcome. Includes: ACMG-certified guide, all equipment. *Youth 13 and 14 must be accompanied by an adult.*

January 10-11 **\$160**

See pages 28-31 for a full list of indoor winter climbing programs.



WILDERNESS FIRST AID

Wilderness First Aid training is a must for outdoor adventurers. Choose courses based on experience or requirements. Certification offered through RMAM.

ucalgary.ca/outdoorcentre

Program Coordinator: Angela Harder
amharder@ucalgary.ca
403.220.7021

Remote Responder - 24 Hrs

An ideal course for backcountry enthusiasts and weekend warriors. This training is recognized by Alberta Workplace Health and Safety and includes a full day of practical scenarios. This course is NOT appropriate or adequate for trip leaders, instructors or those undertaking extended travel in remote areas. *Prerequisite: none. Certification: Remote Responder (WFA) Certification (valid for 3 years) – includes CPR and AED training. Includes: certified instructor, use of first aid equipment, course manual.*

October & February **\$330**

Remote Responder Recertification - 14 Hrs

Every 3 years participants must recertify their Remote Responder certification. The course consists of two evening classes and one field day. *Prerequisite: current Remote Responder or equivalent Wilderness First Aid certification. Includes: certified instructor, use of first aid equipment, course manual.*

October & February **\$220**

Adventure Medic - 40 Hrs

Adventure Medic is the wilderness first aid standard in terms of content and course length for outdoor activity leaders, teachers and instructors. This course is also suitable for avid outdoor enthusiasts. The program covers patient assessment and treatment, evacuation decision-making, environmental emergencies, and includes the latest CPR and AED standards. This course is presented by blending classroom theory and practice with 2 days of outdoor practical scenarios. *Prerequisite: none. Certification: Adventure Medic Certification (valid for 3 years). Recognized by Alberta OH&S as 'exceeding' Standard First Aid. Includes: certified instructor, use of first aid equipment, course manual.*

Sept, Nov, Jan & March **\$505**

Adventure Medic Recertification - 20 Hrs

Every 3 years participants are required to refresh their Adventure Medic skills. This 20-hour recertification course is presented by blending classroom theory and practice with outdoor practical scenarios. *Certification: Adventure Medic Certification (valid for 3 years). Recognized by Alberta OH&S as 'exceeding' Standard First Aid. Includes: certified instructor, use of first aid equipment, course manual.*

Sept, Nov, Jan & March **\$310**

Advanced Adventure Medic Bridge Course - 40 Hrs

This course is designed to raise your current level of certification to one appropriate for guides and leaders, for those who are going on extended and remote expeditions, or for those wishing to work as professional ski patrollers in Alberta. This intense 5-day program involves a high level of commitment from the learner. *Prerequisite: current Adventure Medic or Wilderness First Aid (40 hours) Certification. Certification must be dated no more than 1 year prior to the start date of the bridge course. Completion of pre-course assignments is required prior to course commencement. Certification: Advanced Adventure Medic (valid 3 years) including Basic Life Support CPR and AED training. Recognized by Alberta OH&S. Includes: certified instructor, use of first aid equipment, course manual.*

December **\$535**

Advanced Adventure Medic / Wilderness First Responder - 80 Hrs

This course is designed for wilderness professionals: guides and leaders, those who are going on extended and remote expeditions, or those wishing to work as professional ski patrollers. This intense 10-day program involves a high level of commitment. Delivery format varies but includes 4 days (or equivalent hours) of practical skills in a wilderness setting with the remaining hours in the classroom. *Certification: Advanced Adventure Medic (recognized by Alberta OHS) or Wilderness First Responder (both valid for 3 years) including Basic Life Support CPR & AED training. Includes: certified instructor, use of first aid equipment, course manual.*

October & April **\$835**

Certification for all Wilderness First Aid and Water Safety programs is offered through Rocky Mountain Adventure Medicine.



Advanced Adventure Medic / Wilderness First Responder Recertification - 40 Hrs

Every 3 years participants are required to refresh their Advanced Adventure Medic / Wilderness First Responder skills. This 5-day (40-hour) program offers ample opportunities for discussion, review and practice of both theory and skills taught in the full course. This program moves at a relaxed pace and ensures that learners leave with a thorough understanding of course topics, resulting in a renewal of your existing Advanced Adventure Medic or Wilderness First Responder certification. *Prerequisite: current 80-hour Advanced Wilderness First Aid. Includes: certified instructor, use of first aid equipment, course manual.*

October & April **\$505**

Advanced Adventure Medic / Wilderness First Responder Recertification - 3 Days

3-DAY CHALLENGE PROGRAM — suitable for experienced individuals. This assessment-based Advanced Adventure Medic / Wilderness First Responder recertification format requires extensive pre-course self-study, a sound knowledge base and strong skills for successful completion. *Prerequisite: current 80-hour Advanced Wilderness First Aid. Includes: certified instructor, use of first aid equipment, course manual.*

November & March **\$445**

CERTIFICATION OPTIONS

Advanced Adventure Medic Certification is recognized by Alberta Workplace Health and Safety and will allow for mobility between Alberta, BC, Saskatchewan, Manitoba and the Yukon.

To be eligible for this option, participants **MUST** provide proof of Standard First Aid Certification dated no more than 1 year prior to the start date of the AAM course.

Wilderness First Responder Certification is NOT recognized by Alberta Workplace Health & Safety. There is no pre-requisite for this course.

Course content for both programs is identical aside from the prerequisites for certification.



LEADERSHIP

Get the outdoor leadership skills to take hikers into low-risk terrain. Field Leader certification is offered through the Outdoor Council of Canada.

ucalgary.ca/outdoorcentre

Program Coordinator: Rachel Ogg
hike@ucalgary.ca
403.210.8446

Field Leader (Overnight)

This 2-day overnight certification course will extend your Field Leader (Leadership Level 1) certification so as to be eligible to lead overnight trips in low-risk hiking, paddling or equine terrain. *Prerequisite: Field Leader certification, active Outdoor Council of Canada membership. Includes: instructor, manual, certificate.*

September

\$195

CERTIFICATION

Leadership certification offered by the Outdoor Council of Canada



Field Leader (Hiking)

This 2-day certification course provides the training required to lead others on 1-day outdoor adventures in low-risk terrain. Designed for entry-level leaders, this systematic approach to planning and managing a hiking activity will also be useful for more experienced leaders. This course is recognized by Parks Canada and Alberta Parks as meeting the permitting requirement for a 2-day group management course. *Prerequisite: none. Includes: instructor, manual, certificate, 1-year Outdoor Council of Canada membership. Graduates will be listed in the National Outdoor Leaders Registry.*

May — September

\$178

SAVE Field Leader (Hiking + Winter)

This 2.5-day certification course combines the Field Leader (Hiking) course with the winter extension so you'll be prepared to lead in all seasons. Taught in winter conditions, this course covers the systematic approach to planning and managing hiking activities for both new and experienced leaders, and includes the additional considerations necessary for operating through the year. This course is recognized by Parks Canada and Alberta Parks as meeting the permitting requirement for a 2-day group management course. *Prerequisite: none. Includes: instructor, manuals, certificate, 1-year Outdoor Council of Canada membership. Graduates will be listed in the National Outdoor Leaders Registry with the dual certification.*

November — March

\$240

Field Leader (Winter)

This 1-day certification course provides the extended training required to lead others on a winter adventure in low-risk hiking terrain. *Prerequisite: Field Leader certification, active Outdoor Council of Canada membership. Includes: instructor, manual, certificate.*

October

\$112

FIRST AID

Did you know that University of Calgary Active Living offers First Aid courses almost every week, all year round?

RED CROSS STANDARD FIRST AID

CPR/AED Level C, Level HCP and BLS

RED CROSS CPR/AED

Level C, Level HCP and BLS

RECERTIFICATION COURSES & FIRST AID INSTRUCTOR COURSES

Go to www.ucalgary.ca/activeliving for the full list of programs and dates. For more information call 403.220.3625.



NAVIGATION

Backcountry users need effective outdoor navigation skills. In these courses, you will learn to read topographic maps, and use compasses and GPS.

ucalgary.ca/outdoorcentre

Program Coordinator: Rachel Oggy
hike@ucalgary.ca
403.210.8446

Navigation 1 - Using Maps (classroom)

Learn the basics of navigation including the use of landforms, trail markers, route information and maps. In this classroom course, you'll learn to use topographic maps to read contour lines, identify features, keep track of your location and make excellent route plans before you hike. *Prerequisite: none. Includes: instructor, materials.*

September — March **\$50**

Navigation 2 - Using Compass

Build on your map-reading knowledge with compass skills. Over a morning class and afternoon outdoor practice, learn how to interpret a compass including cardinal directions, bearings and declination. Through practice exercises, find out how to integrate your map and compass knowledge for effective navigation across any terrain. *Prerequisite: Using Maps. Includes: instructor, materials, use of compass.*

September — March **\$78**

Navigation 3 - Using GPS

Learn the basic functions of a GPS unit and how the features and limitations of GPS technology apply to backcountry navigation. We'll introduce you to finding your location, marking waypoints, creating and following a route, and saving and interpreting the data recorded on a trip. Discover how to use a GPS unit in the morning then spend the afternoon getting some hands-on practice outdoors. *Prerequisite: Using Maps. Includes: instructor, materials, use of GPS unit.*

November — March **\$89**

“Ten years ago, my husband and I met for the very first time at Pocaterra Hut in Kananaskis. We were participating in an advanced cross-country ski course organized by the University of Calgary Outdoor Centre. This past winter we returned to the same venue to introduce our beautiful seven year old daughter, Arizona, to cross-country skiing. To ensure she had a good experience we registered her in the Jackrabbit Ski Series run by the Outdoor Centre. Arizona had a blast on her ski course and we took the opportunity to ski some of the great trails through the area. Occasionally we would cross paths with Arizona and her new ski buddies as they mastered the various aspects of cross-country skiing. They were clearly having a great time! By the end of the course we were able to ski together as a family and reflect on how the University of Calgary cross-country ski programs changed our lives forever.”

-JESSIE FLETCHER



CROSS-COUNTRY SKIING

Beginner to advanced cross-country ski lessons will give you the skills to explore groomed trails in Kananaskis for years to come. Enjoy winter again!

ucalgary.ca/outdoorcentre

Program Coordinator: Finlay MacNeill
xcski@ucalgary.ca
403.220.7022

BEGINNER

A. Cross-Country Seminars to Get You Started

Prepare for the cross-country skiing season with these 1-hour informative sessions that include Ski Waxing and Gear, Cross-Country Gear, Nutrition, and Sport Psychology and Motivation. Get on the right track with professional advice to make your ski experience positive and enjoyable. *Prerequisite: none. Includes: Instructor.*

November — January \$25

Cross-Country Ski Wax Clinics

Learn all about grip and glide in this practical 2-hour, hands-on wax clinic taught by an expert in the field. Get great tips on caring for your skis, including how to apply glide and kick wax. *Prerequisite: none. Remember to bring your own skis. Includes: Instructor, waxing equipment, wax.*

November — January \$42

B. Beginner Cross-Country Ski Lesson

Spend the day learning beginner cross-country ski techniques on the beautiful trails in Kananaskis. This 5-hour lesson will cover striding, gliding and turning on easy terrain. Skill-building activities and plenty of practice will help you become comfortable moving on skis. *Prerequisite: none. Includes: instructor. Van transportation available for \$30 on some dates.*

November — March \$65

C. Basic Hills Cross-Country Ski Lesson

Gain confidence cross-country skiing on hilly trails this season. Join us on rolling terrain in Kananaskis and learn how to move uphill, turn, glide downhill and slow down. There will be plenty of time to practice your new skills in this 5-hour session. *Prerequisite: B: Beginner Cross-Country Ski Lesson or equivalent experience. Includes: instructor. Van transportation available for \$30 on some dates.*

December — March \$65

FAMILY FRIENDLY Cross-Country

Ski Sampler

Discover the network of trails right in your backyard. This 2-hour introduction to cross-country skiing will teach you balance and basic movement on gentle terrain without the long drive. Choose morning or afternoon lessons, and depending on snow conditions, we'll either meet at Confederation Park, the West Bragg Creek ski trails or at Shaganappi Golf Course. *Prerequisite: none. Includes: instructor, 50% off rental gear. Please bring your gear to the lesson.*

December — February \$40

SAVE Classic Cross-Country Skiing

Ultimate Winter Package

We've bundled these classic cross-country skiing lessons to save you \$50. Now you can become a confident skier in one winter. Take the scheduled XC Gear seminar, then choose from the dates for B. Beginner Cross-Country Ski Lesson, C. Basic Hills Cross-Country Ski Lesson and D. Cross-Country Ski Skill Builder. You'll soon be cruising the trails with ease and efficiency. *Prerequisite: none. Participants must take the lessons in the order given. Includes: instructor.*

November 30 — March 7 \$175

Cross-Country Ski Coaching Series

Are you a cross-country skier who can't commit to the Learn to Loppet program? Our Cross Country Ski Coaching Series is a skinnied-down version just for you. On this low ratio course you will spend 4 Saturdays skiing fabulous trails in Kananaskis with a coach to improve your skills and endurance. Locations are dependent on snow conditions and may include trails in Peter Loughheed, Kananaskis Village, Mt Shark, Bragg Creek and Canmore Nordic Centre. *Prerequisite: must be able to ski 10-15km a day. Includes: instructor.*

January — February \$265

Bunnies and Jackrabbits Parent Ski Series

Are your kids in the Bunnies or Jackrabbits cross-country ski series? Get some coaching of your own at the same time. Over 5 weeks you'll develop classic cross-country skills that will enable you to get out and embrace winter as a family. Starting week 2, the parent's program will be in the same vicinity as the kids' programs so you can ski with peace of mind. *Prerequisite: parents of Jackrabbits or Bunnies participants. Includes: instructor.*

January — February \$210

NEW Parent and Tot — Learn to Ski

If you are keen to enjoy winter with your toddler and learn tips and tricks of cross-country skiing with them, then join our NEW program to help you have success and fun skiing together. We will have an in-class session to help set you up for success for when you are on the snow. Then we will have a 2-hour session on the snow to get out skiing together. *Prerequisite: none. Includes: chariots for the ski.*

December — February \$100

See page 21 for additional youth cross-country ski programs.

INTERMEDIATE

D. Cross-Country Ski Skill Builder

Get out and enjoy Kananaskis while building your cross-country ski skills. The focus of this day session is on classic techniques and maintaining speed and rhythm on varied terrain. In the morning, we'll work on developing efficient skills for flat terrain, and in the afternoon on hill techniques. Low client-to-instructor ratio allows for increased one-on-one coaching opportunities. *Prerequisite: the ABCs or equivalent. Includes: instructor. Van transportation available for some dates.*

January — March \$75

SKATE SKIING

A. Intro to Skate Skiing Series

Extend your cross-country ski season by learning this fast and fun technique that eliminates tricky kick-waxing, and is great for getting fit. In this series you'll be introduced to the basic balance and movement of skate skiing. Learn various strides for climbing and cruising on the flats in these 4-evening lessons at Confederation Park. *Prerequisite: previous cross-country ski experience recommended. Includes: instructor, Foothills Nordic trail maintenance fees.*

January — February \$170

XC VAN TRANSPORT

Some ski programs have optional van transportation. Check the available dates on our website before registering for your ski program.

LOPPEL

ucalgary.ca/outdoorcentre

Program Coordinator: Angela Harder
xcski@ucalgary.ca
403.220.7021

Learn to Loppet

This 22-week race training program will make you a strong cross-country skier and prepare you to race in the March Lake Louise Loppet. Long-distance training and skill development will help you to improve technique, speed and efficiency, while commitment and group support will help you to achieve personal goals. Fitness training, nutrition and sport psychology experts from the University of Calgary Athletic Development Team will present weekly classroom seminars and dryland training sessions. Once the snow flies, bi-weekly ski sessions will allow time for personal coaching, technique and pacing practice. The on-snow, midweek ski sessions are held within the Calgary city limits and Saturday ski sessions are in the Rockies. *Prerequisite: no experience necessary. Includes: 9 classroom seminars, 16 x 60-90-min dryland training sessions, 10 x 1.5-hour mid-week evening ski sessions, 10 x 3- or 4-hour weekend ski days, UCalgary Fitness Centre membership during program, fitness instruction, on-snow coaching, Foothills Nordic trail maintenance fees. Participants are responsible for transportation, ski gear, trail passes and Loppet fees.*

October 1 — March 10

\$660

Loppet Masters

Technique and performance is the focus of this 24-week cross-country ski course designed for alumni of the Loppet programs, or those with equivalent experience. With the help of our enthusiastic and experienced coaches, you will set goals and be motivated to improve classic technique and fitness. We will also have a skate ski coach for those who want that option. This is a fun, focused training and touring program in which we will try to ski in various locations—working in longer touring days when the snow is awesome. You'll have coaching support at 2 Loppets this season, which could include the Edmonton Birkebeiner, Huckleberry Loppet or the Lake Louise Loppet. *Prerequisite: great for those who have previously done multiple Loppets or who have equivalent cross-country ski experience. Includes: 20 x 60-90-min dryland training sessions, 10 x 1.5-hour mid-week evening ski sessions, 11 x 3- or 4-hour weekend ski days, University Fitness Centre membership during program, fitness instruction, on-snow coaching, Foothills Nordic trail maintenance fees. Participants are responsible for transportation, ski gear, trail passes and Loppet fees.*

September — March

\$660

Loppet Masters - Dryland only

Dryland training will run each Tuesday or Wednesday night at the UCalgary gym/weight room as well as Saturday mornings at a local park. This program is offered in conjunction with the UCalgary Athletic Development team. These professionals and coaches will help you reach your fitness goals and help you get ready for the cross-country ski season. *Prerequisite: no experience necessary. Includes: instructing in the fitness centre and coaching on the hills.*

September — November

\$140

OVER THE LAST 11 YEARS,

the Loppet program has coached hundreds of skiers to be race-ready.

That's worth celebrating!"



“IT BECOMES
A PART OF
YOUR
LIFESTYLE”



LEARN TO LOPPET

By Jacqueline Louie

CALGARIAN KIRSTEN RINGSTROM WANTED TO IMPROVE HER CROSS-COUNTRY SKIING, SO SHE SIGNED UP FOR THE UNIVERSITY OF CALGARY OUTDOOR CENTRE'S LEARN TO LOPPET PROGRAM WHEN IT FIRST OPENED ITS DOORS 11 YEARS AGO.

Every year since then, Ringstrom has returned to the program. This is because every year something new is added, for example longer distances to prepare for the 55-km Canadian Birkebeiner in Edmonton, and recently, skate skiing.

"It's a lot of fun. I've made a lot of friends. It has quite a social aspect – it's a real community, and we encourage each other. Joining the program just gives me that extra incentive to ski," says Ringstrom, who is in her 50s. "It becomes part of your lifestyle."

How has the program benefited her skiing? "Magnificently!" she laughs. "A lot of people think that skiing is

just walking, but there is quite a bit to know about it, which I had never realized. I'm a much better skier now in terms of efficiency and style. It doesn't take as much effort to go further and faster. The coaches have all been great and Angela (Harder), the program coordinator, does a marvelous job."

A loppet is a recreational cross-country ski race, and the Learn to Loppet program includes an element of friendly competition. Ringstrom has done the Lake Louise, the Birkebeiner and Nipika Loppet. She also participates in a relay from Lake Louise to Banff most years.

The Learn to Loppet program has helped Ringstrom maintain her fitness. Participants go skiing twice a week: in the city at Confederation Park and to the mountains on Saturdays.

"Loppets aren't just for people who want to race," she adds. "They are for all ages and levels. They're more of a cross-country skiing community event than a race. You can be as serious about it as you want. They bring together skiers from all over Alberta."

"It's a great program. You certainly get your money's worth," Ringstrom says.

Harder, the Outdoor Centre's paddle and cross-country ski programs coordinator, notes that Learn to Loppet meets everyone where they're at.

"We want people to come off the couch and start this fitness program. It's good for people who want to make a change in their life," she says. Several long-time participants have even gone on to get their Canadian Association of Nordic Ski Instructors (CANSI) certification and are now coaches in the program.

Dryland training begins in October. For program alumni, the Loppet Masters, dryland training begins in September. Skiing for both groups kicks off in December and continues through early March. The program finale, for those who choose to sign up, is the Lake Louise Loppet in early March.

Learn to Loppet is all about getting active and more fit.

"It's a fun day to cheer each other on," Harder says. "It's low impact and high cardio, so it's cool in that way. It's not competitive. It's having a goal to train towards. People make new friends and have long lasting friendships from it, which is pretty awesome."

BACKCOUNTRY SKIING

Join our ACMG-certified guides on a safe and fun backcountry ski trip and experience some of the best powder runs, or on a hut-to-hut ski tour on the Wapta Traverse.

ucalgary.ca/outdoorcentre

mountain@ucalgary.ca

Intro to Backcountry Skiing & Riding

Designed for those who want to try backcountry skiing or splitboarding—learn to use climbing skins and alpine touring skis, telemark skis or splitboards. Our guides will provide valuable tips, and cover touring safety and backcountry trip preparation. Course includes an evening lecture and a full day on snow. *Prerequisite: downhill, telemark or snowboarding experience. Includes: instructor, avalanche safety equipment.*

November — March **\$165**

First Track Fridays

Beat everyone to the fresh snow in this next step to our Intro course. Go backcountry skiing/riding with our ACMG-certified guides for a fun, safe day in the mountains. Destinations may change based on snow conditions. *Prerequisite: able to ski/ride under control in all snow conditions and have practiced companion rescue this season. Includes: ACMG-certified guides.*

December — April **\$125**

Powder Days

Enjoy a day of backcountry touring and turns in some of Alberta's best powder. In this perfect next step for backcountry skiers and riders, an experienced guide will ensure you have a fun, safe day of backcountry deep-powder fun. Destinations may change based on snow conditions.

Prerequisite: able to ski/ride under control in all snow conditions and have practiced companion rescue this season. Includes: ACMG-certified guides.

December — April **\$135**

SOME OF OUR FAVOURITE PLACES

Watermelon Peak
Healy Pass
Saddleback Pass
Chickadee Valley
Emerald Peak/Valley
Helen Lake

Ski Summit Series

These classic 1-day backcountry Rocky Mountain ascents are great workouts with the good possibility of astounding powder runs. Skiers must be in good shape as all trips involve a minimum 900-metre elevation gain. Be prepared for big challenges and even bigger rewards. *Prerequisite: good physical condition, able to ski/ride under control in all snow conditions, and have practiced companion rescue this season. Includes: ACMG-certified guides.*

February — April **\$140**

Rogers Pass Long Weekend

Join us for 3 days in Glacier Park/Rogers Pass. It's Canada's premium backcountry ski touring destination—famous for its steep and deep powder runs. There is a mixture of tree runs for low-visibility days plus open bowls, ridges and glaciers. The Rogers Pass area gets about 100cm of snow per week, so be prepared for snowy days and ultimate powder fun. *Prerequisite: strong intermediate skier in good physical condition. Includes: ACMG-certified guides, Friday and Saturday night accommodation.*

January — February **\$599**

Wapta Traverse

Experience the ultimate hut-to-hut, multi-day backcountry skiing adventure in a world-class Rockies destination. The Wapta Icefield is a region of glaciers between Peyto Lake and Wapta Lake, northwest of Lake Louise with spectacular views, great powder skiing and challenging ascents. A series of mountain huts, complete with mattresses and stoves, make it possible to do a variety of traverses across the Icefield. 19 years and up (or 16+ if accompanied by a parent). *Prerequisite: strong intermediate skier in good physical condition. Includes: ACMG-certified guides, hut fees, backcountry access fees, specialized glacier travel equipment (harness, ropes, crampons, etc.), evening meals.*

March 12 - 15 **\$1130**

Bow - Yoho Ski/Splitboard Traverse

This classic, multi-day backcountry traverse gives access to tremendous views and great skiing or boarding. The first night is spent at Bow Hut. On the second and third nights we will stay in the new Louise and Richard Guy Hut. The fourth is at the beautiful Stanley Mitchell Hut, and on the last day we will make an incredible descent to Emerald Lake (conditions permitting). *Prerequisite: strong intermediate-expert skier/splitboarder in good physical condition. Includes: ACMG-certified guide, hut fees, backcountry access fees, specialized glacier travel equipment (harness, ropes, crampons, etc.), evening meals.*

April 1 - 5 **\$1420**

Ski/Board Tuning Clinic

Learn to do a skilled tune-up of your skis or snowboard, including cleaning and base repair, edge sharpening and waxing. Receive personalized instruction and lots of practice in this 3-hour hands-on clinic. Please make sure the snowboard, pair of downhill, alpine touring or telemark skis that you bring to the clinic are clean and in decent condition. Maximum 6 students/class. *Prerequisite: none. Includes: instructor, use of all equipment/supplies. 20% off tuning equipment/supplies when purchased.*

November — February **\$80**
outdoorbike@ucalgary.ca for info

TELEMARK SKIING

Our progressive telemark lessons will have you carving arcs in backcountry powder and meeting other telemarkers. Learn the skills and free the heel.

ucalgary.ca/outdoorcentre

Program Coordinator: Angela Harder
xcski@ucalgary.ca
403.220.7021

Novice Telemark Skiing

Telemarking is a niche, lift area and backcountry ski technique that frees the heel to allow for graceful, arcing turns. In this full-day lesson, you'll get a solid foundation of basic telemark skills — position, balance, control and turns. Location: Nakiska. *Prerequisite: must be comfortable skiing moderate slopes on either downhill or cross-country skis. Includes: CANSI-certified telemark instructor. Participants are responsible for transportation, lift tickets and gear.*

December — January **\$85**

Intermediate Telemark Skiing

Carve telemark turns on groomers or shred backcountry powder like a pro. In this full-day lesson, you'll learn to effectively use your edges to carve smooth turns, negotiate steeper terrain, integrate the use of your poles for timing and ski with more speed and confidence. Location: Nakiska. *Prerequisite: Novice Telemark Skiing. You must be comfortable skiing blue runs on downhill skis. Includes: CANSI-certified telemark instructor. Participants are responsible for transportation, lift tickets and gear.*

December — February **\$85**

YOUTH PROGRAMS

Family time outdoors is the best. Let us teach your kids the skills to enjoy a lifetime of participating in fun winter activities.

ucalgary.ca/outdoorcentre

Program Coordinators:
Bridget Mahaffey & Nikko Jacobs
outkids@ucalgary.ca
403.220.7090

Bunnies Sampler - Ages 4-6

This half-day program in Kananaskis is an introduction to the sport of cross-country skiing. It's designed to give kids a taste of the sport before committing to a full program. Bunnies is ages 4-6, Jackrabbits ages 7-14 and guardians are encouraged to join in. *Prerequisite: No experience necessary. Transportation and equipment rentals are not included. Includes: instructor.*

December

\$45

Bunnies Ski Series - Ages 4-6

Spend Saturdays learning how to cross-country ski or developing your ski skills. Tailored specifically for the Kananaskis ski trails, this Bunnies program focuses on classic technique, going for skis and playing games. Choose from morning or afternoon lessons. We will spend most of our sessions in Peter Lougheed Provincial Park however, depending on snow conditions we hope to go to West Bragg Creek, Kananaskis Village, Canmore Nordic Centre, and even some Calgary Golf Courses. Depending on group size, kids are divided based on age and ability. Guardians are encouraged to join in. Bunnies is for ages 4-6 and all abilities are welcome. If you are older than 7, please check out the Jackrabbits program. *Prerequisite: No experience necessary. Transportation and equipment rentals are not included. Includes: instructor.*

January

\$220

Jackrabbits Sampler - Ages 7-14

This half-day program in Kananaskis is an introduction to the sport of cross-country skiing. It's designed to give kids a taste of the sport before committing to a full program. Bunnies is ages 4-6 and Jackrabbits is ages 7-14, and guardians are encouraged to join in. *Prerequisite: No experience necessary. Transportation and equipment rentals are not included. Includes: instructor.*

December

\$45

Jackrabbits Ski Series - Ages 7-14

Spend Saturdays learning how to cross-country ski or developing your ski skills. Tailored specifically for the Kananaskis ski trails, this Jackrabbits program focuses on classic technique, going for skis and playing games. Choose from morning or afternoon lessons. We will spend most of our sessions in Peter Lougheed Provincial Park, however depending on snow conditions, we hope to go to West Bragg Creek, Kananaskis Village, Canmore Nordic Centre and even some Calgary Golf Courses. Depending on group size, kids are divided based on age and ability. Guardians are encouraged to join in. Jackrabbits is for ages 7-14 and all abilities are welcome. Jackrabbit Plus is for skilled and speedy skiers who are 12-17 years old. If you are younger than 7, please check out the Bunnies program. *Prerequisite: No experience necessary. Transportation and equipment rentals are not included. Includes: instructor.*

January

\$220

Jackrabbits Plus Ski Series - Ages 12-17

Spend Saturdays in Kananaskis developing your cross-country ski skills. This program is for skiers who have completed our Jackrabbits program or already know how to ski and are looking for a challenge. We'll spend time refining technique through games and drills, and then go on longer and faster skis. There will be about 5-10 km of skiing in most lessons. Jackrabbit Plus is for ages 12-17, however we're flexible if you feel this program is a good fit for your skill level. We have ski programs for all ages. Check out Bunnies and Jackrabbits for more options. We will spend most of our sessions in Peter Lougheed Provincial Park however, depending on snow conditions we hope to go to West Bragg Creek, Kananaskis Village, and even some Calgary Golf Courses (if we do go to a golf course we will choose one with a large trail system). *Prerequisite: No experience necessary. Transportation and equipment rentals are not included. Includes: instructor.*

January

\$220

Winter Break Camp

Spend 2 days over winter holidays having fun and playing in the snow. Enjoy cross-country skiing and snowshoeing in Kananaskis. There is something here for everyone and you'll have great stories and new skills to share when you return to school. If there isn't enough snow to ski and snowshoe we will hike and build shelters. Grades 2-8 camps available. *Prerequisite: No experience necessary. Includes: instructor, equipment, passes, permits, transportation. Required: weather-appropriate clothing and indoor footwear.*

January

\$TBA

Spring Break Camp

Meet new friends and have loads of fun this school spring break. In this day camp, we'll snowshoe and cross-country ski in Kananaskis. We'll also visit cool Calgary locations, play tons of outdoor games, and go climbing, bouldering and swimming. If the weather is warm we'll hike and build shelters instead of being on snow. Every day is jam-packed with activities. Grades 2-8 camps available. Required: weather-appropriate clothing and indoor footwear. Check equipment list and additional information in the online event details. *Prerequisite: No experience necessary. Includes: instructor, equipment, passes, transportation.*

March

\$TBA



EQUIPMENT RENTALS

Equipment is not included and participants must bring skis, boots and poles. If renting, we recommend waxless skis available at the Outdoor Centre.



Photo: Shallon Nichvalodoff

SEA KAYAKING

Padding on the West Coast is a bucket list item for many. Start with our sea kayaking lessons, then join us for a week-long paddling tour in the summer.

ucalgary.ca/outdoorcentre

Program Coordinator: Finlay MacNeill
 paddle@ucalgary.ca
 403.220.7021

Sea Kayak Rescue - Pool Clinic

Thinking of sea kayaking on the coast? In this 1.5-hour clinic, you'll learn flatwater kayak rescues, bracing techniques (to prevent capsizing), paddle float and assisted/sling rescues—all in the comfort of the University of Calgary pool. *Prerequisite: none. A wetsuit is recommended. Includes: instructor, all sea kayaking gear.*

November — March \$65

Weather Interpretation for Sea Kayaking

In this evening lecture, you'll learn the basics of weather interpretation for sea kayaking. We'll discover how to use a VHF Marine Radio to get marine conditions and weather forecasts. We will learn how to use this data to plan our time on the water. Weather on the ocean can change fast — know what to expect and stay safe. *Prerequisite: none. Includes: instructor, course materials*

January — March \$30

Sea Kayak Gear, Clothing & Food

In this evening lecture, you'll learn the basics of clothing/gear selection and menu-planning for a sea kayaking trip. We'll also look at packing strategies and waterproofing. Discover how to get it all in your kayak and still have room for a surprising variety of quality food. *Prerequisite: none. Includes: instructor, course materials.*

January — March \$30

Sea Kayak Navigation (Chart & Compass)

Learn how to read a nautical chart and use a marine compass—a basic must-have skill for all sea kayakers. In this 2-hour clinic, an experienced instructor will teach you everything you need to know. Don't wait until you are at the water's edge to figure out where you are going. *Prerequisite: none. Includes: instructor, course materials.*

January — March \$30

Reading Tide & Current Tables

Do you know that on the West Coast there are four tides daily? In this 2-hour clinic, sea kayakers learn the importance of tides, how to read tide and current tables and discover how they affect planning a paddling trip. *Prerequisite: none. Includes: instructor, course materials.*

January — March \$30

SAVE Sea Kayak Lecture Series

Register in our new Sea Kayak Lecture Series and get all 4 lectures for \$100.00. In each series you get the Sea Kayak Gear Clothing and Food, Sea Kayak Navigation, Reading Tide and Current Tables and the Weather lectures for one price. *Prerequisite: none. Includes: instructor, course materials.*

January — March \$100

Broken Group Islands Camping Tour

Join us for a classic 5-day sea kayaking tour in the Broken Group Islands of Pacific Rim National Park. We'll introduce you to a world of intricate waterways, towering cliffs and white sandy beaches. Explore tidal pools and peaceful lagoons, and discover the diverse marine wildlife of Barkley Sound. The 40 islands and 80 islets provide relatively calm waters for beginners and longer days for those more experienced. We'll camp at several different beaches or set up a base camp to explore the area. *Prerequisite: none. Includes: guide, all kayak/group cooking gear, cook shelter, park/camping fees, and a scenic 3-hour return boat ride out of the Alberni Inlet.*

July — August \$995

Broken Group Islands Lodge-Based Tour

Discover marine wildlife on the West Coast with a picturesque lodge as your homebase. In this 5-day sea kayaking tour, explore the Broken Group Islands in Barkley Sound—famous for its intricate waterways, towering cliffs, white sandy beaches and tidal pools. Relax in the Sechart Lodge and share your experiences with fellow paddlers from the deck overlooking the inlet, and sleep in a warm bed each night. This fully-appointed lodge offers home-cooked meals and a hot tub. *Prerequisite: none. Includes: guide, all kayak gear, Sechart Lodge fees, all meals, scenic 3-hour return boat ride out of the Alberni Inlet.*

June — September \$1720



RIVER KAYAKING

Take pool clinics and paddling lessons with us on the Bow and the Kananaskis. Then spend the summer paddling Alberta rivers and playboating on whitewater.

ucalgary.ca/outdoorcentre

Program Coordinator: Angela Harder
paddle@ucalgary.ca
 403.220.7022

A. River Kayaking Basics

This 1.5-hour session includes everything you need to get started. Prepare to get wet as you head to the pool to learn entries, exits and basic paddling strokes. 16+. *Prerequisite: none. Includes: instructor, all river kayaking gear.*

January — April \$65

River Kayak Roll Introduction

A kayak roll is an essential skill to learn and will increase your confidence on the river. In this pool session, receive step-by-step instruction to help you complete your first roll in the safety of the University of Calgary pool. A nose plug and wetsuit are recommended. *Prerequisite: none. Includes: instructor, all river kayaking gear.*

January — April \$65

River Kayak Roll Clinic

Become a rolling superstar. Master or re-learn the river kayak roll with practice and hands-on coaching in this pool session. *Prerequisite: River Kayak Roll Introduction. Includes: instructor, all river kayaking gear.*

January — April \$65

Open Recreation Pool Session

Use our gear to practice and strengthen your paddling skills during this 1.5-hour session at the University of Calgary pool. Formal/paid instruction is not allowed. To reserve a spot, call Active Living Client Services at 403.220.7749. 14+. *Prerequisite: ability to do a braced entry and wet exit. Clean personal boats and solo canoes are welcome. Includes: river/sea kayaks, paddles, spray decks.*

January — April \$15

AQUATIC CENTRE

Hone your kayak skills in the safety and comfort of the world class UCalgary Aquatic Centre.

CANOEING

Take our progressive canoeing lessons in Calgary, then join our experienced guides on extended wilderness canoe trips. Great paddling in remote locations.

ucalgary.ca/outdoorcentre

Program Coordinator: Angela Harder
paddle@ucalgary.ca
403.220.7021

Green River, Utah

Explore the Labyrinth Canyon on the Green River in Utah with us. On this 10-day canoe trip we'll have 7 days of floating through red canyons and stunning desert landscapes. See magnificent canyon walls that tower over your small canoe. There is great camping in the side canyons and we will have plenty of time to explore. We'll also get the chance to hike the trail that ascends the canyon wall to view Bowknot bend. *Prerequisite: Canoeing A recommended. Includes: guide, canoe/group gear, transportation from Calgary, camping fees, permits. *Participants will need a valid passport.*

TBA

\$TBA

Frenchman River, SK

Paddle with us through the heart of southern Saskatchewan's Grasslands National Park on this week-long canoe trip. You'll experience the prairies as the early settlers would have—native grasslands, buffalo and antelope roaming the hillsides, and some of the best dark skies for star gazing. You'll learn interesting tidbits on the many hiking routes that we'll explore. The river through the park is narrow and shallow with plenty of small rapids and beaver dams. *Prerequisite: Canoeing AB or equivalent. Includes: guide, canoe/group camping gear, park fees.*

TBA

\$TBA

Quetico, ON

Quetico Park is an iconic and world-famous backcountry canoeing destination in Ontario. Spend a week with us exploring the vast network of lakes. At the end of each day, relax in a hammock by the lake or catch the last fish of summer. We'll sleep under the spectacular northern lights. This is the perfect trip to finish up the paddling season—all while enjoying the beautiful fall colours of the classic Canadian Shield landscape. A highlight of this trip is that we'll have a Thanksgiving turkey feast in the woods. *Prerequisite: Canoeing A or equivalent. Includes: guide, transportation from Calgary, all canoeing/group camping gear.*

October

\$TBA



FOOD ON EXTENDED TRIPS

In the pre-trip meeting, we'll discuss how to plan, prep and dehydrate your food. Take **Backcountry Cooking with Ang** in the spring to practice your dehydrating and cooking skills. Free with registration in any of our extended trips.

Paul River, Sask

Variety is the theme on this week-long canoe trip. We'll paddle through scenic island-filled lakes, play in the fun whitewater, and take in the scenic beauty of Tuck Falls. This stretch of the Paull offers great camping on the Precambrian Shield, incredible fishing and plenty of wildlife-spotting opportunities. Access to the put-in is via a short floatplane ride. You will finish the trip on the mighty Churchill where there are plenty of rapids and channels to play in and explore before the trip ends. *Prerequisite: Canoeing ABCs. Includes: guide, transportation from Calgary, hostel accommodation before and after the trip, all canoeing/group camping gear.*

June **\$1350**

Churchill River, Sask

Paddle through a succession of shimmering lakes, connected by short portages, rapids and waterfalls. Follow the path of early explorers and discover great camping, and fishing in the Canadian Shield. Come alive in the land of wind, water and rock. We will follow the voyageur route from Stanley Mission and portage the famous Frog Portage and finish on the Sturgeon-Weir River. *Prerequisite: Canoeing ABC or equivalent. Includes: guide, canoe/group camping gear, park fees.*

June/July **\$TBA**

Wind River, Yukon

The Wind River is a northern gem. Situated in the Peel River watershed and Mackenzie mountain range, this river offers a true wilderness adventure. There is great hiking, crystal-clear water and a rich habitat for northern wildlife. This section is Class II moving water — a perfect canoe destination. The area is filled with history from the Tetlit Gwich'in and Na-Cho Nyak Dun First Nations, to stories of the ill-fated Lost Patrol (a NWMP patrol who lost their way and perished in the early 1900s). It is one of the largest unspoiled natural environments in the world, but is currently under the threat of potential industrial development. If you've ever dreamt of paddling this pristine environment, now is the time. *Prerequisite: Canoeing ABC or equivalent. Includes: guide, canoe/group camping gear, park fees.*

July **\$TBA**

Fond du Lac

The Fond du Lac is a unique canoe trip that has beautiful topography, from sandy beaches and benches to the granite rock of the Canadian Shield. Spectacular sandstone cliffs and two sets of falls make this one of the top canoe trips in Northern Saskatchewan. There are also many runnable rapids and only 2 mandatory portages. Amazing campsites, great fishing and photography make this an unforgettable trip. *Prerequisite: Canoeing ABC or equivalent. Includes: guide, canoe/group camping gear, park fees.*

August **\$TBA**

McLennan Lakes

Enjoy fall colors and northern lights. Explore the hundreds of lakes that are interconnected with short portages in this gem of a spot in northern Saskatchewan. The trip begins just north of Missinipe. If you would like a more relaxed canoe trip, spending time fishing for lake trout and swilling in crystal-clear, island-filled lakes, then this trip is for you! *Prerequisite: Canoeing ABC or equivalent. Includes: guide, canoe/group camping gear, park fees.*

September **\$TBA**

FISHING

Learn the art of fly fishing from experienced backcountry guides. In the spring come with us to a beautiful Alberta fishing destination to put it all into practice.

ucalgary.ca/outdoorcentre

Program Coordinator: Angela Harder
paddle@ucalgary.ca
403.220.7021

Fly Tying 101

Learn to tie your own flies this winter to prepare for the summer fishing season. This is a 2-evening series, which will teach you to tie different types of classic flies such as the Woolly Bugger, Hare's Ear Nymph and Elk Hair Caddis. Have the thrill of catching a fish on your own flies this summer. *Prerequisite: none. All fly-tying equipment will be provided.*

December — April **\$80**

WINDSPORTS

Southern Alberta is the perfect place to learn to fly. Our experienced instructors will get you hooked in these fun and safe novice lessons. Offered in conjunction with Muller Windsports.

ucalgary.ca/outdoorcentre

Program Coordinator: Cody Johnston
outdoorbike@ucalgary.ca
403.220.2601

Novice Hang Gliding

Hang gliding is the simplest form of flying—it's almost like having wings on your back. Lessons with our experienced instructors consist of an evening lecture to cover flight theory and logistics, and 4 hours of practical flight training in a city park. You'll start with short, low flights and as your skill and comfort level increases, you'll gradually progress up the hill to higher take-off points and longer flights. It's safe and fun. *Prerequisite: none. Includes: certified instructor, all equipment.*

September — April **\$130**

Paragliding

Feel the freedom of flying with the maneuverable nylon wings of a paraglider. Lessons with our experienced instructors include an evening lecture that covers equipment, flight theory and logistics. Then on the weekend you'll have 4 hours of practical flight training in a city park to learn how to launch, steer and fly the paraglider. You'll start on flat ground, and as your skill and comfort level increases, you'll gradually progress up the hill to higher take-off points. *Prerequisite: none. Includes: certified instructor, all equipment.*

September — April **\$130**

MULLER WINDSPORTS

Muller Windsports has been instructing Hang Gliding since 1973. Our Instructors are certified by the Hang Gliding and Paragliding Association of Canada (HPAC) and are eager to help you from your first experience with the sport right through your mountain and thermal flights.



“THE ONLY THING YOU
NEED TO THINK ABOUT IS
**WHICH CLOUD TO
FLY TO NEXT”**”



A NEW LANDING FOR OUTDOOR CENTRE HANG GLIDING VETERAN

By Jacqueline Louie

RETIRING JOHN JANSSSEN ENCOURAGES ALL TO TRY SOMETHING NEW TO KEEP ACTIVE FOR LIFE.

John Janssen's favourite part about hang gliding is flying cross-country, soaring from the bottom of one cloud to the next, more than 3,000 metres above the ground.

"I enjoy the silence and the focus that's required to stay airborne for hours at a time without a motor. The only thing you need to think about is which cloud to fly to next," says Janssen, the University of Calgary Outdoor Centre's rental equipment manager, program coordinator and instructor, who retires this fall.

OVER 30 YEARS OF INNOVATION

Janssen, 61, has worked at the Outdoor Centre for more than three

decades. He started in 1987 as a cross-country ski instructor and from there he built the centre's bike shop and designed its programs as well as many others over the years.

Born and raised in Calgary, Janssen graduated from the University of Calgary with a Bachelor of Physical Education (now the Faculty of Kinesiology) majoring in Outdoor Pursuits. He has held instructor certifications in telemark and cross-country skiing, windsurfing, avalanche operations and canoeing.

Janssen is currently a senior instructor with the Hang Gliding and Paragliding Association of Canada, and a Canadian hang gliding record holder (free triangle, 109 km in 5.5 hours, 2015). His expertise and 40-year relationship with Muller Windsports as director of hang gliding programs has been key to the sport's growth in Canada.

He was instrumental in negotiating the initial agreement between the City of Calgary, Transport Canada and Hang Gliding and Paragliding Association of Canada to permit the training of basic flight skills within the city.

"Without this agreement and John's work on the annual permit renewals, training for students within the city would not have been possible," notes Vincenc Muller from Muller Windsports. "With John, the courses flourished. We'll miss him."

MOTIVATED BY HIS STUDENTS

Janssen has taught thousands of people - ranging in age from teens to people in their 80s - to fly.

"I am motivated by watching people learn outdoor skills," says Janssen, recalling one of his hang gliding students, after becoming airborne for the first time, sobbed uncontrollably upon landing as she was so moved by the exhilaration of flying. And Janssen will always remember the joy another student showed when he learned how to ride a bike at the age of 45.

His advice to students is to try a new activity each year. "We're fortunate to live so close to a spectacular natural environment," says Janssen. "There are few places that can match the variety and magnitude of outdoor recreational opportunities. Get out and enjoy. It's great for your body and for your brain."

LEADING BY EXAMPLE

"John has provided outstanding leadership to the Outdoor Centre and outdoor community, making a positive impact on thousands of individuals over the years," says Dr. Penny Werthner, PhD, Dean of the Faculty of Kinesiology. "By encouraging our community to be active outdoors, he has been a great ambassador for the centre and our faculty. We wish him the very best in his future adventures."

What's next on his agenda? He laughs, and says: "That's easy. Continue to travel and explore new trails and places to fly."

But he's not leaving the Outdoor Centre behind completely - you'll still be able to find him there periodically instructing hang gliding and skiing - and enjoying every minute.





CLIMBING

Start with indoor beginner climbing courses and progress to lead climbing outdoors. Our experienced instructors teach children and adults year-round.

ucalgary.ca/outdoorcentre

Program Coordinator: Ashley Weeks
climb@ucalgary.ca

BEGINNER

Quick Intro to Climbing

Climbing is exploding in popularity—and for good reason. Get hooked on this fun and challenging sport in this 2-hour lesson while learning all of the skills needed to pass a belay test. No experience required. Includes instructor and climbing equipment. *Prerequisite: none. Includes: Instructor and climbing equipment.*

September — June \$36

Beginner Climbing Series

Develop a complete climbing skills-base by learning safe belay skills and progressively building technical movement skills and knowledge. In this multi-week series, our experienced instructors blend instructional time with personalized coaching and provide plenty of time to practice. *Prerequisite: No experience required. Includes instructor, climbing equipment, shoes, free belay test credit.*

September — June \$150

University Climbing Club

Fitting a climbing session into our busy lives is always a challenge, but finding a reliable, safe climbing partner with the same schedule can be even harder. Led by one of our experienced climbing instructors, this club ensures that you enjoy a weekly climb in a fun and relaxed environment. *Prerequisite: able to pass a belay test. Includes free equipment rentals on club nights, personalized feedback, 10% off climbing programs.*

Year-round \$77

MOVEMENT & TECHNIQUE

Climbing Technique Series

Progress your climbing by expanding your movement repertoire and learn how to focus your mind, improve mobility and build strength. In this multi-week series, our experienced instructors break down movement skills so you understand how, where and why to apply them. See what

you are capable of and take your climbing to new heights. *Prerequisite: Some climbing experience required. Must know how to top-rope belay. Includes: Instruction and individualized coaching.*

Year-round \$140

LEAD CLIMBING

Learn to Lead

This 3-hour course will prepare you to successfully and safely lead climb indoors. Learn about rope management, lead belaying, clipping, preventing injuries and simple sports anchors. Finish the course with practical lead climbing experience and all the skills you need to pass a lead climbing test. *Prerequisite: must confidently climb 5.9 on top rope. Previous instruction on basic movement techniques recommended. Includes: instructor, lead rack. This program has outdoor dates.*

Year-round \$80

Complete Learn to Lead

Lead into new possibilities with this climbing combination course designed to get you off the ground and onto the sharp end. On our wall, you'll learn the fundamentals needed to safely lead climb sport routes outdoors and get back down again safely. Includes both the Learn to Lead and Anchor Basics programs for a total of 6 instructional hours at a discounted rate. *Prerequisite: must confidently climb 5.9 on top rope. Previous coaching on movement technique recommended. Includes: all lead climbing and anchor-building equipment.*

Year-round \$160

OUTDOOR SKILLS

Anchor Basics

Discover and practice easy-to-remember systems for building and cleaning anchors that will work in a wide variety of scenarios in this 3-hour course. There can be an overwhelming amount of information that comes with outdoor anchor systems but we believe that simple is safest. *Prerequisite: Learn to Lead or equivalent. Includes: instructor and anchor-building materials.*

Year-round \$80

Crack and Trad

Take full advantage of the finger- to chimney-sized cracks in our unique facility to get a real-to-life crack climbing experience indoors! Not only will you twist, lock, jam, squeeze and thrash 'til it hurts so good, but participants will also learn to place and assess gear. Outdoor dates offered in spring and summer. *Prerequisite: must know how to top-rope belay. Includes: instructor, athletic tape and trad gear.*

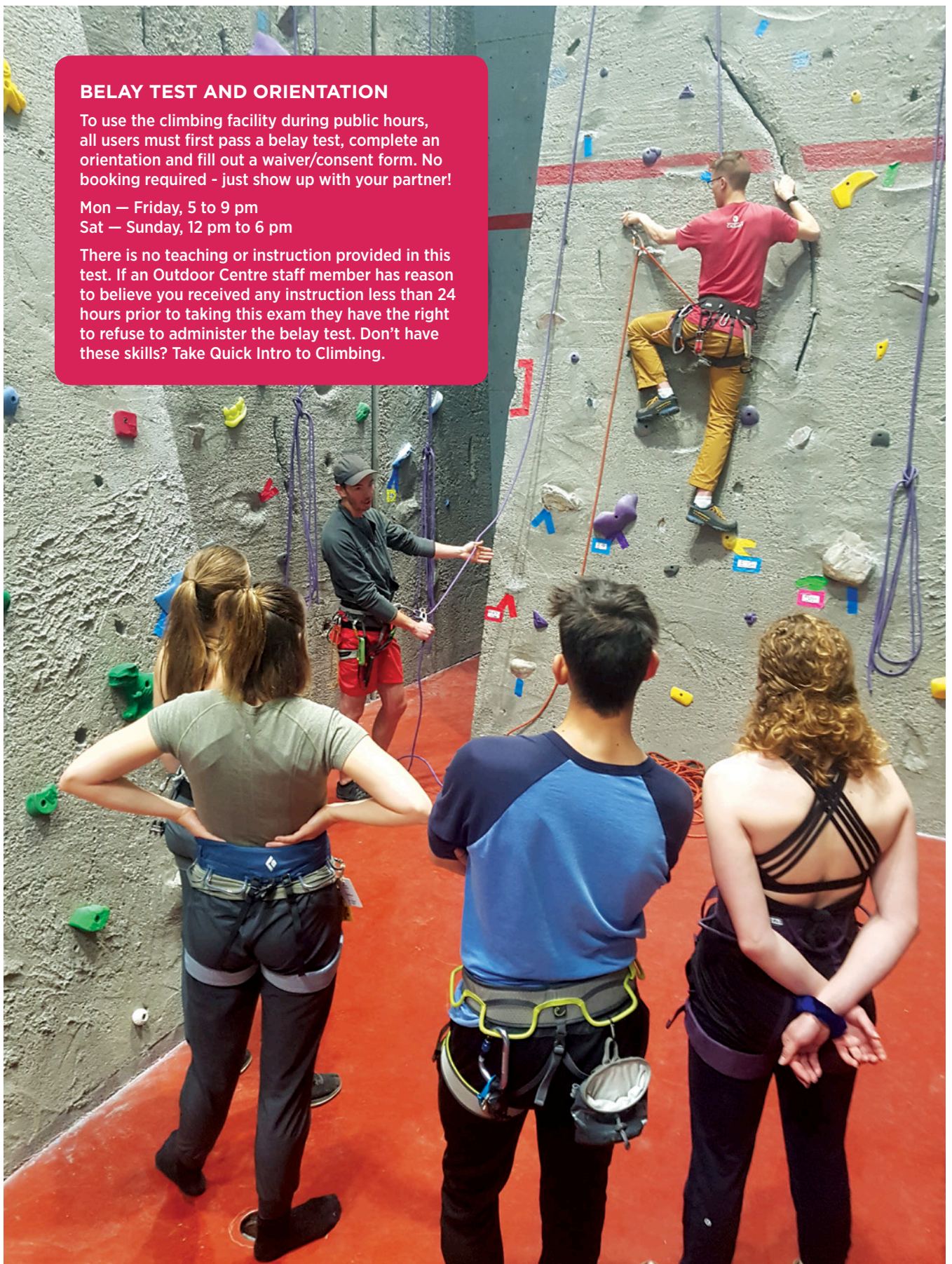
May — September \$80

BELAY TEST AND ORIENTATION

To use the climbing facility during public hours, all users must first pass a belay test, complete an orientation and fill out a waiver/consent form. No booking required - just show up with your partner!

Mon – Friday, 5 to 9 pm
Sat – Sunday, 12 pm to 6 pm

There is no teaching or instruction provided in this test. If an Outdoor Centre staff member has reason to believe you received any instruction less than 24 hours prior to taking this exam they have the right to refuse to administer the belay test. Don't have these skills? Take Quick Intro to Climbing.





Rescue Tips and Tricks

This 5-hour improvised rock rescue course teaches fundamental techniques that can be applied in a wide variety of situations. Help your partner through that crux section, escape the belay or quickly descend to safety with uncomplicated solutions. *Prerequisite: Must be able to top rope belay, plus Anchor Basics or equivalent experience. Includes: Instructor and rescue gear.*

May — September \$120

Multi-Pitch Climbing

Multi-pitch climbing with the Outdoor Centre is not your standard guided excursion — our ACMG-certified guides blend incredible outdoor experiences with practical coaching and instruction. Learn about direct anchor belays, rope management, anchor-cleaning, rappelling, and outdoor safety while taking in the view off the side of a rock face. *Prerequisite: All climbers welcome - we will find a route that works for your skill level and interests. Experience lead belaying recommended, but can be taught as part of this program. Includes: Instructor and equipment.*

May — October \$230

Book your date by emailing climb@ucalgary.ca

YOUTH PROGRAMS

Geckos

This beginner play-based program introduces young climbers-to-be to the vertical world. Children 4-6 years old will build confidence and physical literacy skills through bouldering games and top-rope climbing over a series of weeks. Our child-oriented instructors teach safety and emphasize making climbing fun. *Prerequisite: none. Includes climbing equipment, child-oriented instruction.*

September — June \$110

Mountain Kids

This beginner climbing series will get kids 7-10 years old excited to be active and explore their limits. Over a series of weeks, learn to belay and develop fundamental movement skills through top-rope climbing and bouldering. *Prerequisite: none. Includes climbing equipment, child-oriented instruction.*

September — June \$120

Youth Climbing Club

Develop body awareness, coordination and strength—and have tons of fun. In this introductory series for youth 10-14 years old, attend weekly sessions with our dedicated coaches who teach key skills for climbing and belaying safely. *Prerequisite: none. Includes instructor, climbing equipment.*

September — June \$240

YOUTH CLIMBERS

4-6 yrs: Parent or guardian must sign a consent form and the child must have direct adult supervision while climbing (adult must have a current climbing card). The use of a body harness is encouraged.

7-13 yrs: Youth are permitted to belay. Parent or guardian must sign a consent form and the child must have direct adult supervision while climbing and belaying (adult must have a current climbing card).

14-17 yrs: Youth are permitted to use the climbing room without adult supervision after successfully completing the orientation and belay test. A parent or guardian must sign a consent form and be present when the youth completes the climbing orientation and belay test.

Youth Skill Building Series

Do you love climbing and are ready to learn more? This 10-week intermediate level program for youth 11-15 is a blend of individualized coaching and group instruction. It offers a fun, social environment for youth looking to develop their skills and meet other young climbers. Learn practical lead climbing skills, movement, and mental techniques to climb to new heights.

Prerequisite: must be able to top rope belay.

Includes: instructor, climbing equipment.

September — February \$240

Youth Advanced Series

In this 10-week series, teens 13-17 will refine lead climbing, and learn anchor-building, multi-pitch and rappelling skills alongside intermediate-to-advanced movement techniques to make them confident, competent climbers indoors or outside. Our instructors incorporate warm-ups, stretching and strength training into each class to prevent injuries and improve overall fitness.

Prerequisite: significant climbing experience.

Includes: instructor, climbing equipment.

September — February \$280

Teen Climbing Club

Do you love climbing and ready to learn more? This 10-week intermediate program for teens offers a fun, social environment to develop lead climbing skills, discover mental tricks, and learn new movement techniques. Our coaches incorporate warm-ups, stretching and strength training into each class to increase fitness and build awareness around injury prevention.

Prerequisite: must be able to top rope belay and top rope climb 5.8 comfortably. Includes: instructor, climbing equipment.

Sept — Dec, Jan — June \$260

Kids Adapted Climbing Series

The KACS program is for youth with mental or physical considerations and will focus on developing physical literacy, confidence and a sense of success through climbing and bouldering. In this program, trained volunteers will be paired up with your child to provide 1:1 support (including belaying, spotting, encouragement, and completing safety checks). Our climbing instructors ensure a safe, positive environment and will progressively teach climbing and movement skills throughout this 10-week series. *Prerequisite: completed medical report. Includes: Climbing equipment, instruction, supervision, & facility use.*

September — June \$200

BOULDERING

Our experienced instructors will teach you the basics and help you to become a strong, confident climber on the University of Calgary bouldering wall.

ucalgary.ca/outdoorcentre

Program Coordinator: Ashley Weeks
climb@ucalgary.ca

Bouldering Basics

This 2-hour introductory course explores key bouldering movement skills such as footwork, weight shifting and safe falling techniques. Climbing shoes and chalk are included and personalized climbing tips will help you discover how fun bouldering can be! *Prerequisite: none. Includes: Instructor, climbing shoes, chalk.*

September — June \$30

Boulderfit

Break out of the boring gym routine and have fun achieving a full-body burn while developing body awareness and balance. Learn how to use the suspension training system along with climbing-specific resistance training and on-the-wall exercises that will help you send harder and improve overall fitness. *Prerequisite: Bouldering Basics or equivalent experience recommended. Includes: Instructor, climbing shoe, chalk.*

September — June \$80

Technique Builder

Progress your climbing and bouldering by expanding your movement repertoire and learn how to focus your mind, improve mobility and build strength. In this 3-hour program, our experienced instructors provide personalized coaching and break down movement skills so you understand how, where and why to apply them. *Prerequisite: Some climbing experience required.. Includes instructor and climbing shoes.*

Year-round \$30

University of Calgary Boulders

Join a friendly community of climbers and learn new movement skills in this 5-week program. Accelerate through the learning curve with games, drills and friends cheering you on. *Prerequisite: Bouldering Basics or equivalent experience recommended. Includes: Instructor, climbing shoes, chalk.*

September — June \$50

FEES

UCalgary students	FREE
Active Living members	FREE
Belay test	\$5
Adult day pass	\$10.50
Youth/Senior day pass (14-17 or 65+)	\$7.50
Child day pass (13 & under)	\$4.50
Family day pass	\$27

Annual passes are also available. Call Active Living Client Services at 403.220.7749 for prices.

FACILITIES

The Outdoor Centre climbing wall features concrete panels combined with real rock and artificial holds, vertical/horizontal cracks, friction bulges and overhangs. It is the perfect place to learn how to climb or practice outdoor climbing skills.

HOURS

Mon - Fri..... 8 am - 9 pm
Sat - Sun..... 12 pm - 8 pm

Closed all statutory holidays.

Note: The walls may be closed for private group bookings. Please check the calendar on our website or call the Outdoor Centre at 403.220.5038 to confirm availability.

ACCESS

To access the climbing wall, you must check in at the Outdoor Centre front desk with your climbing card and photo ID. You must wear your climbing wall wristband at all times while in the wall space. Groups larger than eight must contact climb@ucalgary.ca.



GEAR RENTALS

All prices are per day unless otherwise specified. Prices are subject to change. Please see our website for up-to-date information.

ucalgary.ca/outdoorcentre/rental

outdoor@ucalgary.ca
403.220.5038

SNOW & ICE

WINTER CLOTHING

Shell jacket or pants	10.00
Insulated ski jacket or pants	10.00
Gloves	6.00

AVALANCHE SAFETY GEAR

Avalanche transceiver*	8.00
Avalanche transceiver: performance*	10.00
Avalanche probe	4.00
Snow shovel	5.00
Snow saw	2.50

*batteries not included

SNOWSHOEING

Snowshoes	10.00
Snowshoes: performance	12.00
Snow boots	6.00
Ski poles (fixed length)	2.00
Adjustable poles (3-stage)	4.00

SNOWBOARDING

Snowboard	22.00
Snowboard boots	8.00
Snowboard helmet	5.00
Snowboard Package (board, boots, helmet)	35.00
Split board (with touring skins)	40.00
Adjustable poles (3-stage)	3.00
Jr. Snowboard	9.00
Jr. Snowboard boots	3.00

BACKCOUNTRY SKIING

Alpine Touring	
Alpine touring skis & skins	22.00
Alpine touring boots	15.00
AT Ultra Light skis & skins	28.00
Telemark	
Telemark skis & skins (with 7TM release bindings)	19.00
Telemark boots	14.00
Ski poles (fixed length)	2.00
Adjustable poles (3-stage)	4.00

SKATING

Hockey skates	10.00
---------------	-------

CROSS-COUNTRY SKIING

Classic	
Waxable XC skis (NNN-II binding)	7.50
XC wax kit	1.50
No-wax XC skis (NNN-II binding)	7.50
XC ski boots (NNN-II)	7.50
XC ski poles	2.00
XC Ski Package (skis, boots, poles)	17.00

Junior	
Jr. XC skis (90-160cm)	4.00
Jr. XC ski boots (size 26-35)	4.00
Jr. XC ski poles (70-110cm)	2.00
Jr. XC Ski Package (skis, boots, poles)	10.00
Jr. XC Ski Season Lease	180.00
XC ski sled (pulk: towing max 60lb)	16.00

Light Touring	
Light touring metal edge XC skis	11.00
Light touring metal edge XC skis w/skins	20.00

Skate Skiing	
Skate skis	9.50
Skate ski boots	8.00
Skate ski poles	5.00

ICE CLIMBING

Technical axe (adze or hammer)	8.00
Technical axe (Nomic)	11.00
Webbing harness	4.00
Ice climbing boots	15.00
Technical ice crampons	7.00
Climbing helmet	4.00
Dry ice tools (gym only)	5.00

DOWNHILL SKIING

Adult	
Downhill skis	16.00
Ski boots	9.00
Ski poles	2.00
Ski/snowboard helmet	5.00
Junior	
Jr. skis (80-130cm)	9.00
Jr. ski boots (up to size 5)	5.00
Ski poles	2.00
Jr. Downhill Ski Package (skis, boots, poles)	16.00
Jr. Downhill Ski Season Lease	192.00

All downhill skiers must pick up their own skis due to liability requirements.

HIKING & MOUNTAINEERING

NAVIGATION/COMMUNICATION

Headlamp*	3.00
GPS unit*	15.00
Satellite phone (+ minutes)	20.00

*batteries not included

TIPS FOR RENTING GEAR

- Give us a call to book ahead for best selection & faster pick up.
- Reserve with credit card (VISA/MC/AMEX). A non-refundable half-day deposit is required.
- Try it on and ensure it fits BEFORE you go.
- Bring photo ID.
- You are responsible for gear. Do you have insurance?
- FREE loading zone outside our shop. Pick up your validated parking pass at the desk.
- Tag your adventure with #ucalgarycentre for a chance to be featured on our Instagram.
- If you are picking up your gear in the evening, please come within two hours of closing, based on availability.

HIKING/CLOTHING & BACKPACKS

Hiking boots	10.00
Hiking poles (adjustable length)	4.00
Rain jacket or pants	6.00
Shell jacket or pants	10.00
Gaiters	3.00
Insulated gloves	6.00
Trail/walking crampons	5.00
Backpack (60/70/80 litre)	10.00
Day pack (40 litre)	7.00
Child carrier pack	7.00

TRAILERS & CAR RACKS

Canoe trailer (2" ball — fits 6-8 canoes)	75.00
Raft large flatbed trailer	75.00
Enclosed utility trailer (2" ball)	75.00
Bike trunk rack (3 bikes)	6.00
Bike hitch rack (2 bikes)	10.00
Rooftop carrier box (250 litre)	15.00
Bike airplane travel case	5.00

MOUNTAINEERING & GLACIER

Mountaineering boots	16.00
Webbing harness	4.00
Mountaineering crampons	7.00
Mountaineering ice axe	5.00
Climbing helmet	5.00

CAMPING

TENTS & SHELTERS

Campground Tents	
4-person tent	22.00
6-person tent	30.00
Backpack Tents (3-season)	
2-person tent	19.00
3-person tent	24.00
4-person tent	27.00
Expedition Tents (4-season)	
2-person tent	25.00
3-person tent	28.00
4-person tent	32.00
Canopy (10' x 10')	20.00
Tarps	4-10.00

CAMP STOVE/COOKING GEAR

2-burner camp stove	6.00
1-burner backpack stove	4.00
Pot set	5.00
Fuel bottle	2.00
Camp cooler (67 litre)	4.00
Camp cooler (100 litre)	6.00

SLEEPING GEAR

Sleeping Bags	
Summer sleeping bag (to 0°C)	9.00
3-season sleeping bag (to -9°C)	10.00
4-season sleeping bag (to -20°C)	13.00
Sleeping bag liner	2.00
Therm-a-rest mat (small to large)	3-10.00
Foam sleeping mat	2.00
Bivy sack	5.00

CLIMBING

Rock shoes*	9.00
Climbing harness*	6.00
Webbing harness	4.00
Belay device* (Grigri or ATC)	2.00
Climbing package*	17.00
(shoes, harness, belay device, carabiner)	

*Climbing wall use only.

BIKING

Bikes	
Mountain bike (front suspension)	35.00
Full suspension bike (xc/trail)	42.00
Road bike	34.00
FAT mountain bike	35.00
Urban hybrid bike	30.00
Tandem bicycle (for 2)	35.00
Pathway E-bike	50.00
Bike trailer (1 child)	16.00
Trail-a-bike (1 child)	8.00
Bike helmet	3.00
Bike lock	3.00
Rear panniers	5.00
Pannier rack	5.00
Repair kit	8.00
Bike airplane travel case	5.00

WATER & PADDLING

WETSUIT & PADDLE GEAR

Wetsuit (Farmer John/Jane)	10.00
Youth wetsuit	6.00
Triathlon wetsuit (no sleeves)	18.00
Wetsuit boots (with 3mm sole)	5.00
Paddling jacket	5.00
Fishing waders	12.00
Wading boots	7.00

CANOEING

Canoes	
Tripping canoe	26.00
Performance touring canoe	28.00
Whitewater tandem canoe	30.00
Whitewater solo canoe	24.00
Inflatable canoe	45.00
Canoe paddle	4.00

RIVER KAYAKING

Kayaks	
Whitewater kayak	23.00
Recreational kayak	18.00
Pack raft	40.00
Kayak spray deck	6.00
Kayak paddle	6.00
Whitewater helmet	3.00
PFD (personal flotation device)	3.00
Whitewater kayak package	41.00
(kayak, paddle, spray deck, helmet and PFD)	

SEA KAYAKING

Sea Kayaks	
Plastic single sea kayak	23.00
Fibreglass single sea kayak	26.00
Plastic double sea kayak	25.00
Fibreglass double sea kayak	35.00
Sea kayak paddle	7.00
Sea kayak spray deck	6.00

RAFTING

Rafts (Floater rafts—not for whitewater, includes high-volume pump, bailer, throw bag)	
4-person floater raft	45.00
6-person floater raft	55.00
8-person floater raft	75.00
10-person floater raft	85.00
10-person oar rig	45.00
Whitewater rafts with self-bailing floor (includes high-volume pump, throw bag)	
6-person whitewater raft	85.00
8-person whitewater raft	105.00
10-12 person whitewater raft	145.00
10-person oar rig	45.00
Inflatable canoe	45.00
Pack raft	40.00
Raft pump high-volume	6.00
Raft paddle	2.00
Raft life jacket (whitewater)	3.00
PFD	3.00
Whitewater helmet	3.00

STAND UP PADDLEBOARDING

Inflatable SUP board (river or touring)	22.00
Rigid SUP board	23.00
Paddle	8.00

PADDLING ACCESSORIES

PFD (personal flotation device)	3.00
Performance PFD	7.00
Whitewater helmet	3.00
Dry-bags (small, medium, large)	1-5.00
Dry-barrel (70 litre)	5.00
Dry-barrel with harness	6.00
Rescue throw rope bag	2.50

LARGE GROUP RENTALS

If you are booking multiple items for your group, email groupprentals@ucalgary.ca to receive your booking form to fill out in advance.

10% OFF RENTALS

Current program participants, large non-profit groups and current UCalgary students with valid ID card. Contact us for details. Ask about our \$25 UCalgary student credit.

USED GEAR SALES

Used gear is often on sale on the rack near the front desk. Follow us on Facebook for announcements on when gear is available.

MULTI-DAY RENTAL RATES

You can pick up rentals any time on the first day of your rental and return them any time during your last day. For example, a 4-day rental can be picked up any time during Day 1 and returned any time on Day 4. 1-day rentals can be used up to 24 hours, pick up and drop off any time.

Multi-day rates apply on long weekends with a Friday pickup and Tuesday drop off.

Days Rented	Days Charged
1 Day	1
1 Day Raft	1
4 Day	2
5 Day	3
7 Day	4
10 Day	5
10+ Day	Please contact



The University of Calgary Outdoor Centre is a partner with the Faculty of Kinesiology and University of Calgary Active Living.

403.220.5038 | outdoor@ucalgary.ca | ucalgary.ca/outdoorcentre
Located in Kinesiology Block B180 at the University of Calgary

 [calgaryoutdoorcentre](https://www.facebook.com/calgaryoutdoorcentre)

 [ucoutdoorcentre](https://twitter.com/ucoutdoorcentre)

 [ucoutdoorcentre](https://www.instagram.com/ucoutdoorcentre)