

Custom Outdoor Experience & The Centre for Outdoor Education's Guest Logistics Package



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I. Introduction

The COE is an outdoor education and guiding center based out of the Sheiling Mountain Lodge near Nordegg, Alberta. We have been in operation since 1995 working with a wide range of adult and youth guests. Our adult programs are run by certified ACMG and IFMGA guides with years of guiding and instructing experience. They are also expert climbers who have ascents of major routes around the world under their belts. Some non-ACMG instructors may also help with some courses under the direct supervision of an ACMG guide.



Upon arrival at the COE, all participants must fill out a waiver form and medical questionnaire.

All scheduled activities may be modified or changed at the discretion of the head guide due to weather, conditions, participant's abilities, or other safety concerns.

II. Transportation

For **scheduled courses**, transportation is provided by the participants and car pooling is encouraged. For courses with 6 or more participants it is possible to arrange group transportation in our 15 passenger van for an additional \$10 per participant. All COE drivers carry a valid class 4 drivers license.

For **other groups and individuals**, transportation can be provided for an additional fee, generally this is decided upon at time of booking. Typically we use 12 or 15 passenger vans and all drivers carry a class 4 drivers license. If the guest's vehicles are being used, ensure you have sufficient seats for the guides/instructors.

For **private guiding**, the guest's vehicle is generally used but the guide will be willing to share the driving responsibilities when required. Transportation can be provided by the guide for an additional fee of \$50 for venues within the David Thompson Corridor.

If a vehicle is being rented, please arrange to have your guide's name added to the insurance policy/drivers list so that they can drive if the need should arise.

Driving times vary from 10 minutes to over an hour depending on activity, conditions, and objective. Most group activities are within 45 minutes of the COE. If more details on driving times are required, please feel free to contact us.

III. Length of Activities

A typical day of activities sees us leaving the COE between 8 and 9 am and returning between 4:30 and 6pm. If a group needs to return earlier for whatever reason, it can be easily arranged.



Private guiding and advanced course days may involve much earlier starts depending on the day's objective. This will be arranged with the guide to suit the guest's goals and abilities.

IV. Accommodations

The Sheiling Mountain Lodge is a large cedar lodge that can accommodate up to 30 people, we also have a couple of smaller buildings that may be available to accommodate up to 10 more people. On-site camping is also available for large groups. We have a cozy dining hall and comfortable couches with an incredible mountain view out our large windows. A nice deck and ever-popular hot tub make for memorable evenings. In the lodge, there are 5 rooms which sleep 5 people each. Beds are log-frame bunk beds with comfortable mattresses. Generally our guests bring their own blanket and sleeping bag and pillow but linens are available for a small fee if desired.



Shared telephone and internet is available if outside contact is required. Cell phone service is currently only available to Telus or Bell customers. Some courses may make use of the mountain hostel system, campgrounds, or backcountry camping. This will be included in the course cost and listed on the itinerary or course description. If you desire other accommodations, please contact us for other options in the area.

V. Meals

Guests at the Sheiling Mountain Lodge start their day with a delicious home cooked buffet style breakfast. Typically this includes pancakes or french toast, hashbrowns, ham or sausage, fruit, and coffee, tea, and juice. We make bagged lunches, which generally include a sandwich on homemade buns, homemade cookies, granola bar or other snack, apple, and juice. For mountaineering days or other longer outings, more food will be available accordingly. Upon arriving back at the lodge, a hearty home cooked dinner will be served. A variety of delicious entrees may be served buffet style, generally with salads and sides. Desert will be served after dinner and a snack may be left out for the evening. Often on the last day of the trip, soup or chili will be served before guests begin the drive home. Coffee, tea, and juice are always available.

If guests have allergies or dietary restrictions, this will be accommodated with alternate food and meal options. Please notify us in advance if you have a serious or deadly food allergy of any sort.

On backcountry outings the food will of course be simpler and lighter but still filling and delicious.

There is never a shortage of food and there is no need to bring any of your own.

VI. Gear

Please review the information about your program for specific gear requirements. For example alpine programs may require full shank mountain boots and advanced rock programs may require rock climbing shoes. For backcountry programs a separate equipment list will be provided. If you require any of the personal gear needed for your trip, it is generally available for rent at 50% of our regular rental rate. All guests will require: daypack, warm clothes, sun protection, hiking boots or shoes, swimsuit for hottub, towel, toiletries, sleeping bag or blanket, and a pillow. All technical gear is provided by the COE and is of a high quality professional standard. Feel free to bring any of your own technical equipment such as harness and helmet if you wish.



VII. Payment

We accept payment in the form of cash, cheque, Mastercard or Visa. We will accept credit card payment via telephone.

In order to reserve your spot on a course, or specific dates for your visit, a deposit is required. Full payment is due 2 weeks prior to the start date of any program or private guided trip.

For last minute bookings (less than 2 weeks) full payment will be due at the time of booking.

We understand that some unique situations exist, if our payment terms do not suit your needs please phone to make other arrangements.

Gratuities are not included in our prices, nor are they expected. If you feel that the staff service throughout your stay deserves gratuity please feel free to include one at the end of your trip. Gratuities are divided among all the guides and staff at the lodge.

VIII. Cancellations

If notice of cancellation is given 30 or more days before start date, the deposit will be returned minus a \$50 administration fee.

If canceling due to medical reasons less than 30 days prior to start date, the deposit and any payments will be returned minus \$50 administration fee upon receipt of a note from a physician or other proof of illness or injury

If notice of cancellation is given 29 or less days before the start date 100% of the guide and or lodge fees will be retained.

Any cancellations due to weather, conditions or guide availability will result in a full refund.

IX. Driving Directions

The Sheiling Mountain Lodge and COE are located near the town of Nordegg, AB on Hwy 11 in Western Alberta, Canada. Search Sheiling Mountain Lodge on Google Maps for directions available on your smart phone.

From the East

From Edmonton or Calgary get to Rocky Mountain House by taking Highway 11 West from Red Deer. Alternately take any number of smaller highways to reach Rocky.

From Rocky Mountain House head west on Highway 11 for 1 hour to the town of Nordegg. The lodge is on the right side of the highway 10km past Nordegg, watch for a sign reading "Center for Outdoor Education". If you reach Dry Haven Creek Campground you have gone about 200 meters too far.

From the West

From Lake Louise take Highway 93 North (Icefields Parkway) for one hour to the Saskatchewan River Crossing. From Jasper take Highway 93 South (Icefields Parkway) for an hour and a half to the Saskatchewan River Crossing.

From the Sask. Crossing take Highway 11 East for one hour. The lodge is on the left side of the highway just past Dry Haven Creek Campground, watch for a sign reading "Center for Outdoor Education". If you reach Goldeye Campground or Fish Lake you have gone a bit too far.

X. Continued Training

COE offers a wide range of courses and custom instruction. Guests who wish to seriously pursue mountain activities are encouraged to discuss further training options with their guide. Many of our summer programs are scheduled such that more than one course can be taken in order during one visit. For example, we often schedule a sport climbing



course in the two days immediately after a top-roping and anchor building course. The fastest way to learn mountain skills is to hire the services of one of our professional guides for a day or two after your course for a guided ascent or custom instruction. This service is offered at a discounted rate for course participants.

XI. Safety Information

COE has an excellent safety record and uses only skilled and qualified guides. In order to receive ACMG certification, guides have completed an 80 hour advanced wilderness medic course, as well as many years worth of guides courses and exams. Communications in the form of cell phones, satellite phones, or radios are carried on all outings. Nordegg has two helicopter services that are available for rescue and National Parks or STARS services may also be used depending on location and urgency. The nearest ambulance and hospital is in Rocky Mountain House.



XII. More Information

More information and kit lists for specific programs can be found on our website at www.coe.ca

For more information about the Association of Canadian Mountain Guides certification process visit www.acmg.ca

Please contact us if you still have any questions, we are here to help make your experience as enjoyable and productive as possible.

