



<b>Objective:</b>	<b>Cascade Mountain Scramble</b>
<b>BanffLIFE Contact:</b>	Michelle Backhouse w-760-2423 <a href="mailto:banfflife@banff.ca">banfflife@banff.ca</a>
<b>Departure time:</b>	<b>7:00am</b> (time is subject to change, you will be emailed)
<b>Departure location:</b>	Town Hall 110 Bear Street
<b>Return time:</b>	Depends on group level (8-12 hours)
<b>Return location:</b>	Town Hall 110 Bear Street
<b>Transportation:</b>	12-passenger van
<b>Equipment:</b>	<b>Hiking Boots are mandatory!</b> (Please see the gear list at the below)
<b>Food:</b>	Please provide your own snacks, lunch and water
<b>Hike Information:</b>	Rating: Strenuous
	Distance: 8.5km plus
	Elevation: 1300m gain

### Description

Probably the most photographed peak in the Canadian Rockies! It is 2998m high and from the summit you look directly down on the town of Banff. Although it is a long climb it is not difficult technically. You can expect the day to take 10 to 12 hours round trip. This climb is about 8.5 km long and has 1300 m elevation gain.

### Safety

Safety is our first priority on all *BanffLIFE* trips and courses. Instructors on all trips have appropriate certification and are members of the *Association of Canadian Mountain Guides*. These guides have gone through a rigorous training and certification process to ensure the trip is as safe as possible. Please listen and pay attention to the guides and follow their instructions.

### Risk

All hiking, climbing, mountaineering and skiing activities involve some element of risk. You will be required to sign a waiver where you assume that risk, waive your right to sue, and release the guides and *BanffLIFE* of all liability in case of an accident.

### A Little about Banff

Welcome to Banff National Park! Established in 1885, Banff is Canada's first and best known national park. It is a part of a UNESCO World Heritage Site that covers 20,000km<sup>2</sup> of some of the most spectacular and ecologically significant areas in the Canadian Rocky Mountains. From the beginning, Banff National Park has provided inspiration, rejuvenation, and relaxation to millions of people each year. It is a place where residents and visitors can participate in activities that help them understand and respect Canada's natural and cultural heritage. Banff is truly a sacred and special place where the richness of Canada's mountain heritage is respected, experienced and celebrated for all time. As members of the Banff community, you are about to embark on your very own Banff National Park adventure. *BanffLIFE* is happy to be a part of your adventure and we are looking forward to introducing you to your back yard!



## Equipment List

### Clothing

- ( ) Wool and/or Synthetic Socks
- ( ) Base Layer Top - Synthetic, wool or silk
- ( ) Base Layer Bottoms - Synthetic, wool or silk - optional for cool or winter days
- ( ) Mid-Insulation Layer Top - Pile (fleece), light synthetic fill or wool sweater/jacket
- ( ) Hiking Pants- Synthetic multipurpose pants
- ( ) Light Wind Shell - Windproof, water resistant layer for high aerobic work
- ( ) Weather Layer Top - Gore-Tex or other waterproof breathable jacket, or coated nylon
- ( ) Weather Layer Pants - Gore-Tex or other waterproof breathable pants, or coated nylon
- ( ) Warm Outer Jacket - Down or synthetic for cool or winter days
- ( ) Toque - Wool or Synthetic
- ( ) Brimmed Cap - Preferably wool or synthetic but cotton will do if other unavailable
- ( ) Light Gloves - Wool, synthetic or leather

### Personal Equipment

- ( ) Pack
- ( ) Sunglasses
- ( ) Sun and Lip Cream
- ( ) Head Lamp
- ( ) Water Bottle or Hydration System
- ( ) Blister Kit & personal first aid kit
- ( ) Camera – Optional
- ( ) Binoculars - Optional
- ( ) Walking stick or Ski Pole
- ( ) **Hiking Boots mandatory!**
  
- ( ) Lunch & snacks
- ( ) Water