



Objective:	Mount Rundle Scramble	
BanffLIFE Contact:	Michelle Backhouse w-760-2423	banfflife@banff.ca
Departure time:	7:00am	
Departure location:	Town Hall – 110 Bear Street	
Return time:	Depends on group level (10-12 hours)	
Return location:	Town Hall – 110 Bear Street	
Equipment:	Hiking Boots are mandatory! (Please see the gear list below)	
Food:	Please provide your own snacks, lunch and water	
Hike Information:	Rating:	Strenuous
	Distance:	6km plus
	Elevation:	1500m gain

Description

Mount Rundle is *the* iconic Banff Mountain; you haven't lived in Banff if you haven't climbed Rundle! At 2949 m there will be outstanding views in all directions from the summit. Although it is a long climb it is not difficult technically. It is a hike that requires route finding and time management abilities to be able to get to the top and back in good time. The climb is about 6 km long and 1500 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 20,000km² 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 are mandatory!

- () Lunch & snacks

- () Water
- () Thermos with hot drink (optional)