



## **BOOKING CONFIRMATION: SELF GUIDED / SELF CATERED TRIP**

DATE, 2016

Dear XX:

Thank you for booking with Sol Mountain and joining our thirteenth season in the Monashees. We are excited to see you soon.

This letter confirms your booking for XX guests on a self guided and self catered XX night trip XXMONTH XXDATE to XDATE, 201x. We have received your final payment of \$0000.00 + \$000.00 taxes – Thank you.

### **Refund Policy**

All payments are non-refundable unless we, or you can rebook the space at full price. Refunds will be subject to a \$50 administration fee. All cancellations must be in writing.

If you are unable to come at the last minute due to injury, travel complications, inability to enter the country, etc. there will be no refunds or ski credits given. Trips will not be cancelled due to weather or snow conditions.

Sol Mountain's reservation and cancellation policies are standard in this industry.

**Cancellation insurance, provided by a third party, is HIGHLY recommended.**

Contact your local travel agent, Automobile Association or available from [Lifestyle Financial](#).

Below is a list of specific information that will help you to arrive here safely and get to know a bit about how we operate here before you arrive.

Be sure that you review the attached waiver prior to the trip and are aware that all guests are required to sign our printed waivers provided at our meeting place in Cherryville.

*Please do not pre-sign attached waivers – they are to preview only.*

***Please let the group know of any food allergies, special dietary needs, or medical allergies.***

Below we have listed:

1. 2017 Info
2. Getting Here Details
3. What To Bring
4. Food and Kitchen
5. Specific Notes

## 1. FOR 2017

### December Trips at Cost

For all guests booked on regular season trips we offer December trips at a 'VIP' rate. Contact our office if you are interested in this option. We get some great snow early in the season!

### Bar and Retail

Our licensed bar serves wine, beer, cider, and soda. We offer a selection of Okanagan bottled red and white wines. Our house wine is available by the glass at \$2, or a half litre is \$7, or 1 litre at \$14. Local (Mt. Begbie) or import beer is \$4/can or \$5/ tall can. (Also it is fine to bring your own alcohol, just please keep within packing weights for the helicopter transfer). For retail we offer Icebreaker merino wool base layers and a stylish assortment of hats, toques and t-shirts. We run a tab during your stay that is payable at the end of the trip by cash, cheque, or credit card.

### Lodge Rental Skis

Rockered skis (slightly raised tip and tail) are the new standard for powder skiing with their better flotation in deep snow conditions. This year we have BC-made [Prior Husumes](#) in 163 cm length or [DPS](#) available in 168, 178, and 184 cm lengths, as well as locally made [Bigbend Skis](#) at 176 cm for rent, all are set up with Fritschi Diamir bindings. Try them for a day or reserve for your entire trip. Demo the DPS skis's for a day!!! The cost is \$40 per day or \$25/day for multi-day rental.

### XC Track Skiing

We have tracksetting for Nordic XC skiing when conditions permit (not always possible in deep snow conditions). We have 6 pairs of new waxless XC skis and poles, 3 with NNN and 3 with SNS bindings – just bring your boots. It is a stunning setting for XC skiing.

## 2. GETTING HERE

***If you are travelling by airlines we always recommend to pack your ski boots as carry on luggage!***

**\*\*\* MEET AT CHERRYVILLE MEETING LOCATION at 7:30 am on flight day\*\*\***

**[River Ridge Golf Course](#) (250.547.9660).**

**\*\*\*REVELSTOKE GUESTS meet at 8:00 am at the Arrow Heli hangar (at the airport past the ski hill 250.837.6288).**

We meet at the [River Ridge Golf Course](#) at 7:30 am on the first morning of your trip, where breakfast is available. To get to River Ridge from Kelowna, from Kelowna International Airport, drive 45 minutes north on Highway 97 to Vernon. Then travel 45 minutes east on Highway 6 through Lumby. The golf course is on your left 3 km before Cherryville, please watch for our sign. We meet here for breakfast and sign waivers before driving to the Sol Mountain staging area.

We leave the golf course at 8:30 am and drive to Cherryville, taking a left at the Tempo Gas and travel 20 minutes north to the Sugar Lake staging area for our flight at 9:30 am. Watch for the Sol Mountain sign on your right. We fly with an Bell A-Star helicopter flown by Arrow Helicopters of Revelstoke, BC. Four guests each trip also have the option to fly directly from Revelstoke. Please let us know in advance and we will arrange it for you.

***Toddlers less than two yrs old and small children must be in a child seat (can strap in one to use for exchange).***

*Please note: In the event that the exchange is delayed until the next day due to weather - guests are responsible for their own accommodation.*

### **Van Shuttle Service**

For guests flying into the Kelowna International Airport, the [Vernon Airporter](#) at 1.778.821.0101 provides shuttle service to Kelowna , Vernon, and Silver Star. For small groups of 3 or more the best value is [A1 Bus Ltd.](#), they will provide full transfer from the airport, to a hotel, and to our staging area the next morning. For full groups Contact [Discover Okanagan Tours](#) at 1.800.797.6335.

### **Accommodation**

Sol Mountain guests receive a discounted rate at both [The Best Western Plus Lodge](#) and [The Fairfield Inn & Suites](#) – both are close to good dining in downtown Vernon, or the [Twin Creeks Motel](#) in Lumby, 250.547.9221. For accommodations in Revelstoke try the [Revelstoke Gateway Inn](#), 1.877.837.8337, they offer reduced rates to our guests or the [Samesun Hostel](#), 1.250.837.4050. [Mustang B&B](#) in Revelstoke has a great value stay and ski package for Revelstoke Mountain Resort starting at \$130.

### **Packing**

All guests should be dressed for skiing on the flight in and wearing ski boots (this helps to ensure that you have all your gear!).

All guests need to pack within weight requirements.

Self catered groups may bring **60 pounds** of food and gear per person in addition to skis and a day pack, *and 30 pounds for toddlers <2 that are sitting on parents lap.*

This weight allowance must be exact in order to complete the transfer in the budgeted trips, ***any cost for additional lifts will be at the groups expense.***

Total heli weight for those flying from Revelstoke must be less than 1400 pounds.

The simplest is to bring your skiing daypack and a small (30 litre) duffel bag for lodge items. **Please do not bring large duffel bags or hard-shelled luggage.**

*Food should be tightly packed in a max of 3 wine sized cardboard liquor boxes per person, 5 boxes for 2 people – pack dense foods, avoid liquids, minimize packaging / garbage.*

Please do not bring glass unless it is quality wine or single malt Scotch!

*Well Packed Self-Catered Guest*



## **Lodge**

The lodge is complete with indoor plumbing and micro-hydro electricity (*please no hairdryers!*).

There are three queen and six double beds for couples plus a twin in each room. All bedding and towels are provided.

Bring lodge shoes. We have a supply of boots for walking outside that you can use. A headlamp is also handy. Music: Feel free to bring CDs, an MP3 player or an iPod for the stereo (we have a CD player, two guitars, mandolin, and box drum). There is also a complete selection of books and games.

Bring your own toiletries, shampoo, hand soap and cream is provided.

## **Family and Kids Supplies**

The lodge is well outfitted with baby gear, toboggans, toys, and arts and crafts for kids including:

- 2 Graco collapsible cribs
- 1 booster high chair
- 2 booster chairs
- 1 porta potty and 1 kids insert toilet seat
- 1 MEC backpack baby carrier
- 1 'Pulk' toboggan – for towing kids behind a skier
- We also have three sets of kids AT touring skis: 105 and 115 cm on Silveretta Pure Bindings, and 140 cm on Fritzzi Diamir bindings available for rent

## **Sauna**

We have a wood heated cedar sauna a short walk from the lodge, bathing suits are optional, towels are provided.

## **Spare Skis**

This year we have BC-made [Prior Husumes](#), [Big Bends](#) or [DPS](#) available to rent, 163, 168, 176, 178 and 184 cm on Fritzzi Diamir bindings. Each group is welcome to bring *one* more spare pair with them, anymore would eat into our helicopter space and weights.

## **Avalanche Safety Equipment**

All guests are responsible for their own backcountry safety equipment (avalanche transceiver, shovel, probe). We do have five spare sets at the lodge available at no charge, just be sure to reserve in advance.

## **Rentals**

Avalanche safety and ski gear can be rented at [True Outdoors](#) in Kamloops, Vernon or Kelowna. In Revelstoke at either [Skookum Cycle and Ski](#), [Powder Rentals](#), or your local Mountain Equipment Co-op, or in Calgary at the U of C Outdoor Centre 403.220-5038.

If you are using rental boots – we recommend to bring your personal alpine boots as well.

## 4. FOOD and KITCHEN

**Please include the caretaker and helper (2 people) in your dinner plans, this is the simplest arrangement with one kitchen.** Groups often bring too much food – please try to bring only what you will use.

*Food should be tightly packed in a max of 3 wine sized cardboard liquor boxes, or 5 boxes for 2 people – pack dense foods, avoid liquids, minimize packaging / garbage.* The commercial kitchen is well equipped with hot running water, two propane stoves with ovens, walk in cooler, and full set of cookware and dishes and....a big shiny barbecue on the covered deck.

### FOOD PROVIDED FOR SELF CATERED GROUPS

In an effort to reduce amounts of extra food – we provide the following common items for self catered groups:

mayonnaise	creamo,	Salt & Pepper
ketchup	butter, peanut butter	Exciting hot sauces
assorted mustards		soya sauce
frozen orange juice	olive oil	balsamic vinegar
sugar	cooking oil	sandwich bags and saran wrap

### KITCHEN HYGIENE

*As a public building we are exposed to variety of viruses (including Noro) throughout the season. It is important to practice strict lodge / kitchen hygiene – the most important being handwashing before entering the kitchen. Minimizing kitchen traffic helps to minimize risk to viruses. Organizing group breakfasts is a good way to reduce morning kitchen traffic – some groups will do group lunches as well (provide basics, guests bring personal treats). Best to have kids stay out of the kitchen (it's a dangerous place...!).*

## 5. SPECIFIC NOTES

### Housekeeping

Self-catered guests are responsible for their own housekeeping and a thorough lodge cleaning at the end of the trip. Family groups do require a bit more work – please take good care of our lodge.

Housekeeping is available – enquire for rates.

### Helicopter Evacuations

If emergency evacuation is required, the injured guest will be responsible for all expenses (min \$3000). Or you can purchase helicopter evacuation coverage available at the lodge for \$5/day.

### Damage to Premise or Property

Any wilful damage to premise or property of Sol Mountain, and the associated expenses will be covered by the guest.

### **Lodge Communications**

The lodge is equipped with a VHF radio (and NEW repeater) and internet phone (250-275-4771) that is available to guests. From our lodge radio we have a clear link to Nakusp (CMH, Highland Helicopters). We have wireless internet in the lodge, provided at no charge, and a lodge laptop available for guest use, or you may bring your own. (Please carry this on your lap in the helicopter.)

### **Guest Radios**

For added safety we now provide each guest with a radio.

### **Maps and Location**

The UTM coordinates for the lodge are 415199E 5589278N, and the lodge is located in the Bear Creek drainage. We have also produced a 1:50000 map with 20 meter contour intervals and marked with local area names. This map is available at the lodge to borrow or purchase, or [download](#) for your Iphone or Smartphone (need free App Avenza PDF Maps). The NTS Map Sheet 82L8: Mount Fosthall covers Sol Mountain's tenure area.

**If you have any more questions call us anytime at 250-674-3707 or email [info@solmountain.com](mailto:info@solmountain.com).**

**We look forward to seeing your tracks.**

**Cheers,  
Aaron and Sabine  
Sol Mountain Lodge**

**RELEASE OF LIABILITY, WAIVER OF CLAIMS,  
ASSUMPTION OF RISKS AND INDEMNITY AGREEMENT**

**BY SIGNING THIS DOCUMENT YOU WILL WAIVE OR GIVE UP CERTAIN  
LEGAL RIGHTS, INCLUDING THE RIGHT TO SUE OR  
TO CLAIM COMPENSATION FOLLOWING AN ACCIDENT**

**PLEASE READ CAREFULLY!**

Initial of Guest

<b>Name</b>	Last	First	Middle Initial(s)	
<b>Address</b>	Street			
	City	Prov/State	Postal/Zip Code	
<b>Email Address</b>			<b>Telephone</b>	
			Home	Work
<b>Date of Birth</b>	Year	Month	Day	<b>Age</b>
<b>Trip Dates</b>	Year	Month	Day	<b>to</b>
	Year	Month	Day	

**TO: Sol Mountain Touring**, carrying on business as **Sol Mountain, Her Majesty the Queen in the Right of the Province of British Columbia, Backcountry Lodges of BC Association, Arrow Helicopters Ltd., Other** and their directors, officers, employees, guides, agents, independent contractors, subcontractors, representatives, successors, assigns and guests (all of whom are hereinafter collectively referred to as "the Releasees")

#### DEFINITION

In this Agreement, the term "**wilderness activities**" shall include but is not limited to: alpine skiing, nordic skiing, telemark skiing, snowboarding, snowshoeing hiking, touring, mountaineering, rock climbing, ice climbing, expeditions, trekking, glacier travel, and all activities, services and use of facilities (including the lodge and all other buildings), either provided by or arranged by the Releasees including orientation and instructional sessions or classes, transportation, accommodation, food and beverage, water supply, and all travel by or movement around helicopters, other aircraft, snowcats, snowmobiles or other vehicles.

#### ASSUMPTION OF RISKS – AVALANCHES, ALPINE TERRAIN, WILDERNESS TRAVEL WEATHER

I am aware that participation in wilderness activities, involves many risks, dangers and hazards. Avalanches occur frequently in the terrain used for wilderness activities and may be caused by natural forces or by persons travelling through the terrain. I am aware that the Releasees may fail to predict whether the terrain is safe or whether an avalanche may occur. The terrain used for wilderness activities is uncontrolled, unmarked, not inspected, and involves many risks, dangers and hazards in addition to that of avalanche. These may include, but are not limited to: cornices; crevasses; cliffs; trees, tree wells; tree stumps; forest dead fall; creeks; rocks; rockfall; boulders; holes and depressions on or below the snow surface; variable and difficult snow conditions; hypothermia, snow immersion: effects of high altitude including pulmonary edema and cerebral edema; equipment failure; encounters with domestic and wild animals; impact or collision with other persons, including other guests; becoming lost or separated from one's party or guide; negligence of other persons; and **NEGLIGENCE ON THE PART OF THE RELEASEES. I UNDERSTAND THAT NEGLIGENCE INCLUDES FAILURE ON THE PART OF THE RELEASEES TO TAKE REASONABLE STEPS TO SAFEGUARD OR PROTECT ME FROM THE RISKS, DANGERS AND HAZARDS OF WILDERNESS ACTIVITIES.** Communication in the alpine terrain may be difficult, and in the event of an accident or illness, rescue, medical treatment and evacuation may not be available or may be delayed. Alpine weather conditions may be extreme and can change rapidly and without warning.

**I AM AWARE OF THE RISKS, DANGERS AND HAZARDS ASSOCIATED WITH WILDERNESS ACTIVITIES AND I FREELY ACCEPT AND FULLY ASSUME ALL SUCH RISKS, DANGERS AND HAZARDS AND THE POSSIBILITY OF PERSONAL INJURY, DEATH, PROPERTY DAMAGE OR LOSS RESULTING THEREFROM.**

#### NOTICE TO SNOWBOARDERS, SNOWSHOERS AND TELEMAR SKIERS - INCREASED RISK

Unlike alpine ski boot/binding systems, snowboard, and some telemark boot/binding systems are not designed or intended to release and will not release under normal circumstances, thus increasing the risk of not surviving an avalanche.

#### NON-SCHEDULED OR EMERGENCY EVACUATION, RESCUE OR FIRST AID

I acknowledge and agree that all expenses associated with non-scheduled or emergency evacuation, rescue or first aid will be my responsibility and will not be covered by the Releasees.

#### NOTICE TO SELF-GUIDED PARTIES

- All wilderness activities at Sol Mountain will be entirely self-guided. Professional guiding services will not be provided by the Releasees.

2. By not using the services of a professional mountain guide, the risks, dangers and hazards of wilderness activities may be increased.
3. Self-guided parties must have experience in backcountry alpine travel in mountainous, avalanche-prone and glaciated terrain. It is the self-guided party's responsibility to learn about the nature and degree of challenge of the terrain at Sol Mountain and ensure that all members of the self-guided party are capable of backcountry travel in such terrain.
4. Self-guided parties must be completely self-sufficient and be capable and experienced in alpine route finding, snow stability evaluation, avalanche rescue, and wilderness first aid.
5. Self-guided parties are responsible for conducting their own avalanche transceiver practice sessions and ensuring that all members of the party are capable and experienced in avalanche rescue.
6. All self-guided parties must have the following equipment and be experienced in its use:
  - Avalanche transceivers
  - Avalanche shovels
  - Avalanche probes
  - Topographical maps
  - First aid equipment
  - Emergency communication equipment
7. Emergency communication equipment may be provided by Sol Mountain, however it is the self-guided party's responsibility to ensure that these radios are operational and that back-up radios are provided by the party. Radio communication in the alpine terrain may be difficult or not possible.
8. Sol Mountain may provide a Lodge Attendant to assist in the running and maintenance of the Lodge. The Lodge Attendant is not permitted to provide self-guided parties with guiding services or advice. By invitation of the self-guided party, the Lodge Attendant may join the party for backcountry travel; however in no such case will the Lodge Attendant serve in the role of guide to the self-guided party.
9. Self-guided parties must leave a daily trip plan at the Lodge before departing each morning.
10. Self-guided parties are responsible for maintaining a call-in schedule as previously arranged with Sol Mountain Lodge.

**RELEASE OF LIABILITY, WAIVER OF CLAIMS AND INDEMNITY AGREEMENT**

In consideration of the Releasees allowing me to participate in wilderness activities as defined in this Agreement, and for other good and valuable consideration, the receipt and sufficiency of which is acknowledged, I hereby agree as follows:

1. **TO WAIVE ANY AND ALL CLAIMS** that I have or may in the future have against the Releasees and **TO RELEASE THE RELEASEES** from any and all liability for any loss, damage, expense or injury including death that I may suffer, or that my next of kin may suffer as a result of my participation in wilderness activities, **DUE TO ANY CAUSE WHATSOEVER, INCLUDING NEGLIGENCE, BREACH OF CONTRACT, OR BREACH OF ANY STATUTORY OR OTHER DUTY OF CARE, INCLUDING ANY DUTY OF CARE OWED UNDER THE OCCUPIERS LIABILITY ACT, R.S.B.C. 1996, c. 337, ON THE PART OF THE RELEASEES. I UNDERSTAND THAT NEGLIGENCE INCLUDES FAILURE ON THE PART OF THE RELEASEES TO TAKE REASONABLE STEPS TO SAFEGUARD OR PROTECT ME FROM THE RISKS, DANGERS AND HAZARDS OF WILDERNESS ACTIVITIES REFERRED TO ABOVE;**

2. TO HOLD HARMLESS AND INDEMNIFY THE RELEASEES from any and all liability for any property damage or personal injury to any third party resulting from my participation in wilderness activities;
3. This Agreement shall be effective and binding upon my heirs, next of kin, executors, administrators, assigns and representatives, in the event of my death or incapacity;
4. This Agreement and any rights, duties and obligations as between the parties to this Agreement shall be governed by and interpreted solely in accordance with the laws of the Province of British Columbia and no other jurisdiction; and
5. Any litigation involving the parties to this Agreement shall be brought solely within the Province of British Columbia and shall be within the exclusive jurisdiction of the Courts of the Province of British Columbia.

In entering into this Agreement I am not relying on any oral or written representations or statements made by the Releasees with respect to the safety of wilderness activities, other than what is set forth in this Agreement.

**I CONFIRM THAT I HAVE READ AND UNDERSTOOD THIS AGREEMENT PRIOR TO SIGNING IT, AND I AM AWARE THAT BY SIGNING THIS AGREEMENT I AM WAIVING CERTAIN LEGAL RIGHTS WHICH I OR MY HEIRS, NEXT OF KIN, EXECUTORS, ADMINISTRATORS, ASSIGNS AND REPRESENTATIVES MAY HAVE AGAINST THE RELEASEES.**

Witness's Signature
Witness's Printed Name

Guest's Signature
Guest's Printed Name
Date
Signature of Parent or Guardian if guest is under age 19