



SUMMER GUEST INFO 2015 – Self Guided / Self Catered

Thank you for booking with Sol Mountain Touring and joining our tenth summer in the Monashees.

This confirms your booking on a self-guided and self catered trip for the *xx* nights *Dates*.

Your final payment of \$xxx + xxx taxes has been received – thank you!

You are reserved to stay in Room #

Be sure that you review the attached waiver prior to the trip and are aware that all guests are required to sign waivers provided at the lodge.

Refund Policy: All payments are non-refundable unless we 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 credits given. Trips will not be cancelled due to weather.

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

Cancellation insurance, provided by a third party, is HIGHLY recommended. Available from [Lifestyle Financial](#), your local travel agent, Travel Underwriters 1-800-663-5389, or is often included with your credit card transaction.

GETTING TO THE LODGE

The road from Shelter Bay to the lodge has active logging traffic and is radio controlled.

It is 55 km of logging road from Shelter Bay, **4WD vehicle recommended – be sure to have good tires!**

For full groups we can meet you and lead you to the lodge. Or, if you are comfortable with radio controlled logging roads you can use one of our radios kept at The Gateway Inn front desk in Revelstoke (1500 1st St, 250.837.2164).

Group Meeting Place:

If you would like us to lead the group to the lodge – please confirm a meeting time and place with the lodge caretaker. Best to car-pool. Options for meeting place are:

- Start of Shelter Bay FSR 0.5 km west of the Shelter Bay Ferry terminal on Hwy 23 (there is parking space at the log dump to store vehicles that are not driving to the lodge).
- Revelstoke, rest area west side of town (west of bridge) at lights for Trans Canada Hwy 1 – Hwy 23 intersection

ROAD DIRECTIONS

A 4WD vehicle is recommended for good clearance - though some front wheel drive vehicles have made it in - just not easily, **good tires required**. Expect logging traffic on all forestry roads.

Mountain bikes need to be well secured. Some roof and hitch type racks are not suitable – inside the vehicle may be better.

Shuttle service is available.

Here are updated lodge directions - we have signs at all major junctions. Best to car pool if you can, guest vehicles are parked at start of our access road. There are many interesting stops (Pingston canyon) and rec sites along the way (Eagle Bay at 10.2 km on Shelter Bay is great for swimming).

Please call or email when leaving Nakusp or Revelstoke so we know what time to meet you at the guest parking area.

We have a lodge internet phone that we use for calling out - you can leave a message - 250 275-4771, email solmountain@xplornet.com. Our frequency for the lodge base radio is 153.965 (Tone 136.5).

Location

The lodge site is on the east side of Monashee Provincial Park, UTM 415199E 5589278N, in the Bear Crk drainage. Access is via the North Fosthall from Nakusp or Revelstoke, all major road junctions are signed. A backroads Atlas is helpful or a forestry road map.

Link to our [Sol Mountain Google Map](#) and zoom in for closer directions.

From Revelstoke – 2.5 hrs – follow signs from highway, **no cell service after leaving Revelstoke – except at 19 km in the North Fosthall canyon**

Travel south east on Hwy 23 to Shelter Bay ferry. About 0.5 km before the ferry turn right onto Shelter Bay FSR (**road frequency 156.240, CH 8**). At 2.3 km take the right fork and continue straight through at the 4 way junction before the log dump. At 12 km you will reach the hydro project site - continue straight through. At 16.3 km (Lime Kiln junction) take a left (*Sol Mtn sign*). You will cross the Pingston Bridge (deep canyon) at 26 km, at 29.5 km turn right onto the North Fosthall. – **change radio frequency to 154.665 (CH 7) - follow Sol Mtn signs from here**. At 26 kilometer take a left onto North Fosthall Br 30 to 30 kilometer, and finally stay left onto Bear Lake FSR. Travel along Bear Lake FSR for 2.5 kilometers to our guest parking lot. This is within 1.7 km of the lodge site.

Park here and hike in along our lodge access road. Staff will meet you and transport your food and gear – or in one guest vehicle.

From Nakusp – 2.5 hrs, cell service along Saddle Mtn Rd and at 19 km in the North Fosthall canyon

Travel south of Nakusp to the Arrow Park Ferry – **the ferry is closed from 12 – 2 PM and at 9PM for the night**. Follow Sol Mtn signs from Arrow Park, take a right onto the Saddle Mountain forest road (**road frequency 154.665**) to 33.5 kilometer, then straight through the four way junction onto Fosthall forest road at 3.5 kilometer. Follow Fosthall road to 7.5 kilometer then right (**do not go left here**) onto North Fosthall forest road, stay right at 11 km (*Sol Mtn sign*) and take a right at 13 km to continue on the N. Fosthall road (the old road to the left is closed). Continue south to 18.5 km, this is the junction with Shelter Bay road (29 km), turn left here, - **follow Sol Mtn signs from here**. At 26 kilometer take a left onto North Fosthall Br 30 to 30 kilometer, and finally stay left onto Bear Lake FSR. Travel along Bear Lake FSR for 2.5 kilometers to our guest parking lot. This is within 1.7 km of the lodge site. Park here and hike in along our lodge access road. Staff will meet you and transport your food and gear – or in one guest vehicle.

Parking

All visitors park at our guest parking lot, and hike or bike the 2 km trail to the lodge. Trail starts 30 m up the road on the left – it is signed.

Sol staff will transport your extra gear / luggage from parking to the lodge, or in one guest vehicle. Arrange a meeting time with lodge staff.

LODGE INFO – Self Catered Guests

Self-catered guests rent the full facility for the trip. Housekeeping services are not included, but are available at an additional cost. Guests are responsible for daily housekeeping and cleaning the lodge at the end of the trip.

There will be a caretaker (and sometimes a helper) at the lodge for your trip. The caretaker manages the lodge (generator, utilities, garbage), takes care of all laundry, and transfers guest luggage to and from our parking area. Please include the caretaker (no special dietary needs) in your group dinners.

Please pack efficiently for transfer of gear to lodge (personal gear in duffle or small suitcase, food in boxes and coolers).

FOOD

Please bring your own cooler for drinks and food - we do have a small fridge available for meat and dairy.

There is a good supply of cooking oils, spices, and such at the lodge.

We have drip coffee makers, filters are supplied.

The commercial kitchen is well equipped with hot running water, two propane stoves with ovens, and a full set of cookware and dishes. We do not barbecue during the summer to help avoid attracting curious bears.

BAR and RETAIL

The bar is open! Offering Okanagan wine and local or import beer (\$4 / can, \$5 / pint). Our house wine is the Peller Estates Proprietors Reserve, Cab-Merlot and Chardonnay - and very affordable at \$2 per glass, \$7 per half litre, or \$14 per litre. And there is a bottled selection of Okanagan's finer wines for you to sample.

We also stock sodas (Coke, Gingerale, Tonic).

Also fine to bring your own alcohol – bring your own cooler for cold drinks.

For retail we have a stylish assortment of hats, toques, T-shirts, UV shirts, and wool and fleece sweaters.

We run a tab during your stay, payable at the end of the trip by cash, cheque, or credit card.

WHAT TO BRING

All bedding and towels are provided, there are 3 queen and 6 double beds for couples along with the twins in each room. Bring lodge shoes, we do have a supply of rubber boots for going outside. A headlamp can be handy – but the lodge does have full electricity.

The lodge is well stocked with books, games, stereo system (bring your MP3 or CD's), two guitars, box drum, and mandolin.

SAUNA and SHOWERS

We have a wood heated cedar sauna with outdoor cold shower - bathing suits are optional. During the summer we have one hot water shower in the lodge, and another two with only cold water.

LODGE COMMUNICATIONS

The lodge is equipped with a VHF radio, internet wifi and internet phone (250-275-4771). The internet phone is used for emergency call, lodge logistics, and available for guests. From our lodge radio we have a clear link to Nakusp (CMH, Highland Helicopters). We also have a SPOT for back-up emergency call out.

Sol Radio Frequencies

CH		Rx	Tr	Tone
1	Sol	153.965	153.965	136.5
2	Sol Rptr	153.965	159.540	136.5
3	(Talk)	157.560		
4	CMH Nakusp Rptr	150.845	156.975	179.9
5	CMH Nakusp Simp	150.845		179.9
6	Highland Heli	150.895		
7	P & T Nakusp	154.665		
8	P&T Shelter Bay	156.240		

DAMAGE TO PREMISES OR PROPERTY

Any wilful damage to premise or property of Sol Mountain Touring will be covered at the expense of the guest responsible.

Refund Policy: last cancellation date is November 15, and a refund will be made (less \$50 administration fee) if your spot can be filled. Trips will not be cancelled due to weather. Cancellation insurance is recommended.

HIKING INFO – Self Guided Guests

Self-guided guests should be experienced and have the basic skills to navigate and route find in mountain terrain – map reading skills are essential. We have some established trails, but much of the hiking areas are without trails. Terrain near the lodge and most areas above treeline offer wide open gentle hiking with many great sights to see (lakes, streams, waterfalls, flowers, wildlife). All peaks within our area are non-technical ascents within a 3 to 5 hour hike from the lodge.

MAPS AND LOCATION

NTS Map Sheet 82L8 – Mount Fosthall covers Sol Mountain's tenure area.

The UTM coordinates for the lodge are 415199E 5589278N, located in the Bear Creek drainage.

We have also produced a 1:50000 map with 20 m contour intervals. This map is available at the lodge to borrow or buy, or you can download a digital copy from our [Hiking](#) webpage. This map is also useable on iPhones (with free app 'Avenza PDF Maps').

HIKING GEAR

Hiking groups should be prepared for mountain weather and emergency situations. Here is a basic list:

- Personal day pack with water bottle, sunscreen, sunhat, extra warm clothing, rain gear, blister repair kit
- Outdoor clothing, boots, hat for extremes in mountain weather conditions (it can snow any month of the year) and bugs
- Group basic first aid equipment (we have complete first aid including oxygen at the lodge)
- Emergency overnight gear, a tarp is a good idea

TRAILS

We have established trails marked by blue flags above treeline. Established trails in the forest are brushed and marked with flagging tape. All trails junctions are signed. Otherwise it is open easy hiking on wide benches and ridges above the treeline.

SINGLETRACK MOUNTAINBIKING <http://www.solmountain.com/summer/singletrack-mountainbiking.html>

We have a 10 km network of mountain bike trails. Trails in the meadow are rated Green Easy and get more difficult as you go higher. Bring your bike along if you would like to try our alpine singletrack.

You can download our [Iphone Map](#) of the trails.

We also have two new Rocky Mountain Altitude 650B's to demo at the lodge, or rent for your trip.

CANOEING

We have a canoe at Bill Fraser Lake for guests to use. It is less than a one hour hike to Bill Fraser Lake.

OTHER ACTIVITIES

FISHING at Margie or Peters Lakes

SWIMMING at Sol Lake in the heat of summer

HORSESHOES

CAMPFIRE

HELI EVACUATION

If emergency helicopter evacuation is required the guest will be responsible for all expenses.

Optional heli evacuation coverage is available to purchase at the lodge, cost is \$5 / day.

COMMUNICATIONS

During the hiking day self-guided groups are encouraged to maintain a check in system with the lodge or with each other. Guests should bring hand held radios if they have them, we do have radios available for guests to use.

For more info on hiking in Monashee Park go to their website at [Monashee Provincial Park - BC Parks](#)

For Bear Safety info go to [Safety Guide to Bears in the Wild](#).

If you have any more questions call us anytime at 250-674-3707 or email info@solmountain.com.

We look forward to seeing you on the trail.

Cheers,

Aaron and Sabine

Sol Mountain Lodge