

Wellspring Calgary Mindful Mountain Hiking Group

Frequently Asked Questions

- 1. Can I bring another person along?**

As long as that person registers with Wellspring, signs their waiver, completes the Par-Q form and there is sufficient space on the trip, friends, relatives etc are welcome.
- 2. Can I bring a child?**

Before bringing your child on the trip, please contact one of the facilitators to ensure that the hike is appropriate for a child their age. If it is, one parent must be with them and agree to supervise them all day. Parents must also sign the ACMG waiver on behalf of their child.
- 3. Can I bring my dog?**

Pets add a level of complexity to hikes that we would rather not have to deal with. Some people are frightened of dogs and conflicts with wildlife or other pets are possible. Please leave your pet at home.
- 4. What time do we meet for the hikes?**

Normally we meet at 7:30 AM at Carma House or 8:00 AM at the Petro-Canada station at the junction of Highways 1 and 22.
- 5. What if I have to be home at a certain time?**

While we have a general idea of how long a hike usually takes, factors such as weather, group pace and unforeseen situations preclude us from guaranteeing a specific return time. If you have an important appointment to make, consider carefully before joining us on the hike.
- 6. I'm a slow hiker. What if I can't keep up?**

Members of hiking groups often have widely differing physical abilities. We pace our hikes such that most people who would consider going hiking in the first place would be able to reach the objective without physical hardship. If a participant decides that he/she is unable to reach the day's objective, one of the facilitators can stay with that person or escort him/her back to the trailhead.
- 7. What happens if the weather is really bad on the morning of the hike?**

Since weather in the mountains may be radically different from Calgary, it will be up to the facilitators to determine whether the hike that day will be cancelled or the destination will be changed. If you choose not to come or are concerned by the weather, please contact one of the facilitators by 7:30 AM at the cell numbers provided to you.

8. How much food should I bring?

Bring a reasonable lunch for your particular nutritional needs, along with some snack items that can be used to boost your energy along the way. As well, bring at least one liter of water; more if you tend to get thirsty on exertion.

9. Are bears an issue?

Many of our hikes are into areas where bears exist. However, there has never been a recorded incident of a bear encounter with groups of four or more people. In the unlikely event of a bear encounter, facilitators are equipped with bear spray to use as a last resort. As well, trail reports are checked for indications of recent wildlife activity.

10. Do we reimburse drivers for gas?

At this point, we ask that drivers volunteer their services. We will try to rotate drivers such that, unless they desire to do so, the same ones are not driving each trip.

11. Why is there a limit to the number of participants on any given hike?

As an ACMG Guide, I operate under land access permits for Kananaskis Country and the Mountain National Parks. These permits have regulations around the numbers that may go on commercially guided hikes. The limits are 13 for National parks and 15 for most trails in K-Country.

12. Do I have to carry a pack?

The short answer is yes. You will need to bring along food, water, a rain jacket and anything else from the equipment list that you think will be useful. The best way to carry these items is in a two-strap backpack.

13. Is it OK to hike in running shoes?

Running shoes are the minimum acceptable kind of footwear. You will be much better off with a supportive shoe or boot with an aggressive sole for traction. Street shoes or floppy runners are recipes for ankle injuries.

14. Do the facilitators like chocolate?

Yes!!!!!!