

CSGC Trip to Rockies

Itinerary: Saturday September 5, 2026

BUS: Min 40, Max 54 students, 2 University of Alberta Staff (DRAFT December 15, 2025)

Saturday, September 5, 2026

0700	Meet	English Language School
0705	Leave	
0915-0930	15 min Stop	Rocky Mountain House
0930	Leave	
1110-1410	180 min Stop	Lunch/free time at Siffleur Falls (Hike)
1415	Leave	
1435	25 min stop	Picture at Abraham Lake View Point
1500	Leave	
1620	10 min	Pick up Pizza, eat on the Bus
1630	Leave	
1810	Arrive	University of Alberta

Rules

- 1) Please do not go anywhere without the group if you have not informed the Seminar Assistant. Always tell someone where you are going.
- 2) Do not feed the animals or approach them. It is very dangerous, both for you and the animals. Pictures are okay - but do not approach them.
- 3) When hiking, please stay on the marked trail at all times.
- 4) Smoking is not permitted on the bus or hiking trails.
- 5) Please make sure you have your Emergency Contact Card.

What to Bring

- 1) The weather in the mountains can be very cold and rainy. Layer clothing so that you can adjust to the changing weather, and make sure to bring a warm **rain jacket** (waterproof).

Here is a weather forecast for the trip:

Saturday:	Morning	High: TBA°C	Conditions: TBA
	Afternoon:	High: TBA°C	Conditions: TBA

- 2) Many students become tired and/or dehydrated after spending so much time outdoors. Please ensure you are drinking lots of water (bring at least 1 **water bottle**), and dress appropriately for the temperature- it will be colder than you think!
- 3) Bring a **good pair of shoes**- because we will be walking around on rocky surfaces. Open-toe shoes, sandals, and high-heeled shoes are not appropriate.
- 4) Bring **lunch from homestay and some extra snacks**. There will not be any microwaves or hot water available so bring a cold lunch. We will provide pizza for dinner.

Important Contacts

TBA