

ACCVI Canmore Camp 2026 – Information Guide

August 1-8, 2026

General

The purpose and intent of the ACCVI summer camps is to provide a variety of mountain experiences and opportunities to club members. Activities may include hiking, scrambling, rock-climbing, and mountaineering within a social, supportive, team-oriented environment. And this year it will be in the comfort of a modern hostel in one of the premier places in the Canadian Rockies! These activities both develop skills and foster camaraderie among ACCVI Section members. An experience to cherish!

Accommodation

We will have the exclusive use of the ACC Alpine Hostel in Canmore, also known as the Clubhouse, which is unique among ACC accommodations in that it is a modern front-country drive-in hostel with extensive facilities, including flush toilets, showers and a spacious well-equipped kitchen with refrigerator, stove (with oven), pots, pans, plates, dishes and cutlery as well as Wifi, EV charging and free pedal bikes. There are also lounge areas and gas fireplaces in the building. For sleeping, there are several 3-6-bunk rooms with overall space for about 30 people (though we are planning for 25 so everyone would have a bit more room).

Transportation

You'll need to arrange your own transportation to the Clubhouse to arrive on Saturday, August 1, but we'll do our best to arrange for car-pooling in advance. Many people will probably reserve and catch the 6 or 7 AM ferry and drive up to Canmore in one day. Check-in is after 4pm. It's a ten-hour drive from Tsawwassen. We'll leave for home on the following Saturday, August 8. On the way there and back, you could also take the opportunity to visit Revelstoke and Yoho National Parks, Mount Assiniboine, Lake Louise, Lake O'Hara and the Columbia Icefields.

Canmore is outside Banff National Park but you may want to spend time in the park. From June 19 to September 7, 2026, personal admission to all National Parks is FREE for all visitors through the [Canada Strong Pass](#) initiative. However, you still need a vehicle pass to stop in National Parks, so you may need to buy a [Discovery Pass or a daily pass](#). Please note that to park in the Kananaskis and Spray Lakes area (but not Canmore), you will need to purchase a [Kananaskis Conservation Pass](#) for your car. The cost is \$15 per day or \$90 annually.

Food and Meals

You will need to take care of your own breakfasts, lunches, snacks and beverages. For dinners, participants will have been organized into six cooking teams, each providing one evening meal for the entire group. The meal should include appetizers, main course and dessert, and be designed with accommodating possible vegetarian participants in mind. It works well to have a pasta/rice dish, a substantial vegetarian sauce, and a separate meat side sauce/dish. The cooking group cleans up after the meal as well and also disposes of garbage/refuse/compost. Careful planning for portion size of the shared meal is important so left-overs and food waste are minimized.

Grocery stores are located a few minutes away in the nearby townsite, so it will be possible to buy fresh ingredients on your cooking day.

Cooking for the group provides flexibility for all members to make the most of every day, with the exception of a single cooking evening, and provides the opportunity for all members to creatively consider and contribute to others' welfare and dietary needs. This is part of the social interaction and team effort of these camps.

Please look after your own dinner on Saturday, Aug 1. We would like everyone to show up for dinner on Sunday, Aug 2 and on the last night, Friday, Aug 7. You may opt out of the group dinner on the intervening four nights from Monday to Thursday if you wish to travel farther afield or if you would just like a dinner in town. If so, we ask you to indicate your absence on the morning sign-up sheet so that the cooking group can prepare.

People with allergies or food sensitivities may bring supplemental food of their own while **participating in the communal meals to the degree possible** (most allergies and sensitivities will be identified in the camp planning process).

General Camp Information

- Participants are expected to be active in camp life and participate in group activities. You should understand and respect all Summer Camp policies as set out in this guide and communicated by the Camp Managers Cedric and Geoff.
- Waiver. You should have signed a waiver when you joined ACC or last renewed your membership. Please review it carefully beforehand.
- You will need to bring your own personal gear, including clothing, toiletries, day pack and hiking/climbing gear. The hostel provides linens, blankets, and towels.
- Each day, groups assemble for different trips based on recreational interest. Each evening, people come together to share a meal, tell stories of the day and relax before retiring.
- Participants spend most days in small self-guided groups walking, hiking, scrambling, and/or achieving mountain summits or technical rock-climbing objectives. The length and duration of any day's activities depends on the particular group, but typical groups are away from the Clubhouse for 4 hours or more.
- Groups sign out and back in a sign-out sheet binder so that there is a record of where everyone is going for the day. When you return, be sure to note that on the sheet.
- Quiet hours are 10 PM to 7 AM. Please respect this, as people will be trying to sleep during this time. If you will be up early for an alpine start, please have your gear and food prepared the previous night so as to minimize disturbance for the others in the pre-dawn hours.
- Ear plugs. Some of your fellow room-mates might be snorers, so it is highly advisable to bring ear plugs to help you get a sound night's sleep.
- For larger groups that may split up we will provide two-way radios to allow their members to keep in communication. There may also be cellphone coverage for most areas.
- First aid. A club-supplied first aid kit will be taken to the Clubhouse, but you should bring your own personal first aid kit with the basic essentials.
- Music. There a piano in the lower lounge, and we will arrange for a guitar to be available. Song books are welcome.
- People are encouraged to write up their trips and experiences in a log book (supplied). A volunteer will be sought to write up the story of the entire camp for the Island Bushwhacker Annual, and the log book is invaluable for this purpose.

- Emergencies. Call 911 for police, fire or ambulance, or 1-877-852-3100 for Parks Canada Dispatch.

Safety

- Safety while in camp and on daily expeditions is a key element of success of Summer Camps.
- For your own and others' safety and enjoyment, you should have a reasonable degree of fitness. Typical day hikes and scrambles (see list below) may involve 10 km distance and 500-1500m elevation gain.
- Participants are highly discouraged from undertaking solo excursions from camp. Group size improves response and outcomes from accidents, injuries, getting lost and other emergencies. Time for others to locate and administer assistance to a lone hiker in an emergency situation can be substantial.
- While away from camp, participants are expected to carry foul weather clothing, survival gear and their own personal first aid kit and necessary medications.
- Campers are advised to give a duplicate set of medications to another camper in case their own supply is lost or damaged (e.g., gets wet).
- Personal emergency satellite communication devices (such as SPOT X, Garmin InReach, ACR Bivy Stick, etc.) are NOT provided – participants may use their own if desired.
- For scrambles you will need to wear a helmet. Rocky Mountain limestone is notoriously loose. For climbs, ropes, helmets and harnesses are required, and for steep/hard snow, crampons/ice axes should be used.
- We recommend that you bring your own climbing ropes.
- The Section has some gear available for rental – please see our [gear rental website](#).
- Camp members are a team which, in the case of sickness or emergency, is expected to pull together to ensure the safety of all.
- There are no hired medical practitioners in camp. However, it is likely that each camp week will include some members who have first aid training, current or expired.
- There are no hired guides or instructors in camp. A mix of hikers, technical climbers and mountaineers attend these camps and some mentoring within the bounds of safety may be offered. Members are encouraged to participate in activities within their comfort level.
- Participants under 19 years of age must be accompanied by a parent or guardian.
- Participants from outside BC should ensure their personal medical coverage is sufficient. Emergency evacuation by Search and Rescue in Alberta and BC is free of charge; however other emergency medical, hospital and transportation costs can be substantial.

Registration and Cost

Registration will open at 12:00 noon PST, Friday, March 6, 2026. Initial registration is limited to (1) ACC members of the Vancouver Island Section with addresses on Vancouver Island or adjacent Islands, or (2) non-local ACCVI members who have a history of service to the VI section. Beyond this initial priority period of one month following opening of registration, all ACC members are welcome to apply to register. Members who are not currently VI section members are required to take out a VI section membership before registration can be completed. Registration is on a first-come, first-served basis subject to the initial priority restriction.

The cost for the camp is \$400. We are setting up a procedure where payment may be made by e-transfer to canmore2026@accvi.ca.

Announcements about opening of registration will be made on the ACCVI Events web page, Facebook page, and through emails and our newsletter.

We have adopted an online registration form (a Google Form). This online registration form will not be accessible until registration is open. The registration form is simple and intuitive:

- Click [here](#) to access the online registration form. Before registration opens, you will receive the message 'The form ACCVI Canmore Camp 2026 Registration is no longer accepting responses' and you will not be able to proceed.
- Follow the online instructions and provide information by entering short answers and/or checking boxes.
- Click on "Submit" to complete the registration form and send it off.
- An acknowledgement of a completed form will be displayed on-screen.

To register, registrants must first fill out and submit the on-line registration form. We will respond by email confirming eligibility for camp (i.e., ACCVI membership, residency, completed registration form) and whether there is space. Once these have been confirmed, you will be asked to pay the fee. Electronic transfer can be made to canmore2026@accvi.ca. (No cheques, please.)

Registration will be given final confirmation only when the completed registration form has been received and verified, and the payment of fees has been received. This will be confirmed by email.

If all the camp spaces have been filled, you'll have the option of being put on a wait-list in case a space becomes available in the future. Registrants on the wait-list are asked not to submit camp payment until they are offered a spot in camp.

We will hold a planning meeting in Victoria during June or July, at which cooking groups and travel groups will be finalized, and you'll have a chance to ask questions and meet your fellow campers.

In the event you have to withdraw, the ACCVI will assist in advertising your place, however, a refund will only be expected if and when a replacement is confirmed.

We make every effort to budget carefully for these costs, but there are always unknowns, such as the total number of people who sign up. The Summer Camp Committee have therefore developed the following policies to ensure the final costs are fairly covered:

1. If there is a surplus of >10% of the cost paid, participants will be refunded their share of the surplus. These amounts will be calculated and distributed in a timely way after the camp.
2. If there is a shortfall, participants will be asked for a contribution to make up the deficit. Again this calculation will be made in a timely way after the camp.

Further Information

For inquiries or more information about the summer camp, please contact Cedric Zala or Geoff Bennett at canmore2026@accvi.ca.

ACCVI's Motto:

- 1) Come back alive***
- 2) Come back friends***
- 3) Respect the land***
- 4) Have fun***
- 5) Get to the top***

Hiking, Scrambling and Climbing Objectives near Canmore

There are several roads and highways that access a huge variety of trails and peaks within a one hour drive from Canmore.

- Highways 1 and 1A, both west beyond Banff and east to Yamnuska
- Kananaskis Highway 40 south to the Kananaskis Lakes
- Spray Lakes Road and Smith-Dorrien Trail (gravel, Hwy 742) south of Canmore

To access trails around Lake Louise and Moraine Lake, you must take a [Parks Canada Shuttle](#). Fortunately, you can book an “Alpine Start” at 4 or 5am from Lake Louise – or from 6:30 onwards.



There are so many hikes, scrambles and climbs for all levels and interests that it is pointless to try to list them all. We recommend browsing the guidebooks listed below, accompanied by GemTrek maps. These are some of the highlights, listed roughly from east to west.

Hikes (there are at least 60 hikes in the area; many are short and easy):

- Ptarmigan Cirque
- Rawson Lake
- Chester Lake
- Centennial Ridge and Mount Allan (strenuous)
- Pigeon Mountain (if open)
- Old Goat Glacier (if open)
- Bourgeau Lake
- Edith Pass
- Johnston's Canyon
- Boom Lake
- Skoki
- Larch Valley and Sentinel Pass
- Fairview
- Lake Agnes
- Mount St Piran

Scrambles:

- Yamnuska Traverse
- Heart Loop
- Ha Ling
- Big Sister
- Middle Sister
- Grotto
- Lady Macdonald
- Anûkathâ Îpa (Bald Eagle Peak, formerly S**T**)
- Cascade
- Rundle (main summit)
- Rundle (EEOR)
- Bourgeau
- Eiffel Peak
- Niblock
- Temple (a long scramble to the highest summit in the area)

Climbs (no glacier travel; there may be some old hard snow on the highest peaks):

- Yamnuska (face)
- Nestor
- Lorette
- Fable
- Rundle (Guide's Route and others on east face)
- Ha Ling (face)
- Louis (Kain route, 4 double rope rappels)
- Edith (South ridge of south peak)
- Castle (Brewer's Ridge)

Sources

Websites

- [Canmore Alpine Hostel Welcome Page & Guest Handbook](#)
 - Includes info about Canmore, the Clubhouse and several hikes in the area – including the challenging Grotto Mountain trail starting beside the front door(13km, 1464m)
- [Canmore Kananaskis Hikes](#)
- AllTrails

Guidebooks on Amazon.ca

- Gillean Daffern's Kananaskis Country Trail Guide – 5th Edition: Volume 1: Kananaskis Valley—Kananaskis Lakes—Elk Lakes—Smith-Dorrien (2023)
- Gillean Daffern's Kananaskis Country Trail Guide - 5th Edition: Volume 3: The Ghost, Bow Valley, Canmore, Spray (2024)
- Alan Kane's Scrambles in the Canadian Rockies, 4th edition (2026)
- Sean Dougherty's Selected Alpine Climbs in the Canadian Rockies (2010)

Maps

- GemTrek Maps on Amazon.ca (these maps are up to date and very detailed – excellent companions to the guidebooks)
 - Canmore and Kananaskis Village
 - Kananaskis Country
 - Kananaskis Lakes
 - Banff National Park
- [Kananaskis Trail Maps](#)
- [Canmore and Kananaskis Maps](#)
- [Banff Trail Maps](#)

Mountain Guides for private guiding adventures

- [Yamnuska Mountain Adventures](#)
- [Banff Mountain Guides](#)
- [CanRock Mountain Guides](#)