



Sol Mountain Touring

winter 2011

BOOKING CONFIRMATION: SELF GUIDED / SELF CATERED TRIP

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 waivers provided at our meeting place in Cherryville.

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

Below we have listed:

1. New for 2011
2. Getting Here Details
3. What To Bring
4. Food and Kitchen
5. Specific Notes

1. NEW FOR 2011

December Trips at Cost

All guests booked on regular season trips are welcome to join a December trip at cost. Contact our office if you are interested in this option. We get some great snow early in the season!

Bar and Retail

The Sol Mountain bar is open! This year we have expanded our selection of Okanagan wines and added sodas. Our house wine this year is the Peller Estates Proprietors Reserve, in both a Cabernet-Merlot and Chardonnay, that is very affordable by the glass at \$2, or a half litre is \$7, or 1 litre at \$14. Local or import beer is \$4/can or \$5/ pint or tall can. (Also it is fine to bring your own alcohol, just please keep within packing weights for the helicopter transfer.) This year we have added a few new retail items to the Sol store. We have Icebreaker merino wool base layers and a styly assortment of hats, toques, shirts, and both wool and fleece sweaters. 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 rapidly becoming the new standard for powder skis with their better flotation in deep snow conditions. This year we have three sets of the BC-made [Prior Husumes](#) available to rent, in 163, 175 and 181 cm lengths and set up with Fritschi Diamir bindings. Try them for a day or reserve for your entire trip. The cost is \$35 per day, incl skins and poles. We also have two sets of kids AT touring skis (105 and 115 cm) on Silveretta Pure bindings fits boots from (220 mm to 295 mm) – available to rent (\$15/day or \$60 / week).

XC Track Skiing

We now 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. Kids should bring their own XC gear.

Helicopter Evacuation Coverage

In the event that helicopter evacuation is required, the injured guest would be responsible for the cost. We now offer helicopter evacuation coverage for guests. The cost is \$5/day and you can purchase it at the start of your trip.

Bed Bugs (not at Sol please...!)

It seems the age old bed bugs are causing quite the problem in some major centers (Toronto and Vancouver). Word is they will attach to luggage and clothing and travel with you. So – if you are staying in a hotel in Vanc or TO, the best avoidance strategy we are aware of is to keep your luggage in a tightly sealed clear plastic bag. And if you live in one of these centers – consider using a travel bag that is not stored in the house, and washing all trip clothing at high temperature prior to the trip.

2. GETTING HERE

***** MEET AT CHERRYVILLE MEETING LOCATION at 7:30 am on flight day***
River Ridge Golf Course (250.547.9660).**

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 1.250.542.7574 provides shuttle service to Kelowna , Vernon, and Silver Star. For small groups of 3 or more the best value is [V.I.P Shuttle Service](#) at 1.250.307.6269, 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

For local accommodations try [The Vernon Travelodge](#), 250.545.2161 – it is close to good dining in downtown Vernon, or the [Twin Creeks Motel](#) in Lumby, 250.547.9221. They both offer reduced rates to our guests. 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.

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!) To offset increasing helicopter and fuel costs, all guests need to pack within weight requirements.

Self catered groups may bring **60 pounds** of gear per person in addition to skis and a day pack, *and 30 pounds for toddlers and kids*. This weight allowance must be exact in order to complete the transfer in the budgeted trips. Small and medium sized travel bags are best for fitting in the helicopter and under the sleeping bunks. The simplest is to bring your skiing day pack and a small travel bag for lodge items. **Please do not bring large duffle bags or hard-shelled luggage.**

Food should be tightly packed in a max of 3 wine sized cardboard liquor boxes, 5 boxes for 2 people – minimize packaging.

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

3. WHAT TO BRING

Lodge

The lodge is complete with indoor plumbing and electricity. There are three queen and seven 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, guitar, mandolin, and box drum). There is also a complete selection of books and games.

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 two sets of kids AT touring skis (105 and 115 cm) on Silveretta Pure 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 three sets of the BC made [Prior Husumes](#) available to rent, 163,175 and 181 cm on Fritz 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 four 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 Valhalla Pure Outfitter in Kamloops or Vernon <http://www.vpo.ca/>, Valhalla Pure in Revelstoke (at 250.837.5517), and [Union Cycle](#) in Kelowna, 1.250.979.4327, your local Mountain Equipment Co-op, or in Calgary at the U of C Outdoor Centre 403.220-5038.

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, 5 boxes for 2 people – minimize packaging.

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	margarine	soya sauce
frozen orange juice	olive oil	balsamic vinegar
sugar	cooking oil	sandwich bags and saran wrap

5. SPECIFIC NOTES

Housekeeping

Self catered guests are responsible for their own housekeeping. Family groups do require a bit more work – please take kind 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. Or you can purchase helicopter evacuation coverage available at the lodge for \$5/day.

Damage to Premise or Property

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

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.) During the ski 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 – and we do have some available at the lodge for guests to use.

Our new frequencies are:

		Rx	Tr	Tone
1	Sol	153.965	153.965	136.5
2	Sol Rptr	153.965	159.540	136.5

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

Refund Policy

The 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, provided by a third party, is recommended. Contact your local travel agent or Travel Underwriters at 1-800-663-5389.

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

To check current snow and weather conditions at the lodge go to [Wisegoat](#) .

We look forward to seeing your tracks.

**Cheers,
Aaron & Dave
Sol Mountain Touring**