

Interested in walking, snowshoeing, or skiing this winter?

Here is some information about our club, and how to join an outing as a guest.

We welcome anyone who is 55 years or older and is normally resident in the Calgary area. Check out the web site for the upcoming trip description.

Our Winter Outings

Our winter season starts after November 1 and runs through March of the next year. The actual start of snowshoeing or skiing depends on weather conditions. Until conditions are suitable we offer hiking and walking trips.

We offer two choices for outings, Thursday trips by bus and Tuesday City Hikes.

Bus Trips on Thursdays

Our regular Thursday trips are normally by bus and include trips to various destinations in the mountains or foothills. As described below the Thursday bus departs from the Montgomery Community Centre.

Due to weather and trail conditions, the destinations for winter trips are often decided on the Friday or Saturday preceding the Thursday outing.

Once snow conditions are suitable each winter each trip will offer options to snowshoe, walk, or cross-country ski. Each choice will be identified as suitable for A, B1, B2, or C level hikers. The A's are the faster hikers, B's are intermediate, and C's walk at a slower pace. For some well-travelled winter walks traction devices can be used as an alternative to snowshoes.

Typically, the time allowed for the activities is from 4.5 to 5.5 hours.

City Hikes on Tuesdays

If weather conditions are suitable, we also offer city based hikes every third Tuesday. These Tuesday hikes are self-drive to the meeting place which varies depending on the hike. Descriptions of upcoming outings can be viewed on our website.

City hikes generally last for 2 to 3 hours.

How to join a trip

Guests are welcome to join us on our weekly outings. Please check the web site for the selections for each week. If you wish to sign up for an outing, use the Contact Us page and ask

to be signed up as a guest. Any club member can sign up a guest as well. It is expected that first time guests on Thursday outings will ride the bus if there is space available.

If you are a first-time guest, you will be sent a waiver form to sign and return.

Choosing the appropriate activity for your fitness level

The possible activities for each Thursday outing are rated as A, B1, B2 or C. The description of each activity given on the trip description will typically include both distance and cumulative elevation gain.

City hikes are chosen so they are suitable for all fitness levels.

Here are some guidelines for choosing your fitness level and an activity.

A-Level is Best conditioning and performance

B-Levels are Better conditioning and performance

C-Level is Good conditioning and performance.

It is each participants' responsibility to review the listed activities for an outing and to choose one that is suitable for their ability. Remember that the difficulty of each activity is a combination of total distance and elevation gain, and the expected duration of the activity.

In the interests of safety, we ask that all participants stay with their group; this applies to both members and guests.

What to bring on the trip?

People should come with food, water, and gear with allowance for changes in the weather. Expect the unexpected, if something happens to you or one of your companions one can get very cold waiting for help.

What do the trips cost?

There is no charge for the Tuesday City Hikes.

The bus fare for the Thursday bus trips is \$25. If there are fewer than 40 bus passengers, the trip will be cancelled. **For trips into a national park** there is an additional \$10 charge if one doesn't have an annual park pass.

If someone is registered on the bus after 6 PM on the Tuesday before a trip the fare must be paid, whether they are on the bus or not.

The bus trips leave at 8 AM from the Montgomery Community Centre at the corner of Home Road and 16th Avenue NW. Please be there before 8 AM so we can load the bus and depart on time.

What happens if the bus is overbooked?

Registrations close at 6 PM on the Tuesday before a trip. If the bus is not full at that time people can contact the Bus Coordinator (their email address is included in the trip description) and ask to be added to the list. If the bus is overbooked the bus coordinator will have to bump people to cars. Anyone who is bumped will receive a notice about their being bumped on Wednesday.

Here is how the bumping works. Guests are bumped first. If the bus is still full after bumping guests associate members are the next to be bumped. If the bus is still overbooked after these two groups are bumped, members will be bumped according to their lottery number.

The bus coordinators track who is bumped to avoid bumping people on successive weeks.

People who are bumped from the bus can choose to drive themselves to the trailhead. Trips one self-drives to count towards the annual trip total.

How to become a member of the Evergreens

Once a guest has come out 3 times during a two-month window they are eligible for membership. If there are no openings, we keep track of guest registrations and offer membership when an opening occurs.

The annual membership fee is \$20.

To maintain full membership, a member must complete a minimum of 12 trips or outings during the club year, (March through February), including a minimum of 6 bus outings. Full Members who cannot complete the 12 outings can ask to become Associate Members.