

Dogsled Tour Information

RECOMMENDED WINTER WEAR

Dogsledding is an activity that can get you sweating and keep you pretty warm, even in colder temperatures. In very cold temperatures though, it is more difficult to stay warm.

With those two points in mind it is important to remember to dress appropriately with layers. This is vital in temperatures that will make you warmer, if you get too sweaty, you will eventually get very cold so you will need to remove and add layers as and when appropriate. The following information is a guideline to help you make your choices in dressing for a dogsled tour.

Layers

Wearing several layers is a good idea, you can take one or two off if you get hot, or you can add on if you are feeling cold.

First layer should be a thin silk, polypro or smartwool type of layer.

Second layer should be a thicker fleece or micro fleece

The outer layer should consist of a windproof that is breathable.

Three to four layers is a good base to use for warmth.

It is a good idea to carry along an extra layer or two, particularly if it is cold outside.

Ventilated Clothing

Some jackets and ski/rain pants have side zips for venting if you get too hot, this allows you to prevent yourself from sweating.

Footwear

Two pairs of socks will help to keep your feet warmer.

The best combination we have found is a thin layer of smartwool socks with a thicker wool layer overtop. It is important to ensure none of this is tight or it will cut off circulation and make you cold.

Other combinations that work, are silk and poly pro or similar fabrics.

Boots should be a sorrel type. They will come at least part way up the calf, be rated as a good winter boot that is made for at least minus 20°C with a lining inside. They should be at the very least water resistant.

Running shoes are not acceptable, light hikers will suffice in warmer temperatures but are not advisable.

Headwear

A good hat will help keep the heat in.

A balaclava will keep your face warm if the temperatures are colder (particularly if it's windy).

A scarf is a good idea if your collar is low.

Sunglasses are necessary (even on cloudy days). The sun and snow reflecting into your eyes can cause painful snow blindness, so eye protection is important. Ski Goggles work well too.

Hand/Foot warmers

When the temperature drops fairly low, hand and foot warmers will keep your extremities from getting really cold. Your guides may have some spare.

Things to keep in mind

For your clothing avoid cotton at all times (jeans, cotton shirts etc). Cotton will strip heat from your body nine times faster than if your body were completely bare!

If you wear ski pants or an entire ski outfit, ensure you have layers that you can wear underneath so you can take the ski pants off if you are getting too hot. Mostly important on longer tours.

In the Rockies you will be exposed to triple the effects of UV light because of the thin ozone layer, the altitude and the reflection from the snow, so you should be wearing sun block of at least 30 SFP.

Remember to protect your lips and bring along some lip balm with an SFP of at least 15.

Fabrics that Work

Wool	Polypro	Polyester	Silk	Gore-Tex or similar fabrics
Fur	Fleece (Windstopper is a great one for an outer layer)			

Directions to Trailhead

Driftwood Day Use Area: 23km (14 miles) Driving Time 30-35 min.

From Town Centre Canmore, follow signage to the Canmore Nordic Centre. Do not turn in but follow road past and continue up the gravel road. This is the Spray Lakes Road. You will continue on this road for approx 30 min. This road can get icy at times and care should be taken both up and down the hill particularly with oncoming traffic.

This road will take you up through Whiteman's pass, past Goat Creek Trailhead then to the Goat Pond following the canal. Cross the bridge and continue along Goat pond and past. You will come to a large Trans Alta Service Road sign. You will continue past the sign and up the hill. At the top of the hill you will see the Dam and the North end of the Spray Lakes. Continue on the main road for about another 5 min. The road will widen out and soon after you will see a large blue sign on your right hand side for Driftwood. Just past the sign is a road to the right which takes you down to the boat launch area. You will see a parking area up on the right and you will see the Dog truck and Trailer. Park in the car park and meet at the Truck.

****Please advise us in advance if you have any Medical/physical conditions even if you may think it is irrelevant, this information will help us to make your dogsled tour more enjoyable.**