

Physical Education 30 Leadership Trip

Trip Plan

Thursday, September 10, 2009

1:00 pm	Leave Strathmore High School for Waterton
4:00 pm	Arrive at Waterton National Park
4:30 pm	Hike Bear's Hump 1.2 km hike overlooking Waterton
6:30 pm	Arrive at Belly River Group Camp Site -17 miles southeast of park gates -set camp up -eat

Friday, September 11, 2009

7:00 am	Breakfast
7:30 am	Pack lunches for Day Hike
8:00 am	Leave to meet Water Shuttle Service
9:00 am	Water Shuttle to Crypt Lake Landing
9:30 – 4:00 pm	Crypt Lake Hike -8.7 km -Trail includes switchbacking through the forest, waterfalls, a tunnel, a cable crossing, and a lake -Considered Canada's #1 hike in 1981 -eat on the trail
4:00 – 4:30 pm	Water Shuttle to Waterton
4:30 – 5:30 pm	Drive back to Camp Site
6:30 pm	Supper
6:30 – 9:30 pm	Relax

Saturday, September 12, 2009

7:00 am	Get Up
7:30 am	Breakfast and Pack Lunches
8:00 – 9:00 am	Pack Bus
9:00 – 12:00 pm	Bertha Lake Hike -6 km -most popular day hike
1:00 pm	Leave for Strathmore
4:30 pm	Arrive Home