



# Canadian Adventure Company's Mallard Mountain Lodge

## PRE-TRIP ORIENTATION WINTER



**MALLARD MOUNTAIN LODGE**  
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## Pre-Trip Orientation Winter

Congratulations on booking your trip to Mallard Mountain Lodge!

To assist in preparing for your trip, the following is a brief overview of some of the important information to know before arriving and flying into the lodge. Additional information will be sent to you in separate documents, including reservation information and general packing and lodge information.

### GETTING TO VALEMOUNT

All guests flying into Mallard Mountain Lodge must first get themselves to Valemount BC., and to the staging area. There are several international airports nearby and travel options to get to Valemount, see [Getting to Mallard Mountain Lodge](#) for driving distances from nearby airports.

We strongly suggest all guests arrive in Valemount the evening before their trip. For return home flights, we recommend booking flights either late in the evening or the following day of your departure from the lodge. Guests will typically be back at the staging area by noon on their departure day, however weather conditions may delay helicopter flights to and from the lodge.

Rental vehicles and hotel accommodations are available at most of the major airports. Please let us know if you have any questions or concerns in putting together your travel itinerary and we will do our best to assist you.



## STAYING IN VALEMOUNT/ACCOMODATIONS

We strongly recommend all guests stay in Valemount the evening before their trip. All guests must be at the staging area between 8-8:30am on the morning they are flying into the lodge.

All CAC staff stay at the Best Western Plus Inn and Suites in Valemount. CAC guests booking into the hotel will receive a discounted room rate while staying for their trip.

To obtain the discounted rate at the Best Western when you make your reservation, simply tell them you are a guest of the Canadian Adventure Company. It is best to either make your reservation by phone call or email to get the discount, rather than going through their central reservation system.

### Best Western Plus Inn and Suites

(250) 566-0086

There are several other accommodation options available in Valemount, as well as a number of local restaurants and businesses to visit. See [Tourism Valemount](#)

## STAGING AREA

Our staging area is located at the Yellowhead Helicopter Base, 6km (5-minute drive) north of Valemount on east side of Highway 5.

**All guests are to meet at the staging area on the morning of their departure at 8:30am.**

There is secure parking at the staging area for guests to leave their vehicles.

Click here for directions to the [Staging Area - Yellowhead Helicopter Base](#)

## MORNING OF DEPARTURE

Once all guests have arrived at the staging area on the morning of departure, the routine is as follows. These times may vary depending on weather and/or other flight obligations.

8:30-9am - Guests arrive. Waivers signed.

9-10am – Weigh up of all gear and equipment. Allocation of flight sequences.

10am-Noon – Flights into lodge.

Depending on group size and other factors, multiple flights are often needed into the lodge. The sequence of flights will not be finalized until the morning of departure once all gear/equipment weights have been confirmed.

All guests gear and equipment will be inspected and weighed to make sure are within the packing guidelines provided. Any guest that exceeds the volume or weight limits of the guidelines may be required to either repack to adhere to the guidelines or pay for any additional helicopter costs before departure from the staging area. Please refer to the “Packing and General Lodge Information” document for packing guidelines.

Please arrive at the staging area on time and with gear organized and packed beforehand as much as possible.

## FLYING INTO MALLARD MOUNTAIN LODGE

Mallard Mountain Lodge is located at 6200' and an approximate 30-minute flight from Valemount. Due to the rapid increase in elevation, some people may experience a mild form of Acute Mountain Sickness (AMC), especially if strenuous exercise is done immediately on arrival at the lodge. We will try to minimize the physical exercise on the first day and allow guests to acclimatize properly.

CAC does everything it can to make flights happen efficiently and on time, however flight times may vary due to weather and atmospheric conditions.

### Arriving/Departing

Groups flying into the lodge will typically get out for an afternoon ski/hike on their arrival day, after safety and lodge briefings.

Groups flying out of the lodge will not ski/hike on the morning of their departure.

### Dressing for the Helicopter Flight

The flight from the staging area to Mallard Mountain Lodge is approximately 30 minutes over extremely rugged and remote mountain terrain. All guests must be dressed in proper outdoor clothing for the flight, including ski/hiking boots, to be prepared in the event of emergency and able to spend an extended period of time outside.

If are bringing a helmet (winter only), please either plan to wear inside the helicopter for the flight in, or have it stowed inside of a pack and not loose.

Depending on flight sequences, some guests may also be waiting between flights and should be dressed appropriately to do so. (will have access to vehicles while waiting)

## Safety Briefings and Procedures

Upon arrival for your trip there will be a number of safety briefings and procedures that will be reviewed with you. All guests must follow the orders of both CAC and Yellowhead Helicopter staff.

### Helicopter Safety Briefing

All guests will be given a full safety briefing on helicopter protocols and procedures at the staging area, before flying into the lodge. This will be done by both Yellowhead Helicopter and CAC staff.

All guests will be given a full safety briefing on helicopter protocols and procedures at the Lodge before their departure.

Typically flights to and from the lodge will remain hot. This means that the helicopter will not be shutting down between flights. CAC staff will perform all loading and unloading of gear and equipment from the helicopter.

### Avalanche Safety Briefing

Upon arrival at the lodge and before going skiing, all guests will be given a full avalanche safety briefing and practice session, performed by the guide.

This will include an overview of safety procedures and techniques as well as a check of the required safety equipment.

### Lodge Orientation

Upon arrival at the lodge, guests will be given a full overview of the lodge and lodge area by the Lodge Manager, including operational procedures, safety protocols and emergency equipment.

If you need the lodge toilet before this orientation, note that we use a propane incinerating toilet. For the incineration to work properly, only put human waste in the toilet – nothing else. Further instructions are at the toilet.