

A Trans Canada Scenic... Direct Highway

Yellow-head IT!

BRITISH COLUMBIA ALBERTA SASKATCHEWAN MANITOBA

Edmonton Jasper Vancouver

Prince Rupert Prince George Kamloops Hope

Tête Jaune Cache Valemount

McBride

Winnipeg

TOURISM Saskatchewan

Travel Alberta Canada

Travel Manitoba

N37F - 2008

Alberta - British Columbia

Alaska

With Al & Gracie Buchanan

05/04/2008

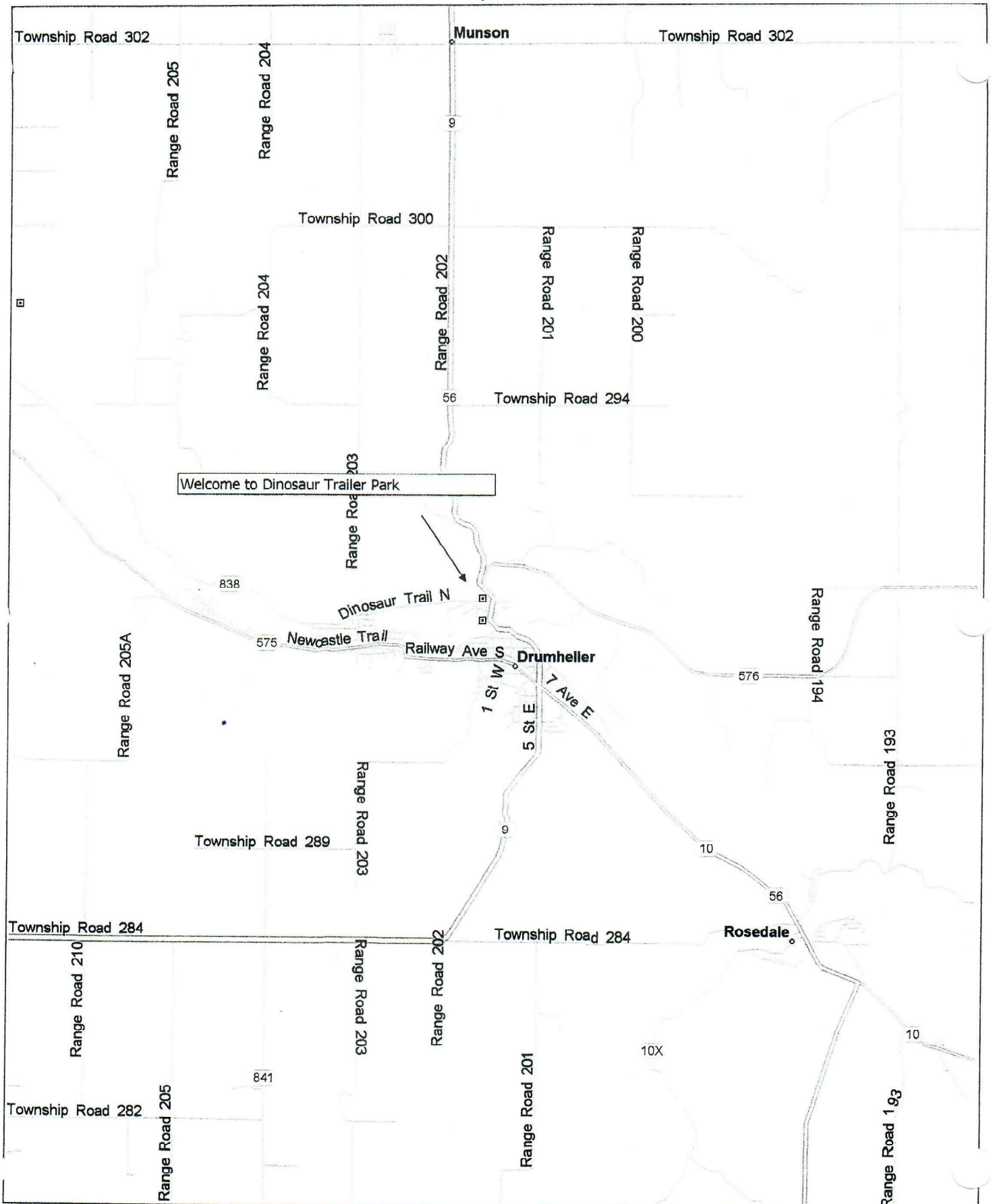
Itinerary for the 2008 Yellowhead & More Caravan

Stops & Mileage

July 7-8	Stop 1 - Drumheller, AB - E/W/S	2
July 9-13	Stop 2 - Calgary, AB, - 75 miles - E/W/S	5
July 14-17	Stop 3 - Devon, AB, - 183 miles - E/W/S	4
July 18- 21	Stop 4 - Jasper, AB - 233 miles - DRY	4
July 22-25	Stop 5 - Prince George, BC - 235 miles - E/W/S	4
July 26-28	Stop 6 - Houston, BC 185 miles E/W/S	3
July 29-2	Stop 7 - Hyder, AK - 254 miles - E/W/D	5
Aug. 3 - 7	Stop 8 - Kitwanga, BC - 143 miles - E/W/S	5
Aug. 8 - 17	Stop 9 - Prince Rupert, BC - 160 miles - E/W/S	10
Aug. 18-19	Stop 10 -Terrace, BC - 90 miles - W/D	2
Aug 20-22	Stop 11 Fraser Lake, BC - 259 miles - W/D	3
Aug. 23-24	Stop 12 Quesnel, BC - 176 miles -E//W/S	2
Aug. 25 -27	Stop 13 Kamloops, BC - 266 miles - DRY	3
Aug. 28-30	Stop 14 Revelstoke , BC - 141 miles E/W/S	3

Total 55 days.

Use for welcome map to Dinosaur trailer Park



5/2/08

Drumheller, AB Canada

Dinosaur Trailer Park

Dinosaur Trailer Park - Corner of Highway 9 & North Dinosaur Trail.

Box 2437, Drumheller, AB T0J 0Y0

Phone: 403-823-3291, Fax: 403-823-3210

Welcome to Drumheller

Stop - 1

Services: E/W/SJuly 7, MondayApprox. Miles 504Arr. Time 1 to 3 pm

Time	Mile	Instruction	For	Toward
9:00 AM	0.0	Depart Montana State	131 yds	
9:07 AM	2.7	Take Ramp onto I-90	31.8 mi	I-90
9:34 AM	34.5	At exit 274, turn RIGHT onto Ramp	0.3 mi	US-287 / Helena / Ennis
9:34 AM	34.7	Turn RIGHT (North) onto US-287	30.4 mi	
10:11 AM	65.1	Bear RIGHT (North) onto US-12 [US-287]	31.7 mi	
10:49 AM	96.9	Take Ramp onto I-15 [US-287]	204.8 mi	I-15 / US-287 / Great Falls
1:41 PM	301.7	Entering Alberta		
1:41 PM	301.7	Road name changes to HWY-4	23.6 mi	
2:05 PM	325.2	Turn RIGHT (East) onto HWY-36 [Township Road 41A]	120 yds	
2:05 PM	325.3	Turn LEFT (North) onto HWY-36	35.5 mi	
2:41 PM	360.8	Turn RIGHT (East) onto HWY-3 [HWY-36]	1.6 mi	
2:43 PM	362.4	Turn LEFT (North) onto HWY-36	34.2 mi	
3:22 PM	396.6	Turn LEFT (North) onto Range Road 160	22.7 mi	
3:50 PM	419.3	Road name changes to Range Road 155	5.4 mi	

5/2/08
Drumheller, AB Canada
Dinosaur Trailer Park

Dinosaur Trailer Park - Corner of Highway 9 & North Dinosaur Trail.
 Box 2437, Drumheller, AB T0J 0Y0
 Phone: 403-823-3291, Fax: 403-823-3210

3:57 PM	424.7	Turn LEFT (West) onto TC-1	31.7 mi
4:24 PM	456.5	Turn RIGHT (North) onto HWY-56	35.1 mi
5:00	491.6	End of day	

DAY 2

Time	Mile	Instruction	For
9:00 AM	491.6	Stay on HWY-56	5.4 mi
9:05 AM	496.9	Turn LEFT (West) onto HWY-10 [HWY-56]	5.0 mi
9:13 AM	501.9	Bear RIGHT (North) onto HWY-56 [HWY-9]	1.3 mi
9:16 AM	503.2	Turn LEFT (West) onto HWY-838 [Dinosaur Trail N]	0.1 mi
9:17 AM	503.3	Turn RIGHT (North) onto Local road (s)	65 yds
9:17 AM	503.3	Arrive Dinosaur Trailer Park	

Disconnect "toad" from motorhome, prior to entering campground.

Drumheller Activities

7, Mon,	04:00pm	Welcome at Tent.
	05:00pm	Gather in Tent - Buffalo Burgers.
8, Tues	09.00am	Car Pool to Royal Tyrrell Museum.
	08:00pm	Drivers Meeting.

4/21/08
 Calgary, AB Canada
 Mountain View Farm
 Site 8 Box 6, RR 6, Calgary, AB T2M 4L5
 403-293-6640

Stop - 2Services: E/W/SJuly 9, WednesdayApprox. Miles: 75.0Arr. Time: 1 to 3 pm

12 - 2:00

Approx. Driving Time: 2 Hr.Leave at
0900

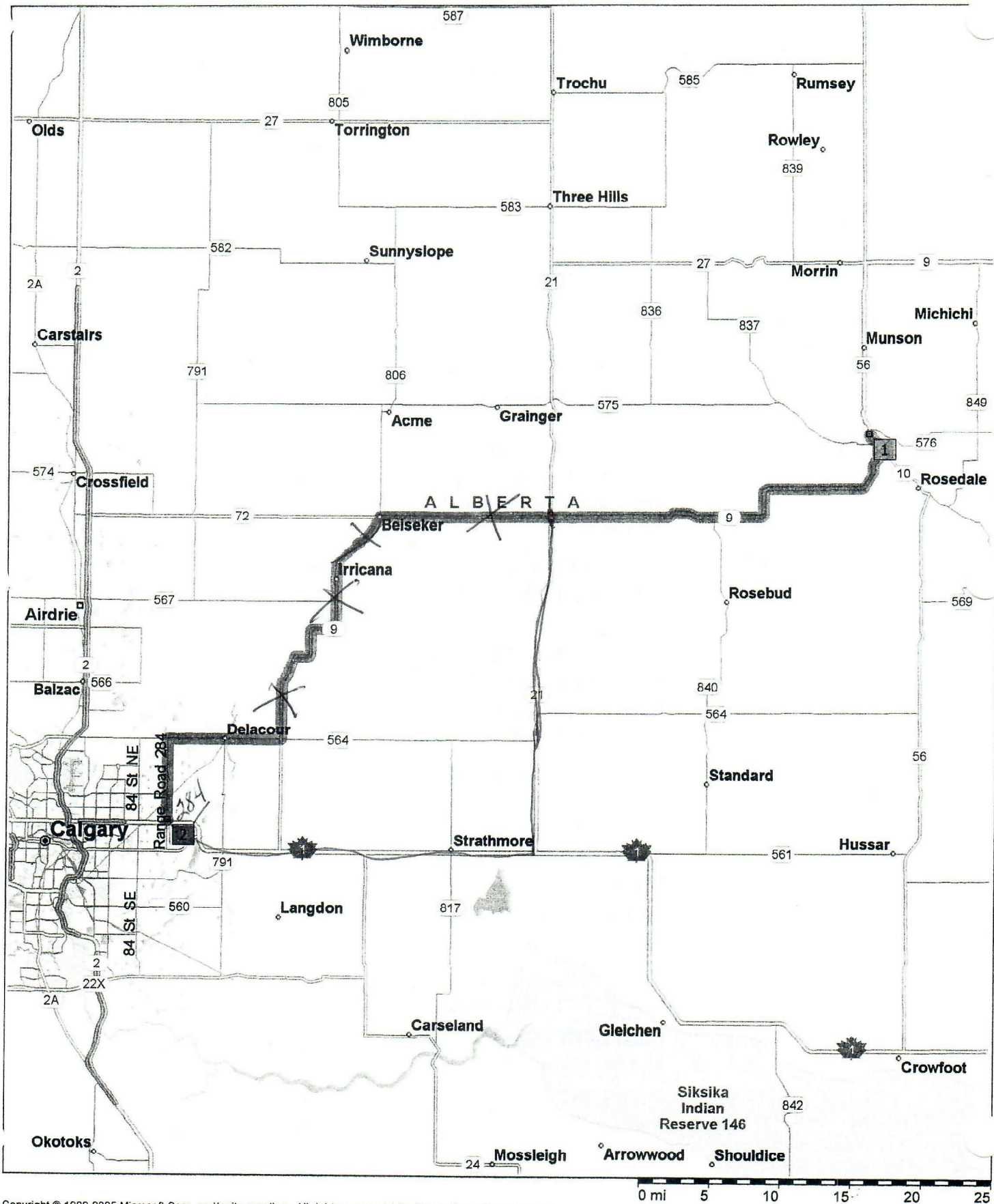
3 Miles East of Calgary on TCH 1.

0 dogs over 30 pounds, limit 2 dogs - strongly enforced

Time	Mile	Driving Instruction	For
10:00 am	0.0	Depart Dinosaur Trailer Park on Local road (s) (South)	65 yds
10:00 am	0.1	Turn LEFT (East) onto HWY-838 [Dinosaur Trail N]	0.1 mi
10:00a m	0.1	Turn RIGHT (South) onto HWY-56 [HWY-9]	1.3 mi
10:04 AM	1.4	Road name changes to HWY-9 [5 St E]	39.5 mi
10:46 AM	40.9	Turn LEFT (South) onto HWY-9	20.1 mi
10:06 AM	61.0	Turn RIGHT (West) onto HWY-564 [Township Road 254]	4.0 mi
10:11 AM	65.0	Keep STRAIGHT onto HWY- 564 [HWY-791]	109 yds
11:11 AM	65.0	Keep STRAIGHT onto HWY- 564 [Township Road 254]	4.0 mi
10:15 AM	69.1	Turn LEFT (South) onto Range Road 284	5.9 mi
10:23 AM	74.9	Turn LEFT (East) onto Local road (s)	76 yds

Dinosaur Trailer Park to Mountain View Farm Camping

75.0 miles; 1 hour, 23 minutes



4/21/08
 Calgary, AB Canada
 Mountain View Farm
 Site 8 Box 6, RR 6, Calgary, AB T2M 4L5
 403-293-6640

10:23 75.0 Arrive Mountain View Farm
 AM Camping

30 pound limit on dogs. RULE ENFORCED - Dog kennel nearby. Young person will walk dogs for a price.

Check for place to disconnect "load" from motorhome, prior to entering campground.

Tentative Calgary Activities

- 9, Wed. 10:00 AM Depart Drumheller for Mountain View Park.
 03:00 PM GAM # 1 - 3 TO 4 pm.
 4:50 ~~pen~~ 05:00 PM Bus Pickup - Dinner at 6:00 pm - Calgary Tower. -
 will leave at 9:00 sharp.
- 10, Thur. Free Day.
- 11, Fri. Free Day - Suggest Stampede Midway.
- 12, Sat. 09:00 AM Drivers Meeting, Free Day
- 13, Sun. 5:00
 05:30 PM Bus to Stampede Midway.
 08:00 PM Chuckwagon races - Show and Fireworks.

JUST ASKING...

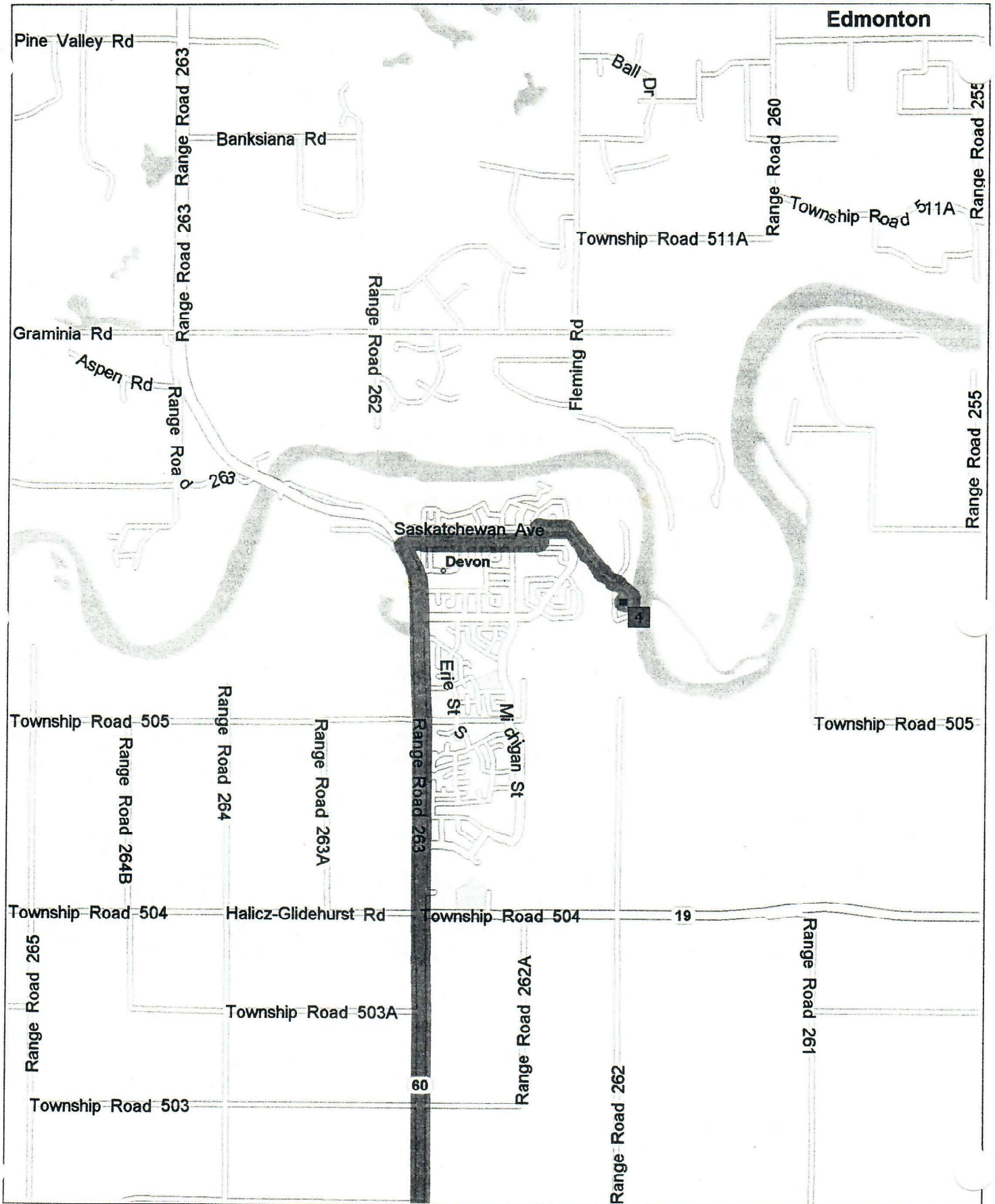
*When someone asks you, "A penny for your thoughts and you put in your two cents....
 What happens to the other penny?"*

If you spin an oriental person around several times, does he become disoriented?

What hair color do they put on the driver's license of bald men?

*If lawyers are disbarred and clergyman defrocked, doesn't it follow that electricians
 can be delighted, musicians denoted, cowboys deranged, tree surgeons debarked, and
 dry cleaners depressed?"*

Map 3b - Mountain View Farm Camping to River Valley Lions Campground



4/21/08
River Valley Lions Campground
20 Haven Ave, Devon, AB T9G 2B9
Tel: 780.987.4777

Stop 3

Services: E/W/S

Approx. Miles 183

Summary: 182.2 miles (2 hours, 47 minutes)

July 14, Monday

2 to 4 pm

Arr. Time: 1 to 3 PM

Right - 10 miles paved road stops 566 - left 5.7 until Deerfoot Trail

used Camp

Time	Mile	Instruction	For	Toward
9:00 AM	0.0	Depart Mountain View Farm Camping [Site 8, RR 6, Calgary, AB T2M 4L5, Tel: (403) 293-6640] on Local road (s) (West)	76 yds	
9:00 AM	0.1	Turn RIGHT (North) onto Range Road <u>284</u>	5.9 mi	
9:08 AM	5.9	At near Conrich, turn LEFT (West) onto HWY-564 [Township Road 254]	0.5 mi	
9:08 AM	6.4	Road name changes to Township Road 254	1.5 mi	
9:10 AM	7.9	Road name changes to Country Hills Blvd NE	4.3 mi	
9:16 AM	12.2	Take Ramp (RIGHT) onto HWY-2 [Deerfoot Trail NE]	154.1 mi	HWY-2 / Red Deer
11:25 AM	166.4	Keep RIGHT onto Ramp	0.2 mi	HWY-39 / Drayton Valley / Leduc / City Centre
11:26 AM	166.6	Keep LEFT to stay on Ramp	120 yds	Drayton Valley
11:26 AM	166.7	Turn LEFT (West) onto HWY-39 [50th Ave]	7.0 mi	
	173.7	At near Calmar, turn RIGHT (North) onto HWY-60 [Range Road 263]	7.0 mi	

Continue to 566 - left to

4/29/08

River Valley Lions Campground
20 Haven Ave, Devon, AB T9G 2B9
Tel: 780.987.4777

11:42 AM	180.7	Turn RIGHT (East) onto Athabasca Ave	0.7 mi
11:43 AM	181.4	Turn LEFT (North) onto Pidgeon St, then immediately turn RIGHT (East) onto Saskatchewan Ave	0.7 mi
11:47 AM	182.1	Turn RIGHT (West) onto Local road (s)	65 yds
11:47 AM	182.2	Arrive River Valley Lions Campground [#5 20 Haven Ave, Devon, AB T9G 2B9, Tel: (780) 987-4777]	

Disconnect "toad" from motorhome, prior to entering campground.

Tentative Edmonton Activities

- 14, Mon. 08:00 AM Work Crew leaves Calgary. *Camp set up + drinks*
 06:00 PM Cookout. *Chairs + table*
- 15, Tue. 08:45 AM Leave for City Bus Tour at 9:00am - includes tour of West End Mall, arrive back at CG. 4:30 pm. Lunch at Mall on your own.
- 16, Wed. Free Day.
- 17, Thur. 08:00 PM Free Day - Drivers Meeting.
Sam #2 7-8

Direction: Avenues run East to West - Streets run North to South.→

Campground to Edmonton Mall - Go straight through the subdivision on Saskatchewan Ave. At Superior Ave. turn LEFT (South) At Athabasca St. turn RIGHT (West) onto Rte. 60. Go North on Rte. 60 and after crossing Rte. 627, start looking for Whitemud Dr. At Whitemud Dr. turn RIGHT (East) onto Whitemud Dr. to 170 St. (Rte.2) At 170 St. turn LEFT (North) for 2 blocks - Mall is on your left.

4/28/08
Jasper National Park, AB
Wabasso Campground

*John & Judy
Parkers*

Stop 4

Services: DRY

Approx. Miles: 240.7

*Wash crew
0700
Departures
bt stop Wildwood
lunch - Hinton*

July 18, Friday

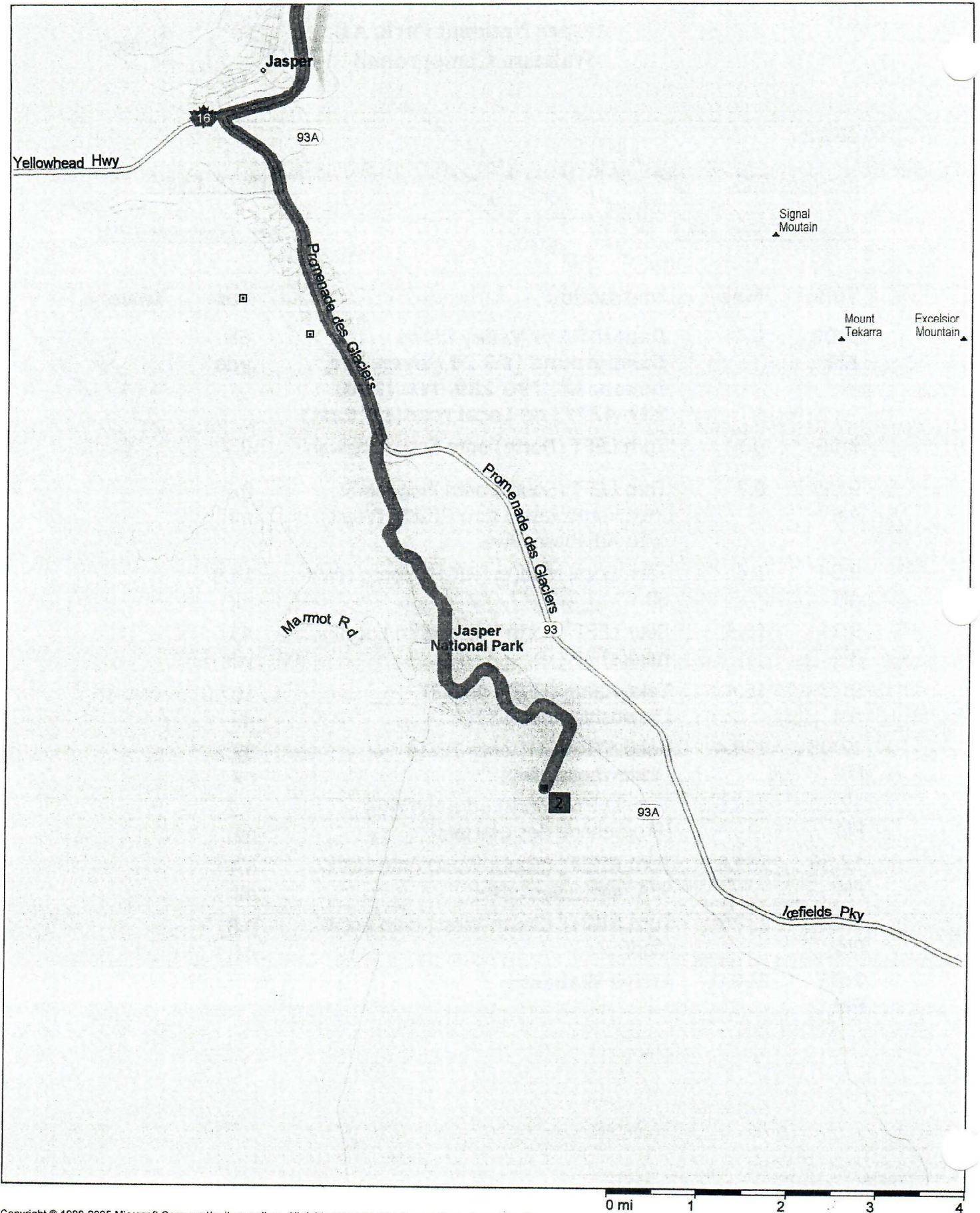
2 to 4 pm

Arr. Time: 1 to 3 PM

Time	Mile	Instruction	For	Toward
9:00 AM	0.0	Depart River Valley Lions Campground [#5 20 Haven Ave, Devon, AB T9G 2B9, Tel: (780) 987-4777] on Local road(s) (East)	65 yds	
9:00	0.1	Turn LEFT (North) onto Saskatchewan	0.7	
9:02 AM	0.7	Turn LEFT (South) onto Pidgeon St, then immediately turn RIGHT (West) onto Athabasca Ave	0.7 mi	
9:04 AM	1.4	Take Local road(s) (RIGHT) onto HWY-60 <i>stay in left lane</i>	14.9 mi	
9:23 AM	16.4	Bear LEFT (North-West) onto Local road(s)	43 yds	
9:23 AM	16.4	Take Ramp (LEFT) onto <u>TC-16</u> [Township Road 532]	182.0 mi	HWY-16 /
12:08 PM	198.4	Keep STRAIGHT onto TC-16 [Yellowhead Hwy]	32.2 mi	
12:50 PM	230.6	Turn LEFT (South) onto HWY-93 [Promenade des Glaciers]	4.2 mi	
12:56 PM	234.8	Turn RIGHT (South-West) onto HWY-93A At the next Rd	5.1 mi	
1:02 PM	239.9	Turn RIGHT (South-West) onto Local road(s)	0.8 mi	
1:05 PM	240.7	Arrive Wabasso		

for Jones

Map 4a - River Valley Lion Camping to Jasper, Wabasso Campground



4/28/08

**Jasper National Park, AB
Wabasso Campground**

Tentative Jasper Activities

- 18, Fri. 07:00 AM Work Crew leaves Devon.
**** Jasper Tramway.
- leave 0900 Sat -
19, Sat. 10:30 AM Group 1 - Boat Tour on Maligne Lake.
~~10:45 AM Group 2 - Boat Tour on Maligne Lake.~~
~~07:00 PM Cam # 2 & 3.~~
- 20, Sun. Free Day.
- 21, Mon. 08:00 PM Driver Meeting.
~~09:00 PM~~ Cam # 3
6:30pm

Things to see and do on your own

**** Admission is paid for the Jasper Tramway, located on (north of Whistlers Campground), 2 1/2 miles west of Rte. 93. You may ride the tram at your convenience on any of the four days.

Athabasca Falls, Sunwapta Falls, Edith Cavell Lake and Angel Glacier, accessed by a side road off Rte. 93A approx. 14 miles. Maligne Canyon is 6 miles NE of Jasper Town Site. Maligne Lake is 22 miles SE of Jasper Town Site on the same road as Maligne Canyon.

Wal-Mart in Hinton - 48 miles.

Tour Directions from Mile Post

Jasper Tramway - located on Whistler's Mountain Road. Your admission is paid.

Mount Edith Cavell Lake and Angel Glacier - Just North of Whistler's Cg. A 9 mi. switch-back road climbs to a viewpoint under the mountain's north face. The lake is a beautiful shade of powder blue.

Athabasca Falls - Turn right out of campground onto 93A South, approximately 10 miles. The most powerful and breathtaking falls in the Rocky Mountain. The Athabasca River roads follow a narrow gorge.

Sunwapta Falls - After seeing Athabasca Falls, go south on Hwy. 93 to Sunwapta falls. Indian name means "turbulent river". The river plunges in a cloud of spray into a deep canyon.

141

4/28/08

**Jasper National Park, AB
Wabasso Campground**

Maligne Valley - Go onto Hwy 93A to Hwy 93. At Hwy 93 go left (north) to Hwy 16. Turn right onto Hwy 16. At Maligne Canyon road turn right.

Maligne Canyon - This shows the power of water to sculpt rock - the canyon is 165 feet deep.

Medicine Lake - Due to underground drainage system, the water level of the lake varies... sometimes it actually disappears.

Maligne Lake - 2nd largest glacier lake in the world. A 1 ½ hour tour narrated boat cruise to Spirit Island is available. A chalet / restaurant sits at the end of the raging Maligne River.

Town of Jasper - If you haven't seen enough wildlife, visit the den in the lower level of the Whistler's Motor Hotel, 105 Miette Ave. in downtown Jasper across from the train and bus station. With audio commentary, you'll learn about the 150 displayed animals of the National Park.

**WHAT A SMILE
DOES**



Have you ever thought what a smile will do for you? It is easier than counting to ten or ripping off a pet catch-word. And it does more for you because it puts a mental charge into your approach to your problem. Here is why:

You cannot be rude when you smile.

Your impatience melts when you smile.

You cannot be unfriendly and smile at the same time.

You cannot be self-conscious and smile.

You can't be self-important.

You can't stay angry.

You are bound to become interested because a sincere smile expresses an open mind.

You are certain to hear happy things for no one wants to bring unhappiness to a happy person.

You will become well liked for people gravitate toward happiness.

And you will be more attractive.

15

4/21/08
Southpark RV Park
[9180 Cariboo Hwy, Prince George, BC V2N 6E2,
Tel: (877) 963-7275]

Stop 5

Service: E/W/S

Approx. Miles 235

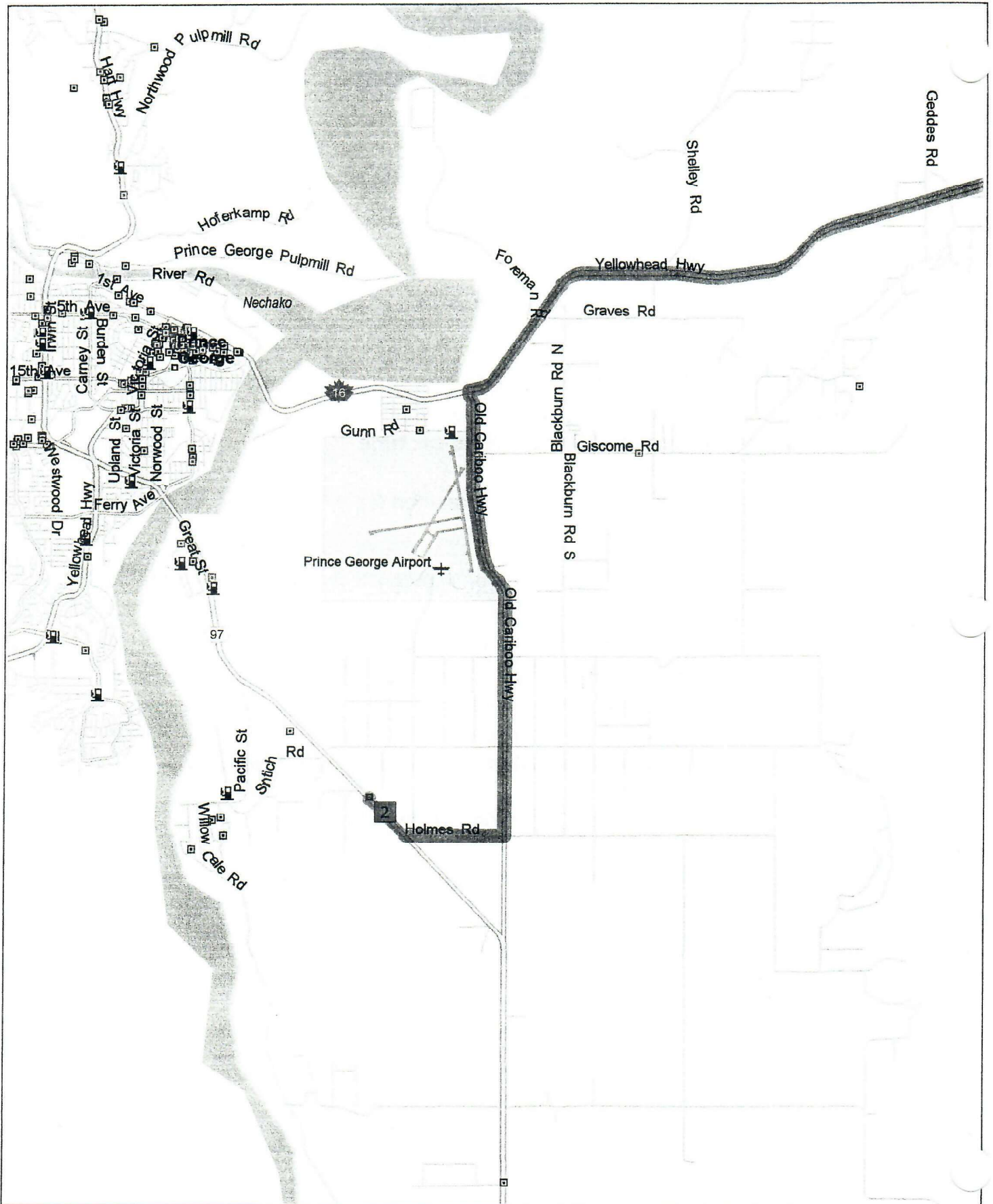
Approx. Driving Time: 6 Hrs

July 22, Tuesday

Arr. Time: 1 to 3 PM

Time	Mile	Instruction	For	Toward
		Check your departure time; the next stop is in a different time zone.		
9:00 AM	0.0	Depart Whistlers on Local road (s) (North-East)	0.5 mi	
9:02 AM	1.0	Turn LEFT (North) onto HWY-93 [Promenade des Glaciers]	2.1 mi	
9:05 AM	3.1	Turn LEFT (West) onto TC-16 [Yellowhead Hwy]	227.9 mi	
9:24 AM	18.4	Entering British Columbia		
1:04 PM	231.0	Turn LEFT (South) onto Old Cariboo Hwy	5.1 mi	
1:11 PM	236.1	Turn RIGHT (West) onto Holmes Rd	1.1 mi	
1:13 PM	237.2	Bear RIGHT (North-West) onto HWY-97	0.6 mi	
1:14 PM	237.8	Turn RIGHT (North) onto Local road (s)	32 yds	
1:14 PM	237.8	Arrive Southpark RV Park [9180 Cariboo Hwy, Prince George, BC V2N 6E2, Tel: (877) 963-7275]		

Map 5 - Wabasso Campground to Southpark RV Park



4/30/08
Southpark RV Park
[9180 Cariboo Hwy, Prince George, BC V2N 6E2,
Tel: (877) 963-7275]

Prince George Activities

22, Tues.	07:00 PM 06:00 PM	Work crew leaves Jasper National Park. Bon Voyage Hotel - 3 course dinner.
23, Weds.		Free Day.
24, Thurs.		Free Day.
25, Friday	07:00 PM 6:30	Gam 3 4 before Drivers Meeting.

Things to see and do on your own

Mall - Pine Centre - Massey Drive just off Hwy. 97.

Tourist information - Open 7 days a week - Jct. Hwy 16 & Hwy 97. Cute picture opportunity with "Mr. P G" large statue made from logs.

Connaught Hill Park - Located in the center of Prince George's downtown, featuring a great view of the Cutbanks formed by the Nechako River and some of the most elaborate flowers beds.

Bon Voyage Hotel & Restaurant - Hwy 16 - 4222 Hwy 16(6km west of Hwy 97).

Prince George Golf Club - Public Welcome, Jct. Of Hwy 16 & 97. - 563-0357.

*Forests For The World
 Museum
 Studio 2880
 Industrial Tours*

*PG Railway Museum
 Native Art Gallery
 PG Art Gallery
 Forestry, Brewery*

Copyright Explained

When you write copy you have the right to copy-right the copy you write, if the copy is right. If however, your copy falls over, you must right your copy. If you write religious services you write rite, and have the right to copyright the rite you write.

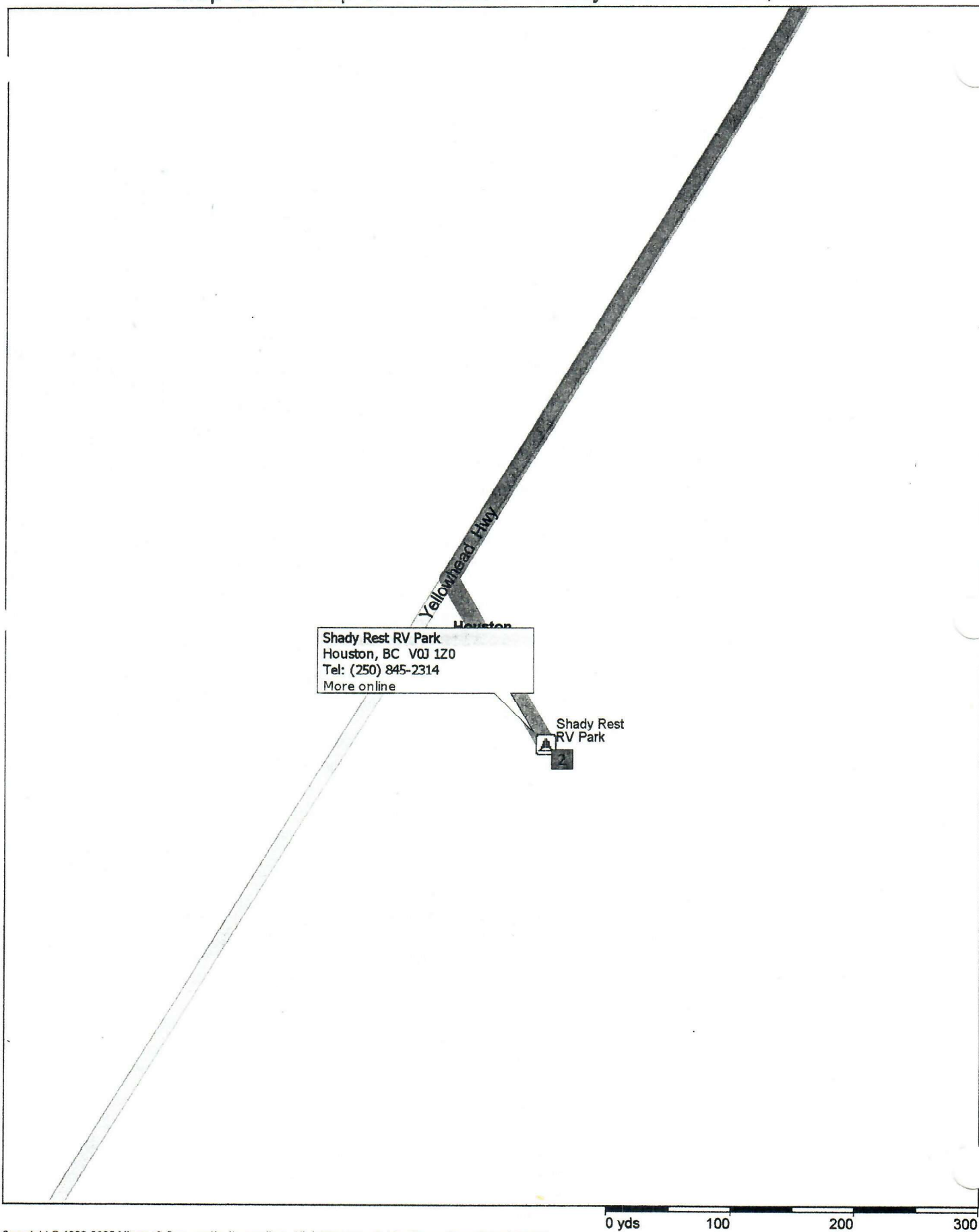
Very conservative people write right copy, and have the right to copyright the right copy they write. A right wing cleric would write right rite, and has the right to copyright the right rite he has the right to write. His editor has the job of making the right rite copy right before the copyright can be right.

Should Jim Wright decide to write right rite, then Wright would write right rite, which Wright has the right to copyright. Duplicating that rite would copy Wright right rite, and violate copyright, which Wright would have the right to right.

Right?

parent to Old Time Fiddle
Jay Thompson called his truck on the way back from fishing. No one hurt.

Map 6a closeup of - Houston - Shady Rest RV Park, BC



19

4/30/08

Prince George to Houston, BC
Shady Rest RV Park
Tel: 250-845-2314

*Great Campground
Washer 1.25/2.00
James & Cookie
beautiful Parker
flowers
nice people -
Lyke*

Stop 6

Services: E/W/S

Approx. Miles: 185

Approx. Driving Time: 3+35

July 26, Saturday

Arr. Time: 1 to 3 PM

Time	Mile	Instruction	For	Toward
8:00 AM	0.0	Depart Southpark RV Park	32 yds	
8:00 AM	0.1	Turn RIGHT (East) onto Kimball Rd	0.3 mi	
8:00 AM	0.3	Turn RIGHT (West) onto TC-16 [Yellowhead Hwy]	184.0 mi	

*1:30 - 3:30
Used to be an outdoor movie theater*

26, Sat.	09:00 AM	Work crew leaves for Houston.
27, Sun.		Free Day.
28, Mon.	09:00 AM 07:00 PM 08:00 PM	Houston Saw Mill Tour. GAM# <u>95</u> Drivers Meeting.

Conversion Information:

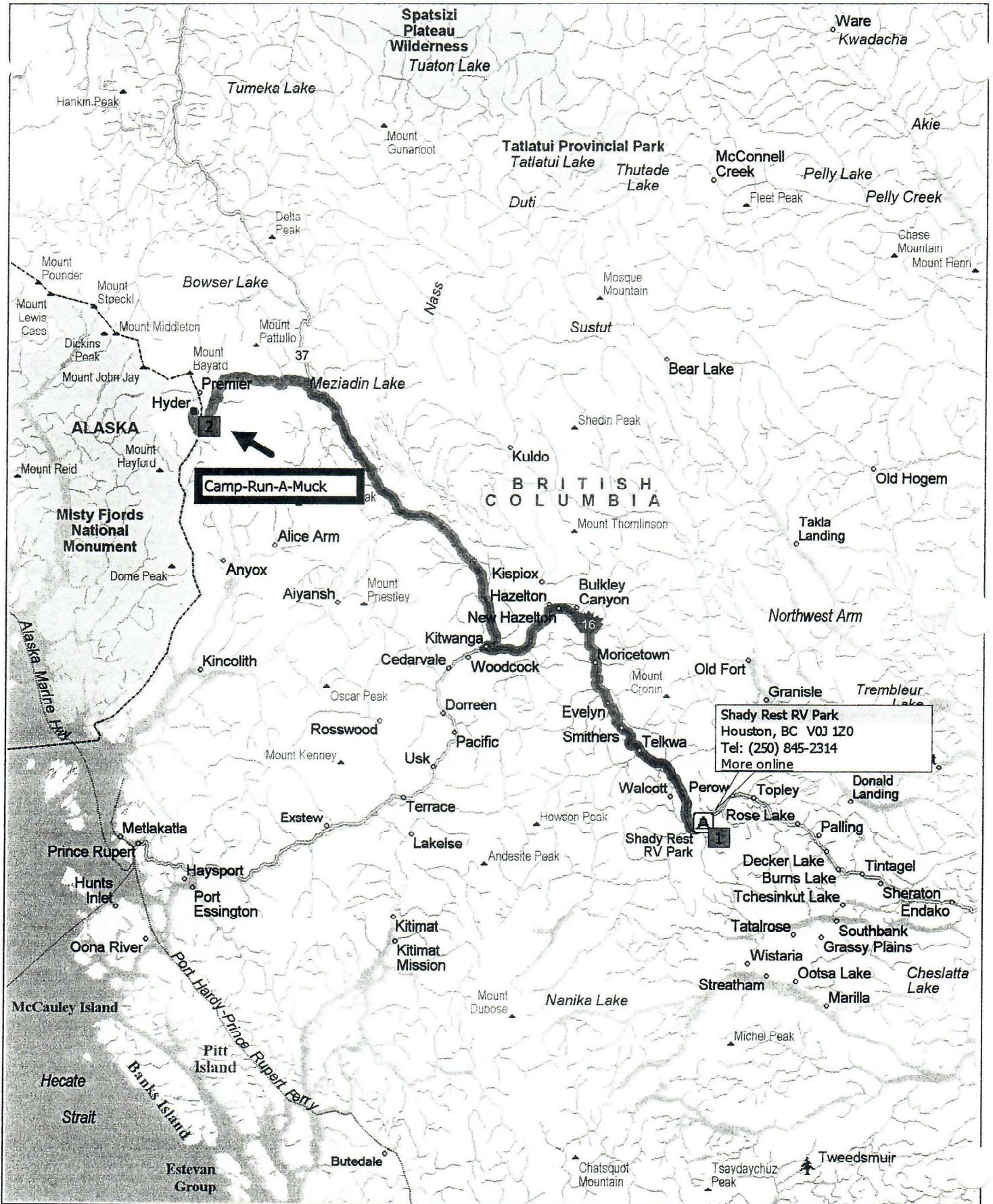
Metric to imperial measure

When you know:	Multiply by:	To convert to:
Centimeters	0.4	inches
Meters	3.3	feet
Kilometers	0.63	miles
Hectors	2.5	acres
Kilograms	2.2	pounds

Imperial to metric

When you know:	Multiply by:	To convert to:
Inches	2.5	centimeters
Feet	0.3	meters
Miles	1.6	kilometers
Acres	0.4	hectors
Pounds	0.45	kilograms

Map 7 - Shady Rest RV Park to Hyder, AK



21

4/21/08

Houston, BC to Hyder, AK

Camp-Run-A-Muck

Tel: 888-393-1199 or 250-636-9006

*Manastash -
Fushner 80-90 miles*

Stop 7

Services: E/W/D

Approx. Miles: 254

Approx. Driving Time: 6 Hr.

*pick up / leave
Alaska*

July 29, Tuesday

Arr. Time: 2 to 4 PM

3:05 PM

Time	Mile	Instruction	For	Toward
		Check your departure time; the next stop is in a different time zone.		
7:00 AM	0.0	Depart Shady Rest RV Park	164 yds	
7:00 AM	0.1	Turn LEFT (South-West) onto TC-16 [Yellowhead Hwy]	109.6 mi	<i>30 841</i>
09:16 AM	109.7	Turn RIGHT (North) onto HWY-37 [Alaska-Stewart Hwy]	97.3 mi	
10:58 PM	207.0	Turn LEFT (West) onto HWY-37A	38.1 mi	
11:45 PM	245.1	Turn RIGHT to stay on HWY-37A	2.4 mi	
11:48 PM	247.5	Entering Alaska		
11:48 PM	247.5	Turn LEFT (South) onto Premier Ave [Wharf Rd]	1.1 mi	
11:52 PM	248.7	Turn RIGHT (North-East) onto International St	1.6 mi	
1:58 PM	250.3	Keep STRAIGHT onto International St [Main St]	0.4 mi	

22

5/5/08

Houston, BC to Hyder, AK
Camp-Run-A-Muck
Tel: 888-393-1199 or 250-636-9006

11:59 PM	250.6	Road name changes to Main St.	0.7 mi
12:01 PM	251.3	Keep STRAIGHT onto Main St [Hyder Ave]	1.6 mi
12:06 PM	252.9	Road name changes to Hyder Ave	0.2 mi
12:07 PM	253.1	Road name changes to Local road (s)	1.2 mi

mata homes in woods

Tentative Hyder Activities

29, Tue.	07:00 AM <i>6:00 pm</i>	Work Crew leaves for Hyder, AK. <i>Denner</i>
30, Wed.	06:00 PM	Dinner at Sea Alaska Inn. Suggest you drive to Salmon Glacier - View bears at Fish Creek Wildlife viewing area in Hyder.
31, Thurs.		Suggest you visit the Hyder Canal Trading Post (Hyder's) oldest gold nuggets, black hill gold, etc.
1, Fri.	05:00 PM	Cookout <i>Free day</i>
2, Sat.	07:00 PM	Free Day. <i>5:00 pm cookout</i> Drivers meeting.

Direction to Salmon Glacier : Leaving Fish Creek viewing area. Continue straight ahead - this road winds its way through some of the most spectacular and rugged scenery in the world as it passes along the eastern edge of the Salmon Glacier and Summit lake to the site of the Granduc Camp.

Hyder, Alaska: Tradition - Eat fish and chips at a converted school bus - "Diane's Diner". The Wildflower Bakery serves breakfast.

*Schmuck
Dixie -
Guzle Burger*

*Gas
150.9 L
at Petro Canada*

23

4/21/08

Hyder, AK to Kitwanga, BC

Cassiar RV Park

P.O. Box 301, Kitwanga, BC V0J 2A0

Tel: 250-849-5799

Saw another bear on road to Kitwanga

Parsons

Stop 8

Services: W/E/S —

Approx. Miles: 143

Approx. Driving Time: 3 Hrs.

August 3, Sunday

Arr. Time: 1 to 3 PM

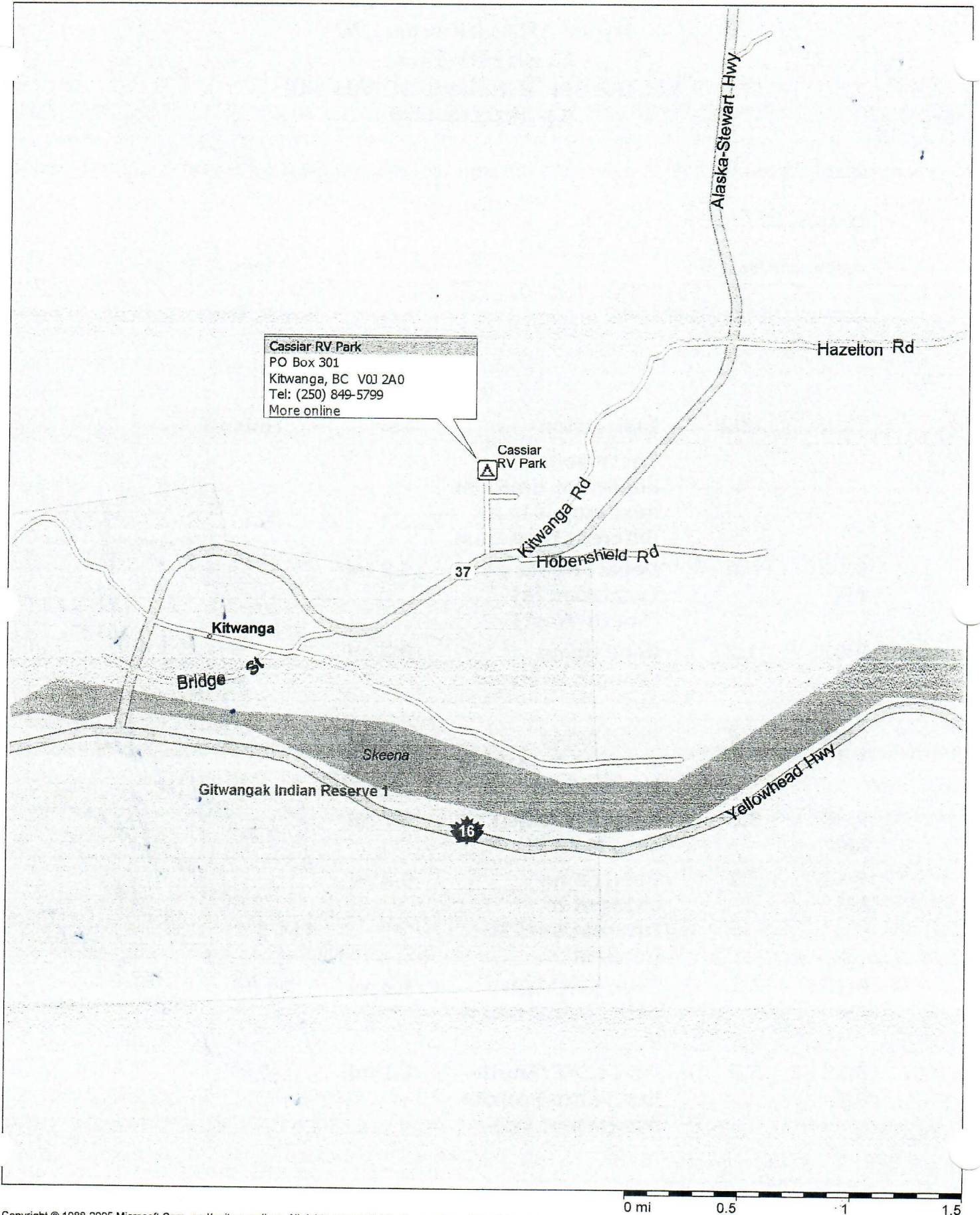
5/23/08
89
49

Time	Mile	Instruction	For	Toward
		Check your departure time; the next stop is in a different time zone.		
9:00 AM	0.0	Depart Hyder on Local road (s) (South-West)	1.2 mi	
9:03 AM	1.2	Road name changes to Hyder Ave	0.2 mi	
9:04 AM	1.4	Road name changes to Main St [Hyder Ave]	1.6 mi	
9:10 AM	3.0	Keep STRAIGHT onto Main St	0.7 mi	
9:12 AM	3.7	Road name changes to International St [Main St]	0.4 mi	
9:13 AM	4.1	Keep STRAIGHT onto International St	1.6 mi	
9:18 AM	5.7	Turn LEFT (South-East) onto Premier Ave [Wharf Rd]	1.1 mi	

Bear went right in front of Al's Glacier

Beautiful day - Stopped at Bear Glacier & took pictures 8/3/08

Kitwanga, British Columbia, Canada



4/30/08

Hyder, AK to Kitwanga, BC
 Cassiar RV Park
 P.O. Box 301, Kitwanga, BC V0J 2A0
 Tel: 250-849-5799

*Really pretty
 No TV
 No internet
 No phone service*

9:22 AM	6.8	Entering British Columbia	
9:22 AM	6.8	Turn RIGHT (East) onto HWY-37A	2.4 mi
9:26 AM	9.2	Turn LEFT to stay on HWY-37A	38.1 mi
10:12 AM	47.3	Turn RIGHT (South) onto HWY- 37 [Alaska-Stewart Hwy]	94.7 mi
11:52 AM	142.1	Turn RIGHT (North) onto Backlow Rd Check local time; this stop is in a different time zone.	0.3 mi
11:53 AM	142.3	Keep STRAIGHT onto Local road (s)	0.1 mi
11:53 AM	142.5	Arrive Cassiar RV Park	

Tentative Kitwanga Activities

Aug. 3, Sun.	08:00 AM	Work Crew leaves Hyder, AK.
4, Mon.	<i>09:00 AM</i>	<i>Museum tour</i> Four on your own. <i>Ketty - C</i>
5, Tue.	<i>6:00</i>	Free Day. <i>Cookout</i>
6, Wed.	09:00 AM	Breakfast/Cookout.
7, Thurs.	<i>7:00 pm.</i> 08:00 PM <i>5:30 - Cam #5</i>	Drivers Meeting.

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5/1/08

Hyder, AK to Kitwanga, BC

Cassiar RV Park

P.O. Box 301, Kitwanga, BC V0J 2A0

Tel: 250-849-5799

(of)

Things to do: Tour on your own.

In New Hazelton, stop at the Travel Infocenter for maps and brochures.

Leave Infocenter, turn left and go 1.2 miles to the Hagwilget Bridge. This is a majestic suspension bridge which hangs 300 feet over the Bulkley River. Good picture opportunity.

Cross bridge and go 3 miles to "Ksan Indian Village and Museum, consisting of 7 tribal Houses: the Frog House of the Stone Age, the Wolf House or Feast House, the Fireweed House, the studio, the "Ksan Shop and the carving shed and workshop. Guided tours are available. Daily 9-6.

A showplace of Indian culture, Hazelton originally was called Git-an-maks, meaning "where people fish by torchlight". European settlers arriving in 1872 renamed the area Hazelton, after the profusion of hazelnut trees covering the fertile farmland. Considered holy by the Gitksan Indian community, the forest land within a 64.4 kilometer (40 mile) radius of Hazelton has the province's greatest concentration of standing totem poles.

Retrace your route back 1.2 miles past "Ksan and uphill to the Kispiox Road junction. Turn left and drive 7.8 miles via a paved road to the Kispiox Indian Village. There you will see 15 totem poles and a small salmon hatchery.

Continue on to Moricetown Canyon in/near Moricetown, BC. This once was a site of the largest village of the Bulkley Valley Indians., whose diet depended on salmon. Here the wide Bulkley river roars down through a narrow canyon on the Moricetown Indian Reserve. The Carrier Indian gaff hook, harpoon, and net salmon. Then they smoke their catch at the traditional native fishery as they have been doing for thousands of years.

5/1/08

Kitwanga, BC to Prince Rupert, BC
Park Ave. Campground

*Driftwood Inn - noisy
SW Airlines pilots partying
we will hear the stairs
got all the noise -
Haines everyday
August 8, Friday except last.*

Stop 9

Services: W/E/S

Approx. Miles: 160

Approx. Driving Time: 3 Hrs.

Arr. Time: 1 to 3 PM ✓

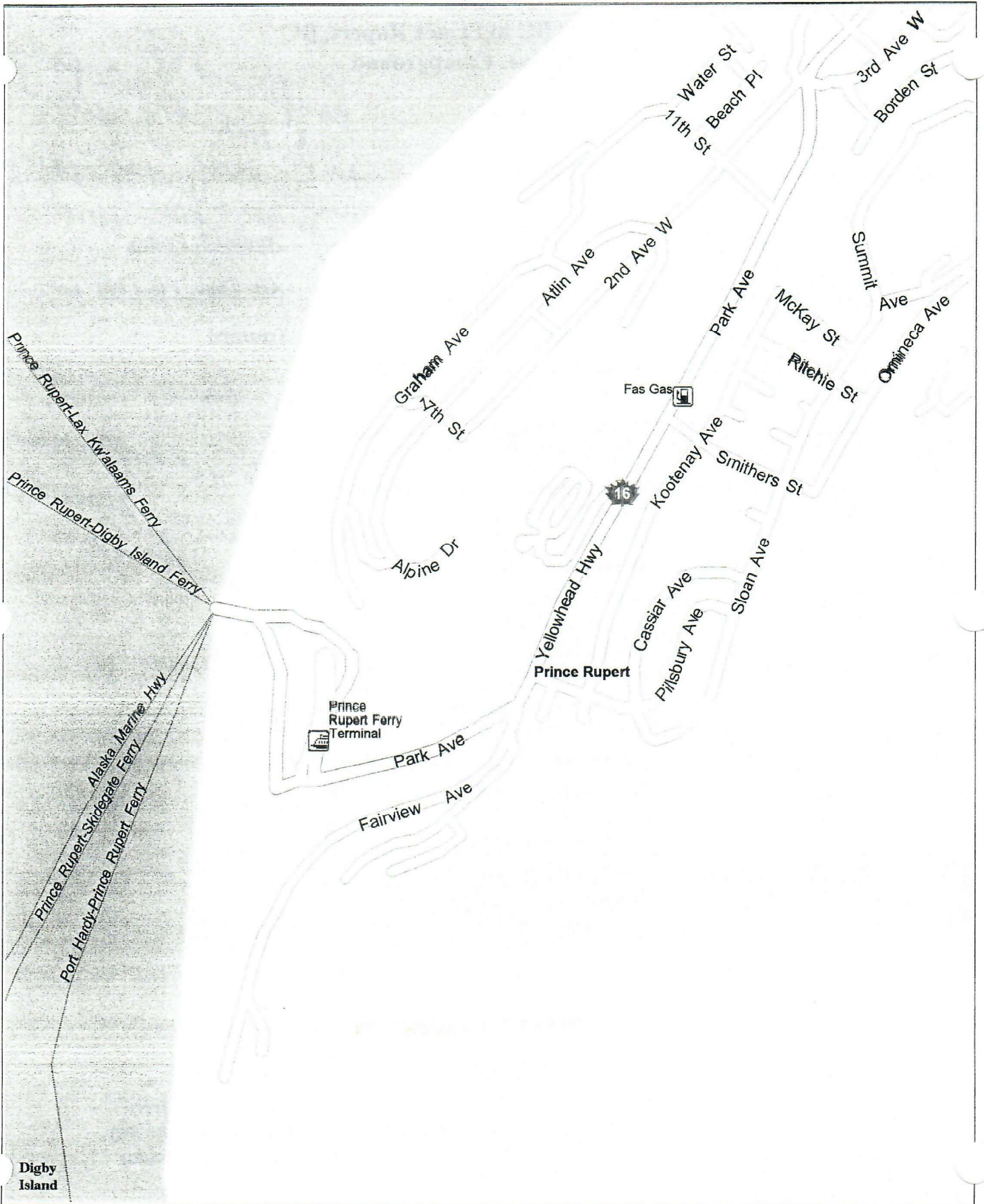
Time	Mile	Instruction	For	Toward
9:00 AM	0.0	Depart Cassiar RV Park	0.1 mi	
9:00 AM	0.1	Keep STRAIGHT onto Backlow Rd	0.3 mi	
9:01 AM	0.4	Turn RIGHT (West) onto HWY-37 [Alaska-Stewart Hwy]	2.6 mi	
9:05 AM	3.0	Turn RIGHT (West) onto TC-16 [HWY-37]	57.8 mi	
10:10 AM	60.8	Turn RIGHT (North) onto TC-16 [Sande Street Overpass]	0.2 mi	
10:10 AM	61.0	Turn LEFT (West) onto TC-16 [Yellowhead Hwy]	89.6 mi	
11:50 AM	150.5	Turn LEFT (South-West) onto TC-16 [2nd Ave W]	1.4 mi	

*Prince Rupert!
We parked on grass
People in sliver
sites. Camp ✓*

Tentative Prince Rupert Activities

- Aug. 8, Fri. 07:00 am **Work Crew leaves Kitwanga, Will leave in 2 or 3 groups to spread out units. See above.**
- 9, Sat. 08:15 am **Ferry departs for Juneau, AK - Do not be late, ferry will not wait. Night on ferry, with stops along the way in Ketchikan (3:00 pm), Wrangell (9:45 pm). Sunday (1:30 am) Petersburg.**

Prince Rupert, Bc Map 2



5/1/08

Kitwanga, BC to Prince Rupert, BC

1750 - Park Ave. Campground

- Q10, Sun. 09:30 am Arrive Juneau and Bus to Driftwood Lodge.
- Q11, Mon. 11:45 am City Bus tour includes Juneau and Mendenhall Glacier, Chapel by the Lake, Douglas Island. Salmon Bake Dinner at Gold Creek following tour.
- Q12, Tue. ^{7:15 on hand am} ~~09:00~~ am Board at 8:30 - Boat tour of Tracey Arm. *great - 6 of us on maxmiller boat. fantastic salmon bake*
- Q13, Wed. 09:00 am *Mary Ann McLaughlin Rich* Mount Roberts Tramway - 13th or 14th.
- Q14, Thurs. 06:30 pm Leave Juneau for Prince Rupert - stops along the way Petersburg - Wrangell - Ketchikan.
- 15, Fri. Aboard ferry. *Went to town - Bill & John ate crab - 2 1/2 loch -*
- 16, Sat. 02:30 am - Arrive in Prince Rupert.
- 17, Sun. ~~08:00~~ pm Drivers Meeting. *Spiking trip*

The ferry will stop for an hour or so in Petersburg and Ketchikan, AK. You can go ashore but do not be late for departure. We will get schedule on ferry.

Juneau Activities

On your own - can walk to these: Alaska Brewery, Fish Hatchery.

Things to see and do on your own - The Alaska State Museum, Helicopter ride to the ice field. Juneau has a city museum and a Orthodox Church that you may visit on your own.

Customs opens 0630 - leave 0600
Boarding Pass w/passport - keep receipt
DID YOU KNOW

The northernmost region of Alaska receives almost three months of continuous sunlight.

Inu
UPR

1277 478

Juneau Alaska

5/1/08

**Kitwanga, BC to Prince Rupert, BC
Park Ave. Campground**

Tracy Arm Fjord.

This narrow fjord twists and turns for over 30 miles, culminating in a spectacular view of the twin tidewater Sawyer Glaciers. Your captain will navigate as close as the ice floe allows, stopping for an extended stay at the face of the glacier. Watch for seals relaxing on the icebergs, bald eagles soaring above the cliffs and many other animals that call this area home. Learn about the natural history of the fjord, its glaciers and the wildlife from our onboard naturalist. Gain insights into Tlingit Native culture. Overcast days will not dampen your enjoyment as clouds and mist only heighten the drama of the fjord and intensify the glacial blue color.

Point of interest:

Bob Bennett, WBCCI Caravan Chairman graduated from Juneau High School and lived in Juneau for a total of 11 years. He recommends a restaurant close to your hotel - the Fiddlehead Restaurant & Bakery located at 429 Willoughby, your hotel is at 435 Willoughby. Bob said he has been there for breakfast - it is good. Bob also has a classmate (Carolyn Reddekopp) who owns "Georges" a place to eat, another one is The Twisted Fish Co. Carolyn will talk to us and answer any questions concerning Juneau when we arrive.

Mountains of Ice - Glacier -

Glaciers - blue-white in color, with long frozen tongues reaching into the water - cover more than 75,000 square miles in the US, and most are found in Alaska.

But how is a Glacier formed? Glaciers are created when more snow falls each winter than melts the following summer. As areas receive snowfall year after year, new snow layers create pressure on existing layers of snow and ice. This creates firm, small granules of compacted snow. Firm from previous years is buried and turns to ice through crystallization. The process continues, increasing the pressure on the ice field until air diminishes and solid crystalline ice is formed.

As the layers of snow, this firm and ice thicken, the lower ice can no longer support the weight of the mass, and it moves downward, smoothing surrounding mountain walls and floors and leaving groves in a U - shaped valley.

Why is glacial ice blue? Its actually not. Glacial ice is so concentrated that it absorbs all colors in the light spectrum except blue, which is reflected back at the viewer - making the ice appear blue. The lack of oxygen in the ice causes it to melt much more slowly than ice created in your freezer. Keep in mind almost 90% of an iceberg is below water.

5/1/08

Prince Rupert to Terrace, BC
Ferry Island Campground - at (250) 635-7391).

*James + Coaker
Yeates departed!*

Stop 10

Services: W/D

Approx. Miles: 90

August 18, Monday

Approx. Driving Time: 2 Hrs

Arr. Time: 1 to 3 PM

Summary: 91.1 miles (1 hour, 43 minutes)

Time	Mile	Instruction	For	Toward
9:00 AM	0.0	Depart Prince Rupert on TC-16 [2nd Ave W] (East)	0.2 mi	
9:00 AM	0.2	Turn RIGHT (South-East) onto TC-16 [McBride St]	89.6 mi	
10:40 AM	89.8	Turn RIGHT (South) onto TC-16 [Sande Street Overpass]	0.2 mi	
10:40 AM	90.0	Turn LEFT (East) onto TC-16 [Keith Ave]	1.2 mi	
10:43 AM	91.1	Arrive near Terrace, Ferry Island Campground		

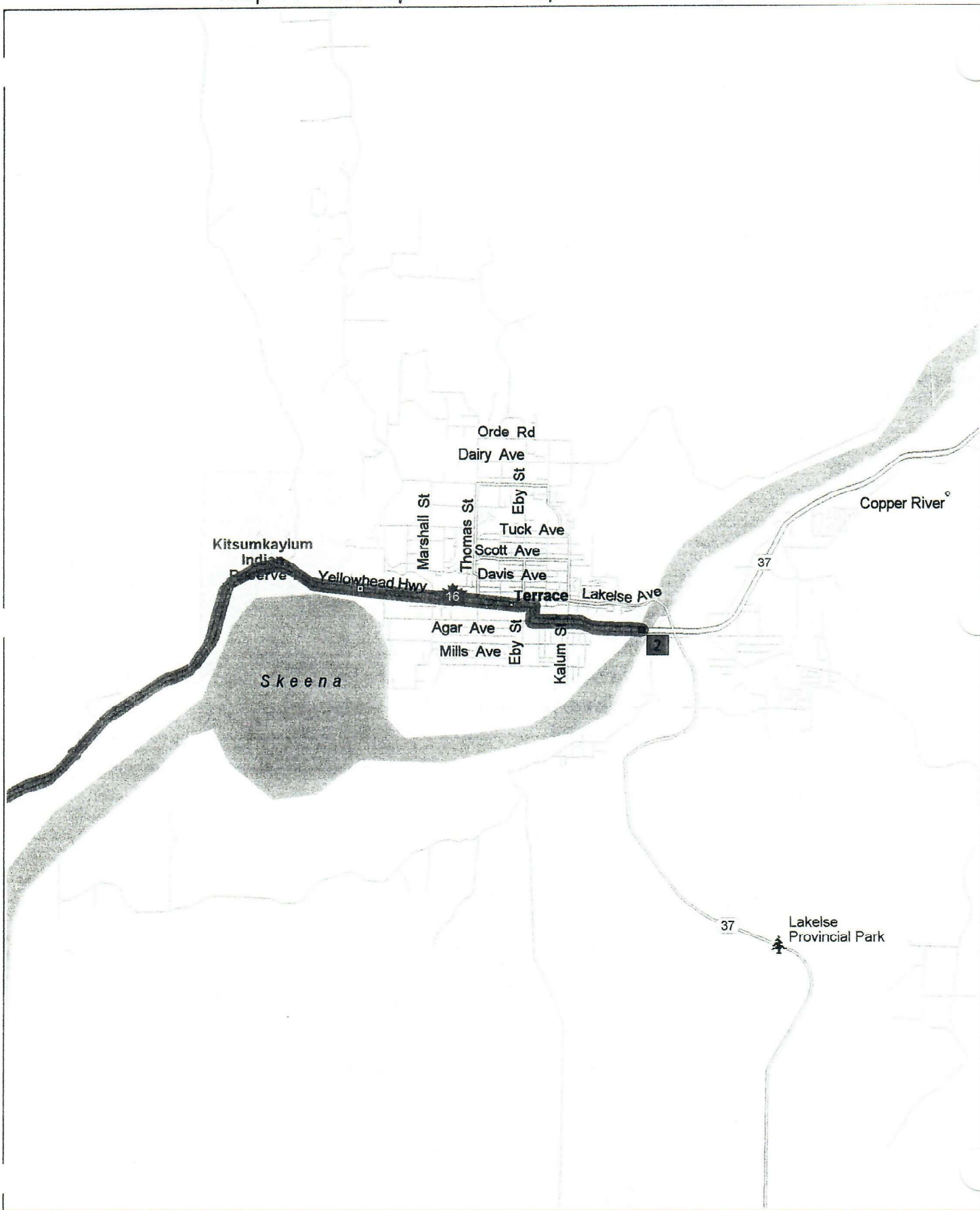
Terrace Activities

Aug. 18, ^{9:00 AM} 07:00 AM Depart Prince Rupert -
Departs 10:00 Day on your own - Visit the 500 year old Sitka Spruce tree.

19, ^{3:00 - speaker} 09:00 AM ^{camp} Kitselas Canyon Tour with ~~BBQ~~ Salmon Lunch. *drive to Heritage Park Museum*
 07:00 PM Drivers meeting. *sandwich, salad lunch*
^{5:30} *Lam #6.*
 Kitselas Canyon Tour - Tour with the first nations folks of Kitselas - we will see the canyon, petrography culture center, dancers, longhouses

Excellent - bought 2 necklaces - beautiful forest - Ganeus coupons for 10.00 etc.

Map 10 - Blowup - Prince Rupert to Terrace, BC



5/1/08

Prince Rupert to Terrace, BC

Ferry Island Campground - at (250) 635-7391).

Terrace - the hub of Northwest British Columbia - is a beautiful tourism destination. View with awe the splendor of the Northwest, from slender sapling to massive mountain.

Wherever you stand the view is stunning. Snowcapped peaks and perfectly tall evergreens. Perfect sunrises and sunsets. Fishing as one wouldn't believe. The Skeena River meandering by houses nestled along the namesake terraces. The fantastic wildlife, including the rare Kermode Bear, is always a sight to see. The city's trails and lively downtown shopping center contribute to an exceptional quality of life.

Walk through history, literally, in forests where First Nations have walked for over 5,000 years. Stroll along the Grand Trunk Pathway where interpretive panels tell the area's story. Or get a glimpse of pioneer life at Heritage Park Museum. It's a place where red fish swim and white bears roam. Things really are different up here!

FACTS ABOUT CANADA

Canada has a population of approximately 30 million people.

There are 2 official languages - English and French.

The first Prime Minister was Sir John A. Macdonald.

Canada's largest city is Toronto followed by Montreal, Vancouver and Ottawa.

The nations Capitol is Ottawa.

Canada is divided up into 10 Provinces and 3 Territories.

The National Anthem is "O Canada".

The Maple Leaf and Beaver are Canada's national symbols.

Canada's main natural resources are natural gas, oil, gold, coal, copper, iron ore, nickel, potash, uranium and zinc, wood and water.

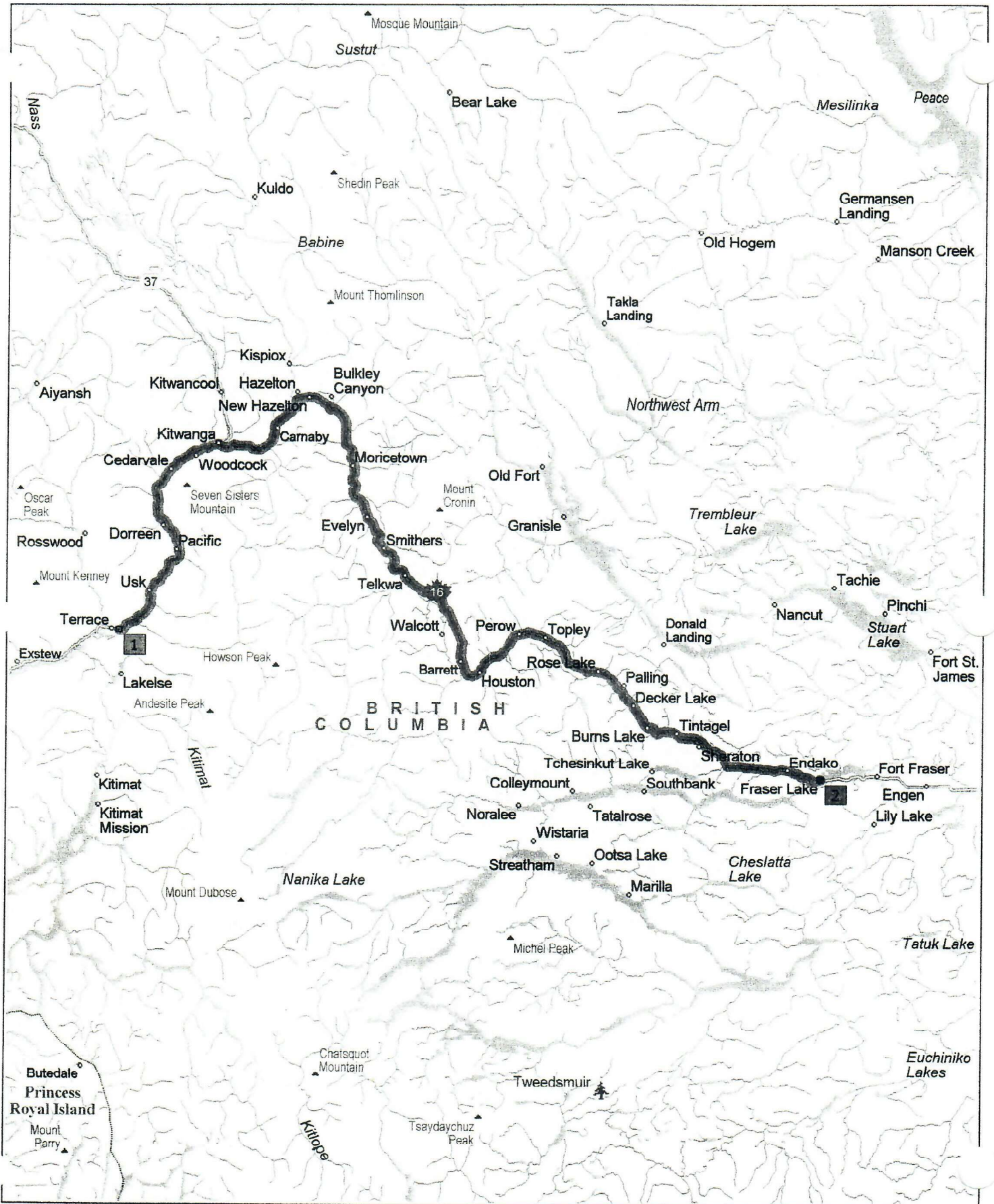
Canada's leading exports are automobile vehicles and parts, machinery and equipment, high - technology products, oil, natural gas, metals and forest and farm products.

Leading industries include automobile manufacturing, pulp and paper, iron and steel work, machinery and equipment manufacturing, mining, extraction of fossil fuels, forestry and agriculture.

Ice Hockey and Lacrosse are Canada's national sports.

Anyone in Canada can send a letter to a member of Parliament (while its in session) without paying postage.

Map 11 - Terrace, BC to Fraser Lake, BC



35

5/1/08

Terrace, BC to Fraser Lake
Fraser Lake Recreation Center, Village of Fraser Lake - Arena
250.699.6257

*John + Judy
DeParker*

3 days

Stop 11

Services: W/D

Approx. Miles: 259

August 20, Wednesday

Approx. Driving Time: 5 Hrs

3-5 PM
Arr. Time: 1 to 3 PM

Direction: On Rte 16 about 256 mile, turn LEFT (north) into Alex Fraser Lake and Recreation Center. Watch for WBCCI signs. Fraser Lake Recreation Center - Village of Fraser Lake 250.699.6257.

Time	Mile	Instruction	For	Toward
9:00 AM	0.0	Depart near Terrace on TC-16	257.6 mi	
1:57 PM	257.6	Arrive Fraser Lake		

Fraser Lake Activities

Aug. 20, Wed. 07:00 am - Leave Terrace

21, Thurs. ~~01:00 pm Endako Mine Tour - Carpool~~

0830 - Fort St James

22, Fri. 08:00 pm Drivers Meeting.

(i did not go to)

Endako Mine: At Rte. 16 turn right (west) onto Rte 16 and go 14 miles to the Endako Mine. Look for signs on Rte. 16 to the Endako Mines. You will turn left (south) off Rte. 16.

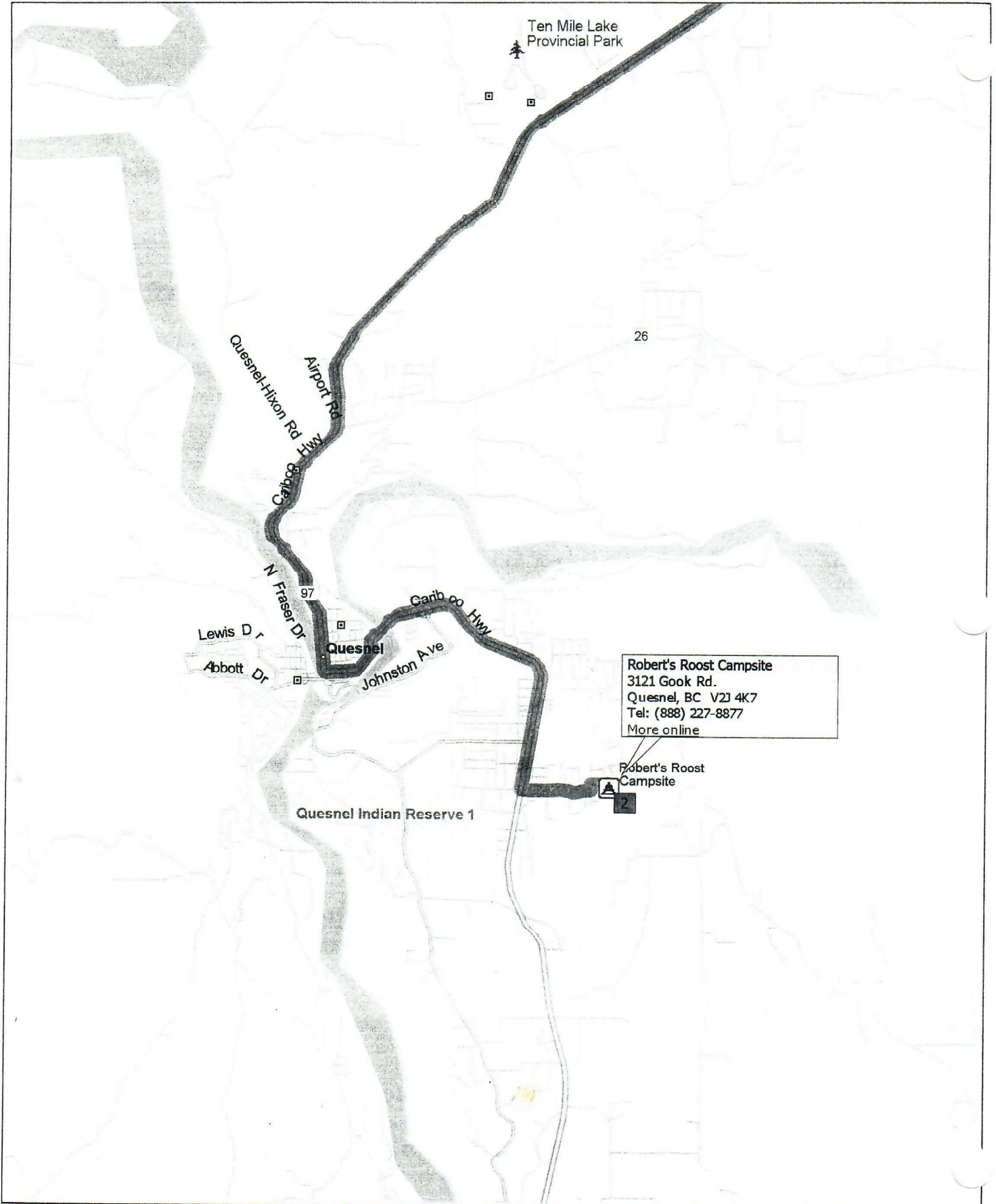
Suggestion:

leave at 0830

Fort St. James: At Rte 16 turn left (east) onto Rte 16 and go to Rte. 27. At Rte, 27 turn left (north) onto Rte 27 and go to the city of Fort St. James. The Fort is on the left side of Rte 27 as you go into town.

Stayed + did wash w/ Judy

Map 12 - Fraser Lake to Robert's roost Campground Quesnel, BC



Robert's Roost Campsite
3121 Gook Rd.
Quesnel, BC V2J 4K7
Tel: (888) 227-8877
More online

0 mi 1 2 3 4

37

4/24/08

Robert's Roost CG.
3121 Gook Rd.
Quesnel, BC V2J 4K7
Tel: (888) 227-8877

Deparkers

Stop 12

Services: E/W/S

Approx. Miles: 176

Approx. Driving Time: 5 Hrs

2 days

August 23, Saturday

Arr. Time: 2 to 4 PM ✓

8:00

Time	Mile	Instruction	For	Toward
9:00 AM	0.0	Depart Fraser Lake on TC-16 [Yellowhead Hwy] (East)	96.3 mi	
10:46 AM	96.3	Keep RIGHT onto Local road (s)	54 yds	
10:46 AM	96.4	Bear RIGHT (East) onto HWY-97	74.1 mi	
12:06 PM	170.4	Turn LEFT (East) onto HWY-97 [Carson Ave]	0.4 mi	
12:07 PM	170.8	Turn LEFT (North-East) onto HWY-97 [Legion Dr]	4.1 mi	
12:13 PM	174.9	Turn LEFT (East) onto Gook Rd	43 yds	
12:14 PM	174.9	Keep STRAIGHT onto Local road	0.8 mi	
12:16 PM	175.7	Turn LEFT (North) onto Local road (s)	131 yds	
12:16 PM	175.7	Turn RIGHT (East) onto Local road (s)	0.2 mi	
12:17 PM	175.9	Bear LEFT (East) onto Local road (s)	43 yds	
12:17 PM	175.9	Turn RIGHT (South) onto Local road (s)	98 yds	
12:17 PM	176.0	Arrive Robert's Roost Campsite [3121 Gook Rd., Quesnel, BC V2J 4K7, Tel: (888) 227-8877]		

5/2/08

Robert's Roost CG.
3121 Gook Rd.
Quesnel, BC V2J 4K7
Tel: (888) 227-8877

*No documents
6/4 7:00 AM*

Quesnel Activities

Aug. 23,	Sat.	07:00 am	Work crew leaves.
		06:00 pm	Supper - Royal Canadian Legion. <i>Turkey</i>
24,	Sun.	10:00 am	Barkerville Historical Park.
		<i>Show + Tell</i>	Leave at 8:00 am - carpool.
		0700	<i>Prayers meeting</i>

Robert's Roost RV Park Welcomes You

Robert's Roost Campground and RV Park is located on the shore of Dragon Lake, two kilometers off Highway 97 and eight kilometers south of downtown Quesnel. We are close to golfing, shopping, and Barkerville (a restored 1860s gold rush town).

The camping facilities, the grounds and the lake will add fun and pleasure to our stay. The super clean restrooms feature hot coin showers. A laundry room and sani-dump are available.

Barkerville Historic Town

The Gold Rush Trail - Quesnel B.C. To Barkerville B.C.

Direction: 55 miles East of Quesnel on Hwy 26.

Fortune seekers once traveled the Cariboo Wagon Road to the Cariboo goldfields and the bustling boomtown of Barkerville. Settled in 1862, Barkerville Historic Town today features over 125 restored heritage buildings along a Victorian-era streetscape.

The Faithful:

A Minister told his congregation, "Next week I plan to preach about the sin of lying. To help you understand my sermon, I want you all to read Mark chapter 17".

The following Sunday, as he prepared to deliver his sermon, the minister asked for a show of hands. He wanted to know how many had read Mark 17. Every head *hand* went up. The minister smiled and said, "Mark has only 16 chapters. I will now proceed with my sermon on the sin of lying.

39'

4/28/08

Paul Lake Provincial Park [1210 McGill Road,
Kamloops, BC V2C 6N6, Tel: (250) 819-7376]

Stop 13

Services: Dry

Approx. Miles: 266

August 25, Monday

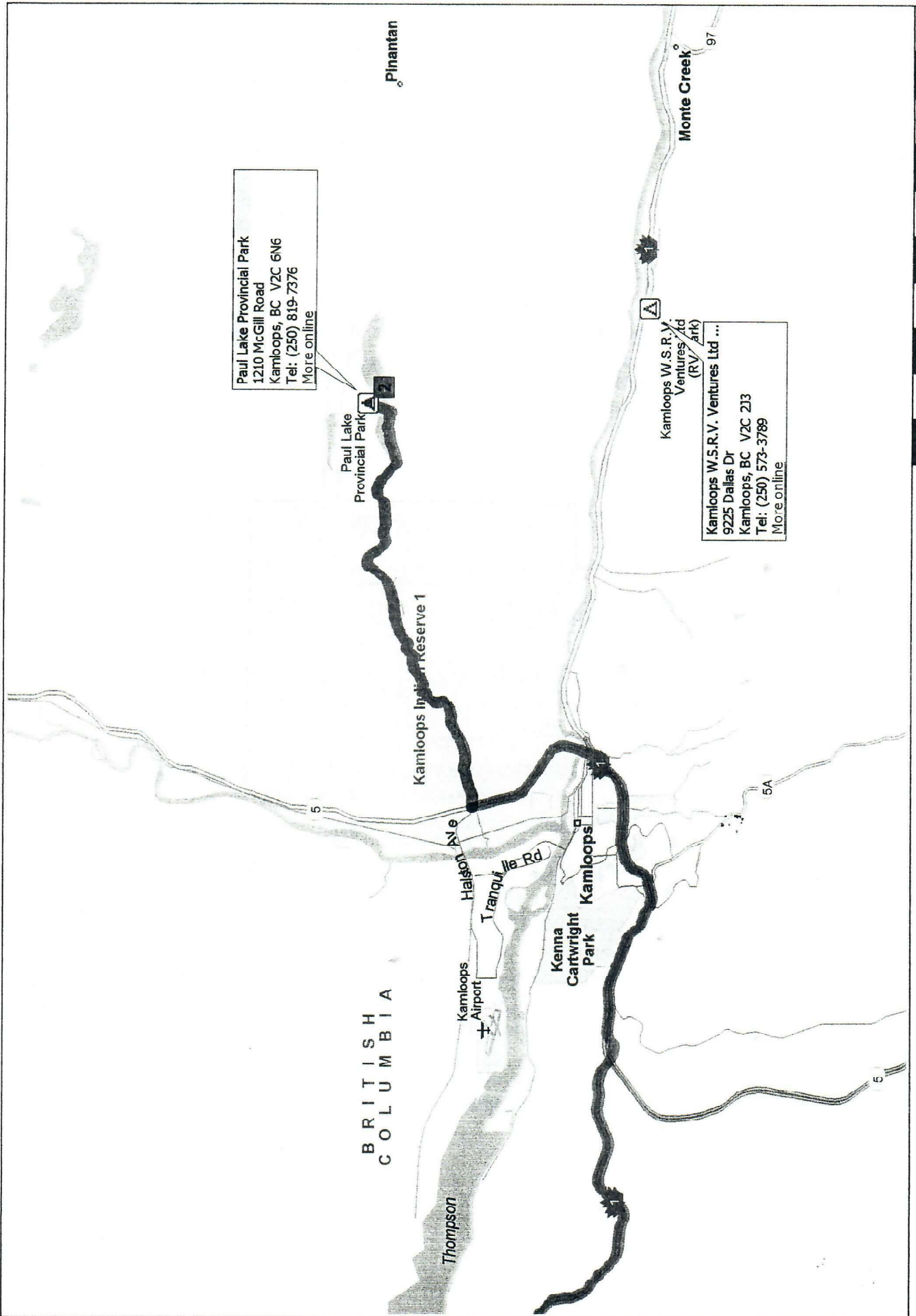
Approx. Driving Time: 6 Hrs

Arr. Time: 2 to 4 PM

Summary: 266.4 miles (5 hours, 4 minutes)

Time	Mile	Instruction	For
9:00 AM	0.0	Depart Quesnel on HWY-97 [Front St] (South)	0.2 mi
9:00 AM	0.2	Turn LEFT (East) onto HWY-97 [Carson Ave]	0.4 mi
9:01 AM	0.5	Turn LEFT (North-East) onto HWY-97 [Legion Dr]	73.7 mi
10:22 AM	74.2	Turn LEFT (East) onto HWY-97 [Cariboo Hwy S]	126.0 mi
12:41 PM	200.2	Turn LEFT (North-East) onto <u>TC-1</u> [HWY-97]	44.4 mi
1:35 PM	244.6	Keep STRAIGHT onto Ramp	0.6 mi
1:35 PM	245.2	Keep RIGHT to stay on Ramp	0.4 mi
1:36 PM	245.6	Road name changes to <u>TC-1</u> [HWY-5]	6.6 mi TC1
1:44 PM	252.2	At exit <u>374</u> , keep RIGHT onto Ramp X374	0.4 mi
1:44 PM	252.6	Road name changes to <u>HWY-5</u> [Yellowhead Hwy]	3.1 mi HWY 5
1:48 PM	255.8	Turn RIGHT (East) onto <u>Paul Lake Rd</u>	8.9 mi
1:59 PM	264.7	Road name changes to Local road (s)	1.0 mi
2:02 PM	265.7	Bear RIGHT (East) onto Local road (s)	0.1 mi
2:03 PM	265.8	Turn LEFT (North) onto Local road (s)	0.6 mi
2:04 PM	266.4	Arrive Paul Lake Provincial Park [1210 McGill Road, Kamloops, BC V2C 6N6, Tel: (250) 819-7376]	

Map 13 - Quesnel to Paul Lake Provincial Park



5/2/08

Paul Lake Provincial Park [1210 McGill Road,
Kamloops, BC V2C 6N6, Tel: (250) 819-7376]

2 days

Kamloops Activities

Aug. 25,	Mon.	07:00 am	Work Crew leaves.
26,	Tue..	10:00 am	Highland Valley Copper Mine Tour.
27,	Wed.	10:00 am 05:30 pm	Secwepemc Museum Cookout - Drivers Meeting after cookout.

Kamloops..... Is named after an Indian word, cumcloups, or "the meeting of the waters".

Don't You Hate it When.....

You have to try on a pair of sunglasses with that stupid litter plastic thing in the middle of them.

The elevator stops on every floor and nobody gets on.

You open a can of soup, and the lid falls in.

You can never put anything back in a box the way it came.

You slice your tongue licking a envelope.

Your tire gauge lets out half the air while you're trying to get a reading.

There are always one or two ice cubes that won't pop out of the tray.

You wash a garment with a tissue in the pocket and your entire laundry comes out cover with lint.

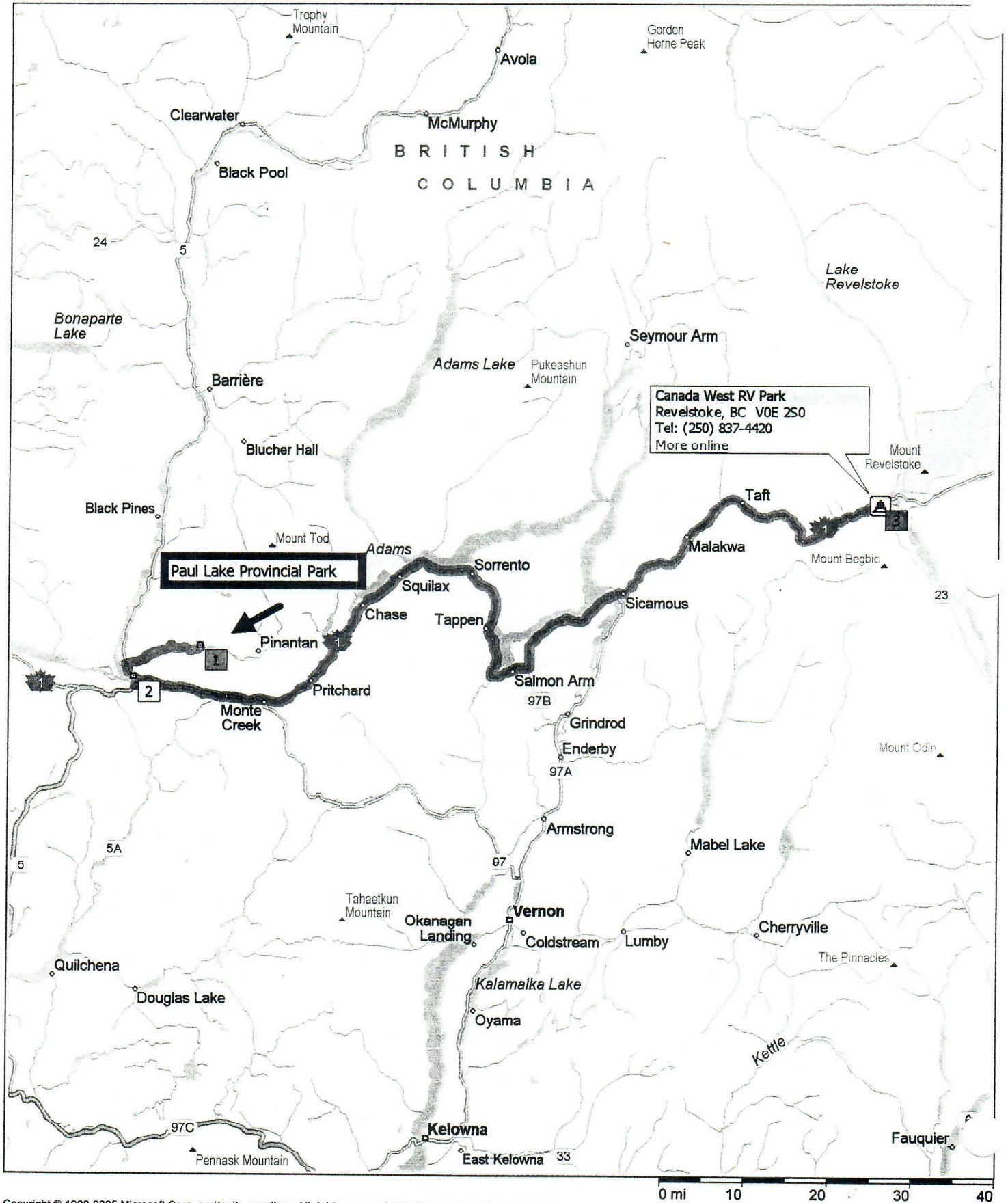
The car behind you blasts its horn because you let a pedestrian finish crossing.

You set the alarm on your digital clock for 7 PM instead of 7 AM.

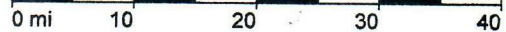
You rub on hand cream and can't turn the bathroom doorknob to get out.

Map 14 - Paul Lake Provincial Park to Canada West RV Park

141.4 miles; 3 hours, 1 minute



Canada West RV Park
 Revelstoke, BC V0E 2S0
 Tel: (250) 837-4420
 More online



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5/2/08

Canada West RV Park
3069 Trans-Canada Hwy. Revelstoke, BC V0E 2S0
250-837-4420

2 days

Stop 14

Services: E/W/S

Approx. Miles: 141

August 28, Thursday

Approx. Driving Time: 3 + 30 Hrs

Arr. Time: 1 to 3 PM

Time	Mile	Instruction	For	Toward
9:00 AM	0.0	Depart Paul Lake Provincial Park	0.6 mi	
9:01 AM	0.6	Turn RIGHT (North-West) onto Local road (s)	0.1 mi	
9:02 AM	0.7	Bear LEFT (West) onto Local road (s)	1.0 mi	
9:04 AM	1.7	Road name changes to Paul Lake Rd	8.9 mi	
9:16 AM	10.6	Turn LEFT (South) onto HWY-5 [Yellowhead Hwy]	2.0 mi	
9:19 AM	12.6	At near Kamloops, stay on HWY-5 [Yellowhead Hwy] (East)	1.2 mi	
9:20 AM	13.8	Keep RIGHT onto Ramp City Centre/Jasper/Vernon/Banff	174 yds	
9:20 AM	13.9	Keep RIGHT to stay on Ramp	98 yds	Jasper / Vernon / Banff
9:20 AM	13.9	Bear RIGHT (East) onto Valleyview Rd	0.2 mi	
9:21 AM	14.1	Road name changes to Valleyview Dr	0.1 mi	
9:22 AM	14.2	HWY-1 / HWY-97 / Trans Canada Hwy East / Vernon / Banff	127.0 mi	
12:01 PM	141.2	Turn RIGHT (South) onto Local road (s)	153 yds	

441

5/2/08

Canada West RV Park
3069 Trans-Canada Hwy. Revelstoke, BC V0E 2S0
250-837-4420

12:01 PM	141.3	Turn RIGHT (South) onto Local road (s)	54 yds
12:01 PM	141.4	Arrive Canada West RV Park	
		[Revelstoke, BC V0E 2S0, Tel: (250) 837-4420]	

Revelstoke Activities

August 27	Wed		
28	Thurs.	09:00am	Work crew leaves Kamloops.
29	Fri.	Free Day	↖
30	Sat.	06:00 pm	The Coast Hillcrest Resort Hotel - Banquet.

Free or leave (circled)

Direction to Banquet: 5.3 miles east on TCH 1

Suggestions:

Canyon Hot Springs for a dip. Approximately 22 miles East of Revelstoke.
Admission charge.
Revelstoke Railway Museum.
Three Valley Gap Heritage Ghost Town.

YA YA ESTROGEN ISSUES

Eight ways to know if you have "estrogen issues"

1. Everyone around you has an attitude problem
2. Your adding chocolate chips to your cheese omelet.
3. The dryer has shrunk every last pair of your jeans.
4. Your husband is suddenly agreeing to everything you say.
5. You're using your cellular phone to dial up every bumper sticker that say's 'How 's my driving? Call 1-800-****'
6. You're sure that everyone is scheming to drive you crazy.
7. The ibuprofen bottle is empty and you bought it yesterday.