

## 2290 British Columbia Regiment (101 Duke of Connaught's Own Rifles) RCACC

**Activity:** "A Meeting Place - Hiwus" Grouse Mountain

**Date:** March 7<sup>th</sup> 2025(Saturday) 0900 hrs to 1430 hrs

**Activity Contact:** Major Jim Blomme 778-789-4883



**The hiwus Feasthouse is the meeting place,** A full day of vivid legends, songs, dances and crafts. As we step into an authentic Pacific Northwest Longhouse and let a Squamish First Nations Elder take use back in time to discover the traditional way of life of First Nations people.

### Activity outline:

9:00am – Cadets arrive

9:30am – Meet Guide

9:45am - 10:00am - Skyride to Alpine station

10:15am - 11:30am - guided snowshoe to the hiwus Feasthouse

11:30am - 12:00pm – Lunch\*

12:00pm - 1:30pm - First Nations Cultural Program with craft

1:45pm - 2:00pm - Skyride to base

2:30pm – Cadets depart Grouse Mountain

\*Lunch provided (Westcoast vegetable soup – tomato based, Bannock (bread), Jerky Salmon, Hot Chocolate, Cookie, Piece of fruit)



### Dress:

Cadets are to wear suitable clothing, appropriate for the weather. As minimum cadets, require:

- Warm Jacket
- Warm hat
- Gloves
- Boots.

FTU's are not to be worn. It is acceptable to wear the FTU boots. We will be at the top of the mountain and expect snowy and cool/cold conditions. Most of the time will be spent inside at the Hiwas Feasthouse however some time will be spent outside traveling to and from the "hiwus Feasthouse".

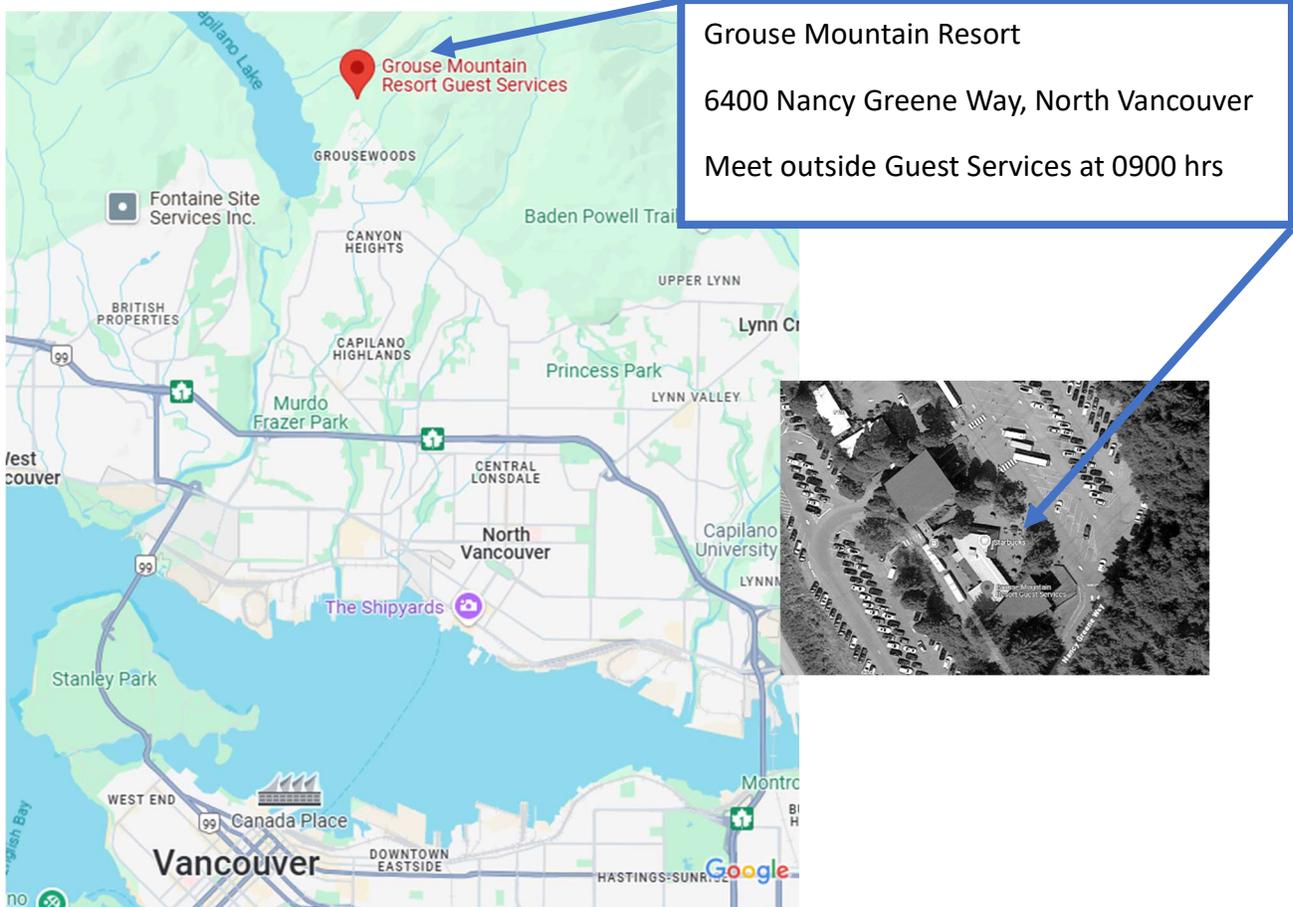
### Equipment:

Cadets should bring the following personal items

- Small Backpack
- Water bottle



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**Drive:** Approximate Time from downtown Vancouver 30 mins

**Transit:** Depart Waterfront Station, 8:13am- SeaBus to Lonsdale Quay,  
Depart Lonsdale Quay Bay 6, 8:35am Bus 236 (Grouse Mountain)  
Arrive Grouse Mountain 9:00am (total time 47min)

**Emergency Contact Number:** Major Jim Blomme 778-789-4883