

# 2026 GMC TRIDENT GUIDE



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OF CANADA

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Everything you need to know about this year's General Mountaineering Camp.





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## THE TRIDENT AREA

Each year our GMC finds a new home in a remote, exciting part of western Canada's mountains. For 2026, we are excited to announce that the camp will be visiting the unique and beautiful alpine wilderness surrounding the Trident Range in the Northern Selkirk Mountains of British Columbia.

Set at 2,400 metres, the camp opens the door to a rugged world of glaciers, serrated spires, steep snow slopes, and impressive peaks. This remote setting is a true playground for intrepid explorers - offering opportunities for glacier travel, technical climbs, and alpine adventure.

This area of the Selkirks is comprised of grey, silvery brown and golden brown quartz-mica schist, mica schist, micaceous quartzite and speckled quartz-feldspar-biotite gneiss. The climbing is described as a mix of moderate glacier gravel, 4<sup>th</sup> class scrambling, and short technical rock sections.

You can see the area for yourself by plugging in **'51.8894444, -118.1372222'** into the search bar of Google Earth.

The Trident Group is located on the Traditional Lands of the Sinixt, Syilx, Secwepemc, Stoney, Ktunaxa, and Confederated Tribes of the Colville Reservation.

### THE CAMPSITE

The Trident camp will enjoy all the standard facilities of the ACC's GMC basecamp. The infrastructure of the camp will include helicopter access, sleeping tents (1 or 2 persons per tent), dining and drying tents, outhouses and showers. Cold water swimming in the local glacial tarn – along with dips in far-flung lakes – will be available. The camp is equipped with emergency communications, but please note that there is no cell service.

All GMC meals are made from scratch on-site each day by our staff with fresh ingredients. See our Camp Dining page for more information and dietary options.

With exceptional staff and large dining and tea tents, you can relax in comfort after your day's excursion either inside or outside, depending on your mood (and the weather!). You can expect seldom-visited glaciers and summits, spectacular views, and a chance to experience a true wilderness area with the food, community, comfort, and organization that the camp is known for.

**Latitude/Longitude:** 51°53'22"N, 118°08'14"W  
**Camp Elevation:** 2400m

#### Mountaineering objectives:

Trident Mountain (3,136m), Poseidon Peak (2,814m), Garnet Peak (2,788m), Pluto Peak (2,831m), Halia Mountain (2,778m), Neptune Peak (3,201m), Cronus Peak (3,076m), Escarpment Peak (3,121m), and more.

Note that mountainous areas can change. Exact mountain objectives and travel will be at the discretion of the guides and decided during the camp.

### DIFFICULTY

The GMC is open to ACC members of all skill levels. We particularly enjoy welcoming to camp those who are looking to travel on a glacier for their first time and summit their first peak. It is an excellent place to learn or refresh your mountaineering skills, or to strive for larger objectives. The large camp size (up to 31 participants each week) allows for different groups to explore a wide range of objectives on any given day. The guides in camp will post daily outings of different lengths and difficulties and you decide which group/objective you'd like to join. Note that the guides in camp have the final say on the composition of the groups.

Whether you are looking to explore a remote area, hope to stand on your first mountain, or to bag all the peaks, the GMC is your epic "summer camp in the mountains."

## DATES & FEES

### DATES

**Independent Week 1:** July 1<sup>st</sup> - July 6<sup>th</sup>

**Independent Week 2:** July 6<sup>th</sup> - July 11<sup>th</sup>

**Week 1:** July 11<sup>th</sup> - July 18<sup>th</sup>

**Week 2:** July 18<sup>th</sup> - July 25<sup>th</sup>

**Week 3:** July 25<sup>th</sup> - August 1<sup>st</sup>

**Art Week:** August 1<sup>st</sup> - August 6<sup>th</sup>

### CAMP FEES

**Independent Weeks 1 & 2  
(6-day camps):** \$2000 + tax

**GMC Weeks 1 - 3  
(8-day camps):** \$3,800 + tax

**Art Week  
(6-day camp):** \$3,000 + tax

**Single Tent:** \$200 + tax

### Food preferences

No Restrictions	\$0
Vegetarian	\$0
Gluten Free	\$60 + tax
Lactose Free	\$60 + tax
Gluten & Lactose Free	\$120 + tax
Vegan	\$120 + tax

More details can be found in the food section.

**Shuttle:** \$230

This shuttle takes you from Golden to the helicopter staging and back to Golden.

There is limited space on the shuttle so book early if you're worried about vehicle clearance on the FSR.

**Membership** – You must have an active ACC membership at the time of the camp.

Credit: Rob Denson





## ABOUT THE GMC

### TRADITION

The ACC's annual General Mountaineering Camp (GMC) has been a Canadian mountaineering tradition since 1906. The event is a series of week-long camps, with daily guided objectives set out by the guides at camp. Each summer, we venture into a different remote location to offer exceptional modern-day mountain exploration, with each outing a unique and unforgettable experience.

The GMC is about camping, hiking and climbing, but it's also about photography, art, stargazing, swimming in frigid alpine lakes, eating great food and sharing the mountains with friends old and new. We provide a number of daily guided mountaineering options with a range of difficulties. At the GMC you get to explore the mountains at your pace.

The camp operates on an eight-day Saturday to Saturday basis for GMC weeks 1 to 3, and on a six-day basis for the Independent Camps 1 and 2, and Art Week. Your weekly attendance fee will cover the flight in and out, tent accommodation, guiding and instruction, sumptuous meals, and group climbing gear.

All our camp equipment, food, participants' personal gear, and climbing equipment will be flown in by helicopter. Once in camp, our friendly, capable and professional staff will tend to participants.

### GUIDES & STAFF

Each week of the GMC is staffed with a camp manager, a team of certified ACMG guides, camp cooks, camp volunteers, and a camp doctor.

During camp, all outings are under the supervision of the ACMG-certified guides who will lead hikes and climbs and provide instruction in all aspects of mountain craft. There will be refresher courses offered on glacier travel, alpine snow, and rock climbing.

### CLIMBING & HIKING

All outings from camp are planned and organized by a Climbing Committee, made up of the camp manager and the guides. Each evening, this committee plans a number of trips and posts sign-up sheets. Camp participants then sign up for their first and second choices, which are based on the objective and the participant's skill. The committee then reviews the sign-up sheets, assembles parties and assigns leaders to them. Camp staff are always available to discuss and recommend trips appropriate to skill levels.

For technical outings, there will be a minimum 1:4 leader to participant ratio to allow for smaller rope teams and greater flexibility.



## CAMP DINING



### HEARTY MEALS & TREATS

Food is always a highlight at the GMC. We set up a full backcountry kitchen, complete with ovens, a BBQ, and three experienced chefs to prepare and serve your meals. We fly in and prepare fresh food from scratch – there’s never any dehydrated backpacking meals at the GMC!

A highlight of every week is the turkey dinner with fresh vegetables and all the fixings and pumpkin pie. You can also look forward to Mexican, Asian, Greek, and pasta nights. Our staff also love to bake goodies and you’ll be

amazed at the lemon squares, cinnamon buns, fresh cookies, and desserts every night (and every lunch).

\*Note that menus differ slightly each week.

### TRANSFER DAY MEALS

All participants are responsible for their own breakfast, lunch, and beverages on incoming transfer days. Please come with a prepared lunch and water as flights can be delayed. All meals are provided beginning with dinner in camp on your arrival day.

#### Allergy/Intolerance    What we can do

Non-meat	We can accommodate non-meat in all meals/snacks. These meals may include dairy, eggs and honey
Dairy-free	Main meals can be accommodated as dairy-free.
Gluten-free	Main meals can be accommodated. There may be parts of meals that you will have to forego, including desserts. Gluten-free sandwiches will be provided for lunches.
Allergies	Those on medically guided diets must contact us at time of booking to full clarify the scope of these diets. We will do our best to accommodate most allergies, but we cannot guarantee an allergen free kitchen or guarantee that some cross contamination will not occur.
Religious diets	We will do our best to accommodate the spirit of religious and moral food restrictions.

Our office staff are very happy to work with you to accommodate your dietary requirements. For serious medical issues, we may ask you to bring snacks to supplement the provided meals or bring specific ingredients for the cooks to store and prepare. As we cook and use one food prep area, please be aware that there may be cross contamination.

**\*Please contact us to discuss your specific dietary requirements prior to booking your week.**



## ABOUT YOUR WEEK

### DAY ONE

We will meet early in the morning at the participant rendezvous point in Golden, BC\*, before driving (shuttle bus or personal vehicle) to the helicopter staging area. From the staging area, you and your gear will then be flown into the Trident basecamp. Upon arrival at the camp, you'll be greeted and oriented by the camp manager and assigned a sleeping tent. Depending on the time of your arrival, there may be time to explore the area before dinner.

\*Rendezvous time and place will be confirmed in pre-trip emails.

### DAY TWO ONWARDS

**4:00 AM** Early wake up horn for longer days.

**4:30 AM** Early breakfast is served.

**5:00 AM** Teams leave camp for longer days.

**6:00 AM** General wake-up call.

**6:30 AM** Breakfast is served.

**7:00 AM** Teams leave camp for shorter days.

**2:00 - 4:00 PM** Teams arrive back at camp.

**2:00 - 6:00 PM** Free time for swimming, showers, tea, etc.  
The choice of objectives for the next day is posted.

**6:00 PM** Supper is served.

**7:30 PM** Lunch building and preparations for the next day.

The day's objectives will vary for the different teams. Objectives for longer days will include climbing peaks, traversing ridges and other mountaineering routes.

Shorter days will include rock school, glacier skills days, hiking days, and painting for those attending Artists week. The daily curriculum will include a range of objectives including longer and shorter outings. Approaches to climbs may be lengthy with significant elevation gain.

All outings from camp will be under the direction of the guides. Many factors, including the weather, will determine how the days will play out. The focus of each day is fun, learning and exploration in the mountains.

### FINAL DAY

After a final breakfast together, participants will have time to pack, take final photos, and say goodbyes before the flight out. The helicopter is scheduled to land at camp around 11:00 am for return flights to the staging area. By approximately 3:00 pm, participants will be back in Golden.



## ABOUT YOUR WEEK

### SNOW SCHOOL

Snow school takes place on the first day of each camp week except for the Independent Camps. For those wishing to learn or refresh their mountaineering skills, this is great opportunity to practice skills and is an excellent first day at camp. Snow school is at the direction of guides and focuses on glacier/snow travel skills and crevasse rescue techniques.

Snow school is an optional day, open to all camp participants.

### ROCK SCHOOL

A local cliff close to camp will serve as our crag for rock climbing and skills days. Rock school typically happens mid-week to allow for a break from longer days.

On rock school days, guides will provide an introduction to technical climbing for those new to the sport and include instruction on knots, belaying, climbing technique, etc. Climbs vary each camp, but typically there is a wide range of grades available to climb.

Rock school is also an optional day, open to all camp participants.

### HIKING DAYS

Not every day has to have a summit. Hiking days from camp can take many forms, from longer days with an organized and guided group to spontaneous closer-to-camp explorations before dinner or on rest days. Camp staff will point you to the cool spots.

### WILDLIFE

Keep your eyes open for bears, goats, wolverines, golden eagles, and more. We ask that all participants at camp help us with our camp wildlife reporting to ensure that we are abiding by best practices for animal safety as outlined in our land management plan. Maintaining accurate reports of wildlife sightings also helps with future permitting and ongoing conservations efforts. All wildlife sightings should be reported to the camp manager and wildlife reporting sheets are available in the camp kitchen to fill out.

### ART WEEK

The final week of the ACC's General Mountaineering Camp is designed for those with a passion for the arts, seeking to push their creative and mountaineering boundaries. For the familyfriendly, six-day camp, there is an artist-in-residence to guide and advise you with your artwork. There will be a variety of climbing objectives with the opportunity for generally shorter and more modest objectives than during the regular GMC, allowing artists more time to practice their craft.



## LOGISTICS

### PRE-TRIP ACCOMMODATION

Accommodation on the Friday night is not included in the course cost or arranged by the ACC. Because of the early meeting time, we highly recommend that you plan to stay overnight. Visit Golden's tourist information center [here](#) ► or call the visitor center at **250-439-7290** for information on accommodation options.

### TRANSFER DAY RENDEZVOUS

The rendezvous location and parking lot for the camp will be determined closer to the start of the camp and confirmed in pre-trip emails.

Please be aware that this parking lot is not secure, and staff will not be monitoring it during your week at camp. If you are leaving a vehicle in the parking lot, take care to secure it and do not leave any valuables. Upon your arrival at the rendezvous location, the camp coordinator will check you in.

From the rendezvous location, you will either board the shuttle with your gear or join the convoy to the staging area in your car.

### TRAVELLING TO STAGING

The helicopter staging area will be at a clearing on the forest service road north of Golden BC. At approximately **51.914833, 117.940833** (you can enter these coordinates into the search bar of Google Earth to see the location). The exact location of the staging area will be confirmed in a pre-trip email.

[CLICK HERE](#) to see the staging map ►

For those who do not wish to drive their vehicle to the staging area, there is an optional shuttle. This shuttle must be pre-booked as there will be no walkon availability. The cost of the return shuttle is \$230. This can be added to your cart at time of registration or after.

\*Please always check [drivebc.ca](#) ► before traveling to the camp by car. You will be able to access information about road closures and construction.

\*Please note that you are responsible for your own breakfast, lunch and water on your incoming transfer day.

### VEHICLE SAFETY

The road from the rendezvous location in Golden and the staging area for the helicopter flights is unpaved and can be rough. There is no cell phone service for most of the drive. While all vehicles will be travelling in a convoy on the ride into the camp, accidents may happen. Please consider your return trip and be prepared. We recommend bringing an emergency kit (first aid kit, blankets, food, water, etc).

For parking at the staging area, we recommend that you bring a roll of chicken wire to protect your vehicle from possible porcupine chewing of brake lines, etc. Please remember to take your chicken wire with you when you go unless you have specifically arranged for someone else to use it.



## LOGISTICS



### FLYING INTO CAMP

After arriving at the staging area, and before being flown into camp, you will check in with the front country manager and the camp coordinator who will deliver a group helicopter safety talk.

Your helicopter dunnage should be secured in one bag, with prominent identification indicating your name and the week you are attending. Nothing should protrude from or be attached to the outside of your duffel bag. Dunnage will be weighed and collected, and climbers will be organized into groups for the flight. You will be travelling on the helicopter with your personal daypack while your other gear will travel separately. Please keep only the following in your daypack: lunch, water bottle, rain gear, extra layer, hat, sunglasses, camera, sleeping bag and personal valuables (wallet, airline tickets, etc.). Camp staff will assist you while you are boarding the helicopter. Please be patient with delays: fueling, weather, and unforeseen issues can cause delays to the flights.

When you arrive at camp, please report immediately to the camp manager. They will check you in and direct you to your tent. Please respect the mountain environment and the people you are with at all times.

### DUNNAGE (PERSONAL GEAR)

The weight allowance for personal gear that we will fly into and out of the camp is 35 kgs (77 lbs), including your daypack. In keeping with Canadian Aviation Standards, your main duffel bag must not weigh more than 22.5 kgs (50 lbs). This limit will be closely adhered to. Please pack your bags tightly to help us conserve space in the helicopter.

Your helicopter dunnage should be secured in one bag, with prominent identification indicating your name and the week you are attending. Nothing should protrude from or be attached to the outside of your duffel bag. Keep all ice axes and walking poles separate as they will all be packaged together and sent on the helicopter in one load.

Please **DO NOT** bring bear spray, it **CANNOT** travel inside the body of the helicopter, or inside a bag that camp staff might accidentally load into the helicopter. There will be bear spray available at camp.

We also suggest that you label your personal effects individually. Be sure to pad all breakable items adequately, as the dunnage can be expected to undergo a certain amount of rough handling.

### RETURN FROM CAMP

The return helicopter will arrive for the first flight soon after breakfast on your departure day. Please organize your equipment on the evening prior and leave only a minimal amount of final packing for the morning of your flight.

Baggage will normally arrive at the staging area by noon, but please allow for the possibility of a delay of several hours or more when planning your post camp travel. It is recommended that you do not plan to travel further on the departure day (i.e., do not commit to a flight out of Calgary or Vancouver that evening) as unavoidable delays have been known to happen.



## MEDICAL & EMERGENCIES

Credit: Zoltan Kenwell

### MEDICAL

Participants with any ongoing medical problems should see their own personal doctor prior to arriving at camp and provide information on their condition and management on their camp application form. We require that anyone who discloses a serious medical condition provide a note from their doctor stating that they are fit enough to attend the camp. Please make sure to tell your doctor that you will be doing physically strenuous activities at altitude.

If you have a recurrence of an existing and controlled medical condition at camp (seizures, heart condition, etc.), depending on the severity of the episode you will either be restricted from activities that might cause a danger to yourself, other participants, or staff, or be expected to cover the costs of a potential evacuation.

A doctor will be at camp for each week except for the Independent Weeks.

Mountaineering is a strenuous activity. Your enjoyment of the GMC will be greatly enhanced if you are in good physical condition. Physical activity during your pre-camp program should include strengthening and aerobic exercises.

### COMMON AILMENTS

The most common medical problems at camp can typically be prevented. These include:

**Blisters** - these are often the result of a lack of conditioning of feet prior to the camp and can be painful enough to ruin several days of activity. Simply knowing your feet and your footwear can usually prevent blisters. Boots should fit properly, be comfortable and be well broken-in. Socks should be high quality and clean. Problem areas must be treated and protected from the moment of detection. Don't wait!

**Sunburn** - is common but avoidable by using an effective UV sun-blocking product. A sunscreen with a Sun Protection Factor (SPF) of 30 or more is suggested, along with generous application and reapplying through the day. You can expect a lot of snow and ice, which strongly reflects the sun's rays, which are more intense at higher elevations. Wear a hat, cover your skin, and use lots of sunscreen.

**Dehydration** - Drinking plenty of water can reduce cramps and heat exhaustion. Consider bringing electrolyte replacement supplements and always drink more water than you think you need.



## MEDICAL & EMERGENCIES

Personal first aid kits are essential in dealing with any minor personal needs that may arise. Contents should include moleskin, personal medications, Band-Aids, and tape (duct tape or hockey tape is good). Medications will be available in camp for emergencies, but you must bring your own personal medications and prescriptions to camp. Examples of frequently used medications are Gravol, Benadryl, Immodium, Tylenol, Aspirin, and Ibuprofen/ Advil.

### EMERGENCY MEDICAL INSURANCE

We strongly encourage everyone travelling from outside of BC to carry emergency medical insurance which specifically includes mountaineering as an activity. This insurance will ensure that you will not be charged for the costs of air evacuation (if a private helicopter is used), ground ambulance fees, or medical/hospital fees (which are only partially covered by your provincial healthcare when travelling out of province). The ACC recommends TuGo travel insurance, which can be purchased through the club.

[Learn more about travel insurance](#) ►

### PERSONAL EMERGENCIES

There is no cell service at the camp. The ACC can often relay messages through our emergency channels in the case of personal emergencies. Messages should be directed to the Mountain Adventures Coordinator at the ACC national office at **1-403-678-3200 ext. 213**. We do not have instantaneous contact with the camp, but we will be able to get a message through within a day or so in the event of an emergency.

If you choose to leave the camp at an unscheduled time, you will be responsible for covering all costs related to a helicopter evacuation. If you are expecting to require contact with the outside world during the camp, we encourage you to obtain your own personal communications (i.e. InReach or satellite phone).

Please make sure to tell your emergency contact(s) that delays on the way in and out of the camp are common. The first step to initiating contact with those in camp is always the ACC Mountain Adventures Coordinator (**adventures@alpineclubofcanada.ca, 403-678-3200 ext. 213**) who will have the most up-to-date information on the camp.

While in camp, please report any emergencies to the nearest camp staff. All camp staff are trained in safety protocols and will help direct you.



## REFERENCES

*“With striking jagged peaks, waterfall-laced meadows, and shimmering mica dust, the area feels plucked from the pages of a fairytale”*

### GUIDEBOOK & MAP

The Trident area is covered in the 2004 *Selkirks North* by David P. Jones.

This area was also the location of the GMC in 2002 and 2009. A route synopsis from the 2009 camp is available

[Download here](#) ►

The area is also covered in decent resolution on Google Earth. To find it, search: **51.889594, -118.137315**

### CONTACT

If you have any general inquiries about the camp, please call **(587) 329-7225** or email:

**Santana Shukin** – Adventures Coordinator  
[adventures@alpineclubofcanada.ca](mailto:adventures@alpineclubofcanada.ca)

**Morgan Sturgess** – Programs Manager  
[msturgess@alpineclubofcanada.ca](mailto:msturgess@alpineclubofcanada.ca)

Your Alpine Club of Canada membership must be current at the time of camp.



The ACC thanks **Mountain Hardwear** for their consistent support of the GMC. Having their excellent gear to use is an integral part of the successful operation of the camp.