

Girl Guides of Canada - Calgary Area

Nite Trek 2026

Trek to Olympus



October 16-18, 2026
Camp Mockingbird

Ranger (and Ranger Parent/Guardian) Package

Welcome to Nite Trek! We are pleased that you are joining us on this adventure and hope you are excited as we are for this fantastic event. This package is designed to answer your questions about this year's event.

What is Nite Trek?

Nite Trek is a night adventure hike where Pathfinders hike in teams of 4-7 and must complete challenges at stations along the way. It is a fun team building experience as the teams hike without an adult! The trail is marked with glow sticks and flagging tape and there will be adult trail walkers along the way to keep everyone on track and safe. While anyone on the trail is encouraged to rely on their night vision to hike and not use flashlights, flashlight or headlamp may be used if needed but they **MUST** be in red light mode or covered with red cellophane as to not impede their or other's night vision.

What is the Rangers' role at Nite Trek?

Rangers play a crucial role at Nite Trek - they run the activities at the stations! As a Unit, they decide what the activity should be, gather the supplies and run it for each team that comes along. This means they are out on the trail first and return last – it can be a long night, but it is so much fun.

There will be an adult at each station with the Rangers and each station has a radio so they are in touch and can report any concerns throughout the evening.

At the stations, the Rangers give each team the instructions for the activity and judge them on how well they complete the task, how well they work as a team, and their team chant/song. They also judge the teams on their politeness on asking to enter and leave the station.

The Hike

The first teams start the hike around 7 pm and the last teams start around midnight, and we expect that the hike will take about 3 hours to complete – therefore Rangers may be out until around 3:00 a.m.

Event Date and Times:

While the official Nite Trek event will take place from October 17-18, 2026, some units have chosen to come out to Camp Mockingbird on Friday evening (October 16). The Opening Ceremony will be at 5:00 p.m. on Saturday, the Closing Ceremony will be on Sunday at 10:30 a.m.

Busing is provided to and from the event for all youth participants. All buses leave and will return to **Ambrose University** (150 Ambrose Circle SW).

- Friday – Girls should be dropped off at 5:30 pm with the buses leaving at 6 pm
- Saturday – Girls should be dropped off at 11:45 am with the buses leaving at 12:15 pm
- Sunday – Girls should be picked up at 1:30 pm

Theme

This year's theme **Trek to Olympus** a Greek Mythology theme. All participants are encouraged to wear theme related costumes.

Schedule:

Location

Friday

5:15 pm	Guiders arrive and check-in	Ambrose University
5:30 om	Girls arrive	Ambrose University
5:45 pm	Load buses	Ambrose University
6:00 pm	Buses depart for Camp Mockingbird	Ambrose University
7:00 pm	Unit Guiders check-in prior to setting up camp	Lodge

Saturday

10:00 am	Flag	Flag Pole area outside Lodge
10:30 am	Station Workers meet to choose station spots (Be prepared to hike the trail)	Office
11:30 am	Guiders arrive and check-in	Ambrose University
11:45 am	Girls arrive	Ambrose University
12:00 pm	Load buses and U-Haul	Ambrose University
12:15 pm	Buses depart for Camp Mockingbird	Ambrose University
1:30 pm	Unit Guiders check-in prior to setting up camp	Lodge
3:30 pm	Games and Activities	Flag Pole area outside Lodge
3:30 pm	Trail Walkers meet to hike the trail	Office
5:00 pm	Opening Ceremony	Flag Pole area outside Lodge
5:30 pm	Dinner (staggered)	Lodge
6:30 pm	Campfire	Chickadee Campfire Ring
~7:00 pm	First teams step-off	Office

Sunday

10:00 am	Have all gear to the U-haul to load	Flag Pole area outside Lodge
10:30 am	Closing Ceremony & Awards Presentation	Flag Pole area outside Lodge
11:00 am	Load Buses	Lodge
11:30 am	Buses Depart Camp Mockingbird	Lodge
1:00 pm	Site must be cleared of participants	Camp Mockingbird
1:30 pm	Parent Pick Up	Ambrose University

Menu: (subject to change)

The only meals provided by the event are Saturday dinner and a snack after the hike. All other meals and snacks are each unit's responsibility and must be nut free.

Saturday

Dinner: Tacos in a Bag, Rice Krispie Squares, Juice

Doritos, beef, taco seasoning, beans (vegetarians only), cheese, sour cream, salsa, lettuce, tomato, peppers and onions.

Rice Krispie Squares, Juice

After hike snack: hot dogs, hot chocolate

With the sheer numbers of participants for this event, we are unable to accommodate allergies. There will be gluten free beef available for the tacos in a bag and vegetarian beans. The hot dogs are gluten free but there will be no gluten free buns available.

CAMP KIT LIST

This is a list of things that you will need for your adventures at Nite Trek. These are general guidelines and a minimum of what you need to have for the weekend. Your leaders may have additional items to add to this list. Some of these items will also need to be taken in your daypack to your station. Please see the station kit list for specifics of what needs to be packed.

All gear should be waterproofed and packed in a large backpack or duffle bag. Large suitcases are not suitable for this kind of camping as they are not waterproof and are hard to fit on the buses.

- Sleeping bag
- Extra blanket/sleeping bag liner
- Sleeping pad (ensolite pad)
- Pillow
- Small Stuffed Animal (optional)
- Toque for sleeping
- Mittens for sleeping
- Loose socks for sleeping
- Sturdy hiking boots
- 4 plastic bags to use to line wet shoes
- Socks (minimum 4 pairs)
- Underwear
- Long underwear
- Sweat pants or fleece pants (NO JEANS!)
- T-shirt
- Long-sleeved shirt
- Sweater or fleece jacket
- Winter Jacket and Snow Pants
- Toque
- Scarf
- 2 pairs mittens/gloves
- Camp hat
- Water bottle 1L
- 2 plastic mugs with lids
- 2 spoons
- 1 fork
- Personal Kit (toothbrush, toothpaste, Kleenex, brush/comb, hair elastics, sanitary supplies)
- Small First Aid Kit (Band-Aids, alcohol wipes, moleskin, tensor bandage)
- Whistle
- Flashlight/head lamp with extra batteries
- Sit-upon

All items are to be labeled with participant's name!!!

Please note that while Pathfinders are not allowed to bring or wear any glow products as it may interfere with the ability of others to follow the trail (and cause the team to be disqualified), as Rangers you are welcome to, and encouraged to bring glow sticks and other glow products to further decorate your station as well as yourselves.

STATION KIT LIST

Nite Trek is to be a fun and rewarding experience for all. Being outside and experiencing the outdoors, using your night vision and building teamwork skills is truly a part of building fond memories. Please ensure that EVERYONE is **dressed for the weather** so that all the Guiders and Girls at the event can have a wonderful experience.

Due to Alberta's unpredictable weather we strongly recommend dressing in layers. We will be in the mountain foothills, so the temperature can drop rapidly throughout the evening. The list below is what you should **wear or bring in a knapsack for the station.**

- Winter Jacket and Snow Pants
- Toque
- Mittens/gloves
- Extra socks (2 pairs minimum)
- At least two bread bags in case footwear gets wet

- Flashlight/headlamp covered with red cellophane (with extra batteries)
- Sit-upon
- Whistle

- Tarp to sit on
- Blankets or extra sleeping bag to stay warm

- 1 water bottle (1 litre) FULL!!!
- Personal First Aid Kit (including moleskin, Band-Aids, and a tensor bandage)

- Medication (if needed)

- Mug with lid for drinks
- Snacks (e.g. granola bar, beef jerky, etc.)

- Toilet paper, Ziploc bag and hand sanitizer

- WEAR: Winter Boots

- DRESS warm in layers

All items are to be labeled with participant's name!!!

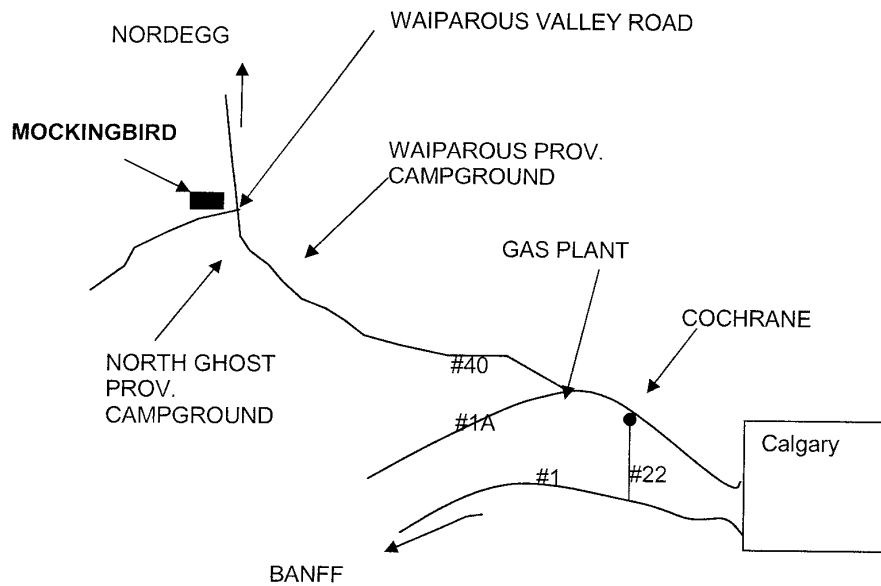
While busing will be provided to and from camp, should you need to come out, directions are as follows:

CAMP MOCKINGBIRD HOW TO GET THERE

NO PETS
ALLOWED
ON SITE

ALL BUILDINGS
DESIGNATED
NON-SMOKING

CAMP MOCKINGBIRD PROSPECTUS



LOCATION: The campsite is located in the Ghost District of the Bow Forest near the Waiparous River. It is 93.34 km (58 miles) Northwest of Calgary and is reached by travelling the 1A highway 12.9 km (8 miles) west from the junction of Highways 1A and 22 at Cochrane, Alberta, then north for a total of 41.2 km (25.6 miles) on Forestry Trunk Road 40 (to Nordegg). After the North Ghost Recreation Area sign on the left, the road climbs a hill and then down for 1.3 km (.8 miles) - turn left (west) at the bottom of the hill onto the Waiparous Valley Road (sign posted). Travel .8 km (.5 miles) to the main gate of Mockingbird. location address: 283061 Hwy 40.

TRANSPORTATION: The trip takes less than two hours.