

ACCOMMODATIONS PACKAGE

CANMORE 2017 WORLD PARA NORDIC SKIING WORLD CUP

DECEMBER 8 -18, 2017

PLEASE NOTE: TEAMS SHOULD BOOK ACCOMMODATIONS DIRECTLY WITH HOTELS. PLEASE MENTION WORLD CUP RATES WHEN BOOKING AND FOLLOW BOOKING INSTRUCTIONS FOR EACH HOTEL.

PLEASE NOTE: THIS PACKAGE CONTAINS SOME HOTELS WITH ROOM RATES ONLY, AND SOME HOTELS WITH ROOM & BOARD (BREAKFAST & DINNER) OPTIONS. LUNCH WILL BE SERVED AT THE CANMORE NORDIC CENTRE VENUE.

PLEASE NOTE: THERE WILL BE A SEPARATE FEE CHARGED FOR THE LUNCH PAYABLE TO THE ALBERTA WORLD CUP SOCIETY. LUNCH IS NOT INCLUDED IN ANY HOTEL PACKAGES.

ACCOMMODATIONS WITH OPTIONAL ROOM & BOARD

CHATEAU CANMORE

www.ChateauCanmore.com

Phone (403) 678-6699 Toll Free: 1-800-261-8551

Email: info@chateaucanmore.com



- **Three wheelchair-accessible rooms (1 room with 1 double bed and 2 rooms with 2 double beds)**
- Chateau Canmore has 68 rooms with 2 beds (27 with double beds & 41 with Queen beds) + 9 rooms 1 King bed + 15 loft rooms 1 king bed
- Option of full room & board is available. See sample menus attached **(APPENDIX A).**

World Cup room rates, including breakfast & dinner: **\$130.30 including taxes**

This rate is per person for double occupancy. Please mention World Cup group rate when booking.

ROCKY MOUNTAIN SKI LODGE

www.rockyski.ca

Phone: (403) 678-5445 Fax: (403) 678-6484 Reservations: 1-800-665-6111

Email: info@rockyski.ca



- **3 wheelchair accessible rooms & variety of ground access rooms**
- **Option of full room & board is available at Chez Francois restaurant (less than two minute walk from hotel). See menu attached.**
- **5 wax/storage rooms on site – each 50 to 300 square feet**
- The Guides Room – Lounge Area for the athletes and coaches
- Festive atmosphere throughout the property by hanging welcome banner and flags from each participating country - inside and out so that athletes will feel welcome.

Rocky Mountain Ski Lodge offers accommodation options from standard rooms to apartment condominiums with gas fireplaces, for a total of 80 units (165-210 persons). See **APPENDIX B** for room only rates and room & board rates, dependent on occupancy and type of room.

COAST CANMORE HOTEL & CONFERENCE CENTRE

<https://www.coasthotels.com/hotels/ab/canmore/coast-canmore-hotel-and-conference-centre/>

Booking Information: Please contact:

Misty Kendal

Director of Sales & Marketing, Coast Canmore Hotel & Conference Centre

t. [403.609.5428](tel:403.609.5428) e. m.kendal@coasthotels.com



- **Two wheelchair-accessible rooms with accessible showers; access to adaptive equipment for other rooms as necessary**
- Optional board rate for additional \$62 per person – See sample menus attached **(APPENDIX C).**

Room Only rate (no board): **\$105/night plus tax** (teams must book directly with Misty)

ACCOMMODATIONS (with breakfast ONLY option)

RAMADA CANMORE

www.ramadacanmore.com



- **One wheelchair accessible room, which has two double beds, railing to access toilet and shower area. Rate of \$102.34 plus Taxes**
- **Breakfast station ONLY that is available to hotel guests at a cost of \$6.99 per person plus GST. Breakfast hours are 6:30 a.m. to 10:30 a.m.**

The other rooms available are as follows with World Cup rates (**room only, no board**):

Standard Room with one queen bed and sofa:	\$99.00 plus taxes
Efficiency room with one king bed and sofa:	\$99.00 plus taxes
Economy room with two Double Beds and walk-in-shower (Road side)	\$99.00 plus taxes
Economy room with two Double Beds and walk-in-shower (Rail Side)	\$89.00 plus taxes
Deluxe two Queen beds with full bathroom (Road Side)	\$109.00 plus taxes
Deluxe two Queen beds with full bathroom (Rail Side)	\$99.00 plus taxes

All rooms are subject to 3% Destination Marketing Fee, 4% Alberta Tourism Levy and 5% Goods and Service Tax.

ROOM ONLY ACCOMMODATIONS (NO ROOM & BOARD OPTION)

LODGES AT CANMORE

<http://www.lodgesofcanmore.ca/>



- **Lodges at Canmore has several rooms with walk-in showers that have seats and grab handles.**
- **Lodges at Canmore does not have the capacity for full board however, each unit is equipped with a full kitchen, and there is a restaurant at the Windtower hotel across the street.**
- **Wax room on site**

The Lodges at Canmore is a condo hotel featuring 1, 2, & 3 bedroom units with full kitchens and in-suite laundry. Our condos are tastefully decorated. See following page for rates

Lodges at Canmore World Cup Room Rates (no board):

1 Bedroom: \$169.00 per night based on 2 guests. Extra guests (pullout couch) \$20.00 per guest (Max 4 per room). King or Queen Size bed in the master bedroom and pull out queen size bed sofa in the living room.

2 bedroom: \$199.00 Per night based on 4 guests. Extra guests (pullout couch) \$20.00 per guest (Max 6 per room). Queen or King size bed in the Master bedroom and a Queen, 2 twins or bunk beds in the second bedroom.

3 Bedroom: \$299.00 per night based on 6 guests. Extra guests (pullout couch) \$20.00 per guest (Max 8 per room)

BASECAMP RESORTS

Book Direct: 1-855-219-4707

info@basecampresorts.com

www.basecampresorts.com

1102 Bow Valley Trail , Canmore, Alberta, Canada



- Basecamp Resorts does not have any wheelchair-accessible rooms
- Basecamp Resorts does not have the capacity for full board however, each unit is equipped with a full kitchen.

Unit Types:

3 Bedroom = Maximum Occupancy = 8 = \$630

Room Description — Our brand-new three-bedroom suites are just over 1000 sq feet in size. Accommodates six to eight guests with one queen bed in each bedroom as well as a queen pullout memory foam sofa in the living room. Equipped with a full kitchen, dining and living area, washer and dryer, flat screen Telus Optic TV and complimentary wireless internet. Enjoy locally made bath products from Rocky Mountain Soap and make a fresh cup of locally roasted coffee from Mountain Blends. One free parking stall per unit. Maximum number of adults is 8. Minimum age requirements: Must be 18 years of age or older. Access to unit may involve stairs.

2 Bedroom = Maximum Occupancy = 6 = \$450

Room Description — Our brand-new two-bedroom suites are just under 1000 sq feet of living space perfect for accommodating four to six guests with one queen bed in each bedroom as well as a queen pull-out memory foam sofa in the living room. Equipped with a full kitchen, dining and living area, washer and dryer, flat screen Telus Optic TV, and complimentary wireless internet. Enjoy locally made bath products from Rocky Mountain Soap and make a fresh cup of locally roasted coffee from Mountain Blends. One free parking stall per unit. Maximum number of adults is 6. Minimum age requirements: Must be 18 years of age or older Access to this unit may involve stairs.

1 Bedroom = Maximum Occupancy = 4 = \$270

Room Description — Our brand-new one-bedroom suites are a perfect 646 sq feet in size. Accommodates two to four guests with one queen bed as well as a queen pull-out memory foam sofa in the living room. Equipped with a full kitchen, dining and living area, washer and dryer, flat screen Telus Optic TV and complimentary wireless internet. Enjoy locally made bath products from Rocky Mountain Soap and make a fresh cup of locally roasted coffee from Mountain Blends. One free parking stall per unit. Maximum number of adults is 4. Minimum age requirements: Must be 18 years of age or older Access to this unit may involve stairs.

APPENDIX A – CHATEAU CANMORE SAMPLE MENU



Welcome to Chateau Canmore IPC Para Nordic World Cup Canmore 2017

Day One

Breakfast

*Vegetarian Omelet Cups
Smoked Bacon
Breakfast Potatoes
Sliced Fruits
French Toast & Maple Syrup
Granola & Yogurt
Assorted muffins, pastries & Toasts
Porridge with all the fixings (dry fruits, milk, brown sugar)
Selection of Cereals
Coffee, Tea, Juices and milk*

Dinner

*AAA Alberta Prime Ribs
Rosemary Jus
Roasted Garlic Mash Potatoes
Seasonal Vegetables
Chef's Daily Soup
Dinner Rolls & Butter
House Salad with Vinaigrette
Pasta Salad
Assorted Dessert (Squares and Cakes)
Coffee, Tea, Juices and Soft Drink*

Day Two

Breakfast

*Scramble eggs
Breakfast Sausages
Tortilla Shells
Sautéed Peppers, Onions and Mushrooms
Salsa, Sour Cream & Shredded Cheese
Breakfast Potatoes
Sliced Fruits
Granola & Yogurt
Assorted muffins, pastries & Toasts*

Porridge with all the fixings (dry fruits, milk, brown sugar)
Selection of Cereals
Coffee, Tea, Juices and milk

Dinner

Grilled Atlantic Salmon
Herb Citrus Glaze
Long Grain Rice
Seasonal Vegetables
Chef's Daily Soup
Dinner Rolls & Butter
House Salad with Vinaigrette
Potato Salad
Assorted Dessert (Squares and Cakes)
Coffee, Tea, Juices and Soft Drink

Day Three

Breakfast

Poached Eggs & Hollandaise Sauce (on the Side)
Smoked Ham
Breakfast Potatoes
Sliced Fruits
Pancakes & Maple Syrup
Granola & Yogurt
Assorted muffins, pastries & Toasts
Porridge with all the fixings (dry fruits, milk, brown sugar)
Selection of Cereals
Coffee, Tea, Juices and milk

Dinner

Creamy Pesto Chicken Breast
Tomato Confit
Pasta
Seasonal Vegetables
Chef's Daily Soup
Dinner Rolls & Butter
House Salad with Vinaigrette
Caesar Salad
Assorted Dessert (Squares and Cakes)
Coffee, Tea, Juices and Soft Drink

Day Four

Breakfast

Vegetarian Omelet Cups
Smoked Bacon
Breakfast Potatoes

Sliced Fruits
French Toast & Maple Syrup
Granola & Yogurt
Assorted muffins, pastries & Toasts
Porridge with all the fixings (dry fruits, milk, brown sugar)
Selection of Cereals
Coffee, Tea, Juices and milk

Dinner
Slow Cook Pulled Pork
BBQ Sauce
Scallop Potatoes
Seasonal Vegetables
Chef's Daily Soup
Dinner Rolls & Butter
House Salad with Vinaigrette
Cole Slaw
Assorted Dessert (Squares and Cakes)
Coffee, Tea, Juices and Soft Drink

Day Five

Breakfast
Scramble eggs
Breakfast Sausages
Tortilla Shells
Sautéed Peppers, Onions and Mushrooms
Salsa, Sour Cream & Shredded Cheese
Breakfast Potatoes
Sliced Fruits
Granola & Yogurt
Assorted muffins, pastries & Toasts

Porridge with all the fixings (dry fruits, milk, brown sugar)
Selection of Cereals
Coffee, Tea, Juices and milk

Dinner
AAA Alberta Prime Ribs
Rosemary Jus
Roasted Garlic Mash Potatoes
Seasonal Vegetables
Chef's Daily Soup
Dinner Rolls & Butter
House Salad with Vinaigrette
Pasta Salad
Assorted Dessert (Squares and Cakes)
Coffee, Tea, Juices and Soft Drink

Day Six

Breakfast

Poached Eggs & Hollandaise Sauce (on the Side)
Smoked Ham
Breakfast Potatoes
Sliced Fruits
Pancakes & Maple Syrup
Granola & Yogurt
Assorted muffins, pastries & Toasts
Porridge with all the fixings (dry fruits, milk, brown sugar)
Selection of Cereals
Coffee, Tea, Juices and milk

Dinner

Grilled Atlantic Salmon
Herb Citrus Glaze
Long Grain Rice
Seasonal Vegetables
Chef's Daily Soup
Dinner Rolls & Butter
House Salad with Vinaigrette
Potato Salad
Assorted Dessert (Squares and Cakes)
Coffee, Tea, Juices and Soft Drink

Day Seven

Breakfast

Vegetarian Omelet Cups
Smoked Bacon
Breakfast Potatoes
Sliced Fruits
French Toast & Maple Syrup
Granola & Yogurt
Assorted muffins, pastries & Toasts
Porridge with all the fixings (dry fruits, milk, brown sugar)
Selection of Cereals
Coffee, Tea, Juices and milk

Dinner

Creamy Pesto Chicken Breast
Tomato Confit
Pasta
Seasonal Vegetables
Chef's Daily Soup
Dinner Rolls & Butter
House Salad with Vinaigrette

Caesar Salad
Assorted Dessert (Squares and Cakes)
Coffee, Tea, Juices and Soft Drink

Day Eight

Breakfast
Scramble eggs
Breakfast Sausages
Tortilla Shells
Sautéed Peppers, Onions and Mushrooms
Salsa, Sour Cream & Shredded Cheese
Breakfast Potatoes
Sliced Fruits
Granola & Yogurt
Assorted muffins, pastries & Toasts
Porridge with all the fixings (dry fruits, milk, brown sugar)
Selection of Cereals
Coffee, Tea, Juices and milk

Dinner
Slow Cook Pulled Pork
BBQ Sauce
Scallop Potatoes
Seasonal Vegetables
Chef's Daily Soup
Dinner Rolls & Butter
House Salad with Vinaigrette
Cole Slaw
Assorted Dessert (Squares and Cakes)
Coffee, Tea, Juices and Soft Drink

Day Nine

Breakfast
Poached Eggs & Hollandaise Sauce (on the Side)
Smoked Ham
Breakfast Potatoes
Sliced Fruits
Pancakes & Maple Syrup
Granola & Yogurt
Assorted muffins, pastries & Toasts
Porridge with all the fixings (dry fruits, milk, brown sugar)
Selection of Cereals
Coffee, Tea, Juices and milk

Dinner
AAA Alberta Prime Ribs
Rosemary Jus
Roasted Garlic Mash Potatoes

Seasonal Vegetables
Chef's Daily Soup
Dinner Rolls & Butter
House Salad with Vinaigrette
Pasta Salad
Assorted Dessert (Squares and Cakes)
Coffee, Tea, Juices and Soft Drink

Day Ten

Breakfast
Vegetarian Omelet Cups
Smoked Bacon
Breakfast Potatoes
Sliced Fruits
French Toast & Maple Syrup
Granola & Yogurt
Assorted muffins, pastries & Toasts
Porridge with all the fixings (dry fruits, milk, brown sugar)
Selection of Cereals
Coffee, Tea, Juices and milk

Dinner
Grilled Atlantic Salmon
Herb Citrus Glaze
Rice Pilaf
Seasonal Vegetables
Chef's Daily Soup
Dinner Rolls & Butter
House Salad with Vinaigrette
Potato Salad
Assorted Dessert (Squares and Cakes)
Coffee, Tea, Juices and Soft Drink

APPENDIX B – ROCKY MOUNTAIN SKI LODGE ROOM RATES & MEAL OPTIONS



July 7, 2017

Carly Lewis, M.A.

Organizing Committee Chair

Revised - 2017 IPC Para Nordic World Cup Canmore

Cell: 403-688-0292

Email: clewis@albertaworldcup.com

www.albertaworldcup.com

cc: Norbert Meier

nmeier@albertaworldcup.com

Dear Carly,

RFP Quotation: 2017 IPC Para-Nordic World Cup, December 8 – 17, 2017
Accommodation and Meals

Thank you for this opportunity to provide the 2017 IPC Para-Nordic World Cup Committee with this quotation for meals, accommodation and great customer service for the athletes and supporting persons leading up to and during the 2017 IPC Para-Nordic World Cup, December 8 – 17, 2017.

Collaborating with Chez Francois we are pleased to offer the following package options for the World Cup event.

The Rocky Mountain Ski Lodge offers...

- Accommodation options from standard rooms to apartment condominiums with gas fireplaces, for a total of 80 units. (See addendums 1 and 2)
- 3 Wheelchair accessible rooms.
- 5 wax/storage rooms - each 50 to 300 square feet.
- The Guides Room – Lounge Area for the athletes and coaches.
- Jacuzzi and Sauna. WIFI
- Laundry room, vending machines, Complimentary guest computer kiosk and BBQ.
- Convenient location in Canmore - 2 to 10 minutes walk to shopping and dining.
- 18 year recipient of the Alberta Housekeeping Award.

New at RMSL in the last few months.

- All rooms have now been renovated. ...from drywall to carpet, lighting, curtains fixtures, bathrooms and beds.
- New large screen TV's in all rooms.

For the 'OC'

The Rocky Mountain Ski Lodge would be pleased to offer 1 Standard Room and 1 One Bedroom Apartment for a period of 12 days leading up to and during the event for technical delegate and /or volunteers as needed on a complimentary basis. This would be an in-kind value of \$3000.

1711 Bow Valley Trail, P.O. Box 8070, Canmore, Alberta, Canada, T1W 2T8
phone: (403) 678-5445 fax: (403) 678-6484 reservations: 1-800-665-6111
email: info@rockyski.ca web: www.rockyski.ca



- **RFP Quotation: 2017 IPC Para-Nordic World Cup. December 8 – 17, 2017 Accommodation and Meals Accommodation and Meals / Continued from page 1...**

Welcoming, Clean and Customer Service Oriented...

Our staff take pride in making our guests feel welcome. At any given time throughout the year we have English, French, German and Spanish speaking staff. As well as other languages.

As a standard practice we would meet with all of our staff to explain what will be happening during the event, and ensure they are able to answer questions, assist if necessary and send people in the right direction. An information board specific to the event would set up in the lobby and updated daily along with race times and results.

We will create a festive atmosphere throughout the property by hanging flags from each participating country - inside and out so that athletes will feel welcome. A welcome banner will be hung outside the property as well.

A master account is a standard practice for any group at the Rocky Mountain Ski Lodge requesting one and can be arranged for each team and the Alberta World Cup Society.

We have a variety of accommodation options to suit various Athletes' needs and Chez Francois has given us an excellent selection of menu options based on a minimum of 50 persons to a maximum of 150 persons. As you know, Chez Francois is literally a '2 minute walk' from the Rocky Mountain Ski Lodge and we regularly recommend this restaurant for their high quality of food and service.

We can comfortably accommodate 165 persons based on one individual per bed. This does not include the double futon beds in the rooms which can accommodate an additional 45 persons.

These package prices are quoted per person, based on single, double, triple and quad occupancy and include: room, *breakfast and *dinner as described in this proposal. The package also includes food and beverage gratuities and are quoted daily, net, non-commissionable in Canadian funds. The rates are outlined in addendum 1. Meals (breakfast and dinner) will be provided at Chez Francois restaurant. Coffee and tea service will also be provided in the lobby of the Rocky Mountain Ski Lodge all day and evening. See addendum 3.

The following * 80 standard and apartment style rooms will be available and block booked for the Alberta World Cup Society:

- 17 rooms: **Standard Style Rooms** with 1 queen size bed.(max. 2 people sharing)
- 4 rooms: **Standard Style Rooms** with 1 queen size bed and kitchen. (max. 2 people sharing)
 - 10 rooms: **Standard Style Rooms** with 2 double beds. (max. 4 people sharing)
- 9 rooms: **Standard Style Rooms** with 2 double beds and kitchen. (max. 4 people sharing)
- 16 rooms - **One Bedroom Apartments** features a bedroom with a queen size bed, a pull out futon in the living room with gas fireplace and kitchen (max. 4 people sharing)

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- **RFP Quotation: 2017 IPC Para-Nordic World Cup, December 8 – 17, 2017 Accommodation and Meals Accommodation and Meals / Continued from page 2...**

- 14 room - **One Bedroom Apartment with Loft - A** features a bedroom with a queen size bed, a pull out futon in the living room with gas fireplace, kitchen and in the loft: 2 double beds. (max. 6 people sharing)
- 8 rooms - **One Bedroom Apartment with Loft - B** features a bedroom with a queen size bed, a pull out futon in the living room with gas fireplace, kitchen and in the loft: 1 queen size bed, 1 single Murphy bed and an extra ½ bath. (max. 6 people sharing)
- 1 room - **Unit #151 - Two Bedroom Apartment** features two bedrooms with a queen size bed in each, a pull out futon in the living room with gas fireplace, kitchen and two bathrooms. (one complete bathroom and a half bathroom with a sink and toilet. (max. 6 people sharing)
- 1 room - **Unit #109 - Two Bedroom Apartment** features a bedroom with a queen size bed, a bedroom with two double beds, a pull out futon in the living room, kitchen and bathroom. (max. 6 people sharing)
- **5 - Wax Rooms** – Our wax rooms (each 150 to 300 square feet) would be available on a complimentary basis for the duration of the event.

Note - room rates are subject to 4% Alberta Tourism Levy and 5% G.S.T.

There will be no charges for late check-outs.

Deposit and Payment Policies

A deposit equal to the first night stay and taxes will be required at the time of booking with full pre-payment of total package charges one month prior to arrival.

Cancellation Policy

Any confirmed groups cancelling within 21 days, will be assessed a penalty of one days package charges and taxes.

Group Requirements and Responsibilities

A final rooming list is due 14 days prior to arrival. Please call 24 hours before the day of arrival to reconfirm arrival time and room/name changes. On arrival the group escort must verify and sign our group records. Before departing, the group escort is responsible for ensuring that all individual accounts have been paid. Any charges not collected will be the responsibility of the various teams or the Alberta World Cup Society.

Thank you for this opportunity. We look forward to being a part of this exciting world class Canmore event.

Sincerely,

Donna Trautman
General Manager, donna@rockyski.ca

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Addendum 1

2017 IPC Para-Nordic World Cup - Package Rates

Accommodation and Meals

Per Person, Daily Rates

	Single P/P	Double P/P	Triple P/P	Quad P/P
1 Queen Bed	137	95.		
1 Queen Bed & Kitchen	147	97.75		
2 Double Beds	147	97.75	84.33	76.50
2 Double Beds & Kitchen	157	105	87.66	79.
One Bedroom Apartment Kitchen and Gas Fireplace 1 Queen Bed & 1 Futon Bed	167	110	91	81.50
One Bedroom Apartment with Loft Kitchen and Gas Fireplace 1 Queen Bed & 1 Futon Bed 2 Double Beds in Loft	207	130	104.33	91.50
Two Bedroom Apt. #109 1 Bedroom with 1 Queen Bed 1 Bedroom with 2 Double Beds Living room with 1 Futon Bed and Kitchen	217.	135	107.66	94
Two Bedroom Apt. #151 2 Bedrooms w: 1 Queen Bed in each Living room with 1 Futon Bed, Gas Fireplace and Kitchen 1½ Bathrooms	217	135	107.66	94
The Guides Room	Complimentary if required.			

Package Includes:

The package prices quoted above are per person, based on single, double, triple or quad occupancy and include: room, breakfast and dinner as well as food and beverage gratuities. These rates are quoted daily net, non-commissionable in Canadian funds and are subject to 4% Alberta Tourism Levy and 5% GST.

Deposit and Payment Policies A deposit equal to the anticipated total stay is due at the time of booking and no later than 30 days prior to arrival. The deposit will become non-refundable 21 days prior to arrival. Unless credit has been established with our accounting department, guaranteed payment of all groups will be required at the time of booking.

Cancellation Policy

Any confirmed groups cancelling within 21 days, will be assessed a penalty equal to one day's total package and taxes.

Team Requirements and Responsibilities A rooming list is due 14 days prior to arrival. A call 48 hours before the day of arrival to reconfirm arrival time and room/name changes is requested. On arrival the group escort must verify payment and the group master account details

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Addendum 2

Re: 2017 IPC Para-Nordic World Cup Room Only Rates - Accommodation

Per Room, Daily Rates

	Single	Double	Triple	Quad
1 Queen Bed	89	94		
1 Queen Bed & Kitchen	99	104		
2 Double Beds	99	104	109	114
2 Double Beds & Kitchen	109	114	119	124
One Bedroom Apartment Kitchen and Gas Fireplace 1 Queen Bed & 1 Futon Bed	119	124	129	134
One Bedroom Apartment with Loft Kitchen and Gas Fireplace 1 Queen Bed & 1 Futon Bed 2 Double Beds in Loft	159	164	169	174
Two Bedroom Apt. #109 1 Bedroom with 1 Queen Bed 1 Bedroom with 2 Double Beds Living room with 1 Futon Bed and Kitchen	169	174	179	184
Two Bedroom Apt. #151 2 Bedrooms w: 1 Queen Bed in each Living room with 1 Futon Bed, Gas Fireplace and Kitchen 1½ Bathrooms	169	174	179	184
The Guides Room	Complimentary if required.			

These rates are quoted per room, based on the occupancy and are daily net, non-commissionable in Canadian funds and are subject to 4% Alberta Tourism Levy and 5% GST.

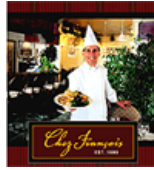
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Cancellation Policy

Any confirmed groups cancelling within 21 days, will be assessed a penalty equal to one day's total package and taxes.

Team Requirements and Responsibilities A rooming list is due 14 days prior to arrival. A call 48 hours before the day of arrival to reconfirm arrival time and room/name changes is requested. On arrival the group escort must verify payment and the group master account details.

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Addendum 3

Re: 2017 IPC Para-Nordic World Cup, December 8 – 17, 2017
Accommodation and Meals Proposal

Chez Francois's - Athlete package
Proposal for three meals daily,
\$48.00 per person + tax based on a minimum of 50 people.

Breakfast Buffet Sample Menu

Assorted bread
Assorted cereals & homemade granola
Muesli, Yogurt
Scrambled Eggs
Pancakes, French toast
Sausages
Tea/coffee/juice

Dinner Buffet Sample Menu

2 choices every night

Assorted salad
Assorted soup
Pasta dinner
Stir fried dinner
Roast beef dinner
Pork chops dinner
Chicken dinner
Fresh fish dinner
...
Fresh medley of vegetables
Rice & potatoes

Fresh fruit, Assorted sweets

We would be happy to discuss the menu with you in more detail. We will do our best to accommodate athlete schedules and diet. Please provide us with request 24 hours prior. Meals to be served at Chez Francois Restaurant. We can accommodate 100 to 150 at one time about 250 at different times. If you have any questions please contact Sylvie from Chez Francois restaurant at 403-678-2723.

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APPENDIX C: COAST CANMORE HOTEL SAMPLE MENUS

DAY ONE

Breakfast \$

Scrambled Eggs with Cheese
Bacon and Sausage, Roasted Breakfast Potatoes
Waffles, Steamed Rice
Oatmeal Station (served with brown sugar, raisins and milk)
Plain & Fruit Yogurts
Assorted Cold Cereals
Fresh Fruit Salad or whole fruits
Sliced Cheeses and Meats
Assorted Coffee, Decaf Coffee, Teas, Juices, Milk

Snacks

Fresh Fruit or fruit salad, Hard Boiled Eggs, water

Snacks

Fresh Fruit salad, cottage cheese, water

Dinner

Chef's soup of the day
Roast Chicken
Chef's fish of the day with rice
Seasonal Vegetable Medley
Mixed Greens Salad with Assorted Dressings and Condiments
Bean Succotash
Chef's Selection of Assorted Salads
Bow Tie Pasta with Tomato or Cream Sauce
Fresh Fruit Salad
Assorted Squares
Assorted Fruit Juices, Soft Drinks, Teas, Milk

DAY TWO

Breakfast

Scrambled Eggs with cheese and toppings on the side
Bacon and Sausage, Roasted Breakfast Potatoes
Pancakes, Steamed Rice
Oatmeal Station (served with brown sugar, raisins, and milk)
Plain and Fruit Yogurts
Assorted Cold Cereals
Fresh Fruit Salad or whole fruits
Hard Boiled Eggs, Cheddar cheese
Assorted Coffee, Decaf Coffee, Teas, Juices, Milk

Snacks

Granola, Fruit Yogourt, Coffee, Teas

Snacks

Bananas, peanut butter, toast, Teas

Dinner

Chef's soup of the day, Fresh Bread and Rolls

Tofu Stir fry with rice

Baked Ham with Seasonal Vegetable Medley

Mashed potatoes

Chef's Selection of Assorted Salads

Fresh Fruit Salad

Assorted Squares

Assorted Fruit Juices, Soft Drinks, Milk, Teas

DAY THREE

Breakfast

Scrambled Eggs with salsa & cheese on the side

Sausage, Roasted Breakfast Potatoes

Waffles, Steamed Rice

Oatmeal Station (served with brown sugar, raisins, and milk)

Plain and Fruit Yogurts

Assorted Cold Cereals , Fresh Fruit Salad

Assorted Coffee, Decaf Coffee, Teas, Juices, Milk

Snacks

Fresh Fruit, Muffins, Coffee, Decaf, Teas

Snacks

Fresh Fruit, Hard Boiled Eggs, Coffee, Decaf, Teas

Dinner

Chef's soup of the day, Fresh Breads and Rolls

Baked seasonal fish

Sliced Alberta Beef

Seasonal Vegetable Medley

Rice Pilaf

Mixed Greens Salad with Dressings and Condiments

Chef's Selection of Assorted Salads

Bow Tie Pasta

Tomato or pesto Sauces on the side

Fresh Fruit Salad

Assorted Squares

Assorted Fruit Juices, Soft Drinks, Milk, Coffee, Decaf, Teas

DAY FOUR

Breakfast

Scrambled Eggs with Mushrooms and Peppers on the side
Bacon, Roasted Breakfast Potatoes
Pancakes, Steamed Rice
Oatmeal Station (served with brown sugar, raisins, and milk)
Plain and Fruit Yogurts
Assorted Cold Cereals
Fresh Fruit Salad
Hard Boiled Eggs, Cheddar Cheese
Assorted Coffee, Decaf Coffee, Teas, Juices, Milk

Snacks

Fresh Fruit, granola bars, Teas

Snacks

Fresh Fruit, banana bread, Teas

Dinner

Chef's soup of the day, Fresh Breads and Rolls
Rosemary Roasted Chicken
Grilled Pork Chops in Mushroom Sauce
Seasonal Vegetable Medley
Mashed Potatoes
Mixed Greens Salad with Assorted Dressings and Condiments
Chef's Selection of Assorted Salads
Penne Pasta with Tomato or Bacon Cream Sauces
Fresh Fruit Salad
Assorted Squares
Assorted Fruit Juices, Soft Drinks, Milk, Teas

DAY FIVE

Breakfast

Scrambled Eggs with Brie and Chives
Bacon and Sausage, Roasted breakfast Potatoes
Waffles, Steamed Rice
Oatmeal Station (served with brown sugar, raisins and milk)
Plain and Fruit Yogurts
Assorted breakfast pastries
Fresh Fruit Salad or whole fruits
Sliced Cheeses and Meats
Assorted Coffee, Decaf Coffee, Teas, Juices, Milk

Snacks

Fresh Fruit, Trail Mix, Teas

Snacks

Fresh Fruit, date squares, Teas

Dinner

Chef's soup of the day, Fresh Breads and Rolls

Sliced Pork Loin

Seasonal Vegetable Medley

Sweet Potato Mash

Mixed Greens Salad with Assorted Dressings and Condiments

Chef's Selection of Assorted Salads

Bow Tie Pasta or Meat Ravioli with sauces on the side

Fresh Fruit Salad

Assorted Squares

Assorted Fruit Juices, Soft Drinks, Milk, Teas

DAY SIX

Breakfast

Scrambled Eggs with Mushrooms and Peppers on the side

Bacon and Sausage, Roasted Breakfast Potatoes

Pancakes, Steamed Rice

Oatmeal Station (served with brown sugar, raisins, and milk)

Plain and Fruit Yogurts

Assorted Cold Cereals

Fresh Fruit Salad

Sliced Cheeses and Meats

Assorted Coffee, Decaf Coffee, Teas, Juices, Milk

Snacks

Fresh Fruit, Granola Bars, Coffee, Decaf, Teas

Snacks

Fresh Fruit, Granola Bar, Coffee, Decaf, Teas

Dinner

Chef's soup of the day & Fresh Breads and Rolls

Chicken pot pie

Seared fish & rice

Seasonal Vegetable Medley

Mixed Greens Salad with Assorted Dressings and Condiments

Chef's Selection of Assorted Salads

Bow Tie Pasta or Meat Ravioli with sauces on the side

Fresh Fruit Salad

Assorted Squares

Assorted Fruit Juices, Soft Drinks, Milk, Teas