

- Hiking - on and off trail (see Note 1)
- Snowshoeing - on and off trail (see Note 1)
- Water Sports (non-motorized) – Kayaking, canoeing (no grade two or greater), boats (under 9 meters)
 - Policy provides for Watercraft less than 8 meters in length and has an in/outboard motor of not more than 15 h.p.
- Climbing - indoor, wall, rock, ice, alpine, sport and mountain
- Backpacking - overnight and multi-day; on and off trail (see Note 1)
- Bicycling (non-motorized) – day and multi-day; woodland trail, gravel and paved road tours
- Mountain Biking for limited purpose of access – unpaved forestry, paved roads or park roads
- Backcountry skiing, backcountry snowboarding and touring (see Note 2)
- Cross country skiing
- Mountaineering – glacier travel, rock, snow, ice and mixed, roped and unroped (see Note 2)
- Trail building, clearing and maintenance on Federal and Provincial Parks, Crown Lands and Private Lands
- Building, maintaining and operating backcountry huts for member and non-member use
- Club organized instructional programs or skill refresher programs (see Note 3)
- Trail or climbing route guidebooks
- Club socials and meetings

Note 1: These activities occur in a wide range of environments, including but not limited to, wilderness, mountains, urban and rural areas, coast, within and outside of parks, within and outside controlled recreation areas.

Note 2: These activities typically occur in mountainous and wilderness terrain, often remote, and outside of controlled recreation areas. Chairlifts, helicopter and fixed wing aircraft are sometimes used for the limited purpose of access but in all other respects the activity is self-propelled.

Note 3: Instructors can range from volunteer members, guides or certified or professional instructors

- Ownership of 3 hectares of land granting access to climbing at the Smoke Bluffs
- Ownership of 'Hiking Huts', 3 not located in Provincial Park, 2 located in Provincial Park, ranging in size from approx 12 feet x 24 feet and 20 feet x 30 feet.
- Minors are included under the policy provided they are members of the club, a waiver was signed by their guardian and the total membership composition remains under 10% minors per the application on file.
- Mountain biking on marked trails
- Horseback riding on marked trails
- Coverages Restricted to Canada Only