

































# CHANNEL LINEUP

 <b>Ch 2 A&amp;E</b>	 <b>Ch 18 Weather Network</b>
 <b>Ch 3 Peachtree TV</b>	 <b>Ch 19 Encore Ave</b>
 <b>Ch 4 Showcase</b>	 <b>Ch 20 City TV</b>
 <b>Ch 5 E!</b>	 <b>Ch 21 BCS</b>
 <b>Ch 6 Bravo</b>	 <b>Ch 22 BNN</b>
 <b>Ch 7 D Tour</b>	 <b>Ch 23 PBS</b>
 <b>Ch 8 Space</b>	 <b>Ch 24 Knowledge Network</b>
 <b>Ch 9 CNBC</b>	 <b>Ch 25 Much</b>
 <b>Ch 10 OWN</b>	 <b>Ch 26 Action HD</b>
 <b>Ch 11 National Geographic</b>	 <b>Ch 27 Movie Time HD</b>
 <b>Ch 12 History</b>	 <b>Ch 28 CNN HD</b>
 <b>Ch 13 NBC</b>	 <b>Ch 29 Discovery HD</b>
 <b>Ch 14 Sportsnet 1</b>	 <b>Ch 30 ABC HD</b>
 <b>Ch 15 Sportsnet Pacific</b>	 <b>Ch 31 CBC HD</b>
 <b>Ch 16 Nickelodeon</b>	 <b>Ch 32 FOX HD</b>
 <b>Ch 17 TSN</b>	 <b>Ch 33 Global BC HD</b>

*Welcome To*



**Valemount, British Columbia**

Valemount, British Columbia Welcome Valued Guest, The Canadas Best Value Inn welcomes you to our clean, comfortable, non-smoking, affordable accommodations. We hope this directory will assist you in locating the many facilities which can be found in and around this hotel. Should you require additional information, please do not hesitate to contact us at the front desk. Thank you for choosing to stay with us! We look forward to welcoming you on your next visit to Valemount. Sincerely, The Staff and Management Canadas Best Value Inn



# **Canadas Best Value Inn**

by Vantage

**Valemount, British Columbia**

1501 Swift Creek Road  
Valemount, B.C  
VOE-2Z0

**Phone: (250) 566 – 8222**

Fax: (250) 566 – 4260

**Email: [info@cbvivalemount.com](mailto:info@cbvivalemount.com)**

**Website:**

**[www.cbvivalemount.com](http://www.cbvivalemount.com)**

Toll Free Reservations

**1-800-811-5808**

# WiFi

Please log onto Canadas Best Value Inn Valemount (*its an open network, no password is required*) After logging on you will be prompted to our splash page please click on connect and you will be connected to the internet.

## *Important Numbers*

### Phone Instructions

Please always dial 9 for outside line, followed by the **10 digit number** for **local calls**.

Room to Room.....Dial Room Number  
Local Calls.....Dial 9 + Number  
Long Distance/ Direct Dial.....Dial 9 + 1 + Number  
Credit Cards, Collect or Operator Assistance.....Dial 9 + 0 + Number

**Calling cards: Please dial 8 and follow the calling cards instructions.**

### Emergency

**Police, Fire, Ambulance Emergency.....Dial 9 + 911**  
Valemount RCMP Detachment (Non-Emergency).....Dial 9 + 250-566-4466  
1435 5 Ave, Valemount, BC V0E 2Z0  
Valemount Fire Department (Non-Emergency).....Dial 9 + 250-566-9800  
1380 5 Ave, Valemount, BC V0E 2Z0  
Valemount Ambulance (Non-Emergency).....Dial 9 + 250-566-4703  
1450 9 Ave, Valemount, BC V0E 2Z0

### Hospitals

Valemount Health Center.....250-566-9138  
1445 5 Ave, Valemount, BC

### Taxi Services

Valemount Taxi.....250-566-8294

### Banks

CIBC.....250-566-4483  
1221-5th Avenue Valemount, BC V0E2Z0

# *Important Numbers*

## Visitor Information

Valemount Visitor Information Center.....250-566-9893  
99 Gorse St, Valemount, BC V0E 2Z0

## Houses of Worship

Valley Christian Fellowship.....250-566-9990  
1080 Main St, Valemount, British Columbia V0E 2Z0  
Good Shepherd Catholic Church.....250-566-4563  
PO Box 372, Valemount, British Columbia V0E 2Z0  
New Life Sanctuary.....250-566-4824  
1245 1st Ave, Valemount, British Columbia V0E 2Z0

## Restaurants

Caribou Grill.....250-566-8244  
1002 5 Ave, Valemount, BC V0E 2Z0  
Pepe's Pizza.....250-566-4064  
1288 5 Ave, Valemount, BC V0E 2Z0  
China House Restaurant.....250-566-8238  
Valmount Hotel  
Lucky House Restaurant.....250-566-2245  
1500 7th Avenue, Valemount, BC V0E 2Z0  
Diamond H Donair's.....250-566-4453  
1500 7 Ave, Valemount, BC V0E 2Z0  
A & W.....250-566-4104  
1495 5 Ave, Valemount, BC V0E  
Gathering Tree Eatery.....250-566-0154  
1152 5 Ave, Valemount, BC V0E 2Z0  
Valemount Swiss Bakery.....250-566-4035  
1020 Main, Valemount, BC V0E 2Z0

# *Guest Services*

**Check-In Time**.....3:00pm

**Check-Out Time**.....11:00am

**Front Desk (24hrs)**.....Dial 0

**Wake Up Services**.....Dial 0

**Luggage Storage is Available through Front Desk**.....Dial 0

## **Pool/Hot Tub/ Waterslide**

**Hours**.....9:00am – 9:00pm

*Pool Towels available at Front Desk*

**Laundry Services Hours**.....6:00am – 11:30pm

*Located on Main floor – Detergent and Dryer Sheets available at Front Desk (\$3)*

**Breakfast Lounge Hours**.....6:30am – 9:00am

*Located on the 2<sup>nd</sup> Floor Next to the Elevator – Some items include Bagels, Toast, Hard Boiled Eggs, Assorted Cereals, Fruit, Danishes, Coffee, Tea, Milk, and Yogurt.*

**Business Center Hours**.....6:00am-10:00pm

**Soft Drink/ Snack Machines** – Located in the Lobby and Side Entrance

**Ice Machine** – Located at the Side Entrance

# *Things To Do*

*Things to do in Valemount B.C.*

## **1) White Water Rafting**

Stellar Descents.....250-566-0040

11957 L'Heureux Road, Valemount, British Columbia V0E 2Z0

Mount Robson White Water Rafting Co.....250-566-4879

Highway 16, Valemount, British Columbia V0E 2Z0

## **2) Helicopter Tours**

Robson Helimagic Inc.....250-566-4700

3010 Selwyn Road | Box 627, Valemount, BC V0E2Z0

## **3) Wildlife Sanctuary**

R.W. Starratt Wildlife Sanctuary.....250-566-4846

Highway 5, Valemount, British Columbia, Canada

## **4) Brewery's**

Three Ranges Brewing Company.....250-566-0024

1160 5th Avenue, Valemount, British Columbia V0E 2Z0

## **5) Museums**

Valemount Museum.....250-566-4177

1090 Main Street | P.O. Box 850, Valemount, British Columbia V0E 2Z0

## **6) Rentals**

Alpine Country Rentals.....250-566-9774

1140 Main Street, Valemount, British Columbia V0E 2Z0

# *Emergency Information*

**In an emergency.....Dial 9 + 911**  
or call the Front Desk..... Dial 0

We are equipped with smoke detectors and alarms. Our design, emergency exit and doors all meet the stringent requirements of the Valemount BC Fire Department. Although the chances of a fire occurring is minimal, please take a few moments to read the following:

## **Be Prepared**

Read the detailed instructions from the Fire Department on the back of your room door. Locate the fire exits nearest to your room. Locate the nearest fire extinguishers and fire alarms. Always know where your key is.

## **If the Fire Alarm Sounds or You Smell Smoke**

Stay calm. Do not panic. Touch the door to your room. If it is hot, do not open it. If the door feels normal, open it and check the hallway. If the alarm has not yet sounded but you smell smoke, sound the alarm. If there is no smoke in the hallway, leave the room. Take your room key with you. Close the door behind you and go to the nearest emergency exit. If there is smoke in the hallway or stairwell, go to the opposite end of the hallway or return to your room. Any guest with disabilities should call the front desk agent for assistance.

## **If You Have to Stay in Your Room**

Fill the bathtub with cold water. Soak sheets and towels and put them around the base of the door. Call the switchboard, tell them your room number and explain that you are staying in your room because of smoke in the hallway or stairwell. IF smoke begins to enter your room, crouch down beneath the level of smoke and cover your nose and mouth with wet cloth.

## **To Prevent Fires**

Please remember we are a non-smoking property! Do not smoke in the room. Do not use any cooking or heating appliances other than those supplied by the hotel. Keep matches out of reach of children.



# *Thank You*



For leaving this directory for  
the convenience of the other guests.

It is brought to you by  
Canadas Best Value Inn – Valemount and  
the local merchants whose  
products and services  
we recommend to you.

We hope that it will be helpful to you  
while staying in Valemount B.C.