



Daily Ice Lesson and Instruction

Program Details

Day or half-day lessons are available for individuals or groups in the Banff, Canmore areas by request. Lessons cater to all abilities, beginner to advanced. Modern Petzl ice climbing equipment is included with all Day Ice bookings.

Yamnuska guides and instructors are certified by the Association of Canadian Mountain Guides. In addition to certification, which only relates to a guide's technical competence, all of our guides have access to Yamnuska's staff training and guide mentoring programs which help to develop many other key qualities required of a professional guide. They need to be endowed with patience, empathy, and a sense of humor as well as being effective communicators and great coaches.

Lessons can be booked by individuals, families or groups. When requested individual bookings may be combined to reduce costs for participants.

Ice Climbing Season

Ice climbing is typically available from late November through until April. Optimum season is mid-December to mid-March.

Instructor Ratio

The "Yam Ice Team" includes most of the best climbers and instructors anywhere! Enthusiastic and extremely talented, they hold climbing certification from the Association of Canadian Mountain Guides and from other International Federation of Mountain Guide Association (IFMGA) countries. Your safety and enjoyment are paramount to them.

The "Yam Ice Team" includes Barry Blanchard, Steve Blagbrough, James Blench, Pat Delaney, Jesse De Montigny, Steve Holeczi, Sarah Hueniken, Sean Isaac, Grant Meekins, Nick Sharpe and Mike Stuart.

The maximum guide to client ratio for instruction is 1:6

Daily Ice Climbing Lesson Locations

There are several great ice climbing locations that can be readily accessed for daily lessons, they include:

- **Grassi Lakes:** "The Junkyards" 10 minutes drive from Canmore followed by a 20 minute walk. A great spot for first time ice climbers and those wishing to brush up on skills.

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- **King Creek:** 40 minute drive from Canmore in Peter Lougheed Provincial Park. Good beginner location for a full-day of climbing with some challenging short climbs to finish on.
- **Johnston Canyon:** 20 minutes drive west of Banff. Good for steep climbing practice.
- **Haffner Creek:** 40 minutes drive west of Banff. Excellent variety of steeper climbs and mixed climbs.

Prices

Yamnuska guides are some of the best in the industry. Our standards are very high and we are totally committed to providing you with the best possible experience. Our guiding team benefits from staff training, peer and client review, daily conditions reports, and support from senior guides. We back up all of our programs with a full time, on-call Duty Manager and support network ready to help in any situation. We also have cutting edge, modern equipment ready to rent or borrow on all of our programs.

Prices do not include Goods & Services Tax (GST), gratuities, transportation or lunches / snacks.

Full day: 5-6 hours climbing with gear included (boots, crampons, ice tools, harness & helmet). GST is extra.

Number in group	Cost / person (Cdn)
1	\$430
2	\$250
3	\$180
4 or more	\$155

Half-day: 3 hours of climbing with gear included (boots, crampons, ice tools, harness & helmet). GST is extra. Grassi Lakes only.

Number in group	Cost / person (Cdn)
1	\$325
2	\$190
3	\$135
4 or more	\$120

Meeting Place & Time

Unless specified otherwise we will meet you at the Yamnuska office at 200, 50 Lincoln Park, Canmore. See this map for location. The meeting time will be set when you make your booking.

Transportation

Transportation is not usually included. Clients generally provide transportation for the guide. Depending upon location transport may be arranged at extra cost.

What you need to bring:

Lunch & Snacks

These are not included save by special arrangement. Make sure you bring plenty of high-energy snacks plus plenty to drink. A Thermos with a hot drink is a good idea.

Clothing & Equipment List

There can be periods of inactivity in very cold temperatures. Don't be afraid to bring too much! We suggest bringing light clothing of varying thicknesses that can be 'layered' to achieve comfort and versatility. The most important consideration for clothing is the ability to regulate temperature as you change from periods of activity to periods of rest. We discourage cotton clothing as it causes rapid heat loss when wet. Ski wear works well.

We suggest you bring:

- Long underwear (top & bottom), polypro, wool or fleece.
- Warm pants (pref. insulated or fleece)
- Warm shirt (not cotton)
- Sweater (medium or lightweight)
- Fleece Jacket (heavyweight)
- Insulated jacket or vest
- Waterproof jacket with hood (Gore-Tex or nylon)
- Waterproof pants (Gore-Tex or nylon)
- Socks (wool outer & polypro liner)
- Wool or fleece hat that will cover ears & fit under helmet
- Waterproof climbing gloves &/or mitts plus spares.
- Knee-length Gaiters
- Neck tube.
- Daypack (large enough for spare clothing, your lunch & climbing gear e.g. rope & crampons). Rentals available.
- Sunglasses
- Thermos flask and/or water bottle (full!)
- Sun cream

If bringing your own gear you will need to bring:

- Mountaineering boots (plastic or synthetic)
- Crampons (Must fit your boots or be easily adjustable)
- Climbing Harness
- Climbing Helmet
- Ice tools

To Book or inquire about daily lessons and instruction

Please email or call the Yamnuska office at 1 866 678 4164 (Canada, US only) or +1 403 678 4164 (other countries) or 678 4164 (local).

For detailed Booking Instructions and Conditions, please visit our website.

Please note that you will be required to sign our waiver before commencing the trip. A copy of the waiver can be viewed on our website.

Please don't hesitate to contact us if you need to know anything else about this program.

Map of Office Location:

