



Guided Ice Climbs & Private Instruction

Program Details

The best ice climbing in the world is found in the Canadian Rockies surrounding Banff, Canmore and Lake Louise. Waterfall ice climbing is an unbelievably exhilarating sport and we invite you to experience it with Yamnuska.

In the Canadian Rockies surrounding Banff, Canmore and Lake Louise there are many fabulous climbs awaiting intermediate and advanced climbers. Join a Yamnuska guide and experience great climbing, amazing settings and adventure on the frozen waterfalls of the Rockies.

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.

Ice Climbing Season

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

Guides & Guide Ratios

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 guided multi-pitch climbs is 1:2

The Climbs

There are many, many climbs to do and they are spread throughout the Rockies in our region. This is just a small sampler of what is feasible.

When making your booking you can specify the climbs you'd like to do or we can suggest climbs for you. The guide will retain the final say on what climbs are attempted as you must have demonstrated (either by having suitable prior experience or by climbing less serious objectives first) that you have the appropriate ability. Finally climbing and avalanche conditions must be safe.

Program Details, page 1 of 4

Yamnuska Mountain Adventures

200, 50 Lincoln Park, Canmore, Alberta, T1W 3E9, CANADA
1 866 678 4164 / 1 403 678 4164 info@yamnuska.com

Yamnuska guides are available to guide grade 2 - 6 climbs. Surcharges will be applied to more difficult and serious climbs.

Banff Area

- **Cascade Falls:** Scenic grade 3 route right outside Banff. Best December through to mid-February.
- **Professor Falls:** Shaded gulch just east of Banff Golf course (1 hour walk) with several grade 4 pitches.
- **Kananaskis Area**
Many climbs in grade 4 -5 range reached from Smith-Dorian Highway and Highway 40.
- **Ghost Area**
A wide range of excellent climbs reached after a 2 hour drive from Canmore. 4WD vehicle necessary.

Field / Lake Louise Area

A great area with lots of climbs in the grade 3 - 5 range in a small area. Includes:

- **Lake Louise Falls:** Grade 3 - 5, 30 minutes walk from Chateau Lake Louise.
- **Guinness Gully:** Above Field B.C. (20 min west of Lake Louise, 1 hour from Canmore), grade 4.
- **Massey Gully:** Above Field, grade 3.
- **Carlsberg Pillar:** Above Field, grade 5.

Banff-Jasper Highway

- **Bow Falls:** A ski access from Bow Lake of 1-2 hours. Grade 4 - 5
- **Weeping Wall:** Right above the road, 2 hours drive from Canmore. Several lines. Grade 4 - 5.
- **Polar Circus:** Also right above the road. A famous grade 6. You need to be experienced, fast and willing to pay a surcharge.

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.

When hiring a guide you are responsible for the following costs: guide fees, transportation, Park entry fees when applicable, local accommodation, your personal climbing gear, your lunches & snacks. Goods & Services Tax & gratuities not included.

Number in group	Price per person
1	\$450
2 (max. per guide)	\$255

Transportation

This is not included. Usually clients transport guides in their vehicles. For insurance reasons guides cannot transport clients. We suggest you rent a car whilst in the area. If necessary transport can be arranged either using a Yamnuska van or a taxi service. If a guide has to drive beyond Canmore to meet you for the climb gas charges apply.

Park Entry Fees

If climbing in Banff, Kootenay, Yoho or Jasper National parks daily entry fees apply. These are approximately \$9/day per client and can be obtained on entry.

Accommodation

Most people stay in Canmore if here to ice climb, this is most convenient. Otherwise you can stay in Banff or Lake Louise. In this case you will be charged for the guide's gas expenses for driving to meet you. Go to our links page for accommodation options.

Lunches & 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 & Gear

This is not included though we do have boots, packs & climbing gear for rent. You will need to bring:

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)*
- Sunglasses
- Thermos flask and/or water bottle (full!)
- Sun cream
- Mountaineering boots (plastic or synthetic Koflach, Scarpa, La Sportiva, etc.)*
- Crampons (Must fit your boots or be easily adjustable)*
- Climbing Harness*
- Climbing Helmet*

Program Details, page 3 of 4

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- ❑ Ice tools*

*Available to rent, but you must advise us in advance that you need them.

Rescue Insurance

In most areas there is no fee for rescue. In the National Parks you must have a valid entry pass to qualify for free rescue. You can obtain this on entry to the Parks.

Whilst Canadians are covered for costs associated with medical treatment following accident or illness, overseas visitors should obtain appropriate medical insurance.

Should you take our optional cancellation insurance you will be refunded in full or in part should you cancel this program due to illness/accident prior to or during the program.

Booking Information

To book guided climbing you must call or email our office. Registration requires a deposit of 35% of the cost or, for trips of three days or less, full payment. All guests must fill in an experience questionnaire. 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.

Balance of payment is required eight weeks before trip commencement. Should you cancel more than eight weeks in advance of trip, a \$105 cancellation fee will apply. Cancellation between six and eight weeks before trip commencement will mean a loss of your deposit. Cancellation less than six weeks before trip commencement will result in a loss of all payments made.

We suggest you take cancellation insurance, this is available on booking and will cost 5% of total fee. To book or inquire about guided climbs:

Call 1 866 678 4164 (Canada, US only) or +1 403 678 4164 (other countries) or 678 4164 (local)
or Email info@yamnuska.com

Map of Office Location:

