



## Hot Ice

### Program Details

#### Ice Climbing With Top Guides On Classic Routes!

Every winter a group of committed climbers gathers in the Canadian Rockies to spend a week climbing with top guides on classic routes. The program is called 'Hot Ice' and if you have previous ice climbing experience you're welcome to join us for the 2009 session.

The Canadian Rockies have the best ice-climbing in the world with reliable conditions, lots of areas and routes offering a complete range of difficulty and challenge. If you are up to it and conditions permit you will be climbing on grade 5 ice. With a 1:2 instructor ratio we can expect to meet the objectives of most climbers.

#### Winter 2010/2011 Program Dates:

January 15 - 19; February 7 - 11; February 14 - 18

#### Price

\$1395 CDN includes instruction and use of technical gear. Accommodation, local transfers and meals are not included but easy to arrange. Cancellation insurance is available for \$73. GST is extra. Gratuities not included.

#### Meeting Time and Place

The programs begins at the Yamnuska office at 7.00am. The Yamnuska office is located at 200, 50 Lincoln Park, Canmore.

#### Location

The Bow Valley in the Canadian Rockies is renowned for both great climbing and reliable conditions. We will be based in Canmore, close to climbs in Kananaskis, Banff Park and the Ghost thus offering varied climbing in spectacular locations.

#### "Hot Ice" Agenda

This program is totally practical; there are no formal evening sessions. Climbs are selected day by day to best suit participant's abilities and objectives.

Day 1: Meet at 7.00am, check gear, discuss options then head out climbing for the day! This will likely be a top-rope or easier multi-pitch day to focus on skill development.

Day 2 - 5: Climbing to the max, the only limit your energy! Four days of multi-pitch ice climbing. The route selection will depend on conditions and the group ability. The objective is to climb classic routes.

#### Instructors & Group Size

The "Yam Ice Team" includes some of the best climbers and guides 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. There will be a maximum of 10 participants, a minimum of 2. Instructor ratios range down from 1:2!

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.

### **Difficulty & Prerequisites**

Ice climbing can be a strenuous activity even though our coaching will emphasize development of technique to reduce the need for brute strength. The climbing will be tailored towards your ability and strength as much as possible. A high level of fitness will contribute to enjoyment and achievement. 'Hot Ice' is suitable for climbers with previous ice-climbing experience and a strong desire for adventure.

### **Transportation**

To keep prices down participants are responsible for their own transport to Canmore and during the program. Canmore is a 1hour (100km) drive west from Calgary.

If you are flying from afar for the program we suggest that you rent a car for your visit. In addition to getting you to the climbing locations it will allow you to explore our region a bit after program hours.

For example you can visit Banff and enjoy the hot pools and sample the numerous restaurants. If you want we can put other participants in touch with you who may be interested in sharing the cost of a rental car or who may be willing to use their vehicles in a car pool.

When booking please indicate if you are bringing a vehicle and, if so, whether you are willing or not to give other participants or instructors a ride in a car pool. If you are not driving here please indicate if you'd be willing to share the cost of a rental car or if you would prefer to car pool.

Frequent shuttles connect Calgary International Airport and Canmore. Greyhound Bus Lines (1 800 661 8747) serves Canmore from points east and west along the Trans-Canada Highway. Call 609 0300, 609 1490 or 609 8897 for taxis in Canmore.

### **Accommodation & Meals**

These are your responsibility. There are lots of options available including campgrounds, hostels, B'n'Bs, motels and hotels! Check accommodation options on our links page for our recommendations. The Alpine Club Clubhouse (403 678 3200) is a good hostel here in Canmore with good facilities and reasonable prices.

Food is not supplied. You will need lunch and something to drink each day. Each day bring plenty to drink and a lunch plus energy snacks. We particularly suggest bringing a Thermos and hot drink.

### **Equipment & Clothing**

The course fee includes use of technical gear although you should feel free to bring any gear you already have.

### **Equipment List**

We suggest you bring:

- Boots, double plastic mountaineering boots\*
- Daypack (large enough for spare clothing, your lunch & climbing gear e.g. rope & crampons)
- Crampons\* (must fit your boots or be easily adjustable)
- Climbing Harness\*
- Climbing Helmet\*
- Ice Tools (2)\*

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### **Yamnuska Mountain Adventures**

200, 50 Lincoln Park, Canmore, Alberta, T1W 3E9, CANADA  
1 866 678 4164 / 1 403 678 4164 [info@yamnuska.com](mailto:info@yamnuska.com)

- Belay Device/Descender\*
- \*We can loan you these but you must advise us in advance that you need them.
- Sunglasses
- Thermos flask and/or water bottle (full!)
- Sun cream
- Pocket knife

### **Mountaineering Boots**

Yamnuska has double plastic mountaineering boots which you are welcome to use. If needing these please let us know when you register. Please also give us your boot size.

### **Clothing List**

There can be prolonged periods of inactivity in very cold temperatures. Don't be afraid to bring too much! We suggest bringing light clothing of varying thickness 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.

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)
- 2 sets 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

### **Insurance**

There is no charge for rescue. If we climb in Banff National Park you will need a day entry pass (c.\$9) to qualify for free rescue. This pass can be obtained when you enter the Park. It is wise, though to ensure that your health plan will cover you in case of illness or accident whilst here.

### **Booking Information**

Please book as early as practical to avoid disappointment. We require a **\$513CDN** deposit including taxes with the balance due 8 weeks in advance. To avoid unnecessary cancellation penalties we suggest you take our cancellation insurance for an extra non-refundable \$73, this must accompany your deposit.

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.