



## Kananaskis Alpine Traverse

### Program Details

Yamnuska Mountain Adventures is the leading mountaineering guiding company in the Canadian Rockies with many, many summits and glaciers under our belt. In guiding both backpackers and mountaineers we have realized that by combining both disciplines we can offer some truly unique mountain adventures!

Join us for an adventure that combines hiking and mountaineering: The Kananaskis Alpine Traverse. The objective: a traverse of the peaks and glaciers of the Main Divide from Aster Lake to North Kananaskis Pass.

Located just south of Banff National Park, the Kananaskis region continues with the best of the alpine and sub-alpine worlds of the Canadian Rockies: peaks, glaciers, lakes, meadows and forest, all superlative! The experience of this traverse, too, encompasses the best of both: traversing glaciers in the early morning light, peaks stretching in every direction, cool, shady forest trails and wildflowers everywhere!

This traverse is designed for very fit hikers and beginner mountaineers (no previous mountaineering experience required). We go early in the summer when there's still plenty of snow and climbing conditions are not too difficult.

#### 2010 Date

July 12 – 16

#### Cost

**\$1355 CDN** Includes guiding and instruction, camp fees, out-trip meals, Park Permits, and use of specialized group climbing gear.

Not included: Canmore accommodation, Gratuities & 5% Goods and Service Tax (GST)\*. Cancellation insurance available for \$72.

Optional pre and post trip accommodation packages are available from \$80 per person per night for shared room lodging (\$160 for single occupancy). Purchase with booking. Subject to availability.

\* a 50% rebate of the GST is available to non-residents of Canada.

#### Meeting Place and Time

The program begins at the Yamnuska office at 8:00am on the first day. The Yamnuska office is located at 200, 50 Lincoln Park.

For your greater convenience we offer a pre-meeting shuttle service within Canmore. Please let us know in advance where you will be staying if needing this service. Pickup will occur between 7.30 and 7.50am.

Please ensure that you have your hiking equipment with you.

### **Traverse Itinerary**

This is an ambitious and strenuous program that encompasses both superlative experience and scenery. In writing this agenda it has been hard to do it justice as every single day features fabulous scenery!

Day 1: Meet in Canmore at 8:00 am. After issuing food and gear we pack up then drive south into the Rockies to Kananaskis Lakes which will take just over an hour. We enjoy a leisurely hike around the Upper Lake for 5.5 km before striking into the forest towards Hidden Lake and much more physical exertion. Working around Hidden Lake we reach the trail that climbs high above Foch Creek to take us into the high alpine basins above. We camp by Aster Lake, one of the prettiest alpine lakes in the region. Distance: 11 km, total elevation gain: 575 meters.

Day 2: Weather and conditions permitting our objective today will be Mount Joffre. At 3450 m. this glaciated peak dominates this southern region of the Rockies. In early July with lots of snow on the glacier it is a suitable climb for beginner mountaineers giving a taste of glacier travel plus use of ice axe and crampons. In the event of poor weather or conditions there are several alternative lesser peaks we can climb. Distance: 10km, total elevation gain and loss: 1150m.

Day 3: We maintain the alpine tempo today with a traverse of the exposed Northover Ridge with the potential of climbing 3003m Mount Northover on the way. The views are fantastic including back towards Joffre, the previous day's adventure. From the end of the ridge we drop down to Three Isle Lake where we camp back near tree line. Distance 11.3km, total elevation gain and loss: 700m.

Day 4: British Columbia is just over South Kananaskis Pass just beyond the Lake. We cross the Main Divide here and travel a further couple of km to Beatty Lake. From here it's back into the alpine, to Beatty Col which we cross to reach Leroy Creek and North Kananaskis Pass bringing us past Maude Lake to the Turbine Canyon campground. Distance 12.9km, total elevation gain: 975m, loss 950m.

Day 5: Looking into the deeply-gauged canyon by the campground to see the water raging far below, you'll immediately understand Turbine Canyon's name. From here we head south across the meadows to Lawson Lake and with its expansive views. We then drop into the Upper Kananaskis River valley which we follow downstream to Upper Kananaskis Lake, our starting point 5 days before. Then we drive back to Canmore and the end of the trip. Distance 15km, total elevation gain: 575m, loss: 400m.

### **How difficult is it? How fit and experienced need you be?**

This is the most challenging of our backpacking programs. Participants must have a very high level of aerobic fitness. Prior mountaineering experience is not essential but must be compensated by the pre-requisite fitness level. Beginner mountaineers will be taught the necessary basic skills by our guides during the trip. Previous backpacking experience is required. Much of the travel will be over steep and broken ground and involves significant elevation gain and loss. In addition to regular backpacking gear we will be carrying some mountaineering gear. By keeping personal gear light, pack weights need not exceed 20kg (44lbs) on the 1st day, thereafter weights drop day by day. There are no food drops. Please read our Travelling Light & Making Backpacking More Fun article on our website for information and suggestions for clothing and equipment.

**Kananaskis Alpine Traverse Program Details, page 2 of 5**

#### **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)

### **Guides and Group Size**

This trip will be guided by our mountaineering guides who are certified through the Association of Canadian Mountain Guides. Guides also have advanced wilderness first aid training and heritage interpretation accreditation. Guides carry emergency equipment including a first aid kit, bear spray and radio.

There will be a maximum of eight guests and a minimum of four.

### **Accommodation and Meals**

On the trail you will be staying in modern, lightweight 2- and 1-person weather-proof tents. The first and last night's accommodation in Canmore is NOT included. For your convenience we can arrange bed and breakfast hotel rooms for these and other nights at \$160 per night. These will be at the recommended Westridge Country Inn. Double or single occupancy, the cost is the same. For those wishing to defray this cost we will try to pair them with other participants. This accommodation can be booked with the trip online or by calling us. Subject to availability.

You can also make your own arrangements. Check our website links page for a range of Canmore accommodations.

Excess luggage can be left at your hotel or our office.

We supply all meals and trail snacks from lunch on Day 1 to lunch on Day 5. Groups generally go out for dinner in Canmore with the guide on the final evening (own cost).

Trail cuisine is constructed from lightweight ingredients including our Yamnuska custom-made dehydrated dinners. Please specify any special dietary requirements you have on booking so we can incorporate them into our menus. In case of more complicated diets a surcharge may apply.

### **Getting to Canmore and Transportation**

Canmore is situated 100km (65miles) west of Calgary on the Trans-Canada Highway. It is well served by scheduled bus lines both from Calgary (airport and downtown), Banff (20km west) and points further west. Calgary International Airport is well connected to major cities throughout North America and Europe. Once in Canmore we will supply all transport needed for the trip.

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 8790, 609 0300, 609 1490 or 609 8505 for taxis in Canmore.

We supply transportation from Canmore to the hiking trails.

### **Clothing and Equipment**

We supply group and personal climbing gear such as ropes, harnesses and ice axes. But you must bring your own personal climbing gear (e.g. harness, helmet, ice axe), clothing and general equipment. Yamnuska Mountain Adventures does have rental and retail equipment such as sleeping bags, mats, and backpacks. Contact us in advance to reserve.

### **CLOTHING LIST**

We suggest layers of light, easily carried clothing that allow for fast and easy adjustment to best suit fast changing temperature conditions. We discourage cotton clothing as it causes rapid heat loss when wet. Feel free to call us if you have any questions about what to bring. This list covers items needed for all likely conditions during the mountaineering season. Your guide will go through your clothing and gear with you prior to the course.

You will need to bring:

- LONG UNDERWEAR, top and bottom, polypro, wool, capilene or fleece.
- WOOL/BLEND SOCKS (extra pairs).

- Warm LONG PANTS to climb in. These could be windproof nylon/synthetic blend mountaineering pants, fleece pants, nylon exercise pants with light long johns or wool trousers.
- Light SHIRT or T-SHIRT.
- Wool or fleece LONG SLEEVE SHIRT with collar.
- FLEECE SWEATER (medium weight).
- Heavyweight fleece or insulated JACKET.
- Cotton SHORTS.
- Water proof OUTER JACKET with hood (Gore-Tex).
- Waterproof OUTER PANTS, preferably with sidezips on legs.
- Waterproof knee-length GAITERS that will fit over large boots .
- Waterproof mountaineering GLOVES or wool / fleece mitts /gloves plus waterproof overmitts.
- WARM HAT (that covers ears).
- SUNHAT with wide brim.
- NECK TUBE.
- RUNNING SHOES (you may wear these on approach to hut and at the hut).

### **EQUIPMENT LIST**

You will need to bring: (Items in blue are available to rent from Yamnuska)

- SLEEPING BAG**. We suggest a three-season bag rated down to -7 Celsius. Make sure you bring a stuff sac that will reduce your bag to its minimum size (i.e. one with compression straps) so you don't use up all the room in your pack.
- SLEEPING PAD (S)** ('Thermarest' &/or 'Ensolite')
- BACKPACK**. Big enough to fit extra clothing, sleeping bag, and share of food. Internal frame packs are most comfortable. A 55-65 Liter pack is suitable.
- MOUNTAINEERING BOOTS**: You will need boots designed specifically for this use. Some hiking boots are suitable but they must be firm enough, waterproof and able to take crampons. Mountaineering boots are made from leather or plastic. Leather boots have either a semi-rigid or a rigid sole. Plastic boots have rigid soles. The most important feature of a mountaineering boot is comfort. Different brands seem to suit different feet. If buying try a few different pairs and if they are not comfortable don't buy them. There are many good brands. They include Asolo, Kayland, Koflach, la Sportiva and Scarpa.
- SUNGLASSES** with good UV protection, we suggest 'glacier glasses'.
- Extra Strength **SUN CREAM**.
- Lip Cream
- HEADLAMP** with fresh batteries.
- WATER BOTTLE** (1L minimum).
- POCKET KNIFE**
- BLISTER KIT** ('moleskin', 'Second Skin')
- FIRST-AID** Items (band-aids, ibuprofen & aspirin / Tylenol is enough as guides have a kit also).
- CAMERA** and spare film.
- TREKKING POLE (S)** (optional).
- EAR PLUGS** for dorm sleeping.
- Unbreakable large plastic **BOWL**, or Jug
- Light **MUG & Spoon**, Pocket Knife

### **MOUNTAINEERING GEAR**

You need to bring:

- ICE AXE**. We suggest a general mountaineering axe optimum 70cm length.
- CRAMPONS**. Must fit your boots.
- HARNESS**. Sit harness preferred.

If you don't have these items we will lend them to you. Please let us know what you need in advance.

### **Insurance**

In this area there is no charge for rescue. Ensure that you have adequate travel insurance or that your health plan will cover you for medical costs whilst here.

### **To Book**

Please book as early as practical to avoid disappointment. A deposit of **\$498 CDN** (including GST) is required at time of booking. Final payment is due eight weeks before the start of the trip. To avoid unnecessary cancellation penalties we suggest you take our cancellation insurance for an extra non-refundable \$72, this can only be purchased at the time of booking.

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.

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

### **Map of Office Location:**

