



Rogers Pass Ski Weekends

Program Details

Join us for three days of backcountry skiing in Rogers Pass, a Mecca for powder hounds. The 'Pass' can be intimidating to the newcomer, the runs are steep and access is not always obvious. Getting to know the area with an experienced guide will give you a great introduction to this amazing ski area.

In addition, this weekend will be an opportunity to pick up more back country skills, brush up on techniques and refresh your knowledge of route finding and avalanche safety.
printer friendly version

2010 Dates

January 22 - 24, February 13 - 15, February 26 - 28

Price

\$595 CDN includes guiding and hotel accommodation. Cancellation insurance is available for an extra \$32. GST is extra.

Gratuities, meals, equipment and transportation are not included.

Meeting Time and Place

The January trips start at 8am BC time (Pacific Time) on the 1st day in the lobby of the Glacier Park Lodge at Rogers Pass. The February trips start at 9am BC time (Pacific Time) on the 1st day in the lobby of the Glacier Park Lodge at Rogers Pass. Please be dressed ready for skiing with skins on skis.

Objectives

Introduce participants to skiing at Rogers Pass
Find as much good powder skiing as possible
Refresh back country techniques and knowledge

Agenda

Friday: Meet at Glacier Park Hotel in Rogers Pass at 8am (January trips) or 9am (February trip) PST. Check-in, check gear, check weather and avalanche forecasts, then head out for an appropriate objective. Today we'll likely do something close to the Hotel in Connaught Creek where there are several terrific short tours. The hotel has a swimming pool and sauna plus restaurant/bar.

Saturday & Sunday: There's a multitude of options available and we'll select objectives that fit the groups ability and energy. Perhaps the Sapphire Col - Lily Glacier loop and one of the routes from Bostock Creek.

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

Guides & Group Size

Our groups tend to be small.

Our instructors are certified professional ski guides who are licensed to operate in the backcountry. There will be a maximum of 7 participants per guide and a maximum of 12 participants on the program. The program will require 6 participants to run.

Difficulty & Prerequisites

This program is limited to participants 19 years and older unless accompanied by a parent or legal guardian and in which case approval must be given by Yamnuska Mountain Adventures

Participants should have had some back country skiing experience before and be advanced intermediate skiers. In the Yamnuska context a minimum would be prior participation on 'Intro to Backcountry Skiing', or "AST 2" or equivalent training or experience with other organizations. 'Advanced intermediate' means that you are comfortable making parallel turns on most terrain at a ski hill and that you have enough ski skills to deal safely with all but the most extreme terrain found at a ski hill (that is to say you can stop, turn around, then traverse out of areas you can't handle).

You also need to be in good aerobic shape, as you will have to "skin" up everything you ski down. You will get a good workout each day so need to be ready. You will be skiing with a daypack containing your lunch, water, avalanche gear, and spare clothing.

Return to top

Transportation

Transport is not included in this program. We can help coordinate a carpool, let us know if you can give someone a ride or if you will need one.

Rogers Pass is 350km west of Calgary on the Trans Canada (#1) Highway in Glacier National Park. Calgary International Airport is regularly serviced by flights from Europe and throughout North America. Greyhound (1 800 661 8747) services Rogers Pass from points east and west along the Trans-Canada Highway.

Accommodation & Meals

Shared hotel accommodation on the 1st and 2nd nights at the Glacier Park Lodge is included. Please contact the Lodge if you wish to stay there before or after the program.

If you prefer your own room for the 2 nights at the hotel we can try to accommodate your request. The cost is an additional \$75.00 Cdn plus tax for the 2 nights. Please request this when booking. Meals are NOT included. There is a cafeteria and a restaurant at the hotel. Each day of the program you will need a lunch, energy snacks and plenty to drink.

Equipment & Clothing

You will need to bring your own clothing, avalanche beacon, snow shovel, probe, skis, poles, climbing skins and a daypack. We have many of these items available to rent when available. We supply other group safety items. Rental Gear

The equipment and clothing you bring will have a big impact upon the quality of your experience. Please be sure to bring all items listed. If unsure about anything please don't hesitate to call and ask us!

Skis

There are two ski systems you can use: System 1 'Alpine Touring' skis are essentially downhill skis with a special touring binding which allows the heel to lift whilst going uphill or across the flats and then 'locks down' to become a regular downhill safety binding. We recommend this

Program Details, page 2 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

system to anyone with a background of downhill skiing who is not already an advanced telemark skier. System 2 'Telemark' skis. These should only be used for this program if you are at least an advanced-intermediate telemark skier with some backcountry experience. This system is more difficult and less forgiving than the other.

Which should you use? If you are a downhill skier then you should use 'Alpine Touring' gear. Only if you are already an advanced 'Telemark' skier should you bring 'Telemark' gear. Both types of gear can be rented in Calgary and Canmore prior to the trip

Equipment List

You need to bring:

- Skis We recommend a short (160 - 185cm) wide ski designed for powder
- Climbing skins 'Stick-on type'
- Ski Poles
- Ski boots
- Avalanche beacon rentals available
- Snow shovel rentals available
- Collapsible probe rentals available
- Daypack (large enough for spare clothes, lunch & equipment) rentals available
- Sunglasses and ski goggles
- Thermos flask and water bottle
- Sun block & Lip Cream
- Pocket knife
- Small Flashlight or Headlamp with fresh batteries
- Small Blister & 1st-Aid Kit ('moleskin', plasters & Tylenol is enough)
- Camera
- Personal Toilet Items
- Ear Plugs (optional)
- Family FRS radio (short range, multi frequency) (optional)

Clothing List

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 and from the ascent to the descent.

- Polypro underwear (top & bottom)
- Warm pants (nylon blend, insulated or fleece)
- Warm shirts (not cotton)
- Medium weight fleece sweater
- Fleece Jacket
- Light insulated jacket or vest
- Waterproof jacket with hood (Gore-Tex or nylon)
- Waterproof pants (Gore-Tex or nylon, with side zippers)
- Socks (wool outer & polypro liner), several sets
- Wool or fleece hat
- Waterproof ski mountaineering gloves or mitts
- Neck tube
- Sunhat
- Casual clothing to wear in the hotel
- Swimsuit for the swimming pool and sauna

Rental Information

Skis, Boots, Skins & Poles can be rented from:

- Canmore: Gear Up - (403 678-1636)
- Banff: Mountain Magic - 224 Bear St. (Tel: 403 762-2591)

Program Details, page 3 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

- Calgary: Campus Recreation, University of Calgary - Phys-Ed Building (Tel: 403 220-5038)
- Calgary: M.E.C. - 830-10 Ave. S.W. Calgary (Tel: 403 363-0122)
- Yamnuska has avalanche beacons, shovels and probes for rent

Insurance

There is no charge for rescue so long as you have a valid National Park Entry Pass (obtain at Park Info Centre next to GP Lodge). It is wise to ensure that your health plan will cover you in case of illness or accident whilst here. Obtain extra coverage if necessary.

Booking Information

Please book as early as practical to avoid disappointment. We require full payment on booking. To avoid unnecessary cancellation penalties we suggest you take our cancellation insurance (\$32), this must accompany your payment.

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 to Roger's Pass:

