



Snow & Ice Long Weekend

Program details

The course is a 3-day comprehensive introduction to general mountaineering. You'll receive instruction in basic techniques of moving on snow and ice plus an understanding of safe glacier travel and of what crevasse rescue entails. You will also take part in the ascent of a classic Rockies peak with all the excitement and hard work this entails followed, if lucky, by the unforgettable thrill of the summit.

2010 Dates

May 22 - 24, May 29 - 31, June 12 - 14, June 26 - 28, July 10 - 12, July 31 - Aug. 2, Aug. 14 - 16, Sept. 4 - 6, Sept. 18 - 20

Price

\$520 CDN includes instruction and use of technical equipment. Park fees, meals, accommodation, transport, GST & gratuities not included. Cancellation insurance available for \$25.00.

More climbing: Yamnuska guides and instructors are also available for private climbing after the program ... ask us for details.

Instructors and Group Size

Great people to spend time in the mountains with, your instructors are certified by the internationally-recognized Association of Canadian Mountain Guides and licensed by Parks Canada. There will be a maximum of 6 participants per instructor.

Course Location

The course is held at the Columbia Icefields. It is ideal as glaciers, snowfields and peaks are right next to the 'Icefields Parkway', the scenic road linking Banff and Jasper.

Meeting Place & Time

Meet at the "ICEFIELDS CAMPGROUND" by the cooking shelters at 9.00am on Saturday morning. Please be dressed for the outdoors and have your gear handy so the instructors can check it with you. The campground is located 1 km south of the Icefields Centre on Hwy. 93. It is the closest one to the Centre.

Course Agenda

This is intended to give you an idea of the type of activities you will be doing on this course. This agenda may be changed to accommodate weather conditions, climbing conditions and the ability and fitness of participants. Please note that conditions change in the area during the summer. Typically on the earlier weekends it can be difficult to find ice as the glaciers are still covered by snow. By the end of the summer, however, it can be hard to find snow as it has largely melted. Thus we cannot guarantee that you will spend equal time on snow and ice.

Saturday:

- Meet at 9:00am, course briefing.
- Equipment issue and crampon fitting.
- Head to nearby training area.

Note: You will need to bring your climbing boots to the fitting session as well as any climbing gear you have so we can check it out.

Snow & Ice Long Weekend Course Details, page 1 of 4

- Knots and harnesses.
- Snow school (at field site nearby) includes: Movement on snow, Use of ice axe, Self-arrests, Belaying on snow.

Note: Much of this day is spent sitting in and sliding on snow. You will need waterproof gear (with dry clothing for later).

Sunday:

- Meet at 8:00am, discuss day's objectives
- Ice School and crevasse rescue includes: Glacier morphology, Crampon technique, Basic ice climbing, Ice screw placement, Roping up for glaciers, Crevasse rescue techniques.

Monday:

- Typically a 3:00am meet to begin the ascent
- Ascent day, Athabasca or other peak as appropriate.

This is an exciting and challenging opportunity to put new-found skills into practice. There are several options of which 3491m (11,454 Ft.) Athabasca is best known. Other peaks include A2, Boundary Peak and Mt. Wilcox. All are good introductory mountaineering challenges.

The peak you attempt will depend upon the mountain conditions, the weather and your level of fitness.

We only attempt Athabasca with those fit enough and when conditions and weather are safe. Should conditions mean that no peak is suitable we will schedule an extra day of instruction.

Expect a long but rewarding day. We start very early (well before dawn) and you will be exposed to the incredible beauty of a mountain sunrise. The climb is not too technical but requires many of the things mountaineers must have, stamina, fitness, route finding skills and good judgment.

Difficulty, Fitness & Experience

This is a course for complete beginners. You will need to be fit and it is a 'hiking' fitness that you will need. The first days are relatively easy as instructional locations are close to the road.

If hoping to climb Athabasca on this course (assuming mountain conditions are safe) you must be very fit (Athabasca usually takes at least 10 hours & involves a height gain of 1372 m or 4,500 ft.). If not ready for Athabasca we will attempt another, more appropriate climb with you.

Any training you can do in advance, particularly that involving hiking up steep terrain, will really enhance your enjoyment of this program. No prior mountaineering experience is needed.

Transportation & getting to the Icefields

The Icefields are located approximately 180 km north of Banff on highway 93 ("Icefields Parkway"). During the summer months the Icefields are serviced by daily bus from Banff and Jasper (Brewsters, 403 762 3207). Each day we drive a short distance (up to 5 km) to the training location. Once at the Icefields it is usually possible to car pool with other participants. If flying in for the course it would be easiest to rent a car from Calgary International Airport. It takes about 4 hours to drive to the Icefields from the airport. We can also put participants wishing to car pool in touch with each other.

Accommodation and Meals

There are several options available. The instructors and most climbers stay at the "Icefields Campground". Your choices include:

1. Camping: There are two campgrounds in the area. Most climbers use the "Columbia Icefields Campground", which is a first come, first serve system. In peak summer, it can be hard to find a place

if you arrive late in the day. It will cost around \$12/day/tent site (**cash only, no credit cards accepted**). The other campground nearby is "Wilcox Creek" for RVs.

2. The Icefields Chalet Hotel: If interested in more upscale living conditions then try this brand-new hotel. To book call 1 877 423-7433. If staying at the Hotel you will need to bring your own breakfast supplies for the ascent day on Monday as the Hotel restaurant will not be open that early (3.00am).
3. Hostels: There are a couple of rustic hostels operated by Hostelling International within a 45 minute drive of the Icefields. Beauty Creek Hostel is quite a bit closer than Rampart Creek Hostel. They will cost you around \$25/night. You can make reservations by calling 1 866 762 4122.

If wanting to stay in Canmore or Banff before or after the course check our "links" page on our website for accommodation options.

You will need to bring a lunch and snack food with you each day. Bring plenty of high-energy snacks. Particularly on cold days, we may not stop for long lunch breaks opting for more frequent short snack breaks instead. You will also need to bring plenty of liquids, especially on the peak day.

Equipment and Clothing

We supply group technical gear as well as crampons, ice axe, harness and helmets if needed. When booking please let us know if you already have these.

You will need to bring your own clothing, mountaineering boots (rentals available) and large daypack. The equipment and clothing you bring to this program will have a big impact upon the quality of your experience. Please be sure to bring all items requested. If you are unsure about anything please do not hesitate to call and ask us.

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.

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 should be wool/nylon blend knickers, 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.
- Waterproof OUTER JACKET with hood (Gore-Tex).
- Waterproof OUTER PANTS, preferably with side zips 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.

EQUIPMENT LIST

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

- MOUNTAINEERING BOOTS:** You will need proper mountaineering boots designed specifically for this use. Most hiking boots are not suitable not being firm enough, waterproof and not made 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 including: Asolo, Kayland, Koflach, la Sportiva and Scarpa.
- DAYPACK.** Large enough to carry spare clothing, lunch, water and climbing gear.
- SUNGLASSES** with good UV protection, we suggest 'glacier glasses'.
- Extra Strength **SUN CREAM.**
- LIP CREAM.**
- HEADLAMP** with fresh batteries.
- WATERBOTTLE** (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).

OPTIONAL ITEMS

We supply the following items, but if you have your own, please feel free to bring along -

- ICE AXE.** We suggest a general mountaineering axe optimum 70cm length.
- CRAMPONS.** Must fit your boots.
- HARNESS.** Sit harness preferred.
- CLIMBING HELMET.**
- PRUSSICK SLINGS.**
- LOCKING & NON-LOCKING CARABINERS**

Insurance

There is no charge for rescue so long as you have a valid National Park Entry Pass (obtain on entry to National Park). However, it is wise to ensure that your health plan will cover you in case of illness or accident during your visit to the Rockies.

Booking Information

Please book as early as practical to avoid disappointment. We require full payment of **\$520** CDN plus GST with registration. To avoid unnecessary cancellation penalties we suggest you take our cancellation insurance for an extra non-refundable \$25, this must be purchased at time of booking. Please read the information on booking conditions and cancellation penalties on our website carefully before booking.