

## Hokkaido Powder - Ski Japan!

Join David Begg, Yamnuska Director on powder ski safari to the fabled backcountry of the northern Japanese island of Hokkaido.

For years rumors have been drifting across the Pacific about perfect powder and stable snow in Japan. Given skiers' tendency to keep new powder stashes to themselves one has to wonder that where there's smoke there must be fire, albeit of a very cold variety.



Yamnuska has specialized in running mountain tours for Japanese people in Canada for many years. Now we are going to exploit our excellent Japanese connections to head in the reverse direction, to run the first ever backcountry ski touring program to Japan.

[Hokkaido Powder Ski Japan](#)

## Celebrating a Milestone!

In the same year that Yamnuska Mountain Adventures was conceived by a group of young Canadian climbers and guides, the Apple II computer and Atari video games were launched, Queen led the music charts with its hit song, We Are The Champions and Star Wars, Annie Hall and Saturday Night Fever were top grossing films.

In 1977, the vision of the Yamnuska founders was to introduce modern instructional techniques into Canadian mountaineering programmes; a departure from traditional European alpinism.

Over three decades, Yamnuska has evolved into the premier Canadian mountain adventure company, graduating thousands from its various instructional programmes and mountain skills semester courses. Our client list includes representation from over 30 countries.

Yamnuska now operates year round with mountaineering, climbing, skiing and hiking programmes that are unsurpassed in quality, variety, location and professional guiding services.

We have an enviable reputation, worldwide, for the calibre and breadth of our certified guiding team. **Yamnuska Mountain Adventures is celebrating its 30th birthday throughout 2007** with special events, themed trips and birthday discounts. Look for more details in an upcoming special edition Newsletter!

## Recent Comments from YMA Programs

*"The guides were great. I felt completely comfortable. Their patience and obvious enjoyment in what they were doing was motivating, and it was clear that safety was at the forefront. I want to come back. Keep up the excellent standards!"* **BASIC ICE**

*"Fantastic job by Steve. He provided instruction in a clear and systematic manner and was always ready to answer any questions asked of him. He was constantly paying attention to the clients, giving us tips and keeping us safe."* **INTRO TO SKI MOUNTAINEERING**

*"Matt Mueller was a phenomenal guide! He was down to earth, personable, knowledgeable, and receptive to our wants. Further, he coached us through the process in an attempt to help us improve our ice-climbing skills."* **PRIVATE GUIDING**

## What is Rock Climbing?

Rock climbing is likely the simplest and most natural form of climbing. If you have ever scrambled on top of a small boulder you have rock climbed before. In fact, rock climbing distilled to its simplest version requires no specialized equipment at all.

The equipment used in rock climbing has two main mandates; While modern climbing foot ware, shoes or boots soled with sticky rubber ease the movement through an endless variety of movement skills required to ascend rock, ropes, harnesses, helmets and other safety gear creates a safety net by preventing a fall or controlling the consequences of a fall.

### Climbing Communication

By use of standard universal calls climbers can safely communicate their needs to each other. Even if it is hard to hear, with practice you can learn to differentiate these calls. Without proper communication it can be possible to make an error that has serious consequences.

<b>Climber</b>	<i>"That's me"</i>	Belayer has taken up rope and it comes tight on climber
<b>Belayer</b>	<i>"On belay"</i>	Belayer is anchored and prepared to hold a fall
<b>Climber</b>	<i>"Climbing"</i>	Climber is ready to start climbing
<b>Belayer</b>	<i>"Climb on"</i>	Climber may begin climbing
<b>Climber</b>	<i>"Up rope"</i>	Climber wants extra rope taken in
<b>Climber</b>	<i>"Slack"</i>	Climber wants slack in the rope
<b>Climber</b>	<i>"Tension"</i>	Climber wants a very tight rope
<b>Climber</b>	<i>"Falling"</i>	Climber is falling
<b>Climber</b>	<i>Secure</i>	Climber no longer needs a belay
<b>Belayer</b>	<i>"Off Belay"</i>	Belayer is removing the belay
<b>Climber</b>	<i>"Take"</i>	Hold rope tight
<b>Belayer</b>	<i>"Got"</i>	Rope held tight in brake position
<b>Climber</b>	<i>"Lower"</i>	Ready to be lowered
<b>Belayer</b>	<i>"Lowering"</i>	Lowering climber
<b>Anyone</b>	<i>"Rock", "Ice"</i>	Warns of falling objects
<b>Anyone</b>	<i>"Rope"</i>	Warns of rope being thrown



## **Rock Evolution**

Rock Evolution is an innovative and modern climbing development program designed for fit beginners and for basic and intermediate indoor climbers. Rock Evolution incorporates elements from all Yamnuska's rock programs. To 'Outdoor Rock Intro' add multi-pitch climbing, 'trad' gear, rope techniques and lots of personal movement skill coaching. The program is taught by technically gifted instructors who are also skilled coaches. An approach focusing on personal technical movement skills allows for differing rates of development.

This course is designed for:

- \* Basic & Intermediate level indoor rock gym climbers (you can top rope lower grade climbs < 5.9, you are not leading climbs).

- \* People who have not climbed before or who have a little outdoor climbing experience and who are in good physical shape.

If you are an indoor climber and climb 5.9 and greater and you are leading or feel ready to lead you should consider our 'Rock Transition' course or if it's multi-pitch climbing you want then 'Hot Rock'.

### **[Rock Evolution](#)**

## **Bugaboos Granite**

The 'Bugs' are one of North America's most famous climbing areas. This world renowned alpine paradise with its awesome granite spires, beautiful glaciers and lush green valleys, attracts alpinists from around the world. Why? ...The climbing. It's superlative! The objective of this program is simple...climbing and instruction on the area's famous classic rock routes. In addition to Bugaboo, Pigeon and Snowpatch Spires, are many enjoyable routes on other nearby spires.

### **[Bugaboos Granite](#)**