

News from Yamnuska Mountain Adventures



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RECENT PRESS

[Yamnuska Used Gear Sale - Fall '08](#)



Come out and check out all of our Used and New gear from Yam's rental fleet and our guide's personal gear stashes!

Get great deals on

UPCOMING DEPARTURES

Sept. 6th/08, [Rock Transitions](#) - Intermediate Rock Climbing Course

Sept. 7th and 14th/08, [Intro to Mountaineering](#) - Last 2 courses

Sept. 12th/08, [Wapta Ice Hike](#) - Hiking over the Wapta Icefields

Sept. 13th/08, [Outdoor Rock Intro](#) - Last Rock Course of Season

Sept. 15th/08, [Fall '08 Canadian Mountain Skills Semester](#) Start

Sept. 20th/08, [Snow and Ice Long Weekend](#) - Last Program of Season

Oct. 26th/08, [Wilderness First Responder](#) Course

Nov. 1st - 9th/08, [Banff Mountain Book and Film Festivals](#)

Nov. 22nd/08, [Avalanche Skills Training 1](#) Courses Begin!

Dec. 5th - 7th/08, [Arc'teryx Canmore Ice Climbing Festival](#)

Dear Andrew,

Thank you all for another great season! We've had a busy summer here at Yamnuska with many new and old faces joining us on programs and expeditions. With the season winding down and the winter snows fast approaching we are gearing up and getting ready for winter!

Fall in the mountains is one of the most beautiful times of the year, and my favorite season. The larch and poplar trees wash the valley bottoms with golden brilliance, and a lot of wildlife are actively feeding to stock up for the cold winter months ahead. This is the perfect time of year to get out exploring in the mountains!

We hope to see you soon,

Andrew Stevens

Mountaineering, Ice Climbing, Trekking, and Rock equipment. Highlights Include:

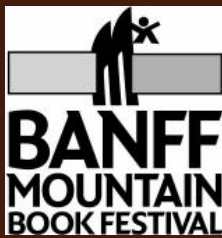
- Quark Ice Tools
- OR/Exped Tents
- New OR Jackets
- Avalanche Beacons
- Backcountry Skis

Keep an eye on our [website](#) for the date of this event.

Banff Mountain Festivals!

For the second year in a row, Yamnuska is proud to be a sponsor of the Banff Mountain Book Festival. We will be presenting the award for the "Best book in Mountain Exposition" during the festival week - Nov. 1st - 9th/08.

Come on out and enjoy the readings, meet the authors and stay for a screening of one of the Mountain Film Festival's many excellent films.



Join Our Mailing List!



Yamnuska's Bolivian Adventure May 20th - June 8th, 2008

It was the most remarkable altitude transition I had ever experienced - taking off from sea level in Miami airport then deplaning in La Paz, the world's highest capital city at over 12,000'/3960m.

Barry Blanchard and Steve Holeczi of Yamnuska Mountain Adventures had designed another grand adventure for us in the Cordillera Real of Bolivia, part of the great Andes chain of mountains that form the spine of South America.

The itinerary included a few days in and around La Paz to acclimatize and get everyone's oxygen saturation at a reasonable level. We then headed out to the Condoriri group of mountains for our first climbs on Tarija (17,200'/5212m) and Pequeno Alpamayo (17,643'/5346m).

Our next mountain objective was the stunning Huayna Potosi at 20,090'/6088m. It was a long slow march up to the narrow summit where Barry and I were rewarded with a fleeting view of the Altiplano and Lake Titicaca near Peru. In contrast, Steve and Pat Murphy had reached the summit earlier in a whiteout, and due to another party on the narrow summit perch, took their pictures in a reclining position!

Our final objective was the massive and imposing Illimani at 21,245'/6438m. At this point in the trip, Pat and I were the only clients so we were fortunate to have Barry and Steve to ourselves. We started at 3am and made steady progress, but the unrelenting wind and high altitude took their toll. We reluctantly turned back at about 20,500', a personal high altitude best for both Pat and me.



Having previously been on overseas Yam expeditions to New Zealand, Mexico and Peru, I can say that this fourth expedition to Bolivia continued the fabulous climbing, the camaraderie and excellent guiding that I have come to expect and trust from Yamnuska.

- Margaret Imai-Compton

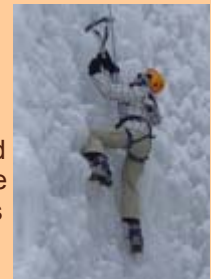
Fall and Winter Program Highlights



Well, it's almost time to strap on the skis and sharpen up the Ice tools for another great season of outdoor pursuits in Canada's winter playground! But there are still a couple of weeks of summer left, and September is often one of the nicest months for getting out in the Mountains!

For those of you who missed the opportunity to take one of our Beginner Mountaineering courses this summer, we have a couple of departures left on our [Snow and Ice Long Weekend](#) and [Intro to Mountaineering](#) courses. Our [Hot Rock](#) program (Sept. 8th - 12th/08) offers a great opportunity to get out and climb some classic Bow Valley multi-pitch rock with our experienced local guides. We still have a couple of spots left on our [Outdoor Rock Intro](#), [Rock Transitions](#), and [Rock Evolution](#) courses during the month as well. Once the snow starts to fall, the Rockies become one of the best [Ice Climbing](#) and [Backcountry Skiing](#) locations in the World! We have programs to suit every ability level from beginner to advanced including some incredible expeditions and [Hut-Based Ski](#) trips that will take you into a winter wonderland that defies the imagination. Keep an eye on our [website](#) for trip updates and program dates. Also, make sure to get out on one of our [Avalanche Skills Training](#) courses early in the season if you are planning to spend any time in the backcountry this winter.

Once again Yamnuska will be the organizational force behind the [Arc'teryx Canmore Ice Climbing Festival](#). Join us December 5th - 7th/08 as we celebrate this unique sport in arguably the best ice and mixed climbing locale in the world! We will be featuring an artificial ice wall in Centennial Park so that people can come out and try climbing in a safe and controlled environment, as well as test out the latest gear from outdoor manufacturers. There will also be slideshows from world famous climbers and mountaineers as well as competitions where you can watch some of the best ice and mixed climbers practice their sport. Come out and join us for one of the many beginner, intermediate and advanced clinics which will be taught by Yamnuska guides and guest instructors. This is a great way to learn from the best and improve your skills.



All program information is available on our [website](#).

Guide Focus - Manuel Quiroga



Manuel has been working for Yamnuska for the past three summers and has become an integral part of the Yam guide family! Originally from the town of Rosario in Argentina, Manuel grew up camping and exploring the Cordoba region during his summers and fell in love with the mountains at a young age. He started climbing on a brick wall as there were no gyms in his hometown and the mountains were a 7 hour drive away.

Manuel was the first and only full mountain guide that completed all of the AAGM (Argentinean Association of Mountain Guides) certifications. He splits his time guiding mountaineering programs in El Chaltén, Patagonia during the winter months and teaching for Yamnuska in the Canadian Rockies in the Summer. With an extensive resume of climbing achievements and a fun and open personality, Manuel exemplifies the qualities that make Yamnuska guides stand out in the mountaineering community.

While perfectly comfortable in any mountain environment, Manuel's true passion is for alpine rock routes which provide challenge and require incredible stamina. Recently Manuel was one of a two person team to accomplish the first free ascent of Seventh Rifle (VI 5.11b), North Howser Tower, Bugaboos. Check out the story in "[Climbing Online](#)". Some of Manuel's favorite alpine rock and mountaineering areas are the Fitz Roy Range, Cerro Torre Range and The Bugaboos.

Manuel will be leading a couple of our international expeditions this winter:

[Patagonia Icecap Traverse](#) - Departures in December '08 and February '09

[Aconcagua Ascent](#) - January 2009

"Manuel and Sarah were both awesome guides. Our weather stunk, and they did an excellent job coming up with suitable alternatives to our original plans and kept us climbing, even when folks in the Kain hut were staying in all day. They were super flexible - every day we had plans A through D just to ensure that everyone in our group felt they had options. On top of all this, they were fun to be around, interesting to talk to, extremely knowledgeable, efficient, and safe. I appreciate all their hard work!"
Sarah - Salt Lake City, Utah



"Our guide Manuel was awesome - just the right mix of patience, experience and enthusiasm. One conversation I remember distinctly is Manuel's love for "play" - specifically the play that a child is capable of doing that dissipates with adulthood. A child is so wholly and completely absorbed by their imaginations and creations. Manuel lives as such - freely. He has the rare ability to lead, be a romantic and still nurture a desire to live free - a combination not frequently found."

Trail Snacks - Whitewater Granola Bars

This was a huge hit with our guides during their Staff Training Week... hope you like them too!

Round One: Cream together in a bowl or you can mix these in a pot on the stovetop too, a bit easier than mashing butter chunks, but you need to let the mixture cool before you add it to round 2 or else your chocolate chips will melt!

- 1 cup butter
- 1 1/2 cups peanut butter
- 1 1/2 tsp vanilla
- 1 cup brown sugar

1 cup honey

Round Two: Mix these together in a separate bowl and add round 1, mix together.

6 cups large flake oats

1 cup toasted coconut

1 cup toasted sunflower seeds

1/2 cup toasted flax seeds

1 cup chocolate chips

1 cup raisins

1 tsp sea salt

- press mixture into a greased cookie sheet
- bake in a pre-heated oven at 350F for about 20 minutes or until golden brown on top
- allow to cool a bit, but cut into bars while they are still warm
- let cool completely before removing from pan

Recipe adapted from "Whitewater Cooks" by Shelly Adams

Gear Corner - Big Angus Copper Spur UL Tent

This year Yamnuska replaced many of our fleet of light-weight summer backpacking tents with the new Big Angus Copper Spur UL 3-person tents. After a season of use and abuse we are ready to give this new tent a big thumbs up! These tents provided reliable light weight and rain free shelter through a variety of conditions ranging from early spring thunder and hail storms to late summer snow squalls on some of the Canadian Rockies' most challenging backpacking routes.



Copper Spur UL 3 person - tent body without fly

Weighing in at only 4 lbs 3 oz, this is one of the lightest 3 person tents on the market. Big Angus achieved this by using the latest technology in aluminum poles for a high strength to weight ratio, ultralight fabrics for the tent body and fly, and smaller, lighter zippers to save even more weight. The pole's hub design makes the set-up quick and easy even at night or in rainy weather, and the little extras like the reflective guylines and self-propping vents on the fly make the tent a great addition to any backcountry adventure! There is lots of room for three people to stretch out for the night (44 square feet) and dual doors and vestibules make entry and exit as well as gear storage easy.

There is a two person model as well which weighs in at only 3 lbs 6 oz and has all the same features as the larger tent. There is considerably less room with only 29 square feet of floor space and the asymmetrical

canopy design means you have to pay a little more attention when setting it up, but for one or two people it works out great for the weight conscious backpacker.

All of these innovations mean that this tent is a little on the pricey side, however you'll be warm, dry, and have lighter packs this summer while exploring the wonders of the Canadian Rockies with Yamnuska!

Reviewed by Andrew Stevens

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