

News from Yamnuska Mountain Adventures



LATEST NEWS

- [Out and About with YMA](#)
- [Yamnuska is on Facebook!](#)
- [Winter Program Preview](#)
- [Staying warm in Winter](#)
- [2010 Summer Highlights](#)

INFORMATION

- [Yamnuska Website](#)
- [Weather](#)
- [Rockies Hiking](#)
- [Mountain Parks](#)
- [Coast Mountain Sports](#)
- [Contact](#)

RECENT PRESS



The Knuckle Basher is a grass roots style winter climbing festival. 2010 is our second year running the festival and this year we have more clinics, more shows, and

UPCOMING DEPARTURES

- Dec. 5, [Basic Ice](#) and [Ice Evolution](#) - Beginner ice climbing programs
- Dec. 11, [Intro to Backcountry Skiing](#) - Learn touring basics from the pros!
- Dec. 12, [Advanced Ice Systems](#) - Take your ice to the next level
- Dec. 19, [Mixed Ice Camp](#) - Cutting edge ice and mixed techniques
- Dec. 27, [Avalanche Skills Training 1](#) - Critical skills to have for winter
- Jan. 5, [Wilderness First Responder](#) - Learn the techniques to keep your party healthy and safe in backcountry emergency situations
- Jan. 9, [AST 2](#) - Upgrade your AST 1 with three extra days of touring
- Jan. 22, [Rogers Pass Ski Weekend](#) - Superlative powder skiing in one of B.C.'s backcountry ski meccas!
- Jan. 25, [RP AST 2](#) - Full 5 day avalanche program in great skiing area
- Feb. 5, [2010 Knuckle Basher Ice Climbing Festival](#) - Canmore, AB
- Feb. 12, [Wapta Traverse](#) - Hut-to-hut ski touring in the Canadian Rockies

Dear Andrew,

Have you felt it yet? That strange tingling in your legs? That odd rhythm your body naturally falls into when you are walking through snow and not paying attention? Day dreams about white pristine landscapes and the smell of fresh pine needles and wood smoke? These are all signs that it has been way too long since you have been on skis, and you immediately need to seek professional help to get you out in the backcountry!

Ignore these warning signals at your own peril! Long term untreated symptoms can lead to serious cases of Cabin Fever, Winter Blues, and sudden desires to pelt co-workers and friends with snowballs.

Luckily there is a solution! Yamnuska Mountain Adventures is here to help and support you in managing your winter cravings. Our programs are designed for people like you and sharing our experiences with like-minded adventurers will help to alleviate the burden of guilt from leaving your family, friends, or important job behind to come out and play in the mountains!

We'll see you soon!

Andrew Stevens

we're introducing a competition done in the Bozeman Style.

An extensive clinic program run by [Yamnuska Mountain Adventures](#) features clinics for all abilities from novice to advanced. There is a women's specific clinic and this year, we have added a feature clinic - [The Knuckle Basher Multi-pitch Classics](#) which will have a 1:2 guide to participant ratio.

This year we will be featuring several guest climbers including: Zoe Hart, Margo Talbot, Rob Owens, and others. Our guest climbers will be at the clinic areas offering tips, style, and inspiration.

For entertainment we have slideshows and events each night. Our Thursday show will feature Kevin Doyle presented in partnership with the Ecotourism and Outdoor Leadership Applied Degree program at Mount Royal University. Our Friday show will feature a presentation by IceXperts / International Guide Bureau guide Eric Dumerac. Saturday, we will cap of the show program with Black Diamond Athlete Zoe Hart. Saturday's show will also feature a silent auction.

Our show venue and festival headquarters this

Out and About with Yamnuska Mountain Adventures

The past months have seen Yamnuska supporting the local climbing and outdoor community. Here are some of the events that we have helped out with:

- Banff Mountain Festivals: This year, once again, Yamnuska was proud to support the [Banff Mountain Book Festival](#) by sponsoring the award for Best Book: Mountain Exposition. This year's winner was "Flakes, Jugs, & Splitters" by Sarah Garlick. Congratulations to Sarah for a fantastic book that highlights the geological processes and natural history behind the rocks we climb on. We were also out for the trade show to discuss mountain adventures with keen festival goers. Thanks to everyone who dropped by for a visit!
- Alpine Club of Canada - Mountain Guide's Ball: Each October the ACC holds their famous Guide's Ball at one of the spectacular hotels in the Bow Valley. Guides and mountain lovers trade in their Gore-Tex and Schoeller for the more restrictive, but flashy tuxes and evening gowns. The night is a highlight of the year for the mountain community and always honours an ACC patron who has contributed a great deal to mountain culture over the years. This year's patron was [Leo Grillmair](#).
- Last September, Yamnuska guides hosted Jack Osbourne, Billy Boyd, Natalie Imbruglia, and Konnie Huq for an episode of the "Adrenaline Junkies" reality TV show. We guided the group up Mt. Fable, just North of Canmore where we truly met the expectations of the program viewers, if not the guests who were on the actual climb... epic! We also set up a super cool swing in one of the high-walled canyons on Grotto Mountain. This was the true adrenaline portion of the adventure with a 60m free fall for an eagle's eye view of the Bow Valley! Check out the four part YouTube video [here](#).



To read more about Yamnuska trips and adventures visit our [Blog](#).

Coast Mountain Sports - Hit the trails in style!

Discover must-have winter outdoor apparel and gear with the Coast Mountain Sports [online catalogue](#).

Recently Coast Mountain Sports has unveiled an increased web presence with the Winter 2009 Online Catalogue. As a continuation of the fall online initiative, the micro-site features a taste test of the new Winter product line. Outerwear, Outdoor Apparel and Footwear are featured for both Men and Women, and the Gear section showcases the latest in Packs, Travel, Camping Equipment and Snow Shoes. The homepage has been improved to include a shop by brand logo garden, exclusive promotional messages and contests, as well as captivating outdoor imagery. Also, new to the micro-site is a Shopping List where individuals are encouraged to pre-shop before they suit up; the list can be printed or e-mailed directly to friends just in time for Christmas.

Start exploring today, visit www.coastmountaincatalogue.com and Find New Ground!

year is at the Canmore Senior's Centre. Finally, we have our [Knuckle Basher Competition](#) in which competitors will earn points based on the number, length, and difficulty of climbs a team can complete in a specified period.

All in all, this promises to be a great festival. The 2010 edition of the Knuckle Basher is being supported by Yamnuska Mountain Adventures, The Adventure Logistics Company, Wicked Gravity, The Alpine Club of Canada, Black Diamond, and Petzl.

For complete details and up to date information please visit our [website](#).

Yamnuska is on FACEBOOK!

Yamnuska Mountain Adventures has joined the social networking scene with our new Facebook page. Become a fan and check out all of our updates, photo galleries, videos, special offers, and mountain news. This is a great way to connect with other trip participants and your guides from Yamnuska adventures. Watch for us on Twitter coming up soon as well!



Join Our Mailing List!



Winter program preview:

Snow is on the ground, waterfalls are freezing in the canyons, and city streets are splattered with red and green decorations. All signs point to winter and the holiday season fast approaching. This year it seemed like we didn't even have a chance to catch our breath between summer and winter. In the span of a week we went from 20 degree t-shirt weather to 6 inches of snow on the ground. Only in Canmore can you be rock climbing one day and skiing the next!



This is going to be a fantastic year for winter sports. With the Olympics coming to Vancouver and winter sport fever affecting young and old alike, I predict that the temperatures and snow pack will cooperate to give us an

excellent season. It is also time to get away from the materialistic nature of the holidays and instead come and join us for an experience and memories that will last a lot longer than a new pair of socks, or a bottle of aftershave. Bring out your favorite person for a day of ice climbing or plan a family adventure of backcountry skiing away from the lift lines. We can provide gift certificates for a specific course or for a cash value to put towards any of our programs. Experiential gifts are the best way to go, as once you've had them you can never lose the memories or joy from challenging yourself with something new! Here are just a few options:

[Ice Climbing](#) - Typically the first winter sport to become available, our ice hungry guides are already out exploring freshly frozen waterfalls and mixed routes in and around the Bow Valley. Ice routes develop throughout the winter months with unique and interesting climbs forming up in the early season that can be a true test of your climbing skills. Our regular winter ice programs start on December 5th/09 with our [Intro to Basic Ice](#) climbing weekend course and our 5 day [Ice Evolution](#) program. Private programs and "[Day Ice](#)" can be arranged with the office to match your schedule.



[Avalanche Skills Training](#) - Arguably the most important knowledge to have when setting out on winter backcountry adventures, avalanche awareness and rescue techniques are paramount to a fun and safe winter experience. We offer our [Avalanche Skills Training 1](#) courses almost every weekend in the winter months in both Canmore and Calgary. Join us for one day of classroom instruction to learn the basics of avalanche theory and safety. On day two we head out to a backcountry location to take a closer look at snow pack stability tests, practice route finding, and work through some rescue scenarios. We also offer the more comprehensive [AST 2](#) course where we add on three extra days of backcountry touring and avalanche rescue practice, or join us for the full 5-day [AST 2 at Roger's Pass](#). These are the programs that can give you the skills and knowledge to keep your group safe in avalanche terrain and help you rescue friends in the event of an accident.



[Backcountry Skiing and Boarding](#) - With a wide range of both instructional and guided backcountry adventures, we are ready to help you get out for a unique and amazing skiing experience! Our [Intro to Backcountry Skiing](#) weekend is a great way to learn how to use backcountry ski gear and how to plan your routes in the mountains to get in some great powder descents. We also have our 6-day [Intro to Ski Mountaineering](#) trip which delves into the more technical aspects of mountaineering in the winter months and how to safely tackle some high mountain objectives. For those looking for more of a backcountry touring experience, we offer our 4 and 6-day [Wapta Traverse](#) trips. This is the quintessential Canadian Rockies 'hut to hut' ski tour and is a great way to learn about glacier travel

and enjoy the white wonderland of the Wapta Icefields.

New for winter 2010! Join us for an exciting week of backcountry skiing at the remote [Battle Abbey](#) backcountry ski lodge. Glaciers, peaks, glades, huge basins and trees... the best the Selkirks have to offer! Only 2 spots left!

Backcountry Wisdom - **STAYING WARM IN WINTER**

One of the main reasons why many outdoor recreationists curtail their outdoor activities during the winter months is (you guessed it), the COLD! Especially in the mountains, temperatures during a day out in the Rockies can vary by up to 30 degrees with wind chill, altitude changes and the occasional Chinook. This vast range is very daunting for those of us with little experience with the cold, but rest assured, it can be managed with a few simple tricks. Here are some of the basics our guides recommend for people joining us for winter programs:



- **Layered clothing system:** This is probably the most important factor in staying warm in a winter environment. While you don't need to go out and purchase the latest and greatest advancements in clothing technology, it is a good idea to have some basic elements that you can wear in different combinations depending on the temperature and activity. Avoid cotton, and at a minimum you should have a base layer next to your skin (long johns), a mid-weight layer over that (fleece or wool), and an outer windproof (and ideally waterproof) shell like Gore-Tex or a softshell material. It is also a good idea to carry an extra insulation layer which you can wear in extreme cold weather or when sitting around at lunch (puffy vest or jacket - down or synthetic are ideal).
- **Staying Dry:** This is a lot more difficult in the winter than in the summer. People tend to overdress when doing active sports and then their clothing gets all sweaty. When you stop this will immediately start to become a heat sink and may even freeze depending on the temperature. Use your layering system to try and balance physical output with warmth. A good rule is to start out cool instead of warm. You can also stop to take a layer off five or ten minutes into your day so that you do not soak through your insulation layers. Outer layers with ventilation zippers are great.
- **Keep Fueled and Hydrated:** One of the most important tricks is keeping your insides nice and warm and happy. Drink a lot of water or electrolyte replacement products such as NUUN, consider a thermos of hot tea or soup, and avoid alcohol and caffeine products. Eat lots of high energy snacks during the day. While stopping for a big lunch can be tempting, it is easy to get cold while sitting around and having a large meal in your stomach while being active can cause cramping and sleepiness.
- **Don't hold your water:** A mistake many people often make (especially when camping in the backcountry) is trying to keep from going to the bathroom. It is important to pee a lot as when you hold it in you have to heat up all that extra liquid instead of heating up key muscle systems. If you really hate getting out of your tent to go pee, consider sacrificing one of your old water bottles as your night-time pee bottle. Gross, I know, but once you try it, you'll never go back!
- **Cover your head:** Obvious, I know, but most of our heat is lost through our head, so if you are cold, even at night, put on a hat and you will retain a lot more of your warmth.
- **Backcountry Camping:** You can heat up water and put it in an extra bottle in the bottom of your sleeping bag to keep your feet warm. This can be drunk in the middle of the night when it has cooled down. Sleep in a snow hole as they tend to be better insulated than a tent. Never cook in your tent or snow shelter as it can lead to deadly carbon monoxide buildup. Keep ski boot liners or wet clothing in your sleeping bag toe box. Once frozen they are hard to thaw out.
- **Technology:** If you have circulation problems or chronically cold feet, consider one of the many foot or hand heating systems on the market today. There are heated socks, heated foot beds, heated gloves, all for the winter outdoor recreationist. While many of these systems are dependent on a limited battery life, they are still better than not being able to enjoy the winter due to these issues. If you are really into gear, check out the new [Argon gas-based insulation vests](#) coming out on the market... cool stuff!

Summer Program Schedule and New Trips

We are pleased to announce that our Summer 2010 program schedule has been set! With all of our classic trips and courses being offered once again and a few new and exciting trekking and mountaineering opportunities, our website is definitely worth a visit when planning summertime fun for next year. To give you a better idea and feel of our trips we will be updating our websites over the next few months to include some interactive slideshows and maps of program routes and locations. Keep an eye out for updates and new ways to explore our trips.



Best of the Rockies Backpacking and Trekking programs:

The Canadian Rockies provides some of the best opportunities for backpacking and trekking of anywhere in the world! Based from Canmore, Alberta, we are surrounded by National Parks and Provincial protected areas, which provide incredible opportunities for backcountry travel year round! For next summer we are again offering a wide range of trip opportunities from relaxing walking between pristine Alpine Huts on our [Esplanade Track](#) to challenging off-trail-travel and wilderness exploration on our new [Highwood Lakes](#) trip.

Come out and experience an active, energetic, and overall fulfilling summer vacation with your family, friends, and a great group of like-minded people!

Mountaineering and Rock Climbing: These programs are great for people from all walks of life. These are challenging and exciting programs that will test your strength and endurance while teaching you the safe skills you need to enjoy these sports. With professional guides and excellent coaching, we can hone your skills to a higher technical level, or help you to take the first steps towards a rewarding mountain sports recreational life. Our in depth and comprehensive [Intro to Mountaineering](#) course is the most popular program we offer for those serious about getting into the sport. For those vertical rock fans out there, check out our [Rock Evolution](#) program.



"Going into this program I was not sure what to expect with the weekend, however I finished at the end with a massive wealth of information, personal experiences and advice that I appreciated greatly thanks to a remarkable set of instructors. I never expected to receive the guidance, safety assurance and the personal one on one knowledge that these guides provided. I have nothing but the best to say about Mike, Patty, Matt, and Andrew. These guides were always available for coaching, help, or just general questions. I developed a personal relationship with each guide during the weekend which made it very easy to communicate and approach them if needed. At the end of the day when it was time to relax, there was always a few minutes of fun amongst the group and guides which is a great sign of group and guide interaction. A Fantastic Weekend...Thanks to the YAM Staff!!" - Jonathan from Edmonton about the [Snow and Ice Long Weekend](#)

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