

News from Yamnuska Mountain Adventures



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RECENT PRESS

Yamnuska Launches New Website and Blog!



New for 2009, we've updated our website to make it more user friendly and added a blog so you can check out what is happening in our mountain community, read about other

UPCOMING DEPARTURES

- May 30th, [Rock Transitions](#) - Intermediate Rock Climbing Course
- [Snow and Ice Long Weekend](#) - Beginner Mountaineering
- June 6th, [Rock Evolution](#) - Beginner outdoor climbing course
- June 14th, [Intro to Mountaineering](#) - Beginner course at Bow Hut
- [Canadian Rockies Walking Tour](#) - Hotel-based Hiking Tour
- June 18th, [Bluerock Circuit](#) - Spring Backpacking in the Rockies
- June 19th, [Wapta Ice Hike](#) - Glacier hut to hut hiking
- June 20th, [Scrambling Skills](#) - Advanced Hiking in the Mountains
- July 5th, [Assiniboine Backpacking](#) - Surreal backcountry adventure!
- July 13th, [Hot Rock](#) - 5 days of classic Rockies Multi-pitch rock!
- July 18th, [Yoho Peaks](#) - Intermediate guided mountaineering in Yoho NP
- July 25th, [Lake Louise Classics](#) - Guided peak ascents in Banff NP

Dear Adventurer,

It's time to put away your skis, beacons, snowshoes and ice tools as the snow slowly melts from all but the highest peaks of the mountains. Spring has arrived in the Canadian Rockies and with it comes breathtaking hikes, inspiring rock climbs and exhilarating alpine adventures!

We had a great winter here at Yamnuska with November and December freezing in an abundance of excellent ice climbs and a complex snowpack that had people focusing their attention on avalanche skills training in preparation for the more stable spring season. Spring ski conditions prevailed thru March and April providing great opportunities for those taking part in our hut-to-hut and lodge based ski trips.

With warmer temperatures finally here, now is the time to get outside, learn new skills and explore endless new terrain in the mountains.

We hope to see you soon!
Andrew Stevens

Spring Semester Takes it to the Next Level!

clients' experiences, or leave feedback about your own Yam adventures!

Come check us out here:

www.yamnuska.com

Yamnuska Partners with Coast Mountain Sports!

As our new retail partner, Coast Mountain Sports has a lot to offer the outdoor enthusiast looking to pick up high quality gear at great prices! With stores across Canada and a new joint adventure series, you can now get outside safely and in style with us!

**COAST
MOUNTAIN
SPORTS**
FIND NEW GROUND

Join Our Mailing List!



What do you get when you bring twelve international students together and add expert instruction in the techniques of Mountain Adventure? A slick, fast moving power house of bright eyed peak hungry mountaineers ready to take on anything the Rockies can throw at them! That pretty much describes our current group of [Mountain Skills Semester](#) students as they approach their final expedition which culminates their three months of intensive hands on training.



This group has been non-stop since they started swinging ice tools in early March. They have been ice climbing on frozen waterfalls along the Icefields Parkway, backcountry skiing and boarding on the Wapta Icefields, and "Red Pointing" routes on the gneiss rock of Skaha, British Columbia.

Like many of our MSS students, some of these young climbers plan to pursue a career in mountain guiding and could someday very well be working for Yamnuska Mountain Adventures! But this program is designed for everyone with a healthy interest in the mountains and anyone who wants to learn new skills. Come join us this Fall on our [Canadian Semester](#) which starts on

September 15th/09.

To read more about what this group has been up to visit Sophie and Maria's blog ([here](#)), which is written in Danish, so has been translated for your reading pleasure. Or watch a slideshow video from the [Rogers Pass Ski Trip](#) put together by Yamnuska Guide Nick Rapaich ([MSS Video](#)).



To have an information package sent to your home, click [here](#).

Summer Program Highlights

This season we are excited to add a couple of new trips to our action-packed summer schedule! For those with previous glacier training and experience, we are offering our [Advanced Crevasse Rescue for Mountaineers](#) course. This is a weekend program that will review the basics of glacier travel and group crevasse rescue as well as deal with two person rescues and complex scenarios. Join us on May 23-24 or June 20-21/09 for this vital skills course.



This year we've also added a second optional day to our [Rock Rescue](#) course (June 20-21/09). This is in response to past students' desire to have extra time to practice rescue systems. This course is invaluable for any personal climbing trip and will teach you what to do in the event of an emergency.



Of course we are also offering our full schedule of beginner and intermediate [mountaineering](#) and [rock climbing](#) programs this summer including two new [Intro to Mountaineering](#) programs: [Women's Intro](#) (July 21-26/09) and [Intro for Youth](#) (Aug. 1-6/09). There are still a few spots left on most of our early season programs, feel free to give us a call at the office to talk about what kind of adventure you want to try out this summer! 1-866-678-4164.

For those experienced mountaineers out there, we have just dropped our private rates for popular peak ascents such as [Mt. Robson](#), [Mt. Assiniboine](#), and the [Bugaboos Spires](#). These classics are ready and waiting to be ticked off your life list.

We are also offering **%10 off** all of our [Backpacking](#) and [Hiking](#) programs this summer ranging from our relaxing [Canadian Rockies Walking Tour](#) and [Bluerock Circuit Spring Backpack](#), to our more challenging [Banff Highline](#), and brand new [Whitegoat Wilderness Trip](#). Take advantage of this great opportunity and join us for a dream trip in the Canadian Rockies!



Find New Ground Adventure Series

Yamnuska has partnered with Coast Mountain Sports to help you FIND NEW GROUND!

Yamnuska Mountain Adventures is excited to partner with [Coast Mountain Sports](#). Through the partnership, Coast Mountain Sports presents an exclusive [Find New Ground Adventure Series](#) - a collection of six custom designed Yamnuska guided tours. These one-day tours are available at a preferred rate for Coast Mountain Sports customers, and include a Coast Mountain Sports gift card to help you gear up to come prepared for your chosen outdoor pursuit.

These guided excursions provide an incredible opportunity to try something new while taking in the breathtaking backdrop of the Canadian Rockies. Space is limited in each leg of the Adventure Series, so book your spot soon.



Find New Ground Adventure Series dates:

Discover Scrambling	Join us for an incredible day of scrambling in the Canadian Rockies. Gain experience in climbing non-technical peaks using basic terrain skills: route finding, hazard assessment and movement on rock and steep terrain.	July 4/09
Discover Mountain Yoga	Practice yoga in a breathtaking natural setting and reconnect with yourself and with nature during this day of yoga and hiking. Surrounded by the majesty and grandeur of the Canadian Rockies you will rejuvenate mind, body and spirit.	July 11/09
Discover Rock	Rock climbing is an incredibly exhilarating sport for people of all levels of ability. During this day you will be coached on rock climbing movement skills and be exposed to basic safety and top rope techniques needed for climbing outdoors.	August 8/09
Discover Hiking	The Canadian Rockies is one of the finest hiking areas in the world. The mountain scenery is superb and easy access to exciting areas allows us to explore and discover the beauty and wild nature of the region on this one-day hike.	August 22/09
Discover Avalanche Awareness	Avalanche safety is an important skill for all backcountry users. Join our fully certified guides to gain an introduction to avalanche phenomena and the basic principles of safe winter backcountry travel.	January 16/10
Wilderness Discovery on Snowshoes	Come and discover the natural beauty of the winter wilderness with our knowledgeable guides. The	February 13/10

	<p>winter snows tell a story of the struggle between predator and prey as they leave their signatures across our path. As well as enjoying the freedom of making fresh tracks across untouched powder, we'll learn about the natural cycles of winter in the Rockies.</p>	
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To book your excursion:

Head into your nearest [Coast Mountain Sports store](#) to pick up an Adventure Series information pamphlet and to obtain a booking code. Use this code when booking your excursion to receive the special discounted rate for Coast Mountain Sports customers. Please note that the registration deadline for each excursion is one week prior to the outing.

Guide Focus - Alison Cardinal

Alison is originally from Northern Ireland, but after completing a degree in Geology from Glasgow University, she moved to Canada and has been involved in the guiding and ski industry ever since. Originally starting as a raft guide, she quickly realised she preferred keeping her feet on dry land, and passed the ACMG hiking and backpacking guide exams. Guiding backpacking trips for Yamnuska for the past few summers, Alison has become a valuable member of our backcountry guiding team. In the winter, she spent three years working as a ski patroller and then followed this with two seasons working for Yamnuska instructing ski programs "on piste" for soldiers from the British Army. This winter she just completed her ACMG Assistant Ski Guide exam, and hopes to continue on to the rock guide program.



Alison learned to walk when she was nine months old, and growing up tortured her parents on family holidays to visit areas with mountains, notably in France, England, Wales and Kenya. At University she continued to spend her weekends and holidays hiking, rock climbing, mountaineering and skiing. After university, a "Gap" year in Canada turned into a life-time move, when she met a Canadian guy at a local pub in Canmore and got married to him a year later.

Alison's favourite Yamnuska backpacking trip is the [Banff Highline](#), as it takes you through some amazing meadows and passes filled with flowers. One of her best memories on a Yam trip is swimming in Og Lake on a warm day, with a snow covered Mt Assiniboine in the background. Another perk of being a backpacking guide is being able to take a short nap on a warm sunny afternoon after lunch, in a meadow filled with flowers. It's a tough job!

Alison was terrific! She was patient, had lots of energy for a long day, was very responsive to our family, knew what she was doing and was professional - and we really enjoyed having her with us. Anderson Family, Maryland - [Mount Assiniboine Backpacking](#)

Mt. Yamnuska - A name steeped in history and adventure

Clients often ask us why we are called Yamnuska Mountain Adventures and where the name originated. Our company was named after the stunning limestone wall that guards the Eastern entrance to the Bow Valley. This is where Yamnuska Mountain Adventures was first conceived in 1977 by a group of young guides working for the YMCA camp teaching rock climbing in the area. With an impressive history, this peak has helped to guide and drive multi-pitch trad rock climbing to new limits over the past six decades.

The word 'Yamnuska' is part of the Stoney (Sioux) Native dialect and means "Flat Faced Mountain". The peak was officially re-named Mt. John Laurie in 1961 after the Calgary lawyer and honorary Stoney chief who was a supporter and advocate of the Stoney people living on the local reserve. On today's maps you will see both names marking the peak: Mount Laurie 'ŷâmnaḥka'.



Amazingly, this massive formation did not originate where it now sits, but instead was pushed on top of a formation of younger rock, giving geologists an interesting look at much older Cambrian limestone overlying younger Cretaceous shale. While it is virtually impossible to tell where the rock from Yamnuska first formed, it is thought that it has been pushed as far as 45km from where it was first laid down almost 525 million years ago. This horizontal thrust fault can easily be seen at the base of the cliff where it meets the scree slope.

In terms of recreational activities, Mt. Yamnuska offers something for everyone. With a moderate scramble route up the backside, agile hikers can reach the summit (2235 m) without too much exposure and experience fantastic views of both the Rockies stretching to the West and the rolling prairies to the East. Most people know the mountain for the fantastic array of [Traditional Climbing](#) routes that stretch up its face (360m high from scree to summit). With over 135 routes, this is one of the Canadian Rockies' most prolific multi-pitch areas.

The name "Yamnuska" truly represents all that our company tries to infuse into our programs and practices: adventure, challenge, mountain culture and community, and a rich mosaic of local history.

Hit the trails in style!

Discover must-have spring and summer outdoor apparel and gear with the new Coast Mountain Sports online catalogue.

This is the first-ever digital catalogue for Coast Mountain Sports. The catalogue offers stunning outdoor imagery strategically linking featured products to the end user's outdoor lifestyle.

It is geared towards helping outdoor enthusiasts easily point-and-click their way to select their perfect products, compare product technologies and features, all with rich interactivity. Customers will now be able to find everything from multi-sport hiking footwear and high performance apparel to tents, technical packs and travel accessories, online.



Shop by brands such as The North Face, Columbia, Merrell, Marmot, Keen, Dakine, Black Diamond, Arc'Teryx, and Osprey. Start exploring today, visit www.coastmountain.com and Find New Ground!

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