

News from Yamnuska Mountain Adventures



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RECENT PRESS

Coast Mountain Sports - New Calgary Location!

The latest and greatest Coast Mountain Sports store is opening its doors this coming September at Market Mall in Calgary's northwest. CMS is excited to continue to become an even bigger part of Calgary's outdoor community.

This new 7500 sq. ft location will house the prestigious outdoor brands you've come

UPCOMING DEPARTURES

Aug. 24th, [Intro to Mountaineering](#) - Beginner course at Bow Hut
 Aug. 29th, [Wapta Ice Hike](#) - Glacier Hut-to-Hut Alpine Adventure!
[Outdoor Rock Intro](#) - Beginner Rock Climbing Course
 Sept. 5th, [Snow and Ice Long Weekend](#) - Mountaineering Instruction
[Intro to Mountaineering](#) - Beginner course at Bow Hut
[Rock Transitions](#) - Take your Gym Climbing Outdoors!
 Sept. 6th, [Banff Highline](#) - Backpacking in Banff and Assiniboine Parks
 Sept. 12th, [Yoho Peaks](#) - Intermediate Mountaineering in Yoho N.P.
[Outdoor Rock Intro](#) - Last rock course of the season
 Sept. 18th, [Wapta Ice Hike](#) - Glacier Hut-to-Hut Alpine Adventure!
 Sept. 19th, [Snow and Ice Long Weekend](#) - Mountaineering Instruction

Dear Andrew,

Time flies when you're having fun and summer in the Canadian Rockies is always an amazing experience that guarantees a good time! Even for those of us who live in this natural adult playground, one never loses appreciation for the ever changing face of the majestic peaks that surround us. Cool misty mornings, with wisps of clouds clinging to the river valleys, explode into brilliant bluebird days shining down on the snow-capped peaks.

Whether rain or shine, we are out living and playing in the mountains and this summer has been great for showing people how to enjoy them safely. We have had a steady stream of happy guests getting out climbing the area's challenging rock faces, peaking out on classic Rockies' routes, and hiking among the alpine meadows of Canada's premiere National Parks. But there is still lots of summer left! Come and join us for a mountain experience of a lifetime!

We hope to see you soon!

Andrew Stevens

to expect from Coast Mountain Sports - names like The North Face, Columbia, Merrell, Marmot, Salomon, Dakine, Black Diamond, Arc'Teryx, Osprey and more. Get ready to explore the new store for a great selection of camping, paddling and electronic gear to technical packs, travel bags, multi-sport footwear and apparel.

Coast Mountain Sports customers can enjoy awesome Grand Opening specials in the new Market Mall store during the opening week -- almost the entire store will be marked down!



Join Our Mailing List



Women's Intro to Mountaineering: Fun, Friends, and Peaks!

July 21st - 26th 2009

"A week blessed with fine weather, wonderful women and the beautiful glaciers and peaks of the Wapta Icefields. Yamnuska and Alala Women's Mountaineering Adventures joined forces this year to bring together the 6th annual Women's Intro.

Hiking in to the Bow Hut on July 21st with Vanessa Trudel, Vanessa Atherton, Diane Hutton and Erin Inglis, I had the feeling that the week would go well. There was a quiet confidence in the group as we took in the views of icefields and peaks in sunny summer mountain weather.



Day two found us on the edge of the icefield, learning how to walk in crampons and placing ice screws. We finished the day sliding down snow underneath Mt. St. Nicholas like baby ravens playing - first practicing our self-arrests and then simply sliding down the snow for the fun of it. I still have a memory of Erin, usually so poised and refined, spinning down the hill on her back like an otter, just for the fun of it!

On day three, we were up early and headed up to climb Mt. St. Nicholas. What an amazing climb along that oh so narrow ridge, to sit on the small summit surrounded by icefields, mountains rippling off to the horizon in all directions!

Day four found us traversing to Peyto Hut across a quiet icefield. Our only company that day were the lady bugs and an occasional visit by the summer resident Grey Capped Rosy Finches, who seemed to like our company at times. We stopped at the Thompson Moat to practice our crevasse rescue before heading down to the secluded and well-positioned Peyto (Whyte) Hut. We spent the rest of the day hanging out in the sun. Diane even went swimming in the icy lake below the hut!



On day five, we awoke early to climb Mt. Rhondda North. It was a perfect day and a perfect climb. We could see the big peaks in the Selkirks from the summit as well as the Louise Group, the President and Vice President, Mt. Stephen in Field and the Good Sirs.

Day six was our exit day. Down across the Peyto Glacier and steep moraine. We sat quietly on the alluvial fan next to Peyto Lake listening to the atmospheric sound of a Hermit Thrush, serenading us with his deep forest,

flute-like song.

I am, as ever, so inspired by the women who attend the Intro to Mountaineering. Such interesting lives, such wisdom, friendship and kindness. I learn so much from teaching these courses - about life and about people. Thank you Erin, Vanessa, Vanessa and Diane for a very special week in the mountains!"

Abby Watkins - ACMG Alpine Guide



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

Fall Program Highlights



As the summer winds down and fall colours begin to speckle the Rockies, it is definitely time to treat yourself to one last trip out in the mountains. This fall we still have space on many of our backpacking, rock climbing, and mountaineering programs.

Late August and early September are great times of the year to be out in the backcountry. Moderate daytime temperatures make backpacking and alpine approaches enjoyable and there are fewer people on the trails which means more chances to see wildlife and a more remote feeling wilderness experience.

Our [Jasper Highlands](#) (Aug. 22nd - 27th/09) trip is based on the Brazeau Loop at the Southern boundary of Jasper National Park. This is a fantastic way to explore some unique backcountry and maybe even get a chance to see the rare Mountain Caribou herd that sometimes visits this region. For those looking for something a bit different from our regular backpacking programs, we also offer the [Wapta Ice Hike](#) (Aug. 29th - 31st/09) which traverses the majestic glaciers on the Wapta Icefields. You will be staying in the Bow and Peyto alpine huts which are positioned perfectly to explore the wonders of this blue and white icy landscape. If you have been hiking all summer and are looking for a fantastic trip to culminate your summer of outdoor fun then our [Banff Highline](#) trip (Sept. 6th - 13th/09) is the perfect way to see some of the most amazing parts of Banff and Assiniboine parks.



For those of you with peak aspirations, we still have several mountaineering programs left before the snow starts to fall. Our in depth and comprehensive [Intro to Mountaineering](#) course is the most popular program we offer for those serious about getting into the sport. We have three more departures on Aug. 24th, Sept. 5th, and Sept. 13th/09. We are also running one more [Yoho Peaks](#) trip which is an intermediate peak bagging program designed for people who have taken one of our [Snow and Ice Long Weekend](#), or [Intro to Mountaineering](#) Programs

Our late summer schedule also has a full contingent of Rock Climbing programs, including our [Outdoor Rock Intro](#) (Aug. 29th and Sept. 12th), [Rock Transitions](#) (Sept. 5th) and our popular multi-pitch [Hot Rock](#) program (Sept. 5th).

Here is what some of our clients said about their Yamnuska experience:

"I have just completed the 6-day Lake Louise Classic trip. It was the most amazing week of my life. Previously doing this had only been a dream. The reality of it is that it was even better than the dream! Everyday was different, routes were so varied with everything ranging from hiking/scrambling to full on glacier travel, ice climbing and rock climbing. Days were full and challenging but most of all SO SO amazing and a fantastic experience. The scenery was incredible. Steve and Mike my guides were the best! I felt 100% safe in their hands, they communicated everything clearly and ensured every client got the most out of the trip and achieved their goals. I wish I could turn back the clock and do it all again! Saying I had the time of my life is a an under statement. If you are thinking about this trip and you have a good level of fitness and the relevant skills for alpine terrain and rock climbing, stop thinking and just do it. You will have the time of your life." - Nicola, Leeds, UK, was on our July Lake Louise Classics Trip with guides Stevie B. and Mike Trehearne

Whitegoat Wilderness Adventure



Located in a remote and inaccessible corner of the Rockies the Whitegoat Wilderness Area holds great attraction for committed backpackers. There are no established trails or facilities of any kind. Hikers must be completely self-sufficient.

From August 2 to 7 a hardy group of souls traversed the uplands of this fantastic area with its vast meadow uplands and quartzite peaks. This was a Yamnuska trip designed for folks who wanted to explore, test their limits and basically enjoy being far off the beaten path.

We entered the Whitegoat from Banff Park via 2500m high Cataract Pass on a glorious mid-summer day. Camping in the headwaters of Cataract Creek we found ourselves on the edge of an enormous area of alpine meadows. The next day saw us heading across to Cline Pass to sidle high above the Brazeau River to a camp under the north side of Afternoon Peak, named for the rosy glow of its quartzite rock in the setting sun. An unnamed high pass led us south into the headwaters of MacDonald creek and yet more vast meadows. After waiting out a day of wet weather we crossed back to the Brazeau and Jasper Park via two more unnamed high passes in clearing weather. On a final and beautiful day we headed back over Nigel Pass to complete our circuit.



David, one our guests sums the attraction up in his evaluation: "Great trip, as always. Different than the straight guided trip. Really interesting and energetic people, terrific territory we covered in the high country. I loved camping above tree line and crossing high passes. Scenery, camp fires, and I get to drop in from across the country and hike into that kind of back country. That's why I want to go with Yamnuska."

Next year we will offer another wilderness trip featuring off trail hiking and high camps, probably to the Highwood Region in the Southern Rockies, again targeted to those of you wanting a more demanding experience.

David Begg - Director



Gear Corner - Neos Trekker Overshoes



I was fortunate to be able to try out a pair of Neos "Trekker" Overshoes this summer while exploring the wonders of the local backcountry wilderness, and I was very impressed with this unique piece of gear. Many times while slogging through wet and muddy trails in the backcountry, or sinking up to my calves in "moose muck" on canoe trips, and even trudging to work through snowdrifts I have wanted an easy way to keep my feet dry without having to resort to rubber boots. Enter the Neos "Trekker" overshoe. With 20 inches of gaiter attached to a lightweight, snowshoe-compatible sole, these overshoes are fully waterproof and are designed to fit over your regular footwear in

wet and muddy conditions.



On day hikes I typically wear a light-weight pair of non-waterproof hikers with a set of OR Flex-tex gaiters to keep the dust out of my shoes. This combination is light weight and allows my feet to breath. They were great for most of the conditions I encountered, however for those times when whacking the bushes and coming across the odd mountain stream, I would just slip on my Trekkers and instantly have a stable and dry way to cross through water up to my knees. They were also especially useful for wading through dew-soaked grass and bush in the early morning or during a storm.

The only drawback is that these are not breathable and so if you wear them for an extended period of time while hiking or backpacking you can get a buildup of condensation on the inside material. They do not absorb moisture and so dry out very quickly, however if you spend the entire day hiking with them in the rain your feet may still be a bit damp by the end of the day.

For backcountry overnight trips, you will have to weigh the pros and cons of having these added to your personal camping equipment. They weigh 2 pounds and so are fairly light for what you get (about the same weight of a good pair of sandals), however for a fast ultralight trip, you might not want this extra burden. They are fantastic for backcountry fishing in the alpine lakes and rivers, as well as wearing around camp after a day of hiking. Worn without another pair of shoes on your feet, they are very roomy and are not suitable extended hikes. However for around camp they are mosquito proof, easy to pull on and are great for those 3 am bushwhacks when nature calls. All around, I think they make a great addition to my wilderness kit and allow for dry feet and worry-free exploring in wet and muddy conditions.

Neos has a whole range of overshoes for a variety of situations including insulated winter shoes and even ultralight hip waders for those backcountry fly fishers. Have fun out there!

Reviewed by Andrew Stevens

Winter program preview:



With this past week of fall-like weather many of us have started to think about the coming excitement of winter snows! With a full line-up of Ice Climbing, Backcountry Skiing, and Avalanche Training programs, people are already starting to book their winter adventures. Here is what you can expect from us this winter:

[Ice Climbing](#) - Typically the first winter sport to become available, our ice hungry guides are usually out exploring freshly frozen waterfalls and mixed routes by mid-November. 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 as soon as routes start to form up.

[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 weekend [Avalanche Skills Training 1](#) and the more comprehensive [5-day Avalanche Skills Training 2](#) 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 snowpack stability tests, practice route finding, and work through some rescue scenarios. For the AST 2, 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!

