

News from Yamnuska Mountain Adventures



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RECENT PRESS



The newest member of the Yamnuska team, Ellie Mulder will be taking over the backcountry chef duties for Patti Brannon's maternity leave.

Ellie graduated from the University of Calgary with a Kinesiology/Outdoor Pursuits Degree in 2004. She has spent the last few years as a Sea Kayak guide and Outdoor Ed instructor in B.C. and Baja. When not in the kitchen she can be found climbing, skiing, paddling and running in our beautiful backyard.

We are glad to welcome her to the Yam clan!

Congratulations!

We had a great time this year at the Toronto Outdoor Adventure Show! Welcome to those of you who signed up to receive our newsletter!

Dean Rurak of Holland Landing, Ontario won the Deuter Aircontact Lite Backpack! It will undoubtedly accompany him on many great adventures this summer!

[Join Our Mailing List!](#)



UPCOMING DEPARTURES

May 1st/08, [Rock Climbing](#) season - open for business!

May 8th/08, New! [80-Hour Wilderness First Responder](#)

May 24th/08, First [Snow and Ice Long Weekend](#)

June 12th/08, [Race Amazing Banff](#)

June 21st/08, New! [Rock Rescue Course](#)

Dear Andrew,

Well it looks like winter is finally coming to a close in our beautiful Rocky Mountains. For the diehards, there's still lots of snow to be found at higher elevations and north facing slopes. For the summer crowd, the warmer weather is coming and our rock and mountaineering programs are close on its heels. We're pretty excited here at the Yam office as we prepare for our busy summer season. It has been a wonderful winter with lots of happy people on safe and enjoyable trips. We look forward to seeing you out this summer to enjoy the mountains with us.

Have a great spring!

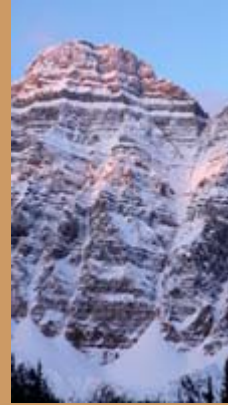
Andrew Stevens

Yamnuska Guides Bagging New Routes in the Rockies

There have been a lot of new and exciting projects undertaken this winter by local climbers and Yamnuska Guides. Raphael Slawinski and Yamnuska guide Pierre Darbellay climbed a new route on Mt. Chephren north of Lake Louise. Pierre gives us an idea of what it was like:

"We climbed Dog leg Couloir M7 A1 during 3 days on the Easter weekend. The route is the right hand snowy couloir which goes left when it reaches the rock in a hidden gully and then straight up in a rocky couloir chimney up to a notch on the summit ridge. We found 8 pitches of hard and sustained dry tooling, no ice, grades ranging from M6 to M7. The climbing is pure dry tooling up cracks and the couloir-chimney. We both took good whippers... I heard a scream in the night, the rope got tight and then an avalanche fell on to my head. Raph had fallen below a mushroom when part of it collapsed. The previous morning, I fell 10 meters in a couloir-chimney, taking off 2 bad pitons and one entire horn which broke into 1000 pieces. I lost a tool that by chance Raphael found, a tiny bit of it emerged from the snow on the belay ledge! We climbed the upper part in a 21 hour push. Starting from our snow cave on the last ledge at 9am and summitting at 6am the next morning, climbing the whole night in bad weather and spindrifts. We spent hours belaying, due to the difficulty of the climb, and had to suffer a few hanging belays. We could hear a strong wind on the ridge above us and were welcomed by it on the top, wet and cold. Temperature on my thermometer was -15, and with the windchill we were freezing. We climbed the ridge and it took 6 hours of slogging in deep horrible snow to reach the car, exhausted and happy like kids in a toy store!

During the last 27 hours I thought about this saying : "Alpinism is the art of suffering". I still don't understand why we do that to ourselves, but it's addictive, it has been my life for ever and it makes me feel so alive and so good."



You can find more information on this story [here](#).

Summer Program Highlights



Getting excited for summer? We certainly are and we've been seeing a lot of summer bookings for our more popular programs like the [Intro to Mountaineering](#) and [Intro to Alpine Ice](#) courses. We have decided to add a new [Rock Rescue](#) program for June 21st/08. This will be a comprehensive hands-on course in rescue techniques for rock climbing emergency situations. These are the types of skills that everyone who is climbing on multi-pitch or sport routes in the outdoors should have.

All of Yamnuska's guides are certified by the Association of Canadian Mountain Guides and have the industry standard [80-hour Wilderness First Responder](#) course. This is a great course to take if you are thinking of planning your own hiking or backpacking trips in the backcountry. It gives you a solid foundation of wilderness medical practices. We have added a new course date this Spring on [May 8th/08](#). There is still lots of space on this program and you can find more information or sign up [here](#).

We are also offering our [Bugaboos Granite](#) mountaineering trip once again this summer. The Bugaboos is one of Canada's premiere alpine rock climbing locations. The unique landscape of glacier etched granite and soaring spires attracts climbers from all over the world. This 5-day climbing program is based out of the Conrad Kain Hut and the focus is on climbing as many routes as possible!

Already taken one of our beginner programs? Our guided [Yoho Peaks](#) trip is the next step and is a great way to get out and climb some new routes in the stunning setting of the Little Yoho Valley. If you are more interested in picking up some more advanced skills, our [Intro to Alpine Ice](#) program is designed to teach intermediate mountaineers the modern technical skills required for fast and light assaults of steeper Rockies peaks such as [Mt. Robson](#).

We've also had many people asking about our private trips to [Mt. Assiniboine](#) and [Mt. Robson](#). You can find all the information about how to go about setting these trips up [here](#). We look forward to seeing you out in the mountains this summer!

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



Guide Focus - Sarah Hueniken

Sarah's passion for climbing and sharing it with others has been growing for the past 15 years. Prior to working in the Bow Valley, Sarah started as an Outward Bound and NOLS Instructor working paddling and climbing courses throughout Canada and the USA. As the Associate Director of the Outdoor Program, she also started and ran a climbing program for St. Lawrence University in upstate New York. Currently Sarah works year round for Yamnuska instructing ice, rock, and alpine adventures. She also participates yearly in guiding for Chicks with Picks and represents Outdoor Research and Zodiac in climbing festivals such as the Bozeman Ice festival and the Red Rocks Rendezvous. Whether it is embarking on a new routing adventure across the globe or going to clip bolts at the local crag, sharing an adventure in the mountains with good company is what Sarah believes climbing is all about.



Sarah will be instructing our two new Women's rock climbing courses this summer:

[Women's Outdoor Rock Intro](#) - May 31st and June 1st/08

[Women's Advanced Rock Weekend](#) - June 21st and 22nd/08

Sarah loves working women's courses for the inspiring, fun and motivation atmosphere it lends itself to. Both of these programs have an optional multi-pitch day on the Monday following the course.

"Sarah was more than helpful throughout our climb. She provided a relaxed and welcoming environment with a sense of security for our safety. She was knowledgeable about the area's in which we were climbing, and even educated us on a few environments to watch out for with regards to avalanche safety. It was apparent her previous experience and enjoyment of outdoor sports is what contributed to her knowledge and ability to coach us while climbing. If I were to rate her out of 10, I would give her a 10+. She had a wonderful sense of humor, was able to part with the individual personalities in which attended, and simply made it an enjoyable experience. I would definitely consider ice climbing (or other outdoor events) with Yam again." Michelle - Calgary, AB

Summer Mountaineering Semester

This condensed and intensive high-end program is designed for those who cannot take three months off for a regular semester. It focuses on the skills required of the summer mountaineer: climbing alpine rock, snow and ice, glacier travel, crevasse rescue, technical rock, and mountain approach plus navigation and route finding.

The objective of this program is to train you to become an independent and fully self sufficient summer mountaineer. We will develop your all round competence to an advanced intermediate level across the spectrum of summer mountaineering skills. This in tandem with the development of individual and group leadership skills.



Yamnuska Mountain Adventures has been running semesters for over 30 years. This program is a shortened version of our flagship [3-month semester](#) and includes all of the summer mountaineering components involved in the program. We are offering this program this summer from [June 10th to July 9th/08](#) based out of Canmore.

Give us a call to discuss how this program can help you reach your mountaineering or guiding goals for the future.

Gear Corner - Brunton 10-30 x 20 Monoscope Review

With everything in the outdoor adventure world going towards lighter and faster, there is not much room for extra equipment like optics. Enter the Brunton Echo 10-30x zoom monocular. This is a great little piece of new gear from Brunton which allows you to get up close and personal with that Grizzly Bear across the valley, or get a better view of the route you are planning to climb.

The first impression one gets when picking it up for the first time is the light weight and compact size. At only 91 grams and around 11 cm long, the single barrel fits perfectly in the palm of your hand and with a little practice can even be used one handed. The case can comfortably be attached to a backpack's sternum strap for easy access, or dropped into a pack pocket when not needed.



The optics zoom from 10x magnification to 30x, which is very impressive for such a tiny instrument. While there are some drawbacks with having such high magnification in a hand held device, it does give the user the ability to view details on stationary targets at an impressive distance. One needs a very steady hand to be able to view target details at anything over the 10x zoom, however if the scope is steadied against a tree or used in combination with a Monopod/Trekking Pole you can get a steady clear image. I find a two handed approach makes it much easier to stabilize the image and get the fine tune focus which you need when in the higher magnifications.

With only a 21 mm objective lens this unit does not perform as well in the low light under a forest canopy or in the early morning/late evening. It is best used in well lit open areas when you want to view something that is quite far away. This scope is not waterproof/fog proof, and probably won't handle being dropped too well, however for the \$50 price tag it is a great addition to any outdoor adventurer's kit and allows you to leave the heavy binoculars at home.



Digiscoping with a tripod and digital camera. HaLing image is 10x zoom at Right.

Reviewed by Andrew Stevens - Mountain Adventurer, Birder, and Nature Lover.



Be part of the 2nd annual Race in Amazing Banff, powered by Discover Banff Tours, June 12-15, 2008: 4 days, 3 nights and 12 challenges.

This weekend adventure getaway package will challenge your body and mind, while being in beautiful Banff for a very special treat. Inspired by the TV show "The Amazing Race", Banff attracts 80 teams of two to give their all during 12 challenges. In 2007, physical challenges like kayaking, climbing and western chores were the perfect balance to intellectual quizzes about Banff's heritage and more.

The package includes 3 nights' accommodations at the luxurious Fox Hotel and Suites in Banff as well as breakfast and social events such as an opening reception and grand finale award dinner gala. All proceeds for this event will benefit the Banff Mineral Springs Hospital's emergency medicine and specialty surgical programs. Build a team of two and register today for this adventure weekend getaway package at www.racebanff.com.

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