



Yoho Peaks

Mountaineering in Yoho National Park

Program Details

This program has been designed as the next step after the Snow and Ice Long Weekend or the Intro to Mountaineering Course. It takes place in the Little Yoho Valley just west of Lake Louise. Our objective is to climb some really nice peaks, have a lot of fun doing it, and to practice and refine our mountaineering skills.

We will achieve this with ascents of peaks such as the President and Vice President, Mount McArthur, Mount Kerr and Isolated Peak.

2010 Dates

July 3 - 6, August 7 - 10, September 11 - 14

Price

\$1075 Canadian includes guiding and instruction, hut accommodation, out-trip meals, Park Permits, and use of specialized group climbing gear.

Not included: Canmore accommodation, Gratuities & 5% Goods and Service Tax (GST)*. Cancellation insurance available for \$55.

Optional pre and post trip accommodation packages are available from \$80 per person per night for shared room lodging (\$160 for single occupancy). Purchase with booking. Subject to availability.

* a 50% rebate of the GST is available to non-residents of Canada.

More climbing: Yamnuska guides and instructors are also available for private climbing in the Rockies and elsewhere before and after the program ... please visit our website for details .

Instructors & Group Size

Maximum guide to guest ratio is 1:4 although often the ratio will be less. The guides are enthusiastic and extremely talented, they hold guide certification from the Association of Canadian Mountain Guides and we are licensed to operate in the area by Parks Canada. Maximum group size is 8.

Meeting Time & Place

The program begins at the Yamnuska office at 9:00am on the first day. The Yamnuska office is located at 200, 50 Lincoln Park. See this map for location. If driving from British Columbia you may arrange to meet us at the trailhead at Takakkaw Falls in the Yoho Valley instead.

Program Agenda

Day 1: Meet in Canmore at 9:00 am. After issuing food and gear we pack up and then drive west to Takakkaw Falls which will take just over an hour.

A leisurely hike up the Yoho Valley will bring us to the Stanley Mitchell Hut in the late afternoon. After settling into the Hut, we'll get ourselves ready for a climb the next day.

Days 2-3: Each day we will choose a suitable mountaineering objective. There are several large, glaciated peaks surrounding the upper valley, all of which are good intermediate objectives. They are: **The President** (10,295 ft., 3138m) On the south side of the valley which is normally climbed via the north-facing President Glacier to the President Col and then following the East Ridge to the Summit. This peak can also be climbed by the SW Ridge. **The Vice President** (10,058 ft., 3066 m) is climbed directly from the President Col. **Mount MacArthur** (9,911 ft., 3021m) is on the north side of the Valley as is Isolated Peak (9,334 ft., 2845m). Both are reached by the MacArthur Glacier which we access below Isolated Col. At the head of the valley, above Kiwetinok Pass is **Mount Kerr** (9,394 ft., 2863m) which is more of a rock scramble involving some route finding and terrain evaluation skills.

Day 4: After packing up our gear we begin our descent along the scenic Iceline trail, following the contours of the Emerald Glacier. Our return hike offers spectacular views of the Yoho Valley and the President Range.

Difficulty & Prerequisites

Participants need prior basic mountaineering experience. You must be fit and in good physical shape. This program is ideal for alumni of our Snow and Ice Long Weekend and Intro to Mountaineering Course.

Transportation

Participants are responsible for their own transport to Canmore which is a 1 hour (100km) drive west from Calgary.

Frequent shuttles connect Calgary International Airport and Canmore. Greyhound Bus Lines (1 800 661 8747) serves Canmore from points east and west along the Trans-Canada Highway. Call 609 8790, 609 0300, 609 1490 or 609 8505 for taxis in Canmore.

To reach Takakkaw Falls participants can car pool or we will arrange a minibus at no extra cost to you. You should plan to arrive in Canmore the day before the course (see "accommodation" below).

Accommodation & Meals

We will be staying in the Stanley Mitchell Hut which is operated by the Alpine Club of Canada. Set in the meadows below the peaks, this is one of the Club's nicest huts. A log cabin built in the 1930's, it features communal sleeping and living areas. Cooking and lighting is propane fueled and we haul water from the creek near the Hut.

Accommodation in Canmore is not included. For your convenience we can arrange bed and breakfast hotel rooms at \$160 per night. These will be at the recommended Westridge Country Inn. Double or single occupancy, the cost is the same. For those wishing to defray this cost we

will try to pair them with other participants. This accommodation can be booked with the trip online or by calling us. Subject to availability.

You can also make your own arrangements. Check our links page for a range of recommended Canmore accommodations. In addition the Alpine Club of Canada Clubhouse (403 678-3200) is a good hostel here in Canmore with nice facilities and reasonable prices. Excess luggage can be left at your hotel or our office.

All meals, snacks and drinks are supplied from lunch on Day 1 to lunch on Day 4. Mountain meals are made from lightweight ingredients. Please let us know, well in advance, if you have any dietary restrictions or prefer a vegetarian menu. Your assistance with meal duties will be appreciated.

Clothing & Gear

We supply group climbing gear such as ropes & hardware but you must bring your own personal climbing gear (e.g. harness, helmet, ice axe), clothing and general equipment.

We can lend you personal climbing items except for boots for which a rental charge applies. Make sure that you let us know, in advance, what you will need to borrow and to rent.

CLOTHING LIST

We suggest layers of light, easily carried clothing that allow for fast and easy adjustment to best suit fast changing temperature conditions. We discourage cotton clothing as it causes rapid heat loss when wet. Feel free to call us if you have any questions about what to bring. This list covers items needed for all likely conditions during the mountaineering season. Your guide will go through your clothing and gear with you prior to the course.

You will need to bring:

- LONG UNDERWEAR, top and bottom, polypro, wool, capilene or fleece.
- WOOL/BLEND SOCKS (extra pairs).
- Warm LONG PANTS to climb in. These could be windproof nylon/synthetic blend mountaineering pants, fleece pants, nylon exercise pants with light long johns or wool trousers.
- Light SHIRT or T-SHIRT.
- Wool or fleece LONG SLEEVE SHIRT with collar.
- FLEECE SWEATER (medium weight).
- Heavyweight fleece or insulated JACKET.
- Cotton SHORTS.
- Waterproof OUTER JACKET with hood (Gore-Tex).
- Waterproof OUTER PANTS, preferably with sidezips on legs.
- Waterproof knee-length GAITERS that will fit over large boots .
- Waterproof mountaineering GLOVES or wool / fleece mitts /gloves plus waterproof overmitts.
- WARM HAT (that covers ears).
- SUNHAT with wide brim.
- NECK TUBE.
- RUNNING SHOES (you may wear these on approach to hut and at the hut).

EQUIPMENT LIST

You will need to bring: (Items in blue are available to rent from Yamnuska)

- SLEEPING BAG. In summer the huts don't get too cold so don't bring a winter bag. We suggest a bag rated down to 0 degrees Celsius (32 F.) but if your bag doesn't quite get down that far don't worry too much. Make sure you bring a stuff sac that will reduce your bag to its

minimum size (i.e. one with compression straps) so you don't use up all the room in your pack.

- BACKPACK.** Big enough to fit extra clothing, sleeping bag, and share of food. Internal frame packs are most comfortable. A 55-60 Liter pack is suitable.
- MOUNTAINEERING BOOTS:** You will need mountaineering boots designed specifically for this use. Most hiking boots are not suitable not being firm enough, waterproof and not made to take crampons. Mountaineering boots are made from leather or plastic. Leather boots have either a semi-rigid or a rigid sole. Plastic boots have rigid soles. The most important feature of a mountaineering boot is comfort. Different brands seem to suit different feet. If buying, try a few different pairs and if they are not comfortable don't buy them. There are many good brands. They include Asolo, Kayland, Koflach, la Sportiva and Scarpa.
- DAYPACK.** This is optional and only recommended if your backpack is too unwieldy for advanced climbs. Large enough to carry spare clothing, lunch, water and climbing gear.
- SUNGLASSES** with good UV protection, we suggest 'glacier glasses'.
- Extra Strength **SUN CREAM.**
- Lip Cream
- HEADLAMP** with fresh batteries.
- WATER BOTTLE** (1L minimum).
- POCKET KNIFE**
- BLISTER KIT** ('moleskin', 'Second Skin')
- FIRST-AID** Items (band-aids, ibuprofen & Aspirin / Tylenol is enough as guides have a kit also).
- CAMERA** and spare film.
- TREKKING POLE (S)** (optional).
- EAR PLUGS** for dorm sleeping.
- Music Player and or **READING MATERIAL** (optional of course).

MOUNTAINEERING GEAR

You need to bring:

- ICE AXE.** We suggest a general mountaineering axe optimum 70cm length.
- CRAMPONS.** Must fit your boots.
- HARNESS.** Sit harness preferred.
- CLIMBING HELMET.**
- PRUSSICK SLINGS.**
- LOCKING & NON-LOCKING CARABINERS**

If you don't have these items we will lend them to you. Please let us know what you need in advance.

Insurance

There is no charge for rescue so long as you have a valid National Park Entry Pass (included in cost). However, it is wise to ensure that your health plan will cover you in case of illness or accident during your visit to the Rockies. Obtain extra coverage if necessary.

Booking Information

Please book as early as practical to avoid disappointment. A deposit of **\$396** CDN (including GST) is required at time of booking. Final payment is due eight weeks before the start of the program. To avoid unnecessary cancellation penalties we suggest you take our cancellation insurance for an extra non-refundable \$55, this can only be purchased at the time of booking.

For detailed Booking Instructions and Conditions, please visit our website.

Please note that you will be required to sign our waiver before commencing the trip. A copy of the waiver can be viewed on our website.

Please don't hesitate to contact us if you need to know anything else about this hike.

Map of Office Location:

