



Hot Rock

Program details

No holds barred climbing in a North American rock Mecca... the Bow Valley! Myriad sport and long multi-pitch routes combined with low instructor ratios will ensure you'll get totally pumped. A flexible agenda, personalized coaching and lots of climbing make this program a rock climber's dream trip!

The Bow Valley has a super abundance of varied and challenging climbing ranging from the limestone sport crags around Canmore to big wall routes on Yamnuska to the fabulous quartzite at Lake Louise. The objective of this program is to get out and climb it all!

2010 Dates

July 12 - 16, August 9 - 13, September 4 - 8

Price

\$1240 CDN covers guiding, instruction and use of technical gear. Accommodation and meals are not included but low cost, easy options exist which we can help organize for you. Cancellation insurance is available for \$65. Goods and Services Tax (GST) is extra. Gratuities not included.

More climbing: Yamnuska guides and instructors are also available for private climbing after the course, ask us for details.

Meeting Place & Time

The program begins at the Yamnuska office at 200, 50 Lincoln Park, Canmore, at 8:00 am on the first day. See map below.

Objectives and Agenda

- Get as much climbing into 5 days as possible
- Get personalized coaching in movement skills
- Do some great multi-pitch climbs
- Climb sport and traditional gear routes
- Revise and learn anchors, gear placements
- An enjoyable rock climbing holiday in a terrific climbing area
- All of the above!

These are all valid participant objectives for this program. Participants will be split into teams of 2 based on individual objectives and experience (teams may be changed day to day). Each team will work with their instructor/guide to establish each day's objectives. Most people on taking the program want to climb lots of good climbs and learn and revise on the way.

Day 1 and Subsequent Days: After discussing our personal objectives the group will head out climbing. Each day's program will be tailored to each individual participant's objectives and ability. With a 1:2 guide ratio we can maintain a high level of flexibility.

There are many different areas easily accessible from Canmore. At least 6 main sport climbing areas (Cougar, Grotto and Heart Creeks, Grassi Lakes, Lake Louise and Barrier Mountain) and multi-pitch routes

(some fully bolted) on Yamnuska, Kidgoat Buttress, Hal Ling Peak, Rundle, Cascade, Tunnel and Castle Mountains and the Tower of Babel are often used.

With the exception of Lake Louise, which has beautiful firm quartzite, the climbing is on limestone.

More climbing: Yamnuska guides and instructors are also available for private climbing after the course ... [details](#).

Instructors and Group Size

What is unique about this program is the extremely low instructor to guest ratio. This 1:2 ratio allows us to achieve so much. Then there's the instructors, enthusiastic and extremely talented, they hold rock climbing certification from the Association of Canadian Mountain Guides. Your safety and enjoyment are paramount to them.

Difficulty, Fitness & Experience

This program is for climbers seeking fun, adventure and great climbing. You must be comfortable seconding 5.7.

Transportation

To keep prices down participants are responsible for their own transport to Canmore and during the program. Canmore is a 1hour (100km) drive west from Calgary.

If you are flying from afar for the program we suggest that you rent a car for your visit. In addition to getting you to the climbing locations it will allow you to explore our region a bit after program hours. For example you can visit Banff and enjoy the hot pools and sample the numerous restaurants. If you want we can put other participants in touch with you who may be interested in sharing the cost of a rental car or who may be willing to use their vehicles in a car pool.

When booking please indicate if you are bringing a vehicle and, if so, whether you are willing or not to give other participants or instructors a ride in a car pool. If you are not driving here please indicate if you'd be willing to share the cost of a rental car or if you would prefer to car pool.

[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 0300, 609 1490 or 609 8897 for taxis in Canmore. See ["Links" page on website for more info.](#)

Accommodation

These are your responsibility. There are lots of options available including campgrounds, hostels, B'n'Bs, motels and hotels! Check accommodation options on our links page for our recommendations. The Alpine Club Clubhouse (403 678 3200) is a good hostel here in Canmore with good facilities and reasonable prices.

Food is not supplied. You will need lunch and something to drink each day. Bring plenty to drink and a lunch plus energy snacks.

Clothing & Gear

The course fee includes use of rock shoes and technical gear although you should bring any natural protection gear you already have.

The weather encountered on this program varies greatly, with the courses at the beginning and the end of the season more prone to cold conditions. The list below covers all possibilities. Should sunny warm conditions be forecast some items may be unnecessary. Remember that weather can change fast so even if the day starts out sunny you may still need rain gear in the afternoon. Conditions on the higher climbs on the multi-pitch days are often colder.

Clothing and Equipment List

- Lunch, snacks and plenty to drink
- Daypack (large enough for spare clothing, your lunch & personal and group climbing gear)
- Sunglasses
- Sun cream
- Rain Gear
- Clothing allowing for easy and complete range of movement
- Warm weather gear (fleece jacket, long johns, warm hat, etc.)
- Rock shoes (available for your use at no extra charge, please let us know in advance if needing to use these)
- Hiking boots or running shoes for the hike to the climbing area.
- Harness, helmet if you have them (we will supply these if necessary)

Insurance

There is no charge for rescue. If we climb in Banff National Park you will need a day entry pass (c.\$9) to qualify for free rescue. This pass can be obtained when we enter the Park. It is wise though to ensure that your health plan will cover you in case of illness or accident whilst here.

Booking Information

Please book as early as practical to avoid disappointment. We require a deposit of **\$456 CDN** at the time of booking. The final balance is due eight weeks before the program start date. To avoid unnecessary cancellation penalties we suggest you take our cancellation insurance (\$65), this must accompany your payment. We will also need you to complete the mountain experience questionnaire which can be found on our website.

Please note that you will be required to sign our waiver before commencing the program. **Please view our sample waiver copy on our website.**

Visit our website to book online or give us a call at the numbers below.

Map showing Office Location

