



# May 2007



## About Heli Canada Adventures

HCA specializes in exclusive, small group heli adventures. Our summer adventures range from heli picnics to heli backpacking, with heli hiking and heli mountaineering as our signature offerings.

Our winter adventures feature powder ski and snowboard touring, and heli snowshoeing — and we also team up with two high-quality partner companies to offer heli skiing and heli snowboarding.

We match each trip and group to your pace and expertise, making our adventures ideal for families, couples and single travelers. We also specialize in designing corporate, private and incentive heli adventures to fit your goals. From our base in Revelstoke, British Columbia, we provide unparalleled access to some of North America's most pristine mountain wilderness.



## Escape, Rejuvenate and Enjoy!



As an adventure travel company, we pay close attention to the latest in travel trends. Here's some fun stuff that we've uncovered in our offices. Does it sound like you??

According to a recent survey from the Travel Industry Association (TIA), the ideal vacation involves rest and relaxation, and spending time with significant others. Travelers are also looking for ways to escape, but they appreciate destinations that offer an easy travel experience, a sense of fun and adventure, and local flavor.

To meet those needs, travelers are more than ever creating their own adventures and travel groups. The Girlfriends' Getaway has never been stronger, offering moms, daughters and, often, grandmothers, a chance to bond. But these getaways are also turning into opportunities for wedding showers (known in the U.K. as "hen" parties!), reunions for friends and family who live far apart, and an ideal way for women to find some time and adventure for themselves, or to try a new activity in the company of like-minded adventurers.

But the men aren't forgotten: what was once simply male bonding has now become the "Man-cation," with buddies heading out together for road trips, adventure weekends and a chance to leave all the stresses of work behind for a while. Of course, a little friendly competition never hurts,

either...heli mountaineering, anyone?

Against this background, adventure tourism continues to grow. The TIA looked at who's traveling in search of adventure — they report that one-half of American adults (that's 98 million people!) have taken an adventure trip in the past five years. This includes 31 million adults who engaged in "hard" adventure activities such as whitewater rafting, scuba diving and mountain biking. Wow!

We're seeing these trends in action, but more important, we're seeing the effects of putting them together: a couple who discover each other's strengths as they learn to rock climb, or a family that gets some time to reconnect with each other, away from the interruptions of cell phones, televisions and stereos. It's as though the pristine landscape and the clear air here create a fresh start for everyone. Step out of the helicopter into an alpine meadow that's filled with wildflowers blooming their hearts out, or hike beside a stream that's rushing from a snowy ridge to the Pacific Ocean — it's a chance to simply be there, in the moment, completely present.

We love that part of our job — and we think you will, too. Come and see for yourself why the mountains of Revelstoke, British Columbia are the perfect escape!

**www.helicanada.com**  
**1-888-837-5417**  
**(toll free in North America)**



## Have you needed to repair a tear in a tent, clothing or a pack back country?

Our repair kit needs to be able to fix many different types of gear problems quickly while we are out there. I started carrying a small tube of seam grip, some clear tape and some fine bug mesh after witnessing a tent that got blown down a moraine getting fixed by its lucky owners. The fix was very sturdy and lasted for 7 days! You can also do the following for your clothes and your pack.

First, clean up the tear on the inside and outside and include an area around the tear for the tape and glue to adhere to. If you have several layers to get to the tear on the inside, then cut away the layers to get to the tear!! Hold the edges together and apply the clear tape to the outside of the tear so that you have some backing to apply the glue.

Next, take your glue and put the glue on the inside of the tear and around the tear on all sides. Make sure that you have a generous amount of area around the tear with glue on.

Take the netting and put it on the wet glue and let it dry until the glue has set up before taking the clear tape off the out side. You may also want to place something over the glue to prevent the dried glue from bonding with other surfaces when you are packing up the repaired tent!

If you are using this to fix your pants, take into consideration 'stretch' depending on the area of repair on the pants. Try leaving a fold in the netting without glue on so there is some play when the pant needs to stretch. I would suggest putting some soft material on the wet glue after the netting to prevent the netting acting like sand paper on your skin!

This quick fix may just get you to the valley bottoms dry and warm!

## Making Memories

Capturing the dramatic landscapes of the Rockies on film isn't difficult: simply point your camera in any direction, and click — you've got a memory that will last. To make those memories the best they can be, try these photography tips (they'll work whether you're shooting film, slides or digital).

- Take the time to really look at your surroundings, to see everything that will be in your frame.
- Glare at mid-day can make lighting challenging: morning and evening light, and even cloudy days, can be kinder to photos.
- Remember the "rule of thirds": many people position the focal point of their shot in the center, but this isn't always best for composition. Break up the shot into thirds instead: foreground, mid-ground and background. Positioning the focal point above or below the center, or to the left or right of center, can work really well.
- Don't just take the obvious angle: experiment with different angles of the same shot, to see if one of them provides better composition.
- Bring plenty of film or extra memory storage.
- Remember to pack extra batteries and/or your battery charger, plus lens cleaning microfiber cloths and the camera's instruction book.

For more photo tips, check out **Photo Adventures** by National Geographic, or sign up for one of our one-day heli photography courses, with instruction from renowned photographer **Jim Maitre** (go to [www.helicanada.com](http://www.helicanada.com) for more information).

## Featured Adventure

### *Partner Up! Combining heli hiking and heli mountaineering*

You don't have to settle for just one outstanding heli adventure — why not consider teaming up our two signature summer adventures, **heli hiking** and **heli mountaineering**? Many of our guests have done just that...they'll try one day of heli hiking, for example, and then switch to heli mountaineering the next day. The hiking creates a great introduction to the alpine landscape, while the mountaineering gives you a chance to get up close and personal with it!

Heli hiking can be as slow and serene or as fast and challenging as you wish, to accommodate every member of your party. For heli mountaineering, you simply need to be able to take steps two at a time — if you can do that, you can manage all the terrain that we'll be moving over. And if you're nervous about heights, don't worry: we can adjust the route so that it's sheltered. We've thought of everything!



## Contact Information:

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We would love to hear from you!