



**Heli Canada  
ADVENTURES**

**Revelstoke  
SKI TOURING**

**April/May 2013**



**Bob and the crew continue to work for you...**

Bob and the team he collaborates with always have your best interests in mind. Whether it's attending guides' meetings early in the morning, checking the gear to ensure good working condition, or making sure your post-hike reservation is taken care of, they're working for you. Years of experience combined with a can-do attitude makes for a group of individuals you can count on to make sure every detail of your trip has been considered and dealt with. Heli Canada Adventures aims to please, and a happy and safe customer is their #1 goal.

To book, just drop us a line at [info@helicanada.com](mailto:info@helicanada.com) or 1-888-837-5417.



**Spring? Already?**

There's a heated discussion going on in our office here at Heli Canada Adventures: which season is the very best? Is it fall, where the air starts getting cool and crisp, and we pull out the ski gear way too early, in thrilling anticipation of the pow? Or could it be spring, where the air grows warmer and the signs – flower buds, the chickadees song, the visible black earth beneath the receding snow – bring a feeling of renewal, of fresh starts, of....heli hiking possibilities!

True, we also live for snow here, but warmer climes and the spectacular greens and browns of the mountains surrounding Revelstoke are equally alluring to the outdoor enthusiast. As we watch the snow disappear and the robin making a comeback, we're starting to think of summer adventures.

The area has seen very impressive snowfall this winter and it appears to be continuing. There is still time to grab friends or family and book a ski touring adventure with our enthusiastic staff. We're always ready to go and it's pretty tough for this group to tire of the amazing winter sports opportunities out there.

We could wax poetic about the many reasons why BC's Rocky Mountains are some of the finest peaks and valleys in the world, but we have another, more practical reason why you should spend your vacation time with us this



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1-888-837-5417  
(toll free in North America)



**"Earth and sky, woods and fields, lakes and rivers, the mountain and the sea, are excellent schoolmasters, and teach some of us more than we can ever learn from books."**

**— John Lubbock**



## Tips from the Team:

When it comes to getting and staying fit, making it much more enjoyable to engage in the myriad adventures that Heli Canada Adventures offers, a million squats and all the chia seeds in the world won't make up for plain, good old-fashioned sleep. Lack of sleep has been associated with a higher risk for depression, reduced immune system functioning, weight gain, impaired memory and an increase in the risk for cancer and heart disease. Shut eye is vital to our health and well-being! Below we give you some tips on how to make sure you get a solid 7 – 9 hours.

1. Have a regular bedtime – the body likes routine.
2. Don't indulge in caffeine within eight hours of sleep time.
3. Make your bedroom a calm, cool, quiet haven – no TV, cell phones, or clutter.
4. De-stress before bed – warm bath, light stretching, soothing music.
5. Exercise – but not close to bedtime; relieve muscle tension by working out, making you more relaxed and ready for sleep at the end of the day.

### INTERESTING TIDBITS . . . DID YOU KNOW?

Mount Revelstoke National Park, which is adjacent to Revelstoke, boasts the title of being the only inland temperate rainforest in the world! This appears to be due to its unique position in the Columbia Mountains, with weather systems that come from the Pacific Ocean, rising over the mountains. The result is forest that more resembles the coastal rainforests. When you're done having the time of your life with Bob, whether it's heli hiking, heli mountaineering or doing a heli photography course, we encourage you to stick around

the area and explore the beauty and diversity of this fabulous national park.



summer. As of April 1st, BC is moving from charging 12% HST for services to a much more reasonable 5% GST. This is good news for all of us, and a great savings for you, our valued client!

We invite you to book now and start planning your heli –hiking (our most popular activity with clients of all ages), heli mountaineering, or heli picnic trip. We really do have something for everyone – young and old, relaxing to challenging, improving skills to just plain taking it all in. Give us a call and we can help you figure it all out.

A reminder that, at any time, we can help you organize a privately-guided trip that you plan, you decide on the activities, you decide how long it will be, and any other details that you want to include in your once-in-a-lifetime trip with Heli Canada adventures. We're here to accommodate your every wish – we can make it happen!

### Contact Information:

1 (888) 837-5417 (toll-free in North America)

1 (250) 837-5417 (outside North America)

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We would love to hear from you!

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