



August 2007



Featured Adventure Heli Backpacking

Are you looking for a great trip to take with friends who are fit? Heli backpacking is the perfect getaway, whether you're bonding as couples or just getting the guys and the gals together for great vacation. You'll helicopter into the backcountry at the start, and then hike between our pre-established camps — covering up to 5 miles a day with an elevation gain of up to 2,000 feet per day — and then helicopter out at the end.

You can expect two guides for six guests, to keep the guide-guest ratio high, and we're happy to customize the trip for your group — or you can simply join one of our pre-set trips. You'll need to be able to carry about 25 pounds in your pack: that's your sleeping bag, sleeping pad and a tent, plus the regular everyday stuff you would have in a day pack — but no food or pots...this is definitely backpacking made easy!



Summer is Still Here!

Backpacking in the Backcountry Made Easy

(Hint: It's the Helicopter!)

Okay: here's your skill-testing question for this month. What weighs the most in your pack when you're backpacking from site to site in the backcountry?

- a) Your tent
- b) Your stash of toilet paper
- c) Your food and cooking utensils
- d) Your sleeping bag

If you chose (c), you're absolutely right: food and cooking utensils generally take up a lot of room in your pack, and a whole lot more weight. And besides, freeze-dried, boil-in-the-bag dinners kind of lose their appeal after a while. That's why we at HCA developed our heli backpacking secret weapon: backcountry camps that we stock with food and cooking gear, which keeps our packs light!

Yes, that's right: not only is the food pre-stashed (think of it as an alpine pantry), but it's really fresh, and really good. (Bob, could we add a couple of example dinners in here: e.g., "Think about it: xx and yy, aa and bb. Hope you're hungry!")

We can pretty much guarantee that you *will* be hungry, by the way. You'll have spent the day hiking from camp to camp, over glaciers, alpine meadows, rocky areas and streams — there's even time to take a dip in many of the alpine tarns. Despite stops for a gourmet backcountry lunch and frequent snacks, our guests always seem happy to sit down to dinner. Talk about



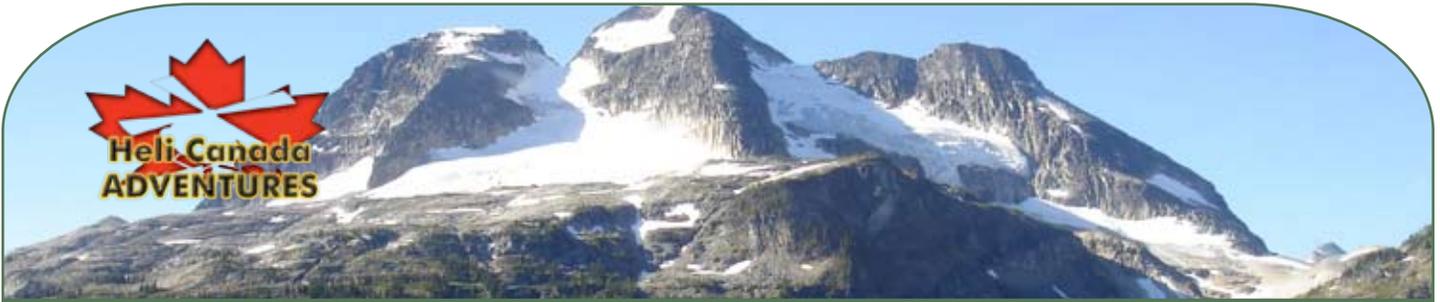
working up an appetite!

Do you have favorite backcountry backpacking recipes? If you do, feel free to share, and we'll do the same: look for our number-one recipe (and yours!) as a special feature next month, along with our first annual newsletter survey!

Summer's Still Here!

As we write this newsletter, the sunshine and showers of summer are bringing out the alpine wildflowers in ever-increasing colors. Indian paintbrush in bright reds and palest pinks, forget-me-not in electric blues, and alpine heathers in mauve and white bell-shaped flowers. Gorgeous!

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



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.

As August heads into September, there's still time left to get out and enjoy the blooms. If you could use a break in a place where the air is clear and the views inspiring, check out the trip availabilities for heli hiking, heli mountaineering and heli backpacking at www.helicanada.com, or just give us a call at 1-888-837-5417. And remember: September is larch season, when this "evergreen" becomes all-over flaming yellow. It's a seasonal hit that we look forward to all year.

Self Care Tip

The mountain panorama spectacular, the wildflowers wonderful and the glacier cooled breeze is refreshing and as you find the perfect moss cushioned rock on which to sit and enjoy your delicious gourmet picnic you suddenly wonder who is lunch your sandwich or you? Mosquitoes, mozzies, midgies whatever you call them, even in the alpine backcountry they are a reality.

Luckily there are numerous ways to beat these sneaky suckers and to enjoy your heli adventure bug free. Before reaching for the DEET; however, please consider the equally if not superior effect of non-toxic alternative remedies.

DEET is a powerful fungicide that is absorbed into the blood stream through the skin and causes side effects such as rashes, eye irritation. DEET can also affect the central nervous system causing lethargy, muscle spasms and nausea.

After an extensive study by Consumers Report, it has been discovered that non-DEET products such as Citronella proved to provide a longer duration of protection with applications that have equaled or exceeded those of DEET – based repellants.

Other natural essential oils that have similar bug repelling properties are cedarwood, peppermint, bergamot, lavender, eucalyptus, pennyroyal, cin-

namon and lemongrass.

Here is a simple recipe for a natural insect repellent:

½ oz citronella oil

¼ oz cedarwood or lavender oil

1/8 oz pennyroyal or bergamot oil

1/8 oz tea tree or eucalyptus oil

1/8 oz jojoba oil

16 oz almond oil

Blend all ingredients in a glass jar. Shake jar or spray bottle before using. Apply to skin as needed.

Ethel and Charlie, regular private guests, have passed along their efforts in repelling the bugs! They have been advised that Avon Skin So Soft range deterred them but found the Jungle Formula is probably the best line of defense. A humorous article about midges from the West Highlands of Scotland can be found here for your perusal - <http://www.tyn-drumbytheway.com/Site/Midges.html>



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We would love to hear from you!

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