



December/January 2011



Bob's team is gearing up...

...for another amazing winter season! Here at Revelstoke Ski Touring, we know that a combination of fun and safety is the key to a fabulous backcountry experience. Besides our winning personalities and great jokes (!), we want our clients to know that we know our stuff when it comes to safe backcountry adventures. Our guides are passionate about the outdoors, and love passing that enthusiasm on to their clients. Part of this energy for getting out there and enjoying nature includes being prepared. Three team members have recently completed their First Aid recertification, and our very own Bob Shafto achieved top marks in his Blasting Ticket exam. It's all about keeping up-to-date and knowledgeable, and doing what we can to reduce risk. After that, it's all about the ride...the snow...the adrenalin...the challenge...the fun.

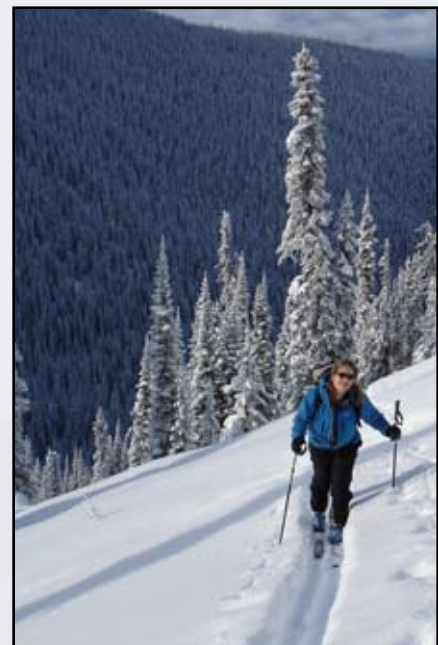
To book, just drop us a line at info@helicanada.com or 1-888-837-5417.



Let it snow...
Let it snow...
Let it snow...

It's lightly snowing outside as this newsletter is being written, and fingers are crossed that it just never stops. Environment Canada is telling us it will be a big snow winter, and the Farmer's Almanac is also forecasting above-normal snowfall. This La Niña winter could shape up to be one of the best yet!

Well, tis the season, and Revelstoke Ski Touring, along with Heli Canada Adventures, would like to wish you a wonderful upcoming Christmas season. We wish you warm, cozy evenings with family and friends, as well as exciting action-packed days of winter activities. We would like to thank our past clients for making 2010 the best ever and we would like to invite new clients to check us out in 2011.



In these times of cutbacks and over-consuming, more and more people are choosing, for Christmas, to give fewer "things" and more "experiences." Consider giving a Revelstoke Ski Touring trip to someone special in your life. A knick knack is nice, but it can't compare to the gift of experiencing the beauty and grandeur of the Monashee and Selkirk mountains! If you are wondering what to get that person who seems to have everything, give us a call. We'll help you put together an experience that your loved one will never forget. We have many options to choose from. From ski touring packages to ski

traverses for the adventurer in the family, we will work with you to create the dream trip. And for backcountry enthusiasts, what better way to show your love than to sign them up for one of our Avalanche Skills Training courses. They learn new skills for safe backcountry travel, and you feel better knowing they have what it takes to stay safe while having fun.

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



"You are one with your skis and nature. This is something that develops not only the body but the soul as well, and it has a deeper meaning for a people than most of us perceive."

- Fridtjof Nansen

Tips from the Team:

Get plenty of sleep. With darker days and earlier sunsets, take advantage and hunker down for a good rest. You will have more energy during the day.

Eat well. Plenty of fruits, vegetables, lean protein, and complex carbohydrates will give you the energy to power up on those ski touring days.

Exercise regularly. Focus on those big muscles needed for touring and breaking new ground. Include squats and lunges in your workout. Increase your cardio, gradually bringing your endurance levels up, so your ski group will have to keep up with you and not the other way around!

Stay on-track and healthy, and you will have earned that fantastic beer and nachos at the end of a rewarding skiing day...

About Heli Canada Adventures

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

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.

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.

Interesting Tidbits...Did you Know?

Rogers Pass, where Revelstoke is located, home base for Revelstoke Ski Touring, is known for their mega amounts of snow each year. Snowfall can often reach 12 metres annually. Clearly, this is the spot to come to if you love snow sports!



By the way, just because the white stuff is coming down like crazy, it doesn't mean that plans for next summer can't be made. Summer is often full of family and visitors; what better way to spend time together than on top of a mountain? A family reunion that will be remembered forever! Our experienced helicopter pilots will get you there easily and safely, and our guides will show you scenery that can't be beat. There is something for everyone in the family; our clients range in age from four years old to eighty-six!!!

Join Heli Canada Adventures for afternoon [picnics](#) in sun-washed alpine meadows, or multi-day [heli hiking](#), [heli rock climbing](#), [heli backpacking](#) or [heli mountaineering](#) trips. We also offer [heli snowshoeing](#) trips. We are known for our flexibility, quality, and experience. Dates are already filling up fast for next season, so get a jump on your plans and call us now to discuss your thoughts. We are great at making ideas turn into reality.

From all of us to all of you, have a safe and enjoyable Christmas season. Happy New Year! We look forward to sharing more adventures with you in 2011.



Contact Information:

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

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We would love to hear from you!

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