



**Heli-Canada  
ADVENTURES**



**Revelstoke  
SKI TOURING**

# February/March 2011



**An exciting winter  
so far!**



Winter here at Revelstoke Ski Touring is in full swing, and many amazing adventures have been had by both our guides and our clients. Friendships were made or strengthened, endurance was put to the test, and many laughs were shared, all while surrounded by some of the most breathtaking scenery and terrain in the world.

This year is proving to be a significant avalanche year. While this is not unusual for Rogers Pass, we see the news of any avalanche as a very valuable reminder of the potential risks involved in what we do. Every time big snow lets go, it also reaffirms for us why it is so vital to arm ourselves with as much knowledge about the outdoors as possible. The more we know about how avalanches work, the better we get at avoiding them. These amazing mountains are unpredictable, but knowing what to look for and what to avoid helps us make the best decisions possible. We won't go out if we deem it to be unsafe. Our goal is for you to be able to relax and enjoy your experience in the Selkirk and Monashee mountains, so if we need to wait until it's safer, we'll do just that.



## **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 après ski 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. Revelstoke Ski Touring 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.

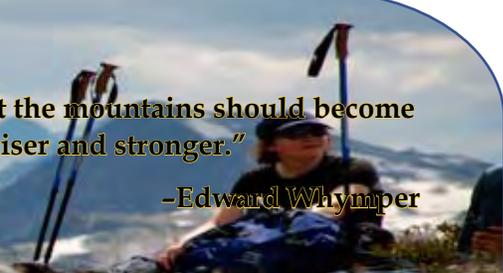
We can't emphasize enough how valuable good avalanche training is for the back country enthusiast. Check out our AST1 and AST2 courses, and feel more confident heading out into the heaven that ski touring can be!

[www.helicanada.com](http://www.helicanada.com)  
1-888-837-5417  
(toll free in North America)



**"The thing to be wished for is not that the mountains should become easier, but that men should become wiser and stronger."**

**-Edward Whymper**



## Tips from the Team:

So . . . you've checked your schedule, you've made the call to Revelstoke Ski Touring, you've booked the date, your paperwork is done, your buddies are pumped to go . . . are you ready? Make sure your day from ski heaven is the best ever by thinking ahead about ways to keep your energy at its highest for your entire experience.

Our casual research (chatting with other skiers, perusing websites) into snacking during an epic ski day shows that those in the know prefer a combination of sugar and protein for the extra boost that will get you all the way back to home base with energy to burn. First and foremost, though, is staying hydrated. Water is the number one choice, and coming next are energy drink packets that you can mix as needed into your water. Watch the sugar content though, as the high and then the predictable crash can be tough on your body.

Ideas for solid food range from good quality energy bars, nuts and dried fruit, and peanut butter or cream cheese on mini bagels to mini snickers bars and peanut M&M's. The combination of the protein and carbs seems to be the key for keeping energy levels up. Bananas, full of potassium and natural sugar, are also a good choice, but watch where you put them! A squished banana somewhere in your ski gear could be a disaster!

## 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.



Even though temperatures continue to drop below zero, every time we get a sunny day, thoughts may naturally drift to summer days ahead. While some people escape to warmer climes, others continue to enjoy winter activities but start planning for warmer weather, which will be here before we know it!

At Heli Canada Adventures, we have something for every adventure-seeking person. With our outstanding variety of heli activities offering fun and challenge for all levels of expertise, you're sure to find an adventure that suits you — perhaps an adventure-oriented singles

hiking trek, a fun fishing group challenge, a family walking vacation, or the photography course you've always said you wanted to take. Our highly trained guides offer an exclusive helicopter vacation, turning heli hiking, heli fishing, heli mountaineering, heli backpacking or heli rock climbing into an adventure that you'll always remember. Check us out! Spaces are limited, so gather the gang and call us for information today.

## INTERESTING TIDBITS . . . DID YOU KNOW?

Rogers Pass is home to the largest mobile avalanche control program in the world. Parks Canada and the Department of National Defence work together to keep the pass safe for traffic on the Trans-Canada Highway and the Canadian Pacific Railway mainline.



## Contact Information:

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

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

[info@helicanada.com](mailto:info@helicanada.com)

[www.helicanada.com](http://www.helicanada.com)



We would love to hear from you!

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