

# July/August 2011

Heli Canada  
ADVENTURES

Revelstoke  
SKI TOURING



## Say Hello to Summer!



When we look outside we may very well still see snow, it's true. But the chickadees are singing their tune, a robin or two have been sighted, and the scent of fresh new earth is in the air. Spring has arrived!

As we look forward to warmer weather and fantastic summer outdoor activities, we want to take a moment to look back on a very successful winter season here at Revelstoke Ski Touring. With good snow and lots of enthusiasm, there were many happy guides and many happy guests. We were pleased to see more people increasing their backcountry knowledge through our avalanche courses. Ski touring in Rogers Pass was as epic as usual, and tired but thrilled guests left saying they would definitely be back for more next season.

One of the highlights this winter season was a private heli ski safari we were lucky enough to guide. Two guests, two guides, 9000 square kilometres of pure, unadulterated white stuff, and everyone was set! Some adrenalin-filled snowmobiling was part of the package, enjoyed by all, and the views afforded to us gave new meaning to being "on top of the world." Stay tuned for the video that we'll be posting soon.



### 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.

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"If adventure has a final and all-embracing motive, it is surely this: we go out because it is our nature to go out, to climb mountains, and to paddle rivers, to fly to the planets and plunge into the depths of the oceans... When man ceases to do these things, he is no longer man."

-Wilfrid Noyce

## Tips from the Team:

You may be considering planning a family reunion around a heli hiking experience with Heli Canada Adventures. Along with the careful planning you'll do with Bob to make sure all members of your group are comfortable and enjoying the experience, have you considered the use of trekking poles, also called hiking poles? We've come a long way from grabbing a large wooden stick for support on our way up a mountain or along a rocky trail.

Trekking poles can greatly add to your enjoyment on a hike, and can help you to feel more confident on uneven ground. Those who have embraced the practice say they would never hike without them again. For outdoor enthusiasts who might be interested, here are a few reasons to try them out:

1. They reduce pressure on your knees. They also help feet, legs, and backs. This is especially helpful on descents.
2. They improve your balance. Whether it's crossing streams, doing a steep ascent or navigating uneven ground, the extra support will help you keep your balance. Avoiding a sprained ankle is always a good thing!
3. They help control your speed. Going up, the added arm strength can help to propel you forward. For descents, poles can help slow you down to a comfortable hiking pace.

For help in choosing the right poles for you and for tips on how to use them properly, check out [www.ideal-hiking-equipment.com](http://www.ideal-hiking-equipment.com) as well as [www.mec.ca](http://www.mec.ca). Happy hiking! We do provide our guests with trekking poles!

## 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.



We're now ready to start planning with you for the ultimate summer adventure. We have a wide variety of activities available to choose from. Let us know what you're interested in, and we'll make it happen for you and your friends or family. Heli hiking, heli mountaineering, heli backpacking, heli picnics, and much more! We can take care of as few details or as many as you require, from food to accommodation to choosing a heli destination and/or activity.

One of the interesting courses we offer at Heli Canada Adventures is photography. Whether you're a beginner or a veteran photographer, we will customize the instruction to your specific needs.

We're currently looking for a guest who would like to join another guest for a private photography seminar/vacation. This guest is interested in doing two flights a day, taking full advantage of both the morning light as well as the evening light to capture the beauty and grandeur of the area. If this sounds like a trip you would enjoy, please contact us and we'll get the ball rolling.

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

Revelstoke, home to approximately 8000 residents, has over 37 restaurants, 21 hotels, and 24 campgrounds! After the excitement of your time with Bob and the staff at Heli Canada Adventures, why not sample some of the many activities in and around beautiful Revelstoke? Whether it's golfing, hiking, camping, mountain biking, tennis or river rafting, there are plenty of reasons to stay longer in this quaint, historic holiday destination. We're pretty sure you'll fall in love with it, just like everyone at Heli Canada Adventures did.



## Contact Information:

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