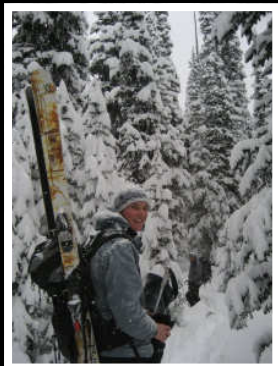


A few other things to do:

- Cardboard Sled Derby!
- Wilderness Crochet/Knitting Getaway!
- Christmas Dinner!
- One Cool Winter!
- Movie Nights!
- Calgary Shopping Trips!
- Board /Card Game Nights!
- Free Pasta Wednesdays 6-8pm!
- Thursday Knotty Nights!
- Friday Indoor Climbing Series!
- Tuesdays ESL Conversation!

Sign up to have our calendars emailed to you each month!



BanffLIFE! Where your Banff LIFE adventure begins!



BANFF
LiFE



BanffLIFE

302 Buffalo Street (across from the CIBC)

(In the Rotary Community Hub)

Phone: 403-760-2423

Email: banfflife@banff.ca

Web: www.banff.ca/banfflife

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403-760-2423

www.banff.ca/banfflife



Get out there!

Mountain Adventures for young adults living & working in Banff!

Avalanche Skills Training

Level 1, \$130

- December 21/22 (Mon/Tues)
- January 23/24 (Sat/Sun)
- March 9/10 (Tues/Wed)
-

Essential for anyone venturing into the backcountry! Skills covered include beacon and transceiver use, route finding, assessing snow packs, & more!

Ice Climbing

Skills Development, \$198

- December 15/16 (Tues/Wed)
- January 9/10 (Sat/Sun)
- February 12/13 (Fri/Sat)

Spend one day learning the basics techniques for ice climbing, and the second day perfecting it! We have some of the best ice climbing spots right in our backyard. Don't miss out on learning this exciting sport you can enjoy all winter!

Intro to Near Country Skiing, \$85

- December 14 (Mon) –Banff/Sunshine
- January 12 (Tues) –Lake Louise
- February 12 (Fri) –Golden/Kicking Horse
- March 20 (Sat) -Lake Louise

Get away from the resorts and into the backcountry. Learn the basics from using skins, travelling with gear, basic avalanche safety, and more!

Intro to Ice Climbing, \$100

- December 6 (Sun)
- January 8 (Fri)
- February 16 (Tues)

The Canadian Rockies have some of the best ice climbing in the world. Learn the basics of the sport, and get introduced to a whole new world of winter adventure! Cost: \$100 person

Mixed Climbing, \$100

- January 20 (Wed)
- March 17 (Wed)

Like rock? Like ice? Try them both with mixed climbing. Some of the best mixed climbing is found in our area. Get out there and expand your adventure skill set! Cost: \$100 person

Overnight Adventures!

- **January 15/16, Bow Hut Ski Touring Adventure, \$110:** Stunning views, deep powder skiing, a cozy mountain hut. Cost includes guide, transport, hut fees.
- **February 7-9, Rogers Pass Powder Ski Trip, \$300:** Envious steep powder skiing in Rogers Pass. Days in epic powder and steep trees, nights in a cozy hut. Cost includes guide, transport, and hut fees.
- **March 10/11, Ice Climbing Get-away, \$200:** A weekend of adventure, exploring some wicked ice climbing spots on the Icefields Parkway. Spend the night easing muscles in a hot sauna! Cost includes ACMG guide, transport, technical equipment and accommodation
- **March 11-14, Wapta Icefield Ski Traverse, \$287:** Ski adventure of a lifetime! Spectacular skiing, wonderful mountain views, and cozy huts. Cost includes guide, transport, and hut/park fees.
- **April 1-4, Ski Mountaineering Trip Peyto/Bow Lakes, \$287:** Ski climb up to stunning peaks, and enjoy some epic skiing back down. Work on glacier travel, crevasse rescue, and ski touring basics. Cost includes wicked ACMG guides, transport, and cozy hut accommodations.



Contact Christine or Corri at BanffLIFE to book your spot!

403-760-2423 • banfflife@banff.ca

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