

A little about BanffLIFE's Mountain Adventure Program

BanffLIFE's Mountain Adventure Program offers the opportunity to participate in amazing outdoor pursuit and activities. Our programs are exciting, safe, and affordable. All of our Mountain Adventure Programs are designed to allow young adults to discover and develop their skills, knowledge and passion in several different mountain activities. All of our trips are organized and guided by Alpinism Mountain and Ski Guides <http://alpinism.com/> and are sponsored by Parks Canada and The Mactaggart third fund.

A little about Banff

Welcome to Banff National Park! Established in 1885, Banff is Canada's first and best known national park. It is a part of a UNESCO World Heritage Site that covers 20,000km² of some of the most spectacular and ecologically significant areas in the Canadian Rocky Mountains. From the beginning, Banff National Park has provided inspiration, rejuvenation, and relaxation to millions of people each year. It is a place where residents and visitors can participate in activities that help them understand and respect Canada's natural and cultural heritage. Banff National Park is truly a sacred and special place where the richness of Canada's mountain heritage is respected, experienced and celebrated for all time. As new members of the Banff community, you are about to embark on your very own Banff National Park adventure. BanffLIFE is happy to be a part of your adventure and we are looking forward to introducing you to your back yard!

Avalanche Skills Training (AST) Level 1 - \$130.00 **FUNDING ASSISTANCE IS AVAILABLE**

Dec 13-14, 2011, Jan 26-27, Feb 14-15 or Mar 14-15, 2012

Take your safety into your own hands. This course is essential for anyone venturing into the backcountry. Avalanches claim the lives of many every year. Be prepared and learn the basics of avalanche safety. Skills covered included using avalanche beacon and transceivers, assessing snow packs, route finding, and more. Day one will be classroom, day 2 in the field. Certificate will be issued at the end of the course. Cost includes: 2 days of instruction, books, use of safety and snow study equipment, and transportation to field location. An AST 1 certificate will be issued on successful completion. * You will need to bring adequate clothing and equipment for a backcountry ski tour (or snowshoes).

Intro to Back Country Skiing - \$65 per person

Dec 15, 2011, Feb 16 or Mar 16, 2012

Have you always wanted to ski away from the resorts? Join this one day course to learn the basics of backcountry skiing. Everything from using skins, how to travel with touring gear and basic avalanche safety will be addressed. In a small group, you will learn from some of the best skiers / ACMG guides in the Valley. This is a great day to use as a primer for any longer trips. Intermediate skiing ability is necessary. Cost includes: 1 day of instruction, use of snow safety equipment (shovel and probe), and transportation to skiing site. Ski gear and transceiver not included cost.

Overnight Ski Touring Adventure - \$195.00 **FUNDING ASSISTANCE IS AVAILABLE**

Jan 28 – 29 (overnight)

Deep powder skiing, stunning views of ice fields and frozen waterfalls, a night sleeping in a cozy mountain hut -what more could you ask for on an overnight ski adventure?! Join us for this 2 day trip to Mosquito Creek Hostel. Intermediate skiing level required. Cost includes: Awesome ACMG guide, transportation, use of snow safety equipment (shovel and probe) park fees and accommodation. Personal ski gear, transceiver and meal costs not included.

Wapta Ski Traverse - \$575.00 per person **FUNDING ASSISTANCE IS AVAILABLE**

April 1,2,3,4 - 4 days/3nights

Join this mountain adventure of a lifetime! The Wapta adventure will provide you with spectacular skiing, wonderful views and a ski ascent or two depending on the skill set of the group. The Wapta Icefield is the area of glaciers between Peyto Lake and Wapta Lake, northwest of Lake Louise, one of the most beautiful in the world. We will be spending the evening in a series of cozy mountain huts, complete with mattresses and stoves! You must be an intermediate skier, and able to carry food, clothing, equipment and sleeping bag. Cost includes awesome ACMG guide, transportation, use of snow safety equipment (shovel and probe) park fees and accommodation Personal ski gear, transceiver and meal costs not included.

To sign up for BanffLIFE activities please contact us

Phone: 403.760.2423

E-mail: banfflife@banff.ca

Intro to Ice Climbing - \$55.00 per person

Dec 16, 2011, Jan 13, Feb 10 or Mar 10, 2012

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! In a small group you will learn from some of the best climbers/ACMG guides in the Valley. No experience necessary. Cost includes: 1 day of instruction, use of group technical equipment, use of personal climbing equipment (helmet, harness and belay device) and transportation to climbing site.

4 Day Ice Climbing Skills Development - \$340.00 per person

****FUNDING ASSISTANCE IS AVAILABLE****

Jan 5,12,19,26, 2012 or

March 9,16,23,30, 2012

Spend one day a week learning the basics techniques for ice climbing, and perfecting it! The Canadian Rocky Mountains are home to some of the best spots for ice climbing. Don't miss out on learning this exciting sport you can enjoy all winter! In a small group, you will learn from some of the best climbers/ACMG guides in the Valley. No experience necessary. Cost includes: 2 days of instruction, use of group technical equipment, use of personal climbing equipment and transportation to climbing site.



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302 Buffalo Street (across from the CIBC)

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