

# Mountaineering Course in The Rockies



## Highlights

Find your feet on this intensive, six-day mountaineering course in The Rocky mountains in Canada. You'll conquer the basics, build confidence and experience the natural highs of climbing on snow, ice and rock.

The Rocky Mountains draw millions of tourists each year, and it's not hard to see why. With towering snowcapped peaks – the highest of which stands at a whopping 14440 feet above sea level, meadows strewn with wildflowers and rivers that carve through the land, it makes for an awe-inspiring holiday. The wildlife is pretty eye-catching too – elk, moose and bears all call this part of the world home. The whole area stretches just short of 3000 miles and runs from British Columbia down to New Mexico in the USA.

Ben Nevis, Snowdon and Scafell Pike are all very well, but sometimes a little exoticism is called for. And when it comes to learning the basics of mountaineering, locations don't get much more inspiring than The Rocky Mountains in Canada. On this six-day introductory course you'll grapple with all the fundamentals and learn them in one of the most breathtaking settings in the world. You'll learn how to climb on snow, ice and rock, travel across glaciers, and see how a crevasse rescue works. And by the end of it all, you'll be handy with a compass and map, too.

## Is it for me?

As well as a good level of fitness, you'll need an adventurous spirit and a positive mental attitude to help you get the most out of the 6-day session. You'll also have to be comfortable staying in hut accommodation, so if you're more used to 5\* hotels, then this probably isn't your thing. It'll also help if you're a friendly soul, too – as you'll be spending your time in a small group of people so it'll make the whole experience more pleasant if you're willing to join in and get to know one another.

## Accommodation

Your base for the week is Bow Hut – a large hut that sleeps up to 30 people in communal areas. It has a wood stove for heating, and gas for cooking and lighting. It's a rather solitary place and it takes most groups between three and six hours of hiking or skiing to reach it from the nearest highway. It's owned and operated by the Alpine Club of Canada, so that means you can expect a good – but basic - standard of accommodation. When you're in Canmore, you'll need to sort your own place to stay, the team here can organise this for you or you can arrange your own.

Food-wise, all your meals, snacks and drinks from lunch onwards on the first day to lunch on the last day are included. Meals are made from lightweight ingredients – because they're easy to carry - so expect a menu of dried, and pre-packaged foods while you're up in the mountains.

## Itinerary

**Day 1:** You'll meet at the Office in Canmore at 8:30am for introductions, a review of the course goals, the itinerary and an equipment check. After packing up, it's an hour and a half drive north to Bow Lake where you'll start the hike to Bow Hut, which is located at 2350 metres on a shoulder adjacent to the snout of the Bow Glacier.

Prices from

**955** GBP (6 days) per person

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This will take you between three and five hours. You'll travel six kilometres and climb 610 metres.

**Day 2 – 5:** Bow Hut is your base for the week. Its proximity to the glacier and to several peaks makes it easy for you to get out on to suitable instruction terrain every day. You may spend nights in one of the other huts in the region. Peaks often climbed on the course include Olive (3110 m.), St. Nicholas (2900 m.), Gordon (3200 m.), Thompson (3050 m.), Balfour (3230 m.) & Rhondda (3110 m.)

**Day 6:** Final day. A last chance to review techniques before you hike back down to Bow Lake and return to Canmore in the late afternoon.

**Note:** From Day 2 the course agenda and the amount of time spent on each subject will depend upon conditions in the program area, the weather, group and individual abilities and learning speeds.

## Details

### Getting there

The nearest main airport to Banff is Calgary and flights leave the UK from London Heathrow and Glasgow.

### Price includes

Includes instruction, hut accommodation, park permits, all trip meals, local transfer to trailhead and use of technical gear. Also includes the 5% Canadian Goods & Services Tax (GST).

### Comfort level

Down to earth (hostels, camping, huts)

### Experience required

A reasonable level of fitness and interest is all that is needed