



Scrambling Skills

Program Details

There is a thin line between technical climbing and scrambling. We define scrambling as easy climbing requiring use of hands and feet but not usually ropes, belays and protection.

The intent of Scrambling Skills is to give you the skills to safely climb the scramble peaks and not put yourself or partners at unnecessary risk. We will focus on the most important elements of scrambling safety: route finding, hazard assessment and movement skills on loose steep terrain and on snow and iced rock. Most scrambling accidents are the result of bad route choices and poor terrain assessment.

Rope use and technical aspects of mountaineering will not be taught on this program.

2008 Dates

June 21 - 22; July 12 - 13; Aug 9 – 10

Price

\$265 CDN per person based on a minimum of 4 bookings. Price includes instruction, guides expenses and group gear only. Price does not include GST, Park Entry fees, personal gear, accommodation, meals or transportation. Cancellation insurance is \$15.00.

Meeting Time & Place

The course begins at the Yamnuska office at 8.00am on the Saturday morning. The Yamnuska office is located at 200, 50 Lincoln Park, Canmore. Be dressed ready for the outdoors.

Course Agenda

Day 1: Meet at Yam office, 8:00 am. Course briefing (intro, goals, objectives etc) followed by departure to field location in lower Bow Valley area. Terrain skills (evaluation, route finding, movement on rock and safety skills).

Day 2: Early departure from Canmore for snow skills and more scrambling terrain skills, possibly at Columbia Icefields. Meeting time and place to be determined by guides.

Instructors & Group Size

Great people to spend a week in the mountains with, your instructors are certified by the internationally-recognized Association of Canadian Mountain Guides. There will be a maximum of 12 participants.

Difficulty, Fitness & Experience

You need to be fit at the level of a strong hiker. No prior climbing experience is required.

Transportation

To keep prices down participants are responsible for their own transport to Canmore and during the program. Canmore is a 1hour (100km) drive west from Calgary.

If you are flying from afar for the program we suggest that you rent a car for your visit. In addition to getting you to the climbing locations it will allow you to explore our region a bit after program hours. For example you can visit Banff and enjoy the hot pools and sample the numerous restaurants. If you want we can put other participants in touch with you who may be interested in sharing the cost of a rental car or who may be willing to use their vehicles in a car pool.

When booking please indicate if you are bringing a vehicle and, if so, whether you are willing or not to give other participants or instructors a ride in a car pool. If you are not driving here please indicate if you'd be willing to share the cost of a rental car or if you would prefer to car pool.

Frequent shuttles connect Calgary International Airport and Canmore. Greyhound Bus Lines (1 800 661 8747) serves Canmore from points east and west along the Trans-Canada Highway. Call 609 0300, 609 1490 or 609 8897 for taxis in Canmore.

Accommodation & Meals

These are your responsibility. There are lots of options available including the Alpine Clubhouse, campgrounds, hostels, B'n'Bs, motels and hotels! We do suggest you stay in the Canmore area on Saturday night to reduce driving time on Sunday. Check our links page for a range of Canmore accommodations.

You will need to bring a packed lunch, snacks and plenty of liquids each day.

Equipment & Clothing

The equipment and clothing you bring to a course will play a large role in the quality of your experience. Read the following suggestions and list carefully. If you have any questions or need clarification, don't hesitate to call or write. There is room for substitution and changes but if you have any doubts, do contact us.

Clothing

You will need to bring:

- Sweater or fleece jacket
- Wool / fleece hat or 'balaclava'
- Rain pants & jacket with hood
- Wool / fleece mittens or mountaineering gloves, waterproof overmitts if necessary.
- Warm long pants to climb in. These should be wool/nylon or synthetic blend fabric, fleece pants, nylon exercise pants with light long johns or wool trousers.
- Warm shirt
- Light shirt or T-shirt
- Several sets of socks (wool/synthetic outers, polypro liners)
- Knee length gaiters
- Sunhat with wide brim
- polypro / fleece long underwear
- Extra sweater or fleece jacket or light down jacket or vest

Equipment List

You will need to bring:

- Boots: You need sturdy boots with plenty of ankle support. Best are leather mountaineering boots. Otherwise a really solid hiking boot will be OK.
- Ice axe (at least 55cm)*

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Yamnuska Mountain Adventures

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- Helmet*
 - Good sunglasses
 - Sun block
 - Water bottle (at least 1 liter)
 - Large day pack (should be large enough to carry spare clothing and your lunch)
- * Loaners available from Yamnuska, please let us know any gear requirements at the time of booking.

Gear and Clothing Sales

Yamnuska Mountain Adventures now has a range of backpacking equipment and clothing for sale including recommended light weight packs, sleeping bags, sleeping mats and clothing. A 5% discount applies if you are booked on a Yamnuska program with greater discounts built into our gear packages. We can ship to you or have your gear awaiting your arrival here. Visit our website for more information and pricing.

Insurance

There is no charge for rescue. If we climb in Banff National Park you will need a day entry pass (c.\$8) to qualify for free rescue. This pass can be obtained when we enter the Park. It is wise to ensure that your health plan will cover you in case of illness or accident whilst here.

Booking Information

Please book as early as practical to avoid disappointment. We require full payment on booking. To avoid unnecessary cancellation penalties we suggest you take our cancellation insurance (\$15), this must accompany your payment.

For detailed Booking Instructions and Conditions, please visit our website.

Please note that you will be required to sign our waiver before commencing the trip. A copy of the waiver can be viewed on our website.

Please don't hesitate to contact us if you need to know anything else about this hike.

Map of Office Location:

