

# + BOW YOHO SKI TRAVERSE



#1 March 26 – April 2, 2017

And

#2 April 7 – 14, 2017

**FULL GUIDE:** #1 Kirsten Knechtel #2 Dave Healey

**APPRENTICE SKI GUIDE:** #1 Chris Girard #2 Melissa Makepeace

**CAMP MANAGER:** #1 Brenda Critchley #2 Nancy Miller

**FEE:** \$1,695.00 + applicable taxes

**MEETING PLACE:** Canadian Alpine Centre [CAC] Lake Louise,  
6:30PM Guides Room

## Membership

Your Alpine Club of Canada membership must be current at the time of camp

## Kick-off Meeting – HI Lake Louise – 6:30 PM

**The meeting place and time is the Guide's Room in the Canadian Alpine Centre at Lake Louise at 6:30 p.m. (Mountain Time) on the evening of the first scheduled day (March 26 or April 7).** It is essential that you make this meeting the day prior to your departure for the traverse. Important information will be passed to participants, guides will go through gear and divide group gear amongst participants.

## The Setting

If one location in the Canadian Rockies is ideal for an introduction to traveling in a winter mountain environment, it is the Wapta Icefields. If you've done the Wapta Traverse, or are looking for something a little different, this traverse is for you. Staying at the Bow, Guy (Brand New) and Stanley Mitchell Huts, you will be subject to the classic weather of the Wapta Icefields but be resting warm and safe within our havens every evening. Navigating your way over three different glaciers, you will spend most of your time in the beautiful high alpine.

The Bow Yoho Traverse has great backcountry skiing, spectacular scenery, and cozy huts. This will ensure an enjoyable and exciting time for all. The moderate terrain and easy accessibility of peaks we hope to ascend will all add to the opportunity for you to develop your backcountry mountain skills. Come and try something a little different on the Wapta Icefields.

## The Camp

The camp will begin with a 6:30pm evening meeting at the Canadian Alpine Centre (CAC) at Lake Louise. Day 2 (March 27 or April 8) starts with a ski into to Bow hut where you will spend two nights. From the Bow hut, you will have access to ski mountaineer St Nicholas Peak (2970m), Mount Olive (3130m), Mount Gordon (3203m) and/or South Rhonda (2015m).

You will then explore further west across the Bow Glacier, onto the Yoho Glacier where you will stay at the newest ACC hut, the Richard and Louise Guy Hut for 2 nights over looking the Des Poilus glacier. Along the way, you may have the opportunity to climb Mt Collie (3116m). Resting your legs for one night here, you will rise and press onward.

Attaining the Des Poilus Glacier is a challenge itself, but once on it, the ski down to the terminal lake is a real joy. With one last climb over Isolated Col, you will fall back into treeline and spend the next two nights at the classic Stanley Mitchell Hut. If you still have the energy, Mount McArthur (3015m), the President (3138m) and Vice President (3066m) remain as great objectives.

The final day offers options as well. Following the normal route out, you will ski down to the Yoho Valley, pass by the spectacular Takkakaw Falls and follow the summer road out. For the more energetic, following the winter Iceline Trail out will allow a bit more climbing, spectacular views of the backside of the proper Wapta and finishing at the end of the Summer road into the Yoho Valley.

Sound challenging? The objectives of this camp are to have fun and help participants learn more about winter mountaineering skills. The leadership of an ACMG ski guide, apprentice guide and experienced camp manager will make this camp a great opportunity to refresh old skills and acquire new ones. The camp staff will provide instruction, guidance and scrumptious meals throughout the week.

## Difficulty

This camp is possible for members with little or no winter mountaineering experience who want to learn the basics, or to those looking for a refresher to improve skills. Participants will carry all their personal gear, their sleeping bag and some of their food. You will need a strong level of fitness and intermediate downhill ski ability to attend this camp. Terrain is of moderate steepness (equal to blue and black runs in ski hill terminology) and glaciated, with variable snow conditions. Note that conditions can vary, and participants should be capable of skiing under difficult conditions and poor visibility with a full pack.

## Camp Staff

All training activities will be organized and presided over by experienced ACMG certified guides in good standing with our members, the ACC and the ACMG. During the camp, he or she will guide and instruct each segment of the program with daily field activities.

Your Camp Manager's role on this camp is to represent The Alpine Club of Canada, solve any problems that may arise with logistics, and coordinate camp chores for participants on a rotational basis (washing dishes, assisting with meal preparation, melting snow for water, chopping firewood, etc.). He or she will also participate and assist with all other aspects of the camp. Any logistical questions you have prior to the camp should be directed to the camp manager.

## Accommodation and Meals

The huts along the Bow Yoho are modern, comfortable backcountry cabins with the Richard and Louise Guy being brand new. Two of the three are located well above treeline and the views from the huts are fabulous! All have communal sleeping and eating areas and outhouse facilities. There may be other outdoor enthusiasts using the huts at the same time as our group and we ask that you be respectful. All of your accommodation costs are included in the price of the camp, starting with the first night of accommodation at the Canadian Alpine Centre.

The Canadian Alpine Centre is a very attractive facility operated jointly by The Alpine Club of Canada and Hostelling International. It has 150 beds and full kitchen facilities for you to prepare your own meals, as well as the Bill Peyto Café (which is known for its great food), and a gorgeous living room to relax in.

If you require accommodation at Lake Louise prior to the beginning of the camp or immediately following the camp, you need to arrange your reservations personally with the CAC at (403) 522-2200 or toll free at 1-866-762-4122. Book early, as it is ski season at that time and the CAC can be very busy.

Meals on the camp will be prepared by the camp staff, with assistance from participants. Meals will be tasty and filling, with a significant proportion being dehydrated for weight considerations. Food will be carried in via porters allowing you a lighter pack to allow for easier travel. Be prepared to carry your own snacks and up to one or two days food between huts as necessary. All food is included starting with breakfast on Day 2 and finishing with lunch on Day 8.

## Transportation and Meeting Place

Our group will meet in Lake Louise, Alberta, which is two and a half hours west of Calgary (via the #1 Highway). **The meeting place and time is the Guide's Room in the Canadian Alpine Centre at Lake Louise at 6:30 p.m. (Mountain Time) on the evening of the first scheduled day.**

You will be provided with a participant list prior to the trip. Please use this list to arrange carpooling with others on the trip.

Lake Louise can easily be reached by car or bus. For bus schedules, inquire at your local bus depot. The most convenient airport to Lake Louise is Calgary International Airport. Brewster Bus Lines offers direct service from the airport to Canmore, Banff and Lake Louise. Contact (403) 762-6767 for schedule information.

When you arrive, advise the front desk you are with the ACC Bow Yoho Traverse group so that there is no confusion with your reservation. This individual will also direct you to the Guides Room for our meeting.

During the group meeting your camp staff will review the week's itinerary, participants' expectations, do an equipment check, divide group gear and organize car pooling for the next day. It is *essential* that all participants attend this meeting, and it is very important that you arrive on time.

Participants' vehicles will be used to transport participants, food and equipment to the Bow Lake and Yoho Road trailheads. Since your car will be parked in an unattended public area for a week, do not plan to leave any valuables in it. Lockers can be rented at the CAC for the week.

Trips may not always run exactly according to schedule for reasons beyond our control (weather, wildlife, Parks regulations, etc). For this reason, we recommend that you do not book any scheduled travel (such as airplane flights) within a day or two of the last scheduled day of your camp.

## Itinerary\*

Day 1	Group participants, guide and camp manager to meet at the Canadian Alpine Centre at 6:30pm (mountain time) to check equipment and divide gear for an early start on Friday.
Day 2	Arrange shuttle vehicles. Drive to Bow Lake trailhead. Avalanche transceiver practice and glacier travel overview. Ski in to Bow Hut.
Day 3	Review glacier travel and crevasse rescue. Ski ascent of St Nicholas Peak, Mount Olive or South Rhondda if possible.
Day 4+5	Ski to Richard and Louise Guy Hut. Ski ascent of Mount Collie if possible.
Day 6	Ski to Stanley Mitchell Hut. Ski ascent of Mt. McArthur enroute if possible.
Day 7	Stanley Mitchell Hut, Ski ascent of Mt. McArthur, President or the Vice-President if possible
Day 78	Ski out via Yoho Valley or Iceline Trail

**\*Route plan may change due to weather/snow conditions and/or goals and ability of group.**

## Equipment

The equipment list should be carefully reviewed when packing for this camp. Please do not hesitate to contact or email the ACC head office or your guides if you have any questions at all about your equipment - we want to be sure that you have all the right gear but that you don't bring too much! Remember also that you will be carrying everything you bring, so pack lightly.

If you do not have all of the gear on the equipment list, please contact the Mountain Adventures Coordinator before purchasing these items just for this trip. The ACC can assist you with advice. The camp manager will also be in touch with all participants leading up to the traverse to make sure that you have everything you need.

You will be asked to carry some group gear in addition to your own personal items, so leave room in your pack for 4-6 kg (10-12 pounds) of group food and gear. We recommend that the total weight of your pack not exceed 14-16 kg (30-35 pounds).

Alpine touring skis, telemark skis or a split snowboard may be used on this camp. It is very important that your skis (or splitboard), boots and climbing skins fit properly and be in good condition. Skis must be modern and intended for variable backcountry conditions. Skis that are essentially cross-country skis with metal edges are not acceptable. Please ensure that all your gear is well broken in, especially your ski boots. Poorly fitting boots and the blisters that will result will drastically affect your experience and slow down the entire group.

If you require rental equipment, Gear Up (On Highway 1A in Canmore) offers a 10% discount on rental gear and a 10% discount on retail climbing gear (excluding ropes) to Alpine Club of Canada Mountain Adventure participants. For further information and equipment reservations call (403) 678-1636 between 8:00 a.m. and 7:00 p.m. MT. In Calgary, the Campus Outdoor Centre at the University of Calgary (403) 220-5038 8:00 a.m. to 8:00 p.m. MST, rents climbing and backcountry ski gear and accessories, and the Mountain Equipment Co-op (403)

269-2420 in Calgary, or (604) 872-7858 in Vancouver, has a more limited rental inventory, but will apply a portion of your rental cost toward purchase.

### **Important Information Regarding Avalanche Transceivers - Please read carefully!**

Participants on all mountaineering, skiing and ice climbing trips, camps and courses of the Alpine Club of Canada in avalanche terrain are REQUIRED to use a modern avalanche transceiver, as recommended by the Canadian Avalanche Centre. RECOMMENDED AVALANCHE TRANSCIVERS ARE DIGITAL, MULTI-ANTENNA TRANSCIVERS; analog and single-antenna transceivers are no longer acceptable.

This will be strictly checked and enforced prior to departing for any camp. If you arrive at the scheduled meeting place without a recommended avalanche transceiver, you will not be allowed to participate in the camp.

Below is a list of some of the outlets that rent avalanche transceivers. If you do not reside in any of the areas listed, please make arrangements with a local outlet in your area. If you require further assistance please contact your Camp Manager.

- 1) Gear Up, Canmore, see above
- 2) University of Calgary, Outdoor Recreation Dept., (403) 220-5038
- 3) Mountain Equipment Co-op, Calgary and Vancouver Outlets only. (Please note these cannot be reserved and are available only on a first come/first served basis.)

You must also purchase two (2) complete sets of batteries for your avalanche transceiver. Do NOT rely on the batteries that come with the unit.

## **Park Passes**

For the year of 2017, Park Passes are complimentary. You still need to pick this up from one of the Park gates or from an Information Centre.

Overnight backcountry passes are included in the cost of camps that take place within National Parks. The ACC can upgrade your overnight passes to an Annual Backcountry Pass upon request. If you choose to do this, you will be required to pay the difference between the cost of the Annual Pass and the number of nights of the camp. For more information about passes please email [adventures@alpineclubofcanada.ca](mailto:adventures@alpineclubofcanada.ca).

## **Map Sheets**

We recommend you purchase Klassen, Neault, & Scott's map, *Wapta Icefields and Bow Summit*. This is a 1:50,000 topographical map similar to the standard NTS sheets but it is waterproof and has routes marked on it.

## **Recommended Reading**

### **Guidebooks**

*Summits and Icefields – Canadian Rockies Alpine Ski Tours* by Chic Scott  
*Backcountry Huts and Lodges of the Rockies and Columbias*, by Jim Scott

### **General Interest**

*Mountaineering, Freedom of the Hills*, by The Mountaineers Press  
*Place Names of the Canadian Alps*, by Putnam, W.L. et al,

Books and maps can be purchased from the ACC at a 15% discount for members. Please contact us for further details at (403) 678-3200, Ext. 101, email [info@alpineclubofcanada.ca](mailto:info@alpineclubofcanada.ca), or visit our online store at <http://www.alpineclubofcanada.ca/store/index.html>.

## Wapta Ski Traverse Equipment List

### Clothing

- 00 Light weight polypro/wool top and bottom
- 00 Medium weight fleece pants or Schoeller pants
- 00 Warm fleece jacket or equivalent
- 00 Windproof/waterproof shell layer (Gore-Tex) jacket (with hood) and pants
- 00 Down or synthetic jacket or vest
- 00 Warm toque (hat)
- 00 Neck tube or synthetic balaclava
- 00 Sun hat with neck and ear protection
- 00 Warm gloves with Gore-Tex shells or waterproof leather
- 00 Thin gloves (windproof recommended)
- 00 Ski socks (maximum 3 pairs)
- 00 Clothing and footwear for hut (booties or light shoes)

### Personal Equipment

- 00 Large size backpack (55-70 litres) - for personal gear and some group equipment
- 00 Sleeping bag (-10°C to -20°C / 14°F to -4°F depending on your comfort level)
- 00 Sleeping bag compression stuff sac
- 00 Ski goggles
- 00 Sunglasses with good UV protection and side shields (and coverage)
- 00 Sun screen and lip protection with high SPF 50
- 00 Water bottle(s) - 1 -2litres, wide mouth, plastic with tight lid
- 00 Small personal first aid kit - bandaids, moleskin, duct tape, medications, blister kit etc.
- 00 Toiletries kit
- 00 Headlamp - with one set of spare batteries
- 00 Toilet paper (a small personal amount for emergencies)
- 00 Lighter or matches
- 00 Sandwich box / container for lunch
- 00 Nylon stuff sacks for clothing, food and misc.
- 00 Large plastic bag to line pack

### Ski Equipment

- 00 Mountain skis (recommended minimum dimensions at ski tip-waist-tail = 100-75-90mm or greater) or split snowboard
- 00 Boots; plastic telemark or alpine touring, previously worn and proven comfortable
- 00 Poles
- 00 Skins – full width, properly fitted to your skis, and recently well glued
- 00 Skin wax (Glop Stopper) improves glide, used to prevent wet snow sticking to skins
- 00 Grip wax (Dry or Blue Extra)
- 00 Digital avalanche transceiver with spare batteries
- 00 Avalanche shovel; lightweight, collapsible
- 00 Avalanche probe (avalanche ski poles do not substitute)
- 00 Repair kit - extra parts and tools that are specific to your gear
- 00 Ski tie strap
- 00 Ski crampons

## Glacier Gear

- ⓪⓪ Seat harness with adjustable leg loops
- ⓪⓪ One pre-sewn 120+cm dynema sling
- ⓪⓪ One Prusik cord - 5 meters long, 7 mm diameter
- ⓪⓪ One Prusik cord – 1.5 metres long, 7mm diameter
- ⓪⓪ Two locking carabiners - at least one Munter (if you are planning on purchasing new carabiners, a pear shape and triple locking is ideal)
- ⓪⓪ Two non-locking identical carabiners

## Optional

- ⓪⓪ Journal and reading material
- ⓪⓪ Camera
- ⓪⓪ Map and compass
- ⓪⓪ Pocket knife
- ⓪⓪ Thermos (small and light weight)
- ⓪⓪ Ear plugs
- ⓪⓪ Small personal amount of liquor / treats, if desired
- ⓪⓪ Helmet

\*Helmets are recommended to reflect the recent WorkSafe BC regulations regarding helmets and sliding sports. Guides are now required to wear them while ski guiding in BC.

### Some notes on equipment:

Very little equipment or replacement parts will be available on the trip, so be sure you arrive properly equipped with all items adjusted, sized and in very good condition. Shortages and inadequate gear may limit your enjoyment of the experience, rule out your participation in some activities, or impose an unnecessary burden on other participants. It is highly advisable that all equipment (particularly new, borrowed or unfamiliar gear) is checked out extensively before the camp on at least one other trip.

This trip is a ski traverse, making it necessary to carry everything with us from start to finish. As such, our advice is to leave behind anything that could be considered extra or a luxury item.

**The ACC will supply all group gear including ropes, first aid kit, group repair kit, additional technical gear, etc.  
All huts are supplied with eating utensils and mattresses.**

**Please remember you must carry everything you bring, plus some group gear, so pack light!**

**Have fun with your training and planning for this trip!**