

DUKE OF EDINBURGH AWARD

ADVENTUROUS JOURNEY OPPORTUNITIES 2013



EGYPT LAKE BACKPACKING CIRCUIT

BRONZE
OR
SILVER

June 29-July 1
\$595 Cdn

Enjoy hiking among the vast wilderness of Banff National Park on this 3-day backpacking program. Learn about route finding and navigation, animal safety and environmental conservation while exploring the wonders of the Canadian Rockies.



ROCKWALL SOUTH BACKPACKING

BRONZE
OR
SILVER

August 3-5
\$595 Cdn

For 3 days you can commune with nature, sleeping under the stars and discovering your spirit of adventure. Kootenay National Park is home to an abundance of wildlife and stunning alpine lakes. Explore this area while learning backcountry skills and creating memories that will last a lifetime.

BRONZE
OR
SILVER

WAPTA ICE HIKE

June 14-16, June 29 - July 1, July
12-14, August 3-5, August 24-26,
September 13-15
\$795 Cdn

Discover and explore the Wapta Icefields during this incredible three-day traverse. We start at Bow Lake and hike up to and over the Bow Glacier to the Peyto Glacier staying in alpine huts en-route. Our guides will teach you about this complex and fragile alpine environment, navigation skills and glacier travel. Standing on the icefield, you'll quickly get a sense for the vastness of the glacier with jagged peaks popping out of the ice to stand 10,000 feet above sea level. It is a surreal experience.

Includes guides, hut accommodation, meals, glacier travel gear, Park 'Wilderness Pass' and local transfers.

YOUTH MOUNTAINEERING COURSE

GOLD
OR
SILVER

August 3-8
\$1450 Cdn

Test your limits in this fun and challenging week-long basic mountaineering course for 15 - 17 year olds. Our guides are excellent mentors and personal coaches who present mountaineering skills in a fun and interactive manner. This is hands down the most amazing summer camp program any teen could attend.

Topics include:

SNOW SCHOOL: Movement on snow - Use of Ice Axe - Self Arrests - Snow Anchors

ICE SCHOOL: Walking with Crampons - Ice Anchors

GLACIER SAFETY: Choosing a Safe Route - Rope Use for Glaciers - Crevasse Rescue

NAVIGATION: Map and Compass Use - Whiteout Procedures - Route Planning

SAFE MOVEMENT: Trail Techniques and Pacing - Use of Rope on Snow, Ice and Mixed Terrain

Includes instruction, hut accommodation, Park Permits, out-trip meals, local transfer to trailhead and use of technical gear.



YAMNUSKA
mountain adventures

200, 50 Lincoln Park, Canmore
1-866-678-4164
yamnuska.com
canadianrockieshiking.com



Expérience distinctive
Signature Experience

