

CMH NEWS

May 2006 Issue 51



Spring Dispatch

BY WALTER BRUNS

Ode to 2006 and the Bell 212

What can I say?! Start to finish – that was one helluva season!

Many guests believe that good powder happens only in mid-winter. Fair enough – some years that's more the case. Not so this time.

From early December to the end of April, we had a magnificent stretch of great powder, just about everywhere. Day in, day out; week in, week out...it was AMAZING! And the transition to spring was seamless: good corn conditions, interspersed with renewed storms, giving face-shots all over again!

I was told to get my butt out there more often to see what's going on. I did. Am I ever glad I did. The succession of incredible powder days in all the areas blurs together.

One day even rated a 9.5 on the Epstein Scale (a near impossibility). Basically, it means choking on fluff all day, while spending a fair bit of your time in freefall!

Guests told us that the Powder Light program, which uses a small 407 helicopter for three groups with only five skiers, was awesome! The only limitation: LEGS!! Well, maybe credit card limits, too!

I was able to hook up with the Powder Light program several times to experience it first hand. On a couple of occasions we used the Bell 212 (12 seater) helicopter instead of a 407. I am pleased to report the program works extremely well with both machines.

You know, the 212 can do everything the 407 does for a small group, and then some. The 212 provides extra cabin space. You can bring along extra stuff, or even sit out a run if necessary.



Walter Bruns with Laurel and Andy Epstein in Galena

There is much ado about sexy, snappy, small programs in Heli-Skiing these days. The good news is that unlike most of our competitors, we're able to offer programs with both small and large helicopters allowing us to have something for every type of skier.

Smaller groups and privates work perfectly for some folks, but the reality is that most guests are more than happy with the regular program – four groups of 11 skiers in a 212, the energy of a larger lodge, and less need for a larger wallet!

Present bookings for next winter are up substantially, though we still have spaces available in December and April. For those that still think it's a gamble, have we got a deal for you! Read all about "Pay As You Play" on page two.

Demand for our summer programs is also growing dramatically. This is so encouraging for us. For years we have been working hard to share the magic of our Heli-Hiking vacations. The message is clearly out there now.

A big "thanks" to everyone that helped make 2006 such a good season.

Walter

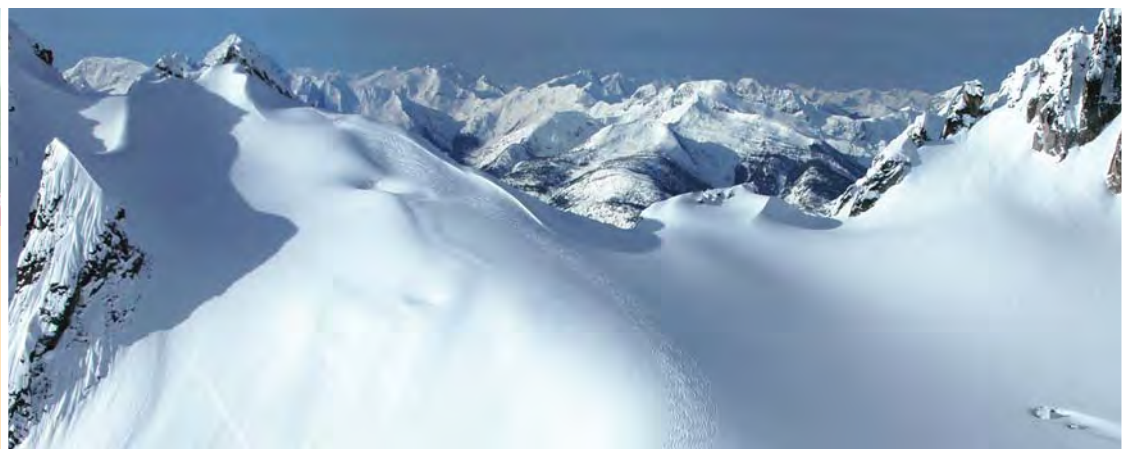


CANADIAN MOUNTAIN HOLIDAYS

CMH HELI-SKIING / CMH HELI-HIKING

www.CanadianMountainHolidays.com
1.800.661.0252

ROKO'S

SKI
TIPS

BY **ROKO KOELL**, DIRECTOR OF POWDER INTRO

Ski Poles in Summer: More Than Just a Fashion

Why do we recommend that our summer guests hike with poles? There are many physical benefits to this practice:

Ascending:

When walking uphill using poles, significant weight is carried by the arm and upper body muscles. This both relieves leg muscles and strengthens arm and upper body muscles. Further, the poling arm-motion stimulates respiration and short breaks become more effective.

Descending:

When walking downhill, gravity creates pressure and shock on the ankle, knee and hip joints, and spinal discs. Using poles distributes enormous amounts of energy onto the arm, shoulder, and core muscles. To be effective, poles must be planted in front of the body, so impact is absorbed by the arms, lowering the body's weight onto the poles. Using poles incorrectly to propel your downward motion counters these benefits and becomes health-threatening.

Crossing steep slopes:

For stability while traversing steep slopes, grasp both poles together in your downhill fist. Plant the tips into the hill so the poles are almost horizontal. Using your uphill hand, lean onto the poles rather than into the hill. Keep your centre of gravity over the soles of your boots to ensure safe steps.

Other tips:

Whether or not you're using poles, avoid big steps, jumps, and running. Take short steps and land on slightly bent legs. Choose poles with shock absorbers and discs. Beginning hikers: learn to use poles gradually. Basic balance, technique, and sure-footedness are hiking essentials.

New Trips for 2006/07!

BY **MARTY VON NEUDEGG**

We are pleased to announce several new and exciting Heli-Ski programs for the 2006/07 season. A new Pay As You Play format, incredible Powder Light Season Openers, the ultimate Super Skier – Full Power Week, and more holiday Family Trips: CMH Heli-Skiing has never looked better.

Pay As You Play

We may have the most generous refund policy in the industry, but we can't control the conditions. So we're pleased to introduce a great way to reduce the financial risks of a CMH Heli-Ski trip.

To Pay As You Play, your initial cost covers accommodation, meals and services. Beyond that, you only pay for what YOU choose to ski – as much or as little as you want, and as conditions allow for.

Pay As You Play will be offered at the Gothics, April 7 -14, 2007:

3-day trip base price: \$1,350

4-day trip base price: \$1,800

7-day trip base price: \$3,150

Trips come with no guaranteed footage, and you will be charged to ski at a rate of \$105/1,000 metres. If you were to ski the full CMH guarantee of 13,110 metres over a 3-day trip, your total cost would be \$2,726.55.

Please note: Generally, there will be ample opportunities to return to the lodge throughout the day, but we just cannot offer skiers the option to fly out after EVERY run; otherwise we could not accommodate those skiers who wish to continue skiing throughout the day.

The Ultimate Season Opener – Pay As You Play for Three groups of Five!

Why start the season with your local hill's marginal conditions when you can have fantastic skiing at the Bugaboos...and only pay for what you choose to ski? The Ultimate Season Opener will take place December 19 - 23, 2006, at the Bugaboos. This will be a 4-day trip with a maximum of 15 skiers, using a Bell 407* and skiing in three groups of five. The base price will be \$2,933 with no footage guaranteed. You will be charged to ski at a rate of \$128/1,000 metres. Space is limited, so book now!

Family Heli-Skiing Christmas Holidays

In response to incredible demand, we are thrilled to offer two settings for next season's Christmas trip! Pack up your family and join us in either the Adamants or the Gothics for the second annual CMH Family Heli-Skiing Christmas Holidays, December 23 - 30, 2006. Children between the ages of 12 and 17 pay half the adult trip price.

This trip is designed for Heli-Skiing parents and children between the ages of 12 and 17. Each group will have ten skiers accompanied by one guide and one instructor. Parents ski with their kids, and when the kids get tired and return to the lodge, Mom and Dad can stay out and ski as long as possible.

The guarantee for adults is the usual 30,500 vertical metres (100,000 vertical feet). For children, the guarantee is 15,250 vertical metres (50,000 vertical feet). This takes the pressure off the kids to stay out all day, though they are welcome to continue skiing at the rate of \$85/1,000 metres. A child who ends the week with 30,500 vertical



The fantastic skiing conditions of this past winter made for extraordinary photos from the field! For more winter memories, you can view our slideshow at www.CanadianMountainHolidays.com/experience_it/slideshows/.

metres pays only \$4,004.25 for the full guarantee of an adult.

For children who return to the lodge early, we will provide supervised entertainment including indoor climbing at the Adamants, cross-country skiing, snowshoeing, or crafts. Dinner brings everyone together again, with special menu choices for the kids.

Christmas morning will be spent around a tree, with presents for all.

If you have a child who is under 12, but you feel is capable of Heli-Skiing, please call us to discuss further. Small children who will not ski are welcome at no charge, but you must provide child care. We offer a non-skier "nanny" rate of \$1,071 for the week.

The price for this trip in the Adamants is \$5,413 for adults and \$2,708 for children between 12 and 17, and in the Gothics \$5,276 for adults and \$2,638 for children between 12 and 17.

Our First Annual Family Easter/Spring Break Heli-Skiing Vacation!

Families want to spend time together throughout the year, and we are pleased to offer our first annual Family Easter/Spring Break Heli-Skiing Vacation. This week follows our successful Christmas week formula, where children between the ages of 12 and 17 pay half the adult trip price. The inaugural Easter/Spring Break week will be held in the Adamants, March 31 - April 7, 2007.

The price for this week is \$6,933 for adults and \$3,467 for children, with the same guaranteed vertical policy as our Christmas trip. Space is limited to just 40 skiers (four groups of ten with one guide and one instructor) so book quickly!

*Should a Bell 407 not be available it may be replaced by a Bell 212.

Please call CMH Reservations at 1.800.661.0252 for more information or to book. Visit our Web site at www.CanadianMountainHolidays.com to learn more.

The Super Skier – Full Power Week

If you are an experienced Heli-Skier who always feels like you've got some juice left in those legs at the end of the day, then this is the trip for you.

The Super Skier – Full Power Week will provide as much skiing as your legs, the weather, and snow stability can deliver. Scheduled later in the season for extended daylight hours, and with just three groups of skiers, this trip will maximize the amount of skiing we can offer. You will begin the day as early as possible and ski as late as possible: if conditions are right, this could mean starting at 8:00 am and finishing at 7:00 pm! We will shift off our pilots and guiding teams, to maximize everyone's safety. And while we can't give you extra legs, we will have three massage therapists at the lodge, to help you maintain the ones you have.

The price for this trip is \$7,050, which includes a 30,500 vertical metre guarantee. Skiing beyond the guarantee will be charged at \$85/1,000 metres.

The Valemount Powder Light Season Opener – Four and Five Day Trips

In 2006, we introduced our Powder Light weeks at Kootenay. These weeks were such a huge success that we are offering a series of Powder Light season openers in Valemount, using a Bell 407* with a capacity of just 15 skiers:

- December 6 - 11, 2006 (5-day)
- December 11 - 15, 2006 (4-day)
- December 15 - 20, 2006 (5-day)

The cost is \$6,200 for the 5-day trips and \$4,960 for the 4-day trip. Skiing beyond the guarantee will be charged at \$103/1,000 metres.

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CANADIAN MOUNTAIN HOLIDAYS

CMH HELI-SKIING / CMH HELI-HIKING



International Credit Card Fees: Some Cautionary Advice

BY MARTY VON NEUDEGG

If you live outside of Canada and are considering paying for your next CMH Heli-Ski or Hike trip with your credit card, you may wish to think again. Depending on which bank holds your credit card, it's possible that you are being charged an extra 2% 'foreign transaction fee' above and beyond the 1% currency exchange fee traditionally charged by Visa or MasterCard. Think about your last CMH vacation and take a moment to do the math: 3% of all the costs accrued during your vacation in Canada can become pretty substantial!

So when deciding how to pay for your next trip, keep in mind that CMH will also accept cash, travellers cheques, bank drafts, personal cheques, and transferred funds. See the **Book Now!** sections of our skiing or hiking Web areas for more details on payment options: go to www.CanadianMountainHolidays.com and choose either Heli-Skiing or Heli-Hiking.

Helpful Hint: Watch the foreign currency ATM charges, too! Is the convenience worth it?

Source: "The Wendy Perrin Report", *Condé Nast Traveler*, February 2006.

The Best of the Monashees and Adamants

In the *Fall Dispatch* we introduced the newest addition to the 2006 Heli-Hiking roster, Lodge-to-Lodge, Monashees and Adamants.

Within weeks of that newsletter arriving in guests' hands, there was so much interest in this trip we increased the number of departures from three to five. Lodge Managers Erich and Roger and their two teams are thrilled with this level of enthusiasm. They look forward to welcoming so many special guests and sharing with them the magic of these wild places.

This new adventure opens a vast area of previously unexplored hiking and walking terrain in the

awe-inspiring Monashee Range. The Adamant Range abounds with lovely ridge hikes and meadow walks beneath princely rock pinnacles. Both areas are vast, stunning, magnificent and completely unique – another perfect and matchless mountain escape.

For those of you who still haven't finalized your summer plans, a limited number of spaces are still available. Don't miss your chance to be a part of this much-anticipated inaugural season.

Please call CMH Reservations at 1.800.661.0252 to book your space today.

CMH Heli-Hiking in September An Opportunity Revealed

BY SARAH PEARSON

There is nothing in the world quite like stepping out for a walk in the fresh, crisp air of a perfect September day in the mountains. Imagine strolling through vast untouched forests of breathtaking golden larch trees, glistening in the gentle sunlight as a light coating of frost melts away. Then, still awestruck, stumbling upon a hillside of fireweed still in full, glorious bloom: purple flowers deliciously combined with deep, rich scarlet leaves. Look up, and these remarkable colours are complemented by a stark back-drop of looming snow-kissed peaks, vast imposing glaciers, and deep blue autumn skies. September is a time of change and reflection, a time

when many return to work and school, leaving a lucky few the opportunity to revel in the most peaceful of places. The light is softer and temperatures are slightly cooler, so hiking, ambling, and exploring hidden mountain landscapes becomes truly bewitching. September Heli-Hiking in our mountain ranges has long been the closely guarded secret of a select few, but we are now spreading the news and inviting everyone to share in nature's remarkable celebration of the changing seasons.

Book your September Heli-Hiking adventure today by calling 1.800.661.0252 or see our Web site for more details.

HELHIKE

From the Monashees to the Bugaboos And everything in between

BY NANCY DADALT

Hans Gmoser approached me last fall and asked "What about adding another kind of lodge-to-lodge trip next summer? We could highlight the new Monashees and Adamants trip, but also add on Battle Abbey, Bobbie Burns, and the Bugaboos?"

"Wow!" was my first response. My second was "How many people?" My third: "We will be inundated with requests!"

So, mark these dates on your calendar: August 20 – 31, 2006 (11 nights). We will travel from the Monashees to the Adamants, then to Battle Abbey,

continuing on to the Bobbie Burns, and finally completing our journey in the Bugaboos.

This is an unprecedented opportunity to experience these incredible, rugged mountain ranges alongside Hans and Margaret Gmoser, who are pioneers of the area. Just imagine the riveting stories from the early days! Imagine exploring the secret mountain vistas known only to Hans and Margaret. Don't miss out: we have just ten choice spaces available. Call Audrey today at 1.800.661.0252 to book.



Hike with Margaret and Hans Gmoser.

Summer Specialty Trips Soul Sister Fun, Photography and Family



Building childhood memories during a Family Adventure trip.

CMH is pleased to offer some spectacular summer Heli-Hiking adventures built around the special interests of many of our guests!

Bodacious in the Bugaboos

Are you and your girlfriends looking for that perfect escape? Join the Soul Sister's adventure to the fabulous Bugaboos, September 7 - 10, 2006.

Uplift your soul with this brand new, exhilarating women's getaway. Your adventure includes guided Heli-Hiking, extraordinary nature-inspired yoga, plus all the Soul Sister fun you can pack into a long weekend.

For trip details and to book your Bodacious in the Bugaboos weekend go to www.soulsistertours.com.

Photography Workshop with Robert Holmes

Join acclaimed travel photographer Robert Holmes for an intensive, inspirational three-day photography workshop at the Bobbie Burns Lodge, July 30 - August 2, 2006.

This trip emphasizes photography over walking and hiking. Each day, we access by helicopter a grand diversity of mountain scenery, allowing Robert to share his expertise on techniques for capturing a wide range of subject matter, from wildflowers to glaciers, high alpine ridges to temperate forests.

Family Adventures – New Space Now Available!

CMH Family Adventures have proven to be so popular we have just opened up additional space at the Bobbie Burns Lodge, July 12 - 15, 2006, and at the Bugaboo Lodge, July 15 - 18, 2006.

A CMH Family Adventure provides the ideal playground where all generations can share a unique experience, pursue individual interests and create a memorable vacation together. This space will sell quickly, so reserve your family vacation today!

To learn more about these and other Heli-Hiking opportunities, see our Web site: www.CanadianMountainHolidays.com/hike.

Passport Protocol

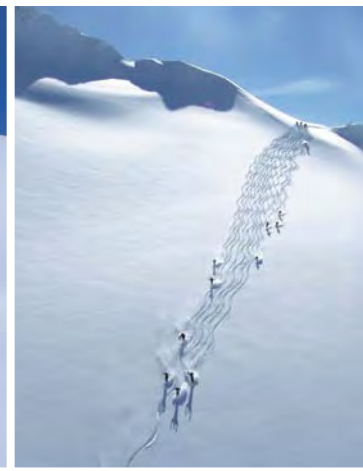
Plan Ahead for Changes at the Border

As of December 31, 2006, all US citizens travelling to Canada by air will require a passport to enter or re-enter both Canada and the United States. Those travelling without proper documentation will not be allowed to enter Canada.

For information on obtaining a passport, US citizens can visit the State Department's travel Web site, www.travel.state.gov, or call the US National Passport Information Center: 1.877.4USA.PPT; TDD/TTY: 1.888.874.7793.

Allow yourself sufficient time to apply for and receive your passport – at least six weeks if you're applying from within the US.

We encourage you to plan ahead so your next trip with CMH is not disrupted by this new level of border security.



MILLION FOOT AWARDS

Million Foot Awards

A total of 326 skiers passed million foot milestones this season. Congratulations to each of you! Thanks for your loyalty and support of CMH Heli-Skiing over the last 41 years.

“This is an amazing operation I would recommend to anyone wanting an unbelievable skiing experience!”

~ Todd Bauerle
Florida

One Million Feet

Abouseiman, Camille
Ahrens, Phillip (Phil)
Albrecht, Richard L.
Alhopuro, Sakari
Awad, Keith
Balasse, Helene
Baldwin, Gregory (Greg)
Berkus, Steve
Bisset, Edward
Bogo, Gila
Brooks, Carter
Bryner, Lillian
Bussen, Robert J. (Father)
Campbell, Peter
Cogger, Simon
Coleman, Gary
Cooke, Dennis
Cullert, Patrick
Curry, David (Dave)
Cury, David D.
Daniel, Paul
Dayson, Edward (Ed)
De La Hoz, Rafael
Dechert, Bruce
Dembitz, Alexander
Donelan, Joseph R. (Joe)
Dyer, Michael W. (Mike)
Evans, Tim

Farda, Thomas
Fischer, Peter
Fitzpatrick, Cormac P.
Flanagan, Mark S.
Follett, Kelly
Fowler, Eileen
Fraunschiel, Erich
Freihofer, Daniel
Freysinger, Guenther
Fuchs, Rudolf
Garabedian, Viken L.
Gateau, Bernard
Geary, Michael
Gershman, Eric W.
Glassberg, Tom
Goddard, Joan M.
Goddard, John W.
Goldenberg, Bernard (Beri)
Gora, Bronwen
Graf, Albert
Grant, Lee B. Jr.
Green, Malcolm
Green, Roxanne (Roxy)
Gremli, Robert
Greten, Rosel
Guild, Carolyn
Halbach, Van
Hampleman, Richard
Haselsteiner, Klemens

Heindl, Horst
Henseler, Christoph
Hirata, Ryuji
Holden, Emmet
Holton, David B.
Husted, Paul C.
Ikezaki, Keiji
Isenberg, James
Jenkins, Marc A.
Jensen, Mike C.
Joris, Luc
Kamin, Eleanor B. (Robin)
Kanamono, Toshiko
Karabey, Omer
Keck, Helmut
Kessler, Robert
Kidd, Robert
Kiken, Robert S.
Kirkpatrick, Dan
Kleintjes, Chris P.
Kovalchuk, Ken
Kroese, Andy
Kronick, Paul
Kucher, Ernst
Kuehberger, Maria
Kulin, Stephen (Steve)
LaBelle, Thomas (Toby)
Lang, Gerald E.
Leon Vallejo, Francisco

Luften, Thomas
Levy, Stewart A.
Liebau, Hans-Juergen
Logan, John B.
Long, Jeff
Lu, Benjamin
Maass, Dierk
Magassy, Michelle
Maldutis, Marius
Manzoni, Jean Marc
Mapel, Frank
Marr, Glenn
Merrell, Raymond W.
Mines, James (Jim)
Morin, Daniel (Dan)
Morrow, Irving
Moser, Christian
Murin, Cindi C.
Neukomm, Bruce J.
Nicholson, Scott
Nunez Samper, Cesar
Oke, Craig
Oke, Edward
Parente, William
Paton, Brett W.F.
Petersen, Peter Emil
Peterson, Arnold G.
Pichler, Max
Puig Guasch, Antonio

Raines, Douglas (Doug)
 Reinecke, Bruce
 Reldan, Jane Roberta (Jane)
 Revoredo, Helena
 Riemer, Franz
 Rigney, John
 Robison, Jeremiah
 Rose, Byron
 Rosenbaum, Scott
 Rowland, Michael
 Rubinstein, Jeff
 Rutherford, Susan
 Schimann, Rolf
 Schoeler, Ulrich
 Schultze, Daniel G. (Doc)
 Seymour, Joanne
 Shimmick, John K.
 Sommerschild, Johan
 Spaeni, Ursula
 Spahr, Gregory E.
 Stanton, David B.
 Stinehart, Richard (Rick)
 Stoecklin, Heinz
 Stutzer, Michael
 Sundblad, Johan
 Swanky, Barron
 Taggart, Daniel S.
 Taniguchi, Sumiko
 Taplin, Britton (Buzz)
 Taschner, Hannelore
 Taschner, Rudolf
 Thalhammer, Andreas
 Thyssen, Joachim
 Trudel, Claude
 Tunnicliff, John
 Turner, Craig
 Vajda, Brian L.
 Von Flemming, Dorothee
 Wachter, Paul
 Wang, Xiao-Fen
 Wassenaar, Hendrik
 Watts, Timothy (Tim)
 Wedel, Anders
 Weidinger, Gerhard
 Wild, Alex
 Wilhelm, Peter
 Wilkins, Thomas (Tom)
 Wilson, Gary
 Young, Robert (Nat)
 Zatlukal, Heidi G.
 Zimmerman, Gretchen

Two Million Feet

Adams, C. Willis III (Pete)
 Agle, Carol
 Almklov, Roger L.
 Antonini, Giacomo
 Averill, Guy

Booth, Bill
 Brandow, Peter
 Brelle, Philippe
 Burgess, Chuck
 Clarke, Donald I.
 Cote, Andre
 David, Fred C.
 Dines, Sid
 Doseck, Mike
 Enzinger, Florian
 Felton, Rusty
 Flannery, Steve P.
 Flynn, Charles P. (Chuck)
 Fraguas Sole, Jose Ramon
 Fredrickson, J. Paul
 Freeman, Gregory (Greg)
 Fuller, Colin M.
 Funakoshi, Junichi
 Garratt, Mansfield (Gary)
 Goodermote, Dean
 Goodwiller, Steve
 Graetz, Galleon
 Gray, Peter
 Groeger, Thomas
 Hill, Malcolm
 Hirsch, Jeff
 Holden, Paul B.
 Johnstone, Evan B.
 Johnstone, Steven J.
 Kern, Korbinian
 Kern-Bausch, Lore
 Kose, Robert
 Kyllmann, Loulou
 Lawrence, Joseph M.
 Lopardo, Steve
 Manning, Lloyd
 Marquez Osorio, Miguel
 McMurray, Steve
 Miller, Wayne
 Murata, Hiroshi
 Neel, Carlton B.
 Palm, Gary D.
 Piaggio, Rinaldo
 Prell, Drew
 Puerner, Elizabeth (Liz)
 Ramsay, Sheldon
 Reichenbach, Ueli
 Roderer, Brian F.
 Rowars, Charles (Chuck)
 Ruffin, Edmund
 Scharpf, Tad
 Schmeer, Sabine
 Schuebel, Klaus
 Soederstroem, Catherine
 Stauba, Knut
 Steffen, Agathe (Heidi)
 Stivers, Robert

Tanner, Rose
 Truffert, Philippe
 Walther, Henry
 Whitfield, Benjamin (Ben)
 Widdicombe, Stacey (Toby)
 Williamson, Edwin D.
 Winter, William
 Zola, Benjamin (Ben)

Three Million Feet

Amick, Russell D.
 Barnes, Glenn
 Beurdeley, Francis
 Chupik, E.J. (Gene)
 Clark, Ed
 Coleman, Daryle
 Conrad, Dieter
 Duncan, Gordon B.
 Gordon, Olivia
 Green, Alan Leigh
 Haselsteiner, Hans-Peter
 Hauck, John A.
 Hemminger, William (Bill)
 House, David L.
 Johnson, Leslie B.
 Keller, Marco M.
 Kurata, Michiko
 Lamb, R. Patrick
 Lichterman, John
 Magassy, Csaba L.
 Marcy, Donald E.
 Martinez Canavate, Juan Miguel
 Mitchell, Jim F.
 Montgomery, M. (Mead)
 Nepraunik, Axel
 O'Connor, Patrick
 Olson, Chris A.
 Pack, Michael
 Rath, Tim
 Rempel, Stuart N.
 Schneiders, Stefan
 Vinton, Anna

Four Million Feet

Banners, Keith
 Barmache, Michael
 Deane, Larry
 Dudzinski, Kathy
 Geiseler, Jan
 Irvine, Fleet
 Kawashima, Sutehisa
 Koss, Daniel
 Kyllmann, Gerhard
 Levenson, Barry
 Lieb, Nancy
 Low, Christine
 Mahjouri, Fereydoon

Palmes, Jose (Pepe)
 Puerner, John
 Robinson, George
Five Million Feet
 Breindel, Robert A.
 Dettinger, Frank
 Greenwell, Michael (Mike)
 Honeyman, R. Stewart
 Hummel, David M. Jr.
 Koch, Walter
 Logan, Gordon A.
 Mintz, Ann
 Pollei, Steven
 Schapiro, Kenneth
 Segal, Arthur I.
 Siebens, Stewart
 Strawbridge, Nina
 Weinstein, Cliff
 White, John R. (Jack)

Six Million Feet

Eaves, John
 Epstein, Larry
 Mischek, Hugo
 Mix, Robin
 Rogers, Peter T.
 Saroni, Alfred B. Jr. (Al)
 Siracusa, Pete

Seven Million Feet

Disbrow, Eric C.
 Gutierrez, Ralph A.
 Johnsen, John
 Liebau, Gerhard (Gerd)
 Neyenhuis, Dan E.

Eight Million Feet

Barrett, Richard W.
 Dudzinski, Paul J.
 Laigneau, Patricia
 Schapiro, Marc

Nine Million Feet

Andreas, David L.
 Ferrin, Kenneth M.
 Harris, Chris
 Lafon, Francois
 Turner, Terrance A. (Terry)

Eleven Million Feet

Epstein, Andrew (Andy)
 Ostberg, Roy
 Wollet, Werner

Twelve Million Feet

Wright, Richard B. (Dick)

Thirteen Million Feet

Guild, Don

Fifteen Million Feet

Leibowitz, Todd



BY DR. DELIA ROBERTS, EXERCISE PHYSIOLOGIST

Jump Start Your Day

No matter how fun the holiday, it's hard to enjoy yourself when you're tired. What can you do to have the energy you need, whether scaling a mountain peak or tackling the mountain of work awaiting your return?

Providing your body with the right fuel at the right time is one way to ensure an ample energy supply. Breakfast is key, and what we choose to eat depends on how much time we have to process our food before becoming active. A bacon or cream breakfast will take nearly four hours to create fuel, energy rich but very slow to digest and burn, also making a body running on fat slow moving. And many of us already have enough stored fat to keep us going for a long time!

Then why do you feel like your gas tank is empty when exercising? Our muscles and nervous systems prefer sugar as fuel: it burns quickly, providing us with large amounts of energy. A high-sugar breakfast will be digested quickly, causing a sudden increase in blood sugar. If you're exercising there isn't a problem as the muscle will consume these sugars immediately (though they won't last for more than an hour). If you're not exercising, your body will use these sugars to build and store more fat.

So what should you eat for breakfast? A balanced meal including fiber, protein, and sugars will slow digestion and prevent the jump in blood sugar. Your CMH chefs create outstanding, nutritionally balanced food, providing you with the energy you need. Choose from fresh fruits, yogurt or milk, and whole grain cereals. Or select whole wheat pancakes topped with yogurt and fruit sauce, poached eggs with lean Canadian bacon, and fresh whole grain muffins.

To learn more, contact Dr. Delia Roberts at droberts@selkirk.ca.

SAFETY

Why Choose CMH?

There's Safety in Our Numbers

BY MARTY VON NEUDEGG

Most travellers who are new to Heli-Skiing or Heli-Hiking are uncertain how to choose one tour operator over another, especially when it comes to safety. The February 2006 issue of *Condé Nast Traveler* featured an article ("Risky Business" by Douglas Rogers) that addressed this. The piece identified a few questions to ask of any operator you're considering travelling with, to ensure their safety-consciousness. Here's how CMH scores:

How many years has the company been operating?

CMH has 41 years of mountain flying experience, and we have been happily associated with Alpine Helicopters since 1981. Alpine operates a fleet of 40 aircraft, which we use for both Heli-Hiking and Heli-Skiing.

What is the minimum number of flying hours required of new helicopter pilots (use 1,000 as a conservative benchmark)?

CMH (Alpine) pilots have a minimum of 2,500 helicopter hours, at least 250 of them in the mountains. They also undertake a series of rigorous retraining programs each year. Our helicopters are equipped with all necessary emergency and medical gear, and our pilots and guides are trained to handle any conceivable situation.

What is the company's safety record for flying?

Our twin-engine, 11-passenger Bell 212s (and Bell 407s, Bell 206L3s, and Bell 206Bs for smaller groups and special flights) can make over 100 take offs and landings a day. Since 1981 and our association with Alpine Helicopters, we have never lost more than a half a day to mechanical failure. Our crew rotation schedule exceeds the industry standard, and each CMH lodge has its own certified Alpine Helicopter engineer who performs daily maintenance checks.

These numbers tell our story. We are well-established, experienced, and have been placing the safety of our guests as top priority for nearly half a century. And of course, the unmatched mountain skiing and hiking experiences we create, along with the incredible luxury of our wilderness lodges, are important to consider as well.



WOMEN'S HELI-SKIING TRIP... Too Fun to Miss

BY CAROL MONTANARI

When the CMH e-mail about the upcoming Women's Heli-Skiing Trip to the Bugaboos popped into my in-box, I quietly looked over my shoulder. Surely someone was playing a joke on me! Heli-Skiing was the domain of hard skiing men – a week-long party in the Canadian mountains.

Still, I was intrigued and knew immediately I wanted to go. My friends thought I was foolish, or crazy, or both. "What's next, the Monashees?" a friend joked. With some encouragement from my husband, I signed on and hoped for the best.

And 'the best' is exactly what I got. By the time I reached the bus that drove us to the helipad, I had met most of the women in the group. We got to know each other on the drive up and by the time

we reached the helipad, we were talking and joking like old friends who were catching up.

Skiing with a group of women is a different type of experience. Heli-Skiing veterans offered tips and support to us newcomers. Taking turns following the guide was standard. If you fell, there was always someone else in the party who came by to help you up, look for your ski, or assure you that you really could make it down the run. There were lots of jokes and stories, on the hill and in the lodge. We laughed a lot.

I don't know if the next women's trip will be in the Monashees. I do know that wherever it is, I'll be going, because a women's Heli-Skiing trip is just too fun to miss!

Look for details on the 2007 Women's Heli-Skiing Trip on our Web site!

During his February Heli-Ski week in the Cariboods, Mead Montgomery reached three million feet with CMH. That night while they celebrated, his son Stuart honoured him with this moving homage.

A Son's Tribute

Twenty-nine years ago, a young boy watched as his father loaded a duffle bag, carefully laying out underclothes, ski gear, cataloging his equipment. He had gone off skiing before, but this was different...

"Where are you going dad?" the boy asked.

"I'm going to Canada on a very special ski trip, a Heli-Ski trip."

This idea stunned the young boy. "You mean the helicopter is your chairlift?"

"Exactly," he said with a nervous, excited smile.

Perhaps his thought was the same as those I have recently encountered from other folks taking their first Heli-Ski trip: that it is a once-in-a-lifetime trip. Not realizing that once you experience that neverland, that place of wonder, it becomes something like oxygen: a need, not a want.

All I knew was that I wanted to go too.

Years went by, and I saw my father's comings and goings, and finally I got to share in the adventure. A week of corn snow and high altitude glaciers: not bottomless powder, but unforgettable none-the-less. Since that time there have been many memories emblazoned in my mind...

- Breaking bread and sharing wine with people from all over the world – a true international union. Chasing tireless Austrian jumping beans down the forest above Bugaboo Lodge.
- Our names on the 200,000 vertical foot plaque at the Bugaboos. A week of incredible luck and endless powder.
- Learning of mountain life and wisdom from guides generous enough to share it. Seeing the CMH staff, in all of their roles, excel and make a lodge feel like a home for a week.
- Watching caribou dance across the top of an avalanche.
- Struggling home along a cat road above the Adamants Lodge, with only a headlight to light the way, where I saw guests and guides turn into a team, to get everyone home safely.
- Plunging over hanging gardens in Galena, where there was only one way to go – DOWN.

- Some images I would just as soon forget – most of them involving public nudity by guides and creative uses of duct tape.

But in the end, there has been one constant: my father.

On this night when he has reached his three million feet, I can say this: I missed his first million, but I am proud as hell to see his third. He needs his knees replaced, and after many stubborn years is moving forward with that this spring. For any of you who can't find ice for your drinks this evening because the ice-machine is bare, I present to you the reason why. I have watched him ski, doggedly and occasionally gracefully, when his walk looked like some kind of perverted cross between Frankenstein's monster and the tin man. I have heard him grunt with pain, only to end every run with a glint in his eye and a smile on his face.

Many people at CMH have crossed this three million foot mark, and while it is no competition, I can honestly say that I have seen few do it with such a consistent smile, enthusiasm, *joie de vivre*... and really bad hats.

Many sons don't get the opportunity to see their fathers in that metaphorical place where they are truly happy, when all things align and they are able to express the joy they had as young men.

I have had that opportunity. He has shared it with me and that has been one of his greatest gifts to me.

In return, I have several things for him:

- A shot of tequila, something he has enjoyed bestowing upon others over the years.
- This trophy – the Golden Ice-bag – which, having done its life's work, can now be laid to rest.
- A son's gratitude and love – for sharing your love of the mountains, your love of CMH, and for showing us how to truly suck the marrow out of life.

Thank You.

Stuart Montgomery
February 2006, Cariboo Lodge

CMH DID YOU KNOW? FACTS

BY CONNIE MACDONALD

- ▲ CMH's first women's Heli-Ski trip was organized in 1989 by Debbie Morris and was attended by ten women.
- ▲ At peak season CMH employs approximately 500 staff and over 12% have been employed with CMH for 15 years or longer.
- ▲ Paige Bell, Luke Griffith, Kirk Mauthner and John Newsome successfully passed their guides exams this spring. All four will be the recipients of the Eric King Scholarship. Congratulations!
- ▲ Our Retail staff has been working with Arcteryx, one of our main suppliers, to reduce packaging before inventory reaches the lodge. As a result, this winter we eliminated 2,300 hangtags and bags that normally would have accompanied each piece. A small step in the right direction!
- ▲ In the 2005/06 Heli-Ski season we hosted skiers from 35 countries including Brazil, China, Israel, Korea, Mexico, Russia, and South Africa.
- ▲ Although there is some debate on this fact, it is generally accepted that Endless Journey in the Gothics has the greatest vertical. From peak to valley bottom, this run is 2,400 metres (7,920 feet) long!
- ▲ In response to questions on the naming of our Aficionado Week, according to the Random House Dictionary an *aficionado* is an *ardent devotee*. The female thereof is an *aficionada*! This can be expanded to *enthusiast, fan, admirer, follower*, etc., and always combined with the adjective *ardent*.



“I speak for a lot of great people when I say that your voice is essential to this project.”

~ Topher Donahue

Hydropower Heats Up Galena

BY **CONNIE MACDONALD**

After years of researching and planning, followed by an intense summer of construction in the field, CMH’s first micro-hydropower system began operating in late December at Galena, and has been providing power to the lodge ever since.

The installation of this new system has moved CMH one step closer to achieving our goal of being the leading sustainable tourism operator in North America. Galena is now one of only a handful of backcountry lodges in British Columbia using small-scale hydro technology. The new system relies on local resources – steep terrain and falling water – to create power and is ideal for the area because all water used for power generation is returned to the creek above, where it is needed by fish or other aquatic life. CMH worked closely with local biologists and provincial environment and federal fishery staff to ensure the project met all federal fishery and provincial water quality and quantity requirements.

The hydro plant eliminates the need for approximately 75,000 litres of diesel and 25,000 litres of propane on an annual basis, reducing the amount of CO₂

entering the atmosphere by 226 tonnes. By comparison, this is the same reduction in greenhouse gas emissions that would occur if 2,513 British Columbia households (with four people in each) changed all of their light bulbs from incandescent to energy-efficient fluorescent.

Galena staff first started investigating hydropower technology in the early ‘90s, but at the time it was not viable. A second feasibility study was conducted in 2001 with favourable results, as long as CMH could create access to a very steep and remote portion of Finkle Creek. The local office of Pope and Talbot (P&T), an international pulp and wood product company, was approached for support and through mutual agreement, a plan was developed to create the necessary access.

The total cost to install the micro-hydro plant was approximately \$500,000. At today’s rates, CMH expects an annual savings of around \$70,000, and a seven-year payback period. Looking to the future, we are investigating options to install micro-hydropower systems at the Cariboos, Bugaboos, and Adamants.

Stories Wanted!

BY **TOPHER DONAHUE**

It is with great honour and excitement that I ask you, the heart of CMH, to help tell the story of the visionary past, the successful present, and the cutting-edge future of Canadian Mountain Holidays. You have helped make CMH the unique entity it is today, and your stories will be combined as a storybook featuring the collective voice of the many who helped make it all happen.

I am a writer and photographer based in Nederland, Colorado, a small mountain town a long way south of Banff. CMH commissioned me to create the book after we heard so many great tales during the 2005 Nostalgia Weeks at the Bugaboos. My father was a mountain guide and I have spent most of my life in the mountains, so I will be writing and editing this important book with the kind of inspiration that only comes from matters close to the heart.

To submit a story for the CMH Storybook:

1. Include a short bio of who you are, your

age, where you live, and how and when you became involved with CMH.

2. Try to limit your total contribution to less than 500 words or one typed page.
3. Send your contributions to the Banff office by July 31, 2006: **CMH Stories, Box 1660, Banff, Alberta, T1L 1J6, Canada, or via e-mail to info@cmhinc.com with “CMH Storybook” in the subject line.**

I speak for a lot of great people when I say that your voice is essential to this project. While I may not be able to include every single story, all submissions will help create the flavour of this colourful and inspirational portrayal. So please take the time to reflect on what CMH means to you, how it has changed your life, and how you would like to see CMH progress in the future. Kick back with a cup of coffee and remember the stories and legends, the animal encounters, characters, and quotes from your time with CMH.

S K I

Memories from Winter...



"Life is not measured by the number of breaths we take, but by the places and moments that take our breath away."

~ Anonymous



A H H H ...

CMH NEWS TEAM

Visit
www.CanadianMountainHolidays.com
to book your next CMH Adventure!



CMH News team, left to right: **Ann Toohy**, Copyeditor; **Connie MacDonald**, Communications Manager; **Sarah Pearson**, Editor; **Marty Von Neudegg**, Director of Corporate Services; **Nancy DaDalt**, Marketing Manager.

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Kevin Boekholt, Tophier Donahue, John Evely, Robert Holmes, Roger Laurilla, Pat Morrow, Chris Pinchbeck, Geri Unterassinger, as well as guides/guests from the 2006 winter season.

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