

CMH NEWS

October 2006 Issue 52



Remembering a Great Man

BY WALTER BRUNS

Hans Gmoser, founder of our company, passed away on July 5, 2006.

He told me once that "When I die, I don't want you to do no nothing." (An exact quote.) So far, I have not done no nothing. But I must write a few words here. Sorry, Hans.

There are still a few of us at CMH who are privileged to have worked directly for the man. One of his core values was, "I never felt that people were working for me – but rather for themselves and with me." Well, yeah, pretty much.

He certainly empowered us. He threw us in, sink or swim. He said jump; we said how high. He let us run with things. He got us to run faster. And he also gave us living shit when we did things he didn't agree with!

There used to be a set of rounded stone steps leading to the old sauna down in the trees at the Bugaboos. They iced over in winter, and many guests slipped and fell. We had a number of injuries. Rather than spread salt or chip the ice daily, I installed expanded metal steps, which let the snow fall through. They were easy to keep clear, durable, with a nice log handrail.

Hans came up and said: "What's this?" I proudly explained the new steps. He blew up in a rage. "We don't use steel" he yelled at me. "We build with local materials – rocks, and wood." He stomped off. The steps stayed, though.

Today, the sauna in the Bugaboos is part of the spa, up on the roof. Nice view. You can take the inside stairs, or even the elevator, if you want. Imagine what Hans really thought of that.



Hans Gmoser, 1932 – 2006

Although he retired 15 years ago, and then sold the company, he never truly left CMH. He still checked the weather forecasts, hiked and skied with good friends, and worried about avalanches. He would pop into the office occasionally, just to say hello. He was still very much a sounding board for many of us. And once in a while, he would point out things he didn't agree with.

He stopped by just four days before his accident, and asked "How's it going?" I said "OK." He was looking fit, but tired, after riding his bike 120 km to Lake Louise and back in the scorching sunshine. I said "I'd like to talk to you sometime."

That opportunity is gone. But then again, he has not truly left us now. His memory will endure, in each of us, in our own way. His legacy will also endure, in its own way.

Thank you, Hans. Your spirit is with us as we go back to the mountains we love.



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ROKO'S SKI TIPS



Don't Miss the Early Season! Join CMH for the **Ultimate Season Opener**



Bugaboos, December 2005



Galena, December 2005



Monashees, December 2005



Valemount, December 2005

Picture yourself in any one of these photos, all taken in early December 2005.

BY ANN TOOHEY

Now picture yourself at your local ski hill in December: sharing crowded, icy runs marked with rocks, stumps, and other hazards, you find yourself dreaming of the day when the lifts that take you to your favourite terrain are finally open...

It doesn't have to be that way! This year we are introducing the **Ultimate Season Opener** in the Bugaboos, December 19 - 23, 2006, for three groups of five skiers. To minimize the risk of early season conditions (which are often unbelievable!) we are offering our new 'Pay As You Play' format, where your base price of \$2,933 covers just the basics (accommodation, meals, and services), and you only pay for what you actually ski, at a rate of \$128/1,000 metres. To maximize the fun, this trip will accommodate just 15 skiers (3 groups of 5) using a Bell 407 helicopter, so get ready for a quick-paced, powder-filled, crowd-free start to the season.

Get Adamant About Family Time: Spend Spring Break Heli-Skiing with CMH

Re-invent your annual 'family vacation' by bringing your spouse and kids Heli-Skiing with CMH. Our first Family Easter/Spring Break trip will happen at the Adamants, March 31 - April 7, 2007. It's a great way to combine family bonding with the sheer pleasure and excitement of Heli-Skiing.

Kids should be between the ages of 12 and 17, and pay half the adult trip price. Adults are guaranteed 30,500 vertical metres (100,000 vertical feet) and kids are guaranteed 15,250 vertical metres (50,000 vertical feet). When the children tire of skiing, they are flown back to the lodge for supervised fun activities. Kids who choose to ski the entire time can continue skiing at a rate of \$85/1,000 m. Their final tally for skiing 30,500 m is still lower than that of an adult.



Beats Fort Lauderdale for a Family Spring Vacation.

The basic price for this week is \$6,933 for adults and \$3,467 for children. If you have a child who is under 12 but who you feel is capable of Heli-Skiing, please call us to discuss further. Small, non-skiing children are welcome at the lodge, free-of-charge, but you need to provide childcare. We offer a non-skiier 'nanny' rate of \$1,071 for the week, to cover the basics of accommodation, meals, and services.

2007/2008 Heli-Ski Reservations

Mark your calendar! We will be taking bookings for the 2007/2008 Heli-Ski season on **Thursday, November 16, 2006**, by phone only, starting at 8:30 a.m. (Mountain Time).

Get ready to call reservations at **1.800.661.0252**.

For a sneak peek at 2007/2008 rates and dates, visit our Web site at www.CanadianMountainHolidays.com/ski.

Chicks in the Chopper! CMH Offers Two New Women's Heli-Skiing Trips

Ask any of our veteran women Heli-Skiers: this trip is too good to pass up. There are few experiences more inspiring and outright fun than skiing or snowboarding in the company of women at a similar level of ability. After an exhilarating ski day, the warmth and exquisite comforts of our lodges are a welcome reward.

In 2007, we will be offering two Women's Heli-Ski trips:

- Adamants:** April 14 - 19, 2007 (5-day trip with 4 1/2 days of skiing) for a cost of \$3,754 and guaranteed vertical of 21,780 m.
- Bugaboos Powder Intro:** April 21 - 25, 2007 (4-day) for a cost of \$3,576. Guaranteed vertical is 12,000 m, and extra metres are charged after 17,500 m.

Prices are based on shared twin occupancy, and include all meals, snacks, and non-alcoholic beverages. Skiing beyond guaranteed vertical is charged at a rate of \$85/1,000 metres. Note that our Women's group will be sharing the lodge with other Heli-Skiers.

Our limited trip space will fill quickly. Call us at **1.800.661.0252** or visit our Web site at www.CanadianMountainHolidays.com to book now!



Heli-Skiing: It's not just for the guys!

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Left: Hans Gmoser the filmmaker and promoter of the Canadian mountains, photo from Glenbow Museum and Archives.
Right: Hans Gmoser the climber, photo by Elsa Wyatt, Whyte Museum of the Canadian Rockies.

Hans Gmoser Canadian Mountain Pioneer

BY CHIC SCOTT

Hans Gmoser, the *eminence grise* of Canadian mountaineering, died July 5th from injuries sustained in a fall while cycling the 1A highway near Banff. In recent years Gmoser had shunned the limelight, content to enjoy his two favourite activities – cross-country skiing in winter and cycling in summer. But during the 1950s, 60s and 70s he laid the foundation of modern mountaineering in Canada. He pioneered rock, alpine and expedition climbing, he popularized ski mountaineering and was largely responsible for creating our professional mountain guides association. Through his films and later through helicopter skiing he made the Canadian mountains world famous.

Born in Braunau, Austria, July 7, 1932, Hans grew up during the troubled war years. As a teenager he discovered the mountains and a lifelong passion

was kindled. With his friend Franz Dopf he climbed and skied and developed his mountaineering skills. Then, in 1951, Hans and Leo Grillmair immigrated to Canada. Life was pretty spartan for the pair and their first job was logging near Whitecourt, Alberta. Soon they made their way to Calgary, where they were joined by Dopf. Linking up with the Alpine Club of Canada they began to discover our incredible mountain wilderness. During the summer months their passion was rock climbing, pioneering new routes on Mount Yamnuska in the front ranges of the Rockies. In the winter it was ski touring near the Stanley Mitchell Hut in the Little Yoho Valley near Field, BC. Here they celebrated their first Canadian Christmas and learned to love their adopted country. Hans played the zither and Leo loved to sing so the wilderness cabin was full of music.

Hans's mountaineering achievements during the 50s and 60s are numerous and a brief list would include early ascents of Mount Alberta and Brussels Peak, two of the hardest challenges in the Rockies; a remarkable ascent of the east ridge of Mount Logan, Canada's highest peak; and a new route on the north face of Denali (Mount McKinley), North America's highest summit. As a skier he pioneered new high-level ski traverses in the Purcell Mountains and along the crest of the Rockies from Kicking Horse Pass to the Columbia Icefield. For young Canadian climbers and ski mountaineers he was an icon and inspired several generations of fledgling mountaineers. The idealistic articles he wrote in the *Canadian Alpine Journal* were music to young ears looking for an alternative lifestyle: "What were we trying to do? Were we trying to show off? Were we trying to kill ourselves? – No! We wanted to inhale and breathe life again. We were rebelling against an existence which human kind has forced upon itself. We were rebelling against an existence full of distorted values, against an existence where a man is judged by the size of his living-room, by the amount of chromium on his car. But here we were ourselves again: simple and pure. Friends in the mountains."

But it was as a mountain guide that he really made his mark. He began leading ski tours for Erling Strom and Lizzie Rummel near Mount Assiniboine in 1953. Lizzie became a close friend and confidant, as did Fred Pessl, one of Hans's first clients. Hans never forgot the early friends he made in the mountains. They supported him when he needed help and he repaid their trust many times over. In later years Hans would host 'Nostalgia Week' at his lodge in the Bugaboos and invite his early clients and supporters to join him for a week of heli-skiing.

In 1957 Hans founded Rocky Mountain Guides Ltd. He led mountain climbers during the summer but the real bread and butter programs were the ski weeks in the winter, at Mount Assiniboine, Rogers Pass and of course at his beloved Stanley Mitchell cabin in the Little Yoho Valley. From 1957 to 1967 Hans made 10 ski and climbing films that he toured all over North America, from Alaska to California and east to Montreal and New York. One year he had 53 lecture dates on his schedule and attracted a crowd of 2,500 people in Detroit. Hans accompanied these films with a romantic narration that thrilled and inspired audiences. A critic in a Milwaukee newspaper wrote, "In narrating the film Mr. Gmoser offered more than entertainment... there was a simple lesson in philosophy." Hans was a gifted communicator and wrote in the *Canadian Alpine Journal*, "In the end, to ski is to travel fast and free - free over the untouched snow-covered country. To be bound to one slope, even to one mountain, by a lift may be convenient but it robs us of the greatest pleasure that skiing can give, that is, to travel through the wide wintry country; to follow the lure of the peaks which tempt on the horizon and to be alone for a few days or even a few hours in clear, mysterious surroundings."

Although Hans loved traditional ski touring from small cabins in the wilderness, he is today known as the father of helicopter skiing. In 1965 he ran the first two commercial heli-ski weeks from an old logging camp in the Bugaboo Mountains, near Radium, BC. Heli-skiing took off, for the timing was perfect: the requisite jet helicopter technology was just being developed. By 1968 the luxurious Bugaboo Lodge was open, welcoming blue ribbon clientele from around North America and Europe. Hans's Rocky Mountain Guides Ltd. grew to become Canadian Mountain Holidays (CMH), with 500 employees and a dozen lodges scattered throughout the interior of BC. Hans was of course in the right place at the right time, but he was also the right man for the job. He developed a heli-ski industry with strong ties to the traditional mountain guiding and

...Hans was simply a remarkable man who inspired loyalty and in return would be your lifelong friend.

mountain climbing communities and he always felt that heli-skiing was a wilderness experience. He wrote: "Our primary aim is to offer our guests a safe and educational mountain outdoor experience. We want our guests to be comfortable and to feel at home in our lodges. We want to keep our lodges free of the electronic noises and images that invade our lives everywhere else. We consider ourselves to be intruders into one of the few large, contiguous natural areas left in the world. Therefore, we ask our guests that they, along with us, respect the sanctity, silence and the spirit of these natural wonders we are privileged to share."

Hans was also a founding member of the Association of Canadian Mountain Guides and its first technical chairman. Throughout his career he took a keen interest in guides affairs and for a number of years was the association's honorary president. Hans's pioneering efforts in ski touring and heli-skiing created an industry that today employs hundreds of guides and thousands of support staff.

Beyond all these notable achievements Hans was simply a remarkable man who inspired loyalty and in return would be your lifelong friend. He was a man who, in the words of the poet Rudyard Kipling, could "walk with Kings – nor lose the common touch." Gmoser numbered among his friends and clients Prime Minister Trudeau (who he guided up Bugaboo Spire), the King of Spain and the King and Queen of Norway, but during his tenure at the helm of CMH he probably knew the name of every guest who skied at his lodges and every staff member who took care of them.

Hans met his wife, Margaret MacGougan, skiing at the Stanley Mitchell Hut and they married in 1966. They have lived all these years in the same modest house in Harvie Heights (near Canmore) and have two sons, Conrad (Lesley) and Robson (who is a ski guide like his father) and two grandchildren.

Hans has been greatly honoured over the years, receiving honorary memberships in the Alpine Club of Canada and the International Federation of Mountain Guides Associations and an honorary doctorate from Thompson Rivers University. He was elected to the Honour Roll of Canadian Skiing and to the U.S. National Ski Hall of Fame. He is a recipient of the Banff Mountain Film Festival Summit of Excellence Award and, in 1987, was awarded the Order of Canada. Just a few months ago he was a founding inductee into the Canadian Tourism Hall of Fame.

Not long ago Hans commented: "Looking back, I've had a good interesting life. I had my time in the mountains. I had my time as a businessman. So what more can I ask for?"

Hans's passing will bring to a close a large, interesting and very creative era in the western Canadian mountains.

According to his wishes there was no funeral or memorial service. Margaret and Hans's family have asked that you all remember and celebrate Hans in your own way. In lieu of flowers, he would be honoured by a contribution to the Association of Canadian Mountain Guides:

ACMG - Box 8341, Canmore, AB T1W 2V1, 1.403.678.2885

"Looking back, I've had a good interesting life. I had my time in the mountains. I had my time as a businessman. So what more can I ask for?"



ALPINIST AWARDS

Summer Alpinist Awards

The increasing numbers of guests who choose CMH as part of their annual summer vacation is reflected in our growing Alpinist program. This year we welcomed an impressive thirty-eight Heli-Hikers into our Alpinist club. As well, eleven past-Alpinists received their second award, and four reached the third level – our highest ranked awards to date! Congratulations to all of you, and thank you again for keeping CMH at the top of your list of summer destinations. Recipients are listed below, along with their Alpinist Achievement level to date.

Award Level 1

Cory Bakkala
Roger Beauchaine
Line Biron
David Borenstein
Pat Borenstein
Thomas Brady
Colin Bullen
Denise Bullen
Bonnie Burman
Terry Burman
Stephen Cocks
Mary Donovan
Cathryn Eldridge
Jim Eldridge
Marc Fleishhacker
Michael Gale
Karen Malfesi-Merritt
Elizabeth (Ann) Marriott
Arthur Marriott

Robert Dale Merritt
Mark Meskin
Charlotte Minard
Chris Monanteras
Marie Murphy
Ronald Murphy
Barbara Ostberg
Roy Ostberg
Laura Partridge
Ian Priestley
Kim Priestley
Etsuko Sagami
Kunihisa Sagami
Tanner Surratt
Anita Taylor
Ann Tooth
Charles Tooth
Arlene Wenokur
Lawrence Wenokur

Award Level 2

Bernadine Feist
Charles Hovey
Betty MacRae
Charlene Miller
Theodore Olberg
Donald O'Neal
Lois O'Neal
Barbara Parish
Michael Pellegrino
Gary Roberts
Jim Tarrant

Award Level 3

Elaine Brady
Maria Dybala
Harold Sweet
Rachel Sweet

For more information about our Alpinist Program please call us at 1.800.661.0252.



Marc Piché, recipient of the 2006 President's Award for Environmental Initiative.

Friends in High Places

BY CONNIE MACDONALD

Marc Piché has a passion for the Bugaboos.

As assistant manager of Bugaboo Lodge, he spends his work days guiding. As an avid climber, he spends his spare time exploring and photographing the mountains. He is also the co-author of an award-winning book on climbing routes in the area and is well versed on the Bugaboos' geology and local history.

But Marc's interests in the Bugaboos extend well beyond his love of climbing and guiding. Recently he launched the Friends of Bugaboo Park, an organization dedicated to working collaboratively with BC Parks and other stakeholders, including CMH, to protect and preserve the natural and recreational qualities of Bugaboo Glacier Provincial Park.

Although still in its early stages, the importance of Marc's efforts to establish the Friends is greatly appreciated by all of us who love the Bugaboos, and as a result he was presented with the 2006 President's Award for Environmental Initiative. This annual award honours a CMH employee who demonstrates leadership and action to help to minimize CMH's impact on the environment.

For more information on the Friends of Bugaboo Park, please contact Marc at mpiche@cmhinc.com.

Adamants & Monashees Lodge-to-Lodge Trip

Accolades from our newest CMH Heli-Hiking experience

BY SARAH PEARSON

Wow! Amazing! Unbelievable! Spectacular! Remarkable! These are just a few of the superlatives our guests expressed while hiking with us on our inaugural Monashees & Adamants Lodge-to-Lodge trips. Interestingly, as they led groups through this newly accessible terrain for the first time, these words were echoed by even our most seasoned hiking guides. The unending mountain vistas, immense glaciers, and extraordinary vastness of the hiking and walking terrain surprised and enthralled everyone who shared in one of these incredible six-night adventures.

Here's what a few of our guests had to say about their experience:

"Every day, we'd think 'Well, they can't top this.' And then they would!"

"I hiked an area I would have never considered before. I will never forget it."

"Your scenery is superb, but your people are the best part of the trip."

"This is now one of my most favorite places on earth!"

"We loved every beautiful spot you introduced us to."

"This experience exceeded my expectations! Our hiking guide was fabulous."

With confidence and enthusiasm, we are excited to offer more Monashees & Adamants Lodge-to-Lodge trips in 2007. Space is limited, so call or e-mail us today to reserve your spot.

And of course, thank you to all our guests who joined us this summer – on this adventure and all the others. We have had a spectacular summer of Heli-Hiking, and we look forward to seeing many of you again next year.



Heli-Hikers exploring the spectacular terrain during the inaugural Adamants & Monashees Lodge-to-Lodge trips.

A Summer Lodge to Call Your Own

Valemount Lodge Opens for Private Heli-Hiking Groups

BY SARAH PEARSON

Are you looking for that memorably perfect location to gather up a small group of friends, family, colleagues or associates? Why not consider an exclusive CMH Heli-Hiking summer get-away? In July and August 2007, Canadian Mountain Holidays will open the Valemount Lodge solely for private group bookings.

Valemount is nestled in the secluded valley from which it takes its name. The lodge was specifically designed for small groups and has served as a beloved retreat for CMH Heli-Skiers since 1998. Its beautiful design, fine amenities, secluded location,

and access to the spectacular Heli-Hiking playground of the Cariboo has made it one of CMH's most coveted lodges.

Suitable for groups of up to 20 guests, CMH can customize a program to suit your individual needs, be it a family reunion, corporate retreat, or special wedding anniversary. Depending on your personal requirements, transportation is arranged from Jasper, Banff, or Calgary. Transportation from Calgary is also available by private charter plane.

Have an idea? Give us a call and we will schedule your 2007 Valemount Heli-Hiking experience today!

CMH Designs A Year of Change

BY BOB KRYSAK

As I write this article and look out the window at the new-fallen snow on the surrounding peaks (it's September 1 today!) it is hard to believe we are on the doorstep of another Heli-Skiing season. Fresh in my mind is the great season of last year, with record snowfall, unbelievable face shots and great times shared by all. The conditions were perfect for testing new products. Our mission in the CMH Shops is to keep you comfortably outdoors in all conditions, with the best gear available. We have recently made some changes so we can continue to live up to our mission and enhance your time with us.

Outerwear

CMH is proud to introduce Arc'teryx as our new Outerwear supplier. Based in Vancouver, Canada, Arc'teryx's beliefs and products mirror those of CMH. Working directly with our guides and spending time at our areas, the designers from Arc'teryx immersed themselves in heli-skiing research. When they finally emerged from the powder, they had a new appreciation and understanding for which design elements were critical for both function and comfort. Back in the design room, they applied their new-

found knowledge, the end result being the Neos AR Jacket and Pant.

The Neos line is exclusive to CMH, and will be featured in our Retail Collection, our Million Foot Awards program, and as our new guides uniform. The Neos AR jacket and pant feature special design considerations, articulated patterning, technical materials and advanced construction techniques. These unique pieces are constructed with durable, technical fabrics from Gore-tex and Tweave. The jacket sports a hybrid construction of waterproof, breathable fabrics and breathable stretch panels, a high collar with internal hood, four easy access external pockets (one a radio pocket), two internal storage pockets, and an adjustable powder skirt. The Gore-tex pant is anatomically designed, featuring a low cut bib with fly, adjustable suspenders, reinforced lower leg, seat and knee, stretch rear bib panel, hand and thigh cargo pockets, knee pads and laminated powder cuffs.

This outfit is the perfect execution of a user-specific design to create the ultimate mountain gear for demanding enthusiasts.



The Arc'teryx Neos line is exclusive to CMH.



CMH Mementos in the Delta Calgary Airport Hotel.

CMH Mementos at Delta Calgary Airport Hotel

BY BOB KRYSAK

This season marks the second year we will have a CMH retail presence in the Delta Calgary Airport Hotel. Located on the mezzanine floor directly above the Delta lobby, CMH Mementos features a comfortable lounge with large screen TV and DVD machine. We offer a variety of ski movies for your viewing pleasure. Or, plug in your own DVD to re-live your Heli-Ski memories, laugh and share with friends.

As well as a selection of CMH gifts to take home to your family, Mementos offers information on the equipment and clothing available for purchase at our twelve lodges.

Open Friday and Saturday from 4:00 to 11:00 pm, Mementos is a great place to relax after your flight to Calgary or following your trip back from the lodge. Be sure to stop by and say hello.

Community Stewardship is Going to the Dogs!

BY CONNIE MACDONALD

When our local SPCA was formed in 1999, Patty Zinck, who works in our Marketing department, was part of the leadership team that developed the vision to build the first no-kill, no-cage adoption centre in Canada. Seven years, 1,200 volunteer hours, and hundreds of thousands of fundraising dollars later, Patty is still a committed SPCA Board member and will be on hand for the grand opening of the centre later this year.

Patty's leadership with the SPCA and her low-key, hands-on approach to volunteering has inspired many of us at CMH and we were pleased to see her presented with the 2006 President's Award for Community Stewardship. This award recognizes the efforts an employee who demonstrates the spirit of CMH through their involvement in a local project or volunteer organization.



Patty Zinck, (third from left) recipient of the 2006 President's Award for Community Stewardship.

Atomic and Scott Selected as Official Suppliers to CMH

BY ANDY ANDERSON

One of our mandates is to stay on top of the many changes in ski construction technology and performance. Over the past two seasons, we tested extensively every wide powder ski available in order to bring you the best equipment the market has to offer.

This field testing was headed up by CMH guide Roko Koell. Based on his expertise, along with feedback from guests and other guides, we are pleased to announce the Atomic Heli Daddy as our featured powder ski. For the coming season, we will have a full inventory of customized Heli Daddys at every lodge, available in sizes between 150 – 190 cm, in 10 cm increments.

The Heli Daddy offers increased floatation and

lighter swing-weight due to its foam-core construction. Turns can be initiated significantly more easily based on these features. This performance ski allows the widest cross-section of skiers outstanding versatility for the varying conditions and terrain associated with deep snow skiing.

After thorough testing, we have also switched to a new ski pole: a customized double-wall aluminum shaft from Scott, a leader in ski pole technology. The Scott pole provides a light swing weight while maintaining sufficient durability to withstand the abuse we put our poles through!

We know you will be pleased with the results. If you would like more information, please contact us at

CMH DID YOU KNOW? FACTS

BY CONNIE MACDONALD

- ▲ The appeal of Heli-Hiking continues to grow among our skiers. This past summer 10% of our guests traded ski boots for hiking boots to enjoy a CMH summer adventure.
- ▲ Last winter we sold 1,000 bottles of Veuve Cliquot champagne, making us the largest single private purchaser in Canada. To top it off, we also opened 26,587 bottles of wine!
- ▲ In our annual Employee Opinion Survey, administered by an external company, CMH achieved the highest Customer and Quality Care scores for all Intravest divisions.
- ▲ This year Erich Unterberger, Danny Stoffel, Stefan Eder, and Bruce Howatt celebrated 20 years of guiding at CMH. As per tradition, each guide was presented with a custom handcrafted ice axe.
- ▲ Congratulations to mountain guide Dan Griffith who successfully reached the south summit of Mount Everest on May 24, 2006.
- ▲ Know anyone who would make a great addition to the CMH team? Check out our hiring centre at www.CanadianMountainHolidays.com/jobs.
- ▲ We are celebrating an anniversary! Ten years ago CMH acquired CMH Kootenay and the Kuskanax Lodge in Nakusp, BC.
- ▲ CMH is a long-time sponsor of the Banff Mountain Book and Film Festivals. These events highlight the absolute best in mountain literature and films in the world along with speakers, forums, and a photography competition. For more information on the Festivals or to check out their World Tour schedule visit www.banffcentre.ca/mountainfestivals.

DELIA'S



TIPS

BY DR. DELIA ROBERTS, EXERCISE PHYSIOLOGIST

Turn, after turn, after turn

A pristine white slope sparkles in the sun as it falls away into the valley far below. But all too soon, your legs turn to mush and you gasp for air. Ever wish you could just keep going rather than having to stop repeatedly to rest on such a great run?

Pre-season preparation can get you ready for an enjoyable and injury-free season, but some ways of getting in shape are more effective than others. Here are a few ways to increase your fitness for skiing with a minimum of time.

First, work on problem areas. You may be good at long, slow workouts, so that's what you do. But the workouts you find uncomfortable or difficult are probably better at addressing your weak areas.

Second, most fitness programs focus on strength and aerobics, but skiing requires power and agility, too. Activities that require sudden changes in direction or elevation, while keeping an even 'skier's stance', will develop these areas. Exercises like two-foot hops are good ones:

Start with five consecutive hops forward, five back, and then five to each side. Land each jump in a skier's stance with "soft" knees and your weight distributed evenly between your feet, trying to keep the contact time with the ground between hops as short as possible. Gradually build up to ten hops in each direction, then progress by adding some resistance with banding or weights, or hop up and down stairs, or on and off a bench. Be sure the step or bench is stable and has a flat landing for safety.

Performing these simple exercises three to four times per week will help you make the most of your wonderful CMH experience.

For more information on these exercises or more advanced programs contact Dr. Delia Roberts at droberts@selkirk.ca.

Stress-Free Flights to Canada

Tips for managing international flight security

The best way to minimize the increased complications for international air travel is to be organized and aware of recent changes to travel security. Following are some tips and reminders on how to make your air travel to (and within) Canada as stress-free as possible.

Starting on January 8, 2007, all U.S. citizens travelling to Canada by air are required to have a U.S. passport in order to enter or re-enter the United States. At this time, the U.S. passport will be the only secure document accepted by customs agents. Plan ahead and have your passport in hand! For more information on obtaining your passport go to www.travel.state.gov.

Arrive at the airport early and be prepared to pass through several security check points. Many common

items are no longer permitted within your carry-on luggage. For those travelling from the U.S., visit www.tsa.gov for complete details on prohibited items.

Pack your carry-on baggage selectively: include only essential items like your wallet, travel documents, prescription medicines (not in liquid form), and reading material. These bags will be checked and re-checked as you pass through various security points. The less you have packed, the fewer delays you will experience.

And finally, remember all carry-on items, including footwear, will be x-ray screened. To avoid any hassles with ski boot gel-infused linings, we recommend including boots within your checked baggage.

Follow these basic guidelines and your airport experience should go smoothly.

Getting to the Powder – FAST

Powder Air – Scheduled Flights for Revelstoke and Valemount

Are you Heli-Skiing this winter at Revelstoke, Gothics, Monashees, Valemount, or Cariboos? Take advantage of faster, more comfortable transportation to your favourite CMH lodge. Book a seat on Powder Air's regular Saturday scheduled service to the towns of Valemount and Revelstoke.

A short taxi ride from the Delta Calgary Airport Hotel will get you to the Central Mountain Air Terminal where you will catch an hour and fifteen minute flight. Ground transportation will meet you upon your arrival and deliver you directly to the lodges.

Your ticket price includes air and ground transportation between the Central Mountain Air Terminal and the lodge of your choice.

Reservations are now being taken, so get off the bus and get to the Powder – FAST.

For more information go to www.CanadianMountainHolidays.com/ski/powderair.



Exploring Our History Do you have a tale to tell?

We have commissioned author/photographer Tophier Donahue to write the history of CMH as told from the stories and memories of our guests, staff, and friends, so we are looking for your input. Remember the laughs, the legends, the animal encounters, the characters, and the quotes from your time with CMH.

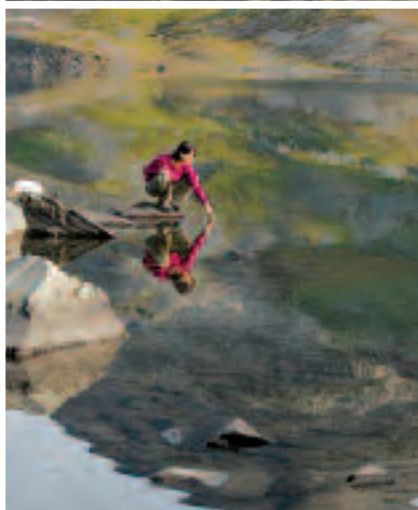
For more information or to submit your story, e-mail us at info@cmhinc.com with "CMH Storybook" in the subject line.

Memories from Summer...



"It was the best three days of my life, I don't think my feet have hit the ground yet - and I'm not sure if they ever will. These mountains seem to have had a profound effect on me!"

~ A. Sharpe, NSW, Australia



CMH NEWS TEAM

Visit
www.CanadianMountainHolidays.com
for 2008 Heli-Ski Rates & Dates



CMH News team, left to right: **Ann Toohey**, Copyeditor; **Connie MacDonald**, Communications Manager; **Sarah Pearson**, Editor; **Marty Von Neudegg**, Director of Corporate Services; **Bob Kryszak**, Retail Services Manager; **Andy Anderson**, Hard Goods Manager.

Photo credits: Topher Donahue, Lyle Grisedale, Roger Laurilla, Bob Kryszak, Geri Unterassinger, Brad White, as well as guides/guests from the 2006 Heli-Ski and Heli-Hiking seasons.



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Canadian Mountain Holidays
P.O. Box 1660
Banff, AB, Canada T1L 1J6
E-Mail: info@cmhinc.com



Ph: 403.762.7100 Fax: 403.762.5879 1.800.661.0252
www.CanadianMountainHolidays.com