

CMH NEWS

May 2007 Issue 54



Spring Dispatch

BY WALTER BRUNS

When you are through changing, you are through. ~ Bruce Barton

What a great season it was — sustained snowfalls and fantastic conditions. If we missed anything, it was the classic spring corn that barely emerged from this winter's tenacity.

We hosted 3% more winter guests, and we are expecting 15-20% more summer guests. That's a nice change. Speaking of change, there is a lot coming at us.

Climate Change: It's front of mind. Having had some good winters, we cannot be lulled into complacency. But we should also not be lured into knee-jerk, superficial response.

Champions within our team, such as Dave Butler, are working with great dedication to steer us to the right course of action.

Changing Expectations: We are surveying our guests much more thoroughly. I get lots of feedback when I travel to the areas. Mostly, it's about time and money!

Changing Trips: This winter we tested a number of different trip options with positive results. While the 'classic' Saturday-to-Saturday packages still work so well for so many, we will offer increased flexibility going forward.

Changing Transportation: Tyler and his crew had the unenviable task of moving more guests by more varied means than ever before. We will continue to tackle the complex challenge of logistics amongst chaos to get our guests in and out as expeditiously as possible.

Changing Connectivity: The days of us hiding you away in secluded mountain lodges are pretty much gone. You can still hide, if you want to, but we are working to provide better connectivity for those who need it.

Changing Seasons: As we head into summer we are all very excited about the successes of our Heli-Hiking programs. From the spectacular Lodge-to-Lodge trips, to Bodacious in the Bugaboos trip for women, to family and culinary trips. There is something for everyone in our summer programs. This summer, 156 (!) skiers are already booked for hiking. If you are not one of them, give it a try!

Changing Owners: Fortress CEO Wes Edens and Richard Georgi came to visit us with David Barry from Intrawest. They had a good look around, with superb skiing in the Bugaboos, Adamants and Monashees. These ex-racers can sure ski!

While we were at the Monashees, a guest stood up to receive his one million foot suit. He spoke about how much his trips had meant to him. Then he looked right at us, and said: "And for you guys from corporate, CMH means a lot to everyone here — DON'T CHANGE A THING!"

So there you go. Some things will change, and others...well...we'll try our damndest to keep a good thing going!

Thanks to everyone at Alpine and CMH who kept it going so well this past 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 CMH POWDER INTRO

Saving Energy by Proper Step-Sizes

Energy can be extremely important when unexpected things happen, like getting off route, fatigue, injury or rapid weather changes — not only out-of-bounds, but also on hiking trails.

Most inexperienced hikers take steps that are too big. The most effective way to save energy is by choosing the proper size of step. The larger your step, the longer you carry your body's weight with the muscles of one single leg. It's just like walking up stairs: if you take three steps at a time, you will get tired and exhausted much sooner. The longer the stairs are, the smarter you have to be when distributing your energy. Similarly, the steeper the terrain, the more energy is lost by improper step distances. This can lead to exhaustion before you realize it. Oversized steps also result in bad balance, which can be dangerous when crossing a little creek or walking in terrain where a loss of balance could cause a fall.

Smaller steps result in more even weight distribution over both legs. If the feet step short under the body, the bone structure (skeleton) supports significantly in moving the weight forward and upward from one foot to the next. While one leg works by taking the weight of the body in a step, the other one has a short but crucial rest period and recovers. Shorter steps guarantee physical (and mental) strength over a much longer period of time.

The right size of step depends on the steepness and the cover of the ground. Whatever the conditions, make the steps about half as big as you would usually. Walk for a few minutes, and if it feels extremely limiting, extend the step-size until walking feels comfortable. As soon as you hyperventilate, either the step size is too big, or the pace is too high — react and readjust!

Announcing "POWDER MAX" Heli-Skiing

BY **MARTY VON NEUDEGG**

CMH Kootenay has great skiing, wonderful people, and terrific terrain. But what we have not had is a name that adequately describes our very successful small group program. For the past two years we have called it "Powder Light," to indicate we were skiing in small groups and using a "light" helicopter to get to the skiing. Our guests, who are a pretty clever bunch, let us know in no uncertain terms that this was a silly name for a great program. Some people stayed away from these trips under the assumption that this was some type of a "lite" program, diet Heli-Skiing if you will, where we would ski a little

and have limited fun. The reality is quite the opposite, with six key factors:

- Lots of Skiing,
- 3 small groups of only 5 skiers,
- Fast lifts,
- Quickly manoeuvrable to the best terrain,
- Easily flexible to fit the group's desires,
- Loads of FUN!

**Goodbye Powder Light...
Welcome POWDER MAX!**

Steep Skiing Camp

The CMH Steep Skiing Camp is designed for skiers looking for a challenge on steeper terrain. We have planned this trip for late April 2008, when snow conditions are the most stable and the days are longer, allowing us the opportunity and flexibility to ski more challenging terrain.

Hosted by Dave Gauley, Assistant Manager of Cariboo Lodge and a world-renowned master of the steeps (and voted by *Powder Magazine* as one of the 50 Best Skiers in the World!), this

week will be designed to take you into the most challenging terrain available on any given day. As always, our goal is to keep you safe, but we will be looking for the lines that will give you the best chance to develop your skills along with expert coaching. This week will be limited to 10 skiers, with two guides, and will take place in the Cariboo, April 19 to 26, 2008.

If you would like to join us, or would like more information, please call us at **1.800.661.0252** or visit www.CanadianMountainHolidays.com.



Left: Fred Noble celebrates his 70th birthday with CMH!

Short Trips, Flex Weeks, and Pay as You Play

Our skiers are not wallflowers! When you want something different from what we are offering, you let us know. Over the past couple of years we have responded by adding a wide variety of new trips and variations on the theme of Heli-Skiing.

Short Trips:

In 2008 you will be able to find 4- and 5-day trips in the Bugaboos, Gothics, Revelstoke, Galena, and Valemout. Kootenay will continue to offer a full season of shorter trips.

Pay as You Play:

The Pay as You Play experiment has proven a great success during its inaugural season. On these trips, skiers pay a basic price for their stay and to cover our fixed costs and then only pay for the skiing they choose to do.

While this has its logistical challenges for our guides, the guests found the idea captivating. If the skiing is good, they stay out. If the skiing is

not to their liking, or if they want to take a break, they can choose to stay in. In the end, most people skied most of the time, and some skied all of the time. Some skiers reached over 52,000 metres of skiing during the week while others chose to ski just over 32,000 metres on the same week.

In 2008, Pay as You Play will be offered for two weeks in the Adamants, starting April 12. The price is only \$3,213 (twin) and \$3,891 (single), with skiing charged at \$109 per 1,000 metres.

Flex Week:

Revelstoke hosted the first Flex Week from April 7 to 14, where guests could join for anywhere between one and seven days. The guests who attended had very good skiing each day of the week, with four days of over 9,000 metres! Watch our Web site to see when and where a flex week will be available in 2008.

INSIDE

▲ Roko's Ski Tips	2
▲ Announcing "Powder Max" Heli-Skiing	2
▲ Steep Skiing Camp	2
▲ Short Trips, Flex Weeks and Pay as You Play	3
▲ Ride Galena with Devun Walsh	4
▲ Family Christmas	4
▲ My Golden Run is Changing Course	5
▲ Powder Air and CMH	6
▲ Childhood Memories	7
▲ Bodacious in the Bugaboos	7
▲ Million Foot Awards	8
▲ A Whole Lotta Zippin' Goin' On!	10
▲ From the Earth to the Table	11
▲ The (in)Accessible Wilderness	12
▲ Emission Impossible?	13
▲ Delia's Fit Tips	13
▲ Did You Know? CMH Facts	14
▲ Calling All Ambassadors	14
▲ Saying Farewell	14
▲ Ian Campbell, 1955-2007	15
▲ Talk About 'Out There'!	15

2008/2009 Heli-Ski Reservations

We will begin taking bookings for the 2008/2009 Heli-Ski season on Wednesday, November 28, 2007, by phone only, starting at 8:30 a.m. (Mountain Time). Call Reservations at 1.800.661.0252.



**CANADIAN
MOUNTAIN HOLIDAYS**

CMH HELI-SKIING / CMH HELI-HIKING

Ski



Ride Galena with Devun Walsh: A TransWorld Snowboarding/CMH Trip

Devun Walsh came onto the snowboarding scene as a youngster, more heir apparent than up-and-comer, and neither his next-level performances nor his work rate have ever faltered.

Influential pros have risen and fallen, yet Devun Walsh remains a boss: Mentoring the Forum crew in Whistler's backcountry, steering the Wildcats. In the supposed winter of his career, Devun simply keeps pushing and improving with the times — rotating more and jumping farther — further cementing his

position as the greatest Canadian rider of all time.

Current sponsorship are with Forum, Special Blend, DC Shoes, IS Design, Wildcats, Fenix Management, ICA Headwear, Matsumoto Wax, The Source.

Trip Details: March 22 - 27, 2008 (5-day trip) in Galena at a rate of \$6,413 based on twin occupancy.

Call **1.800.661.0252** for more information on this unique opportunity.

Family Christmas

First Two Lodges Sold Out! Adamants now available.

Due to the overwhelming response to our Family Christmas trips, we have opened a third lodge for Christmas Week 2007. In addition to sold out trips in the Bugaboo and Gothics Lodges we are pleased to announce Christmas at the Adamant Lodge.

Last year, the 29 kids we hosted over Family Christmas and Spring Break raved about their trip. We expected these programs to be a hit, but were overwhelmed by the genuine outpouring of emotion the kids showed for the mountains, the lodge experience, and for each other. One memorable event saw a 12-year-old dispatched to the lodge manager, an emissary for all the kids, to ask if it would be possible to have a group of just kids out skiing. We had to say no, since parents have to ski with their children, but it showed us just how

quickly the bonds between skiing kids can develop — and how strong they become.

Next season, the Family Christmas Trip will be held at the Adamants from December 22 to 29, 2007.

Adult Price: \$5,414

Children (aged 12 – 17): \$2,978

Nanny rate: \$1,093

(caring for small children while parents are skiing)
Children under 12 who are not skiing are welcome at no charge.

The vertical guarantee for the kids is 15,250 metres (50,000 feet) so there is no pressure to stay out all day. If you have any questions about your children and their ability to participate in this wonderful program, please feel free to call CMH Reservations at **1.800.661.0252**.

CMH's Steep Skiing Camp: This could be you!
(see page 2)

My Golden Run is changing course...

Veering towards retirement as of November 1, 2007

BY MARION KINGSBURY

As a young girl growing up in Yorkshire, England, if anyone had told me what my future held in store, I would never have believed them. Fate moves in mysterious ways and I have certainly had my share. From an English country town, wild moor land environment, I was introduced to the majesty of the Rocky Mountains of Banff in my early twenties and it was love at first sight.

A few years later, as fate would have it, after spending a year in Europe, I returned to Banff to work for Hans Gmoser and had my first introduction to heli-skiing. It, too, was love at first sight.

The early 70s were heady days, full of excitement, unknowns and constant challenges. The staff at head office was small, but what fun we all had. It became apparent, very quickly, what a close family we were, and that we were witnessing the growth of an incredible company led by Hans. This inspired us all to work incredibly hard and nothing less was expected.

Fate was again to cross my path. On a visit to the Bugaboos early one fall, I noticed a young man with long, blonde hair, digging ditches near the lodge. The next time I saw him was when I was skiing in the Bugaboos the next spring. He had only to look at me with those blue eyes and give me a wink and, yes, it was love at first sight. He became my husband — Mark. We shared our life together, bringing up our three children, all the

while both of us completely involved with CMH. As I wrote for his memorial in 2001, what a ride we had together, watching the company grow and flourish. We worked, laughed, and cried together and, all the while, tended growing friendships with so many people, staff and guests alike.

It is not an easy decision to change one's course in life, especially when it has been so richly filled with opportunities beyond one's wildest dreams. I have loved working with all of you, our guests, to fulfill your expectations of your skiing and hiking trips and, for so many, your long-time friendships and support. I know that, in many cases, it will continue. To all the staff at CMH, thank you in so many ways for all of your help, and I can only hope that you are as proud of the CMH family as I am and always will be.

Wherever I am and whatever I am doing, my thoughts will never be far away from those majestic mountains that have brought me so much pleasure and solace and, I have to admit, I am looking forward to a role reversal and becoming a guest once in a while!

In closing, I have to say "Troy, Abigail and Lydia, you are the most amazing children and I will never be able to thank you enough for your patience and love over all these years." I could not have done it without you.



Top: Marion circa 1970s

Bottom: "The Queen of Everything"



Powder Air is poised to revolutionize the way CMH guests choose to access their powder.

Powder Air and CMH A Successful Inaugural Season

BY TYLER TOOHEY

Canadian Mountain Holidays ushered in the New Year with the inaugural flight of a new air service named Powder Air. Operated by Uniglobe Specialty Travel and coordinated from Revelstoke with aircraft departing every Saturday from Calgary, Powder Air is poised to revolutionize the way CMH guests choose to access their powder.

In its first season of operation, Powder Air scheduled fifteen regular flights into Revelstoke, diverted just twice due to bad weather. In all, 263 CMH guests flew to Revelstoke to experience the area's powder, arriving just one hour and 15 minutes after takeoff. We also had 33 guests choose to take advantage of Powder Air's service into Valemount, a 1.5 hour flight.

The time savings to our guests are significant. Some of the other benefits of using Powder Air include:

- more commercial flight options for skiers arriving and departing from Calgary,
- shortened travel times to and from the lodges,
- a self-booking process,
- last-minute booking opportunities to book a Powder Air flight,

- travel insurance, and
- customizable travel arrangements.

Powder Air's fleet of aircraft includes the Beech 1900 — an 18-passenger, pressurized twin-engine turboprop designed to carry passengers in all weather conditions from airports with relatively short runways, and the Fairchild-Dornier 328 — a larger turboprop airliner with a passenger capacity of 30 and able to operate from the same short runways. Guests were often thrilled and amazed to fly over the Canadian Rockies at much lower altitudes than regular commercial airliners, allowing for exceptional views of the mountains and terrain they would soon be skiing. Upon landing, guests were greeted by a Powder Air representative who helped transfer luggage to the waiting shuttles for the drive-in lodges (Revelstoke, Monashees or Gothics) or chartered helicopters for the fly-in lodges (Galena or Adamants).

CMH and Powder Air are building upon our success and look forward to offering this service again next year. Visit www.CanadianMountainHolidays.com/ski/powderair and give them a call when you are planning next winter's CMH Heli-Skiing adventure.



HELL-HIKE

Childhood Memories

BY JANE CARSWELL

Think back to your own childhood. What are some of your fondest memories? Often the memories we cherish most are those from past family vacations and holidays spent visiting family.

Recently, FamilyTravel.com reported that 56% of kids aged 6-17 say they 'would really like to' vacation with their grandparents. Travelling together is a great way for grandkids and grandparents to get to know each other, while sharing a love for adventure.

So join us on a CMH Family Adventure with special

activities for kids aged 5-15, or on any other Heli-Hiking trip where you can spend time and share incredible experiences with your close family or friends. A CMH Heli-Hiking trip is guaranteed to create special memories that will last a lifetime.

Celebrating a milestone or just craving time together? Create your own Private Group and take over Valemount Lodge or hire a guide specifically for your family so you can share these mountains... at your own pace. Call us for more information **1.800.661.0252**.

Bodacious in the Bugaboos

BY SARAH PEARSON

BODACIOUS

(boh-DAY-shuhs) adjective
(A blend of bold and audacious)

1. outright, thorough
2. remarkable, impressive
3. gutsy, brazen
4. voluptuous

For female friends seeking a bit of adventure, there is nothing in the world quite like Heli-Hiking. This experience is even featured in the new book *50 Best Girlfriends Getaways in North America* (National Geographic), by Marybeth Bond.

Each morning, fellow travellers gather together to enjoy the glory of stretch and guided meditation — energizing you in a peaceful way. Join Angie Smith — our vivacious, fun loving and renowned yoga instructor — for total mind and body awakening with these amazing sessions. (To learn more about Angie and her

yoga studio in Calgary, Alberta, visit her Web site at www.yogamandala.ca.)

Now it's time to explore the mountains! Hike along spectacular timberline trails, relax in wildflower-studded alpine meadows, or climb exhilarating mountain ridges accompanied by a knowledgeable and fully-certified hiking guide.

Following each spectacular day of fresh mountain air and rejuvenating exploration, this women's adventure is further complimented with an exciting mix of bodacious fun and frivolity. Let the evening unfold and laugh the night away.

A perfect women's getaway for girlfriends as well as solo-travellers looking for an inspirational and exhilarating adventure with other like-minded and remarkable women.

Call CMH Reservations at **1.800.661.0252** or visit www.CanadianMountainHolidays.com for more information.





MILLION FOOT AWARDS

Million Foot Awards

“Each time that I have had the good fortune of receiving one of your million foot suits I have expressed my thought that the system is backwards. It is we who should be thanking CMH for the wonderful experience and privilege of skiing a million feet in your beautiful mountains.”

~ J. Alexander

This winter was an exceptional year for Heli-Skiing and our loyal skiers took full advantage of opportunities for extra runs to rack up those meters. The following list details those guests who reached a Million Foot Milestone this past winter.

One Million Feet

Abellan Mochon, Jose
 Agran, Scott
 Alexander, Millard
 Armstrong, Wes
 Barnes, Robert
 Barry, Stephen
 Barto, Craig
 Bartusch, J. Nancy
 Bassett, Bruce
 Baumberger, Edith
 Beddome, Dave
 Benjamin, Steve
 Bergsland, Bjorn
 Binaghi, Luca
 Binaghi, Nicola
 Blethen, Peter
 Bodenmann, John C.
 Bokram, John
 Bottcher, Kirsten
 Brown, Ned
 Burgum, Frederick (Rick)
 Caldwell, Robert J.
 Carbonell, Ramon
 Carr, Guthrie
 Carroll, Jesse L. (Sam)
 Charlton, Sam
 Chiappone, Frank H.
 Clark, James L. (Jim)
 Clemence, Ruth M.
 Coggan, Caroline A. (Caj)
 Colomer, Carlos

Compton, Randall
 Covington, George M.
 Cuomo, Andrew
 Daum, Dieter
 Daum, Irene
 Daurella, Sol
 De Ferrari, Raffaella
 Dick, James A. (Jimmy)
 Dobbs, Peter
 Donahue, Michael
 Engdahl, Dwight
 Fleming, Scott T.
 Frank, Richard R.
 Fuchs, Julian
 Fujimaki, Nobutaka
 Furbank, Anne
 Furbank, Richard K.
 Gagliardi, George T. Jr.
 Gatto, John
 Gemmel, Doug
 Gilman, Gary
 Godley, Frederick (Rick)
 Gollwitzer, Stephan
 Gottschlich, Mikael
 Graff, Vernon
 Green, Kenneth L.
 Green, Patrick W.
 Greten, Rosel
 Gulick, Chris
 Hauser, Alejandro
 Heje, Jorgen
 Henning, Hartmut (Harry)

Herlong, Warren C.
 Hetzenauer, Franz
 Hieber, Hans
 Hiltunen, Neil
 Hirtz, Mathieux
 Hoefler, Johann (Hans)
 Hoetzi, Andreas
 Huber, Hans Peter
 Hueppi, Martin
 Jacobs, Stephen T.
 Jaeger, Wolfgang
 Johnson, Jon L.
 Joseph, Bart
 Karz, Robert M.
 Kawamura, Miyo
 Kennedy, Stephanie
 Kerr, Jamie
 Kidwell, Rob
 Kimmerle, Ross I.
 Klapp, Brigitte
 Kleinsasser, Christine
 Kluft, Brian D.
 Koffler, Leon B.
 Kohler, Victoria (Torie)
 Kreile, Johannes
 Krinsky, Peter (Pete)
 Kschwendt-Michel, Alfred
 Kutzen, Sarah
 Kyllmann, Clemens
 Labosky, David A.
 Landwehr, Mark
 Larrive, Robert

Lehr, Daniel
 Libenson, Clark
 Loeb, Donald E.
 Losee, Todd
 Loudon, Derrick
 Lundgren, Steven G.
 MacDonald, Gregory C. (Greg)
 Mahoney, William (Pat)
 Makino, Sojiro
 Malot, James (Jim)
 Malouf, Michael
 Marsh, Charles L. Jr. (Chuck)
 Marsh, Greg
 Marsh, Scott
 Mauduit, Georges
 McDonald, Jessica
 Meier, Hans Ulrich
 Mikasa, Seiichi
 Missall, Stephen R.
 Monaco Baques, Beatriz
 Mora Magrina, Jordi
 Motlik, Vladimir
 Neumann, Mark
 Niggli, Gerhard
 Notter, Christian
 Nowack, Stefan
 O'Donnell, Carey
 O'Leary, Donald P. (Don)
 Ogden, Geoffrey Charles (Geoff)
 Pascual Morenilla, Manrique

Paspalof, George
 Pasquier, Philippe
 Patterson, Paula
 Patterson, Thomas R.
 Pelisson, Suzanne
 Petersen, Preston
 Peterson, Daniel L.
 Peterson, William S. (Bill)
 Pett, Robert
 Pfeifer, Ulrich (Uli)
 Pfeiffer, Michael
 Pharisa, Anne-Catherine
 Pichler, Cletus Jr.
 Pierce, Fred
 Pons, Bernard
 Posey, Ernest M. (Ernie)
 Post, Faith J.
 Powell, John S.
 Preston, Jamie
 Pringle, Robert G. (Bob)
 Quitiquit, Jon
 Radicati, Manfredo
 Radicati, Vanessa
 Reist, Kurt
 Rerucha, Paul D.
 Riebler, Manfred
 Rifkind, Leonard (Len)
 Rose, Daniel (Dan)
 Rothmund, Matthias
 Rotta, Cesare
 Ruffier, Jacques
 Schaible, Bernd
 Schierer, Gerd
 Schlikker, Roos (Rosa)
 Schneeweiss, Gerhard
 Schroll, Christine
 Schuhmann, Reinhold
 Scranton, Russell Wellington
 Serra Bayona, Jorge
 Short, Michael W. (Shorty)
 Siegel, Andrew
 Spéri, Nicola
 Squire, Richard
 St Goar, Fred
 Steinhart, Sherry N.
 Stoehr, Gerd
 Stoll, Robert (Boyo)
 Stone, Barry N.
 Stotmeister, Ulrike
 Street, Spar
 Swenson, Eric
 Tebbutt, Roger
 Teiser, Johannes
 Tobler, Walter
 Tsuboi, Keiko
 Tucker, Sean
 Turner, Kenneth
 Vial, Peter M.
 Vydra, Mark
 Wagner, Christopher (Chris)
 Watts, Dharna
 Weitzenboeck, Elfriede
 Weitzenboeck, Wolf
 Wilson, Timothy O. (Tim)

Wingate, Roger
 Winter, Janie
 Winterer, Jorge
 Wittmann, Beat
 Wong, Peter
 Zuegel, Christian

Two Million Feet

Achi, Zafer
 Aveling, Anthony (Tony)
 Aveling, Meredith
 Berkus, Jeffrey
 Biedron, Mark
 Brady, Thomas M. (Tom)
 Brandys, Pascal
 Brooks, Diana D. (Dede)
 Clemence, Nicolas (Nick)
 Conner, Cathy
 Davies, Ed M.
 Dupuy, Paul
 Fearon, Jeffrey A.
 Flood, James C. (Jim)
 Ford, Don D.O.
 Freer, Kenneth F. (Ken)
 Glassberg, Tom
 Grabow, Kenneth R. (Ken)
 Grevel, Thomas
 Hancock, Tom J.
 Hasenaug, Rainer
 Hauser, Marc
 Hendricks, Cassandra (Sanna)
 Hirsch, Gary
 Isaacs, W. Bradford
 Jensen, Jeffrey A. (Jeff)
 Kisielnicki, Tim
 Krapf, Dale N.
 Kruse, Steve
 Larde, Dominique
 Ledbetter, John S.
 Lichtblau, William (Bill)
 Lundell, Dwight
 Maille, Jean Didier
 Matti, Hansueli
 Meauxsoone, Gerard
 Meylan, Steve
 Nelson, Chris C.
 Nepraunik, Anneliese
 Owen, David C.
 Pichler, Cletus
 Pollack, Jason
 Puvill Valer, Jose
 Ramler, Anton (Toni)
 Regan, H. Kerry
 Roderer, Deborah
 Rody, Brad
 Rody, Rick
 Rosenbaum, Michael M.
 Rosenberg, Stephen
 Scheicher, Thomas
 Schlikker, Marinus
 Schlowsky, George
 Selig, Robert
 Skinner, Stephen C. (Steve)
 Smithburg, William D.

Sundman, Dag
 Sundman, Niki
 Tahtinen, Juha
 Taylor, Vivienne
 Toker, Guclu
 Vogelbach, K. Heiner
 Von Samson, Alexander
 Weber, Philipp
 Weight, Alec C.
 Wieninger, Christian
 Winter, Robert
 Wolf, Tom
 Woolf, James
 Yamaguchi, Takeo

Three Million Feet

Agle, Alan
 Aronson, Bruce
 Bernreuther, Christine
 Bridport, Alex
 Byrnes, John
 Cooper, Maurice B.
 Davies, Max
 Erben, Jens
 Gomez de Baeza, Pedro A
 Habel, Alex
 Holley, Frederick O. (Fred)
 Howe, William O.
 Lamb, Raymond A.
 Leineke, Jason W. (Jake)
 MacKinnon, Tom
 Matchinske, Steven G.
 Neff, Vern
 Paschinger, Erich
 Petersen, Peter F.
 Radichel, Brad
 Roe, Sally J.
 Rolles, Scott
 Singer, Brian N.
 St Goar, Elizabeth
 Thompson, D. Matthew
 Thompson, Michael A. (Mike)
 Whitfield, Benjamin (Ben)

Four Million Feet

Bristol, Robert A.
 Carel, Tony
 Erben, Veit
 Fowler, Gary
 Fujii, Teruhiko
 Gitlitz, David
 Glass, Michael J.
 Hughes, Ed
 Hunt, Michael
 Johnson, Jim B.
 Koestler, Reinhard
 Lederer, Les E.
 MacGregor, Gary
 Marcus, Neal
 Matas, Brenda
 McDonald, Thomas (Tom)
 Menard, Mario
 Pauw, Nancy
 Pauw, Wim
 Roch, Jean-Pierre

Shrader, Ronald G (Ron)
 Stempfle, Alfons
 Taft, David A.
 Tarna, Gary

Five Million Feet

Aird, John
 Disbrow, Judith A. (Judith)
 Frank, Stephen R. (Skip)
 Gamazo, German
 Guild, Whitney
 Harris, Frederick W. (Fred)
 Jaqua, James B. (Jim)
 Kawashima, Sutehisa
 Keller, Adrian
 Koch, Elisabeth (Sissi)
 Ritota, Ted C.
 Schechter, Edward L. (Ed)
 Strachan, Alastair
 Thomas, Richard S.
 Titze, Wolfgang

Six Million Feet

Manion, Holly
 Millemann, Cliff
 Noble, Fred
 Seelenfreund, Ellyn
 Simpson, Sutherland (Sim)
 Siracusa, Judy
 Thomas, Jean

Seven Million Feet

Cohen, Jonathan

Eight Million Feet

Fisher, Forest
 Laigneau, Eric
 Liebau, Gerhard (Gerd)
 Lindsay-Fynn, Heleen
 Neyenhuis, Dan E.

Nine Million Feet

Schapiro, Marc

Ten Million Feet

Alexander, John
 Thompson, David M.

Eleven Million Feet

Dedet, Ary

Twelve Million Feet

Epstein, Andrew (Andy)
 Ostberg, Roy

Thirteen Million Feet

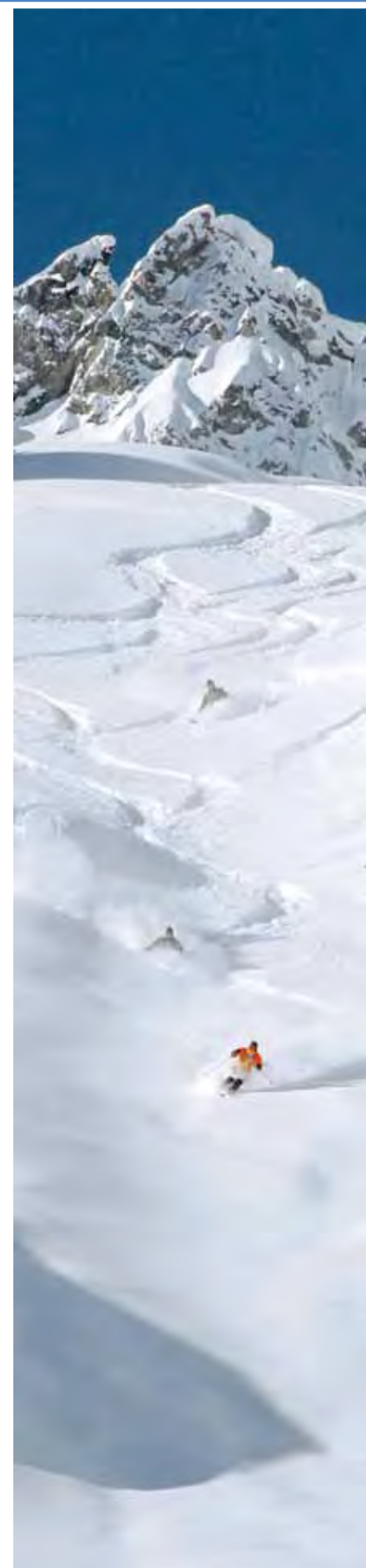
Zemke, David

Sixteen Million Feet

Dion, Art

Seventeen Million Feet

Leibowitz, Todd





A Whole Lotta Zippin' Goin' On! Bobbie Burns Adventure Trail

BY BRUCE HOWATT

It started as an idea for a (rarely needed!) bad weather option with some fun thrown in. We designed a day-trip with two zip lines along the river canyon. We were amazed by the enthusiasm of the guests. We wanted to take everyone higher into the alpine but they were telling us that the zip lines and canyon trail were the highlight of the trip. So, what do you do? Listen to your guests, of course.

Since 2002, our team at the Bobbie Burns has been shaping, molding and expanding the Adventure Trail. We even sent our guide Carl Trescher to Europe for certification to learn the ropes! Check out these photos to see what it looks like now!

The Adventure Trail is designed to be entered and exited in a variety of areas so that we can let everyone, young and younger at heart, feel the exhilaration. (Yep, we've had 10-year-olds telling their 80-something grandmother that three times on the zip line is enough.) The guests choose how much, or how little. Try rappelling, take a turn on the via ferrate or simply do that first zip line a couple of times and catch the helicopter back up to the timberline.

I invite you to join us this summer for a whole lotta zippin'! I promise you'll be screamin' for more! And remember, available only at the Bobbie Burns.



From the Earth to the Table



Chef John Ash

BY CHEF RICK CARSWELL

In my 25+ years as a chef, I've had some pretty amazing experiences. I've cooked for royalty, rock stars, millionaires, my Mom, and thousands of others. I've enjoyed it all, but really, when it's all said and done, the highlights of my career are the times when I was honoured to share the kitchen with Chef John Ash.

From sharing jokes to sharing recipes, time in the kitchen with John is truly enjoyable. His passions for life and good food and wine are contagious. He has just updated and re-released his award-winning cookbook, *From the Earth to the Table*, and is eager to share his commitment to sustainable agriculture.

Join us this summer for a recipe that can't be matched by anyone:

Recipe For Adventure

- 4 parts spectacular top-of-the-world guided walking and hiking
- 5 portions hands-on cooking sessions with Master Chef John Ash
- 1 serving luxurious, private mountain lodge

Top with a dollop of select wine & food pairing secrets

Fold ingredients gently together for a remarkable culinary retreat prepared exclusively for passionate food-lovers, outdoor enthusiasts, and those who simply enjoy the finer things in life.



Is there a better way to journey from the earth to the table?

If filling your body and soul with hearty laughs, fresh food, fine wine and nature in its purest form sounds like a good time to you, I invite you to share with John, and in the earth's bounty.

For complete recipe details of this exclusive departure at Valemount Lodge, call Audrey or Maria at 1.800.661.0252 or go to www.CanadianMountainHolidays.com/chefjohn.



The (in)Accessible Wilderness

BY TOPHER DONAHUE

During the last year I took three trips that exemplify the gift of access we have to mountain adventures of all flavours, difficulties, locales and lengths.

In February I travelled to Argentine Patagonia to climb a mountain called Cerro Fitzroy, a vertical mile of granite sticking out of the southernmost piece of continental land on earth. It is among the most difficult summits in the world to reach, but by using advanced gymnastic rock climbing methods we made it to the summit during a 50-hour weather window between storms.

Over a three-day weekend in May I jumped in a car in Colorado, drove to Utah, stood transfixed beneath ancient arches, hiked through serpentine canyons where early explorers met their demise, and safely and easily ducked in and out of an inhospitable desert of otherworldly geology with a

proficiency the frontiersmen and natives to the area would never have believed possible.

Then, over 3 days in August, I went heli-hiking at CMH's Bobbie Burns lodge in the Purcell Range of British Columbia. This time we hiked across alpine tundra, gazed over glaciers, and photographed terrain the likes of which only the hardest of mountain men would have seen before CMH made a business of taking people into the wilderness in unprecedented comfort. By using a helicopter, following plans made by local mountain guides, and basing out of a stylish mountain lodge, we were treated to some of the world's most remote wilderness with stunning ease.

The trips were radically different: the first trip entails pushing the extremes of mountain athletics, the second one requires living near a wilderness

“...we were treated to some of the world's most remote wilderness with stunning ease.”

resource and knowing where to go, and the last one is possible for almost anyone. The common thread in all three cases, and the reason I call it a gift of access, is that we have the opportunity to live a mountain experience in a wildly remote location in about the same amount of time as the North American household's two-week average for watching television.

Emission Impossible?



BY DAVE BUTLER, RPF, RPBIO

There's no doubt that issues of climate change and greenhouse gas emissions have entered the world's consciousness with unprecedented speed. While questions are still being asked about the degree to which humans are responsible for strange weather, I believe there is no down-side to reducing our reliance on fossil fuels. Many of you have recently contacted me to ask thoughtful (and tough) questions about this.

We do use energy to operate our lodges, fly our helicopters, transport our guests and staff, and to tell the world about the mountain experiences we love to share. I know that our guests use energy to visit us and that our suppliers use energy in providing us with goods and services. This is reality.

So, here's what we're doing. Under our on-going commitment to fiscal, social and environmental sustainability, we're tackling the issue of energy on four fronts:

1. Accurately tracking all energy we use inside CMH.
2. Conserving energy wherever and whenever we can, without diminishing the experience for our guests.
3. Seriously studying "carbon offsets" to compensate for energy consumption we simply can't reduce.
4. Working with partners, suppliers and

guests to reduce (or offset) energy consumption that is external to CMH.

Recently, we've been reading and asking questions about carbon offsets. These are projects undertaken by companies and non-profit groups that avoid, reduce or absorb greenhouse gases through renewable energy, energy efficiency or carbon "sequestration" (such as planting trees). We're talking to our partners in the Adventure Collection and the BC Sustainable Tourism Collective, all of whom are facing the same challenges. Some tourism companies are trying to become "carbon neutral", where their energy consumption and energy offsets balance each other.

I'm still convinced that our best approach is through accurate tracking of energy use and a commitment to efficiency and conservation. Our investment in hydropower technology at some of our lodges is an example of that.

We are moving forward cautiously with our research into carbon offsets. If we do pursue offsets, I believe we need to link with programs that are transparent, effective and credible. Ideally, they would build awareness, encourage innovation and act as an investment in the economies of communities where we work, live and play.

We're taking this issue very seriously but there are no easy answers. I welcome your comments or suggestions at info@cmhinc.com.



BY DR. DELIA ROBERTS, EXERCISE PHYSIOLOGIST

Stay Cool in the Heat and Warm in the Cold

Nothing saps your energy and takes the fun out of a day like being overheated or chilled. Dressing right can help, but there are times when it is still too hot or too cold to be comfortable. When exercising, we lose fluid through sweating and breathing. It doesn't take long before lost fluid compromises our ability to maintain sufficient blood supply to the brain and muscle, especially when our muscles are working hard and need that fuel delivered on time!

Muscles generate heat as they contract. In the winter we deliver the heat to our brain, fingers and toes. In the summer the heat needs to be removed from the brain and muscle and delivered to the skin to escape. Staying hydrated is one important way to prevent fatigue and continue performing at your best.

The American College of Sports Medicine recommends fluid consumption at the rate of about 2 cups per hour, as a rough estimate. The best way to see if you are staying hydrated is to weigh yourself just before exercising (bladder empty) and again at the end of the activity, in the same clothing and with an empty bladder. The weight differential will tell you if you drank too little (weight loss) or too much (weight gain — which is equally dangerous for your health).

CMH supplies containers of water and sports drink, but it's up to you to drink them. We often forget, because the experience is so exciting, and thirst is not a good indicator of hydration. So, remember to have a small drink every half hour or so, and stay at your best all day long.

For more information on performing at your best, contact Dr. Delia Roberts at droboters@selkirk.ca.

CMH DID YOU KNOW? FACTS



BY CONNIE MACDONALD

- ▲ Every year our Shop staff handle up to 100 alteration issues with Arc'teryx and Marmot alone. In the past, this meant always having to ship these items to Vancouver or Toronto! Retail manager Bob Krysak, who is always looking for ways to reinforce our sustainability goals, was able to convince our suppliers that using a local business would make more sense than shipping product across the country. As a result we've contracted with a local business who can provide quicker high quality service and eliminated shipping waste and costs. A small step with big impact!
- ▲ In 2006, almost 100,000 visitors viewed the main slideshows posted on our Web site, featuring amazing images taken in the field. The slideshows are archived under the Experience It link on the site so you can go back anytime and re-live your trip.
- ▲ This spring John Furneaux, Brett Lawrence, Tom Gruber and Jeff Relph successfully completed their full ski guide exam and were recipients of the Eric King Scholarship. Last September, both Conrad Janzen and Kirk Mauthner completed their full mountain guide's exam and received the Dominic Neuhaus Award. Congratulations to all!
- ▲ Our most frequent Heli-Hikers are also some of our most frequent Heli-Skiers. And this summer they will be returning to collect their third Alpinist Award for spending more than 45 nights Heli-Hiking with us! Thank you for sharing the passion of the mountains with us!
- ▲ The Bobbie Burns Lodge has the most extensive wine cellar in any backcountry lodge — ever thought you'd be drinking a bottle of Grange after your day of hiking in the backcountry?

Calling all Ambassadors Share your CMH experience

We believe CMH offers the best Heli-Skiing and Heli-Hiking experiences in the world — and we want to share this excitement.

Through working with some of our guests, we have discovered that you are fantastic ambassadors for the CMH experience. Over the past few years, some of you have invited us into your homes or other venues to co-host an event that introduces the world of CMH Heli-Skiing and Heli-Hiking to your colleagues, friends and families. From our perspective, these co-hosting opportunities are the perfect setting to share our passion for what we do

and the mountains we explore. New York, Boston, Vermont, Calgary, Portland, San Diego, Washington DC — the word is spreading.

We would like to expand this program, and invite you to consider becoming a CMH Ambassador. To those we are already working with, thank you for your incredible support. For everyone else, if you are interested in co-hosting a CMH Event in Canada or the USA, or would like further information on becoming a CMH Ambassador, please give us a call at **1.800.661.0252**, or e-mail Sarah Pearson at spearson@cmhinc.com.

Saying Farewell



Vicki Hemmingson



Sherri McEwen

House Managers **Sherri McEwen** and **Vicki Hemmingson** are leaving to pursue new adventures. After 15 years at Galena and 11 years at the Bobbie Burns respectively, Sherri and Vicki will be greatly missed by staff and guests alike. We wish them all the best and hope they will stay connected to the CMH family.

Ian Campbell

Mountain Guide, 1955-2007

BY GREG YAVORSKY

Ian Campbell was a natural. Climbing, skiing, music, carpentry: he made them all look easy.

As a young guide, he had some great successes, due as much to his innate sense of what his guests were doing behind him as to his technical skills. On his first trip to Mount Robson, he walked in and camped with the other parties below the icefall. The others all said the icefall was impassable. But the next morning, in the dark, Ian got up, tied in with his client and went climbing. He got to the summit with his guest, climbed back down and walked out. The next summer he flew in and climbed Mt Waddington with the same guest. Ian was always modest about his climbs, but his guests always had big smiles and great stories to tell.

Ian joined CMH as a guide in 1980 and soon met and married Dana. Ian and Dana had two children,

Jennifer and Scott, who were the great joy of his life, and Ian never tired of sharing stories about them.

At CMH, Ian worked in Valemount and the Bobbie Burns, before becoming assistant manager to Franz Fux in the Gothics, where his considerable carpentry skills were much appreciated. With the creation of the Adamant area, Ian became the manager of the Gothics, a position he held until his retirement two years ago. Ian was a fine team leader and mentor to young guides. Guests loved skiing with him, for his easy-going manner and great sense of humour as much as for his guiding abilities and elegant skiing style.

It was with great sadness that we learned of Ian's passing. He will be remembered by all who knew him as a graceful man, a good friend, and a fine mountain guide.



Ian Campbell

Talk About 'Out There'!

BY JANE CARSWELL

Last summer we launched our Adamant/Monashee Lodge-to-Lodge trip with resounding success. Here are a just a couple of messages we received from awe-inspired guests: *"I really felt like I'd found a new corner of the planet,"* wrote Leslie from Oregon. Debbie and Daniel from San Francisco said *"To learn that we were part of just a handful of guests that had ever seen these meadows ablaze with unbelievable colour left us with tears in our eyes. What a gift you have given us!"*

Although the Monashees has long been the baliwack of die-hard Heli-Skiers, we have guided less than 100 hikers and walkers in this remote region.



If you are really looking to get away from it all, but not quite willing to sacrifice comfort for the pleasure, then we encourage you to join Roger, Erich and their teams for Adventure by Day, Luxury by Night in the Adamants and Monashees this summer. Call today as this one sells out fast!

We Hear You!

Your feedback via phone calls, conversations, letters, and comment cards is shared on a regular basis throughout the company and is an important factor in helping us to make decisions. Every week we circulate our comment cards to at least 15 managers and directors, who in turn share the results with their teams. This winter we've received well over 1,300 comment cards! If any guest missed the opportunity to provide feedback, we'd still welcome your input. An on-line comment card is available at: www.CanadianMountainHolidays.com/comments. Give it a try!

CMH NEWS TEAM

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



CMH News team, left to right: **Ann Toohey**, Copyeditor; **Connie MacDonald**, Communications Manager; **Jane Carswell**, Editor; **Marty Von Neudegg**, Director of Corporate Services; **Marion Kingsbury**, Director of Reservations/Guest Relations; **Dave Butler**, Director, Land Resources; **Tyler Toohey**, Transportation Manager; **Greg Yavorsky**, Manager, McBride; **Rick Carswell**, Food and Beverage Manager; **Bruce Howatt**, Manager, Bobbie Burns; **Sarah Pearson**, Marketing & Media Relations

Photo credits: Brad White, Topher Donahue, Alex Pytlowany, Fred Noble, Greg Yavorsky, Kevin Boekholt, Paul Lazarski, Damian Cromwell



This brochure was printed in Canada on FSC certified paper. The independent seal of approval ensures that goods and services were produced in compliance with strict guidelines protecting the environment, wildlife, workers and local communities.

Canadian Mountain Holidays

Publications Mail Agreement No. 40050084
Return Undeliverable Canadian Addresses to:

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