

PG. 28

WHERE DOES

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explore

LIVE THE ADVENTURE

SPECIAL REPORT

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A wide-angle photograph of a snowy mountain landscape. In the foreground, two skiers are visible on a snow-covered slope. The skier on the left is wearing a dark jacket and a red hat, while the skier on the right is wearing a red jacket and a black hat. They are both holding ski poles and appear to be in motion. The middle ground is filled with a dense forest of evergreen trees, some of which are covered in snow. In the background, a large, rugged mountain peak rises, partially covered in snow and partially in shadow. The sky is overcast and grey. The overall scene is a typical winter mountain setting.

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A person wearing a Merrell jacket and a headlamp stands on a rocky, snowy mountain peak. The person is looking upwards. The background is a vast, snowy mountain range under a clear sky. The overall color palette is dominated by blues, greys, and whites, with the person's jacket providing a splash of orange and green.

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A rare day ice-skating on snow-free Lake Louise, in Banff National Park, Alberta.

Photo by Paul Zizka



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NO DRESS REHEARSAL

As they say, the only thing worse than having another birthday is not having one, right? But aging isn't easy—especially when it comes to outdoors-people losing the physicality we need to participate in our passions.

What does this feel like? We follow eight Wounded Weekend Warriors to examine how aging affects enthusiasts.

By *Steven Threndyle*

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CANADA'S OLYMPIC-SIZED ADVENTURES

It's about to get serious for Canada's winter Olympians and Paralympians as the Beijing Games kick-off in February. But in between major competitions—what do our Olympic and Paralympic hopefuls do for fun?

By *Ryan Stuart*

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DITCHING THE DINOSAUR

From e-bikes, to e-trucks, to e-planes and more, the electrification revolution is hitting the outdoor industry on all fronts.

It begs the obvious question—how will we keep all these batteries charged? Can the zero-emissions journey of an off-grid lodge show us the framework for large-scale, efficient electrification?

By *Ryan Stuart*

TRAILHEAD



BY DAVID WEBB
@davidebwebb



SHOCKING DEVELOPMENTS

It's funny how political the act of electrification can be. How, in some peoples' eyes, simply the act of owning an electric vehicle is a micro-aggression at best and a fool's errand at worst. Or how riding an e-bike can seem, to some, like "cheating," despite not being in any type of competition.

Or how so often, when the discussion of e-cars, e-planes, e-bikes and portable batteries comes up—all of which are being used or tested right now in Canada—so many of us throw our hands up in the air and decry: "Where will all this electricity come from?"

Well, the answer is not actually obvious. Yes, electricity is a renewable—and functionally infinite—resource, but the creation and delivery of it is complex. Provinces like British Columbia tout their renewable sources as the primary generation method for electricity when we all know these hydro-dams can be environmentally disastrous in their creation. Provinces like Alberta point out that since most of their electricity is generated from coal-fired power-plants, an e-switch is just shifting the problem around—while shrugging off that its weather and geographic features make Wild Rose Country the best place in Canada to foster wind and solar farms.

On it goes. What about nuclear? Micro-nuclear? Tidal? Geothermal? What are we missing? And why am I talking about this in an outdoor adventure magazine?

Well, I may not know what we're missing—but the electrification revolution is strongly taking hold in the outdoor industry, and that's why these discussions are relevant to our readers.

From portable battery packs taking over for gas-powered generators at

our basecamps, to mountain e-bikes doing away with vehicle shuttles while riding hot laps on single-track, to electric pickup trucks carrying electric snowmobiles and even electric bush planes now on the horizon—we outdoors-people are going to need fewer and fewer jerry cans as the years go by.

So with these thoughts, I commissioned the feature "Ditching the Dinosaur," on page 42. It's something a little different for *explore*—a feature that looks at the world at-large and how it affects our pastimes and passions, rather than, frankly, vice-versa. I hope you enjoy it, and it spurs conversation in your home.

Running this feature now was important to me as well. Because 2021 represents the close of *explore's* 40th year as a magazine. Forty years ago, Gore-Tex was just entering the consumer market, GPS access was still two decades off and things like electric cars and smartphones were the stuff of science fiction. Now everything I just mentioned is commonplace.

I don't know what the next 40 years will hold—but I do believe that if you're betting on your internal combustion engine and the longevity of your gas-generator while thinking e-bikes are a fad, I don't mean to shock you, but you're holding a bad hand.

Electrification—with all its wins and losses—has just begun. As it will affect your daily commute, so will it also affect your weekend passions. I mean, if they can electrify a de Havilland Beaver (page 47), they can likely electrify just about anything.

A wave of electrified pursuits is coming—surf it, or get knocked over. ✕

LIVE THE ADVENTURE
explore

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LETTERS

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NIMBY!

You really struck a nerve with “NIMBY” (“Trailhead,” page 4, Fall 2021). I am a 62-year-old woman who has enjoyed the great outdoors all my life in many provinces. I sincerely hope that my grandchildren will be able to do the same in their lives. However, I have been more and more disappointed with the amount of trash that people leave at their campsites and in the wilderness. It leaves me bewildered and angry. I can’t tell you how many beer cans and various plastic items I have picked up but I have noticed that there’s more now than when I was younger.

So, I understand why your conversation with the visitor centre didn’t go so well. As soon as a place becomes more well-known more people show up. Most are respectful of nature but some aren’t which is very upsetting.

“Overtourism causes concerns but these issues can be managed by governing bodies...” Can you expand on this statement you made? I think there may be more individuals that share my concerns about the amount of trash left in our rivers and lakes. Which “governing bodies” respond and manage this issue?

—Jeannette Corriveau

As for the governing bodies—my example of Joffre Lakes Provincial Park in BC is key. A couple of years ago, this place was overrun and getting destroyed. What did BC Parks and Destination BC do? BC Parks implemented parking restrictions and a pass system in high-season. Destination BC stopped promoting it. I have a colleague who went there in October and the place was quiet and clean. That’s how it’s done.

There are 14 million more people living in our country today than there were when I was born. Everything is busier, it’s not your imagination. But there are certainly solutions that offer better results than a visitor’s bureau telling travellers to “keep out.”—Ed ✕

Corrections

On page 10 of our Fall 2021 issue, the photo credit should have read “Jenny Rae Bateman Photography.” Flip to page 54 for more of Bateman’s work.

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THE LOW DOWN



GO HERE

GOLDEN, BC

Frozen waterfalls, powder pioneers and ski-resort nirvana—BC's best winter playground is getting back to business

BY DAVID WEBB

There's no other town in British Columbia with as poetic a name as Golden.

It conjures alpenglow, autumn larches and westslope cutthroat trout; of industry past and future plans; and a mountain town vibe that just makes you want to *be here*.

In winter, Golden has a motherlode of action. Kicking Horse Mountain Resort looms above town like an overseer—think 1,315 metres of vertical off a single lift—and tenures the fifth-largest skiable area in Canada adjacent to fewer than 4,000 people. (Lift lines? LOL.) In between, places like Cedar Lake Recreation Area offer serene snowshoeing and fat biking. Cross-country trails zigzag the area. It's an ice-climbing hub too, with local routes aplenty and a new ice-climbing lodge slated to open north of town near the Lyell and Mons glaciers; the first of its kind in the region.

Its situation in the Columbia River Valley also gives the town unparalleled national park proximity. Banff and Jasper are one and two scenic hours away, respectively. Yoho is just 20 minutes east on the Trans Canada, Kootenay is about 40 minutes northwest on the same, and Glacier and Mount Revelstoke are both about an hour's drive off. Even in the recreation-heavyweight Kootenay Rockies region of BC, Golden manages to set itself apart as a super-heavyweight.

WAPTA FALLS IS the most photographed waterfall in the Canadian Rockies; a hallmark of Yoho National Park and just a quick drive from downtown Golden. In spring and summer, it's a thundering cascade that roars over a 30-metre drop then flows over a grand alluvial fan beyond. In winter, it's mostly encased in ice—picturesquely backdropped by the Rockies and surrounded by frozen evergreens. But, as the access road is unmaintained between late-October and May, the 4.5-kilometre summer route doubles in distance come the cold months. This keeps the looker-loos at bay. When Andy Brown, a marketing pro with Tourism Golden, and I arrive—there is but one other group headed to see Wapta up close.

The first two clicks are a mellow trod on wide open road, but things get more interesting when we pass the summer parking lot onto the footpath. Yoho is a fragile and biodiverse area. Native trees such as the whitebark and limber pine are considered species at-risk. There are 58 species of mammals and 224 species of birds within the park, and Kicking Horse River is designated as a Heritage River—due to its “outstanding natural, cultural and recreational heritage.”

As we descend and approach, I can hear the falls rumbling, even in their partially frozen

GOLDEN IS
LOCATED ON THE
TRADITIONAL TERRITORY
OF THE KTUNAXA
FIRST NATION.



LEFT: Up close with frozen Wapta Falls, in Yoho National Park. ABOVE: Fat-biking in Cedar Lake Recreation Site is increasing in popularity.

“Everything has come full circle,” said Gertsch in a release. “I have a profound feeling of professional satisfaction at this point in my life, knowing that the story of our business reaches back to those common origins, and will now stretch forward into the future.”

(For heli-guests, it’s mostly semantics, with all 2021-22 bookings being honoured and Rudi’s son, Jeff, remaining as a guide. Still, a major shift within this BC-born industry.)

And in town, as the culmination of a three-year project and the beneficiary of the town’s largest-ever infrastructure grant, Golden cut the ribbon on its new River Walk. Not only does it offer a pleasant stroll along the Kicking Horse River, with a vast gaze toward the Purcells, but it will protect downtown against flooding and aid in further revitalization of the lively urban core. For visitors, it’s the ideal way to get your bearings when you arrive.

Which, this winter, you’re once again welcome to do. And that’s just Golden. ✕

GET THERE

Golden is an eight-hour drive northeast from Vancouver, BC, or a three-hour drive west from Calgary, Alberta. Access Vancouver via Vancouver International Airport

(YVR) or Calgary via Calgary International Airport (YYC).

Golden is also a three-hour drive north of Cranbrook, BC, accessed via Canadian Rockies International Airport (YXC).

For more information, visit tourismgolden.com.



IF YOU GO

Whitetooth Brewing Co. has re-opened its interior tasting room; plus, there are growler fills and cans to-go. whitetoothbrewing.com

Higher Ground Sports is the place to rent outdoor gear for any season—alpine touring, fat bikes and more. highergroundsports.ca

CMH Purcell (formerly Purcell Heli Skiing) is operating its legendary deep-pow trips for 2021-22 and beyond. purcellheliskiing.com

Kicking Horse Mountain Resort is one of the premier ski hills in Canada, with more than 1,300 hectares of terrain, 120-plus runs and an epic 87-plus in-bounds chutes. kickinghorseresort.com

Discover the hikes, skis and tours available in the six local Rocky Mountain national parks by searching **Banff, Jasper, Glacier, Kootenay, Yoho** and **Mount Revelstoke** at pc.gc.ca.

Every single chalet has a hot tub at **Cedar House Chalets**, just a few minutes east of town. cedarhousechalets.com

Lush Mountain Accommodations has 20 on-hill chalets at Kicking Horse Mountain Resort, plus two more in the valley. Up to six bedrooms-plus. lushmountain.com

state. The natural heritage is as obvious as the Rocky Mountain peaks that surround the Kicking Horse valley. Culturally, the Nakoda First Nation used this waterway for traditional travel and sustenance for thousands of years.

We arrive at Wapta; it’s a castle. We scramble to the top of a river-formed ridge to peer into a tapestry of frozen water. Even with the recent double-digit-sub-zero temps, fresh H₂O is bursting through, but it’s mostly a barricade of striated ice. The tailwater is a narrow ice-gap winding for a few dozen metres downstream before it too disappears under the snow-covered solids.

In a few months, the nearby Amiskwi and Wapta glaciers will further melt and release their blue-green water into the river with gusto. Brown tells me that onlookers stand 100 metres back on the bank and are soaked in spray. I think I like this quieter, closer look a little better.

THIS YEAR IS a return to normalcy, Brown tells me on a later phone call. As we know, during Covid’s first wave, mountain towns like Golden put up the blockades, worried urban escapees would seek refuge in small towns incapable of medically supporting an outbreak. “Now is not the time to visit...” was the marketing refrain. By the following winter, it was tentative, with circuit-breakers popping on and off and often-confusing inter-provincial travel advisories, not to mention a dearth of Yankees. But this year, things are looking to be a bit more straightforward. Like the pre-pandemic Golden days. Sort of.

Resorts of the Canadian Rockies, owners of Kicking Horse Mountain Resort—one of the country’s premier ski hills and the number-one draw to Golden in winter—announced in November that all guests would require proof of double-vaccination against Covid to ski or ride their slopes (not just for indoor dining and après action). At the time of press, they were the biggest resort collective in Canada to do so. And despite ruffling some feathers on Facebook, the resort has since confirmed the most plentiful pre-bookings in its 21-year history.

Golden staple Purcell Heli Skiing, founded in 1974 by ski icon Rudi Gertsch after he helped invent the sport as a guide with Hans Gmoser’s CMH Heli-Skiing in the ‘60s, was acquired by the owners of CMH in August and renamed CMH Purcell.

THE LOW DOWN

BRIAN MCKEEVER

Meet Canada's most decorated Winter Paralympian, on his way to his last Paralympic Games

BY NORA O'MALLEY

At a high-altitude training camp in Mammoth Lakes, California, Brian McKeever waxes poetic about being a 13-time Paralympic Nordic skiing champion.

"What gives me the success, I think, is that I never cared about the medals. I've never cared about winning races. I mean, I want to win races, but what I *really* want is to have my best performance on the day," he says.

He goes on to reference a conversation he had with Canadian Olympic Gold Medallist long-track speed skater Christine Nesbitt:

"She put it very well, she was always chasing a feeling, and I like that. At the end of the day, how do I feel about it? Do I feel I got 100 per cent out of myself today? Because that's a good feeling. Everything came to this point. And if the answer is 'yes,' then you feel really good about it. And that's that feeling you are searching for. Like I try to tell the new guys, you can have the race of your life and lose—and you can have a bad race and win. The placement is irrelevant, but if you are searching for that feeling, then when you achieve that, even if you place fifth, it's still a success."

The 2022 Paralympic Games in Beijing, China, will be McKeever's last trip to the big show as an athlete. Fans will get to cheer him on as he chases that feeling in three final races with Russell Kennedy as his guide.

"It's definitely my last Games. I'm getting old. I'm 42. It's been a long career, it's still fun, it's amazing to be still calling this my job... But that being said, my body is breaking down and doesn't respond to the training the way it used to. There is a lot of pain, just daily."

He blames his dad (in jest) for introducing him and his older brother Robin to skiing at the tender age of two.

Growing up in the community of Varsity in northwest Calgary, he says they were surrounded by an abundance of parkland to explore.

"Then it was weekend trips to the mountains as we got older and more able to ski. My dad is a schoolteacher so he had weekends off and holidays off. That's what we did in the winter, we would go to the mountains and spend a few days," says McKeever, noting that Peter Lougheed Provincial Park in Kananaskis Country is a mountaineer's paradise he'll always love visiting.

He talks openly about losing his eyesight to Stargardt's Disease, a genetic eye disorder that causes central vision loss. For the last 20 years, McKeever has navigated the world with a little less than 10 per cent vision, but he says Stargardt's is actually a pretty good blindness to have for outdoor pursuits.

"Because peripheral is what we use for spatial relations, you know like moving through an environment. I'm never going to walk into the door, providing I'm sober," he laughs. "The danger is when I'm going faster and when something pops out at 50 km/h and then

that's what the guide is for."

He's at a loss when it comes to things like reading, interpreting finer details on a piece of artwork and recognizing faces.

"If I walk into a crowded room, I won't recognize a single person. I can't distinguish between them, especially if it's out of context. I've been walking downtown Canmore and my brother will be like 'Hey, Brian!' and I'll be like 'who's that?' If it was on the side of the ski hill, I would know it was him. I do recognize voices better."

When McKeever starts up about the next generation of skiers—which includes his nephew Xavier, a recent addition to Nordiq Canada's Junior National Team—the cadence of his voice exhilarates with excitement.

"I'm inspired by the next generation. Xavier listens and I know he is quite smart. He is going to look for any advantage he can find to make him better. It's cool to watch just how fast he's gotten, and his teammates. A couple years ago he started beating me and I will never beat him again. The fact is, he's 18 and he's only going to get faster each year. I'm only going to get slower. And that's great. That's the way it should be."

For McKeever, who was Canada's flag-bearer for the Opening Ceremonies of the 2018 Paralympic Winter Games in PyeongChang, Korea, team-building tactics involve a 1970 La Pavoni manual espresso machine that goes in the luggage with him everywhere.

"I picked it up in Italy off of Italian eBay, shipped it to my hotel to take it to Sochi. I thought, we're gonna need espresso there and there's no way the [Olympic] village is going to have good espresso. It's now travelled to Europe every time we've gone and it's coming with us to China." ✕

THE
LOW
DOWN

Brian McKeever after his win in PyeongChang, Korea.





GEAR GUIDE



WINTER GIFT GUIDE

Shopping for an adventurous type? We have gift ideas from \$12 and up (way up)

BY RYAN STUART



Sea to Summit Stretch-Loc TPU Strap

(from \$12; seatosummit.com)

The only thing that rivals duct tape in utility are these stretchy, plastic straps. We've used them to hold stuff sacks on bike frames, build a splint and even to—wait for it—hold skis together.

BEGINNER



Klymit Everglow Light Tube

(from \$25; klymit.com)

Headlamps are essential, but for hanging around camp, a Light Tube casts a more social glow and packs down to almost nothing. The magnets on the larger sizes are ideal for car camping.



Hillsound PackStack

(from \$23; hillsound.ca)

To make a better stuff sack, Hillsound started with the same D-shape as the guts of a pack and added waterproof fabric and zipper. They're easy to stuff, stack and organize.

THE LOW DOWN



Osprey Arcane Waist

(\$35; osprey.com)

Fanny packs have never been cooler and this one is right on trend with sustainable fabrics (including PFC-free water repellent) and a minimalist three-pocket design.



MicroSend

(\$25; doyouevenmicrosend.com)

Designing a climbing route with the miniature, magnetic holds, carabiners and rope will not make anyone climb better but it will hold stuff on a fridge and benefits the Access Fund.



INTERMEDIATE



- 2.28
kg CO₂e
Certified
carbon negative.

Sole Performance Footbed (\$65; yoursole.com)

We liked these moldable footbeds made from recycled cork even before the Canadian brand started offsetting more carbon emissions than they output while making them.



Matador Freerain22

(\$125; matadorup.com)
Combining the lightweight build and support system of an alpine pack and the impenetrable zipper and roll-top of an amphibious bag, the Freerain22 is the waterproof backpack for every adventure.



Ciele Athletics CLNBeanie (\$65; cieleathletics.com)

Winter running demands a special breed of toque—like this merino wool one—that breathes, is warm-when-wet and feels cozy. Bonus points: it is reversible.



Hibear Adventure Flask (\$110; hibearoutdoors.com)

A quiver-killing thermos with an instruction manual, it can: make cold brew coffee, infuse Vodka, steep tea, shake cocktails, chill beer, double as dog bowl or just hold water.



Stone Glacier AQ2 Alpine Gaiters

(\$200; stoneglacier.com)
Most gaiters die at the boot strap, so on the waterproof and breathable AQ2 it is a replaceable strand of Dyneema rope. Like the rest of this gaiter, it's super durable and user-friendly.



Peak Design Everyday Case

(from \$50; peakdesign.com)
An attractive phone case, sure, but what makes it special is the binding on the back that connects with a range of accessories for mounting a phone on just about anything, anywhere.



Leatherman The Curl (\$107; leatherman.com)

The latest Leatherman includes 15 tools, from a knife to scissors to a can opener, in a packable 212-gram package. Add the "bit kit" of screwdriver heads to create a backcountry workshop.



Ortovox Diract Voice
(\$495; ortovox.com)

This is the first avalanche beacon that tells you how to find a buried victim with voice commands. Because the human brain processes speech faster than visuals, it makes searches easier and quicker.



Pomoca Skin Free Pro 2.0
(\$260; pomoca.com)

There are less expensive skins for ski touring, but because we slide past our buddies on every downhill and out climb them on icy tracks, we think these are worth every extra penny.



Bollé Torus Goggle
(\$220; bolle.com)

Bollé used AI to filter through 20 million possible lens pigments to find the one with the best combo of contrast and colour-balance for skiing. Then they matched it with a super wide goggle frame.

THE LOW DOWN



Solo Stove Bonfire
(\$365; solostove.com)

From ski-hill parking lots to Tofino beaches, open fires are often illegal. Needing less fuel, producing less smoke and easier to extinguish and clean up, this Bonfire is better anyway.



Maven C.2 Binoculars
(from \$250; mavenbuilt.com)

Waterproof, fog-proof, a lifetime warranty, excellent clarity, compact and weighing around 340 grams, the C.2 is ideal for spying wildlife, scoping routes and scouting lines—especially at this price! Available in 7x28 and 10x28.



Montane Alpha Vest Gilet
(\$210; montane.com)

The Polartec Alpha Direct insulation stuffed inside the 180-gram vest is super breathable and warm, making it the perfect layering piece for breathing hard in cool to cold weather.



Mustang Survival Torrens Hooded Thermal Jacket
(\$330; mustangsurvival.ca)

There's no bad weather for paddling, just bad gear. The insulated, warm-when-wet, breathable and weather-resistant Torrens might have you agreeing, or, at least, more comfortable.



Mountain Hardwear Powabunga 32
(\$260; mountainhardwear.ca)

As tubular as it sounds, this pack has all the features we look for in a ski pack (dedicated avalanche tool and goggle pockets, board and ski carry, etc.) and a floating hip belt that disappears the load.



Atomic Redster S9
(\$950; atomic.com)
A bigger sidecut made downhill skiing easier and now it's doing the same to cross-country. The S9 is the first shaped XC ski and we think it feels more stable and faster.

WORD APP?

Emergency services love What3Words. Some search and rescue groups don't

BY RYAN STUART

Standing in the Oshawa, Ontario, emergency dispatch room, Sandra Mackey knew two things. One: There was an injured and lost hiker in a forested area near Whitby, Ontario. Two: A fire crew was on its way to help. The problem was connecting them.

Mackey, the fire services communications officer for the city, had a rough location, obtained by "pinging" the nearest cell tower during the original 911 call. But, as often happens in rural areas, it only narrowed the search area down to a one-kilometre radius. With a maze of trails to navigate, that didn't help much. So Mackey launched her department's newest tool, What3Words.

Dispatchers sent a text message to the victim with a link to the app. Clicking on it downloaded the app, which then translated the victim's location to three words that Mackey could use to pinpoint the location to within a three-metre square.

"More information is always better," says Mackey. "What3Words doesn't replace a 911 call, but it saves valuable time."

It's also a focus of contention. At the same time that more than 40 emergency service departments across Canada are using What3Words and advocating for the public to download the app, some search and rescue crews are saying it shouldn't be used at all.

"It's a solution for a problem that we didn't have," explains Dwight Yochim, the senior manager for the BC Search and Rescue Association.

Since 2013, his members have used two programs—Connect Rocket and Your Location—to find lost people who are within cellphone range. Both programs allow searchers to send a victim a link via text message, just like the What3Words app.

But clicking on the link sends the GPS coordinates directly to searchers, eliminating the connection and power demands of downloading the app and the potential for mistakes relating the three words.

Those are important differences, says Yochim.

The What3Words smartphone app and website divide the globe into three-metre squares and assigns each block three words. For instance, the summit of Mount Logan is *breathtaking.ticker.frogs* and the Centennial Flame on Parliament Hill is *launched.kipper.ranks*. To create the unique word combinations, the app's algorithm draws from a pool of 40,000 words. According to one analysis, these include 7,697 plural forms—banana and bananas—and about as many words that sound the same but are spelled differently (incite and insight, for example).

What3Words says its algorithm spaces similar words far apart to avoid confusion, but, Yochim says, in his experience battery power is precious and shouldn't be wasted downloading an app and "broken telephone" is common and complicates a search.

"Usually we don't get a rescue call until late in the day," he says. "Battery power is already low and it's

getting dark and now we're delayed trying to figure out whether you said 'banana' or 'bananas.'"

Street names are no different, argues Mackey. Training teaches dispatchers to use repetition and spelling out words to ensure accuracy. Further, the app is only one piece of an arsenal of techniques emergency services use to locate people.

"I understand not wanting to inundate dispatchers and responders with too many tools, but not everyone has [Your Location or Connect Rocket] for finding people," she says. Ontario search and rescue crews are using What3Words, along with 911 dispatchers and police departments like North Vancouver RCMP. And not just in backcountry settings.

It's equally valuable for pinpointing car accidents on highways and helping police find a confused mugging victim in a downtown alley, says Sgt. Peter DeVries, a media relations officer with North Vancouver RCMP. He says the controversy over whether someone should download the app or not is distracting from the simple message that all emergency services agree on.

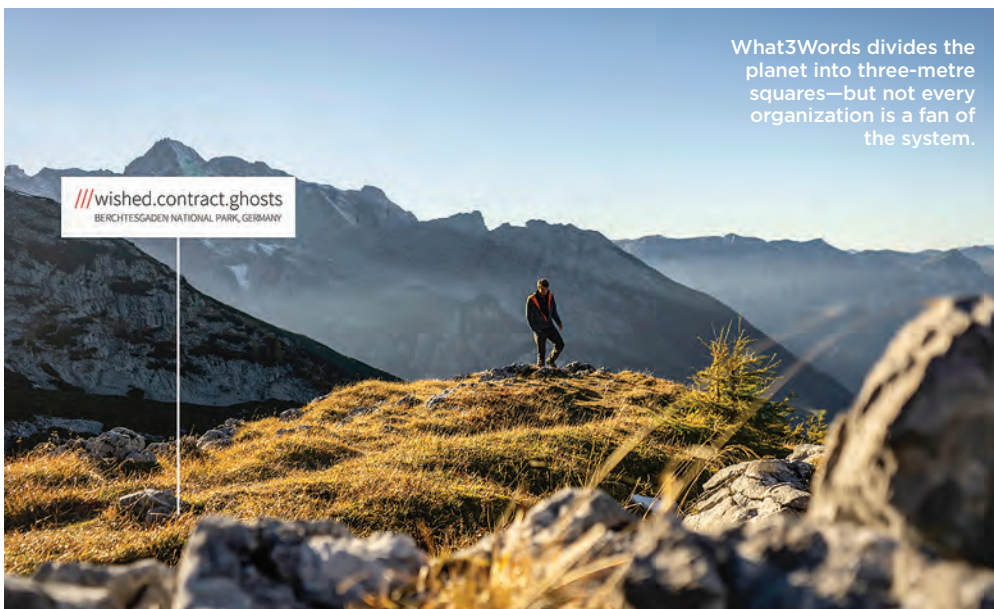
"Call 911," says DeVries. "We'll do the rest. We will use every tool, asset and device to get you home safely."

Back on that Whitby rescue, Mackey compared the victim's location using What3Words with where the firefighters were. "I could immediately see they'd gone down the wrong fork," she says. After directing them back to the right trail, they quickly found the victim and got them to hospital.

"A lot of the time in rescues, seconds count," she says. "This to me is where the app is a lifesaver. We've found it to be a really positive tool." ✕

THE
LOW
DOWN

What3Words divides the planet into three-metre squares—but not every organization is a fan of the system.



THE INJURIOUS COLD

Winter camping this year? Protect yourself from the worst Jack Frost can muster

Winter camping has gained a stigma of being more dangerous than summer camping. Both have safety concerns. And both are less hazardous than driving the busy highway to and from your campsite. However, winter does have an obvious additional concern. Due to the cold temperatures, if something does go wrong, it can turn deadly—quickly.

Hypothermia

During winter, the “big chill” affects more people than any other outdoor calamity. The general rule is not to sweat. Slow yourself down.

It may sound counterintuitive, but activities that heat you up and make you sweat can lead to rapid heat loss. Your body sweats to

cool itself down. At the same time, sweat will dampen your body and can chill you right into a state of hypothermia. Keep moving to stay warm, but don't overdo it.

Getting hypothermia is actually more of a concern when the temperatures are near freezing and very wet; less so when it's dry and cold. If you feel you're suffering from mild to moderate



THE LOW DOWN



Frostnip is far more common than frostbite—both are injuries caused by exposure to cold. Cover up and (gently) warm up before nip becomes bite!

hypothermia—remove all the wet clothing, since this is what will conduct heat away from the body at nearly 30 times the rate of dry clothing. Slip inside a sleeping bag with another trip-mate and grab some of their body heat. Drink hot (non-caffeinated

and non-alcoholic) drinks and eat high-calorie snacks. Cuddle up by a warm fire and place a hot pack over the major blood vessels in the neck, armpit and groin. And remember what your parents told you: dress for the weather!

Frostbite

Frostbite can occur when temperatures reach below freezing, and in most cases the cause is extreme wind chill against exposed skin (nose, cheeks, ear lobes) or the lack of blood circulation in fingers and toes. It's similar to a burn, where the skin tissue is damaged. A mild case, dubbed “frostnip” (recognized by the skin becoming white or waxy), is common and can be easily treated in the field by sharing body heat (skin-to-skin) with someone else. Placing numb fingers or toes in your trip partner's armpit is a good idea. Immersing the area in warm (not hot) water is also effective. Don't rub or massage the area. You will just damage the skin.

Once you get actual frostbite, treatment isn't easy. The skin tissue is frozen and most likely dead by this point. You'll require medical care before permanent damage occurs. Severe blistering is common. Amputation of the damaged area is a possible outcome.

If immediate evacuation of the victim is impossible then it's best not to attempt warming up the frozen area, only to have it exposed to the cold and make things worse. Just isolate the injury the best you can.

Prevention of both frostbite and frostnip is to simply cover up. The less exposed skin, the less chance of injury.



Dehydration

A lot of winter campers suffer from dehydration. A frozen winter landscape is like a desert—dry and arid. The problem is, it doesn't appear that way. Put that together with the hassle of retrieving fresh water and you may end up dehydrated. A well-hydrated camper pees frequently and has clear urine. Deep yellow urine, with a strong odour, is a true sign of not drinking enough fluids.

Dehydration is the number-one reason campers get nauseated, have headaches, lose their appetite, become constipated or have constant diarrhea and generally feel irritable. You need to drink at least three to four litres of water per day; replenishing it slowly. Swallowing a huge amount in the morning makes it impossible for your body to process it all and gulping it down at night doesn't help one little bit. The moment your mouth becomes dry or you crave a drink, it's too late.

Winter camping is picking up in popularity—for good reason. Few crowds, no bugs, unique environments, toasty tents and good times. Just be aware of the injury exposure to cold can cause—as well as associated dangers like burns while “hot tenting” and snow-blindness.



Snow Blindness

Snow blindness hurts! It feels like campfire coals placed directly on your eyeballs. It's literally a sunburn to the eyes. It happens when you don't protect your peepers from the harsh reflection of the sun against snow or ice.

Prevention is easier than trying to heal the affliction. Sunglasses, or better yet a pair of ski goggles, will do. For the fun of it, you can create makeshift protection from a piece of birch bark with slits cut lengthwise to see through. Or look like a football player and rub charcoal from the morning fire under your eyes. It will help reflect light.

If you're snow-blind, grabbing a used tea bag and placing it over your eyes will help a bit, but won't fix the problem. A handful of snow cupped in a bandana, and used as a cold compress, may help a little more. But the best remedy is to wrap gauze around your eyes, lie in the tent and just wait it out in total darkness. (That's why prevention is key.)



Burns

You have a higher chance of burning yourself while winter camping than you do during summer. Roaring campfires, hot cooking pots, scalding woodstoves in canvas tents—and so on.

The good news is that you likely have a cooling agent nearby—snow. Usually, you have to rinse the burn area with cool water. It's easy to use snow if you have it. Gently of course. Use a cloth or your bandana to apply.

Check the degree of the burn. If it's deep, you'll have to cover it with gauze and seek medical attention. But if it's just on the surface you can treat it on-site. Sanitize and cover the wound to stop infection. (Infection runs rampant on camping trips.) Continue to wash it, cool it and cover it. Don't apply anything like butter or lard—that just stops the wound from breathing and can trap in heat. ✕



BETTER BETA
BY ANAHEED SAATCHI

TRAUMA- INFORMED INCLUSIVITY

Many outdoor brands want to embrace inclusivity—but how can they do this without being tokenistic or appropriative?

In recent years, various brands and organizations within the outdoors industry have indicated a desire to change their corporate cultures to be more inclusive. The need for this shift is a direct result of the way the industry has kept down—or even out—various demographics over the years and profited from systems that actively harm people and the environment.

We're facing facts that the outdoor industry has profited from insidious practices such as the erasure of Indigenous cultures, the exploitation of workers and the promotion of an adventure lifestyle that relies on the ongoing mass-extraction of natural resources.

At the local level, more companies are now looking around to see who comprises their consumer demographics as well as asking themselves who is missing. They are taking preliminary measures to afford jobs, funding and other support to historically marginalized groups in an effort to be more inclusive. With this effort, there often follows the questions of, "How will a company welcome groups into their space without the understanding of what it means to be from a marginalized community?"

Does anyone already within the company, in a position of power, come from a racialized community? From the queer community? From the disabled community? In response to the question of, "How can we be inclusive?" I will say that turning our attention to being "trauma-informed" is a step toward holding space for each other without being tokenistic or appropriative.

To be trauma-informed is to be grounded in an understanding of, and responsive to, the impacts of trauma in a way that



emphasizes physical, psychological and emotional safety. Much of the research in being trauma-informed is rooted in mental health research and, in my opinion, that makes a lot of sense and can translate well to just about all areas of our shared experience. If we can accept that trauma is a widespread experience, that different demographics experience trauma in different ways and be sensitive to how we can navigate spaces together that can account for each other's trauma, I would venture to guess that our landscape would look radically different than it currently does in the outdoors industry.

GRASSROOTS ORGANIZATIONS have practised being trauma-informed for a long time. However, it isn't surprising that this approach is not integrated into corporate structures for the very reasons that make it essential: it is slow, it bears many conversations with thoughtful and adaptive language, it gives agency and autonomy to the demographics who experience the trauma and ultimately, it is not profit-driven but people-driven.

Integrating more knowledge of specific types of trauma into our awareness, practices and into our business models means allowing more people to be present without having to deal with spaces that will, intentionally or not, harm them by recreating cycles of abuse, assumption and erasure. The purpose of being trauma-informed is to expand the inclusivity of the space and afford more care for every single individual present.

But what does that actually look like? Sport for Life—a not-for-profit consisting of sport and physical literacy experts fo-

cused on lasting change in sport—offers the following set of steps:

1. Be designed for long-term engagement, rather than short, one-off programs.
2. Create opportunities for the development of meaningful relationships with others.
3. Have a supportive structure (rules of play, planned predictable activities/schedule, reasonable ratio between coaches and athletes).
4. Integrate local cultural practices (local practices for healing from trauma).

WHY IS IT important that we account for trauma? We live in a society that is built on systems that do not value each individual equally. In the last few years there have been strong ongoing movements of civil disruption, social unrest and pronounced concern for the climate crisis. Being trauma-informed isn't a "nice-to-have" in the outdoors industry anymore, but a "must-have."

The author James Edward Mills calls for companies to keep pushing for knowledge and empathy-based manoeuvres rather than profit-driven ones, "Motivated by fear, I believe we'll see many companies opt for safe choices rather than risk the social media fallout from making a mistake while doing the important work of JEDI [justice, equity, diversity and inclusion]. Few will likely realize that they only fail if they give up on trying."

It is by coming together to do the work of understanding our diversity of experience, more specifically our trauma, that we can stand in better solidarity with one another within our outdoors community and beyond. ✕

ABOVE:
Understanding is essential to authentic inclusivity.



ANGUS ADVENTURES
BY COLIN ANGUS

OH, SNOW!

A world-adventurer reflects on the most memorable snow days of his life

This is the season to talk about the white stuff. You might think, as Canadians, we know a thing or two about snow. We relish in it—our winter sports embrace snow, it makes our landscapes beautiful and it has taught many of us to excel at driving on slippery surfaces. The original inhabitants of this land have countless words to describe the white stuff—dry snow, wet snow, falling snow, snow on the ground, etc. Inuktitut in particular is renowned for its snowy vocabulary. But the Sami people of northern Siberia might have us all beat. They have a whopping 180 words for different types of snow. These numbers speak of how in-tune the Inuit, Yupik, Sami and other northern peoples are with their environments. To survive in such extremes, it requires a full understanding of winter conditions, and the ability to convey this information succinctly to others.

Unfortunately, despite spending significant time in icy winter conditions, my own vocabulary for snow and snow conditions is rather dismal. Sifting through the grey matter, I can come up with about five—slush, powder, blizzard, snowdrift and cornice. I do, however, have memories of countless types of snow conditions that I have no words for; days when fine snow blew so hard in the wind it scratched exposed skin like sandpaper, or the snow that obscured thin ice, creating lethal traps because land and water could no longer be differentiated. My favourite type of snow was often crusty snow. A hard crust over otherwise fluffy snow allowed me to gingerly walk over the top without wasting vast amounts of energy otherwise required to wade through.

When I paddled with a team of three others down the headwaters of the Yenisey River in Mongolia in late spring, we encountered all sorts of distinct snow conditions. There were large overhangs of



snow, undercut by the river that protruded like great white knives. Or the corn snow—half snow, half hail—that peppered our tent at night when conditions were barely cool enough to freeze the precipitation.

Perhaps the worst snow I encountered was when I was cycling through Siberia near the city of Chita during spring. I had spent the entire winter enduring frigid Siberian weather, and I was used to the snow being fine and powdery. As things warmed up, the dirt road turned to mud. The wet snow and mud began to combine and it stuck to my tires. As my wheels turned, the muddy growth grew, like a child rolling a brown snowball for a snowman. When the mess grew to the point it was hitting my forks, the wheels stopped turning. I tried cleaning the mess off, but with about every three rotations or so the process had to be repeated. Finally, I had no choice but to walk, carrying my laden bicycle on my shoulder. If I were to come up with a name for that type of snow, it couldn't be published in this magazine.

While wise northern people may have a seemingly endless vocabulary to describe snow, what is truly limitless is the different shapes of individual snowflakes. We've all heard how no two snowflakes are alike, but do you know why this is? The science behind the formation of a snowflake is remarkable. Each snowflake starts as humid air, then condenses onto a dust or pollen particle high in the atmosphere. (Without a small particle for the water to condense onto, the process of forming snowflakes or raindrops could not happen.) Once a small bit of moisture condenses and freezes onto

a particle, it starts growing as more moisture condenses from the humid air. The six-sided shape of a snowflake is created as the condensing water follows the internal structure of the water's molecules.

As the snowflake continues to grow, its overall shape and structure is determined by two key elements—temperature and humidity. This is continually changing as the snowflake expands, so each of the six arms will have a varied structure along its length. Since the six arms, or points, are all receiving similar environmental conditions, they grow in relative symmetry. In colder conditions (such as Siberia) the snowflakes take on more of a plate-like structure. In warmer conditions, the points have a more needle-like structure.

ABOVE:
Snow—to some extent, it defines our country.

The most perfect of these fine-needle snowflakes are called “fernlike stellar dendrites.” The arms look very similar to branches of a fern, and it is these low-density snowflakes that make the

most-perfect powder sink-to-your-waist ski conditions.

Everybody likes different types of snow. Children like snow that holds together to make snowballs or snowmen. And the snow that downhill skiers love—light and fluffy—is not exactly ideal for snow cyclists. Although we all have our preferences for snow, most of us don't have the vocabulary to describe it—at least not in a single English word. Perhaps it's time to start adopting more Inuktitut words into our mainstream English vernacular. Until then, instead of being able to poetically say *quinyaya*, most will be encumbered with, “snow mixed with the shit of the lead dog.” ❌



SHOWING UP

When supporting your community is paramount—you show up

What do you say when *saying nothing* isn't enough, and yet no words will ever truly be right, either?

In my thirties, I started avoiding the seemingly relentless funeral services for my mountain friends. I'm embarrassed by this because it showed a lack of character on my part. I knew I was putting my own pain before that of my community, and I wished I were stronger. But I simply didn't know how to deal with yet another loss that felt simultaneously arbitrary and as inevitable as the gravity that pulled the deceased out of our lives.

Services are for the living, and you show up to process your own grief—but also to stand with others doing the same. And to show the families that the fallen was loved and respected. When I didn't show, I hated myself for it. But I had gone to so many events where we said goodbye to beautiful young people that the idea of sitting and listening to heart-rending words for another shining life cut down seemed intolerable. The deaths made no sense. But the worst was looking the family in the eyes and trying to say something that was remotely "right."

I thought I had to have the right words, and I just didn't. Words are my structure, my way of organizing life's events. I believe in the power of words to shape situations, clarify, organize and, if used well, bring

people together. But there are no words that will make a hole in the universe close. There are no words to make a parent's heart heal, or a partner's eyes look less haunted. I wanted to tell the parents and partners it would be OK, it would get better, but that isn't what they actually wanted or needed right then. That's what I knew would happen with time, and I hoped that if I said the right thing it would happen faster. But if you're in the storm of loss you've got to hang on and just sail to survive. Watch the waves, feel the roar, shiver, be where you are. In fact, it's the sailing through the storm that gets you to the other side, and the waiting sun. The sun doesn't actually exist until you get there, no matter how much you hope it will come soon. But I didn't know that then, I just hated the un-wordable storm of pain and I wanted it to end for everyone.

Once I understood that the storm was inevitable and that I couldn't say anything to others or myself that was going to lessen the pain immediately, it oddly felt better. Instead of trying desperately to find the sun I just showed up and hung onto the rigging with everyone else. It is our collective presence and empathy that matters after a huge loss, not what we do or say. Sometimes what's said is less important than being there to say nothing. When we're severely damaged we'll never be the same as we were, but the deep scars are celebrations of healing.

In November, I sat in the audience at the Banff Mountain Film & Book Festival as two old friends talked climbing life together on stage. Geoff Powter (a climber who knows loss) asked Steve Swenson (same) about what he'd learned in his four-plus decades of climbing. Steve is 65 years of weathered old-school (he looks cut from the kind of tough cloth that would rather slice its own sleeve off with the arm inside before putting an emotion on it), but he silenced the room and then made us laugh when he said that what mattered was the love we found for each

other in the mountains. And then he told us one of the most important things in life is to learn that there are some things you will just never understand; events that you can't explain but have to accept. In the deep acceptance of chaos there is peace. If you fight what you can't understand or define with words you'll lose your mind, as I did in my thirties.

Today, when I see the warmth in a sunrise above a valley cloud layer, fresh snow falling silent and turning cars into unbalanced mushrooms that somehow scream with the promise of an epic ski day, the unexplainable exuberance of mist slowly rising on a micrometre-smooth lake, I can't explain with words the sheer joy and the deep loss that are inherent in living a mountain life.

But we can show up and feel all of it with our community, and that is enough. ✕

ABOVE:
Appreciate every moment—that's the takeaway.



FREE-WHEELIN’ & FREE-HEELIN’

An ode (of sorts) to telemark skiing, the finessed form fading into alpine history

I’ve been orbiting the sun for quite some time. Long enough, in fact, to pick up a new sport, immerse myself in it, learn it, get very good at it, then progressively get worse and worse at said activity until I’ve come full circle back to the place where I started.

That’s me and telemark skiing—more or less. I have had a long and passionate romance with the Nordic roots of this sport. Free-heel skiing was the way I first experienced backcountry skiing in Rogers Pass. I was a teenaged tagalong with my older siblings. I singlehandedly massacred the Mouse Trap at the head of Asulkan Valley, one telemark cartwheel after another.

For gear, I was sporting a pair of borrowed 218-centimetre Karhu XCD Comp misery sticks and leather boots that were barely more supportive than ballet slippers. Of course, none of us had rescue gear of any sort. That says a lot about the era. It was a brutal -25 degrees Celsius, but the sky was a brilliant cobalt blue overhead. The snow quality was blower-light kneedeep powder—in other words, perfection. I vowed to never waste such perfect snow. As I became more proficient on tele-skis, I would spend my waking hours dreaming about the next backcountry adventure.

After a day in the telemark trenches, lapping the Mouse Trap, it took the better part of the evening wrapped around the woodstove at the Wheeler Hut to thaw out my painfully frozen feet (I’m sure my toes still have residual nerve damage). Somehow, I processed this masochistic experience into something positively inspiring, perhaps even life-changing. It’s hard to forget the sight of Mount Sir Donald, its snow dusted quartzite spire glowing orange in the late afternoon, before I dropped in for my last run, dodging my own craters, to the frigid valley bottom. The return journey down



the Asulkan Valley along a trail that was like a bobsled track. The smell of woodsmoke and wet wool in the Wheeler Hut. All these memories I associate with a silly turn called the “telemark.”

SO, AS ANOTHER winter approaches, I look at my G3 Rapid Transits and Scarpa T2s, neglected and lonely. The skis lean against the wall of the gear shed next to a garden rake and the blue plastic boots are relegated to the back of a shelf with a collection of other well-used footwear, most of which have been colonized by insects. Next stop, fence post and garden planter?

Honestly, I thought telemark skiing would be a passion that I would take to my grave. For years I lived by a strict credo—fixed-heel alpine carving boards for the resort, hippie free-heeling for the backcountry. But cracks started to appear in this balanced relationship when

advances in alpine touring (AT) tech bindings and carbon ski technology obliterated telemarking’s much-hailed lightweight advantage. In comparison, the tele-setup seemed to get heavier. Telemark skiers soon started dropping like mosquitoes in a cloud of DEET. Yeah, there were holdouts, me among them, for many years. But I noticed more and more diehard free-heelers increasingly defaulting to parallel turns,

something stiff plastic telemark boots made possible.

My tele gear was getting old. The decision: reinvest in a declining sport or cross over to the world of AT. I chose the latter, and I’ll likely never go back. Things that seem obvious now, were a revelation. For example, sinking an edge into a steep couloir of hard snow no longer felt like a death-defying endeavour. Suddenly, managing variable snow conditions, say unresponsive and unforgiving crusts, got that much easier—and frankly more fun.

To be fair, the telemark turn is a beautiful thing to behold and experience in perfect powder snow. And I owe a debt to Sondre Norheim, the Norwegian godfather of telemark skiing—as mastering this wintry discipline was my gateway to the backcountry. Staying centred in soft leather boots connected to long skinny sticks with nothing but three pins requires an almost ninja-like sense of balance and coordination.

I will never truly abandon telemarking. This winter, like most, I will chase the spiders out of my T2s and dust off the Rapid Transits, just to remind myself how much I’ve forgotten about free-heel skiing, hoping that muscle memory will serve me well.

Like picking up the receiver on a rotary dial phone, it’s become my act of skiing nostalgia. ✕

ABOVE:
The author during the free-heeling 1990s.



The author was brought-up in the outdoors—but with an unconventional slant. She raised her own children to appreciate nature—which they are now passing down to their children. It's generational, vital and important to do it right.

DOWN THE LINE

On risk, rewards and a multi-generational outdoor life

The needles from two very tall and straight Sitka spruce are sprinkling onto my trailer roof, sounding like raindrops. I am camping at Telegraph Cove, Vancouver Island, British Columbia, with my dog, Nya.

Nya loves to camp. Right now, one of my daughters is currently hiking the Juan de Fuca Trail, on the Island's opposite end, with her 11-year-old daughter, Rosie. My other daughter is camping at Rath Trevor Beach Provincial Park with her two girls, aged six and three, and my youngest daughter is in Qualicum Beach with her four-year-old. Lastly, my son is hiking at the south end of Vancouver Island, with his 10-year-old son. Point being, we are all actively outdoors, enjoying nature, with wonder, care and respect and we are sharing this with our little ones. This has been part of my life, always.

MY OWN UPBRINGING was unorthodox in so many ways. I was one of five daughters; my father did not have boys to deal with, which I think is an important note. Sometimes, he would take me up the mountain or away from his hunting and

fishing lodge in Horsefly, BC—wherever we happened to be—to teach me how to find my way in the forest. He would blindfold me, spin me in circles and then he'd hide. I would take off the blindfold and see if I could detect the slightly broken branches, barely depressed footsteps, crumpled or broken bits of salal, moss on the north side of trees, the sun's position or, hopefully, breadcrumbs. I was terrified but he would not give in easily. He thought this to be a valuable lesson. (I don't get lost in the bush but a city always, so maybe he was on to something.)

Sunday drives were in the back of the truck up a mountain and my four sisters and I bounced along deeply rutted and puddled logging roads. I was so afraid the shaky back of the truck would separate from the front. We found baby ravens whose mother had been shot and took them home and raised them. We found abandoned boats and jumped in and paddled. (I still drive back roads with my dog and my cameras.)

MY FATHER WAS a bit unusual. Once, he took us on a drive to test a new station wagon. We all had one outfit, the ones we were wearing. No toothbrush, hairbrush or clean underwear. I remember a night sleeping un-

der a bed with all of us in one hotel room. He drove for five days on dirt roads and would only stop when all seven of us had to go to the bathroom. However, my dad didn't like that car after all—he returned it.

Another time, we wanted to see Banff, so we drove all the way there from Vancouver Island. Upon arrival, he drove up the main street, turned around and went straight back out of town.

There were few rules with long hours outside; dark usually being the signal to come home. My family watched Walt Disney on Sunday night, but other than that we did not watch much TV, believing its main purpose was hockey, and cellphones and video games had not yet been invented.

Nature was my sanctuary, my safe place which tested my courage, skills, strength, limits, responsibility, safety, friendships, endurance, fear, boundaries and lastly but so importantly, critical thinking and creativity on a daily basis.

Our family had a cabin on Protection Island, which is just offshore of Nanaimo, BC. Five children, my parents, our big shaggy mutt named Shep and whatever we needed for food—or construction on the cabin—was piled into our rowboat as we paddled to our own little bay. I respected



nature: the power of the waterfalls, the steep cliffs and crevices of the bluffs, the tidal zones where you always found the best creatures, shells and rocks.

We'd make trips to Long Lake, daily, with its deep and frightening parts. I faced my fears and swam across that lake. I hiked there every week for most of my childhood. There was a place locals called "The Bluffs." To get to it you had to jump across two crevices. If you missed that jump, it was not going to be pretty. Then you had to climb inside a crevasse to get down to The Bluffs. It was narrow and dark; but once you scraped your way down it was a place of magic: a vertical split in the rock with water trickling out, caves, rock ledges, walls of ferns and carved out overhangs. It was another world.

MY OWN CHILDREN were raised on a rural property. We had chickens, cats, dogs and many horses. Our land was completely surrounded by forest and again, there weren't too many rules. We also camped lots, explored and had many adventures and road trips. They explored trails with freedom on horses and on foot.

I believe I'm more protective of my grandchildren. *Test that foothold, don't trust the root you are pulling yourself up on and watch out for everything!* They say, "Nana, I'm OK. I can do this." All of them are very adventurous. Their parents believe if you can climb up you should be able to climb back down.

In 2019, my eldest daughter and her husband took both of their young girls on the West Coast Trail. The girls were eight and 10 and they didn't say it was easy. It was harsh, wet, sloppy and terrifying—and cost a lot of M&M's. My daughter and her husband were more afraid than the girls at times, trying to keep them safe, for example, on the infamous ladders of the trail's south end. It is a precious memory for what they saw and accomplished. This year, they completed the Juan de Fuca Trail and then it will be the Nootka Island Trail.

It's funny how it is so much harder to watch my grandkids—how much more careful I am—where with my own kids I was more inclined to say, *come on you can do it, try.* Today, through their own experiences, my adult children set examples for their kids by just being aware, by doing. For our children and theirs, may they have the freedom to explore and wander in nature and allow it to heal and shape them.

(Oh, and I always let my kids sit inside the vehicle, and they never wore blindfolds.) ✕

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19 July at 10:50
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Sarah Williams
16 July at 12:42
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Kelly Fowler
16 July at 11:18
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Susan J Peterson
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Sandy Lavergne
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From the side-country to the terrain parks and everything in between, Lake Louise is an Olympic favourite.

CANADA'S OLYMPIC-SIZED ADVENTURES

IT'S ABOUT TO GET SERIOUS FOR CANADA'S WINTER OLYMPIANS AND PARALYMPIANS AS THE BEIJING GAMES KICK-OFF IN FEBRUARY. BUT IN BETWEEN MAJOR COMPETITIONS—WHAT DO OUR OLYMPIC AND PARALYMPIC HOPEFULS DO FOR FUN?

WE HAVE THE LIST OF OLYMPIC-SIZED ADVENTURES RIGHT HERE:

By Ryan Stuart

Right now, hundreds of Canadian athletes are peaking in their sports and preparing for their chance to represent the Maple Leaf at the 24th Winter Olympics and Paralympics in Beijing, China. Their focus may be on the games right now—but they are not wholly defined by their sport. Their passions extend beyond the ice and snow to adventures in any season.

We figure if it's good enough for an Olympian or Paralympian, it's probably fun for the rest of us, so we reached out to 14 athletes vying for a ticket to Beijing to find out what they like to do when they're not training, competing or travelling.



AMY FRASER

HALFPIPE SKI



WHO: It wasn't until Amy Fraser moved from Nova Scotia to Calgary for university that she started to pursue competitive skiing. The 2018-2019 Canada Cup champion in the halfpipe, she has competed with the national team for two years.

WHAT: Training on the micro slopes of Canada Olympic Park, right in Calgary, Fraser's eyes are usually looking to the mountains and Lake Louise Ski Resort.

WHERE: At Louise she usually heads to the summit and drops off the back to hunt for powder in the expanse of the Boomerang area. "Often you can find a little pocket of fresh snow and it's a really nice long run," she says. As a chaser, she bombs down to the Larch area to Lookout. "It's really mellow terrain, but if it's been groomed it's like a ski-cross run."



RYAN SOMMER

BOBSLEIGH



WHO: If it wasn't for a bet during the 2016 Rio Summer Olympics, Ryan Sommer would probably still be a forest firefighter. Instead, he went to a national recruitment camp, made the 2016 games as a bobsleigh brakeman and has pushed both two- and four-person sleds to several World Cup medals.

WHAT: Originally from British Columbia, Sommer now lives in Calgary and loves to fly fish the rivers of southern Alberta.

WHERE: "We are so lucky to have some of the best fisheries in Canada in our backyard," he says. Just about every stream along the foothills holds feisty trout. The Bow River is both world-renowned and accessible, running right through Calgary. For a more wild and remote feel, check out the Oldman River, near the Crowsnest Pass. There are many guiding companies working on both rivers.



Bobsleigh Olympian Ryan Sommer appreciates the trophy-class fly fishing, right in Calgary. (Guide Paula Shearer, pictured.)

LEFT: TRAVEL ALBERTA/ROTH AND RAMBERG;
BOTTOM: TRAVEL ALBERTA/MIKE SEEHAGEL



Bobsledder Christine De Bruin takes advantage of one of the longest bike-path networks in North America, right in Cowtown.

CHRISTINE DE BRUIN

BOBSLEIGH



WHO: Like a lot of bobsledders, Christine De Bruin started in track-and-field before transitioning her power to sliding. She finished fourth in her first race as a pilot in 2013 and the Olympian has since become a veteran and is a constant threat to podium on the World Cup circuit and at the Olympics.

WHAT: During the summer, De Bruin's go-to recovery workout is a long bike ride around Calgary.

WHERE: "I enjoy [biking] because I can see a lot of things in a short

amount of time," she says. "Calgary has a great path system, so we are always exploring something different." The city brags one of the most extensive biking and walking path systems in the country, stretching hundreds of kilometres, following rivers and creeks and looping the Glenmore Reservoir. De Bruin recommends a lunch-time detour to Pho Hoan Pasteur, just north of the Bow River. "Give the steak sate soup a try," she says. "You won't want pho from anywhere else after trying it here!"



There's no place like home for Slopestyle competitor Elena Gaskell—Kalamalka Lake, pictured.

TRINITY ELLIS

LUGE



WHO: Trinity Ellis discovered luge on a grade six field trip. Her elementary school class visited the Whistler Sliding Centre, 30 minutes from her Pemberton, BC, home. One trip down the luge track had her hooked. She made the elite national team in 2020.

WHAT: "What I miss most about home when I'm away is the easy access to nature," she says. "I always feel so lucky to come back to Pemberton to some of the best mountain terrain in the world."

WHERE: In the winter, this means ski-touring into drainages like Rohr and Cerise creeks off the Duffey Lake Road, a high-elevation highway through the Coast Mountains east of Pemberton. And in the summer, it's hiking. "I love a good dip in a lake, regardless of the season," she adds. The solid hike into Tenquille Lake, northwest of town, checks both boxes.



The easy-access ski touring near Pemberton, BC, keeps Trinity Ellis coming back for more.



ELENA GASKELL

SLOPESTYLE SKI

WHO: Sibling rivalry. That's what Elena Gaskell credits for her position on the Canadian Slopestyle Team. Trying to keep up with her older brother on the slopes of Vernon, BC's SilverStar Mountain Resort gave her the foundation that led to her becoming a two-time World Cup slopestyle medal winner and the Big Air World Champion in the 2018-2019 season.

WHAT: Though golf is her favourite off-snow activity, the thing Gaskell misses the most when she's away from Vernon, BC, is the easy-access hikes and walks.

WHERE: For a quick outing, Gaskell's go-to is the open ponderosa pine and grassland trails of Kalamalka Lake Provincial Park. "It's right near where I live and so pretty looking onto [Kalamalka] Lake," she says. For a longer hike she heads to Enderby Cliffs Provincial Park, a volcanic feature that provides big views of the Shuswap River and nearby mountains.





CASSIDY GRAY

ALPINE SKI



WHO: Last season was a big one for Cassidy Gray. It was the Invermere, BC, native's first season racing giant slalom on the World Cup circuit, making her one of the newest and youngest members of the national alpine team. And, competing for the University of Colorado, she was the 2020-2021 NCAA GS champion.

WHAT: Gray grew up on the slopes of Panorama Mountain Resort, downhill mountain biking at the bike park in the summer and skiing all winter.

WHERE: Overshadowed by its snowier neighbours on BC's Powder Highway, Panorama flies under the radar. The view across the valley towards Mount Nelson is hard to beat, Gray says, particularly from the racecourse start hut. And the tree-skiing is underrated. "When there is tons of snow, I love going into Taynton Bowl," she says.

What's better at Panorama Mountain Resort—the skiable terrain, or the epic views?



Parry Sound and the Algonquin Region offer serenity and wonder, all year round—which is why Megan Oldham loves it so much.

MEGAN OLDHAM

SLOPESTYLE SKI



WHO: Megan Oldham's focus as a kid was gymnastics and figure-skating, until her brothers convinced her to try freestyle skiing. Having skied since five, the flipping and spinning background gave her an edge that quickly led to the national freestyle team, an overall slopestyle World Cup championship and several X-Games medals.

WHAT: Born and raised in Parry Sound, Ontario, the shores of Georgian Bay and the cottagey town remain her happy place.

WHERE: "Everyone knows everyone," Oldham says. "The small things like the annual Christmas parade, hockey fundraising tournaments and theatre events are what I really miss while travelling." When she gets home, she jumps at any opportunity to hike along the Rotary and Algonquin Regiment Waterfront Fitness trails. "It's peaceful and absolutely beautiful to walk along, both in the winter and summer," she says. "There are always friendly faces, small animals and plenty of nature to absorb."

LEFT: DESTINATION ONTARIO; ABOVE: PANORAMA MOUNTAIN RESORT



MARION THENAULT

AERIAL SKI



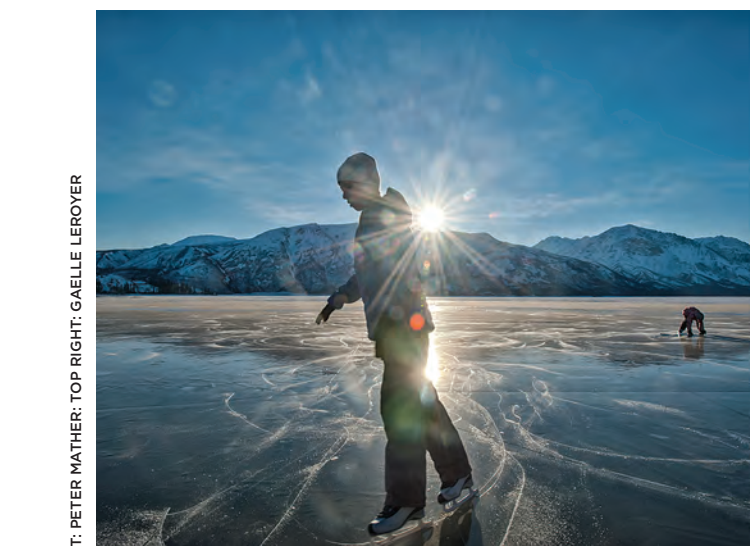
WHO: Marion Thenault's career trajectory resembles the jump she's so comfortable on. At 17, she attended an RBC Training Ground event where an aerial coach saw potential in her 14 years of experience in gymnastics and trampoline. Within a couple years she was the top skier on the NorAm Tour, joined the national team, earned rookie of the year on the World Cup circuit and then, last year, won her first major event.

WHAT: Thenault trains out of Stoneham, a ski town north of Quebec City, with great access to rock climbing.

WHERE: "I love climbing because it makes me lose track of time," she says. "I disconnect from everything else and focus on one move at the time." She lives right next to Mont Wright, a good crag for a quick bouldering session. For lead climbing she heads to the quartzite cliffs at Kamouraska, on the south shore of the St. Lawrence River.



Marion Thenault looks forward to climbing at Kamouraska in the off-season.



RIGHT: PETER MATHER; TOP RIGHT: GAELLE LEROYER

A stunning scene from the Windy Arm of Tagish Lake, Yukon—perfect for ice skating.

DAHRIA BEATTY

CROSS-COUNTRY SKI



WHO: A veteran ski racer, Dahria Beatty started cross-country skiing at three at Mt. McIntyre, Whitehorse, Yukon's main XC trail network. The 27-year-old has been competing on the world cup tour since 2016 and raced in five events at the 2018 Winter Olympics. Well rounded, she's entered everything from sprint relays to 50-kilometre races.

WHAT: Beatty lives in Canmore, Alberta, but Whitehorse will

always be home. "I love that the city is surrounded by wilderness and is an endless playground for outdoor enthusiasts like myself," she says.

WHERE: When there's ice on the lakes, but no snow, she likes to skate on Windy Arm of Tagish Lake, near the BC border. Otherwise she strides up the Upper Valley Trail at Mt. McIntyre. "It's super fun to ski and the view from the lookout is beautiful in any weather," she says.



COLLIN CAMERON

PARA CROSS-COUNTRY SKI



Skier Collin Cameron appreciates the near-endless cross-country trails near Sudbury—but when he’s not there, it’s his hometown family he misses the most.

WHO: How do you follow up winning three medals at the 2018 Paralympic games? If you’re Collin Cameron, with three more at the 2019 World Para Nordic Skiing Championships. Cameron, a Sudbury, Ontario, resident, competes in the sit-ski category in various distances and the mixed relay.

WHAT: “What I love about Sudbury is how many options there are for cross-country skiing,” says Cameron. Of the handful of trail systems and clubs, his favourite is Kivi Park, a not-for-profit, four-season recreation area.

WHERE: The 200-hectare forest of lakes and rolling hills is just south of the Nickel

Capital. Nina’s Way, a 1.3-kilometre skating path, through forest with lights and sounds, draws a lot of people. But Cameron mostly sticks to the groomed trails, combining them all into a loop. “It’s really great for long training days,” he says.



Local legend Mark Arendz has a provincial park named after him on his home island—he likes the cycling options within PEI National Park as well.

MARK ARENDZ

PARA CROSS-COUNTRY SKI AND BIATHLON



WHO: The Canadian flag-bearer at the PyeongChang Paralympics, Mark Arendz is one of the country’s most decorated athletes: five medals at the 2018 games, two at Sochi in 2014 and many more from the World Cup circuit. The Prince Edward Island native, who lost his left arm in a farming accident, competes in both biathlon and cross-country ski events.

WHAT: “I love the Rockies, where I currently live, but it’s almost impossible to beat [PEI’s] rolling hills, lush forests and patchwork of farmers’ fields that transform

into red sand dunes stretching into the ocean,” Arendz says. “There is something magical of how it all flows together.”

WHERE: He spent so much time at the Brookvale Nordic Centre, west of Charlottetown, they named it after him (Mark Arendz Provincial Park at Brookvale). But he also likes the paved path between North Rustico and Cavendish in Prince Edward Island National Park. “Farmland to one side, the vast ocean on the other, I enjoy going out there for a roller-ski, run or a bike ride,” he says.



In summer, Chute Jean Larose is almost tropical—in winter, it's a castle of ice. No wonder it's so loved!

CENDRINE BROWNE

CROSS-COUNTRY SKI



WHO: Cendrine Browne didn't start cross-country ski racing until she was 15, but has family history in the sport: her mom was on the national junior team. In 2018, Browne raced in five events in PyeongChang and hopes to do the same in Beijing.

WHAT: When she's not working on Feminaction, a program she founded to encourage women and girls to take up XC skiing, Browne is on the trails in her backyard of Mont-Sainte-Anne, Quebec.

WHERE: "My favourite spot is Chute Jean Larose, these magnificent waterfalls," she says. It's the perfect place to cool off after a long run in the Mestachibo trail network. In the winter she likes to ski the Harvey Trail, named after two of Canada's most decorated cross-country skiers, Pierre and Alex Harvey. "It's a nice and flowy trail in the middle of the woods," she says. "There are little cabins on the side of the trail where you can eat a snack with your friends!"

TYLER TURNER

PARA-SNOWBOARD



WHO: From learning to mountain bike to entering surf contests, Tyler Turner hasn't let losing both legs in a skydiving crash in 2017 slow him down. Just four years after the accident, the Campbell River, BC, snowboarder won a Para-World Cup snowboard race in Italy in 2021, setting himself up as a fresh contender for Beijing.

WHAT: This summer he re-learned how to mountain bike on the Cumberland trails on Vancouver Island. "I've fallen in love with biking again," he says.

WHERE: Because of his injury, Turner needs an e-bike to access the trails. The High Fives Foundation, a non-profit that helps outdoor athletes get back into sports after debilitating accidents, helped him buy one. "With world-class mountain biking in my backyard and an opportunity to regain much needed strength in my legs, I was immediately addicted," he says. "I love the Bear Buns Trail because it has challenged me all summer and every time I get up there I realize how much I have progressed."



Para-snowboarder Tyler Turner re-learned how to mountain bike on these popular trails near Cumberland, on Vancouver Island, BC.



Whistler local Derek Livingston unwinds at picturesque Lost Lake, just a short walk from downtown.



DEREK LIVINGSTON

HALFPIPE SNOWBOARD

WHO: Derek Livingston has earned his spot as the veteran leader on the Canadian halfpipe snowboard squad with seven broken bones. Highlights for him in his decade-long career include two Olympic appearances, in Sochi and PyeongChang, and two bronze medals on the World Cup circuit in 2019.

WHAT: When the Whistler-based athlete is not hot-lapping the Blackcomb terrain park with friends, he's walking his dog or playing disc golf.

WHERE: Livingston can do both at Lost Lake Park, a recreation area on the edge of Whistler Village. Mountain biking and hiking trails crisscross the area and connect into the valley-wide network. "There are tons of hikes and a bunch of lakes to discover around Whistler," he says. And right in the heart of the park is a 27-hole disc golf course. ✕



NO DRESS REHEARSAL



AS THEY SAY, THE ONLY THING WORSE THAN HAVING ANOTHER BIRTHDAY IS NOT HAVING ONE, RIGHT? BUT AGING ISN'T EASY—ESPECIALLY WHEN IT COMES TO OUTDOORS—PEOPLE LOSING THE PHYSICALITY WE NEED TO PARTICIPATE IN OUR PASSIONS. WHAT DOES THIS FEEL LIKE? WE FOLLOW EIGHT WOUNDED WEEKEND WARRIORS TO EXAMINE HOW AGING AFFECTS ENTHUSIASTS

By Steven Threndyle



How do you write a story about aging? Do you begin by quoting your favourite rock lyric? My personal favourite is from “Old Folks Boogie” by the ‘70s-era jam band Little Feat. Written by Lowell George (who died from a heart attack

at age 34), the chorus goes:

“You know that you’re over the hill/
When your mind makes a promise that
your body can’t fill.”

When it comes to aging, every runner, cyclist, hiker, climber and skier has their own story. It might not even be the truth; in fact, it probably won’t be since humans are notoriously lousy when it comes to eyewitness accounts. We are, however, good at telling stories that, over time, take on mythic status.

Mountain culture venerates two age groups—those from ages 16 to 25; the ones who are our Olympic heroes, or whose powder-immersed bodies pop out of the centrefolds in magazines. On the opposite side, let’s arbitrarily set a minimum age of 75, are the elders—celebrated in documentaries such as Sherpa Cinema’s

“I love sport and took it for granted for such a long time. I can barely walk and have not skied for three seasons. I’ve lived here since 1980, but if I can’t ski I’m not sure if I can stay here. It seems like I don’t have anything in common with my friends anymore. Winters are really hard”

“All.I.Can.” and “Dirtbag: The Life and Times of Fred Beckey.”

Between 25 and 75, there’s a five-decade expanse known as middle age, which is where life happens. Where singles pair off, get married, have kids, climb the career ladder, pay off student debt, purchase houses, put away money for their kids’ educations and then, if their mortgages are paid off and the pensions are in place, they look forward to a retirement filled with European travel.

Mountain towns are different. Populated by rough-edged, sandpaper-voiced people who turned up in the late ‘70s and early ‘80s; they never went back to their old lives. Starstruck by the beauty of the Rockies or Coast Range and seduced by the sensation of feather-light powder snow flying

off the edges of every turn, the ski/climb/surf bum’s goal seems simple: Live the Damned Dream. Every Day of Your Life.

I WAS 50 YEARS old on the day that I rolled my road bike out from the garage in Kelowna, British Columbia, for my inaugural spring ride. Nothing special, a spin down to the end of Lakeshore Road and back—an hour-and-a-half with a few hills en route. Pretty much the standard summer ride.

Less than five minutes in, the route ascends a sustained incline below the vineyards of Summerhill Winery. But something was off. As the grade tilted upwards, my legs wouldn’t spin, even in the lowest gear. Though I wasn’t breathing terribly hard, I was totally out of gas. I had no idea what was going on.



LEFT: Most of life is spent in "middle age," yet for some reason we tend to elevate the very young and the very old above all. CLOCKWISE FROM TOP LEFT: The author with his dog, who is also aging. Michele Parkes had to overcome injury and reimagine what it meant to live an "outdoor lifestyle." Mountain guide Helene Steiner faced challenges that affected her career. Loni Leinweber faced both mental and physical challenges relating to his outdoor lifestyle.

CLOCKWISE FROM TOP: STEVE OGLE; STEVEN THRENDYLE; MICHELE PARKES; HELENE STEINER; LONI LEINWEBER

"That was unpleasant," I told my wife when I returned. Two days later, I gamely tried again. Same result.

It took over a month for my doctor to arrive at a diagnosis of atrial fibrillation, or "irregular heartbeat." I followed it up with some quick "Internet research" which showed that, yes, middle-aged men were susceptible, and so were endurance sports athletes. Near the top of the symptoms: "exercise intolerance."

It was a betrayal, to say the least, that my heart would give out. Wasn't longevity and quality of life the very promise of Dr. Kenneth Cooper's best-selling *Aerobics*—a book that I'd taken as gospel in the early 1970s when my dad started running?

What followed was a rude arrival into what might be called "early old age." A few years later, I'd suffer an epileptic seizure and experience extreme pain in my feet due to a condition known as Idiopathic neuropathy. At one point, my family doctor said, "I don't think I've ever had a patient with such a bizarre combination of chronic conditions."

This is not what you want to hear.

Fifteen years later, and I see some of my friends who've been slowed by bulging disc pain, excess weight gain and, of course,

knee and joint issues. Three healthy friends have suffered heart attacks. There's the sub-3:00 marathoner, double-black-diamond skier and parent of two daughters who's in respite care with early onset Alzheimer's. In total, five friends—people with whom I've shared a chairlift or gone out for coffee—have passed away since Covid hit. Needless to say, it's caused a reckoning.

YOU CAN SAY that attitude is everything until your world is turned upside down. In 2018, 200 kilograms crushed Michele Parkes's leg while unloading cases of beer at a BC Liquor Distribution Branch in Whistler, BC. Parkes had raced mountain bikes and telemark-skied for decades. Now, in one excruciating instant, her lifelong sporting career was over.

Blood clots pooled in her legs and she developed deep-vein thrombosis. She hobbled around on crutches for over eight months, only to have the knee in her "good" leg blow out from over-compensating for her injury. Due to Covid, she's been waiting for surgery and her doctor fears that osteoarthritis could further hamper her recovery.

"I love sport and took it for granted for such a long time," she says. "I can barely

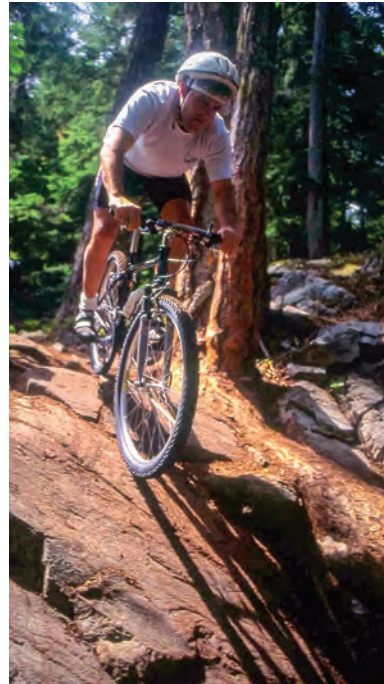
walk and have not skied for three seasons. I've lived here since 1980, but if I can't ski I'm not sure if I can stay here. It seems like I don't have anything in common with my friends anymore. Winters are really hard."

She has, however, regained some enjoyment and a sense of purpose in her life. "I just finished a series of courses to become a professional dog trainer," she says. And she bought an e-bike; a move which the "old Michele" might not have approved of.

"It was a bit demoralizing to start with, but I enjoy riding the Valley Trail with my husband," though she admits that it's a far cry from her old life as a sponsored athlete. She hopes to have her Action Dogs training business set up in 2022.

BETWEEN THE TIME the snow melts in spring and flies in the fall, 73-year-old Loni Leinweber can be seen hiking up the slopes of North Star Mountain at Kimberley Resort in southeastern BC. According to his friend, global explorer and *explore* contributor, Bruce Kirkby, "Loni hobbles terribly at times but still skis like the wind."

Loni grew up alpine ski racing in the days before releasable bindings and broke his legs twice. "When you're young, you ▶



think you're invincible," he says. His sister Judi was on the 1968 Olympic ski team with Nancy Greene-Raine.

"In 1991, I destroyed my knee in a ski accident. A surgeon over in Trail treated me for osteoarthritis and said I'd likely need a new knee within 10 years."

Loni had other ideas.

After retiring in 2001, he started hiking the 800 vertical metres to the top of North Star Mountain. "My son told me that I should walk across the slope to relieve the wear-and-tear on my knee, but I prefer to walk straight down. As of mid-October, he's logged over 96 ascents for 2021, and averages over 150 days annually.

Living the outdoor life has also challenged Loni and his family in a very tragic way. In 2008, their son, Anton, was killed in a mountaineering accident above Moraine Lake.

"After his death, several people asked me if I had any regrets about encouraging him to live a life in the mountains and I would say, 'not for one second.' He told me on a couple of occasions how grateful he was for the outdoor opportunities that we had given him. We have a selfie from his camera likely taken less than an hour before he died and you can see the happiness in his face and eyes. It would have been harder to accept if he'd been hit by a drunk driver."

Hiking up the mountain has helped Loni deal with his son's loss. "I do not pretend that I feel close to him there, but I feel he'd be happy to know that I was still out there. I want the memory of that wonderful young man to be with me every day. One of our family's mantras is 'keep on going.' And so that's what I do."

WHAT, HOWEVER, if your very livelihood depends upon having the brute power and stamina of your 25-year-old self? We don't always think of mountain guides or ski patrollers as professional athletes, but their very livelihood depends upon the flexibility, strength and resiliency of their bodies.

To prepare herself for a commercially guided trip that she had been assigned to lead in mid-August, Powell River, BC-based mountain guide Helene Steiner scouted out Golden Hinde, the highest peak on Vancouver Island. Hiking precar-

The worst part, however, was Steiner's realization that she could not possibly return to "The Hinde" to guide her group later in the month. Steiner, who became certified as Austria's first female IFMGA-certified mountain guide at the age of 28, had finally met what she called "her Waterloo."

"Jan [the owner of Island Alpine, the company that had hired her] just laughed and said, 'I stopped guiding those kinds of trips five years ago because my knees would not do it anymore! We should let the young whipper-snappers guide those peaks.'"

Thankfully, it hasn't affected her job

"Looking back, I'm happy that I could pull off what normally would be a five-day trip into just three. As the saying goes, 'aging is not for sissies'"

iously up a series of endless ridges in driving wind and rain, the 60-year-old Steiner tagged the summit in a three-day push covering over 60 kilometres round-trip.

Writing up her trip report a few days later, she admitted: "The last few hours were brutal. My knees were screaming obscenities at me. My slipped disk in my lower back, which has been giving me chronic pain for the past 12 years, was yelling loudly. My heel was so sore that I had to step more sideways than toes pointing forward. The only reason I did not stop to camp for a fourth night was that I knew I would never get my mountaineering boots onto my feet once I had taken them off."

prospects. "Jan assured me that he had plenty of work for me in the future, teaching courses and guiding shorter trips. Looking back, I'm happy that I could pull off what normally would be a five-day trip into just three. As the saying goes, 'aging is not for sissies,'" Steiner admits.

Like mountain guides, career ski patrollers spend decades performing physically demanding tasks like trail breaking, avalanche control and wrestling with heavy loads. The fresh air and first tracks (not to mention the opportunity to train some of the smartest avalanche dogs in the business), has kept pro-patroller Steve Morrison coming back to Fernie Alpine Resort since 1994/95. Years of cliff-hucking and mogul-bashing in



FROM LEFT: Steve Morrison still enjoys the deep stuff—with some medical intervention. Grant Lamont some 30 years ago, his "heydey;" but he's still pushing it as best he can. Paralympian Phil Chew has faced more physical adversity than most.

his teenage years resulted in arthroscopic surgeries which, over time, developed into painful osteoarthritis. "My referring doc in Cranbrook felt that knee replacement would have ended my career, so he recommended going to Banff for a high tibial osteotomy. Dr. Heard—my orthopedic surgeon—has a sign at his clinic saying that it's for elite athletes, and I told him that I must be in the wrong place. He reassured me and said, 'We'll get you a few more years with that knee. At 63, I'm still out chucking bombs and skiing powder, loving every second of it.'"

CANMORE RESIDENT Jamie McVicar is one of those weekend warriors known for tackling serious objectives and always being "out there," whether it's on touring gear, mountain bikes or stand-up paddleboards. Recuperating from open heart surgery that took place back in June, McVicar says, "My comeback story has yet to be written. Right now, I'm pretty much restricted to walking on flat, or, even better, slightly downhill trails. I truly wonder if I'll ever reach my former level of fitness.

"It's pretty daunting when you have to pivot and focus on new activities in just a few months. Facebook doesn't help by regularly coughing up all the aerobic activities I did in the past. In fact, social media can be very trying, flopping back and forth between FOMO [fear of missing out] and seeing all of my happy friends out and about."

Hoping for the best, McVicar turns philosophical: "These curve balls definitely can be a crash course in the teachings of Buddha. But do not go gentle into that good night, old age should burn and rave at close of day."

12 KEYS TO KEEPING THE STROKE ALIVE

- Get outside, now. Numerous studies point to the advantages of exercising outside versus in the gym, especially when it comes to mental health.
- Goal-setting helps, but don't get hung up on it. Fanatics and obsessives are boring.
- Never squander a sunny day. Nothing is more depressing than knowing you spent too much time indoors.
- Practice on your own but find a group with similar levels of ability. Most towns and cities have meetups and clubs for a wide range of activities.
- Get a dog. Because if you don't go out when they start pawing at the door, you'll soon have a stinky mess to clean up.
- Keep a sense of humour—aside from target shooters and equestrian jumpers, few people are debuting at the Olympics after 40.
- Seek an adrenaline sport. Nothing gives the senses a jolt quite like the force of gravity. Though you might want to have your braking moves down first.
- Take up a mindless, low-skill activity. Go boogie boarding instead of surfing. Bocce, spike-ball, or backyard badminton? Bring it on.
- Find nature nearby. Most cities are zoned to include parks, trails and greenspace—even near apartment buildings.
- Give back by teaching. Share those years of experience by leading hiking trips, organizing meetup groups or volunteering with community organizations.

Whistler Bike Guide founder Grant Lamont had a pretty good idea that he might have to deal with rheumatoid arthritis at some point in middle age. Lamont, a Whistler hard-charger, suffered greatly before having a hip-replacement at the relatively youthful age of 48.

"You've got to learn to rally," Lamont says. "It's not easy. You're in a lot of pain. The weather outside is shit. You can stay at home and smoke pot and pretty soon that's all you're doing.

"You can't do it alone, either. I've always skied with older guys and think, 'hell, I can't let them get ahead of me.' It's a constant battle to keep ahead of the pain, to tell your body that it will feel a lot better if you keep moving. You need the drugs—prescription and recreational—and I have a membership to the Scandine Spa for the hot and cold pools. You have to choose to be with people who know how to rally as well, who have come back from their own challenges and adversity because as we get older, we all have them."

ONE OF THOSE 'older' skiers that Lamont skis with is 70-year-old Phil Chew. It's relatively unremarkable to see a short, wiry guy emerging from Whistler's double-black-diamond VD (Very Difficult) Chutes covered in fresh pow until you realize that he only has one leg. "I had bone cancer, the same kind that eventually killed Terry Fox," says Chew. "In fact, we were both at the Cancer Agency at the same time."

He was only 25 when his leg was amputated and he started skiing at Grouse Mountain under the tutelage of Jim Turner, who hooked him up with a single ski and outrig-

gers and told him to follow him around the mountain. "I actually had only skied once or twice when I had both of my legs and, frankly, wasn't really into it." Chew credits his new-found enthusiasm with two visits to Winter Park, Colorado in the early '80s. "We heard that disabled skiers skied for free down there, so a few of us went down and checked it out. The following year, we went down to race at the US Nationals."

Chew soon started racing—and winning—in disabled skiing competitions, now known as Paralympics, all over the world. Quite often, he would both coach and race at the same time, and his national teams would even enter the Over The Hill Downhill at SilverStar Mountain Resort, in Vernon, BC.

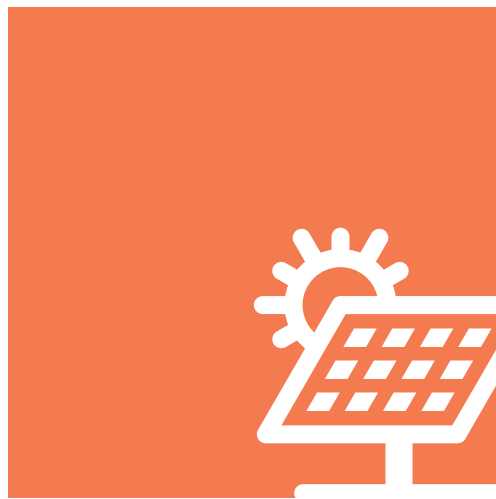
The gravel-voiced Chew offers the perfect role model for dealing with adversity. "You have to rally when Phil calls you up," Grant Lamont says, "You aren't going to say no to a guy who skis on one leg."

BABY BOOMERS CAME of age during a period of remarkable economic, scientific and social progress that enabled unprecedented opportunities for personal growth and achievement. Scientific research unequivocally illustrated the importance of exercise and nutrition, and in recent years, established a connection to nature. One doesn't need to make an FKT or put-up new routes to establish well-being, just getting outside and moving around—preferably with others whose company you enjoy—is more than enough.

To quote yet another rock lyric, which is what writers do when they can't be original: "No dress rehearsal/This is our life." (RIP, Gordon Downie.) ✕



Off-grid Strathcona Park Lodge is transitioning from fossil fuels to renewables—what can we learn from their journey? And how can we apply these learnings to the impending e-revolution?





DITCHING THE DINOSAUR

FROM E-BIKES, TO E-TRUCKS, TO E-PLANES AND MORE, THE ELECTRIFICATION REVOLUTION IS HITTING THE OUTDOOR INDUSTRY ON ALL FRONTS. IT BEGS THE OBVIOUS QUESTION—HOW WILL WE KEEP ALL THESE BATTERIES CHARGED?

CAN THE ZERO-EMISSIONS JOURNEY OF AN OFF-GRID LODGE SHOW US THE FRAMEWORK FOR LARGE-SCALE, EFFICIENT ELECTRIFICATION?

By Ryan Stuart

Strathcona Park Lodge was always ahead of its time. When Jim and Myrna Boulding started the business in 1959, it was one of the first outdoor education centres in the country. From their base at the geographic centre of Vancouver Island, British Columbia, they preached things like “stewardship” and “sustainability” before they became ecotourism buzzwords and taught whitewater kayaking and rock-climbing before the invention of dry suits and comfortable harnesses.

So it shouldn't be surprising that Strathcona Park Lodge developed a “green” electricity grid decades before intergovernmental panels, energy agencies, federal politicians, provincial governments, environmental groups, angry teenagers and just about everyone else started recommending, mandating and demanding them.

Despite sitting on the shore of the hydro-power reservoir of Upper Campbell Lake, Strathcona is off-grid. For 30 years, the Bouldings ran on a diesel generator that powered lights, fridges and radio phones for the 50 to 70 staff who lived onsite and the 100 or so guests.

But even back then, fuel was relatively expensive, says Jamie Boulding, Myrna and Jim's oldest son and now president of the family business. In 1989, the lodge partnered with a private company to build a micro-hydro system on a nearby creek. Five kilometres of transmission lines connected it to the resort's grid. Strathcona eventually bought the 72-kilowatt system outright and improved a series of small dams to increase storage.

“It's a pretty basic system,” says Boulding. “It takes a lot of labour and maintenance—leaf cleaning, clearing the power line, adjusting the flow rates. But even with all that it's highly efficient for us.” ▶

It was just enough power—if Boulding policed the property, upgrading appliances and insulation and turning off fans and baseboard heaters.

“When you generate your own power, you have a different awareness of use and waste,” says Boulding. “We know where our power is going much more than the average person.”

Eventually the increased demands of Internet, computers, phones and electric cars required them to beef up the system with solar hot water heaters and solar panels. The lodge still has a backup diesel generator and uses propane for cooking and firewood for heat. Boulding would love to ditch those combustible fuels too, but they’d need to find ways of generating more clean energy to do so.

As such, he faces the same challenges as the utilities that manage the rest of our country’s electricity grids. An accelerating demand for more power is happening at the same time that we’re working to wean ourselves off fossil fuel energy sources. More than half of Canadian energy comes from fossil fuel sources, but the country has committed to drastically cutting fossil fuel emissions and hitting net-zero emissions by 2050.

IN THE OUTDOOR industry, we’re seeing more and more electrification—batteries are adorning our bicycles, they’re replacing our gasoline-powered generators, they’re juicing the plethora of handheld devices in our backpacks and in many cases, even powering our trips to and from the trailhead or the basecamp. But where is all this electricity coming from?

“We see a huge opportunity in electrification and making the shift to green energy sources in Canada,” says Stephen Thomas, a climate solutions analyst for the David Suzuki Foundation. “I think we can meet





“ Good design and quality materials make a huge difference in energy efficiency. When power is valuable, like it is here, it is always worth spending more to save it ”

our Paris targets and our future electricity needs, but there’s no question it is going to take a pace and scale of change we haven’t seen yet.”

The benefits can be far-reaching, he says. The clean energy sector will need more than 200,000 new employees by 2030, says Clean Energy Canada, an industry association. Many depressed parts of the country could benefit the most. And the elimination of coal, natural gas and vehicle emissions will make Canadians healthier; a federal government’s analysis valued the benefits of cutting smog and tailpipe emissions at \$1.3 billion a year.

“So many of those health impacts are concentrated around BIPOC communities,” Thomas says. “As we transition, we can ensure the benefits go to preventing environmental racism.”

It sounds like an enticing opportunity, but we’re far from meeting it.

By signing the Paris Agreement, an international greenhouse gas emissions protocol, Canada committed to a 30 per cent reduction in emissions from 2005 levels by 2030 and by 80 per cent by 2050. In 2019, the most recent data available, StatsCan says the country has only cut emissions by 1.1 per cent below 2005 levels.

The biggest source is the energy sector, producing 81 per cent of total greenhouse gas emissions. (The rest come from agriculture, industry and waste.) This basket is not just electricity: it also includes driving your

ABOVE: In operation since the 1950s, Strathcona Park Lodge is on journey towards green energy. **LEFT:** Jamie Boulding working on the micro-hydro system that powers the lodge. **RIGHT:** Maintaining the micro-hydro system is a daily chore.

car and heating your home and the same for businesses. So even though Canada is the second-largest producer of hydro power in the world, and 80 per cent of all our electricity comes from clean sources, the majority of Canadian energy still comes from fossil fuels. To meet our targets we have to electrify as much of it as possible, says Thomas. That will require increasing the amount of electricity we produce by at least 86 per cent and possibly as much as 260 per cent, according to federal forecasting.

The gap in estimates reflects the variables in play when trying to forecast future energy needs. After record heat last summer, the number of British Columbians with air conditioners increased from 25 per cent to 50, according to BC Hydro, the provincial power supplier. At the same time, warmer winters could offset some of the summer power increase. And no one can predict how innovation, population growth, travel trends, car ownership habits and alternative fuels, like clean-burning hydrogen, will shift demand.

The uncertainty combined with the high cost of adding generating capacity has led to a focus on finding efficiencies first.

THIS HAS BEEN Boulding’s strategy. At Strathcona Park Lodge, he started with unscrewing incandescent lightbulbs for more efficient, but more expensive, LEDs. When appliances died, he replaced them with power-smart versions and when he renovated a cabin, he spent a little more on insulation, quality windows and adding thermal mass—essentially lots of concrete—which keeps the building cooler in summer and absorbs heat in winter.

“Good design and quality materials make a huge difference in energy efficiency,” he says. “When power is valuable, like it is here, it is always worth spending more to save it.”

Utilities have often encouraged the same behaviour, through lightbulb rebates, incentives to upgrade to more Energy-Star appliances or shift from oil furnaces to natural gas or electric heat pumps. Building codes continue to evolve to mandate designs that lead to warmer homes in winter and cooler ones in summer. Many residential codes now require a passage for solar panel wiring, whether the builder plans to install them or not.

This all helps reduce the overall demand on a power grid, whether it’s the size of BC’s or Strathcona’s. But ▶

it doesn't address the biggest challenge to both—how to manage inevitable demand spikes.

To explain it, Boulding gives an extreme example: Super Bowl halftime. "Everyone gets off the couch and opens their fridge and turns on the microwave," he says. "Power companies can see the spike in energy."

The same thing happens around dinner time at Strathcona when all the guests return from their day of adventure, and they shower, open fridges and start dinner, at the same time that the lodge's restaurant has all its ovens and burners going.

Strathcona's 72 kilowatts of power is more than enough for 20 hours of the day, but from 4:00 p.m. until 8:00 p.m., the demand maxes the system.

To compensate Boulding runs an ad hoc smart metering program. Housekeeping does all its laundry earlier in the day and delays charging their electric golf cart until nighttime. When he installed the lodge's first car-charger last summer, he knew it would hog one-tenth of the power supply, so he put it on a timer from 10:00 p.m. until 7:00 a.m., when demand is lowest.

The people who manage provincial grids will have to adopt similar strategies, says Andy Hira, the head of the Clean Energy Research Group at Simon Fraser University.

"It's inefficient to build a grid to meet the peak capacity," he says. "To reduce the demand during those peak times we have to look at price incentives."

This is already done in places like California. Instead of just logging electricity use, smart meters record when a household or business uses the power and charges a variable rate that increases with demand. Charging more for power at peak times encourages businesses to shift their energy-hungry operations to night and households to put off doing the laundry. It goes a long way to flattening the peaks and valleys, says Hira.

There also needs to be more connection between grids. Electricity is a provincial responsibility and in many provinces a Crown corporation has a monopoly. "There's a lot of mistrust between provinces," Hira says. Transmission lines are more likely to cross the U.S. border than provincial ones. This needs to change to create more resilient and efficient grids, especially for a future supply that more heavily relies on the intermittent power produced by the sun and the wind.

WHEN THE ROYAL Bank of Canada crunched the numbers on the country's electrification commitments, they found Canadian governments and private companies will need to invest \$5.4 billion on renewable energy projects—every year, for the next 30 years.

It doesn't make sense for those to be natural gas-powered generating stations, says Normand Mousseau, the academic director of the Trottier Energy Institute at Polytechnique Montreal. And "large hydro projects are over," he continues. With big budgets, even bigger cost overruns and extensive environmental damage, there isn't the public support for new, large hydro-electric projects.

Instead, utilities are looking to more, smaller sources of power.

In 2019, four provinces signed an agreement to invest in modular nuclear reactors. Simpler and smaller than existing nuclear power facilities, these are a ▶



Are pickup trucks about to go from gas-guzzlers to green?

THE ELECTRIC OUTDOORS

We burn dinosaur bones in the outdoors—whether getting to the trailhead, staying powered-up out there or while reaching the wilderness locations we crave. But are there reasonable electric alternatives?

Electric Vehicles

This is one of the most obvious choices for consumer electrification; some readers may remember our feature in Winter 2019 which detailed a pro-skier as he ditched his full-sized pickup truck and bought a **Chevrolet Bolt** (420-kilometre range; from \$39,000). That pint-sized hatchback may not serve

everybody's needs. However, in 2022, both Ford and Chevrolet will unveil **all-electric F150** and **Silverado pickup trucks**, respectively; **Ram** intends on delivering one in 2024. Prices are slated to start below 60K. All-electric vans will also arrive within a year or two. And both Ford and Toyota have gas-electric hybrid pickup trucks out now.

No need to disturb the whole campsite—Goal Zero offers portable batteries that last for days.





Electric Snowmobiles

One of the noisiest and most contentious contraptions of the winter backcountry—could we ever see a quiet, pollution-free sled? Startup **Taiga Electric Snowmobiles** (taigamotors.ca) seems to be saying yes. While only available for pre-order at time of press, this company is offering mountain sleds with performance that rivals their dino-burning competitors at prices that are in-line with similar offerings from Ski Doo, Yamaha and others.



An electric snowmobile could bring some measure of tranquility to this often-controversial pastime.

Electric Mountain Bikes

Wait, isn't this adding carbon footprint to a conventional sweat-powered bicycle? Yes and no. Consider that, in the downhill mountain bike scene, vehicle shuttles or even

expansive lift-accessed terrain parks are required; these battery-powered bikes allow riders to pedal uphill and bomb back down again, no trucks or chairlifts required. With enough power to ride for five-plus hours in some cases, even riding your hefty MTB to the trailhead, doing a few hot laps, then riding home could be doable. **Rocky Mountain, Trek, Giant, Norco, Specialized, Cube** and more all offer hard-tail and/or full suspension mountain e-bikes, with prices ranging from around \$4,000 all the way up to nearly \$20,000.

Mountain e-bikes embrace the uphill flow—could they also upturn the need for lift-accessed riding parks?



Electric Power Sources

If you're running a gas generator at your basecamp, you're stuck in the 20th century. **Goal Zero** has been the benchmark for off-grid power in the outdoor recreation industry for many years now, and their prices continue to come down while their offerings expand. Take their Yeti 200X Portable Power Station (goalzero.com; \$300). It weighs just 2.27 kilograms and can keep all your cameras, phones, GPS receivers and more charged for days. Need more? The 1000X costs \$1,100 more and can run medium to large appliances, yet still fit in your trunk.

Electric Float Planes

Surely a bush plane couldn't be all-electric, right? Talk to **Harbour Air** CEO Greg McDougall—he'll set you straight (harbourair.com). Canada's largest fleet of float planes is transitioning to electric. Partnering with tech company MagniX, in 2019 the company retrofitted a DH-2 de Havilland Beaver with lithium-ion batteries and an electric motor—then took to the air in a record-setting flight. Covid has delayed some of the company's transition plan, but according to McDougall, they are committed to the transition and are continuing to develop lighter batteries for their e-planes.

An all-electric floatplane during its inaugural test flight in Vancouver, BC.





Continuing the family legacy—Jamie Boulding and Christine Clark on the shores of Upper Campbell Lake.

promising option, particularly for remote communities. However it could be a decade or more before the technology is approved and there's still the issue of what to do with the nuclear waste, says Mousseau.

Also in the development phase is tidal power. Tapping into the huge tides of the Bay of Fundy or BC's surging tidal currents could fill grids with clean power. But the ocean is a tough beast to tame. The Nova Scotia power provider recently retired the country's only tidal generating station. And despite plenty of efforts, no one else has managed to design a turbine that can withstand the forces and hazards of the ocean, at a competitive price.

Geothermal is more promising. It involves drilling into bedrock to tap into heat reserves that can warm water and air. It works best in large developments, like heating all the homes in a subdivision or providing hot water to an industrial park, says Mousseau. While the technology is well established, the expense and risk to find viable locations holds back wider adoption.

That leaves solar and wind. The price of building both is falling and is now cheaper per watt of power than large hydro projects, says Mousseau. Alberta, Saskatchewan and Nova Scotia have the right weather conditions for both and also happen to have some of the dirtiest electricity grids. Alberta is already on track to be the Canadian leader in solar and wind power generation as soon as 2025, according to one estimate.

ONE OF THE catchphrases repeated over and over when politicians and policy people talk about electrification is a "just transition." It's a recognition that shifting

away from fossil fuels will hurt workers and resource-dependent towns the most. Any green energy plan has to include support for both, to ensure they aren't left behind. It's a compassionate idea backed by most political parties. Iron & Earth wants to make sure it turns into action.

"A lot of oil and gas workers want to work clean jobs," says Ana Guerra Marin, the national director of Iron & Earth, a non-profit that represents fossil fuel workers who want to be part of the clean energy transition. "But it's scary to cut fossil fuels out. The workers have bills to pay and our economy is so tied to oil and gas."

Even scarier is the consequences of not being proactive.

"We've seen it before when industries go bust, a mine shuts down, a mill leaves town: people go broke, the economy takes a hit, communities disappear," she says. "Having a job is tied to mental health. We see increases in violence, alcohol abuse and drug use. But this time we're not talking about one town or one oil refinery. It's going to be massive and it's going to be bad. If we don't try to be socially just, we're going to see a lot of problems."

Guerra is working with companies, labour unions and various levels of government to find ways to help oil and gas employees, towns and especially First Nations communities, shift to the green energy economy. They're also working on their own projects. They trained oil and gas workers to build a greenhouse for an autism charity in Newfoundland and to install solar panels on an Indigenous cultural centre in Alberta. Both made the workers employable in the green energy economy. That's not an exaggeration. Whether

it's fossil fuels or wind power, both need electricians and heavy-duty mechanics. Geothermal relies on drilling into the Earth, just like oil and gas wells. For experienced tradespeople, retraining often only takes a couple weeks. They might not have to move: Alberta and Saskatchewan, the heart of the oil and gas industry, are also in the sweet spot for wind and solar. And there will be jobs. Estimates vary, but employment in the clean energy industry could grow by 50 per cent to 640,000 positions by 2030, according to Clean Energy Canada a research group at Simon Fraser University. That's more than double the number directly employed in the oil and gas industry today.

But this "just transition" won't happen on its own, says Guerra. As long as companies can make money extracting fossil fuels they will continue to do so. And they'll pay their workers well to help.

"It's feasible to decarbonize Canada," says Mousseau. "We can get there for a remarkably low cost. But right now we lack a clear direction from government."

He sees it across the country and at all levels. Politicians make goals and commitments, but they don't back them up with mandates or direction on how to achieve them.

He compares it to someone who wants to exercise more. When they try to find an hour in their day, they fail every time. But if they say, this is the hour I'm going to exercise, they will find a way to reorganize everything else around it. With firm, enforceable targets politicians can do the same for power providers. "If we say, this is what we have to do, we will find a way to do it," Mousseau says.

THAT CLARITY MIGHT be the best analogy Strathcona Park Lodge can make for the greater grid. Boulding still has a diesel generator. It's a backup for the hydro system in case they run out of water or while during maintenance. But it costs \$400 a day to run.

"When you consider the true cost of power, the impact of the emissions, the waste and the transport cost, carbon-based fuels are never price efficient," Boulding says. It's all the incentive he needs to tinker away on no-frills projects that no one will ever see or notice, like more insulation in walls, switching lightbulbs and holding off charging a battery until it's dark. That it's better for the environment is an added bonus.

With the addition of the solar panels, Strathcona hasn't used its diesel generator in three years, including during last summer's record drought. Boulding hopes he'll never hear its drone or smell its exhaust ever again. ✕



EXPLORE THE WORLD: ONTARIO'S HIGHLANDS



CONNECTION TO WILD PLACES

Breaking boundaries with remote adventure climbing in Haliburton Highlands, with Lorne Foisy

Lorne Foisy didn't grow up climbing rock walls like Tommy Caldwell, and doesn't free-climb like Alex Honnold, but what he's doing in the climbing world is breaking boundaries and helping others discover a love of climbing that transcends location.

It was 2008 when Lorne made his very first climb at the Medeba Adventure Learning Centre in Haliburton, Ontario, and fell in love with the sport. More than 20 years later and Foisy is still climbing in the Haliburton Highlands, although his travels since have taken him from Ontario to the Rockies, and then back home again.

Lorne explains that climbing is a physical activity that challenges you to confront your fears and move past them, and he is a prime example of this in action.

"I'm irrationally afraid of heights," Lorne explained with a laugh, adding that in his experience you need to accept the risks while taking precautions to minimize them as much as you can.

"There's a million decisions we make during a climb," said Lorne. "At the end of the day I trust my partner, and I trust our gear and I have 20 years of experience I rely on to make judgments as a team and push through the fear."

With seven years spent living and climbing in the Rockies, Lorne had plenty of opportunities to push himself higher and higher, and his climbing experience includes climbs at Yosemite's El Capitan in 2019.

"It's quite an undertaking to make a climb like that, you have to haul up 200 pounds of gear with you, and in the morning it's surreal... you flip open your tent and look down and there's 300 metres of air below you," said Lorne.

It was while in the Rockies that Lorne first started working with children doing climbing camps and was drawn to working with kids to introduce them to the love of the sport.

Lorne noted that his attraction to climbing is that you don't have to be an experienced athlete to enjoy it and do it well. In fact, Lorne describes himself as not being the best athlete as a child, and having low self esteem but that something in climbing called to him. He enjoys being able to pass that on to other kids.

"Kids are so fired up they're like little spider monkeys, climbing just comes natural to them," Lorne explained. "Sometimes the kids that get into climbing aren't the ones that excel at competitive sports, but then you get these kids on a rope and they turn into Superman."

In Haliburton, Lorne's experiences climbing in the Rockies and working with children has led him to explore the region from a climber's perspective. His view is that wherever you live, you can climb, if you have the will.

For him, the excitement lies in finding that perfect rock to climb. Lorne uses topographical maps to locate potential climbing destinations right in the Haliburton

region, and shares that knowledge with others through his business, Elements Guiding, where he introduces others to the love of climbing.

"Compared to the Rockies, you might think people wouldn't come to climb here. Our rock is Canadian Shield, it's old, it's covered in lichen, you have to wander through the woods to find it," said Lorne. "But the way I describe Ontario climbing is adventure climbing, it's kind of the whole deal."

In winter, instead of hanging up his climbing gear, Lorne transitions to another way of climbing: ice climbing. The premise is the same as rock climbing, only instead of searching for the new rock wall to climb, Lorne wanders across the region looking for that perfect ice wall. And the more remote, the better, in his opinion.

"You travel across the frozen ice for hours and hours looking for something that maybe doesn't exist, but then you come around the corner and it puts a smile on your face and you feel like you're the first person to climb here—and you may be," Lorne explained the beauty of ice climbing in Haliburton.

Whether it's ice climbing or rock climbing, it's all the same for Lorne, it's about giving people the skills to accomplish something, and ultimately grow as a person.

"I've been out to Yosemite... I was climbing in British Columbia at a 2,000-foot height, exposed to the elements... but it all started with a 30-foot climb in Haliburton Highlands," said Lorne. ✕

ABOVE:
Ice routes in Haliburton can often be unique and fleeting.

Winter ESSENTIALS

Tackle the snowy and wet months with some of our select seasonal gear and goodies

BY EXPLORE MAGAZINE STAFF

Complete Guide to Winter Camping (2nd Edition) (\$25; fireflybooks.com)

This newly revised and expanded edition of the popular book by Kevin Callan opens the door to winter camping and shows you how to do it safely, in warmth and comfort. Filled with tips from some of North America's most accomplished winter campers, join "The Happy Camper" as he covers the basics from selecting a four-season tent and constructing other types of shelter, to maintaining personal hygiene, cooking in the cold, choosing a sleep system and staying warm.



Vans UltraRange EXO Hi Gore-Tex MTE-3 (\$200; vans.ca)

Vans MTE footwear is activity-inspired, purpose-built and designed to protect you from the elements. Their new UltraRange EXO MTE-3 features a Gore-Tex waterproof package with guaranteed breathability, 3M Thinsulate to retain warmth and an outsole with All-Trac for advanced traction. Welcome to the new age of MTE!



ecologist Men's Fisherman Sweater (\$395; ecologist.com)

Style meets functionality in this traditionally inspired loose-fitting merino wool fisherman sweater. Spun to be naturally speckled, the yarn is woven into a thick-ribbed knit. Durability meets superior softness to keep you cozy in wet or cold weather with this thick knit sustainably made from Donegal Yarns. With a lighter feel and softer texture, merino wool is grown by merino sheep—making it a natural, renewable fibre. It's thinner than regular wool, making it easy to wear next to the skin.



Danner Trail 2650 Campo GTX (\$275; global.danner.com)

Inspired by the Pacific Crest Trail's mountain passes, the lightweight Trail 2650 Campo GTX hiker is designed with Gore-Tex Invisible Fit Technology—a bonded membrane that creates a reliable waterproof barrier with superior breathability and sock-like comfort. The Trailguard platform and Vibram Megagrip outsole keep you steady on your feet.

Ridge Merino Women's Aspect Merino Wool High Rise Base Layer Bottoms (\$93; ridgemerino.com)

This design features a high-waisted fit that provides comfort and coverage on the hill and off. Ridge Merino developed a new merino wool fabric that is super-soft, durable and has great recovery to retain its flattering shape. Merino next-to-skin offers all the technical performance benefits that occur naturally with your favourite fibre.



Beyond Ultra Lochi K3 Jacket (\$279; beyondclothing.com)

Fully reversible and self-stowing, the Ultra Lochi K3 jacket is ideal for both outdoor and city adventures. Made of 100 per cent post-consumer recycled content, the PrimaLoft Black Bio insulation retains warmth without bulk and functions when wet. Featuring 20-denier quilted micro ripstop treated with DWR, the Ultra Lochi K3 is weather-resistant on both sides of the jacket.

INTO GEAR

Merrell Chameleon Thermo 8 Tall Waterproof (\$220; merrell.com)



Look no further than the Chameleon Thermo 8 Tall Waterproof for the ultimate get-you-through winter boot. With 400 grams of insulation keeping your toes warm, Vibram outsole for traction on slippery surfaces, and snowshoe strap ridge, this boot is as adaptable as its namesake for all of your winter adventures.

Quikcord (\$43.55; quikcord.com)

Quikcord dispenses your paracord untangled every time. In an emergency, time is precious. To save time

Quikcord also incorporates a built-in blade and an emergency buzzsaw signal. Flares last only seconds and strobes can break—this signal lasts 12 hours.



Alternate Route Coffee Co. Instant Coffee

(from \$3.95; alternateroutecoffeeco.ca)

It's now easier than ever to enjoy great coffee wherever your Alternate Route might take you. The same Alternate Route Coffee flavour that you know and love, mixed with some serious innovation from specialists at Hasty Coffee, this collab brings you instant coffee convenience with craft coffee flavour.



Quick Wax MountainFlow Eco-Wax

(\$22.99; spryactive.ca)

mountainFLOW's Quick Wax is easy to apply and works great in all conditions. Comes in two-ounce containers; available for warm and cool conditions; plant-based and biodegradable—with zero per cent petroleum. This is the wax for a buttery smooth glide! Quick Wax offers a 100 per cent Stoke Guarantee—if you're not totally stoked on their wax products you can return 'em, no questions asked.



Glerups Slip-On with Leather Sole in Denim (\$99.95; glerups.ca)

This is barefoot comfort for home, cottage, chalet and camp. Toss in a pack for your sleeper or holiday. One-hundred per cent natural wool, in fun colours; and 100 per cent no itch. Natural comfort since 1993.



Made with Local Real Food Bar (\$3.49; madewithlocal.com)

Made with Local is a Nova Scotia-based snack foods company that creates simple, nourishing foods with social impact, baked-in. Their five flavours of addictively delicious bars are available at grocery stores all across Canada and online!

7 Summits Snacks Explorer Box

(\$33; sevensummitssnacks.com)
7 Summits Snacks will "peak" your tastebuds on a worldly adventure with chocolate. The Explorer Box is built to fuel your next adventure—you'll find a sample of three flavours: Everest, Denali and Aconcagua in both our 80-gram Superfood Bars and 30-gram Endurance Bars.



Smartwool Men's Hike Classic Edition Light Cushion Mountain Pattern Crew Socks

(\$24; smartwool.ca)

The first-ever merino wool hiking socks are now made more sustainably than ever. Light cushioning on the bottom of the sock and responsibly sourced, ZQ-certified merino wool offers comfort and natural performance benefits that help take care of your feet on every hike.





EXPLORE THE WORLD: YERVANA



LOCALS ONLY

This is how you can book your next outdoor adventure with a local guide

Toshimi Jan Muniz grew up travelling the world. His parents spent time in Kenya, Nigeria, Canada and Japan before raising him in the Dominican Republic.

Today, Toshimi is a wedding photographer based in Montreal, Quebec. He spends his downtime in the winter months travelling internationally. "I love Montreal, but it gets pretty cold here, so I'd fly down to Central America, the Caribbean or Europe for a few months and go backpacking," he says. "New Zealand was wild. You point your camera anywhere, and it almost gets tiring—it's just so beautiful."

This past summer, Toshimi took the opportunity to explore Canada's vast adventure playground and get to know the country he now calls home. He decided to spend three months travelling through Western Canada in a van, and tried to seek out local gems and new activities along the way. He learned about an adventure-sharing app, Yervana, through a friend and was excited to try it out.

His first adventure with Yervana was with Kevin Bradshaw. It was a kayaking tour of the bay in Ucluelet. "I had been on a whale watching tour the day before, and both tours were surprisingly educational. Yes, it's fun, and you're exploring, but the locals

live there. They care about what makes their area important: the eagles, the salmon, the overfishing, the old-growth forests... I learned so much through these tours."

Toshimi mentions that a lot of this knowledge is stuff you can't find on Google. "It's like having the inside scoop," he says. "We all went out and had a beer at the local brewery, and they told me there was a live show on. There's a whole bunch of stuff happening in every town, city or area that I wouldn't have known about otherwise."

He says Yervana's Locals make the adventure more interesting. "You cut down on your research time and get to see a unique experience before it pops up on Instagram. Locals will always know best."

Locals will also be able to pivot easier, so you don't get stuck on an unpleasant trip in bad weather or on an uber-crowded trail. If you don't know how to do an activity, you can learn and try something new—with a professional who is an expert in the area.

"When we went mountain climbing in Jasper, we learned the Local with us literally wrote the book on climbing in the area. With access to that databank of knowledge, you can come back another time to try new things. While I don't do well with heights, having someone that's so confident and comfortable gives you the same vibes. Even

if you're a pro—this adventure offered more than just an intro class."

He explains that getting to go on an adventure with a Yervana Local gives you that feeling of, "I know someone." On another trip, he tried out mountain biking in Revelstoke. Although he's comfortable road cycling, he quickly realized how important it was to have a certified instructor teaching the basics. Toshimi and his partner both ended up falling but got back up and dusted off—but the learning environment gave them the confidence to keep going.

Yervana offers a range, from snowshoe tours and backcountry climbing to wildlife viewing and Indigenous outdoor adventures, so it can be accessible for everyone, Toshimi says. It's tailored to people who are looking to get off the beaten path a bit. He also mentions how Yervana helps to empower local guides and adventure operators, bringing more business to them and providing recurring clients.

"I have booked with bigger, typical booking companies, but I've never booked with one so salt-of-the-Earth. I've done about five trips with Yervana. I'm excited to try backcountry skiing—again, a little bit out of my comfort zone, being Dominican—but these guys are pro. If I'm going to try something, it's going to be with Yervana."

Find out more at yervana.com. ✕

ABOVE:
Hiring a Local with Yervana is like "knowing someone."

EXPLORATION

» GEAR » DESTINATION » EDUCATION

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THE MOMENT



By Jenny Rae Bateman

Stand-up paddleboarding an icy river in southeastern British Columbia? Why not! In the photographer's words: "My husband Justin had been away working in Dubai for several months and was thankfully able to come home for Christmas. So, in proper Bateman fashion, we headed out where there are fewer crowds and more fun to be had. The Kootenay River is one we float often. It was a mild winter day, the ice on the river was breaking up which made for a more dramatic SUP photo. A day on the river is a day well spent, even better if you bring mushroom soup and make a date out of it."

Details:

Model: Canon 5D Mark II
Lens: Canon EF 17-40
1:4 L USM
Shutter Speed: 800
Aperture: f/7.1
ISO: 800
Focal Length: 28mm

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= GOLDEN RULES =



Photo by Leigh and Spring

Head to Golden, B.C. for the ultimate winter adventure.

Located in the Canadian Rockies, surrounded by vast expanses of ski terrain and boasting some of the driest and most abundant champagne powder in Canada, Golden is a paradise for the serious skier.

Heli-skiing was born in Golden's backyard, and today Golden is home to three heliskiing outfits and one cat-skiing operation, offering single to multi-day packages, with or without lodging.

Recognized as the ski touring capital of the world, Golden and the surrounding area has twenty-eight backcountry lodges offering every type of experience, all with spectacular views. If you prefer groomers head to Kicking Horse Mountain Resort, a playground for everyone and boasting one of the highest vertical drops in North America.

Helping to keep our community and visitors safe: Remember to keep informed with public health advisories and abide by all protocols. When traveling to other communities, be respectful of the people who call this place home, and to the fellow travelers we share the roads, trails, and waterways with.

Find more hints and tips on travelling safely and responsibly at www.tourismgolden.com/travel

Start planning: tourismgolden.com/explore



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