



April 2007



Strengthen Your Back Part 2

As the snow begins to melt from the hiking trails revealing the first of the spring crocuses it's time to think of getting ourselves in spring condition!

Just like the blossoming flowers it's time to open the chest and pull back the shoulders! Here are two easy and essential exercises to do to strengthen the upper back muscles: Rhomboids and Lower Trapezius.

Seated, with knees 90 degrees, lean forward with your chest supported on your thighs; back and neck in a straight long line; raise your arms out to the sides

to 90 degrees, shoulders externally rotated (thumbs up), and squeeze your shoulder blades together- repeat 8- 15 times. This targets your Rhomboid

muscles between your shoulder blades. To strengthen the lower part of the upperback- the Lower Trapezius, do the same movement except internally rotate your shoulders (thumbs down)- repeat 8-15 times. Try to work you way up to 3 sets of 15 reps per exercise, 3 times a week. With a strong upper back it will become natural and easy to maintain proper posture which allows you to hike, rock-climb and perform any daily task with more efficiency and endurance.



Summer's *sizzling* at HCA!



stunning backcountry scenery? Choose our **heli picnic**, and be whisked away for a half day of gourmet dining in the best-looking restaurant that Mother Nature has to offer — the Canadian Rocky Mountains.

Want to stretch your legs? **Heli hiking** gives you the best of all worlds: an exhilarating helicopter ride into the backcountry, breathtaking hiking routes that few feet ever touch, and a luxurious lodge to enjoy at the end of the day.

Tempted by the mountain peaks? If you can climb two stairs at a time, you're fit for **heli mountaineering**. There are no ropes required for this adventure — just steady steps up till you reach the peak or ridge that you've set your sights on. We'll even plan a sheltered route if you're nervous about heights.

Ready for real adventure? We plan several week-long **heli-backpacking** trips every summer, using the helicopter to transport most of the gear so that we're left with light loads and lighter hearts as we travel from camp to camp.

Time to learn? Our courses take you deep into the skills and techniques that will boost your knowledge and comfort level in the alpine. **Rock climbing, mountaineering and photography** workshops are all on offer.

We've been cooking up our latest heli adventures for the summer season, and we're pleased to announce that this season is sizzling!

Every year, we take a look at where we're operating our adventures, how we're putting them together, and what we can do even better than before. This season is no exception — along with our special 100th-anniversary climb of Mount Begbie in June, we're tweaking our heli hiking, mountaineering and backpacking routes, and making it easier than ever to create the perfect recipe for the adventure of your dreams!

Looking for a quick hit of pure alpine air and

www.helicanada.com
1-888-837-5417
(toll free in North America)



About Heli Canada Adventures

HCA specializes in exclusive, small group heli adventures. Our summer adventures range from heli picnics to heli backpacking, with heli hiking and heli mountaineering as our signature offerings.

Our winter adventures feature powder ski and snowboard touring, and heli snowshoeing — and we also team up with two high-quality partner companies to offer heli skiing and heli snowboarding.

We match each trip and group to your pace and expertise, making our adventures ideal for families, couples and single travelers. We also specialize in designing corporate, private and incentive heli adventures to fit your goals. From our base in Revelstoke, British Columbia, we provide unparalleled access to some of North America's most pristine mountain wilderness.



It's Easy Being Green

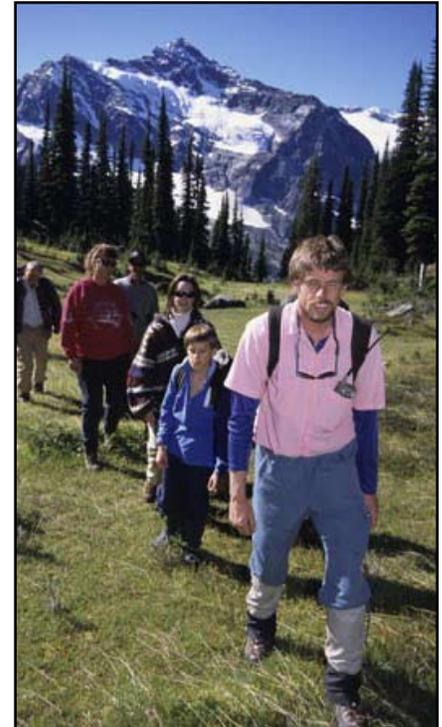
There's nothing that makes us happier than hearing the increasing focus on eco-tourism and the environment. We rely on the health and well-being of the mountain backcountry each and every day — for our clients, and also for ourselves. We're all in the business of guiding because we have a deep love for the outdoors, and the mountains in particular.

We do everything that we can to help preserve the mountains in which we're operating. We constantly monitor the condition of the areas where we travel, and the movement of wildlife so that we don't overload an area or interfere with the animals whose home this is. The helicopter drops us off and picks us up in short order — the pilot never simply idles the engine. From the big issues like abiding by our provincial licenses to smaller (but important) issues like packing out every bit of our trash, we think it's easy being green, simply because we don't know any other way.

If you have any questions about environmental issues, don't hesitate to ask us!

Featured Adventure Mount Begbie Mountaineering

We can't wait. June 11 marks 100 years since the first documented summit of Mount Begbie, and we're going up, up and up — again! To honor the four adventurers who claimed the summit a century ago, we're taking four groups up to the top of Mount Begbie. You'll hike and mountaineer on cleared and marked trails (no climbing required!), with outstanding



potential for views over the wide Columbia River Valley.

We're truly privileged on this trip to be able to walk in the footsteps of Swiss mountain guide Edward Feug, one of the men who helped open up the Rocky Mountain experience for visitors from around the world at the turn of the last century. Come and join the celebration — and remember that you can combine the Mount Begbie event with heli hiking, heli mountaineering or any of our other great adventures!

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We would love to hear from you!