

June and July 2012

Heli Canada
ADVENTURES

Revelstoke
SKI TOURING

Easing Into Summer



INTERESTING TIDBITS . . . DID YOU KNOW?

We're hoping that what draws you to Revelstoke is an experience with Heli Canada Adventures that you'll remember forever. But we're also hoping that you'll stick around to enjoy the surrounding area in all its summer glory as well. Did you know that if you start driving the Trans Canada Highway from Vancouver and make your way to the Alberta border, you will pass through no less than three national parks? Mount Revelstoke National Park, Glacier National Park, and Yoho National Park. Check out [hellobc](http://hellobc.com) and get your summer planning started!

To book, just drop us a line at info@helicanada.com or 1-888-837-5417.

Well, we seem to be right on track here in Revelstoke and area. We're slowly moving from spring-like rain and cool weather very nicely into exploding flowers and warm, balmy days. We're pumped for the summer season and look forward to helping you experience the alpine like never before! Farmer's Almanac tells us that June through August will be a bit warmer and drier than usual, which is a bonus for those of us who live to be outdoors!

Some of you may love the idea of a heli adventure with a partner or family

members, but might be hesitating regarding the cost. We understand. We've all been tightening our belts and the past few years have been tough. But a recent conversation with a team member reaffirmed for us why we do what we do.

This individual had the opportunity to save her pennies and go on a multi-generation trip to Europe. The

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1-888-837-5417

(toll free in North America)



"Today is your day! Your mountain is waiting. So... get on your way."

– Dr. Seuss

Tips from the Team:

The team at Heli Canada Adventures knows all too well the importance of nutrition when it comes to enjoying nature and all its challenges. Keeping your energy level up is vital when out in the backcountry. From a relaxed heli hike with Bob to a demanding multi-day mountaineering adventure, being at your best physically will greatly enhance your trip. We've recently come across a recipe for a cookie that is second to none. The equivalent of grabbing a handful of nuts and dried fruit, this cookie combines yummy with healthy goodness and will power you through a fabulous day with Bob and his team. Try them – you won't be disappointed.

Katie's Breakfast Cookie

2 cups flour (1 whole-wheat, 1 all-purpose)

¾ tsp baking powder

½ tsp baking soda

½ tsp salt

1 ¼ cups large rolled oats

½ cup cane sugar

1 cup almonds, chopped

1 cup dried apricots, chopped

½ cup canola oil

½ cup milk (cow, soy, coconut)

1 Tbsp vanilla

350 degrees for approx 15 minutes. Makes one dozen.



three-week trip was a resounding success, and memories were made that will last forever. Mother, daughter, and granddaughter were thrilled to experience new and exciting things together. When asked if it was expensive, the answer was a resounding, "Yes!" When asked if it was worth it, the answer was once again a resounding, "Worth every single penny spent."

Heli Canada Adventures provides you with experiences that are out of the ordinary, not your usual everyday routine, something apart from the daily stuff. We love nature and all it can offer and we're committed to making a trip with us fun, safe,

and memorable for all involved. And the best part? No jet lag! Life is indeed short, so grab it now and do the heli picnic with the family, whisk your love away for a bracing heli hike, or sign up for the photography course that you always said "One day..." about. The kids are growing faster than you ever imagined... what better time than now to do the family mountaineering trip, before they get jobs and graduate?

Call us now and we'll help you with all the details. All you need is the enthusiasm and the desire, and we'll help with the rest!

Contact Information:

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We would love to hear from you!

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