



September

2007



Featured Adventure Powder Ski Touring

Yes, we know that it's still heli hiking season out there — and it's still spectacular. But we've seen the dusting of snow on the peaks, and we know it's coming: powder ski touring season! Think about it: you, a small group of, say, six people, plus two professional guides. You've all stepped off the helicopter, and you're watching it head out of the valley, back toward Revelstoke. As the sound of the rotor fades, it's just your group, and trackless snow as far as you can see.

It's time to lay down some tracks of your own. Skin up, and start climbing, because when you reach the top of the slope, it's all about the downhill: choosing your route, bagging the turns, and finishing in a flurry of powder. Then you get to do it all again! Fresh air, fresh snow, and a fresh look at just how good life can be. If you have questions, contact us at info@helicanada.com or 1-888-837-5417. And be sure to reserve your dates early!



**Back to School, Back to Work,
Back to the Backcountry**



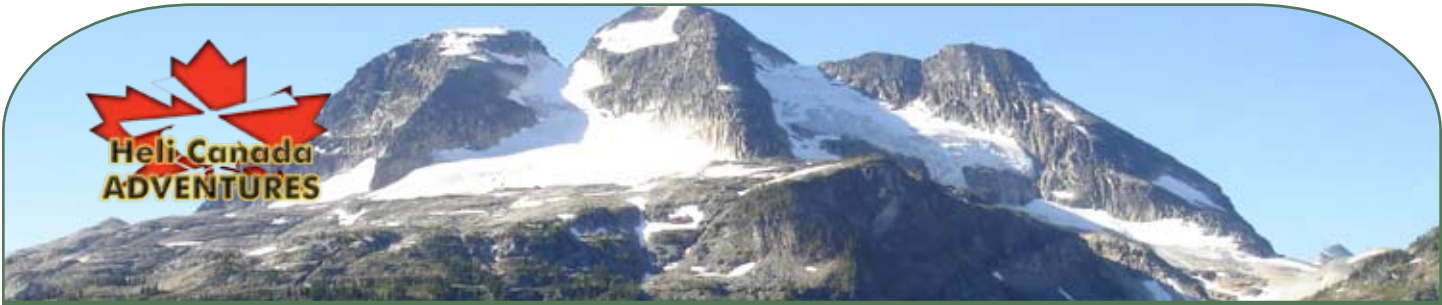
To be honest, we never really left the backcountry...but we know what it's like in September. We tend to "fall" back into our routines, heading back to school (or guiding the kids there instead) and getting back into the rhythm of work. If you think about it, you're following nature's lead. Here's what's happening in the backcountry!

First of all, the nights are getting longer and cooler, even a little frosty. That signals the trees to start preparing for the winter: chlorophyll production drops, and since chlorophyll is where the leaves get their green colors from, suddenly the other colors get a chance to shine through (that's right: they're there all along, but hidden by all that spring and summer green). In our area, the aspen and birch in the lower valleys turn a beautiful

gold, matching the larches higher up.

Those colder nights are also signaling the wildlife in the alpine to get ready to migrate, hibernate or put on weight. Squirrels start storing foodstuffs in little caches, our black and grizzly bears pack on the pounds to give their bodies a head start on the long sleep through winter, and the summering birdlife — like the eagles — turn their heads and wings south to warmer pastures.

**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.

This is one of the best times to enjoy the scenery. Not only are the colors vibrant and the wildlife busy, but the drop in the sun's angle relative to the horizon strips the harshness from the light that bathes the peaks and valleys. It's ideal light for photography and great weather for hiking and mountaineering. (In case you're wondering, the trick is layering your clothing: as the day gets warmer, you can just take off whatever's got you too warm.)

Let us know if you'd like to join us, up where the berries are ripe and the leaves are glowing. It's fall — and it's great!

Our Favorite Backcountry Backpacking Recipe

We promised you in the last newsletter that we'd share some backcountry recipes with you, so here's our fave. Remember — if you have hits of your own, send them our way and we'll share them in upcoming newsletters.

Veggie Middle Eastern Stew

- 1 cup couscous
- 1 eggplant, diced
- 2-3 garlic cloves
- 2 zucchini or 1 each zucchini and summer squash, diced

Vegetable Broth

- 2 tablespoons olive oil and Feta cheese
- 8 oz can tomatoes or 8 sun-dried tomatoes

If using sun-dried tomatoes, hydrate in four cups hot water for 10 minutes or until soft. Sauté vegetables and garlic in olive oil; cover and simmer until done. Meanwhile bring two cups water and vegetable broth to boil, add couscous and remove from heat. Wait five minutes allowing cous-

cous to absorb all the water. Serve vegetables over couscous and sprinkle with feta cheese. Garnish with your favorite nuts and enjoy!

Big Eddy is Nine!



Those of you who've traveled with us in the mountain backcountry around Revelstoke will likely have met Big Eddy. (Check out his photo — we think he's definitely the cutest HCA staff member!) Big Eddy's a golden retriever/black shepherd mix who has qualified as a Canadian Avalanche Rescue Dog. He recently took a break from training, playing and generally enjoying life to celebrate his ninth birthday with a few canine friends.

We're pleased to report that everyone behaved extremely well. Much chasing, dodging and toy stealing occurred, but no fur flew. We chose Hills Science Diet kibble for a special dinner (actually, it's his special dinner every night, but he was happy to wolf it down as usual) along with just a few extra treats (even a pooch has to watch that paunch). When asked about his plans for the coming year, Big Eddy reported that he's looking forward to more tracking of scents, munching of treats, and digging through snowbanks. And welcoming more new pals to the alpine!

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We would love to hear from you!