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**SUMMER  
FALL 2010**  
Volume 20, #2  
**milehigh.ca**

# The Marmot



## MILE HIGH NEWS ON MOUNT WASHINGTON



**Accommodations  
Events • Park Maps and More**

### Construction begins on the long-awaited Vancouver Island Mountain Sports Centre

“The dirt will fly this summer, it’s good to be at this point,” says Rick Morson, President of the Vancouver Island Mountain Sports Society (VIMSS), which is overseeing the construction of the Centre.

Morson has been involved with the multi-phased project since its inception in 2003, and is looking forward to seeing the Centre complete.

“It’s going to be really nice to have it finished but it’s exciting to have it where it is now, becoming a reality,” Morson said.

“CEI Architects of Victoria completed the final designs in the spring and a contractor is due to be chosen in June,” Don Sharpe, Mount Washington Alpine Resort Director of Business Operations said, “ground was already broken as the snow began to melt so soil samples could be taken for environmental assess-

ment, Mount Washington Alpine Resort.”

Once complete, the Centre will be a regional training centre focused on emerging athletes - much the same as VIMSS, which, since 2003 has supported budding mountain sport athletes through bursaries and scholarships.

The wheelchair accessible Centre will feature a full complement of sport-specific facilities, such as a fitness centre, equipment maintenance room, coaches’ offices, a multi-purpose media room and group accommodations for 40 in a hostel-like setting. People who live and work at Mount Washington full time will be able

*Photos: Tony Radomi, courtesy Mount Washington Alpine Resort*  
to take advantage of the fitness centre by either memberships or drop-in fees, Morson said. *continued on page 10*



## News In Brief

Encompassing people, places and community happenings at Mount Washington Alpine Resort.

**Mount Washington Resort has won many awards in its 31-year history: 'best powder', 'best snowshoeing' and even a nod for 'best tree-huggers' targets' have rounded out the list of awards.**

Now, the Vancouver Island Community Connections (VICC) has recognized the Resort for its outstanding commitment to inclusive hiring practices. **"Mount Washington is truly an equal opportunity employer,"** said Glenn Wildes, who, as a job developer with VICC, helps adults with developmental disabilities find meaningful employment in the Comox Valley. "They genuinely don't have any barriers in the hiring process."

While many companies strive to hire employees from visible minorities, one of

the things that make Mount Washington Alpine Resort so special is the simple fact that it doesn't.

"We hire the best employee that we come across for the best position," said Owen Embree, Human Resources Co-ordinator for Mount Washington. "I know we have a lot of minorities here, we just don't know who they are... You show up, you have a good attitude and you work hard, that's all we care about."

...

Volunteers, sponsors and team participants from the inaugural **Biathlon Snowshoe Blast** were honoured for raising \$17,200 at the March 28 event. Proceeds from the event were split: \$5,750 went to the Comox Valley Rotary's initiative to End Polio Now and \$5,750 to the Vancouver Island Mountain Sports Society to assist with travel grants for emerging mountain sport athletes. A tentative date of April 3 has been set for the 2011 Biathlon Snowshoe Blast.

...

**Ang Farquharson**, who used to handle event planning at Mount Washington, has "retired" to Ucluelet on Vancouver Island's west coast.

...

**James Clarke** - groomer in the winter, trail crew leader in the summer - now has a full winter under his belt as Slope Supervisor.

...

**The family area at Fat Teddy's** was a runaway hit for the winter, says Resort Director of Hospitality Tim Defert. So much so, that the Resort plans to leave the section in the bar and grill. The section was "very popular," Defert said. "Lots of people were coming in with their kids in the evenings."

...

Another change that Defert plans to keep is **Fresh, the eatery that replaced Fireweeds Restaurant** last winter. "We're going to continue to improve Fresh with different menu items," he said. The lounging couch area was most popular. Fresh will continue to have a cappuccino bar in it for the summer, but it also converts to a general store to cater to the summer crowds.

...

**Two new caretakers** have been making sure visitors' needs are met at two of the accommodation places at Mount Washington. **AJ Thomas** is caretaker at Blueberry Hill, while **Greg Gingras** has been taking care of Paradise Ridge.

...

**Cassie Sharpe**, 17, of Comox returned from an 18-day, two-province road trip with cash, a mitt full of medals and a national slopestyle ski title from the 2010 Canada Post National Freestyle Ski Slopestyle Championships at Canada Olympic Park in April.

Sharpe also competed strongly at the Panorama Mountain Resort's showoff Freestyle and at an Open Showdown competition at Silver Star Resort.

Sharpe capped off her road trip with five medals earned at the BC Freestyle Championship Series, including a first in Slopestyle and Big Air. She won first overall in BC for big air and third overall for moguls. In the National Women's Championship in Calgary, she won her first-ever National Crown after placing third the previous month at the Canada Post Junior Nationals in Halifax, NS.

"I've gained a lot of experience this year competing throughout B.C. and Canada," Sharpe said. "It just keeps getting bigger and better for me."

...



Cassie Sharpe

Three members of the **Mount Washington Freestyle Club** ruled the Terrace 2010 BC Winter Games this year. **Teal Harle** of Campbell River, 13, earned an overall combined silver medal.

On the women's side **Mariska Benisky** of Comox was named Queen of the Hill for winning the combined title for Zone 6 Vancouver Island-Central Coast. She earned two gold medals in the slope style and the moguls. The silver medal went to teammate **Emma Benischek**, 14, from Victoria who also won moguls gold.

...

The Comox Valley came out in droves in May to honour one of its pioneers, **Ruth Masters**, on the occasion of her 90th birthday. The self-styled environmentalist is a longtime member of the Comox District Mountaineering Club (she joined in the 1930s), and has named many of the lakes and geological features in Strathcona Park after veterans lost to war.

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# Chairman Peter Gibson

Peter Gibson, President of Mount Washington Alpine Resort, has been named Chairman of the Board for the Canada West Ski Areas Association (CWSAA).

Gibson has been involved with the CWSAA for eight years, the past four as Chair, B.C. and Yukon Zone, which represents 47 resorts in the region. "I have known Peter for 30 years and I am delighted that he will be at the helm as the chair,"

said Jimmy Spencer of Vernon, President of the CWSAA. Gibson has

been with Mount Washington since the year before the Resort opened in 1979. The past 10 years he has served as its President.

**"This position will allow me to give back to the larger 'snow' industry which has been so important in my life," Gibson said, adding that he is excited to assume this new role.**

"It was an expected move," he said, explaining that when the former Alberta Zone chair moved into that role, he was told in two years' time he would ascend the chairmanship.

"It's going to be a pivotal time in the direction the CWSAA is going to take," Gibson said. Spencer will retire as President and CEO in the next year and Gibson will be on a committee of three that will recommend who Spencer's successor will be. "Jimmy's done an incredible job with this organization," Gibson said.

The CWSAA is the representative body for the ski areas and heli- and snowcat operations for all of B.C., Yukon, Alberta, Saskatchewan and Manitoba. The Association represents 93 snow resorts, 160 associate members, 17 heli-ski operations and two international resorts.

The Association's mandate is to maintain a strong working relationship between resorts and promote the interests and co-operation between all ski area operators, industry suppliers and all levels of government.

There is a great deal of communicating that goes on between resorts, which is a benefit to resorts that are somewhat isolated, Gibson said. "It's good for Mount Washington to be seen as a leader."



## Snow Leopard puts Mount Washington on the Map

**The biggest pre-Olympic secret at Mount Washington Alpine Resort turned out to be one of the darling ski stories of the 2010 Winter Olympics in Vancouver.**

And it garnered more media attention than anyone at the Resort could have expected in an intense three-week period in February and March.

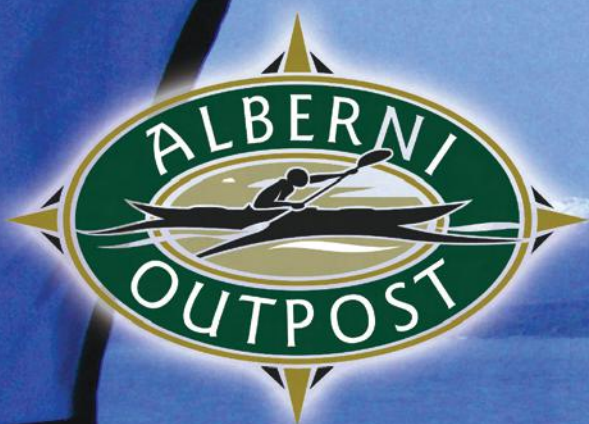
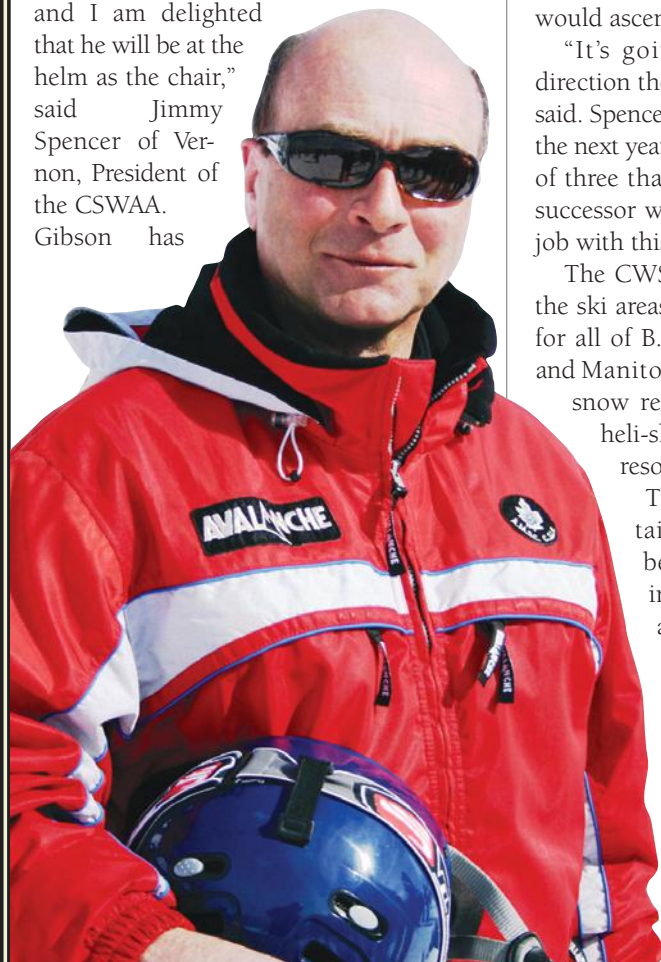
"I think Kwame took it to a new level. He was definitely a media

machine himself," Resort Director of Business Operations Don Sharpe said.

Kwame is Kwame Nkrumah-Acheampong, better known as the Snow Leopard - the Ghanaian Ski Team's sole entry in the 2010 Winter Olympics.

Kwame learned to ski just six years ago on an artificial indoor slope in Milton Keynes, England, where he was working at the time. If that didn't set him up as a media darling for the 2010 Olympics, the fact that he qualified to represent Ghana, an African country not known for snow, as an alpine skier cemented it.

*continued on page 27*



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## An Experience of Olympic Proportions

**Don Sharpe, Mount Washington Alpine Resort Director of Business Operations, is hard-pressed to come up with one defining story of his Olympic experience this past winter. He pauses, then grins.**

He begins to tell a story about how he, Comox Valley Economic Development Officer John Watson, former IPC World Cup Chair Darryl Pippin and Resort Nordic Operations Manager Marc Lyster went to Whistler, B.C. to watch some of the teams they had hosted compete in their respective Winter Olympic events.

The day they were at Whistler, Björn Ferry, a Swedish biathlon star, won a gold medal. One of the Swedish biathlon team members called Sharpe on the phone to tell them Ferry had won, and Sharpe said, "I know he won, we're here!"

So the team member told Sharpe and his colleagues – none of who had proper accreditation – to come behind the media barrier so they could celebrate too. "He said, 'they have to come back, they helped us win a gold medal!'"

They were able to celebrate with the team and later attend the gold medal ceremony, as well as share a meal with some of the Swedish team members in the Athletes' Village. "It was awesome," Sharpe said.

Nearly seven years after Vancouver was awarded the 2010 Winter Olympics - and the same amount of time Sharpe and the rest of Mount Washington's staff have been planning their own pre-Olympic events - it's finally over. *continued on page 27*

*Above: Don Sharpe (middle) enjoying the Olympic experience with Quatchi and Miga.*



*Above: Brent shown with his wife Helena and son Ryder enjoying a winter's day at the beach.*

## Brent Curtain In Profile...

**As Mount Washington Alpine Resort's Director of Public Relations, Brent Curtain is accustomed to being on the other side of the pen and notebook. But he doesn't hesitate to talk to another writer about his role at the Resort.**

"I love my job," he said over hamburgers and soup at Fat Teddy's. "I wouldn't trade it for anything in the world. To be able to work up here in this environment and to be able to ski, it's rewarding. "One thing about this mountain: you never get bored," he said.

Curtain first joined the staff at Mount Washington in 2001-02, leaving Whistler to become a Season's Pass Administrator for Vancouver Island's premier Ski Resort. He also worked in Guest Relations, having been Manager of Guest Services at Blackcomb before coming to Mount Washington.

At the end of summer in 2004, he and his wife rented out their home in Courtenay and spent seven months traveling to his wife's home country of Australia as well as Vietnam, Thailand and India (where they missed the Himalayan ski season by two weeks).

When they returned to the Comox Valley, Curtain was toying with the idea of taking graphic design at Emily Carr University of Art and Design. He returned to Mount Washington to say hello to some friends, and before he knew it a job had opened up in the public relations department. So he was back on the slopes. *continued on page 10*



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## What's Up... Summer 2010

Photo: Tony Radomi

### Hard work at the Mount Washington Bike Park over the past two years will pay off this summer, says Resort Director of Public Relations Brent Curtain.

Instead of expanding terrain, as they've done over the past several years, the Resort has refined what it already has. And a new trail for beginners (off the Hawk Chairlift) was slated to be built as soon as the snow started melting.

"At the end of last summer when everything was pretty well completed, the feedback was phenomenal," Curtain said of the changes.

Mount Washington now offers mountain biking terrain for the beginner through intermediate to advanced riders. The new beginners' trail will be approximately two kilometers long.

Those who prefer the two-legged transportation over two-wheeled will also benefit from work done at the Bike Park, Curtain said.

Older decommissioned single-track trails off the Eagle Chairlift will be made into hiking trails, to offer a hiking option right on Resort property. Resort owners found that even with Strathcona Park on their doorstep, visitors taking the Eagle

Chairlift would want to walk or hike around the mountain. More signage will be erected for the hikers, Curtain added.

"The style of trail some riders like has changed over the last few years," says Curtain. There is still a contingent that prefers single track trails, however more riders prefer "excavator trails", which are bigger, smoother, dug out trails. "That's where we've done a lot of our enhancements." The new bike trails are off the top of the Hawk Chairlift.

### Pro mountain bike racer Darcy Turenne, who grew up riding the trails at Mount Washington, will help break in the new terrain with See Jane Jump, a two-day bike fest for women.

"Her idea was to create the ultimate women's mountain bike festival," Curtain said. "She asked us if we'd like to participate. A lot of women do ride and we want to encourage as many to ride as possible."

The event kicks off Aug. 21 with riding clinics for beginners to experts, a dinner and slideshow of the day's events. The second day begins with a yoga stretch session and continues with a coached group ride, slopestyle/ jump demo open to all riders and some fun awards.

*continued on page 27*

## Winter Wrap Up

2009 / 2010

Photo: Tony Radomi

### Mount Washington Alpine Resort's 2009-10 winter season can be summed up in one word: SNOW!

The Resort got a lot of it, enough at the beginning of the season to open early, plenty for the January arrival of international athletes in pre-Olympic training and enough throughout the winter to stay open late into April.

Everything else fell into place around what Mother Nature provided, says Resort Director of Marketing, Brent Curtain.

"This was an unbelievable year," Curtain said. "We received over four metres of snow before we started the lifts in late November. By the end of the season over 15 metres of snow fell on the mountain."

By the time the powder settled, Mount Washington had enjoyed its second deepest snowfall ever. "The deepest season was 1998-99," Curtain said. "That season the actual base topped 900 centimetres (or 18.5 metres of actual snowfall)."

This year the base topped out at 700 cm at the end of March. The mountain's average snowfall is 10.5 metres.

Not many resorts in North America boasted those kinds of numbers this winter and with the world's focus trained on the lack of snow at Cypress Mountain, an Olympic venue, the fact that Mount Washington did have snow hit the world stage.

"When you look at what was happening on the North Shore during the Olympics... we were getting tonnes of snow on Mount Washington," Curtain said.

The Resort was also getting tonnes of media coverage, especially when Olympic training events had to be cancelled at Cypress, where they were trucking and flying in snow. Rumours were rampant that some of the events were going to be switched to Mount Washington. A reporter from Associated Press called Curtain saying the American wire service heard the Island Resort was in talks with VANOC officials.

"You had to laugh at the end of the day," Curtain said. "Logistically it would never have happened. We never entered into talks with anyone." Still, the media exposure was welcome, if not quite accurate.

"You can't measure that kind of marketing. You couldn't buy that kind of advertising or exposure. From that aspect it was huge and we were seeing an increase in traffic from the Lower Mainland and international visitors as well."

Staff thought the Resort might get a lot of "Olympic aversion" traffic this winter, but didn't anticipate how Canadians, and British Columbians in particular, would get into the Olympic party atmosphere.

"Definitely we saw big visits before and after." In all, 340,000 skier visits were recorded in 2009-10. Good snow allowed the Resort to stay open until April 24.

"It was nice to see things fall into place for us this season," Curtain said. "It was an interesting season because there were so many dynamic things happening around us, like the Olympics and the recession... people still aren't spending as much as they were four or five years ago."



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**Name:** Kwame Nkrumah-Acheampong

**Origins:** From Ghana born in UK (Glasgow, Scotland)

**AKA:** The Snow Leopard

**Hometown:** Mamfe Akwapim

**Location:** Prowling alpine areas

**Height Standing:** 5ft 10 Inches

**Weight:** 85kg

**Paw Size:** Large

**Eye Colour:** Cat Brown

**Food:** Carnivorous

**Music:** Anything with a good beat

**Family:** Married with 2 kids

**Education:** 2 Degrees

**Fastest Speed on Skis:** 90km/hour

## Tourism embraces Guerilla Marketing

When Tourism Mount Washington got off the ground three years ago, its goal was essentially to put Mount Washington Alpine Resort on the map as a vacation destination.

Co-ordinator Sarah Nicholson said the Boards for all three of those years have laid a solid foundation for the organization to build upon for the next few years.

"We have definitely done our part in putting Mount Washington on our global map," Nicholson said.

"Our successes to date have proving we're living up to our vision," Nicholson said. "We're steadily achieving everything we set out to do."

Despite two and a half years of economic downturn and global challenges, Nicholson and the rest of the Tourism Mount Washington board have used whatever tools were available to them, including guerrilla marketing.

**Nicholson's biggest marketing initiative to date is arguably the surprise arrival of the rare Snow Leopard at Mount Washington in January.**

Kwame Nkrumah-Acheampong, or the Snow Leopard, was Ghana's lone Olympic athlete in the alpine skiing events, and drew a lot of international media attention when he arrived at Mount Washington for two weeks of practice before his events at the 2010 Winter Olympics in Whistler.

Nicholson fielded calls through the night for two weeks, and was able to bring journalists over within hours for face-to-face interviews – something that proved being situated on an island is not an impediment, she said.

**Olympics aside, Tourism Mount Washington has enjoyed other accomplishments.**

**The Resort has acquired Tourism B.C.**

**Accommodation status for the managed rental properties, under the Tourism Mount Washington banner. "It gives a guarantee of quality of rooms," Nicholson said. "It's an accepted standard that tour operators want."**

Nicholson and the board will continue developing the travel trade and Mount Washington's reputation with tour operators, she said. Nicholson sits on the marketing committee for Tourism Vancouver Island (TAVI) as well as the UK marketing committee for the Canadian Destination Ski Consortium.

She also continues to work with other destination marketing organizations to maximize Tourism Mount Washington's dollars, and said there is room to increase membership.

"Tourism Mount Washington is actively encouraging participation and support from the Resort community," she said, adding that the organization is always looking for people interested in sitting on the board.

She is also looking at hiring people to again staff the information and check-in desk at the general store, a successful enterprise that was shared by the rental management companies at the Resort.

The home market will be key for 2010-11, and Nicholson will also continue to build relationships with tour operators overseas in an attempt to attract multi-night stays for the long term.

*Tourism Mount Washington's elected directors are: Rick Gibson, Peter Foreman, Ray Culberson, Tobin Leopkey and Lana Blair. The two appointed Mount Washington Alpine Resort directors are Tim Defert and Cathy Saflin.*

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## The Mount Washington Bucket List...



Photo: Neil Havers

**Not sure what to do during your visit to Mount Washington Alpine Resort this summer? Here are 10 "Must Do's" to get you started.**

- 1) **Take a chairlift ride** to the top of Mount Washington and enjoy a 360-degree view of Vancouver Island, from the Strait of Georgia to the Vancouver Island and Beaufort Mountain ranges. Hike or bike your way back down to the Alpine Lodge for lunch.
- 2) **Rent a bike and explore** the many mountain bike trails.
- 3) **Indulge in a family alpine action pack**, which includes disc golf, the Bungy Trampoline, mini-putt and a chairlift ride.
- 4) **Put on your walking shoes and take a hike**. New hiking trails will open this summer at the Resort, and a wheelchair accessible boardwalk at the trailhead to Paradise Meadows offers stunning views

within sight of Raven Lodge.

- 5) **Reach for your inner artist: bring a sketchbook** or watercolour set, find a peaceful place to sit and draw or paint "en plein air" (outside).
- 6) **Experience one of the Resort's many summer festivals:** beer, wine, music or food.
- 7) **Try rock climbing in Strathcona Park**, near Mount Albert Edward. Inquire at the sporting goods stores in nearby Courtenay or Campbell River.
- 8) **Take a guided alpine tour.** You'll learn more about the alpine flora or fauna.
- 9) **Go geo-caching** in and around the Resort. Check out the B.C. Geocaching Association at [www.bcgeocaching.com](http://www.bcgeocaching.com).
- 10) **Try your hand at fly-fishing** in one of the many alpine lakes.



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## Big Foot's Back!

**Two German tourists had an encounter of the sasquatch kind at Mount Washington Alpine Resort last winter.**

Mr. And Mrs. Rolph Fälschung were snowshoeing along some of the trails bordering Paradise Meadows on Feb. 6 when they spotted some prints on a steep slope.

"We thought nothing of the prints at the time," Mr. Fälschung said, "thinking they were other snowshoers walking ahead of us. We did think they were very adventurous because the slope was so steep."

The Fälschungs were visiting Mount Washington to watch some of the international athletes, especially their beloved Germans, as they prepared for the 2010 Winter Olympics and Paralympics in Whistler. The Fälschungs had saved for six years to come to Canada, and wanted to experience as many snow sports as they could.

They felt Mount Washington Alpine Resort was the best place to start their trip. They had already been at the Resort for three days before they decided to go snowshoeing.

As they neared a clearing by the groomed runs where some of the international biathletes were skiing, they came across prints that were in an area of crusty snow, and they saw distinct toe marks in the prints.

**"Oh mein god, they were so big," Mrs. Fälschung exclaimed. "The big toe was longer than my pointing finger."**



There were a few long, coarse brown hairs stuck in some snow crystals in the first crusty print they saw, she added.

Curious, the Fälschungs followed the prints for almost a kilometre beside the groomed runs, but they disappeared into the bush.

Although they spent two more days out snowshoeing, the Fälschungs did not spot any more signs of sasquatch.

Asked why they decided to report their sighting to the Marmot newspaper and not the authorities, the Fälschungs said they wanted to keep their encounter with British Columbia nature to themselves, especially because they had seen reporters from several international media outlets skulking around, looking for stories.

They had read an article on the Mount Washington sasquatch in a previous edition of the Marmot and decided to share their story with Resort residents "who understand the sasquatch and will allow it to live in peace at the Resort – not exploit it."

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### KYUQUOT ADVENTURE

Overnight trip departs Thursdays (year round), includes accommodations, dinner and breakfast in Kyuquot.  
Double Occ: \$495 ~ Single Occ: \$365 ~ Child (6-12 years with adult): \$175

### ESPERANZA ADVENTURE

Overnight trip departs Tuesdays, includes accommodations, breakfast, and an overnight stop in Zeballos. June 15 to September 14, 2010  
Double Occ: \$395 ~ Single Occ: \$260 ~ Child (6-12 years with adult): \$95



Reservations Required  
1-877-824-8253  
or 250-283-2515  
[www.mvuchuck.com](http://www.mvuchuck.com)







Photo: Tony Radomir

## Mountain Bike Responsibility Code

Mountain biking involves the risk of injury. Common sense and caution can reduce the risk. For your safety and the safety of others, please adhere to this code.

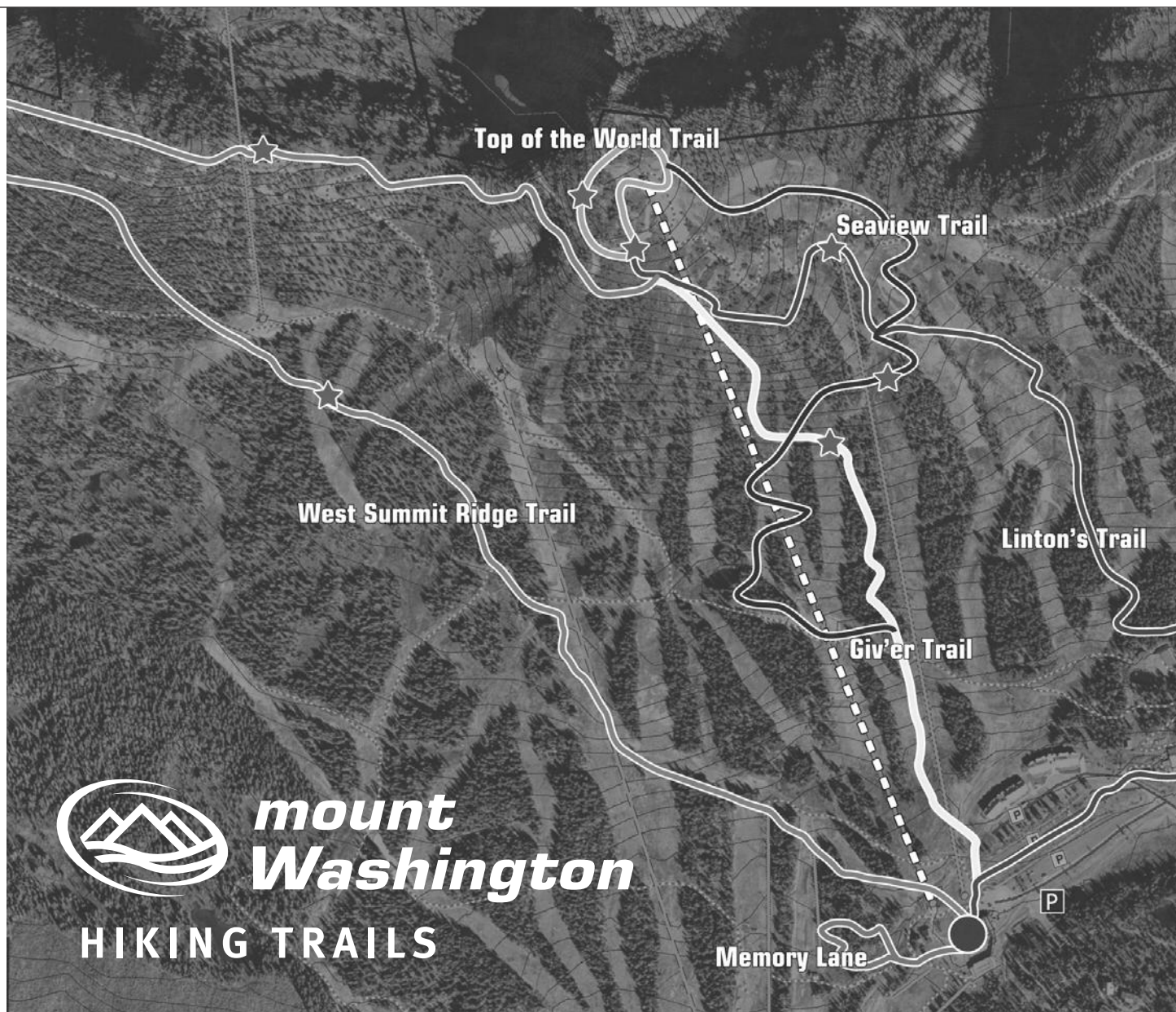
- 1 Ride in control and within your ability level. You must be able to avoid other people or objects.
- 2 Stay off the lifts and trails and out of the Bike Park if your ability is impaired by drugs, alcohol or fatigue.
- 3 Wear a helmet. It is mandatory. Other protective equipment is strongly recommended.
- 4 Inspect your bike or have it checked by a qualified bike mechanic before you ride.
- 5 Be sure you have the physical dexterity, ability and knowledge to safely load, ride and unload lifts. Ask the Lift Attendant for assistance if you need it.
- 6 Be aware of changing conditions on trails and features. Inspect features before use and throughout the day.
- 7 Stay on marked trails. Ride only in the direction indicated by trail markers. Obey all signs and warnings. Do not cut switchbacks. Keep off closed areas.
- 8 Avoid riders ahead of you. They have the right of way.
- 9 Look uphill and yield to other riders when entering a trail or starting downhill.
- 10 Do not stop where you obstruct a trail or are not visible from above.
- 11 If you are involved in or witness a collision or accident, you must identify yourself to the Bike Patrol or a staff member.
- 12 Do not feed, provoke or approach wildlife.

## Know the Code • Be Safety Conscious It is Your Responsibility

Park privileges will be removed for breach of code.



Photo: Tony Radomir



## Hiking Trail OVERVIEWS

**Top of the World** (Beginner) 1km  
Access these trails from the Eagle Express Chair. Enjoy the spectacular panorama from the peak of the mountain. This trail is a "must do!"

**Linton's Trail** (More Difficult) 2.1km  
Following the famous ski run, Linton's Loop provides great views of Strathcona Provincial Park.

**West Summit Ridge** (Most Difficult) 4.3km  
This trail winds through West basin and then crests Little Mount Washington before descending through alpine meadows.

**Giv'er Trail** (Most Difficult) 1.1km  
It's steep up and steep down, one of the more fun and challenging ways to get to the peak!

**Memory Lane** (Beginner) 0.4km  
This short trail has a series of benches to commemorate staff, family, and friends who have passed.

**Seaview Trail** (More Difficult) 1.3km  
What was once a bike trail has now become one of the more formidable hikes on the mountain.

**Lodge Trails** Use these trails to conveniently walk from Deer or Bear Lodge to the base area.

### Scenic Chairlift Rides

The Eagle Express chairlift is a state of the art chairlift that comfortably carries you up the mountain; dubbed "The Eagle" because it will seem like you're soaring above the mountain for the whole ride! It's a 15 minute ride each way, allowing you time to take in the fantastic view. Getting on and off the chair is made easy as the chair automatically slows down at the loading areas. The view from the top of Mount Washington is an awe-inspiring 360° panorama of the rugged mountains of Strathcona Park, Comox Glacier, The Comox Valley, Gulf Islands, Desolation Sound, Georgia Strait, and the Coast Mountain Range. Once at the top you can hike on one of the well marked hiking trails and either return to the lodge on foot or ride the Eagle Express back down.

**Raven Lodge** is the Gateway to Strathcona Provincial Park. The Raven Lodge Trailhead is 1000 meters above sea level. It provides you with immediate access to the lakes, meadows and mountains that make BC's oldest Provincial Park so enchanting. The hiking trails from the Lodge are very well maintained and provide access for the disabled to the Park.

## ALPINE STATS

**Summit Elevation:** 1588m (5215 feet)

**Vertical Rise:** 505m (1657 feet)

### Summer Lifts:

Eagle Express,  
Hawk 6IX Pak (mountain bikers only)

### Tread Shed:

Mountain Bikes and Gear Rentals,  
Sales, Parts and Bike Service

### Alpine Lodge:

Fat Teddy's Grill,  
Altitude Sport and Gift  
and General Store

### Raven Lodge:

Strathcona Provincial Park Trailhead



## Mountain Sports Centre

*continued from page 1*

An Operations Manager will be hired, and will live onsite in a Caretakers' suite. An Executive Director will make sure the Centre runs as a sustainable business, an independent consultant, George McKay of Victoria, has been hired to develop the Centre's operational plan "so that when we do open, we open busy," Sharpe said.

Morson expects the building to be in lock-up phase by October and operational sometime around January 2011.

**The entire project, of which the Centre is the final phase, is expected to come in around \$2.2 million. Funding has come from a variety of sources, including the Western Economic Diversification Fund, Island Coastal Economic Trust, Mount Washington Alpine Resort and the Federal Government's Community Adjustment Fund.**

Other sponsors, such as TimberWest, have also been key, Morson said. "Rick Gibson of Royal LePage has been an important private donor for the project. He's contributed a large amount of money for the building of the centre," Morson added. "He's so committed to the mountain and what it stands for; he's helped make this happen."

A longtime snow enthusiast himself, Morson supports the Mountain Sports Centre and VIMSS because they both improve youth participation in mountain sports (skiing, snowboarding, biathlon and mountain biking). Morson coaches with the Strathcona Nordics and is

a master racer too (he started skiing at Mount Washington in 1981 and at Paradise Meadows with a Comox Valley-based ski club in the mid-70s).

The Centre is expected to attract user groups from the recreation, sport and education sectors such as ElderHostel, school groups, summer camps and perhaps one day the parks and recreation departments from surrounding communities, Morson said.

Mount Washington based user groups are anxious to see what the facility will look like and how it will operate once it's finished.

"We are very excited to see the Mountain Sports Centre go ahead," said John Trimmer, head coach of the Mount Washington Ski Club.

**"This will give us a much needed place to work on fitness while on the mountain and it will provide teams visiting us to race and train with the perfect place to stay."**

Trimmer said the Ski Club will take advantage of the new Centre in all seasons "and I know it will give our team an extra little jump on the competition."

For Dave Battison, head coach of the Strathcona Nordics, the potential the mountain sports centre will have for his Club is still an unknown. "I think the facility is great," he said. "The Hostel is going to be good for us to do camps. The rest of it is yet to be seen, how it's set up and run."

The Nordics have operated the past six seasons without an office or facility, so he

is interested to see how the cross-country teams will fall into the building's setup.

Strathcona Nordic Biathlon Club coach Joe Bajan said the new Centre will help in two ways as the Club rebuilds its programming.

"It's a valuable tool we can use for training athletes," he said. "In the big picture it's really going to help us attract more outside-the-area biathlon groups to come in and train."

The Centre will also help enhance Mount Washington Alpine Resort's reputation of being able to accommodate teams with their first-class facilities, and the clubs that compete at the Resort will benefit indirectly, he added.

## Brent Curtain

*continued from page 4*

The ski bug bit Curtain long before he ever set foot on Vancouver Island. He grew up in the Ottawa Valley and learned to ski in Grade 6 at Mount Pakenham, just outside Canada's capital.

His grandparents lived in Nanaimo on Vancouver Island, so he spent some time in this area. Once he finished high school he moved out west, took the Ski Operations Management Program at Selkirk College in Nelson, B.C. and moved to Japan to work at the Kawaba Ski Jo (resort) on Honshu, Japan's main island.

"After that I came back and it was the 'University of Whistler', which basically sucked me in," he said.

Curtain met his wife, Helena, while working in Whistler. "She was traveling for a year and was working as a lift operator on Whistler. I interrupted her year-long vacation," he said, adding that Helena didn't return to Australia for three years.

He credits Helena with the family's decision to move to Vancouver Island. A registered nurse, she was unable to pick up enough hours working as an operating room RN in Squamish. She wanted to work full time as a nurse, and the Island was an easy choice because they already had family there.

"Before we even considered moving here from Whistler, we came over for a visit," Curtain explained. "We came for a two-day ski vacation to Mount Washington. I honestly hadn't heard much about it except they got a lot of snow. 'My first time at the top of the mountain, I couldn't believe the view,'" he said.

Helena now works at St. Joseph's Hospital in Comox. And Curtain? "Now it's my job to get that photo of the view from the peak into as many minds as possible. Because it really is one of the most amazing views you could have."

**In October 2008 the Curtains embarked on another project: their son Ryder, who turned one in October.**



## Summer Skiing on Mount Washington

**For the first time in the history, the mountain opened for skiing in the summer.**

With an incredible 15 metres of snowfall from November 2009 until April 2010, there was still plenty of snow at the higher elevations and enough down low to allow snow sliders to make it all the way to the Alpine Lodge, Resort spokesperson Brent Curtain said.

"We thought the snow might stick around for awhile but you never want to predict what the weather is going to do," Curtain said.

"May was relatively cool and rainy, which wasn't conducive to snow melt. As a result we opened up one top-to-bottom run on opening weekend for people who can't get enough of skiing and snowboarding."

"We loaded skiers and boarders onto the Eagle Express from 11 a.m. to 4 p.m. on opening weekend," said Don Sharpe, Resort Director of Business Operations.

"It's amazing being a father," Curtain said, breaking into a grin. "Your views on life change. Every day you look at this little guy and you almost can't put words to it. Babies do new things every day."

The Curtains are already passing on their "travel lust" to Ryder, having taken him whale watching in Telegraph Cove last summer. They spent a month in Byron Bay, Queensland, Australia earlier this spring so Ryder could meet some of his family Down Under. And they've exposed him to West Coast beach culture quite often as Helena and Brent are both avid surfers.

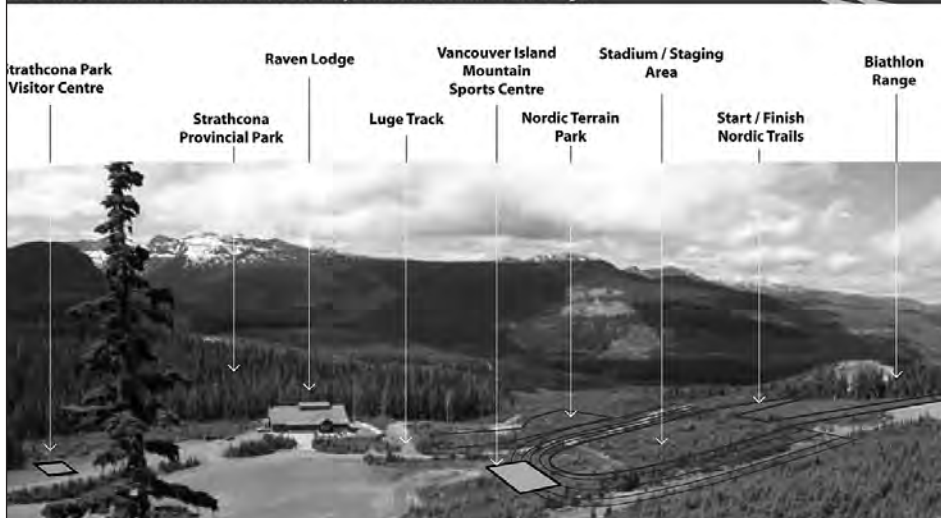
But the highlight this past winter was getting Ryder up on skis for the first time. The Curtains managed to find some tiny gear that fit their son.

"At 17 months, you don't let him go on his own. They don't know how to fall," Curtain said. "He was actually excited and squealed with delight."

Curtain pushed Ryder through the snow in the courtyard between the Bradley Centre and the alpine lodge, in the kids' learning area.

"We're choosing that he's going to be a skier for now, until he's old enough to ski on his own."

SITE CONCEPT - Vancouver Island Mountain Sports Centre at Mount Washington





# BC Parks Strathcona Provincial Park

# Forbidden Plateau & Paradise Meadows



Strathcona Park Wilderness Centre

Photo: Steve Smith

The new Wilderness Centre near the Raven Lodge has a Coordinator on site every weekend during the summer. Information on trail conditions and hiking destinations is available for the visitors. The Centre is open 9 a.m. – 4 p.m. Saturdays, Sundays, and holiday Mondays, from the beginning of July to early September.

**SPWC Rental Space** The new Centre is available for day rentals. The lower level is ideal for presentations, workshops, or school groups, with meeting space for up to 30 people, a small kitchen, and accessible washroom. Reduced rates for non-profit groups or schools – check the SWI website for info [www.strathconapark.org](http://www.strathconapark.org) A variety of nature and hiking books are also available at the Centre for reference or for purchase.

The trail access to Paradise Meadows from the Wilderness Centre parking area is completely wheelchair accessible. With gentle grades, this trail is also suitable for seniors and families with strollers. The trail connects into the extensive trail system leading to Lake Helen Mackenzie, Battleship Lake and beyond. **Note:** All visitors are now required to park in the lots adjacent to Raven Lodge.

## 2010 MAP & TRAIL GUIDE

Strathcona Wilderness Institute Offers Weekend Programs & Hikes

See page 22 for details, To help with the Institute's operational costs, a donation of \$5 to \$10 is suggested for the programs.

Want to enjoy the mountain flowers and plants at your own pace? Strathcona Wilderness Institute has placed native plant markers at numerous locations on the short loop walkway. Or, visit the Wilderness Centre for a brochure to help you on your self-guided plant identification walk.

Strathcona Wilderness Institute is continuing the weekend information service at Buttle Lake in Strathcona Park. See page 13 for details.

Volunteers are always welcome to help at either the Wilderness Centre or the Information Hut. A good knowledge of Strathcona Park and its trails is essential.

The vision of Strathcona Wilderness Institute has been the creation, with community partners, of a Park Wilderness Centre for programs and information on Strathcona Park. The new building at Paradise Meadows fulfills much of this vision. Assistance and donations, whether financial or in-kind, are always welcome, to help with the ongoing operations and programs of SWI.



Photo: Krista Kaptein

If you would like to help support the goals of SWI in any way, please visit the website at [www.strathconapark.org](http://www.strathconapark.org),

Or contact the SPWC 2010 Summer Coordinator, Krista at 250-338-9962 or [kapteink@shaw.ca](mailto:kapteink@shaw.ca).

### BC Parks Map & Trail Guide courtesy of Rick Gibson

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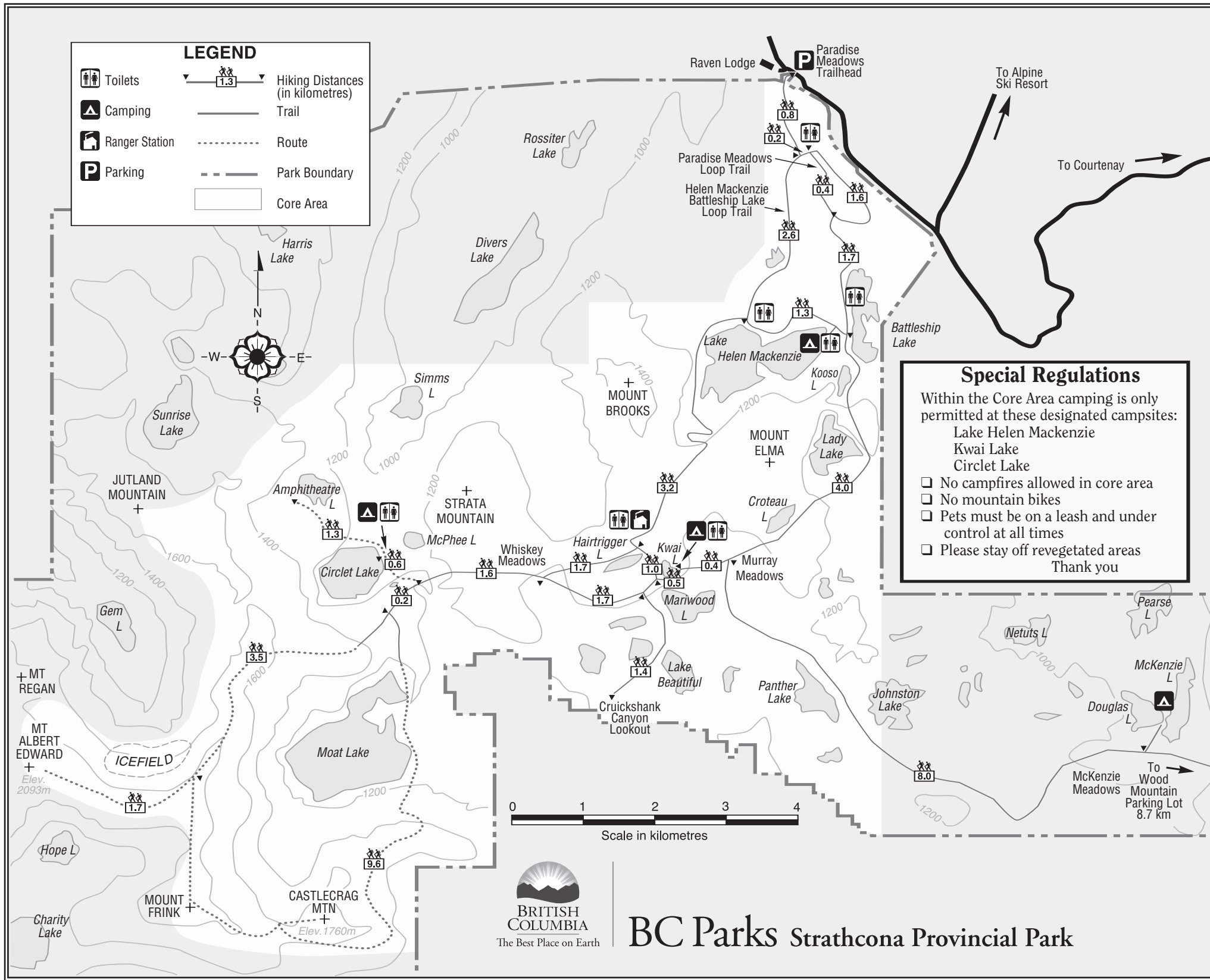
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Photo: Jimmy Chin

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# Buttle Lake

## BC Parks Strathcona Provincial Park



Photo: Krista Kaptein

### Strathcona Provincial Park Buttle Lake Information Hut

*Run voluntarily by the  
Strathcona Wilderness Institute*

*Do you have questions about  
Strathcona Park and its fascinating  
plants, wildlife or history?  
Are you interested in taking an  
easy day hike or exploring some  
of the challenging back country?*

Strathcona Wilderness Institute is pleased to provide all visitors with a wide range of information about BC's oldest Provincial Park, and one of our largest.

**Maps, trail updates, visitor service details and more! Available every weekend from June 18 to September 19, 2010.**

**Visit us at the Park Information Hut:**  
300 m. south of Highway 28 at the Buttle Lake bridge turn-off to Gold River, at the Park Headquarters. Watch for the signs!

#### HOURS OF OPERATION

June 18 to September 19, 2010

**Fri:** 3pm ~ 8pm **Sat:** 10am ~ 6pm  
**Sun:** 10am ~ 5pm **Mon:** 10am ~ 4pm  
(holidays only)

*In poor weather, or if there are few visitors,  
the closing times may be earlier.*

*Hours of operation will be posted at:*

- All campgrounds • At the 'Elk Portal'
- Trail head information kiosks
- Various locations in Gold River
- Some Island Visitor Centers
- SWI website at [www.strathconapark.org](http://www.strathconapark.org)

**Gerry Roberts ~ Volunteer Operator**

## 2010 MAP & TRAIL GUIDE

**Buttle Lake is easily accessible in forty five minutes from Campbell River on Hwy. 28. The drive takes you alongside the Campbell and Upper Campbell Lakes ending with views of the expansive waters and dramatic mountains of the Buttle Lake corridor.**

The beauty of this peaceful place will take your breath away, and you will find great opportunities for camping and recreational pursuits.

People come to fish for trout, and to swim, canoe, kayak, board sail, picnic, sunbathe and waterski on the 25 km of lake, while others enjoy the easy and interesting nature walks, or more challenging back country hikes. Local guides and club members rock climb at Crest Creek Crags. Some visitors just sit quietly in the shade of ancient trees and enjoy the fresh air.

Camping facilities include 85 sites at **Buttle Lake Campground** on the lake at the North end, and 75 sites at **Ralph River Campground** with both lake and river access at the south end of the lake. **Driftwood Bay Campground**, an excellent facility for groups, is located separately on the northern end of the lake. You will also find simple wilderness camping opportunities for boaters on the western shoreline.

A pleasant white sand beach and a playground for children are available at Buttle Lake Campground. There is a concrete boat launch ramp within two kilometres, and also an undeveloped gravel launch nearby. The lake levels are controlled by hydro electric dams and tend to be low during the winter but normally rise for the summer months.

Ralph River Campground is shaded by the graceful beauty of an ancient forest of cedar, hemlock and fir trees underneath which you will likely see the resident blacktail buck grazing. This peaceful campground borders both the lake and a lovely clear river, which is at times alive with spawning trout. It's a popular spot for both fishermen and hikers of all levels. Many of the trails are easily accessible from Ralph River Campground.

Please Note: All tributaries to Buttle Lake are closed to angling.

There are interesting trails to explore, some less strenuous and others more challenging, and each with unique features to enjoy. Opportunities abound for everyone throughout the Buttle Lake corridor. For further information refer to the map on the next page. If you are at Buttle Lake go to park headquarters, where volunteers from the Strathcona Wilderness Institute will assist you Friday, Saturday and Sunday. Check out the Parks web site at [www.gov.bc.ca/bcparks](http://www.gov.bc.ca/bcparks).

*Spectacular Buttle Lake with  
Mount Myra showing in the background.*

Come to the campgrounds at anytime as there are almost always sites available on a first come-first serve basis at both major campgrounds. If you would like to make a reservation at Buttle Lake Campground call Discover Camping at 1-800-689-9025, or link up to the website at [www.discovercamping.ca](http://www.discovercamping.ca).

*To book Driftwood Bay Group  
Campground call 250-474-1336  
or fax 250-478-0376.*

### BC Parks Map & Trail Guide courtesy of Rick Gibson

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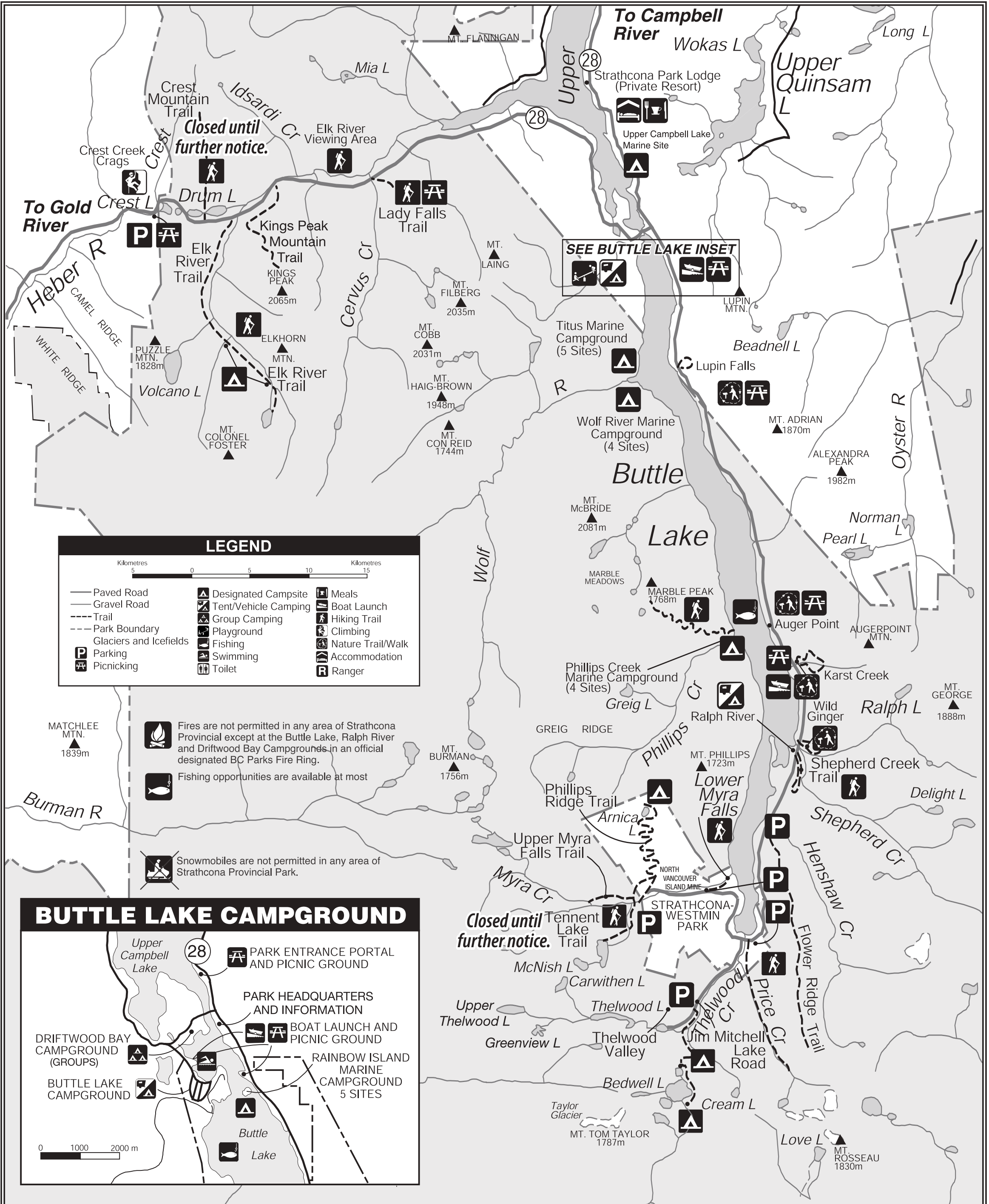
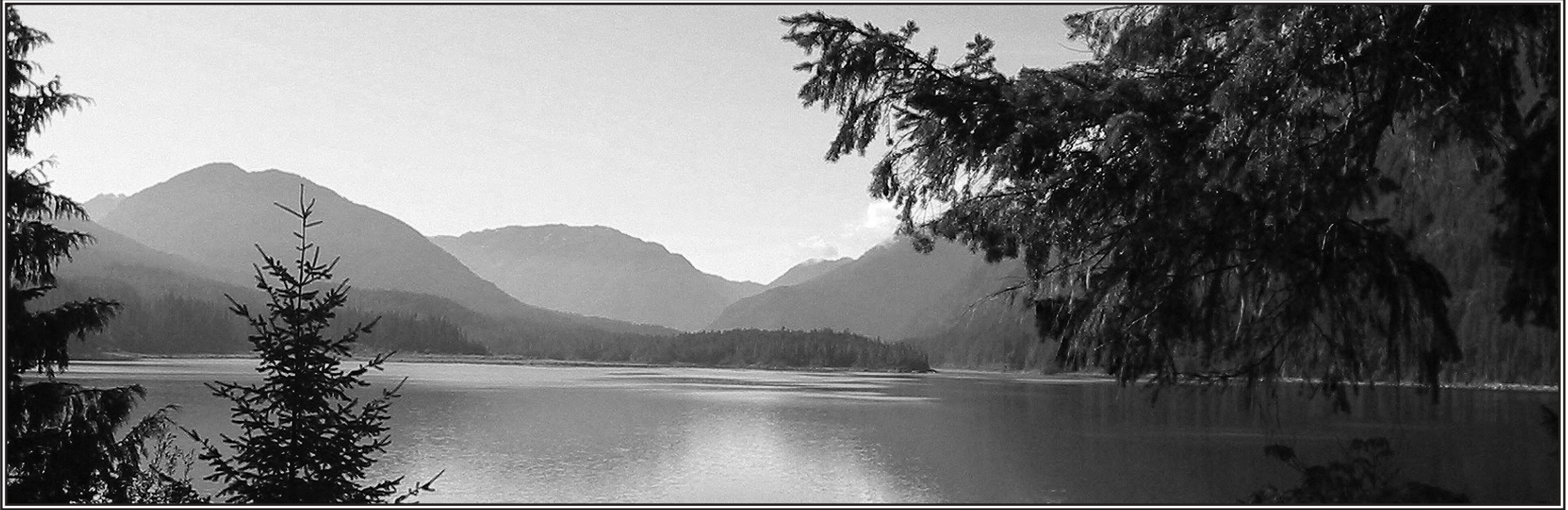
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# BUTTLE LAKE CORRIDOR

## BC Parks Strathcona Provincial Park

NOTE: Cell phones don't work in the Buttle Lake area and the nearest public phone is in Gold River, 40 km west on Highway, 28.



**LEGEND**

Paved Road	Designated Campsite	Meals
Gravel Road	Group/Vehicle Camping	Boat Launch
Trail	Playground	Hiking Trail
Park Boundary	Fishing	Climbing
Glaciers and Icefields	Nature Trail/Walk	Accommodation
Parking	Swimming	Ranger
Picnicking	Toilet	

Fires are not permitted in any area of Strathcona Provincial except at the Buttle Lake, Ralph River and Driftwood Bay Campgrounds in an official designated BC Parks Fire Ring.

Fishing opportunities are available at most

Snowmobiles are not permitted in any area of Strathcona Provincial Park.

**BUTTLE LAKE CAMPGROUND**

Upper Campbell Lake

28

PARK ENTRANCE PORTAL AND PICNIC GROUND

PARK HEADQUARTERS AND INFORMATION

BOAT LAUNCH AND PICNIC GROUND

DRIFTWOOD BAY CAMPGROUND (GROUPS)

BUTTLE LAKE CAMPGROUND

RAINBOW ISLAND MARINE CAMPGROUND 5 SITES

Buttle Lake

0 1000 2000 m

# Accommodations & Events



**July 1 • Thrifty Foods Family Fun Day**

Head up the mountain to celebrate Canada Day with some fun games for the kids!

**July 6-10 • Rocky Mountain Learn To Ride Week**

Why not try one of the fastest growing sports in North America? Learn to ride this week with a special beginners package including lift, lesson and rentals for just \$49! Pre-booking is required, as space is limited.

**July 9 • 11th Annual Beer Festival**

This is the event that all you beer lovers have been waiting for! Unlimited samplings, souvenir glass and awesome live music.

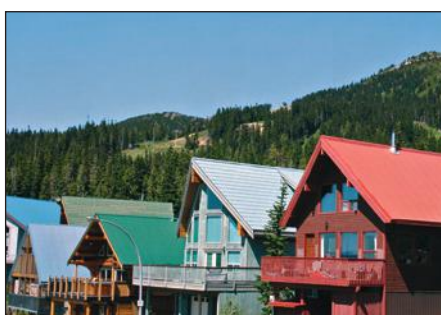
**July 12-16 • Rocky Mountain Learn to Ride Week**

Learn to Ride this week with special beginner packages including lift, lesson and rentals for just \$49!

**July 17 • The Big Day Up** Music on the mountain featuring The Cat Empire, Daniel Wesley, Nine Mile, Sweatshop Union and more.

**July 18 • Jump Camp #1**

Join your host with the most Jordie Lunn at our dirt jump park and throw down for fame



and glory....or at least for bragging rights! Continues Aug. 29 & Sept. 12.

**July 24 • Roots Rocky Reggae**

The Rocky Mountain team brings pro riders and the latest bikes to demo. Get free shwag and high 5s from the best riders on the planet!

**July 30 • BC Cup Race** The BC Cup invites the province's best DH and XC racers to Mount Washington.

**Aug 5 • Lucky Thursdays DH Race Series**

Calling all locals!! This is the ultimate fun DH race series sponsored by Island favourites Lucky Lager and Dodge City Cycles. For \$5

you get your race registration, a very Lucky beverage, and some great door prizes from our awesome sponsors! It's a steal! Continues Aug. 12, 19 & 26.

**Aug 6 • 12th Annual Alpine Wine Festival**

(Raven Lodge) Sample a wide selection of wines and ciders from Vancouver Island and beyond. Tasty food samples, live music, and stunning Strathcona views will be available for all in attendance to enjoy. Don't forget to bring your wallet so that you can bid on some of the wonderful items available at our silent auction to support the Vancouver Island Mountain Sport Society.

**Aug 7 • Gut Buster Sprint to the Summit**

Ascent Mount Washington welcomes the final race of the Gut Busters Trail Running Series. Test your mettle by running up our challenging Give'r Trail, to the summit!

**Aug 7 • Womens MTB Weekend**

Take advantage of an enhanced Women's Day Escape this weekend for just \$99. Then, indulge in a wine and cheese apres while enjoying a bike fitting seminar and maintenance clinic.

**Aug 21 & 22 • See Jane Jump**

The goal of the event is to provide a fun, non-threatening environment that encourages beginner riders to progress their skills, and pro riders to strut their stuff on some of the most fun trails that Vancouver Island offers, including slopestyle features built specifically for the event.

**Sept. 3 - 5 • The Alpine Food Festival**

This festival offers a Wine and Cheese Reception, Culinary Classes, a gala dinner, and the Alpine Marketplace. Celebrity and guest chefs will be present all weekend, hosting cooking classing, signing books and sharing their favourite recipes and classic dishes.

**Sept 20 • Vancouver Island Brewery**

**Year-End Bender DH Race** This end of the season fun race is a favourite amongst our locals. Close the season with a blast!

For up-to-date Mount Washington event information go to [www.milehigh.ca](http://www.milehigh.ca)



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## BUTTLE LAKE CORRIDOR TRAIL AND CAMPGROUND INFORMATION

The trails described here are well defined and easily accessible. The trail heads are marked with signs. There are other, less defined trails and routes which are not shown on this map. Distances, elevation changes and hiking times are for ONE WAY only and are approximate. Fires are not permitted in Strathcona Park except in an authorized BC Parks steel fire ring. Wear sturdy boots and carry rain gear and a sweater, even in the summer months, because weather can change suddenly and dramatically in the mountains. Please preserve the delicate alpine environment by staying on trails. Use caution on trails and be aware of snow, fallen trees and other natural hazards.

For further information about trails and wilderness areas visit the volunteer information hut at Park Headquarters, or ask park rangers. The Strathcona Wilderness Institute can be contacted for more detailed route information at 250-337-1871 (e-mail: s.w.i@telus.net). Topographical maps and guidebooks can be obtained locally at sports stores in Campbell River or Courtenay. If you wish to travel on less defined routes please be well prepared with a map and compass, proper equipment, and experience in wilderness travel.

### Please let a friend know where you plan to go and when you plan to return.

The **STRATHCONA WILDERNESS INSTITUTE** is a non-profit organization whose mission is to inspire awareness, appreciation and stewardship of the natural world through education and participation. The institute will provide a volunteer information service on weekends at park headquarters at Buttle Lake from June 18 through to September 19, 2010.

The **FRIENDS OF STRATHCONA** is a non-profit organization whose mission is to protect, preserve and promote Strathcona Provincial Park.

Tel: 250-337-1871 Box 3404, Courtenay, B.C. V9N 5N5

## BUTTLE LAKE CORRIDOR

### HIKING TRAILS, BOAT LAUNCH RAMPS, AND CAMPGROUNDS

The trails are graded as follows: (1) Easiest (2) Moderate (3) Difficult

Trail conditions: [www.env.gov.bc.ca/bcparks/explore/parkpgs/strath/](http://www.env.gov.bc.ca/bcparks/explore/parkpgs/strath/)



Photo: Neil Havers

#### ELK RIVER TRAIL (2-3)

Length: 11 km. Suggested time: 10 hours Elevation change 600 metres. Trail starts at Hwy. 28 and follows the Elk River Valley for 10 km before climbing up to Landslide Lake. Bare rock sections. Camp in designated camping areas only.

#### CREST MOUNTAIN TRAIL (3)

##### Closed until further notice

Length: 5 km. Time: 3-4 hours to the tarn. Steep with an elevation change of 1,250 metres. Caution required on single log creek crossing (the last good water). The snow stays late into the year on top. Random camping allowed.

#### FLOWER RIDGE TRAIL (3)

Length: 6 km. Time to the subalpine ridge: 3-5 hours. Steep with an elevation change of 1,040 metres. The trail begins at Westmin Road, climb an additional 200 metres from the top of trail to flat ground for tents. Poor water. Panoramic views. Camping possible at halfway point.

#### PHILLIPS RIDGE TRAIL TO ARNICA LAKE (2-3)

Length: 6.5 km. Time: 2-5 hours with an elevation change of 800 metres. This is a well graded trail beginning at North Vancouver Island mine. Observe old growth forest, a waterfall, and alpine meadows. Designated camping area.

#### UPPER MYRA FALLS (2)

Length: 3.3 km from the parking lot past the yellow gate. Drive through the mine area to find the parking lot. Time 1 ~ 1 1/2 hours. Elevation change: 100 metres. Trail follows gravel road for approx. 800 metres to the sign. Large trees. Views of Mt. Myra and a waterfall. No camping. Use caution due to winter storm damage.

#### TENNENT LAKE (3)

##### Closed until further notice

Length: 4 km. Estimated time 2-4 hours with an elevation change of 840 metres. Trail access is from the parking lot at the mine. Walk past the yellow gate on the gravel road for 1 km and across a bridge to the start of the trail which is a rough, rocky, steep old roadbed. Old-growth forest to sub-alpine. There is an undefined route to access Mt. Myra here. Tennant Lake is dammed. Random camping is permitted.

#### BEDWELL LAKE (3)

Length: 6 km. Drive over the Thelwood River bridge at the south end of Buttle Lake, and turn left immediately onto the Jim Mitchell Road for 6.8 km. This is a rough gravel road not suitable for small vehicles. Trail elevation change: 600 metres. Time 3-4 hours. Features river valley and old growth forest then rocky out cropping and a sub-alpine environment with excellent hiking and views. Camp in designated areas at Baby Bedwell and Bedwell Lakes. Be aware of bears. Due to storm damage two wheel drive access is difficult and motor homes are not recommended.

#### CREST CREEK CRAGS

Technical climbing only. Picnic facilities. Climbers can explore a number of rocky bluffs in this area which is easily accessible from alongside Highway 28. Climbers using the area do so at their own risk. It is each climber's responsibility to climb safely and ensure that they have the necessary skills to do so. Camping and fires are not permitted.

#### LADY FALLS (1)

Length: 900 metres. Time: 20 minutes. The trail starts at Hwy. 28. Enjoy the cool spray from the falls. Picnic facilities at trailhead. No camping.

#### ELK VIEWPOINT (1)

Length: 400 metres. Time: 15 minutes. The trail starts at Hwy. 28 and accesses a viewing platform where you may be able to see Vancouver Island's unique Roosevelt elk. No camping.

#### LUPIN FALLS (1) Loop Trail

Length: 800 metres. Time: 15 minutes. Access from Westmin Road. Walk a circular trail through a cool forest to the waterfalls. No camping. Picnic facilities at the trail-head and a canoe and kayak launch access for Wolf River and Titus Mt. marine campsites.



Photo: Krista Kaptein

Indian Pipe near Buttle Lake

#### AUGER POINT (1) Loop Trail

Length: 400 metres. Time: 15 minutes. This forest is recovering from the fire of 1982. No camping. Picnicking facilities at trail-head and a canoe and kayak launch access for Marble Meadows trailhead.

#### MARBLE MEADOWS (3)

Length: 6.6 km. Time: 4-5 hours to the Alpine meadows. Elevation change: 1,250 metres. Steep, some bluffs. Trail starts at Phillips Creek marine campsite on Buttle Lake. Access by boat from Auger Pt. or Karst Creek day use areas. Be aware of submerged stumps in the lake. Random camping is allowed in the meadows. Marble Meadows features wonderful viewpoints, alpine meadows and limestone formations.

#### KARST CREEK BOAT LAUNCH RAMP,

##### TRAIL AND PICNIC AREA (1)

A good concrete ramp located 4 km from Ralph River Campground, and accessible from the Westmin Rd. There is a large open grassy area plus several picnic tables and fire pits, and lots of room for parking. Karst Creek trail is 1.3 km. It is no longer a loop walk due to the bridge being out. Time: 45 minutes. Observe Karst geological formations such as sink-holes with disappearing and reappearing streams. No camping.

#### WILD GINGER (1) Loop Trail

Length: 800 metres. Time: 20 minutes. Access is across the road from Ralph River Campground. The trail follows the Ralph River. No camping.

#### SHEPHERD CREEK (1) Loop Trail

Length: 1.5 km. Suggested time: 1 hour and 15 minutes. Access is across the road from Ralph River Campground. A shady walk along the Ralph River then ascending to pass a lively marsh. See dogwood trees in the spring. No camping.

#### PRICE CREEK TRAIL (2-3)

Suggested time: 3-4 hours. Trail not maintained and may prove difficult for inexperienced hikers. Trail-head can be accessed near the Thelwood Creek Bridge. Originally the only access route to Cream Lake and still only suitable for Advanced Hikers, this trail can make a pleasant day hike through varying timbered areas if you turn around at or before the log crossing. The route beyond this log crossing is extremely rough and steep and snow lingers late into the summer.

#### LOWER MYRA FALLS (1)

Length: 800 metres. Time: 30 minutes. Steep descent. Enjoy several beautiful water cascades. Use caution when approaching the creek, and supervise small children. No camping.

#### BUTTLE LAKE BOAT LAUNCH

A good, recently lengthened concrete launch. Located 1 km south of the bridge at the junction and only 1.5 km from Buttle Lake Campground. No camping. The launch provides immediate access to the Rainbow Island marine campsites.

#### FORBIDDEN PLATEAU AND PARADISE MEADOWS

Refer to a separate flyer in "The Marmot" publication for information about this area which is accessible from Mount Washington.

## CAMPGROUNDS

#### RALPH RIVER CAMPGROUND

- Ancient forest, lake and river.
- Gates are open May 15 to September 30th.
- Picnic tables, fire rings, water pumps and pit toilets.
- Fee: \$15.00 per party per night, \$7.50 for extra vehicles.
- B.C. Senior Citizens \$7.50 per couple per night (shoulder season only).
- Firewood for sale by the PFO.
- Reservations are NOT taken, however the campground is rarely full.

#### BUTTLE LAKE CAMPGROUND

- Sand beach and playground.
- Three easy nature trails begin here. Fish in Darkis Lake.
- Gates open May 15 to September 30th.
- Picnic tables, fire rings, water pumps and pit toilets.
- Fee: \$15.00 per party/night. \$7.50 for extra vehicles.
- B.C. Senior Citizens \$7.50 per couple per night (shoulder season only).
- Firewood for sale by the PFO.
- Some campsites can be reserved ahead of time by contacting Discover Camping at 1-800-689-9025 or by going online at [www.discovercamping.ca](http://www.discovercamping.ca)

#### CREST LAKE PICNIC AREA

- Shaded picnic area, day use only.
- Picnic tables and pit toilet, close to the lake.
- Access left off Highway 28 heading West.
- Short distance from Crest Mountain Trailhead.

#### DRIFTWOOD BAY GROUP CAMPGROUND

- Private, covered shelter with woodstove and tables, large grass field, fire pit, pit toilets, wheel chair access pit toilet, water pump, swimming area.
- Fee: \$15.00 per party per night. \$7.50 for extra vehicles.
- Firewood for sale by the PFO.
- Fee for non profit youth and school groups \$50.00 per night.
- Tel. 250-474-1336 to book the campground.

#### BACKCOUNTRY & MARINE CAMPING FEE

- \$5.00 per night per person 13 years or older.



Published for your convenience by Rick Gibson  
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If you are looking for more information, wish to advertise, or want to submit information in future issues please refer to these contacts:

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To read past issues of The Marmot go to  
[www.milehigh.ca](http://www.milehigh.ca)



## Strathcona Wilderness Institute at Paradise Meadows

Discover the many natural features of Strathcona Park; join us in a series of programs for all levels on weekends through the summer presented by the Strathcona Wilderness Institute, a non-profit charity. **Special Note for persons with mobility issues: Paradise Meadows new loop trail is wheelchair accessible!**

Explore nature in Paradise Meadows this summer with Strathcona Wilderness Institute, on a series of outings for all ages and levels of ability. To assist SWI with operational costs, donations are greatly appreciated for the Nature Walks, Level 1 and Level 2 Hikes (\$5 to \$10 is suggested).

- Nature Walks** Two hour walks for all ages on selected Sunday afternoons, on nature themes.
- Level 1 Hikes** Two to three hour guided hikes for all ages on selected Saturdays or Sundays.
- Level 2 Hikes** Four to eight hour guided hikes for intermediate hikers on selected Sundays.
- Level 3 Hikes** Multi-day trips with Island Alpine Guides [www.islandalpineguides.com](http://www.islandalpineguides.com) in partnership with Strathcona Wilderness Institute.

### All programs start at the Strathcona Park Wilderness Centre at Paradise Meadows.

The Centre is located at the BC Parks parking lot next to Mount Washington's Raven Lodge. To get there: follow the Inland Island Highway heading north from Courtenay or south from Campbell River, take Exit 130: Strathcona Parkway. Follow the paved road and signs to Raven Lodge where you'll find ample parking. Remember to dress for the weather and wear proper footwear. Bring water, snack or lunch, sunscreen, and bug spray. If you are setting out on your own expedition, visit the Strathcona Park Wilderness Centre for trail information or to obtain maps or books.

### The Centre will be open from July 3 to September 12

(9 a.m. - 4 p.m. Saturdays, Sundays and holiday Mondays) Dates may be extended depending on the availability of volunteers. Check the SWI website for updates [www.strathconapark.org](http://www.strathconapark.org)



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## 2010 Hike & Walk Programs

Please remember to prepare for all weather conditions and to tread lightly in the park.

**Saturday, July 3 - Sunday, July 4 (Level 3 Hike)**  
**Mount Albert Edward Hike** with Island Alpine Guides in partnership with Strathcona Wilderness Institute. \$250 per person. Register by June 19. Contact IAG at 250-400-2870 or [info@islandalpineguides.com](mailto:info@islandalpineguides.com)

**Sunday, July 4, 10 am (Level 1 Hike) ~ Paradise Meadows loop or Lake Helen Mackenzie**  
2-3 hour hike with Kate Pierce of the Comox District Mountaineering Club.

**Sunday, July 4, 1-3 pm ~ Nature Walk**  
Lichen it! Explore lichens around the meadows with Registered Professional Forester Margaret Symon.

**Sunday, July 11, 10 am (Level 1 Hike)**  
**Lake Helen Mackenzie or Battleship Lake**  
3-4 hour hike with Pam and Don Munroe of the Comox District Mountaineering Club.

**Sunday, July 11, 1-3 pm ~ Nature Walk**  
Spring Flora & Fauna: Early plants & birds of Paradise Meadows with expert naturalist Betty Brooks.

**Saturday, July 17 ~ Parks Day**  
Celebrate Strathcona Park and the completion of the Wilderness Centre.

**Sunday, July 18, 1-3 pm ~ Nature Walk**  
Ethnobotany: Interesting and useful plants of Paradise Meadows with local ethnobotanist Gwyn Sproule.

**Sunday, July 25, 9 am (Level 2 Hike)**  
**Croteau Lake** 5-6 hour hike with John Waters of the Strathcona Wilderness Institute.

**Sunday, July 25, 1-3 pm ~ Nature Walk**  
Insects: Identify & explore sub-alpine ecology with naturalist Tyler Johns.

**Friday, July 30 - Monday, August 2 (Level 3 Hike)**  
**Mount Albert Edward to Augerpoint Traverse** with Island Alpine Guides in partnership with Strathcona Wilderness Institute. \$500 per person. Register by

July 9. Contact IAG at 250-400-2870 or [info@islandalpineguides.com](mailto:info@islandalpineguides.com).

**Saturday, July 31, 10 am (Level 1 Hike)**  
**Lake Helen Mackenzie** 3-4 hour hike with Catherine Watson of the Comox Valley Naturalists Society.

**Sunday, August 1, 10 am (Level 1 Hike)**  
**Lake Helen Mackenzie** 3-4 hour hike with Mandy Vaughan of the Comox Valley Naturalists Society.

**Sunday, August 8, 1-3 pm ~ Nature Walk**  
Mid-Summer Flowers: Experience the beauty of a sub-alpine meadow with botanist Fred Constabel.

**Sunday, August 15, 9 am (Level 2 Hike) Croteau Lake** 5-6 hour hike with Robin and Jennifer Harrison of the Comox Valley Naturalists Society.

**Sunday, August 22, 8 am (Level 2 Hike)**  
**Lake Beautiful & Cruickshank Canyon Lookout**  
8-9 hour hike with Evan Loveless of the Strathcona Wilderness Institute.

**Sunday, August 22, 1-3 pm ~ Nature Walk**  
"I the Tree-We the Forest": Explore the working of an individual tree and the collective energy of the forest with forester Harold Macy.

**Sunday, August 29, 10 am (Level 1 Hike)**  
**Lake Helen Mackenzie** 3 - 4 hour hike with Evan Loveless of the Strathcona Wilderness Institute.

**Sunday, August 29, 9 am (Level 2 Hike)**  
**Divers Lake** 4-5 hour hike with Steve and Marlene Smith of the Strathcona Wilderness Institute.

**Saturday, Sept. 4 - Monday, Sept. 6 (Level 3 Hike)**  
**Castlecrag Circuit** with Island Alpine Guides in partnership with Strathcona Wilderness Institute. \$375 per person. Register by Aug. 14. Contact IAG at 250-400-2870 or [info@islandalpineguides.com](mailto:info@islandalpineguides.com)

**Sunday, September 5, 10 am (Level 1 Hike)**  
**Lake Helen Mackenzie** 3-4 hour hike with Mandy Vaughan of the Comox Valley Naturalists Society.

**Sunday, September 5, 1 - 4 pm**  
**Art & Nature Walk** "Image Hunting With Pencils & Brushes": Bring the media of your choice for an excursion into the meadows with Cumberland watercolour artist Clive Powsey.

**Sunday, September 12, 1 - 3 pm**  
**Art & Nature Walk** "Great Photo-Ops in Paradise Meadows": Look for interesting subjects and compositions (no camera needed) with nature photographer Chris Carter.

For more information on Strathcona Wilderness Institute visit the website [www.strathconapark.org](http://www.strathconapark.org)

For more Wilderness Centre program details and up-to-date program schedules contact the Summer Coordinator at [kapteink@shaw.ca](mailto:kapteink@shaw.ca) or 250-338-9962.

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# 2010- The International Year of Biodiversity

**The discovery of a collection of previously unknown species, including a Pinocchio-nosed frog, a yellow-eyed gecko and the world's smallest wallaby, found on the remote Indonesian Island of New Guinea was announced by a group of international scientists in May, just ahead of the International Day for Biodiversity.**

It was hoped the discoveries would provide some positive news, along with the warning the rate at which plants and animals are being driven extinct around world is expected to speed up. Bruce Beehler, a participant on the expedition was quoted as saying, "Places like these represent a healthy future for all of us and show that it is not too late to stop the current species extinction crisis."

Canadians can look closer to home for inspiration. Our own uniquely Canadian Vancouver Island Marmot is a remarkable example of what can be done to reverse the daunting threat of extinction.

After suffering a 70% drop in an already depleted population, there were less than 30 of the marmots remaining in the wild in 2003. And our uniquely Canadian Marmot joined the ranks of the most rare and threatened mammals in the world.

Today their numbers have increased to between 230-250 marmots thanks to a national breeding and release program supported by individual Canadians, the BC government, forest companies Island Timberlands and TimberWest, and BC Hydro. But the marmots still have a way to go before they reach the recovery goal of a self-sustaining wild population of 600 marmots in the wild.

"We've released a total of 223 Vancouver Island Marmots to the wild over the last seven years", said Viki Jackson, executive director of the Marmot Recovery Foundation, "and we've seen pup litters born in the wild rise from a low of one litter in 2003 to twenty two in 2009, so there's no question the reintroductions are having an impact."

The Vancouver Island Marmot is one of 14 marmot species worldwide and the only marmot found only in Canada. They live in the alpine bowls of Vancouver Island and recently gained international attention during the 2010 Olympics with the introduction of Mukmuk, the Vancouver Island marmot sidekick to the Olympic mascots.

**Carbon dating of cave bones place the Vancouver Island marmot on the Island at least 9,400 years ago making it possible their arrival predates the last ice age about 13,000 years ago. Either way, the Vancouver Island marmot is an important part of Canada's unique biodiversity.**

"I think this recovery sets an example for the world of what can be done to protect and restore priority species when people set a goal and work together to achieve that goal with government and industries support", said Jackson.

In the meantime the Foundation is



struggling to release more marmots than ever with less funding as a result of the global economic downturn.

"Now that we're able to produce the marmots needed to recover the population, it would be a sad irony if we didn't have enough resources to get them safely reestablished", Jackson said. "Our partners are sticking with us, even through these difficult times, so I'm confident we won't let the marmots down. It's just not like Canadians to sit idly by and watch an animal uniquely our own be lost forever".

*For more information or make a donation to save the Vancouver Island Marmot go to [www.marmots.org](http://www.marmots.org)*



## Adopt a Marmot

*This is a great way to help this endangered species as well as an opportunity for you to learn more about these interesting creatures*

When you join the **Adopt-a-Marmot Club**, you help protect the endangered Vancouver Island marmot every day of the year. Pre-arranged monthly gifts are a convenient way to help save this beautiful and special creature from extinction. Your gift supports the field research and captive-breeding that's so critical to marmot survival. For instance, your contribution will help fund ear-tagging of wild marmots, which is the only way in which we can identify and track individual marmots and the success of recovery efforts in future years.

**When you Adopt-a-Marmot you'll receive:**

- Your personalized marmot adoption certificate
- Your full-color poster of a Vancouver Island Marmot
- Your official recovery project newsletter (The Marmoteer)
- Your special year-end report about individual marmots

For more info go to [www.marmots.org/adopt.htm](http://www.marmots.org/adopt.htm)

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Sign me up! I want to join the Adoption Club:  \$120 for one year, OR  
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The Comox Valley is an agricultural and culinary hotpot combining more than 445 farms and dozens of restaurants and food producers. An entire day can be spent finding local food for a family feast and the year-round, weekly Farmers Market should not be missed.

With rich soil, dry summers and mild weather, the growing industry is producing crisp whites, mellow reds and some of the best fruit wines anywhere. As well, mead, cider, beer, vodka and whiskey are grown and produced here.

## Got a Day?

Comox Valley Growers Guide  
Sights, Tastes and Traditions Tour

- While driving through this warm region surrounding Courtenay and Comox, discover smaller farms and specialized nurseries.
- Along the way fill your grocery bag with local wine, award winning cheeses, and artisan chocolates.
- Be sure to visit the Comox Valley Farms' Market (Saturdays year-round plus Wednesdays in the summer) – a must stop for meats, seafood, organic fruit and veggies.

[www.discovercomoxvalley.com](http://www.discovercomoxvalley.com)



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Valley and the bounty it offers. Thursday is Pizza & Pasta night. Great Kids menu. Also serving Weekend Breakfast. Visit our website at [www.avenuebistro.ca](http://www.avenuebistro.ca) for all our menus and daily specials.

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Photo: Neil Havers



**COMOX CENTRE MALL** is conveniently located in the heart of Comox. Enjoy everything from eateries, fashion, gifts, beauty supplies, groceries, pharmacy and other general stores. Stop and enjoy the view of the Comox Wharf, the Island Mountains and the Seaside. [www.comoxmall.ca](http://www.comoxmall.ca)

**COMOX VALLEY KAYAKS** has been in operation since 1992. We have grown and evolved to become one of the premier kayak shops on the West Coast. Our friendly kayak shop offers the Comox Valley quality sea kayak and canoe sales, rentals, lessons, and guided paddles. We also have a great selection of kayak accessories in

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- Head up to Mount Washington and take a beginners lesson in downhill mountain biking
- Head down to the local market to pick up food for a picnic lunch and a cool-down dip in the ocean
- Catch a show at one of several live music venues in the Comox Valley

**Day Two...**

- Grab a map and climb the hills of Cumberland by foot or bike
- At low tide, walk the beach from Goose Spit to Kye Bay, exploring the tidal pools while enjoying the views and water fowl along the way



**Island Adventure List**

Make Mount Washington Alpine Resort your home base for a week or a weekend and:

- 1) **HIKE** Strathcona Park
- 2) **DIVE** off Campbell River or the Comox Valley
- 3) **GOLF** within half an hour of the alpine vistas
- 4) **PADDLE** a kayak on a freshwater river or saltwater estuary.
- 5) **BUY FRESH** at the Saturday Farmer's Market in Courtenay.
- 6) **INDULGE** in a spa day.
- 7) **FISH** for salmon on the ocean or trout on a river.
- 8) **DISCOVER** tidal pools in the nearest oceanside beach.
- 9) **WATCH** whales in their natural habitat.
- 10) **PHOTOGRAPH** grizzly bears from the safety of a boat.

continued on page 26

Located in the Heart of Downtown Courtenay, **EDIBLE ISLAND WHOLE FOODS MARKET** provides nutrition-conscious shoppers a complete and extensive selection of organic whole foods, produce, local breads, baked goods and meats, all the groceries, household cleaning options, plus quality supplements and fabulous body care alternatives ~ "Simply put . . . we bring you the best!"

Photo: Neil Havers



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continued on page 26



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### Shop & Dine

continued from page 25

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Photo: Neil Havers

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Photo: Neil Havers

### Island Adventure List

continued from page 25

- DANCE** like no one's watching at Vancouver Island MusicFest or The Big Day Up.
- FLY** in a helicopter or four-seater Cessna from Courtenay Airpark
- BARBECUE** at the beach.
- BUILD** a sandcastle.
- SPELUNK** in Horne Lake Caves.
- CANOE** in any of the alpine lakes.
- STROLL** along the Riverfront Walkway in Courtenay.
- EAT** ice cream at the Discovery Pier in Campbell River.
- TAKE A DRIVE** on the Comox Valley Heritage Experience Tour www.discovercomoxvalley.com for a map.
- SHOP** downtown Courtenay, Comox or Cumberland.

- DINE** at any of the cosmopolitan cafés, restaurants and bistros available less than an hour's drive away.
- EDUCATE** yourself in First Nations culture at a longhouse.
- FIND** the latest geocaching swag.
- TRY YOUR LUCK** at Chances Courtenay and Chances Campbell River gaming centres.
- HOLD ON** during a Zodiac eco-tour.
- GET CULTURED** at an art gallery.
- READ** a book on a park bench.
- RAISE A GLASS** of award-winning wine at Beaufort Winery.
- CYCLE** the scenic Comox Valley.
- SUMMIT** a mountain with a chairlift ride at Mount Washington.

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## Snow Leopard

*continued from page 3*

The Resort was expecting media coverage, considering the number of international teams that spent time there prior to the Olympics. But they didn't quite expect the media frenzy that happened when the Snow Leopard landed, Resort Director of Public Relations Brent Curtain said.

**The number of media that actually visited the Resort was triple what staff had estimated. "We had people on a daily basis just showing up that we weren't expecting," Curtain said.**

On one day they had NBC, BBC from England, CNN and a few others onsite. "I had family call up and say 'I saw you on CNN,'" he said.

Sarah Nicholson of Tourism Mount Washington met Kwame and his manager, Richard Harpham, last year at the Metro Ski show in London, England. At the time they were looking for sponsorship.

Nicholson and Katherine Munro from tour operator Canadian Affairs saw the potential behind helping the Ghanaian skier, and put a plan in place to bring them to Mount Washington Alpine Resort.

Nicholson was able to keep Kwame's impending arrival a complete secret until January; major Canadian media met his entourage at the Comox International Airport, and the frenzy began.

"We held a full media event at the Kingfisher (Resort and Spa) where we booked initially for 20 people and we had up to 70," Nicholson said.

"It was an absolute eye-opener. I knew

we had pulled a good one but nobody was prepared for the media attention that it drew."

"We were expecting media; we weren't expecting the intensity," Sharpe acknowledged. "The attention we got from Sweden and Germany and Switzerland and our own Canadian media was huge."

That exposure helped the Resort through its fourth-busiest season ever, and also helped the Comox Valley achieve economic success in February and March.

"After the Olympic experience, I don't know what the percentage would be, but way more people know about Mount Washington than previously, even though we weren't an Olympic experience or an official event," said Resort Director of Public Relations Brent Curtain.

At least 130 international media outlets spent time at Mount Washington Alpine Resort, and spent money down in the Comox Valley.

"We have instantly gone from an unknown destination to being recognized on a worldwide level, not only for our sports facilities but also for our tourism, investment and immigration opportunities," Comox Valley Economic Development Officer John Watson told the Comox Valley Record.

Watson estimates that \$600,000 was spent on the local economy during the lead-up to the Games.

A complete report on the economic spinoffs of the Comox Valley's National Olympic Committee Team Attraction Program was to be released after the Marmot went to press.

## Olympic Experience

*continued from page 4*

The Resort hosted 400 athletes, coaches and support staff from 16 countries prior to the Olympics and Paralympics, and the Comox Valley community embraced "their" athletes: from businesses helping with sponsorships to schoolchildren and other community members cheering on the athletes as they finalized their training at Mount Washington.

"It was an amazing experience," Sharpe said. "It was well worth all of the work over the past seven years to get to where we were."

Sharpe estimates athletes who first visited Mount Washington won 25 medals, and every single one of them was celebrated in the Comox Valley.

The positive community reception surprised some of the international visitors at first. But "helpfulness" and "friendliness" were two words that Mount Washington Resort President Peter Gibson said he heard repeatedly. "It seemed everyone here wanted to make their day," Gibson said.

Sharpe and the rest of the Resort team hope that goodwill will foster growth in the credibility it gained them on the

international map.

"I think it will be a slow growth," Sharpe predicted. "What it does is gives us credibility. If we want to host an event we can say we had 400 international athletes here and we blew them away; that's probably going to be the biggest legacy for us going into the future, is we can provide the testimonials."

Len Apedaile, past-president of the Strathcona Nordics Cross-Country Ski Club and the former Manager, Cross-Country Skiing for the Vancouver Organizing Committee (VANOC) for the 2010 Olympic and Paralympic Winter Games traveled to Hungary to attend International Ski Federation (FIS) meetings in June. Apedaile wanted to leave FIS officials knowing that Mount Washington is ready to host an international event.

The Resort is also looking into hosting provincial snowboarding and ski-cross events, and perhaps another World Cup event (they've hosted two International Paralympic Committee events since 2007).

"It's building on what we already have," Sharpe said. "We have world-class trails and will have the Mountain Sports Centre. Let's put one of our athletes on the podium in 2014."

### If they were media and they were at Mount Washington before the Winter Olympic Games, they filmed, photographed, broadcast or wrote about everything from the snow to the Snow Leopard.

CNN	NBC	NBC's The Today Show	BBC World Services
CTV	CBC	Comox Valley Echo	JET FM
Sun (UK)	Daily Mail	Comox Valley Record	EAGLE FM
Radio Holland		Channel 9 (Australia)	French Radio
German television crews		Brazilian television crews	Daily Express
Daily Telegraph		Times of London (UK)	National Post
Phoenix Star		New York Times	USA Today
Ski Club of Great Britain		Arizona Daily Star	Reuters
Globe and Mail		Erin Islands Reality Show	African media
Several African newspapers		Scandinavian television crews	Swedish media

## Summer Preview

*continued from page 5*

Other biking events include the Rocky Mountain Learn to Ride Week (July 12-16), Jump Jam Series, and Roots Rocky Reggae (July 24-25), featuring pro riders and the latest bikes from Rocky Mountain. The BC Cup returns July 30-Aug. 1 (both downhill and cross-country), and the Lucky DH Race Series is back too.

•••

**An outdoor music event returns to Mount Washington this summer.**

The Resort presents **The Big Day Up**, an outdoor concert featuring The Cat Empire from Australia, Daniel Wesley and Sweatshop Union from Vancouver and Nine Mile on July 17.

"We're very excited," said Vig Schulman of Cumberland Village Works, which is co-producing the event with Mount Washington. Cumberland Village Works also produces The Big Time Out summer outdoor concert in Cumberland.

Schulman has talked for years with Mount Washington officials about doing an outdoor concert at the alpine resort. He

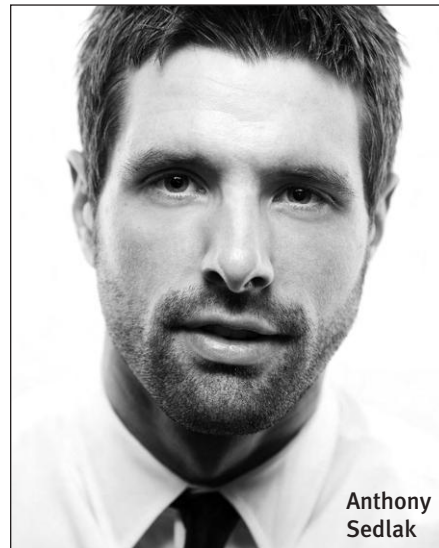


describes the relationship between the two as "strong", and said when Curtain approached him about doing The Big Day Up "we decided it would be an exciting twinning."

Schulman has wanted to bring The Cat Empire to the Comox Valley for several years, they're one of Australia's best-known international touring bands.

Music starts at 2 p.m. and will move inside at 10:30 p.m. for an after-party in the Whiskey Jack Lounge.

Camping will be available all weekend, and the concert will also feature food and clothing vendors. "It's a classic music festival, with a nice view of the mountains too boot," Curtain said.



**Anthony Sedlak**

The third annual **Alpine Food Festival** takes place Sept. 3 - 5, and Resort Director of Hospitality Tim Defert expects it will be bigger than ever.

**This year's Celebrity Chef is Anthony Sedlak** from the Food Network Canada.

Sedlak got his start at The Observatory, the flagship restaurant on Grouse Mountain. He has trained in Europe, but it was winning the Food Network's Superstar Chef Challenge that launched his career. For the past four years he has hosted his own television show, The Main, on the Food Network.

Sedlak last year hosted the Eat Vancouver conference for foodies. "We think he'll be a big draw for Vancouver-style people," says Defert.

The Alpine Food Festival will cap another fest-filled summer at the Resort. The ever-popular **Beerfest** happens July 9, and the **Alpine Wine Festival** offers the best local and provincial wines Friday, Aug. 6 at Raven Lodge, with a wine pairing dinner on Saturday, Aug. 7.





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| 206 2 Bdrm 882 Sq Ft Slopeside | \$239,900 |
| 208 1 Bdrm 629 Sq Ft Slopeside | \$169,900 |
| 210 2 Bdrm 891 Sq Ft Slopeside | \$229,900 |
| 214 2 Bdrm 899 Sq Ft Viewside  | \$209,900 |
| 310 2 Bdrm 882 Sq Ft Slopeside | \$229,900 |
| 404 3 Bdrm Penthouse Slopeside | \$409,900 |



## Ptarmigan Ridge

### Features Include:

- One Bedroom Apartments located on Henry Road
- Apartments are Furnished
- Drive To Access
- Propane Fireplaces
- Self-contained Kitchens
- Ski Storage Lockers off Lobby
- Breathtaking Mountain Views
- Convenient Location to Ski Lifts and Strathcona Provincial Park.

#### ONE BEDROOM APARTMENTS

- |                                  |           |
|----------------------------------|-----------|
| 104 Facing Strathcona Park       | \$119,900 |
| 201 Corner Suite Facing ski runs | \$139,900 |
| 204 Facing Strathcona Park       | \$139,900 |
| 307 Top floor facing ski runs    | \$164,900 |
| 311 Top floor facing ski runs    | \$149,900 |



### Features Include:

- Elevator Access
  - Spectacular Views of Strathcona Park and the Ski Runs
  - Above & Underground Parking
  - Propane Fireplaces
  - Furnished units ready to go
  - Ski Storage Room off the Lobby with separate lockers for renters
- |   |           |
|---|-----------|
| 110 3 Bdrm, view of Strath. Park                  | \$229,900 |
| 111 3 Bdrm, views of ski runs                     | \$299,900 |
| 201 3 Bdrm, views of ski runs and Strathcona Park | \$275,000 |
| 214 2 Bdrm, view of Strath. Park                  | \$259,900 |
| 216 2 Bdrm, view of Strath. Park                  | \$199,900 |
| 302 Penthouse (1600 sq. ft.) 3 Bedroom            | \$374,900 |



### Lots for Sale... Priced from \$99,900!

Building sites available at Beaufort Heights.



## DEER LODGE

AT M.T. WASHINGTON

### Features Include:

- Slopeside Location
  - Fully Furnished
  - Front Desk Service
  - Underground Parking
  - Hot Tub
  - Caretaker
- |   |           |
|---|-----------|
| 207 2 Bedroom facing ski runs                     | \$199,900 |
| 313 2 Bedroom Lock-off facing Strathcona Park     | \$219,900 |
| 409 Top floor, 2 Bedroom Lock-off facing ski runs | \$269,900 |

## PARADISE RIDGE

### Features Include:

- Outdoor Swimming Pool, Sauna & Hot Tub
- Underground Parking
- Propane Fireplaces
- Ski Storage Room off Lobby
- Convenient Location to Amenities
- Mountain / Strathcona Park Views

- |   |           |
|---|-----------|
| 208 3 Bedroom facing Strath. Park and ski runs              | \$199,900 |
| 211 3 Bedroom facing Strath. Park and ski runs              | \$249,900 |
| 506 3 Bedroom Penthouse facing Strathcona Park and ski runs | \$264,900 |



## Creekside House

Rarely do suites in Creekside House hit the open market. One owner, immaculately maintained 3 bedroom suite available. Quality plus building built by the same builder of Raven Lodge. Creekside is located immediately adjacent to the loading area of the Green Chair so is about as ski in and out friendly as you can get. Easy access to Nordic and Strathcona Park.

- |  |           |
|--|-----------|
| 101 3 bedroom, corner suite                        | \$349,900 |
| 104 2 bedroom, sunny view                          | \$249,900 |
| 305 Top Floor, 3 bedroom sunny slope side location | \$399,900 |



## Mountainside Lodge

A snowballs throw from the green chair! Two bedroom 2nd floor condo with underground parking. Lock off one of the bedrooms to make a separate rental suite while you stay in the rest. Common area includes sauna, hot tub, and locked storage. \$214,900



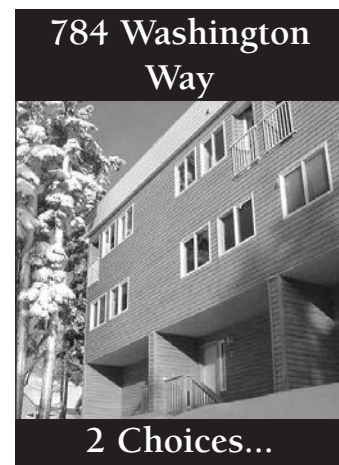
### Close to Alpine Lodge!

Spacious, well-kept townhome with in a few minutes stroll of the Alpine Lodge. 3 bedrooms, 2 bathrooms and sauna. The inside is well cared for with a huge space in the lower floor for sleeping or recreating. Enjoy the outside patio, taking in the sunsets and mountain views. Ski-in and out access to the slopes. Fantastic location and great value. \$234,900



### Vaulted Ceilings

West Coast designer townhome located close to the Alpine Lodge of Mount Washington. Offering 3 bedrooms, two bathrooms and sauna. Vaulted ceilings in the living room and gourmet kitchen with corian countertops. Ample storage and easy access round out this great package. Mount Washington offers incredible snow, and affordable real estate prices. \$289,900



## 784 Washington Way

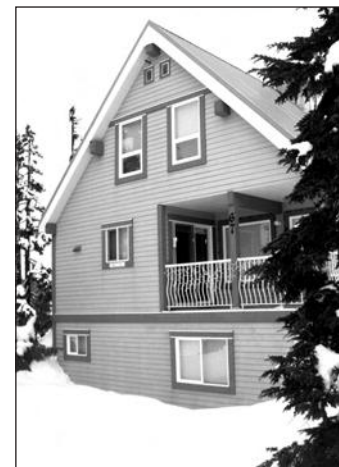
### 2 Choices...

### A Bright Buy!

Very unique and bright corner suite in Snowbird. 3 bedroom townhome with loads of natural light and extra windows. Very quiet location in the building and easy access to parking and skiing. 2 bathrooms, sauna, electric fireplace, open living area. \$189,900

### South Facing Townhome

with easy access to parking and skiing. Basement undeveloped for additional usage. 3 bedrooms and 2 bathrooms. Propane fireplace for the cool winter nights. Quiet location and great building! \$259,900



### Location, Location, Location!

Truly ski in and out from this chalet nestled in the Alpine Village designed for easy maintenance. Ideally located close to everything, yet feels like you are in the country. Hardiplank exterior, as neat as a pin inside. Living area separated into 2 suites. Loads of sunlight in the living room. This one is a must see! \$475,000

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### Builder's Own Home!

Located in Nordic Heights adjacent to Strathcona Park! Interior finished with loads of wood and windows to take advantage of light and to create a cozy warm feel. Easy access to ski slopes just out the back. Where else can you purchase a gorgeous home in an alpine setting! Three large bedrooms, open living area, large sauna, loads of storage & inviting architecture. Enjoy "The Strathcona Mountain House". **\$575,000**



### Perched on a Ridge!

3 bedroom executive townhome with stunning spectacular views of Strathcona Park. The Master suite encompasses the entire top floor and the Living room is vaulted almost up the roof of the entire building. Common area includes, hot tub on it's own private deck and sauna. What more to say than "WOW!"

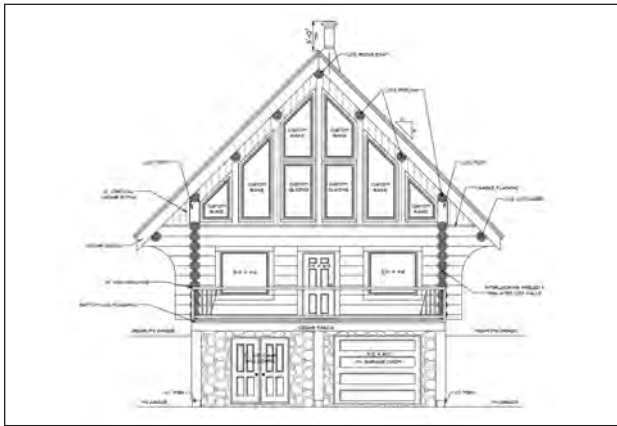
Suite B **\$492,500**

Suite C **\$499,900**



### In a word... Stunning!

Located on the upper side of Fosters Place on Mount Washington is this STUNNING mountain chalet. 4+ bedrooms and a HUGE living area! This mountain home boasts a beautifully appointed interior finished to the highest of standards. Ski in and out access and close to Strathcona Park for nordic skiing in winter and summer hiking. Golf courses, beaches, international airport all just 30 minutes away. **\$599,900**



### New Log Cabin!

Log home to be built at Beaufort Heights Price includes finishing to lock up stage. Great location as one of the closest lots to the lifts. Buy at this stage and put in more bedrooms etc. Easy access to skiing and Strathcona Park is right across the street. Lease expires in 2178 so loads of life in this one. **\$425,000**



### Once in a Lifetime!

Once in a while a unique property becomes available. This legal duplex on Mt Washington has it all. What you get is two legal titles and the two units share a common area. Within the common area is a third suite! Each side has 2 bedrooms and spacious plans. The common area which includes a large family room, sauna, kitchen, bathroom & bedroom. Ideal for 2 or more families with spectacular views. Buy the package and then sell one of the off, or keep the other. WOW - this one has many options!!!

**\$485,000**



### Ocean View!

You can see the ocean from this chalet located in the Alpine Village of Mount Washington. On 3 levels, the lower level is a self contained suite whilst the upper 2 floors have spacious rooms and an open plan. Sauna on the main floor with huge living area. Close to parking and loads of morning sun!

**\$485,000**

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**A Sought After Property...**

in a sought after location! Lovingly maintained by its owners "Chalet 43" offers a 4 bedroom main suite on the upper two floors and a self contained two bedroom suite on the lower floor. The main suite is open in design with many recent upgrades from the ground up including flooring, doors and plumbing. Very well thought out design, offering fantastic accommodation and a floor plan "that works!" Two bathrooms, one with a gorgeous jetted tub. The lower 2 bedroom suite is spacious and cozy with 2 bedrooms and large living/kitchen area. A shared sauna and ample storage rounds out the package. Chalet 43 is located close to parking yet EASY access to the slopes. Tucked into the sidehills, it is close to everything yet sitting on the large deck you are hidden in the woods. **\$599,900**



**2700 Square Feet of Luxury!**

Never before has a home of this style and quality been available on the Mount Washington market. Over 2,700 square feet with 6 bedrooms and 4 bathrooms. No expense has been spared from the silestone quartz kitchen, hardwood floors, solid cedar beams, log styled exterior to the open hearth style gas fireplace. All rooms are open and spacious. Fosters Place is Mount Washington's only drive-in, ski-out location. If you have been looking for the "something special", this is the one. **\$799,900**



**The Best of the Best!**

Log home for sale on Fosters Place. Over 3,000 sqft of luxury in this 3 level home at bottom of cul-de-sac. A snowballs throw from ski runs. Lower floor could easily be converted to additional accommodation. Large deck, gourmet kitchen, cathedral ceiling in living room, etc. If you have seen the rest & want the best - this is it! Views from the large deck over the Park. This is one of only a few properties on Mount Washington that are drive in and ski out and unobstructed views. **\$950,000**



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