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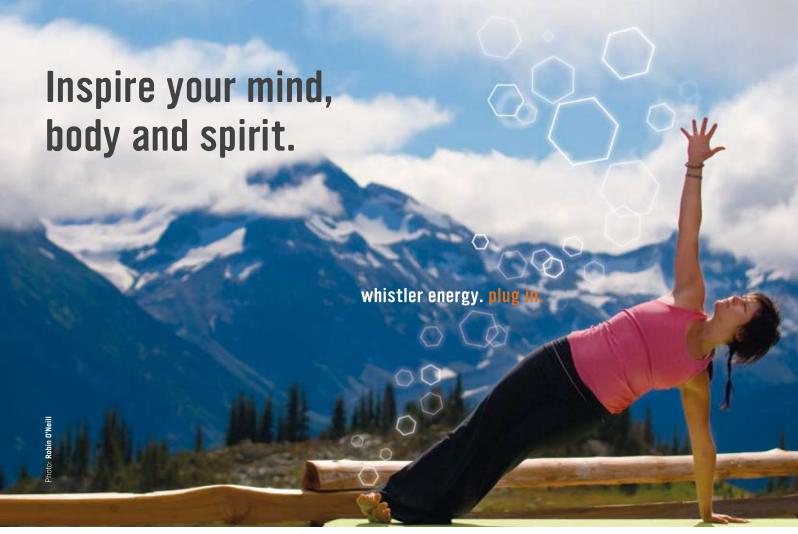
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# **Feet First**



PHOTO BY MARK GRIBBON

pring in the mountains. The sun is out, the snow is soft and the highway is (mostly) dry and bare. Spring days are longer, the nights are stronger and everyone gets that tingling sensation inside that means the cold, hard months of winter are over and brighter times are ahead (in the animal kingdom it's called "Rutting Season").

Spring in Whistler also means the return of the TELUS World Ski & Snowboard Fest, back now for its thirteenth year. "The Festival" is ten days of sun, savagery, and snow (just because it's Spring doesn't mean we don't still want powder up top). The music/film/art community shares centre stage with the pro athletes and everyone gets a chance to let loose, get down, turn on, tune out and appreciate the finer points of the changing seasons while we ski, board, bike, skate, dance with our boots on, laugh, drink, puke, win, lose, and live a little.

Spring also signifies the start of road trip season and WSSF means that for ten days in April, parking lot five will be chock-full of mohos, campers and trailers. Après for these folks is just kicking it on their tailgates, celebrating another great day/season/life with a smile and a buddy and that bottle of Nicaraguan rum saved from last fall's surf trip. WSSF's ultimate mountain party is the perfect destination for road trippers and if you can't afford a hotel you can always sleep in your van (or your converted '91 Ford ambulance). These days the valley temperatures rarely get below zero anyhow. Heck, after a free concert, a sushi dinner and a few drinks you might even be able to lure something back to the parking lot for company and warmth.

Rutting season, end of season, spring - call it whatever you want but in Sea to Sky country I call it my favourite time of year (right up there with summer, winter and Halloween). Drive now, party when you get here, sleep when you get home.

- Feet Banks

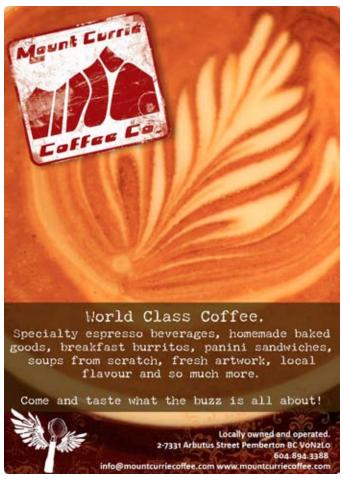
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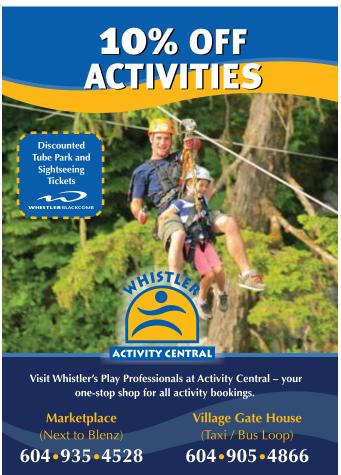
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# mountainlife

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#### PUBLISHED BY MOUNTAIN LIFE PUBLISHING INC.

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Mountain Life Coast Mountains is published quarterly by Mountain Life Publishing Incorporated and circulated throughout Whistler and the Sea to Sky corridor from Pemberton to Vancouver. Reproduction in whole or in part is strictly prohibited. Views expressed herein are those of the author exclusively. To learn more about Mountain Life, visit www.mountainlifemagazine.ca. To distribute Mountain Life in your store please call 604.815.1900

To send feedback or for contribution guidelines email feet@mountainlifepublishing.com

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### Contributors

By Feet Banks

#### COOPER SAVER

Cooper's fourteen years old. I met him last summer at a film workshop in Whistler and since he likes skateboarding and isn't afraid of hard work we got along right away. When he said he was interested in writing for Mountain Life I told him I'd need to see some samples. He sent me a report he'd done for his Grade nine English class. He got 28 out of 30 on the report and that's good enough for me. This issue, Cooper interviews fellow Whistler High student Devin White, a superb visual artist. Ever get the feeling that the kids in Whistler are way cooler than other towns' adults?



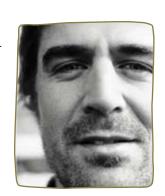
#### JULIA MCCABE

Julia just got back from living in Hong Kong where she taught yoga and received a lot of cheap massages. She also worked as a fit model for a snowboard company. The job required standing in a factory in mainland China in "balls-hot" weather trying on snowpants and jackets while eight Chinese seamstresses with cellphone cameras and measuring tapes stared at the inseam of her crotch, making sure the product will fit us "white giants." I gave her a job because she's a girl who uses the term "balls hot."



#### DAVID SMITH

Big Tall Dave is a longtime Whistler loc who still rides a hard tail, got a scholarship to play ball in college, writes, shoots photos and used to be a pretty decent DJ. Once I was getting on a train to head up to Seton, BC and he was riding the same direction to live in a swamp for a month collecting samples for some fish study. Despite the fact that his fiancé hates them, Dave's also the mustache champion of Whistler and this issue he waxes philosophical on the annual Sushi Village mustache competition. He acts like he doesn't have many skills but who else do you know that can tell the sex of a mud salamander just by how it wags its tail?



#### **BRIAN FINESTONE**

Brian has authored a couple of local ski/ snowboard guidebooks and has mountain bike and hiking books due out this year. He skis, snowboards, Telemarks, climbs ice or rock, mountain-bikes, BMXes, skateboards and surfs. And occasionally works when he has to. This makes Brian an incredibly valuable Mountain Life writer and probably one of the coolest dads ever. His five-yearold son Finn is steadily getting into all the same sports as Brian except (for now) surfing. This issue, Brian writes about climbing that wicked-looking spire in between the Horstman and Blackcomb glaciers.



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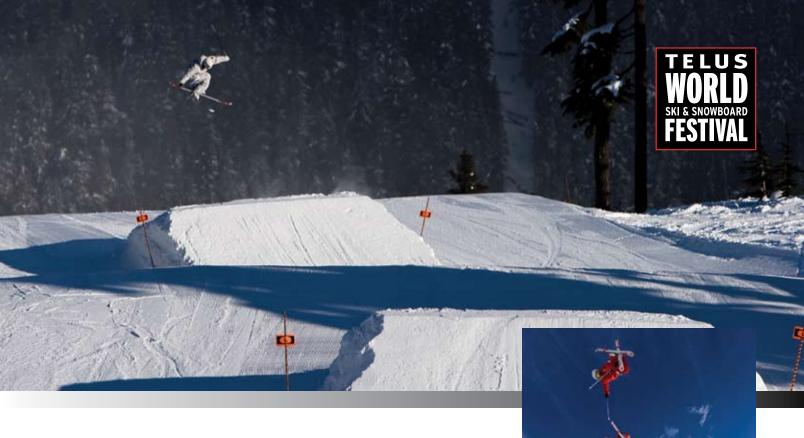
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# Park Season

There's no question that snowboarding saved the ski industry and now the terrain park, with its urban personality and session-sport mentality, is guiding the evolution of both

In the spring, as the days grow longer and the sun's rays penetrate the snowpack softening the once bullet-hard packed powder into spring corn, the terrain parks start going off. Picture-perfect blue skies, warmer temperatures and jumps at maximum size bring athletes out of the woodwork to put the finishing touches on their video parts and to perfect the minor flaws that separate the ho-hum tricks from the ones with more "steeze." The difference may be as simple as spinning a few degrees more corked or grabbing a few inches more tweaked, but the results can separate winning from losing at the World Ski & Snowboard Festival.

Terrain park riding is an annual evolution, starting with a few jibs and small jumps and growing over the season into the monster lines that become the main attraction during the spring photo shoots. The athletes work up to the level witnessed at the WSSF big air, pipe and slopestyle events gradually pushing the limits on increasingly larger jumps and rails. If they are lucky enough to dodge the injury bullet, new faces can be rewarded with a shot at the big time while the rockstar-esque icons of our sports can look forward to another season in the spotlight.

Terrain parks are the foundry for much of what comes out of the industry, from athletes to fashion and marketing. The skiers and riders are the blacksmiths working hard in these open-air gyms to evolve their skills in order to raise the bar each year at events and competitions around the world. These athletes push the limits of what is possible in the park each day before taking those tricks to competitions, the backcountry or to urban rail setups. "We need specific jump shapes to push the next level of tricks, you need pop to get corked doubles around," understates Chris Turpin, professional skier.

While many resorts shy away from providing terrain parks and others constantly bite their nails at the thought of something going wrong in the park, this is where the sports are heading. "Progression is the key; we provide features ranging from hits and jibs for first-time park users to technical jumps and complex rails for the pro athletes," explains Peter Young, manager of terrain parks at Whistler Blackcomb.

The barometer of the progression in snow sports is all in the spin. While 540s used to be the ticket back in the day, 1080s and 1200s are the go-to tricks of the pros today. These mind-boggling technical spins were undoubtedly all developed in terrain parks, probably on one of those sunny spring days that just begs you to "throw down an epic sesh."

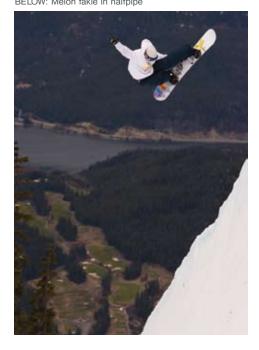
- Brian Finestone

PHOTOS BY BRIAN FINESTONE

LARGE PHOTO: Simon Martel's tailgrab 720

ABOVE: Carl Fortin in corked mute 540

BELOW: Melon fakie in halfoine



by Ace MacKay-Smith

Skiing and music are the two main attractions of the TELUS World Ski & Snowboard Festival, now in its thirteenth year. But for me the connection between music and the mountains goes a lot farther back. As with anyone's past, so many songs conjure up memories and mine are often associated with skibum stories. CCR, for example, will forever remind me of Tod Mountain (Sun Peaks) in the seventies.

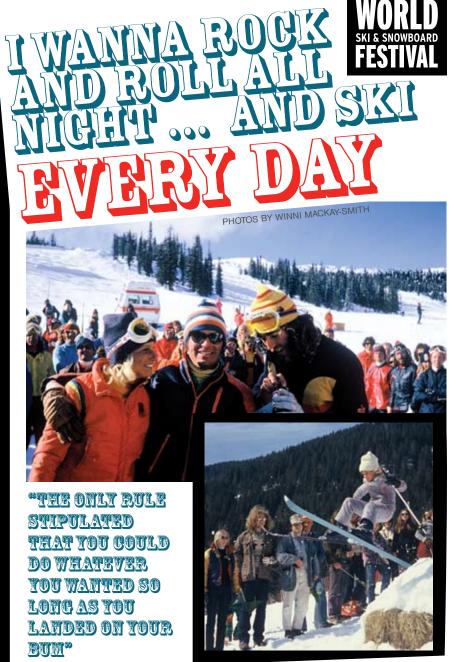
My Dad got a job as Head of Ski School, so we moved there around 1970. My brother Stu and I used to go tobogganing at night and would stray down to the Burfield Lodge to peek in the basement windows at the long-haired freaks (I mean this in a good way) dancing and carousing, shotgunning beers and hanging upside-down from the wagonwheel light fixtures to the obvious delight of the bar patrons. (Kid note to self: party tricks make a good party better.)

The soundtrack to this adult mayhem was Dr. Hook, T. Rex, Doors, Stones, Janis Joplin, Free, The Guess Who or some local blues band. During this era, Tod Mountain threw a version of a Ski & Snowboard Festival called Wonder Weekend. Everyone dressed up and music pumped outside the lodge as jousting contests and ski obstacle courses took place, as well as the infamous Bum Jump - the seventies equivalent of the Big Air. The only rule stipulated that you could do whatever you wanted so long as you landed on your bum. Of course it was judged by crowd appreciation and was all about style. Being the seventies, a time when streaking became a fad, this was also the first time I saw ... a weiner.

Which leads me into hotdogging (high-five for that transition). By the late seventies, Freestyle was becoming more polished and the music was getting disco. Our Dad threw a Pro Freestyle contest called the Labatt's Datsun Freestyle Classic. The songs of Queen, Bowie, and KISS, as well as Wild Cherry's "Play that Funky Music" will forever remind me of John Eaves, flipping through the air in his bright yellow one-piece. As sound systems were getting more powerful, soon the entire base of the comp became one big spring skiing party. The hair was getting shorter and the ski suits were getting tighter. The prizes were also getting grander, moving into eighties extravagance ... a Datsun 280Z and \$10,000! (Remember this was 30 years ago.)

Whistler's Ski & Snowboard Fest always reminds me of those epic spring ski parties of old except with way more sponsors and budgets. It ignites memories of my Dad and those crazy Freestyle weekends - Rod Stewart blaring and the slithering mogul style of the competitors disco-ing their way past the honeybronzed and very, very desirable (Snik reference) Lange Girls who flashed Vuarnet smiles (and cleavage) from the sidelines. If that wasn't a rock 'n roll moment, I don't know what was.

Today, I play records (lots are my Mom and Dad's) during après at the base of Whistler Mountain (at the Garibaldi Lift Co.). I think I love it so much, not only because I love music (like everyone) but also because I have so many great ski bum memories attached to those songs tattooed forever in my brain. The Telus World Ski & Snowboard Festival in April hosts as many music events as snow events and provides a great opportunity to make your own ski bum memories. "Come Together ... Right Now ... Over Ski ..."



#### **Sound of Music**

By Lisa Richardson

Spring means the hills are alive with ... yep, you know the refrain. From April 11-20, the TELUS World Ski & Snowboard Festival's main stage at the base of Whistler and Blackcomb anchors ten days of spring skiing and riding by turning the mountains into the ultimate amphitheatre.

No slush-surfing should be unsoundtracked, and the coveted outdoor patio seats are the best in the house when the anthems of reggae, rock, hip hop and indie-funk pound out their daily 3 p.m. summons.

"We're the Mother of all End of Season Parties, and we're proud of our record of booking breaking bands just as they're readying to launch into the stratosphere," says Festival director Sue Eckersley.

Early confirmed highlights for 2008 include Aussie rockers the John Butler Trio, hip hop polemicist Michael Franti and Spearhead, The Trews, and Julian Marley. A full schedule will be available at whistler2008.com





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Everyone has skills. Some people can huck , huge cliffs, others can squirt milk out of their eye socket. There are dorks who can make rockets fly, and there are those who could skillfully cheat off said dorks in high school without getting caught. Rainman could count dropped toothpicks before they hit the ground .. some peoples skills bring great wealth and fame Others, not so much



### **Mustache Mania**

The Greatest Contest In the History of the Earth ... and I got the skills

Everyone has skills. Some people can huck huge cliffs, others can squirt milk out of their eye socket. There are dorks who can make rockets fly, and there are those who could skillfully cheat off said dorks in high school without getting caught. Rainman could count dropped toothpicks before they hit the ground ... some peoples' skills bring great wealth and fame. Others, not so much.

I used to hold a grudge against those overachievers whose skills brought them perks, prizes and glory. Historically, my skills brought me only pats on the back and spots on the bench.

Three years ago, however, everything changed. Thanks to Whistler's Sushi Village restaurant I found my calling in life, my niche, the skill that makes me so very special and assures me a life filled with red carpets and the VIP.

I can grow a killer-great mustache...

The annual Sushi Village Mustache Contest/Magnum PI Appreciation Night is the biggest event of the year (in my mind). Instigated eight years ago by local legend and ex-fish-slinger Chili Thom, its popularity has continued to grow with an underground "dirty mustache lovers" cult following. Says Thom, "we originally started the contest as a way of seeing what we could get away with at Sushi Village. Essentially we wanted to have all the servers rocking terrible mustaches for a whole month. We decided to end it all with a Magnum PI appreciation night, after all, that guy has the fattest upper lip I have ever seen."

Bigger than the Pro Photographers' Showdown, the Big Air and the 72 Hour Filmmakers Challenge combined (again, my opinion) the mustache extravaganza has given people like myself a reason to go on, something to look forward to each year. If you can handle a month of celibacy – regardless of what anyone says, chicks don't dig mustaches – it's a chance to win big cash and prizes. This year expect Sushi Village to step it up a notch, with prizes from West-

beach, Burton, Fanatykco, and Showcase Snowboards. Perhaps this will be the year we get a guest appearance by none other than the godfather of 'stache, Tom Selleck - Magnum Pl himself. (I like to think I would give him a run for top prize.)

It all goes down April 14, during the WSSF, an especially sensitive time for me, being sponsored by nobody, on no guest lists, and wearing a ski jacket and pants that predate both fat and shaped skis.

Saying all this, there are some poor souls who cannot even claim to grow a decent 'stache (and some of them will be serving you on the night of the event). I really don't feel an ounce of pity for them though, as this is my moment, my one shining chance to look them square in the eye and say "I'm better than you." Get out your Rogaine, boys.

- David Smith







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# Whistler Wind Up winds down a long winter

By Lisa Richardson

April 20th signifies a good many things this year, including a different kind of ski race.
4-20-08. On the last day of the TELUS World

Ski & Snowboard Festival it will all wind down – both an epic winter and another awesome festival will start blowing away like so many smoke-rings into the warming skies of spring.

April 20th is the end of Whistler's frenzy of hedonistic insanity, free music, big air, multimedia shows and non-stop, last hurrah mountain-shredding. It signals the close of another week of excessive indulging in all vices and what better way to celebrate the alignment of the wrap-up of the 13th TELUS World Ski & Snowboard Fest, the 75th anniversary of the first ski ascent of Whistler Mountain, and Earth Day (spotlighting the dubious future of snow) than by strapping on your touring boards or snowshoes and sucking wind for the entire 1200 metres of vertical rise from Whistler Village to the Roundhouse? It's a touring race UP the mountain.

Yes, it's counterintuitive. Even taking into account the fact that the speedsters take barely over an hour. Some people believe that all life forms on earth are assigned a finite number of heartbeats. So why squander this precious resource on the uphill, when there are perfectly good chairlifts and gondolas at hand?

Revelstoke-based high school mathematics teacher Jeff Colvin is a member of the Canadian National Ski Mountaineering Team. Colvin competed in the Worlds in Europe this winter, and spends most of his time foregoing perfectly good chairlifts and gondolas. He spends his after-class hours training – intervals, pace-workouts and block training up and down Revelstoke's logging roads, by the glow of an LED headlamp.

Skiing uphill was a virus Colvin caught four years ago when he arrived in Revelstoke. With



Pip Brock (right) was the first to climb and ski Whistler Mountain. Here he enjoys breakfast at the Primrose Cabin. PHOTO FROM THE WHISTLER MUSEUM AND ARCHIVES
Below: Wind Up competitors start the climb. PHOTO BY DAVE MCCORD

pioneers like Greg Hill and Troy Jungen popping off massive vertical in short periods of time, Revelstoke had fast become the Mecca of Canadian ski mountaineering, and Colvin, an exvarsity footballer for Queen's University, quickly caught the bug.

"Slowly, I began seeing the rewards of having great fitness in the backcountry," he says. "More powder for me."

Colvin will compete in both the Whistler Wind-Up and the Spearhead Traverse races at the World Backcountry Freeride Jam this April. "I can't think of a better way to end the season. Last year, the weather was phenomenal. I enjoyed some great powder skiing on the days before and after the race, and the vibe of the event was really positive."

There's more than a good vibe on the line for Colvin this year. The World Backcountry Freeride Jam will be crucial in deciding the Canadian National Champion for Ski Mountaineering. With Colvin's teammate Aaron Chance nabbing first place ahead of him in the Fernie and Sunshine races, and Andy Traslin and Reiner Thoni close behind, the stage has been set for an epic battle with winner-take-all stakes.

Says Colvin, "The World Backcountry Freeride Jam really showcases the world of backcountry skiing. Having the Spearhead Traverse race as one of the marquee events of the World Ski & Snowboard Festival adds a great deal of legitimacy to a developing sport, especially to set it alongside premier events like the Big Air and Superpipe."

WBFJ founder Jayson Faulkner is closing in on his ambition to see Whistler become ground zero for the revival of ski mountaineering racing. "I like the idea that we are establishing ourselves with a real leadership role in North America for promoting backcountry skiing," he says.

And, after all, it brings the Whistler story full circle. Whistler's truly "long-time skiers" - the

soul-men of Alta Lake history – all belong to that lineage. A resurgence of backcountry skiing takes us back to our roots, back to Stefan Ples and Seppo Makinnen skinning up Franz's Creek in the late 1950s and early 1960s.

"Slowly, I began seeing the rewards of having great fitness in the backcountry," he says. "More powder for me."



Back even further to Pip Brock.
Brock is Whistler's least-known icon.
Seventy-five years ago, on April 16, 1933,
Pip Brock, then 19 years old, strapped on his
Woodward's store-bought skis and set off solo
to summit Whistler Mountain. He was the first to
ski Whistler. Uphill and down. Upon his death in
1995, over 20 million skiers had, unknowingly,
followed in his downhill tracks.

The Whistler Wind Up starts clocking a few in the other direction. With one notable stylistic alteration – today's racers go non-stop. Pip Brock, according to his son Peter, "would have taken quite a number of smoke breaks during his first ascent. He only took his pipe out of his mouth to eat or brush his teeth." Happy April 20th.



## **Showcase Spire**

#### Getting off is half the fun of this classic rock climb on Blackcomb Mountain

There are few things more appealing to a rock climber than a freestanding pillar of rock. A spire allows a climber to get where no other human can go, a place with no pedestrian way to the top. When tectonic forces and millennia of erosion line up, these rare towers of rock can often be found within a convenient stone's throw of a ridgeline or canvon wall. Aside from a great summit, a spire formation enables climbers to use an exhilarating and unique technique to get back to the mainland - a Tyrolean Traverse.

One of the best-kept secrets of Sea to Sky climbing is just such a geologic phenomenon. Tucked behind the ridge dividing Horstman Glacier from Blackcomb Glacier is an 80-metre granite spire split from the main ridgeline by a chasm spanning 30 metres. It is this feature that local hard-man Bruce Kay along with partners Pat Post and Paul Brunson first stood on top of in 1991. "We discovered the Gendarme [Spire] back then during the first year of summer operations. Once we knew it was there, it had to be climbed," insists Kay.

The partners followed a naturally protected weakness that led from the gully through a series of cracks and slabs and would later call their summit route "The Darn Gendarme." While aesthetic, the route is not full value, as it starts midway up the feature in the shelter of the gully. The true gem was not uncovered for another 10 years when I returned with Kay in July 2001 to do battle with the much steeper south face. "We didn't know if it would go until we rapped the face and discovered good holds and a hidden crack system," recalls Kay.

Climbing straight up out of the glacial ice was much more difficult (in the mid 5.11 range) which Kay describes as "The best route of this

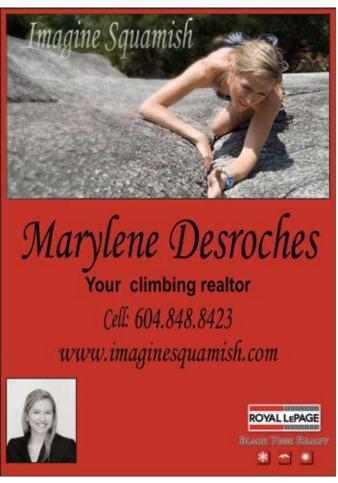
I won the Rochambeau for the first ascent of the roof pitch and executed a less-thangraceful overhead heel-hook-to-butt-match on a small ledge. Kay muses, "Finestone was upside-down digging his heels into the rock like spurs until he popped onto the ledge like he was sitting on a horse." This equestrian technique earned the route its name "Finestone Cowboy.

The summit platform is about the size of a Cadillac hood and is equipped with a permanent anchor, enabling climbers to rig the second rope into the Tyrolean Traverse, for the zip across the abyss back to the ridge.

The Tyrolean experience coupled with the quality of the climbing has earned the route five stars in Marc Bourdon's Squamish Select guidebook. The route comes into season as early as March on sunny days and can be climbed throughout the spring and summer operations at Blackcomb.

-Brian Finestone











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# inshallah



It might be little more than a Himalayan Re-use it Centre but, God willing, the adventure-ski destination of Gulmarg, India, is getting off the ground thanks to some Whistler-based help.

Text Leslie Anthony :: Photos Paul Morrison

It's a fight to get on the gondola.

Not so much the usual powder-day elbowing and jostling – though 40 centimetres of new snow and two days with no access means there's definitely some of that. No, it's more of a personal fight to muscle yourself and your pack and skis through a half-open clamshell doorway the width of your thigh. Luckily the Stage II Gondola in Gulmarg, India, well-rusted before it even opened in 2006 (actually the yellow, egg-shaped 1960s cars were already ancient when they arrived from France in 1989) is crawling through its bottom station at 3,083 metres with the kind of dharmic purpose (i.e., slowly enough) that you and a friend can usually manage to jam in, sweating heavily, before the doors clamp shut on your skis, which remain comically thrust up out of the contraption for the remainder of the somnolent, halting ride up Mount Apharwat to 4,000 metres.

During the passage, you'll have plenty of time – depending on how many times it stops (and it will stop) – to drink in Apharwat's pristine slopes and the slithering ridges you can shuffle along for kilometres in either direction, as well as the serrated grandeur of the Pakistani Himalaya hovering over the diesel-and-wood-smoke wainscoting that cloaks the Kashmiri capital of Srinigar and famous Dal Lake. You unconsciously tick off this vista's 8,000-metre overlords: Nanga Parbat, Broad Peak, Masherbrum, the Gasherbrums and, on a really good day, the tiny pyramidal icon of K2 deliquescing on the northwest horizon. You'll be only marginally distracted by the guy sitting with his back to you, filling the tiny cabin with cigarette smoke, wearing a jacket with "J & K Ski Rescue" emblazoned on the back, who repeatedly adjusts the AK 47 slung uncomfortably around his shoulder so that the barrel is somehow always pointed at your head.

It's a milieu that's about as foreign as it can get to a Whistler skier. Until you fight your way off the gondie, past shouting Kashmiris arguing forcefully over everything ("Bakalakalaka!") into a strange sea of familiarity: slouching patrollers in faded Whistler-Blackcomb patrol jackets; guides wearing bright bi-coloured WB Mountain Host and Ski School outfits; and black WB Mountain-ops clothing cladding guys with "High Altitude Warfare School" baseball caps. Oh look, there's also a group of adventurous British skiers being nosed around by Whistler-based Extremely Canadian guides. And while half a dozen languages reach your ears in the lift-line, they're all overshadowed by loud Australian. To top it off, as you slide tentatively past the surreal fusillade of Whistler retro-wear and a phalanx of poorly outfitted Indian army regulars aiming sand-bagged artillery at Pakistan from their mountaintop lookouts, and drop into one of Apharwat's primo 1,000-metre-vertical powder gullies,



you're suddenly in a dogfight for first tracks with a posse of Whistler snowboarders and their film crew. Inshallah ("God willing"), you can beat them to the goods, but it all sounds a lot like the scene back home.

What gives?

The explanation for the snowboard crew is easy: that means all the noteworthy ski magazines and movie companies have already been here and collectively declared Gulmarg the Next Big Thing. The rest has to do with this: Gulmarg has gained notoriety in part because of the efforts of Whistler riders. And that trail leads back to an Israeli-Canadian snowboarder named Ido Neiger.

Back in 2000, gainfully employed clearing land-mines, Ido slid through heavily militarized Gulmarg – lodged in the Pir Panjal Range on the infamous India-Pakistan Line of Control, where war had been raging intermittently over

the Islamic territory of Kashmir since partition in 1948 - and fell in love with the place. He wasn't the first. Named in the sixteenth century (Gulmarg = meadow of flowers) by Sultan Yusuf Shah, he and subsequent Mughal leaders made summer migrations to Gulmarg to escape the stifling heat of the plains, as did the British Raj, who introduced the upper-crusty pursuits of golf and skiing. When Ido arrived, however, the only skiing was either off the Stage I Gondola (installed during a window of regional peace in 1998) through gentle trees, or a brutal 6-8 hour climb to the summit of Apharwat. Hardly an experience to inspire foreign riders to travel that far, though this was precisely what local tourist authorities were hoping for.

As were two locals, Hamid and Yassin, who'd grown up in nearby villages and had been making the brutal climb up Apharwat through waist-deep snow for years. Patiently

staking their fortunes on development, they operated an optimistic cluster of shops kittycorner to the Indian army's High Altitude Warfare School, where hookahs and interminable arguments bubbled outside ("Bakalakalaka!") and darkened doorways offered everything from guides to clothing to rental gear, fragrant cardamom-spiked Kashmiri tea, food, film and carpets. Ido figured he could help: Under the banner of Kashmir Alpine, he threw his lot in with his new friends Hamid and Yassin, helping direct international business their way (it picked up quickly when the Stage II Gondola opened) and spearheading Mission Gulmarg, a project to assist locals in professionalizing the ski operation and promote the region's potential.

After fundraising efforts and political maneuvering, Ido arrived for his fourth season with 830 kilos of second-hand equipment donated by Whistler-Blackcomb in tow, plus an international

Gulmarg, India. Just your regular mix of powder turns, machine guns, wierd monkeys, friendly brothers, stunning mountains, Canadian influence and a whole whack of old-school Whistler/Blackcomb uniforms. Gulmarg puts the 'trip' back in 'ski trip.'





Gulmarg has gained notoriety in part because of the efforts of Whistler riders. And that trail leads back to an Israeli-Canadian snowboarder named Ido Neiger.

team of pro mountain-rescue volunteers to train Gulmarg's nascent patrol. Included was top skimountaineer and gadabout snow bohemian Ptor Spricenieks, who'd also fallen in love with the place during a visit in 2004.

"Kashmir was always legendary to me since reading about the exploits of John Falkiner and the [Verbier-based] Clambin Crew as well as Sylvain Saudan's heli-ski adventures and premier descent of 7,000-metre Nun Peak," says Ptor, clearly apprised of Himalayan ski history. "Ido liked my credentials and enthusiasm to spend the whole winter there and signed me on."

Ptor and company buckled down to a training regimen with the eager Kashmiris that, given Indian bureaucracy and corruption, proved both "rewarding and frustrating," but, Inshallah, accomplished important baby steps in mountain safety, first-aid, and avalanche control (the latter is currently accomplished "organically" with ski-cuts due to the fact that the Indian military either won't provide ordinance for snow control, or they're worried that any explosion might draw fire from Pakistan). Whistler's Chris Kettles was also there as a snow-cat specialist. helping to steer expertise in that area, though it doesn't take much to plow out the lone, cat-wide groomed piste linking the Stage I and Stage II bases.

At the end of the Stage II Gondola's first season of operation, the worldwide snowsports community – and certainly Whistler's prodigious underground adventure-ski contingent – were talking Gulmarg. But who would actually go?

It's a fight to get on the gondola – again.

And no matter what Mission Gulmarg might ac-

complish, it's unlikely that this will change. But that's not really the point.

"Ido is definitely following the old saying of 'Teach a man to fish and he'll eat forever'," says Jill Dunnigan, co-principal of Whistler's renowned steep-ski and adventure-travel company, Extremely Canadian. "He has tremendous respect for – and from – the people of Gulmarg. Ptor as well. They're not trying to change them or Westernize them but trying to work within the existing environment, spanning cultures. That's what we like to do as well."

After running trips to all the classic Euro resorts along with exotics like La Grave, France, Niseko, Japan, and Las Lenas, Argentina, Dunnigan chose Gulmarg as the company's next step off the beaten path. And this past February a group of Brits – their first Gulmarg clients – got just such a taste.

After getting off at the top of Stage I, we hike across a plateau before angling down steep slopes beneath towering Himalayan pines for an hour or so. This protected powder skiing is all that's available when the top is closed. Not that there's anything wrong with it. At the village of Tulmarg, where we commandeer a taxi (though more like vice versa) for a ride back up to Gulmarg, monkeys scream at us from the trees and talk in the marketplace ("Bakalakalaka!") is of a 10-year-old girl taken by a snow leopard.

Despite the visual shock of ski school jackets everywhere you look, at least one thing is clear: this is as exotic as it gets. Toto, we're not in Whistler anymore.

mountain life





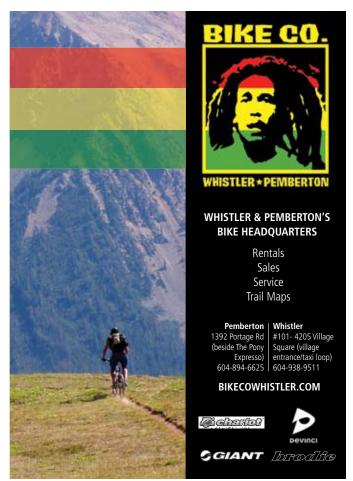
# MCUNTED

By Colin Field

Picking a bike can be a tough decision. Especially if you have no idea what you're doing. Whether it's the right size, right colour, or right style are all factors deciding whether or not you actually end up using the thing. *Mountain Life* wades through the two-wheeled jungle to help you decide what you want ... and what you need.

These days, there's a bike for everyone. Whether your bike is just something to get you to the beer store and back or something you base your entire existence around, there's a bike out there for you. This is by no means a comprehensive list of bicycle styles, but a look at what's new and what's popular.

So get thee to your local independent bike dealer. Make sure you have a good idea about what you want to use the bike for before you buy it. Pushing a downhill bike around some cross-country trails is a total nightmare, as is doing roadgaps on a road bike. And ask your dealer about sizes. Making sure your bike fits is the difference between enjoying your bike and cursing it every foot of your journey.







There is nothing more punk rock in the bike world than BMX. And not since Cru Jones has BMX been as popular or as cool as it is now. Even though BMX racing will be in the Olympics this year, it is the "freestyle" bikes that you want to look at (has racing ever managed to make any sport cool?).

Whether you're an old-schooler who just wants to relive the glory years of jumping ditches while doing the paper route or you're looking for something to tear your local dirt jumps a new one with, there's a ride out there for you. There are more companies offering more completes than ever before. And while technically the BMX isn't sized for fully-grown men (or women), its size and simplicity make it easy to throw around. At the top end of the scale, the Subrosa Pandora Pro fills every category from fashion to function and will stand up to all the abuse you can possibly throw its way.



#### ROAD BIKES

While Lance Armstrong may be single-handedly responsible for the recent popularity in road bikes (no, they aren't called "ten-speeds" anymore) and Floyd Landis may have ruined the whole deal, road bikes have come a long way since you last rotated your handlebars so you could fit a two-four between them.

Road bikes are the pinnacle of bicycling precision. With lighter manufacturing materials than ever (think Kevlar and carbon fibre), and more aerodynamic designs, road bikes provide effortless transportation. Most of the major bicycle companies offer a road line and when it comes to prices, the sky is the limit.

Probably one of the most popular brands of road bike out there right now is Trek (thanks, Lance). And the Trek Madone 6.9 Pro is one solid complete bike. Of course at \$8,700, you would hope so. This is the top end of Trek's line. With a carbon-fibre frame, forks and wheelset this bike is effortless to get started and to keep rolling.

#### MOUNTAIN BIKES

Mountain bikes have come a long way since Gary Fisher and friends first started bombing the hills around San Francisco on old Schwinn Excelsiors. They are now as high tech and expensive as you want them to be, but there are plenty of rides out there with reasonable price tags on them

Whether you're looking to ride your local dirt jumps, cruise around some cross-country trails or race in the Trans Rockies, there's something out there for you. There's a lot of decisions to be made here from all-mountain, singlespeed 29ers, to hard tails to hydraulic disk brakes, so check out what's available to help you make the right decision.

The Rocky Mountain Element 70 was voted the cross-country bike of the year in 2007 and no doubt will be just as stacked this year. With a 3DLink rear suspension design, this bike goes uphill as easily as it goes downhill. With an aluminum frame and carbon-fibre seat stays, this ride is as light as it is strong.



#### BEATER BIKES

The cheapest option of them all is the beater. These can be found in the garbage during the spring, at flea markets, or garage sales. Seventies-era CCMs are amazingly well built and generally just need some new cables, tires and brake pads to get them running. Find an old one, call up your bike-specialist friend and tell him you'll buy all parts and a two-four for a tune-up.

Before you know it, bingo-bango-bongo. Not only will you be rolling around on a bike that cost you \$25 (plus a two-four) you'll also be fashionably retro. You'll blend in with all the artsy kids on your way to the latest gallery showing your friend's art.

This 1973 CCM Elan is one hot ride. Well, maybe not that hot, but she was cheap. Scavenged from the garbage, she weighs a ton, but once you get her rolling there's no stopping her. With classic Sturmey-Archer three-speed hubs, this thing'll keep shifting smoothly well into the next millennium.





#### CRUISERS

This style of bike has enjoyed a real resurgence over the past few years. Often called beach cruisers, these are comfort bikes with style. Sometimes available in 3-7 speed variations, they'll have you cruising to the store for milk or anywhere else your life may take you.

Something to consider when choosing a cruiser is how much work they require to get them moving. Some of these bikes have been designed with style as their main function, meaning they are really difficult to get rolling. Huge tires and laid-back riding position may look cool, but in reality will also lead to a bike that barely gets ridden. Talk to your dealer about which bike fits you and what they're designed for.

Electra's Vince Aluminum comes with Shimano's Nexus 3-Speed Hub meaning you can get her rolling up or downhill, and provides a body position that is comfortable and functional. And this one hits all the fashion points, too. This bike looks hot.

#### DOWNHILL BIKES

While differentiating between mountain bikes and downhill bikes may be tough for the untrained eye, it takes about three pedal strokes uphill on a downhill bike to realize the difference. Downhill bikes are heavy, strong, with tons of travel (up to ten inches in the front and back) and don't like going uphill. They're like motorcycles without the engine. But when you're riding downhill they're a blast.

Downhilling is an expensive hobby, because you're always going to break something. Whether it's brake levers, dented rims, flat tires or collarbones, it's inevitable that things will go wrong. So get friendly with your local bike wrencher.

Santa Cruz, California's creatively named Santa Cruz Bicycles is a leader in the downhill market and their V10 is one popular machine. Featuring ten inches of travel in the rear suspension and the same in the front end, this bike will roll over anything and everything.

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**Up & Comer** 



By Cooper Saver

"I just want my art to be different from everything else; there's nothing worse than un-originality," says lifelong Whistler local and up-and-coming artist Devin White. "Being unique is the key."

For the 15-year-old Whistler Secondary student, art is a way to express himself. (His two favorite classes are study block and art – go figure.) Devin started painting in 2006 after attending the Brave Art show during the TELUS World Ski and Snowboard Festival. The show inspired him to go out and try his own hand at art. One year later his work was featured in his first group show, 2007's WSSF Brave Art. Having completed many paintings since then, Devin also participated in the Whistler Art Walk and two Blind Mute shows in the past year. No two paintings are openly related.

"Hopefully each painting is different from anything you've seen before," Devin says. Besides paint, he will often use parts of magazines, newspapers, wallpaper and, most interestingly, sheet music in his art. "I will use anything I can get my hands on. I like to try new things – I don't want to stick to the same stuff. My art is always changing."

To Devin, a good painting means a good idea and a good blend of colours – just lots of good. To start, he will draw on canvas and then work on it whenever he feels like it – there is no set time to finish a painting.

Besides art, Devin is into skiing, hanging out with his friends, and listening to music. "Music plays a huge role in my art and inspires me to keep on going", he says, explaining that his tastes are all over the place. "All music. Pretty much everything, but if I have to mention one, I'll say David Bowie." Devin is also inspired by French bands So Me and Midnight Art. Besides music, Devin is also into vintage pop culture practitioners such as Peter Max. Other than that, Devin is inspired by "everything around me."

Currently, the young artist is working on getting more of his art out there. "I'm taking my paintings and asking shops to put them up," he explains. His work is locally available for viewing at the Glacier Shop, Evolution, and F Clothing. Recently, he apprenticed with more established artists Chili Thom and Stan Matwychuk on a public mural under the Lorimer Road Bridge at Fitzsimmons Creek. Chili Thom talks about the Bridge Art project: "We only had a few days working with Devin, but he helped out a lot and knows how to work with paint so it was a good experience. Devin has a keen artistic side and really likes to experiment and push his own abilities. It was pretty cool to get a young artist working on such a big project and hopefully it inspires him to keep at it."

Devin says that the mural project was, "different, but I learned a lot." Whistler's artistic community continues to grow and will always offer many opportunities for up-and-coming artists like Devin. Chili explains, "The large array of international visitors gives the arts scene in Whistler a lot more exposure than any other town its size and I think that the opportunity to succeed as an artist in this town is quite high because of it." When asked about the future, Devin quickly replies, "Hopefully I'll still be doing art!"

Anyone can be a part of the artistic movement, whether as a way of expressing oneself, for fun, or even as a career. In a town like Whistler, it is very easy to get the inspiration you've been looking for by walking right out your front door. Plus, I heard you can make pretty decent money from selling just one painting. Hmmm ... now where'd I put that paintbrush?







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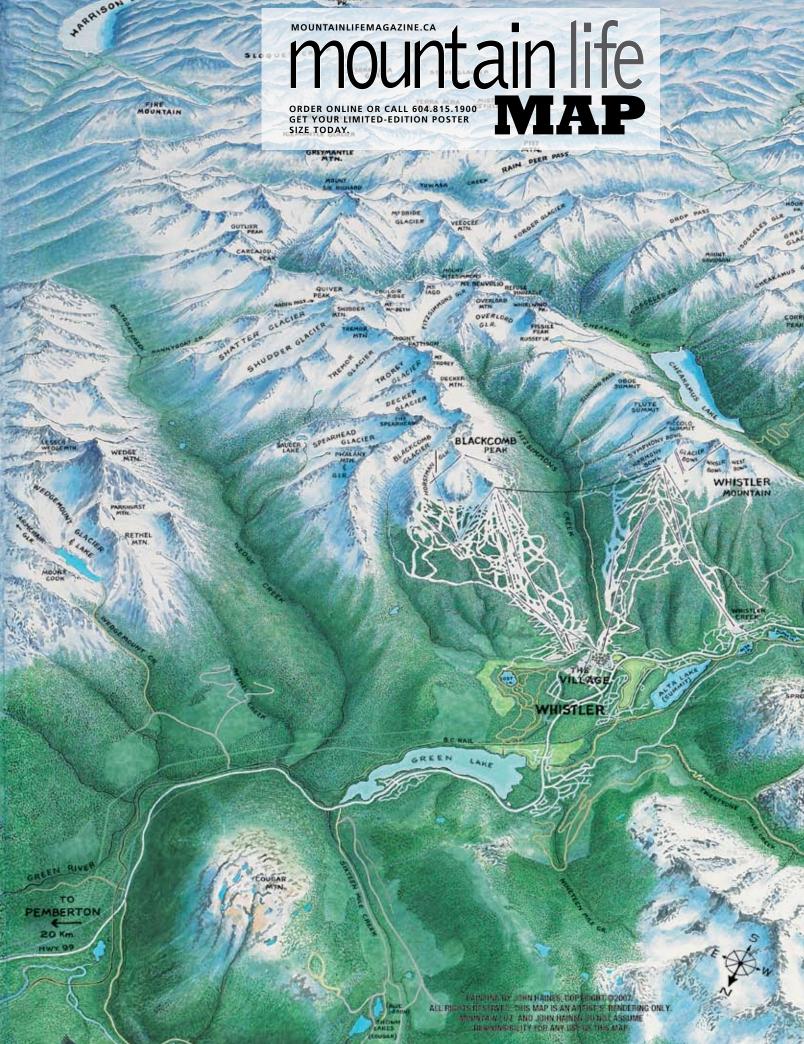


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# to Wedge

By Chris Christie

It was sometime in early May and I was just putting my mountain bike away from one of the first rides of the year when I got the call. Climber/skier/all-around-adventure-fiend Jimmy Martinello had rustled up a posse and was wondering if I wanted to do a late season ski traverse from the top of Pemberton's Mount Currie to Whistler's Wedge Mountain about 35 km to the south.

"We can travel light and fast," Jim suggested. "Do it in one night and try and nail some great descents along the way."

The Owls on Mount Weart are classic alpine slopes. What better way to sign off another great winter than some final spring turns?

"I'm in."

Jon Burak and Calvin Vale were also in and before I knew it the four of us were perched atop Currie, light glistening off the early morning melt/freeze cycle as we debated the quickest route to Hibachi Ridge.

There is a delicate balance with conditions for fast travel in the Coast

Range. Soft, spring butter turns can mean the next climb is an absolute test of the hip flexors as snow bonds to the skins. Fortunately the climbs remained firm and the turns were mostly good although we experienced pretty much every sort of snow condition while crossing Hibachi as quickly as possible, our sights set on Mount Weart and the obvious line called the Owls.

cent/decent began looking less like skin skiing and more like a great alpine climb. At the base, to my relief, the angle relented somewhat

As the unmistakable Owl ears came into view, the intended as-

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ABOVE: Spring scenery. PHOTO BY CHRIS CHRISTIE.

BELOW: Calvin, Jon and Jim enjoying Mothers' Day. PHOTO BY CHRIS CHRISTIE.



I think we're about three hours from the beer." Calvin checks the map. PHOTO BY JON BURAK.



# **Getting There**

The Currie Traverse (found on Topographical Map Whistler 92 J/2) covers approx. 35 to 40 km depending on the route chosen, most of which is above 5000 ft / 1524 m in elevation

The typical route leaves Blackcomb and heads for the south face of Wedge. Highly motivated people could summit Wedge or just wrap around to the Weart Glacier. From there, head north to Mt. Currie. Be prepared for self-rescue and all types of weather conditions. Up-to-date avalanche conditions are available at avalanche.ca. The Whistler Alpine Guides Bureau (whistlerguides.com) offers guided trips and if you want to change it up, the traverse can be done backwards, from Pemberton to Whistler, like we did. – Jon Burak

the north-facing aspect of this route offered a glazed icy surface that had no hope of transforming into the buttery corn snow we were hoping for. Plus there was some intermittent rock-fall buzzing the route.

but my anxiety level quickly spiked as I realized

I offered up my usual excuses but soon realized I was talking to myself as Calvin began the climb up the only zone sheltered from rock-fall. Slowly I fell into place but after 100 metres of climbing it was clear I was in a bad spot – debris was hammering all around me. Retreat! Soon falling rocks forced the others into my footsteps and we regrouped at the base, setting our sights on making it to the north ridge of Wedge for dinner and open bivouac.

As the skies darkened and the horizon put on an incredible colour show, we wearily pulled up onto the ridge and dug in for the night. The winds were calm and our bellies bulged from an enormous feast as we had done our best to lighten our packs for tomorrow's climb of Wedge's North Ridge.

The only alarm I can appreciate is a stove firing up for the morning coffee but still it came too soon. The caffeine and sunrise were welcome fuel as we began climbing to the summit of Wedge amongst killer views of a lifting inversion.

On the summit, we passed around a cell phone, calling our moms and wishing them happy Mother's Day. Then Jimmy spread some of good friends' Chris "Beeker" Romeskie and Sean Lawson's ashes before attempting to ski an aesthetic line only to be denied by the melt/freeze cycle once again.

By this time the valley cloud had engulfed us and we felt somewhat marooned until a small window of visibility opened, allowing us to drop down the West Ridge in search of the northwest couloir. With visibility poor, finding the entrance to the lines was difficult so we hummed and hawed and eventually skied the amazing 1800-foot south-facing chutes down to tree line, quickly finding the path to the Wedge parking lot and the shuttle vehicle, cold beers waiting to celebrate skiing in mid-May, Mother's Day, good friends, and another season put to rest.

Jim tosses the ashes of buddy Sean Lawson into the alpine winds. PHOTO BY JON BURAK.







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# THE **PARKHOUSE**



Originally designed for the military, POV cams now capture a lot of shredding, ripping, rooping and Givin'r. PHOTOS BY BLAKE JORGENSON

# **Point of View**

New helmet cam technology designed for the military but embraced by the Rossignol ski team

Helmet cams have always provided a unique look into the real experience of sport. Few other video techniques provide a sense of the speed and skill required to rip sick lines like the helmet cam. But these epic point-of-view shots are also some of the most difficult to pull off. This season, local innovator and Rossignol ski team manager Paddy Kaye teamed up with American company V.I.O. and outfitted 12 Rossi Team riders (including local ripper Dan Treadway) with the POV.1, perhaps the best hands-free helmet cam available.

"They're fully digital units that don't require a tape like traditional helmet cams," Kaye explains. "The footage is stored on an SD card and is really easy to work with and upload to the internet."



The POV.1 cameras were originally developed for the military and law enforcement (think cameras attached to machine guns and cop cars) so they had to be rugged and durable to hold up in combat conditions. Turns out they work great in ideal ski conditions too and with a one-gig card capable of holding about an hour of DVD-quality footage and an easy, hands-free recording system, Kaye and the Rossi team have been capturing all sorts of "Pro-perspective" footage throughout the season – from Sage Cattabriga's first turns of the year to JF Houle in the 2008 X-Games.

While the camera lens is small, waterproof and easy to attach to a helmet, the recording unit takes four AA batteries so it's a little bit bulky. "But it still fits in a pocket," Kaye explains. "We're working with V.I.O to develop more consumer-friendly versions and we just got a wide-angle lens. Really, every one of us should be wearing these all the time."

Kaye says the goal of outfitting his entire team with POV.1 cams is to add shots to their video segments but also to give fans same-day access to video from shoot days and events. "Using the internet we can have footage up for people to see just hours after we shoot it," he says. "Right now we are posting it on our MySpace, YouTube and Facebook pages. In the future we'll have a hub at the Rossi site too."

Paddy was a bit vague on whether or not he'd have his riders "wired" for the WSSF Big Air contest but if you see someone wearing military technology on their helmets, chances are they'll have Rossignol skis on their feet and really cool video segments next year.

- Feet Banks

Check out some killer POV.1 footage and links to the V.I.O. and Rossignol Team riders pages at mountainlifemagazine.ca.



# Gallery



PHOTO BY ERIC BERGER. Rider David Melancon



PHOTO BY STERLING LORENCE

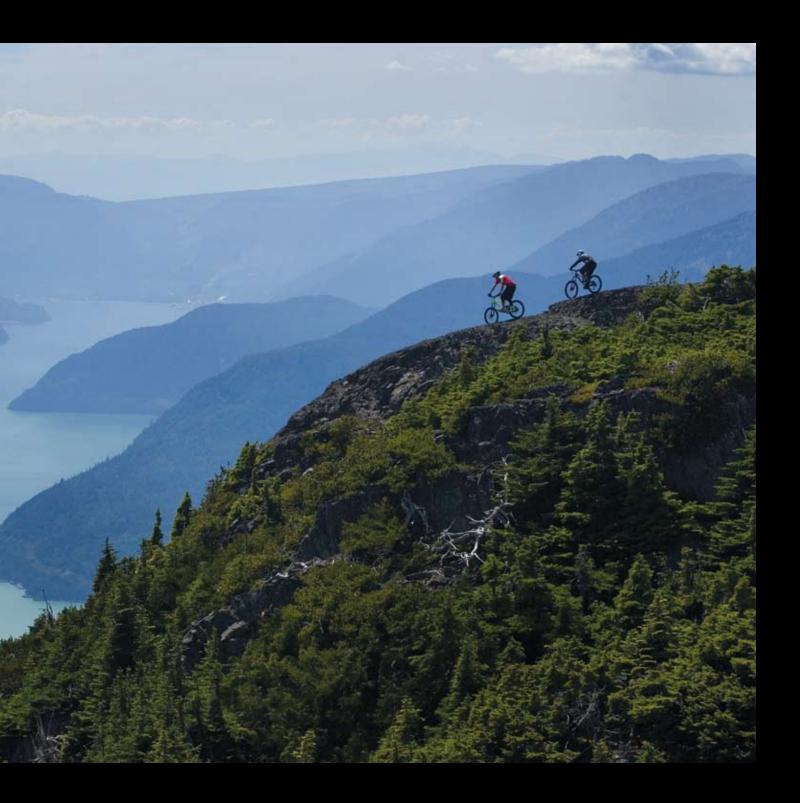




PHOTO BY RICH WHEATER. The mighty grand wall, featuring The Split Pillar and The Sword. The Chief, Squamish

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# Good gear is green gear.

Spring seems to be hitting earlier and earlier each season. To many people, that might seem like a good thing (unless you own a dog and a backyard – in that case, grab a shovel) but realistically it probably means we aren't making a whole lot of progress in our fight against global warming. Real hardcore environmentalists could probably find problems with a lot of the stuff listed below, but gear guides aren't for environmentalists, they're for consumers. We're just saying maybe if you try to be both at the same time then we'll all get more powder turns next winter. –FB

### FEETURES BAMBOO & WOOL SOCKS (\$16.99)

I've always claimed that socks are prisons for your feet but these babies are guaranteed as the most comfortable socks you've ever worn or Feetures will send your money back. So the first thing I did with their medium-cushion hiking socks was run around in two inches of fresh pow for a few minutes and then toss on some rubber boots. Insanely, my feet didn't even get very wet in the first place and they were warm and pretty dry inside the boots. Not dry, but pretty dry. The wool/bamboo mixture breathes easily, wicks moisture and apparently doesn't hold much odour. Plus bamboo is biodegradable and renewable, so they're eco-friendly. And yes, they're as comfy as an afternoon nap. As far as foot-prisons go, I'm totally sold. Feetures are my new favourite socks. -FB

feeturesbrand.com



### FLAT BAGS (\$159)

Show me a woman who doesn't love bags and I'll show you a dude in a dress. Now all you bag-loving females out there can rejoice because these hip new bags are stylish, and environmentally friendly to boot. Made from recycled bike inner tubes and reclaimed fabrics, Snowline Designs produce everything from wallets to totes, satchels to biking bags. They even have the ever-popular "murse" (man-purse). This Swoop Satchel Deluxe (pictured) has three inside compartments, padded strap, closures (women love closure) and can carry anything from a laptop to some diapers, even other bags!! Get 'em at Agnes Jean in Squamish. -FB

flat-bags.com





### KELLY KETTLE (SMALL \$75; LARGE \$95)

In the 1800s, Irish gypsies and fishermen pioneered the self-contained, quick-boiling Kelly Kettle, whose modern aluminum version puts gas stoves in the shade. Inside is a double-walled water chamber surrounding a chimney; you stoke a small fire inside the base of the kettle using twigs, leaves, grass or paper. Provided you have dry kindling, the Kelly is more reliable and probably safer and greener than gas, and there's something about following in the footsteps of Irish gypsies and fishermen that makes me want to click my heels and eat a bowl of Lucky Charms. -NM leevalley.com



### SOLAY SIMPLE NATURAL CAMPING SET (\$15/3 ITEMS)

When camping, I kick it old school – I wash dishes with sand and gravel and rather than brush my teeth I just eat an apple. But now, thanks to the folks at Solay Wellness, I have good, natural dish soap, tooth powder, and a green tea soap bar that might even cut through the stench of fish guts. Himalayan Salt seems to be their secret ingredient but the stuff works well enough that I've already tossed it in with my old sand-scoured cookset. The tooth powder takes a bit of getting used to (salty), but it leaves your teeth feeling smooth and clean. Plus I read that regular toothpaste has been giving lab rats all sorts of liver cancer. Sweet. -FB Order small or large sizes at solaysimple.com

# BEAR FRUIT BARS (\$1.49; box of 20 for \$26-\$29)

Sick and tired of energy bars telling you how EXTREME you are (or should be)? Try Mountain Organic Foods' Bear Fruit Bars. These tasty little suckers are made entirely of organic apple and a bit of organic fruit concentrate (like blueberry) for flavour. That's it. No fat of any kind, no cholesterol, no nothing. Just chewy, fruity goodness with a shelf life of two years. There's a bear on the wrapper too but it isn't downhill biking or ice climbing or anything. It's just sitting there, sniffing a tree like bears actually do. It doesn't say EXTREME or ENERGY anywhere on it. Refreshingly unique. -FB morfoods.com





# HOLGA CAMERA (\$79.99)

Sick of people asking how many megapixels your camera is? Here's the solution: the zero megapixel Holga. Originally intended as a carnival prize for games like Skeetball, this all-plastic Chinese camera is a total piece of crap. Known for its light leaks and imperfections, the Holga has enjoyed a resurgence as the artistic types experiment with its individual nuances. Remember being disappointed by a roll of film that you thought had some real gems on it, but actually sucked? Recycle the experience over and over again with the Holga. -CF lomography.com



### SIGG BOTTLE (\$25 and up)

Even though we were all about them last fall, plastic water bottles have fallen into such poor favour these days that in certain circles you'd be better off to stay home than show up with plastic. Apparently the plastic can leach a chemical, Bisphenol A, into your water. BPA, as it's known, can enter your body and mimic estrogen. Good times, especially for dudes. Made to European Union food-safety regulations, these ultra-durable aluminum Sigg bottles probably won't lower your sperm count and no less a style authority than the Metropolitan Museum of Modern Art has recognized their design. Function, fashion, safety, Swiss quality ... what more could you ask for - more sperm? -NM sigg.ca

# KICKSPIKE GOLF SHOES

This is pretty slick. Metal spikes on golf shoes are the way to go, but they do a lot of damage to the greens. These nifty shoes, invented by a guy from BC, have metal spikes that retract with the push of a button. On the teebox and fairway you have the stability of metal spikes but push the button and you have slippers for the greens. Less spikes on the green means less fertilizer, fungicides and water needed to maintain and repair them. It's a green solution ... for greens. And without spike damage you might actually make that \$250,000 putt next time. No you won't. -FB **kickspike.com** 





# Sea to Sky's New Mean Green Energy Machine?

By Todd Lawson

Squamish, known in the native Coast Salish tongue as "Mother of the Wind," is about to enter the race for green energy alternatives. Right now, the town of 19,000 is on the verge of tapping into the consistent Howe Sound winds in an effort to research and eventually implement greener alternatives to energy production and lessen its dependency on fossil fuels. Will wind power be enough to make a difference, or is it just a bunch of hot air?

"We have to change the way we think, and green energy is one of the most effective ways to start," says Mark Hatton, VP, Sales & Finance of Quantum Wind Power, a company with plans for a full-scale turbine manufacturing plant in Squamish that will begin production in the summer of 2008.

With increasing costs of fossil fuels and a looming shortage of supply, industries, governments and individuals are all looking for alternatives to oil and gas. Affordable, scaleable wind power is part of the global strategy to reduce greenhouse gas-emitting fossil fuel usage and Squamish will be front running the entire Sea to Sky corridor.

"Manufacturing is still going forward and is still slated for the corridor," says Quantum Founder and CEO Rick West of the proposed turbine facility. "We have been finishing the electrical and product testing of some of the products and will start the limited manufacturing processes shortly."

### What's coming?

The new Squamish turbine production facility will be manufacturing and building twelve 50 Kw (Kilowatt) units daily and will employ up to 50 people. There are also plans to build a blade manufacturing plant in the general area, which will employ another 20-30 people manufacturing blades for their 5 Kw, 1.5 Kw and 25 Kw turbines.

Squamish has recently completed an extensive public consultation process on the awareness and acceptance of wind power, and the results showed that more than 84 percent of the population was in favour of wind power research and development – good news for companies in the alternative energy business. Quantum Wind Power Corporation, with a finger on the pulse of green energy production, has had their eye on the consistent Squamish winds for quite some time. They're now ready to pounce on the open-arms invitation by the

District of Squamish as part of their ramped-up commitment to green energy research, development and implementation.

"The conditions are ripe for knowledgebased manufacturing in Squamish," says Brent Leigh, Director of the Squamish Sustainability Corporation (SSC). "It all makes sense, the infrastructure is all here."

The team at Quantum Wind Power agrees. "We've always thought Squamish would be an excellent location as it has many benefits," says Hatton. "For one, the deep port allows for easier access for exports. Also, the larger turbines would be easier moved by boat than truck."

# Wind Turbines and the Environment

Wind power advocates point to the longterm benefits of creating clean energy without having to constantly exploit a natural resource in a harmful manner. Wind turbines produce no open pit mines, no huge dams, no pollution from extraction. Wind turbines use no fuel. They do not produce air pollution or greenhouse gases, but setting the blades in motion can have an affect the environment. Although harnessing the wind energy is a silent, zerobyproduct method of energy production, there is still the large matter of building, installing and operating the wind turbines necessary to store and transfer energy. Smaller-scale negatives include possible damage to local bird populations who fly into the turbines, relative high cost (right now) of building them, and the fact that some people think turbines are an eyesore (see sidebar).

# Sticking it to the Man

Residents with their own personal turbines can sell excess electricity to BC Hydro. When the turbine produces an electricity surplus, the household gets a credit: full retail value for each kilowatt-hour sold to the company. It's true – you can make money by selling power back to the government. Quantum will be manufacturing and selling smaller turbines that can be easily installed on your rooftop with a small initial investment and a minimal amount of regular maintenance.

"With this system (10-50 Kw) you can also sell power back to BC Hydro," says Hatton. "When you combine the new energy-efficient lights and appliances, it is possible to operate on batteries for a few days. This does not mean you could run every application in your home, but done in moderation you could complete all your daily jobs, just not all at one time. The way we use power has to be changed; the same conservation thinking we use when the power goes out should be used in our everyday 'on grid' power use. We also see some significant tax changes and benefits for going green coming soon. The BC government has definitely

PHOTO QUANTUM WIND POWER



More than 84 percent of the population was in favour of wind power research and development.

come on board with environmental thinking ... green energy is here to stay."

Those looking to go off grid will be happy to know it's a definite possibility. For approximately \$4,000, a home-based turbine will soon be available to Sea to Sky consumers, offering energy-conscious homeowners alternate means of power generation and consumption.

"The production model of the 5Kw home or farm-use turbine will be available in April 2008," says Hatton. "This turbine will provide enough power for a three-bedroom home. With a sufficient back-up system of batteries, they could comfortably operate for a couple of days with no wind

Sea to Sky residents need only to show continued interest in green energy projects to begin making these dreams a reality. "As wind-capture technology evolves we expect it will continue to be a viable option among many alternative-energy approaches. Both the Squamish Sustainability Corporation and the broader community being engaged is very apparent to companies such as Quantum," says Leigh. "Given our work with environmental technologies we expect that an eco-industrial park will be the kind of user base that is likely to be interested in Squamish. The conservation economy is not the next economy, it is the economy – and Squamish is destined to be part of it."

For more information on Quantum's wind turbines, wind testing or investment opportunities or please call Rick West 250.707.2838 or Mark Hatton 250.748.2144. For inquiries into the Squamish Sustainability Corporation, call Dan McRae at 604.815.1582.

"Setting a Higher Standard"

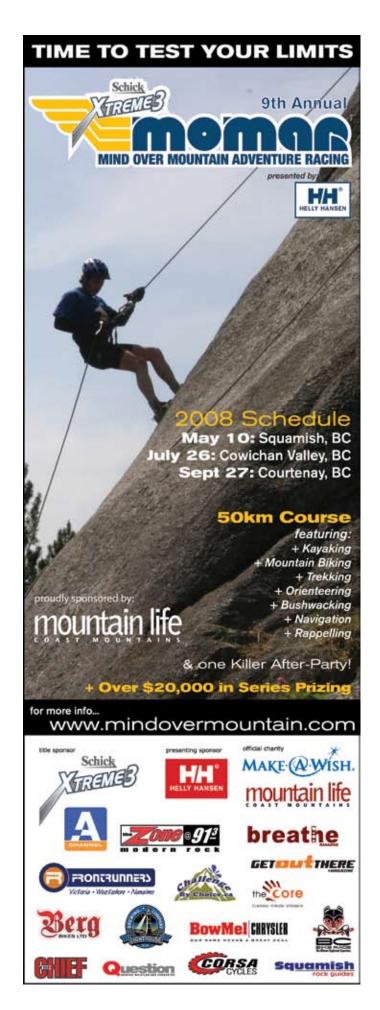




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# Pillowkise

By Heather Roberts

It's not healthy. I can't stop thinking about it. It gives me an instant sense of euphoria that is comparable to nothing I can get anywhere else. I need it .... My name is Heather Roberts and I am addicted to skiing pillow lines.

Embarrassingly cliché, but true, skiing pillows is ruling my life and is the root cause of most of the unhealthy financial decisions I make (I bought a snowmobile). Can I stop? I'm not sure. I needed the snowmobile; my regular using habit on the ski hill just wasn't enough anymore. Coast Mountains backcountry has the sickest and best pillow lines in the world and when you're a pillow junkie living here, a snowmobile is like a methamphetamine tweaker having her own personal, portable meth lab - with the right ingredients (fresh snow and cool weather) it's suddenly incredibly easier to access the drug. I likely should have bought a house and made the responsible decision toward my future, but the pillows, all those freakin' pillows ... I clearly have a problem.

Case in point, I couldn't help myself from making one more run today, cutting into the time in which I should have been eating a healthy dinner before work. So here I am in the staff room, simultaneously wrapping my apron while hovered over a box of greasy, cold, mayonnaisedrizzled fries. At some point I was in a program for gifted children – now my life is sled debt, a serving job, and soggy fries.

I blame the addiction. It might not be skiing pillows – that's my disease – for you it could be speed, or corked 720's, or hiking the pipe until the sun goes down. But we are skiing addicts, codependents, and junkies. I used to think my life would evolve into something truly fantastic and I would win awards for being an upstanding contributor to society. Instead my existence is, sadly, much more akin to a ski movie from the eighties.

But could skiing actually be a healthy habit? Was that teacher telling the truth? I'm not provide the addiction clouds my judgment) but if I look at the alternative – being chained daily to a large bottle of antidepressants (or a desk) – then the answer is definitely "yes." Yes! Skiing is a healthy addiction. It has to be. And tomorrow I'll burn off those gross fries by digging out my sled.

P.S. ... uh ... Mom, Dad ... yeah ... I bought a snowmobile.



over dishes or laundry? And who hasn't showed up to work unshowered

and reeking of sweat, joy, and 2-stroke oil?)

# Reflexology the real foot massage

By Julia McCabe

I fell asleep.

My intention was to stay awake during my reflexology treatment at the Four Seasons Spa and maintain reporter-ly etiquette. But within five minutes of being supine on the massage table, my words turned into a set of low-swinging syllables and I eventually evaporated into a deep ether of REM. What can I say? A tiny lobster wearing mittens could rub my big toe and I'd be out in minutes, so given the quality of treatment available at the Four Seasons, I'm not surprised that I lapsed under the elixir of kind hands, flutey Zen music and the heat of a lavender eye pillow. The Four Seasons, after all, is the Mercedes-Benz of hotels and heavenly spa-dom.

Having just returned to Whistler after two years of life in Hong Kong (a.k.a., the land o' stressful walking, body-checking, and umbrella-slinging) reflexology is something I'm familiar with. But to compare the heavenly hands at the Four Seasons with the 80-year-old man I frequented for a "footy" on the corner of Lan Kwai Fong and Angryknuckle Avenue would be futile. It's like comparing heaven and hell.

The method behind reflexology is far more scientific than simply getting your toes rubbed. The technique dates back to the sore-



footed civilizations of ancient Egypt, India and China and was modernized as "reflexology" in the 1930s by Eunice Ingham. The nerve endings running from every muscle and organ in the body are directly channeled to the hands and feet. A certified reflexologist will apply pressure and massage techniques to these points where blood may get blocked and build on the nerve endings. The blockages can be broken down and the overall

circulation improved, including specific areas like the liver, sinuses and glands. Post-treatment, I was fascinated to see a map of my own feet and the areas that were notably blocked and in need of a detox.

I was fortunate enough to have Nola, an eleven-year veteran of massage therapy, work methodically on my feet and shoulders. (I'm not sure how fortunate she was, given the state of my deteriorating pedicure). I asked her about the Bruce Lee-clenching pain I experienced on occasion in Hong Kong and she was quick to explain the difference between "good pain" associated with deep tissue release and the type of pain that is simply unnecessary.

At the end of the day reflexology is a perfect remedy for all types of allments, particularly in a mountain town. It's a perfect respite for skiers' boot cram – when your toes have been smooshed like logs on top of one another due to poorly fitted rental boots – or for the end-season athlete whose body may need serious healing after many logged days of touring. And, of course, reflexology is also ideal for the lazy types and/or crappy day-job sufferers – when the need to decompress is paramount. Taking care of your feet makes life much easier; when your feet are happy, so are you. The Four Seasons can be reached at 604.935.3400.

# Killer Foot Massage?

By Feet Banks

Acclaimed novelist Chuck Palanhiuk (Fight Club) published a short story about a master reflexologist who could kill a person simply by touching the right sequence of spots on the foot – much like the Vulcan Death Grip or the Exploding Heat technique in Kill Bill 2. I hooked up with Singapore-trained Reflexologist Faye Baligod at My Foot Reflexology to discover the truth.

Mountain Life: How important are feet?

**Faye:** Very important. Our feet hold up our whole body; without them, we are out of control.

ML: Can reflexology cure a hangover?

Faye It can help. Or if you have a migraine, we work the big toe. It is the part that's connected to our brain stem, temples, and head.

ML■ Could a Reflexologist kill someone by hitting a specific sequence of zones on their foot? Is that possible?

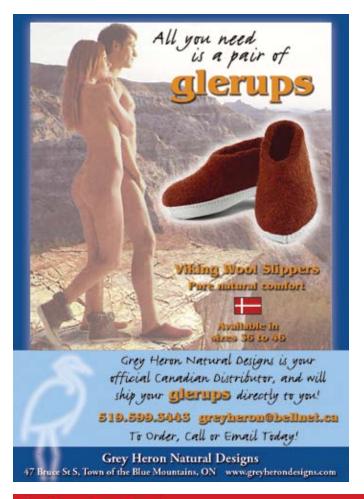
Faye: I have heard of that too but I don't know. It's not something we aim for in this shop.

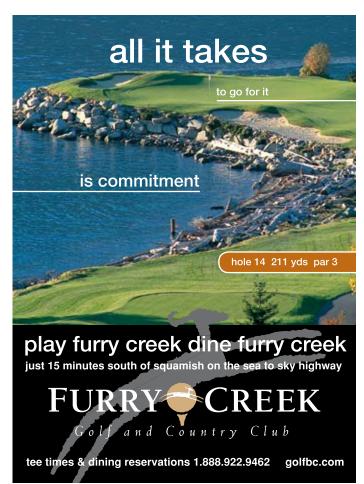
ML: Well, that is good news. Thanks very much.

- Feet Banks

My Foot Reflexology is in Whistler Village right beside the Village 8 Cinema. 604.938.8854







Barbara Brandreth
Sales Representative, Black Tusk Realty





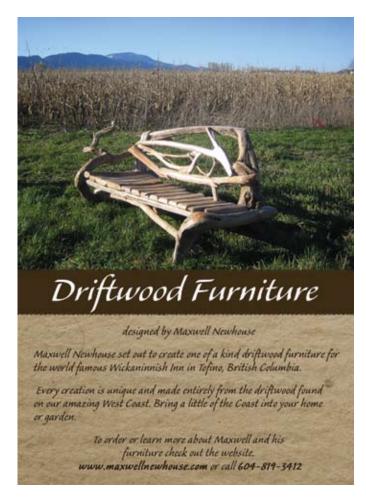






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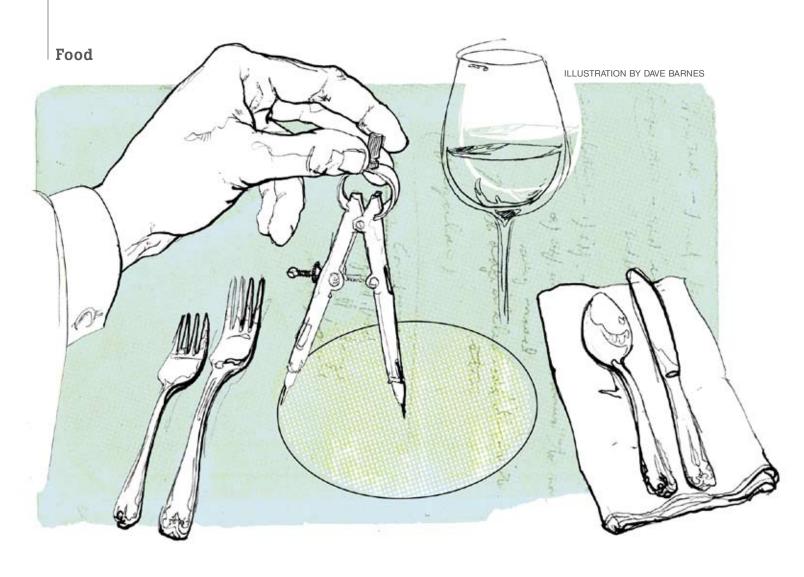
Cue morning email from the Editor: "Jules, can you check out a house

that is off the grid in Squamish?" I rubbed my eyes. "Off the grid?" Delayed response, pre-coffee: "Oh, right – meaning a sustainable home built with Mother Nature as the priority and an equally big 'F-You!' to a lifetime of hydro bills." Given the dire times of our environment, I figured

it would be educational to visit the home of Tyler Freed, owner of Coast Range Heliskiing, and was surprised at how sustainable homebuilding

# Off the Grid





# **Eating Your Way Home**

the way to a better world is through the stomach ... as the Wild Wood group of restaurants discover

By Lisa Richardson

In the summer of 2005, 100 Mile Diet authors James MacKinnon and Alisa Smith decided to embark on year-long experiment in local eating and discovered the average component in the North American diet, according to the World Watch Institute, traveled between 2500 km and 4000 km from farm to table. That's 2500 kilometers of asphalt, container ships, loading docks, refrigerated trucks, middlemen, commodities brokers, packagers, and people putting stickers on your fruit. And with every kilometer, the farmer and rural community saw less money from the cost of the product, with more being swallowed up by hauling, packaging, processing and brokering it. It was time to shorten the distance between field and fork.

Drawing a 100-mile radius around their Vancouver apartment and

eating within that foodshed transformed that way MacKinnon and Smith ate and started a gastro-revolution. That movement has put down roots in Sea to Sky country, too.

Whistler's award-winning Araxi restaurant rolled out a 100 Mile Diet feature menu last summer. It wasn't anything out of the ordinary for Executive Chef James Walt, a Pemberton Valley resident renowned for incorporating fresh, seasonal ingredients from his neighbourhood's farms into Araxi's Italian fine-dining menu.

This summer, the concept is being embraced for diners at another pricepoint. The Wild Wood Group of restaurants have been dishing up food for locals since their 2002 opening at the Whistler Racquet Club, and subsequent expansions to Pemberton and Squamish. Great value has kept the Wild Wood bistros consistently amongst the most popular places to eat in the corridor. Now, they're offering locals another reason to eat

Since October 2007, Wild Wood has sourced its annual consumption of 750,000 pounds of spuds from a Pemberton potato grower.

close to home - the chance to save the world.

In May, Wild Wood will be introducing a 100 Mile Diet menu in their three main locations. The promotion will see a 12-item dinner feature sheet that will offer Pemberton beef, local produce and BC wines sourced within 100 miles from the Sea to Sky corridor, giving the menu a truly regional flavour. A portion of the proceeds from every meal sold will also be donated to local food banks. "We have to give back a little bit," says Executive Chef Richard Yee.

100 Mile eating gives back in other ways. Since October 2007, Wild Wood has sourced its annual consumption of 750,000 pounds of spuds from a Pemberton potato grower. Says Yee, "We asked him to invest in a washer and he did, so we invested in him and committed to sourcing all our potatoes with him. In March he started seeding, so we had the chance to select the types of potato we wanted."

The biggest challenge, Yee says, is rebuilding a local food economy. "It requires a different thinking from the way we usually shop with one large wholesaler who has a huge variety of products for us, to working with a few farms who each have different things."

Local farms have adaptations to make, too. But the desire to connect is strong, and the Wild Wood team is pumped about their new strategic direction. "As chefs, we're really excited to be able to go to the farm and pick out exactly what we want to use. It's what we love to do. I don't think eating locally is just a fad. I think people are being a bit more sensible, they understand this is what we need to do. This is about community."

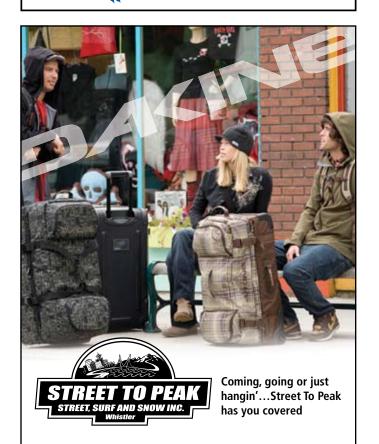
Local produce is fresher, has a smaller carbon footprint, and gives back to the local economy. Use these tips to try eating lower down the food marketing chain:

- Shop at the weekend Farmers Markets throughout the summer in Squamish, Whistler and Pemberton.
- Encourage your grocer to label local produce clearly. Pemberton Valley Supermarket, Whistler Grocery Store, Creekside Market, IGA Whistler and Nesters all offer local produce in season.
- Head to the farm for a pick-your-own adventure and stock up on summer berries.
- Dine out at restaurants that support local agriculture: Westin Hotel, Araxi, Ciao Thyme Bistro, Apres, Bearfoot Bistro, Rimrock Café, Whistler Cooks Catering, Howe Sound Juice Company, Edgewater Lodge, Mt Currie Coffee Company, Pemberton Legion, the Pony Espresso, the Brackendale Café, and Sun Wolf Café all incorporate some local ingredients into their menus. Ask them to point out local features, and support the restaurants who support local growers.
- Join the Slow Food Cycle Sunday bike ride, August 17, 2008, and power your trip purely with local food.

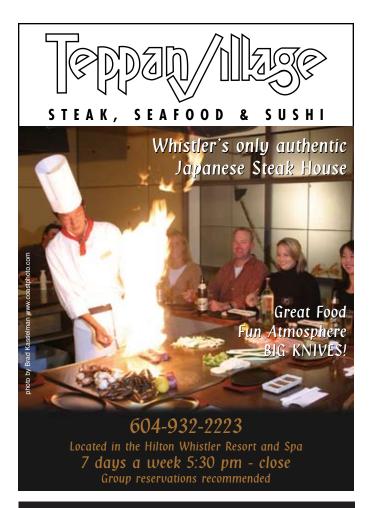


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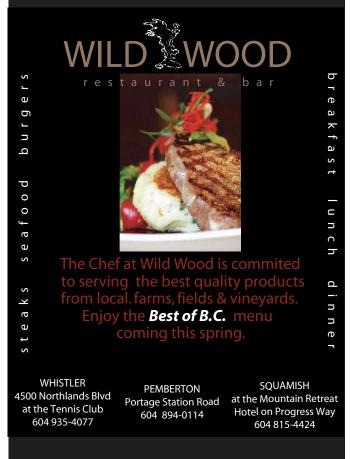


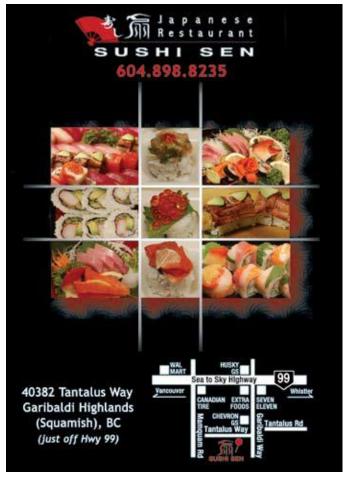


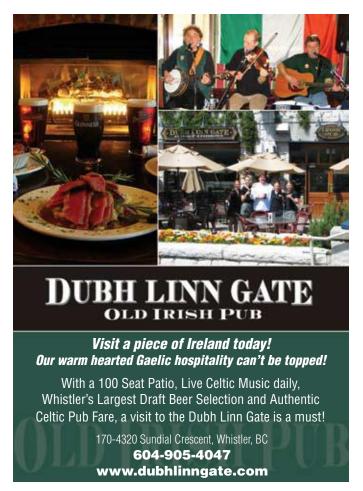
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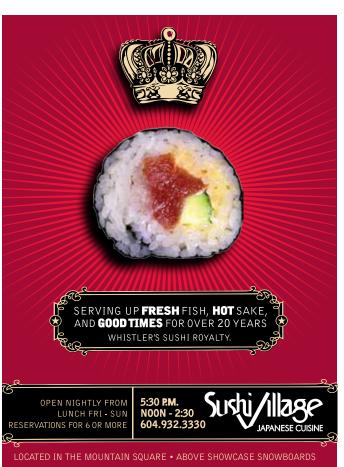


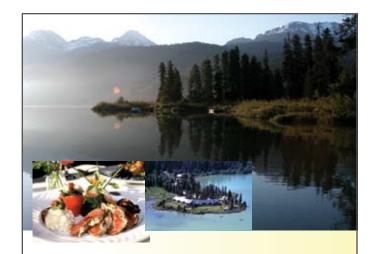












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"We loved our time at The Edgewater"
- Gourmet



Edgewater Lodge, 8020 Alpine Way, Whistler, BC, VON 1B8 Ph: 604 932 0688; www.edgewater-lodge.com



BURROW: noun. bur.row [búrro]

1. a small snug place created especially for comfortable habitation.

tapas and small plate dining in a sexy room with friendly service



# eating out in sea to sky country

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britannia beach		
GALILEO COFFEE COMPANY*	Feet's parents always stop here so it must be good. Hwy 99.	604.896.0272
squamish		
BRACKENDALE BISTRO	Organic ingredients, great local meeting spot. Brackendale.	604.898.9211
THE BURROW*	This place rules, A local favorite. Hwy 99 and Garibaldi Way.	604.898.2801 theburrow.ca
EAGLE'S NEST	The finer side of Squamish dining, great pizza. Brackendale.	604.898.4444
HOWE SOUND BREW PUB	You gotta respect a place that makes it's own beer. Downtown Squamish.	604.892.2603 howesound.com
PARKSIDE RESTAURANT	Hearty, homemade flavour. Downtown Squamish.	604.892.2273
PEPE AND GRINGOS	High-class Mexican restaurant, Finally. Garibaldi Way.	604.898.3606
THE SHADY TREE PUB	Wings, wings wings, Thursday specials. Hwy 99.	604.898.1571
SUSHI SEN *	Squamish's best sushi, affordable too. Hwy 99 and Garibaldi Way.	604.898.8235
THE WATERSHED GRILL*	Sip a fresh pint and look outside at 200+ bald eagles. Brackendale.	604.898.6666
WIGAN PEIR	Best fish & chips in the corridor. Fantastic pies. Garibaldi Way.	604.898.3834 wiganpier.ca
THE WILD WOOD	Breakfast specialists, but lunch and dinner are pretty good too. Hwy 99.	604.815.4424 wildwoodrestaurants.ca
CAFE MAYA - SQUAMISH	Local Mexican with a great atmosphere.	604.898.2352
HOWE SOUND JUICE CO	Organic at its best. Coffee, juice smoothies, food.	604.892.2602
whistler		
21 STEPS	Climb above it all for big, good meals or lounge upstairs. Whistler Village.	604.966.2121 21steps.ca
ARAXI	High class service and meals, award winning wines. Whistler Village.	604.932.4540 araxi.com
BAVARIA	Take it back to the old country with Oktoberfest venue. Main Street.	604.932.7518 bavaria-restaurant.com
BEARFOOT BISTRO	Oysters, wine, and lots in between. Yum. Whistler Village.	604.932.3433 bearfootbistro.com
BLACKS PUB	Near the base of both mountains, nice scotches. Whistler Village.	604.932.6408
THE BREW HOUSE*	Beer made on site, big portions, good times. Town Plaza.	604.905.2739
CANADIAN SNOWMOBILE*	Nothing says 'ski town' like mountain top fondue. Blackcomb.	604.938.1616 canadiansnowmobiling.com
CHAMPAGNE RESTAURANT & BAR*	A new place to unwind in comfort and style. Whistler Village.	604.932.3433
THE DEN AT NICKLAUS NORTH	You don't need to be a golfer to shoot par at this place. Nicklaus North.	604.938.9898.
THE DUBH LINN GATE*	Great beers, authentic Irish cuisine. St Paddy's day goes off. Whistler Village.	604.905.4047
DUPS BURRITO	These boys roll up the best fatties, fat burritos that is. Main Street.	604.905.0201
EDGEWATER	Enjoy a quiet meal right on the waters of scenic Green Lake. Hwy 99.	604.932.0688 edgewater-lodge.com
ELEMENTS URBAN TAPAS LOUNGE*	Best Eggs Benny ever. Main Street.	604.932.5569
GARIBALDI LIFT COMPANY (GLC	Right above the Whistler Village Gondola. Killer après. Live Music.	604.905.2220
THE KEG	Always good. But Billy Miner Pie is Feet's favourite dessert. Whistler Village.	604.932.5151 thekegs.com
THE MOUNTAIN CLUB	Casual food, extensive Pacific Northwest winelist. Main Street.	604.932.6009 themountainclub.ca
PASTA LUPINO	Fantasitc pasta and the soups are truly divine. Very affordable. Main Street.	604.905.0400 pastalupino.com
QUATTRO	Italian cuisine and fine wines- a winning combo. Main Street.	604.905.4844 quattrorestarants.com
RIC'S GRILL	Surf and Turf it up. Whistler Village.	604 932-7427
RIM ROCK CAFE	Best restaurant in Whistler, hands down. Just go. Creekside.	1 877 932.5589 rimrockwhistler.com
SOUTH SIDE DINER	A Whistler Tradition- Beltch for Breakfast. Roast Beef night rules. Creekside.	604.966.0668
	<del>-</del>	
SPLITZ GRILL	Probably the best hamburger you'll ever eat in your life. Main Street.  Whietler's original such injust The partyingest place in town. Whietler Village.	604.938.9300
SUSHI VILLAGE*	Whistler's original sushi joint. The partyingest place in town. Whistler Village.	604.932.3330 sushivillage.com
THAI ONE ON	Get your fix for authentic Thai food. Upper Village.	604.932.4822 thaioneon.com
TEPPAN VILLAGE*	Ninja-like chefs cook right at your table. True family fun. Whistler Village.	604.932.2223 teppanvillage.com

# pemberton

THE WILD WOOD BISTRO

MACDONALD'S A lot like every other one on earth, but with a better view. Hwy 99. 604.894.2290

MOUNT CURRIE COFFEE COMPANY\* Best coffee in Pemby. Arbutus Street. 604.894.3388

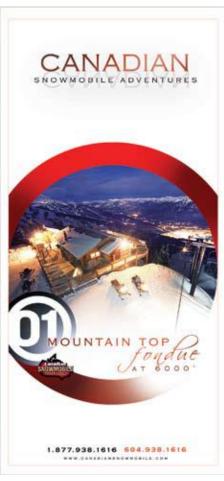
THE WILD WOOD Notice how every Sea to Sky town has one? Because they rule. Portage Road. 604.894.0114 wildwoodrestaurants.ca

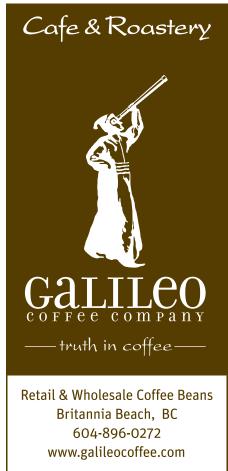
Most popular breakfast joint in Whistler. Whistler Racquet Club.

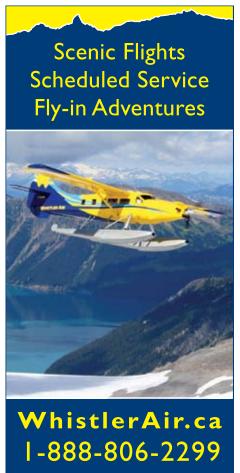
More listings can be found at **mountainlifemagazine.ca**.

604.935.4077 wildwoodrestaurants.ca

<sup>\*</sup> Browse this issue to find ads for these establishments









# Available from Sea to Sky.

Cheers to the people that serve and drink our beer in Squamish, Whistler and Pemberton.

# Thanks for your support.

- Black's Pub
- Bigsky Golf & Country Club
   Buffalo Bills
- · Citta's Bistro
- · Firerock Lounge
- Hoz's Pub
- · Monks Grill · Pony Espresso
- · Samurai Sushi
- Southside Diner
- · Shady Tree
- · Tapleys Pub
- Thai One On
- Twenty One Steps
- · Watershed Grill







# SPRING EVENTS

By Feet Banks

Spring is a good time to do a little cleaning, a little cleansing, and to catch up on all the sleep you missed due to the early-morning riding and late-night drinking that accompanies winter. It's also a great time to stay home and watch hockey playoffs but even that doesn't mean it's okay to become a total shut-in, so check out these events and support local happenings.

# GREEN DRINKS

April 2, 8-10 pm, Blacks Pub, Whistler In Whistler it's incredibly smart to combine your event with the word "drinks." Here the Environmentalists get it right with a monthly shindig at Blacks including free appetizers and beer. Lacking structure and any sort of agenda, Green drinkers of all ages and backgrounds meet to chat, debate, socialize, and connect with others who are passionate about environmental and sustainability issues. This rules.

# MUMS MOUNTAIN CLASSIC

April 3, Whistler Mountain

This fun annual event is open to skiing and snowboarding mums and grandmums of all ages. This year's theme is "Las Vegas" which doesn't conjure images of family fun into my mind but I'm sure the event won't disappoint. Register ahead of time at Guest Relations or Ski & Snowboard School sales locations or by calling the Reservation Centre at 1.800.766.0449. whistlerblackcomb.com

# THE WHISTLER CUP

April 4-6, Whistler Mountain

Now in its 16th year, the Sierra Wireless Whistler Cup is North America's premier International Juvenile Ski Race for girls and boys aged 11 to 14 years. The race brings together 350 athletes from over 20 countries around the world. Plus they usually have a decent parade in the Village with fire trucks and everything. For more information phone 604.932.4644 or visit **whistlercup.com** 

# SQUAMISH LEGION MEAT DRAWS

April 5, 3-5 pm, Squamish Legion Apparently held every Saturday, this is the only

known opportunity for Sea to Sky residents to win free meat. You probably need a Legion membership to enter but you should all have one of those anyhow. Support our veterans, win meat. mysquamish.com

# FIRE AND ICE SHOW

April 6, 6:30 pm, Skier's Plaza, Whistler Be amazed as firespinners and fireworks light up the night sky, while skiers and snowboarders jump through the dazzling Ring of Fire at the base of Whistler Mountain. whistlerblackcomb.com

# TELUS WORLD SKI AND SNOWBOARD FESTIVAL

April 11- April 20. Whistler

The Festival is too huge to list all the events here but the key ones are:

Sun April 11-Seasons, new mountain bike flick from The Collective.

Sat April 12-Big Air. About two million people crowd into the Skiers Plaza.

Tues April 15-Filmmaker Showdown.

Movies made in three days with no sleep.

Thurs April 17-Photographer Showdown.

The best sports images in the world.

whistler2008.com

### WOMEN IN THE ROUND

April 12, Howe Sound Brew Pub, Squamish Three women performers take to the stage with songs and music. This night ain't about cleaning the house, it's about rocking it. Featuring Joanna Chapman-Smith, Sarah MacDougall, and Kate Reid.

# SOS WINTER ROAD TRIP

Movie Premiere & Fundraiser for POW April 14th, 9pm at GLC, Whistler

In 2007 some proactive snowboarders hopped into a veggie-oil-fueled Winnebago and set out on an epic road trip to inform and inspire people to take action and save our snow. Proceeds from this screening benefit Jeremy Jones's Protect our Winters (POW) foundation, building a united front of winter sports enthusiasts.

Protectourwinters.org

# CAN FIT PRO CONFERENCE AND TRADESHOW

April 18-20, Fairmont Chateau Whistler Billed as "A Personal Training, Sport Conditioning and Mind Body Conference and Trade Show set to educate, inspire and motivate. Highlights will include interactive learn-to-ski sessions, wellness training for personal trainers, indoor rock climbing, CPR recertification, great shopping deals and much more." At least they recognize that shopping is therapeutic. canfitpro.com/whistler

### SILK AND SWINE

April 19, Howe Sound Brew Pub, Squamish The Brew Pub keeps the live music train rolling. This is billed as a musical compilation of fantastically talented and feelgood energized artists, activists and eclectics. It's 5 bucks at the door and please bring a canned good to feed the hungry.

### GREEN DRINKS

May 7, Blacks Pub, Whistler See April 2 listing.

# MIND OVER MOUNTAIN ADVENTURE RACING

MOMAR - May 10, 9 am, Squamish

A Mind Over Mountain Race is a one-day event aimed at challenging the bodies and minds of adventure enthusiasts. Test your limits with 40 km of XC mountain biking, navigation, bush-whacking, water challenges and rappelling. MOMAR after-parties are as legendary as the races are grueling. Racers and volunteers can find more info at **mindovermountain.com** 

# JUEL KRUEKER & CLUMSY LOVERS

May 10, 8 pm, Millennium Place, Whistler While Whistler is full of (drunk) clumsy lovers, this isn't quite the same. Kroeker's got skills and range, blending pop, jazz, folk and rock. In the past two years, Joel has played more than 150 shows in Western Canada. That kind of schedule helps hone a pretty decent show. Tickets at Ticketmaster. joelkroeker.com

# WHISTLER WELLNESS WEEK

May 31- June 7, Whistler

Canada's largest holistic wellness festival offers eight days of health, wellness and community including seminars, fitness demonstrations, product trials and more. Also, surprisingly short line-ups at the nightclubs. For more details hit whistlerwellness.com



PHOTO BY BRUCE ROWLES. Crowd during Toots and the Maytals, WSSF 07.



# "IN THE SPRING, AT THE END OF THE DAY, YOU SHOULD SMELL LIKE DIRT."

- Margaret Atwood



PHOTO BY BRUCE ROWLES





# The scenery in our playground is spectacular

Don't allow a cracked windshield to ruin your view. Book your express auto glass repair today at Greg Gardner GM.

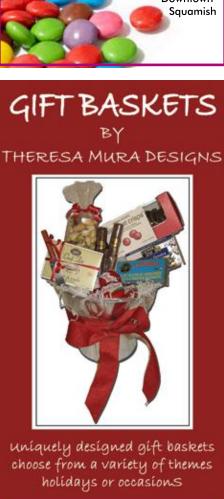




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