# MOUNTAIN ONTARIO

THE **EXPLORATION** ISSUE

FALL 2013
MOUNTAINLIFEMAG.CA
FREE



# 25 years of providing powder therapy



Island Lake Lodge has been setting the catski standard for 25 years. Our philosophy of unparalleled backcountry experiences is inspired by our history and spectacular surroundings. With an average of 12 metres of snow, a variety of terrain from big alpine bowls to perfectly gladed trees, fine-dining and great lodging - you can see how people become addicted to our brand of powder therapy.

Isn't it time you experienced the Legend?

islandlakecatskiing.com 1-888-422-8754



OYSTER PERPETUAL DATEJUST II



120 HURONTARIO STREET, COLLINGWOOD (705) 444-1171





www.visitgrey.ca







25 – 45 Meadowbrook Lane



Sq.Ft.

2346

**NEW PRICE** 

\$368,322

All Townhomes priced at \$157.00\* per square foot – no premiums on location, double car garage, vaulted ceilings or end units! Includes 3 bedrooms, 2<sup>1</sup>/<sub>2</sub> baths, 5 appliances, 9' ceilings on main, deck, mudroom & garage. Swimming Pool, Tennis Court & Club House, minutes to town.

Starting from

\$290,136

**HST** included in price All Townhomes priced at \$157.00 per sq.ft.\*

# **Models Open:**

Saturday, Sunday 12:00 noon - 4:00 pm or by appointment

Unit 43	2084	\$327,18			
*Unit 31 excluded at \$157.00 per sq.ft. due to additional upgrades.					

	Unit 27	2346	\$368,322
Primrose B:	Unit 33 Unit 39 Unit 45	2369 2369 2369	\$371,933 \$371,933 \$371,933
Larkspur A:	Unit 34 Unit 40 Unit 36 Unit 38	1973 1973 1848 1848	\$309,761 \$309,761 \$290,136 \$290,136
Laurel:	Unit 31 Unit 41	2400 2400	\$389,000* \$376,800
Magnolia:	Unit 35 Unit 37 Unit 43	2084 2084 2084	\$327,188 \$327,188 \$327,188

Come for a week end... Stay for a life time.

Model

Primrose A: Unit 25

Barb Thompson & Anita Lauer SALES REPRESENTATIVES

Direct: 705.441.4777 705.446.6446



CHESTNUT PARK REAL ESTATE LIMITED, BROKERAGE 393 First Street, Suite 100, Collingwood, ON L9Y 1B3 www.chestnutpark.com 705.445.5454



# Geography, Terrain, and Altitude - Like nowhere else

Being so high has many unique and rewarding attributes only found at rk! Vast virgin slopes, Scenic glaciers and untracked gladed runs, 1500 km<sup>2</sup> of spectacular terrain and 10,000 foot landings!

Treat yourself to a single day or an exclusively private trip.





# SO WILL YOUR SKIS

(3 mountains, 125 trails, endless options)

Unbeknownst to many, Sun Peaks is the second largest ski area in British Columbia, with close to 4,000 acres of terrain. You won't find crowds here, nor will you end up waiting in lineups. You'll spend time where it matters—on the mountain. That's three mountains, to be precise! Our terrain encircles the ski-through village in a unique 360° layout letting you slide right into a restaurant, café, rental shop, or your accommodation at a moment's notice. The snow is dry and effortless, conditions that are famous to this region of the province. Talk to any passionate local and they'll let you in on the secret stashes. Our community will have you feeling at right at home and smiling in no time.

Consider visiting during the 16th Annual Sun Peaks Winter Okanagan Wine Festival, January 11-19, 2014.

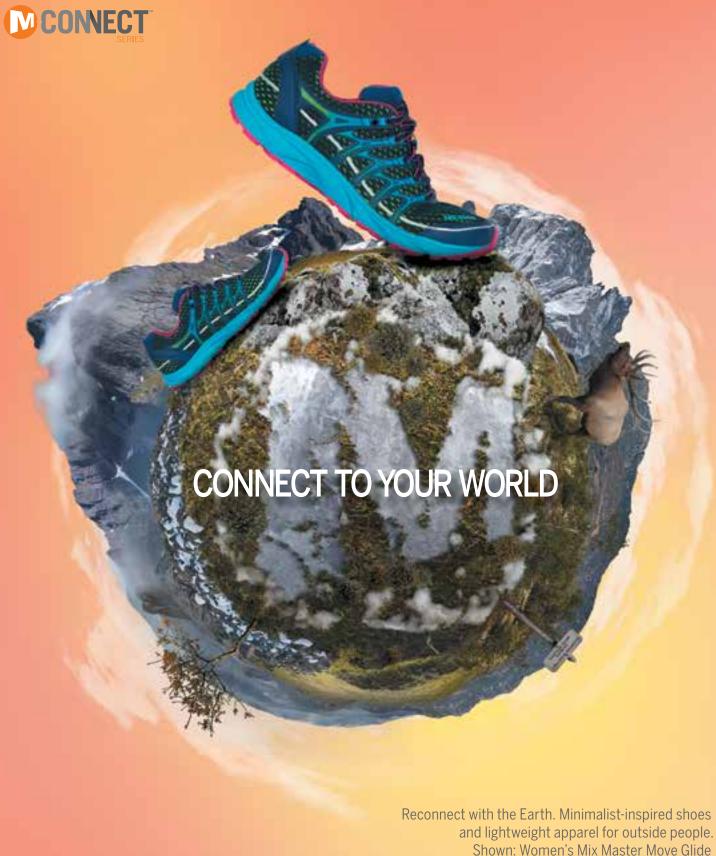
www.SunPeaksResort.com/Winter \* 1.800.807.3257



CANADA'S ALPINE VILLAGE







Shown: Women's Mix Master Move Glide MERRELL.COM





# LOCATIONS NORTH



# www.locationsnorth.com



PERSONAL | PROFESSIONAL | PROGRESSIVE REAL ESTATE SERVICES

MEAFORD 519-538-5755

COLLINGWOOD 705-445-5520 THORNBURY 519-599-2136

# CONTENTS









# **DEPARTMENTS**

**14** Neditorial: Stormproof

18 ML Online

20 Contributors

22 Backyard: Bruce Trail with Kids

24 Local Athletes: Sponsored by Blue

30 Travel: Trekking Toubkal

32 Mountain Homes: Ski-Access Only

36 Wellness: Hiking for Health

40 Weekender: Joy of Mont Tremblant

56 Artist Profile: Michelle Ward

66 Gallery

77 Gear Guide

99 Local Picks

106 Backpage

# **UPFRONT**

27 Craft Beer Here

29 Blue Busts Out The Orchard

# **FEATURES**

# 44 DARK WOODS AND ROUGE RIVERS

Ontario-born photojournalist and explorer Bruce Kirkby's lens finds extreme beauty in Canada's far-flung wild spaces

# 60 GREEN MOUNTAIN STATE

Tim Shuff explores Vermont's options for eco-conscious skiers and boarders

On the cover: Stormy skies roll in over Lake Superior at Gargantua Harbour in Lake Superior Provincial Park. ETHAN MELEG PHOTO.

On this page: Clockwise from left: Alsek River, BRUCE KIRKBY PHOTO; GLEN HARRIS PHOTO; AUDRIC GAGNON PHOTO; MICHELLE WARD PHOTO.



# Wild and unbroken.

PREPARE TO GET BUCKED.







Your great expectations deserve higher standards. Located in British Columbia in the heart of the Kootenay Mountains, Kicking Horse Mountain Resort boasts 4,133 vertical feet, 129 runs, 85 inbound chutes, 2,800 acres of terrain, ski in-ski out lodging, and the best stories on Earth. Get up here!

# SKI & STAY FOR JUST:

# PACKAGE INCLUDES:

- 5 NIGHTS STAY
- 5 DAYS OF SKIING
- QUEEN GUEST ROOM ON MOUNTAIN ACCOMMODATION

\$102

Call for Details. 1.866.SKI.KICK (754.5425)

SkiKickingHorse.com/vacations





### PUBLISHER

## **GLEN HARRIS**

glen@mountainlifemedia.ca

### CREATIVE DIRECTOR & PRODUCTION MANAGER

# AMÉLIE LÉGARÉ

amelie@mountainlifemedia.ca

# PRODUCTION DESIGNER

### I.OO MCNIII.TY

loo@mountainlifemedia.ca

## PHOTO EDITOR

### **GLEN HARRIS**

glen@mountainlifemedia.ca

# MANAGING DIRECTOR

### KIT REDDING

kit@ mountainlifemedia.ca

### **EDITOR**

### NED MORGAN

ned@mountainlifemedia.ca

### **EDITOR AT LARGE**

### **COLIN FIELD**

colin@mountainlifemedia.ca

### WEBSITE ADMINISTRATOR

### KEVIN CRAWFORD

kevin@mountainlifemedia.ca

### DISTRIBUTION

### **BRENDAN THOMPSON**

brendan@mountainlifemedia.ca

### FINANCIAL CONTROLLER

### **IDA GIBSON**

ida@mountainlifemedia.ca / 705 443 1934

# **CONTRIBUTORS**

Dave Barnes, Alija Bos, Melanie Chambers, Allison Kennedy Davies, Bruce Kirkby, Marc Landry, Ethan Meleg, Jack Morgan, Dan Naccarato, Richard Roth, Dan Rubinstein, Tim Shuff, Jason van Bruggen, Michelle Ward, Willy Waterton

# SIMONE STERIO-RISK **BRYAN GRUNDMANN**

MARYLEE HETHRINGTON **GLEN HARRIS** 

JON GREEN

# ADVERTISING ACCOUNT MANAGERS simone@mountainlifemedia.ca

bryan@mountainlifemedia.ca marylee@mountainlifemedia.ca

glen@mountainlifemedia.ca

jonny@mountainlifemedia.ca

# 705 888 1959 416 300 1307 519 599 1021

705 441 6334 705 443 7800

### PUBLISHED BY MOUNTAIN LIFE MEDIA INC.

Copyright © 2013. All rights reserved. Reproduction without permission is prohibited. Publications Mail Agreement Number 42005545. Return undeliverable Canadian addresses to: Mountain Life Magazine, Box 586, Thornbury, ON, NOH 2PO. Tel: 705.441.6334 Fax: 519.922.3099. To send feedback or for contributor's guidelines email ned@mountainlifemedia.ca.

Mountain Life Ontario is published every December, March, June and September by Mountain Life Media Inc. Views expressed herein are those of the author exclusively. To learn more about Mountain Life, visit Mountainlifemag.ca. To distribute Mountain Life in your store please call 705 441 6334

# OUR COMMITMENT TO THE ENVIRONMENT

Mountain Life is printed on paper that is Forest Stewardship Council  $\circledR$  (FSC ข) certified. FSC ® is an international, membership-based, non-profit organization that supports environmentally appropriate, socially beneficial, and economically viable management of the world's forests.







# Not just a class... but a lifestyle



- new larger space
- new great schedule
- hot yoga room
- buddha barre classes
- yoga teacher training program
- 1 week unlimited for only \$20





# Some people possess a deeper understanding of winter.







Come and Ski the Peak!

The Polar Peak Chair soars to 7000ft, giving Fernie Alpine Resort the most snow, the most vertical and the most runs in the Canadian Rockies!



# **5TH DAY 5TH NIGHT FREE\***

Valid all season. Book 5 nights lodging and 5 days skiing and receive that 5th night and day for free! Plus add 5% - 25% more off lifts depending on time of season.

from \$433 pe

\* based on dbl occ., taxes not included, some conditions apply



# KIDS SKI FREE!\*

Book by Nov 30th. Valid for stays from resort opening to Dec 19th, Jan 6th – Feb 12th and Feb 24th to resort closing Kids ski free plus 10% off lodging!

\$520

per family of 4

\*based on quad occ., for 2 days skiing and 3 nights lodging.

Book your Fernie Vacation today.

# **TOURISMFERNIE.COM**

1.877.933.7643 | FACEBOOK.COM/FERNIE.CANADA





Just like John, Ethan doesn't run for shelter. Hurricane Sandy shreds Indian Head, Georgian Bay, October 2012. ETHAN MELEG PHOTO.

# Stormproof

"When the storm began to sound, I lost no time in pushing out into the woods to enjoy it."

- John Muir, The Mountains of California

A few years ago I took a short autumn paddling trip up the Bruce Peninsula.

Autumn trips can offer big advantages: no crowds, no bugs, no sunstroke, plus photos tinted with brightly coloured leaves. But such trips are for the hardy; there's a good chance it will storm.

Mid-week in October we drove up to Lion's Head and launched kayaks into Georgian Bay in the midday sunshine. Our only plan was to paddle up the coast until it looked wild and deserted. Half an hour after we landed near Smokey Head, the sky darkened and the wind picked up to gale force, accompanied by lashing rain. Big waves began roaring in, foaming white and blue-green over the limestone boulders.

One tends to assume that bad weather spoils trips but sometimes I wonder if something near the opposite is true. I recall vividly the times I dealt with weather - say, paddling through wind and swells or hiking through a downpour - and prevailed.

I recall that stormy Georgian Bay trip more fondly than other, more ambitious ones. I believe the reason is the weather that pinned us to that rocky, deserted coastline. The storm amplified the beauty and mystery of this wild place.

For Scots-American environmentalist John Muir (1838-1914), mastermind behind the establishment of Yosemite, Grand Canyon and other National Parks in the US - and who lived in the southern Georgian Bay region for a few years - bad weather was cause for celebration. Muir was a tough, minimalist character who would have scoffed at the lengths to which most of us strive for comfort in the wild these days. He used to embark on extended wilderness "rambles" carrying little more than his notebook and sample case to collect wildflowers.

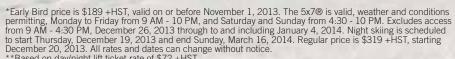
Sometimes I feel that my reliance on technical gear makes me a little weaker, more dependent. Wouldn't a true outdoorsperson be able to hack it even with low-grade gear, or no gear at all? Probably. When a storm blew up, John Muir didn't run for shelter; he made a point of going out into the woods to experience it first-hand.

The daunting power latent in a storm reminds me that nature can still deflate my over-civilized 21st-century arrogance.

So if you end up cold and miserable when you're outdoors at any point this fall or winter, consider John Muir's stormproof enthusiasm.

-Ned Morgan, Editor





\*\*Based on day/night lift ticket rate of \$72 +HST.



it's a **NATURAL** 



 $\rightarrow$  A Realtor $^{\text{@}}$  who is outgoing, friendly honest and looking to make the right deal for your benefit?

# Please call for your unique marketing plan



# 96 NAPIER WEST IN THORNBURY - FOR SALE!

Country Living in town. Charming red brick farm house with board and batton addition. Lots of character – pocket doors, high ceilings, original wood, family-owned, wide deep oversized lot, ideal Thornbury location – walking distance to shops, restaurants, georgian bay. 3 brms plus 1 (office/twin). 2 bath. Two living rooms. Dining room. Foamed basement. Many Upgrades. Large garage with cedar siding. Privacy with mature cedars and evergreens along the edges of the property. Many mature trees (including maples birch and chestnut), perennial beds, raspberries, pear tree, rhubarb. \$399 ooo MLS# 20133520.



# THE LODGE

Do you want a family get away from all the action of the city? This Blue Mountains/Grey Highlands property has it all, open concept living with over 3600 sq', gourmet kitchen, large entertainment area (for adults and kids) 5 bedrooms and 3 bathrooms 2 efficient fire places, inside entry from the garage. The property has 50 acres of mixed bush, and trail system, a huge pond with an island and bridge; perfect to stock your own fish. It is located across from McCowan Horse (formerly Checkmate Farm) stables, close to skiing and the Bruce trail.

**\$869,000** MLS# 20132262 Vendor is motivated!



# **END OF THE RAINBOW FARM**

You've heard it before "properties like this do not come up everyday." Consider the opportunity of owning 66 acres, with approximately 1.5 km of the Beaver River running through it, five minute drive to downtown Thornbury Ontario and its beautiful access to pristine Georgian Bay waters. Enjoy breathtaking views of Georgian Peaks and the Niagara Escarpment while hiking, skiing, snow boarding, mountain biking and golfing. This incredible working apple orchard farm has been home to an amazing steward of the land, utilizing cutting edge technologies to reduce pesticides before it was fashionable. Featuring two, spring fed ponds, a multi purpose shop and a coverall that could easily be converted into a horse arena; there is so much to discover when you own both sides of the Beaver River. Don't miss this Opportunity. MLS# 20132854



# **Brendan Thomson**

Sales Representative
Chestnut Park Real Estate Limited, Brokerage
Direct line mobile: 705-606-1270
Office: 705-445-5454
www.brendanthomson.com
www.realestatethornbury.com

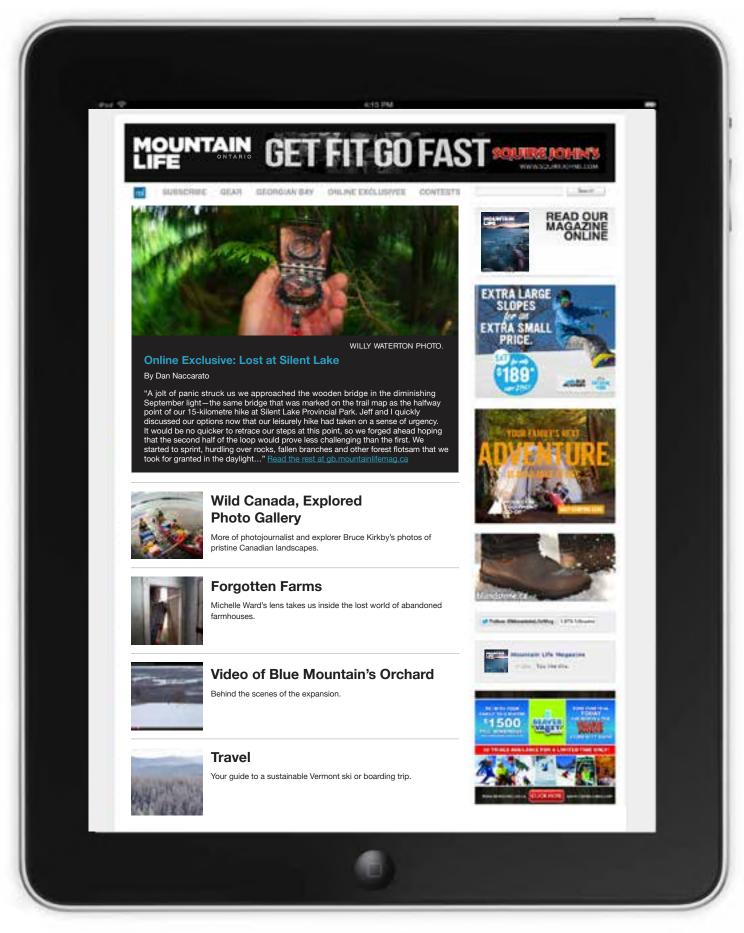


393 First Street Collingwood brendanthomson@chestnutpark.com www.realestatethornbury.com



follow me: @btrealestate









# SUMMIT SHORES



# FREEHOLD ATTACHED SINGLES & SEMIS NOW AVAILABLE

An adventurous new home community of four-season resort homes offering the best of both cottage and chalet life.

Imagine a place to escape to, play and reconnect with your family and friends.

Visualize a great active lifestyle and your oasis in a spectacular one-of-a-kind location.

Picture a place right at the foot of Collingwood's highest vertical mountain and right at the sparkling shores of Georgian Bay's expansive blue waters.

Find yourself here at Summit Shores, a new four-seasons home community that is designed with you and your lifestyle in mind.



REGISTER NOW AT SUMMITSHORES.COM

GEORGIAN PEAKS SKI RESORT

4 COLLINGWOOD TO MINUTES





Andres Paara, Broker andres@royallepage.ca

GEORGIAN BAY

Karen E. Willison, Sales Rep. kwillison@royallepage.ca

1 877 (705)-445-5520

## CONTRIBUTORS



# MICHELLE WARD

Michelle lives in Meaford. Ontario with her husband and two sons. She is slowly amassing an image portfolio of abandoned farms and outbuildings from throughout the Blue Mountains region and hopes to one day publish a book that showcases these mysterious and beautiful properties. Read Michelle's article on p.56.

forgottenfarms.com Instagram: @newmusicmom



# **DAN RUBINSTEIN**

National Magazine Award-winning writer and editor Dan Rubinstein contributes to publications such as The Walrus, The Economist and The Globe and Mail, and is currently writing a non-fiction book about the transformative power of walking, which will be published in spring 2015 by ECW Press. Born and raised in Toronto, he has also lived and hiked in New Brunswick and Nova Scotia, and Alberta - his favourite trail is Jasper's Brazeau Loop - and for the past five years has called Ottawa home. Check out Dan's article on p.22.

borntowalk.org



# **MELANIE CHAMBERS**

Over a decade ago the Haida Gwaii, British Columbia, inspired Melanie's first travel article for The Globe and Mail. Since then, her stories reveal the raw side of travel: a car crash in Italy, a mugging in Buenos Aires, cycling across Sardinia, Italy, hiking Southeast Asia's highest peak, tango dancing in Buenos Aires, yoga in Mexico and farming in Croatia to name a few. Melanie also teaches travel and food writing at Western University. See Melanie's article on p.30.

melaniechambers.ca



# **BRUCE KIRKBY**

Wilderness writer and adventure photographer Bruce Kirkby is widely recognized for connecting wild places with contemporary issues. With travel to over 80 countries, Bruce's journeys include a descent of Ethiopia's Blue Nile Gorge by raft, sea kayak traverse of Borneo's northern coast, and a 37-day trans-Iceland trek. A correspondent for The Globe and Mail and author of two bestselling books, Bruce's writing has appeared in The New York Times, explore, Canadian Geographic and other publications. His photography was selected by National Geographic as among "the most compelling adventure images of the decade." Enjoy Bruce's photo feature on p.44.

brucekirkby.com



America's Family Resort\*\*
Where Family Fun is Guaranteed!





# Being here says it all.

It's time to put Smugglers' Notch Vermont on your list of Winter vacation destinations. We were voted the #1 overall resort in the East, #1 for family vacations in the East, #1 for off-hill activities in New England, #1 for terrain variety in Vermont, and #1 for service in Vermont in the *SKI* Magazine Reader Survey — 2014. Add to that an average annual snowfall of over 300", and the East's only triple black diamond run, it's clear that Smugglers' Notch has something for every one of every age. It's no wonder Smuggs is America's Family Resort!



Call toll free today to start building your family's tradition of fun! 1.888.976.1180 or visit smuggs.com/mlm

# BRUCE TRAIL, WITH CHILDREN

What can you expect when you take your kids out on Canada's longest footpath? Physics lessons are just the beginning.

## By Dan Rubinstein

"Wow, it's a whole big trail, and we've only done a tiny part of it!" My eight-year-old daughter, Daisy, is walking along the rocky rim of the Niagara Escarpment, following those iconic rectangular white blazes, as we make our way to the Grotto in Bruce Peninsula National Park on a scorching July morning. Her twin sister, Maggie, is in front, setting a fast pace; she's already scrambling down toward the cool aquamarine waters of Georgian Bay. We're not through-hikers. Not yet, anyway. But a week earlier, and about 275 kilometres southeast of here, I had introduced my daughters to the Bruce Trail with an overnight trip — and my plan to get them hooked on hiking appears to be working.

I wanted the girls' first long walk to be a smooth experience, so my requirements for selecting a stretch of trail were simple. It had to be exciting — i.e., cliff-top views and waterfalls — and end at a B&B. We're typically tenters, and do a lot of day hikes, but this was different. And so with backpacks stuffed with Nutella sandwiches, frozen water bottles and bathing suits, we drove against the current through Monday morning rush-hour traffic in Toronto for less than an hour, and parked on a dead end about eight kilometres outside the town of Dundas, where a set of wooden stairs led up into the lush green forest.

The trail's magic charmed Maggie and Daisy immediately. They raced up the steps like squirrels, gorged on black raspberries, and reached out to create landing pads for small black-and-white butterflies. After a few minutes, they noticed the view, a hazy panorama extending to the smokestacks of Hamilton Harbour (which, in the distance, lost their usual imposing industrial feel). Daisy began to shimmy along a fallen tree that jutted out over the edge of the Escarpment. When I warned her to stay back from the cliff, Maggie corrected me: "It's more of a ledge than a cliff, Dad."

In addition to discovering the flora and fauna of the Bruce Trail's Iroquoia section, an important conservation corridor on the fringe of Canada's most developed region, my daughters also got a physics lesson. What goes up must come down. After crossing a bridge over a dry creek and skirting a cornfield, we descended into a deep valley. The girls scooted ahead in their running shoes; my expensive leather hiking boots, which log hundreds of kilometres every year, slipped on the muddy slope. Youth trumps experience yet again, although Daisy had another theory: "Maybe it's because you're clumsy, Dad."

We rested at the bottom, listening to birdsong and a burbling stream, and took advantage of this rare unhurried day together to talk about the meaning of life — and death. The girls shared their surprisingly sophisticated interpretations of reincarnation, heaven and hell. Until they got distracted by a daddy longlegs.



GLEN HARRIS PHOTO

The next physics lesson didn't go over so well: what comes down often has to go up again. We began a long, steep climb back to the top. The afternoon was hot and humid; the complaints began. And not just from the kids. My shirt was soaked with sweat, there was barely any breeze, the mosquitoes found us. I cajoled the girls onward with lollypops, licking the dirt off Daisy's after she dropped it, and doing the same for Maggie after she "accidentally" lost her grip.

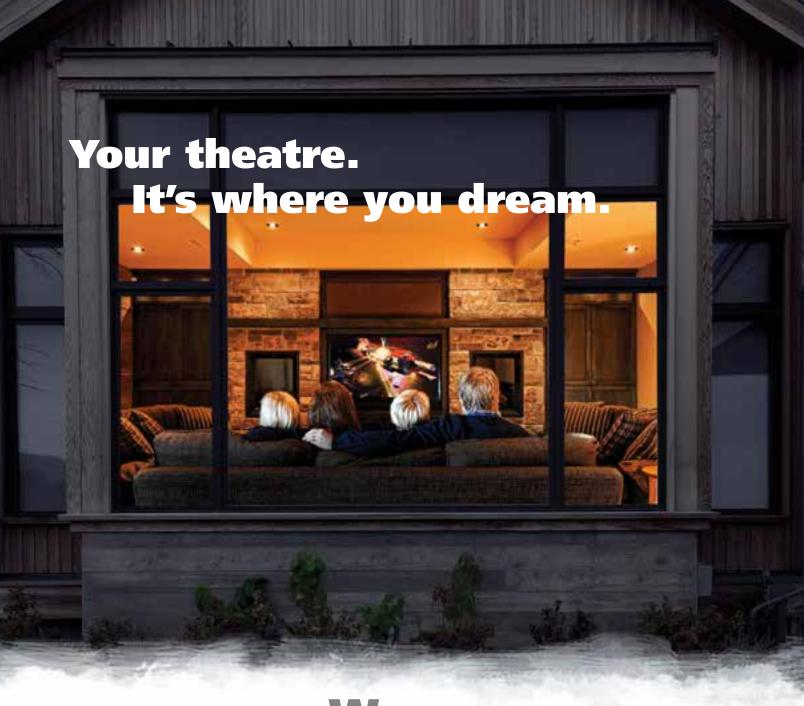
I have fuzzy memories of childhood hikes on the Bruce Trail with my parents, exploring the crevices of Rattlesnake Point. That's where my love for hiking took root, I'm convinced, although my parents have a different take, describing how I constantly whined about being tired and hungry. My daughters are tougher than me. They sang, dug potato bugs and ants out of rotting trees with sticks, and washed their dirt-streaked hands and faces in the pool above 15-metre-high Borer's Falls.

Most children aren't exactly thrilled by the prospect of going for a long walk. Compared to more exciting al fresco and electronic activities, it's slow, monotonous, demanding. But it's worth the effort, because hiking instills an interest in exercise and the environment, which will hopefully help fuel the next generation of outdoor enthusiasts and activists.

The key to getting kids onside? Planning and patience. I resisted my tendency to rush the girls along. When they tired of tormenting insects and began to fade after four hours of walking, I pointed out the streets of Dundas down below. Within minutes, we were splashing in a wading pool at a shaded park. Maggie and Daisy would be ready for a longer trek on the Bruce Trail soon.

And years from now, maybe they'll be back with their own kids. m

The Bruce Trail Conservancy has tips on hiking with kids: brucetrail.org/pages/family-fun. If you're bunking in Dundas, try the Homestead 1867 B&B: thehomestead1867.ca. To splurge in Bruce Peninsula National Park, book a yurt at the Cyprus Lake campground: pc.gc.ca/pn-np/on/bruce/activ/activ2/activ2d.aspx





Home Theatre Security & Monitoring Fire & Safety hen you spend the time sourcing the latest audio and video technology and products, you want the wiring and installation to be done right, the first time. Huronia knows how important this is, and we have over 40 years of know-how that you can depend on.

From simple consultation, complex multi-room audio and video installation right through to complete home automation, including lighting control and powered window treatments.

Contact us today to talk about your audio, video and home entertainment needs.

Safe. Secure. And Sound.

# **SPONSORED BY BLUE**

Inside Blue Mountain Resort's growing Athlete Support Program



A pretty rad sponsor for an up-and-comer. And it's all part of a new project initiated by Erika Langman, Dak Williams and Jason Petznick at Blue Mountain.

"Blue Mountain has always had an Athlete Support Program in place, but the selection process was severely dated," says Team Coordinator Petznick. "It was based off the provincial sport organization (AOS, FSO and Alpine Ontario) rankings. Athletes would receive a complimentary or discounted season pass based on their ranking from the previous season. This meant that passes were being designated for athletes who never spent any time at Blue Mountain aside from attending a couple of contests throughout the winter. Many of them weren't training at Blue, and didn't call the resort home."

So they pitched the idea of a new team selection process to Blue Mountain. And they got the board's support immediately.

"From there it was just a matter of putting a call out for applications," says Petznick. "There were quite a few marathon meetings as we sorted through applications to choose the right people who combined the talent, personality and history of riding Blue Mountain. I don't think we could have come up with a better group of people to represent Blue Mountain, and I'm excited to see what every single member of the team does in the ski and snowboard community in the years to come."

Twenty-three members were on the inaugural team in the 2012/2013 season including alpine ski, alpine snowboard, freestyle ski and freestyle snowboard disciplines. There are also three ambassadors – people who have been around the scene for years and can mentor the younger riders.

Kevin Konings is one of these ambassadors and younger riders like Jack Daniel Bernstein are already benefitting from his experience.

"I would say old Kev helps me out the most with my progression and pushing me to try new things in the park," he says. Simply getting on the team was a dream come true for Bernstein.

"When I found out I was the team I was very excited," he recalls. "This meant I would have exclusive access to the mountain and terrain parks for free and be a part of all the media coverage that Blue does for the team. It was also a very big deal as I had grown up looking up to the best riders in the park and hoping I could be like them. So when I got the call it felt like I had achieved a goal that I set as a child."

"If you really want to be a part of the Blue Mountain Team, the best thing to do is just be out on the hill, be visible, be a positive role model and be a strong representative of the resort and its values."



Team member Evan McEachran pulls a Lazyboy Cork 360.

So how do you get on the team?

"We haven't really discussed yet if we'll be expanding the team for this season, but there's a chance we will," says Petznick. "If you really want to be a part of the Blue Mountain Team, the best thing to do is just be out on the hill, be visible, be a positive role model and be a strong representative of the resort and its values. Blue Mountain is still majority-owned by the Weider family, so we want to have a homegrown team of athletes representing the resort and joining our family. With the amount of time we spend out on the hill, there's a good chance that you're already on our radar if you're checking off all these boxes."

And while many teams determine their success by contest results and visits to the podium, the

Blue Mountain Team is a little bit different.

"I'm not sure if there's any one single way to gauge success, or if it's about gauging success at all," says Petznick. "Success can't be measured by medals, contest results or media coverage. We want to celebrate the great things that our athletes are doing on the slopes. If by doing that we're able to promote the resort, push people to achieve their best and foster a good vibe around our athletes on the slopes, then I think we can definitely call it a success."

So far, they've been doing exactly that.

The Blue Mountain Team includes these riders:

ALPINE SKI: Lauren Hale, Cameron McGregor, Cameron Hale

**ALPINE SNOWBOARD:** Tayler Wilton

FREESTYLE SKI: Jillian Gordon, Rachael Anderson, Jess Warll, Reid McEachran, Matt Wilcox, Max Moffatt, Evan McEachran, Matt Brindisi

FREESTYLE SNOWBOARD: Kiersten Higginson, Victoria Marshall, Joel Dalacker, Jack Daniel Bernstein, Derek Livingston, Mark Goodall, Max Wharin, Brady Swartz

AMBASSADORS: Clay Dolan, Kevin Konings, Jessica Woolsey







We've made you look good from the neck down. Now look even better from the neck up. We're super proud to introduce Rebels Refinery.

























8 Bruce St. South, Thornbury, ON 519.599.5013 www.evolutionformen.ca

# ONE TOOTH active wear for Men and Women Blue Mountain Village

Be Canadian | Be Beautiful | Be Proud | Be ONE

**New Location in Barrie** 





www.onetoothcollingwood.com & www.onetoothbarrie.com

# CRAFT BEER, HERE

## By Colin Field

Finally the craft beer movement is taking hold in the Blue Mountains region and this was fully evidenced at the Bighead Hops Shindig in Walters Falls in late August. With hop harvest season looming, Nicholas Schaut, owner of Bighead Hops, invited friends, family and brewers out to his farm for a day of celebration. Free beer and free food are always a good recipe for a great day and that is exactly what it was.

In attendance were local breweries such as MacLean's Ales (due for expansion any day now), Duggan's (Toronto), and Junction Craft Brewing (Toronto). John Graham from Church-Key Brewing was also mingling from brewery to brewery sampling some of the local flavours.

Local phenomenon Spencer Wareham from Owen Sound's Kilannan Brewery brought a Kolsch and Altbier tap. Wareham is Ontario's youngest commercial brewer, and opened the brewery in 2012. But don't let his youth fool you; this guy is serious about beer and is brewing some incredible stuff. Look for his beer on taps at a few bars in the region. It will soon be available at the LCBO.

And for Northwinds Brewery from Collingwood, this was their release party. With a surfboard bartop (freshly screwed together) they had their Milkrun Stout in a cask, a Corduroy Rye IPA and Three Stage XPA on tap. Somehow, owner Geoff Conway managed to convince brewer Andrew Bartle to leave his position at Beau's Brewing Company to come work at the startup and one taste of Northwinds' beer will convince you: Bartle knows what he's doing.

While they don't yet have a location, they do have beer: Northwinds is brewing commercial batches out of other breweries until they find a brewpub location. It is available at Piper's, The Huron Club, Bruce Wine Bar and other fine restaurants in the region as well as the Victory Café, Bar Volo and others in Toronto.



Jason Mirlocca practices his pour. COLIN FIELD PHOTO.

# www.locationsnorth.com









An undisputable work of ART! Situated on private 50 acres, 3 ponds & 1000 ft of Sauble River frontage.

\$999,999 MLS® 20130878 Call Karen E. Willison\* 705-888-0075



VIEWS of Blue! 3 bedrooms + loft, 3.5 baths, great room, family room, shuttle bus to slopes.

\$479,000 MLS® 20133721 Call Mardy van Beest\* 705-441-4706



Overlooking Monterra golf & Georgian Bay. View Blue Mtn. Shuttle Bus & Pool. Turn Key!

\$324,900 MLS® 20133366 Call Mardy van Beest\* 705-441-4706



Studio loft sleeps 6. Walk to North chair. Rental income. Turn key. \$129.900 MLS® 20132498 Call Martha P. Whitton\* 705-443-9022



Contemporary 3 bed, 2 bath bungalow, over-sized garage. Quiet dead end location. Numerous upgrades.

\$674.900 MLS® 20134054 Call Rick Crouch\*\* 705-443-1037



Price Reduced by \$50,900. Outstanding kitchen with huge centre island, granite, 3+3 Beds, 3/1 Baths

\$699,000 MLS® 20130233 Call Rick Crouch\*\* 705-443-1037



Spacious 6 bedroom, 3.5 bath Lora Bay home with golf course & bay views. \$893,000 MLS® 20132182 Call Rick Crouch\*\* 705-443-1037



Walk to Village & Hills, with fabulous views of Blue from this 3+1 Bed with 3 full living levels. Rarely offered for sale!! \$294,900 MLS® 20133360 Call Sheila Shepherd\* 705-441-6085



Thornbury Gem

Beautiful custom built 5 bedroom 3 washroom home on quiet cul-de- sac of only 11 homes

\$569,999 MLS® 20134393 Call Zig Glogowski\* 705-888-3080



Fabulous Chalet in Exclusive & Desirable Community. 4+ Beds, 4+ Baths...VIEWS.... OF SKI HILLS!

\$614,000 MLS® 20134069 Call Zig Glogowski\* 705-888-3080



Exceptional lifestyle living! Private 20 acre resort property overlooking Georgian Bay & steps to the beach.

\$825,000 MLS® 20130623 Call Andres Paara\*\* 705-441-3245



The Forest, large lot subdivision, 4 beds, 4 bath fully finished basement, attached double garage, quiet cul de sac. \$635,000 MLS® 20134204 Call D. Barry Manchester\*\* 705-446-8468



Gardens + 2 Bedroom brick ,large Living Room with brick fireplace, Family Room

with walk-out. \$395,000 MLS® 20134351 Call Brenda Holden\*\* 519 379 6296



Perched over Thornbury, Commanding Bay and Valley Views, 5 Bedroom, 25 Acres, 4000 sq ft, Pool.

\$1,650,000 MLS® 20133077 Call Desmond von Teichman\*\*\* 705-444-7063



Spectacular Acreage. Hard to find combination of a beautiful home on a

fantastic view parcel of land. Must See! \$1,595,000 MLS® 20132658 Call Holly Stone\* 705-888-5775



5 bedrooms, 4 full baths, media room and den! This condo has room for everyone! \$629,000 MLS® Exclusive Call Holly Stone\* 705-888-5775

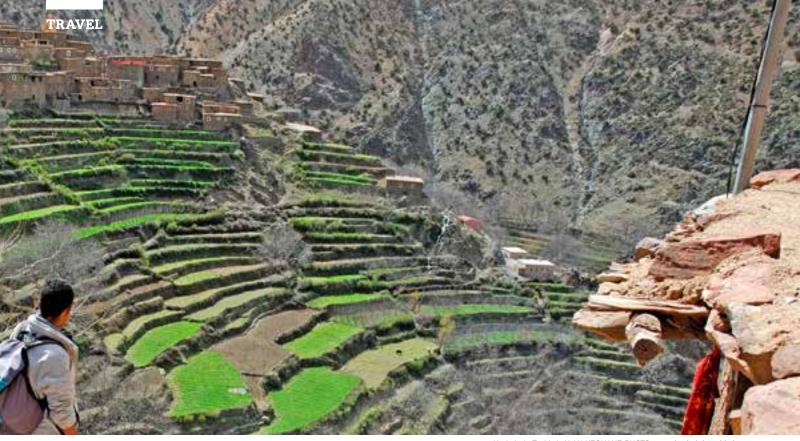
MEAFORD: 519-538-5755

THORNBURY: 519-599-2136

COLLINGWOOD: 705-445-5520

PERSONAL | PROFESSIONAL | PROGRESSIVE **REAL ESTATE SERVICES** 





Kasbah du Toubkal, ALAN KEOHANE PHOTO, www.kasbahdutoubkal.com.

# TREKKING TOUBKAL

# Navigating donkey and goat traffic jams deep in Moroccan Berber mountain country

# By Melanie Chambers

Tracing the map to North Africa's highest peak under the candlelight, my guide Abdel points to the flame; it reminds him of growing up, without electricity. "We were one of the first families to have a black-and-white TV - everyone from the village would come to watch - when someone died the old women cried because they thought it was real." That was 12 years ago in the village of Imlil - the starting point of our four-daydeep 4,167-metre hike to Morocco's Mount Toubkal.

Deep in Morocco's Berber mountain country, donkey traffic jams are more common than cell phones and electricity.

# DAY ONE: IMLIL, KASBAH DU **TOUBKAL, 1,850 METRES**

Locking eyes with a shopkeeper in Imlil, it's game over: he's on me. "For you free, come visit my store," he says, beckoning me. Avoiding eye contact, I reach the edge of the town: a dusty steep trail leads to a mysterious door (Narnia?). On the other side, roses and bright gladiolas line the stone walk. Looking up, Morocco's High Atlas Mountains wrap around the Kasbah Du Toubkal hotel. The French military

abandoned the place when the French pulled out in 1956; a British trekker, with the help of locals, began to transform it. Imlil was the backdrop for Martin Scorsese's 1995 Dalai Lama movie, Kundun, because it looks like Nepal.

Leaving the hotel, it's not long before we're hiking alongside a bone-dry river valley. In 1995 a flash flood carrying a six-metre wall of water decimated a nearby town, Ourika; "entire trucks were washed away," says Abdel. Imlil escaped its path. Today, cement dams segment the river. Rain seems inconceivable in this heat.

Reaching the plateau (Tizi n' Mzki, 2,489 metres), Brahem, the 21-year-old newlywed muleteer, unloads the panniers and begins frying lamb meatballs in cumin. Abdel lays out a red pattered rug and plates of black Moroccan olives, camel cheese, and bread. Munching on my spread, I feel a drop. Like clockwork everyday, rain gushes for 10 minutes. It's all or nothing here: desert or flood.

Trekking after lunch, the valley opens up: mud huts for animals stacked on the side of the mountain and on the other, terraces of vegetables. Running down the mountain, women carry bales of hay on their backs. "Look, she carries more than the mule," says Abdel. Soon, the trail cuts narrowly through clay adobe houses. A girl is talking into a cell phone. It's on speaker as the little ones huddle around her legs to listen. Electricity arrived last year in Ait Aissa, a town

The sun has returned when we arrive at Azzaden Trekking Lodge for the night. Inside, I wash my hands with rose water and eat a date dipped in milk. Berber tradition. After a tagine of chicken, dates and chickpeas, I fall into a deep sleep and have 1,000 dreams.

# DAY TWO: REFUGE DE TAZERHART, **3,000 METRES**

Passing the mud huts from yesterday, we get stuck in a goat jam. Shepherds yell. Goats bleat and scatter. We're heading into the ice-patched mountains and we won't see another village or cell phone bar for days. Lunch on my Aladdin blanket is contemplative; sipping sugary mint tea, I survey the valley and a distant Marrakech to the north. "We drink this like five times a day. We call it Berber whiskey!" says Abdel.

Two hours left for the day. Lifting my head, food, waterfall and sleep are steps away, but it feels like the longest part of the day. Suddenly a woman runs behind us; it's the first sign of tourists.

Locking eyes with a shopkeeper in Imlil, it's game over: he's on me. "For you free, come visit my store," he says, beckoning me. Avoiding eye contact, I reach the edge of the town: a dusty steep trail leads to a mysterious door.

The couple follow us to the bare-bones shack where a man is sleeping on a mattress outside the front door. He lifts his head and waves, then goes back to sleep.

After dumping our stuff, we head to the waterfall and dunk our hot feet. As the rain begins to gush, we rush back to the refuge where Brahem's pot of bubbling cumin and peppers steams up the windows.

Around the picnic table, we chat with the couple. I guess she's from Spain. "Oh no: Cataluña! Very different things," she laughs. Adbel chimes in. "This is the same between Berbers and Arabs." Berbers are traditionally nomadic farmers while the Arabs live in cities. For centuries Berbers had to speak and learn Arabic; today, their language and culture are seeing a revival.

# DAY THREE: PEAK AQUELZIM, 3,650 METRES. SLEEP AT REFUGIO DE TOUBKAL, 3,207 METRES

Leaving the refuge at 6 a.m., we walk alongside the mountain ridge, and then come across a gaggle of mules and hikers. This is disheartening. For the first few days magpies and goats are the only trail friends; I felt like a true traveller and not a tourist who bought a package.

Somehow, the hikers mention beer. "Oh, I wish," says a Polish woman. "Can you imagine a frosted glass?" I put fun out of my mind: the next section is 95 switchbacks. From the top, it looks like a giant soft-serve ice cream cone. Two hours later, the last push to the refuge is bottlenecked with mules. Perched over the dry riverbed, the stone refuge tower looks like Nepal: it's the last stop before the final ascent.

# DAY FOUR: MOUNT TOUBKAL, 4,167 METRES

I hear people leaving the dorm around 5 a.m. to get ahead of the rush. Abdel and Brahem woke at 3 a.m. for supper. Today is the first day of Ramadan.

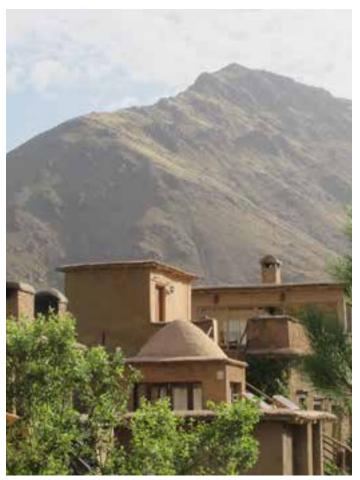
Starting behind the refuge, Toubkal is two hours away. After the first hour, sweat sprouts on my cheeks - I sheepishly sip water. I can only imagine what Abdel is going through: Muslims also can't drink water during Ramadan.

After another hour of step-climbing over slippery shale stones, we find a group of school kids hanging from the summit's triangular steel tower. Abdel and I remain on the lower slope to take pictures of each other and the surrounding mountains popping through the clouds.

Walking down to Imlil takes us the better part of the day. We stop for mint tea in a hut by the river and listen to rain ping off the tin roof. Gradually Imlil appears—concrete homes and then, the Kasbah. That night over supper, I notice a candle in the dining room. It reminds me of Abdel. "I miss having supper with candles. It was the only light in the house so we had to eat together, around the table. Now, we don't do this. This makes me sad," he told me. After supper, I'm reluctant to go online and check my email. Will the calm inside me disappear right away? How will towns like Ait Aissa change now that they have electricity? Do they already feel the calm disappearing, or do they even notice?

Top: A view of the High Atlas Mountains from the Kasbah du Toubkal Centre: Abdel looking on near the peak of Toubkal in silence, moments before running into a group of school kids at the top.

Bottom: Mules hired by Polish hikers. MELANIE CHAMBERS PHOTOS.









Built by skiers, for skiers. GLEN HARRIS PHOTO.

# **SKI-ACCESS ONLY**

At the original Austrian Ski Club chalet, mid-slope at Beaver Valley Ski Club, you can leave your boots on

# By Tamara Dawkins

This is an enviable chalet. It doesn't have shiny Ledgerock floors, and you'll find no stainless steel appliances anywhere. No recessed lighting, no second bath, no media room.... but there is a well-stocked bar that appears to date back at least 40 years.

In fact, Louis Gasparini - the current owner's grandfather - built the bar, along with the impressive stone fireplace and the rest of the chalet, around 1953 with help from his friends in the Austrian Ski Club. In those days, before the establishment of Beaver Valley Ski Club, visitors were obliged to hike up through the bush. Someone installed a primitive rope tow at one point. Even well after the current Club's establishment, chalet owner Desiree Fegan used to bushwhack through the undeveloped south section and scale down a cliff until her grandfather pushed to incorporate this area into the resort.

In his mid-eighties, Louis Gasparini still races Masters today in Italy.

The back half of the chalet used to be divided into two distinct sides for sleeping: one side for women and children, the other for men. A few of the army surplus iron bunks from that time still survive, now painted red.

The main living room is a study in unreconstructed retro chic. "My grandfather cut the valances, and my mother handpainted them in the Austrian style," says Desiree. "I couldn't change it; it would break my heart. And my grandmother's 1960 orange-flowered wallpaper? It just can't get removed. It would be wrong..."

The chalet stands in the middle of a ski trail, and it is ski, snow-machine, mountain bike and foot-access only. In the winter the snowcat drivers bring the owners their groceries. This is a place built by skiers, for skiers.

When we prepared to enter the chalet for our tour, we started to unbuckle our ski boots. "What are you doing?", Desiree asked.

"Taking my boots off."

"No, no, no. We don't take our boots off here." m



The S37 is available to be built in Rob Roy on a beautiful 25 acre parcel for \$995,000. This offering has a private lot with a tree lined driveway and your own private pond! The house plan offers a main floor master and den, with 3 more bedrooms up.



# Introducing...

**BONE Structure** 

NO Nails. NO Waste. NO Mold. NO Load-bearing walls.

BONE Structure, the renowned light steel construction system, borrows a combination of technological innovations from the aerospace and automobile industries to create a construction method unequalled in high-precision assembly and speed.

Beautifully designed to invite nature inside, these energy-efficient homes are drawn around the great principles of modern architecture: large open living spaces without load-bearing walls, ceiling of desired height and huge windows.

Call us for more information on BONE Structure homes or to schedule a visit!

www.stonecustomhomes.net

Call 1-888-325-2511

STONE CUSTOM HOMES



The L38 is available to be built just outside of Thornbury on 25 acres for \$995,000. Easy access to both Thornbury and Clarksburg this lovely parcel is cleared and ready to build. The house plan offers 3 bedrooms, all up and a fabulous 2nd story terrace off the beautiful master suite.



Design your own home! Contact us to learn more about the BONE structure process. We can help you find the perfect parcel of land, work with you on the perfect design, and build your dream home.





Custom built 5 bedroom home just steps to the award-winning Georgian Bay Golf Club. Wraparound stone deck, screened-in porch & private hot tub deck off the Master suite. Great Room has soaring cathedral ceilings, panoramic Bay views & opens on to the chef's kitchen with Viking appliances - built for those who love to entertain. This could be your private oasis! \$2,899,000 MLS®#20133423



Immersed in nature, this incredible 'cabin in the woods' is a beautifully furnished 6 bedroom, 4 bathroom rustic retreat situated on 5 acres & surrounded by 2,500 more of protected Kolapore Uplands. You'll feel right at home in the inviting open concept kitchen/dining with 19th Century Welsh cabinet, Corian countertops & antique gateleg table; walk out to the screened in porch perfect for summer entertaining. \$1,595,000 MLS®#20133913



# KAREN WILLISON

ANDRES PAARA Direct: 705-888-0075

Direct: 705-441-3245 andres@royallepage.ca

Royal LePage Locations North, Brokerage Thornbury/ Collingwood / Meaford







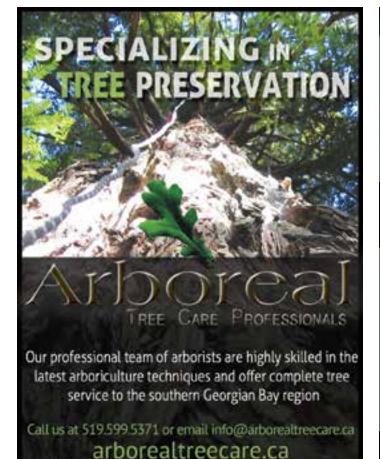
# Liberty's Sparkle & Shine **PERFECTION CLEANING SERVICES**





Green options available at the owners request.

Contact Liberty by phone for a free estimate 519 270 4082 or email: libweso@hotmail.com





"Three generations, plowing snow since 1977" **36 YEARS IN THE BUSINESS** 



519.377.4754





# MOUNTAINCROFT

COLLINGWOOD

Phase III in the Mountaincroft community is now in full construction, with a great selection of 83 crescent lots featuring all fully detached craftsman inspired homes, several backing onto greenspace.

















Grandview Homes has a long history of providing quality homes since the 1990's to families in the Collingwood, Innisfil and Barrie area. Known for customer service and a commitment to providing excellent value, Grandview Homes has a solid reputation as a quality builder. All homes come with 9' ceiling packages, oak staircase, choice of 3 exterior finishes and other great amenities.

# Craftsman inspired homes

from the \$260's



# Transformed

Hiking transforms us. For those who hike regularly, this statement may sound surprising. How does such a humdrum activity transform us?



DAVE BARNES ILLUSTRATION.

### By William Shelley

Stuart Phillips, a professor in the Kinesiology Department of McMaster University and a keen Bruce Trail hiker, says that hiking can transform human health. "As we hike, we gear our bodies for physical work, which is (for most of us) a drastic change from our everyday jobs. The increased mechanical work that our heart has to do and the changed blood flows have an enormously positive impact on our health." Phillips and his colleagues in McMaster's Exercise Metabolism Research Group, whose laboratory includes mass spectrometers and Doppler ultrasound detectors, have found that just a small amount of moderate exercise can significantly reduce blood pressure and build muscle. Armed with insights from Phillips and other kinesiology experts, I recently went out on the trail in an attempt to "prove" the validity of hiking's transformations.

# PRETTY RIVER PROVINCIAL PARK LOOP, BLUE MOUNTAIN **BRUCE TRAIL CLUB (MAP 23 OF** THE BRUCE TRAIL REFERENCE MAPBOOK):

This loop hike, traversing the highest elevation point on the entire Bruce Trail, skirts Pretty River Valley Provincial Park and Petun Conservation Area. When I tried to drive to the beginning of this loop, I became disoriented by what seemed to be an error in my road map showing two county roads of the same number (19) running parallel. Unable to find my trailhead, I became frustrated and drove home. When I returned the next day with my father, Jack, he easily sorted out my navigational difficulties and found the trailhead. Suddenly I recognized my surroundings and remembered that I'd been here before, several years ago. Was I harboring too much Apo E4?

Apo E4 (apolipoprotein E, variant 4) is a gene associated with memory loss. Recent studies suggest that Apo E4 may interact in the brain with beta-amyloids, plaque-like substances that clog neurons and may cause memory loss or disorientation. The good news is that merely

# SCANDINAVE SPA **BLUE MOUNTAIN**



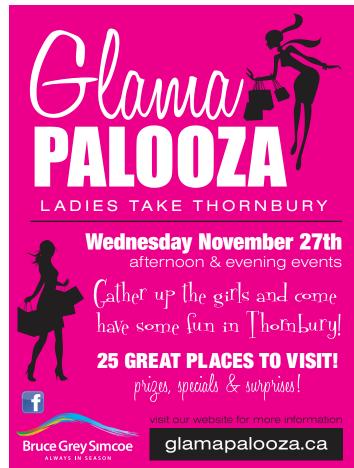
Rejuvenating Scandinavian Baths **Relaxing Massage Treatments Unwind Wednesdays Escape Packages Open Daily** 



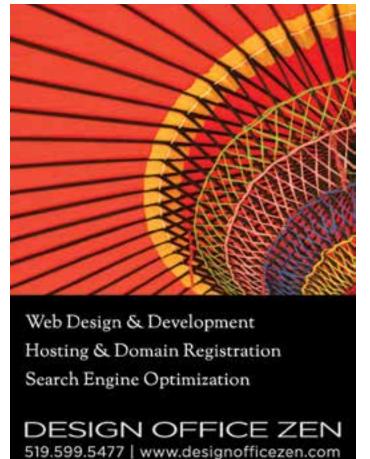
A SPECIAL DESTINATION IN THE HEART OF NATURE

ScandinaveBlue.com | 705.443.8484









"The evidence is mounting that moderate cardiovascular exercise such as hiking can increase energy, slow the aging process, and improve overall cognitive function."

possessing the Apo E4 gene does not mean symptoms will appear; and moderate exercise is proven to reduce Apo E4 levels.

Can hiking sharpen your mind? New research not only supports this claim but suggests that exercise can even grow your brain. A recently identified protein called BDNF (Brain-Derived Neurotrophic Factor) develops nerves associated with learning and memory in infants. As we age, BDNF levels tend to decrease. But the evidence is mounting that cardiovascular exercise such as hiking, by increasing BDNF levels, can boost energy, slow the aging process, and improve overall cognitive function. Harvard psychiatrist John Ratey, author of the book Spark: The Revolutionary New Science of Exercise and the Brain, writes: "even moderate exercise will supercharge mental circuits to beat stress, sharpen thinking, enhance memory, and much more." Boosting BDNF through exercise, Ratey continues, "encourages nerve cells to bind, which is the cellular basis for logging new information."

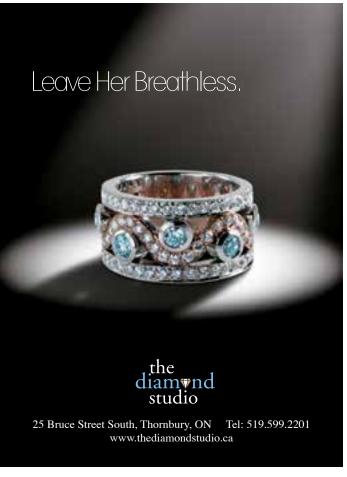
As the trail entered the Petun Conservation Area and we passed Osler Bluff, we began to descend the boulder-strewn Escarpment edge, overshadowed by old cedars and beech. I kept one eye on my father as we approached a muddy section of trail. "Careful here, Dad," I said, just before I slipped and fell. As my father helped me up, I remembered what another professor in McMaster's Kinesiology Department, Steven Bray, told me: "Hiking may also help older adults preserve balance, which is protective against falls and fall-related injuries."

After hiking for about half an hour, I suddenly found both my physical state and my mood transformed. Why? By stimulating the cardiovascular system, aerobic activity such as hiking delivers hormones via the bloodstream to our cells to optimize our metabolic activities. Hiking also jumpstarts our nervous system, which sends out messenger molecules known as neurotransmitters. One such neurotransmitter, serotonin, has an extremely positive impact on our mood. The billion-dollar pharmaceutical industry offers a growing number of antidepressant drugs to provide more serotonin to the brain's neurons but exercise also boosts serotonin - prescription-free.

The experts I spoke to and my research focused on physical transformations. But after our hike I realized that hiking can transform both body and mind. McMaster's Steven Bray reminded me of the World Health Organization's definition of health: "a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity." Bray continued, "what sets hiking apart from more mundane activities is that it offers many benefits that can raise one to a better level of health (according to the WHO definition) rather than just help one avoid disease and malfunction."

Maybe this is why many of us choose the Bruce Trail over the gym. Steven Bray: "To me there would be no contest between a hike for an hour or riding as hard as I can on a stationary bike on-and-off for 20 minutes. The evidence suggests that either is good, but I'm pretty sure what my preference would be." m







### By Colin Field

It was over 30 years ago that I first visited Tremblant. I have vague recollections of skiing faster than I'd ever skied in my life - all five long years of it. And I remember yelling in terrified joy with my best friend at the time. It's the first time I recall really falling in love with skiing. The freedom those skis gave me was unlike anything else; it was the beginning of a lifelong obsession.

Which means I've visited Tremblant repeatedly since. And every single visit is a blast: the Quebecois joie de vivre makes the après as good as the skiing itself.

"These days, as a family man with a little boy of my own, my days of drinking until last call at Le P'Tit Caribou are over. But there's still something for me: Kids Club."

But when you live in the GTA, getting to Tremblant presents one major obstacle: the drive. The epic, windshield-washer-fluid-guzzling drive through winter roads, dark nights and cold temperatures. Traffic jams in Montreal and icy road conditions tend to be a major memory of a trip to Tremblant. But it's no longer necessary: Porter Airlines now eliminates this major gripe.

From downtown Toronto you can be at Tremblant in an hour. So why wouldn't you fly?

As far as eastern resorts are concerned it's tough to beat Tremblant. Situated in the Laurentian Mountain range, the quaint, scenic village retains some of its original charm, and the old-school, classic chalets can still be found at the base of the south side, the north side and even at the top of the gondola at Le Grand Manitou. Not to mention the 645 metres of vertical drop.

These days, as a family man with a little boy of my own, my days of drinking until last call at Le P'Tit Caribou are over. But there's still something for me: Kids Club. The wonderful, bilingual daycare/ski school, where you can confidently leave your kids with amazing daycare professionals and instructors.

And when the snow is good, the skiing at Tremblant is awesome. Personally I can't get enough of the tree skiing (or sous-bois as the French call it) over on the North Side, off runs like Haute Tension and Action, or CBC. Steep, hopefully deep and full of well-spaced hardwood tree-runs are tough to find in the east, but Tremblant is full of them. And they are a damn

For the kids with more technical skill (and more rubbery skeletons) than myself, there are three terrain parks catering to everyone from the total newbie to the pro-level hucker.

And with 95 trails (654 acres of terrain) there are groomers galore for every level of skier. Two gondolas and a range of chairlifts help the resort move up to 27,230 skiers per hour. And the nearly four metres of annual snowfall, along with 1066 snowguns, means there's plenty of snow to go around.

If it is too cold to ski, as sometimes happens in Tremblant, there is still plenty to do. The Village has something for everyone; from La Diable Brewpub, to the Puesta Del Sol Mexican restaurant, a toy store, a movie theatre and the Aquaclub water park. There are cross-country ski trails, snowmobiling and dog-sledding operations as well. You'd be hard pressed to be bored here. And the bus system makes a daytrip into St-Jovite easy. Or head to the original Scandinave Spa (where the cold plunge pool is literally an icy river), for an afternoon of perfect tranquility. And there is free tubing every evening on St. Bernard.

I will go back to Tremblant. Because when I skied down La Passe and Nansen Bas with my son after his day of lessons, he was hooting and hollering about how fast he was going. And he was going fast for his size. And his age. And some kind of nostalgia for my own youth combined with memories of my many visits to this mountain town and filled my heart with joy. It sounds cheesy, but it's true. Tremblant just gained one more lifelong addict. We'll be back over and over again. And we'll fly there.





1.800.663.7080 • www.selkirk-tangiers.com



# Clarksburg Contractors.com

Heating • Plumbing • Air Conditioning • Electrical

# **Geothermal**



(705) 444-6026 (519) 599-2123



We repair all makes and models of furnaces and air conditioners. Serving the Georgian Triangle since 1954.



www.clarksburgcontractors.com





**BOOK YOUR TRIAL TODAY** AND RECEIVE A FREE \$1000 GIFT CARD

### **50 TRIALS AVAILABLE FOR A LIMITED TIME ONLY!**



Contact Read Hilton Membership Sales Manager 🖀 705 351 8100 🔳 read.hilton@beavervalley.ca





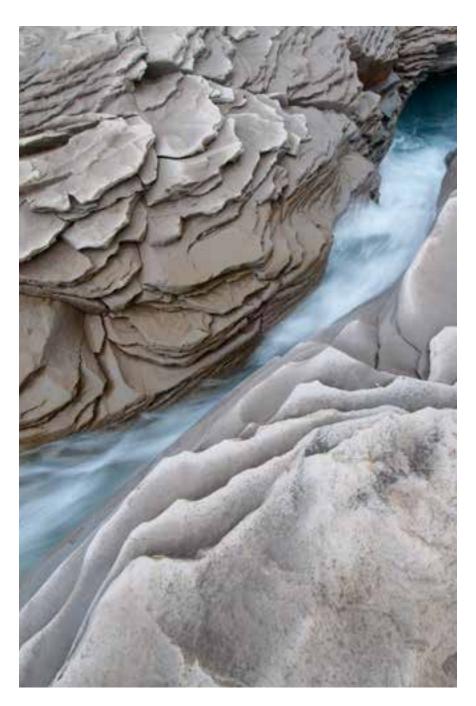
WWW.BEAVERVALLEY.CA

WWW.SQUIREJOHNS.COM



# DARK WOODS & ROUGE RIVERS CANADA, EXPLORED

Ontario-born photojournalist and explorer Bruce Kirkby's lens finds extreme beauty in Canada's far-flung and precious wild spaces Captions and photos by Bruce Kirkby HEIGHT OF THE ROCKIES Set on the banks of Maiyuk Creek in Height of the Rockies Provincial Park, B.C., a teepee casts a faint glow across the burnt survivors of a forest fire. Weighing less than five pounds, and complete with a collapsible wood stove, a teepee - even during -25C snaps - is remarkably civilized. On this week-long trip, we followed the tracks of a wolverine over the pass beyond into Forsyth Creek, eventually finding signs of its kits, and a den. That such ghostlike creatures still exist amongst us even here in the southern reaches of Canada is a source of great hope for me.





Nestled in the lee of Ellesmere, in Canada's high Arctic, Axel Heiberg is the world's third-largest uninhabited island. When I joined a team trekking across Axel Heiberg in the summer of 2010, we were the only four people on an island half the size of Iceland. Along the way we passed azure lakes, thousand-foot cliffs, deep canyons with echoing whitewater, glaciers, jagged peaks, Peary caribou, wolves and muskox. We also happened upon this lovely blue stream, cutting through the sedimentary rock.





### ALSEK LAKE

A raft drifts past enormous icebergs in Alsek Lake - part of the Yukon's grand Tatshenshini/Alsek River system. Situated just 20 kilometres shy of the Pacific Ocean, in the shadow of Mount Fairweather, three immense glaciers calve into the waters of this magical, silent lake. And boats must keep their distance from the bergs, which can roll violently, and without warning, exposing the 90 percent lurking beneath the surface.



### SPAWNING BULL TROUT, CHEAKAMUS RIVER

Found sparsely across western Canada, the legendary bull trout - migrates from deep cool lakes to the headwaters of high mountain streams each fall. When a fishery biologist in Salmo, B.C. called to say the "bulls were building redds" (or nests) I drove all night to join him, finding the shallow stream clogged with these colourful members  $\frac{1}{2}$ of the char family, many the size of a baseball bat. This one fell in love with my underwater housing, and for 15 minutes returned again and again to rub against it.





### PURCELL MOUNTAINS

After moving to the little town of Kimberley, B.C., my wife and I decided we needed to know the new neighborhood a little better. So hoisting packs, we walked out the backdoor, into the forest, and for 12 days followed game trails, logging roads, and alpine ridges to cross the Purcell Range and reach Crawford Bay on Kootenay Lake. We had our two-year-old son Bodi with us, and I took this picture on the shores of a high alpine tarn, on the third day, near the headwaters of Boulder Creek.











### ROUGE NATIONAL URBAN PARK

For decades a network of grassroots volunteers has worked to protect the deeply incised valleys of the Rouge and Little Rouge Rivers, a region of extreme biodiversity hidden amid the suburbs of Metropolitan Toronto's East End. In 2012, the federal government pledged \$143 million to the creation of Canada's firstnational urban park. During the snowstorms of February, I spent two days hiking and camping among these last remaining stands of Carolinian forest, within sight of the downtown core. I was struck by the number of others I found using the wildlands. If the Rouge National Urban Park works, it could change our country's relationship with national parks; and at a time when 82 percent of Canadians live in urban centres, that is a sign of hope.  $\blacksquare$ 

For more of Bruce Kirkby's wild Canada, check gb.mountain life mag.ca

# THE PERFECT PLACE TO ESCAPE WINTER, IS THE PLACE WHERE WINTER IS PERFECT.



### **NATURE RULES**

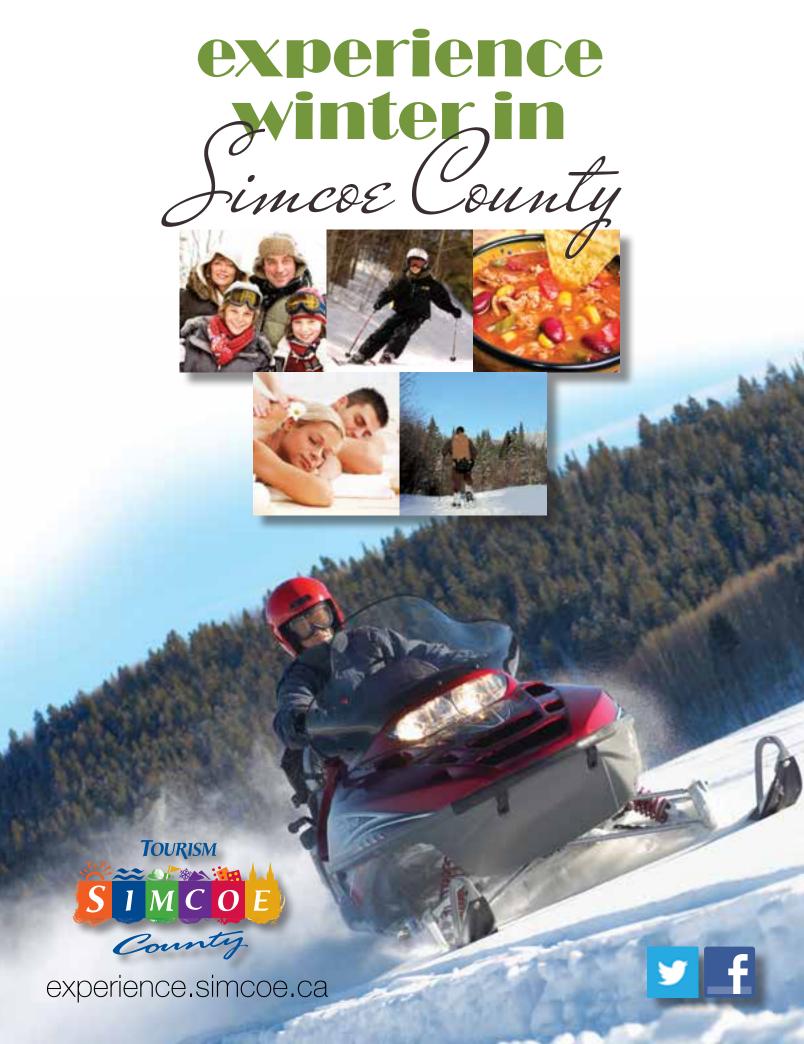
There are many reasons why this legendary place has become a defining destination for skiers and snowboarders. Almost 8,000 acres of Rocky Mountain terrain. 30 feet of light, dry snow annually. And 3 awe-inspiring resorts that you can ski on one ticket. Experience Mother Nature's version of perfection in Banff-Lake Louise, because here in Canada's protected playground, nature rules. Visit SkiBig3.com/mlm





# SCENIC CAVES NORDIC CENTRE







It always takes a few moments for my heart to stop racing, for my breathing to steady through the respirator, and for my eyes to adjust to the dim interior light. The familiar smell of mould, dust, and decay hits my nostrils and I stand quietly for a moment to sort out my bearings... I am in.

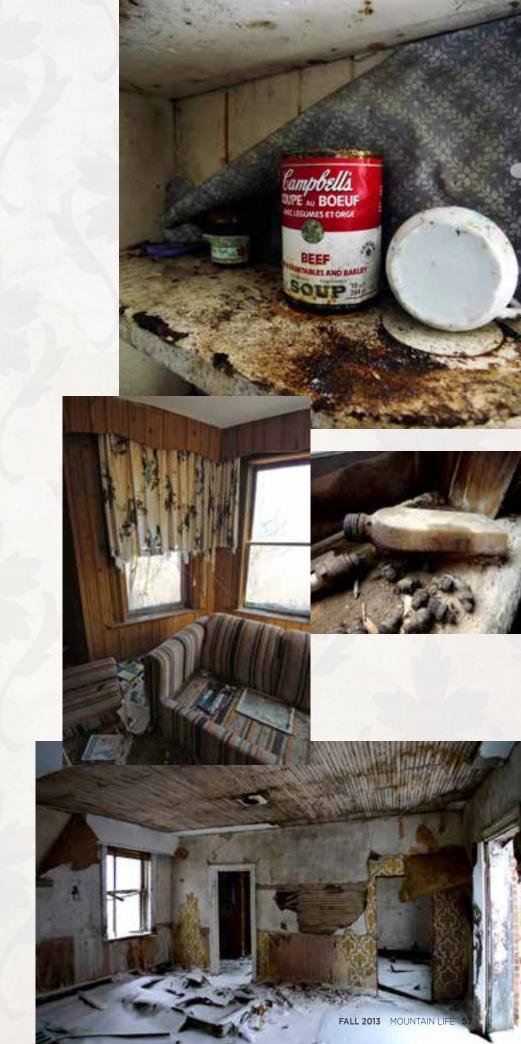
I find it fascinating to explore abandoned homes and photograph what the people who once lived there left behind. I feel compelled to gather up these moments and through the release of my shutter, preserve some of the past before it disappears.

My love for this kind of photography began when I was 17 and my father gave me his old rangefinder camera. He loved photography and we would often head out to rural locations and shoot landscapes and abandoned houses. These father/daughter outings ignited my interest and got me hooked on abandoned exploration photography.

There is sacredness about entering the realm of someone else's personal space, even if they have long since left. People leave an imprint and if you stay still long enough you can sense it and capture it in a photograph. Some homes feel good and these are often the ones I will linger in to squeeze out every last photograph that I can. Others are more precarious, and leave me feeling uneasy. It is in these spaces that I often get the sense that the final chapters written into the fabric of the home may not have been happy ones.

It often amazes me to see the items that get left behind when a home is vacated. I refer to these objects as "smalls," but what they reveal about the history of a place is immense. I become a storyteller by allowing my imagination to run wild using only the clues left behind, scattered around on counters, tables and floors. I let these objects speak to me and I hope that through my photographs a story of the past will emerge. There was once a rich history attached to these items and homes and my hope is that my intervention gives them new life and meaning.

The winter is my favourite time of year for this type of shooting, as it brings with it a certain kind of quiet that no other season provides. When it's -20C and the wind is whistling, I can't help but be consumed by the unanswered questions of why a place was abandoned. The silence of these moments creates a delicate space where I can draw closer to myself as an artist and begin the task of taking pictures.



There are many abandoned properties throughout this region. People always ask me how I find them. It's really just a matter of keeping your eyes open and scanning left and right as you drive down rural county roads. I never give away the addresses of the properties that I find, as I feel protective of these locations; they are a direct link to the past. Not everyone is as respectful as I am and it breaks my heart to see these places vandalized or looted. I follow a strict set of rules when exploring and my philosophy is simple: leave no trace, enter with my camera and leave only with photographs.  $\blacksquare$ 

Michelle Ward lives in Meaford, Ontario with her husband and two sons. She is slowly amassing an image portfolio of abandoned farms and outbuildings from throughout the Blue Mountains region and hopes to one day publish a book that showcases these mysterious and beautiful properties.

forgottenfarms.com

Instagram: @newmusicmom

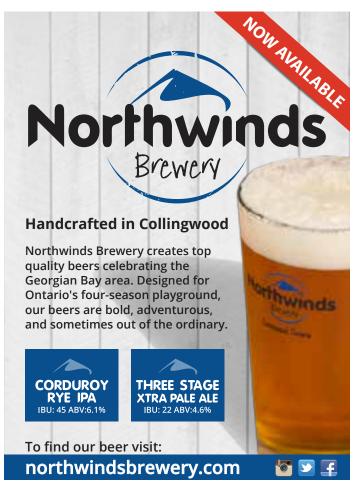


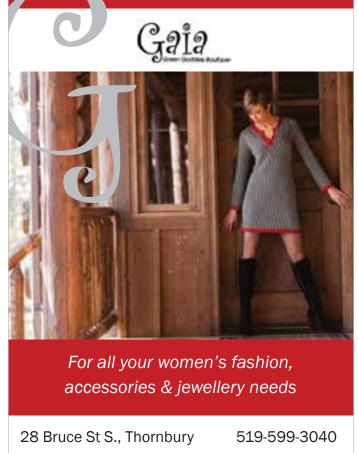
ALL PHOTOS BY MICHELLE WARD/FORGOTTEN FARMS.

## MICHELLE WARD'S APPROACH TO RURAL EXPLORATION:

- Always wear a respirator mask when exploring interiors.
- Obtain permission where possible.
- Only enter homes that are "open" for exploring.
- Do not disclose your locations to the general public.
- I make every attempt to not explore alone, but if I do, I make certain to inform a loved one beforehand and provide them with the location and contact them when I am done.
- Never take anything from a property or damage the space in any way.
- I know there is a risk involved in this kind of photography, so I use common sense and manage the risks, and if something looks unsafe, I assume it probably is; my gut is always right.
- Most important of all, respect these locations as places where someone once lived and loved a long time ago.













Vermont leads with options for eco-conscious skiers and boarders



### By Tim Shuff

When my friends and I set out to make our annual ski trip as eco-friendly as possible, our line of thinking went like this: ski travel is sort of like air conditioning. In climate change terms, burning more energy to crank the AC, travelling farther in search of good snow – these are not good long-term solutions. But short of staying home, is there such a thing as an environmentally friendly ski trip?

We decided to try Vermont. Living in Southern Ontario, we figured the Green Mountains qualify as local. And even though flying has a massive impact, the 500-kilometre flight from Toronto to Burlington, Vermont, is shorter than most – just 70 minutes on Porter Airlines' relatively fuel-efficient Bombardier Q400 turboprop. And from Burlington you can shuttle to four area resorts, making the trip completely car-free.

Guests go home inspired to make a difference. I know that's how we felt, especially after taking in the après-ski farm-to-table scene, which Vermonters have made into something of a religion.

When the biggest snow dump in five years arrived on the eve of our departure, cancelling our flights, it brought an unexpected bonus. Carpooling is a lot more fuel-efficient than flying. A desperate overnight road trip cut our trip's carbon emissions in half (the same effect it had on the length of our first ski day).

Fly or drive, with vertical to rival the West, three times as much natural snow as home (less energy running snow guns), and less than a fifth the travel distance of a trip to the Rockies, Vermont seemed like a good compromise.

We weren't disappointed. While ski resorts everywhere are trying to lessen their environmental footprint, those independent-minded Vermonters go the extra mile to make sustainability a way of living and doing business.

At Stowe, our first stop, we found the new Spruce Peak base development is the world's first mountain resort to earn Audubon International's Green Community Award. Our hotel, Topnotch Resort & Spa, started a program for area hotels to donate one dollar per night's stay to the Stowe Land Trust, which has preserved 3,500 acres around Stowe. From its indoor and outdoor hot tubs with bar service you can unwind and enjoy the view of the majesty you're helping to preserve.





TOP: Fresh corduroy, Smuggler's Notch. DENNIS CURRAN PHOTO. BOTTOM: Powadise, Sugarbush Mountain. PHOTO COURTESY SUGARBUSH.

Down the road in the Mad River Valley it's much the same. Sugarbush is one of three Vermont resorts to join the National Ski Areas Association's voluntary Climate Challenge program, taking concrete steps to inventory and reduce its greenhouse gas emissions.

The ski industry is progressive on climate change because it's got a lot to lose. A University of New Hampshire study found that every bad snow year costs the U.S. ski industry \$800 million. During the winter of 2012, the fourth-warmest on record, skier visits were down 15 percent nationwide. All this is propelling some remarkable innovations – like Killington's recent announcement that it's powering one of its lifts with cow manure.

Smugglers' Notch, the last resort we visited, showed the most environmental leadership.

Dan Maxon, manager of the resort's environmental initiatives, spoke frankly about the downsides. For snowmaking alone they burn through two 7,000-gallon tanker trucks of diesel a week. But he was also proud of what they've accomplished – like making more snow than ever with less power.

Smuggs has been constructing all its resort buildings to meet Vermont's highest efficiency standards





ABOVE: The Killington lift that runs on cow manure. BELOW: The cow. PHOTOS COURTESY KILLINGTON.



During the winter of 2012, skier visits were down 15 percent nationwide. All this is propelling some remarkable innovations like Killington's recent announcement that it's powering one of its lifts with cow manure.

since 1996, and has been an early adopter of everything from recycling to biodiesel and solar power. It even operates a RideShare website.

All operations are guided by an environmental policy, which includes a commitment to raising the environmental awareness of guests through programs like nature walks, moonlight snowshoe hikes and zipline tree canopy tours.

Guests go home inspired to make a difference. I know that's how we felt, especially after taking in the après-ski farm-to-table scene, which Vermonters have made into something of a religion.

They should call it farm-to-pint-glass, too. Vermont is one of the few states where it's legal to taste and purchase alcoholic beverages at farmer's markets. Microbreweries and distilleries abound, with 15 craft distilleries and counting, processing everything from local sugar beets to honey and maple syrup into spirits of distinct terroir.

The Boston Globe recently named Waterbury, the town we dined in near Stowe, the "best beer town in New England," though it might be the best in the world. Prohibition Pig, a southern-barbecue themed joint downtown, credits its source farms right on the menu. Like many of the good restaurants and inns, it's a member of the Vermont Fresh Network, which promotes local food.

On tap are the famous beers of The Alchemist, the Waterbury brewery whose Heady Topper IPA was ranked the world's third-best beer, and Hill Farmstead, a converted woodshed in nearby Greensboro that was recently named the best brewery in the world by Ratebeer.com.

If you want to buy Hill Farmstead beer outside of the few restaurants that serve it, you have to go to Greensboro, refillable growler in hand, and get in line at the tap before they sell out.

"We are part of a neo-American ideal, which is the opposite of infinite, boundless growth," mused the cerebral brewmaster Shaun Hill in an interview with Vanity Fair last spring, capturing in one sentence why he doesn't just grow his business to satiate demand, and why his product is so damned good.

Hill's philosophy sums up the zeitgeist we encountered in restaurants and lift lines all over northern Vermont - a celebration of place and realignment of life's priorities along the lines of: Ski, eat, drink and live.

It's a lesson hard to quantify in tonnes of CO2, but a step in the right direction, and one worth travelling for. m

Check gb.mountainlifemag.ca for Tim Shuff's Vermont trip tips.



OPTICAL, SUNGLASSES & ACCESSORIES

### **COME CELEBRATE OUR 10 YEAR ANNIVERSARY!**



Let us excite you with more than 50 shades 20% off Ray Ban, Burberry, Prada & Emporio Armani 50% off Carrera and other selections

No tax on all remaining collections

Optical quality reading glasses retail up to \$100 – on sale for \$35 or two for \$50 **Enter to win 1 of 10 watches giveaway!** 

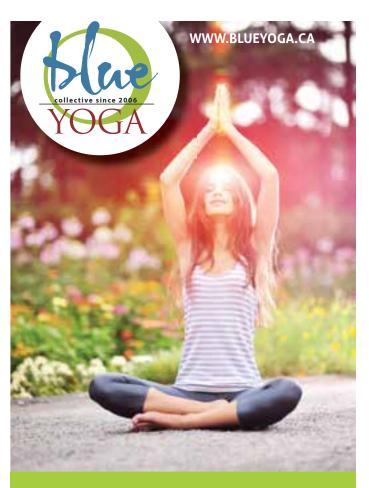
Sale is on all in stock items. Must bring ad to obtain this discount.

Sale ends December 15th, 2013



VILLAGE AT BLUE, BLUE MOUNTAINS, ON 705-445-3168 ENVYEYEWEAR.COM

Like us on Facebook: Facebook.com/EnvyEyewea



### Blue Yoga 2013 schedule

### **TUESDAYS**

9:15 - 10:30 am Hatha Yoga with Leah Hagreen St George's Anglican Church, Clarksburg

5:30 - 6:45 pm *Hatha Yoga with Signy Teague* St George's Anglican Church, Clarksburg

### **WEDNESDAYS**

6:30 - 7:45 pm Intermediate Hatha Yoga with Lise Garrette Ravenna Hall, Ravenna

### **THURSDAYS**

6:30 - 7:45 pm Intermediate Hatha Yoga with Lise Garrette
Ravenna Hall, Ravenna

### **FRIDAYS**

9:15 - 10:30 am Hatha Yoga with Keri Saley St George's Anglican Church, Clarksburg

drop-ins welcome

INSTRUCTORS Laura Euesden Keri Saley Lise Garrette Signy Teague Leah Hagreen

WWW.BLUEYOGA.CA 705 443 1975





Model: Canon EOS 1Ds Mark III Shutter Speed: 1/320 sec Shutter Speed: 1/320 sec Exposure Program: Aperture priority Aperture Value: f/2.8 ISO Speed Ratings: 400 Focal Length: 73 mm Lens: EF70-200mm

Fall colours dot the islands in this aerial photo of Massasauga Provincial Park near Parry Sound on east-ern Georgian Bay. ETHAN MELEC PHOTO.





Model: Canon EOS 5D Mark II Shutter Speed: 1/60 sec  ${\bf Exposure\ Program:}$ Manual Aperture Value: f/3.2 ISO Speed Ratings: 500 Focal Length: 34 mm Lens: EF24-70mm

Michael Rotsaert, Camperdown, Ontario. RICHARD ROTH PHOTO.

LEFT PAGE: Model: NIKON D4

Shutter Speed: 1/1000 sec Exposure Program: Manual Aperture Value: f/5.6 ISO Speed Ratings: 720 Focal Length: 300 mm Lens: 300.0 mm f/2.8

This year's Centurion Race. MARC LANDRY PHOTO.





Model: NIKON D700 Shutter Speed: 1/60 sec Exposure Program: Aperture priority
Aperture Value: f/3.2 ISO Speed Ratings: 160 Focal Length: 28.0-70.0 mm f/2.8

The Fall Stage at Three Stage. GLEN HARRIS PHOTO.

LEFT PAGE: Model: Canon EOS 5D Mark II Shutter Speed: 1/400 sec Exposure Program: Shutter priority Aperture Value: f/2.2 ISO Speed Ratings: 100 Focal Length: 35 mm Lens: Carl Zeiss Distagon T\* 35mm

Melancthon Township squash. JASON VAN BRUGGEN РНОТО.





Model: NIKON D800E Shutter Speed: 1/60 sec Exposure Program: Aperture Priority
Aperture Value: f/2.8
ISO Speed Ratings: 50
Focal Length: 105 mm Lens: AF-S VR Micro Nikkor 105mm

Rare hoarfrost on the day after Christmas covers the entire forest on the farm, creating a magical effect. JASON VAN BRUGGEN РНОТО.



# Introducing Canada's Newest Outside Voice

# MOUNTAIN LIFE ANNUAL



Published once per year in stunning coffee-table quality, *Mountain* Life Annual is a photo-driven national outdoor voice of record. Our editorial mandate is broad: international in scope with Canadian flavours (beer, bacon, maple donuts), and a focus on the issues of our world through the adventures and pursuits connected to them. Mountain Life Annual portrays outdoor actions as an instrument of education and change in a bid to strengthen our connection both to nature, and ourselves as a species.

#### **NEWSSTAND**

There's also more to adventure than meets the eye (or printing press). That's why our digital edition (available in the Apple Newsstand) delivers the same book in a portable, state-of-the-art format with extras like direct web links (for news or gear junkies), videos, extended photo galleries and slideshows, interviews and special editions.

SUBSCRIBE ONLINE HERE: annual.mountainlifemag.ca

MLA is now available in Ontario at these fine retailers:







LIFTOO MED SQUIRE JOHN'S Skiis & Biikes patagonia SOJ WIRN







# REW RAME. NEW LOCATION.

Come and find out why we're Canada's best ski and snowboard show.

THE INTERNATIONAL CENTRE / OCT 17-20

Buy 1 Get 1 FREE ONTARIO LIFT TICKET WITH ADMISSION / FREE PARKING

TorontoSnowShow.com / Follow us

@torontosnowshow

/torontosnowshow



FALL
GEAR GUIDE



#### KUHL D'LUX PANTS \$89

The five-pocket pant style goes adventurous steps beyond denim. The D'lux is differentiated not only by its 8.1 oz./sq. yd. fabric but also by a leaner leg cut. The waistband riding on your hip is lined with Ultra Suede. Freedom of movement provided by the gusseted crotch and engineered 3-D fit. Get out, and stay out longer in comfort, with the everyday world only as far away as the stealth phone pocket on your leg. kuhl.com



#### MOUNTAIN HARDWEAR GHOST WHISPERER \$320

The world's lightest full-featured down jacket. The sub-eightounce Ghost Whisperer packs the reliable warmth of 850fill Q.Shield™ down that resists moisture to retain loft even in damp conditions. Zip-pockets and a single pull cinch hem keep it simple. Swiftly stowable in its own pocket. mountainhardwear.ca

#### **VASQUE ST. ELIAS HIKING BOOT \$209.99**

Although it's Vasque's lightest backpacking boot, the St. Elias is built to bomb. Vasque combined traditional all-leather comfort and support with a cutting-edge, weight-optimized sole. The midsole incorporates a soft EVA bed which allows the sole to conform precisely to the irregularities of the trail. The result? Unbelievable traction and a feel unlike anything that's come before. <code>vasque.com</code>





#### **OAKLEY BREADBOX SUNGLASSES \$220**

The great thing about Oakley is that you can always rely on them to give you the best of both worlds: function and fashion. And these Breadbox shades do exactly that. Made with lightweight, stress-resistant O Matter frame material and Plutonite lenses to stop UV, these things are light, tough and protect your eyes. The added bonus is their vintage surf-style, rounded lenses ensure you look as good as you feel. Now if only they could prevent you from losing them. <code>oakley.com</code>



# There's only one ORIGINAL

Ever since the days of the old Ski Barn, there has been one place where Blue Mountain locals come together — Jozo's. When you're done on the slopes, head into Jozo's for daily specials, live bands, big screens and the best prices on Resort!

www.jozos.ca

705-443-5508





#### CAMELBAK M.U.L.E. \$100

The newly redesigned workhorse of CamelBak's mountain bike line, the M.U.L.E. is your tried-and-true, all-day, every-day hydration pack. Ample cargo room to hold everything you need for 3+ hour rides over any terrain. The XV Back Panel delivers superior cross ventilation in a comfortable, lightweight design. Patented Big Bite Valve, HydroGuard technology, PureFlow tube, easy-to-clean wide-mouth opening. camelbak.com



#### **ECOROX WATERPROOF SPEAKER 129.99**

This shockproof Bluetooth-compatible speaker is submersible in water and even floats. With integrated full range 6 watt stereo speakers plus a bass radiator, it pumps out incredible sound for its size (just 2.5" high by 5.3" wide and weighs 11 oz.). The micro USB jack connects to wall plug, tablet or laptop to recharge the lithium rechargeable battery for up to 10-hour play time. You can also use it as a wireless speakerphone. ecoxgear.com

#### **HELLY HANSEN ENIGMA GLOVES \$160**

Classic and protective leather ski gloves with ultra-toasty Primaloft One insulation. Waterproof and designed for use with smartphones when on the move, the gloves also boast a nose wipe and adjustable gaiter. The new On Tip smartphone touch tech means you never have to remove your gloves to operate your devices. hellyhansen.com



#### HI-TEC PARA \$159.95

A true hybrid boot: a creative fusion of the waterproof English "Welly" with the grip and support of a hiking boot. Ortholite liner delivers long lasting cushioning, anti-odour and anti-microbial properties, all of which ensures ultimate all-day comfort. Vibram rubber outsole delivers traction, comfort and durability. Lace-free toggle adjustment. hi-tec.com/ca



#### **WESTCOMB BOREAL \$170**

Westcomb's lightest technical fleece layer, the half-zip Boreal top's Polartec WindPro construction has 4 times the wind protection of traditional fleece. The soft waffle-faced interior provides increased breath-ability, keeping you warm and dry during any intense cold weather activity. Made in Canada. shopwestcomb.com

#### NORTH FACE THERMOBALL HOODY \$230

Achieving phenomenal warmth in cold and wet weather, this hoodie features NF's new PrimaLoft ThermoBall technology. As compressible as down, round synthetic clusters trap and retain heat within small air pockets to provide effective insulation, even when wet. Wear or pack this highly compressible, ultralight zip-front layer for reliable thermal insulation in a variety of winter conditions. thenorthface.com



#### ANNEX QUAD-LOCK BIKE KIT FOR IPHONE 5/5S \$29.95

Manufactured from a durable TPU outer shell with a tough polycarbonate core, the Quad Lock provides complete edgeto-edge protection and full access to all ports, buttons and switches. Easy to install on your bike handlebars for secure full-function interaction with your iPhone while riding. Removes with a single push and turn. quadlockcase.com





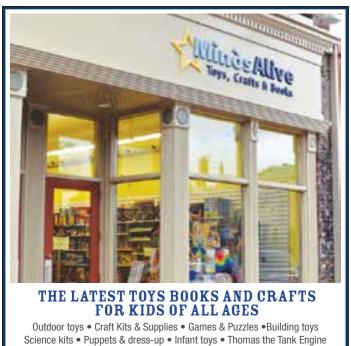
#### **BLACK DIAMOND REVOLT HEADLAMP \$59.95**

The ReVolt marks a paradigm shift for versatility in a rechargeable headlamp. The 110-lumen ReVolt runs off three Black Diamond AAA rechargeable batteries and recharges via a USB cable that can be plugged into anything from a computer to a solar charger. When recharging is not an option, it accepts standard batteries. Distance mode is powered by one TriplePower LED. Includes SinglePower red LEDs for night vision. A full feature set including dimming functions, plus a weather-resistant housing. blackdiamondequipment.com



#### **BURTON MEMENTO WOMEN'S SNOWBOARD BOOTS** \$229.95

The world's leading snowboard brand has partnered with Aboriginalowned Canadian company Manitobah Mukluks for their first ever women's collaboration to produce the Memento - a mukluk-inspired snowboard boot. Offers high performance in any snow conditions due in large part to Burton's women's-specific True-Fit design. burton.com



And books for infants to teens



27 Hurontario St., Collingwood (705) 445-6222

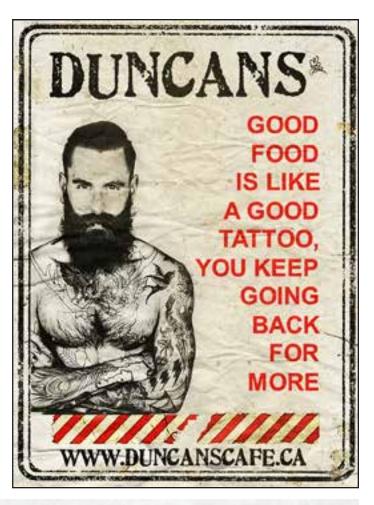
Shop on line at www.mindsalive.ca Mon.-Fri. 9:30-6:00, Sat. 9:30-5:00 Sun. 11:00-4:00



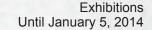
Creativity for Kids











Ann Beam: The Engine Room **Community Curators Select VI** Carl Schaefer: The Sensitive Interpreter

Ongoing:

The Tom Thomson Experience

**Events** Oct 19 - Nov 23 **Saturday Studio** 

Oct 20, Nov 17

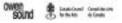
**Make Art** 

Oct 28 **Gallery Night at the Movies** Watermark

www.tomthomson.org



















# CANADA'S #1 Freestyle Ski and Snowboard Program THE MOST DAYS FOR THE BEST PRICE!



# **PUBLIC CAMPS**

Colorado Argentina Wiegeles Heli Whistler Mt Hood New Zealand

# COACHES

The most qualified and experienced in the game!

> Canada Snowboard CFSA Sanctioned

"From your Local Team to the National Team to the Olympics and the X games.
We've done it!"





WE LIVE IT, WE LOVE IT, WE SEND IT!

# TRAINING VENUES





# **TEAM BENEFITS**



Private team training centre with full Olympic Trampoline Team House 24 hour supervision Team shuttle and support trailor

www.sostoked.com

# RESORT GUIDE

What's the best way to take advantage of the winter? Planning and preparation. Here's our guide to some of North America's best ski/snowboard experiences so you don't waste any time this winter wondering where to ride.

## Blue Mountain



With 720 feet of vertical drop, more terrain and amenities than anywhere in Ontario, and a village nightlife that rivals anything Toronto can offer, Blue Mountain is Ontario's resort king. The Niagara Escarpment offers a variety of terrain and inspires dedication from riders and staff alike. With a terrain park that rivals any in the East, and 64 new acres of terrain added this year, Blue Mountain is your best chance at a mountain holiday in Ontario.

RUNS LIFTS 11 VERTICAL DROP 720 ft TERRAIN 364 acres

AVG SNOWFALL snowmaking SEASON Mid Dec. to late March WEBSITE bluemountain.ca PHONE 1-877-445-0231

# Le Massif



An hour east of Quebec City, Le Massif is legendary for its East Coast powder days. The height of the Massif and its proximity to the Saint Lawrence River lead to incredible snowfall; an incomparable nine metres fell during a recent season. This is the place for Eastern pow hounds. When there's more than two feet of snow, grooming is forbidden, meaning those that run the resort are as stoked on powder as you are.

RUNS LIFTS 3 VERTICAL DROP 2,526 ft TERRAIN 410 acres

AVG SNOWFALL 630 cm SEASON Mid Dec. to late March WEBSITE lemassif.com PHONE 1-877-536-2774

#### Jay Peak



A legend of the east, Jay Peak has it all. Backcountry, terrain park, tree skiing and epic snowfall, there's a reason everyone heads here. The famous gondola has been a legend in the east since its inception and as the resort itself continues to grow, so too do the offerings. Add to all that the Pumphouse, the region's largest waterpark and this is a resort that will easily keep the whole family entertained.

RUNS 76 **LIFTS** VERTICAL DROP 2,153 ft **TERRAIN** 385 acres

AVG SNOWFALL 907 cm SEASON Early Dec. to mid April WEBSITE jaypeakresort.com PHONE 1-800-451-4449

## Smugglers' Notch



No matter what your skill level, you'll love all the skiing and snowboarding Smuggs' three big mountains have to offer. They boast terrain for all abilities, ranging from gentle cruisers to more advanced trails, all the way to the East's only triple black-diamond trail, The Black Hole, for the most experienced skiers and snowboarders. It's nestled right in the heart of Vermont's Green Mountains, surrounded by more than 3,000 acres of pristine forest, mountain vistas, and postcard-perfect scenes just waiting for you to discover.

RUNS 78 LIFTS VERTICAL DROP 2,610 ft **TERRAIN** 1000 + acres

AVG SNOWFALL 762 cm **SEASON** Late November to mid-April WEBSITE smuggs.com **PHONE** 1-800-6419-4615

#### Stowe



Home to Burton Snowboards and Vermont's highest peak, Stowe is a mainstay of the northeastern US scene with an average snowfall of 845 cm. With a vertical drop of 3050 feet, three terrain parks and 32 lifts, this place is as big as it gets in the east. The Gondola offers a chance to hike up to the infamous Chin, a backcountry area that is big enough to justify a guide, and rad enough to offer face shots on big dumps.

RUNS 166 13 LIFTS VERTICAL DROP 2,360 ft TERRAIN 485 acres AVG SNOWFALL 845 cm SEASON Mid Nov. to mid April WEBSITE stowe.com PHONE 1-800-253-4754

# Mont-Sainte-Anne



Only 30 minutes from Quebec City, the ski slopes rise up from the shores of the Saint Lawrence River. Mont-Sainte-Anne boasts an impressive trail network across three sides of the mountain. Renowned for impeccable snow conditions and host of many World Cup events, the skiable terrain includes 66 trails and three snow parks. After sundown, 17 trails remain floodlit and offer the highest vertical drop for night skiing in Canada. Non-alpine activities for the whole family include cross-country skiing, snowshoeing, paragliding and dogsledding.

**RUNS** 67 day/19 night LIFTS VERTICAL DROP 2,050 ft **TERRAIN** 526 acres

AVG SNOWFALL 518 cm SEASON Mid-Nov. to end of April WEBSITE mont-sainte-anne.com PHONE 1-888.827-4579

### Mont Tremblant



A gem of the Laurentians, a visit to Tremblant is a rite of passage for the eastern skier/snowboarder. The ever-expanding village has a lovely feel to it during the day and an epic joie-de-vivre feel at night. If you can't have a good time here at night, then you may just be an uptight a-hole. Of course, what everyone is really here for is the skiing. And the mountain is awesome. With a vertical drop of 2116 feet it feels like an actual mountain, not just a glorified hill.

RUNS 95 LIFTS VERTICAL DROP 2,216 ft **TERRAIN** 630 acres

AVG SNOWFALL 382 cm SEASON Mid-Nov. to mid April WEBSITE tremblant.ca PHONE 1-866-356-2233

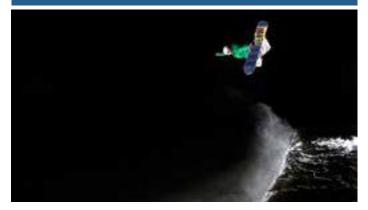
# Kimberley



Kimberley is known for light fluffy snow, short lift lines, and an abundance of sunny days - BC's sunniest ski resort. Skiers and riders of all abilities will find fun and excitement with rolling, groomed runs dispersed throughout North America's largest gladed terrain, featuring the Black Forest, where powder stashes last for weeks. With a unique Bavarian-themed downtown and a grand assortment of on-mountain and ski-in/ski-out accommodation, including Trickle Creek Lodge located directly at the main lift base, the hardest decision is just when to visit.

RUNS 80 LIFTS 5 2,465 ft VERTICAL DROP **TERRAIN** 1,800 acres AVG SNOWFALL 500 cm SEASON Early Dec. to mid April WEBSITE skikimberley.com PHONE 1-800-258-7669

### Stoneham



Roughly twenty minutes from downtown Québec City, local and visiting skiers and snowboarders can enjoy themselves in the 39 trails, the Olympic halfpipe, and four snow parks - including a 17-foot wall superpipe, a wall ride, plus many rails and obstacles - spread across three mountains. Offering one of the largest night-skiing spreads in the country, Stoneham is also renowned for the vibrant atmosphere of the Bar Le Quatre-Foyers and the delicious fare served at the Feu-Follet Restaurant. The perfect combination: easy access, epic riding, and fabulous après-ski.

RUNS 39 day/19 night AVG SNOWFALL 392 cm SEASON End of Nov. to early April LIFTS VERTICAL DROP 1,380 ft WEBSITE ski-stoneham.com **TERRAIN** 326 acres PHONE 1-800-463-6888

### **Whitewater**



If you're searching for winter's soul, and an authentic vacation destination, there is a place. Located along the Powder Highway, Whitewater boasts a dry snowfall that totals over 12 metres a season. Combine that with world-renowned food and the new Glory Ridge chair that nearly doubles the terrain, Whitewater offers the truest mountain skiing experience. The resort is just a 15-minute drive from Nelson, B.C., a city that features over 40 restaurants, an abundance of accommodations, hot springs, cat and heli-skiing. Whitewater is pure, simple and real ... DEEP.

RUNS LIFTS 3+VERTICAL DROP 2.044 ft TERRAIN 1,184 acres

AVG SNOWFALL 1.200 cm **SEASON** Early December to April WEBSITE skiwhitewater.com **PHONE** 1-800-666-9420

#### Fernie



Blessed with the ideal mix of elevation and temperatures, southeastern BC's Fernie gets an average of 29 feet of snow each year. Fernie boasts 107 marked runs, but the big reason to return year after year is to experience the 5 huge bowls. This one-of-akind mountain gives riders of all ages and skill levels the chance to criss-cross the face carving a path completely their own. More experienced skiers and snowboarders can ride the spines and choose their chutes. Fernie was recently named in the Top 25 Ski Towns in the World by National Geographic.

RUNS 145 **LIFTS** 10 VERTICAL DROP 3,550 ft **TERRAIN** 2,504 acres AVG SNOWFALL up to 1,100 cm SEASON Early Dec. to mid-April WEBSITE skifernie.com PHONE 1-877-333-2339

## Northern Escape Heliskiing



The ultimate small group heliskiing experience with catskiing back up and 7000 square km (1.8 million acres), of legendary glaciated, alpine and open treed terrain. The area is renowned for one of the deepest and most reliable snowpacks on the planet. Although remote, the location in northwest BC is easily accessed with several daily direct flights from Vancouver International Airport to Terrace. The lodge is an easy 30 minute drive from the airport.

LOCATION **TENURE SIZE** WEBSITE PHONE

Terrace, BC 1.8 million acres neheliski.com 1-866-619-3184

# Kicking Horse



Nestled between the Rocky, Selkirk and Purcell Mountains, Kicking Horse is the Champagne Powder Capital of Canada. Whitewall, Feuz Bowl, and the new Superbowl are the places to be for advanced skiers on a powder day, and all the chutes tend to get twice as much snow as forecasted. For intermediate and beginner skiers, the Pioneer Chair has many "secret stashes" of powder for days after a dump. You will often see many locals riding the original double chair, as they know the lower mountain has amazing glades and tree skiing, as well as many groomers.

RUNS 128 LIFTS VERTICAL DROP 4,133 ft **TERRAIN** 2,825 acres AVG SNOWFALL 762 cm SEASON Mid Dec. to mid April WEBSITE kickinghorseresort.com PHONE 1-866-ski-kick

# Big White



If you're after fantastic snow, don't look any further than Big White. The Big White Village is the highest base area in BC, sitting at 5706 feet. With lifts that will take you a further 7606 feet, this can only lead to one thing: lots and lots of fluffy white snow. And with an average snowfall of 750 cm, Big White definitely lives up to its name. The village itself is ski-in, ski-out, and offers 118 runs with everything from Alpine bowls to amazing tree skiing. Known as a family resort, Big White also has amenities for kids of all ages.

RUNS 118 LIFTS 16 VERTICAL DROP 2,550 ft **TERRAIN** 3,358 acres

AVG SNOWFALL 750 cm SEASON Early Dec. to mid April WEBSITE bigwhite.com PHONE 1-250-765-3101

# Selkirk-Tangiers Heli Skiing



With three decades of experience and over half-a-million acres of terrain, Selkirk-Tangiers attracts skiers and snowboarders from around the world. Based out of Revelstoke, Selkirk-Tangiers offers some of the longest, thigh-burning runs ever. With week-long packages and day skiing, the famed Charity Glacier run offers over 6000 feet of vertical. Based in the Selkirk and Monashee mountain ranges, Selkirk-Tangiers offers everything from high-alpine bowls to glaciers and sub-alpine, gladed tree-skiing. Accommodation is out of a local hotel in Revelstoke making it the perfect place to check out both Revelstoke and heli-skiing on the same trip.

LOCATION Revelstoke, B.C. **TENURE SIZE** 500,000 acres WEBSITE selkirk-tangiers.com 1-800-663-7080 PHONE

# Panorama Mountain Village



Care for a resort where family convenience reigns king? Nestled in the Kootenay Rockies is a massive mountain paired perfectly with an intimate village where everything is within steps of your slope-side accommodation. Known to have a variety of terrain, the resort's consistent fall-line cruisers and 741 acres of backcountry in the Taynton Bowl provide a 'best-of-both-worlds' experience that appeals to all skill levels. Departing right from the village is a heli-ski operation that caters to first time heliskiers, delivering powder-seekers the experience of a lifetime.

RUNS 120 LIFTS **VERTICAL DROP** 4.000 ft **TERRAIN** 2,847 acres AVG SNOWFALL 479 cm **SEASON** Early December to April WEBSITE panoramaresort.com PHONE 1-800-663-2929

#### Red Mountain



Red Mountain in Rossland is the ultimate ski destination on BC's Powder Highway. With two peaks to explore, 1,685 skiable acres inbounds, and over 25 feet of snowfall per year, it's no wonder The New York Times rated Red "Top 3" Red's sidecountry adds 2,500 more acres of gladed ski terrain with easy access. Red's lodging offers the finest ski-in/ski-out value and a perfect opportunity to unwind. 88 runs, countless gladed powder stashes, 2,919 feet of vertical, and easy-access backcountry mean Red has something for every skier or snowboarder - without the crowds.

RUNS 88 **LIFTS** VERTICAL DROP 2.291 ft **TERRAIN** 1,685 acres AVG SNOWFALL 750 cm **SEASON** Early December to April WEBSITE redresort.com PHONE 1-250-362-7384

# Island Lake Lodge



Amongst skiers and snowboarders in the know, Island Lake Lodge is legendary and the chance to ride here is the gift of a lifetime. With nearly limitless terrain, the people here know where the best snow is and they know how to get you there. This cat-ski operation is a luxury resort if ever there was one. The guides are as passionate about riding great snow as you are, so they don't mess around. And with incredible alpine bowls, unreal tree skiing and world-class cuisine there is nothing about Island Lake Lodge that isn't awesome.

LOCATION Fernie, B.C. **TENURE SIZE** 7000 acres

WEBSITE islandlakeresorts.com PHONE 1-888-422-8754

### Sun Peaks



The resort offers surprising diversity across its three mountains. Gladed areas. Bumps. Steeps. Long cruisers. Alpine bowls. Progressive park. It's all here. Situated right in the heart of the Okanagan, Sun Peaks offers the highest runs in the region and the most terrain. With lots of intermediate runs, and virtually no traverses it's possible to ride the whole mountain in one day. With tons of great tree-skiing, groomers and an easily accessible backcountry, Sun Peaks has it all. Includes a quaint pedestrian village for all your après needs.

**RUNS** 122 **LIFTS** VERTICAL DROP 2,891 ft **TERRAIN** 3,678 acres

AVG SNOWFALL 559 cm SEASON Late Nov. to mid April WEBSITE sunpeaksresort.com PHONE 1-800-807-3257

### Revelstoke



With the longest vertical in North America (5620 feet), Revelstoke has a lot to boast about. Tons of terrain and a consistent pitch from top to bottom - and up to 18 metres of snow yearly - make this one of BC's most exciting new resorts. With ski-in, ski-out style lodging, lift, cat and heli skiing options and a growing après scene, there's a reason skiers and snowboarders from around the world are descending on this small mountain town. Find out for yourself why everyone is stoked on the Stoke.

**RUNS** 54 LIFTS 3 + gondola VERTICAL DROP 5,620 ft **TERRAIN** 3,032 acres

AVG SNOWFALL 1,500 cm SEASON Early Dec. to mid April SITE revelstokemountainresort.com PHONE 1-866-373-4754

# RK Heliskiing



For the past 43 winters, RK Heliski has been sharing the magic of the Purcell backcountry with skiers and snowboarders from far and wide. Offering daily heli packages, skiers can hit Panorama one day and heliski the next. And with over 120 landing zones and 900 runs, you can bet you'll be skiing fresh snow on that day. Serving a wide range of abilities, RK specializes in forming groups based on ability so you can ski/snowboard with your peers. Day-shuttles run between Banff and RK making this one of the most popular destinations for first-time heliskiers. Unending glaciers, glorious powder, and perfectly spaced treed runs await.

LOCATION Panorama Village **TENURE SIZE** 370.658 acres WEBSITE rkheliski.com **PHONE** 1-800-661-6060

# Mica Heliskiing



The Mica Heli lodge is accessible by helicopter only, so you and the 16 other guests are not only guaranteed an intimate lodging experience, you're guaranteed fresh tracks. Their nearly limitless terrain features pillow lines in an area that receives nearly 20 metres of snow annually. The lodge features gourmet food to soothe those aching muscles after the best runs of your life. With a four-to-one skier-to-guide ratio, if you're looking for an exclusive heli experience, Mica is sure to fit the bill.

LOCATION TENURE SIZE WEBSITE **PHONE** 

Revelstoke, BC 1.000.000 acres micaheli.com 1-877-837-6191

### Silver Star



Set 14 miles northeast of Vernon in British Columbia's Okanagan Valley, Silver Star Resort is in a class of its own. With its renowned feather powder, Silver Star is a mountain with many attractions. Experience 2.500 vertical feet of descent from the top of the mountain. Comfortable daytime temperatures average -5 C, which is cold enough to keep the snow light and fluffy, yet perfect for skiing. The focus is on family at Silver Star, and there are lots of activities after a day on the slopes including the snow-tubing park, skating, and indoor rock climbing.

**RUNS** 115 + glades AVG SNOWFALL 700 + cm **LIFTS** SEASON Early Dec. to late April **VERTICAL DROP** 2.500 ft WEBSITE skisilverstar.com 3,065 acres **TERRAIN PHONE** 1-800-663-4431

# BIG 3: Banff, Lake Louise, Sunshine



Banff National Park is home to three of the world's finest ski resorts: Mt. Norquay, The Lake Louise Ski Area, and Sunshine Village. The key words are: open runs, bluebird skies and that famous Canadian champagne powder. With over 8,000 acres of terrain, Ski Banff Lake Louise Sunshine provides your tri-area lift ticket to the best Canadian Rockies ski experience you'll ever have! Your ticket includes complimentary shuttle service between your Banff hotel and all three ski resorts, which means the hardest decision during your stay will be which mountain to ski first.

RUNS 122 LIFTS 26

VERT. DROP 1.650/3.250/3514 ft **TERRAIN** Almost 8,000 acres

AVG SNOWFALL 900 cm SEASON Mid Nov. to late May WEBSITE skibia3.com PHONE 1-403-762-4754

# Whistler Blackcomb



Whistler and Blackcomb are two side-by-side mountains which offer over 200 marked runs, 8,171 acres of terrain, 16 alpine bowls and three glaciers. Arguably the centre of the universe when it comes to ski/snowboard culture, Whistler absolutely has it all: World-class terrain, amenities and athletes. The last two winters have seen over 14 metres of snow. Insane. Add to that five terrain parks, two new lifts this year and the hype around Whistler becomes totally justified. Simply put, if you haven't yet been, what are you waiting for?

RUNS over 200 LIFTS VERTICAL DROP **TERRAIN** 8.171 acres

AVG SNOWFALL 1.192 cm **SEASON** November to late April 5,020/5,280 ft WEBSITE whistlerblackcomb.com PHONE 1-800-766-0449

# Jackson Hole



With 2,500 acres of inbounds terrain, a 4,139' vertical rise, 459 inches of average snowfall each winter, and unparalleled backcountry access, Jackson Hole offers a truly unique winter experience. A legendary resort in the minds of skiers and snowboarders throughout the world, The Hole features some of the burliest terrain in North America. Their progressive 'open gates' policy means you can get into as much trouble as you want to here - you'll just need to be on the first tram to get it while the getting is good, because Jackson's locals are some of the best riders in the world.

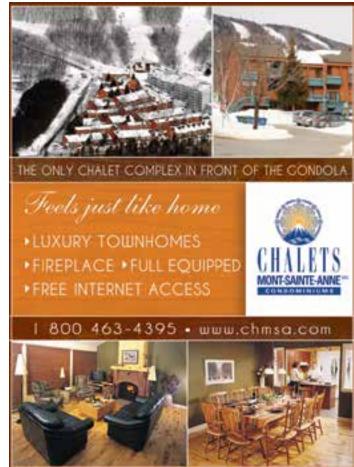
RUNS LIFTS VERTICAL DROP 4,139 ft **TERRAIN** 2,500 acres AVG SNOWFALL 1.166 cm SEASON Late Nov. to early April WEBSITE jacksonhole.com PHONE 1-307-733-2292

# GREEN THUM B LANDSCAPE AND MAINTENANCE LTD. BLUE MOUNTAIN



MAINTENANCE · LANDSCAPE DESIGN INTERLOCK LANDSCAPE · EXCAVATING

FOR MORE INFORMATION OR FOR A QUOTE, CALL 705 443 9469





# Château Mont-Sainte-Anne \*\*\*\*\* CHATEAU**MSA**.COM

SKI-IN SKI-OUT

# BOOK FOR THE NIGHT OR BUY FOR LIFE

JUST STEPS AWAY FROM THE GONDOLA AT MONT SAINTE-ANNE AND ONLY 20 MINUTES FROM LE MASSIF DE CHARLEVOIX

Outdoor Jacuzzi, Indoor Pool, Sauna, Children's Playroom, Movie Theater, Fitness Room, Free Wireless High-Speed Internet Access.



# ESPACE**NORDIK**CONDOS-HÔTEL

PENTHOUSE AND LUXURY CONDOS 1 TO 2 BEDROOMS, RENOVATED AND FULLY FURNISHED

> Château Mont-Sainte-Anne

NORDIK STUDIOS: MODERN AND LUXURIOUS 1 KING OR 2 QUEEN BEDS WITH KITCHENETTE

CHATEAU STUDIOS: PARTIALLY RENOVATED 2 QUEEN BEDS WITH KITCHENETTE

CHAMPETRE STUDIOS: 1 KING OR 2 QUEEN BEDS WITH KITCHENETTE

BISTRØ NORDIK DINE AT OUR FAMOUS RESTAURANT



chateau**msa**.com 1 855 328-2036





# Chinese & Canadian Food

Over 100 items

WEEKDAYS LUNCH \$11.99 - SAT/SUN & HOLIDAYS \$13.99 - 7 days/week 11am - 3:30pm

WEEKDAYS DINNER \$17.99 - FRI/SAT/SUN & HOLIDAYS \$23.99

Sunday to Thursday 4pm - 9:30pm & Friday & Saturday 4pm - 10pm

SENIORS 15% OFF & CHILDREN 50% OFF - ANYTIME!

Take-out , Delivery & Catering



2 Mountain Rd, Unit 1, Collingwood 705.446.2888 www.crystalbuffet.ca | info@crystalbuffet.ca



# **FREE MEAL!**

Make your xmas reservations for a party of 10 people or more & get one lunch or dinner for free with this coupon.

·---<del>%</del>--

\*Cannot be combined with other discounts. Expires on Dec. 29/13.

# 15% OFF

For lunch or dinner per person if you reserve for a party of five people and over.

\*Cannot be combined with other discounts. Expires on Dec. 29/13. Valid for Christmas reservations only.



# **BVO MARKET DAY**

Quality items from the Treasure Shop

Clothing · Kids' Books, Toys & Games · Sporting Goods Home Decor · Jewellery & More! All proceeds to support BVO.

#### Saturday October 12, 2013

Thanksgiving Weekend **Beaver Valley Community** Centre, 8:30 am to 3:00 pm

#### **Door Prizes**

**Drawn Throughout the Day** (Must be present to Win)

Pancake & Sausage **Breakfast** 8:00 am to 11:00 am



For more information, please call **519-599-2577** or visit **www.bvo.ca** 

# Citement Bisho An Extraordinary Eatery

Life's way too short for "Just Average" food

# Quick Take Out

A block from Georgian Trail

Eggs Benedict (variety)

Homemade breakfast sausage

# Fritatta's

Gluten free buns & bread



Local REAL maple syrup

All Day Breakfast

7am - 3pm Open Daily

16 Nelson St. W., Meaford 519-538-1968

# TACK SHOPPE



www.thetackshoppe.com Like us on facebook 705-445-4041 4174 County Rd 124, Nottawa, Ontario Located just two minutes south of Collingwood on the west side of hwy 24.







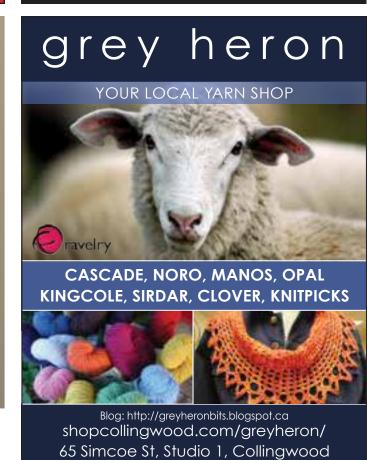












Phone: 705-444-0370

great food...
great music...
great times...
period.













...sit back, relax, and enjoy.









#### FEATURE RESTAURANTS



#### THE MILL CAFÉ

A friendly vibe. A renewed passion for colourful food and fresh ingredients. The Mill is the place to meet for a relaxing get-together with friends - inside or on one of our unique patios, by the street or by the Thornbury mill pond. Let's meet at The Mill!

12 Bridge St. Thornbury themillcafe.com 519.599.7866



#### THE HUNGRY SUMO

We aim to satisfy your love of sushi, teriyaki and tempura. Check out our extensive and reasonably priced menu. Lunch offers popular Bento Box combinations as well as a large range of sushi. Whether you dine in or take out you will certainly not leave a Hungry Sumo! 188 First Street, Collingwood. thehungrysumo.com





Blue Mountain's original rockin' hot spot, featuring nightly live entertainment, located in the Blue Mountain Inn right across the hall from The Pottery. There's incredible dancing and nightlife where the energy intensifies until the wee hours. Jozo's menu is the best of pub grub featuring fabulous wings, nachos, pizzas, stacked sandwiches and burgers. Mountain vibrations at their best!

705.443.5508

bluemountain.ca/jozobar.htm



#### **COPPER BLUES**

The first restaurant to open in the Blue Mountain Village, Copper Blues is a true Village pioneer. Featuring a casual yet sophisticated menu for lunch and dinner daily, diners can enjoy AAA Black Angus steaks, fresh seafood, vintage wine and much more. Our talented hospitality team is here to entertain your every request. Dining at its finest.....Service at its best! Specializing in Corporate & Group events.

copperblues.com 705.446.2643



#### CRYSTAL BUFFET

Extensive buffet or dine-in, specialties include Chicken and cashews, Steamed lobster, Sushi, Beef and Broccoli, Crab's legs, Prime rib. Planning a party? Have your functions at Crystal Buffet. With over 100 items on our buffet menu, there's something for every appetite. Crystal Buffet corporate services including finger foods and full meal services.

2 Mountain Road, Collingwood 705.446.2888 crystalbuffet.ca



#### **GREEN MANGO TREE THAI FUSION**

Collingwood's Thai food hotspot offers favourites such as Lemongrass beef short ribs, coconut shrimp and spring rolls stuffed with pork, shrimp or veggie salad and rolled in rice paper with a delicious house lime sauce. Other dishes include Tom yum soup, Chicken curry, Thai fried rice and Tamarind shrimp. Signature dishes are offered along with vegetarian options.

Unit 6, 115 First Street, Collingwood greenmangotree.com 705.443.8809



in the village at Blue Mountain

OCT 15TH - DEC 6TH • 2013

# STEAK & SEAFOOD \$24 Sunday to Friday

### Surf n' Turf

8oz NY Strip, char grilled to perfection topped with a 4oz Carribean Lobster Tail, served with fresh vegetables and potatoes.

# Seafood Platter for 1

Snow Crab Legs, Giant Grilled Sea Scallops, P.E.I. Mussels, & a grilled skewer of Jumbo Shrimp served with fresh vegetables and basmati rice.

# **Alaskan King Crab Dinner**

TWO King Crab legs steamed Court Bouillon and served with drawn butter, fresh vegetables and basmati rice.

# Melt in your Mouth

8oz NY Strip, char grilled to perfection with a full Alaskan King Crab Leg, served with fresh vegetables and potatoes.

# Fresh Catch of the Day

Please ask your server for today's selection!

# **Lobster Dinner**

Don't tell the Chef! We are giving you this one for our featured price as well! A full fresh Lobster steamed Court Bouillon and served with basmati rice and fresh vegetables.

\* Offer not valid for groups of 20 or more. \* Not valid with any other offer.

#### **MALBEC**

Deep dark red with purple tinges. Complex aroma of mature black fruit with delicate black pepper notes. Well-integrated tannins, round velvety body. Persistent and long finish slightly toasted.

6oz GL \$12 • 9oz GL \$16 • BTL \$42

#### **PINOT GRIGIO**

Jasmine notes embraced by white fruit aromas (peach and apricot). Bright clear gold. Young and subtle with a refined finish.

6oz GL \$12 • 9oz GL \$16 • BTL \$42





GRAFFIG.

GRAFFIGNA



#### **KAYTOO**

Located in the bright yellow Mill Pond Boathouse, Kaytoo is hard to miss in the Village at Blue Mountain. Kaytoo explores what it means to be Canadian through its coast-to-coast inspired menu. With an outstanding three-level patio right on the Mill Pond, Kaytoo is one of the Village's busiest spots.

kaytoo.ca

705.445.4100



#### THE ORCHID

Thornbury's crowd-pleasing Orchid is justly famous for its fast-and-friendly family feasting and its All Day Breakfast served your way, plus bottomless coffee, 7am to 3pm every day. Featuring eat-in or take-out dining and homemade lunches and dinners as well. Open for dinner Thursday to Saturday till 8pm, the Orchid also offers free WiFi. Located on Highway 26 on the western edge of Thornbury.

orchidrestaurant.ca

519.599.5944



#### **DUNCANS CAFÉ**

If you don't like a fresh and diverse menu paired with suggested wines from all regions and if you really don't like original-art-covered interiors, wait staff with personality and the best dining experience in Collingwood... then you'd better not come to Duncans Café, where every dish is prepared and served with love! Reserve your favourite table again!

60 Hurontario St., Collingwood

duncanscafe.ca

705.444.5749



#### **AZZURRA TRATTORIA**

Collingwood's Azzurra has a longstanding reputation for blending classic Italian dishes with up-market contemporary cuisine. Pastas, pastries and desserts are crafted in-house with fresh, seasonal ingredients. The 'Pranzo Italiano' menu is a lively and unique way to accommodate larger tables.

azzurra.ca

705.445.7771

100 Pine Street, Collingwood



#### THORNBURY BAKERY CAFÉ

Finally a fresh, moist bread that is not only gluten, dairy and egg free, but delicious! Made fresh, from scratch with quinoa flour, chia seeds and coconut oil (among other things), it truly is a break-through in gluten-free bread. Order it on your favourite sandwich and then pick-up some loaves and buns to take home.

thornburybakerycafe.com 519.599.3311



#### EGGCITEMENT BISTRO

Satisfy your love of great food served your way, all day breakfast, seven different varieties of benedicts, housemade sausage, our own buttermilk pancakes with real local maple syrup and bottomless coffee or try one of our unique daily specials. Check for our winter hours starting in February!

16 Nelson Street, Meaford eggcitementbistro.com 519.538.1968





### Creating Georgian Bay's Finest Chocolates & Candies Since 1972

Watch From the Viewing Room As Sweet Creations Are Made

Located At 645 Hurontario Street Across From The High School



# the orchid restaurant

**DINNER THURSDAY TO SATURDAY UNTIL 8PM** 

**FAST & FRIENDLY FAMILY FEASTING** 

**ALL DAY BREAKFAST** 

**BOTTOMLESS COFFEE** 

PATIO/FREE WIRELESS

**HWY #26 WEST, THORNBURY, ON** 

519.599.5944







ETHAN MELEG PHOTO.



# LOCAL **PICKS**

#### PRINCETON TEC VIZZ HEADLAMP

Three distinct LED beam profiles: a powerful 165 lumen spot beam, a flood beam, and two red LEDs for night vision. Lithium battery compatible. Rated waterproof to 1 metre. Available at MEC (mec.ca 1.888.847.0770)

#### POC FORNIX BACKCOUNTRY BIKE HELMET

A lightweight, aramid-reinforced and well-ventilated helmet, equipped with the patented MIPS system to reduce the rotational forces to the brain in the case of an oblique impact. Shane, Squire John's (squirejohns.com 1.800.303.1334)

#### **COLUMBIA BLUR PANTS**

The perfect combination of comfort, agility and protection, these waterproof-breathable Omni-Heat ski pants feature interior stretch panels to facilitate a full range of motion.

Lisa, Columbia, columbiasportswear.ca 800.622.6953

#### **BLUNDSTONE RED & BLACK**

New Blundstone boots with two-tone sole and red elastic sides. Same legendary comfort and durability as Original.

Blundstone Canada (blundstone.ca)

#### **ROSSIGNOL EXPERIENCE 88**

The less-than-ideal snow conditions may deter some, but not you or your everyday ski - the Rossi Experience 88. Skiis & Biikes Collingwood (skiisandbiikes.com 705.445.9777)





100 Pine Street Collingwood





At this restaurant the autumn menu offers an apple, gorgonzola tart with caramelized onion. Always on Tuesdays BYOW for a dollar. Also, Sundays all bottles of wine are half price. As well there is a children's menu. Lunch and dinner 705.445.7771

applepietrail.ca azzurra.ca













#### STORY BRACELETS

From Denmark comes Europe's hottest new jewellery item, classic charm bracelets called Story.

Sharon, The Diamond Studio, Thornbury (519.599.2201 thediamondstudio.ca)

#### LUG PUDDLE JUMPER OVERNIGHT/GYM BAG

Not too big and not too small, the Lug Puddle Jumper has a pocket or pouch for every last thing. Available in 9 vibrant colors. Brenda, One Tooth Collingwood and Blue Mountain Village, and Kim, One Tooth Barrie (onetoothcollingwood.com 705.445.5239 and onetoothbarrie.com 705.733.3663)

#### KILLY SPARTACUS JACKET

A sharp but modern design, an ergonomic fit, shoulder reinforcements, a mix of ultra high performance Dermizax 4-way stretch fabrics and many functional features designed for dynamic skiing. Jason, Killy (killy.com)

#### **BLUNDSTONE TALL BOOTS**

All-season, all-terrain, all-world Blundstone boots take it all in stride. Now Blundstone comes in a tall boot with everything you've come to expect from the legendary bootmaker. Kelly and Kim, The Tack Shoppe, Collingwood (705.445.4041 thetackshoppe.ca)

#### NORTHWINDS THREE STAGE XTRA PALE ALE

Handcrafted in Collingwood, Northwinds Brewery creates top quality beers celebrating the Georgian Bay area. Designed for Ontario's four-season playground, this beer is bold, adventurous, and sometimes out of the ordinary. (northwindsbrewery.com)

#### PAUL BRODIE FOOTWEAR FEATURING PENDLETON WOOL

All boots are proudly made in Canada using waterproof leathers and Pendleton wools. Wool is thermostatic and breathable, leaving your feet dry and warm.

Valerie and Tarren, Gaia Boutique, Thornbury (gaiaboutique.ca 519.599.3040)

#### HERITAGE BABY KNITTING KIT

Charming heritage baby jacket & hat knit kit – exclusive to Grey Heron Natural Designs.

Karen, Grey Heron, Collingwood (705.444.0370 greyherondesigns.com)

#### NIAGARA ESCARPMENT OUTFITTERS HOODY

A classic-retro hoody. Check us out for an assortment of local and regionally sourced or inspired gifts, souvenirs, art, food, lifestyle gear, crafts, woodworking and original brand apparel.

Reg, Niagara Escarpment Outfitters, Collingwood (escarpmentoutfitters.com 705.293.4000)







#### KONA WO FAT BIKE

Boasts a 170mm rear axle, a 31.6 dropper compatible seat post and low standover. Built to balance weight, performance and price, this is a Kona for extreme terrain including hard-packed snow.

Kris, Kamikaze, Collingwood (kamikazebikes.com 705.446.1234)

#### **BURTON GROM SNOWBOARD BOOT**

Get your mini shredder started on the path of the Jedi with the limited Star Wars edition of the kid-favorite Burton Grom Boot.

Kris, Lifted, Blue Mountain Village (705.443.5801)

#### ATOMIC NOMAD BLACKEYE

This all-mountain performance ski excels on prepared terrain thanks to the new ARC Technology that allows the ski to flex easily and naturally. Katie, Corbetts Ski & Snowboard, Oakville (1.888.SNOW.360 corbetts.com)

#### REBELS REFINERY SKINCARE FOR MEN

An all-natural, toxin free skin care line for men, created in Toronto. Look good. Feel good. Smell good. A portion of profit goes to Prostate Cancer Canada so it's the manly thing to use.

Leslie and Scott, Evolution for Men, Thornbury (evolutionformen.ca 519.599.5013)

#### SCARPA TECH ASCENT

This mid-cut "approach" shoe is designed for alpine trekking, easy climbs, and descending loose terrain. Abrasion resistant suede uppers, Gore-Tex waterproof breathability, and sticky rubber soles. scarpa.com

#### **TEVA CARBON**

Designed as a casual work/play commuter, Carbon is an upgrade from other casual bike shoes, thanks to the fine leather and micro-canvas upper, and the super-traction sole below.

Kathryn and Chrystle, Teva Canada (tevaonline.ca)

#### COME CELEBRATE ENVY EYEWEAR'S 10-YEAR ANNIVERSARY!

Sale on Prada, Ray Ban, Burberry, Emporio Armani, Carrera and more. Armand, Envy Eyewear, Village at Blue Mountain (envyeyewear.com 705. 445.3168; Toronto: 416.238.2743)

#### SLACKERS SLACKLINES

50 foot Slackers Slackline Classic Series Kit with a Bonus "Teaching Line" included. Let the slacklining adventures begin!

Jeff, Minds Alive, Collingwood (mindsalive.ca 705.445.6222)





# local

Apparel·Food·Home·Gift

Níagara



# **OUTFITTERS**

220 Hurontario Street, Collingwood, ON, 705.293.4000, www.escarpmentoutfitters.com



The Elephant Thoughts Explore Store is an interactive retail destination offering some of the best toys, games and gadgets for kids and adults.

Visit the store for educational activities, to register for summer camp or simply to meet the animals and have an ice cream.

Elephant Thoughts is a registered charity and the Explore Store supports educational programs across Canada and around the world.

Visit our website elephantthoughts.com
Phone Number 705 444 2012
Location 10138 Hwy 26, across from Hyundai.



**WAKOLAPORE** LOCAVORE

visit our website for details



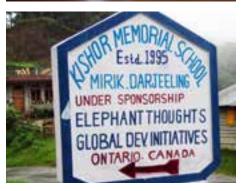














#### **BLUE MOUNTAIN SEASON PASS**

Get stoked about more snow, more terrain and more access with the upcoming launch of the Orchard. The best way to get the most out of your winter is with a Blue Mountain Season Pass.

(bluemountain.ca 877.445.0231)

#### BUDDHA RIDER'S HOT YOGA SPACE

Welcome to Buddha Rider's new Hot Yoga Space. Finished using all natural materials, the cork floor and the American clay walls contribute to your overall feeling of wellbeing. Hot classes every day.

Shirlee, Buddha Rider, Collingwood (buddharider.com (705.444.2266)

#### GIVE THE GIFT OF EDUCATION WITH **ELEPHANT THOUGHTS**

The ET Inspired Giving program enables you to give unique gifts that directly support education and help break the cycle of poverty. 100% of donations go to their intended cause. Kelly, Elephant Thoughts Explore Store, Collingwood (elephantthoughts.com 705.444.2012)

#### SHREDZ THREDZ SURF CLOTHING

Local Collingwood snowboarder/instructor Shred (Allison Church) has turned her passion for board sports into a surf-style clothing line. Introducing the soul of surfing Canada. Allison, Shredz Threadz (shredqueen@hotmail. com 705 812 4282)

#### HATLEY UNION SUITS

Union suits are our one-piece sleepwear for the whole family. Butt flap on the bum, 100% cotton. Staceylee, Hatley Scoops, Village at Blue Mountain (hatleystore.com 705.444.0707)

#### PALLISTER PLOW

Pallister Plow has been servicing the Blue Mountains for three generations now. Give Gary a call, because shovelling snow in the morning isn't fun. Wake up to a plowed driveway! Gary, Pallister Plow, Thornbury (519.377.4754)

#### THORNBURY BAKERY CAFÉ

Finally a fresh, moist bread that is not only gluten, dairy and egg free, but delicious! Order it on your favourite sandwich and then pick-up some loaves and buns to take home. (thornburybakerycafe.com 519.599.3311)

#### KOLAPORE SPRINGS SMOKED TROUT

Once this delicate rainbow trout hits your mouth, you'll be addicted. Hot-smoked, locally farmraised, it's delicious on its own or in salads and pastas. Try our original applewood and peppercorn smoked recipes at top restaurants and food retailers.

Sean, Kolapore Springs (kolaporesprings.com)



These days, the chill of autumn brings a new sense of promise. Which board will I ride? Which runs will my little girl master this year?

#### Text and photo by Allison Kennedy Davies

Having grown up in a tourist town, my entire life has revolved around the changing weather and the changing reality that accompanies it. I could never live in a country that didn't have four distinct seasons.

As a teenager in Sauble Beach, the end of summer was marked with sadness. All of our cool-kid city friends went home, our summer crushes came to an abrupt end and our world grew much smaller – shrinking to the two hallways of my rural high school.

Winter was admittedly dreary. We cross-countryskied, we went boozogganning, and when we were extremely lucky we got to board the yellow school bus bound for the annual Blue Mountain ski trip.

I remember those first few trips, and I remember the new reality we were introduced to. We quickly learned that there was someplace cool within our reach, someplace that had all the promise and excitement of our summer months:

The ski resort at Blue Mountain.

This introduction to the world of skiing (snow-boarding was *just* being allowed on the hill) was the beginning of a new world for me. I still remember my first time snowboarding at Blue. I was wearing steel-toed Sorel boots, with RC power straps to help the inevitable heel lift such work boots provide. Decked out in a plaid flannel coat – belonging to my then boyfriend (and current husband) – I did my best to get down Happy Valley unscathed.

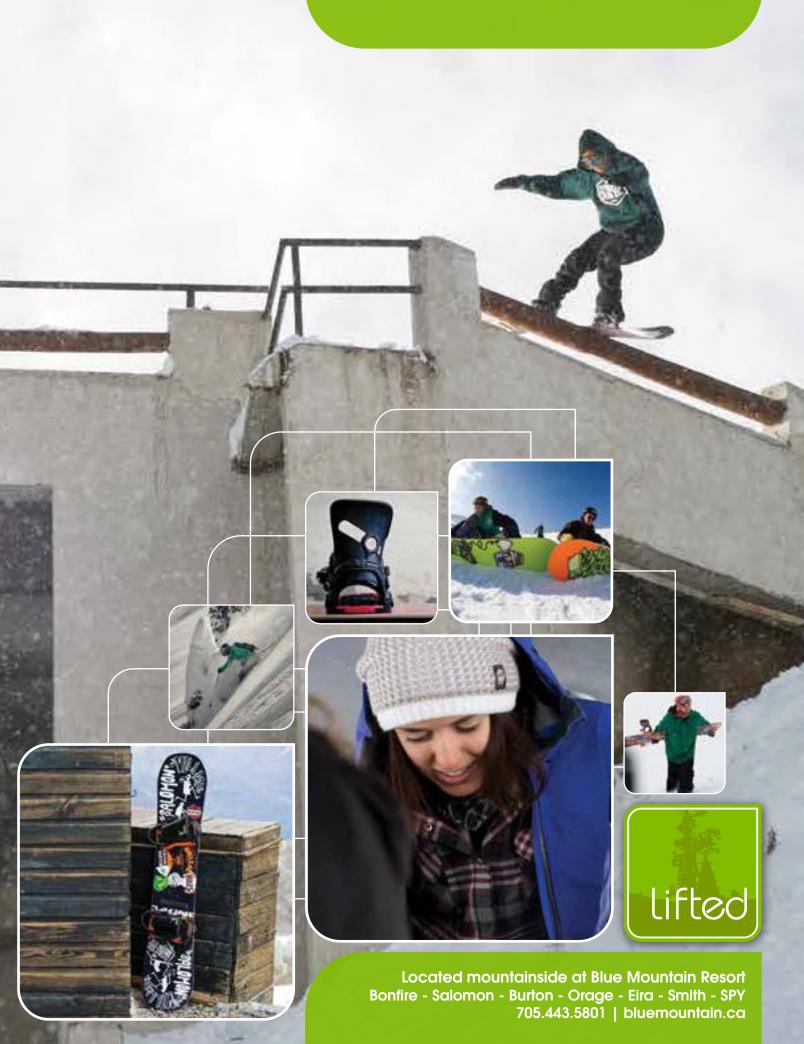
Times have changed since then. With the ski and snowboard industry now a significant part of my life, fall has become a season of excitement, anticipation and planning. Fall is all about positioning, about getting settled and finding the perfect job in the perfect ski town.

The quest to put myself in the ideal spot for opening day has landed me in some strange circumstances. Why else would anyone live in a tent at the base of the Squamish Chief for three weeks during the rainiest month of the year? There is *no* logical reason... unless you're

trying to land a job at Blackcomb. Using a fake Vancouver address and showering in hockey locker rooms for job interviews, the experience positioned me for an epic BC winter. There were many more autumns spent that way, setting up a base camp and laying the groundwork for an epic winter season, be it in Whistler, Fernie or Collingwood.

Now settled permanently in Meaford, when the summer winds down, I find myself digging out my Burton hoodie with a smile on my face. I enjoy spring, summer and fall but admittedly, I love winter. These days, the chill of autumn brings a new sense of promise. Which board will I ride? Which runs will my little girl master this year? How many days can I squeeze in before spring?

So this autumn, while you enjoy the crisp fall weather, remember to do whatever it takes to set yourself up for the best winter yet. Whether that's buying new gear, finding a new winter home, or simply picking up your new ski pass, your winter adventure awaits.





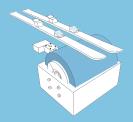
# We have always provided our customers with the best tune, without compromises.

We have spent 35 years investing and reinvesting in technology to master the art of tuning the perfect ski. We have never sought to cut corners or save money on anything less than the absolute best. All of our machines are made in Switzerland by Montana, all are serviced by Montana, and all are run by a team of expertly trained Skiis & Biikes technicians. After decades of knowledge and millions in investment, we are excited to show you how good a pair of skis can feel. We don't just say it's the best ski tune-up in the industry, we guarantee it.

# without compromise



FIRST IN NORTH AMERICA the Swiss made Montana Saphir



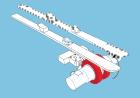
#### **BASE GRIND**

An extra wide grinding stone allows the robot to do a pair of skis or one snowboard at a time. This process takes off a very fine layer of base material, cleaning minor scratches and printing a glide-enhancing structure into your base.



#### SIDE EDGES

The Montana's next generation measurement and guidance systems allow its tuning side edge belts to engage at the precise position, angle and pressure, in order to take off the correct amount of material. This gives your skis or board the right amount of edge hold, necessary for those icy spots on the hill.



#### BASE BEVEL

Using a diamond bedded stone, the base edge is polished the full length of the ski at the desired bevel angle without burring the edge.



