

 **NONSTOP**

presents



SNOW SKILLS : RESORT TRIPS : ACTIVITIES

"I was blown away by how many great activities Nonstop had arranged for us to choose from. As if skiing everyday was not enough, the extra activities really made my time in Canada. I did a lot of research before choosing Nonstop, but it was the amount of extras included in the package that helped me decide."

Oliver Wood - 11 week course





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INTRODUCING MORE

Back in the winter of 2001/02, I was experiencing one of the times of my life while working my first season as an instructor in Fernie. Along with my colleagues, I had quickly fallen in love with the community, the powder, and the amazing terrain and I was convinced that we could build a truly epic season-long experience in the Canadian Rockies. Although the focus would be on achieving CSIA and CASI instructor certifications, we knew that spending a season in Canada should be far more than simply training towards a qualification. Right from those early days we wanted to show our “seasonaires” as many experiences as possible, so that they left Canada with a plethora of new skills and memories. We settled on our philosophy, which still stands true twelve years on:

“To provide a cultural immersion into Canadian Mountain Life.”

We sat down and listed all of the activities and experiences that Canadians living in the mountains enjoy as part of their childhood and adult lives and built our course around them.

Joining one of our 11 week courses is a “once in a lifetime” experience.* There’s unlikely to be another time in your life when you’ll spend so much time entirely focused on something as amazing as skiing or snowboarding, without the distractions of real life (work, studying, cooking, cleaning, paying bills etc). Your season is truly an amazing opportunity that you need to make the most of by squeezing everything you possibly can out of it.

As well as gaining instructor qualifications you can do so much more, including travelling to other areas of Canada and its numerous ski resorts, learning about mountain safety, trying other winter sports and experiencing Canadian culture.

Almost all of our More activities will improve your skiing or riding. By experiencing unfamiliar slopes, different snow conditions and new park features, you’ll challenge and improve your skills. One of the best things about our road trips is actually returning to your home mountain; you’ll find you have a fresh appreciation for it and will notice how conditions have changed – with different snow, a new hit or a new line you hadn’t seen before.

Over the years our clients have often come up to me and said how the course is literally “nonstop” and I explain that although we didn’t choose the company name with that link in mind, our goal was to pack in as many experiences as possible. Every time I hear this statement I know we’ve achieved our goal.

This booklet will introduce you to the activities we offer as part of More, an essential element in Nonstop’s ever-popular 11 week instructor courses. I hope you enjoy learning about them and if you have any questions get in touch - all of us here have good memories of these activities and are more than happy to talk about them.

See you out there!

Rupert
Nonstop Founder

HOW IT WORKS

In each resort our Course Directors organise a wide range of activities, away trips and additional courses. We don't expect you to do all of them - in fact if you did you'd probably collapse - but think of it as a Pick n' Mix of awesome extras. We price each activity as a certain number of 'credits', each credit being worth \$10. Included in your course package are 25 credits and these can be topped up in resort if you're the sort of person who wants to get involved in lots of activities. On our website you'll find a list of all our activities and how many credits they are.

The More credit system enables you to pick and choose exactly what you want without forcing you to do anything. On the second night of your course you'll attend a presentation where your Course Director will go over the course calendar and explain what each of the MORE events entails, what certifications are available, what you'll need to take with you etc. You will then make your selection - and the experience begins!

Our courses are offered in three awesome ski resort towns. Look for the their logos at the bottom of the following pages to identify where each of our More activities are available.

Do More - Enjoy More- Experience More - Ride More - Achieve More



SNOW SKILLS

CAT SKIING / BOARDING

This is often the highlight of people's trips to Canada!

Cat Skiing is similar to Heli-Skiing except, instead of flying to the top of the hill, you ride in a snow machine built to seat about 12 people.

A typical day includes 7-9 runs of perfect wilderness terrain and a chance to test your skiing or snowboarding skills in bottomless powder.

We will hold this experience later in the course so you're able to make the most of it and perform for the professional photographer who's on hand to capture your hero moments.



SPLIT-BOARDING

Jeremy Jones brought the concept of split-boarding to the masses through his film Deeper.

Every snowboarder dreams of riding virgin powder, and split-boarding lets you - even after the resort's slopes have been tracked out for days.

Your guide will take you into the backcountry and using the skills you learnt on the avalanche course you'll assess slope stability and pick your route to the top.

Split-boards are essentially snowboards that separate into two skis which you can use to "ski" up hill before ripping through fresh pow back down. It doesn't get much better than this.

Nonstop own a fleet of Rome Splitboards, telescopic ski poles, avalanche transceivers, probes and shovels.



BACK COUNTRY SKI TOURING

Every skier loves powder - but some reckon it's even better when you've "earned your turns!"

Ski touring frees you from a reliance on mechanised chairlifts and enables you to explore the pristine wilderness and enjoy epic fresh tracks. It involves "walking" up hill using specialist-touring bindings, which enable you to free your heel on the way up, and then clip in for the ski down your chosen virgin powder slope.

It's a physically challenging, but super rewarding, day and alongside your guide you'll be applying your Avalanche Safety theory in order to select the routes and slopes.

Nonstop own a full fleet of modern touring skis, skins, avalanche transceivers, probes and shovels.

AVALANCHE SAFETY TRAINING

There's nothing like the feeling of riding fresh powder, but there are real dangers that need to be understood in order for it to be enjoyed safely and responsibly.

As well as being valuable for any mountain user, AST programs are an essential first step for anyone wanting to venture into the backcountry. Course topics include avalanche terrain recognition, avalanche climatology, snow stability evaluation, alpine touring practices, avalanche accidents and search and rescue techniques.

This course consists of a day in the classroom and a practical day on the mountain. It provides you with a recognised qualification that's great for your CV.





WINTER CAMPING

This is a "once in a lifetime" opportunity and one of those experiences that can be tough at the time but is fun and hugely rewarding.

We'll head out in a group of about 20 people and with one or two mates you'll spend around 2.5 hours digging your snow cave ready to spend the night in. Our experienced instructors will provide directions and after perfecting your snow bedroom, we'll eat dinner around a campfire and look out for shooting stars, before we settle down for the night.

Next morning you'll enjoy fresh tracks down and enjoy a well earned hot breakfast!

Nonstop own specialist sleeping bags, shovels, snow saws, probe and sleeping mats.



FIRST AID COURSE

A good addition to your snow-sports CV or just for your general knowledge.

The course is designed to provide comprehensive first aid training, which can be applied at the scene without any special equipment and in the absence of professional medical help or supervision. The focuses are on winter sports injuries and how to deal with them in the outdoors. Areas of study also include emergency scene management, shock, fainting, severe bleeding, head/spinal and pelvic injuries, burns, poisons and more.

The course includes a manual and certificate.



RESORT TRIPS



WHITEFISH USA WEEKEND

This weekend is a definite highlight for our clients in Fernie!

We travel south across the border to Whitefish, Montana - which looks like a classic western cowboy town but these days is more famous for it's ski resort.

It's always good to ride different slopes and Whitefish has some great terrain, a good park, and different snow conditions to Fernie.

Whitefish is also known for it's live music scene and lively bars so the nightlife is amazing too.

Always a fun trip!



REVELSTOKE WEEKEND

Revelstoke Mountain Resort's reputation speaks for itself.

It plays host to vast terrain (formerly used for cat skiing) including steeps, glades, cruisers and a mind-boggling leg-burning vertical.

Oh and the snow is also notoriously deep!

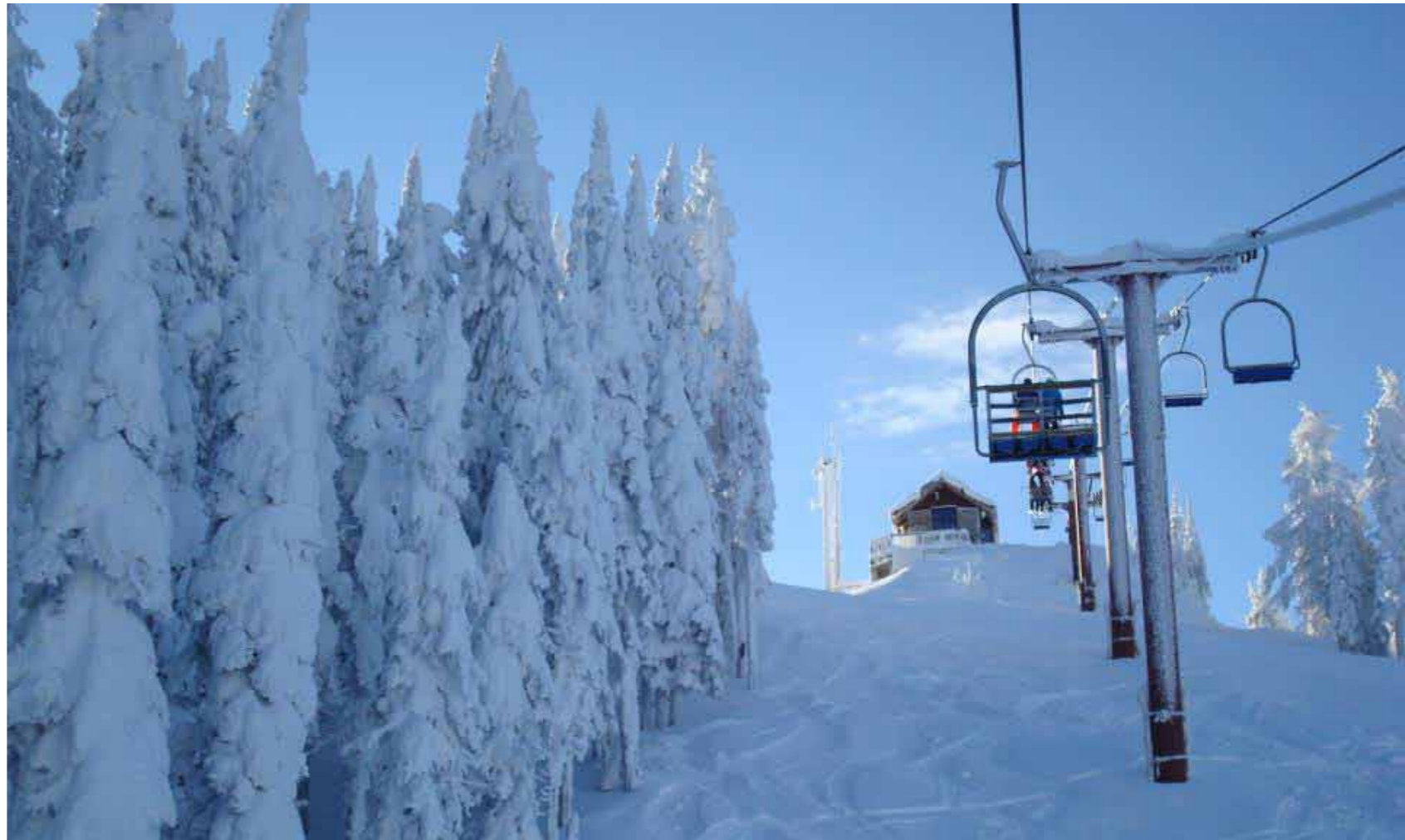
This trip is all about the resort, get there and ride for 2 days, enjoy the amazing Aquatic Centre and the nightlife in town.

WASHINGTON USA Weekend

Red Mountain is really close to the US border - about a 15 minute drive - so day trips to the states are very doable.

A day trip to 49 North ski resort in Washington State is well worth it.

49 features long cruisy groomers, outstanding tree-skiing, a severe lack of crowds, and American size nachos and beer! This is a super fun ski day in a whole different country!



FERNIE WEEKEND

Fernie was the birthplace of Nonstop so it's only right that everyone on our Banff and Red Mountain courses should experience it.

Spend a weekend riding Fernie's expansive five alpine bowls nestled in the awe-inspiring limestone cliffs of the Lizard Range in the Rocky Mountains.

Ranked as the North America's #1 Ski Resort, Fernie offers endless deep snow and challenging terrain.

Join the Fernie Nonstop crew for nights out and indulge in the nightlife of this infamous ski town.



CASTLE MOUNTAIN

Explore a "local secret".

Castle Mountain Resort is located just east of the continental divide in southwest Alberta, 1 3/4 hours drive from Fernie so it makes for an easy day trip.

Castle boasts having some of the driest lightest powder in Canada and easy access to unbelievable terrain - much of which is nice and steep!

Step back in time to a hill that the locals love for the great skiing, not the frills!

This is a great chance to test your new riding skills on unfamiliar terrain which is great for your development.



KICKING HORSE WEEKEND

One of the best and most unique resorts in Canada,

Kicking Horse is home to over 4000 vertical feet of "Champagne Powder" spread over 2750 skiable acres. As a side bonus over 45% of the terrain is classed as 'Advanced' which means that this place means business!

We schedule this trip for March so you have two months of instruction to build up your free-ride skills.

Participants on our Fernie course will enjoy two nights and two days skiing and on the journey will stop off at Radium Hot Springs to soak in the natural thermal waters.

Kicking Horse is close enough to Banff that it's possible as a day trip.

WHITEWATER SKI & SOAK WEEKEND

Check out the historic city of Nelson and explore a different ski resort with new terrain and challenges.

Whitewater Resort is a variation of the Red Mountain experience, and is known for its vast quantities of deep Kootenay powder and zero crowds. Plus the food at the base lodge is so good it's produced two of Canada's most popular cookbooks!

Explore Nelson's various boutique stores, pubs and restaurants before we travel to Ainsworth Hot springs for an afternoon of relaxation and rejuvenation in the naturally heated pure mountain water.



KIMBERLEY WEEKEND

Kimberley Alpine Resort is renowned for its wide perfectly groomed pistes and regular blue skies.

Just 1.5 hours west of Fernie it provides a great day trip where you'll enjoy feeling like a hero carving up the fast cruisy slopes and also challenge yourself down its fun gullies and gladdened tree runs. One of the best features is the long run coming down to the base area with its numerous rollers which are great to practice your ollies and spins off.

A great road trip both in terms of checking out another BC ski resort but also to progress your skills on new terrain.



WEEKEND ACTIVITIES



SNOWMOBILING

For many Canadians “sledding” is the ultimate winter sport and this is your chance to give it a go.

Our snowmobiling tours are a highlight of people’s Canadian trip and are an exhilarating way to experience the spectacular local area. Professional guides first give you a safety orientation and a lesson on how to operate your own snowmobile before you head out along trails into the backcountry. You’ll stop to cook hot-dogs over a camp fire and there are loads of great photo opportunities.

Snowmobiles are super fun; they’re fast machines that accelerate quickly so if you like go-carting or any adrenaline sports you’ll love this experience.



PHOTOGRAPHY WORKSHOP

These days we're all taking and sharing photos almost every day, so it's ironic that so many of us don't really know how to use our cameras properly and could do with some advice on taking better pictures!

Under the guidance of a local professional photographer you'll learn to improve your photographs by looking at the fundamentals of picture-structuring, and get advice on how best to take scenic landscapes as well as action shots of your mates in the park and powder.



DOG SLEDDING

Mush your own sled! This trip is a great way to enjoy a fresh perspective of the stunning Canadian Rockies as you mush your way along pristine backcountry trails.

Huskies have been part of Canadian culture for centuries and this experience will give you an appreciation of their contribution as well as a new-found perspective for the meaning of team work!

Huskies don't just look amazing, they're also incredibly strong so you'll find yourself speeding along the forest trails far quicker than you anticipated. Luckily they're also amazingly intelligent so as long as you've learnt the commands properly you'll be in control. Don't worry - a professional guide will give you thorough instructions.

NIGHT SKIING

Skiing at night under flood lights is not only a fun experience, it's also good for technique as it forces us to stay flexed and supple.

Salmo Ski Hill (1-hr from Red Mt.) and Pass Powder Keg (1-hr from Fernie), both provide a different spin on the commercialised skiing experience that most people are familiar with and they always provide a memorable night.

These community ski hills are equipped with 1 long T-bar, lights, and a 'down home' Canadian vibe.

Norquay is one of Banff's three ski resorts and every week you can have a super fun evening hitting the flood-lit kickers, rails and boxes, or the perfectly groomed pistes.



XC SKIING, SNOWSHOEING & SKATING

Cross country skiing is a fun way to exercise and explore your home for the winter. You'll see loads of locals, skiers and snowboarders alike, doing it and it's worth giving it a go. It's kind of similar to skiing but also like running, but way faster!

Snowshoeing has been around for thousands of years; for many it was a means of transportation but today it's considered a winter sport and it's a great way to exercise in the cold winter months and check out the local lakes, rivers and forests.

While you're in Canada take the opportunity to ice skate on a massive frozen lake surrounded by mountains and forests - this is way cooler than doing loops at your local rink. (Don't worry the ice is 12 inches thick!)



HOCKEY NIGHT

Embrace Canada's national game!

If you're heading to Banff you'll get to check out the Canmore Eagles and see Canada's future NHL stars in action in their hometown.

This is a great activity to get out of Banff for a night and visit Canmore, our neighbouring town.

The Ghost Riders are Fernie's local ice hockey team and a big part of the community. Each winter the home crowd welcomes the Nonstop crew who swell the stadium with passionate support and new football-inspired chants.



BUILD YOUR OWN SKIS / SNOWBOARD

Learn how to build your own equipment with local manufacturer DID (Deliberate Industrial Design), and walk away from your season with a pair of skis, or snowboard, that you have built yourself.

During six sessions in the DID workshop you will be taught how to build professional quality equipment and you can choose your length and even design your own graphics.

Your ride will be totally functional, top quality and ready to be enjoyed before the end of the season.



HELICOPTER TOUR

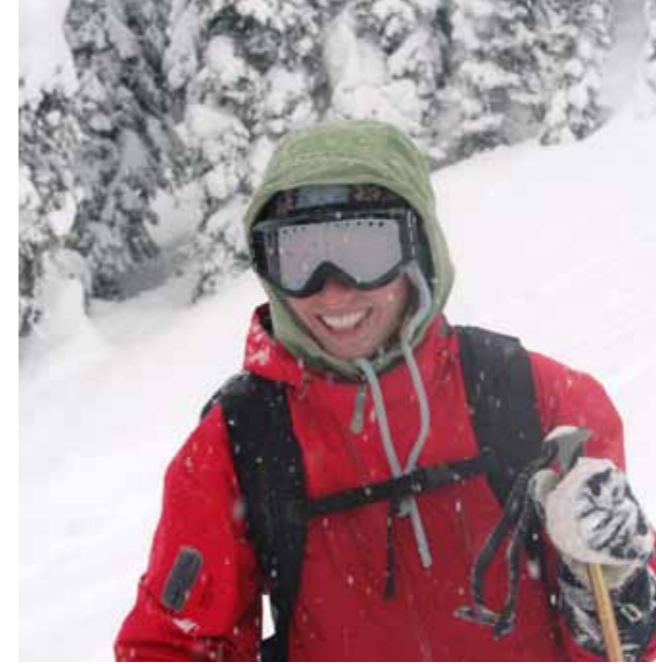
Witness the grandeur of the Fernie area and the Canadian Rockies from the sky.

On this 15 minute experience you'll fly to 8000 feet in a five person helicopter, enjoy amazing views of the local area and the ski resort and get to take some incredible photos.





EVENING COURSES



EVENING COURSES

For those wanting to squeeze the most out of their season in Canada we offer the chance to take weekly evening classes.

YOGA

If you want to massively improve your skiing or snowboarding and help prevent injury, then you should be stretching regularly. The problem is that this requires discipline! So we recommend joining a weekly yoga class, held at the Nonstop hotel and led by a qualified instructor. You'll feel the difference to your riding in no time! (Banff & Fernie)

SPORT MASSAGE

Massage is a great way to stay healthy and ready to perform and for those interested in learning about it this course will cover the different types of sport massage and the types of strokes, and will end with demonstrations and in-class practice. (Fernie)

LANGUAGE COURSES

If you're planning on visiting French- or Spanish-speaking countries these courses will help you make the most of them. The primary objective is to help you communicate freely with the focus on practical situations, such as meeting people, socializing, providing and obtaining information. (Fernie)

CLIMBING

Whether you're new to climbing or want to take it to the next level, both Banff's and Fernie's indoor climbing walls have something for you. Their multi-week programs are a fun way of learning some climbing skills and challenging yourself. No experience is necessary and equipment is included. (Banff & Fernie)



TRIP EXTENSIONS

FREESTYLE CAMP

At the end of your course you'll be ripping but you'll also be hungrier than ever to keep progressing your skills.

Extend your season by joining Nonstop's popular freestyle camps held in Banff. We have a team of phenomenal freestyle coaches who will hone your park skills on the boxes, rails and kickers.

Banff is the perfect location with three ski resorts and three terrain parks.

Think sunny days, soft snow, progression sessions, and epic video footage.



BACKCOUNTRY WEEK

End your season on a high for possibly the best mountain experience of your life!

Spend a week ski touring or split-boarding for fresh turns in a valley assessable to only you and your friends. You'll stay at a rustic but super comfortable backcountry cabin and be given an unforgettable experience by professional guides and an amazing chef.

A week of exercise, fresh powder, sunny spring days, wood fired saunas, and fun evenings in the cabin. It doesn't get much better than this!



For further information about our ski & snowboard courses and
the extra activities available with More please get in touch:

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