

## FAQ

### Mountaineering

#### Are there any prerequisites for this course?

The prerequisites are our Top rope anchors, Rappel and Ascend and our Intro ice climbing course is highly recommended. Special permission may be granted on a case by case basis.

#### How long is the course? It is a three-day course.

The course runs from 9:00 a.m. to 5:00 p.m. every day. Day one is indoors with location TBA and the remaining two days are outdoors. The instructors will meet you at the parking area for 9:00 a.m. and you should be back in the parking area for 5:00 p.m.

#### What is the age restriction for this course?

The course is open to adults and adolescents 16 years of age or older. Minors must have their waivers signed in advance by a parent or guardian.

#### What should I wear?

Wear weather appropriate clothing. Bring more clothing rather than less. You are outdoors all day. It is recommended to bring two coats; one down coat and one insulated coat with Gore-tex jacket. Cotton and denim clothing is NOT advisable. It takes a long time for cotton to dry and it is cold when wet. Polyester and nylon clothing is best. Hiking boots or plastic boots are recommended.

#### What is the fitness requirement for this course?

A hiking fitness is generally recommended. What type of footwear do I need? It is a good idea to wear hiking boots or plastic boots if you have them.

#### How many people will be on the course?

The maximum group size per instructor is 6 people.

#### How long is the hike from the car to the teaching destination?

It is a 30-minute hike from the parking lot at Tews Falls. It is not practical for you to go back to the car unsupervised.

#### Are there washrooms?

If you consider the bush a washroom, then yes, there are washrooms everywhere. Realistically, be prepared to go in the great outdoors.

#### How should I pack my lunch?

It is recommended to pack your lunch in a backpack to bring into the climbing site. Also remember to bring water. A thermos with a hot beverage or soup is recommended to help you keep warm.

#### Can my wife/husband/daughter/son/brother/sister/friend/neighbour come and watch the

### course without participating?

It is not possible to watch the course without participating in it since there is only equipment (i.e. crampons and helmets) for participants. The hike is quite aggressive in the winter and is not recommended without crampons. Spectators can watch at the lookout but may lose interest after an hour.

### What happens if I arrive late?

If you arrive 15-minutes late, you should still be able to find the group putting on their helmets and harnesses. If you are over 30 minutes late, walk to the ONE AXE car and see if there is a note indicating when an instructor will come back to get you.

### What should I do if I am lost?

Prevention is the best advice. The map on our website has an interactive link to Google maps where you can type in your home address and Google maps will give you a recommended driving route and estimated drive time. Please print out this map/directions and bring it with you.

### Can I get a copy of the photos the instructor took?

The photos taken by the instructors are for use in the brochure or website. Due to the high volume of requests we are not able to email them to each individual. If you are really nice to us and take us out for dinner, we may consider sending you some shots.

### I am a big guy. Will I need a special harness?

The regular harnesses fit a 42-inch waist. We have X-large harnesses that fit 45-inch waistlines. Please let us know if you require a larger harness.

### Is water accessible?

You can melt snow but we recommend that you bring enough water for the entire day.

### Do you have gift certificates?

Yes, we provide gift certificates for all occasions.

### Is this program available year round?

This program is only available in the winter and it depends on weather conditions. The season is usually from January to March with February as the peak season.

### Is it customary to tip my instructor?

Tipping is not required. If you feel that you have received exceptional service and would like to gift the instructors with a tip, they will graciously accept it and appreciate your generosity.

## TESTIMONIALS

*"The local mountaineering course was excellent. It was so great to be able to learn all the skills I needed to go on a expedition without the added headache of simultaneously dealing with the altitude. Thanks to this course, I am leaving for Mt. Aconcagua next December. I look forward to future courses (I've taken almost all of them) and I know that each course is run just as professionally as this one was. Keep up the great work Fred!"*

**Jordan McMillin, Guelph Ontario**

*"The Mountaineering course by ONE AXE Pursuits was a great way to jump start my mountain climbing future in a safe and fun environment. The hands-on instruction provided us with some practical skills that will definatley help us in our next mountain adventure. To top it off, the instructors were easy to approach and very knowledgable. I left the course ready to tackle the next mountain as soon as possible."*

**Jody Bell, Guelph Ontario**

*"The mountaineering course was a great investment, Fred was very knowledgeable and we were able to have a fun time while learning all the skills that we need. It was great being able to learn and practice self arrest and crevasse rescue hands-on at a local venue. I feel more confident that I can safely climb my next mountain thanks to the knowledge and experience I gained from the One Axe mountaineering course."*

**Steve Denham, Waterloo Ontario**

*"The mountaineering course was thorough in teaching the necessary skills and Fred was very knowledgeable. From the knowledge that I acquired from this course, I hope to climb other mountains."*

**Stephanie Meyerink, Hanover Ontario**

*"It was great to have had the opportunity to push my human endurance to the limits. I learned a lot (beyond just the climbing techniques). Fred's instruction and encouragement on the climb was a key element to our ability to get to the top."*

**Eric Peter, Panorama British Columbia**

*"I would also like to extend my extreme gratitude to you Christa for bringing this trip to my attention, inviting me to the slide show, all the helpful information and really making it happen when it looked like it wouldn't. It was the experience of a lifetime and I'm very grateful to have been a part of it. I hope to continue using what I've learned and look forward to more training in the future. My outdoor adventures will never be quite the same after this. One Axe Pursuits is a name I'll often be talking about. Anything I can do to spread the word I certainly will. Keep up the excellent work and best of luck in all your future endeavours."*

**Jesse Bond, Toronto Ontario**