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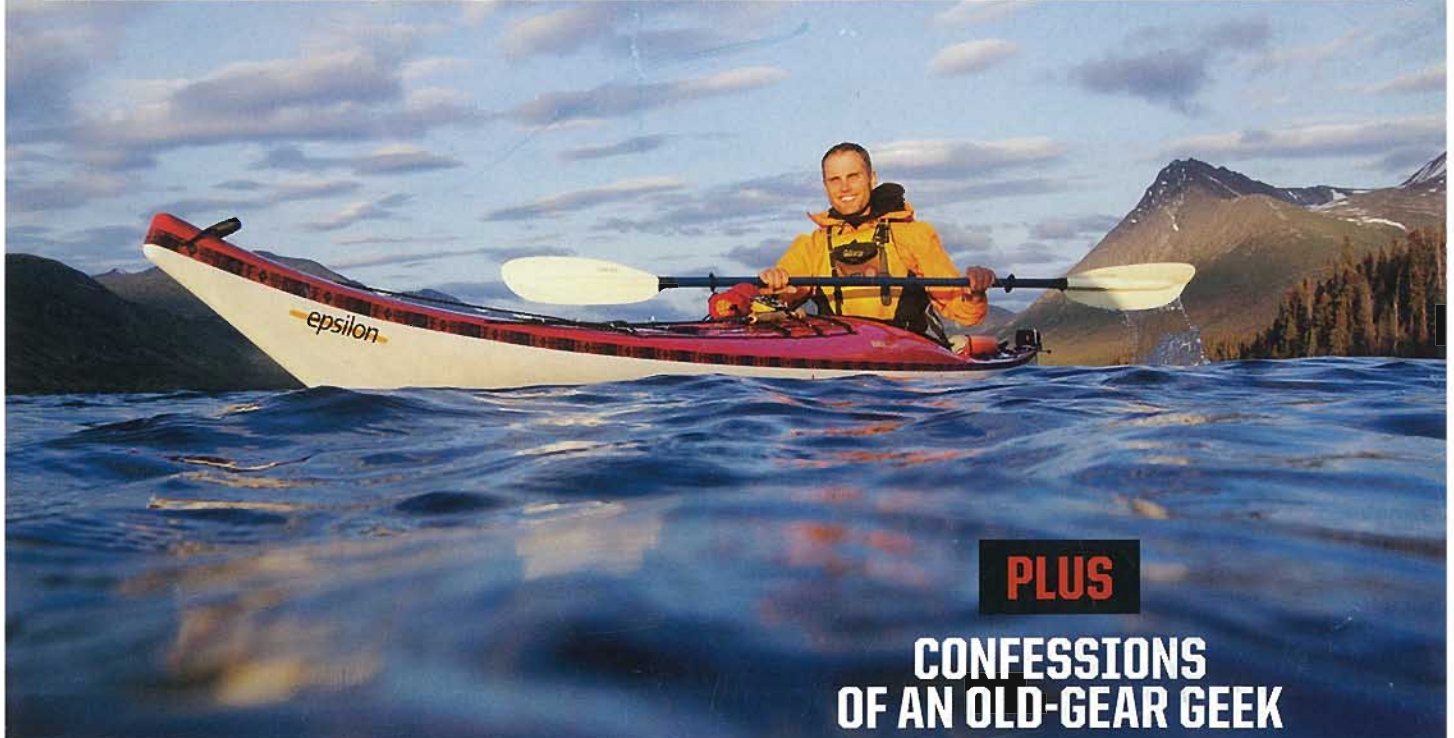
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# explore

 LIVE THE ADVENTURE

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# THE ADVENTURE LIST 2012

BY RYAN STUART





**CANADA'S COOLEST NEW GUIDED TRIPS  
FROM COAST TO COAST TO COAST**

**PLUS: THE GEAR YOU NEED TO  
TAKE ALONG FOR THE RIDE**



### GERBER STEADY

(\$85; GERBERGEAR.COM)

Like most other multitools, the Steady has a useful assortment of tools (including two knives, three screwdrivers, pliers and wire cutters). But what sets it apart is a tripod—only the Steady can help you take a picture. Two wings fold down to provide support along with the body. The Steady also has a screw mount on top for point-and-shoot style cameras (it's not strong enough for SLRs) or an optional suction cup for smartphones and the like.

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## CLIMB BANFF'S HIGHEST MOUNTAIN

Despite being Banff National Park's tallest peak, and technically easy, Mount Forbes remains little known and rarely climbed. Its remote location, plus a two-day approach on a glaciated plateau, requires organization akin to a small expedition. And that's where the guides at Yamnuska Mountain Adventures come in. Their Mount Forbes Expedition is a mini leadership course where participants learn to pull off a mountaineering objective with a guide sitting shotgun to make sure everything goes smoothly. The first day is spent at the mountain school's Canmore base, working on route and gear selection. Once packed, it's off to Saskatchewan River Crossing on the Icefields Parkway, and then a 15-kilometre hike to Glacier Lake. With no trails from here on, participants are expected to take turns route finding and leading the group to the base of the peak, 10 kilometres and 900 vertical metres away. Day four is summit day, up the moderately difficult west ridge on snow, ice and rock. From the peak, views stretch from the Purcells to Lake Louise and deep into the Banff wilderness.

JULY 14 TO 19; \$2,200;  
YAMNUSKA.COM

English-speaking, and the scenery changes from forest to farms. Daily distances range from an easy 30 kilometres to a hilly 90, though each day offers detours for the more energetic. A support van carries luggage and campsites are reserved, but food is up to you. After the ride ends in Saint John, the van shuttles the riders back to Rivière-du-Loup. **AUGUST 15 TO 25; \$1,250; ATLANTICCANADACYCLING.COM**

## FOLLOW THE SAINT JOHN RIVER

The quiet New Brunswick countryside stars in Atlantic Canada Cycling's Saint John River Bicycle Tour. The 10-day, 712-kilometre trip follows the broad, historic river all the way through New Brunswick to the Bay of Fundy. Along the route, riders pedal through the heart of the

Maritime province, even crossing the world's longest covered bridge. The tour actually begins in Quebec's Rivière-du-Loup, on the south shore of the St. Lawrence River, before heading to Edmundston, a French-speaking city in northern New Brunswick. It's here that the tour joins the Saint John River and stays close all the way to the ocean. Heading south, the towns change from mostly French-speaking to



### SMARTWOOL PHD GRADUATED COMPRESSION LIGHT

(\$45; SMARTWOOL.COM)

The benefits of compression socks aren't just for athletes. Put them on at the end of the day on a multi-day hike or bike trip, and they'll help flush lactic acid from tired leg muscles, boosting recovery. Smartwool's graduated compression socks have just enough squish to do the job, but not so much that they aren't comfy enough to wear for hours. Plus, like all the company's merino wool socks, they're super durable and odour free.



### GREGORY STASH DUFFEL 125L

(\$110; GREGORYPACKS.COM)

Part of Gregory's new travel luggage line, the Stash is the best duffel we've had the pleasure to travel with. A single zip opens it wide for packing and two compression straps snug things up. The built-in, padded backpack shoulder straps don't pinch on a cross-airport haul, and they Velcro together for easy lifting onto the belt. And even after numerous flights, the burly ballistic nylon won't show a scratch. The Stash comes in four sizes: 45, 65, 95 and 115 litres.