



**mount  
Washington**

ALPINE RESORT



*Your  
Island Mountain!*

Thanks to our corporate partners!



CHEK NEWS

**WINTER GUIDE**  
2010-2011

VANCOUVER ISLAND  
BRITISH COLUMBIA

[mountwashington.ca](http://mountwashington.ca)

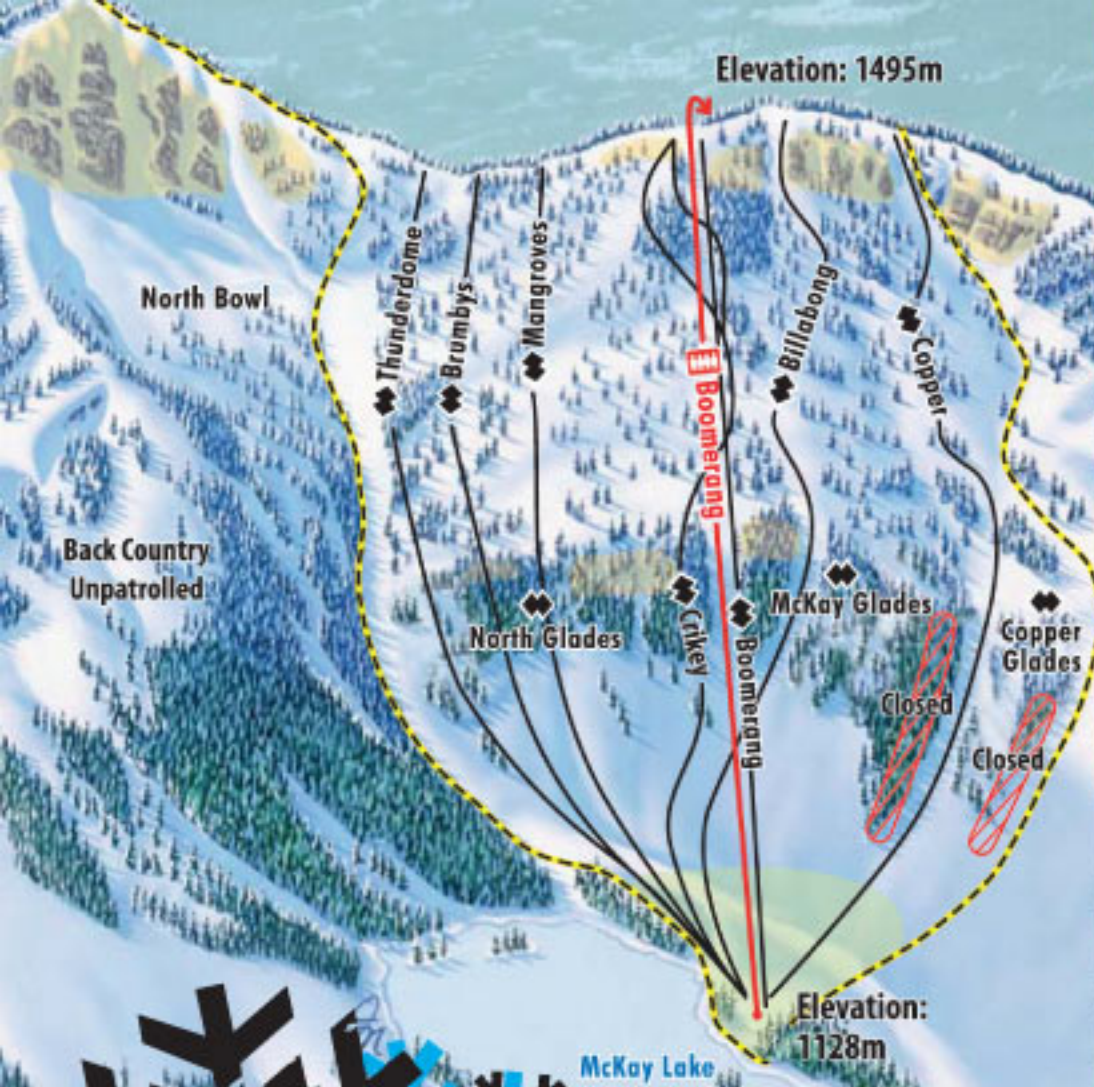
1-888-231-1499  
[mountwashington.ca](http://mountwashington.ca)

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MOUNT WASHINGTON INHOUSE DESIGN





**Mount Washington** is famous for its snow. We receive an average of 11 metres (that's 36 feet) of snow annually! This makes us the home of one of North America's deepest snowpacks. In the 2009-10 winter season we received our second deepest snow total in resort history....over 15 metres! Combining our winter wonderland with amazing 360° Alpine to Ocean views, friendly staff, and great terrain, gives you one of the most unique and rewarding skiing and snowboarding experiences worldwide!

6ixPaks are a package of discounted lift tickets. They're transferable so you can share them with your friends. **6ixPaks are sold exclusively at all Thrifty Foods or online at mountwashington.ca.**

**As a bonus: 6ixPaks include a FREE 7th lift ticket good for April 2011!**

## The Mountain

### ALPINE

**ANNUAL SNOWFALL:** 1100 cms (36ft)  
**ACREAGE:** 1600+ acres  
**BASE ELEVATION:** 1083 metres (3558 ft)  
**SUMMIT ELEVATION:** 1588 metres (5215 ft)  
**VERTICAL RISE:** Frontside 505 metres (1657 ft)  
 Backside 362 metres (1187ft)  
**RUNS:** 60 named runs, 20% beginner, 35% intermediate, 45% advanced

**LIFT CAPACITY:** 12,200 riders/hour  
**LONGEST RUN:** 1.9kms Linton's Loop

### NORDIC

**RAVEN LODGE ELEVATION:** 1105 metres (3625 ft)  
**TOTAL TRAIL LENGTH:** 55 kms (34 miles) groomed and trackset

**RUNS:** 14 named runs, 14% beginner, 43% intermediate, 43% advanced

## 6ixPaks

**Alpine - Early Bird**  
Oct. 1 - Nov. 30, 2010

**Alpine - Regular**  
Dec 1, 2010 - April 2011

Adult 19-64	Youth/ 13-18 Senior 65+	Child 6-12
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\$326	\$265	\$169
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\$365	\$297	\$189
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## Lift Tickets

**Day**  
9am - 3:30pm

**Day and Night**  
9am - 10pm

**Night**  
3:30pm - 10pm

**Late Night**  
7pm - 10pm

Adult 19-64	Youth/ 13-18 Senior 65+	Child 6-12
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\$64	\$52	\$33
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\$71.50	\$58.25	\$37
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\$27	\$22	\$14
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\$20.50	\$16.75	\$10.75
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**Multi Day Savings** - save 10% on 3 days, 15% on 4 days, and 20% on 5 days (consecutive days only)



# Your Island Mountain!



## Dining Out

**Fat Teddy's Bar and Grill** delicious food, great après atmosphere

**The Alpine Café** cafeteria-style, serving breakfast and lunch

**Sushi Mon** authentic Japanese sushi and noodle bowls

**The Hungry Marmot Express** delicious pizza by the slice

**Beavertails** a great ski treat that can't be missed

**Raven Lodge Cafe** breakfast, lunch, and dinner at our Nordic Centre

**Fresh** eat-in or take-out, proudly serves Starbucks

**The Maple Shack** a sweet taste of Québec

**The Hawk Dog Stand** a classic concession stand at the Hawk Chair

## Get Your Gear Up Here!

**ALTITUDE**, located in the Alpine Lodge, carries the biggest and best names in the ski and snowboard industry. Altitude sells quality clothing and outerwear that will withstand the alpine elements.

**MTN TEK** is the Resort's ski and board shop and sells a wide range of high performance skis, snowboards, boots, bindings, back country equipment, and more. Get your gear professionally tuned and fitted by our expert staff. MTN TEK also features a youth buy-back program so your savings don't shrink as your kids grow!

Test out new skis, boots, or a board before you buy with MTN TEK's Demo rentals. MTN TEK carries the latest advances in snow sports technology from brands like Atomic, Elan, Head, Burton, Rossignol, LIBtech, Nordica, and more.

**THE GENERAL STORE** is located on the Strathcona Parkway just before the Alpine Lodge. It's the perfect place to grab last minute groceries and items that you may need while staying in the Resort's Alpine Village. It's also the mountain's only liquor and cold beer store.

## Alpine Rentals

The Bradley Centre is home to one of North America's largest fleet of rental skis and snowboards.

*Pick up your gear after 3pm for the next day at no additional cost!*

	Adult/ Youth/ Senior	Child 6-12	Tot 3-5
<b>Ski or Snowboard Rental Package</b>	\$40	\$21	\$21
<b>Night Rental</b>	\$17	\$9	\$9

Accessories: helmets, wrist guards, jackets, pants & goggles - \$10 each/day

**Multi Day Savings** - save 10% on 3 days, 15% on 4 days, and 20% on 5 days (consecutive days only)

## Ozone Snow Tubing

Night lit, lift-accessed, snow-sliding fun for the whole family! Now open *until 10pm* on weekends and holidays.



**2 Hours** \$14

**Full Day** \$22

**Family Full Day** \$66

2 Adults, 2 Children  
additional children are \$13

*Riders under 42" tall ride free with an adult in their tube. HST extra.*





## Snow School

### Discover Skiing and Snowboarding

Includes a Green Zone lift ticket (Green Chair, Discovery Platter, and Handle Tow) rental equipment, and a 2-hour beginner lesson.

	Day Lesson	Night Lesson
<b>Adult</b> (13 +)	\$73	\$31
<b>Kids</b> (6 -12)	\$49	\$21
<b>Family</b> (max of 6)	\$232	\$99

### Private Lessons

<b>2 Hour Lesson</b> \$29 per additional person (max 3 people)	\$142
<b>Early Bird 1 Hour Private</b>	\$69
<b>Mountain Top Private Lesson</b>	\$169
<b>Sunset Session</b>	\$99

### Group Lessons (max 6 people)

<b>2 Hour Adult Lesson</b>	\$45
<b>Intro to Park</b>	\$45

### Women's Day Escapes

Includes an all day lift ticket, 2-hour group lesson, and lunch.

<b>Every Tuesday</b> Starting Jan 5, 2010	\$86
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**Day for Dudes** \$78

Rip up the hill with the snow pros and then après with a Kokanee. Includes an all day lift ticket and a 2-hour group lesson that matches your skill. *Dates: January 14, February 11, and April 8*

## Mountain Kids!

Mount Washington's kids programs are designed to offer great instruction and tons of fun on the snow!

### Lesson Packages

Lesson, lift ticket, rentals (helmet included).

	Kids 6-12	Tots 4-5
<b>Full Day</b> 9am to 3:30pm with lunch	\$135	\$112
<b>Half Day</b> 9am to 12:30pm or 1pm to 3:30pm	\$81. <sup>50</sup>	\$64

### Wee Ski 2-5 years old

Parent participation program for you and your tot.

	\$31
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### Mighty Tots 3-4 years old

Fun skills development in a group setting. Starting in January and running Sundays. *Includes a snack*

	\$109
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### Freeride Club 5 years of age and up

Designed for all abilities. This Sunday program runs for 10 weeks and will have your little ripper mastering moguls and riding like a pro! *Lunch options available*

	\$352. <sup>75</sup>
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### Bears Den Day Care

Open 8:30 am to 3:30pm. *Snack included*

	18 to 36 months	3 to 5 years
<b>Full Day</b>	\$59	\$52
<b>Half Day</b>	\$45	\$43

To ensure lesson space please book 24-hrs in advance!

Call 1.888.231.1499

Visit us online for complete details about seasonal programs and holiday camps and clinics!





# Events & Terrain Park



## Events Calendar

### December 2010

December 23	<b>Carols By Candlelight</b>
December 24	<b>Christmas Eve Service</b>
December 26	<b>Coca-Cola Torchlight Parade &amp; Fireworks</b>
December 31	<b>New Years Eve Parties!</b>

### January 2011

January 11 - 14	<b>Kokanee Winterfest</b>
January 15 - 16	<b>TNF Avalanche Awareness Weekend</b>
January 17 - 21	<b>National Learn to Ski &amp; Snowboard Week</b>
January 29	<b>Kokanee Oldschool GS Race &amp; Retro Party</b>
January 30	<b>Ski For MS Fundraiser</b>

### February 2011

February 12	<b>Fat Teddy's Beach Party</b>
February 13	<b>Herb Bradley Coca Cola Classic</b>
Feb. 28 - March 4	<b>Women's Week</b>

### March 2011

March 5	<b>Afterdark Invitational</b>
March 5 - 13	<b>CHEK News Snow Jam</b>
March 26	<b>Vancouver Island Loppet</b>

### April 2011

April 9	<b>Dummy Downhill</b>
April 10	<b>Barq's Slush Cup</b>

### May 2011

May 1	<b>Royal LePage Snow to Surf</b>
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Pure steez, that's what the Stomping Ground Terrain Park at Mount Washington offers everyone who rides it. M-Dub's dedicated Park Crew build the ultimate park every winter featuring jumps, hips, step-ups, rollers, as well as a sumptuous smorgasboard of street-style rails and fun boxes. If you like flow and you like to go big, then the Stomping Ground is the place for you!



Highlights of the The Stomping Ground's bag o' tricks include:

- × 40' flat down box
- × 36' battleship box
- × 40' flat box
- × 24' arch rail
- × raw and sweet booters
- × triple threat
- × 24' down flat down box
- × 32' roller coaster to Kicker
- × 24' c-rail
- × Large Marge
- × shocker
- × skier/boarder cross course

## Park Events

January 21	<b>Full Throttle Friday # 1</b>
January 22	<b>O'Neill Rail Jam</b>
February 19	<b>Klondike Skier Cross</b>
February 25	<b>Full Throttle Friday # 2</b>
February 26	<b>Big Air Comp</b>
March 5	<b>Afterdark Invitational</b>
March 25	<b>Full Throttle Friday #3</b>
March 26 - 27	<b>Full Throttle Slopestyle Comp</b>





Mount Washington is one of North America's top-rated nordic centres. Last year, over 15 international teams called the mountain home for training prior to the 2010 Winter Games. The Raven Lodge, perched on the edge of Strathcona Provincial Park, is the epicenter of Vancouver Island's cross-country community. Over 55 km (30 miles) of world-class machine groomed XC trails exist around the resort and through scenic parklands.

## XC Trail Passes & Rentals

Passes	Adult 19-64	Youth/ 13-18 Senior 65+	Child 6-12
<b>Day</b> 9am - 4pm	\$21	\$17	\$11
<b>Afternoon</b> 12pm - 4pm	\$16	\$12.75	\$8.25
<b>Night</b> 4pm - 8pm	\$9	\$7.25	\$4.50
Rentals	Adult 13-64	Child 6-12	
<b>Skate or Classic</b>	\$24	\$16	

## Snowshoeing Rates

Find out why snowshoeing is one of North America's fastest growing activities! Rates include rental and trail pass.

	Day	Night 4-8pm
<b>Adult/Youth/Senior</b>	\$22.50	\$11
<b>Child 6-12</b>	\$13.50	\$7.25

## Snowshoe & Fondue!

Snowshoe through stands of majestic old growth forest in the heart of Strathcona Provincial Park, then return to Raven Lodge to enjoy a three-course Fondue. *Pre-booking is required!*

**Adult** (13 & up) - \$52.50 **Child** (12 & under) - \$31

## Discover Snowshoe

\$33

Take a 2-hour guided tour and learn tips on snowshoe techniques and snow safety. Includes snowshoes, pass, and guide.

## Discover Cross-Country

\$43

Beginners' package including trail pass, rental gear, and a one-hour Classic or Skate beginner lesson.

## Private Lessons

Let one of our XC instructors take your skiing to the next level!  
(Trail Pass and equipment extra)

\$65 per hour

\$29 per additional person - maximum of 3

## Women's Day Escapes

\$37.50

Join a group of like-minded ladies and enjoy a day skiing in Strathcona Provincial Park. Escapes run every Tuesday and includes a trail pass, 1-hour Lesson, and a delicious lunch.

## Discover XC Kids (6 - 12 years)

\$29.25

Group lessons that teach XC techniques, snow safety, and fun healthy exercise. Includes trail pass, lesson, and rentals.

## Nordic Masters

\$99

Six Week group program designed to improve your overall fitness and technical XC skills.

[mountwashington.ca](http://mountwashington.ca)





## Mountain Accommodation



Mount Washington has options for up to 4000 guests! Choose from Slopeside Accommodations in Bear and Deer Lodge, A-frame chalets, drive-in access log homes and townhouses, or hotel-style condominiums.

### Slopeside Getaway *starting at:*

- 2 nights accommodation
- 2 lift tickets

**\$214\***

### 5-Day Ski Week *starting at:*

- 5 nights accommodation (Sun-Thurs)
- 5 midweek lift tickets (Mon-Fri)
- 8 hrs of ski or snowboard lessons
- Ozone snow tubing
- Monday night après and grand finale dinner

**\$499\***

### Summit to Surf *starting at:*

- 2 nights Slopeside Accommodation
- 2 lift tickets
- 2 night stay at Middle Beach Lodge in Tofino

**\$314\***

## SLOPESIDE ACCOMMODATIONS at Bear & Deer Lodge

Call: 1-888-231-1499  
or book online: [mountwashington.ca](http://mountwashington.ca)

\*Prices are per person based on four sharing a two bedroom condo. Taxes extra.



## Tourism



To find more accommodation  
options on Mount Washington...

1-877-754-4661  
[discovermountwashington.com](http://discovermountwashington.com)

## Comox Valley Accommodation



### Best Western- The Westerly Hotel

**Ski Packages from \$94.99** *includes a full breakfast*

Courtenay's only full-service hotel featuring 144 rooms with complimentary wireless internet, restaurant, lounge, pub & specialty liquor store, indoor pool, saunas, hot tub & fitness facility, business centre, ski wax room with secure ski storage, team locker rooms, guest coin laundry and complimentary use of tire chains.

1-800-668-7797 or (250) 338-7741  
[www.thewesterlyhotel.ca](http://www.thewesterlyhotel.ca)

### Travelodge Courtenay

**Packages from \$80** *includes deluxe continental breakfast*

91 Inviting Rooms. Convenient location, next door to movie theatre, restaurants, and shopping. In-room movies on demand. Free in-room coffee. Free wireless high-speed internet. Ski waxing room and coin laundry.

1-800-795-9486 or (250)-334-4491  
[www.travelodgecourtenay.com](http://www.travelodgecourtenay.com)

### Riding Fool Hostel

**Packages from \$80**

Full kitchen, BBQ, wood stove, hardwood floors, common room with free pool table. Free wireless internet and internet terminal, gear storage room, café on site. Non-smoking, no pets. 'Tourism BC Approved.'

"This is one of Vancouver Island's best hostels!" - *Lonely Planet BC Edition*  
1-888-313-3665 or (250) 336-8250  
[www.ridingfool.com](http://www.ridingfool.com)

### Kingfisher Oceanside Resort & Spa

**Packages from \$125** *includes Ocean View room & full use of Spa facilities*  
(excluding December 24, 2010 - January 1, 2011)

Ocean View rooms, beach front suites, ocean side dining featuring West Coast cuisine, full service spa with outdoor heated pool, hot tub, steam cave, fitness room and the Pacific Mist Hydropath®. Direct flights to the Comox Valley YQQ via WestJet/Pacific Coastal & Central Mountain Air.

1-800-663-7929 or (250) 338-1323  
[www.kingfisherspa.com](http://www.kingfisherspa.com)

### Holiday Inn Express & Suites

**Packages from \$114.95** *includes a full, HOT breakfast*

Includes one night accommodation, one lift ticket and a full, HOT breakfast. Conveniently located close to restaurants, shopping and Hwy. 19 and only minutes to Mount Washington. Amenities include coin laundry, hot tub, swimming pool and water slide, ski storage, free wi-fi.

1.800.HOLIDAY(465-4329) or 1-778-225-0010  
[www.hiexpress.com/courtenayse](http://www.hiexpress.com/courtenayse)

**Comox Valley packages include one-night accommodation and a lift ticket**

All prices are per person based on double occupancy. Taxes extra.





# Mile High Summer!

## Mile High Chairlift Rides

Soar above the mountain with a chairlift ride! The ride lasts for 15 minutes allowing you plenty of time to soak up the awe-inspiring Alpine to Ocean views. Once at the top follow one of the hiking trails and discover even more fantastic scenery.

## MOUNT WASHINGTON BIKE★PARK

### FOR THOSE ABOUT TO RIDE, WE SALUTE YOU!

Mount Washington is home to one of North America's ultimate bike parks. Serviced by two high-speed chairlifts, our park offers classic downhill, fast and flowy freeride, and single-track cross country trails. Whatever style of riding you do, our bike park answers the call.

### BIKE PARK STATS:

- » 505m (1647 ft) vertical drop serviced by two lifts
- » 37 kms of trails
- » 30% novice, 35% intermediate, 35% expert
- » 3 on-mountain skills areas
- » Dirt jump park

## Weddings and Conferences

In both winter and summer, Mount Washington is an ideal location for weddings, banquets, and conferences. The resort's conference and wedding facilities include: multiple reception spaces and the spectacular Raven Lodge; over 4000 beds in our Alpine Village; fully-licensed catering service; sound & entertainment; as well as great alpine activities like Mile High Chairlift Rides and mountain biking.

*Contact our Catering Coordinator for details and bookings.  
phone: 250-334-5757 email: [catering@mountwashington.ca](mailto:catering@mountwashington.ca)*

## Getting Here:

Fly into the Comox Valley International Airport (YQQ) or drive the Inland Island Highway right to the base of Mount Washington (exit 130). The highway connects to all BC Ferries terminals and with priority boarding, we're only 3 hours total travel time from Vancouver!



## Mailing Address

Mount Washington Alpine Resort  
1 Strachcona Parkway  
Mount Washington, BC V9J 1L0  
CANADA

## Reservations

1-888-231-1499 or 250-338-1386

## Snow Reports

1-888-833-1515 or 250-338-1515

