

BRINGING BISON
BACK TO BANFF

ROWING ACROSS
THE ATLANTIC

explore

CANADA'S OUTDOOR MAGAZINE

58

WAYS TO

DO SUMMER BETTER

NEW
TOYS

NEW
TIPS

NEW
TRIPS

"Dinner, many hours earlier, had been a bowl of partially rehydrated macaroni topped with powdered key lime pie."

Charles Wilkins, P. 54

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2

DO YOGA WITH ALTITUDE

Ditch sweaty and crowded yoga studios for a classroom with one hell of a view: Lake of the Falls in the Canadian Rockies. Led by certified Hatha yoga instructor and ACMG hiking guide Martha McCallum, you'll jump in a helicopter on the David Thompson Highway, an hour-and-a-half northeast of Lake Louise, for a 10-minute flight into the Rockies subalpine. A short hike leads to a flat ledge overlooking the aptly named lake, the ideal spot to pull asanas for an hour. Afterwards, ramble through alpine meadows down to the lake and the heli pickup for a flight back to earth. **(\$430; marthashelihikes.com)**