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## MAGAZINE

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THE WEST ISSUE

# the BUCKET LIST

14 MUST-DO WEST  
ADVENTURES  
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JANUARY 2011 \$4.95  
VOLUME 5, NUMBER 2



## SKIING & CAFFEINE

→ **SCIENTISTS: A FEW CUPS OF COFFEE CAN BOOST PERFORMANCE**

CANADA POST PUBLICATION AGREEMENT # 42084025



# THE BUCKET (West) LIST





Pack the ski bags and get ready for the adventure thrill of a lifetime By Gordie Bowles

#8

**MIKE WIEGELE HELI SKIING**  
Ski 30,000 vertical feet at Wiegele's



#8

THE HIGH-LIFE AT WIEGELE'S

Ski 30,000 vertical feet at Wiegele's

THIS IS A SERIOUS TRIP FOR SERIOUS SKIERS.  
1.2 acres of skiable terrain and an  
annual snowfall of 10 metres.

**(#8) THE HIGH-LIFE AT WIEGELE'S**

Mike Wiegele Helicopter Skiing (near Blue River, B.C.) / Cost: Starting at \$3,654 for 30,000 vertical feet. [www.wiegele.com](http://www.wiegele.com) A couple of hours north of Kamloops in the heart of the Monashee and Cariboo mountains near the forestry town of Blue River sits one of the classic skiing and riding destinations on the planet — Mike Wiegele's. Offers more than 1.2 acres of skiable terrain that can be accessed by the helicopters and an annual snowfall of 10 metres, as well as majestic mountain backdrops among steep trees and the best view in the house — the helicopter. This is a serious trip for serious skiers.

**(#9) ENJOY THE RUSTIC CHARM OF**

**SUNSHINE VILLAGE** Avoid tough decisions, try all three. The World Heritage Site of Banff, Alberta is a true national treasure. Boasting three top-shelf ski resorts in Mount Norquay, Sunshine Village and Lake Louise, options are plenty near Banff. The rugged beauty, unspoiled landscapes and mountain ranges seem to go on forever ... and the skiing is quite epic too. Sunshine Village is the closest to Banff and offers hundreds of kilometres of marked trails, from beginner to expert. Even the trek up the mountain in the gondola is an experience. You will rarely wait in line on this mountain that has one

of the longest seasons in the West from mid-November to late May. With an annual snowfall of 30 feet, skiers and riders will have powder shots more often than not over the 12 lifts and three mountains (Goat's Eye, Standish and Lookout). The freeride zones, like Delerium, have some great pitches and tough terrain (peeps, shovel and probe required) and new tracks are easy to find. For those looking for park options, the terrain park covers 12 acres of terrain and features many boxes, rails and jumps. The on-mountain accommodation ranges in functional to rustic elegant and when you stay on the mountain you really feel like you're "unplugged and away from it all".