

Westcoast

OUTDOORS

Super
Dave
facts

Check out the 2006/07 B.C. Snowmobile and ATV show at the Abbotsford Tradex Centre this weekend. More details at: snowmobile.ca. Dave's hot sites this week are: hellobc.com/ski, onthesnow.com, adventuresmart.ca.

Weather good for B.C. resorts

Rain here means snow is falling in the mountains

By DAVE NORONA
for Metro Vancouver

THE RAIN MAY BE A bummer for some but it means one thing for outdoor winter enthusiasts: snow! Over the last week, winter resorts all over B.C. are preparing to open their terrain and take advantage of the early winter conditions. Every resort around the province has spent the summer building, grooming and preparing their mountains. Here is what to look forward to:

Grouse Mountain is Vancouver's busiest winter playground and offers everything from winter sleigh rides to great skiing with one of the best views on the planet. If you took advantage of last year's Y2Play pass, which allows unlimited skiing for just \$250 for 2006/07 then you will be up there as much as me. If not, then make sure you

get on board this year (grouse-mountain.com snow phone: 604-986-6262).

Cypress Mountain has been super busy as they get ready to host the Freestyle Events for the 2010 Winter Olympics and Paralympic Games. Their awesome winter shuttle will be in full force this year, and you can now purchase a season's bus pass to make the journey that much easier. Cypress also offers up the only Cross Country Skiing locally with 19 kilometres of amazing trails, half of which are lit up for nighttime (cypress-mountain.com snow phone: 604-419-7669).

Mount Seymour has also been busy prepping for the winter season. Make sure, after a morning out on the slopes, you check out their great backcountry terrain via snowshoes or their wicked snow tube park. Mount Seymour also offers a shuttle bus service (mountseymour.com snow phone: 604-718-7771).

Whistler/Blackcomb is one of the top resorts in the world for good winter, and both moun-



Silver Star is one of Dave Norona's favourite resorts. This year the resort has a new lift to bring skiers to the top.

tains have been super busy all summer increasing their skiable terrain. The big news is the new Symphony Express Chair atop Whistler, which will add 1,000 acres of intermediate and advanced terrain ... I can't wait (whistlerblackcomb.com snow phone: 604-687-7507).

Sun Peaks Resort lies just four and a half hours from Vancouver and has incredible skiing out of a little European Village setting. Sun Peaks has been very

busy over the summer working toward its master plan. Soon Sun Peaks will encompass five mountains with two separate villages. This year a brand new quad chair has been installed on Todd Mountain, and the Terrain Park gets its very own piston bully groomer (www.sunpeaksresort.com 1-800-807-3257).

Big White and Silver Star are two of my favourite resorts. Both mountains have epic snow conditions and offer the best ski-in

and ski-out accommodations anywhere in the world. Big White goes big this year with their new \$7 million, six-person chair lift, which is the longest in Canada. Silver Star also gets a new lift that helps get skiers and boarders to some sweet gladdened areas. If there is only time for one trip this winter make it to at least one of these two resorts (bigwhite.com 1-800-663-2772, skisilverstar.com 1-800-663-4431). See ya out on the slopes!

GEAR guide



ORANGE MEN'S ATMOST JACKET

Description: Get ready for winter with this fully seam sealed, two-ply stretch jacket. Nine outside pockets (three are waterproof), five inside pockets, zip-off hood, pit-zips, H₂O access and removable storm skirt. **Price range:** \$489

Where to find it: orageski.com

ICEBREAKER SLALOM ZIP

Description: Look like a million bucks in this Slalom Zip made with 100 per cent pure New Zealand merino wool. It will stay warm even when wet, has superior insulative properties, and won't retain body odours. Perfect for B.C.'s great outdoors. **Price range:** \$140



Where to find it: icebreaker.com



YAKIMA SKYBOX PRO 18

Description: Take everything with you with Yakima's aerodynamic SkyBox Pro 18. A new stiffer lid creates less vibration at speeds and makes it easier to open and shut. The quick-installation hardware allows you to put on or take off the box in minutes and locks are included. **Price range:** \$675

Where to find it: yakima.com

THERMOS NISSAN 500ML

Description: This mini Thermos holds a half litre of yummy goodness for before or après ski. Its ultra light stainless steel construction has a welded vacuum chamber for reliability and will keep your hot drink hot for hours.

Price range: \$30
Where to find it: thermos.com



RED-LEGGED FROG, WEST VAN - LIZ KOVICS

Get out there and get some mud on your face!

INSIDE GEAR

New DVDs In-Stock:
NWD 7, Kranked 6 and CKD



Radical Films

DAKINE

ROACH

SUGOI

OUTSIDE GEAR

Roach Indy Jacket - **\$79** reg. \$159

Sugoi Jackets - **25% off**

Dakine White Knuckle Gloves - **\$49**

Cove Bike Shop, 604-929-2222
Service 604-929-1920
1389 Main Street, North Vancouver
MON TO FRI 9-7 | SAT 9-6 | SUN 10-5

Cove Bikes, 604-929-1918
4310 Gallant Street,
North Vancouver
MON TO SAT 9-6 | SUN 10-5



COVE BIKE SHOP SERVING NORTH VANCOUVER SINCE 1981