

**AST 1 with Summit Mountain Guides****Route Plan Exercise**

*\*Please note, these questions are to help you better prepare for the course and will not be marked.*

Use your previous experience and your recent learnings from the avalanche tutorial to create a route plan for the 2 objectives below. Combine that knowledge with more research with tools like; google earth, topo maps, current avalanche bulletin and Avalanche Canada's trip planner. The locally made West Kootenay Touring Guide (WKTG, available at VPO or ROAM) is also a great resource. Each route plan should contain:

- Avalanche Exposure Scale Rating
- Elevation band travelled
- Avalanche Hazard
- Various decision point & legs on each trip
- The elevation gain and loss
- Time estimate for a return trip

**1. Hummingbird Pass** (map 82 F/6, from Hummingbird Pass parking lot) \*route #17 in WKTG

**2. Cornice Ridge** (map 82 F/3, from Kootenay Pass) \*route # 1 in WKTG

\*Here are some good baseline time estimates; 300m/hours for elevation gain and 1-2km/hours for horizontal distance. Both should be compounded when calculating overall time.