



2024 MOUNTAIN SPIRIT AWARD: LÉA FLOWERS NELSON



Léa Flowers Nelson

Sponsored by Ski Uphill, Norquay and Stoke

2024 Award Recipient Léa Flowers Nelson

Léa (pronounced lay-ah) has been a part of the Canadian Rockies Youth Network (CRYN) since grade 10 and is now in grade 12 continuing their work with CRYN.

The Canadian Rockies Youth Network is a youth led organization that works to promote Indigenous perspectives and bring youth across Alberta with a shared passion for environmental activism to take action against the climate crisis.

Léa is a passionate individual who always does their best and challenges herself. Over the summer her biggest challenge and highlight was participating in the Girls* on Ice Canada Illecillewaet expedition. Currently she is working on the Canadian Rockies Youth Network administration team and is the co leader of her school's environmental club.