



## BODACIOUS in the BUGABOOS THE CLASSIC AUG 17 – 20 & AUG 20 - 23, 2012

### DAY 1: BANFF TO BUGABOOS HELIPAD

**7:15 am** Meet at the Brewster Transportation Centre for the ground transfer from Banff to the Bugaboos Helipad.

**7:30 am** Depart Banff. We head west along the shores of the Bow River past the incredible mountain citadels of Banff National Park through fabulous Kootenay National Park to Radium Hot Springs BC where we continue north through the Rocky Mountain Trench with the Rockies to the east and front ranges of the Columbia Mountains to the west; one of earth's most dramatic landmarks and clearly visible from orbital space.

**10:00 am** This is the way to travel...get up close and personal with the majestic Columbia Mountains when your private Canadian Mountain Holidays helicopter whisks you up, up and away to the gorgeous Bugaboo Lodge. After getting fitted with all the top of the line outdoor gear you'll need, it's time to get acquainted with your Bodacious travel companions over a scrumptious lunch. Spend the afternoon hiking with your certified mountain guide in the dazzling alpine of the world-renowned Bugaboo Range. At day's end, return to the lodge, unwind and get set for Welcome Cocktails – Bodacious style - followed by a deliciously prepared dinner. The evening is yours to relax - have a hot tub under the stars, enjoy a muscle melting massage or chat by the fire. **(Snack, L, D)**

**NOTE: - 6:15 pm Bodacious Welcome Cocktails  
7:00 pm Dinner**

### DAY 2: BUGABOOS FULL DAY OF EXPLORATION

**7:30 am** Join our yogini Meredith Marotta for total mind and body awakening with "Sunrise Yoga". Enjoy a hearty breakfast before the helicopter takes you high upon a mountain top for an unforgettable day of hiking with your certified mountain guide. Upon your return to the lodge, join your Bodacious friends at the "SHOP TIL YOU DROP" Wine and Cheese Party or sit back in the view rich relaxation room at the spa. After a 5-star dinner, take a shot at "GETTING VERTICAL" on the climbing wall or curl up with a book by the fire. **(B, L, D)**

**NOTE: - 5:30 pm "Shop til you Drop" Wine & Cheese Party  
7:00 pm Dinner**

### DAY 3: BUGABOOS FULL DAY

**7:30 am** Awaken with more of Meredith's soul-soothing breathing and stretching exercises

**9:00 am** After savouring a tasty breakfast, be flown to new heights for another audacious hiking adventure and lunch on a mountain top. Then continue hiking or be flown back to the lodge for an invigorating and inspiring yoga class. In today's longer class, relax as Meredith guides you through a personalized meditation to a place of inner peace. Feeling energized, raid the "Tickle Trunk" for dress up night and get glammed for cocktails, another 5 star dinner, and the Bodacious Party Night! **(B, L, D)**

**NOTE: - 3:00 pm Yoga and Guided Meditation  
6:30 pm Bodacious cocktails  
7:00 pm Dinner**

### HIKING TIPS

**Hydration:** Drink plenty of water. You need to replace water lost through perspiration and activity.

**Happy feet:** Let your guide know as soon as you feel a hot spot – this is a sign that a blister is about to develop. Stop and put some moleskin on the affected area. (Your guide carries this and can help you).

**ALLERGY ALERT:**  
The Bugaboo Lodge is  
**NUT-FREE**

**DAY 4: BUGABOOS TO BANFF and CALGARY AIRPORT**

**8:00 am** Following breakfast, pack your bags for your final flight.

**9:00 am** First flight from the lodge to the Bugaboos Helipad.

**11:00 am** Depart the helipad by motorcoach, returning through Golden and Banff National Parks to Banff and Calgary Airport. Boxed lunch is provided for the return trip.

**1:30 pm** Arrive in Banff.

**4:00 pm** Arrive at the Calgary Airport. Return home refreshed, invigorated, renewed and reconnected. **(B, L)**

**SCHEDULE IS SUBJECT TO CHANGES**