



## STRETCH 'N STIR BUGABOOS AUGUST 23 - 26, 2012

### 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

### AUG 23: BANFF TO BUGABOO HELIPAD

Make your way by taxi (CMH picks up the fare) to the Brewster Transportation Centre.  
**7:00 am** Approximate departure time from Banff for ground transfer to Bugaboo Helipad. You head westward along the shores of the Bow River past the incredible mountain citadels of Banff National Park and into equally impressive Kootenay National Park. Wildlife sightings along the way are normal and inspiring. Cross the Rocky Mountain Trench, arriving at the Bugaboo Helipad near Spillimacheen, BC. Breakfast and beverages await you onboard.

**10:00 am (Mountain Time)** Arrive at the helipad for the quick, exhilarating flight to Bugaboo Lodge. After settling into your rooms, you'll be outfitted with all the necessary hiking gear, get acquainted with helicopter safety procedures, then fly up for an afternoon of walking and hiking in some of the world's most stunning mountains. Fly back to the lodge in the afternoon for snacks, beverages, and relaxation before dinner.

**6:00 pm** "Stretch 'n Stir" welcome cocktail hour

**7:00 pm** Sit down to a sumptuous award winning dinner and then the evening is yours to relax, take a look at the Bugaboo's fine history exhibits, visit the lodge's retail shop, set up an appointment for a muscle melting massage (not included, but well worth the extra charge), soak in the hot tub under the stars, chat by the fire. **(L, D)**

### AUG 24: FULL DAY OF HELI-HIKING

**7:30 am** Join Julie for a mind-body yoga stretch to kick-start your day.

**8:00 am** Enjoy a hearty breakfast, then choose from a variety of sandwiches and snacks for a picnic lunch in the mountains.

**9:00 am** The first helicopter leaves the lodge. Each group of hikers, accompanied by a guide, spends the day exploring the immense variety of landscapes in the Bugaboos, which abound with personality-rich glaciers, turquoise lakes, airy mountain ridges, and the magnificent spires which make the range a mountain-lover's paradise.

*Life is not measured by the number of breaths we take but by the places and moments that take our breath away.*

- anonymous

*Water is fluid, soft, and yielding. But water will wear away rock, which is rigid and cannot yield. As a rule, whatever is fluid, soft, and yielding will overcome whatever is rigid and hard. This is another paradox: what is soft is strong.*

- Lao-Tzu (600 B.C.)

Enjoy a picnic lunch surrounded by stunning, unspoiled scenery.

**4:00 pm** Return to the lodge, grab a glass of wine and join Chef Sandra in “Appetizer Cooking Demos” as she shares her expert tips with you.

**7:00 pm** Another 5-star dinner is served. The evening is yours to enjoy. Curl up with a book by the fire or take a shot at getting vertical on the lodge climbing wall **(B, L, D)**

### **AUG 25: FULL DAY OF HELI-HIKING**

**7:30 am** Join Julie for more body-awakening yoga. Then fuel up for the day with another hearty breakfast.

**9:00 am** It’s back up, up, and away for an audacious hiking adventure and lunch on a mountain top.

**4:00 pm** Arrive back at the lodge. Enjoy some R&R before cocktail hour and party night with “the Sisterhood”!

**7:00 pm** Savour a scrumptious meal prepared by master chefs. Celebrate the friendships and memories you’ve made over the last 3 days. Disco Dance Party anyone? **(B, L, D)**

### **AUG 26: BUGABOO HELIPAD TO BANFF**

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

**9:30 am** First flight from the lodge to the Bugaboo Helipad.

**11:00 am** Depart the helipad by ground transportation and retrace the journey through Kootenay and Banff National Parks en route to Banff. A boxed lunch is provided for the return trip.

**1:30 pm** Arrive in Banff. Return home refreshed, invigorated, renewed and reconnected. **(B, L)**

**SCHEDULE IS IN MOUNTAIN DAYLIGHT TIME; SUBJECT TO CHANGES**