



BODACIOUS in the BUGABOOS YOGA ROCKS AUGUST 20 – 23, 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 20: 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 high alpine. At day's end, enjoy some chopper fever as you are whisked back to join Angie for a mountain style yoga class. From beginning to end the flow of energy will be with the breathe and the energetic movement of the body in order to still the mind. After unwinding on your yoga mat, share in some fun with a Bodacious Welcome Cocktail followed by a deliciously prepared dinner. The evening is yours to relax with your Bodacious friends - have a hot tub under the stars, enjoy a muscle-melting massage or chat by the fire.

(Snack, L, D)

**NOTE: - 4:30 pm afternoon yoga
6:30 pm Bodacious Welcome Cocktail
7:00 pm dinner**

AUG 21: BUGABOOS FULL DAY OF EXPLORATION

7:30 am Join our yogini Angie Smith for total mind and body awakening with "Sunrise Yoga".

9:00 am 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, our afternoon yoga session will stretch your muscles and bring you to a place of relaxed stillness. You are recharged and ready to join in for a "SHOP TIL YOU DROP" Wine and Cheese 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: - 4:30 pm afternoon yoga
5:30 pm "Shop 'til you Drop" Wine and Cheese
7:00 pm Dinner**

AUG 22: BUGABOOS FULL DAY

7:30 am More of those soul-soothing breathing and stretching exercises awaken us with Angie's encouraging guidance.

9:00 am After 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 Angie guides you through a session of Pranayama (breathing exercises) and personalized meditation to a place of inner peace and bliss. Feeling refreshed, 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**

AUG 23: 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 motor coach, 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 IN MOUNTAIN DAYLIGHT TIME; SUBJECT TO CHANGES