



Adventure awaits.





If you're up for something extraordinary, you'll be down with this.

For an experience available nowhere else on earth...

Way back in 1965, Canadian Mountain Holidays founder Hans Gmoser's passion for mountaineering morphed into an entirely new adventure: using a helicopter for a ski lift. A new sport was born — Heli-Skiing. There was one problem: you had to be a skier to enjoy it. So we created an entirely new genre of adventure to give people who are not skiers or mountaineers an extraordinary mountain experience.

The result: an experience like nothing else. Our guests experience mountaineering without the rigours of difficult climbing. They traverse glaciers along the easiest and safest routes, and are whisked back to a comfortable lodge for fine dining and a massage. They stand on pointy summits without the gymnastics of rock climbing. They explore waterfalls pouring over rainbow-coloured stone and past deep blue glacier ice — with eyes wide with pure amazement that this is not only possible, but downright fun. It's much more than hiking, but not quite mountaineering. If you're looking for all the fun (and then some) without the suffering, in remote mountain country, with experienced guides, surrounded by wilderness... this is it.





THRILL

Skyladder Via Ferrata | Bugaboos

An upward journey that will take you into the vertical world of climbing — the easy way.



CMH

To gulp is a good thing. The appropriately named Skyladder starts with a half-day vertical tour towards the sky. The ladder is a series of metal rungs permanently fixed to the rocks, with cables running alongside. You wear a comfortable climbing harness, and clip two safety leashes into the cable, so even when you unclip one, the other is always there for you. Explore your comfort zone, with duplicate safety systems, and alongside a professional mountain guide. After a spectacular summit, hike along a ridge — think sidewalk in the sky — with nature's skyscrapers, the Bugaboo Spires, dominating the horizon. Spend the afternoon hiking above deep valleys, gazing over brilliant white and blue glaciers, and soaking up a 360° view of alpine paradise.



After a short helicopter ride back to the lodge, finish the day pampering yourself in the comforts of the Bugaboo Lodge's spa, dining room, bar and zillion-dollar view.



CMH



The only place on earth you can experience this. CMH Glacier Treks are one-of-a-kind adventures that allow guests an up-close,

personal journey through a labyrinth of glaciers in the most famous granite spires in North America: The Bugaboos. Ropes, crampons, ice axes and harnesses are worn, but no training is needed. The rope is essentially unnecessary on the glaciers we explore, but a standard safety technique. The crampons turn trekking on snow and ice into a stroll in the park. The ice axe is a glorified walking stick. You'll fly by helicopter to the edge of Bugaboo Provincial Park, you'll travel across a blanketed glacier that winds beneath the towering granite spires, and you'll be immersed in commanding scenery that oftentimes moves people to tears. It's the kind of place mountaineers dream of, but to get here without helicopter is a full-on expedition that takes days. Instead, our Glacier Treks are thrilling, explorative, yet technically easy, adventures into the magic of the glacier world.

THRILL

Glacier Trekking | Bugaboos

Experience the rarified world of glacier travel — without going into thin air.

CMH

THRILL

Mount Nimbus Via Ferrata | Bobbie Burns

Take a ride on the exhilaration highway.



Get ready to gasp.

And to experience an exhilarating excursion to the summit of Mt. Nimbus, a place that will surely make you feel on top of the world. Like our Skyladder Via Ferrata, the method of travel uses redundant safety systems and metal rungs to keep the climbing easy and secure. The exposure on the other hand is mind-blowing. Climbing over two spires, 2,000 feet above the valley floor, and traversing between them on a Harry Potter-esque suspension bridge is the kind of experience that stays with you for the rest of your life. To build it we sent our guides to Europe to study the safest techniques. They returned and created the most extensive Via Ferrata route in North America, and one of the most precipitous anywhere. With a professional mountain guide there to help, you'll be able to push your personal boundaries in all the right directions.

THRILL

Conrad Glacier Adventure Hike | Bobbie Burns

The perfect mix of ferrata, fun and fantastic.



Douse yourself in a world of wild wonderment.

Amongst the Conrad Icefield, this is an adventure that defies classification. It's mostly a hike, up close and personal with the immense blue tongue of the Conrad Icefield, the biggest icefield in the Columbia Mountains. But in between the hiking sections, you'll don a harness and via ferrata leashes, and clip into cables to maneuver around waterfalls, up a vertical rock face on metal rungs, and take a break next to lakes with shores of glacier-sculpted rock. Two zips lines, two cable bridges, glorious hiking, river crossings, a slot canyon, and a via ferrata. Yep, that's all in one day. In standard CMH form, finish with a helicopter ride to the luxuries of the Bobbie Burns

lodge. For those who want to be drenched with excitement, beauty and accomplishment, this is your adventure.



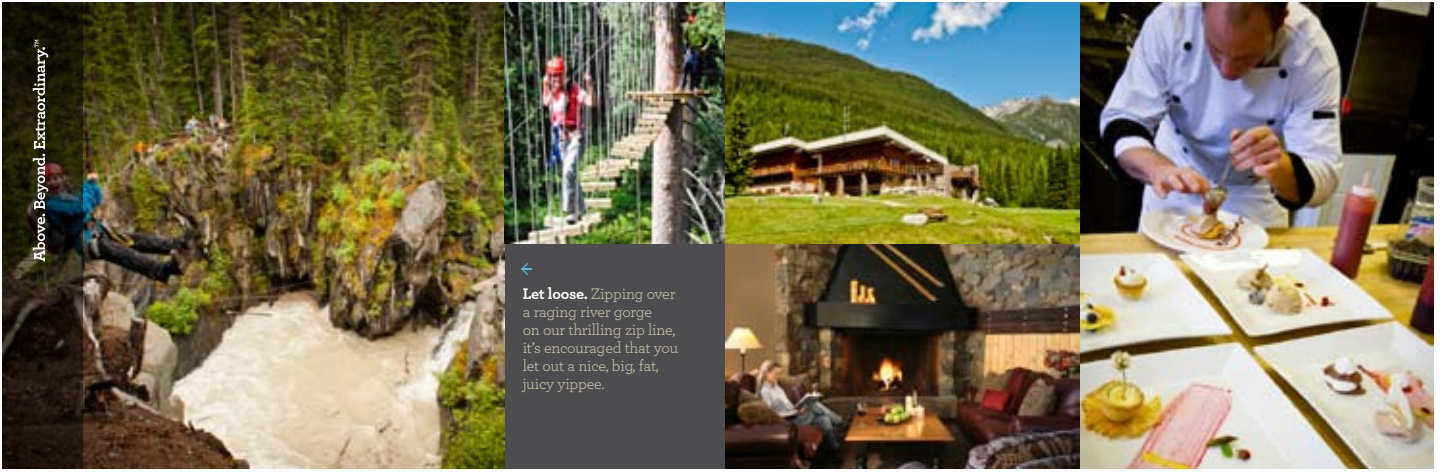
CMH



CMH

Come and be king of the thrill.





Above. Beyond. Extraordinary.™

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Let loose. Zipping over a raging river gorge on our thrilling zip line, it's encouraged that you let out a nice, big, fat, juicy yippee.

A little more thrill: up, down, all around. Up for a little more fun after a day of adrenaline? Or just want to send the kids out to chase thrills with the guides while you relax on the deck? The Bobbie Burns Lodge features a tree-top ropes course where kids and adults alike swing and climb and rappel in the ultimate Jungle Gym. Inside the lodge, you can take an upward stroll on our climbing wall. And just a short jaunt downstream, ziplines along a river gorge are sure to make next year's Christmas card. From amazing days that are "way out there," to some fun "right over there," whatever liveliness or laid back-ness you want, this is about giving you exactly what you're after.

Exhilaration by day, relaxation by night. At CMH, we're steadfastly focused on safety and fun. But when your day winds down, rest assured, you'll be doused in comfort. Both of our wilderness lodges have a uniquely warm charm, combining traditional comfort with modern amenities. Comfortable rooms with fully stocked private baths, common areas for lounging and socializing, a full-service bar, a shop with gifts and gear, and Wi-Fi to keep you connected. If you're looking to unwind a little more, each lodge has a sauna, an outdoor hot tub, and massage services that'll make you feel heavenly. And the food? Each lodge employs a group of highly-trained chefs who cook with responsibly-sourced ingredients and deliver health, flavour, and presentation in every meal. The result: meals that rival the views. So go ahead and push your boundaries during the day, because the comfort and warmth when you return is boundless.

CMH FAQs.

What all sounds pretty intense. Can I handle this? If you are in good enough shape to jog a mile, or walk four miles, or ride a bike for eight miles, or other similar workout, then you can do this. And based on your physical abilities, our guides will tailor your trip to suit your needs.

Who will I be with? Our guests come from all walks of life but each shares a common sense of adventure. Each day our guides group our guests based on who you want to be with, as well as levels of ability and specific interest. We explore in small groups, catering to any level of interest and ability.

What do I need to pack? We'll send you a detailed packing list well in advance of your trip. At the lodge we'll provide you with a rain jacket, wind pants, day pack, water bottle, walking sticks, and hiking boots from our meticulously maintained, extensive, top-of-the-line collections in each lodge. Most of our guests take advantage of these collections and hike happily in our boots.

What is the Via Ferrata? It's, well, amazing. Our Via Ferrata (Italian for "iron road") is a system of vertical pathways which feature permanently fixed cables for safety and metal rung ladders to make climbing easy. Featuring remarkable views and a vertical glimpse of the mountains, this is an experience for those who like the idea of climbing – if it wasn't for all the technical skill required. Offered to guests at both of our lodges, the Via Ferrata requires no special skills or prior experience. If you can climb a ladder you can do it.

I want to climb the Mt. Nimbus Via Ferrata, how do I make sure I get on it? For those guests looking to assure a Via Ferrata experience, we suggest you book a Bobbie Burns High Flying Adventure, which combines the Mt. Nimbus Via Ferrata with ziplines, rope course and the Conrad Glacier Adventure Hike.

I want to do a Glacier Trek, how do I make sure I get on one? Book a three day Bugaboo High Flying Adventure or for the full enchilada book a High Flying Lodge to Lodge and experience it all.

What's the weather like up there? And what if it rains? Our summer weather is generally sunny and pleasant. Temperatures range from highs of 10-29°C (50-85°F) during the day to lows of -1-15°C (30-60°F) at night. But mountain weather doesn't follow strict rules. So we will provide you with clothing and equipment to keep you warm, comfortable and dry in the cases of cooler temperatures, rain, wind, and – every once in awhile – snow. As long as it's safe to fly our helicopters (and we don't push it when it comes to flying safety), we do explore in the rain, and we have a great time doing it.

Why use a helicopter? Getting up to many of the remote areas we explore would be essentially out of the question without helicopters. Our short, concise flights take us to and from our secluded lodges, up to magical places utterly without roads or trails. Helicopters also give us the ability to gently and quickly hop from one area to another during the day, and give us access to the best of our mountain environment.



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Get high. No matter what, these places and these experiences are above anything you've done before. We promise that a CMH "thrill" trip will take your enjoyment of excitement to new heights.

Get your thrill started.

To get your adventure started, contact your favourite travel agent, call **1.800.661.0252**, or visit www.cmhsummer.com.

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