

Above. Beyond. Extraordinary.™



Journey beyond your expectations.

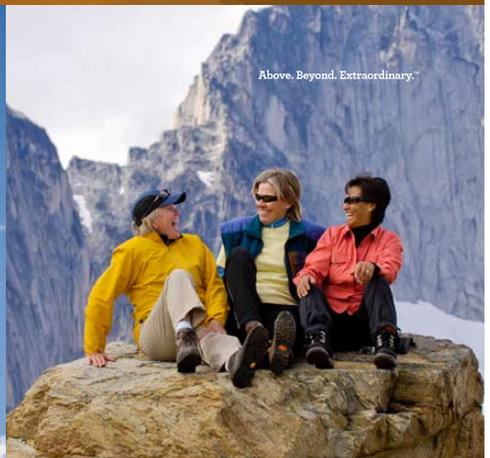




# If you're looking for something beyond your expectations, look no further.

For those who have done it all, one journey remains. As if to be kept secret, we have carefully created experiences that are equal parts inspiration, relaxation and even exhilaration.

30+ years ago we at Canadian Mountain Holidays invented what is known today as Heli-Hiking. Intentionally small, personal voyages, our trips are to be savoured and shared with those who desire the extraordinary. The fact is, it's different here. It's transformative, connective, and alive with joy. We frequently hear from guests, who have travelled the world over, that being here joins them with their surrounding like no place else. Being here connects you with things and thoughts that don't really exist anywhere else. At your own pace, with whomever you're with, you'll experience places and spaces of humbling majesty. You'll be lifted into areas that aren't reachable by anything with wheels. You'll experience luxuriously warm accommodations that'll make you feel at home. You'll experience companionship with those you came with, hike with, dine with, chat with, share with, and laugh with. This truly is an experience that is absolutely exceptional. For anyone.





# This is an experience that will lift and immerse you in pure beauty.

**We travel up and way out to get you into pure beauty.** Way back in 1965, CMH founder Hans Gmoser's passion for mountaineering morphed into a concept that would change the ski industry: CMH Heli-Skiing amidst the vast spires of the Bugaboo Mountains of western Canada. In the 1970s, Gmoser's vision then extended into the summertime... and Heli-Hiking was born. His goal: to introduce people from all over the world to this uniquely exclusive mountain experience. And these journeys were to take place with the utmost sensitivity to the land, still allowing guests to truly connect with it. Since the beginning, hikers and nature lovers the world over join us to discover self-revelation and adventure in nature's solitude, and they also leave us deeply moved by their experiences. And we have kept these trips very small, allowing only a thousand or so guests to take part in these experiences each year. They're here to be savoured, for those who want to experience something that is anything but a trip. For the most well-travelled person, there is a short list of jewels in the world, and a CMH Summer Adventure is one of them. And if we guarantee but one thing, it's this: a journey out here with us will leave you truly moved, no matter where you've been before.

CMH journeyjots ▶



## Anne Hipp

**Favourite thing:** The Via Ferrata. It was such an exhilarating feeling to reach the top after a three hour climb straight up.

**Unexpected thing:** The fields of wild flowers on day one. After hiking on ridges and across open spaces, we found ourselves on a trail through a forest with amazing flowers and views.

**Favourite meal:** Actually, the lunches. The CMH chefs come up with unexpected, but delicious combinations to fill our hungry selves with while out for the day.

**Savoured memory:** My 28-year-old daughter was on the trip and it was very special to share this extraordinary trip with her, from our physically challenging moments to our end of the day laughs back in the lodge.



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CMH was awarded the Tourism Industry Association of Canada Parks Canada Award for Sustainable Tourism.



CMH was voted "Best Heli-Adventure Company on Earth" by National Geographic ADVENTURE Magazine.



One of our trips will connect you with everything that surrounds you.



CMH journey, jots



### Jean Hunt

**Favourite thing:** It's a tie between the scenery (waking up in bed, the sun coming up over the Bugaboo spires) and the camaraderie I felt during the whole trip.

**Unexpected thing:** 2 things: 1) No locked doors... when was the last time, if ever, that you did not lock your hotel room door? And 2) The incredible level of customer service. I work in the service industry and if everyone provided this level of service the world would be a different place.

**Favourite meal:** The breakfast biscuits were amazing. I even filled my lunch bag with them.

**Savoured memory:** Our last day: breathtaking and life re-affirming, the views, the quiet, the majesty of nature and being surrounded by good people and friendship. We are so lucky.

**Connection and togetherness are part of our DNA.** There is an unbreakable bond that connects our guests with nature, their loved ones, the people they meet, our guides, and these surroundings. Over the last several decades, CMH Summer Adventures has masterfully crafted a poetic combination of wilderness and unparalleled mountain luxury lodgings that are designed to promote solitude and togetherness at the same time. It's amazing how a place that's so incredibly vast can actually make you feel closer to, and more at peace with, everything around you. Couples come to hug and kiss and roam around like they've fallen in love again. Families come to leave life behind, tighten bonds, and create memories that'll last a lifetime. "The gals" come to spend quality time together, experience something amazing, and laugh a little harder. And even the CMH family will become part of your connection to this place: our guides and staff become like friends as you walk and hike with them, share stories with them, and break bread with them. No matter who you are, you'll find a connection to this place, and these experiences, that will surely last long after you leave.





# Here, you're sure to find a trip beyond your expectations.

**There is no other place in the world where you can do what you do here.** For the last 30+ years, we've been carefully preparing the perfect trip for you. Fast or slow, short or long, laden with excitement or laid-back to the max, the perfect adventure is right here. We have eight "kinds" of adventures that have become amazingly popular with our guests. But these are anything but off-the-shelf trips. They're focused, they're inspired, they're perfect for any size group, and they're equal parts exhilaration and relaxation. From our Short Escapes (2, 3 & 4 day jaunts that'll quickly re-charge you) to our Family Adventures (designed to tighten family ties) to our High Flying Adventures (aptly named adventures that'll push your every boundary), we feature trips of a lifetime. But if one of these offerings doesn't quite fit, we also offer customized journeys, from start to finish, for any size group, any duration, any interest, and any dynamic. And if you're looking to make this trip of a lifetime even more astounding, our vacation planners will carefully choreograph a complete Canadian Rockies vacation experience that culminates with a CMH Summer Adventure.

CMH journeytots



## Michael Sherman

**Favourite thing:** The Bugaboo Lodge; perfect combination of beautiful scenery, challenging activities, wonderful food, comfortable lodgings and professional guides.

**Unexpected thing:** When I arrived, I didn't really appreciate what was in store for me. In the end, I'm so glad I was able to take the trip, do the hikes and even climb the Via Ferrata.

**Favourite meal:** Every morsel was spectacular, but if I had to choose a favourite meal, I'd point to the scallops... they were sublime.

**Savoured memory:** The rooftop hot tub with friends after an exhilarating day of hiking, holding a cool drink, overlooking the most spectacular scenery I've ever experienced and watching a gorgeous sunset. Life doesn't get much better.



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Hans Gmoser was awarded posthumously the TIAC (Tourism Industry Association of Canada) Lifetime Achievement Award.



# The perfect trip should be one that is **made just for you.**

## Every trip is flexible.

**The perfect trip may just be a perfectly custom one.** The following pages outline our top eight trips, but they're merely guidelines from which to begin. If one of them suits you perfectly: wonderful. But if you're looking for something a bit different, we can accommodate that too. Every one of our trips run concurrently... our Short Escapes run alongside our Bodacious Getaways alongside our High Flying Adventures and so on. So if you're travelling with someone that's looking for thrill and excitement, but you're not, we'll simply "mix in" some adventure for them. And if you're on a Family Adventure, but you'd like to "escape" on your own for a bit, you can do that too. There really is no such thing as the same trip twice here at CMH. Every trip is different, every day is different, every hike is different, everyone's experience is different, and they are all driven by you. But they all have one thing in common: perfection.

## Vacation beyond CMH.

**Take amazing to another level: vacation excellence, extended.** Looking to make your trip of a lifetime even more memorable? Our Vacation Planning Team is ready to customize a complete Canadian Rockies holiday for you. Stay at one of the Fairmont Hotels of the Rockies... The Banff Springs, Chateau Lake Louise and Jasper Park Lodge: each are historic landmark hotels that mix opulence with mountain tradition. Take a Rocky Mountaineer Railtour: a wonderful, two-day railroading land cruise across Canadian Rockies from Vancouver to Banff on the luxurious Gold Leaf Service. Or just kick back in Banff for a few days and we'll arrange horseback rides, mountain bike rentals, great hikes in Banff National Park, pristine day-hikes, and even fishing trips. Versed in the local low-down on Banff and Lake Louise, our vacation planning service is your one-stop shop for the Canadian Rockies experience of a lifetime.

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# Your journey begins right here →

Our eight most inspired trips are also our most popular. But they're only the beginning of what we have to offer. Rest assured, we have the perfect trip for you. For more detailed trip information, and as we constantly add to our offerings, please visit our website: [www.cmhsummer.com](http://www.cmhsummer.com).

## Short Escapes



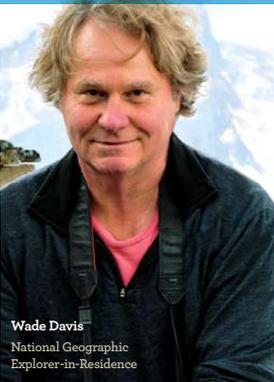
**Good things come in short packages.** If you're looking to experience the wonders of mountain wilderness over just a few days, a Short Escape may be right up your alley. Perfectly suited to any ability or desire, these 2, 3 & 4 day Heli-Hiking trips begin with amazing and end way too soon. Available at either the Bobbie Burns or the Bugaboo lodge, these trips are designed to heighten your immersion in a short period of time. Come, quickly. And enjoy.

## Lodge-to-Lodge Trips



**Experience the best of both worlds.** Enjoy two different mountain ranges, in two different lodges, but with the same result: bliss. Six nights in total, after three at the Bobbie Burns Lodge, you'll heli-hop and hike on day four to your second destination: the Bugaboo Lodge. A favourite for returning guests, these dual journeys will surely maximize your time and your tastes. You'll indulge in two different venues of amazement, in one grand experience.

## Speaker Series



Wade Davis  
National Geographic  
Explorer-in-Residence

**A classroom unlike any other.** Engross yourself in all things grizzly bear. Immerse yourself in a learning of the land like nowhere else. Or let your knowledge of flowers flourish amidst nothing but natural wonderment. Each year, CMH invites speakers from around the world to lead our guests on specialized trips designed to pique any interest. From bird-watching to polar exploration, our Speaker Series trips are uniquely specialized journeys designed to educate and excite.

## Family Adventures



**Create memories, and bonds, that will last a lifetime.** Our family adventures are perfectly suited for families of any pace, shape or size, and they're designed to keep the attention of kids of all ages who may not otherwise enjoy a hiking vacation. The helicopter ride alone is an experience for any kid but our Family Adventure specialists have much more in store every step of the way, like exploration, discovery, and happiness. But the best part: the parents can kick back, or get out and play themselves.

## Bodacious Girlfriend Getaways



**Fierce. Feminine. Fun.** These are girl getaways by which all others are judged: glorious Heli-Hiking mixed with fab food and fab fun. Offered multiple times a year, each is a celebration for girls of all ages and stages. With offerings like The Classic, Yoga Rocks, Stretch 'n Stir, and Cork 'n Core, there's something for any gal group. By day, you'll hike pure bliss. By night, you'll share stories and laughs over wine and fine dining. Our only rule: leave the boys at home, and find your inner bodacious.

## Creative Workshops



**Picture this: perfection.** Carefully tailored for both photographers and painters, our Creative Workshops are designed to immerse every artist in the medium of the mountainscape. Offered multiple times a year, each workshop features acclaimed artists or photographers from all around Canada to guide our artist guests to better explore and express their creativity. You won't just take photos and paint pictures, you'll captivate your creative frame of mind.

## High Flying Heli-Adventures



**Pack some extra adrenaline.** If you think hiking the heights of the pure Canadian mountain bliss isn't breathtaking enough, we've got something else for you: Ziplines, our famed Via Ferrata, rope course, glacier adventures, and more. Packed with challenging activities, introductory mountaineering, and sheer excitement (all the while maintaining the comfort that comes with all CMH packages) our High Flying Heli-Adventures will take you beyond anything you thought possible.

## Private Adventures



**It's all or nothing.** If you're looking for a private, premier experience, we can assist you in tailoring the perfect vacation with you, your family, or any small group. A family reunion to top them all, an unheard of wedding experience, or a corporate retreat that's impossible to beat, a Private Adventure will be just that. Enjoy both privacy and pure pleasure, and have the place to yourself, or just the guide if you'd like.



**Stop, smell and learn.**  
From gorgeous flowers to glacial formations, there's no shortage of natural wonderment here. And our wildly popular Speaker Series (featuring speakers from around the world) will take your learning to new levels.



**The right touch, no matter the trip.** Every one of our trips is carefully created to let you see, hear, and gently touch a place that's unlike anyplace else.



**Three and out.** Like anything, the more the better, but it's amazing what just three days out here can do to your frame of mind. One of our Short Escape trips is an easy way to a getaway.



**Stretch your inner and outer boundaries.** On any one of our Bodacious trips, you can explore outward, and inward too if you'd like. Our Stretch & Stir Trips combine hiking with yoga and culinary exploration too.



**Sledding in shorts?** Yep. And later on, likely a squirt gun fight too, while mom and dad do whatever, wherever they please. Our Family Adventures allow the best of all worlds.



**All in the family.** From large to small, extended to immediate, our family trips create memories that will last a lifetime, every time.



**Every medium lives large.** Out here, there's amazement in every direction. So for shutterbugs and painters alike, our Creative Workshops will inspire you beyond belief, no matter your medium.



**To gulp is a good thing.** If you choose to indulge, every one of our High Flying Adventures will challenge you to conquer whatever lies ahead of you. From ziplines to the Via Ferrata, to glacier hiking to our rope course, you'll find your fill of adrenaline and accomplishment.



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National Geographic Traveler voted the CMH High-Flying Adventure one of 50 Tours of a Lifetime



While every trip is different,  
and anything but typical,  
here's a CMH Summer Adventure at-a-glance...



ARRIVE IN CALGARY



TRAVEL TO BANFF



2 PARKS VIA LUXURY COACH



BOARD THE HELI



HELI RIDE TO CMH



ARRIVE AT THE LODGE



MEET THE STAFF



GET YOUR GEAR



SETTLE IN



OFF TO THE HELI PAD

With stunning views from start to finish, the ride through Banff and Kootenay National Parks is anything but your typical drive.

Hike, however you like. Try something:



HELI TO AMAZING



ADVENTUROUS...  
To challenge and fulfill  
your inner thrill.

OR



RELAXED...  
So you can savour every  
ounce of the experience.

OR



CONNECTIVE...  
To bond you with nature  
and the ones you're with.

OR



SPECIALIZED...  
Workshops for photography,  
nature, learning, & more.



HELI TO THE LODGE

Lodge like you've never lodged before. Settle into:



OUR SPA...  
Indulge in one, or all, of our  
soothing spa offerings.

OR



OUR ROCK WALL...  
Extend the excitement of your  
day on our indoor mountain.

OR



YOUR ROOM...  
Relax, take everything in,  
or simply stay in.



ENJOY BREAKFAST



BED TIME



RELAX



DINNER



MINGLE

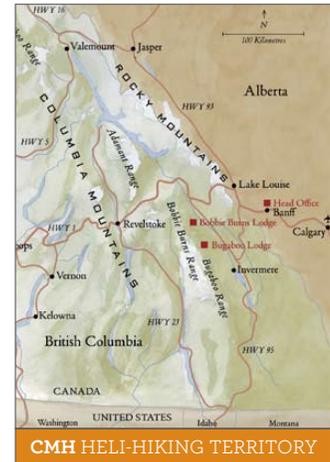




# If you think you've seen it all, you've never seen a place like this.

## Why Canada? Because it's the land of unspoiled beauty... Welcome to the Columbia Mountains.

Bounded to the west by the Canadian Rocky Mountains and to east by the Interior Plateau, the Columbia Mountains of Southeastern British Columbia are comprised of four sub-ranges. Each range is a magical composition of majestic peaks and valleys, and they remain virtually unscathed by the pressures of human sprawl. Naturally self-protected, they are an oasis commanding respect. Thankfully, CMH's Heli-Hiking innovations allow for indulgence in this pristine environment without compromising the integrity of the land. And our gentle use of this area ensures that every adventurous spirit can experience it for generations to come. We explore, but carefully.



Why CMH? Because of our virtually endless playground. Heli-Hiking in the Columbia's regal sub-ranges, the Bugaboos and the Bobbie Burns, presents spectacular vistas and endless opportunities. The Bugaboos, best known for their imposing spires, also boasts lush meadows, bubbling creeks and ancient glaciers. The equally magnificent Bobbie Burns, named for the renowned Scottish poet, offers amazingly majestic hiking. Tempting even the most avid hikers, it also features wondrous mountain terrain and our Via Ferrata, or "iron road," allowing access to incredible venues from seemingly unattainable summits. Lush meadows, geological marvels, wildlife and brilliant alpine lakes round out this serene mountain wilderness. And at CMH, we've spent our entire existence exploring and perfecting these journeys to maximize your joy.



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CMH is one of the oldest adventure travel companies in North America and the most experienced Heli-Skiing and Heli-Hiking operator in the world.



# Two inviting lodges, each ready to surround you in exploration and relaxation.

**Luscious land meets laid-back luxury.** Enveloped in a magical composition of transcending mountains and majestic evergreens, our refined lodges provide the ultimate beginnings and endings to your days of exploration. Each lodge is nestled in the landscape to provide stunning views, each has a dedicated culinary staff, each has a range of relaxation offerings, and each will soothe you with mountain warmth. Carefully placed in the midst of hundreds of square kilometres of wondrous beauty that is exclusively for you and only 43 others, each of our two lodges provides the warmth of home amidst the vast beauty of the area. But we're often asked, "Which lodge is better?" Simply put: choosing between the Bugaboos and Bobbie Burns is a bit like trying to pick a favourite among your children. Equally alluring, yet uniquely distinct, either lodge will surpass your expectations.

## The Bobbie Burns Lodge



Charming, remote, magnificent. The south-facing expansive view of the Purcell Range and Vertigo Ridge awaits you at the intimate Bobbie Burns Lodge. Nestled within a lush valley that almost seems unreal, and boasting pure, unpretentious mountain luxury, the lodge provides the ideal setting for renewal and recreation, connection and conversation. With sun-drenched decks and abounding wilderness in every direction, you'll constantly be enticed to journey outward into this exclusive mountain sanctuary.

## The Bugaboo Lodge



Since the time of Austrian mountain pioneer Conrad Kain in the early 20th century, the Bugaboos have captivated lovers of the mountains far and wide. Nestled among towering spires, the Bugaboo Lodge is situated in an iconic setting that is a destination unto itself. This historic retreat, with one of North America's most spectacular views, sits at the bottom of the Marmalotta and Houndstooth spires. The magnificence of the setting can be equally captured from the enchanting roof top spa where your soul and your surroundings will meld into one.



**Be at peace with a place.** Each of our lodges offers intimate, peaceful places to share in the absolute expansiveness.



**A recess unlike any other.** Yes, this a place of true tranquility, serenity and quiet. But random acts of craziness sometimes take place.



**Sit back, and soak in.** Not your average backyard deck, find a spot and dig into whatever the day brings you.





# An amazing dinner isn't the end, it's the beginning.

**Pristine views around you, fine cuisine in front of you.** Bountiful, decadent food is a CMH tradition, and each one of our lodges has an experienced chef at the helm, as well as an imaginative pastry chef to round out our culinary prowess. Each day starts with a breakfast spread that's as varied and delicious as the terrain that we explore. And every day, we carefully prepare and pack a "to-go" lunch that will delight and sustain whatever hike you're embarking on that day. For dinnertime, and given that we're amongst spectacular mountains, we shy away from stuffy formality, embracing instead a more familial custom. Our family style dining harkens back to an old alpine tradition, but with better manners and much, much better food. CMH's distinguished team of professional chefs prepare expressive dishes reflective of these inspired settings. Our five star cuisine and wine lists rival city-centre bistros, but the company and the conversation will make you feel right at home. Engaging chats, palate-pleasing delights, amazing surroundings, and dinner attire that's anything but stuffy. It's a bit like sitting at the Captain's Table. Every night.



← **We don't take dinner lightly.** Here, we do everything in our power to match what you see with what you taste.

← **All in the family dining.** It's a tradition here at CMH to share not just the experiences and the views, but to share in great food and stories too... together.



**Peace, from the outside in.** From morning stretch, to the afternoon sauna and evening massages, we have premier spa offerings that'll keep you feeling good all over, and all day long. ↓



# Feel good outside. And feel even better inside.

**From the sauna to the steamroom to spa services that, well, hit the spot.** Amidst the ruggedness of these surroundings, you'll find a potpourri of pampering here at CMH, because we believe the outdoors feels better when the indoors makes you feel good too. Each of our two lodges feature a steam room and a wood-fired sauna that will surely soothe, warm and calm you. And if you're looking to deepen your rejuvenation and relaxation, feel free to indulge in a deep tissue massage with one of our qualified massage therapists before or after your day. If you're yearning to center and stir your soul a bit more, we offer daily stretching and warm-up classes that'll prepare you for wherever your day takes you. And for those who are looking to maintain their exercise routine, our lodges offer weight and cardio equipment to keep you on pace while you're away. No matter your speed, or how you define relaxing, we have something to supplement an already amazing experience. Inside and out.



# Our guides and guests live this experience together.

**At CMH, our family culture is palpable.** From the lodge staff to the guides to the pilots, you'll discover a group of people, a family, that you'll befriend while you're here. You'll hike with them. You'll learn from them. You'll dine with them. You'll toast with them. You'll laugh with them. And you'll absolutely love this experience with them. But it doesn't only exist between guests and staff... Our guests also form immediate connections with other guests that make these experiences more personal. This true sense of togetherness and family may be one of the most defining characteristics of the CMH culture. And we think it starts in our mountaineering roots: to go and explore, but to do so while sharing with one another. And that sense of sharing has grown into a pervasive level of warmth and hospitality that we wouldn't stoop to call service. These are heartfelt connections our guests make here. And they're the difference between taking a trip and somehow feeling completely at home, even though you're far away. When you arrive, greetings are with handshakes. But when it's time to depart... hugs are the norm.



It's way more than the hike you'll like. Yes, they're trained expert mountain guides. But every one of our guides has a deep love of this land that they want to personally share with every one of our guests.



Mixing it up. Belly up, trade stories, and share the experience with everyone around you. And after a joyful day of hiking, there's nothing quite like hearing these four words: "What can I getcha?"



Take your thrill to new heights. If excitement's your game, you've got teammates all around. If you'd like, our guides will take you on an experience that'll leave lifelong goosebumps.



CMH is a founding member of the Adventure Collection: a ten-member group of the world's leading independent active travel companies.



↑ **Kick back. Check mate.** Each of our lodges has open areas for gathering and mingling and sharing of stories. But there are also plenty of intimate areas to sit back and do whatever you like.

↑ **Up, up, and away: safely.** We are obsessive about safety in every part of our company, and it's led by a team of pilots who have been paving the way for years.



↓ **You're surrounded.** 6,000 feet above sea level, standing by a lake that's as clear as can be, there's a glacier you can touch, it's warm enough to wear a t-shirt, and you're walking on snow. Welcome to amazing.



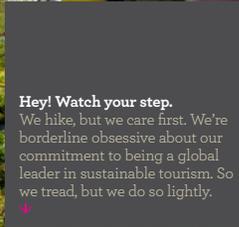
← **Every bond, tightened.** One thing that never gets old for us is to see how family ties are tightened during a journey with us.



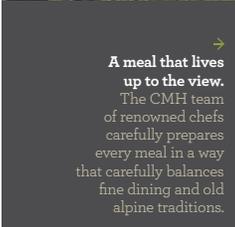
← **Class is always in session.** Many of our guides have spent years learning about almost everything you'll see during your journey, from plants to animals to where the restroom is way out here.



↑ **If the boot fits, wear it.** We provide every one of our guests with the very best hiking equipment available... From boots to poles to gear, you're ready for anything before you even get here.



↑ **Paint, shoot, inspire.** Every summer, CMH offers a number of artist workshop retreats that are focused on capturing the glory of this place to inspire every medium.



→ **A meal that lives up to the view.** The CMH team of renowned chefs carefully prepares every meal in a way that carefully balances fine dining and old alpine traditions.



← **Stairway to heaven.** These days are optional, but if thrill is your thing, we've got you covered. From zip lines to our famous Via Ferrata. We have adrenaline inducing fun that's certain to excite.



↑ **One helluva backyard.** Even the most discerning, anti-nature, science-hating kid can find a way to be perpetually excited about this place. And guess what: there's a little learning going on here too.





# CMH FAQs.

### ***I'm not a hiker, can I do this?***

Whether it's a hike, walk, or amble, each Heli-Hiking day is tailored to all levels of fitness, experience, and age. We split the group as necessary so everyone can stay within their comfort level. All you really need is a workable pair of feet, an appreciation for nature, and a curiosity to explore. In fact, we enjoy taking inexperienced hikers into our mountains; it's a revelation, for them and for us.

### ***I'm an experienced hiker. Will I be challenged?***

Yes. Our guides are mountain people. You want to hike? You'll hike.

### ***How far do we hike each day?***

Since we form our hiking groups based on ability and desires, our mileage varies quite a bit, from a kilometre (1/2 mile) or so to 15 kilometres or more over variable terrain. We're not taskmasters; our guests hike as much or as little as they want.

### ***Who will I hike 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 levels of ability and specific interest. We hike in groups of 1 to 10 and with 7 guides for 44 guests, we can cater 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 an insulated hooded jacket, precip 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. The majority of our guests take advantage of these collections and hike happily in our boots.

### ***Is Heli-Hiking suitable for families and kids?***

Absolutely. We've hosted four-generation families, from very young children to great-grandparents, with a wide range of activities for each age group to choose from.



### ***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 hike in the rain, and we have a great time doing it.

### ***Why use a helicopter?***

In many similar remote ranges (Alaska or the Sierra Nevada) access by plane or environmentally degrading pack train is a given. Getting up to our timberline regions 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. From alpine lakes to high ridges to immense glaciers to flowering meadows the helicopter gives us access to the best of our mountain environment.

### ***When are the wildflowers at their peak?***

It depends on the rate of snow melt, but in early July, you will see an abundance of glacier lilies, anemones, crocus, spring beauty, and marsh marigolds. From mid-July through mid-August, you will begin to see paintbrush, fleabane, moss campion, amica, monkey flower and numerous others.

### ***What about altitude?***

Compared to other great ranges, our mountains are relatively low. But because of our high latitude, they're rich with glaciers and swashbuckling mountain terrain usually found in loftier areas. Our hikes range from 1,800 to 2,700 metres (6,000 to 9,000 feet), comfortable altitudes for just about everybody.

### ***Do you offer any mountaineering or climbing on the hiking excursions?***

When you arrive at the lodge, you can request a day of mountaineering, climbing or even a trip on a Via Ferrata. But if you have not specifically booked a mountaineering or High-Flying Heli-Adventure trip, it is left to the discretion of the guides.

### ***Can I use my cell phone and do you have internet access?***

Our telephone system operates on satellite and we do not have cell phone coverage. Wireless internet access is available and is generally reliable.

### ***What about your lodges' shops?***

Each of our lodges has a top-notch retail shop that offers a good selection of outdoor clothing such as hiking shorts, zip-off pants, t-shirts, waterproof jackets, fleece vests, and a variety of headgear. Like most mountain people, we're sticklers for the right gear, so all our clothing and equipment is guide-tested and guide-approved. Our shops also feature a variety of interesting gift items and necessities.

### ***I don't want to climb mountains, I just want to hike. Can I do that?***

Certainly. That's what makes our trips and the terrain so wonderful: the fact that there's something, and somewhere, for anyone. The area offers glorious hiking, like nowhere else in the world. So if you're not into climbing, you'll still be able to reach new heights, but at whatever level you prefer.

### ***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 ease movement. Featuring remarkable views and a vertical glimpse of the mountains, this is an experience for those looking to take their hiking to new heights. Offered to guests at both of our lodges, the Via Ferrata requires no special skills or prior experience... Just your sense of adventure.

### ***I want to climb or try the Via Ferrata, how do I make sure I can get on it?***

For those guests looking to assure themselves a spot on the Via Ferrata, we suggest you book a Bobbie Burns High Flying Adventure which combines the Via Ferrata with ziplines, rope course and our newest Conrad Glacier Adventure Hike.



### ***Can I set the pace of my hiking, my days, and my vacation?***

Absolutely. Our guests, not our guides, set the gait. And that holds true throughout your trip. We will accommodate whatever pace you'd like on every hike, during every day, for however long you're on your CMH journey.



## Come venture with us.

Consider this a personal invitation to explore a mountain wilderness that's unlike anything you've ever experienced. Whether you journey with friends, with family, with a loved one, or by yourself, our adventures are certain to inspire you. Choose a peaceful path filled with comfortable exploring, glorious scenery, and unexpected mountain luxury. Or challenge yourself to negotiate wonderfully varying terrain while reveling in geological marvels. No matter what, we have an extraordinary journey waiting for you.

### **Come venture with us.**

To get your adventure started, contact your favourite travel agent, call **1.800.661.0252**, or visit [www.cmhsummer.com](http://www.cmhsummer.com).

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