



## BODACIOUS CORK 'N CORE BOBBIE BURNS AUGUST 23 – 26

### 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 Bobbie Burns is a  
NUT-FREE Lodge

#### AUG 23: BANFF TO BOBBIE BURNS HELIPAD

##### Taxi transfer from your hotel to the Brewster Transportation Centre

**7:00 am** Approximate departure from Banff for the Bobbie Burns helipad. A tasty breakfast awaits you onboard. 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 (Mountain Time)** This is the way to travel...get up close and personal with the majestic Columbia Mountains when your private CMH heli whisks you up, up and away to your mountain retreat, CMH's Bobbie Burns Lodge. After getting fitted with all the top of the line outdoor gear you will need, a scrumptious lunch awaits you and your Bodacious travel companions. Then it's time for rotor fever as your helicopter takes you high upon a mountain top. Join your certified mountain guide and test your mountain legs and gain some insight as to how this adventure will unfold. At day's end, fly back to the lodge to unwind and get set for Welcome Cocktails – Cork 'n Core 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.

(B, L, D)

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

#### AUG 24: BOBBIE BURNS FULL DAY OF EXPLORATION

**7:00 am** Join your hosts Margo & Cindy for an easy core and stretch workout to get you prepared for a fun day of hiking ahead. 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. You may wish to embrace your BOLD side and tackle the Mt Nimbus Via Ferrata or the Conrad Adventure Trail today, or join in a vigorous hike. Maybe a more leisurely hike is your style – the choice is yours! Lunch is mountainside. Your helicopter will whisk you back to the lodge at day's end for some relaxation or another muscle soothing stretch with Margo and Cindy. Then it's time for the Bodacious "SHOP TIL YOU DROP" Wine and Cheese Party. After a 5-star dinner, revel in the views from the hot tub with your Bodacious friends or take the time for a massage.

(B, L, D)

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

#### AUG 25: BOBBIE BURNS FULL DAY

**7:00 am** Margo & Cindy lead an easy core and stretch workout to get you prepared for another great day in the mountains.

**9:00 am** Fly to new heights for today's audacious hiking adventure and lunch on a mountain top.

**3:30 pm** Continue hiking or fly back to the lodge for a total body stretch to loosen up for tonight's 80's Theme Wine Tasting Party. Feeling refreshed, raid the "tickle trunk" for dress up night and get glammed 80's style for the Bodacious Party Night!

(B, L, D)

**NOTE: - 3:30 pm Total body stretch**  
**6:00 pm 80's Theme Wine Tasting Party**  
**7:00 pm Dinner**

**AUG 26: BOBBIE BURNS TO BANFF and CALGARY AIRPORT**

**7:30 am** Awaken to the aroma of fresh baked bread. Your final breakfast will be filled with limitless coffee and conversation with all your new soul-mates. Pack your bags because the helicopter is waiting to take you back to civilization.

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

**11:00 am** Depart the helipad by motor coach, returning through Kootenay 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**