



SPEAKER SERIES with BRIAN KEATING – World Adventurer / Traveller

BOBBIE BURNS FAMILY ADVENTURE July 21 – 24, 2013

HIKING TIPS

Hydration: *Drink lots of water!
You need to replace water lost
through perspiration and activity.*

**Slip, slap, slop – sunscreen
time!**

*For all day activities, especially
around glaciers, apply plenty of
sunscreen.*

*Remember - apply it under your
nose, on the back of your hands
and on your ears too!*

ALLERGY ALERT!
**Bobbie Burns is a NUT FREE
lodge.**

QUOTE OF THE DAY
“Great things are done when
men and mountains meet.”
~William Blake

JUL 21: BANFF TO BOBBIE BURNS HELIPAD

Taxi transfer to Brewster Station included. Meet at the Brewster Transportation Centre for the ground transfer from Banff to the Bobbie Burns Helipad.

7:15 am Departure time from Banff. A light breakfast is included onboard the coach.

8:00 am Departure from Post Hotel, Lake Louise.

10:00 am (Mountain Time) Arrive at the helipad for the quick, flight to Bobbie Burns Lodge. Get outfitted with all the necessary hiking gear. Meet your family adventure leaders and guides and prepare for an afternoon of fun and adventure in the mountains. Lunch in the lodge, followed by a helicopter safety talk. Parents will hike with their kids today before returning to the lodge for snacks and games before dinner.

7:00 pm Dinner is served family style, with guests and staff eating together.

(B, L, D)

JUL 22, 23: FULL DAYS HELI-HIKING

7:30 am Half hour morning stretch class, followed by a hearty breakfast.

9:00 am The children are organized into groups by age, and each group is led by an experienced childcare professional with a particular area of passion and expertise. Our goal is to provide a wide, fun, and energetic variety of opportunities to learn about the mountains. The adults spend the day exploring with other adults. After a memorable day, fly back to the lodge, for après-hiking snacks and where excited kids are waiting to eagerly share each days adventures

5:30 pm A children's menu is served with our childcare professionals at a special table. Afterwards, the kids are off to the lodge's craft and games room for supervised activities. (Children can also dine with parents)

7:00 pm Dinner for the adults. After dessert and coffee, sit by the fire, sharing stories and experiences of the day with families and staff, visit the lodge's retail shop, set up an appointment with the masseuse (not included, but well worth the extra charge), or watch the alpenglow settle on the peaks above from the lodge's deck.

(B, L, D)

Brian Keating is the Adjunct Assistant Professor of Anthropology at the University of Calgary. After being featured on CBC Radio as a weekly guest for many years and on the Discovery Channel, Brian is now host of his own show on the Discovery Channel, "Going Wild"

For over 20 years Brian and his wife Dee have travelled the world, leading more than 80 expeditions to the best wildlife areas on the planet and have just returned from Antarctica. He will bring the stories of his travels to life on this all-ages Family Adventure and have participants rolling on the floor laughing at the antics and adventures that are part of his everyday life.

JUL 24: BOBBIE BURNS HELIPAD TO CALGARY AIRPORT

Breakfast, then prepare for departure.

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

11:30 am Depart the helipad by motorcoach, returning through Yoho and Banff National Parks to Banff then on to Calgary. Packed lunch is provided for the return trip.

4:00 pm Arrive at the Calgary Airport.

(B, L)

SCHEDULE IS IN MOUNTAIN DAYLIGHT TIME; SUBJECT TO CHANGES