



HIKING TIPS

Hydration: *Drink lots 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!
CMH Lodges are NUT FREE

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

~William Blake

CMH FAMILY ADVENTURE 3 nights / 4 days

DAY 1: BANFF TO HELIPAD

Taxi transfer from your hotel down to the Brewster Transportation Centre

7:30 am Departure time from Banff to the Helipad. Light breakfast snack and cold beverages are provided onboard.

10:00 am (Mountain Time) Arrive at the helipad for the quick, flight up to the CMH 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. **(L, D)**

DAY 2, 3: FULL DAYS OF HELI-HIKING

7:30 am Morning stretch class

8:00 am Breakfast begins

9:00 am The children are organized into groups by age, and each group is led by an experienced family adventure leader 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 day's 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, we may 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)

DAY 4: HELIPAD TO CALGARY AIRPORT

8:00 am Breakfast at the lodge

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

11:00 am Depart the helipad by motorcoach, returning through Banff National Park to Banff and Calgary Airport. Boxed lunch is provided for the return trip.

3:30 pm Arrive at the Calgary Airport

(B, L)

SCHEDULE IS IN MOUNTAIN DAYLIGHT TIME; SUBJECT TO CHANGES