



## 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!** The Bugaboo Lodge is NUT-FREE

## BUGABOOS High Flying Heli Adventure

### DAY 1: BANFF TO BUGABOO HELIPAD

Taxi transfer from your hotel to Brewster Transportation Centre is included where you meet for the ground transfer from Banff to the Bugaboo Helipad.

**7:30 am** Estimated departure time from Banff. A light breakfast snack will be provided onboard the coach. Travel via Banff and Kootenay National Parks and Radium Hot Springs before heading north through the Rocky Mountain Trench to the helipad.

**10:00 am (Mountain Time)** Arrive at the helipad for the quick, flight to Bugaboo Lodge. Get outfitted with all the necessary gear you will need for the next three days. Lunch in the lodge before heading out for the afternoon. Following a helicopter safety talk, your certified mountain guide will escort you through this untamed wilderness where you have the opportunity to test your mountain legs. Heli-flight back to the lodge late afternoon for appetizers and beverages, and relaxation before dinner.

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

**(B, L, D)**

### DAY 2: BUGABOOS – HIKE & SKYLADDER VIA FERRATE COMBO

**7:30 am** The morning starts with a stretch class to limber up for a full day of mountain adventure.

**8:00 am** Breakfast buffet

**9:00 am** Then your a-waiting helicopter transports you out into the field for a full day of adrenalin-filled exploration. Destination: the Skyladder on Trundle Mountain. Start with a hike as challenging as you desire, across flowery meadows or atop Grizzly Ridge over to the via ferrata route. After donning your harness and a safety briefing begin your ascent step by step, clipping in as you go, to complete the 2 ½ hour climb. At the top sit and enjoy the view while having your lunch or basking in the sun. Continue hiking along glorious Black Forest Ridge before flying back 'home' for appetizers, relaxation, perhaps a massage (extra charge) before joining your new friends at dinner.

**(B, L, D)**

### DAY 3: BUGABOO SPIRES – GLACIER TREK

**9:00 am** This morning begins like the last. After a brief stretch session and hearty breakfast, your guides escort you on an adventure that takes you up-close and personal with a labyrinth of glaciers and the most famous granite spires in North America in Bugaboo Provincial Park. Embark on an all-day odyssey of eye-popping, spectacular views just a few steps from kilometer-high granite cathedrals of the Bugaboo Spires, around edges of deep-blue crevasses and over lofty alpine passes. Trek on century-old glacier ice, perhaps the Vowell, Crescent, Cobalt, Bugaboo or Howser Glaciers. At the end of the day fly back to the comforts of the lodge for a well-deserved Jacuzzi, massage and gourmet meal.

**(B, L, D)**

### DAY 4: BUGABOO HELIPAD TO CALGARY

Breakfast, then prepare for departure.

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

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

**2:00 pm** CMH bus arrives back in Banff

**3:30 pm** Arrive at Calgary Airport

**(B, L)**