



## HIGH-FLYING HELI-ADVENTURE ITINERARY BOBBIE BURNS LODGE JUL 5 – 9, 2013

### HIKING TIPS

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

### ALLERGY ALERT:

**The Bobbie Burns Lodge is  
NUT-FREE**

#### **JUL 5: BANFF TO BOBBIE BURNS HELIPAD**

Taxi transfer from your hotel included. Meet at the Brewster Transportation Centre for the ground transfer from Banff to the Bobbie Burns Helipad. Light breakfast snacks are provided onboard the bus.

Arrive at the helipad for the quick, flight to Bobbie Burns Lodge. Get outfitted with all the necessary hiking/climbing gear. 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)

#### **JUL 6 & 7: ADVENTURE EXPLORATIONS**

Morning starts with a stretch class so you can warm up your muscles and prepare yourself for a full day of mountain adventure. After breakfast each day, your a-waiting helicopter transports you out into the field for a full day of adrenalin filled exploration. The guides set up your program; navigate wild canyons, ascend colourful rock slabs next to raging water falls, zipline crossings and hiking in between. Lunch is out in the field. Return this afternoon for down-time before joining your new friends at dinner. (B, L, D)

#### **JUL 8: VIA FERRATA – BOBBIE BURNS**

After the morning stretch and breakfast, your guides escort you on an adventure like no-other. A short helicopter flight drops you at the base of Nimbus Tower (elevation 8,700 feet) in the Columbia Mountains for a breath-taking, heart-pounding, muscle-testing day of exploration. Guests are roped up with the latest technical climbing gear, before being instructed and guided through a series of high mountain adventures. Approaching the first of two towers, your guide clips you into the self-protecting cables of the via ferrata system. Climbing, scaling, and scrambling make your way over the first tower where you find your next challenge: a high cable bridge spanning 160 feet across a steep gully with the bottom an amazing 2,000 feet below. Your next challenge is to scale the second tower before your final descent – a free-hanging rappel 180 feet to the valley below. At the end of the day you are back at the lodge comparing experiences with fellow-guests over appetizers and later dinner. (B, L, D)

#### **JUL 9: BOBBIE BURNS TO CALGARY AIRPORT**

**8:00 am** Breakfast, then prepare for departure.

**9:30 am** Heli-exchanges begin between the Bobbie Burns Lodge and the helipad.

**11:30am** Depart the helipad by motorcoach, returning to Calgary Airport. Boxed lunch is provided for the return trip.

**2:15pm** Arrive in Banff.

**4:00 pm** Arrive at the Calgary Airport.

(B, L)