



## **SPEAKER SERIES** **CHEF JOHN ASH**

### **BUGABOOS HELI-HIKING** **AUGUST 26-29, 2013**

#### **AUG 26: BANFF TO BUGABOO HELIPAD**

Taxi transfer from your hotel down to the Brewster Transportation Centre.

**7:30 am** Depart Banff for the journey by motorcoach to the Bugaboo Helipad. Light breakfast and beverages included for the drive.

**10:00 am (Mountain Time)** Arrive at the helipad for the quick flight to Bugaboo Lodge. After settling into your room, you'll be outfitted with all the necessary hiking gear. Lunch at the lodge. Following a helicopter safety talk, fly up for an afternoon of hiking in some of the world's most stunning mountains. Fly back to the lodge in the afternoon for snacks, beverages, and relaxation before dinner.

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

**(B, L, D)**

#### **AUG 27, 28: FULL DAYS OF HELI-HIKING**

**7:30 am** Optional morning stretch class.

**8:00 am** Breakfast buffet. After breakfast, choose from a variety of sandwiches and snacks for your packed lunch in the mountains.

**9:00 am** The first helicopter leaves the lodge. Each group of hikers, accompanied by a guide, spends the day exploring the immense variety of landscapes in the Bugaboos. After a memorable day, fly back to the lodge, where snacks, beverages or the sauna and outdoor whirlpool await.

**7:00 pm** Dinner is served.

**(B, L, D)**

**Many refer to Chef John Ash as the "Father of Wine Country Cuisine". In 1980 he opened his namesake restaurant, John Ash & Company in Santa Rosa, CA. It was the first in northern California wine country to focus on local, seasonal ingredients, creating dishes that complemented the wines of the region.**

**John continues to travel the world holding cooking classes for professionals and home cooks alike. He serves on the Board of the Chef's Collaborative and the Board of Advisors of Seafood Watch, organizations with initiatives for sustainable and ethical food practices. On this exciting heli-hiking adventure, John discusses sustainable food issues and his latest cookbook "Culinary Birds"**

#### **AUG 29: BUGABOO LODGE TO CALGARY AIRPORT**

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

**9:30 am** First flight out of the lodge.

**11:30 am** Depart the Bugaboo Helipad by ground transportation and retrace the journey through Western Canada's national parks to Banff, and Calgary International Airport. A packed lunch is provided for the return trip

**1:30 pm** Arrive in Banff.

**3:30-4:00 pm** Arrive at the Calgary Airport.

**(B, L)**

#### **Trip Inclusions:**

- 3 nights accommodation
- transportation from Banff to the Bugaboo Heli-Pad
- 2 ½ days of guided mountain exploration with helicopter flights
- special presentation by Chef John Ash, meals, all snacks, non-alcoholic beverages
- use of CMH hiking equipment (boots, jacket, backpack, waterbottle)

#### **Pricing:**

Adults	\$2,640
Youth (15-17 yrs)	\$2,320
Child (5-14 yrs)	\$1,980

Prices are per person CAD, based on double occupancy and subject to applicable taxes

#### **Deposit:**

\$300 CDN to confirm your space.

#### **Reservations:**

To secure your spot on this adventure, contact CMH Reservations at 1.800.661.0252 or [sales@cmhinc.com](mailto:sales@cmhinc.com)