



BOBBIE BURNS/BUGABOOS LODGE TO LODGE

DAY 1: BANFF TO BOBBIE BURNS HELIPAD

7:15am Arrange taxi from your hotel down to the Brewster Transportation Centre (CMH picks up the fare)

7:45 am Departure time from Banff. A light breakfast snack is included onboard.

10:15 am (Mountain Time) Arrive at the helipad for the quick, flight to Bobbie Burns Lodge. Get outfitted with all the necessary hiking gear. Lunch at the lodge. Following a helicopter safety talk, enjoy an afternoon of heli-hiking. 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. (S, L, D)

DAY 2, 3: FULL DAYS HELI-HIKING IN BOBBIE BURNS

7:30 am Morning stretch class

8:00 am Breakfast begins

9:00 am The first helicopter departs the lodge with the first group of hikers, accompanied by a guide, for a full day of exploring the immense variety of landscapes in the Bobbie Burns. Return to the lodge mid-afternoon

7:00 pm Dinner is served. (B, L, D)

DAY 4: HELI-HIKING TOWARDS THE BUGABOOS

7:30 am Morning stretch class

8:00 am Have breakfast, then choose from a variety of sandwiches and snacks for today's picnic lunch in the mountains

9:00 am Group flights to Grizzly Ridge begin. Trek along the ridge towards the Bugaboo Lodge with a picnic lunch on the way.

We follow a similar routine at the Bugaboos where snacks and beverages await after a memorable day of hiking. Dinner is served family style with the chance to get to know the Bugaboo staff and other guests. (B, L, D)

DAY 5, 6: FULL DAYS HELI-HIKING IN BUGABOOS

7:30 am Morning stretch class

8:00 am Breakfast begins

9:00 am The Bugaboo routine mimics the Bobbie Burns. Lunch in the field.

7:00 pm Dinner back in the lodge. (B, L, D)

DAY 7: BUGABOO HELIPAD TO BANFF

Breakfast, then prepare for departure.

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

11:15 am Depart the helipad by motorcoach, returning through Kootenay and Banff National Parks to Banff. Boxed lunch is provided for the return trip.

1:35 pm Arrive back in Banff at Brewster Transportation Centre.

3:05 pm Arrive back at the Calgary Airport. (B, L)

SCHEDULE IS IN MOUNTAIN DAYLIGHT TIME; SUBJECT TO CHANGES

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 Bobbie Burns & Bugaboo Lodges are NUT-FREE