



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).

SHORT ESCAPES ITINERARY 3 Nights / 4 Days

DAY 1: BANFF TO CMH HELIPAD

Taxi transfer from your Banff hotel down to the Brewster Transportation Centre - included

7:30 am Departure time from Banff to the CMH Helipad. A light breakfast snack and beverages are provided on board the bus.

10:00 am (Mountain Time) Arrive at the helipad for the quick, flight up to CMH 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. (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 first helicopter departs the lodge with the first group of hikers, accompanied by a guide, for full days of exploration of the immense variety of landscapes in the Purcell Mountain ranges. Return to the lodge mid-afternoon and share each day's adventures with your new friends. Perhaps book a massage or relax in the Jacuzzi or on the sunny front deck with your favourite book.

7:00 pm Dinner (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 to the helipad.

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

1:30 pm Arrive in Banff.

4:00 pm Arrive at the Calgary Airport and continue with your own arrangements. (B, L)

SCHEDULE IS IN MOUNTAIN DAYLIGHT TIME; SUBJECT TO CHANGES