

Starting at \$557 CAD a day...

**5-Day Package Options with a 3 night heli-hiking trip**

Prices listed in Canadian dollars per person Adult, double/twin share

Fairholme	from \$2789
Cascade	from \$2859
Rundle	from \$2999

Single supplement available

**Included:**

Transportation, meals and accommodation as indicated (based on availability), heli-hiking, CMH guides, all hiking equipment (boots, insulated jacket, rain jacket, wind pants & day pack

**Excluded:**

Airfare, incidentals, meals not listed in itinerary, gratuities for CMH Lodge staff, Federal Goods & Service Tax (GST)

**Other Ideas:**

- **substitute** car rental for scheduled airporter
- **substitute** a 3 night hiking trip for a 6 night lodge to lodge (Bobbie Burns + Bugaboos or Adamants + Monashees)
- **customize** to add extra nights in Banff, Lake Louise or Jasper
- **include** pre-booked activities such as whitewater rafting, horseback riding and flyfishing

For additional information or to book this trip, contact:

Canadian Mountain Holidays  
Banff...toll free 1-800-661-0252

**ALLERGY ALERT:**

The Bobbie Burns Lodge is NUT-FREE

QUICK ESCAPES PACKAGE  
5 NIGHTS INCLUDING 3 NIGHTS HELI-HIKING

**DAY 1 CALGARY AIRPORT TO BANFF**

Arrive at the Calgary Airport. After clearing Customs and Immigration proceed through International Arrivals Gate to Meeting Point "C", for your scheduled transfer to Banff. You travel through rolling foothills before entering the majestic Canadian Rockies and Banff National Park. Overnight in Banff (choose Package Option from sidebar on the left)

**DAY 2 BANFF TO CMH HELIPAD**

Meet at the Brewster Transportation Centre for the ground transfer from Banff to the Bobbie Burns, Bugaboo or Cariboo Lodge.

From the respective CMH heli-pad, fly up to the lodge; get outfitted with all the necessary hiking gear. After lunch at the lodge and following a helicopter safety talk, enjoy your first afternoon of heli-hiking. Heli-flight back to the lodge late afternoon for appetizers and beverages, and relaxation before dinner.

**7:00 pm** The dinner bell rings, beckoning all to the dining room for chef's choice of cuisine. Dinner is family style where you can get acquainted each day with other guests, the staff and guides. (L, D)

**DAY 3, 4 FULL DAYS OF HELI-HIKING - BOBBIE BURNS, BUGABOOS OR CARIBOOS**

**7:30 am** Start the day with a half-hour warm-up and stretch class.

**8:00 am** After stretching enjoy a hearty breakfast then pack your lunch for the day from a variety of sandwiches and other food choices, set out by the kitchen.

**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 and terrain. Return to the lodge mid-afternoon and gather in the lounge for appetizers and beverages. Relax, have a massage (extra charge) or take a dip in the hot tub before dinner.

**7:00 pm** Share your hiking stories with new-found friends as you enjoy the fare of the evening. Later, relax in the lounge or play a game of pool or badminton in the games room. (B, L, D)

**DAY 5 HELIPAD TO CALGARY**

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

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

**11:00 am** Depart the helipad by motorcoach, eventually returning through Banff National Park to Banff and Calgary Airport. A boxed lunch is provided for your return trip.

**1:30 pm** After a brief stop in Banff, the bus continues on to Calgary.

**4:00 pm** Arrive at the Calgary Airport and overnight at the Delta Calgary Airport Hotel (B, L)

**DAY 6 DEPART CALGARY AIRPORT**

Make your way across the street to the airport for your departing flight.