



**CANADIAN
MOUNTAIN HOLIDAYS**
CMH HELI-SKIING / CMH HELI-HIKING



PRESS RELEASE

NO MORE NUTS AT CMH'S HELI-HIKING LODGES

New York - June 10, 2009: There may be no accounting for all the nuts encountered en route to the Canadian Rockies, but once guests get there with Canadian Mountain Holidays (CMH) this summer, all Heli-Hiking vacations will be guaranteed nut-free!

At CMH's Bugaboos and Bobbie Burns lodges in British Columbia, Heli-Hiking guests, especially families with young children, will be able to explore the pristine mountain regions and eat to their hearts' content, without fear of risking nut allergies. For the first time ever, CMH has declared its lodges nut-free in the summer months, including its two Family Adventure trips-August 11-14 at the Bobbie Burns and August 14-17 at the Bugaboo Lodge.

Sandwiches, dried fruits, freshly baked cookies and snack bars--everything but nuts!--are set out at the lodge each morning for guests to bag their own lunches for the day's hike. And at the end of each exhilarating day of Heli-Hiking, alpine flower-exploring and mountaineering, adults and kids alike return to the lodge for a family-style meal of seasonal gourmet cuisine--and absolutely no nuts!

Rates start from \$2,490 CAD for adults, \$2,190 CAD for youths and \$1,870 CAD for children. If guests book by June 15th, they'll get a \$225 lodge credit on a three-night trip--and kids get 50% off the adult rate!

For more information about nut-free family vacations with CMH, please visit:

www.canadianmountainholidays.com/heli-hiking/trips/family

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