

Welcome to where heaven and earth become one.



Above. Beyond. Extraordinary.™

The logo for CMH Summer+ Adventures is a shield-shaped emblem. At the top, the letters 'CMH' are written in a bold, white, sans-serif font. Below this, there is a stylized graphic of a mountain peak with a white outline and a small orange circle above it, resembling a sun or moon. Underneath the graphic, the words 'SUMMER+' and 'ADVENTURES' are stacked in a smaller, white, sans-serif font. To the right of the shield, the tagline 'Above. Beyond. Extraordinary.™' is written vertically in a small, white, sans-serif font.



Here's our story...

For 30 some years we've been doing what is commonly referred to as Heli-Hiking. But that's woefully short-sighted. Even for us, it's hard to put into words the spirit of these adventures. We can use thesaurus-riddled adjectives and stunning photography, but in the end, neither comes close to telling our story. But that doesn't mean we're not willing to try.

Simply put, we offer journeys of the soul in a place as close to heaven on earth as you can imagine. Our helicopters swiftly reach rarely seen breath-taking destinations. Our mountain guides share their love of this land as you hike, walk, photograph, summit or climb amid these glorious mountain ranges. Your adventures are based from refined, remote mountain lodges. We offer adventures that range from the calmly serene to wildly spirited. And every one of our guests is welcomed as though they're part of the CMH family, because they are.

One part of our story that's easy to tell is how this place and these adventures change the lives of those who experience them. This is a place that lifts your soul, heightens your senses, and entices you to journey outward and inward at the same time. Whether you're a first-timer, a frequenter, a kid, an adult, a family, a couple, daring, or laid back... You will leave having been moved. Yes, you'll leave with the usual grandiose pictures and notes and keepsakes. More importantly, however, you will leave with stories. Some you'll tell, and some you'll keep within. Regardless, great adventures make for great stories. Join us. And discover your CMH story.



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Heli-Hiking: for us, it's only the beginning.

Our legacy and the six principles that guide our every adventure.

The year was 1965 and Canadian Mountain Holidays founder Hans Gmoser's passion for mountaineering morphed into one of his most innovative creations: CMH Heli-Skiing amidst the vast spires of the Bugaboo Mountains. Enterprising skiers were captivated by breathtaking aerial views of remote, pristine land formations that beckoned them to traverse across their unadulterated expanse. In the 1970s, Gmoser's visionary prowess transformed the revolutionary features of the Heli-Skiing concept and applied it to Heli-Hiking. Hikers and nature lovers the world over were provided with the same extraordinary opportunities as their snow-loving counterparts: self-revelation and adventure in nature's solitude. Over the last several decades, CMH Summer Adventures has masterfully crafted a poetic combination of wilderness and unparalleled mountain luxury accommodations.

The six CMH trip principles.

- 1. Fly:** Why walk when you can fly? We use helicopters to maximize the journey.
- 2. Explore:** The land and the soul, our adventures are tailored to explore both.
- 3. Connect:** With friends & family, to the earth and with yourself.
- 4. Feast:** Indulge in culinary joy, fine wine, our surroundings, the journey, and the chance to do it again tomorrow.
- 5. Thrill:** Experience the pleasure of shared company, the tingle of getting centered again or a pure rush of adrenaline.
- 6. Relax:** Wind down, sit back, loosen up, take in, or simply do all of the above. Again.



Connection.

Every one of our adventures is designed to encourage connection. Between friends, within your family, to the earth, and with yourself.

Here, it's unlike anywhere.

The land, the lore, and our pure love for journey.

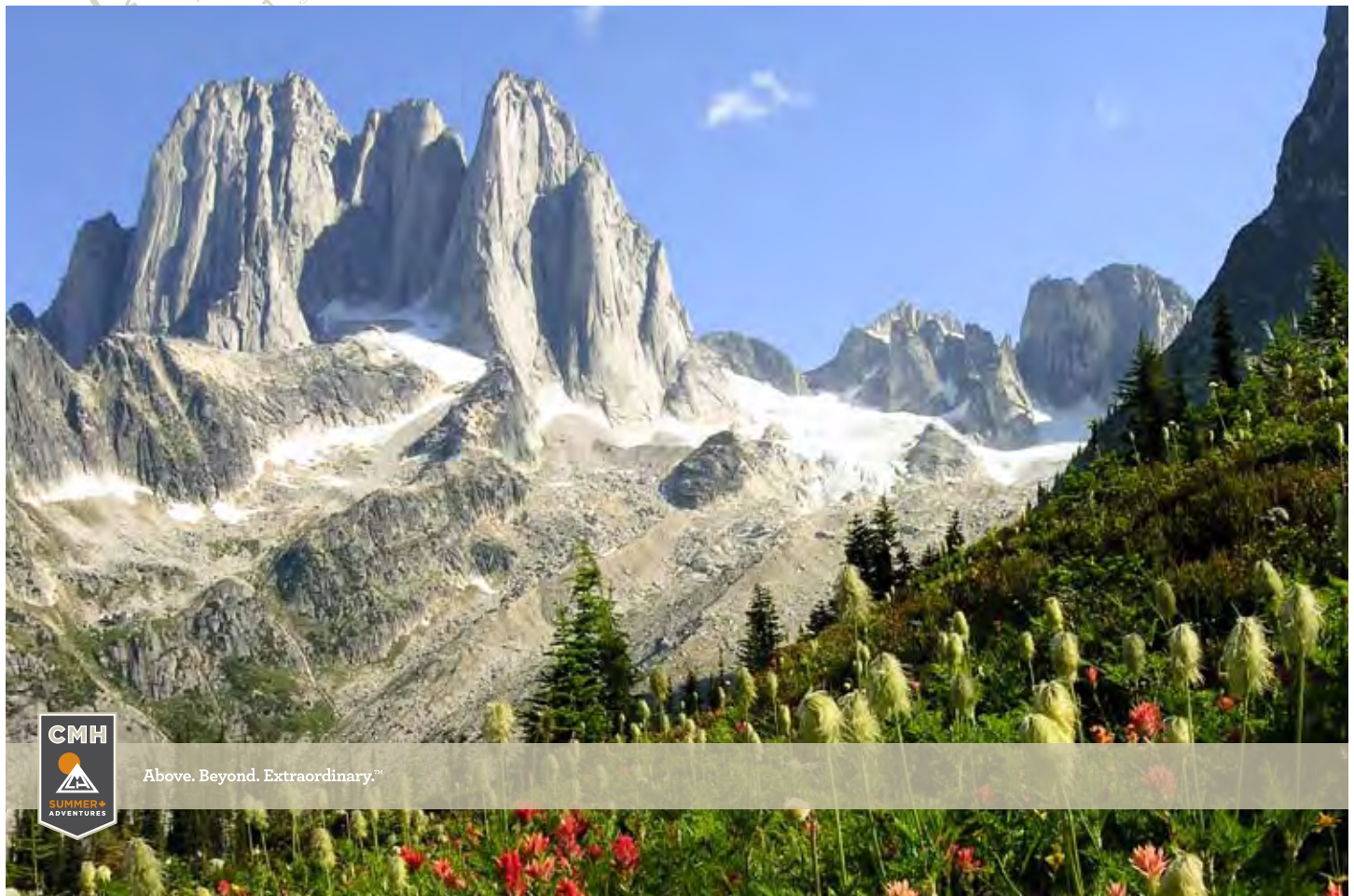
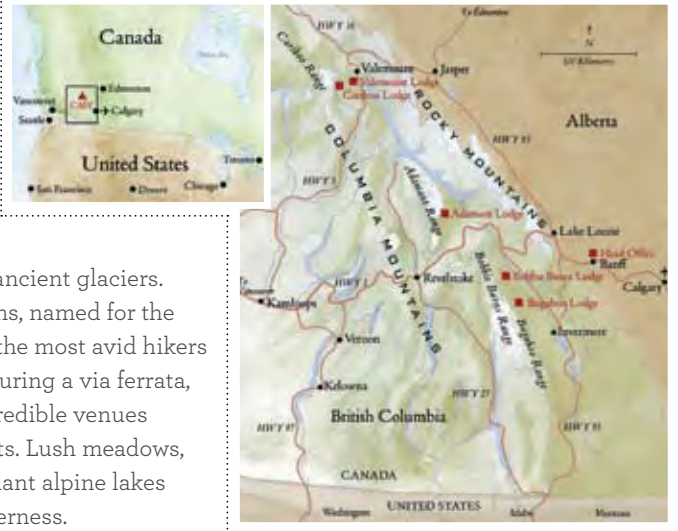
Bounded to the west by the Canadian Rocky Mountains and to east by the Interior Plateau, the Columbia Mountains of Southeastern British Columbia are comprised of four sub-ranges. Each range is a magical composition of majestic peaks and valleys. They remain virtually unscathed by the pressures of human sprawl. Naturally self-protected, they are an oasis commanding respect. Thankfully, CMH's Heli-Hiking innovations allow for indulgence in this pristine environment without compromising the integrity of the land. And our gentle use of this area ensures that every adventurous spirit can experience it for generations to come.

Immersion:

We don't just 'visit' places, we embark on journeys that immerse you in nature, in majesty and in the moment.

Where we explore.

Heli-Hiking in the Columbia's regal sub-ranges, the Bugaboos and the Bobbie Burns, present spectacular vistas and endless opportunities. The Bugaboos, best known for their imposing spires, also boast lush meadows, bubbling creeks and ancient glaciers. The equally magnificent Bobbie Burns, named for the renowned Scottish poet, tempt even the most avid hikers with wondrous mountain terrain featuring a via ferrata, or "iron road," allowing access to incredible venues from seemingly unattainable summits. Lush meadows, geological marvels, wildlife and brilliant alpine lakes round out this serene mountain wilderness.



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Two lodges. Endless indulgence.

The CMH lodges: home base for exploration and relaxation.

Surrounded by a magical composition of transcending mountains and majestic evergreens, our refined lodges provide the ultimate beginnings and endings to your days of exploration. Each is nestled in the landscape to provide stunning views, each has a dedicated culinary staff, each has a range of relaxation offerings, and each will soothe you with mountain warmth. And each lodge sits within the midst of hundreds of square kilometres of wondrous beauty that is exclusively for you and only 43 others. But we're often asked, "Which lodge is better?" Simple truth: choosing between the Bugaboos and Bobbie Burns is akin to trying to pick a favourite among your children. Equally alluring, yet uniquely distinct, either lodge will surpass your expectations.

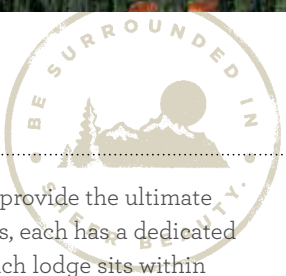
The Bobbie Burns Lodge | Charming, remote, magnificent;

The south-facing expansive view of the Purcell Range and Vertigo Ridge awaits you at the intimate Bobbie Burns Lodge. Mountain luxury without pretension, the lodge provides the ideal setting for renewal and recreation, connection and conversation. Sun-drenched decks and abounding wilderness will entice your inner spirit to journey outward into this exclusive mountain sanctuary.



The Bugaboo Lodge | Since the time of Austrian mountain pioneer Conrad Kain in the early 20th century, the Bugaboos

have captivated lovers of the mountains far and wide. Nestled among towering spires, The Bugaboo Lodge is situated in an iconic setting that is a destination unto itself. This historic retreat, with one of North America's most spectacular views, sits at the bottom of the Marmalotta and Houndstooth spires. The magnificence of the setting can be equally captured from the enchanting roof top spa where your soul and your surroundings will meld into one.



We don't take dinner lightly.

Amid these spectacular mountains we shy away from stuffy formality, embracing instead a more familial custom. Our family style dining harkens back to an old alpine tradition with better manners and much, much better food. CMH's distinguished team of professional chefs has mastered expressive dishes reflective of these inspired settings. Our five star cuisine and wine lists rival city-centre bistros. Engaging conversation, palate-pleasing delights, all in the comfort of your t-shirts, shorts and sandals. Think: The Captain's Table. Every night.



Ten adventures that'll take you wherever you'd like to go.

From peaceful to heart-pounding, these six journeys illustrate our adventurous range.

Within these adventures, there's something for absolutely everyone. Starting with our most popular adventure, The Jaunt, and ending with our most adrenaline-inducing adventure, The Rush, these journeys have been carefully perfected over our 30 years of exploring. Each adventure starts and ends the day at our lodge. Each one engrosses you in the landscape. And our guides will work with you to adjust any adventure to maximize enjoyment based on skill level, group dynamic, duration and, most of all, preference.



Adventure No. 1

The Jaunt.

Short Escapes... 3 days. Endless perfection. Laden with exploring, indulgence, excitement or peaceful journeying, these escapes will quickly unwind you and spellbind you.

Lodge: The Bobbie Burns or The Bugaboos



Adventure No. 2

The Bond.

Family Adventures... Careful, your other family vacations may get jealous. These adventures are built to maximize connectedness, joy and memories for families both large and small.

Lodge: The Bobbie Burns or The Bugaboos



Adventure No. 3

The Tandem.

Lodge-to-Lodge... It's like 2 vacations in one. Tailored for any group and any pace, our lodge-to-lodge is 3 nights at The Bobbie Burns, 3 nights at The Bugaboos and is bursting with exploration, relaxation and joy.

Lodge: The Bobbie Burns to The Bugaboos



Adventure No. 4

The Bodacious.

Bodacious Heli-Hiking... Leave the guys at home, please, and join our exclusive women-only adventure. Packed with majestic hiking, yoga, pampering, and loads of laughs, it's a "gals only" phenomenon not to be missed.

Lodge: The Bobbie Burns or The Bugaboos



Adventure No. 5

The Muse.

Painting & photography workshops... Led by professionals and designed to inspire, no matter your medium. For painters: a canvas with endless splendor. For photographers: vistas that capture themselves. Come fill your creative soul.

Lodge: The Bugaboos



Adventure No. 6

The Rush.

High Flying Adventures... Pack some extra adrenaline: you'll need it. True mountaineering, and designed to challenge, fulfill, entice and downright thrill, this is Heli-Hiking at its best.

Lodge: The Bobbie Burns



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For more information about any of our adventures visit www.cmhsummer.com



Don't fit these ten? We'll tailor a trip, just for you.

Our travel experts will customize and arrange the perfect adventure from start to stop.

Ideal for family reunions, corporate retreats or special interests, our dedicated concierge can tailor a journey just for you, from securing a private guide, to booking an entire lodge for exclusive use. Our vacation planners will happily orchestrate any and all arrangements. And, if you'd like, we'll custom design and plan a wonderfully comprehensive trip, making your CMH Summer Adventure the crown jewel of an unforgettable Canadian Rockies vacation.



Adventure No. 7

The Fit.

Way above fitness... A 3-day escape in the Bugaboos with Calgary's Bikini Boot Camp founder Dawn Kosloski that challenges you to take your fitness to new heights. Be ready to go for fit.

Lodge: The Bugaboos



Adventure No. 8

The Stretch.

Stir your soul... Join sisters Julie and Sandra at the Bugaboo Lodge for 3 days of laughter, laziness and enlightenment. With yoga classes and hands-on culinary delight, you'll leave centered.

Lodge: The Bugaboos



Adventure No. 9

The Project.

Honour the grizzly... Immerse yourself in the Trans-border Grizzly Bear Project with Michael Proctor, PhD. With daily hikes and presentations, you'll leave filled with grizzly bear ecology.

Lodge: The Bugaboos



Adventure No. 10

The Series.

Soak up the knowledge... 3- and 4-day "short escapes" with some of the most renowned guides and explorers the world has to offer. Walk, hike and talk with our guest speakers as they lead you on an educational journey through some of the most unique, breathtaking sights CMH has to offer. Previous guests for our speaker series have included Dr. Roberta Bondar, Canada's first female astronaut, and deep sea scientist Dr. Joe MacInnis. Visit our website for more information on current guest speakers.

Lodge: The Bobbie Burns or The Bugaboos



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Welcome to anything but a walk in the park.

Ropes course, zip lines and two via ferrate. Thrill-seekers: look no further.

Adrenaline junkies and dare devils rejoice... CMH offers everything from wickedly fast zip lines to lunching on a summit 8,700 ft. in the air. Our ropes course in the Bobbie Burns is a high-flying adventure that will send you swinging through the trees, while our Canyon Trail adventure will have you zipping past them. Not satisfied yet? Our via ferrata trips are the height of adrenaline as you make your way across suspension bridges and scale up soaring peaks to the top of our world.



Two via ferrate, one ridiculously awesome experience.



Unlike any other climbing experience in the world, the via ferrata is nothing short of a life-changing adventure – and CMH has two totally unique routes to conquer. Detailed instructions on use of equipment and technique by our highly-skilled guides are part of your experience.

Mount Nimbus Via Ferrata | This full-day route in the Bobbie Burns will take you to the summit of Mt. Nimbus... 8,700 ft. above the valley floor. Follow a narrow path along a knife-edge ridge, cross a 200 ft. suspension bridge 2,000 ft. in the air and scale to the summit on permanently fixed cables and a metal rung ladder. And that's just on the way up.

Skyladder Via Ferrata | This half-day route makes mountaineers of ordinary men. Combined with an out-of-the-world half day hike along the famed Black Forest Ridge, this may well be the pinnacle of your Bugaboo adventure. The route scales Trundle Ridge, a little-known rock buttress of smooth quartzite and provides enough physical and mental challenge to leave you with a sense of accomplishment.

Haven't had your fill of thrill?

Bobbie Burns Ropes Course | Balance beams, swings, log steps and zip lines up to 90 ft. off the ground make for a spectacular high-rise adventure. Choose between an easier route that focuses on balance, a harder version that requires strength, or indulge in both. Our ropes course can be a quick but satisfying hour-and-a-half excursion, or an exciting half-day adventure.

Bobbie Burns Canyon Trail | Starting at Vowell Creek you'll trek 4 miles through the forest, cross a swinging bridge and speed across ziplines to return to the Bobbie Burns Lodge. Our 7 ziplines will get your heart thumping as you zoom past waterfalls on lines 100 to 650 ft. long. Multiple variations of the trail can accommodate any schedule, from 1-2 hours to a thrill-filled, full day outing.

We're one small happy family.

From pilot to pastry chef, we're a qualified, gracious bunch.

This may be where we work, but we take our jobs very personally. We simply love what we do. But to be in the CMH family, you must earn it. For instance, our highly trained and certified team of mountain guides and interpreters includes the finest in the mountaineering profession. From the moment you begin your CMH adventure, you'll be in friendly, capable hands. Whether you're traversing a glorious ridge or enjoying a day-ending massage, rest assured, we're here to make you feel comfortable, no matter where... or what. Experience what it feels like to be guided, challenged, pampered and welcomed warmly by the CMH family.



For us, commitment is second nature.

In 2000, we founded our Second Nature program to formalize what Hans Gmoser had instilled in us for decades. This employee-driven initiative represents our firm focus and commitment to sustainability from operations to business development and beyond. We believe sustainability isn't a choice. It's an obligation.

Explore safely. Tread lightly.

We're obsessed with safety. Period. Every single decision that's made before, during and after a journey is made with safety foremost in mind. We encourage you to visit our website to learn about our uncompromising safety approach.

Our other greatest obsession: stewardship. The CMH philosophy was founded on steadfast environmentalism and care for the earth long before the revolution of going green entered the mainstream. We enter these natural mountain wonders with reverence and we continue to strive to prove ourselves capable of maintaining this delicate balance. While this vast wilderness may be in our backyard, we are continually reminded that we are privileged guests in a flourishing ecosystem.

Sustainability:

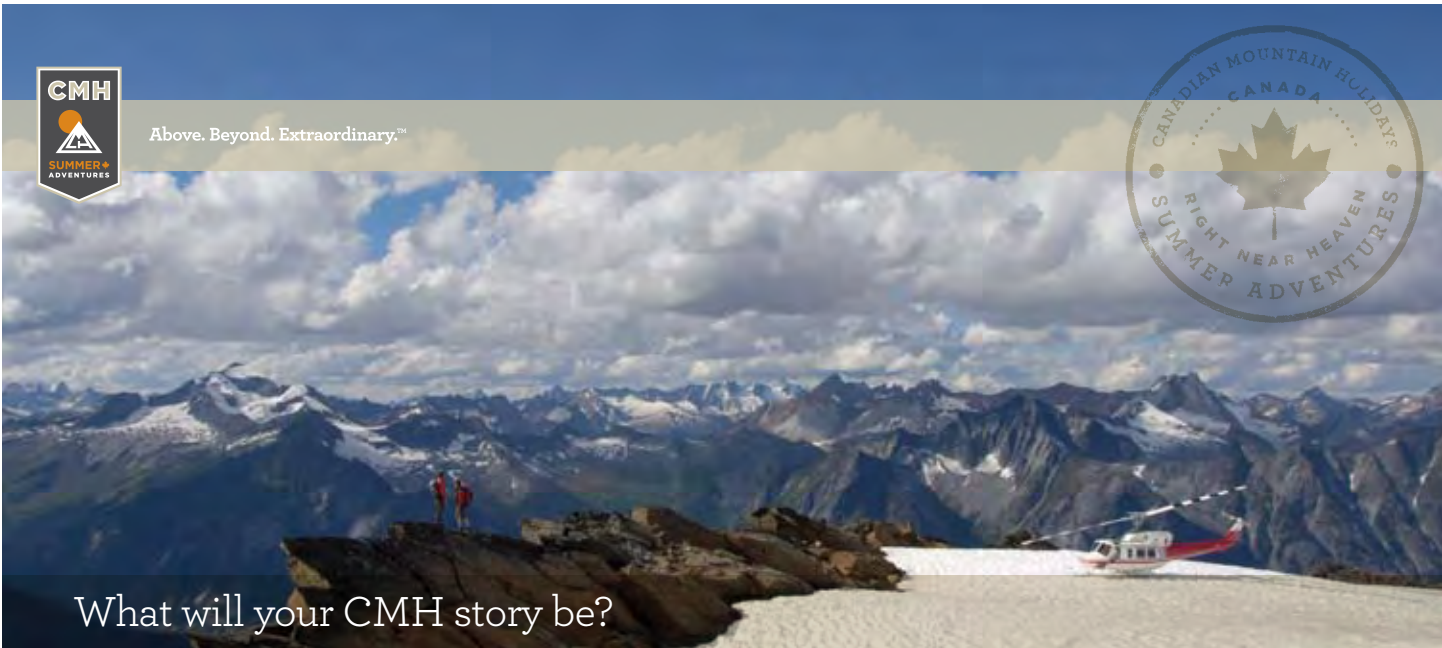
We are passionately committed to being a global leader in sustainable tourism.



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What will your CMH story be?

Join us, and find out. Consider this a personal invitation to explore a mountain wilderness that's certain to energize your body and soul. Whether you journey with friends, with family, with a loved one, or by yourself, our adventures are sure to change you. Challenge yourself to negotiate wonderfully varying terrain while reveling in geological marvels. Or choose a more peaceful path filled with comfortable exploring, glorious scenery, and unexpected mountain luxury. No matter what, there's an extraordinary story here.

Get your story started.



Call us toll free at **1.800.661.0252** or visit **www.cmhsummer.com** to find out more about CMH Summer Adventures.



CMH FAQs.

I'm not a hiker, can I do this? Whether it's a hike, walk, or amble, each Heli-Hiking day is tailored to all levels of fitness, experience, and age. We split the group as necessary so everyone can stay within their comfort level. All you really need is a workable pair of feet and the thirst for some soul-expanding adventure. In fact, we enjoy taking inexperienced hikers into our mountains; it's a revelation, for them and for us.

I'm an experienced hiker. Will I be challenged? Yes. Our guides are mountain people. You want to hike? You'll hike.

How far do we hike each day? Since we form our hiking groups based on ability and desires, our mileage varies quite a bit, from a kilometre (1/2 mile) or so to 15 kilometres or more over variable terrain. We're not taskmasters; our guests hike as much or as little as they want.

Who will I hike with? Our guests come from all walks of life but each shares a common sense of adventure. Each day our guides group our guests based on levels of ability and specific interest. We hike in groups of 1 to 10 and with 7 guides for 44 guests, we can cater to any level of interest and ability.

What do I need to pack? We'll send you a detailed packing list well in advance of your trip. At the lodge we'll provide you with insulated hooded jacket, precip jacket, wind pants, day pack, water bottle, walking sticks, and hiking boots from our meticulously maintained, extensive, top-of-the-line collections in each lodge. The majority of our guests take advantage of these collections and hike happily in our boots.

Is Heli-Hiking suitable for families and kids?

Absolutely. We've hosted four-generation families, from very young children to great-grandparents, with a wide range of activities for each age group to choose from. Children under the age of 5 are welcome on any trip, however, they must be able to endure the natural elements as there is not always an opportunity to go back to the lodge until the end of the day. Parents must remain with their children at all times. The lodges do not have babysitters on hand. Our family trips are best suited for kids aged 5-14.

What's the weather like up there? And what if it rains? Our summer weather is generally sunny and pleasant. Temperatures range from highs of 10-29°C (50-85°F) during the day to lows of -1-15°C (30-60°F) at night. But mountain weather doesn't follow strict rules. So we will provide you with clothing and equipment to keep you warm, comfortable and dry in the cases of cooler temperatures, rain, wind, and, every once in awhile, snow. As long as it's safe to fly our helicopters (and we don't push it when it comes to flying safety), we do hike in the rain, and we have a great time doing it.

Why use a helicopter? In many similar remote ranges (Alaska or the Sierra Nevada) access by plane or environmentally degrading pack train is a given. Getting up to our timberline regions would be essentially out of the question without helicopters. Our short, concise flights take us to and from our secluded lodges, up to magical places utterly without roads or trails. Helicopters also give us the ability to gently and quickly hop from one area to another during the day. From alpine lakes to high ridges to immense glaciers to flowering meadows the helicopter gives us access to the best of our mountain environment.

When are the wildflowers at their peak?

It depends on the rate of snow melt, but in early July, you will see an abundance of glacier lilies, anemones, crocus, spring beauty, and marsh marigolds. From mid-July through mid-August, you will begin to see paintbrush, fleabane, moss Campion, arnica, monkey flower and numerous others.

What about altitude? Compared to other great ranges, our mountains are relatively low. But because of our high latitude, they're rich with glaciers and swashbuckling mountain terrain usually found in loftier areas. Our hikes range from 1,800 to 2,700 metres (6,000 to 9,000 feet), comfortable altitudes for just about everybody.

Do you offer any mountaineering or climbing on the hiking excursions? When you arrive at the lodge, you can request a day of mountaineering, climbing or even a trip on the Via Ferrata (in The Bobbie Burns). But if you have not specifically booked a mountaineering or high-flying heli-adventure trip, it is left to the discretion of the guides.

Can I use my cell phone and do you have internet access? Our telephone system operates on satellite and we do not have cell phone coverage. Wireless Internet access is available and is generally reliable.

What about your lodges' shops? Each of our lodges has a top-notch retail shop that offers a good selection of outdoor clothing such as hiking shorts, zip-off pants, t-shirts, waterproof jackets, fleece vests, and a variety of headgear. Like most mountain people, we're sticklers for the right gear, so all our clothing and equipment is guide-tested and guide-approved. Our shops also feature a variety of interesting gift items and necessities.



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