



BOBBIE BURNS/BUGABOOS HELI-HIKING 6 NIGHTS

DAY 1: BANFF TO BOBBIE BURNS HELIPAD

7:15 am Meet at the Brewster Transportation Centre for ground transfer from Banff to the Bobbie Burns Helipad.

7:30 am Depart Banff.

8:15 am Departure time from Post Hotel, Lake Louise.

10:00 am (Mountain Time) Arrive at the helipad for the quick flight to Bobbie Burns Lodge. Get outfitted with all the necessary hiking gear and enjoy 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, 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 HELI-HIKING IN BOBBIE BURNS

7:30 am Morning stretch class.

8:00 am Breakfast begins.

9:00 am The first helicopter departs 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 to savour snacks and beverages or just to relax.

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 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 CALGARY

8:00 am Breakfast, then prepare for departure.

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

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

1:30 pm Arrive in Banff.

4:00 pm Arrive at the Calgary Airport. **(B, L)**

SCHEDULE IS IN MOUNTAIN DAYLIGHT TIME; SUBJECT TO CHANGES

HIKING TIPS

Hip-hip for hydrate

Drink lots of water! Our local health region says, "Dehydration impairs performance more than lack of food."

Slip, slap, slop – sunscreen time!

For all day activities, especially around glaciers, apply plenty of sunscreen.

Remember - apply it under your nose, on the back of your hands and on your ears too!

Allergy Alert! The Bobbie Burns Lodge is NUT-FREE.

QUOTE OF THE DAY

"Great things are done when men and mountains meet."

~William Blake