

Planned Itinerary

BODACIOUS IN THE BUGABOOS – THE CLASSIC

August 26, 2010: BANFF TO BUGABOOS HELIPAD

This is the way to travel...get up close and personal with the majestic Columbia Mountains when a private Canadian Mountain Holidays helicopter whisks you up, up and away to the gorgeous Bugaboo Lodge. After getting fitted with all the top of the line outdoor gear you'll need, it's time to get acquainted with your Bodacious travel companions over a scrumptious lunch. Spend the afternoon hiking with your certified mountain guide in the dazzling alpine of the world-renowned Bugaboo Range. At day's end, return to the lodge, unwind and get set for Welcome Cocktails – Bodacious style - followed by a deliciously prepared dinner. The evening is yours to relax - have a hot tub under the stars, enjoy a muscle melting massage or chat by the fire.
(snack, lunch (L) and dinner (D))

NOTE: - 6:15 PM Bodacious Welcome Cocktails
7:00 PM Dinner

August 27, 2010: BUGABOOS

Join our yogini Angie Smith for total mind and body awakening with "Sunrise Yoga". Enjoy a hearty breakfast before the helicopter takes you high upon a mountain top for an unforgettable day of hiking with your certified mountain guide. Upon your return to the lodge, join your Bodacious friends at the "SHOP TIL YOU DROP" Wine and Cheese Party or sit back in the view rich relaxation room at the spa. After a 5-star dinner, take a shot at "GETTING VERTICAL" on the climbing wall or curl up with a book by the fire. **(B, L, D)**

NOTE: - 5:30 PM "Shop til you Drop" Wine & Cheese party
7:00 PM Dinner

August 28, 2010: BUGABOOS

Awaken with more of Angie's soul-soothing breathing and stretching exercises. After savouring a tasty breakfast, be flown to new heights for another audacious hiking adventure and lunch on a mountain top. Then continue hiking or be flown back to the lodge for an invigorating and inspiring yoga class. In today's longer class, relax as Angie guides you through a session of Pranayama (breathing exercises) and personalized meditation to a place of inner peace and bliss. Feeling energized, raid the "Tickle Trunk" for dress up night and get glammed for cocktails, another 5 star dinner, and the Bodacious Party Night! **(B, L, D)**

NOTE: - 3:00 PM Yoga and Guided Meditation
6:30 PM Bodacious cocktails
7:00 PM Dinner

August 29, 2010: BUGABOOS TO BANFF

Awaken to the aroma of fresh baked bread. Your final breakfast will be filled with limitless coffee and conversation with all your new soul-mates. Pack your bags because the helicopter is waiting to take you back to civilization: refreshed, invigorated, renewed and reconnected.
(B, L)