

## Hike great Canadian scenery with a great Canadian Explorer: Dr. Joe MacInnis

July 24 – 27, 2010, Bobbie Burns Lodge

### Saturday, July 24: BANFF TO BOBBIE BURNS HELIPAD

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

**7:30 am** Depart Banff on a wonderful journey through Banff National Park and through the historic Kicking Horse Canyon.

**10:00 am (Mountain Time)** Arrive at the helipad for the quick helicopter flight to Bobbie Burns Lodge. Upon arrival you will be outfitted with all the necessary hiking gear for your next few days of adventure. Lunch is served before heading out for a helicopter safety talk and your first afternoon of heli-hiking exploration. As the afternoon winds down, you will be treated to a 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)**

### Sunday, July 25: FULL DAY HELI-HIKING IN BOBBIE BURNS

**7:30 am** Warm up your muscles at morning stretch class

**8:00 am** Indulge in a wonderful, healthy buffet breakfast.

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 in the Bobbie Burns. Return to the lodge mid-afternoon. Opportunities exist to try the Via Ferrata – or set your own pace hiking along a high mountain ridge, explore the toe of a glacier, or relax while wandering through flower laden alpine meadow.

Mid to late afternoon – return to the lodge for traditional “tea-goodie” and a chance to relax before dinner. Enjoy a dip in the pond, or a relaxing soak in the outdoor hot tub. Treat yourself to a much deserved massage (additional cost) – or challenge your friends to a game of pool in the games room or badminton on the lawn.

**7:00 pm** Dinner is served family style. **(B, L, D)**

Special Evening Presentation by Dr Joe MacInnis.

Dr. Joe MacInnis led the first team of scientists to dive under the North Pole. Among the first to dive to the Titanic, he's a physician-scientist, best-selling author, conservationist, and a passionate believer in "deep leadership."

Dr. MacInnis will use dramatic video clips to take you from the mountains to the oceans and back. Along the way you'll see the Titanic, volcanic vent systems, deep sea creatures, and meet some of the sea and space pioneers who are changing the way we think about nature -- and leadership.

### HIKING TIPS:

**Hydration:** Drink lots of water! You need to replace water lost through perspiration and activity.

**Happy feet:** Let your guide know as soon as you feel a hot spot – this is a sign that a blister is about to develop. Stop and put some moleskin on the affected area. (Your guide carries this and can help you).

**ALLERGY ALERT!** The Bobbie Burns Lodge is NUT-FREE.

### SPECIAL PRESENTATION: Dr. Joe MacInnis



## Monday, July 26: FULL DAY HELI-HIKING IN BOBBIE BURNS

**7:30 am** Warm up your muscles at morning stretch class.

**8:00 am** Indulge in a wonderful, healthy buffet breakfast.

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 in the Bobbie Burns. Return to the lodge mid-afternoon. Opportunities exist to try the Adventure trail with a variety of ropes courses and zip lines – set your own pace hiking along a high mountain ridge, explore the toe of a glacier, or relax while wandering through flower laden alpine meadow.

Mid to late afternoon – return to the lodge for traditional “tea-goodie” and a chance to relax before dinner. Enjoy a dip in the pond, or a relaxing soak in the outdoor hot tub. Treat yourself to a much deserved massage (additional cost) – or challenge your friends to a game of pool in the games room or badminton on the lawn.

**7:00 pm** Dinner is served family style.

**(B, L, D)**

## Tuesday, July 27: BOBBIE BURNS HELIPAD TO CALGARY

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

**9:30 am** First flight from the lodge to the Bobbie Burns Helipad.

**11:00 am** Depart the helipad by motorcoach, returning through Golden and Banff National Parks to Banff and Calgary Airport. A 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.



## Pre/Post Trip Extensions:

Pre/Post extensions are available upon request. We are happy to assist with booking shuttles from the airport to Banff as well as hotels in Banff, Calgary and Lake Louise. Don't forget – there is lots of adventure to be had in the Canadian Rockies: horseback riding, white water rafting, hiking, canoeing – the list goes on. Ask us for details!

## TRIP INCLUSIONS:

- 3 nights accommodation at the Bobbie Burns Lodge.
- 2.5 days of guided heli-hiking, with ACMG and IFMGA certified guides.
- All meals, snacks and non-alcoholic beverages.
- Ground transfers from Banff to helipad, and return to Banff or Calgary.
- Use of CMH hiking equipment including boots, rain gear, day pack, water bottles.
- Special evening presentation by Dr. Joe MacInnis.

## TRIP COSTS:

Adult: \$2,490 CAD  
Youth: \$2,190 CAD (ages 15 – 17)  
Child: \$1,870 CAD (ages 5 – 14)

Based on twin/double occupancy, quoted in Canadian Dollars, and subject to taxes.

## HOW TO BOOK:

To secure your spot on this adventure, contact CMH Reservations at 1-800-661-0252, or email us at [info@cmhinc.com](mailto:info@cmhinc.com)