

## Planned Itinerary

### BODACIOUS IN THE BUGABOOS – BODACIOUS GETS *BO(U)LDER*

#### **Aug 29: BANFF TO BOBBIE BURNS HELIPAD**

This is the way to travel...get up close and personal with the majestic Columbia Mountains when your private Canadian Mountain Holidays helicopter whisks you up, up and away to your casually luxurious mountain retreat, CMH's Bobbie Burns Lodge. After getting fitted with all the top of the line outdoor gear you will need, a scrumptious lunch awaits you and your Bodacious travel companions. Then it's time for rotor fever as your helicopter takes you high upon a mountain top. Your certified mountain guide will escort you through this untamed wilderness where you have the opportunity to test your mountain legs and gain some insight as to how the "high-flying adventure" will unfold. At day's end, fly back to the lodge, unwind and get set for some 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**

#### **Aug 30: BOBBIE BURNS**

Join our yogini Angie Smith for total mind and body awakening with "Sunrise Yoga". Enjoy a hearty breakfast. Then board your awaiting helicopter as you are transported out into mountains so remote they are accessible only by our chopper. It is a day of adrenalin filled exploration. Perhaps you'll start with the Canyon Adventure Trail and a thrilling ride across the zip-line secured over a raging river. OR inch your way between tree tops along a spectacular ropes course. Lunch is mountainside. Your heli will whisk you back to the lodge at day's end for some relaxation. Then join Ellen and all who dare to be Bodacious for the "SHOP TIL YOU DROP" Wine and Cheese Party. After a 5-star dinner, revel in the views from the hot top with your Bodacious friends or curl up by the fire with that book you rarely seem to get to at home.

**(B, L, D)**

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

#### **Aug 31: BOBBIE BURNS**

Following "Sunrise Yoga" and breakfast you are ready for your next bold moves. Our certified mountain guides will escort you on an adventure like no other. A short helicopter flight will drop you at the base of Nimbus Tower (elevation 8,700 feet) for a breath-taking, heart-pounding, muscle-testing day of exploration. Guests will be roped up with the latest technical climbing gear, before being instructed and guided through a series of high mountain fun and excitement. Approaching the first of two towers, your guide will clip you in to the self-protecting cables of the via ferrata system. Climbing, scaling and scrambling you will make your way over the first tower where you will find your next challenge: a high cable bridge spanning 160 feet across a steep gully with the bottom a jaw-dropping 2,000 feet below. Then scale the second tower before your final descent – a rappel of 180 feet to the valley below. It's time to celebrate and reflect starting with our flight 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 refreshed, raid the "tickle Trunk" for dress up night and get glammed for cocktails, another 5-star dinner and your Bodacious Night of Celebration!

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

#### **Sept 1: BOBBIE BURNS 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)**