

# LANGFORD & COMPANY

## ROCKY MOUNTAIN HIGH – ADVENTURE FOR TWO

Explore the Canadian Rocky Mountains from a remote wilderness lodge located along the continental divide separating Alberta and British Columbia. Mountain bike along ridges overlooking the Kootenay River valleys, raft the mighty Kicking Horse River with exciting stretches of whitewater; hike to a lofty mountain ridge with spectacular views of Mt. Assiniboine, the sixth highest mountain in the Canadian Rockies. Learn about the geology that created the Rockies, mountain wildlife and the first nation communities in the area.

Relax at night in your private cabin - part of an Eco lodge with breathtaking views of the Rocky Mountains and Kootenay River Valley below. Cabin comfort includes a queen sized bed, wood burning fireplace and three piece washroom with shower.

### **Gateway – Calgary, Alberta**

#### **Day 1**

Pick up your car in Calgary and 3 hours to the Kootenay National Park. Check into your private cabin and enjoy a tasty dinner.

Private cabin accommodation

#### **Day 2**

After a hearty breakfast, explore by mountain bike the valleys and ridges around the Kootenay and Cross rivers. Enjoy spectacular views overlooking the river valleys along the way, as well as some breaks along the rivers to take in the natural gems such as waterfalls, plants and wildflowers, and a natural bridge. If you are not a biker, you can take a hiking excursion to the mountain ridge beneath the towering Tangle Peak. The walk is slow and informative, and the view from the top is nothing less than breathtaking. Mountain peaks will abound for 360°, including the sixth highest mountain in the Rockies, Mt. Assiniboine. These ridges are often visited by mountain goats, deer, and golden eagles, and who knows what other surprises could add to this experience on this very secluded trail

Private cabin accommodation

#### **Day 3**

Rise for breakfast then set out for a day-long rafting trip with lunch down one of the nearby raging rivers. Depending on the group and time of year, rafting can be on rivers ranging from grade 1 to 4. All trips are safe and enjoyable with stunning mountain scenery and guarantees of getting wet!

Private Cabin Accommodation

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## Day 4:

Check out after breakfast.

Option to add on a backcountry overnight hiking trip to Shadow or Skoki Lodge.

*Please note that each package can be customized.*

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**Dates:** June through September, 2010

**The cost is:** \$1250 per person plus HST

**The cost includes:** three nights cabin accommodation, tasty meals from lunch day 1 to breakfast day 4, guided day of mountain biking or hiking, River raft on the Kicking Horse or Kootenay river and transportation while at the Eco Lodge

**The cost does not include:** HST, personal clothing, beer/ wine alcohol

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## HOW MUCH EXPERIENCE DO YOU NEED? WHAT KIND OF SHAPE DO YOU NEED TO BE IN?

None! The "Rocky Mountain High Adventure for Two" is for couples with any level of outdoor experience. In terms of fitness, couples should be in moderate shape. You should be comfortable being active for up to 4 hours at a time (at a walking pace).

## RELEASE OF LIABILITY

Each participant will be required to sign and return to Langford & Company a release of liability before being allowed to participate in any trip we offer. This document releases Langford & Company from liability in the case of accident or injury for any reason.

## TO BOOK YOUR SPOT

A 25% deposit confirms your spot. VISA, MasterCard, AMEX or cheque can make payment. Please fill out a "to book" form and e-mail, fax or mail it to our office or you can simply call us at (416) 486-3605.