



“Your Vibe Affects Your Tribe” Good Vibes Only at Purcell Mountain Lodge



June vibes were strong as ever as our Purcell Lodge family felt boundless energy and enthusiasm for the arrival of summertime. On June 25, the first flights commenced into Purcell Lodge. Our family of Thomas, Ladd, Cathy, Doug, Susanne & Derm flew in for a caretaker/host work party. The crew opened up the Lodge and started up the micro hydro system effortlessly. Thank you to Mark with Alpine Helicopters for his assistance with flying in food stock & supplies. On flight was a generous selection of British Columbia's finest craft beers, specialty and award winning wines. The Lodge bar is well stocked and will

be perfect for our summer visitors to enjoy a refreshing cool drink after a day of hiking.

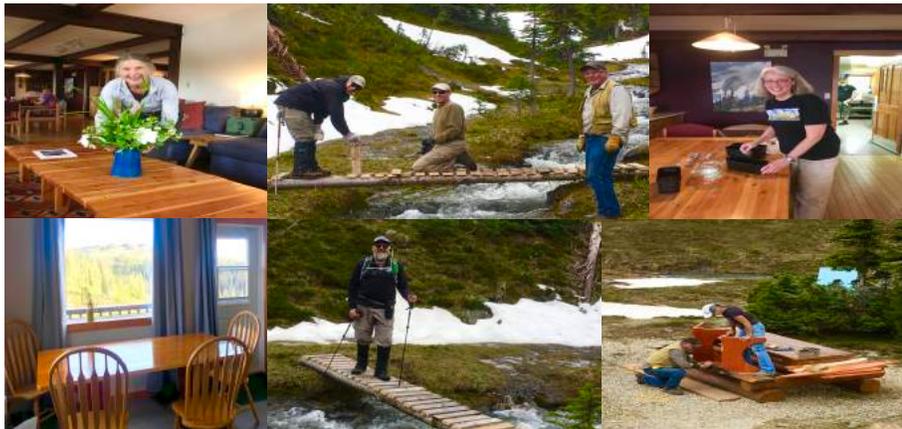
Behind the scenes, Summer Adventure Chef Gerry, Theresa and Grace have been busy planning the summer menus. Our dedicated Purcell Mountain Lodge Chefs are happy to accommodate any dietary needs. If you have specific food requests, we'd love to hear from you as early as possible. On June 27th, the aromatic smells of a loving home lingered from the Lodge kitchen. Chef Gerry settled in and created mountain inspired masterpieces for our first guests from the United States. With Sarah as guide, our new Purcell friends thoroughly enjoyed the full backcountry experience. Great company, laughter, gourmet meals and breathtaking unforgettable hikes.



Summer solstice was on June 20th and officially marked the first day of summer. It was the longest day of the year and a gentle reminder to start making trip plans. To new friends we have yet to meet, make this summer the one to cross Purcell Lodge off your bucket list. For active vacationers seeking a peaceful haven away from the bustling city and crowds, Purcell Lodge is the place to go. Book a stay in our island in the sky!

Special rates offered to Winter 2017/2018 guests to wander this summer in our alpine meadows. Call Jackie for more information at 1 888 767 8989 or email info@purcellmountainlodge.com

Forever gratitude and kudos to our dedicated host/caretakers for completing the final tasks for opening the Lodge. Our Purcell family are simply amazing! Fresh flowers, painting, inventory, prepping the microgreens, building bridges, new chalet table and much more!



Call for Last Minute July Deals \$1578 per person + tax for the Following Tours



July 16 - 20 Monday to Friday

Chalet Self Catered & Self Guided

Main Lodge Guided & Catered or Chalet Self Guided & Catered

July 20 - 23 (Two Seats Left) or July 2 - 30 Friday to Monday

July 27 - 30 Friday to Monday

Main Lodge Guided & Catered & Chalet Self Guided & Catered

August Hiking Dates Fully Catered & Guided or Self Guided & Catered

August 6 - 10 Monday to Friday

Main Lodge or Private Chalet

August 13 -17 Monday to Friday

Main Lodge or Private Chalet

August 17 - 20 - Friday to Monday

Private Chalet Only



August 20 - 24 - Monday to Friday

Main Lodge or Private Chalet

August 27-30 - Monday to Friday

Self Catered and Self Guided Only

September Hiking Dates Fully Catered & Guided or Self Guided & Catered

Watching the summer terrain transform to fall is a natural marvel. Fall is a treat that everyone deserves to experience. Revel in crisp fall mornings, alpenglow and vibrant colourful foliage.

August 31 - September 3 Friday to Monday (Limited space)

Main Lodge or Private Chalet

September 3 - 7 Monday to Friday

Guided or Self Guided & Catered

Main Lodge or Private Chalet

September 7 - 10 Friday to Monday (Two seats left)

Main Lodge or Private Chalet

September 10 - 14 Monday to Friday

Ideal for Self Guided & Catered

Main Lodge or Private Chalet

September 17 - 21 Monday to Friday

Ideal for Self Guided and Catered

Main Lodge or Private Chalet





Jen Segger Endurance Coach

Run the Purcells

Saturday August 11 to Monday August 13, 2019

Includes round trip helicopter transportation, private chalet accommodations for 2 nights and catered meal service.

\$1195 plus tax (Two Spots Left)

Celebrations at Purcell Lodge

Purcell Mountain Lodge is a perfect venue for your next small gathering. The Lodge remains open after our last fall tour on September 28. Shoulder season rates commence late September to December. High season winter operations runs December thru to April. Bookings are now being accepted for 2018/2019. Call to discuss your ideas for your next the next milestone birthday, anniversary, reunion or retreat group. We love weddings too! Our team will help customize your special day.



**Our Purcell Lodge Family
would like to wish a
Happy Anniversary to Derm & Susanne**

We wish you a lifetime of laughter and happiness each day and forever more. Thank you for your love for our family. Much appreciation always for all you do to show how much you care.

PML Family

Winter 2018/2018 at a Glance

Lake to Peak Six Night Package

Valid December to April, 2019

For December Lake to Peak bookings during the holiday season some black out dates are applicable at Emerald Lake Lodge, Field B.C. & Buffalo Lodge, Banff AB.

Ho Ho Ho Happy Holiday Tours

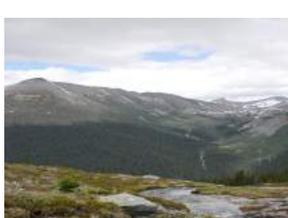
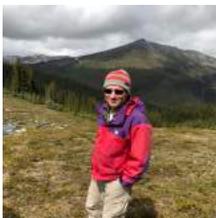
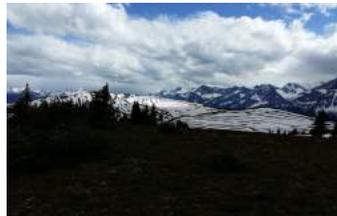
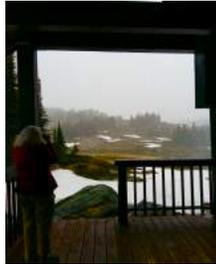
Three and four night stays from December 14, 2018 to January 2, 2019

Regular Season tours January 2 to April, 2018

Choose from Guided & Catered, Self Guided & Catered or Self Guided & Self Catered

Call 1 888 767 8989 or email info@purcellmountainlodge.com for inquiries

June Vibes at Purcell Mountain Lodge



Theresa Calow - Wonder Chef & Alpine Kitchen Creations Proprietor

Theresa Calow is based out of Canmore, AB and is the proprietor of Alpine Kitchen Creations. She has been a backcountry chef for over 20 years and is well known for her passion to create delicious healthy meals to touch your mind, body and spirit. Theresa's first time cooking at Purcell Lodge was coming in summer of 2017 as a private chef for our partner Follow Your Feet proprietor Andrea Petzold. We are thrilled to welcome Theresa as part of our Purcell Lodge team of Adventure Chef's this season.



In June, Theresa was featured in a story written by Katherine Erwin. Please go to www.adventuresportsnetwork.com to read the article.

If you are seeking a caterer for your next Bow Valley gathering, go to canmorecaterers.ca to learn all about her services. Theresa can be reached at 250 439 9684 or email theresacalow@gmail.com

Here are two of Theresa's favourite recipes shared in the June 11, 2018 article.

Morning Glory Muffins



- 1 apple, grated
- 1 cup crushed pineapple
- 2 cups carrots, peeled and grated
- 1/2 cup chopped walnuts or pecans
- 3 eggs
- 1 cup oil
- 1 tsp vanilla
- 1 1/4 cup sugar
- 2 1/4 cup flour
- 1 tbsp cinnamon
- 2 tsp baking soda
- 1 tsp baking powder
- 1 pinch of salt
- 1/2 cup shredded coconut
- 3/4 cup raisins

Makes 16 regular muffins.

Directions:

- Mix everything together in a bowl, being careful not to over-mix.
 - Bake in 350 degree oven for 20 minutes or until a toothpick inserted comes out clean.
- Note: This batter freezes well, and so do the baked muffins – which are great to have in your freezer to grab and go.

Happy Trails Power Cookie

- 1/2 tsp baking soda
- 1 pinch of salt
- 2 cups oats
- 1 cup choc chips
- 1 cup raisins
- 1 cup walnuts
- 1/2 cup hemp seeds
- 1 cup butter
- 1 cup brown sugar
- 1/2 cup sugar
- 2 tsp vanilla
- 3 eggs
- 2 1/2 cup flour
- 2 tsp baking powder

Directions:

- Mix the first 5 wet ingredients.
- Add the dry ingredients.
- Mix with spoon or clean hands, until a chunky dough is formed.
- Using an ice cream scoop or tablespoon, scoop on to cookie sheet.
- Bake at 350 degrees for 12-15 minutes.
- Note: Freeze pre-dropped cookie dough and have them handy to bake another day.

