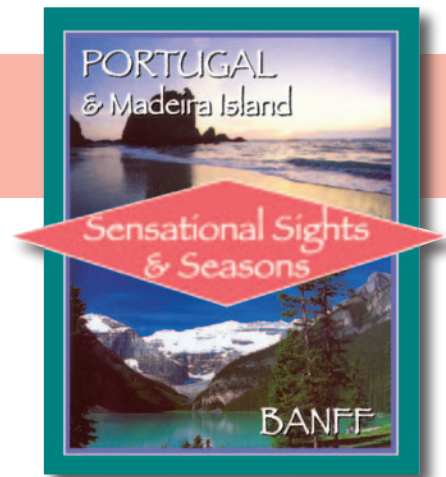


April 2007
Trip Description #4
Banff



Enjoy the Thrill of a Banff Lake Louise Winter



Banff is known as a skier's heaven and a glorious winter wonderland. **SENSATIONAL SIGHTS & SEASONS** travelers will be right in the heart of this paradise at Lake Louise. The Banff/Lake Louise area celebrates winter unlike any resort on earth.

Downhill and cross-country skiing is nearby and abundant. Other activities that you'll want

to experience include ice skating on Lake Louise, taking a horse-drawn sleigh ride along a frozen lakeshore, snowmobiling, or hiking through the area on snowshoes.

Alpine (Downhill) Skiing

A ski experience in Banff National Park is unlike any other. It features two charming alpine communities (Banff and Lake Louise) and three outstanding ski resorts. With an interchangeable, multi-day Tri-Area lift ticket—which includes free transfers from your hotel to the slopes—you can enjoy frequent and worry-free shuttle transportation between the Fairmont Chateau and each ski area.

- **Lake Louise:** As Canada's largest single ski area, Lake Louise offers skiers and snowboarders unlimited possibilities. With 4,200 acres, four mountain faces, 113 named trails and the newly installed six-person Grizzly Express Gondola, "the Lake" is hard to beat.
- **Sunshine Village:** Ski Sunshine and you'll float on a deep, soft blanket of 100 percent natural snow. Ski the wide-open spaces above the treeline and be awed by the spectacular view of surrounding mountain peaks. Sunshine features 91 runs, the most of three resorts.
- **Mount Norquay:** Norquay tends to have such short lift lines, the locals suggest you see how many runs you can make in a day. Norquay has an excellent ski school and, like the other two resorts, lessons for kids, beginners and other levels, too. And it features night skiing!

Nordic (Cross-Country) Skiing

Cross-country skiing in Lake Louise allows you access to some of the most beautiful scenery in the world. There are hundreds of miles of cross-country trails, with trips ranging from gentle terrain for the novice to the more difficult backcountry trips for the more experienced skier.

Cross-country skiing is a great group activity, and an easy sport to learn for those who have never tried it. There are many companies in the Lake Louise area that provide levels and have guides for all levels of skiers. Novice skiers can schuss along high country trackset trails, learning necessary skills while enjoying the spectacular scenery, while programs for intermediate skiers caters to those who want to leave the tracked trails behind and experience longer backcountry ski tours.

Families with small children can also enjoy the sport. You can pick up special sleds, called “pulks,” at your resort, which allows an adult to easily and safely ski while pulling their toddler along. You can pick up cross-country ski trail maps from park information centers and check regular ski reports before venturing out.



Other Activities

Here are some other winter activities that Lake Louise offers:

- **Ice Skating:** You can skate in front of the Fairmont Chateau, with its elaborate ice sculptures and the picturesque Victoria Glacier in the foreground. And the night skating on this magnificent lake is an experience you don't want to miss!
- **Snowmobiling:** For an exhilarating day, explore the other side of the mountains via snowmobile. No experience is needed, as each snowmobile tour is led by a professional guide. Most rental companies provide suits, helmets and boots. Tours usually last from 5 hours to a full day.
- **Sleigh Riding:** A sleigh ride at Lake Louise brings *Jingle Bells* to life. Picture this: a starlight night, the air crisp and clear, a cowboy's voice breaks the silence as a sleigh suddenly slides forward with sleigh bells ringing and jangling. The sleigh moves along amid the falling flecks of snow, and the only sound breaking the silence is the laughter of children. Or take a romantic ride for two.
- **Snowshoeing:** A company called Great Divide features award-winning guides who can offer you interpretive snowshoeing hikes with an equal mix of fun and learning. Walking amidst the quiet beauty of winter, you will discover the stories behind the scenery of Lake Louise and Banff National Park.
- **Heli-Sightseeing:** Fly over magnificent mountain landscapes on a helicopter sightseeing tour. This is a great way to enjoy the snow-covered peaks of the Canadian Rockies.

SENSATIONAL SIGHTS & SEASONS: Start planning for your trip today!

Next issue: **Lisbon hotel**