

feature.snow escapes

mobile may want to book their getaway at the Crowsnest Mountain Resort. Nestled at the foot of the Crowsnest Mountain in Southwest Alberta the resort features five cozy cabins and its own restaurant. With their snowmobiles conveniently parked right outside the front door, resort guests can quickly mount their mechanized snow steeds and be out cruising around the picturesque Alison Lake region not long after sun rise.

The Crowsnest Mountain Resort is also a popular choice for cross-country ski enthusiasts who can glide along trails that not only provide beautiful scenery but the opportunity to observe a variety of wildlife as well.

An outdoor winter getaway doesn't have to be limited to one or two activities. The Eagle's Nest Bed and Breakfast in Canmore, Alberta, can keep its winter guests going with adventure after adventure for up to two



weeks at a time. Elizabeth Jones of the Eagle's Nest explains, "We have three-day four-night, six-day seven-night and 13-day 14-night activity packages." All the excursions and activities are coordinated through the organization Canada Winter Adventure (www.canadawinteradventure.com). They include your usual suspects—snowshoeing and cross country skiing—but also encompass dog sledding, animal tracking, outdoor survival training, canyon ice walks and caving.

"We're trying to promote outdoor fun in the winter," Elizabeth Jones declares, "and let people know that there's more than just downhill skiing available in this area."

Now not all of us are adrenaline junkies who need to be out doing stuff throughout our winter downtime. Some of us just want to slow things down and recharge our depleted batteries and what better place to do that than at a spa? Hey, and if you're moving in that direction why not go first class?

The Willow Stream Spa at The Fairmont Banff Springs resort takes one's breath away with its therapeutic mineral pool. Three waterfalls cascade into the pool which is surrounded by striking stone pillars. Up



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