

FEATURES THE EDGE



Lake Louise aims to please

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FULL STORY

Professional instruction just one of the many advantages in spending time at the hill

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**Ian Wilson
Calgary Sun**

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LAKE LOUISE — Never before had I been told I had a weight problem but Jamie McLain was astute in his observation.

"Where's your weight?" the skiing instructor yelled from up the hill.

Guilty as charged: I was leaning back when I should have been leaning forward.

After about a half-dozen trips to the slopes, with the bulk of that frustrating time spent on my backside, I finally decided to get a lesson from a professional.

My friends had given me some helpful pointers over the years but they were always in a hurry to set out on their own adventures.

So, I was well overdue for some real help if I wanted to stay off my keister while fumbling down the hill.

The patient guidance from McLain paid off.

His simple and straightforward advice — noting how my hands, feet, body and head should be positioned — had me doing relatively smooth S-curves to the bottom in no time.



**CUTTING A BEAUTIFUL LINE HIGH ABOVE THE FERNIE ALPINE RESORT CLOUDS ... Skier Chad Weyman rings in the New Year by cranking turns down the Knot Chutes high in the mountains above the clouds Jan. 1 at Fernie Alpine Resort in the interior of B.C.
 AI Charest, Calgary Sun**

I even mastered the T-bar, sort of. OK, I fell once but who's counting?

Private lessons from the Lake Louise Ski & Snowboard School cost \$525 for a full day and \$335 for a half day — with two-hour midweek specials at \$99. Group instructions range in price from \$82 to \$135.

If that seems expensive, consider how much fun you'll have when you say goodbye to your friends at the lift and spend the rest of the day falling over more often than Lindsay Lohan during a night of partying.

Whether you get a lesson or not, a trip to Lake Louise is well worth it. It's a winter wonderland just a two-hour drive from Calgary.

Even if skiing or snowboarding isn't your thing, there are a number of other activities to occupy your time. There is the natural beauty of the UNESCO world heritage site.

If that doesn't cut it, dog sledding will offer a better view of the world-class scenery. After spending time on the slopes — or exploring the region — visitors can check in to the Lake Louise Inn and settle in for a more relaxing experience.

The 232-room resort offers an outdoor gazebo with a built-in fire pit and guests can also unwind in a hot tub or the steam room.

The recently renovated lodge is also offering a martini, massage and moguls package until April 30.

For \$299 per person, the deal includes lift tickets, two-night accommodations, a 'ski naked' martini, 30-minute massage and breakfast. When the hunger really sets in, grab a bite at one of the inn's three eateries — Legends Restaurant, Timberwolf Pizza & Pasta or Explorers Lounge.

Along with the resort's proximity to the hill — free shuttles throughout the day can get you to Lake Louise in five minutes — the inn features a variety of rooms.

Standard rooms are available to those who expect to spend much of their time away from the resort, while suites equipped with kitchens, fireplaces and murphy beds can accommodate up to six people comfortably.