

avenue

BEST NEIGHBOURHOOD
BEST LOCAL BAND
BEST LANDMARK
BEST ARTIST

INCLUDING
PAINTER
AMY DRYER

BEST LOCAL SCANDAL
BEST PLAYGROUND
BEST PUBLIC ART
BEST SPA
BEST CELEBRITY
BEST DOG PARK
BEST POOLS
BEST RECORD STORE
BEST TV PERSONALITY
BEST SUMMER CAMP
BEST FESTIVAL
BEST DOG DAYCARE
BEST BOOK STORE
BEST SKATING RINKS
BEST WRITER
BEST SALON
BEST YOGA STUDIO
BEST KEPT SECRET

CALGARY'S
BEST

PLUS
THE LOST BOYS OF
SUDAN STRUGGLE
TO FIND THEIR WAY
IN CALGARY



Return Undeliverable
Canadian Addresses: PO BOX 100
MEDPOINT MEDIA G
105, 1210 20 Ave SE 1M8
Calgary, Alberta, T2C

WINING AND DINING

Sure the action seems to be focussed on the hill at Western Canada's many resorts, but the only action some of us need is to cozy up by a crackling fire while sipping a fine regional wine, or savouring a scrumptious meal. Most resorts have myriad fine dining restaurants on-site, and many even offer gourmet packages. Canadian Rocky Mountain Resorts offer packages ranging from romantic getaways to girlfriends' weekends and special occasion packages at their Lake Louise, Emerald Lake and Banff properties.

Think you've missed the wine "season" now that summer has long since passed?



Not so. Many wineries and breweries still offer tours (winter hours or by appointment) and there are also food and wine festivals at many destinations in the winter. The Annual Okanagan Icewine Festival in January (14-19) at Sun Peaks Resort is one standout. Wine lovers savour spectacular Icewines of the Okanagan and wine master's dinners, to educational seminars and a unique progressive tasting, all amid the backdrop of crisp mountain air. The whole town of Fernie revels in the legend of "Griz" during Fernie's annual Griz Days festival in March, and restaurants jump on board with special events and dishes.

"SPA-ING"

O.K. so your muscles aren't sore from the slopes, but you could sure use a little "me time" to send those winter blahs packing. Ski resorts in general have not only become "all season" resorts, but most have world-class spas on-site (B.C.'s Whistler Mountain has 20 of them). Choose from numerous kinds of massage and wellness therapies, body and aesthetic treatments, even yoga, Pilates, physiotherapy and chiropractic if you so desire.

You can book your whole vacation around a spa and wellness retreat. These days, it's not just women who are booking a "mani and pedi" but men—and

couples—are taking advantage of the soothing transformation that can happen only at a spa. Most spas have their "signature" treatments, ranging from pleasant to deeply soothing, to some very intense cleansing treatments that require some recovery time.

And while you're in the spa mode, sink into one of the hot springs near many resorts. Some hot springs actually form the hub of resorts, and offer many spa treatments on-site before or after you've taken a dip.

OUTDOOR ACTION

Just because skiing doesn't float your boat, that doesn't necessarily mean you're a couch potato, right? Luckily, there are plenty of outdoor activities to rosy up those cheeks and get you at-one with Mother Nature. Dog sledding is grown in popularity and many wintry destinations offer sled outings from a few hours to a few days. Never tried it before? No problem. At the Annual Jack Gawthorn Memorial Sled Dog Race—Cariboo Challenge in Bridge Lake, B.C. for example, classes are offered in skijoring and dog sledding, plus an annual winter carnival is part of the festivities. Dog sledding companies abound and there's nothing like riding behind a pack of eager yelping dogs, bundled in layers of blankets, as the winter air blasts you in the face.

Or how about snowshoeing? If the word conjures up images of heavy wooden and leather contraptions, it has definitely been too long since you've tried the sport. Today's aluminum and ultra-lightweight materials will have you swishing across the snow faster than well, those wooden and leather contraptions ever did. Take advantage of a guided outing, or just rent a pair and go exploring at your own pace. Small lakeside resorts like Emerald Lake Lodge and Chateau Lake Louise are great for this—as you can make your way around the lake with no danger of getting lost (or crabbing at your spouse that all you really wanted to do was sit by the fire and read a book). It's also a great way to work off those turkey pounds.

Or not. For those who like a little indulgence with their hard work, Resorts of the Canadian Rockies' Kimberly Alpine Resort tempts non-skiers onto the hill with a guided mountaintop snowshoe fondue tour several nights a week. Snowshoers ride the lift to the top of the hill, explore on snowshoes for a bit, then tuck into a chocolate fondue in a hilltop log cabin. Yummmm.

And if your family is still nagging you to try skiing, acquiesce a wee bit and give cross-country a try. Most resorts offer lessons and rentals and you can experi-