

# POST HOTEL OFFERS CASUAL ELEGANCE FOR FAMILIES

*Property caters to young families as well as couples seeking a getaway in the Rockies*

MHAIRRI WOODHALL

For the last five years, staying at the Post Hotel and Spa has topped my husband's wish list.

Insisting the property is purely a quiet couples' retreat, I have snubbed his dream Canadian Rockies getaway and secured what I consider to be family-friendly accommodations instead.

Thankfully, he is persistent to a fault and I was finally convinced to book the quaint mountain retreat. I'm pleased to report this is one of the few times in my life where being wrong was far more satisfying than being right.

Nestled in the heart of Lake Louise village, the boutique Relais & Châteaux hotel features a collection of guestrooms, suites and cabins. A handful of the standard king entry-level rooms even have one or two additional single beds for children.

May (when we travelled) and October are outside of the peak ski and summer seasons and prove the most economical months for families. Special touches, like offering colouring sheets and children's storybooks in the dining room and carrying DVDs of every Disney movie ever made create a welcoming experience for the hotel's younger guests.

Our daughter also loved the complimentary afternoon tea where hot chocolate is served in the lobby.

While on property, we spent the majority of our time in the indoor swimming pool or cosying up by the fireplace to watch an animated classic.

We also indulged in the Post's award-winning fine dining room. The extensive seasonal menu, which is only outdone by the restaurant's wine cellar that features more than 25,000 bottles and 2,200 selections, is created by European-trained executive chef Hans Sauter.

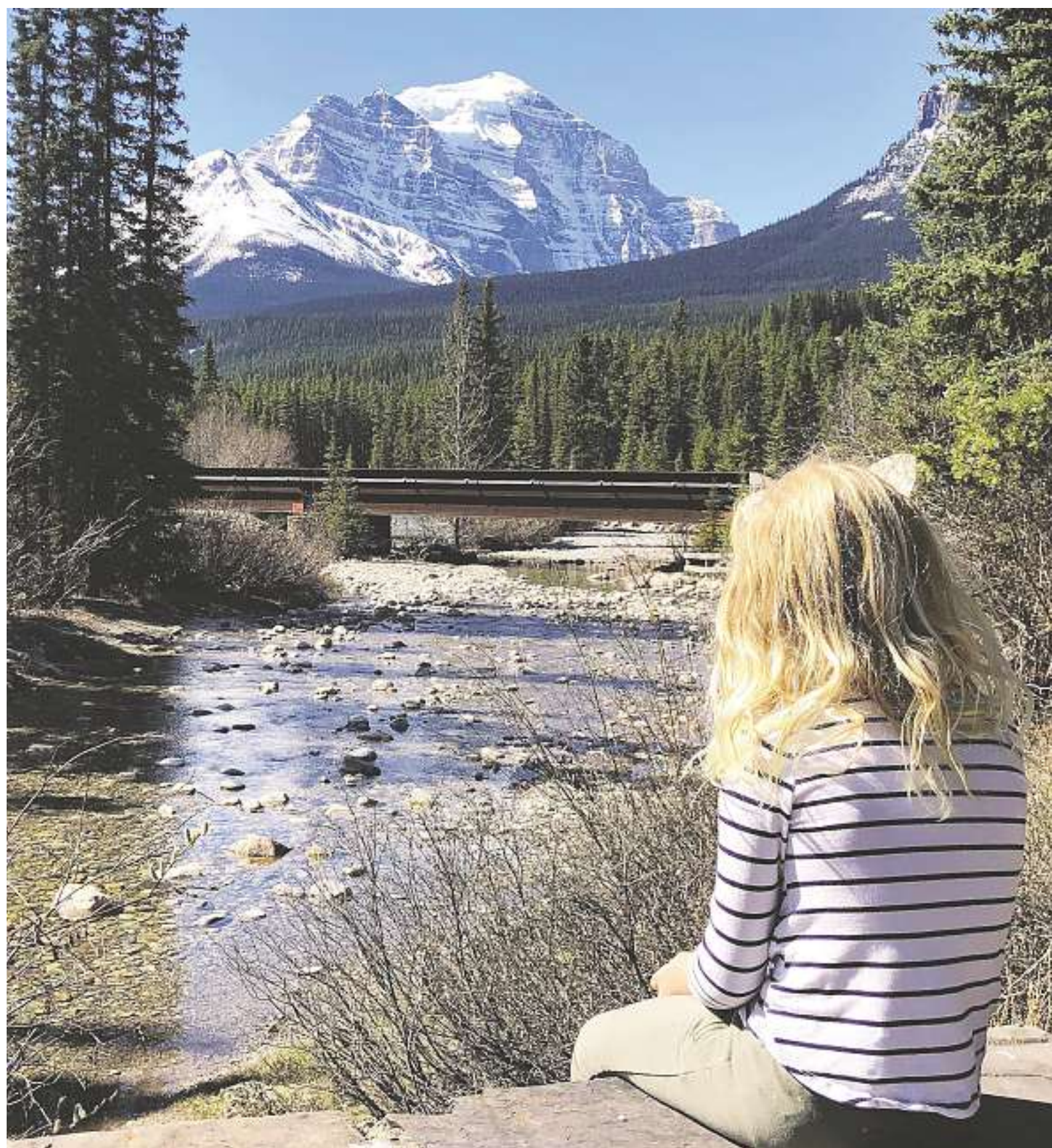
Our daughter, who is happy to draw quietly for hours, joined us; however, if you'd prefer a romantic gourmet dinner for two, babysitting can be arranged through the front desk for \$18 per hour. Sitters are also long-time hotel staff, which will put protective parents at ease.

As the Post is family-owned, there is a very intimate feel to the property. The charming and ever-present Swiss-born hoteliers maintain a warm and welcoming atmosphere for every guest.

Part of the Post's magic is its spectacular setting and myriad adventures that await. The top nearby natural attraction is the hamlet's namesake, Lake Louise. Unfortunately, during warmer months it can be difficult to secure a spot in the complimentary parking lot near the lake.

So, upon a recommendation from friends, we booked an early dinner at the Deer Lake Lodge. The hotel restaurant, part of the Canadian Rocky Mountain Resorts family, offers a mountain-inspired menu made from locally procured ingredients. Our memorable, beautifully presented meal of heirloom tomato salad, sweet corn & velouté, Atlantic mussels and grilled tenderloin was exceptional.

On our server's recommendation, we split the main course,



which for a nominal charge can include two full servings of the accompanying boar polenta cake and honey roasted carrots. A children's menu is also offered.

After dinner we worked off the calories by walking around Banff National Park's most iconic lake.

Another worthwhile sight to take in is Moraine Lake in the Valley of the Ten Peaks, about 14 kilometres south of Lake Louise. There are a multitude of trails surrounding the lake, however for families, the gentle shoreline hike is the easiest option. Be sure to bring your camera as the surrounding mountain peaks provide a spectacular backdrop. If you have the time, rent a canoe from the Moraine Lake Lodge dock for a relaxing paddle on the postcard-perfect indigo water.

Unfortunately for us, the summer programming at the Lake Louise Sightseeing Gondola and Interpretive Centre wasn't up and running when we toured in May; however, I'm told it's a must-do when visiting the area. On the scenic 14-minute ride you'll travel to 2,088 metres and have a front-row seat to some of the best grizzly bear viewing in the Canadian Rockies.

I'm most interested in experiencing the Trail of the Great Bear Walk to learn about grizzlies and how to best stay safe in bear country. The guided adventure is offered from early June through early October, so we'll just have to plan a return visit for later this summer.

To follow in Mhairri's family travel adventures visit [arrivalstravel.com](http://arrivalstravel.com).

Explore the winding trails bordering the Post Hotel and Spa near Lake Louise for stunning mountain scenery no matter what season it is. **CURT WOODHALL**



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### DEPARTS

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The woody Post Hotel in Lake Louise.

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