

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



Explore the trails bordering the Post Hotel and Spa near Lake Louise for stunning scenery. *CURT WOODHALL*

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 Woodhall's family travel adventures visit arrivalstravel.com.

SAVE UP TO \$1,200 BOOK NOW

Travel in Luxury to India

EXPLORE INDIA SMALL GROUP ESCORTED TOURS

- International roundtrip airfare
- Escorted transfers from airport-hotel-airport
- Meals, guided tours, entrances, wildlife safaris
- Accommodation in 5 star hotels and resorts
- Air Conditioned Volvo coach transportation with room facility
- Services of an accompanying Explore India tour director

<p>10 Day – The Magical India Delhi, Agra, Ranthambore & Jaipur</p> <p>Multiple Departure Dates 2019-2020</p> <p>W/ AIR* Save up to \$600</p> <p style="text-align: right; color: red;">FROM \$3,999 \$2,799 CAD</p>	<p>15 Day - Impressions of India Delhi, Jaipur, Ranthambore, Agra, Khajurao & Varanasi</p> <p>Multiple Departure Dates 2019-2020</p> <p>W/ AIR* Save up to \$800</p> <p style="text-align: right; color: red;">FROM \$4,799 \$4,399 CAD</p>
<p>16 DAY – Jewels of South India Chennai, Mahabalipuram, Pondicherry, Tanjore, Chettinad, Madurai, Munnar, Periyar, Backwaters & Cochin</p> <p>Multiple Departure Dates 2019-2020</p> <p>W/ AIR* Save up to \$1,200</p> <p style="text-align: right; color: red;">FROM \$6,999 \$5,799 CAD</p>	<p>18 Day - Luxury - The Camel Fair & Sacred Ganges Delhi, Udaipur, Pushkar, Jaipur, Ranthambore, Agra & Varanasi</p> <p>Multiple Departure Dates 2019-2020</p> <p>W/ AIR* Save up to \$600</p> <p style="text-align: right; color: red;">FROM \$7,799 \$7,499 CAD</p>

GUARANTEE BEST PRICE! BOOK NOW!

ExploreIndia LIMITED INVENTORY! CALL US TODAY
1-800-515-3808 www.exploreindia.ca

*Includes Air from Vancouver and Toronto. Fares in CAD, per person, based on double occupancy in a hotel. **Savings are per couple and included in advertised price. Government taxes, fees and gratuities are extra. Additional fees apply to Single supplement. Advertiser price from \$2,799 applies to Magical India Tour Sep 17, 2019 only. All tours are subject to availability. All rates are subject to change & availability at time of booking. The cost of the insurance is included in the price of the tour for Impressions of India, and the price cannot be reduced for those who reside where coverage is not available or who are not medically able to travel. Emergency medical coverage is available at additional cost. Travel insurance included is not available to residents of Quebec and Washington State, New York State, USA. Explore India Journeys Inc. reserve the right to correct errors and omissions. BPCPA #73057

CRUISES

ON THE SALISH SEA & DESOLATION SOUND

CANADA DAY SAVINGS

SAVE 20% ON SELECT CRUISES

BOOK BY JULY 19, 2019

ALL-INCLUSIVE 4 NIGHT, 5 DAY CRUISES WITH LODGE ACCOMMODATIONS

604.566.8027

www.coastalcruises.ca

BRILLIANT CRUISEPLUS COASTAL CRUISE & STAY DEALS!

OOSTERDAM BALCONY

\$1549

pp CAD taxes included

We have 2 fantastic offers for you! An **8-night package** aboard **ms Oosterdam** departing Vancouver on **September 30, 2019**; spend 6 nights cruising to Astoria, San Francisco, and Santa Barbara with a **\$25 USD** per person onboard credit, 2 nights in a 4★ San Diego hotel, return airfare to Vancouver, and taxes. Our second offer is a **9-night package** aboard **ms Eurodam**, departing from Vancouver on **October 15, 2019**. Enjoy a 4 night coastal cruise, 2 (4★) hotel nights in San Diego, and 3 in Las Vegas, San Diego to Las Vegas airfare, & return Vegas to Vancouver airfare, **\$25 USD** pp onboard credit, and taxes. Book by July 8th to receive prepaid gratuities with both sailings!

18 NT. AUSTRALIA & N. ZEALAND

Dec 3, 2019 | ms Noordam

- » Roundtrip Vancouver airfare
- » 2 nights in a 4★ Sydney hotel
- » 14-night cruise
- » 2 nights in a 4★ Auckland hotel
- » \$50 US pp onboard credit
- » Ask about other dates!

BALCONY

\$4149

pp CAD taxes included

13 NT. ATLANTIC COAST

Oct 10, 2019 | ms Veendam

- » Roundtrip Vancouver airfare
- » 2 nights in a 4★ Montreal hotel
- » 11-night cruise
- » \$50 US pp onboard credit
- » Book by July 8th to receive prepaid gratuities!

OCEANVIEW

\$2699

pp CAD taxes included

12 NT. MEDITERRANEAN

Aug 18, 2019 | ms Koningsdam

- » Roundtrip Vancouver airfare
- » 2 nights in a 4★ Rome hotel
- » 10-night cruise
- » \$50 US pp onboard credit
- » Book by July 8th to receive prepaid gratuities!

BALCONY

\$3749

pp CAD taxes included

Shelley & Dave, Co-Presidents

Check out our latest deals: CruisePlus.ca/Deals 🍁 **1-800-854-9664**

New bookings only. Fares are per person in the currency noted, based on double occupancy, are capacity controlled, subject to availability at the time of booking and may be withdrawn without notice. Optional & locally payable supplier charges may apply and are not included. Amenities, if offered, are available for the first two in a stateroom only & based on double occupancy unless specifically stated otherwise. CruisePlus reserves the right to correct any human or electronic errors in the offers above. Ship registry: Netherlands. CruisePlus Management Ltd. Consumer Protection BC License # 3325.

CruisePlus.ca