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ISSUE #14 | SPRING 2014

THE HOTELS ISSUE

Finding
King Arthur
in the
South of Wales

2
Dad's
Kids
Resorts

1
Awesome
Adirondack
Adventure

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photo courtesy Whiteface Lodge

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The Kitano Hotel celebrates 40 years!

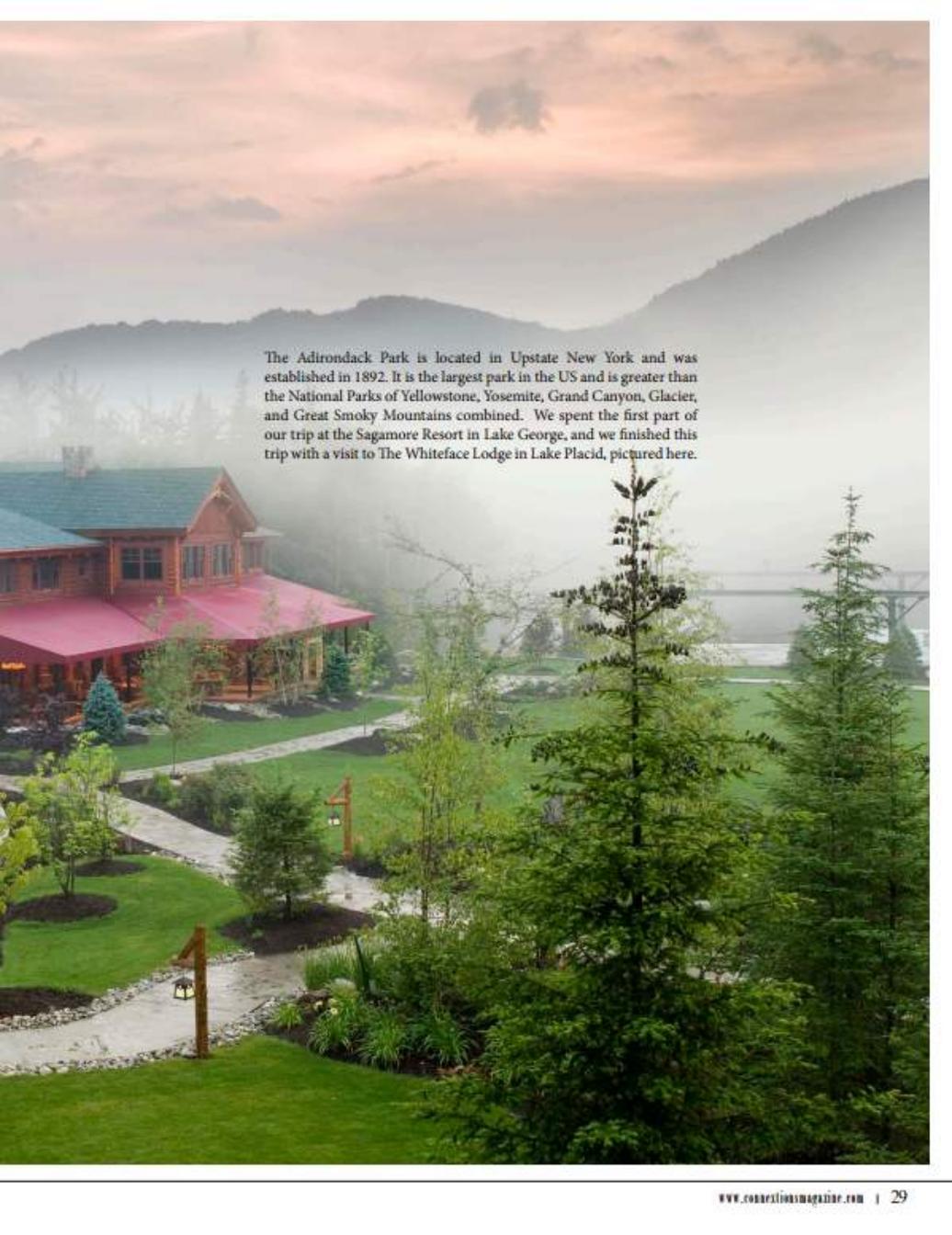
2 Dad's
Kids
Resorts
Lakes

1 Adirondack
Adventure

by Manny Velasquez-Paredes



photo courtesy Whiteface Lodge



The Adirondack Park is located in Upstate New York and was established in 1892. It is the largest park in the US and is greater than the National Parks of Yellowstone, Yosemite, Grand Canyon, Glacier, and Great Smoky Mountains combined. We spent the first part of our trip at the Sagamore Resort in Lake George, and we finished this trip with a visit to The Whiteface Lodge in Lake Placid, pictured here.

The Sagamore - a family vacation resort

The Sagamore is located in the picturesque town of Bolton Landing and opened its luxurious doors in 1883. It was fully reconstructed in 1930 after experiencing two fires, one in 1893 and another in 1914. Due to financial difficulties in 1981, The Sagamore closed its doors and one hundred years after its doors first opened, it was restored to its former grandeur and reopened. The Sagamore is listed in the National Register of Historic Places, and a recipient of the prestigious AAA Four-Diamond Award. While the Sagamore is noted for their luxurious

traffic, but the front desk and Assistant Manager, Tyler, called The Morgan and asked them to wait as we ran to the ship. The Morgan takes visitors through the best scenic views of the Adirondacks.

Babysitters can be arranged for hourly rates. Weekend activities include culinary demonstrations, wine tastings, history tours, bonfires, mini-golf, and swimming in the indoor heated pool, downhill and cross country skiing, ice fishing, ice skating, snowshoeing, snowmobiling, or simply strolling or hiking through the woods and mountains just to name a few. If relaxing and pampering are your style,

kitchen and dining room, a formal living room and a uniquely decorated family room leading out to the lower deck and lake. The upstairs bedrooms are individually air-conditioned, while ceiling fans and refreshing lake breezes cool the public area.

We thoroughly enjoyed the majestic views at sunrise from our private balcony, and enjoyed quality time with the kids.

Whiteface Lodge

The second part of our adventure took place in Lake Placid, which is home to two



The Sagamore Resort, photo courtesy Manny Velazquez-Parades

accommodations, don't let that scare you from bringing the toddlers for a fun-filled adventure in the adirondacks.

Before arriving, we had arranged to take a ride on The Morgan, a complimentary scenic boat cruise, which cruises twice a day from May to October. It so happens, our cruise was the last one of the season and we almost missed it because of

the newly renovated Spa and Salon caters to rejuvenate.

We stayed on one of the lodges facing the lake near The Wapanak Castle, which is an historic six-bedroom, four-bath home located on the lake next to The Sagamore's Historic Hotel, which is also available for up to 12 guests. The castle features five gas-logged fireplaces, a large modern

Winter Olympics games (1932 and 1980). We stayed at the award winning Whiteface Lodge.

The Lodge features unique wood creations, or rather - works of art, and much of the timber used on property was hand-milled on-site. Accents, such as handcrafted Adirondack furnishings and beautiful antler chandeliers adorn the interior spaces



The Marquis - a scenic boat tour at The Sagamore Resort, photo courtesy Manny Velasquez-Parades



platform tennis, to ice skating, indoor pools and hot tubs, Kamp Kanu for the kiddies along with nightly s'mores are all part of the daily complimentary activities.

Whiteface Lodge is a non-smoking, pet-free property. The Premier Lake Placid NY Spa is located in Whiteface Lodge and it is ranked among the Top 100 Spas in North America by Condé Nast Traveler. This 5,800-square-foot spa blends the rustic beauty of its setting with an extremely relaxing and serene ambiance, featuring saunas and steam rooms. I was able to enjoy some alone time at the steam room, followed by a very relaxing full body, hour-long massage on our first night. My partner Jose enjoyed a scalp and foot massage.

We visited Kanu, the Lodge's American cuisine premier restaurant, which offers three- or four-course wine-pairing experiences featuring fresh ingredients sourced from local farms.

One particular morning, we were pleasantly surprised as we awoke to see a blanket of snow that had covered the grounds. Anna, the Lodge's Concierge, had booked an afternoon of fun and games for our kids in Kamp Kanu, in order for us to enjoy a romantic lunch.

Enough snow had accumulated overnight so the kids were thrilled to learn the ice skating rink was now open. It was on this trip, that we realized our little boy, Max, at three years old, is a natural on the ice. He put on those skates and was fearless, and all I kept thinking was please let him come back with all of his fingers and no broken bones. Thankfully, he was successful.

It was an absolutely beautiful vacation. So much so, that we are considering the Whiteface Lodge as a place to host our upcoming nuptials.

As always, it is not the destination that counts, but the journey we take and the memories we make. ▼

Email me your comments, thoughts, or questions and I will try to address them in upcoming issues, (velasquezmanny@gmail.com), or follow me (@mannyvp), also head over to www.facebook.com/gayfamilytravel for engagement and interaction with myself and other proud gay parents.



Whiteface Lodge, photo courtesy Whiteface Lodge

creating a wonderfully elegant, luxurious and authentic cabin ambiance.

Each suite is designed to conjure the essence of the Adirondack great camp tradition. All 94 suites welcome guests with handcrafted furnishings, forged accents, and (in most suites) cast-iron fireplaces, as well as fully complemented kitchens, radiant-floor heat, jetted tubs, pillow-top beds, private cedar

and mahogany balconies. Our two-floor suite featured two upstairs bedrooms, including the master bedroom, a third bedroom that was located on the first floor, along with a kitchen and open space dining room and living area. Our kids played hide and seek and found several closets and three bathrooms.

Full access to all of the resort amenities, from



Beautiful New York in 40 postcard-perfect images



Lake Placid's Whiteface Lodge consistently ranks among the best hotels in the nation, and for good reason. Envisioned as a return to the classic Adirondack Great Camp, the resort combines an idyllic setting, rustic charm and all the luxuries of a modern resort. *Leading Hotels of the World*





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[Home](#) » [Hotels](#) » **Relax In Lake Placid**

Relax In Lake Placid

Enjoy Lake Placid's first-ever resort spa experience this winter with savings from The Space at Whiteface Lodge, nestled in the heart of the Adirondacks a short drive from the celebrated ski slopes of Whiteface Mountain. Lake Placid's only resort spa offers guests a Tuesday Spa Night special, featuring:

- 25 percent off any treatment (excluding hair salon services)
- A complimentary glass of Champagne

The offer is valid from 4–8 p.m. on Tuesdays through March 20.

In addition, the spa also launched a new Giveback program that pairs select treatments with charitable donations. Through March 31, spa-goers who book a Whiteface Aroma Sensory Massage, Refresher Manicure or Pedicure or a Great Outdoors Facial will have 10 percent off the proceeds donated to their choice of two charities: Tri-Lakes Humane Society or North Country Life Flight. Visit the [website](#).

Read more about [Whiteface Lodge](#).

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Exploring Food and Lodging in Lake Placid

24 FEBRUARY 2014 BY RAUL PINO

6 COMMENTS

While visiting **Lake Placid** earlier this year, I spent a day exploring this northern New York town. Because it was a rainy day, we skipped some of the outdoor activities but we got to visit some neat places and enjoy good food and drinks (of course!). I shared already about the very well set up **Olympics Museum**, my “adventure” at the **luge** training facility, and my skating at historic **Herb Brooks Arena** (check it all out [here](#)). Having covered those sites so tied to Olympic history, I should probably share with you more of what Lake Placid has to offer. In this post, I will share about some of the lodging, food, and drinks that I enjoyed checking out during my visit.

A lodge you can dream of – and then go see for yourself!

One of our stops was the **Whiteface Lodge**. I had heard it was an incredible place and it did not disappoint! I was staying in the town of Lake Placid proper at the **Golden Arrow Lakeside Resort** which was ideally situated close to many places I visited and with a great restaurant (Generations) right on site (more on the restaurant below).

The Whiteface Lodge consists only of **suites**, and there are suites of every size. Even the “small” ones are well-equipped with nice kitchens, fireplaces, large screen TVs, and balconies. Some of the suites are outright “owned” by private individuals who may live there, visit there, or partially rent

them back to the Lodge to then put into its reservations system. The most amazing suite was the **Presidential Suite** which the General Manager of the resort kindly showed us since it was unoccupied that day. I can safely say the Presidential Suite is bigger than my house!!!



The living and dining room areas of the Presidential Suite

I was impressed by the beauty of the outdoor areas and how the space is well-laid out for different activities that guests may opt to take part in. For example, there is a fire pit for making **smores** (I didn't get to eat any!). The resort also has indoor spaces for every age and interest. From a two-lane bowling alley, to its own movie theater, to a game room, and to a phenomenal spa for lots of R&R.

While I did not stay at the **Whiteface Lodge**, I can assure you I was not going to miss its bar (open to the public) to check out its specialty seasonal cocktails and tasty appetizers while chatting with friends. Though they had a series of interesting martinis, I opted for a specialty cocktail (as I seem to [have become a specialty cocktail adventurer](#)) named **Jacob Marley's Return**: Bourbon infused with apples, cinnamon, and cloves with **Frenet Branca**, and maple water. All these ingredients came together excellently for a cocktail perfect for the season and area of the country.



Introducing... Jacob Marley's Return!!

As part of my visit, I was invited to try the thermal pools which was great as it was snowing and being outside in hot waters watching it snow was priceless.



The steam from the heated pool makes for a slightly less than excellent photo but you get the point!

A different lodge

Lake Placid is big enough for more than one lodge and certainly for different kinds of them. The

HERE, THERE, AND EVERYWHERE

Vermont bike race to headphones for kids

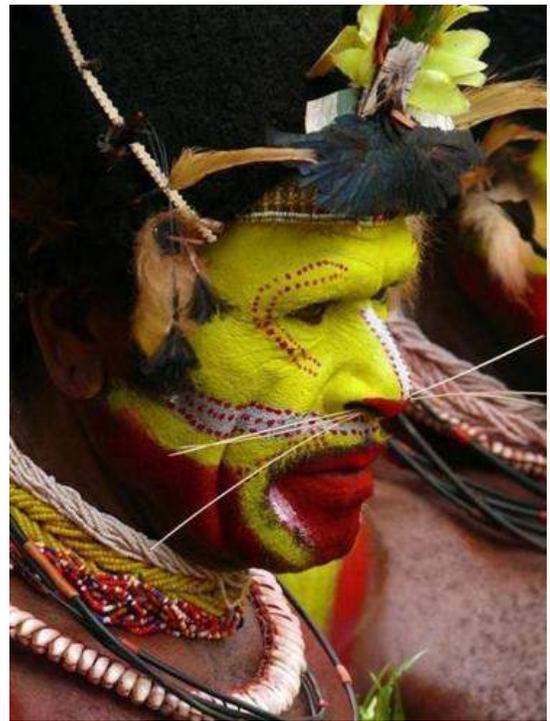
By Kari Bodnarchuk | GLOBE CORRESPONDENT FEBRUARY 22, 2014

Here

BIKE RACE THROUGH NORTHERN VERMONT MUD

Embrace mud season with a 47-mile bike race that cuts through some of northern Vermont's most barren landscapes. The 1st annual Rasputitsa ("mud season" in Russian) Spring Classic takes place April 19, when up to 500 riders pedal through Newport, Coventry, Lowell, Westfield, Jay, and North Troy, gaining 2,877 feet of elevation en route. About 31 miles of the race rolls along gravel terrain; the biggest climb is just 1.55 miles long with 1,050 feet of elevation gain. Volunteers will hand out water bottles and Clif bars. Registration costs \$40 per person, a portion of which goes to the Mary E. Wright Halo Foundation, a nonprofit organization that assists local cancer patients. .

www.dirty40race.com/rasputitsa.html



Explore Papua New Guinea, where you'll find people who embrace the art of adornment.

SOUTH YARMOUTH CELEBRATES ST. PATRICK

Get out your green garb and head to South Yarmouth for the annual Cape Cod St. Patrick's Parade on March 8, starting at 11 a.m. at the intersection of Long Pond Drive and Route 28. The event features marching bands, colorful floats, antique cars, Irish

own as The
Grand

Marshal's Dinner at the Cape Cod Irish Village on March 7 (\$30 per person). The parade queen and her court, all female high school seniors of Irish descent, will receive college scholarships from the Cape Cod St. Patrick's Parade committee. 508-362-7239, www.capecodstpatsparade.com

There

NEW TOUR TO EXPERIENCE PAPUA NEW GUINEA

Explore Papua New Guinea, where you'll find tree-dwelling kangaroos, 850 languages, and people who embrace the art of adornment on a new 11-day adventure with Steppes Travel. Participants can dive or snorkel in the Solomon Sea, paddle traditional outrigger canoes up tropical fiords, and climb an active volcano. Then search for 38 bird-of-paradise species and meet the "mudmen" of New Guinea, and the Huli "wigmen," who paint their bodies with colored clay and decorate their hair with bird feathers, pigments, and flowers (pictured at left). Tours, which depart May 30 and June 13, start at \$9,752 per person, double occupancy, not including flights. 855-352-7606, www.steppestravel.com

A LAKE PLACID LODGE KEEPS OLYMPIAN CELEBRATIONS

The Olympic flame may go out today, but you can keep the spirit of the Winter Games alive with a visit to Whiteface Lodge in Lake Placid, N.Y. This luxury resort offers its Olympic Experience Package through March 31. It includes two 50-minute sports massages and two Olympic Sites Passports that provide entry to the Lake Placid Olympic Museum and Ski Jumping Complex and other venues. Also try bobsledding (pictured below), tubing, speed skating (above), downhill skiing, and ice-climbing at nearby sites (extra cost). Package starts at \$476 per night, double occupancy, for a suite with a balcony, fireplace, full kitchen, and daily breakfast; includes 10 percent off bobsledding. 518-523-0500, www.thewhitelodge.com



This luxury resort offers its Olympic Experience Package.

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Local News

February 23, 2014 Business briefs: Feb. 23, 2014

Press-Republican

Promotions announced

PLATTSBURGH — Glens Falls National Bank and Trust Co. has promoted its three Plattsburgh branch managers: Mary A. Goddeau to assistant vice president, and Catherine A. Steele and Hannah C. Provost to officer.

Goddeau, who joined the bank in 2006, oversees operations at the Cornelia Street office. She has more than 30 years of banking experience in the North Country.

A Plattsburgh native, Goddeau graduated from Saranac Central High School and attended Clinton Community College. She serves on the Clinton Community College Foundation's Clearly Clinton Campaign, is chair for the Clinton County Workforce Investment Board and is a volunteer for the Heart Walk, SPCA, Relay for Life and The Strand restoration project.

In her role as branch manager and officer, Steele oversees operations at the Margaret Street Office. She joined Glens Falls National Bank in 1997 and has more than 20 years of banking experience. Throughout her career, she has earned numerous awards and recognitions, including being elected twice by her peers to the bank's High Performer Club.

Active in the community, Steele is treasurer for the Plattsburgh Downtown Association, serves on the Strand Theater board and participates in the Heart Walk, March of Dimes and Relay for Life. She is a graduate of Beekmantown Central High School.

As branch manager and now officer, Provost oversees operations at the U.S. Avenue Office. She joined the bank in 2012 and has more than five years of banking experience.

Originally from Watertown, Conn., Provost has an associate's degree in Business Administration from the Community College of Vermont in Burlington. She is secretary for the Adirondack Young Professionals Board of Directors, a member of Clinton Community College's Project Thrive Task Force, a member of the Girl Scouts' Women of Distinction Dinner Committee, a Walk of Hope volunteer, an ambassador for the North Country Chamber of Commerce and a foster parent through the Clinton County Department of Social Services.

Chairwoman named

PLATTSBURGH — Suzette Pavone, manager of the Skyway Branch of Key Bank, will serve as chairwomen of this year's Plattsburgh Go Red For Women Dinner scheduled for Friday at the West Side Ballroom, according to the American Heart Association.

The dinner is the premier women's annual event in Plattsburgh focusing on cardiovascular health. As a cornerstone piece of the American Heart Association's Go Red For Women movement, this social-educational event focuses attention on raising awareness and urging action to prevent or survive the No. 1 and No. 4 killers of women — heart disease and stroke. Nationally sponsored by Macy's, this movement celebrates the energy, passion and power that women have to band together to wipe out heart disease and stroke while living longer, stronger,



Discussion IMPORTANT: Comments that include a personal attack on other commenters will be deleted in their entirety. Your comments are not welcome here if you can't maintain a civil tone. PLEASE NOTE: There is a 150 word maximum for comments. All comments greater than 150 words in length will be deleted in their entirety. ALSO NOTE: Derisive name-calling of an individual or group will result in the entire comment being

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The second option is a trip to China from Oct. 16 to 24. Pricing starts at \$2,599 including airfare from Montreal based on double occupancy. Attendees will visit several cities in China and highlights include tours of The Great Wall, Tian An Men Square, Yu Garden and more. The free information session for this trip will be held at the chamber office on March 25 at 5:30 p.m.

More information about both of these excursions, including full itineraries, pricing options and more, can be found at www.northcountrychamber.com. It is not necessary to be a chamber member to participate.

Call the chamber at 563-1000 to learn more and to RSVP for one of the information sessions.

Ski Day

PLATTSBURGH — **Westelcom, Whiteface Mountain and The Conference Center at Lake Placid** will host the 14th Annual Chamber Ski Day on March 6 at Whiteface Mountain.

Tickets are \$36 if reservations are made by Feb. 28. Those who are new to the sport may purchase a Learn To Ski or Board package for \$71. This includes equipment rental, a half-mountain ski pass and a lesson. It is not necessary to be a chamber member to participate. After Feb. 28, the cost is \$10 more.

All tickets must be purchased through the **North Country Chamber of Commerce** by March 4.

After the lifts close, there will be an Après Ski Party in the Cloudspin Lounge at 4 p.m.

Viking Ski & Cycle is offering equipment rentals for \$10 for Chamber Ski Day. Attendees may pick up their skis on March 5 in the afternoon so they are able to hit the slopes right away.

For more information, visit www.northcountrychamber.com or call 563-1000.

Spa expanded

LAKE PLACID — **The Spa at Whiteface Lodge** has expanded its offerings with exclusive new treatments for men and the skin-resurfacing HydraFacial. Also new is a Tuesday Spa Night special, available throughout the winter, that includes 25 percent off any treatment (excluding hair-salon services) plus a complimentary glass of champagne from 4 to 8 p.m.

In addition, the spa has launched a new Giveback Program that, each quarter, pairs select treatments with charitable donations. Through March 31, spa-goers who book a Whiteface Aroma Sensory Massage, Refresher Manicure or Pedicure, or a Great Outdoors Facial will have 10 percent of the proceeds donated to their choice of two charities: **Tri-Lakes Humane Society** or **North Country Life Flight**.

With every spa reservation, guests gain complimentary entrance to the state-of-the-art Health and Fitness Center, year-round indoor/outdoor swimming pool and hot tubs, and all-day access to the rejuvenating eucalyptus-infused steam room and cedar wood saunas. To learn more or book a treatment, visit www.theWhitefaceLodge.com or call 523-0560.

Accreditation earned

LAKE PLACID — The **Lake Placid CVB/Regional Office of Sustainable Tourism (ROOST)** has been granted renewal of its accreditation through the Destination Marketing Accreditation Program (DMAP).

The DMAP is administered by Destination Marketing Association International (DMAI), the world's largest and most reliable resource for official Destination Marketing Organizations (DMO).

The accreditation process requires a DMO to prove that it meets 54 mandatory industry standards and best practices, ranging from domain names to marketing plans to procedures for group sales. It can also meet 33 voluntary standards.

DMOs accredited under the DMAP are required to follow an organizational code of ethics that include stipulations such as providing exceptional and detailed customer service, exercising truth in promotional materials and promoting responsible and sustainable use of environmental resources when providing services and products to customers.

Other requirements include the development of a strategic plan; insurance; written financial policies; formal training procedures and an independent audit; establishing technology policies, a human resources manual and a data management system; and maintaining a comprehensive website and marketing plan.

"We're pleased that we've successfully renewed with DMAI," said **James McKenna**, CEO. "It confirms that ROOST continues to meet the rigorous standards set forth by the professional destination marketing community."

This is the first time ROOST has renewed its accreditation since it first earned the honor in 2009. When ROOST originally earned accreditation, it was in an elite group of 100 DMOs internationally. The program is growing and as of July 2013, there were 172 accredited organizations around the world. ROOST staff will begin the next accreditation renewal process in three years.

Award bestowed

PLATTSBURGH — **Northern Insuring Agency** has received notice from the New York State Society for Human Resource Management that their agency has been selected as one of the

February 25, 2014

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6 Winter Games Getaways to Unleash Your Inner Olympian

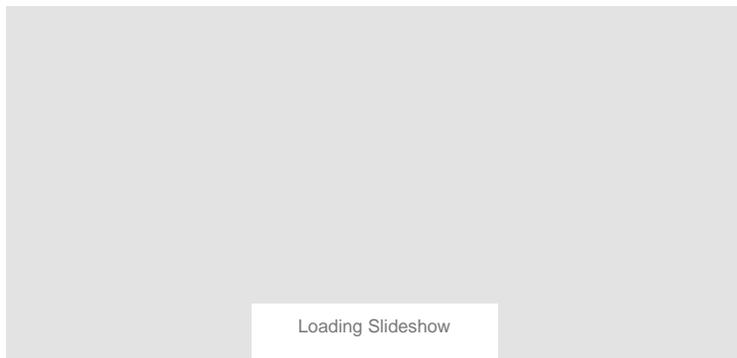
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The Sochi Winter Games are nearly over, but fervor is at a fever pitch (let's just say I've been Googling "where to learn bobsleigh"). Keep the spirit alive and let the Games guide your travel plans with these six Olympic destinations that boast luxury accommodations in addition to sporting events.



Loading Slideshow

Lake Placid, U.S.A.

Another two-time host (1932, 1980), Lake Placid offers all kinds of activities to would-be Olympians, including an annual Winter Challenge which offers visitors a chance to try and compete in a number of sports such as skeleton, ski jumping, hockey, curling, speed skating and more. Those over the age of 13 can also get two-hour biathlete training. The place to put yourself up is **The Whiteface Lodge**. Made of timber milled onsite, the rustic property features a spa, outdoor hot tubs, 56-seat theater, seasonal skating rink and innovative dining (including a fully gluten-free menu—so much for carb loading!).

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ANSA > In Viaggio > Alla scoperta di 'Upstate NY' tra le montagne Adirondack

Alla scoperta di 'Upstate NY' tra le montagne Adirondack

Territorio poco esplorato offre tante opportunità ricreative

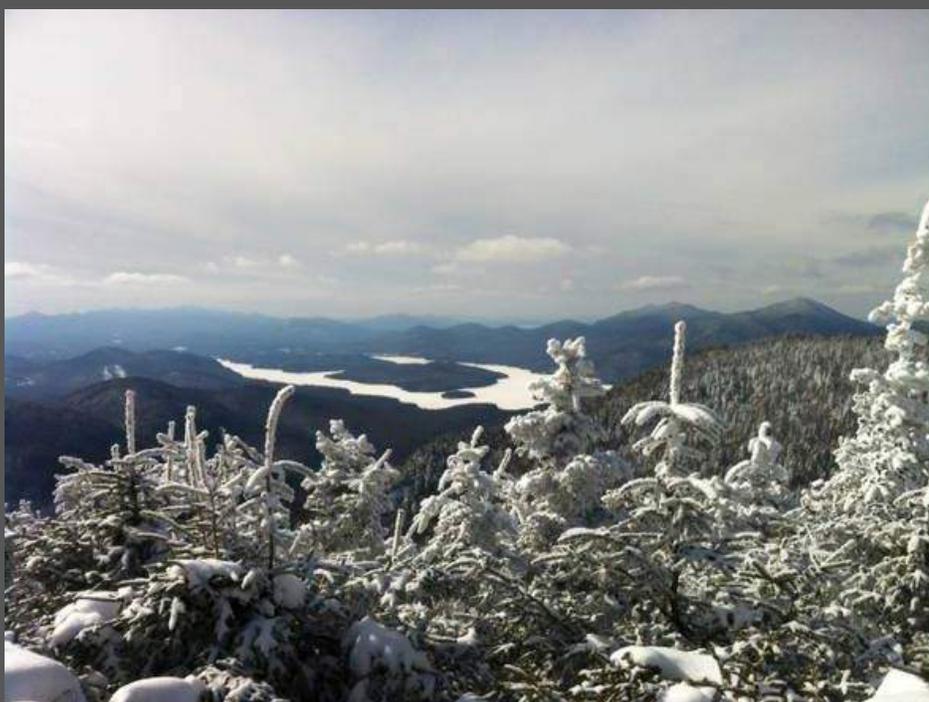
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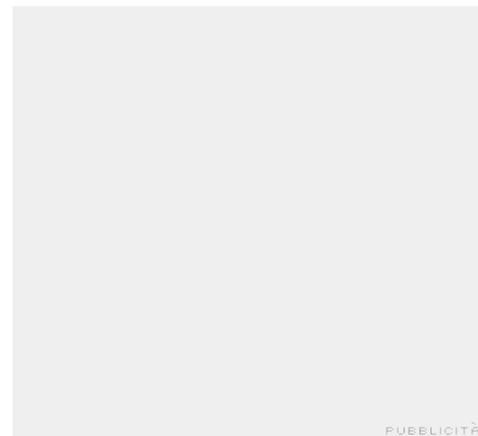


Alla scoperta di 'Upstate NY' tra le montagne Adirondack

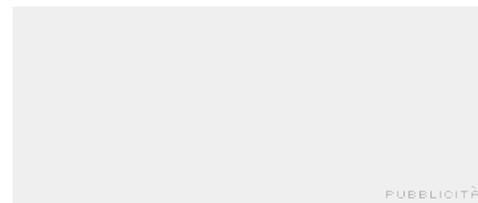
(Di Gina Di Meo)

NEW YORK - 'There is more to New York than NY'. E' proprio vero, c'e' New York oltre la citta' di New York. Troppo spesso eclissato dalla popolarita' della Grande Mela, lo stato di New York rivendica ora la sua fetta di gloria mettendo sul piatto la bellezza del suo territorio. Una bellezza purtroppo poco nota sia agli stessi americani che ai turisti internazionali. Eppure bastano neanche due ore di macchina da New York per essere subito sorpresi e venire catturati da un quanto basta di 'selvaggio' e incontaminato. Si perché è la natura la padrona indiscussa di quella zona chiamata **'Upstate New York'**. Qui nella parte nordest trovano casa le montagne di **Adirondack**, una delle meraviglie a Stelle e Strisce, un complesso montuoso che da lontano somiglia ad una cupola e che si estende quasi fino al Canada.

Le montagne di Adirondack sorgono sulla superficie sconfinata del parco dell'Andirondack che a



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SEGUI IL COAST TO COAST IN SELLA A UNA BICI PEUGEOT

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Italia

In viaggio per l'Italia, tra citta' d'arte, piccoli borghi, natura, luoghi.

sua volta contiene migliaia di corsi d'acqua, ruscelli, laghi, in particolare Lake Placid con l'omonima cittadina che per due volte ha ospitato i giochi olimpici invernali, nel 1932 e nel 1980 e Saranac Lakes. Un territorio a quattro stagioni che in ogni periodo dell'anno offre infinite possibilità per stare al contatto con la natura.

Dagli sport invernali, al canottaggio, kayak, rafting, hiking o semplicemente puro relax con numerosi centri termali e benessere. Per chi viaggia da New York, in particolare durante il periodo invernale, la prima località sciistica in cui ci si imbatte è Gore Mountain a North Creek. Con le sue 102 piste, più altre dodici dedicate allo sci di fondo. Chi invece vuole spingersi più a nord, troverà ad accoglierlo **Whiteface Mountain**, con i suoi quasi 1500 metri è uno dei picchi più alti delle montagne di **Adirondack**. Dalla sua cima, nelle giornate limpide si ha una vista spettacolare del Vermont e dei grattacieli di Montreal in Canada. Accogliente e confortevole sono invece gli aggettivi che contraddistinguono l'accoglienza nei numerosi resort che sorgono da un capo all'altro della zona.

Ce ne è per tutte le tasche fino ad arrivare al lusso vero e proprio. Dal Copperfield Inn al Garnet Hill, dall'Ampersand Bay Resort&Boat Club fino al Whiteface Lodge. Tutti offrono un tocco di autentico, offrendo una prospettiva tutta locale che sia la cucina o anche solo gli arredamenti. Così come autentiche qui sono le persone che si godono la vita lontano dallo stress di New York. Se poi l'overdose di natura non basta, non manca la parentesi culturale. A Glenn Fall, non lontano da Saratoga Springs, c'è il museo che ospita l'**Hyde Collection**, regalo alla città della famiglia di industriali Hyde. Ci sono capolavori di Botticelli, El Greco, van Dyck, Ingres, Raphael, Rembrandt, Rubens, Tintoretto, Cézanne, Degas, Matisse, Picasso, Renoir e van Gogh.

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English Latin Italian Detect language



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Translate

(Di Cina Di Meo)

NEW YORK - 'There is more to New York than NY'. E' proprio vero, c'è New York oltre la città di New York. Troppo spesso eclissato dalla popolarità della Grande Mela, lo stato di New York rivendica ora la sua fetta di gloria mettendo sul piatto la bellezza del suo territorio. Una bellezza purtroppo poco nota sia agli stessi americani che ai turisti internazionali. Eppure bastano neanche due ore di macchina da New York per essere subito sorpresi e venire catturati da un quanto basta di selvaggio e incontaminato. Si perché è la natura la padrona indiscussa di quella zona chiamata 'Upstate New York'. Qui nella parte nord-est trovano casa le montagne di Adirondack, una delle meraviglie a Stelle e Strisce, un complesso montuoso che da lontano somiglia ad una cupola e che si estende quasi fino al Canada. Le montagne di Adirondack sorgono sulla superficie sconfinata del parco dell'Adirondack che a sua volta contiene migliaia di corsi d'acqua, ruscelli, laghi, in particolare Lake Placid con l'omonima cittadina che per due volte ha ospitato i giochi olimpici invernali, nel 1932 e nel 1980 e Saranac Lakes. Un territorio a quattro stagioni che in ogni periodo dell'anno offre infinite possibilità per stare al contatto con la natura. Dagli sport invernali, al canoa, kayak, rafting, hiking o semplicemente puro relax con numerosi centri termali e benessere. Per chi viaggia da New York, in particolare durante il periodo invernale, la prima località sciistica in cui ci si imbatte è Gore Mountain a North Creek. Con le sue 102 piste, più altre dodici dedicate allo sci di fondo. Chi invece vuole spingersi più a nord, troverà ad accoglierlo Whiteface Mountain, con i suoi quasi 1500 metri è uno dei picchi più alti delle montagne di Adirondack. Dalla sua cima, nelle giornate limpide si ha una vista spettacolare del Vermont e dei grattacieli di Montreal in Canada. Accogliente e confortevole sono invece gli aggettivi che contraddistinguono l'accoglienza nei numerosi resort che sorgono da un capo all'altro della zona. Ce ne è per tutte le tasche fino ad arrivare al lusso vero e proprio. Dal Copperfield Inn al Garnet Hill, dall'Ampersand Day Resort&Boat Club fino al Whiteface Lodge. Tutti offrono un tocco di autentico, offrendo una prospettiva tutta locale che sia la cucina o anche solo gli arredamenti. Così come autentiche qui sono le persone che si godono la vita lontano dallo stress di New York. Se poi l'overdose di natura non basta, non manca la parentesi culturale. A Glenn Fall, non lontano da Saratoga Springs, c'è il museo che ospita l'Hyde Collection, regalo alla città della famiglia di industriali Hyde. Ci sono capolavori di Botticelli, El Greco, van Dyck, Ingres, Raphael, Rembrandt, Rubens, Tintoretto, Cézanne, Degas, Matisse, Picasso, Renoir e van Gogh. <http://iloverly.com/> (ANSA)



(By Cina Di Meo)

NEW YORK - 'There is more to New York than NY'. It's true, there is New York over the city of New York, too often eclipsed by the popularity of the Big Apple, the state of New York now claiming its slice of the glory of putting on the plate beauty of its territory. A beauty unfortunately little known is the same that the American international tourists, and yet even enough two-hour drive from New York to be immediately be surprised and captured by a enough of 'wild' and unspoiled. It is because 'and' the nature of the mistress undisputed that the area called 'Upstate New York', here in the northeast coast are home to the Adirondack Mountains, one of the wonders to Stars and Stripes, a mountain complex that far resembles a dome and which extends almost up to the Canada. The Adirondack Mountains are located on the surface boundless park dell'Adirondack which in turn contains thousands of rivers, streams, lakes, particularly Lake Placid with the eponymous town that has twice hosted the Winter Olympic Games, in 1932 and 1980 and Saranac Lakes. A territory in four seasons all year round offers endless possibilities to keep contact with nature. From winter sports, canoeing, kayaking, rafting, hiking or simply relax with numerous spas and well-being. For those traveling from New York, especially during the winter period, the first locality resort where you are encountered is Gore Mountain in North Creek. With 102 runs, more twelve other dedicated to cross country skiing. Those who want to go more north, will find welcome to Whiteface Mountain, with its nearly 1,500 meters and one of the most peaks highest of the Adirondack Mountains. From its peak in the On a clear day you have a spectacular view of Vermont and skyscrapers of Montreal in Canada. Cozy and comfortable are the adjectives that distinguish the reception in the many resorts that arise from one end of the area. And there is for all budgets up to the luxury real own. From the Copperfield Inn at Garnet Hill, Day dall'Ampersand Resort & Boat Club to the Whiteface Lodge. All offer a touch authentic, offering a perspective that is the whole local kitchen or even the furniture. So as genuine here are the people who enjoy life away from the stress of New York. And if the overdose of nature is not enough, do not miss the cultural brackets. A Glenn Fall, not far from Saratoga Springs, is museum that houses the Hyde Collection, Gift to city of the family of industrialists Hyde. There are masterpieces of Botticelli, El Greco, van Dyck, Ingres, Raphael, Rembrandt, Rubens, Tintoretto, Cézanne, Degas, Matisse, Picasso, Renoir and van Gogh. <http://iloverly.com/> (Reuters)



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Fitness Motivation from Team USA

Olympians and Olympic hopefuls share their best tips for staying fit and focused

By **Cathryne Keller**

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My love for the Winter Olympics was born on my living room rug in 1998, where I sat in awe as tiny and tenacious Tara Lapinski and her shimmery scrunchies skated her way into my heart (and every other young girl's in America). So needless to say I was more than a little pumped when I was recently invited to an Olympic-themed getaway at the [Whiteface Lodge](#) in Lake Placid, NY—host city of the 1932 and 1980 Winter Olympic Games.

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A true winter wonderland from December through March, the resort is surrounded by snow-topped evergreen trees and some of the best ski slopes in the Adirondacks, including nearby Whiteface Mountain, which boasts the highest vertical drop in the eastern US. There's always a fireplace in your field of view (literally), and the rustic-yet-modern décor manages to create an environment that's as cozy as it is luxurious. Guests also have access to an on-site skating rink, a heated outdoor pool and hot tub, and nightly s'mores fires (yep!).

The Lodge—and the town of Lake Placid in general—is an ideal destination for anyone's winter vacation, but for Winter Olympics enthusiasts like myself, it's a must-visit. Some of the Olympic-themed activities available to visitors: touring the Olympic Museum and Training Center (I may or may not have had a teary "Miracle on Ice" moment standing in the Center's rink), skating the Olympic Oval, visiting the holy-crap-these-are-high Olympic ski jumps, and trying your hand at the bobsled (bumpy, terrifying, and SO much fun).

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But truth be told, all of the on-paper adventures aside, the coolest part of the Lake Placid winter experience is the town's palpable Olympic spirit. For one, there's the extensive Olympic history and the fact that a lot of the residents have personal connections with the athletes. And two, very few Olympians land big sponsors, so young hopefuls—and their families—often make major sacrifices in order to train for their dreams (many work at local restaurants and hotels like Whiteface Lodge to fund their training).

Lake Placid is invested in Olympic hopefuls and the athletes are invested in the town, creating a contagious sense of hope and ambition. After three days of icy adventures, I left exhausted, freezing (30-

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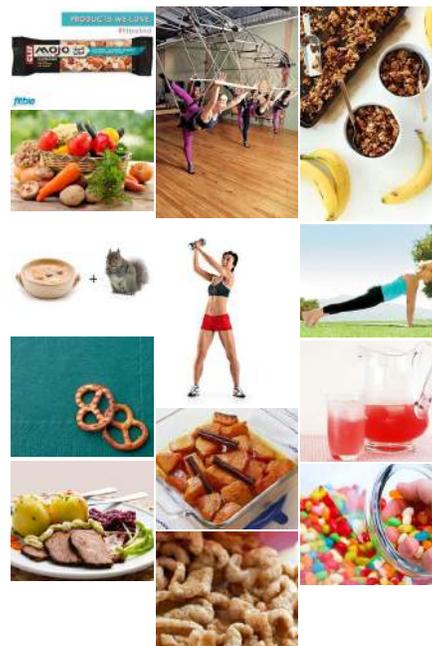
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below temps, people!), and most notably, inspired—to stay focused, to take care of my body, and to never give up on accomplishing my goals, no matter how big (or small) they may be.

More from Fitbie: [6 Hard-Body Winter Sports](#)

In the hopes of bringing a dose of that inspiration to our readers, I reached out to some of Lake Placid's Olympians and Olympic hopefuls to get their best advice for keeping your mind and body in tip-top shape. Whether you want to slim down, shape up, or go for the gold yourself, these words of wisdom will help you get there.

Annie O'Shea, Skeleton (trained for Sochi; 2018 hopeful):

Look at the big picture. "I try to focus on being at a weight my body feels the most comfortable with rather than worrying about a specific number," O'Shea says. "I try not to look in the mirror thinking I am too big in one area, and I remind myself that eating well will keep me healthy, energized, and ready for a great day of training."

Don't deny yourself. "If I'm craving a cookie or something sweet, I have it. Trying not to binge is the most important thing."

Get in the zone. "When I'm not motivated to work out, I take a day and jog on the treadmill and do some ab moves. This brings me back to the when I used to run track and field and reminds me why I love working out and being competitive."

Katelyn Kelly, Bobsled (trained for Sochi; 2018 hopeful):

Keep it real. "I try to only eat foods that come from the earth. If it didn't grow, live, or come from something living, then I avoid it."

Get your greens in. "I broke my jaw this October in a bobsledding accident and it was wired shut for three days, so I got really creative with smoothies. Sneaking leafy vegetables like kale and spinach into drinks is the best! You can barely taste them and you're getting fresh vegetables in your system. I like to make smoothies with kale, frozen berries, a little bit of yogurt, juice (for flavoring), and coconut water."

Morgan Tracy, Skeleton (trained for Sochi; 2018 hopeful):

Food is fuel. "We work out anywhere from 2-6 hours a day, so I'm not super strict with my diet, but while I have a sweet tooth, I tell myself I need fuel, not sugar. If I crave something sweet I have a bit of ice cream, not the whole bowl, and I also always eat breakfast and it usually involves eggs. The protein keeps me going until my mid-morning snack."

Kyle Tress, Skeleton (competed in Sochi):

Picture success. "I use visualization a lot before races—I see myself doing the perfect run and being relaxed. I also visualize my workouts and even warm-ups. Everyone can use visualization to help them get to the gym, eat right, and get the results they want."



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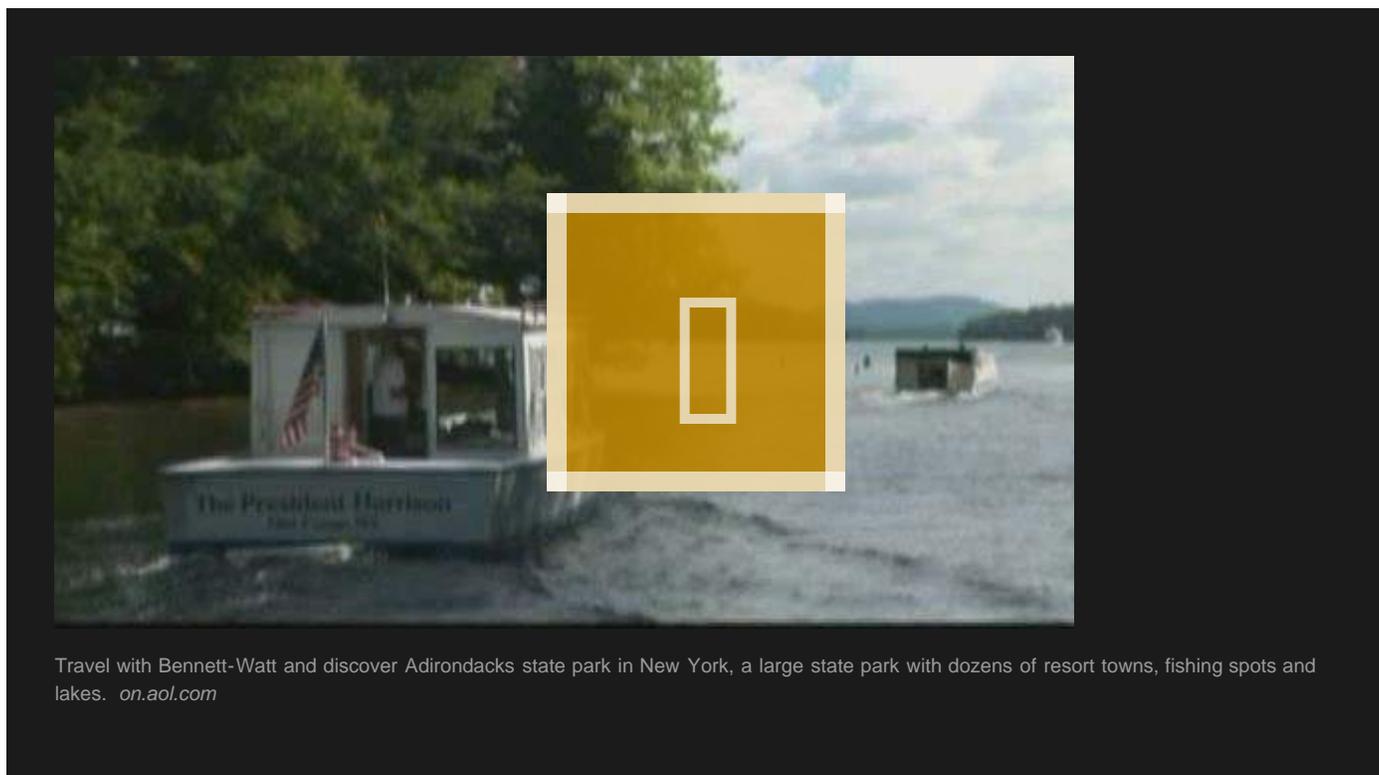
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LA Destination Spas Examiner

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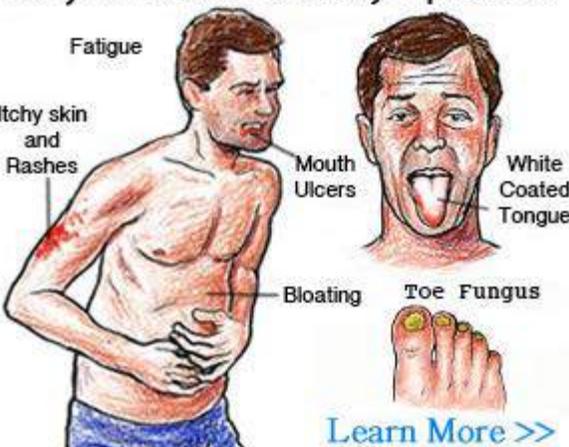
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February 18, 2014

Probably the last place you want to think of for a spa right now is the Adirondacks, not exactly a sun-drenched area this time of year. However for those of you who love the snow and open air, the **Whiteface Lodge**, Lake Placid's first-ever resort spa is offering a special program for hale and hearty men.

For guys who need to perk up their skin, there's the **HydraFacial** that helps improve the appearance of fine lines, wrinkles, sun damage, congested oil skin and leaves skin glowing for weeks with no downtime or discomfort. The treatment is power-packed with antioxidants, peptides and rosacea. Options include a 25-minute hydra dermabrasion, painless extraction, and intense hydration; a 50-minute facial massage and antioxidant mask; and an 80-minute lymphatic and light therapy, with DermaBuilder fine line treatment. The 50- and 80-minute treatments include a take-home kit valued at \$140 and can be booked individually or in a series of six monthly facials.

The Modern Man treatment selection is targeted to guys who live and play hard. It consists of five new treatments that include a deep tissue massage that helps release chronic patterns of muscular tension that can lead to pain and structural misalignment; an invigorating sports massage that employs light stretching and various massage techniques to improve range of motion, circulation and muscle strength; and The Outdoorsman – a relaxing, deep cleansing facial that repairs and protects skin damaged by windburn, sun and overexposure to the elements. And if you're a guy who works with his hands, there's the Man Hands Soother that exfoliates rough, dry skin while trimming, filing and buffing nails. And for your feet and energizing treatment that combines soothing Epsom salt soak with nail and cuticle grooming, exfoliation, Quench masque and massage.

Complimentary use of the spa facilities is included with all treatments. This means en try to the state-of-the-art health and fitness center, indoor/outdoor swimming pool and hot tubs, and all-day access to the rejuvenating eucalyptus-infused steam room and cedar wood saunas.

To learn more about The Spa at Whiteface Lodge or book a treatment go to www.theWhitefaceLodge.com or call (518) 523-0560.

The 94-room (all-suite) Whiteface Lodge, which was created by a former Olympian, is situated adjacent to the alpine village of Lake Placid, New York, home to two Winter Olympics games. There's a three-story great room, Kanu, a fine dining restaurant, Kanu Lounge, Spa Cafe, 24-hour room service, a grab-and-go retail outlet featuring regional specialties, Lake Placid's only resort

spa and two hand-crafted, luxury lean-tos, unique to the Adirondacks (see video).

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Probably (<http://wn.com/Probably>) the last place you want to think of for a spa right now is the Adirondacks (<http://wn.com/Adirondacks>), not exactly a sun-drenched area this time of year. However for those of you who love the snow and open air, the Whiteface (<http://wn.com/Whiteface>) Lodge (<http://wn.com/Lodge>), Lake Placid (http://wn.com/Lake_Placid)'s first-ever resort spa is offering a special program for hale and hearty men. For guys who need to perk up their skin, there's the HydraFacial that helps improve the appearance of...[more »](http://www.examiner.com/article/lake-placid-s-whiteface-lodge-spa-caters-to-the-modern-man) (<http://www.examiner.com/article/lake-placid-s-whiteface-lodge-spa-caters-to-the-modern-man>)

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Exotic pampering possibilities added to menu at L'Auberge Del Mar Spa (http://article.wn.com/view/2014/02/18/Exotic_pampering_possibilities_added_to_menu_at_L_Auberge_De/)

One of our favorite little local spas is debuting a menu of luxuriously delicious treatments that are just about an hour's drive from Los Angeles (http://wn.com/Los_Angeles), or a quick ride on the Amtrak (<http://wn.com/Amtrak>). L'Auberge (<http://wn.com/Auberge>) at L'Auberge...

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42 heures à

Lake Placid



PHOTOS COURTOISIE

LAKE PLACID, New York | Site des Jeux olympiques d'hiver de 1932 et de 1980, Lake Placid allume son flambeau des J.O. cet hiver, en phase avec les jeux de Sochi. En plus d'accueillir de nombreuses compétitions de haut niveau, d'être un site d'entraînement à l'année, et d'être hôtesse de nombreux congrès, cette belle petite ville des Adirondacks offre une panoplie d'activités aux visiteurs, sportifs ou non. Aucune chance de s'ennuyer dans cette ville énergique située à deux pas de l'imposante Whiteface Mountain (1483 mètres), terrain de jeu des skieurs et des planchistes. Au-delà de la visite des installations olympiques, Lake Placid offre quantité de bonnes tables, des spas prestigieux, dans l'ambiance sportive et décontractée typique des Adirondacks - six millions d'acres de forêt, de lacs, de rivières et de montagnes.

VENDREDI

19h

Par l'Olympic Byway

Après quelques minutes à suivre

les contours capricieux de la superbe route scénique Olympic Byway, qui suit la rivière Ausable et la rivière West Branch au cœur des Adirondacks, Lake Placid apparaît tout d'un coup, comme sorti d'un conte. La rue principale, bordée de commerces et de restaurants, présente ses façades colorées aux visiteurs, sur les rives de Mirror Lake. Le **1** **High Peaks Resort** - ancien Hilton Resort qui accueille les médias américains pendant les J.O. de 1980, offre aujourd'hui 133 chambres et des suites douillettes, spacieuses et très stylées, récemment rénovées et décorées dans le style Adirondacks. L'établissement compte un spa Elements, quatre piscines, un gym et 10 000 pieds carrés d'espace de congrès. Le **2** **Lakeview Motor Inn**, situé en face, sera rénové au cours des prochains mois. (2384 Saranac Avenue)

19 h 30

Dancing Bears

Pendant les J.O de 1980, les victoires étaient célébrées au **Dancing Bears**, le restaurant du High Peaks Resort. L'établissement familial, très animé, offre une vue imprenable sur Main Street. On y sert une cuisine simple et délicieuse (burgers, fajitas, etc.). La bière en fût est refroidie directement dans un bloc de glace! Musique «live». (2384 Saranac Avenue)

21 h 30

PRs Lounge

Situé dans le hall d'entrée, le **PRs Lounge** est un endroit de rêve pour déguster un cocktail ou une bière locale, discuter entre amis ou lire un roman de Russell Banks. Le lounge aux nombreux fauteuils et canapés de cuir dispose d'un énorme foyer à double face où brûlent des bûches bien sèches.

SAMEDI

8 h

Pour commencer la journée

Une virée sur **3** **Main Street** vous permettra de choisir entre le Soul Shine Bagel Shop, le Bluesberry Bakery, le Big Mountain Deli & Creperie, le Breakfast Club ou le Coffee Bean, Coffee and Espresso Bar pour commencer la journée en beauté.

9 h

Le tour du lac

L'activité physique est à l'honneur partout: on peut skier, patiner et même faire une balade en traîneau à chiens sur Mirror Lake. Un sentier de marche/jogging tout en pavés, le **4** **Mirror Lake Path**,

en fait le tour. ATL, comme l'appellent les gens de la place (Around The Lake) fait 2,7 miles de long et se complète en une quarantaine de minutes.

10 h 30

Souvenirs mémorables

La visite du seul et unique **5** **Musée olympique** de toute l'Amérique du Nord permet d'en apprendre davantage sur les Jeux olympiques de 1932 et de 1980. Il propose une riche collection d'objets reliés aux J.O. et à l'histoire sportive de Lake Placid, de 1895 à nos jours. On y présente aussi des séquences inédites du fameux match de hockey appelé «Miracle on Ice», opposant les Russes et les Américains. (2634 Main Street)

12 h

Lunch

Pour luncher sur la rive de Mirror Lake (c'est le lac qu'on trouve à Lake Placid - le «vrai» Lake Placid se trouve un peu plus loin), voici une adresse excellente: **6** **The Cottage**. Situé en face du Mirror Lake Inn, un établissement hôtelier superbement éclairé le soir venu, The Cottage offre une cuisine réconfort dans une ambiance rustique, très relax (pas de cellulaire). À savourer, le chili servi dans une petite miche de pain, arrosé d'une bière locale comme Ubu

Ale, une création de Lake Placid Craft Brewing Company. (77 Mirror Lake Drive).

13 h

The Wild Center

Prenez la route 3 en direction ouest jusqu'à Tupper Lake pour visiter le superbe 7 **Wild Center**, un magnifique centre d'interprétation de 34 acres qui a ouvert ses portes en 2006. Les nombreuses stations thématiques permettent de découvrir la géologie, la faune, la flore des Adirondacks, un massif autrefois recouvert d'un glacier mesurant deux milles de haut. Une passerelle de promenade dans les arbres sera complétée en 2015. (45 Museum Drive, Tupper Lake)

16 h 30

Le spa du Whiteface Lodge

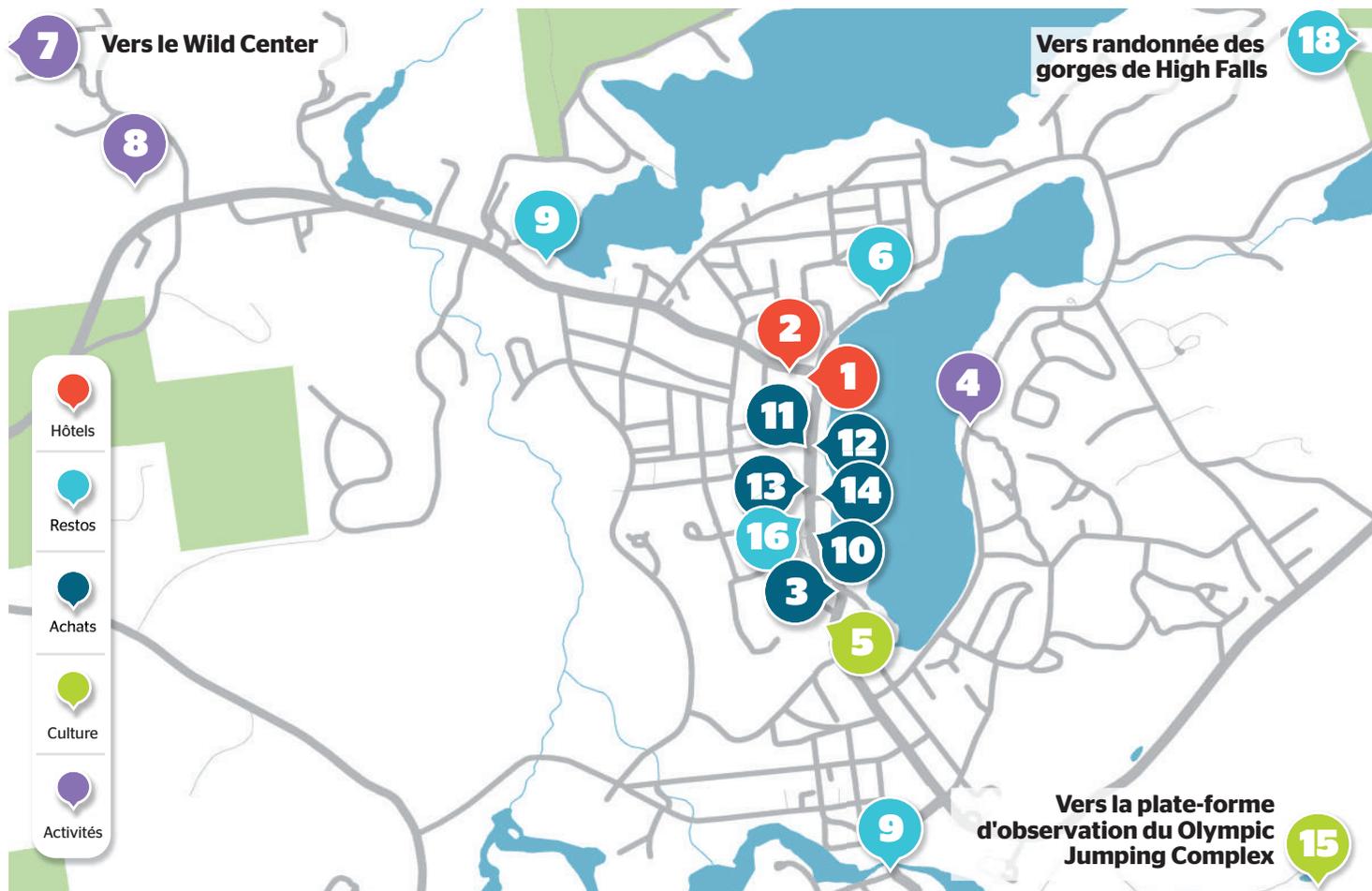
Le Spa du 9 **Whiteface Lodge** est à la hauteur de ce superbe lodge de bois rond et de pierre conçu par l'athlète olympique Joseph Barile (luge). Il se trouve sur la «Gold List» du magazine *Condé Nast*. Le spa, véritable oasis de tranquillité, offre plusieurs traitements, dont plusieurs sont conçus pour les sportifs: pédicure au jus de pomme traditionnel, massages thérapeutiques aux pierres chaudes avec les huiles parfumées Zens. Les clients ont accès au gym et à la superbe piscine extérieure chauffée du complexe. Le restaurant du lodge, Kanu, propose d'ailleurs une cuisine sophistiquée dans un décor rustico-chic remarquable. (7 Whiteface Inn Lane)

* À voir sur notre site web, la recette de Muesli du chef exécutif du Whiteface Lodge, David S. Haick.

19 h

Paradox Inn

Réservez à l'avance au 9 **Paradox Inn**



(518 523-0029) pour profiter du talent et de la bonne humeur du chef Moses «Red» LaFountain et de sa conjointe Nanetta. Au menu, une cuisine d'inspiration française fraîche, généreuse, savoureuse, réputée bien au-delà des Adirondacks. Ici, tout est cuisiné à l'ordre maison par le chef dans la cuisine ouverte donnant sur un petit bar: terrine maison, salades colorées, veau aux morilles et au cognac, homard et pétoncles du Maine, filet mignon au poivre. Conteur intarissable, Red vous parlera volontiers de ses ancêtres québécois. (2169 Saranac Avenue).

DIMANCHE

9 h

Shopping sur Main Street

Quantité de boutiques ont pignon sur rue à Lake Placid, à commencer par les boutiques de sports et les «gift shops». 10 **Maui North** (2532 Main Street), a été votée meilleure boutique de ski et de snowboard de la région depuis 2008. Vous pouvez faire appliquer des badges «custom» sur votre chandail chez **Bear Essentials**. Faites un arrêt chez 12 **Darrah Cooper** pour voir des créations uniques et la collection de breloques Adirondacks puis chez 13 **Sparkle** pour découvrir les Trollbeads. Entrez chez 14 **Adirondack Popcorn Co.** pour faire provision de mélanges inusités et de maïs amish multicolore. Il y a aussi des «outlets»... Sur Main Street, vous remarquerez la présence de nombreux fau-teuils «Adirondacks».

10 h 30

Sports d'hiver

L'anneau de glace extérieur de Lake Placid de 400 mètres est ouvert au public. C'est le même que depuis les J.O. de 1932! Les amateurs de sensations fortes peuvent aussi faire une descente en bobsleigh ou en skeleton. À défaut de tester ses habiletés sur ces équipements, il est possible de monter jusqu'à la 15 **plate-forme d'observation du Olympic Jumping Complex**, haute de 120 mètres. (5486 Cascade Road)

12 h

Manger local

Il y a quantité de restos à Lake Placid pour combler les exigences de tous: 16 **The Good Bite Kitchen**, **Chair 6**, **Saranac Sourdough**, etc. On trouve

aussi des tables (comme 17 **Liquids and Solids**) qui ont adopté le mouvement locavore («farm-to-table»).

13 h

High Falls Gorge

Sur la route de retour, si la température et votre emploi du temps le permettent, prenez le temps de faire la petite 18 **randonnée des gorges de High Falls**. Avec des crampons (fournis), on parcourt les sentiers et les passerelles en toute sécurité, avec vue sur la cascade glacée. Cette agréable visite se termine par une dégustation de guimauves grillées sur un feu de camp. Très cool! (4761 Route 86)

Ce reportage a été réalisé avec la collaboration de Lake Placid CVB/Regional Office of Sustainable Tourism.

Lake Placid

- **Population:** 2750 habitants.
- Nombre de visiteurs chaque année: 1,8 million.
- **Altitude:** 548,6 mètres.
- **Coordonnées GPS:** 44° 17 8 N, 73° 59 7 W
- www.lakeplacid.com

Comment s'y rendre

- De Montréal, prendre l'autoroute 15 Sud jusqu'au poste frontière de Lacolle. Continuer sur l'Interstate 87 Sud jusqu'à la sortie 34. Prendre la Route 9N en direction sud jusqu'à l'intersection de la Route 86 en direction ouest, jusqu'à Lake Placid.



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Le Whiteface Lodge.



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[Lake Placid's Whiteface Lodge spa caters to the 'modern man'](#)

Published By: [Examiner: Los Angeles](#) - 2 days ago

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Probably the last place you want to think of for a spa right now is the Adirondacks, not exactly a sun-drenched area this time of year. However for those of you who love the snow and open air.....

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Unleashing your inner Olympian

By Eileen Ogintz

Tribune Content Agency

on February 16, 2014 - 12:01 AM

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Bobsled, skeleton or speed-skating?

Maybe your gang gets more excited about the jumps and twists snowboarders execute or watching ski racers bomb down the mountain.

This year, do a lot more than just watch the Olympians now that the Winter Games are under way in Sochi, Russia. Tap into the Olympic spirit right here at home. Take the opportunity to try an Olympic winter sport (think racing down an Olympic bobsled track) – or perfect your skill (skiing, snowboarding, skating) – at a place where Olympic athletes proved their mettle in Olympic competition.

In fact, if you head to Park City, Utah (www.visitparkcity.com (<http://www.visitparkcity.com>)), home to the 2002 Winter Games, three major ski resorts will offer you the chance to ski with a former Olympian. At the Canyons Resort (www.canyonsresort.com (<http://www.canyonsresort.com>)), if you sign on for First Tracks on Tuesday or Saturday mornings, former Olympians Holly Flanders or Kaylin Richardson may be among the group. Flanders also hosts special women's clinics during the ski season. At Deer Valley Mountain Resort (www.deervalley.com (<http://www.deervalley.com>)) as many as eight of you can book former Olympian Heidi Voelker to show you her favorite secret stashes on the mountain (starting at \$600 for a half day.) Look for special packages, like the fifth-night-free deal offered at Resorts West properties in Deer Valley and Park City.

There's always the chance you'll sit with a pro snow sports athlete on a chairlift. Many of the athletes live here and the U.S. Ski and Snowboarding teams train here year-round, less than a 40-minute drive from Salt Lake City.

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Take a run down the slopes where Olympians competed. (If you like moguls, try Champion at Deer Valley; Deer Valley's "Know You Don't" was the slalom run.) Riders should head to the Eagle Superpipe at Park City Mountain Resort (www.parkcitymountain.com) where the men's and women's snowboard competitions were decided in 2002. The resort's Kings Crown terrain park – designed for experts, since it has some of the resort's biggest jumps – is where the Olympics' first U.S. Freeski Olympic slopestyle team was decided.

Utah Olympic Park is also where your teens (as long as they're 14) can try something they've likely never done – driving a Rocket Skeleton headfirst down the Olympic track. Take a Learn-to-Curl class before "Cosmic Curling" (think black light and neon). If you (or the kids) weigh at least 100 pounds, experience the "ride of your life," as it's billed, on the comet bobsled ride down the entire length of the Olympic track, reaching speeds up to 80 mph. No worries. The driver is a pro. (For details and prices, visit www.utaholympiclegacy.com.)

Utah too far? Travel to Lake Placid, host to the 1932 and 1980 Olympic Games. Last summer, we watched would-be Olympic ski jumpers train by jumping into pools. In winter, you can tube down a 700-foot chute at the Lake Placid Olympic Jumping Complex.

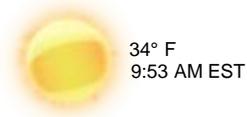
During the games, compete in some of the same winter sports being contested in Sochi with special chances to win prizes at Olympic sites, including bobsled, skeleton, biathlon, hockey, curling and speed and figure skating programs (www.lakeplacid.com/sochi-lake-placid).

(<http://www.lakeplacid.com/sochi-lake-placid>).

Inspired by the Whiteface Lodge's (www.thewhitefacelodge.com) employees who have trained for the Olympics, the Lake Placid, kid-friendly, all-suite resort is touting an Olympic Experience package that includes two sports massages (after your strenuous outdoor workout, of course – and Olympic Sites Passports that offer discounts to the Lake Placid Olympics venues.

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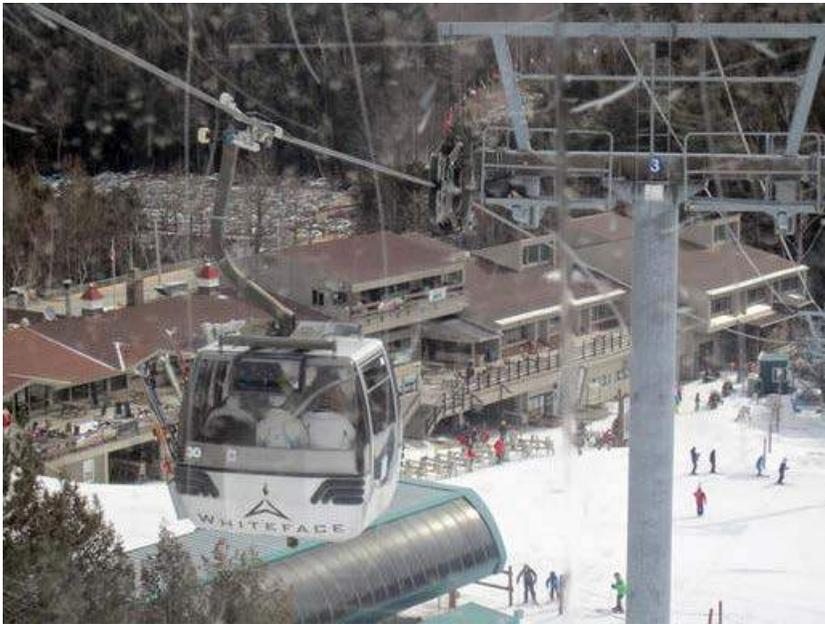
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Lake Placid's winter visitors can get a real feel for events in Sochi

Lake Placid, site of the 1932 and 1980 Winter Olympics, offers gold medal opportunities to try out the challenges of the winter games, from bobsledding to ice skating

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CAPTIONS

Lake Placid, New York

Visitors can take the lift, along with skiers, to the top of Whiteface Mountain and back. It's a grand view and a smooth ride that makes you feel like you've made it to the top of the world. (DIANE STONEBACK / THE MORNING CALL /March 15, 2013)

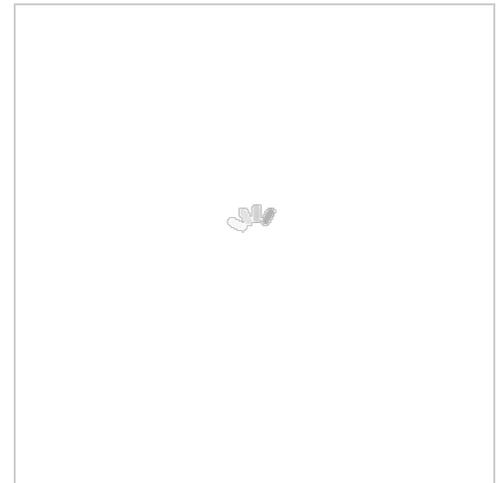
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By Diane W. Stoneback, Of The Morning Call
5:30 P.M. EST, FEBRUARY 15, 2014

Lake Placid, a quiet little Adirondack town that twice hosted the [Winter Olympics](#), offers visitors Olympic challenges they'll never forget, from racing down Mount Hoevenberg in a bobsled to a head-first "flight" down the same icy chute on a "skeleton" sled.

It's where you get a grip on the real challenges — beyond shoveling — that snow and ice present, and where you'll come to appreciate the sacrifices Olympic athletes make. Their stories and golden moments from the 1932

TRAVEL VIDEO



and 1980 Winter Games are told in its Olympic Museum. Lake Placid was the first American venue to host the Winter Olympics and is one of only three places in the world to host the Winter Games twice.

Although Lake Placid is more than 5,000 miles and 34 years from the events in Sochi, its Olympic flame still burns, its Olympic venues are vibrant and its residents are rooting for nine of their neighbors competing in Russia.

"It's the best stateside Olympic experience you're going to get," says Alison Haas, director of the Olympic Museum. But that doesn't mean Lake Placid has been hit with a blizzard of Olympic fans.

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"We usually expect a slight increase in visitors before, during and a few weeks after each Winter Games," Haas says. This year, will be the same. However, the current Olympics also put Lake Placid back into the spotlight for journalists preparing Olympic stories. "I'm getting five or six calls daily for everything from a picture of the 1980 Winter Games mascot, Roni the Raccoon, to questions about Olympic hymns, torches and podiums," she adds.

You don't have to love the Olympics to like the town. Like a quaint Alpine Village, it has shops for those who might be interested in an antler chandelier, a rustic bed made from timbers still wearing their bark, books about the Adirondacks or antique ice skates and sleds. It's hard to resist Adirondack-themed jewelry featuring delicate natural forms like ferns, balsam branches and pine cones or sporting designs including bobsleds, flexible flyer sleds and ice skates.

Hungry visitors can snack their way along Main Street with stops for warming cups of coffee or cocoa mounded with cream, popcorn and chocolates. You also can dine at high-end restaurants at the resorts or chow down like Paul Bunyan at the rustic Saranac Cafe on Saranac Avenue. Its menu has attitude as real as the maple syrup that goes on its stacks of Adirondack flapjacks. Its breakfasts and lunches built on hand-made whole-grain breads, are hugely good. Anyone old enough to remember roadside Howard Johnson's restaurants might enjoy visiting the Lake Placid one. It's one of the last two HoJos in the country. (The other one's in Bangor, Maine.)

When you're ready to come in from the cold, you can warm up with great views and cozy fireplaces at the area's rustic-chic resorts, including Whiteface Lodge, Lake Placid Lodge, Mirror Lake Inn or the Hampton Inn & Suites Lake Placid. The older and more affordable Golden Arrow Lakeside Resort also has waterside rooms with million-dollar views of Mirror Lake and a restaurant called Generations.

Lake Placid's busiest season is summer, reports Kimberly Reilly, spokeswoman for the Regional Office of Sustainable Tourism in Lake Placid. "Visitors come to take advantage of our 6 million acres of wilderness, 30,000 lakes and 3,000 miles of trails. They're fishing, paddling, swimming, camping, hiking and mountain biking."

But the summer crowd doesn't know what they're missing if they don't return for winter weekends. Why bother, if you've already got huge mounds of ice and snow piled up around your house? It's simple. Lake Placid has the infrastructure and equipment to make the snow and ice useful.

You can skate on the ice-covered oval where speed-skater Eric Heiden zoomed to a record-breaking five gold medals in 1980. In addition to bobsledding or doing the skeleton, you can schedule a luge run to get a taste of what 1980 gold-medal-winner Vera Zozulya experienced on her runs. Try out the ski trails on Whiteface Mountain, used for Men's and Women's Downhill events (Cloudspin, Broadway, Easy Street and Lower Valley), Slalom events (Thruway, Parkway and Lower Valley) and Giant Slalom (Mountain Run).

Lake Placid's winter opportunities go well beyond Olympic-related sites.

Venture out onto Mirror Lake's surface, if the ice is thick enough. It borders the town's main street and is a wonderland of opportunities. Visitors can sign up for dog-sled rides, join locals skating 2.5-mile laps around its edge or try pond hockey.

For a bigger thrill, line up to ride the Mirror Lake Toboggan Slide. Created from a 50-foot ski jump salvaged from the 1932 Winter Games, it sends riders down its slope at 40 miles per hour and then speeding across another 2,000 feet of ice on the lake's surface.

On the outskirts of town, you can find cross-country skiing trails matching your skills and endurance, including those used for Nordic events near the Olympic Sports Complex at Mount Hoevenberg. You can ice climb or strap on ice cleats to hike paths offering stunning views of ice formations at High Falls Gorge.

If all of that sounds too exhausting, you can rent snowmobiles or take a slower ride over the terrain in a horse-drawn sleigh.

"We hope the Olympic Museum, here in the Olympics Center, will be visitors' first stop," says Haas. "The insight it provides about America's home town of the Winter Olympics and our stories will inspire visitors to try some of the activities Lake Placid offers."

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Among its most dramatic stories is the 1980 "Miracle on Ice" hockey game, in which young Americans managed to defeat a more-seasoned Russian team and then went on to win the gold medal. The museum runs a continuous loop of ABC footage of the famous hockey game, and displays uniforms and equipment used by the young men who became American heroes.

Another dramatic story is that of Norwegian figure skater Sonja Henie, who, at age 11, was the youngest competitor in the first Winter Olympics in 1924 in Chamoix, France, and finished last. But she won gold medals in three subsequent Olympics, including at Lake Placid, and changed the look and style of figure skating. She also was the best-known athlete of the time who turned Olympic successes into business successes and became a Hollywood film actress. Museum visitors will see Henie's rather racy outfits for the times.

Of all of the medals on display, the most interesting is the first gold medal awarded at the first Winter Games in France. Fittingly, it was won by Charles Jewtraw, a Lake Placid speed skater.

The museum also has posters on display from all the Winter Olympics, as well as many torches and parade coats. In an interactive feature, visitors can try their hand at curling, in the museum's newest display.

Other to-dos at the Olympic Center: take a guided tour of its storied ice rinks and watch an ice hockey game if one's happening during your stay. Try out chair-simulators on its second floor. Sit in one of them and you'll get an athlete's view of his event and a sense of it, too, when chairs move back and forth, up and down and shake.

There are also guided tours of the hallowed ice rinks and nearby is the Olympic speed-skating oval.

To explore all of Lake Placid's winter Olympic experiences, check its website or stop in at ORDA (Olympic Regional Development Authority). Pick up the week's event schedule for all Olympic sites, as well as an Olympic Passport, which opens the door to the attractions at an affordable price. It's also where you can pick up tickets for the bobsled or skeleton run.

Of course, when you're silently waiting with other first-timers for a turn in a bobsled on the ice-lined chutes, with helmet strapped tightly in place, you could wind up asking yourself why you bought that ticket. Seconds later, you'll answer your own question with shrieks and happy screams.

diane.stoneback@mcall.com

610-820-6526

FUN IN LAKE PLACID

•**What:** Try out a bobsled, skeleton sled the speed-skating rink and ski slopes where 1932 and 1980 Olympians earned their medals and indulge in every other kind of winter fun you can imagine.

•**Where:** Lake Placid, N.Y.

•Olympic Center and Olympic Museum, 2634 Main St., Lake Placid, 518-523-1655

•Olympic Jumping Complex, 5486 Cascade Road, Lake Placid, 518-523-2202

•Olympic Sports Complex, 220 Bob Run, Route 73, Lake Placid. For bobsled, luge and skeleton, 518-523-4436. For cross-country skiing, 518-523-2811

•**When:** Throughout the winter

•**How much:** Admission prices vary. Save money by buying an Olympic Sites Passport for \$32. It covers admission to the Cloudsplitter Gondola ride, the Lake Placid Olympic Museum, public skating on the Oval, the Olympic Jumping Complex, the Olympic Sports Complex with bobsled and luge tour, with bonus discounts on the Bobsled/Skeleton experience, the Sports Simulator, the Be a Biathlete Clinic, Miracle Moments photo merchandise and more. Available at all participating locations.

•**Info:** Lakeplacid.com and whitefacenewyork.com

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Missed Sochi? Go for the Winter Games gold, D-I-Y style

Jill K. Robinson

Updated 7:27 pm, Thursday, February 13, 2014

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the Vancouver Games Photo: Smiley N. Pool, Chronicle Olympic Bureau



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Maybe you thought about it. Perhaps you even looked into getting tickets. But ultimately, the truth must be faced: You're not going to Sochi.

The Olympic Winter Games is a spectacle unlike many other modern sporting events. Each host venue practically hums with excitement during the 18 days of competition. Despite the TV programming offering the best seat in the house (plus schmaltz-laden "up-close, in-person" stories), there's a different way to immerse yourself in the Olympic spirit.

If a strict training regimen isn't in the cards, there are still plenty of ways you can create

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a do-it-yourself Olympics. See Pages P4-P5 for highlights of the five North American Winter Olympics venues, where average joes can ski, skate, jump and bobsled in the footsteps of famed athletes. When you're done, hit the town and have a victory drink - where the athletes celebrated their wins or drowned their sorrows - knowing you don't have to wait four years to do it again.

Calgary 1988 (XV)

Alpine events took place at Nakiska, a short distance from Calgary. Re-create the men's and women's downhill and super G runs (with caution, of course) on North Axe to Lower North Axe trails.

Test your skis on more than 40 miles of cross-country trails at the Canmore Nordic Centre. This center has trails that suit both classic and skate techniques, and the views of the Bow Valley and Rocky Mountains may make you slow down just a little.

Carve out some time to hang out at Ranchman's, Calgary's beloved Western bar and cookhouse - a popular (and rowdy) spot for the Olympians.

Bragging rights: The premier site for the Calgary Games is 15 minutes from downtown Calgary at WinSport Canada Olympic Park. Visitors can get a minute of speedy thrills in the bobsled on the track where Team Jamaica competed, but those who want something more daring can get their wish here. This is the only luge track in North America where the general public can give the sport a shot.

Fun fact: Dr. John Read, a leader in tobacco reduction in Alberta, advocated a smoke-free competition at the 1988 Olympics - resulting in a 90 percent compliance rate. It's a policy that has been adopted at every Olympic Games since.

If you go

WinSport Canada Olympic Park: 88 Canada Olympic Road SW, Calgary, Alberta. (403) 247-5452, www.winsport.ca. Bobsled ride, \$156. Luge ride: \$32.

Nakiska Mountain Resort: 2 Mount Allan Drive, Kananaskis, Alberta. (403) 591-7777, www.skinakiska.com. \$66 adult full-day lift ticket.

Canmore Nordic Centre: 1988 Olympic Way, Canmore, Alberta. (403) 678-2400, www.albertaparks.ca (search for "Canmore"). \$9 per day trail use fee.

Where to eat

Ranchman's: 9615 MacLeod Trail South, Calgary. (403) 253-1100, www.ranchmans.com. Entrees from \$9.

Where to stay

Paintbox Lodge: 629 10th St., Canmore. (888) 678-6100, www.paintboxlodge.com. This five-room hotel in downtown Canmore is owned by Olympic medalist Sara Renner and World Cup Champion Thomas Grandi. Rates start at \$147 per night.

Four Points By Sheraton Calgary West: 8220 Bowridge Crescent NW, Calgary. (403) 288-4441, www.fourpointscalgarywest.com. Stay directly across from WinSport Canada Olympic Park. Rooms from \$137 per night.

More Information

Visit Calgary: www.visitcalgary.com.

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Six-bedroom Berkeley home with grand architecture was originally built in 1914. [Photos](#)

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The Daily Traveler

9 Gold Medal-Worthy Olympic-Themed Hotel Amenities

By JENNIFER M. WOOD

10:00 AM, FEBRUARY 12 2014

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COURTESY OF WASHINGTON SCHOOL HOUSE HOTEL Washington School House Hotel

An Olympic vacation may very well be on your travel bucket list, but considering the number of complaints coming out of Sochi about the lack of such basic hotel amenities like water, WiFi, and, yes, even beds, maybe it's best that you sit 2014 out. But just because you can't be in Russia to root for your home team doesn't mean your only other option for getting into the Olympic spirit is at home on the couch. These nine hotels are offering a bevy of gold medal-worthy amenities.

Go for Gold at Pan Pacific Whistler Mountainside

WHISTLER, BC, CANADA

It's been four short years since Whistler hosted the 2010 Winter Games. To commemorate the city's place in Olympic history, the Pan Pacific hotel is hosting an action-packed Go for Gold vacation package: a two-night stay that includes a bobsleigh outing for two at the Whistler Sliding Centre, a pair of complimentary

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The Prettiest Beaches in the Caribbean

Go for Gold Cocktail at The Ritz-Carlton, Los Angeles

LOS ANGELES, CA

Call it drinking with a purpose. On the 24th floor of The Ritz-Carlton, Wolfgang Puck's WP24 restaurant is serving up panoramic views of Downtown L.A. with the limited-time Go for Gold cocktail. Created by beverage director Klaus Puck, the drink is a mix of English Oxley gin, rosemary from the hotel's rooftop cocktail garden, lemon, and actual 24 karat gold flakes, which match the cocktail's \$24 price tag. It may sound steep, but a portion of the proceeds from each cocktail will be donated to the Special Olympics.

Well Fit Retreat at The BodyHoliday

CARIBLUE BEACH, ST. LUCIA

Olympic fever doesn't have to conclude with this year's closing ceremonies. Throughout March and April, The BodyHoliday health and wellness resort will be offering a series of Well Fit Retreats. The mini Olympic training camps are designed by two-time gold medalist Daley Thompson, who has recruited a few of his fellow former Olympians—Danny Crates, Sharron Davies, and Ayo Falola—to help guests get started on the journey to better health.



COURTESY OF EXTREME WOW SUITE
Extreme Wow Suite at W Los Angeles

Moscow Mules at Loews Hotels & Resorts

U.S. AND CANADA

Loews Hotels & Resorts has partnered with Russia's best-selling vodka—Russian Standard—to serve up Moscow Mule cocktails, in traditional copper mugs, at almost all of their locations throughout the U.S. and Canada. Each location has challenged its own team of mixologists to create a geographically-appropriate version of the cocktail as well; the Orlando team has come up with an orange juice variety, while pineapple chipotle is the flavor of choice in Tucson. Each bar has been decked out with a variety of Olympic-themed props, making for some fun photo ops (#LoewsMoscowMule is the official hashtag).

Extreme Wow Suite at W Los Angeles – Westwood

LOS ANGELES, CA

Who needs a living room when you've got the W Los Angeles? For those looking to tune into the games with a crowd, the W is transforming its Extreme Wow Suite into a private Olympic screening room for 10 guests. For \$2,500 per night, you'll get a 70-inch television with a state-of-the-art Bose surround sound system plus an open bar, a special food menu, a photo booth, and party favors.

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Gold Medal Adventure at the Washington School House

PARK CITY, UTAH

Lollygaggers need not apply for this activities-packed itinerary, which includes hiking, skiing, and bobsledding. When it's time to put your feet up at the end of the day, head outside and warm up by the still-burning Olympic torch, which came to Utah during the 2002 games in Salt Lake City.



COURTESY OF KIMPTON 70 PARK AVENUE

Kimpton 70 Park Avenue

Winter Games Cocktails at Two E Bar

NEW YORK, NY

You won't win a medal for throwing back any of the five specialty cocktails on the Winter Games menu at Two E Bar in [The Pierre](#) hotel. But you can get 50 percent knocked off your tab if the name of your drink—Triple Salchow, Luge, Speed Skater, Alpine Skier, Bobsledder—happens to match whichever sport is being broadcast. In other words: plan accordingly!

Olympic Experience at Whiteface Lodge

LAKE PLACID, NY

Yet another Winter Games alum is paying tribute to its historic past with a special Olympic Experience Package, this one complete with two Olympic Sites Passports—including admission to the Lake Placid Olympic Museum and Ski Jumping Complex—and two 50-minute sports massages to help you relax after a day of sightseeing. Guests looking for even more adventure will find opportunities for ice-climbing, bobsledding, tubing, speed skating, and downhill skiing nearby.

Kiddie Figure Skater at 70 Park Avenue

Tiny travelers staying at Kimpton's 70 Park Avenue hotel need only to travel a few blocks to experience all the action—and delicacies—that Sochi has to offer with this Kiddie Figure Skater package. First stop is a private ice-skating lesson at the Bryant Park Winter Village, followed by afternoon tea at the Russian Tea Room. A special figure-skating amenity from Silverleaf Coffee & Tea will complete the experience.

More on the Olympics:

[Vintage Olympic Posters to Get You Excited for Sochi](#)

[Unforgettable Olympic Opening Ceremony Moments From Past Games](#)

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The 5-Reasons to Plan a Winter Escape to Lake Placid

by CRAIG ZABRANSKY on FEBRUARY 12, 2014 in [DESTINATION](#), [PHOTO](#)

In the middle of the 7 million acres of “forever” wilderness, visitors to New York’s Adirondacks can discover the small town of Lake Placid, New York. Popular for hosting two winter Olympic Games (1932 and 1980), the town is most notable for the *Miracle on Ice*, but I discovered more than just Olympic History. My short winter weekend gave me a chance to learn more about the town too. Here is what I discovered described through my five photo series.

Stay Charming



a view down main street

A Sunday stroll down Main Street, with a light snowfall, proved delightful. The charming shops, cafes, and bars offer a chance to take a break from the cold, but also learn the history of the region. The street also had a lookout point to allow pedestrians to stop and view the lake and landscape. During my time there I even watched a dog sled cross the frozen landscape.

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craig zabransky: It was a memorable shot and moment... definitely l...



craig zabransky: Spiritual, yes. I loved this moment and do crave a...



craig zabransky: Campfires by a campfire sounds like a way to spend...



Francesca: I echo Erin's sentiments. I loved Lake Placid and ...



Lazy Travelers: OMG THE SNOW DOGS. sold....

Yet, the standout moment during my stroll was capturing a photo of the Adirondack Chair, I was in the Adirondacks after all.

Stay Patriotic

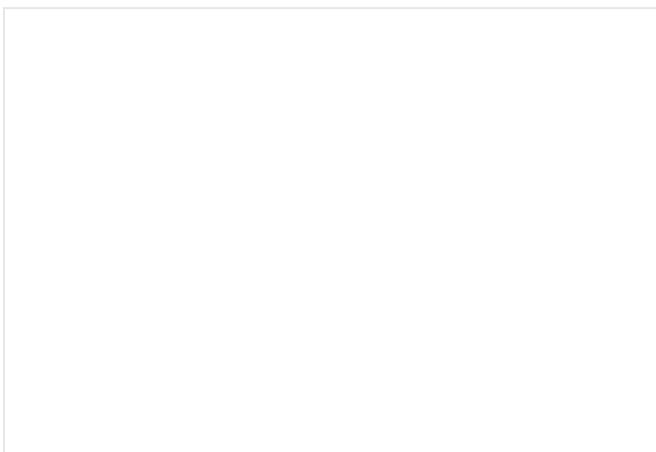


skating with my USA, USA, USA ... flag

Yes, I took my flag to Lake Placid. Old Glory came with me for one main reason – to drape my over shoulders as I skated on the ice at Herb Brooks Arena. Yes, I skated on the very ice where the miracle happened in 1980. In my childhood I watched the game and can remember the feeling of our “miracle” victory over the dominant Soviet squad; we defeated the USSR. It started my appreciation for the Olympics and hockey. That flame is still shining bright.

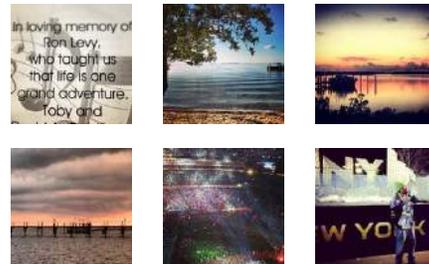
As much as I loved the ice and my moment, my friend Francesca may have loved it even more when [she skated on the miracle ice](#), but make no mistake I had chills; chills not caused by the cold arena or the ice.

Stay Luxurious

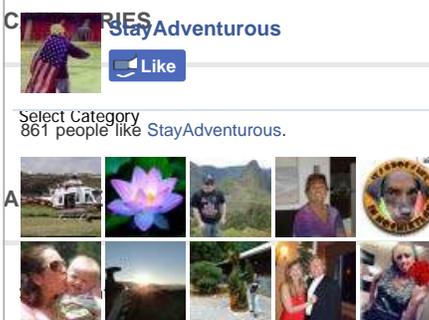


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the view from the outside hot tub on a snowy morning

Close to the charm of main street, visitors can stay at a “castle.” Well that was the original plan by an former Olympian (and luger) who traveled through Europe competing and noticed that each winter sports destination had its “castle” with luxury accommodations. He never stayed there, but wanted Lake Placid to have one too.

The [Whiteface Lodge](#) wasn’t open for the ’80 Olympics as his dream just became realized a few years ago, but is as close to a modern day castle with royal amenities and hospitality as you’ll find in the States.

Even if you don’t stay there, consider a visit for its impressive cocktail list (try the Campfire), dinner menu and Spa – all open to the public. We spent plenty of time there.

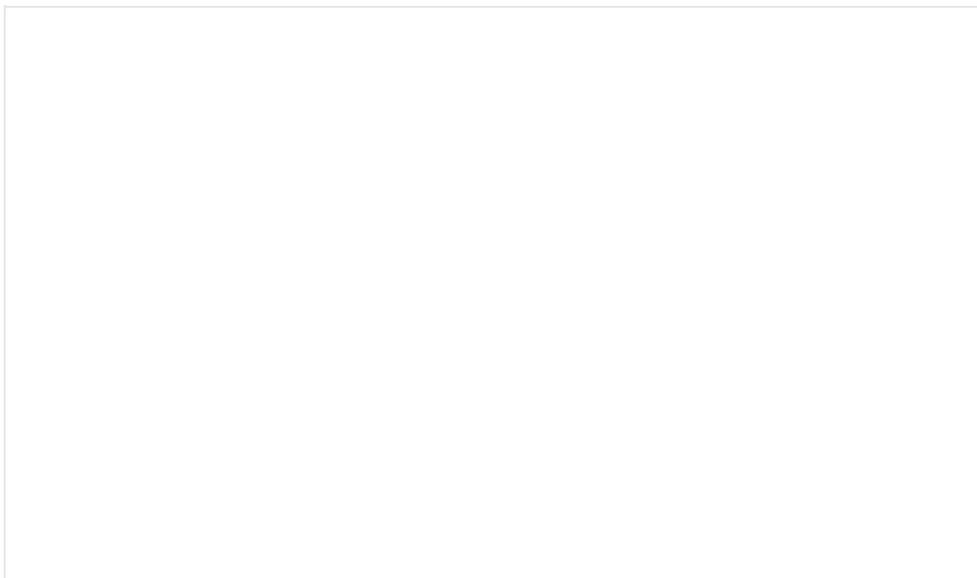
Stay Delicious

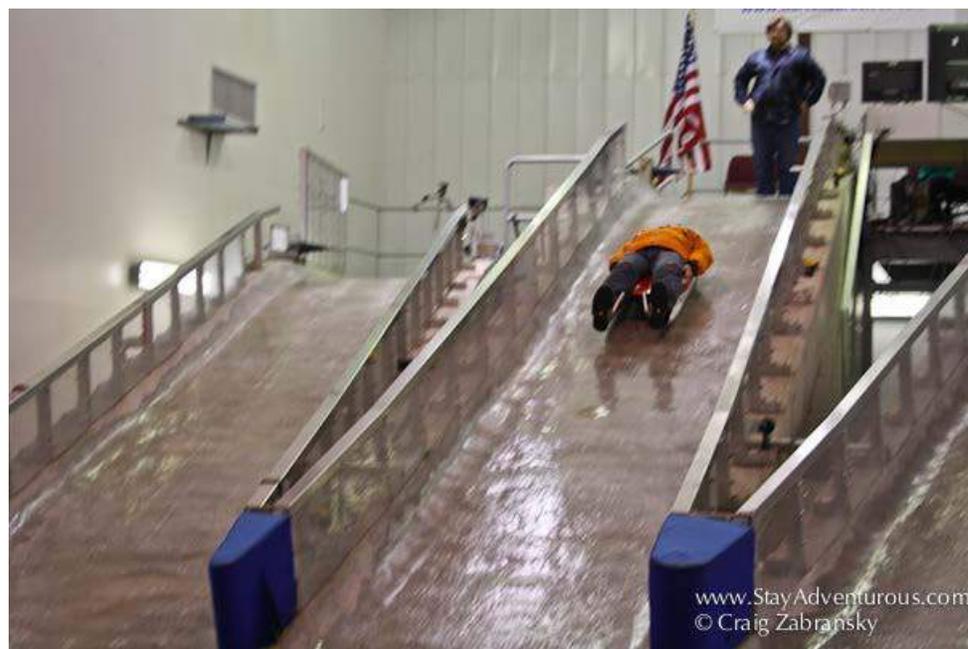


The Community Supportive Agriculture (CSA) movement was great to learn about. Even better when the chef came out to explain it and how the restaurant uses it. The concept is simple, locals pay a farmer for a share of the farm's produce. The farmer knows his costs are covered and the community gets fresh, locally raised (and delicious) farm products. Win-win-win. Win for the farmer, win for the local establishment or citizen who receives the products and win for the person who eventually eats the food (like I did).

Generations, the main restaurant at the [Golden Arrow Lakeside Resort](#) (where we stayed), described CSA and the resort's farm-to-fork sourcing over brunch. The chef prepared a special menu. The stand-out dish was a local grass-fed bison burger cooked on a Himalayan salt block and then doused with a special local NY maple syrup sauce. Delicious.

Stay Olympic





my friend Raul racing down the track after a luge practice start

If you ask which Winter Sports in the Sochi Olympics, or any Winter Olympics I am excited to watch – Luge and Ski Jump. It's a no-brainer for me. Yes, I love many events, but I think those athletes are insane in a wonderful way.

Well, with a special invite to the USA Luge training center I met Olympian Larry Dolan who taught me how to start on a luge sled. I now can confirm the insanity of sport. You can't see anything except your peripheral view. All I noticed after I opened my eyes, after the initial fear subsided, was a white icy blur and all we did was travel a few meters off a practice start.

With such training facilities in Lake Placid, and such a [Winter Olympic Heritage](#), many Olympians come from this region of New York and some are competing in Sochi. Visitors to the Adirondack can enjoy many Olympic moments and create their own with a Bobsled run, the view from the top of the Ski Jump, the [Olympic Museum filled with its history](#) and more.

Yes, I discovered Olympic heritage in Lake Placid making me even more excited for the 2014 Sochi Winter Olympics, but I also discovered a bit more. I discovered an entry point to authentic Adirondack adventure. It is a place where winter sports are not just for Olympians but available to everyone and a place filled with adventurous spirit for all four seasons. I'll be back.

Stay adventurous, Craig

This is part of the five series, a series designed to tell about a location through five photos. Also, special thanks to [Lake Placid Adirondack](#) for facilitating my stay in the Adirondack town.

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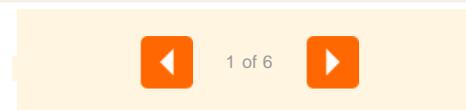


Channel Your Inner Olympian at These 5 North American Olympic Cities

If the Winter Olympic Games are close to your heart, but the Russian edition in Sochi is too far away, don't dismay. These five former Winter Olympics host cities in North America offer world-class winter sports experiences for everyone. Whether you're eager to test your mettle careening down a bobsled chute, schussing an Olympic mountain, ice-skating on a speed-skating oval, or just simply imagining what it must be like to taste Olympic glory, here are five gold medal-worthy destinations for a winning Winter Olympics-themed getaway.

By ELISSA RICHARD

4:30 PM, FEBRUARY 10 2014



LAKE PLACID, NY

LATEST FROM

The Daily Traveler

This winter wonderland Adirondacks village proved such a gracious Olympic host city in 1932, that it repeated the role in 1980. Lake Placid's Olympic heritage is essentially the heart of the town's premier winter sports scene for U.S. and international athletes. From the Olympic bobsled run and sled ride to the top of Little Whiteface (or, purchase a lift ticket to the top of the mountain), you can experience the highest vertigo in the Northeast. You can also ice-skate on the Olympic bobsled run, or take a hand-boggling 994-foot-high ski jump as well as the Olympic Museum; and more. On select weekends, sign up for an introduction to the obscure sport of biathlon (cross-country skiing and rifle shooting), or time your visit to coincide with Olympic training events or World Cup or other international-style winter sports competitions. Nothing, though, beats the rush of bobsledding down a chute at speeds of up to 55mph, wedged between an



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ORDA/DAVE SCHMIDT

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expert pilot and brakeman (on select days, daredevils can also try out the luge or skeleton, on the same track).

Where to Stay: Book the new "Olympic Experience Package" at [Whiteface Lodge](#) and get two Olympic Sites Passports, an Olympic-themed welcome amenity, and two sports massages, plus the services of several Sochi Olympics athletes on staff.
ORDA/Dave Schmidt



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Destination Discovery: Upstate New York

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EDITORS' PICKS

By *Kate Phillips*

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The Spa at The Whiteface Lodge – Lake Placid, New York

Destination Discovery: Upstate New York

Another Lake Placid property, the rustic-chic [Whiteface Lodge](#) in the Adirondack Mountains, a short drive from Whiteface Mountain, conveys the story of the area's Great Camps and its heritage as a former Winter Olympics host. Some of the timber to build the resort was milled on site, and its spa pays homage to the great outdoors (the Hiker's Retreat [50/80 mins; \$155/\$180], the Outdoorsman Facial [50 mins/\$140], and the Great Outdoors Facial [50 mins/\$140] are among the treatments available).

[Learn more about The Spa at The Whiteface Lodge.](#)

Image courtesy of Whiteface Lodge

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Rendez-vous chez les Yankees

Claudine Hébert

La clientèle d'affaires québécoise, particulièrement celle de Montréal, intéresse de plus en plus les destinations de villégiature situées de l'autre côté de la frontière américaine. Certaines d'entre elles ont un représentant au cœur de la métropole pour faire la promotion de leur établissement.

C'est le cas du Whiteface Lodge, à Lake Placid,

dans l'État de New York. Situé à deux heures de route de Montréal, cet imposant complexe en bois de 94 suites ne cache pas vouloir augmenter sa clientèle d'affaires québécoise. « Notre établissement reçoit de plus en plus de groupes de 20 à 25 personnes provenant de Montréal. Ce sont principalement des cabinets d'avocats, des institutions financières et des entreprises du milieu médical. Ces firmes viennent chez nous pour tenir des réunions de conseil de direction, des voyages de motivation et des planifications stratégiques d'une durée de deux à trois jours », signale la directrice des ventes, Rosette Press. Cette dernière refuse toutefois de divulguer le nombre réel de réunions, organisées par des entreprises québécoises, qui se déroulent dans son hôtel.

Au complexe Topnotch, à Stowe, dans le Vermont, on retrouve plus d'une vingtaine d'entreprises canadiennes qui y élisent domicile le temps d'une réunion au sommet. « Et nous avons bel et bien l'intention de doubler ce nombre en 2014 », mentionne Ronda Berns, directrice des ventes de l'établissement.

Pour atteindre cet objectif, l'établissement vermontois travaille activement avec le groupe d'hôteliers haut de gamme Preferred, dont il est membre, avec des agences montréalaises ainsi qu'avec le transporteur aérien Porter, dont les avions pourraient atterrir à Burlington. Ottawa et Toronto font aussi partie des marchés cibles de ce complexe de villégiature. Situé à deux heures trente de route de Montréal, cet hôtel vient d'investir plusieurs millions – le montant exact n'a pas été précisé – pour rénover ses 68 chambres, ses salles de réunions et ses aires

Certaines des destinations de villégiature situées de l'autre côté de la frontière américaine ont un représentant au cœur de la métropole pour promouvoir leur établissement.

de restauration. Des sommes importantes avaient déjà été investies au milieu des années 2000 pour la construction d'un des plus impressionnants spas du Nord-Est américain. « Nous avons suffisamment investi d'argent pour que nos infrastructures deviennent le point de rencontre idéal entre les entreprises de Montréal, de Boston, de New York et de l'État du Connecticut », souligne Ronda Berns. On chuchote d'ailleurs dans les couloirs de cet hôtel que le gouverneur du Massachusetts aime bien y convier des chefs d'entreprises québécoises privées et publiques.

Le Maine veut lui aussi sa part du marché. Fréquenté à l'occasion par les membres de l'entreprise Montreal-Portland Pipe Line, le luxueux complexe Inn by the Sea, à Cape Elizabeth, à 10 minutes au sud du centre-ville de Portland, veut attirer davantage de groupes au bord de la mer. L'établissement enverra justement une de ses déléguées commerciales participer à un événement de la chaîne Preferred, à Montréal, en juin. ☐

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À mi-chemin entre le village de Stowe et la station de ski du même nom, cet hôtel du Vermont offre un produit de villégiature cinq étoiles régulièrement louangé par les critiques touristiques. Rénové à coup de millions de dollars en 2013, l'endroit dispose de 68 chambres contemporaines, d'une vingtaine de condos, de deux restaurants avec vue sur le mont Mansfield, de trois piscines, dont une intérieure, ainsi que d'un vaste complexe de tennis (quatre terrains intérieurs, six terrains extérieurs), le plus grand du genre en milieu hôtelier dans le Nord-Est américain.

Nombre de salles

Six, dont une pour 120 personnes. L'été, l'endroit jouit d'un superbe patio avec tente extérieure pour 200 personnes.

Coup de cœur

Le spa de 35 000 pi² de cet hôtel, qui propose une centaine de traitements et des dizaines de classes de yoga, de tai-chi et de cardiovélo, figure parmi les 10 meilleurs centres de santé du pays de l'oncle Sam.



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Le choix est à vous. Chacune de nos destinations propose une gamme complète d'activités allant des sports saisonniers aux initiatives de responsabilité sociale (RSE), le tout rehaussé par une savoureuse cuisine inspirée des produits du terroir. Avec Fairmont, plaisir et affaires se combinent tout simplement à la perfection.

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*Forfait deux nuits seulement pour les nouvelles réservations de réunions de 10 personnes ou plus, jusqu'au 30 avril 2014. Taxes en sus. L'impact de l'impôt sur le revenu des particuliers sur le nombre de chambres occupées, selon les modalités de votre offre, ne peut être coordonné à d'autres offres.

2 h

La durée maximale du trajet entre le travail et le lieu de la réunion quand on choisit un endroit de villégiature. « Et 90 minutes, c'est encore mieux », soutient Yves Chapleau, président de la firme de communication Coefficiencie.

« Grâce à son cadre moins conventionnel, la villégiature représente un lieu neutre et favorise les pourparlers. Dans ces endroits, personne n'est en position de force. »

— **Suzanne Mailhot**, de Services Mitra, une firme de consultants en organisation d'événements



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LAKE PLACID, NEW YORK

Whiteface Lodge

De loin le plus bel hôtel au cœur des Adirondacks, cet immense château de pierre et de bois propose un chaleureux décor de chalet chic. Les 94 suites sont chacune munies d'un balcon, voire d'une terrasse pour les plus grandes unités. Un restaurant, un gym, un spa, une piscine intérieure/extérieure ouverte à l'année, un salon cognac et cigare, une salle de jeux, un étang de pêche... Faites votre choix! De plus, l'hôtel se trouve à quelques minutes des installations olympiques hivernales qui ont consacré mondialement la destination de Lake Placid en 1932 et 1980.

Nombre de salles

Trois, dont une salle de cinéma de 56 places.

Coup de cœur

L'hôtel dispose d'un espace privé, comprenant une plage, sur le bord du lac Placid. Les croisières en ponton y sont très populaires.



CAPE ELIZABETH, MAINE

Inn by the Sea

Ce complexe balnéaire, baigné par les eaux de l'Atlantique, se trouve à plus de cinq heures de Montréal. Quelle que soit sa distance, il offre un cadre inspirant pour faire des affaires. Chacune des 57 chambres est dotée d'une immense salle de bains et offre une vue complète ou partielle sur l'océan. C'est également le cas des salles de réunion. Piscine extérieure, gym, plage et spa complètent le tableau. Et qui dit Maine dit aussi homard et fruits de mer... En plus de figurer au menu, le homard peut être pêché lors d'une activité de groupe organisée par l'auberge.

Nombre de salles

Deux, dont une salle de réception pour 112 personnes en banquet. L'été, une tente extérieure peut accueillir jusqu'à 150 personnes.

Coup de cœur

La suite présidentielle, équipée d'une grande terrasse, propose un décor parfait pour un petit cocktail ou autre événement VIP de 10 à 15 personnes.



3 mois

Un planificateur sur trois planifie son événement moins de trois mois avant la date de l'événement. Cette planification de dernière minute fait beaucoup appel à Internet et aux réseaux sociaux.

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Taking the Kids -- and unleashing your inner Olympian

February 06, 2014 | By Eileen Ogintz, Tribune Content Agency | Taking the Kids



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Bobsled, skeleton or speed-skating?

Maybe your gang gets more excited about the jumps and twists snowboarders execute or watching ski racers bomb down the mountain.

This year, do a lot more than just watch the Olympians as the Winter Games get under way in Sochi, Russia on Feb. 6. Tap into the Olympic spirit right here at home. Take the opportunity to try an Olympic winter sport (think racing down an Olympic bobsled track) -- or perfect your skill (skiing, snowboarding, skating) -- at a place where Olympic athletes proved their mettle in Olympic competition.



Alf Engen Ski Museum within Utah Olympic Park. (Utah Olympi...

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During the games, compete in some of the same winter sports being contested in Sochi with special chances to win prizes at Olympic sites, including bobsled, skeleton, biathlon, hockey, curling and speed and figure skating programs (<http://www.lakeplacid.com/sochi-lake-placid>).

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5 Reasons to Visit Lake Placid This Winter

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Posted by [Elissa Richard](#) on February 06, 2014 at 5:00:00 PM EST | [Post a Comment](#)

Tucked into the [Adirondacks](#) of upstate [New York](#), the small mountain resort town of [Lake Placid](#)—a two-time host to the Winter Olympic Games, with its related infrastructure still largely intact—offers would-be Olympians and casual winter sports enthusiasts alike a gold medal-worthy getaway, not to mention a suitable surrogate for 2014's far-flung Sochi Games. Whether you're looking to tune into your inner Olympian while out bobsledding, skiing, skating, and more; to watch the world's best athletes in action as they train and compete; or to simply indulge in some of this quaint and unpretentious mountain town's top-rate non-Olympic offerings—à la farm-to-table cuisine, a buzzing après-ski scene, and updated lodging options—here are five winning reasons to make way for Lake Placid this winter.

1. CHANNEL YOUR INNER OLYMPIAN



As the Winter Olympics host in 1932, and again in 1980, Lake Placid offers plenty of [winter sports](#) for both real-deal Olympians (it's the premier U.S. training site for American Winter Olympic hopefuls) and the rest of us, who might just awaken the dormant Olympic champ within while visiting here. Pick up an Olympic Sites Passport for bundled, great-value access to the many Olympic attractions about town, and then ponder the impact of Lake Placid's Olympic history at the well-presented little [Olympic Center](#) museum.

Schuss the alpine slopes of the Olympic [Whiteface Mountain](#), boasting the highest vertical drop east of the Rockies—visitors in 2014 can try out the newly cut run at Rand's Last Stand, or test their freestyle skills courtesy of the recently added US Airbag, an inflatable "pillow" meant to soften landing impacts. Cross-country ski the games' former competitive trails at Mount Van Hoevenberg, or have a whirl on skates around the Olympic Speed Skating Oval. Feed your need for speed on the iced bobsled chute, where a half-mile track proposes 2G forces and speeds of up to 55 mph as you zip along, professional driver and

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brakeman happily in tow. Daredevils can stick around, too, for pulse-racing luge or skeleton rides, on select days. Or, go more obscure with a biathlon training session in cross-country skiing and/or riflery, and then sneak a peek at the gravity-defying, 26-story-high Olympic ski jump (don't worry—you take the elevator back down).

2. BUZZING WINTER EVENTS CALENDAR



With its world-class winter sports facilities, Lake Placid plays host to a slew of World Cup and international competitions for sports like bobsled, luge, ski jumping, freestyle skiing, and more. Time your visit right and be in town to catch the action from some of the world's greatest athletes. While this year's winter sports calendar is winding down, there's still time to schedule 2014 trips to coincide with the [Empire State Winter Games](#) (February 6-9), [US Ski Jumping Cup](#) (February 12), [ECAC Men's Hockey Championships](#) (March 21-22), and more.

Plus, this January saw the launch of Lake Placid's first annual Winterfest, showcasing winter Adirondack Mountains activities like snowshoeing, cross-country skiing, and winter hiking. And, predictably, numerous special events are planned about town to coincide with the Sochi Olympic Games, including the installation of a large outdoor LED screen to stream games live on Main Street, accompanied by the lighting of the town's official Olympic Flame Cauldron.

3. BURGEONING MOUNTAIN CUISINE



Lake Placid's dining options run the gamut from the comfort food and nostalgia served up at the all-you-can-eat buffet at the 58-year-old [Howard Johnson's Restaurant](#) (one of only two remaining in the US today) to the polished atmosphere and seasonally driven gourmet cuisine at the [The View Restaurant](#) at [The Mirror Lake Inn Resort &](#)

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[Spa](#). Or try a trio of new rave-worthy 2013 additions to the culinary scene, including the [Redneck Bistro BBQ and Grill](#) (serving burgers, BBQ and grill fare, and Eastern European specials like goulash and pierogies), [Freestyle Cuisine](#) (highlighting local farm-to-table cuisine), and [Smoke Signals](#) restaurant (serving up hearty sandwiches, and BBQ and grill classics).

4. BOOMING APRÈS-SKI SCENE



For local après-ski favorites, hit up the upscale, fireplace-dotted [KANU Lounge](#) at the [Whiteface Lodge](#), with its dedicated après-ski menu highlighting affordable light bites and draft beers, plus, outstanding, splurge-worthy, mixologist-crafted cocktails, and inspired wine and liquor flights. The [Lake Placid Pub & Brewery](#) was expanded in 2013 with a third floor and new outdoor deck for sampling its home-brewed suds and pub grub, or try casual athlete-hangouts like [Lisa G's](#) (popular for its Monday wing nights), or the bobsled-themed Main Street dive bar, [Zig Zags](#). At [High Falls Gorge](#), just next door to [Whiteface Mountain](#), the new River View Café Beer & Wine Bar (4761 Rt. 86, Wilmington, 518/946-2278), overlooking the gorge, opened in November, touting a menu of New York State wines and beers on tap. Main Street newcomer [Smoke Signals](#) (cited above), meanwhile, offers an extensive whiskey menu and a top-floor live music venue with eclectic live acts on weekends.

5. LODGING REVAMP



Luxury seekers can look to the plush Whiteface Lodge, where all 94 suites come with fireplaces, bathrooms with jetted tubs, handcrafted Adirondack furnishings, and private balconies or terraces. The luxe lodge recently updated its spa and added a brand-new spa café; launched multicourse Chef's Table dining experiences; and is now

offering a timely "Olympics Experience" guest package, including sports massages and Olympic Sites Passports, coupled with the services of several 2014 Winter Olympians on staff. Budget-minded visitors, meanwhile, can look to the brand-new Adirondack-style [Hampton Inn & Suites Lake Placid](#), which debuted in July with 97 units (many touting lake views with balconies) and an indoor swimming pool on the banks of Mirror Lake.

Modern-day explorer, perpetual seeker, and diligent travel scribe Elissa Richard is a contributing editor and journalist for numerous American travel publications, including Fodor's, Condé Nast Traveler, Travel + Leisure, Yahoo, and more. Based in Brooklyn, NY, she has traveled to and reported on some 55 countries and 20 cruise lines around the globe, and has resided in Argentina, France, England, Denmark, and the Netherlands. Contact her at TravelSpiritWriting@Gmail.com.

Photo Credit: Lake Placid Bobsled: courtesy of ORDA-Dave Schmidt; Empire State Winter Games: courtesy of Lake Placid Region; Smoke Signals BBQ: courtesy of Smoke Signals; River View Cafe Beer and Wine Bar: courtesy of John Garay; Whiteface Lodge: courtesy of Whiteface Lodge

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Taking The Kids and Unleashing Your Inner Olympian

February 6, 2014

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Eileen Ogintz, Taking the Kids, February 6, 2014

Bobsled, skeleton or speed-skating?

Maybe your gang gets more excited about the jumps and twists snowboarders execute or watching ski racers bomb down the mountain.

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There's always the chance you'll sit with a pro snow sports athlete on a chairlift. Many of the athletes live here and the U.S. Ski and Snowboarding teams train here year round, less than a 40-minute drive from Salt Lake City.

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Wherever you stay in Lake Placid (www.lakeplacid.com) there are opportunities for a bobsled or skeleton experience down the Olympic track and the chance to see how you or your teen ranks as a biathlete (for the uninitiated, that's cross-country skiing and rifle marksmanship). Kids must be 13. Skate on the same rink (just \$5 for kids) where speed skater Eric Heiden set Olympic history by winning

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five gold medals in the 1980 Winter Olympic Games. The gold medal hockey game between the U.S. men's hockey team and the Soviet Union, dubbed the "Miracle on Ice," was another 1980 highlight. The U.S., of course, won the gold! (A Winter Olympic Sites Passport can save you more than \$40, <http://www.whiteface.com/plan/olympic-sites-passport.>)

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Vancouver, Canada, (www.tourismvancouver.com) would love to lure you over the border where you can pose for next year's holiday card at the downtown Olympic cauldron, first lit for the opening ceremonies on Feb. 12, 2010.

I love cosmopolitan Vancouver for its beauty -- between mountains and ocean -- its museums (you've got to see the beluga whales at the Vancouver Aquarium, www.vanaqua.org) and the fabulous Pacific Rim cuisine. You can do all that and take a ride into Olympic history and glory. Watch a Vancouver Canucks (<http://canucks.nhl.com/>) hockey game at the Rogers Arena where the men's and women's gold medal matches were played. If you're on a tight budget, go see the Vancouver Giants (www.vancouvergiants.com) at the Pacific Coliseum where figure skaters competed.

Ski Cypress Mountain (www.cypressmountain.com). It is the official Olympic freestyle skiing and snowboarding venue. This is where Shaun White dazzled and won his gold medal. Make sure not to miss the runs that have been named for Canadian medalists, including Alexandre Bilodeau's gold black mogul run and Maelle Ricker's gold blue intermediate slope.

One thing's for sure, once the kids start watching the Olympics, they're going to beg you to get out and try some Olympic-style fun in the snow.

Ready to lead the way?

(For more places for fun in the snow, check out the Taking the Kids Guide to Fun in the Snow <http://www.takingthekids.com/seasonal-travel-tips/fun-in-the-snow-your-guide-to-family-vacations-on-the-ski-ski-slopes-and-beyond/> and look for Eileen's new series of Kids City Guides -- the latest to LA and Chicago -- online and at major booksellers. For more Taking the Kids, visit www.takingthekids.com and also follow "taking the kids" on www.twitter.com, where Eileen Ogintz welcomes your questions and comments.)

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UNLEASHING YOUR FAMILY'S INNER OLYMPIAN AT THE NORTH AMERICAN SITES

February 6, 2014



Skeleton sledding at Utah Olympic Park

By Eileen Ogintz

Tribune Content Agency

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Cary: Eileen, we are delighted that you were able to make the trip to visit us. Gettysburg is one of the nation's most sacred sites and best kept secret...

Lois Robbins: I think you really covered the trip very well. Thank you for mentioning the 50+Ski Club whose members have gone on at least 4-5 Avalon River...

cavel capalbo: A vacation in Jamaica offers many different experiences. Enjoying some of the activities off the resort is a must, Mystic mountain, Dolphin cove... **Susan Tober:** Awesome... Thank you Eileen for these great ideas about Puerto Rico.

cavel capalbo: visitors on the island of Jamaica have a large selections of Luxury Villa that provides the complete experience. Jamaica villa provides guaranteed...

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Skiing with Heidi Voelker

There's always the chance you'll sit with a pro snow sports athlete on a chairlift. Many of the athletes live here and the U.S. Ski and Snowboarding teams train here year round, less than a 40-minute drive from Salt Lake City.

Take a run down the slopes where Olympians competed. (If you like moguls, try Champion at Deer Valley; Deer Valley's "Know You Don't" was the slalom run; Riders should head to the Eagle Superpipe at **Park City Mountain Resort** where the men's and women's snowboard competitions were decided in 2002. The resort's Kings Crown terrain park — designed for experts, since it has some of the resort's biggest jumps — is where the Olympics' first U.S. Freeski Olympic slopestyle team was decided.

Speaking of firsts, this is the first Olympic Games in which women ski jumpers will be allowed to compete for gold. There's a new exhibit devoted to the U.S. Women's Ski Jumping Team at the Alf Engen Ski Museum within **Utah Olympic Park** in Park City. While at the museum, try the new virtual ski-flying experience (sit in a chairlift and feel like you're flying down over snow-covered mountains).

Utah Olympic Park is also where your teens (as long as they're 14) can try something they've likely never done — driving a Rocket Skeleton headfirst down the Olympic track. Take a Learn-to-Curl class before "Cosmic Curling" (think black light and neon). If you (or the kids) weigh at least 100 pounds, experience the "ride of your life," as it's billed, on the comet bobsled ride down the entire length of the Olympic track, reaching speeds up to 80 mph. No worries. The driver is a pro. (For details and prices, visit www.utaholympiclegacy.com.)

Of course, Utah isn't the only place to ski like an Olympian. Travel to Lake Placid, N.Y., host to the 1932 and 1980 Olympic Games. Last summer, we watched would-be Olympic ski jumpers train by jumping into pools. In winter, you can tube down a 700-foot chute at the Lake Placid Olympic Jumping Complex.

During the games, compete in some of the same winter sports being contested in Sochi with special chances to win prizes at Olympic sites, including bobsled, skeleton, biathlon, hockey, curling and speed and figure skating programs (www.lakeplacid.com/sochi-lake-placid).

Inspired by the **Whiteface Lodge**'s employees who have trained for the Olympics, the Lake Placid, kid-friendly, all-suite resort is touting an Olympic Experience package that includes two sports massages (after your strenuous outdoor workout, of course — and Olympic Sites Passports that offer discounts to the Lake Placid Olympics venues. After a stay last summer, see **what I wrote** about how the Whiteface Lodge gets it right for families.

Wherever you stay in Lake Placid (www.lakeplacid.com) there are opportunities for a bobsled or skeleton experience down the Olympic track and the chance to see how you or your teen ranks as a biathlete (for the uninitiated, that's cross-country skiing and rifle marksmanship). Kids must be 13. Skate on the same rink (just \$5 for kids) where speed skater Eric Heiden set Olympic history by winning five gold medals in the 1980 Winter Olympic Games. The gold medal hockey game between the U.S. men's hockey team

and the Soviet Union, dubbed the "Miracle on Ice," was another 1980 highlight. The U.S., of course, won the gold! (A **Winter Olympic Sites Passport** can save you more than \$40.)

Vancouver, Canada, would love to lure you over the border where you can pose for next year's holiday card at the downtown Olympic cauldron, first lit for the opening ceremonies on Feb. 12, 2010.

I love cosmopolitan Vancouver for its beauty — between mountains and ocean — its museums (you've got to see the beluga whales at the **Vancouver Aquarium**) and the fabulous Pacific Rim cuisine. You can do all that and take a ride into Olympic history and glory. Watch a **Vancouver Canucks** hockey game at the Rogers Arena where the men's and women's gold medal matches were played. If you're on a tight budget, go see the **Vancouver Giants** at the Pacific Coliseum where figure skaters competed.

Ski Cypress Mountain. It is the official Olympic freestyle skiing and snowboarding venue. This is where Shaun White dazzled and won his gold medal. Make sure not to miss the runs that have been named for Canadian medalists, including Alexandre Bilodeau's gold black mogul run and Maelle Ricker's gold blue intermediate slope.

One thing's for sure, once the kids start watching the Olympics, they're going to beg you to get out and try some Olympic-style fun in the snow.

Ready to lead the way?

(For more places for fun in the snow, check out the Taking the Kids Guide to **Fun in the Snow** .

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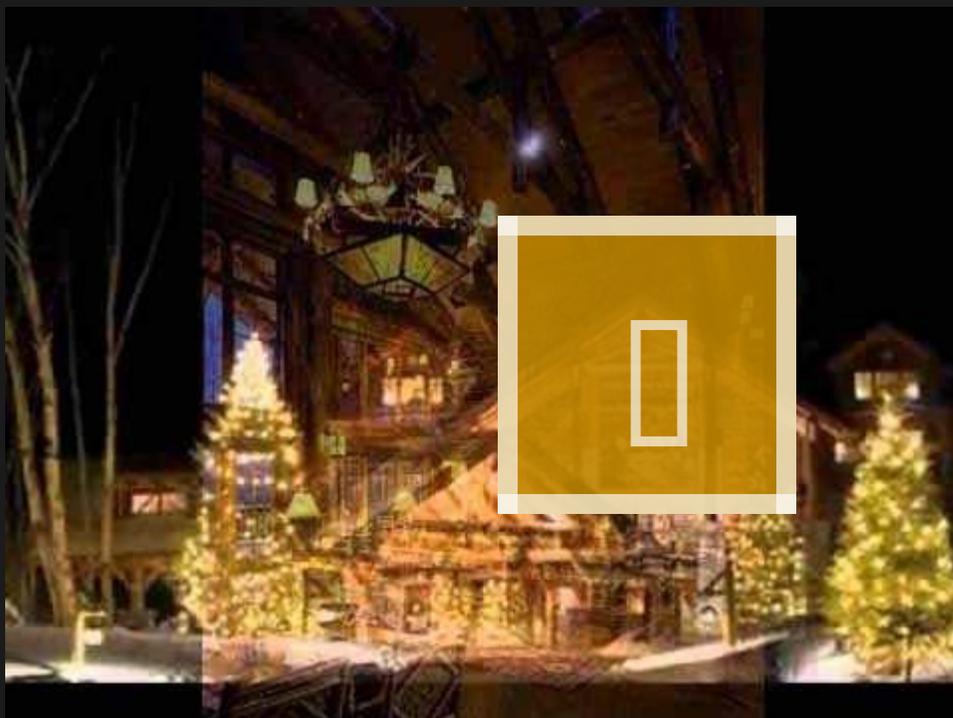
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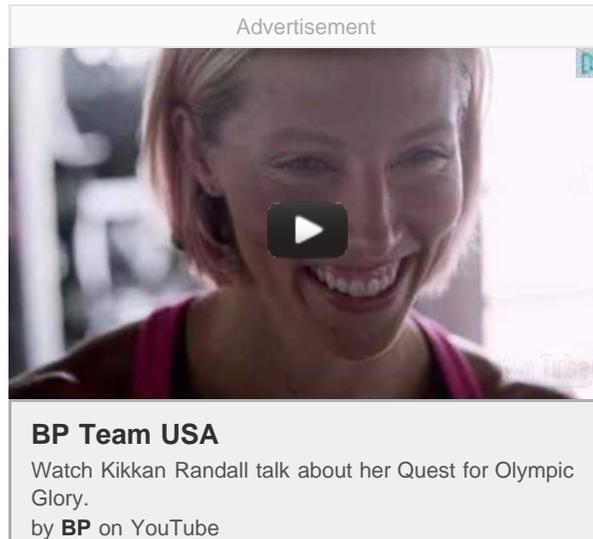


Get your inner athlete on at White Face Lodge *White Face Lodge*



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February 5, 2014

Have you ever had the experience of exercising your body, breaking a sweat, working your muscles hard and then relaxing with a soothing post-workout massage, steam and soak? It's a great feeling right? Well imagine this experience on an Olympic scale. That's what's on offer this winter at the **Whiteface Lodge** in Lake Placid New York. In honor of Whiteface Lodge employees who are currently in training to try out for the Sochi Winter Olympics, the Lodge is offering a unique Olympic Experience Package.

From now until March 31, 2014 you can enjoy this winter themed spa and sports package which includes: a special Olympic-themed welcome amenity, two 50-minute sports massages and two Olympic Sites Passports offering admission to the Lake Placid Olympic Museum and Ski Jumping Complex among other popular attractions. Whiteface Lodge's concierge team will also be on hand as expert "coaches" to help guests go for the gold in events including ice-climbing, bobsledding, tubing, speed skating, and downhill skiing at nearby Whiteface Mountain.

Guests booking this package will enjoy luxurious suite accommodations complete with balcony, fireplace and full kitchen, American breakfast daily in KANU, warm, homemade cookies at turndown, nightly s'mores, and access to all resort amenities including the 56-seat movie theater and two-lane bowling alley. Rates starting at \$476 per night.

Whiteface Lodge & Resort 888-582-0505

Get your inner athlete on

Navigate to...

Get Your Inner Athlete On At White Face Lodge

Posted, 2014-02-05

[The Examiner \(http://www.examiner.com/article/get-your-inner-athlete-on-at-white-face-lodge\)](http://www.examiner.com/article/get-your-inner-athlete-on-at-white-face-lodge)
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Have you ever had the experience of exercising your body, breaking a sweat, working your muscles hard and then relaxing with a soothing post-workout massage, steam and soak? [It's](http://wn.com/It's) a great feeling right? Well imagine...[more »](http://www.examiner.com/article/get-your-inner-athlete-on-at-white-face-lodge)

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THE PLEASURES OF PLACID

JUST ONE PLACE IN AMERICA HAS TWICE HOSTED THE WINTER OLYMPICS. COULD IT BE YOUR NEXT GETAWAY? BY CAROL BIALKOWSKI



the truth. Your ride begins at the half-mile point on the track, where you're fitted for a helmet, introduced to your driver and brakeman, and told what to do. (Basically, you sit in the sled and hold onto the straps on either side of you.) The brakeman then gives the sled a push, hops in the back, and you're off, thundering through turns and down straightaways at speeds of up to 50 mph until the intense, brain-rattling ride ends less than a minute later. My friend called it exhilarating. I called it crazy. But I'm glad I did it—and I have the "team photo," T-shirt and commemorative pin to prove it. (For a less intense experience on the ice, try the toboggan chute on Mirror Lake.)

When you've had your fill of sports for the day, it's time to exercise your credit card in some of the distinctive shops and boutiques on Main Street—Candy Man for delicious locally made chocolates; The Glassblowing Shop, where you can watch the artisans in action; Lake Placid Christmas Company, where it's December 25th year-round; Fortunes of Time for interesting souvenirs and gifts; and Imagination Station, a cool toy store with unusual items you won't find back home. Hungry? Skip the pricey, touristy places on Main Street and head to Redneck Bistro, a new, no-frills joint tucked behind Lake Placid Chocolatier on Saranac Avenue. Your reward—for counter service, paper plates and minimal decor—is the best burger in town, perfectly cooked and starting at just \$7.50.

Of course, you'll want to spend a lot of time discovering all of the activities and amenities back at Whiteface Lodge. There's a heated indoor/outdoor pool and hot tubs; private, lighted ice-skating rink (skate rental included); sledding hill (sleds provided); snowshoeing trail (shoes and map provided); 56-seat surround-sound movie theater serving fresh-popped popcorn; an upscale game room with pool, shuffleboard, air hockey, foosball, ping-pong and a two-lane, 10-pin bowling alley; and a bonfire with s'mores every evening. And you'll want to set aside some time to visit the luxurious spa, perhaps treating yourself to a relaxing steam bath followed by an aromatherapy massage. (I loved the calming, grounding scent called Fresh.)

When it's time for dinner, one option is to go gourmet at Kanu. Request a table by one of the floor-to-ceiling fireplaces, enjoy the Angus New York strip and save room for the toffee ice cream sandwich and a flight of cognac or maybe Madeira. For a more casual meal there's Kanu Lounge, where you can sink into a comfy couch or club chair and dig into a platter of handcrafted truffle salt fries. Don't ask; just order them. And don't bother to pretend that you're not going to finish them. Beyond that, there are burgers, salads, sandwiches and knockout signature cocktails—try The Campfire, even if you don't like scotch or bourbon. You won't be disappointed.

If the kids are clamoring for pizza, stroll across the street and take them to a local gem called Caffe Rustica. Here they can enjoy a wood-fired pizza and you can savor delicious "adult" food along the lines of prosciutto spiedini, pan-roasted goat cheese, porcini-crusted hanger steak and orecchiette with Italian sausage and broccoli rabe.

When the fun is done and you're on your way back to New Jersey, be sure to stop at South Meadow Farm Maple Sugarworks (on Route 73, past the Olympic Sports Complex) and pick up some pure maple syrup for your pancakes at home. You're on the honor system at this unusual shop; take what you want off the shelf and slip the cash or a credit card slip into the box provided. You won't find *that* in Bergen County!



LOOKING TO ESCAPE BERGEN COUNTY FOR A SKI WEEKEND OR A WEEKLONG vacation this winter? Head north—to Lake Placid, a postcard-perfect Adirondack village that has been a favorite of winter-sports enthusiasts for more than a century.

Skiing on world-famous Olympic trails is just part of the appeal of Lake Placid. You can enjoy just about any winter sport or activity here—snowboarding, cross-country skiing, snowshoeing, ice climbing, snowmobiling, sleigh riding, dogsledding and ice skating on the oval where Eric Heiden won five gold medals for speed skating in 1980. And for visitors like me, who don't care very much for snow or ice (unless I'm sitting in a horse-drawn sleigh, tucked under a warm blanket), there's a vibrant Main Street lined with shops and restaurants, plenty of après-ski opportunities, historic Olympic venues to explore and an award-winning resort to return to at the end of the day.

About that resort: With its massive log beams, native stone fireplaces around every corner and beautiful handcrafted furnishings, Whiteface Lodge looks more like a luxuriously homey Adirondack Great Camp than a hotel. And since it was originally designed as a private residence club, each "room" is a spacious suite (one, two or three bedrooms) featuring all the comforts of home—and then some: a fully equipped kitchen, gas fireplace, pillow-top mattress, flat-screen TV, jetted tub and radiant floor heating in the bathroom, which is a treat when you step out of the shower.

Whiteface Mountain, which features the greatest vertical drop east of the Rockies (3,430 feet), is 20 minutes away in Wilmington. Yes, it's an Olympic mountain, but only about a third of the 87 trails are rated for experts. There's fun for skiers of all levels here, as well as excellent skiing and snowboarding programs for kids and a nursery for the youngest members of the family. If you're not a fan of the powder, Whiteface is still worth a trip. Take a ride on the Cloudsplitter Gondola to the top of Little Whiteface. The 15-minute ascent will take you over ski trails, woods and scenic overlooks. At the summit, an observation deck awaits—perfect for picture taking.

Another "must" experience: a bobsled ride at the Olympic Sports Complex just outside the village. The billboard on the front of the venue calls it "the ride of a lifetime," and that's

Top: Dogsledding on scenic Mirror Lake. *Left:* Kanu, the fine-dining restaurant at Whiteface Lodge. *Right, from top:* Cross-country skiing on one of the many trails in the area; the illuminated entrance to the upscale yet unpretentious Whiteface Lodge; an exhilarating bobsled ride at the Olympic Sports Complex.



TRAVEL FEATURES



TRAVEL TALE

Olympic Experiences for the Everyman

As the 2014 Winter Games draw to a close, **Colleen Clark** charts the course for Olympic experiences across the USA. From a bone-rattling race down a bobsled course to powder turns with a moguls medalist, these are the spots where armchair Olympians can go for the gold

Back stick straight. Arms braced against fiberglass. Helmet tight, eye shield down. "Feel the rhythm, feel the rhyme. Get on up, it's bobsled time." With a groan of the runners, my *Cool Runnings* Olympic dreams glide into reality.

But this was a fantasy born of a Disney film. And, much like real romance has little in the way of glass slippers and singing candlesticks, real bobsledding is about as far as you can get from a slapstick reggae romp.

Before setting off, our driver here on Utah's [Olympic bobsled course](#) challenged us to count each of the fifteen turns on the nearly mile long track. Cocky, my two companions — one a cliff-jumping back-country skier, the other an adrenaline fiend motorcycle racer — and I thought,

Where to Stay



Mirror Lake Inn Resort & Spa
Lake Placid, United States



Lake Placid Lodge
Lake Placid, United States

“No problem.”

One. Two. Three. BOOM. The sled hurtles up the side of turn four. Adrenaline blackout. Freight train noise. Five Gs of force — the stuff of fighter pilot turns and space shuttle liftoffs — slam down. As the sled rockets towards 80 miles an hour, there is no counting. There is only the bone-rattling shake of the sled, the vertigo blur of ice, the sting of your arms bracing against the sled, the strain of your neck to stay upright. It is an eternity and an instant. And in 54.65 seconds — just eight seconds slower than the gold medalists here in the 2002 Olympics — it’s over.

Amped up, we burst out the sled, helmet smacking, high-fiving, yelping. We agree on two things. One: That was amazing. Two: We’re never, ever doing it again.

Watching those balletic starts, the razor-sharp turns and the smooth lines on TV, it’s easy to lose perspective on the skill, strength and nerves of steel that it takes to compete in bobsled.

The following day offers a similarly humbling Olympic experience. Through a special partnership with the **St. Regis Deer Valley**, we spend the day skiing with two-time Olympic medalist **Shannon Bahrke**. The bubbly skier dishes on the nuts and bolts of the Olympic life — how athletes often don’t know until days before whether they’ve got a spot, how many work jobs at the local Home Depot to stay afloat while training, how punishing the training schedule can be.

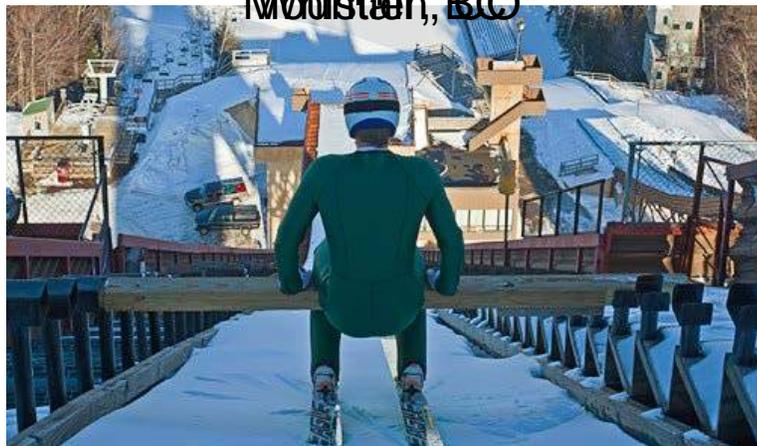
Then she hands us her medals. “Put them on!” she offers. They tingle in my hand. The pride and accomplishment bound up in the weighty slice of silver puts a knot in my throat. “I’m not worthy.”

I prove that to her later as we head up the slopes to see Champion, the trail where she took the silver medal in the 2002 Olympics. The approach to the run alone terrifies me. Snowplow locked and loaded, I inch closer. And there it is, a vertical minefield of precision bumps, tumbling headlong, punctuated by three heart-stopping jumps. Thankfully, it’s closed for that night’s World Cup Finals.

Instead, she guides me towards an intermediate run, graciously complimenting my clumsy powder turns — “Awesome! Just beautiful!” — gleefully popping off jumps, tearing down the mountain, stopping to pump me up. I take her advice. Everything quiets into the sheer joy of movement. And for a split second, I feel the rhythm, feel the rhyme.

1

Skiing on the Deer Valley
Ski Resort, Whistler, BC



Nita Lake Lodge
Whistler, Canada



Whiteface Lodge
Lake Placid, United States



Four Seasons Resort Whistler
Whistler, Canada



The St. Regis Deer Valley
Park City, United States



Waldorf Astoria Park City
Park City, United States





was a highlight of the 2014 Sochi Winter Olympics. The Olympic rings were illuminated in the night sky over the Sochi Olympic Village. The Olympic rings were illuminated in the night sky over the Sochi Olympic Village. The Olympic rings were illuminated in the night sky over the Sochi Olympic Village.

Stein Eriksen Lodge
Park City, United States



The Chateaux at Deer Valley
Park City, United States

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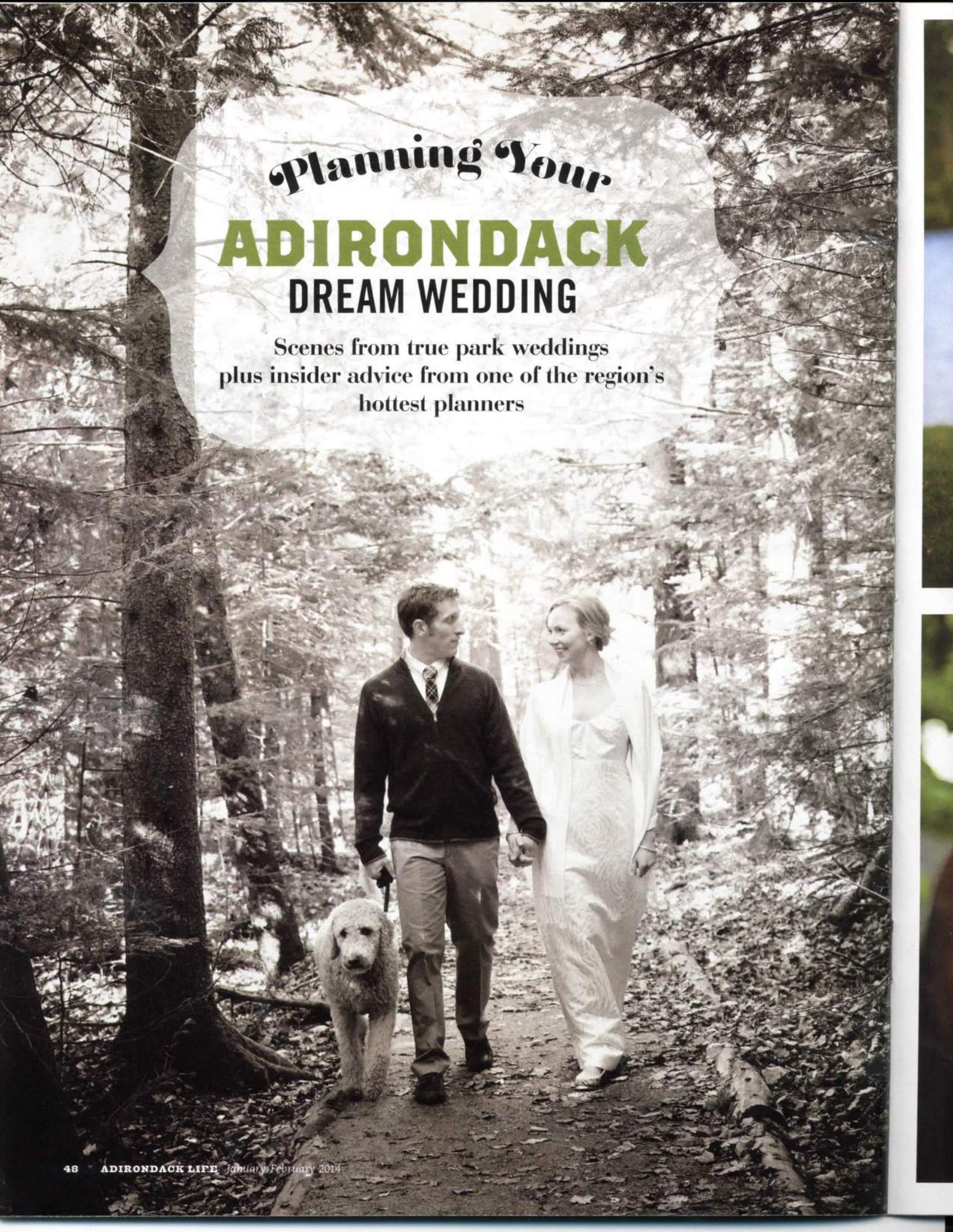
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A black and white photograph of a man and a woman walking a dog on a dirt path through a forest. The man is on the left, wearing a dark sweater and light-colored pants, holding a leash for a large, fluffy white dog. The woman is on the right, wearing a white dress and a white shawl, walking hand-in-hand with the man. The path is covered in fallen leaves, and the background is filled with trees and foliage.

Planning Your

ADIRONDACK **DREAM WEDDING**

Scenes from true park weddings
plus insider advice from one of the region's
hottest planners



Top to bottom: Whiteface Lodge's Canoe Club on Lake Placid and oar at St. Lawrence University's Camp Canaras on Upper Saranac Lake photographs by Paul Reynolds Photography.
Facing Page: Adirondak Loj at Heart Lake photograph by Greer Cicarelli Photography.

MIM FRANZ, OF JUNIPER EVENTS & DESIGN, based in Lake Placid, knows Adirondack weddings. She's organized celebrations all over the park—in ballrooms, barns, beaches and places in between. Franz's own wedding more than a decade ago at a boat-access-only site on Lower Saranac Lake piqued her interest in her current line of work, particularly in her understanding of what makes—and what it takes to plan—an Adirondack dream wedding.

Other than geography, how is an Adirondack wedding different from one anywhere else?

Couples who choose to get married here are attracted to the Adirondack lifestyle. They usually have a love of nature and an easygoing way about them. Details are important—natural elements play a really big role in decor—but I think the emphasis for these people is sharing their love of the surroundings with their friends and family. And they feel compelled to offer their guests a vacation experience, like planning a group hike up a favorite mountain followed by roasting s'mores at a campfire.

What's the best time of year to get married here?

Winter weddings are increasingly popular and unique to this area. There are so many beautiful properties that give you that wonderland getaway feel. In winter you have more flexibility with vendors, where in, say, the second week of August, you're competing with other weddings and big local events. No matter what the season, there are always challenges with the weather. If you're having a wedding Columbus Day weekend it could be 85 degrees or the ground could be covered

with snow. Fall and spring seasons here have huge fluctuations of temperature, and there's that two-week spring peak of blackflies.

Where do you recommend couples get married in the Adirondacks?

Resorts simplify the process because they have a protocol for doing things—it's easy to calculate your associated costs and to visualize how things could be done. When you consider doing things on your own, maybe renting a property, there are bigger unknowns: you need to shop around for catering and rental items, like tents, which can vary in price. You have to consider Adirondack "challenges"—the power going out or downed trees in the road. Will the band or the cake or the



Kanu at Whiteface Lodge ceremony photograph by Lauren Stagnitti Photography.

DREAM WEDDINGS

guests be able to make it to the venue? Boat-access weddings are logistically more complicated, too, with transporting guests and vendors—delivering tables, chairs, even bartenders. You have to barge stuff in. But at the end of the day, anything can be done.

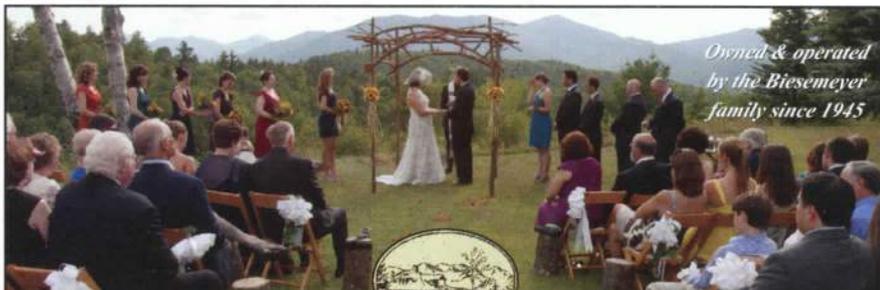
When I do initial consultations, many people start by saying they want a really simple, casual and inexpensive reception in a field or a meadow. I tell them they just set an oxymoron—those weddings are never casual or simple. For that natural feeling around you, if you're not working with a structure, you're investing in rentals: bathrooms, generators for lights or serving food or having water or music. There's no such thing as that simple wedding in the field unless you're bringing picnic baskets and it doesn't rain.

Any specific places you recommend for ceremonies?

More than half the wedding ceremonies I plan are church weddings. St. Agnes in Lake Placid is very popular and looks extraordinary in pictures. We're lucky to have such a grand church in a small town. Its ceilings are high, it has beautiful stained glass and there's plenty of parking. The Lake Placid Adirondack Community Church is also popular. It's right on Mirror Lake—after ceremonies people enjoy going outside there for pictures. Another charming church is the Congregational church in Keene Valley. The Methodist church in Keene, now an art gallery, is a cool space. One of my favorites is St. John's in the Wilderness, in Paul Smiths. And Chapel Island on Upper Saranac Lake is boat-access-only and intriguing to many couples, though it's limited in space. Kanu restaurant, at Whiteface Lodge, in Placid, is a three-story great room with grand windows, slate floors and fireplaces—it's like an Adirondack church. It's only available to those who have their wedding reception on the property.

Any regional trends in colors, flowers and other decor?

I've seen everything from hot pink and Kelly green to bright orange. The new



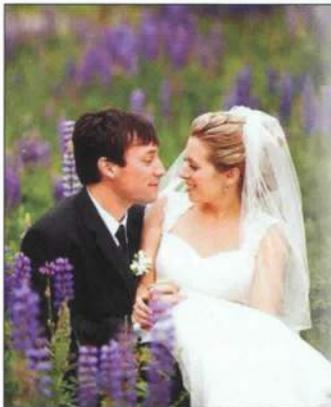
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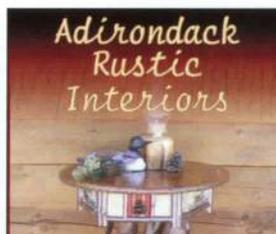
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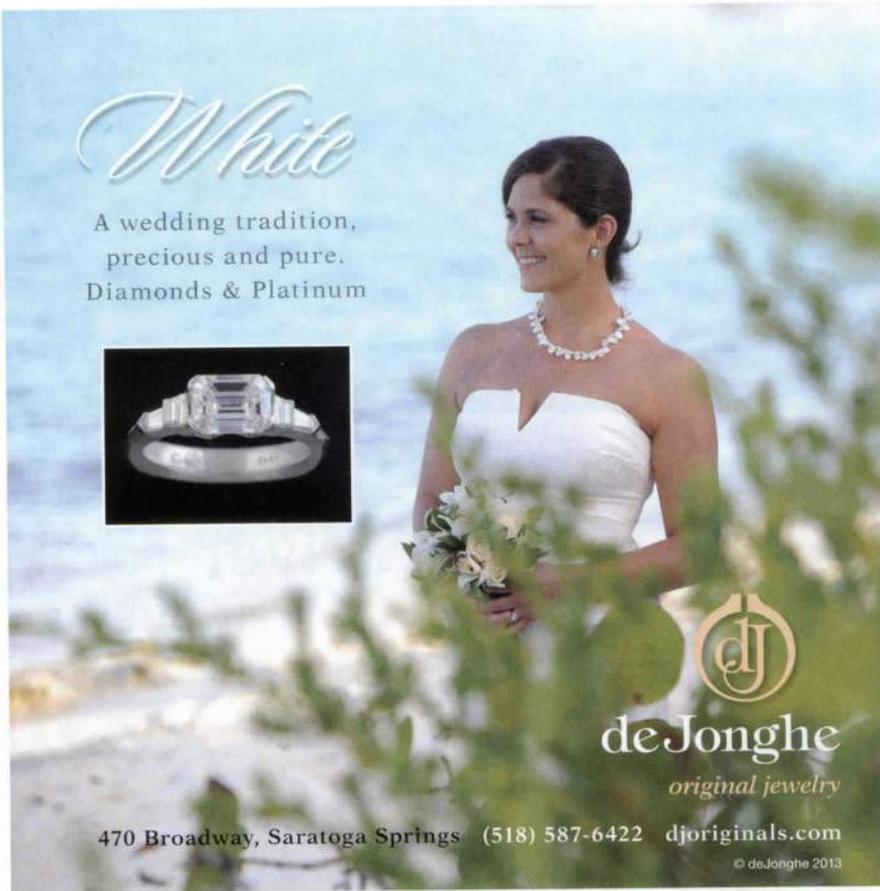


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trend is green as a neutral, which makes sense because any floral arrangement you pick, there's green around the flowers to offset them. The most popular greens are light olive, willow, guacamole. Bridesmaids dressed in these colors tend to better complement the natural landscape.

Many of my clients are interested in flower arrangements and decor that incorporate natural, native elements, such as twigs, rocks, river stones, leaves, berries, pinecones, apples. I recommend Amaranthus a lot because it grows in our region, comes in very saturated greens or purples and is very textural—it has elegant rustic charm. I often work with Mad Crazy Flowers, in Wadhams, which is appealing to couples who think sustainably, who don't want to import tulips. Clients can sit with the grower; she'll plant what you want to use in your bouquet.

Most receptions are in the evening hour so candlelight is also a great, romantic way to go. You can use glass, logs, pillars, papers or votives. Candles can be used alone or accented with flowers and greenery.

What are your favorite examples of Adirondack wedding favors?

I like to help clients multipurpose favors—something eco-minded and practical that won't be discarded, that guests will actually take home and use. Maybe it's a birch-log candleholder or balsam pillows or locally made treats like maple syrup, chocolates, or trail mix as a welcome favor in a room after guests make that five-hour drive here or while they go on a hike. Some couples combine personal tastes with regional flavors. During a preliminary interview with a bride I found out that her favorite food was cotton candy. So for her March wedding we had cotton candy made with maple sugar from Rivermede Farm, in Keene Valley. —Annie Stoltie

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Sochi 2014: Team USA's Chris Mazdzer Guide to the Adirondacks

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Interview with luge Olympian Chris Mazdzer about his town of Saranac Lake, NY and all it has to offer.

By Michelle Tchea



Forget the French Alps or the wonderful Swiss chalets and surrounding slopes... keep your sights a little closer to home this Winter and head to the wonderful Adirondacks Mountains. Home to two Olympic Winter Games, mountain fresh air and the 46 peaks, this is where you should be for the Winter Olympics this season. Driving along the I-87, a short 5 hour drive landed me in the crisp, fresh air in the **Adirondacks**. Thrill seekers and winter adventure sports enthusiasts living in the US are very fortunate to have such a great place to swoosh down... in between hot chocolate and warm apple cider of course!

Since the start of the **Sochi Games**, I've rustled up a few Olympic hopefuls and asked for their local tips on the area.



If you are not an Olympian heading to Sochi, get a slice of the Olympic action in the Adirondacks, ideally at **Whiteface Lodge**, where young Olympic hopefuls are counting on your support to help get them gold. **The Whiteface Lodge** has a bunch of Olympians going for gold. For a true Olympic experience, **The Whiteface Lodge** (owned by former Olympian) and home to Sochi Winter Olympic hopefuls – this is where you should be this winter.

In a series of interviews, my first gold mentalist hopeful stepping up the podium is Chris Mazdzer... USA! USA! (Unless of course you're up against an Aussie – Oi oi oi!) **Chris Mazdzer**: Hailing from nearby Saranac Lake, N.Y., **Mazdzer** is a member of the U.S. Luge Team and is a World Cup athlete who, over the past 7 years has won 5 national titles and last year finished 6th at World Championships. He competed in the 2010 Olympic games where he came in 13th. His goal is to improve his ranking in the 2014 Winter Olympics.



Name: Chris Mazdzer

I live in Saranac Lake/Lake Placid NY and have called it home for 13 years

I get around by (mode of transport): My car or preferably in the summer by my motorcycle

To pay the bills, I work at : The Whiteface Lodge

Favourite place for breakfast? Chair 6

Best place for local food and to mingle with the locals: Liquids and Solids

My perfect day: Wake up by having some sweet potato pancakes from Chair 6, head over to the Olympic Training Center begin training at the Olympic Training Center. Spend all morning doing start training, lifting and agilities. Head over to Simply Gourmet for a fantastic sandwich for lunch. Spend my afternoon mountain biking and finish with a dip in one of the many amazing waterholes that the Adirondacks has to offer (preferably one with a big cliff to jump off of). Finish the day off by going to the Lake Placid Pub and Brewery for some food and a pint of Ubu or one of their many seasonal selections.

Best place for a sit down lunch? The cottage

Best place for quick grab and go cheap arse lunch? Big Mountain Deli

3 pm....hunger strikes: you can find me at: The Good Bite

My favourite places to shop: TF Finnegan

For local designers, producers and general fare, I would recommend: Going to the Farmers Market

My Favourite neighborhood? The woods of the Adirondacks (there are only towns not neighborhoods)

Most underrated food / restaurant that tourists don't know about? The Good Bite

If I had to keep a bus load of tourists entertained, I would send them : To the ski jumps and aerials pool, tourists love watching those high flying and back flipping skiers.

What are your hopes for Sochi? To do better than 13th (My placing from Vancouver)

What are you looking forward to in 2014? I am looking forward to doing the best that I can possibly do in the Sochi Olympics... I have not really thought too far ahead of that.

What does a day in the life of an Olympic hopeful look like? A day in the life of an Olympian may sound exciting and something that you may want to do with your life at first, but it can be extremely difficult work. In the summer I wake up sore from the previous days of training. Perform a long warm-up to reduce the chance of injury and then start with the daily lifting session. After the morning training session grab lunch to aid with the recovery process and then get ready for afternoon training. In the afternoon I either work on my sled, starts or agilities. In the late afternoon I go to sports med and try to recover from the days training schedule. I then have dinner, try to relax and take care of school. If I have an afternoon off I will try to enjoy the wilderness that surrounds Lake Placid. In the Winter my daily routine changes day to day. From approximately the end of September to the middle of March (save 10 days I get for break around Christmas) I am living out of a suitcase driving and flying around primarily Europe and North America. Training is 100% the focus and when a competition concludes we pack up right after the race and travel to the next destination. There is little time to actually explore the regions of the world we are traveling to (although sometimes it does happen). Every day begins with checking the daily schedule that has been sent out by our head coach followed by fulfilling those obligations. When the season ends the first couple days feel extremely weird.

Favorite meal at Whiteface Lodge? All of them! It changes every season so there is always a surprise.

Fill in the gaps for the perfect itinerary

Reminder: Friends visiting for the weekend

Best way to and from the airport is : Trick Question... There is no good way! Unless you fly out of Saranac Lake to Boston the nearest airport is 2 hours (excluding Plattsburgh) I would suggest you land prepared to make a long drive. . Avoid traffic by being patient, if there is traffic chances are it is not bad.

Grab an early lunch at Big Mountain Deli grab your sandwich to go and make the most of your day exploring the beautiful wilderness that surrounds Saranac Lake and Lake Placid. for the perfect start to the weekend.

Spend the afternoon enjoying the Saranac Lakes by boat and remember to pack a lunch made by Lake View Deli. In the afternoon, spare an hour or two to hike up Mt. Baker.

Dinner planned and booked for 7 pm at " The Whiteface Lodge But for a more chilled dinner, pop into Liquids and Solids.

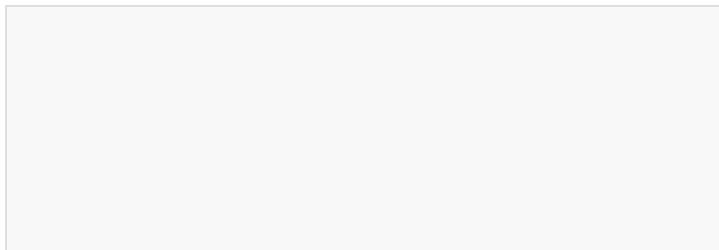
If I found a bag of money, I would dine at the Interlaken

My secret cheap indulgence is : Two for Tuesday at the Lake Placid Pub and Brewery

It drives me crazy when: When there is traffic in Saranac Lake and Lake Placid

I feel most at home when : I am out in the woods

One word to describe my city (town): Majestic



Romantik ve sıcak bir tatil

14 ŞUBAT'IN GELİŞİYLE BİRLİKTE RUHUNUZDA ROMANTİZM RÜZGÂRLARI ESİYOR OLABİLİR. BU RÜZGÂRI ARKANIZA ALIP SEVDİĞİNİZE HEM GÜZEL BİR SÜRPRİZ YAPMAK HEM DE KÜÇÜK BİR TATİL KAÇAMAĞI YAŞAMAK İSTİYORSANIZ BU OTELLER TAM SİZE GÖRE. HENÜZ PLAN YAPMAMIŞ OLAN ÇİFTLER İÇİN FARKLI ÜLKELERDEN, ÖZEL DEKORASYON VE HİZMETLERİYLE ÖNE ÇIKAN OTELLERİ BEĞENİNİZE SUNUYORUZ

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www.postranchinn.com



ŞÖMİNE BAŞINDA AŞK

New York'ta Adirondack Dağları'nın eteklerinde, Lake Placid kıyısında yer alan 'Whiteface Lodge', kış atmosferini bütün detaylarıyla yakalıyor. Lobi ve odalarda yanan şömineler, ahşap mimarisi ve tüm el yapımı ahşap mobilyalar da doğayla iç içe olan otelin atmosferini güçlendiriyor. Bu yönüyle de ziyaretçilerine ev sıcaklığını hissettiren otelin tüm odaları ise süit olarak tasarlanmış. Sevdiğinizle şehrin gürültüsünden uzakta, karlar altında sıcacık bir tatil geçirmek istiyorsanız Whiteface Lodge tam size göre.



LOVE BY THE FIRESIDE

Nestled on the slopes of New York's Adirondack Mountains, on the shore of Lake Placid, every detail of Whiteface Lodge captures the atmosphere of winter. The fireplaces in the lobby and bedrooms, the wooden architecture and the handmade wooden furniture add to the special atmosphere of this hotel that is at one with nature. The hotel promises visitors the warmth and comfort of their own home and all of the rooms have been designed as suites. If you want to spend a cosy holiday with your loved one under the snow, far from the noise of the city, Whiteface Lodge is just the place for you.

www.thewhitefacelodge.com



İSPANYOL ATEŞİ

İspanya'ya bağlı Balear Adaları Özerk Topluluğu'nu kışın görmeye ne dersiniz? Adaların en büyüğü, aynı zamanda çok önemli bir liman kenti olan Palma de Mallorca'da yer alan 'Puro Hotel', bembeyaz duvarlarıyla tipik bir ada mimarisi sergiliyor. İspanyol izlerini her köşesinde hissedeceğiniz otelin odaları ise eşsiz Akdeniz manzarasını ayaklarınızın altına seriyor. Puro Hotel'i ziyaret etmeyi planlayanlar için özellikle belirtelim; odaların banyoları harika bir tasarıma ve romantik bir ruha sahip.



SPANISH FIRE

What would you say to seeing the autonomous community of the Spanish Balearic Islands in the winter? The white walls of the Puro Hotel, located in the the port city of Palma de Mallorca, capital of the biggest of the islands are representative of typical island architecture. You will feel the Spanish influence in every corner of the hotel's rooms, while an incomparable view of the Mediterranean is spread beneath your feet. Those who are considering a visit the Puro Hotel may be interested in knowing that the bathrooms of each room have a wonderful design and a romantic spirit.

www.purohotel.com

İNGİLİZ ASILZADESİ

South Kensington'da sakin bir sokağa konumlanmış 'Blakes Hotel', 1978 yılında artist Anouska Hempel'in Viktoryen tarzında eski bir evi lüks bir butik otele çevirmesiyle hayat bulmuş. Yeri o kadar merkezi ki, otelden kısa bir yürüyüş sonrası ulaştığınız Londra'nın popüler bölgelerinden Knightsbridge'de alışverişe çıkabilir ya da Hyde Park'ı gezebilirsiniz. Otelin dekorasyonu da 19. yüzyıl İngiliz Viktoryen tarzı. Odalardaki perdeler, yastıklara işlenmiş kraliyet damgasını anımsatan figürler, altın varaklar sizi zamanda yolculuğa çıkarabilir... Hatta rüyanızda kendinizi kabarık etekler ya da beyaz peruklar içinde bile görebilirsiniz.



ENGLISH ARISTOCRACY

Located in a calm street in South Kensington, Blakes Hotel came to life in 1978 when renowned designer Anouska Hempel transformed an old Victorian house into a boutique hotel. The hotel has such a central location that with just a short walk you can go shopping in the popular London district of Knightsbridge or wander around Hyde Park. The hotel is decorated in the 19th century Victorian and you may find yourself transported back in time by the figures reminiscent of the royal seal embroidered on the rooms' curtains and pillows and the gold leaf... In your dreams you may even find yourself wearing billowing dresses or white wigs.

www.blakeshotels.com



SANATLA İÇ İÇE

Butik bir sanat oteli olan 'Hotel Matilda', adını Diego Rivera'nın otel sahibinin annesini resmettiği portreden alıyor. 32 odası bulunan otelin duvarlarını da yine çağdaş sanattan pek çok eser süslüyor. Otel, Meksika'da San Miguel de Allende'nin merkezinde, pek çok ünlü sanatçının favori konaklama yerlerinden birisi. Ayrıca, restoranı da açık ve kapalı bölümleri, Meksika ve Latin Amerika mutfağından leziz seçenekleriyle kesinlikle sıra dışı bir deneyim vaat ediyor.

SURROUNDED BY ART

Hotel Matilda is a boutique art hotel that takes its name from the owner's mother, who was the subject of a portrait by Diego Rivera that now hangs in the hotel lobby. The walls of the 32-room hotel are decorated with many other works of modern art. The hotel, located in the centre of Mexico's San Miguel de Allende, is one of the favourite places to stay for many famous artists. The indoor and outdoor sections of the hotel's restaurant offer a delicious selection from Mexican and Latin American cuisines, promising an unforgettable experience.

www.hotelmotilda.com





Home The Whiteface Lodge, Lake Placid, New York

The Whiteface Lodge, Lake Placid, New York

Author: Jeff and Stephanie Sylva

Tags : Baby, Christmas Holiday, Family-Friendly Hotels, Golf, Kids, Kids Club, Multigen, New York, North America, Resort, Snowsports, Spa & Wellness, Spring Break, Teens, Tennis, USA, Watersports, Winter Getaway



In both summer and winter, the Adirondack Mountains and its posh [Whiteface Lodge](#) (800/903-4045) offer an abundance of outdoor fun and adventure for families.

Roughly 6 million acres in size, about the same as the state of Vermont, **Adirondack Park** is a patchwork of public and private land dotted with pristine lakes and rivers, mountains and valleys, and a variety of communities offering a wealth of activities for the whole family. With so much to do, the Adirondack region is a great choice for family fun any season of the year. A great area on which to focus your Adirondack experience is Lake Placid with its proud heritage as the only U.S. city to twice host the Winter Olympic Games. And a great choice for a family-friendly resort offering superb accommodations and plenty of amenities is The Whiteface Lodge, an all-suite resort inspired by the fabled Adirondack "Great Camps" of an earlier age.

With features such as plush Adirondack-styled furnishings, fireplaces, gourmet kitchens, private balconies (many of which offer stunning views of Whiteface Mountain), granite baths, and high-speed Internet, a mountain vacation never felt so good. A variety of sizes from junior up to three-bedroom suites, or the ultra-luxurious four-bedroom Presidential Suite are available. The wide array of complimentary amenities and activities that will keep the family well entertained include the indoor/outdoor-heated pools and hot tubs, a modern fitness center, a 54-seat movie theater, basketball and tennis courts, and an indoor family game room featuring billiards, shuffleboard, table tennis, foosball, air hockey, and a two-lane bowling alley.

Also complimentary is **Kamp Kanu**, The Whiteface Lodge's summer children's program. In session seven days a week during the summer months, Kamp Kanu offers a variety of indoor and outdoor activities such as hiking, canoeing, kayaking, lawn games, relays and races, orienteering, treasure hunts, arts'n'crafts, science experiments, storytelling, bowling, movies and more. The program is for kids ages 3 to 6 from 9am to 12pm only, and children ages 7 to 10 can opt for full days from 9am to 4pm, or just half days. Supervised children's programs are offered in a more limited way during the rest of the year.

The Whiteface Lodge also offers a **Kids Sunset Club** for ages 5 to 10, for a fee; it meets nightly in summer and weekend evenings year round. Beginning with a pizza party at the Lodge's old-fashioned ice cream parlor located next to the game room, the staff conducts a variety of activities. Families will love the nightly campfires where all the makings for s'mores are provided by a staff member. We enjoyed talking with a number of families who gathered each night at the campfire as their kids delighted in the making of s'mores.

Although the Lodge is not located directly on Lake Placid, the resort will shuttle guests to the **Canoe Club**, a nearby private beachfront site with swimming, canoeing and kayaking, as well as on-shore activities such as volleyball, badminton, croquet, bocci ball, horseshoes and ping-pong. Children ages 6 to 16 will enjoy the summer skill-building clinics where kids participate in an array of creative and educational activities, such as orienteering, kayaking, animal tracking, and identifying various plant and bug species. Also included are catch-and-release fishing in the resort's private stocked pond for which rod and bait are provided (we witnessed a few kids who beamed as they landed some of the pond's small trout), and a Saturday morning Yoga on the Lawn class. Again, all these activities are free for guests. Non-gratis activities include waterskiing, tubing and boat rides from the resort's boat house on Lake Placid.

During the winter months families will love the underground heated parking, outdoor skating rink, and the resort provides skates to fit every size. Located onsite and nearby are an array of snowshoeing and cross-country ski trails. Snowshoes, like the ice skates, are complimentary.

For families traveling with small children, a variety of complimentary baby and child necessities such as cribs, Pack N' Plays, car seats, and in-room safety gates are all available. In today's economy, families also will love the full kitchens in every suite, allowing families to eat many of their meals (although you won't have to worry about breakfast, as a full buffet breakfast at the Lodge's restaurant is included with your stay). **Kanu** offers guests a true dining treat in a fabulous setting; soaring roof lines, six majestic granite fireplaces, and hand-hewn log beams create a striking mountain lodge atmosphere. Kanu is very much kid-friendly and offers a children's menu for lunch and dinner.

For a little pampering, parents may want to experience the resort's 5,800-square-foot spa. Offering a full array of treatments, the spa has garnered a wealth of awards and recognition by many of the top travel guides. Being an upscale resort, The Whiteface Lodge may be considered pricey for many families. With this in mind, the resort now offers what it calls a "Share-cation" program, where multiple families or groups of friends can essentially share the expense of renting a summer vacation house.

Lake Placid – Rich Olympic Heritage & Natural Beauty

The region is about a 5-hour drive from Boston or New York City and just 2 hours from Montreal, Albany and Burlington. If you are interested in flying, please note that Lake Placid only has private or charter air service at its very small airport. Commercial flights to Albany or Montreal would be your best bets.

The Lake Placid area is a good choice for an Adirondack vacation because it offers a variety of accommodation choices, restaurants, shopping and activities. Outside the resort, another choice for families that we highly recommend is dinner at **Lisa G's**. With outdoor seating and a pleasant atmosphere, Lisa G's offers a very creative menu that adds some interesting twists on typical family restaurant fare. Try one of their imaginative thin and crispy pizzas. The Kids Menu is designed by Eat Well, Play Hard Healthy New York and includes vegetables and fruit with each menu item and does not offer soda as a drink choice, but rather milk or juice.

A visit to Lake Placid wouldn't complete without experiencing the **Olympic Sites**, and the best way to do this is with an Olympic Sites Passport. At \$29, the pass is a good value as it includes admission to the 1932 & 1980 Winter Olympic Museum, the Olympic Jumping Complex (including a chairlift and elevator to the top of the 120m Tower and viewing of the Nordic and Freestyle Training and Competition Sites), the Olympic Sports Complex, the venue of the bobsled, luge and skeleton competitions, as well as a gondola ride up Whiteface Mountain and entrance to Whiteface Mountain's Veterans Memorial Highway, both of which offer majestic views of Lake Placid and the surrounding Adirondack Mountains and lakes.

Depending on when you visit, there may be many activities scheduled at the Olympic Sites. We marveled at the freestyle aerialists practicing their twisting maneuvers and coming to a splash landing in the pool! Yes, even in the warm weather these world-class athletes are training with the same equipment as in the winter, but they trade winter jackets for wetsuits and lifejackets. Remarkably, the Nordic ski jumpers also train in the warmer months, substituting plastic matting and porcelain tracks for the snow that usually covers the jumps and hills.

In addition to a tour of the bobsled venue included in the Passport, visitors can purchase a ticket to take a 1/2-mile ride on the bobsled run (on wheels in the warmer months and the traditional ice in the winter). Another exciting experience is the Gold Medal Adventure, which includes a wheel luge clinic, a bobsled push clinic, lunch at the Olympic Jumping Complex and a tour of the jumping complex. For more information and a schedule of the many events taking place at the Olympic Sites, visit the [Olympic Regional Development Authority](#) (800/462-6236.).

Experience the Great Outdoors

The Lake Placid area is centrally located to many of the outdoor attractions of the region. Start planning your trip by contacting the [Lake Placid/Essex County Visitors Bureau](#) (800/861-4620) and asking for an "All Season Guide - What to do, Where to go, How to get there." Dividing the Adirondacks into four different regions, this helpful guide offers information on the many different activities for every season, including a wealth of information on fishing, hiking, biking, birding, rock climbing, kayaking, boating, golf, family fun attractions and activities, shopping, dining, lodging, the area's heritage and culture including a number of museums, historic forts and sites, and heritage tours.

Experiencing the natural beauty of Lake Placid and the high peaks area will make for a great family experience, and a good place to start would be **High Falls Gorge** located just 1 mile from The Whiteface Mountain base area. A half-mile walk on groomed paths, bridges, and walkways allows for spectacular views of the West Branch of the Ausable River as it roars over four waterfalls and through the majestic gorge carved in the granite by the forces of ice, water and wind.

High Falls Gorge also offers a unique winter experience as well, as visitors don easy-to-use YakTrax for safe footing on the snowy paths and walkways to view the icy formations of the falls. After viewing the falls and gorge, visitors are served a hot beverage, and on weekends and holidays treated to a campfire and marshmallows for roasting. For more information, visit [High Falls Gorge](#) (518/946-2278).

Another means of experiencing the natural beauty of the area is on a narrated cruise of Lake Placid. The **Lake Placid Marina** (518/523-9704) offers a tour which we found to be very enjoyable and quite informative, as our captain provided us with information about the natural characteristics of the lake and the history of many of the fabled Adirondack "Great Camps" located on its shores.

The most economical way to experience the area and its natural surroundings is to take a hike on some of the many marked trails located throughout the Adirondack Park. The Whiteface Lodge provides guests with a list and short description of a number of hikes of varying difficulty. The Visitors Center guide, "What to Do..." also has a number of hikes listed. Families will be able to find just the right hike to suit their abilities and desires, whether it's to climb a mountain for spectacular views, find a pristine lake for a cooling swim, or the perfect spot for a family picnic.

Families will find so much in the Adirondacks that they may have difficulty deciding just what to do. Remember, Adirondack Park is roughly the size of the state of Vermont, and nearly half of its six million acres is designated as forest preserve, protected to remain "forever wild." Finding that perfect mountain vista, cool forest lake or pristine stream will be easy – just be sure to plan ahead so you don't become overwhelmed once you get there.



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Whiteface Lodge Challenges Guests to Unleash Their Inner Athletes With Olympic Experience Package

Whiteface Lodge located in Lake Placid, N.Y., home to two Winter Olympics, is harnessing its spirit and challenging guests to channel their inner Olympian. Whether that means challenging one's personal best in downhill or cross country skiing or getting up close and personal with cognac-sipping, or spa-going, the award-winning resort has something for everyone. Inspired by Whiteface Lodge's own employees currently competing for their chance in the Sochi Winter Olympics, the **Olympic Experience Package** includes a special Olympic-themed welcome amenity, two 50-minute sports massages and two Olympic Sites Passports offering admission to the Lake Placid Olympic Museum and Ski Jumping Complex among other popular attractions. Whiteface Lodge's concierge team will also be on hand as expert "coaches" to help guests go for the gold in events including ice-climbing, bobsledding, tubing, speed skating, and downhill skiing at nearby Whiteface Mountain.

Guests booking this package will enjoy luxurious suite accommodations complete with balcony, fireplace and full kitchen, American breakfast daily in KANU, warm, homemade cookies at turndown, nightly s'mores, and access to all resort amenities including the 56-seat movie theater and two-lane bowling alley. The package is available now through March 31, 2014 with rates starting at \$476 per night.

After exhilarating training on the slopes or by the pool, guests can unwind in Kanu Lounge over dinner and signature cocktails, with live music enhancing the casual ambience or indulge in a fine-dining experience in KANU. For the ultimate sore muscle rejuvenation, the world-class Spa at Whiteface Lodge offers a variety of renewing massages, bath rituals and other signature treatments inspired by the Adirondacks, from an Apple Cider Masque and Massage to the Whiteface Peak Facial. Outdoor amenities include an ice rink, year-round hot tub and two spacious, hand-crafted lean-tos providing guests with an inviting, sheltered spot to gather for cigars, cocktails and hors d'oeuvres by the fire pit.

For reservations or more information please visit www.theWhitefaceLodge.com or call (518) 523-0500.

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Lake Placid's Whiteface Lodge radiates Olympic enthusiasm

Ski, skate, shoot and slide where champions competed

BY ROCHELLE LASH, SPECIAL TO THE GAZETTE JANUARY 31, 2014

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STORY PHOTOS (2)



The heated indoor-outdoor pool is a highlight for kids and adults alike.

Photograph by: Whiteface Lodge

Let the Games begin.

We're rooting fervently for our talented Canadian athletes to make it to the podium at the Sochi Olympics, Feb. 7-23, and our hopes and dreams are especially with such Quebecers as Alpine skiers Erik Guay and Alexandre Bilodeau, speedskater Charles Hamelin and the mogul-bashing sisters Maxime, Chloé and Justine Dufour-Lapointe.

But, travel-wise, no town in the northeast embodies the spirit of the Winter Olympics like Lake Placid, N.Y., at the heart of the Adirondack Mountains and the only venue in North America to have held two snow Games, in 1932 and 1980. Lake Placid radiates Olympic enthusiasm year-round, but the excitement is at its peak this month with Olympic flags flying on Main St. and local businesses holding promotions and contests.

Whiteface Lodge was conceived and built by Olympic luger Joe Barile,

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and today one of its employees, Chris Madzer, is in Sochi, set to compete in the same sport.

Whiteface Lodge is a handsome, luxurious all-suite resort overlooking downtown Lake Placid. It's not even 10 years old, but it has a classic, sturdy design of timber and fieldstone that recalls the Adirondack Great Camps.

The hotel looks rustic but it's thoroughly modern and fully loaded for vacation life. It has 94 spacious one-, two- and three-bedroom suites with designer kitchens, washer-dryers, flat-screen TVs in all the rooms, custom furniture and cabinetry, bathrooms with jet tubs, double vanities and heated floors, and private balconies with mountain views.

Whiteface Lodge is a top-drawer property, with spa life and dining to match. The signature treatment at The Spa at Whiteface Lodge is the Purifying Lodge Retreat featuring a body wrap and hot stone massage. KANU — it uses all-caps spelling for emphasis — is a stunning dining room with a magnificent fireplace and hand-hewn décor. The hearty American gastronomy includes pumpkin bisque with maple syrup and chanterelles and braised venison shank with red currant and white bean purée. The more casual KANU Lounge features such gourmet family fare as a cheddar burger and fries with truffle oil and crispy duck bacon.

Because of the home-away-from-home accommodations, Whiteface Lodge is ideal for families. Kids love the indoor-outdoor-heated pool and the nighttime family bonfires with s'mores. There are luxury lean-tos that I thought would be great hideouts for youngsters, but they're more used by grown-ups as unusual lounges for cocktails and hors d'oeuvres or cigars and cognac.

With competition-calibre facilities still in place for luge, bobsled, biathlon, Nordic skiing and downhill at Whiteface Mountain, visitors can strive to be citius, altius, fortius, (the Olympic motto — faster, higher, stronger — in Latin), even if they're only are weekend athletes.

One of my favourite excursions is the Ladies' 5-K Nordic trail at Mt. Van Hoevenberg, a pastoral five-kilometre trail through thick woods and up and down hills. I'm considerably more plodding than the world-class competitors whose ski time for five kilometres is an astounding 16 minutes or so, but it's a thrill to ski where champions have raced. Later, you can channel your inner hunter and simulate a biathlon with a coaching session at the target range. You'll be up close and personal with a 22-calibre rifle aiming for a bulls-eye that is 50 metres away.

The Olympic Skating Oval on Lake Placid's Main St. is open to the public and this is a delightful activity that is both exhilarating and social. You can skate laps to music and follow with hot chocolate.

You need a truly adventurous spirit to brave Lake Placid's bobsled ride. A driver and brakeman escort you on the five-passenger sled as you rocket down a narrow, icy track at almost 100 kilometres per hour for an explosive 50 seconds. It is so fast that you actually feel a G-force tug, but world champions reach a daunting 140 km/h. You won't catch me bobsledding, thank you very much, but I always love a visit to the Lake Placid Olympic Museum on Main St. That's a lot tamer.

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I've saved the best-known for last. Whiteface Mountain Ski Center was an ideal Olympic venue in 1980 because it has the longest vertical drop in eastern North America (1,018 metres/3,340 feet), easily fulfilling the 914-metre (3,000-foot) minimum requirement for some of the ski competitions. (Whiteface wasn't part of the 1932 action because the first Olympic downhill events were the combined men's and women's races at the 1936 Games in Garmisch, Germany.)

At Whiteface you can conquer the steep, mogul trails that were part of the Games 20-plus years ago, but now you'll be gliding up on high-speed lifts. Even with those rugged expert runs, Whiteface maintains a strong folksy, family side. In recent years, it has opened Lookout Mountain and expanded its glades. The hot new trail through the trees is the black-diamond Rand's Last Stand. Whiteface also has added considerable snow-making and grooming systems.

IF YOU GO

Whiteface Lodge: 800-523-3387, thewhitefacelodge.com; 7 Whiteface Inn Lane, Lake Placid, N.Y.

Price: Deluxe one-bedroom suite with living room, kitchen and balcony/patio, starts at approximately \$375 U.S. on Sun.-Thurs., or \$554 on Fri.-Sat., for two to four people, incl. breakfast, indoor-outdoor pool, valet parking, Internet, bonfires with s'mores, skating, movie theatre, fitness centre, game room, bowling alley. Two- and three-bedroom and presidential suites available. Extras: spa treatments, lunch, dinner.

Whiteface Mountain & Olympic Regional Development Authority: 800-462-6236, 518-523-1655, whiteface.com, orda.org. The Kodak Sites Lake Placid Passport to all Olympic sites, the Whiteface Mountain gondola ride, and (in summer) the Whiteface Memorial Highway, costs \$32 U.S. for children or adults, and includes one visit to each major venue and discounts on others.

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