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Checking In: Whiteface Lodge radiates Olympic enthusiasm

Ski, skate, shoot and slide where champions competed in Lake Placid Let the Games begin.

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

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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.

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Whiteface Lodge was conceived and built by Olympic luger Joe Barile, and today one of its employees, Chris Mazdzer, 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.

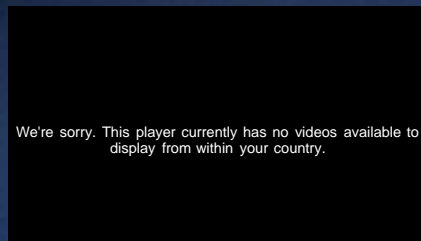
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I've saved the best-known for last. Whiteface Mountain Ski Center was an ideal Olympic venue in 1980 because it has the longest vertical drop in eastern North America (1,018 metres/3,340 feet), easily fulfilling the 914-metre (3,000-foot) minimum requirement 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

Lake Placid is a two-hour drive from Montreal. Take Highway 15 south and New York Highway 87 south to Exit 34.

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.

Rochelle@rochellelash.com Twitter: rochellelash

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January 30, 2014

The Ultimate Winter Escape: Whiteface Lodge

By Deborah Frank | Travel



Courtesy of Whiteface Lodge

Snowstorms do not translate to cabin fever at the Whiteface Lodge in Lake Placid, New York. On a recent stay during the holidays, the

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94-room Adirondack resort, made up of one-, two- and three-bedroom suites and duplexes with fully equipped kitchens, proved the place to be when temperatures fall below zero at night and run in the single digits during the day.

Despite the town's numerous offerings—everything from bobsledding on a World Cup track to ice-skating on an Olympic oval to dogsledding on Mirror Lake, not to mention downhill and cross-country skiing—time spent at the lodge can be as adventurous or as relaxing as one wants it to be. Skipping the complimentary five-minute shuttle service into the village, we opted for a morning “yogalates” class (a combination of yoga, Pilates and body resistance training) on a terrace overlooking snow-capped mountains. Afterward we plunged into the 87-degree pool with its massive, 104-degree hot tub, steam rising up into the five-degree air outside. (The lodge has an underground passageway to the pool, which is partly indoors, so there's no need to freeze getting in and out of it.)

An 80-minute deep-tissue massage (\$180) at the recently enhanced spa, with its new Spa Café and hair salon, prepared us for a cozy retreat to our suite for some downtime by the fireplace. The spa's menu of services features HydraFacial MD facials (from \$125 for 25 minutes), which we recently experienced and highly recommend as a quick and effective way to deeply cleanse and intensely hydrate skin. The take-home kit (available with the purchase of a six-treatment series) helps the detoxifying and rejuvenating effects last even longer.

Dinner at restaurant KANU consisted of oxtail soup and wild-boar stew cooked to perfection, plus a dessert of homemade ice-cream-cookie sandwiches topped with fudge and whipped cream. Drinks in the KANU lounge, where entertaining local musicians played, closed out the day. And there was even the option of watching the film *Avatar* that evening in the resort's movie theater, located next to the old-fashioned arcade. (Earlier in the day it screened *Madagascar 3* and *Harry Potter and the Prisoner of Azkaban* to keep the kids entertained.)

There is no doubt plenty to do at Whiteface. But one of the best parts of staying at the lodge is the comfortable at-home feel you get from the beautifully rustic Adirondack Great Camp decor and the exceptional, welcoming service. Here, everyone knows your name. Rooms start at \$375; 7 Whiteface Inn Ln.; 518-523-0500; thewhitfacelodge.com.

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The stunning Adirondack-style dining room at Whiteface Lodge in Lake Placid.

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Monday, January 27, 2014

Five Winter Getaway Ideas



When I think of a **winter getaway**, I'm picturing a snowy cabin in the woods, curling up to a fire with a pile of magazines and getting my hot cocoa on. If you're looking for an easy weekend getaway, try one of these destinations full of **fun winter activities** so you can make the best of the cold season:



Wendy and Lisa are Foodies, Jet-Setters and #AmexAmbassadors The Hip & Urban Girl's Guide (HUG) is a lifestyle website for the ambitious city girl. We write daily about food, travel, style & events.

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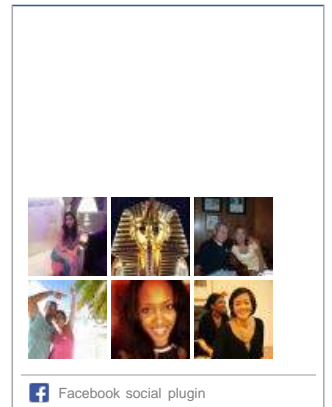


1) Visit a Maple Sugar Shack - If you've never been to REAL Canadian maple sugar shack, then a drive to [Sucrerie de la Montagne](#) is in order. Just an hour outside of Montreal, this shack features a horse-drawn wagon ride, wood-burning fires, an on-site bakery and of course, a maple syrup feast! Read more about our [unique visit here](#).



Fred Chartrand/The Canadian Press/Associated Press

2) Skate The Rideau Canal - Trying to stay active this winter? Have you ever skated down the [Rideau Canal in Ottawa](#)? Maybe this is the perfect excuse to finally visit Ottawa, tour the Byward Market and attend Wintelude. We hit up this winter festival and had a blast. Read about [Winterlude](#) and [Things to Do in Ottawa here](#).



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3) Hang Out in a Log Cabin - Lake Placid, New York is one of the best places to go bobsledding, skiing, snowshoeing and skating in just one go. Whiteface Mountain is an easy drive outside of town for skiing. Lake Placid has been host to many Olympic games and has a public bobsledding track that you can try.

[The Whiteface Lodge](#) is truly a luxurious log cabin getaway nestled in the snowy Adirondacks. The resort features a three-season skating rink on-site, snowshoeing trails, bowling alley, indoor/outdoor pool and spa. You may never want to leave the resort - but the town of Lake Placid is so charming and full of lovely restaurants and an old movie theatre. Read about our visit to [Lake Placid here!](#)



4) Spa It Out - Does soaking in an outdoor hot tub surrounded by trees and snow sound good to you? At [Le Scandivave Spa](#) in Collingwood, Ontario, you can work your way through three outdoor hot tubs, a sauna, steam room and relaxation rooms. Add-on a massage or facial and you'll feel truly relaxed after a day at this year-round outdoor spa. More from [our visit here.](#)



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5) Go Cross-Country Skiing - If you can use an elliptical machine at the gym, you can cross-country ski. [We did it](#) and so can you. It's literally the same motions and don't be intimidated by all that ski equipment - you can do this. We love the trails up at [Horseshoe Resort](#). The hotel just underwent a major renovation, so make a weekend out of it and ski all weekend.

What's your favourite winter getaway? Share with us in our comments!

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- MSV Toronto
- Milk and Eggs
- Nearafar
- Phil Birbaum
- Reggie Ramone
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Monday, 27 January 2014

10 of the Best Writing Retreats



Recently, we wrote about ten gorgeous retreats perfect for a quiet reading weekend. This week, we're rounding up ten equally beautiful retreats for writers. In idyllic environments – far away from the demands and routines of everyday life – each offers the opportunity to relax and hone your craft. So why not pack your manuscript and your pajamas and treat yourself to a few blissful days of writing in one of these inspirational settings?

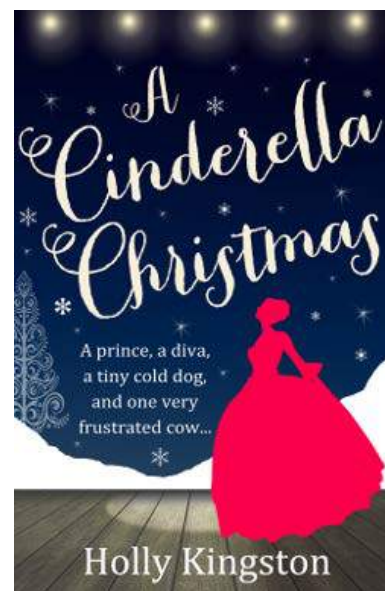
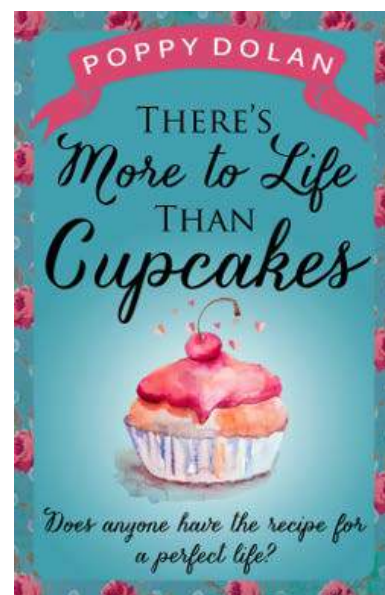
1. Whiteface Lodge, Lake Placid, USA – Pine beams, cast-iron fireplaces and six million acres of mountainous parkland, the rustic and incredibly cozy Whiteface Lodge in New York State is the perfect place to pitch your laptop for a week or two. Each suite boasts a full kitchen, a writing desk and a seriously stunning view or, if you prefer a little people watching while you write, you can work in the downstairs lounge by the fireplace. Once you've logged your daily word count, there are plenty of opportunities for skiing, skating, bobsledding, fishing and canoeing, and the 5,800-square-foot spa offers "a heaven-sent four-handed massage". We'll take two of those, please.

2. Farncombe Estate, Cotswolds, UK – Set within 400 acres of private grounds, Farncombe Estate, located in the Cotswolds countryside, offers a wealth of one-day and residential writing courses led by experienced tutors. Options include Finding Your Voice and Novel Outline in a Weekend.

3. Watermill, Posara, Italy – Sun-drenched Italian courtyards, plenty of hearty Tuscan fare and tutorage from bestselling authors are all key ingredients of the writing retreats at The Watermill in Italy. Visit in May and enjoy a week-long romance writing course with Sharon Kendrick, who has written more than 90 books for Harlequin Mills & Boon and is a USA TODAY bestseller. Or, if you fancy yourself as more of an Agatha Christie type, stay in October for lessons with award-winning thriller author, Meg Gardiner. All meals at the restored 17th century mill are provided, so all you have to do is write. Absolute bliss.

4. Auberge Nordique, French Alps, France – If scenic walks and plenty of fresh air inspire you to put words to the page, the Auberge Nordique retreat in the French alpine village of Le Grand-Bornand is definitely for you. Itineraries are a blend of writing sessions and mountainous 'literary' hikes, which are

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5. Wales National Writing Centre, Gwynedd, Wales – Tŷ Newydd, a beautiful house set in the stunning landscape of the Llŷn Peninsula and

overlooking Cardigan Bay in Wales, meanwhile, will play host to a packed schedule of writing courses this year. Scriptwriting, storytelling, short fiction, literary novels and crime writing are just some of the study options offered by Literature Wales with funding and bursaries available to lower income writers.

6. The Writer's Lab, Skyros, Greece – Meals of fresh fruit, yogurt and whole grains, accommodation in charmingly traditional Greek townhouses and lessons from Booker and Pulitzer Prize winners, The Writer's Lab on the ancient island of Skyros has it all. Start your day with breakfast and some gentle yoga on the sunny terrace before morning courses begin. The afternoons are left free for sun-worship, sightseeing or more writing if you're so inclined.

7. The Grange by the Sea, Isle of Wight, UK – For a creative island experience a little closer to home, the gorgeous Grange country hotel on the Isle of Wight offers year-round writing courses, which are led by experienced tutors. You can choose from The Art of Writing Fiction, Writing for the Screen or Your Voice among others.

8. Creative Adventures, Morocco – Mint tea, mules and Moroccan markets, this five-day itinerary places lots of emphasis on fueling your imagination with lots of excursions into the vibrant, buzzing city of Marrakech. Don't be fooled, though; there's plenty of work to be done, too. You'll cover everything from story plotting and structure to tightening your prose and pitching to agents.



9. Literary Adventures, Las Alpujarras, Spain –

The 400 year old Spanish house Casa Ana plays host to this inspiring autumnal week long writing retreat. Led by award-winning author, journalist and creative writing tutor Rebecca Abrams in October, writing exercises and sessions are sandwiched between guest speakers, one-on-one tutorage and excursions to neighbouring towns for meals and shopping.

10. Arvon, Various, UK – Creative writing foundation Arvon has been giving people the time and space to write since 1968. The foundation's four rural retreats, including Lumb Bank in Yorkshire – former home of Ted Hughes, offer a beautiful setting for expert tuition from knowledgeable authors. Thanks to the support of Arts Council England and generous donors, Arvon offers grants to cover some or all of attendees' course fees, too.

Have you ever been on a writing retreat? Did it help your writing? Which of these would you choose?

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CHANNEL YOUR INNER ATHLETE WITH OLYMPIC EXPERIENCE PACKAGE

January 24, 2014

Enjoy luxurious accommodations and a full itinerary of outdoor fun with the Olympic Experience Package at **Whiteface Lodge** in Lake Placid, NY. Available through March 31, the package includes two 50-minute sports massages and two Olympic Sites Passports granting admission to popular local attractions. Nearby **Whiteface Mountain** offers activities like ice-climbing, bobsledding, and skiing, while the resort features a world-class spa, outdoor ice rink, and more.

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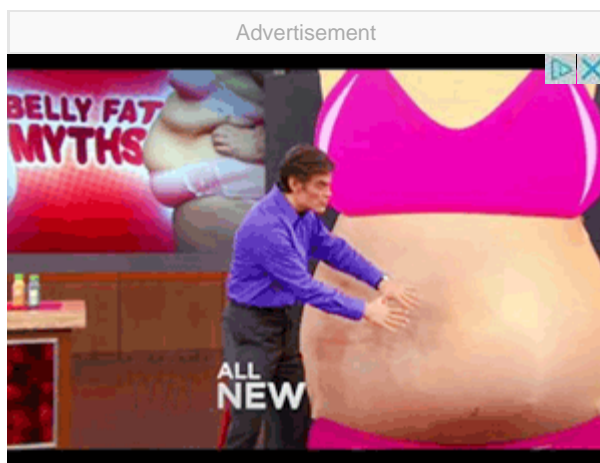
Enjoy Sochi Olympics in style at Lake Placid, NY Whiteface Lodge & Spa

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The Spa at Whiteface Lodge, Lake Placid, New York

Rating:



January 22, 2014

Back in 1980, the U.S. ice hockey team beat the Russians when the winter Olympic Games were held at Lake Placid, New York.

As excitement builds for this winter's Olympic Games in Russia, the place to enjoy the action is Lake Placid's Olympic Park.

Twice host for the winter [Olympics](#), Lake Placid is the opposite of Sochi when it comes to crowds. Small hotels, boutiques, and burger shops line the lakeshore leading to the Olympic Park. Set in the magnificent Adirondack State Park, the combination of sport and spa has never been better. There are thrilling rides on the Olympic luge, and the gondola to Whiteface Mountain's ski complex. Avid skiers can hit the slopes on 86 trails spanning 22 miles of exhilarating terrain.

The perfect place to watch the Sochi games in comfort, Lake Placid's Whiteface Lodge has a full-service spa as well as indoor swimming pool, and open-air ice skating rink. Lodge guests will be treated to excursions and events throughout the area.

Tucked into a nine-room sanctuary, the spa has hair and nail salons, offers a wide range of treatments plus group exercise, fitness equipment, and a healthy option cafe. Featuring skin care by Naturopathica made in New York, the spa menu includes a maple butter body wrap, apple cider masque, outdoorsman facial, and hot stones massage. Packages are available for a half-day and full-day.

Designed like historic Great Camps that put the area on the map in the 1880s, the all-suite resort is one-of-a-kind. Entering the wooden porte-cochere is a sensory pleasure: spacious, intimate lounges, fireplaces perfuming the air, this is mountain living on a grand scale.

Massive logs frame the main dining room, Kanu. Stone fireplaces warm the room, and a wood-fired oven produces regional specialties as well as pizza. The farm-to-table menu created by executive chef David Haick and his team is sourced from local farms. During my visit last fall we were impressed by a bone-in beef tenderloin, butternut squash puree on toasted chanterelle mushrooms, baked Scotch egg with salad, and hay-smoked Nova Scotia oysters. Dessert was apple sorbet, with wines and beer from New York.

Ideal for families, the Lodge has a kitchen in every suite. With just 94 spacious suites spread on

three floors, the central garden has an ice skating rink and indoor/outdoor swimming pools. The spa's underground location provides a warm walkway to the pools, which aren't large enough for swimming laps but keep kids happy. And there's a 56-seat movie theater for daily screenings, complete with popcorn.

As night came on, couples relaxed in the whirlpools, steam rising into the crisp air. The Adirondacks are about enjoying the outdoors, and cross-country ski trails on the Lodge grounds add an element of exercise. Some guests settle into open-air huts with snacks from room service. Two spacious, hand-crafted lean-tos provide an inviting, sheltered spot under the stars to gather for cigars, whiskey flights, and hors d'oeuvres by the fire.

Whiteface Lodge has daily rates that include breakfast buffet and use of spa facilities. 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 the Olympic 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 a two-lane bowling alley. The package is available now through March 31, with rates starting at \$476 per night.

Contact: 800-903-4045 or 518/523-0500; www.thewhitefacelodge.com

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Winter Vacation: North East

Take a trip to a winter wonderland

TRAVEL

Jana Vijayakumar

January 19, 2014

The holiday season has come and gone, but there's still plenty of time to treat yourself to a 2014 winter vacation. Tropical getaways are a beautiful respite from the cold, but there's something to be said for taking in the very best of winter. And if you're looking for the perfect snowy holiday, a trip to the New England area is just what you need.

The region is home to fantastic skiing, dining, and luxury resorts and just a car-ride away for Canadians on the East Coast.

Lake Placid, NY:

This picturesque village is nestled at the foot of the Adirondack Mountain range and is an ideal rustic getaway. The village hosted the 1980 Winter Olympics (remember the “Miracle on Ice”?), so you’ll have an opportunity to ski some of the best mountains in the world. The Whiteface Lodge, pictured below, is our dream hotel: it’s a luxury all-suite resort full of rustic comfort and a 5,800 ft spa. The Lodge has been ranked as one of the World’s Best Places to Stay by Condé Nast.



Boston, MA:

A week might just not be enough time to take in the history and culture of Boston. Explore the city’s historic North End and fill up on authentic Italian cuisine, or take a trip over to any of its other neighbourhoods to get your fill of everything from fantastic bagels (Brookline) to perfect dumplings (Chinatown). You can take short day trips from the city to reach nearby mountains for some skiing and spend New Year’s taking in an amazing fireworks show over the Charles River.



Burlington, Vermont:

This small city isn’t an obvious choice for a vacation spot, but trust us when we say that Burlington is perfect for a cozy winter getaway. Downtown Burlington is full of charming shops and restaurants that are unique to Vermont and the New England region and the area is home to Stowe Mountain, known for four particularly challenging trails and all-round great skiing.



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Experience the Winter Olympics at Lake Placid's Whiteface Lodge



Watch bobsledding at the Winter Olympics -- then try it yourself in Lake Placid, N.Y. (Mark Kurtz, ORDA)



By [Susan Glaser, The Plain Dealer](#)
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on January 16, 2014 at 1:06 PM, updated January 16, 2014 at 4:39 PM

CLEVELAND, Ohio -- Duplicate your own Olympic travel experience – without the grueling 20-hour trip to southern Russia.

Whiteface Lodge, an all-suites hotel in Lake Placid, N.Y., home to two Winter Olympics, is offering an Olympic Experience Package through March that includes passes to the Olympic Jumping Complex, Speed Skating Oval, Lake Placid Olympic Museum and more.

For an extra charge, guests can participate in many of the Olympics activities – including the bobsled and skeleton, downhill skiing and more.

The package also includes two 50-minute massages, breakfast and more. Prices start at \$476 per night. For information: thewhitelodge.com



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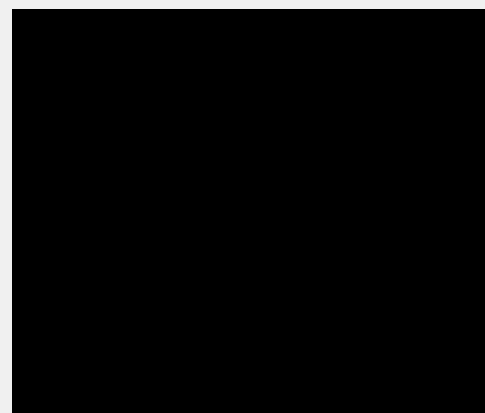
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We name our favourite travel deals for end-of-winter snow holidays, romantic Valentine's retreats and family-friendly sun getaways. By Nicole Feenstra, QMI Agency

FAMILY-FRIENDLY SUN GETAWAYS: El Conquistador Resort & Las Casitas Village, A Waldorf Astoria Resort, Puerto Rico: If your family craves a late-winter sun escape, look no further than the family - and budget - friendly properties of El Conquistador Resort and Las Casitas Village in Puerto Rico. Travel from now to April 10, 2014 and receive savings of 30% off your visit. A daily resort credit of \$50 can be put toward a round of golf, spa treatments, water sports and more. Kids eat free with the Family Escape package. Rates start at \$259 at El Conquistador Resort and from \$309 at Las Casitas Village, based on a three night minimum. See elconresort.com. (Courtesy El Conquistador Resort & Las Casitas Village, A Waldorf Astoria Resort)

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Whiteface Lodge, Lake Placid, New York: Vacation like an Olympian and get excited for the 2014 winter games at the site of two previous winter Olympics. Lake Placid's Whiteface Lodge can help you do just that with the Olympic Experience package. Including two 50-minute sports massages and two Olympic Sites Passports for admission to the Lake Placid Olympic Museum and Ski Jumping Complex, guests will also stay in the amazing suites at Whiteface Lodge. Snuggle up by the fireplace in your room and enjoy American breakfast daily in KANU, homemade cookies at turndown, nightly s'mores and access to all the resort has to offer, like a 56-seat movie theatre and two-lane bowling alley. The package is available now through March 31, 2014 with rates starting at \$476 per night. See thewhitefacelodge.com. (Courtesy Whiteface Lodge)

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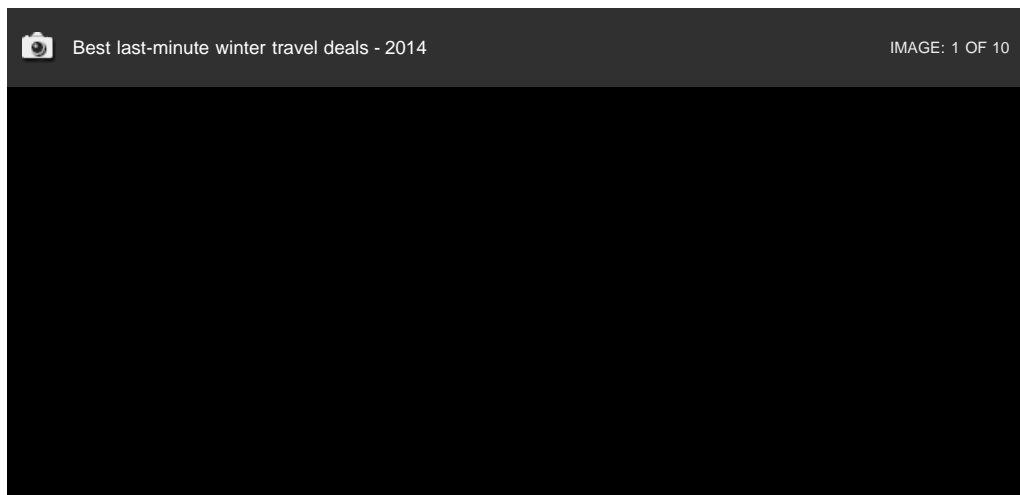
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BY NICOLE FEENSTRA ,QMI AGENCY

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Smart Luxury: 8 Day Spas in the U.S. That are Worth the Splurge

January 13, 2014 by [Christine Wei](#)



Amara Resort & Spa

Knot-busting Chinatown massages in New York City have all our love, but the biting cold of this blustery winter has us dreaming of a little extra pampering. That's why we've focusing on spas with stellar amenities, stunning views, and other extras that make the treatments truly worth the indulgence. Go ahead, dive in...

[Wi Spa](#)

Los Angeles, CA

Wi Spa takes lounging to a whole new level. Here, \$25 grants you access to its 24-hour hot and cold tubs, saunas, steam rooms, and relaxation areas for a full day. What could be a better deal than that? Treatments start at \$60, but booking \$90 worth of services means you're free to use all of the facilities in the four-floor, 48,000-square-foot haven. Check the website for frequent deals, like \$15 entrance on weekdays and in the morning.

[The Spa at Whiteface Lodge](#)

Lake Placid, NY

This rustic spa draws inspiration from Lake Placid's tranquil ponds and fragrant firs. Beyond cedar wood saunas and eucalyptus steam rooms, its heated pool is partly enclosed by floor-to-ceiling windows, and partly open-air. A \$135 50-minute massage might be a small splurge, but the \$230 half-day package of two treatments and a spa lunch is a

blissful deal.

[Strawberry Park Hot Springs](#)

Steamboat Springs, CO

A muscle-melting soak makes it that much easier to enjoy the snow-capped mountains of Colorado. If you're skiing in Steamboat Springs, the mineral hot springs (ranging from a comfortably cool to scalding hot) are just a 20-minute drive and a \$10 entrance fee away. For ultimate relaxation, spring for a massage, starting at \$50 for a half-hour. Or, to make the most of your getaway, stay overnight in a rustic wagon, cabin, or train caboos (from \$60). Note: The pools are clothing-optional after dark.

[Juvenex](#)

New York, NY

City sightseers might be surprised to find a veritable sanctuary smack dab in NYC's Koreatown that's known for its intensely thorough scrubs. Juvenex's beloved "Jade Journey," (\$65 a la carte or \$35 with any service), is a pilgrimage to bliss that starts with an "igloo" sauna, aromatherapy steam room, and invigorating rainforest shower. Then, sink into tubs infused with sake, algae, and other enhancements, then go zen in a warm clay sauna. It's not five-star hotel sleek, but it's certainly a serene step up from the city's budget bathhouses.

[G2O Spa & Salon](#)

Boston, MA

Steam, schmeam. In the middle of Boston's bustling Newbury Street, the amenities at this modern-minded respite go far beyond the basic. A brine "inhalation room" with enhanced "salt air" encourages you to literally breathe some life back into your body, and the skylight hot tub is calming whether it's a sunny day or a starry night. There's even a lightly scented nap pod for a little restorative rest, free to use for 20 minutes with any service. A half-hour targeted massage goes for \$75, and a 60-minute deep tissue massage is \$115.

[Amara Resort & Spa](#)

Sedona, AZ

For a truly transformative experience, nothing beats the mystical energies of Sedona. Tap into the power of the elements at the Amara Resort & Spa – a Kimpton property – with a balancing grape seed scrub, detoxifying seaweed wrap, or clarifying papaya facial (\$120 for 60 minutes or \$180 for 90 minutes). After your treatment, hit the steam room or do a few laps in the heated infinity pool, all set against blazing red rock views.

[Allyu](#)

Chicago, IL

A day at Allyu means South Asian treatments like chakra balancing, reiki, and aromatherapy, alongside stress-busting Shiatsu technique. Though the high-tech, super-hot infrared sauna comes with a \$25 price tag, it includes complimentary use of a personal rainshower with refreshing herbal amenities. But most otherworldly of all is the Moroccan-style relaxation tent, a cocoon of glowing light, gauzy curtains, and slouchy sofas.

[Ojo Caliente](#)

Santa Fe, NM

This Navajo-inspired resort offers something a little different – with fees that are a little easier to manage – in Santa Fe. Eleven (!) hot springs brim with four different types of thermal mineral waters... on top of a new detoxifying mud pool and steam and sauna rooms. Unlimited access is complimentary with treatments over \$100, and while a \$109, 50-minute deep tissue massage qualifies, the \$130, 75-minute combo of a custom massage plus a blue corn and prickly pear scrub sure sounds like Southwestern heaven.

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WHITEFACE LODGE

Whiteface Lodge in Lake Placid, NY Offers Olympic Package

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Whiteface Lodge in Lake Placid, NY is offering a new Olympic Experience 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.



The package is inspired by some of Whiteface Lodge's employees, who are competing for the chance to participate in the Sochi Winter Olympics.

Whiteface Lodge's concierge team will 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 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.

Call 518-523-0500 or visit www.theWhitefaceLodge.com

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Scrumptious Bone-In Filet in Upstate New York

January 12, 2014 By Jessica Festa Leave a Comment

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An unusual style of bone-in-filet at KANU Restaurant in Lake Placid, New York

At KANU Restaurant in Lake Placid, Executive Chef David Haick enjoys serving creative cuisine not typically found in the area. His focus is on regional, foraged and farm-fresh ingredients blended together in innovative ways for unique flavors and textures. One of his most inventive dishes is a Kilcoyne Farm Bone-In Filet, an unusual cut of meat created specifically for KANU Restaurant and the Whiteface Lodge where it resides. Chef David tells the farmer and its butcher exactly how he wants the meat cut — which neither have heard of before — giving the filet a fuller, more beefy flavor with less fat content. The meat is typically served with baby carrots, butternut squash, parsnips and three onion marmalade.

Pairing suggestion from KANU Restaurant's sommelier, Scott Waller: A 2008 Allegrini "Palazzo della Torre" from Veneto, Italy

The post #FoodPorn: Lake Placid's Unusual Bone-In Filet appeared first on Epicure & Culture.

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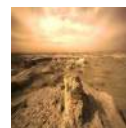
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The Adirondacks, New York

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Long-distance doppelganger: Interlaken, Switzerland

Drive from Boston: Five hours

Interlaken attracts active travelers with its impressive mountain scenery, adventure sports, and numerous hiking trails. The same peaks-meet-lakes vistas can be found in New York's Adirondacks—as can the adrenaline rush. The Olympic Center, in downtown Lake Placid, hosts sporting events year round, including its Saturday Night Ice Shows (watch figure skaters land axel and lutz jumps) and freestyle skiing practices (see pros practice flips into a pool). Want to get in on the action? Rent skates and hit the indoor rinks.





PHOTOGRAPH COURTESY OF LAKE PLACID LODGE

Where to Stay

With handcut balconies and beams, beds carved by local artisans, and 50 stone fireplaces built by area masons, the Arts and Crafts–inspired Lake Placid Lodge (pictured) is utterly transporting. Book a lakefront cabin and fall asleep to the sound of lapping water. Southeast of Lake Placid lies the smaller (but equally beautiful) Mirror Lake, which has its own namesake resort. The Mirror Lake Inn’s swoon-worthy Colonial House rooms, complete with fireplaces, whirlpool tubs, and balconies, are the perfect landing spot for honeymooners. Active couples will find plenty to love at the Whiteface Lodge, where canoeing, kayaking, volleyball, horseshoes, bocce, and paddleboarding—on a private beach, no less—are just a shuttle ride away.

What to Do

Adirondack Park boasts six million acres of lakes and mountains—ride the Cloudsplitter Gondola to the top of Little Whiteface to see some of them. For a natural high in summer months, take a yoga class on the summit on Wednesday mornings—or schedule a whitewater-rafting trip through the Hudson Gorge with Adirondac Rafting Company.



PHOTOGRAPH COURTESY OF CROWNE PLAZA RESORT & GOLF CLUB LAKE PLACID

Where to Eat

Sip bubbly and snack on a cheese platter at the J. Lohr Vineyards and Wines Café, in the shadow of Whiteface Mountain. Watch the sun set or the moon rise over Mirror Lake at the confusingly named Lake Placid Club Boat House (pictured), where the globetrotting menu includes everything from chicken curry to Wiener schnitzel. For a more laid-back evening, try the Eat 'n Meet Grill, a BYOB near Saranac Lake.

Romantic Diversion

Unwind with a couples' massage at the Mirror Lake Inn Spa, which offers Swedish, deep-tissue, and hot-stone rubdowns.

Save the Date

Catch cycle stunts, live music, demos, and a “Best Calves” contest—no, really—at the annual Wilmington Whiteface Bike Fest (6/20–6/22).

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10 Ski Spots For Your Winter Getaway



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The Whiteface Lodge - Lake Placid



This picturesque retreat is arguably the best ski resort in the Northeast. Whiteface Lodge is located in the heart of the Adirondack Mountains and is minutes away from Whiteface Mountain, the winter sports capital of the world. In 2012, The Whiteface Lodge made **Condé Nast Traveler's Gold List** and was ranked as the "World's Best Place to Stay."

[The Whiteface Lodge](#), 7 Whiteface Inn Ln, Lake Placid, NY

[Photo via]



Filed under: [avon skiing](#), [Bachelor Gulch](#), [berskhires skiing](#), [best places to ski in the northeast](#), [best places to ski in the US](#), [cranwell resort](#), [Hudson Valley](#), [Hudson vally skiing](#), [lake placid skiing](#), [long weekend ski trip](#), [mirror lake inn](#), [MLK ski trip](#), [Mohonk House](#), [mount airy casino resort](#), [new sheridan hotel](#), [President's Weekend Ski Trip](#), [ski trip](#), [skiing in the catskills](#), [skiing in vail](#), [telluride skiing](#), [The Berkshires: Cranwell Resort](#), [the ritz carlton bachelor gulch](#), [the woodstock inn & resort](#), [Vail Four Seasons Resort](#), [where to ski](#), [where to ski in the northeast](#), [whiteface lodge](#), [woodstock skiing](#)

To contact the author of this post, email guestofaguest@gmail.com

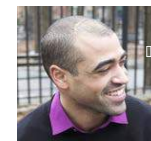
CALENDAR

Submit an event

City	New York	Type	All
Tuesday, January 7			
6:00 pm	Quinn Snow Soiree		
6:00 pm	NYCREW HOSTS "GLOBAL TRENDS IN REAL ESTATE 2014"		
7:00 pm	IvyConnect at Leila Heller Gallery		
8:00 pm	Y-Jet Launch Event at Gansevoort Park		



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Few things can wreck your “Get in shape” New Year’s resolution quite like a vacation. Stick to your guns (and still have a blast) with these active trip ideas.



4 / 11



SKI AT WHITEFACE LODGE

Lake Placid, New York

Located near the site of the 1932 and 1980 Winter Olympics, **Whiteface Lodge** now offers an Olympic Experience Package that includes two 50-minute sports massages, passes to the Lake Placid Olympic Museum and Ski Jumping Complex, and expert coaches to lead guests in ice-climbing, bobsledding, speed skating, and yes, downhill skiing—not to mention accommodations in one of Whiteface’s 94 suites.

WIRED 2013 Wish List



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#FOODPORN / FOOD / PHOTOGRAPHY

#FoodPorn: Lake Placid's Unusual Bone-In Filet

Posted by [jess2716](#) on January 6, 2014 at 11:25 am

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An unusual style of bone-in-filet at KANU Restaurant in Lake Placid, New York

At [KANU Restaurant](#) in [Lake Placid](#), Executive Chef David Haick enjoys serving creative cuisine not typically found in the area. His focus is on regional, foraged and farm-fresh ingredients blended together in innovative ways for unique flavors and textures. One

of his most inventive dishes is a Kilcoyne Farm Bone-In Filet, an unusual cut of meat created specifically for KANU Restaurant and the Whiteface Lodge where it resides. Chef David tells the farmer and its butcher exactly how he wants the meat cut — which neither have heard of before — giving the filet a fuller, more beefy flavor with less fat content. The meat is typically served with baby carrots, butternut squash, parsnips and three onion marmalade.

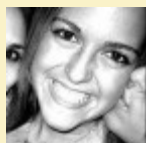
Pairing suggestion from KANU Restaurant's sommelier, Scott Waller: A 2008 Allegrini "Palazzo della Torre" from Veneto, Italy

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Tags: [#foodporn](#), [bone in filet](#), [foodporn](#), [lake placid](#), [lake placid food](#), [new york](#), [united states](#), [unusual meals](#), [unusual meats](#), [usa](#)

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HVGS NEWS

January 2, 2014 posted by [Vanessa Ahern](#)

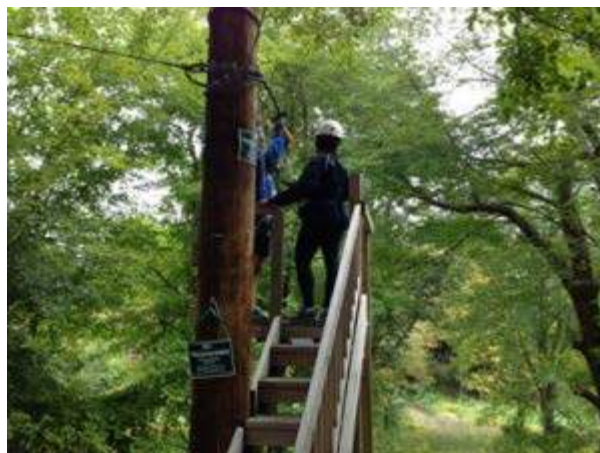
Best Events from 2013: Hudson Valley Good Stuff's end of year round-up



Actors Dialogue with Stephen Dorff, Anthony Garcia moderated by Martha Frankel



Simi Stone & friends hit it out of the park at the Colony Cafe in Woodstock 10/6/2013



Ready to zip away! at Big Bear Ziplines

1. In January, I went to the [Chronogram Covers party at the Hudson Coffee Traders](#) in uptown Kingston, and schmoozed with Hudson Valley creatives. [Mother Earth's Storehouse in Kingston began their Wellness Wednesdays](#) which became very popular. They have these on the last Wednesdays of the month.

2. In February, my husband decided to embrace Winter, save money and headache of air travel with kids, and visit the [Whiteface Lodge in Lake Placid](#).
3. At the end of March, [Joan Osborne performed at Bearsville Theater with violinist Tracey Bonham](#). It was one of the best concerts I've seen in Woodstock.
4. In April, Jimmy Buff invited me to be interviewed on [Kingston Now about Hudson Valley Good Stuff](#). During the Woodstock Writers Festival I got to meet Philippe Petit, the man who walked across a tight-rope between the Twin Towers in 1974. [I also interviewed Martha Frankel](#), who I had wanted to meet for awhile. My appetite got tested at the [1st Annual Hudson Valley Pizza Fest!](#) I was one of the media judges and got to vote on the best pizzas in the Hudson Valley.
5. In May, I returned to the Gardiner Cupcake Festival as a 2nd time cupcake judge! Yes, [I tasted over 25 cupcakes and was interviewed](#) by Just Eat Life.
6. In June, [Daisy Dramer from DIG styled me for an "I am Ulster County"](#) photo shoot. I had so much fun getting styled by Daisy. The actual styling session was more fun than the photo shoot. This was also the month we discovered the majestic [Victoria Pool in Saratoga Springs](#) when we went up for an overnight. Hope we get to do this again in 2014. [Terrapin restaurant](#) in Rhinebeck invited me to taste their delicious weekday lunch.
7. In July Hudson Valley Good Stuff was re-designed into a WordPress format. Bye-bye Typepad! Zac Shaw made it happen. If anybody is curious, moving a content-heavy Typepad blog over to WordPress is a major time-consuming headache, but [Zac Shaw](#) took it in stride despite a few bumps in the transition process.
8. In August, Jenna Seely, an indoor cycle instructor and creator of SlimCycle invited me to [try a 6-week session of SlimCycle](#), an indoor cycling class, and I haven't stopped. I invested in a pair of indoor cycling shoes, which makes a huge difference in my work-out.
9. In September, HVGS celebrated the [upcoming 5th birthday of the blog at Duo Bistro with delicious snacks and a huge cake](#). Tom and I tried out [Big Bear Ziplines](#), and [I conquered my fear of heights](#). Definitely my most embarrassing moment of 2013 took place at the [Woodstock Comedy Festival where Mario Cantone made me his unwilling co-star](#).
10. In October, [Hudson Helsinki invited HVGS](#) for dinner to sample Chef Hugh's incredible dishes. I also covered the [Woodstock Film Festival](#), which remains one of my favorite weeks to be in Woodstock.
11. In November, HVGS had our ["Lunch of the Year" at CIA's Bocuse Restaurant](#) during Hudson Valley Restaurant Week. The [Woodloch Resort](#) in Harley, PA in the Poconos invited HVGS for an overnight and a spa. We had a fabulous time, and look forward to returning.
12. In December we enjoyed [3 Hudson Valley holiday celebrations](#) in one night in the freezing drizzle, a private family yoga session at [Heart Child Yoga](#).

Thank you readers, sponsors, and fans for making 2013 such a productive and happy year. Upward & Onward in 2014! If you would like to be included in the events calendar, please email events@hudsonvalleygoodstuff.com. If you are interested in guest blogging for Hudson Valley Good Stuff about something HV-good-stuff-worthy that you know about it, please email me vanessa@hudsonvalleygoodstuff.com.


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[Cancún: 30% off premier Marriott resort](#)

Tequila Sunrise package includes:

- 3 nights' accommodations in a Premium Ocean View room at [JW Marriott Cancún Resort & Spa](#), an all-white, 14-story tower with glittering views of the Caribbean Sea

Posted: January 2, 2014, 4:07 pm

[Aruba: 32% off Hyatt Regency tropical package](#)

Sun, Sand & Spa package includes:

- 2 nights' accommodations in a standard room at [Hyatt Regency Aruba Resort Spa & Casino](#), with 12 acres of tropical gardens and cascading waterfalls
- Flights of teq

Posted: January 2, 2014, 4:02 pm

[Southeast Asia: 33% off luxury cultural tour](#)

Family Tour of Southeast Asia package includes:

- 13 days in Bangkok; Chiang Mai, Thailand; Siem Reap, Cambodia; and Hong Kong, with stays at five-star properties courtesy of ultra-luxe tour operato

Posted: January 2, 2014, 3:58 pm

[Las Vegas: 44% off Westin family-friendly lakeside resort](#)

The Other Vegas package includes:

- 2 nights' accomodtaions in a Lake View room at the [Westin Lake Las Vegas Resort & Spa](#), with 493 Moroccan-inspired rooms surrounded by desert mountains
- A day at

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[Shipping your car to Costa Rica – Is it worth it?](#)

the latest from our resident contributor

Posted: January 2, 2014, 3:52 pm

[San Diego area: 30% off Lakehouse Hotel family package](#)

S'mores on the Shore package includes:

- 2 nights' accommodations in a Pool View Deluxe room at Lakehouse Hotel & Resort, just outside San Diego on Lake San Marcos
- Unlimited use of nonmotorized spo

...

Posted: January 2, 2014, 3:49 pm

[Bahamas: 40% off oceanfront villa](#)

Three Free package includes:

- 5 nights' accommodations in a 2-bedroom suite at Buttonwood Reserve, a collection of pastel-colored villas perched on a 3- mile pink-sand beach in Eleuthera
- Voucher f

...

Posted: January 2, 2014, 3:47 pm

[Jackson Hole: 41% off winter wildlife tour](#)

Winter Wildlife package includes:

- 2 nights' accommodations in a king room at [Snow King Resort](#), with lodgepole pine furnishings and Teton Mountains views in the heart of Jackson Hole
- A horse-drawn

...

Posted: January 2, 2014, 11:49 am

[Lake Placid: 30% off Whiteface Lodge ski package](#)

Midweek Ski Free package includes:

- 3 nights' accommodations in a Superior room at Lake Placid's [Whiteface Lodge](#), a traditional timber resort abutting the Adirondack Mountains
- 2 Whiteface Mountain

...

Posted: January 2, 2014, 11:44 am

[New Hampshire: 40% off snowshoeing adventure](#)

Snowshoe and Stay package includes:

- 2 nights' accommodations in a Queen Ann or Mountain Lodge room at your choice of the Whitney's Inn, a rustic farmhouse in the White Mountains, or the nearby Vic

...

Posted: January 2, 2014, 11:40 am

[Beaver Creek, Colorado: 30% off ski-in, ski-out rental](#)

Ski Season Escape package includes:

- 4 nights' accommodations in a one-bedroom condo at Wyndham Vacation Rentals' Charter at Beaver Creek, a ski-in, ski-out lodge within walking distance of Beaver

...

Posted: January 2, 2014, 11:36 am

Paul Burri

[Chrome Plated Vegetables](#)

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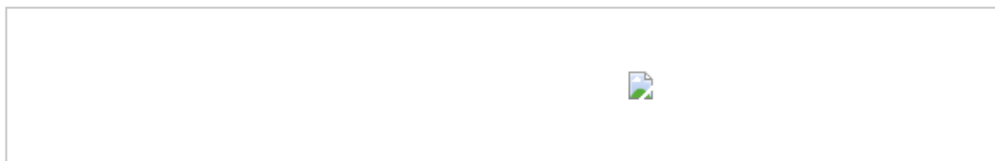
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Lake Placid: 30% off Whiteface Lodge ski package



Lake Placid, New York, U.S.

Midweek Ski Free package includes:

- › 3 nights' accommodations in a Superior room at Lake Placid's [Whiteface Lodge](#), a traditional timber resort abutting the Adirondack Mountains
- › 2 Whiteface Mountain ski passes per person, along with 2 50-minute après-ski massages
- › Daily breakfast

Book now for travel between January 9 and April 3 (blackout dates apply).

—Lisa Cheng

PRICE \$967 (\$322 per night)**BOOK BY** April 03, 2014

For more information or to book, please visit the [Whiteface Lodge](#) with booking code **TLSPEC**.



Photo:
Courtesy
of

Whiteface Lodge

For more information or to book, please visit the **Whiteface Lodge** with booking code **TLSPEC**.

Whiteface Lodge's Kami restaurant



LUXURY LODGES *of* Lake Placid

RUSTIC ELEGANCE IN THE HEART OF THE ADIRONDACKS

by Jill Fergus

PHOTO LEFT © WHITEFACE LODGE



Lake Placid Lodge's Buck Cabin.

When the snow starts falling, one of the most scenic places in New York to take in wintery vistas of snow-capped mountains and frozen lakes is Lake Placid. This charming village in the Adirondacks has hosted the Winter Olympics twice (1932 and 1980), so you can expect plenty of outdoor adventures including skiing at Whiteface Mountain but you'll also find several luxury lodges where you can hole up beside a roaring fire and indulge in gourmet meals and spa treatments. Modeled after the "great camps" of the Gilded Age, these exclusive resorts make for the perfect winter getaway.

LAKE PLACID LODGE

As you settle into your cozy cabin nestled among pine trees and steps from frozen Lake Placid you can't help but want to get comfy in front of the crackling fire with a mug of hot chocolate and hope that during your stay, Mother Nature will work her magic and keep this Adirondack idyll in a perpetual blanket of snow. At Lake Placid Lodge, whose 30 rooms (a mix of cottages, cabins and rooms in the historic main house) feature bark-and-twig furnishings and Oriental rugs, you'll want to embrace the cold.

Outdoorsy offerings include ice skating and snowshoe and cross-country trails. Nearby, zoom down the Olympic bobsled track or take in the sweeping views from the observation deck atop the ski jump but no one would blame you for simply wanting to kick off your boots and sip a single-malt scotch in Maggie's Pub while challenging fellow guests to a game of pool or enjoying a pampering in-room spa treatment. Organic, farm-to-table cuisine is served at Artisans restaurant and back in your cabin at the end of the day, fall into your featherbed for sweet dreams.

lakeplacidlodge.com

PHOTO LEFT © BLOX CASH LAKE PLACID LODGE PHOTO © OCEAN PHOTOFILES, LTD.



Curl up by the fire in Lake Placid Lodge's Moose Room.

The lobby at the Whiteface Lodge.



Twilight at the Whiteface Lodge.

WHITEFACE LODGE

A mile from Lake Placid village, this 94-suite timber-and-stone lodge is the perfect place to immerse yourself in outdoor adventures. On property, ice skating and cross-country skiing are offered and when you're ready for downhill skiing, Whiteface Mountain is about 20 minutes away. There are 87 trails on 288 acres of terrain with runs for all levels from gentle cruisers to double black diamonds that many pros have schussed down.

Back at the resort, soothe sore muscles with an alfresco soak in the outdoor hot tub or indulge in a hot stone massage in the spa. Kids will get a kick out of the two-lane bowling alley and the 56-seat movie theater. In your suite, complete with kitchens and mountain-facing patios, unwind with a glass of Finger Lakes Riesling by the cast-iron gas fireplace.

While the village has many dining options, the resort's Kanu restaurant, with large granite fireplaces and antler chandeliers, is one of the area's best. Sample chef David Haick's game dishes such as grilled bison steak with roasted red potatoes and save room for the nightly bonfire complete with make-your-own smores.

thewhitefacelodge.com



Curling and cocktails at the Point.

THE POINT

For a truly splurge-worthy winter getaway, there's the Point, a secluded lodge once owned by the Rockefeller family and now a super-private retreat. Nestled along the Adirondacks' Upper Saranac Lake, just a few miles from Lake Placid, the Point is a throwback to the elegant Great Camp era. The 11 rustic-chic rooms are spread among four timber-and-stone cabins and feature comforts like wood-burning fireplaces and claw-foot tubs.

Spend the days snowshoeing along peaceful pine forest trails, ice skate across the frozen lake or try your hand at curling. Afterward, staff will deliver a hot chocolate or hot toddy directly to the outdoor bonfire area set up with Adirondack chairs topped with wool blankets. There's communal fireside dining in the Great Hall—black tie is suggested on select nights—creating a festive, house-party atmosphere.

Enjoy pink Champagne and hors d'oeuvres followed by a three-course gourmet dinner (perhaps Maine lobster and filet mignon) with wine from the well-stocked cellar. Those who still have energy can play a game of pool and darts in the cozy little pub across from the main house.

thepointsaranac.com

MORE LAKE PLACID LODGING

Another upscale hotel is 131-room Mirror Lake Inn (mirrorlakeinn.com), right in the village on Mirror Lake with the elegant View restaurant. In addition to luxury lodges, Lake Placid offers a range of accommodations to choose from including Golden Arrow (goldenarrow.com), an eco-friendly resort also on Mirror Lake appealing to families, along with a variety of hotels, motels, b&b's and rustic cabins.

For more information visit lakeplacid.com and AAA.com/TravelGuide.

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ROOM SERVICE'S SINGAPORE REVOLUTION

THE INTERVIEW: KIT AND TIM KEMP

HYATT GETS COZY IN CAMBODIA





Herb N' Kitchen at New York Hilton Midtown aims to offer reasonably priced, high-quality food in an engaging environment as an alternative to traditional room service.



Although not intended to replace traditional room service, Louvre Hotels Group's new Grab & Go concept is expected to increase F&B turnover 10% to 15%.

UP FOR GRABS

The launch of Herb N' Kitchen at New York Hilton Midtown last fall was more than a standard restaurant debut. For many, it marked a seismic shift in the room service landscape as the hotel moved away from traditional in-room dining to emphasize this casual grab-and-go concept, which also offers in-room delivery to hotel guests. The menu features many local favorites at relatively low price points — the Pat La Frieda Cheeseburger (US\$9.75), for instance, and fish n' chips battered with Brooklyn Lager (US\$13.75).

"The Herb N' Kitchen concept was built to provide guests what they are looking for — reasonably priced, high-quality meals on the go in a destination that is engaging and allows for customization," says Beth Scott, vice president, global product development — F&B, wellness and restaurant concepts, Hilton Worldwide.

Although Scott declines to disclose numbers related to Herb N' Kitchen's business performance, she says the outlet has been well received by guests, not to mention providing operations benefits. "The self-service and flexible model allows the space to easily transition throughout the day with a variety of options including live-action stations and made-to-order or premade dishes," Scott says.

"The concept they created at the Hilton Midtown is fantastic," enthuses Corey Nyman, director of operations at Las Vegas-based

consultancy The Nyman Group. "The food and beverage society we're in now would much rather have an a la carte experience than have to wait 20, 40 or 60 minutes for delivery of a meal, pay a service charge to get it up to the room, a mandatory gratuity on top of that and taxes."

Scott notes traditional room service remains important for many Hilton properties, but there is no denying the grab-and-go alternative is gaining ground. In January, Louvre Hotels Group introduced Grab & Go, a self-service F&B area designed to round out its overall F&B offerings, at select hotels in France. **Whiteface Lodge** in Lake Placid, New York, opened Bear's Den Market, which serves house-made pastries and sandwiches in addition to gifts and convenience items 24/7, last fall.

Resort at Squaw Creek in Olympic Valley, California, serves all room service orders out of its deli to give guests more options for customization and make operations as efficient as possible. "Guests can walk into the deli and see the quality of the food before they order," says Squaw Creek Resort Manager Andre Priemer. "Guests can order takeaway or delivery from the full deli menu. By taking advantage of a food outlet that was already open, we were able to streamline the costs associated with room service, and as a result both lunch and dinner room service have become profitable."