



VACATION INSPIRATIONS

Whiteface Lodge, The

When you're planning your next vacation, celebrate in style at Whiteface Lodge, The, Lake Placid. Vacation timeshares such as Whiteface Lodge, The provide affordable luxury. Nestled in the heart of the Adirondack Mountains in Lake Placid, NY, The Whiteface Lodge is a luxury resort with 85 suites. The resort offers premier New York vacation rentals in close proximity to Lake Placid, Saranac Lake and Mirror Lake. Each graciously appointed Whiteface Lodge suite is a blend of rustic elegance and contemporary luxury. In each guest room you will find Adirondack hardwood furnishings and amenities such as jetted tubs, pillow-top beds, cast iron gas fireplaces, and LCD, high-definition televisions. The Whiteface Lodge offers one-of-a-kind activities and amenities such as: The Spa at Whiteface Lodge; The Canoe Club with exclusive private beach including canoes, kayaks, volleyball, badminton, croquet, bocci ball, horseshoes, frisbee, and ping pong; extensive health and fitness center ; year-round, heated indoor-outdoor swimming pool; ice skating rink (Seasonal); fifty four seat, surround-sound theater; family game room with pool, shuffleboard, air hockey, and foosball; cigar & cognac outdoor lounge; ten-pin bowling alley; and platform tennis. During the winter, the resort offers an ice skating rink. Whiteface Lodge features a private beach with access to canoeing, kayaking and a host of lawn games. The onsite bowling alley, fitness center, family room and theater offer activities for the whole family. Please note that Whiteface Lodge, The and Vacation Inspirations are independent of each other.



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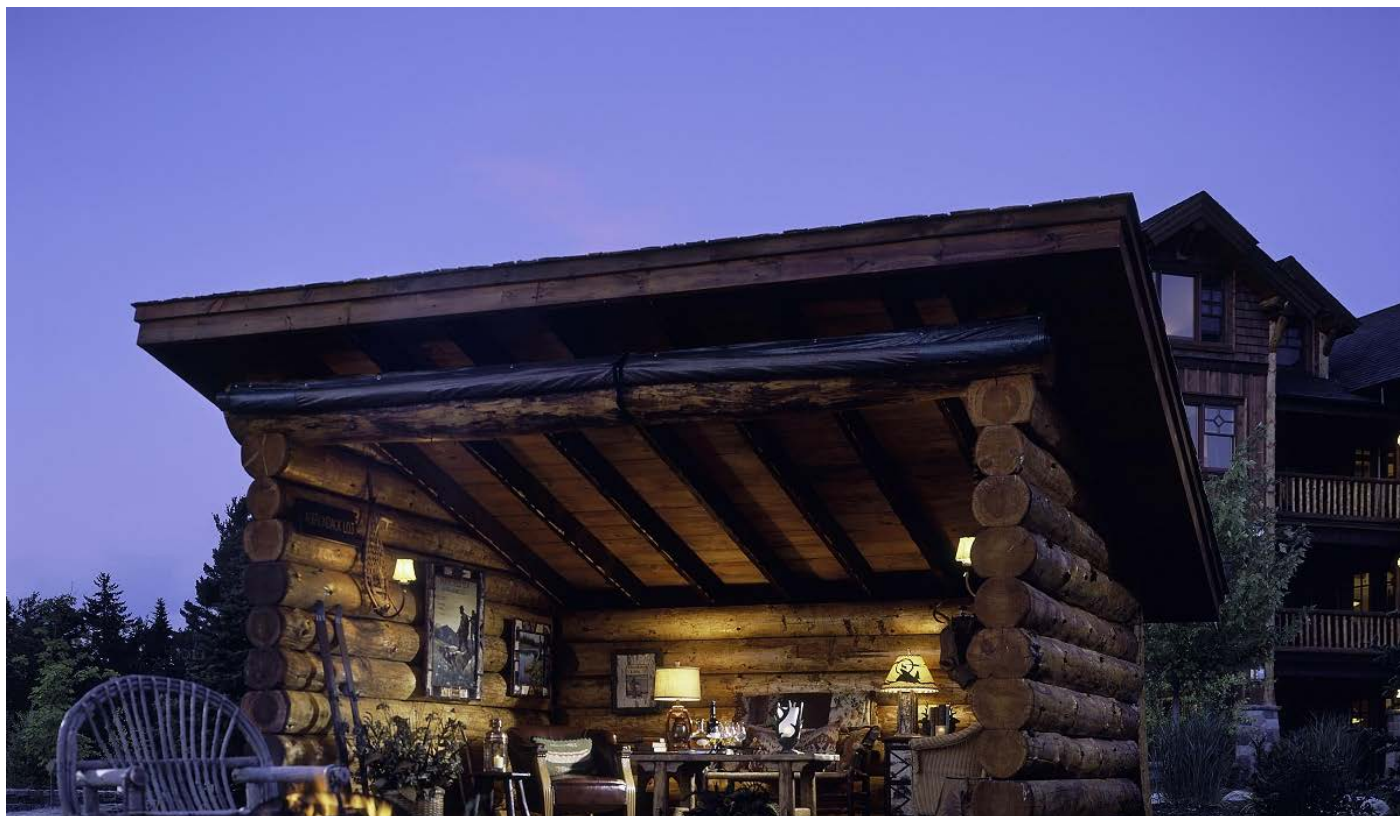
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The Whiteface Lodge - Lake Placid, NY, USA









The Whiteface Lodge is an exquisitely handcrafted property, created from the majestic timbers of the region by the last of a breed of artisans whose talents are manifested in natural materials, such as wood, fiber and stone. The elegantly rustic Lodge offers guests an opportunity to experience the comforts and amenities of the classic “Great Camps” of the Adirondacks.

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OFF DUTY TRAVEL

Piste and Harmony: Ski Holidays for the Whole Family

With plenty of great skiing, spas and activities, these five cool breaks cater to both parents and kids

By JEN MURPHY

March 13, 2014 6:26 p.m. ET



Gstaad Palace

A FAMILY SKI VACATION sounds dreamy, but it's hard to keep everyone happy on and off the slopes. Mom might be a die-hard powder hound who wants to ski off-piste, while dad prefers the green runs and the kids have just mastered the bunny hill. And someone has to do the organizing: equipment rentals, lift tickets, ski lessons, gear. At night, with little ones in tow, mom and dad often have to skip the après-ski cocktails and Michelin-star meals. But hotels have taken note and a new crop of properties is catering to discerning families, with personalized ski services, top-notch food and some seriously smart and fun kids programs. Families can spend the entire day skiing together or mom can go snowshoeing in a national park, while dad goes cat skiing, and teens cut movies from their [GoPro](#) footage in the hotel kids' club. Win, win.

Gstaad Palace, Gstaad, Switzerland



Gstaad Palace *Gstaad Palace*

Gstaad Palace looks like a fairy-tale castle, complete with turrets and towers, set against the Bernese Alps. One of the last family-owned grand hotels in the region, this glamour-puss dates back to 1913 and has played host to celebrities such as Elizabeth Taylor. Younger guests now also get star treatment. The hotel's children's program is designed for kids aged five to 12 and offers evening discos, movies and cooking lessons. Staff can arrange ski rentals and lessons and help guests navigate Gstaad's 220 kilometers of slopes, which include the glacial area in the Bernese Oberland. In addition to skiing, kids can go ice skating, sledding or curling, or visit an igloo, which can be booked for overnight stays. In the evenings, while adults dine on grilled turbot and artichokes, young ones can order dishes such as chicken burgers off Le Grand Restaurant's kids' menu. Families should request the two-bedroom Tower Suite or three-bedroom penthouse.

From 420 Swiss francs/€345, palace.ch

The Whiteface Lodge, Lake Placid, N.Y.

Keep the Olympic fever going with a trip to Lake Placid, N.Y. Host of the 1932 and 1980 [Winter Olympics](#), this village in the Adirondack Mountains offers visitors a chance to ride the Olympic bobsled course with a professional driver and brakeman or skate the 400-meter speedskating track. The Whiteface Lodge and Spa is the perfect base to experience (and recover from) all of the action. The all-suite, pine-beamed lodge is a five-minute drive from Lake Placid and 30 minutes from Whiteface Mountain, which boasts the highest vertical drop on the East Coast. After a day out in the cold, families retreat to suites warmed by cast-iron fireplaces. Parents can indulge in pastrami-brined salmon at the lodge's restaurant, Kanu, while kids enjoy pizza and games at the Sunset Club. Dessert options include bonfire-side S'mores, and brownie sundaes at the on-site ice cream parlor. There's also a bowling alley, movie theater and games room.

Two-bedroom suites from \$589/€425; thewhitelodge.com



Gstaad Palace



i am bored



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Lake Placid's Whiteface Lodge [Pic]

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Lake Placid's Whiteface Lodge
7 Whiteface Inn Lane, Lake Placid, New York 12946, USA,
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Whiteface Lodge was built in 2005 using timber and stone from the Lake Placid region. It's intended to be "a home away from home"—an old "Great Camps experience, ideally shared with family and friends." Get checked in by "the tremendously friendly staff" in a lobby permeated by "the smell of fireplaces and the sound of soft music." Sepia-tinted suites have cast-iron gas fireplaces, slate floors, wood paneling, and custom alderwood cabinetry; each has a private cedar-and-mahogany balcony. Bathrooms have radiant-heat flooring. "There are endless outdoor opportunities"—skiing, skating, bobsledding, fishing, and canoeing and the 5,800-square-foot spa offers "a heaven-sent four-handed massage."

A luxury modern resort with rustic charm starting \$375.00 a night.

submitted by: [ElectricEye](#)

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Lake Placid's Whiteface Lodge [Pic]. A luxury modern resort with rustic charm starting \$375.00 a night.

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Thursday, March 6, 2014 12:30:35 AM

no. I dont want to get eaten by some giantass crocodile.



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Wednesday, March 5, 2014 10:05:58 PM

It looks gorgeous.. but a little too over-decorated for me.

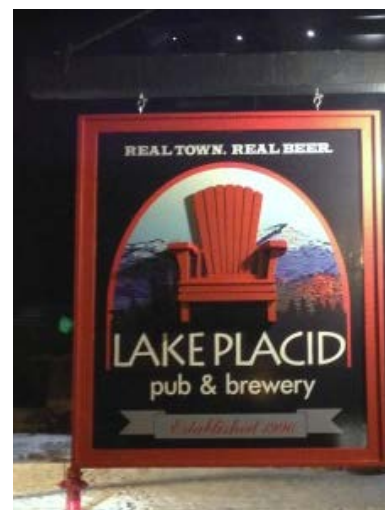
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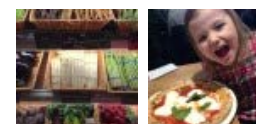
Gold-medal winning food and drink in Lake Placid

BY FRANCESCA MARCH 2, 2014 [BEER](#) [COCKTAILS](#) [GENERATIONS RESTAURANT](#) [LAKE PLACID](#) [LAKE PLACID PUB & BREWERY](#)
[LISA G'S](#) [NEW YORK](#) [WHITEFACE LODGE](#)

My time in [Lake Placid](#) was (too) short, spanning only a weekend, but I managed to fill it with all kinds of delicious meals and beverages, starting on Friday night at [Lake Placid Pub & Brewery](#). It was a pretty happening place with a good mix of couples, possibly enjoying date night, and families with younger children. We had gotten into town a bit later than we'd planned so we were starving. First matter of business, though: beer. I am a self-proclaimed beer snob and one thing I make sure to do when I travel someplace new is try the local beer. Lake Placid Pub & Brewery brews their own; it doesn't get any more local than that. I tried the IPA, which was solid, and the Moose Island Ale. Maybe because I drank it after the



PHOTOS

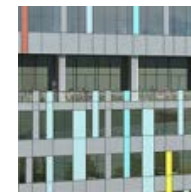


bolder IPA, the Moose Island Ale was too light for my taste. I spied many tasty-looking dishes on the menu but I chose the one that sounded most unusual: toad in the hole. I had to order it just because of the name. Basically, it's sausages and mashed potatoes wrapped in a puff pastry, and smothered in onion gravy. It was served with French fries and applesauce. It was sinfully delicious and filling and I ate every last bit of it.

Saturday morning found us awake at a reasonable hour and ready for breakfast at [Generations Restaurant](#), Golden Arrow Lakeside Resort's on-site restaurant. The view of frozen Mirror Lake from our table was just as spectacular as all the food we were treated to. While there, we learned of the farm-to-table initiative many of Lake Placid's restaurants are a part of, including Generations. With seven million acres of "forever wilderness" in the Adirondacks, restaurateurs have a number of high quality local products right in their backyards. I also learned that the Lake Placid area is a major producer of maple syrup. Honestly, I had no idea, but realizing how close Vermont is, it totally made sense. It also makes sense then that maple is prominently featured on the menu at Generations (and other local establishments, as I'd come to find out). We started with a housemade cinnamon roll, consisting of all local products, right down to the organic flour from Champlain Valley Milling. We were presented a few more courses but the highlight came at the end of our feast: we were witness to a tableside cooking demonstration of bison burgers (bison meat from local farms, of course) on a heated Himalayan salt slab. It was amazing to watch the meat cook and sizzle right in front of our eyes. It really didn't take very long for the burgers to cook and right before they came off the slab, we poured fresh, local maple syrup over them and watched it caramelize. I'd never tried bison before and now I'm not sure I can ever eat it again without holding it up to the high standard set by Generations Restaurant.



A bit outside of downtown Lake Placid is the amazingly beautiful and luxurious [Whiteface Lodge](#). We spent Saturday evening there, enjoying the warm ambiance (and free Wi-Fi, because that's what bloggers do) of KANU Lounge. The idea was to relax and have a



cocktail or two, and maybe an appetizer, so I studied the drink menu. Despite Whiteface's extensive craft beer list, I was drawn to the specialty cocktails. One in particular piqued my interest: the Campfire. I couldn't ignore the claim that the bourbon drink actually *tastes* like a campfire. I know that doesn't exactly sound appetizing, but I had to give it a go. Let's just say that I didn't stop at one Campfire and that I've been searching for maple water, one of the drink's ingredients, since returning from Lake Placid, with the hopes of recreating the Campfire at home. After all those drinks, we needed some food, so we ordered a few baskets of the truffle salt fries. These were no ordinary fries, not with shaved cheese curds and crispy duck bacon. We may or may not have fought over the last few fries in the baskets...

Our feeding frenzy next took us to [Lisa G's](#). It's said Lisa G's is all about "comfort foods with a modern twist". I'd say that description is pretty accurate. At first glance, one might think the menu is suffering a bit of an identity crisis, not quite sure to which ethnic group it might belong. There's pizza, and then there are pierogi; there's curried fish stew, and then there's risotto. So there's a little bit of everything going on at Lisa G's. I had a hard time deciding what to order and eventually went with the risotto. It has olives, which I don't really like, but it also has manchengo cheese, which I really do like. Olives and all, I didn't leave a trace of risotto in the bowl. I have to also mention the wings at Lisa G's. Now, I typically don't eat buffalo wings, especially in public (way too messy), but Lisa G's also offers Greek-style wings. Think Greek-style chicken but in miniature and with a creamy feta dipping sauce that is to die for. We finished all the wings and then asked for more of the feta sauce so we could spread it on bread, or eat it straight from the bowl. It's THAT good. As for my drink of choice, I once again bypassed the impressive beer selection and went for a specialty cocktail, the bourbon-based Sassy Cider. I wanted to keep the bourbon theme going and – well, I'm sassy. It also includes maple syrup and a dash of cayenne pepper. It almost was a bit too spicy for me but I managed to enjoy the Sassy Cider and finish it off.





Greek-style wings and the droolworthy feta sauce at Lisa G's

It's a miracle that I left Lake Placid sober and that my clothes still fit. I expected fun and adventure in the mountain town, but I honestly did not expect such delightful food and drink. And don't let the talk of beer and booze keep you from bringing your children to any of these places. Each is appropriate for kids and families; it all just depends on what YOU are comfortable with.

My visit to Lake Placid was sponsored by the Lake Placid CVB and its partners. As always, my thoughts and opinions are my own, and I was in no way swayed to write positively about all of the incredibly delicious food I ate and the delightfully unique drinks I consumed.

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Weekend Getaway Ideas From New York City

By VacationIdea Travel Editors on March 1, 2014

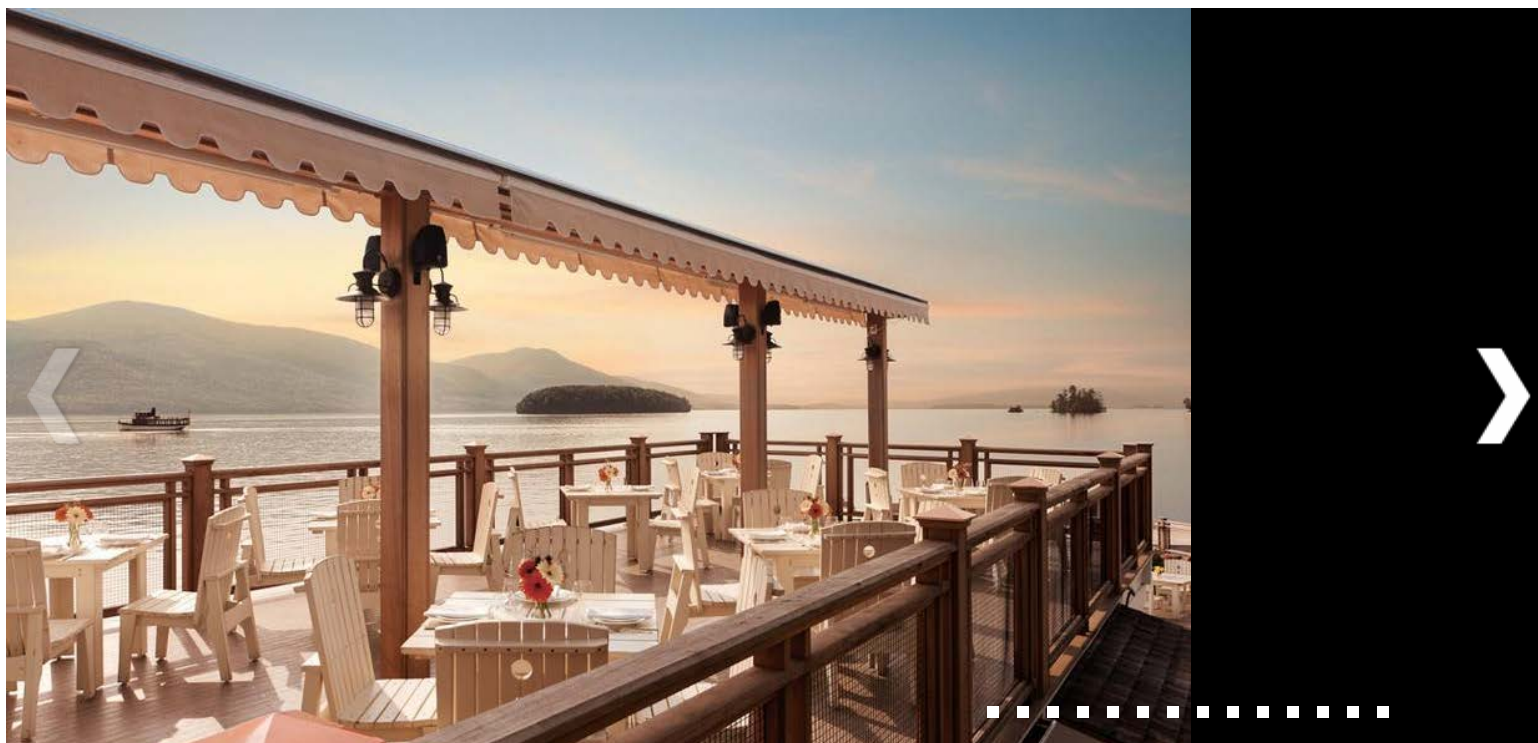


Photo Credit: Courtesy of The Sagamore

Browse a collection of New York weekend getaways, including romantic inns, resorts and unique hotels. If you are looking for weekend getaways from NYC, you can't go wrong with any of these great hotels and lodges.

[The Castle on the Hudson](#) is a romantic New York weekend getaway offering wood-burning fireplaces, turret alcoves and scenic views of the Hudson Valley and Manhattan Skyline. Since the hotel is just 30 minutes from Manhattan, you can sneak away for a quick one or two-night getaway, even if you are dealing with a very busy schedule. In the summer, relax next to the outdoor pool and dine at a 4-diamond AAA rated restaurant.

[The Whiteface Lodge](#) in Lake Placid is a weekend getaway destination for nature lovers. Choose from an array of outdoor activities and relaxing spa treatments during your stay. The lodge is especially popular during the [summer weekends](#), so

be sure to book early. In the spring and fall, the weather is cooler but there are fewer people.

Located in the Catskills about 3 hours from [New York City](#), [the Roxbury](#) has contemporary guest rooms with completely unique decor.

[The Sagamore](#) is surrounded by a lake and offers an array of activities for the whole family.

Popular with couples, the [luxury Land's End Inn](#) offers spectacular sunset views from its rooms and common areas.

Weekend Getaway to the Lower Hudson River Valley

Just a short drive from New York City, the Lower Hudson River Valley features historic buildings, scenic views and many vacation activities. Whether you are interested in shopping or visiting historic sites, the Lower Hudson is a quick weekend getaway from the city.

Several historic estates managed by Historic Hudson Valley in Westchester County are located close together near Tappan Zee Bridge on Route 9. During the warmer months, the beautiful grounds of Sunnyside and Lyndhurst offer a perfect setting for a picnic lunch. You can also visit the Philipsburg Manor, Kykuit and Van Cortland Manor.

Continuing north along the valley, there is the Bear Mountain State Park, the U.S. Military Academy at West Point, Boscobel and the Storm King Art Center.

The Lower Hudson River Valley is home to several charming inns and B&Bs. Hudson House in Cold Spring has rooms with beautiful views of the Hudson River. Rates range from \$140 to \$225 (845-265-9355, www.hudsonhouseinn.com). The Thayer Hotel at West Point has 151 guest rooms which have recently been restored (800-247-5047, www.thayerhotel.com). At the Pig Hill Inn in the historic village of Cold Spring you can take your breakfast in bed or in the garden. Room rates range from \$150 to \$220 (845-265-9247, www.pighillinn.com).

The Hudson River Fall Foliage Cruises

Fall foliage in the Hudson River Valley is eagerly anticipated by many every year. If you are planning a New York vacation in the fall, spend a day aboard the NY Waterway high-speed catamaran and enjoy a beautiful display of colors on Hudson River.

NY Waterway offers Fall Foliage and West Point Cruises which depart from Pier 78 at West 38th Street & 12th Avenue starting in September. The cruise costs \$60 for adults; \$30 for children and \$56 senior citizens. A tour of the United States Military Academy is included.

For upcoming cruises and reservations, call NY Waterway at 800-533-3779 or visit www.nywaterway.com.

Lyndhurst

On your trip to the Hudson River Valley, Lyndhurst is a must-see. This Gothic Revival mansion, designed in 1838 by Alexander Jackson Davis, offers beautiful views of the Hudson and its grounds. There is a pretty rose garden, a large greenhouse and a carriage house where you can have lunch.

Lyndhurst, located at 635 South Broadway in Tarrytown, offers guided and self-guided tours. The mansion is open to visitors from mid-April through October, Tuesday through Sunday and Holiday Mondays, from 10 am to 5 pm. From November to mid-April, Lyndhurst is open weekends only and Holiday Mondays, from 10 am to 4 pm.

Admission is \$10 for Adults; \$9 for Seniors; \$4 for Students ages 12 to 17; and free for children under 12. The grounds fee is \$4. To confirm opening times and admission fees, visit www.lyndhurst.org or call 914-631-4481.

Philipsburg Manor

The Storm King Art Center in the Lower Hudson River Valley is a unique art museum featuring more than 100 sculptures exhibited on 500 beautiful acres of fields and woodlands.

Located on Old Pleasant Hill Road, in Mountainville, New York, the art center was founded in 1960. The permanent collection of sculpture, which includes works from 1945 to the present, features several specially commissioned site-specific works. There are also temporary outdoor and indoor exhibits.

The Storm King Art Center open Wednesday through Sunday, April 1 through November 14, 2004. From April 1 to October 30, the center is open from 11:00 am 5:30 pm; from October 31 to November 14, it is open from 11:00 am 5:00 pm; from May 29 through September 4, 2004, the grounds remain open until 8:00 pm on Saturdays.

Admission is \$10 for adults; \$9 for senior citizens and college students; \$7 for students (K–12); and free for members and children under five years old. To confirm opening times and admission fees, call Storm King at 845-534-3115, or visit www.stormking.org.

Sunnyside

This charming stone mansion is one of the most famous attractions in the Hudson Valley. Sunnyside was the home of Washington Irving (1783 - 1859) who wrote short stories such as The Legend of Sleepy Hollow and Rip Van Winkle. Sunnyside is located on West Sunnyside Lane in Tarrytown.

On your tour of Sunnyside, you will be lead by guides dressed in mid-Victorian period costumes which fit well with the surroundings. On a warm day, bring a picnic lunch which you can enjoy on the grounds.

Sunnyside is located on West Sunnyside Lane, off Route 9 in Tarrytown, New York. The grounds are open to the public daily, except Tuesdays; April through October from 10 am to 5 pm; in November and December from 10 am to 4 pm; January and February closed; weekends only in March from 10 am to 4 pm.

Admission is \$9 for adults; \$5 for children ages 5 to 17; \$8 for seniors; free for kids under 5. The grounds only pass is \$4.

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Spa Destinations

The Spa at Whiteface Lodge Expands Menu, Launches Giveback Program and Tuesday Spa Night Specials



Spa-goers in the Adirondacks can raise a glass to the latest news from [Whiteface Lodge](#). Lake Placid's first-ever resort spa experience, **The Spa at Whiteface Lodge** has expanded its offerings with exclusive new treatments for men and the sought-after 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 its breakthrough resurfacing and fusion technology, the **HydraFacial** leaves skin glowing for weeks with no downtime or discomfort. Designed for all skin types, the treatment infuses the skin with antioxidants, peptides and hyaluronic acid to improve the appearance of fine lines, wrinkles, sun damage, congested oil skin 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.

Ideal for the enlightened athlete and outdoorsman, **The Modern Man** is a selection of five new treatments that specifically target male skincare and wellness needs. They include a



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Deep Tissue Massage designed to release chronic patterns of muscular tension that can lead to pain and structural misalignment; an invigorating Sports Massage that uses 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. Male spa-goers can also enjoy a Man Hands Soother that exfoliates rough, dry skin while trimming, filing and buffing nails; and the Energizing Foot Remedy, combining a soothing Epsom salt soak with nail and cuticle grooming, exfoliation, Quench masque and massage.

With every spa reservation, guests gain complimentary entrance to the state-of-the-art Health and Fitness Center, picturesque 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 about The Spa at Whiteface Lodge or book a treatment, please visit www.theWhitefaceLodge.com or call (518) 523-0560.

Health & Beauty



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Amazing new effective and affordable beauty skincare products from Whole Foods Market offers cold weather protection. They include the 365 Body Lotion Maximum Moisture, with ultra emollient for dry skin; has macadamia oil and shea butter base. Another wonderful product we tried is Whole Foods Market Daily Face Lotion with coconut. Both were tested for allergy reactions and results by our associate at LBN and passed with flying colors. For details and where to buy visit: www.wholefoodmarkets.com.

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KEYSTONE
A mountain of possibilities.

The Magazine > March 2014 > Meet in the Mountains

Meet in the Mountains

By Steve Winston

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Fresh air can often lead to fresh ideas

Maybe it's the sparkling mountaintops covered with snow, or the lush valleys blanketed in wildflowers, or the collage of colors, including the deep-blue skies...or the vast, wide-open spaces, which seem to enhance the possibilities of vast, wide-open thinking.

Ask any planner who's held a meeting in the mountains. Chances are they'll tell you it was one of the most productive—possibly the most productive—they've ever held.



Chances are, too, they'll tell you there are a lot more positive factors to mountain meetings besides enhanced productivity. For one thing, there are no transportation costs, so attendees stay and meet in the same place. For another, the resorts are self-contained, so attendees never have to leave. And because of this, there are increased chances for networking and exchange of ideas.

In addition, attendees often believe that mountain meetings are more productive because of the relaxed environment, inspiring scenery and that incredibly fresh, bracing air.

The United States just happens to be full of mountain ranges, and great mountain resorts in which to meet. So here we go, from east to west...

White Mountains



Omni Mount Washington Resort, Bretton Woods, N.H.

New Hampshire's Mount Washington is 6,288 feet of very challenging climbing—particularly because it's known for the most rapidly changing weather in America. It's a beautiful peak, though, and nearby **Omni Mount**

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A convention here is unlike anywhere.

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Washington Resort in Bretton Woods fits in perfectly with this countryside. It's a white-faced, red-roofed lodge that's been rated by ForbesTraveler.com as one of the Top 10 Mountain Hotels in America. There are 200 guest rooms, and 30,000 sq. ft. of meeting space. And if it's team building you're looking for, this is home to New Hampshire's largest ski area, Nordic and alpine skiing, a zipline tour and 27 holes of championship golf.

Green Mountains

Basin Harbor Club & Resort, in Vergennes, Vt., is a classic New England lodge perched on the shores of Lake Champlain. Here, you'll find 77 cottages, with 138 rooms in all, and 8,700 sq. ft. for meetings. Nearby **Champlain College**, in the capital city of Burlington, has 20,000 sq. ft. for attendees and dorms to house them.

Adirondacks



Whiteface Lodge, Lake Placid, N.Y.

Lake Placid is ordinarily a sleepy village in upstate New York. But twice—in 1960 and 1980—it became the crossroads of the world as the site of the Winter Olympic Games. Overlooking Lake Placid, **Whiteface Lodge** has 94 suites, 7,900 sq. ft. of meeting space and a 54-seat theater that can be used for meetings. In winter, planners can use the Olympic training facilities for bobsled and skating contests. And for summer team building, there are scenic trails and kayaking or canoe races on the lake.

Allegheny Mountains

The Alleghenies are the site of two classic Southern resorts.

In Virginia, **The Homestead**, a red-brick resort with 483 rooms and 72,000 sq. ft. of meeting space, is in the town of Hot Springs. The resort has a world-class spa to work out the meeting kinks (and the hot springs if that doesn't work), along with two championship golf courses, five restaurants and more outdoor recreational opportunities than you could possibly work into a schedule.

West Virginia boasts **The Greenbrier** in White Sulphur Springs, with 710 guest rooms and 115,000 sq. ft. This resort has nine restaurants, 30 shops, a casino and more than 50 onsite activities, among them horseback riding, rafting, golf and falconry.

Appalachian Mountains

Northeast Tennessee boasts its share of good meeting places, and since this area is a bit off the radar, it offers great value to planners. In the town of Kingsport, 90 miles northeast of Knoxville, for example, you'll find the **MeadowView Conference Resort & Convention Center**, with 305 guest rooms and 88,000 sq. ft. There are two restaurants and a lounge, a 24/7 fitness center, the Cattails Golf Club and an indoor pool with a hot tub.

Blue Ridge Mountains

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Olympic-sized fun

Ski, skate, shoot and slide where champions competed in Lake Placid

By: **Rochelle Lash**
Posted: **02/8/2014 1:00 AM** | Comments: 0

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We're rooting fervently for our talented Canadian athletes to make it to the podium at the Sochi Olympics, Feb. 7-23.

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 Winter 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, 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 decor. The hearty

KANU is a stunning Adirondack-style dining room at Whiteface Lodge in Lake Placid. (PHOTOES SUPPLIED BY WHITEFACE LODGE)



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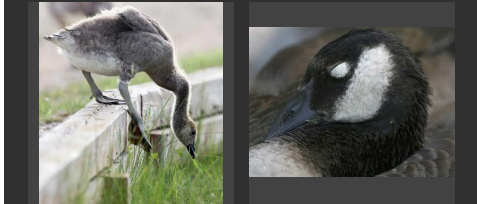
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POLL

The heated indoor-outdoor pool is a highlight at Whiteface Lodge in Lake Placid, N.Y. (POSTMEDIA)

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 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 are only 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 bull's-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 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.

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), easily fulfilling the 914-metre 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.

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Head to Lake Placid, New York for an Olympic-Sized Vacation

RANT LIFESTYLE | BY DAWN MILLER

POSTED: JANUARY 4, 2014

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The **2014 Winter Olympics** begins February 6 in **Sochi, Russia**. If you haven't already booked your trip, it is probably too late, but don't worry. If an Olympic-sized vacation is on your agenda, then you should check out **Lake Placid, New York**.

This little village in the **Adirondack Mountains** was the site of two Olympic competitions, in 1932 and 1980. Of course, it is best known for hosting one of the biggest sports upsets of all time when twenty young

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time Team USA has won gold in the sport.

If you are an Olympic buff, you will love the historic splendor of the **Lake Placid Winter Olympic Museum** which offers interesting exhibits and memorabilia from both games. The rink where the Miracle took place has been renamed the **Herb Brooks Arena** to honor the late coach who died in a one-vehicle car accident in August of 2003, is another must stop. Travelers can also skate on the oval where American speed-skater, **Eric Heiden** won an unprecedented five gold medals.

Nestled at the base of **Whiteface Mountain**, snowboarders and ski enthusiasts will be attracted to the many trails. The nearby **Olympic Ski Jumping Complex** was built for the 1980 games and features 90 and 120 meter jump towers. Visitors can tour the facility which continues to be a training ground for future Olympians.

Another must see is the **Olympic Sports Complex** where you can actually take a ride down the bobsled track. Participants must be 13 years or older and be at least 48 inches tall in order to speed down the half-mile track. If you are visiting during peak times such as the winter months, reservations are recommended.

If ski trails are not your thing, Lake Placid has many other fun-filled activities including tubing, hiking, tobogganing, dog sledding, pond hockey, ice skating, and a romantic forest sleigh ride.

After a day spent in the outdoors, you can relax at one of the scenic village restaurants which offer picturesque views of Whiteface Mountain and **Mirror Lake** as well as the town's namesake.

Shoppers will also not be disappointed since Main Street offers several quaint and trendy stores to satisfy the desires of souvenirs hunters and savvy buyers alike.

When planning your stay, there are a variety of accommodations to choose from depending on your tastes. The village offers larger hotels and luxury resorts that are ready to cater to your every whim. There are also smaller, homier inns and lodges. Rentals are available as well as cottages and cabins; many of which are located lakeside.

The **Adirondack Scenic Railroad** is another not to be missed attraction. It departs from the Lake Placid Station and offers scenic views of the mountains and forests of Adirondack Park which encompasses six million acres. The train runs seasonally during the spring, summer and fall. In Lake Placid, it becomes a snowmobile trail during the winter months. However, other nearby stops offers Santa excursions during the weeks leading up to the holidays.

An Olympic year always gets the juices flowing as far as winter sports go. So, if you are looking to come out of hibernation and pull on the cold-weather gear in order to experience the best the snow season has to offer, take a look at Lake Placid. The little village which has already played host to two Olympic Games may be interested in taking a shot at the 2020 competition.