



THE Fairmont
JASPER PARK LODGE

Health & Wellness Event Options

Featuring LifeStyle Cuisine  &
LifeStyle Cuisine Plus 

Take a Sandwich, Take a Hike, Take a Picture

Meet your colleagues for a 3 hour leisurely guided hike, interpretative talk, some healthy competition and picnic lunch.

Start the day off with energizing smoothie while you meet your Parks Canada Guide. You will be driven to the starting point of your “Valley of the 5 Lakes” Hike and embark on your journey. With cameras in hand, if you are lucky, you will get to encounter several of our local inhabitants . Remember, approach with caution and don’t forget to take a picture!

Enjoy your Lifestyle Cuisine Plus bagged lunch, share a few stories and head back. Upon your return submit your best shot to our judges who will deliberate and choose a winning image. If you are the lucky winner, your photo will be enlarged and framed to keep as a memory.

Smoothie

Strawberry and Banana Smoothie - organic soy milk, whole oats, Udo’s oil

Bagged Lunch

CHOICE OF ONE (1) STYLE OF SANDWICH:

Roasted Alberta Beef, Candied Red Onion, Old Cheddar & Spicy Mayonnaise

Tuna Salad, Spinach, Capers & Dill Mayonnaise

Smoked Turkey, Shaved Cucumber, Swiss Cheese & Apple-Cranberry Spread

ALL SANDWICHES ARE SERVED WITH:

Seasonal Whole Fruit

Oatmeal and Chocolate Chip Cookies

Celery & Carrot Sticks with Ranch Dip

Individual Juice and Bottled Glacier Water

Event Includes:

Disposable digital camera

Guided Hike

Transportation

The Fairmont
Jasper Park Lodge

Old Lodge Road
Jasper, Alberta
Canada T0E 1E0

 Lifestyle Cuisine provides a full range of culinary options that appeal to those wishing to make smarter food choices and satisfy common nutritional needs, including low-carbohydrate, low-fat, Mediterranean and vegetarian diets.

 Lifestyle Cuisine Plus, taking our commitment to your well-being even further, offers delicious meals designed around guests’ diet-dependent requirements, including the following: Diabetes, Heart disease or high blood pressure, Celiac disease (cannot tolerate gluten) or gastrointestinal disorders, Food allergies or sensitivities; as well as more specialized diets, such as: Vegan, Raw food, and Macrobiotic.

Fairmont
SIGNATURE EVENTS