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## weekly CONCIERGE guide

### FAIRMONT CHATEAU LAKE LOUISE

March 1 - March 7, 2024

## SIP & Savour

### WALLISER STUBE

DINNER | DAILY 5:30 PM - 9:00 PM

Innovative European alpine cuisine is featured nightly at the intimate Walliser Stube restaurant and wine bar. Choose from a tempting variety of classic Swiss, German and Alpine dishes influenced by regional styles, or experience our authentic Swiss Fondue - a homage to our Swiss Mountain Guide heritage.

### LAKEVIEW LOUNGE

LUNCH MENU | DAILY 11:00 AM - 4:00 PM

LOUNGE MENU | FRIDAY, SATURDAY, & THURSDAY 4:00 PM - 9:00 PM

LOUNGE MENU | SUNDAY - WEDNESDAY 4:00 PM - 11:00 PM

Canadian Rockies, the Lakeview Lounge offers a charming and elegant setting to sip on a sophisticated cocktail or an illustrious wine. Sit back, relax and admire the spectacular, world-class views of Lake Louise and Victoria Glacier.

### LOUIZA

BREAKFAST | DAILY 7:00 AM - 11:00 AM

DINNER | DAILY 5:00 PM - 9:00 PM

From sunrise to sunset, this Mediterranean-inspired restaurant invites you to explore its elegantly designed dining space, and an evolving menu featuring local ingredients that will change with the mountain seasons. This is the place to be inspired and feed your senses.

### ALPINE SOCIAL

DINNER | FRIDAY, SATURDAY & THURSDAY 5:00 PM - 1:00 AM\*

\*Food service until 11:00 PM

Celebrating the birthplace of mountaineering in the Canadian Rockies, Alpine Social's specialty is hearty, gourmet comfort food. Enjoy a tasteful selection of seasonal sharing plates.

### AFTERNOON TEA AT THE CHATEAU

Served in Fairview Bar & Restaurant

DAILY | 11:30 AM - 2:30 PM

Experience the wonderful tradition of Afternoon Tea at Fairmont Chateau Lake Louise. Featuring an assortment of our Lot 35 signature teas accompanied by delectable pastries and traditional North American and European style finger sandwiches.

### DINING RESERVATIONS

Dinner reservations are strongly recommended.

For dining reservations, please call +1 403 522 1817 or e-mail

[cll.diningreservations@fairmont.com](mailto:cll.diningreservations@fairmont.com). For all other inquiries, please call Concierge at +1 403 522 1601 or e-mail [cll.concierge@fairmont.com](mailto:cll.concierge@fairmont.com).

## DINING AT YOUR FINGERTIPS

### THE GUIDES PANTRY

OPEN 24 HOURS

The best place to grab a snack or a freshly brewed cup of coffee.

The Guides Pantry has a mix of menu items from cold sandwiches, salads and snacks for a grab-and-go bite before you start your daily adventure.

Scan the QR code, order,  
pay and pick up with ease ►



### IN-ROOM DINING

7:00 AM - 11:00 PM

Get up early to get a jump on the day and enjoy breakfast with a steaming mug of coffee in your room or order a late-night meal. Choose from signature gourmet offerings and Rocky Mountain Wild inspired dishes or unwind with one of our signature bottled cocktails.

Scan the QR code below, order and we'll  
provide you with the finest dining experience in  
the comfort of your accommodation ►



## FAIRMONT SPA

From a relaxing foot massage, to a luxurious body scrub and facial, treatments are designed to soothe and revitalize and the mind and body. Plan your visit after a day of mountain adventure and emerge feeling refreshed and ready to embrace whole body wellness.

The Spa is located on Level One of the Mount Temple Wing, rooms 1929 - 1937. It is accessible by the stairs or elevators near the Lago Italian Restaurant.

Please call +1 403 522 1545 to make a reservation or  
e-mail [cll.thespa@fairmont.com](mailto:cll.thespa@fairmont.com).

Scan the QR code to view our spa menu ►



## FIND *your* strength

## HEALTH CLUB

We know that keeping up with your regular fitness routine is important when travelling. Our Health Club features everything you need for a comfortable and rewarding workout while in Lake Louise. Energize your body in the fitness centre and then relax those muscles in the whirlpool for the perfect workout experience.

### HOURS OF OPERATION

Fitness Centre: Open 24 hours

Aquatic Pool: 6:00 AM - 11:00 PM

**Family Swim Pool Hours:** 10:00 AM - 12:00 PM

**Adults Only Pool Hours:** 9:30 PM - 11:00 PM

## IN-ROOM WELLNESS

Created by Three Sages wellness company, this program offers curated wellness experiences from the comfort of your guestroom. To select one of these wellness videos, navigate to the "ALL Be Well" category on your TV menu and select from one of the following playlists: yoga, stretch, mindful breathe, mindfulness and sleep.

Yoga mats and in-room wellness packages are available and included in the Resort Fee for in-house guests. These amenities can be picked-up from the Concierge Desk. All wellness classes are included in the resort experience fee.

## LIVING ROOM

We know that a vacation in the Canadian Rockies can be action-packed and tiring, so we have created the Living Room, an exclusive guest-only area to relax with a coffee, plan your day or play a board game with your family. This area is open to all in-house guests and is included in the resort experience fee. The Living Room is located above the Hotel Lobby on the second floor.

## DESTINATION GUIDE:

Looking for more activities to do in the local area?

Scan the QR code to see our full Winter Destination Guide ►



# FAMILY fun

## FRIDAY, MARCH 1

ACTIVITIES	LOCATION	TIME
Icefalls of Johnston Canyon	Guide's Cabin	8:15 AM - 12:15 PM
Cross-Country Ski Lesson	Rental Shop	9:30 AM - 11:30 AM
Bavarian Curling	Nordic Stop	10:30 AM - 11:30 AM
Lakeside Campfire	Lakefront Firepit	1:00 PM - 2:00 PM
Powderfest Guided Snowshoeing	Guide's Cabin	1:30 PM - 4:30 PM
Outdoor Adventures   Ages 6-13	Concierge Desk	2:00 PM - 3:30 PM
Traditional Snowshoe Experience	Nordic Stop	2:15 PM - 3:45 PM
Discover Lake Louise Presentation	Living Room	4:00 PM - 4:30 PM
Bavarian Curling	Nordic Stop	4:00 PM - 5:00 PM
Mountain Signature Mixology Class	Lakeview Lounge	4:00 PM - 4:45 PM
Lakeside Campfire	Lakefront Firepit	7:00 PM - 8:00 PM
Paint Night	Lefroy Room	7:00 PM - 8:30 PM
Night Owl Guided Snowshoe	Guide's Cabin	7:00 PM - 9:00 PM

FITNESS AND WELLNESS	LOCATION	TIME
Stretch and Roll	Agnes Room	8:00 AM - 8:45 AM
Energizing Yoga	Louise Room	12:30 PM - 1:30 PM
Slow Flow	Louise Room	2:30 PM - 3:30 PM
Beginner Box-Fit	Agnes Room	4:00 PM - 5:00 PM
Vinyasa Flow	Louise Room	5:30 PM - 6:30 PM
Core & Mobility	Agnes Room	5:30 PM - 6:30 PM
Recover & Unwind	Agnes Room	6:30 PM - 7:15 PM
Spring Yin	Louise Room	7:30 PM - 8:30 PM

## SATURDAY, MARCH 2

ACTIVITIES	LOCATION	TIME
Icefalls of Johnston Canyon	Guide's Cabin	8:15 AM - 12:15 PM
Cross-Country Ski Lesson	Rental Shop	9:30 AM - 11:30 AM
Bavarian Curling	Nordic Stop	10:30 AM - 11:30 AM
Lakeside Campfire	Lakefront Firepit	1:00 PM - 2:00 PM
Cross-Country Ski Tours	Rental Shop	1:00 PM - 4:00 PM
Powderfest Guided Snowshoeing	Guide's Cabin	1:30 PM - 4:30 PM
Outdoor Adventures   Ages 6-13	Concierge Desk	2:00 PM - 3:30 PM
Traditional Snowshoe Experience	Nordic Stop	2:15 PM - 3:45 PM
Discover Lake Louise Presentation	Living Room	4:00 PM - 4:30 PM
Bavarian Curling	Nordic Stop	4:00 PM - 5:00 PM
Mountain Signature Mixology Class	Lakeview Lounge	4:00 PM - 4:45 PM
Lakeside Campfire	Lakefront Firepit	7:00 PM - 8:00 PM
Night Owl Guided Snowshoe	Guide's Cabin	7:00 PM - 9:00 PM

FITNESS AND WELLNESS	LOCATION	TIME
Power Pilates	Louise Room	6:30 AM - 7:30 AM
Functional Balance	Agnes Room	8:00 AM - 9:00 AM
Sunrise Meditation Walk	Louise Room	8:00 AM - 9:00 AM
Spring Yin	Louise Room	4:00 PM - 5:00 PM
Beginner Box-Fit	Agnes Room	4:00 PM - 5:00 PM
Balance, Band, & Recovery	Agnes Room	5:30 PM - 6:15 PM
Vinyasa Flow	Louise Room	5:30 PM - 6:30 PM
Recover & Unwind	Agnes Room	6:30 PM - 7:15 PM
Yoga Nidra	Louise Room	6:30 PM - 7:30 PM

## SUNDAY, MARCH 3

ACTIVITIES	LOCATION	TIME
Icefalls of Johnston Canyon	Guide's Cabin	8:15 AM - 12:15 PM
Cross-Country Ski Lesson	Rental Shop	9:30 AM - 11:30 AM
Bavarian Curling	Nordic Stop	10:30 AM - 11:30 AM
Lakeside Campfire	Lakefront Firepit	1:00 PM - 2:00 PM
Cross-Country Ski Tours	Rental Shop	1:00 PM - 4:00 PM
Powderfest Guided Snowshoeing	Guide's Cabin	1:30 PM - 4:30 PM
Outdoor Adventures   Ages 6-13	Concierge Desk	2:00 PM - 3:30 PM
Traditional Snowshoe Experience	Nordic Stop	2:15 PM - 3:45 PM
Discover Lake Louise Presentation	Living Room	4:00 PM - 4:30 PM
Bavarian Curling	Nordic Stop	4:00 PM - 5:00 PM
Mountain Signature Mixology Class	Lakeview Lounge	4:00 PM - 4:45 PM
Lakeside Campfire	Lakefront Firepit	7:00 PM - 8:00 PM
Paint Night	Lefroy Room	7:00 PM - 8:30 PM

FITNESS AND WELLNESS	LOCATION	TIME
Slow Flow	Louise Room	7:30 AM - 8:30 AM
Power Pilates	Louise Room	9:00 AM - 10:00 AM
Circuit Training	Agnes Room	12:30 PM - 1:30 PM
Midday Meditation	Louise Room	12:30 PM - 1:30 PM
Guided Strength	Agnes Room	2:30 PM - 3:30 PM
Sunday Reset Yoga	Louise Room	2:30 PM - 3:30 PM
Stretch & Roll	Agnes Room	5:30 PM - 6:15 PM
Recover & Unwind	Agnes Room	7:30 PM - 8:15 PM

## MONDAY, MARCH 4

ACTIVITIES	LOCATION	TIME
Bavarian Curling	Nordic Stop	10:30 AM - 11:30 AM
Lakeside Campfire	Lakefront Firepit	1:00 PM - 2:00 PM
Outdoor Adventures   Ages 6-13	Concierge Desk	2:00 PM - 3:30 PM
Traditional Snowshoe Experience	Nordic Stop	2:15 PM - 3:45 PM
Discover Lake Louise Presentation	Living Room	4:00 PM - 4:30 PM
Bavarian Curling	Nordic Stop	4:00 PM - 5:00 PM
Mountain Signature Mixology Class	Lakeview Lounge	4:00 PM - 4:45 PM
Lakeside Campfire	Lakefront Firepit	7:00 PM - 8:00 PM
Paint Night	Lefroy Room	7:00 PM - 8:30 PM

FITNESS AND WELLNESS	LOCATION	TIME
Energizing Yoga	Louise Room	6:30 AM - 7:30 AM
Sunrise Meditation Walk	Louise Room	8:00 AM - 9:00 AM
Spring Yin	Louise Room	4:00 PM - 5:00 PM
Vinyasa Yoga	Louise Room	5:30 PM - 6:30 PM
Yoga Nidra	Louise Room	6:30 PM - 7:30 PM

## TUESDAY, MARCH 5

ACTIVITIES	LOCATION	TIME
Icefalls of Johnston Canyon	Guide's Cabin	8:15 AM - 12:15 PM
Bavarian Curling	Nordic Stop	10:30 AM - 11:30 AM
Lakeside Campfire	Lakefront Firepit	1:00 PM - 2:00 PM
Powderfest Snowshoe Experience	Guide's Cabin	1:30 PM - 4:30 PM
Outdoor Adventures   Ages 6-13	Concierge Desk	2:00 PM - 3:30 PM
Traditional Snowshoe Experience	Nordic Stop	2:15 PM - 3:45 PM
Discover Lake Louise Presentation	Living Room	4:00 PM - 4:30 PM
Bavarian Curling	Nordic Stop	4:00 PM - 5:00 PM
Mountain Signature Mixology Class	Lakeview Lounge	4:00 PM - 4:45 PM
Lakeside Campfire	Lakefront Firepit	7:00 PM - 8:00 PM
Bingo!	Lefroy Room	7:00 PM - 8:30 PM

FITNESS AND WELLNESS	LOCATION	TIME
Power Pilates	Louise Room	6:30 AM - 7:30 AM
Vinyasa Flow	Louise Room	8:00 AM - 9:00 AM
Spring Detox Yoga	Louise Room	4:00 PM - 5:00 PM
Slow Flow	Louise Room	5:30 PM - 6:30 PM
Evening Meditation	Louise Room	6:30 PM - 7:30 PM

## WEDNESDAY, MARCH 6

ACTIVITIES	LOCATION	TIME
Icefalls of Johnston Canyon	Guide's Cabin	8:15 AM - 12:15 PM
Bavarian Curling	Nordic Stop	10:30 AM - 11:30 AM
Cross Country Ski Lesson	Rental Shop	10:30 AM - 12:30 PM
Lakeside Campfire	Lakefront Firepit	1:00 PM - 2:00 PM
Powderfest Guided Snowshoe	Guide's Cabin	1:30 PM - 4:30 PM
Outdoor Adventures   Ages 6-13	Concierge Desk	2:00 PM - 3:30 PM
Traditional Snowshoe Experience	Nordic Stop	2:15 PM - 3:45 PM
Discover Lake Louise Presentation	Living Room	4:00 PM - 4:30 PM
Bavarian Curling	Nordic Stop	4:00 PM - 5:00 PM
Mountain Signature Mixology Class	Lakeview Lounge	4:00 PM - 4:45 PM
Lakeside Campfire	Lakefront Firepit	7:00 PM - 8:00 PM
Paint Night	Lefroy Room	7:00 PM - 8:30 PM

FITNESS AND WELLNESS	LOCATION	TIME
Circuit Training	Agnes Room	12:30 PM - 1:30 PM
Guided Strength	Agnes Room	2:30 PM - 3:30 PM
Stretch & Roll	Agnes Room	5:30 PM - 6:15 PM
Balance, Band, and Recovery	Agnes Room	7:30 PM - 8:15 PM

## THURSDAY, MARCH 7

ACTIVITIES	LOCATION	TIME
Icefalls of Johnston Canyon	Guide's Cabin	8:15 AM - 12:15 PM
Bavarian Curling	Nordic Stop	10:30 AM - 11:30 AM
Lakeside Campfire	Lakefront Firepit	1:00 PM - 2:00 PM
Powderfest Guided Snowshoeing	Guide's Cabin	1:30 PM - 4:30 PM
Outdoor Adventures   Ages 6-13	Concierge Desk	2:00 PM - 3:30 PM
Traditional Snowshoe Experience	Nordic Stop	2:15 PM - 3:45 PM
Discover Lake Louise Presentation	Living Room	4:00 PM - 4:30 PM
Bavarian Curling	Nordic Stop	4:00 PM - 5:00 PM
Mountain Signature Mixology Class	Lakeview Lounge	4:00 PM - 4:45 PM
Lakeside Campfire	Lakefront Firepit	7:00 PM - 8:00 PM
Bingo!	Lefroy Room	7:00 PM - 8:30 PM
Night Owl Snowshoe	Guide's Cabin	7:00 PM - 9:00 PM

FITNESS AND WELLNESS	LOCATION	TIME
Rise & Shine Morning Stretch	Agnes Room	6:30 AM - 7:15 AM
Core & Mobility	Agnes Room	8:00 AM - 9:00 AM
Functional Balance	Agnes Room	4:00 PM - 5:00 PM
Stretch & Roll	Agnes Room	5:30 PM - 6:15 PM
Recover & Unwind	Agnes Room	6:30 PM - 7:15 PM

## LAKE LOUISE SKI RESORT SHUTTLE

DEPART HOTEL	DEPART SKI RESORT
8:30 AM	10:30 AM
9:00 AM	11:30 AM
10:00 AM	1:30 PM
11:00 AM	2:30 PM
1:00 PM	3:30 PM
	4:30 PM

## BANFF SUNSHINE VILLAGE SKI RESORT SHUTTLE

*Tuesday and Thursday only.*

DEPART HOTEL	DEPART SKI RESORT
8:30 AM	3:30 PM

These shuttles areonly for our registered hotel guests. The shuttles operate on a first come, first served basis. Meet at the belldesk 5-10 minutes prior to departure. Shuttles are included in Resort Fee.

## ALL DAY ACTIVITIES:

ACTIVITIES	LOCATION
The Adventures of Mrs. Engelhard	Concierge
Scavenger Hunt	Concierge
Board Games to borrow	Front Desk
The Artist: Paint Package	Concierge

## DON'T MISS OUT! BOOK HERE:

Scan the QR code or contact our Concierge team at [cll.concierge@fairmont.com](mailto:cll.concierge@fairmont.com) or +1 403 522 1601 to register for your activities

