

## **SHADOW LAKE LODGE**

### **SUMMER**

#### ***Location:***

The location of the trailhead is 12 miles (19 km) west of Banff on the Trans Canada Highway, look for the sign Red Earth Creek Parking Lot. You can park your car in the lot for as long as you like at no cost. From there, access to Shadow Lake Lodge is a 9-mile (14 km) hike or mountain bike on a marked trail. A backcountry pass is included in your stay at Shadow.

Mountain biking is permitted on the Red Earth Fire Road to the Junction to Shadow Lake only. The rest of the trip is a 2.5 K nice hiking trail to the lodge.

We recommend that you check with the Information Centre in Banff for current weather and trail conditions before departing. Phone #: (403)762-1550. Weather office recording: (403)762-2088, website [www.weatheroffice.ec.gc.ca/forecast/city\\_e.html?wzg](http://www.weatheroffice.ec.gc.ca/forecast/city_e.html?wzg)  
Parks website: [www.pc.gc.ca/pn-np/ab/banff/index\\_e.asp](http://www.pc.gc.ca/pn-np/ab/banff/index_e.asp)

#### ***Lodging:***

The cabins have been booked at time of reservation. There is a choice of King, Queen or Double cabins. All linens are provided, including towels. Cabins are propane heated, solar powered lighting, wash basin and there is also a central Shower, Men's & Ladies.

Check in time is 3:00 p.m... Check out time is 10:00 a.m. Please try to be into the Lodge by 6:00 p.m. for dinner as there is only one dinner serving.

#### ***Meals:***

Upon arrival at the Lodge guests are greeted with the sweet smells of homemade breads and goodies as afternoon tea is served. Early evening guests reconvene to the central dining room where fresh breads, homemade soup, delicious salad, vegetable dishes and daily choice of Pork Tenderloin, Chicken Breast, Beef tenderloin, Salmon or Tuna are served, bound to satisfy. Homemade desserts follow with tea & coffee. Daily homemade breads start the day accompanied by a hearty breakfast. Lunches, build your own with varieties of foods for your day hike. Special Meals – at time of booking, please advise your reservation agent of special dietary requirements.

#### ***Liquor License:***

Shadow Lake Lodge is a licensed facility offering beer and a varied selection of fine wines – personal alcoholic beverages cannot be consumed in public areas.

### ***Day hikes:***

While at Shadow Lake Lodge, all guests must sign out for their day hike; which trail they are taking and what time to expect them back. This is just a precaution – so we know where all our guests are at all times.

Maps are provided at the Lodge.

### ***What to bring:***

Shadow Lake Lodge is located in the backcountry. It is nice to stay for several days in order to explore some of the spectacular scenery this area holds. The only access to the lodge for visitors in the summer is by hiking, or mountain biking. Weather in the mountains can be unpredictable, so be prepared. It is suggested that you pack the necessary equipment to make running repairs if required and a pack lunch for the trip in. Other suggested items to include are:

- Windbreaker
- Rain Gear
- Shorts and long pants
- Hats
- Gloves
- Extra socks
- Sun glasses with UV protection
- Sun block lotion and lip protector
- Insect repellent
- Indoor shoes or slipper
- First aid kit including tensor bandage
- Swiss army knife
- Waterproof matches, toilet paper and/or Kleenex
- High-energy bars
- Bathing suit
- Daypack
- Camera and film
- Thermos and/or water bottle
- Personal toiletries, toothbrush, comb. Etc. Environmentally friendly soap, shampoo & conditioner are provided

### ***Other Considerations:***

- Fishing License – a fishing license is required and can be acquired from Parks Canada (*see above noted website*)
- Pets – Pets are not allowed at Shadow Lake Lodge.
- Smoking – There is no smoking allowed in the Lodge or Cabins.

