

SHADOW LAKE LODGE

WINTER

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) cross country ski or snowshoe in on a marked trail. A backcountry pass is included in your stay at Shadow.

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 Parks website: www.pc.gc.ca/pn-np/ab/banff/index_e.asp or avalanche: www.avalanche.com

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 skiing:

While at Shadow Lake Lodge, all guests must sign out for their day ski; 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:

- Warm clothing including down jacket
- Wind proof over pants and jacket w/hood
- Long pants i.e. fleece
- Hats
- Gloves
- Extra socks
- Sun glasses with UV protection
- Sun block lotion and lip protector
- Climbing skins (optional) Cork, scraper and wax
- 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 for sauna
- Daypack
- Camera and film
- Thermos and/or water bottle
- Personal toiletries, toothbrush, comb. Etc. Environmentally friendly soap, shampoo & conditioner are provided

Other Considerations:

- Pets – Pets are not allowed at Shadow Lake Lodge.
- Smoking – There is no smoking allowed in the Lodge or Cabins.