



LAKE LOUISE
WELLNESS



Ultimate Trail Running
Sunday, August 8 - Friday, August 13, 2021
Sunday, September 5 - Friday, September 10, 2021

RETREAT ITINERARY



Sunday

4:00 PM - 7:30 PM | ARRIVAL & CHECK-IN

7:30 PM - 9:00 PM | WELCOME RECEPTION

Enjoy a selection of appetizers and beverages while getting to know Jeff Douglas and the other participants.

Monday

9:00 AM - 2:00 PM | 1st TRAIL RUN WITH JEFF

2:00 PM - 3:00 PM | STRETCH with hotel instructor (optional)

This gentle class is suited for all levels of experience. Perhaps the group will choose a polar-bear dip in Lake Louise post run too.

7:30 PM - 9:00 PM | GROUP DINNER with JEFF

Enjoy delicious, fresh, seasonally inspired cuisine with the group. The culinary team at Fairmont Chateau Lake Louise recognizes your health and well-being as a top priority. We include organic local produce when possible. We do our best to accommodate specialized diets and food sensitivities.

Tuesday

All Day Free

This is your chance to explore beautiful Lake Louise on your own time. Choose from one of the activities listed below.

Wednesday & Thursday

8:30 AM - 2:00 PM | 2nd & 3rd TRAIL RUN WITH JEFF

2:00 PM - 3:00 PM | STRETCH with hotel instructor (optional)

7:30 PM - 9:00 PM | GROUP DINNER with JEFF

Friday

12:00 PM | CHECK-OUT



TRAILS WITH JEFF DOUGLAS

Trails will be chosen by Jeff each day based on a variety of conditions to deliver an 'ultimate' experience.

Easy - 3-4 hours

Stanley Glacier (10.4km / +564m)

Boom Lake (9.4km / +170m)

Glacier Lake (12.5km / 400m)

Moderate - 4-6 hours

Tea Houses (18km / +665m)

Wenkchemna Pass (19.4km / +710m)

Helen Lake / Cirque Peak (14km / +550m / with 3.5km +400m Cirque Peak add on)

Iceline & Celeste Lake (16.5km / +660m)

Sentinel Pass - Paradise to Moraine (16.9km / +721m)

Difficult - 6-8 hours

Skoki Loop (26.6km / +635m)

Sentinel Pass - Paradise to Paradise (26.4km / +891m)

Sentinel Pass - Moraine to Louise (20.5km / +1240m)

Iceline (20km / +710m)



FREE TIME OPTIONS

PAMPER YOURSELF WITH A SPA TREATMENT

Allow our team of spa therapists to take you on a journey of blissful indulgence with premium quality ingredients. Backed by expert knowledge, outstanding technique and gentle character, our team of professionals specialize in more than 20 treatments and services. From a relaxing foot massage, to a luxurious body scrub and facial, treatments are designed to soothe and revitalize and the mind and body. You will emerge feeling refreshed, relaxed and rejuvenated. (not included with retreat package price)

NOTE - return times from runs on Monday, Wednesday & Thursday are approximate, we do not recommend booking any other confirmed activity for those afternoons.

EXPERIENCE A MINDFUL NATURE WALK

This is a chance to truly embrace one of the most beautiful locations on the planet. Venture for a walk on one of our scenic trails. Inhale the fresh mountain air and practice being in the moment and taking in your surroundings with all five senses.

RELAX IN OUR PRIVATE, GUEST-ONLY LOUNGE

Sink into a comfortable armchair in our newly renovated Living Room. Enjoy a moment to yourself with a tea or coffee in hand. Located above the main lobby.

EXPLORE OUTSIDE

Rent a canoe or e-bike, enjoy a short hike, try a polar bear dip in the Lake... options are endless outside. Chat with our Concierge team about options based on the weather and your interests.

ADDITIONAL OPTIONS

Enjoy our pool, hot tub and fitness facilities throughout your stay. Take some time to journal about your retreat experience. Refresh yourself with a healthy, post run nap.