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威士拿唯一的湖畔酒店 Nita Lake Lodge，讓你遠離煩囂，走進白皚皚的冬日樂園。

身為加拿大人十分幸福，要欣賞大自然美景一點不難。壯麗的戶外及山川景色近在咫尺，同時更可以擁有高質素的享受。

Get set for a holistic escape to Whistler's only lakeside property: Nita Lake Lodge.

As Canadians, we have many things to be thankful for, including easy access to the great outdoors and rugged backcountry. So imagine having that beauty intersect with upscale comfort?

冬日雪之旅 威士拿NITA LAKE LODGE A WINTER WELLNESS GETAWAY AT WHISTLER

text | Renée Gaen photos | Renée Gaen and Nita Lake Lodge

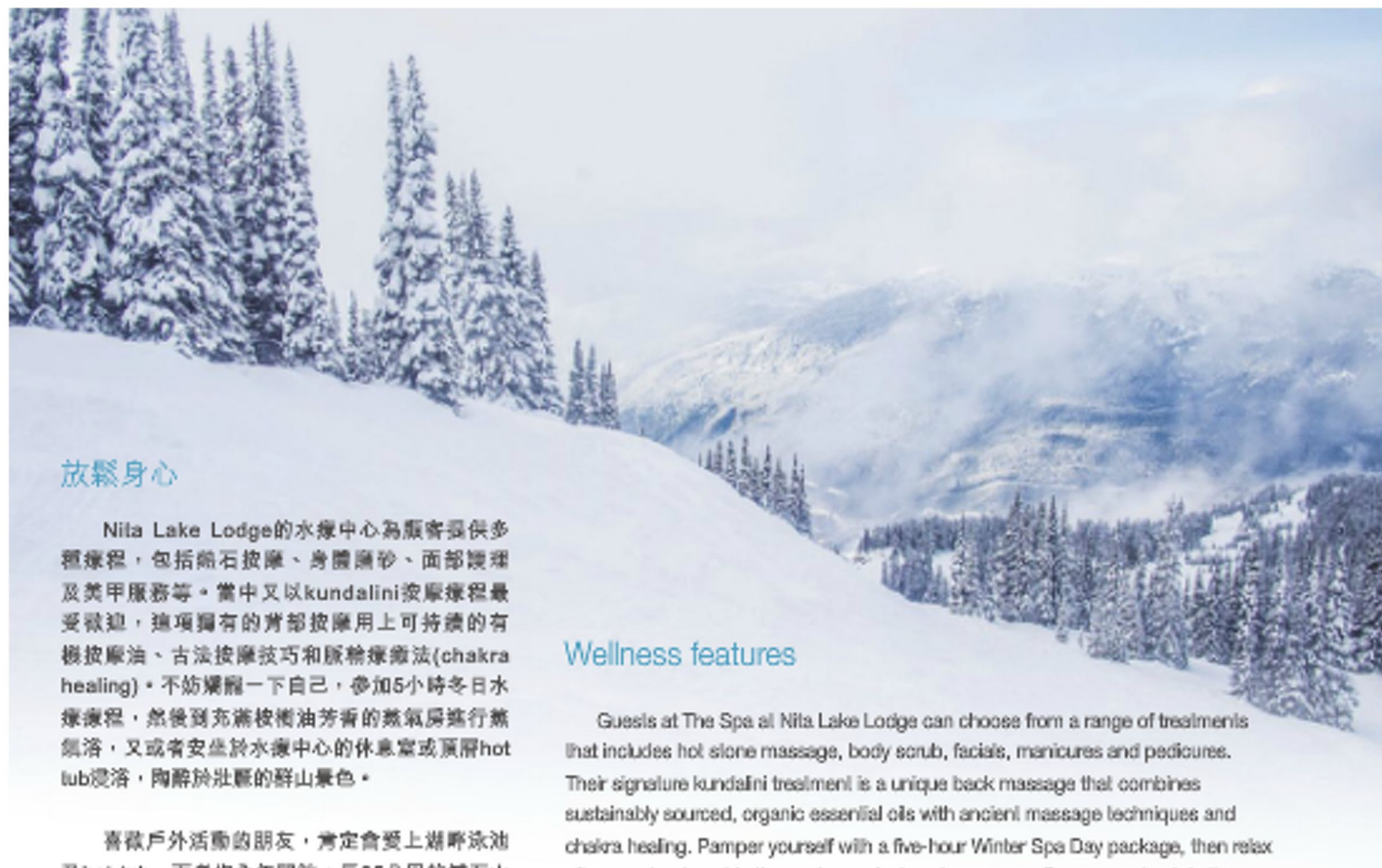
於威士拿玩了一天天無上活動，回到Nita Lake Lodge可以應酬放鬆身心。
(圖片由 Nita Lake Lodge提供)
Nita Lake Lodge is like a welcoming beacon after a day out exploring Whistler's winter wonderland. (Photo by Nita Lake Lodge)

談的是位於溫哥華以北約兩小時車程的Nita Lake Lodge。酒店獲Condé Nast Traveler Reader's Choice Awards評為加國最佳度假酒店之一，在這裡可欣賞到恬靜寧謐的冰川、徐緩磅礴的雪山、以及蜿蜒起伏的山谷，讓你暫時遠離喧鬧的城市，走入大自然的懷抱。難怪這間豪華度假酒店是區內的人氣首選。

Nita共有77間套房，全部均備有king size大床，房中小客廳更有一個高至天花的玄武岩火爐，浴室設有可容納兩人的大浴缸及淋浴間。從客房的大窗或露台可擁眺四周的山景、湖景或樹林景致，讓你就算置身暖洋洋的房間，仍可感受大自然的冬日浪漫。

Those looking for an escape from the buzz of city life can find it a mere two-hour drive north of Vancouver. Voted one of the best resorts in Canada (as chosen by Condé Nast Traveler Reader's Choice Awards), Nita Lake Lodge offers romantic views of a tranquil glacier-fed lake, breathtaking snow-capped mountains and rolling valleys steps away from the boutique resort. It's easy to see why the luxury hotel is an area favourite.

Each of the Nita's 77 suites is outfitted with a king bed, a seating area with a floor-to-ceiling Basalt gas fireplace and slate tile flooring in a main bathroom that features a double soaker bathtub and a separate rain shower. Enjoy the bliss of the warm indoors while gazing into the winter wonderland outside from the balcony of every spacious room.



放鬆身心

Nita Lake Lodge的水療中心為顧客提供多種療程，包括熱石按摩、身體磨砂、面部護理及美甲服務等。當中又以kundalini按摩療程最受歡迎，這項獨有的背部按摩用上可持續的有機按摩油、古法按摩技巧和脈輪療法(chakra healing)。不妨犒勵一下自己，參加5小時冬日水療療程，然後到充滿桉樹油芳香的蒸氣房進行蒸氣浴，又或者安坐於水療中心的休息室或頂層hot tub浸浴，陶醉於壯麗的群山景色。

喜歡戶外活動的朋友，肯定會愛上湖畔泳池及hot tub，兩者均全年開放。長35公里的鑽石山徑連接威士拿鄰近的社區，無論散步、慢跑或純粹欣賞風景都十分適合。夏季時份，酒店提供各種免費活動如單車、獨木舟及直立式滑浪板；而冬季則可穿上雪鞋探索四周的冬日美景。

走進室內一樣可以動起來，Basecamp Fitness健身中心提供個人健身訓練及團體健身班。而Loka Yoga則提供不同程度的瑜伽課程，由Ashtanga至Sanskrit chanting以及Jivamukti瑜伽都一應俱全，課程內容包括冥想、念誦及學習古代文字。

Loka Yoga更備有多種瑜伽套票，切合你的興趣及需要。當中包括1日放鬆身心課程，以及長達8日的全方位療程，內容包括水療、5堂瑜伽課程、鄰近Scandinave水療的入場票及膳食。

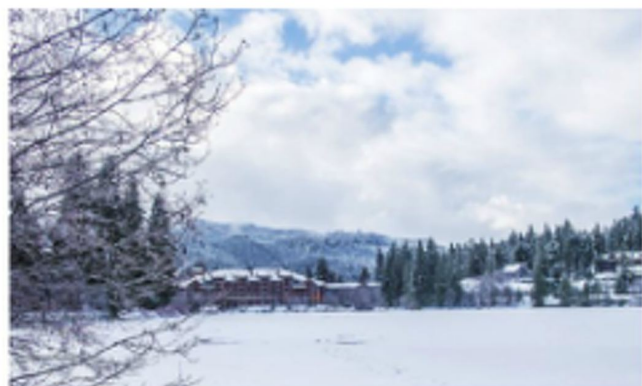
Wellness features

Guests at The Spa at Nita Lake Lodge can choose from a range of treatments that includes hot stone massage, body scrub, facials, manicures and pedicures. Their signature kundalini treatment is a unique back massage that combines sustainably sourced, organic essential oils with ancient massage techniques and chakra healing. Pamper yourself with a five-hour Winter Spa Day package, then relax after your treatment in the spa's eucalyptus steam room. Or, you can bask in the spectacular views of the mountains from the spa's cozy lounge and rooftop hot tubs.

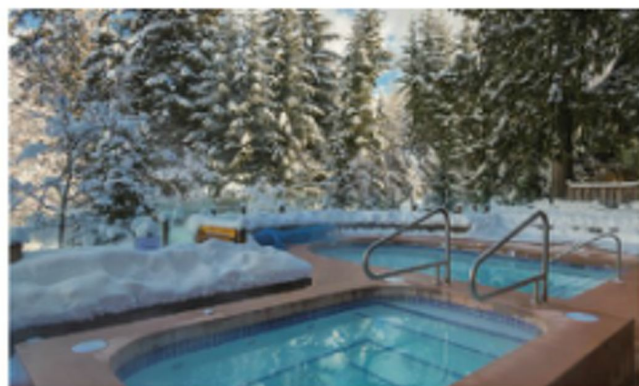
The outdoorsy types can enjoy the lakeside plunge pool and hot tub, both open year-round. There's a 35-kilometre paved valley trail that connects all of Whistler's neighbourhoods, ideal for walking, jogging or sightseeing. In the summer, there are complimentary bicycles, canoes, kayaks and stand-up paddle boards; in the winter, snowshoes to explore the surrounding area.

Besides personal training and fitness classes at Basecamp Fitness, find mind and body wellness at Loka Yoga. The onsite studio offers classes for all levels, from Ashtanga to Sanskrit chanting to Jivamukti Yoga, which incorporates meditation, chanting and studying ancient text.

A number of packages are available to cater to your needs and interests, from a single-day relaxation to an eight-day wellness retreat that includes spa treatments, five classes at Loka Yoga, passes to nearby Scandinave Spa and meals.



從Nita Lake Lodge可欣賞到恆靜寧謐的冰川湖景。
View of the glacier-fed lake from behind Nita Lake Lodge.



Nita Lake的室外泳池及hot-tub全年開放。(圖片由 Nita Lake Lodge提供)
Nita Lake's outdoor pool and hot-tub are open year-round. (Photo by Nita Lake Lodge)



餐廳由Chef Dean Hossack主理，時令菜單採用各款優質食材，包括來自卑詩省的可持續海鮮、來自Pemberton的有機肉類及本地種植的農產品。
A spread featuring Chef Dean Hossack's seasonal menu that uses sustainable seafood from BC, organically raised meats from Pemberton, and locally harvested produce.

優質美饌

酒店餐廳Fix Café每日新鮮印製各款包點(包括無麩質選擇)、早餐薄餅卷及精美三文治，無論作早餐或下午茶都適合不遲。玩得累了，不妨於悠閒人氣餐廳歇一歇，嘆一口咖啡，又或品嚐他們每日鮮榨的果汁及香濃奶昔。而每逢周五晚上，餐廳就會化身為火鍋店，說的是芝士火鍋，顧客可品嚐三進菜的傳統芝士火鍋，更有朱古力火鍋作甜品。

想來一杯手工雞尾酒或香檳，可來到Cure Lounge。店內的après-ski program每日下午3時至6時提供特價小吃及飲品。每逢周五及周六，DJ Smokey都會駐場表演，可安坐於火爐旁一邊品嚐美酒，一邊欣賞音樂。

Aura Restaurant氣氛雅緻卻不拘謹，由Chef Dean Hossack主理的時令菜單採用各款優質食材包括來自卑詩省的可持續海鮮、來自Pemberton的有機肉類及本地種植的農產品。

每逢周五晚上，Fix Café 將會提供三進菜的傳統芝士火鍋，前菜為凱撒沙律，更有朱古力火鍋作甜品。Every Friday night the Fix Café offers a three-course traditional cheese fondue that starts with a Caesar salad and ends with a chocolate fondue.



Dining

You won't want to skip breakfast or midday snacks when there's fresh homemade pastries (including gluten-free options), breakfast wraps and hearty gourmet sandwiches at Fix Café. The local favourite is the place to fuel up on a specialty coffee or their popular daily fresh juices and flavour-packed smoothies. On Friday nights, the space transforms into the Fondue Hut, where you can enjoy a three-course traditional cheese fondue that concludes with a chocolate fondue.

Partake in a craft cocktail, or sip on bubbles at Cure Lounge. Their après-ski program features fun finger foods and drink specials from 3 p.m. to 6 p.m. daily, or swing by for a nightcap by the fire where DJ Smokey spins tunes every Friday and Saturday.

For polished but casual dining, reserve a table at Aura Restaurant. Chef Dean Hossack's seasonal menu features sustainable seafood from B.C., organically raised meats from Pemberton and locally harvested produce.

戶外活動

來到威士拿，當然不能不領其豐富多樣的冬季運動。

Nita距離被喻為滑雪者天堂的威士拿及Creekside登山吊車站只有500米，這裡有超過8,100公頃範圍被白雪覆蓋，酒店住客可大顯身手，於威士拿及黑梳山的雪道上任意馳騁。就算你不諳滑雪，亦可乘坐著名的雙峰吊車，從距離山谷436米的高處觀賞壯麗雪景，這個連接兩個山峰的吊車已打破多項健力士世界紀錄。Snowshoeing tour亦可讓你的覽威士拿雪景，穿上雪鞋跟隨The Adventure Group的經驗領隊欣賞威士拿的自然生態，幸運的話或可遇上山貓，更可學到如何以聲部安全地於斜坡滑降。而夏季時分，全長超過50公里的健行及登山徑亦十分受歡迎。

只需15分鐘車程便會到達威士拿奧林匹克公園。這個雪地遊樂場為遊客提供多種活動，包括越野滑雪、雪上尋寶、雪地巨輪單車遊、雪地滑輪胎及平底雪橇等。

前往威士拿

遊客可從多個途徑由溫哥華前往威士拿。可選擇租車沿Highway 99-N(又名Sea to Sky公路)向Squamish方向駛往威士拿村。亦可預訂24小時服務的私人limousine豪華轎車，威士拿亦提供接駁巴士，於指定時間從機場或市中心酒店接載遊客。不介意豪一點的話，可考慮乘坐私人直昇機，需時只30分鐘，更可從高空俯瞰無敵美景。

Outdoor Activities

It would be remiss not to mention Whistler's rich winter sports scene. Nita is only 500 metres from the base of Whistler Mountain and the Creekside gondola, where guests can access the skier and snowboarder's paradise.

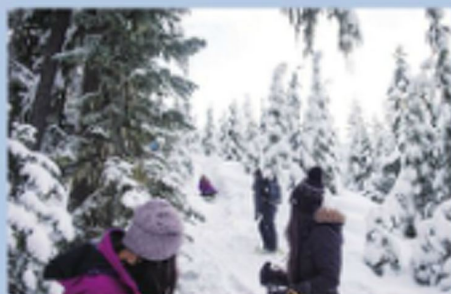
There are more than 30 square kilometres of snow-covered slopes between Whistler and Blackcomb Mountains. Even non-skiers will enjoy the jaw-dropping view 436 metres above the valley floor from the PEAK 2 PEAK gondola, a Guinness World Records list that connects the mountains. Below, find more than 50 kilometres of hiking and alpine trails, which are also

popular in the summer months, or sign up for a snowshoeing tour of Whistler Mountain with The Adventure Group, where an experienced guide will take you through the wilderness.

A 15-minute drive away, you'll find Whistler Olympic Park, an outdoor playground where visitors can cross-country ski, snowshoe, ride a fat-bike (an off-road bicycle with oversized tires, ideal to ride on the snow-covered terrain), or tube and toboggan.

Getting there

There are many transportation options that can get visitors to Whistler from Vancouver. Rent a car and drive along Highway 99-N — a.k.a. the Sea to Sky Highway — through Squamish to Whistler Village, or book a private transfer via chauffeured limousine service that's available 24 hours a day. There is also the Whistler Shuttle that departs at set times from the airport or a downtown hotel. Want to make a real statement? Arrive by helicopter and scope out the scene before you land in just 30 minutes. 🚁



威士拿山上充滿雪景，The Adventure Group的尋寶遊會被參加者如何安全地從雪坡滑降，當中包括以聲部滑降。Part of the lessons provided by The Adventure Group also involves navigating the snowy slopes along Whistler Mountain, which might involve the bum slide through the banks.



著名的PEAK 2 PEAK吊車接載遊客往返威士拿山及黑梳山。A trip across Whistler mountain to Blackcomb on the PEAK 2 PEAK gondola.

從威士拿山頂俯瞰的無敵風景。
View from on top of Whistler Mountain.

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