

CHECKING IN

Château Sainte-Adèle soothes its guests with a budget spa life

Hotel in the Laurentians has updated facilities after \$1.5-million overhaul



ROCHELLE LASH

Searching for agreeable spa life at modest prices is like searching for the holy grail. Difficult, but when you make that discovery, it's a blessing.

Hôtel-Spa Château Sainte-Adèle in the Laurentians is that kind of discovery. A great buy. A pleasant, modern small hotel, it has a good-quality spa, an indoor pool and 35 attractive guest rooms. It's built along Route 117 just north of town, but the back of the hotel overlooks snow-laden woods of maples and cedars, so peace and tranquility are within reach.

The wow factor is the price. Facing an austerity season and competition from vintage resort hotels around Ste-Adèle, the Château has attractive rooms starting at \$100 per night for two, which includes a Nordic-style spa experience of outdoor hot tubs and saunas.

For visitors from Ottawa or farther who want to stay several days for winter sports, the hotel offers unbeatable multiple-day discounts, such as 70 per cent off a fourth night, or a fifth night free.

"It's great value," said general manager Carole Fleurent.

"The Château is not grand luxury, but it is an appealing four-star getaway.

"We attract mostly couples — particularly young couples in their 30s on a budget."

The hotel was closed for a few years and reopened in 2014, now owned by a group of 16 Quebec businesspeople. After a \$1.5-million overhaul, it has a totally new look and updated facilities.

The owners have varied business interests, but they invested in a hotel because they all love to travel, and they made cer-

tain that Château Sainte-Adèle has conveniences. The guest rooms, modern and functional, have been redecorated with mahogany-stained furniture, decor in wheaty colours, compact marble bathrooms and good beds covered in fine white-on-white striped sheets. Each room has a flat-screen TV, a breakfast table and a snack unit with a mini-refrigerator, microwave and pod coffee machine.

The lobby and the mezzanine dining space have more urban sparkle, with black lacquer trim, a modern crystal chandelier and pops of red leather seating. It's an odd mix of styles and the best aspect is a huge wall-sized window that looks out onto the woods. In summer, the place to be for drinks or lounging in the sun is the terrace that opens off the tiny bar.

Dining is secondary at Château Sainte-Adèle. A cook pops over from École d'Hotellerie des Laurentides to serve breakfast. And dinner has an unusual pre-prepared formula that is popular in Europe.

Caterer François Daoust packages sous-vide meals in his off-site atelier and delivers them, and the hotel cooks them to order in a small kitchen. Some of the main courses are bavette, cassoulet, salmon and stuffed cabbage.

The hotel's spa is open only to guests, so it is modest in scope. Still, you can have a fun, Nordic-style experience, dashing outdoors in a bathrobe to bake in the Scandinavian sauna set in the snowy garden, and then dipping into one of the six hot tubs.

The Château is more intimate and private than the large Nordic spas because the hot tubs and saunas each seat only about four people, so there is never a big crowd.

You can sign up for individual body or beauty treatments such as a Swedish massage at \$75 or a manicure at \$35. But packages of spa services are a great way to truly indulge and they also make great gifts, especially since they



Hôtel-Spa Château Sainte-Adèle in the Laurentians has six outdoor hot tubs and two saunas, above. The guest rooms feature mahogany-stained furniture, below. PHOTOS: HÔTEL-SPA CHÂTEAU SAINTE-ADELÈ



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include hours of pleasure in the outdoor baths and indoor pool.

The Equinox Spa Package will keep you entranced for three hours with a full-body exfoliation, a body wrap, a facial with the made-in-Quebec Katrine Marso products, plus a scalp massage, pressure-leg therapy and tea. It's a generous offer at \$185, when you consider that a massage elsewhere might be \$100 to \$150.

IF YOU GO

Ste-Adèle is a one-hour drive from downtown Montreal, via Highway 15 north to Exit 67.

Château Sainte-Adèle Hotel & Spa: 855-881-4888, 450-229-9192, chateausainte-adele.com; 3080 Boul. Ste-Adèle (Route 117), Ste-Adèle.

Price: rooms from \$50 p.p., suites from \$77.50, p.p., double occupancy, including indoor pool, indoor and outdoor spa facilities; breakfast costs \$13.50. There are discounts for multiple-night stays, from 20 per cent off the second night, up to 70 per cent off the fourth night and fifth and sixth nights are free on a seven-night stay.

The Great Value Package includes breakfast and dinner, starting at \$96 p.p., per night, based on a two-night stay in the least expensive room; adding a one-hour massage, the price is \$128.50; or with breakfast and massage, but no dinner, it's \$99.75 p.p.

Tourism info: Laurentian region: 450-224-7007, www.laurentians.com; Ste-Adèle: 450-229-3729, www.sainte-adele.net.

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