HOTEL INTEL

TREMBLANT ON \$50-100 A DAY, PLUS LIFTS



ROCHELLE LASH

Tremblant's slopeside mountain resort has something for everyone, even on a tight budget. A staycation with the works, it's a safe, user-friendly, car-free destination, loaded with character, variety and the appealing atmosphere of a wintry Quebec getaway.

And even during a pandemic, there is positive news. Almost all of the on-mountain accommodations are geared toward a do-it-yourself visit, so it's easy to adapt to the new rules. Your travel bubble can stay together indoors and play together outdoors.

For a range of inviting lodging, the resort has 1,900 condo-hotel units (including Les Suites Tremblant, Le Bondurant and two full-service hotels, Fairmont Tremblant and Le Westin Resort & Spa). For leisure, this tourism juggernaut operates 14 lifts for impressive downhill skiing and snowboarding on four mountain faces, kids' stuff, and a walkable village of 75 high-style boutiques and tempting eateries (serving takeout for now).

Tremblant.ca is your booking bible for lodging and you can craft your own recreation plan, at various price points. There are frequent online specials, including a current discount on lodging and lift tickets. If you stock the fridge to eat "at home" and opt for Tremblant's considerable free activities, you might squeak in for \$50 a day, per person, at certain times. If you loosen the

purse strings for a casual takeout meal or treats for the kids, a moderately priced visit could cost \$100 a day, per person. Lift tickets are add-on attractions.

Later this winter, Hotel Intel will publish suggestions for living large — a more extravagant visit that might run \$500 a day

Lodging: Timing is everything. Early birds who reserve in advance get the best deals, but you can also score last-minute discounted rates online, within nine days of travel.

Among the least expensive lodging — still very comfortable — is a condo with a kitchen or kitchenette for dining "at home." With a minimum of two nights. Tremblant's Winter Getaway in the Snow starts at about \$150 per night, on low-season weekdays, in Place St-Bernard, located near the gondola. That's about \$38 per person for up to four in a studio. It's compact living, but you can upgrade to a one- or two-bedroom suite or to a property with more amenities.

For example, Ermitage du Lac was renovated recently with handsome modern decor and updated kitchens. The Winter Getaway starts at \$191 per night for up to four (about \$47 per person). Ermitage has lots of perks, including balconies, a large continental breakfast (for in-room dining), the ski valet at the gondola, a hot tub (by reservation), equipment lockers and a summertime swimming pool.

For free: Street entertainer Marc-Ambulles and his pal Toufou, Tremblant's furry mascot, amuse both young and old as they stroll through the village with balloons and costumes. And the Cabriolet transfer lift, a short ride gliding high over the village, is a thrill for youngsters.



Tremblant offers condos and hotels that are ski-in, ski-out. TREMBLANT

Tremblant's Recreation Path, a scenic, hilly trail beside the Devil's River, is perfect for winter walking or cross-country

Another free activity for on-mountain resort guests is the new winter wonderland of Jardins de glace, an ice playground and skating rink next to the St-Bernard Chapel.

All of Tremblant's lodges have indoor parking for an extra fee,

but you can park for free at P1, P2 or P3 and transport your gear to your hotel on a free shuttle.

Lodging guests have privileged First Tracks access to the lifts, 45 minutes before the morning opening. If you prefer your own uphill power, an alpine touring pass costs \$19 a day and rentals are free

Budget bites: The super family-friendly Cheesus reinvents grilled cheese sandwiches

IF YOU GO

Tremblant resort: 888-738-1777, tremblant.ca. Prices fluctuate. Some accessible

lodging. **Les Suites Tremblant**

includes Place St-Bernard, Ermitage du Lac, Sommet des Neiges, Holiday Inn Express & Suites Tremblant, Tour des Voyageurs I and II, and Lodge de la Montagne.

Laurentian tourism: 800-561-6673, laurentides.com

(holycheesus.com). El Santo Perdido does tacos and tasting flights of tequila and mezcal (elsantoperdido.com). It's about \$8 to \$18 to fuel up at either.

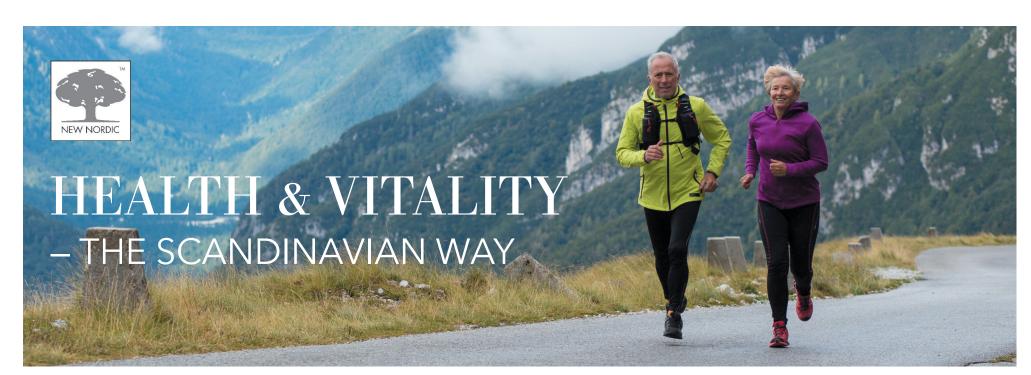
The new A Mano Trattoria ("everything handmade") cooks up Italian gastronomy (amanotrattoria.com). Already known for its filet mignon, mushroom risotto and seafood, it's not really in the budget category, but it does have a children's menu (\$14) and pizza (\$17-\$26).

On the snack front (\$5 or less), Pop & Co. dishes out candy, chocolate and popcorn, Beignes d'Antan does potato doughnuts and Oh La Vache! is a great stop for ice cream treats.

The lifts: The current online special offers savings of up to 25 per cent on regular lift ticket prices, which run \$95 to \$129 per day for adults, depending on the date, with discounts for seniors, juniors and half-day afternoons.

Season passes are the best way to save. If you go online, possibly as soon as April, you'll find amazing deals for 2022-23. Tonik and Ikon passes ranged from about \$800 to \$1,100 for 2021-22, depending on restrictions (ikonpass.com).

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Blue Berry $^{\text{\tiny TM}}$

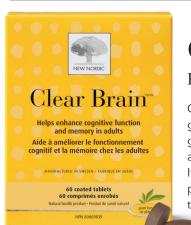
Nourish your eyes with blueberry extract

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Blue Berry™ has been the no.1 eye supplement in Scandinavia for 2 decades. Based on high concentrations of blueberries and lutein, it provides carotenoids to your eyes and helps maintain your eyesight, even in conditions of AMD and cataracts.



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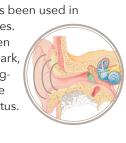
Melissa Dream™ contains known plant extracts, like chamomile, lemon balm and I-theanine. These have been used for centuries in herbal medicine to help calm the body and mind. Calming the mind can be especially helpful in making you sleep better, if you are stressed or anxious. Free of melatonin, Melissa Dream is your calmative herbal tablet.



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