

HOTEL INTEL

VERMONT RESORT
SPRUCED UP BY
MASSIVE MAKEOVER

Stowe Mountain's Lodge at Spruce Peak is worth the trip even if you're not a skier



ROCHELLE LASH

The Lodge at Spruce Peak in Stowe, Vt. is the centrepiece of a vibrant, engaging vacation community at the base of Stowe Mountain Resort, a historic downhill area. Spruce Peak Village has grown up over the past 12 years, starting with the remarkable Adventure Center and its indoor climbing gym, Stowe Cubs Child Care, the Spruce Peak Performing Arts Center, après-ski and food treats from s'mores to sushi. The attractions are built around a village green, which becomes a skating rink in winter, energized with night lights and music. All that spirit makes for undeniable family-friendly charm, although the development is very polished. It's also eco-conscious, heated by a vast geothermal field and surrounded by wildlife sanctuaries for deer, moose, bears and rare bird species. Certified by Audubon International, Spruce Peak Village is committed to the preservation of more than 2,000 acres of land. You might know the Lodge at Spruce Peak by its former name, Stowe Mountain Lodge. The structure is the same — a mag-

nificent, sturdy stone and timber resort hotel with a vast outdoor heated pool, the sublime Spa at the Lodge and a handy ski valet adjacent to the lifts. But there is lots of news. Most telling is that the hotel has become a hot spot for après-ski and dining. **Lodging news:** The Lodge recently completed a three-year makeover from top to bottom — the convivial fireplace lounge, the 350 guest rooms and suites, and Tippy Trout and Alpine Hall, two new restaurants with busy bars. The Lodge's penthouse section is a hotel within a hotel. Guests of these luxurious three- and four-bedroom suites have compelling views of Mount Mansfield's famed Front Four trails, plus their own staff for check-in and concierge services and the all-important private lounge for a fancy continental breakfast, all-day barista coffee, afternoon hors d'oeuvres and, on Saturdays, complimentary wine and Vermont cheese. "Spruce Peak has given Stowe a new dimension through its slopeside access, luxury amenities and year-round recreation," said Anderson James, a Stowe local and marketing manager of the Lodge at Spruce Peak. "But we have not forgotten our roots. The Lodge is a living gallery of Vermont crafts, furniture and artwork with a nature theme. "And the guest rooms have products from Vermont Artisan Coffee & Tea in Waterbury Cen-



Spruce Peak Village is at the base of Stowe Mountain Resort in Vermont, home to some of the best downhill skiing available in eastern North America. THE LODGE AT SPRUCE PEAK

IF YOU GO
The Lodge at Spruce Peak and Spruce Peak Village: 888-478-6938, 802-253-3560; spruce-peak.com; 7412 Mountain Rd., Stowe, Vt. A Destination Hotel operated by Hyatt. The Hyatt app accesses check-in, digital room key, housekeeping, accounts and Headspace meditation. Hotel is accessible. **Prices fluctuate:** rooms start at US\$399; studios start at US\$499; junior suites and one- to three-bedroom suites available; including year-round outdoor heated swimming pool/whirlpool,

ski valet, valet parking, fitness centre, skating rink, in-room coffee/tea and Sonifi streaming. Extra: spa treatments/baths, fitness classes. Dogs: US\$125 per stay, including goodies. **Stowe Mountain Resort (a Vail Resorts property):** 888-253-4849; stowe.com, epicpass.com. **Vermont tourism:** 800-VERMONT (800-837-6668), 802-828-3237; vermontvacation.com. **Stowe Visitor Information Center:** 800-GO-STOWE (800-467-8693), 802-253-7321; gostowe.com; 51 Main St., Stowe, Vt.

ionable favourite, but there are also family tables and a private dining room. (John Travolta and Sarah Jessica Parker have dined in the latter, although not together. Yes, her cocktail was a cosmopolitan. And he flies his own plane to a nearby airport.) Tippy Trout (replacing Hourglass) does fine wines and New England seafood with a contemporary twist. Grilled octopus, clam toast and Maine lobster rolls are on the menu and for variety, there's pheasant, steak and charred cauliflower. **Downhill news:** Stowe Mountain Resort's impressive 85-year reputation was built on its gnarly, mogul-studded steep and the longest average trail length in New England (more than one kilometre). Still, there is hope for intermediates. There are moderate glades on Mount Mansfield, and at the Burton Learn to Ride Center, snowboarders can practise on jumps, rails and jibs. Vail Resorts' EpicMix Time app displays lift line waits, interactive trail maps, real-time weather and your own ski statistics. rochelle@rochellelash.com



BRAIN HEALTH



IMPROVING CONCENTRATION, READING AND WRITING.

A lack of concentration, attention deficit, and learning issues are on the rise today and increasingly common in kids at schools or even adults at work. While screen time is not doubt a factor, scientists are finding a strong link to a lack of omega fatty acids in the diet.

FATS FOR A HEALTHY BRAIN

EPA	9
DHA	3
GLA	1

The human brain is rich in fat, and brain cells need fats to function well. Among these are the essential omega 3 fatty acids. The body does not make these, but fortunately, they are found in nuts, seeds, algae and fish.

EQUAZEN® is the leading European brand of clinically researched omega 3/6 fatty acids. The product uses a clinically proven 9:3:1 ratio of EPA, DHA, and GLA. EQUAZEN® has been investigated in numerous clinical studies and has shown significant results in improving scholastic skills as well as in increasing concentration for kids and adolescents with ADHD.

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* Attention deficit symptoms can show in many ways. If you recognize these symptoms above among others, reflecting conditions of ADHD, try EQUAZEN®.



EQUAZEN® is the leading European brand of clinically researched omega 3/6 fatty acids. All oils used in EQUAZEN® are extracted with care for the ocean and from smaller species of fish, for optimal purity.



EQUAZEN® WEB REVIEWS

★★★★★


Really Works!!

A friend of mine recommended this product after she had a very quick, positive response with her son who has ADHD. While she had noticeable success quickly, it took us about 3-4 weeks to really notice the difference. The change has been gradual but very positive so that I had almost missed how helpful this product truly is. His ability to engage with his peers has improved, his focus is better and his fine motor skills (like writing) has also seen improvements. I would encourage anyone who's child(ren) are living with ADHD to give this product a try. Be patient and wait for the results...they are there.

★★★★★

Impressed!

I'm not normally one to post reviews but I'm very impressed with this product. My 4.5 year-old son has been taking them for about 2 weeks and there has been a massive improvement in his mood/negative behaviours/defiance. He is managing really well at school now. We have tried other fish oils in the past, without success, so I was hesitant to try these, but I'm so so happy we did! My son chews the soft gels and doesn't mind the strawberry taste. Would definitely recommend these!

 **SELF TEST***

- ☐ Lack of concentration and alertness
- ☐ Daydreaming
- ☐ Motor skill challenges
- ☐ Mood swings and temperament
- ☐ Anxiety and nervousness

If you or your child experiment these conditions above, supplementing with EQUAZEN® could be beneficial.