

TÄLTA LODGE CAN BE A BASE CAMP FOR STOWE SPORTS



ROCHELLE LASH
Hotel Intel

Pure and simple, cool and casual. The new Tälta Lodge in Stowe, Vt., delivers the basics, like beds and beer, in a refreshing, modern overhaul of a vintage motor lodge.

Tälta is geared toward sports lovers and outdoor adventurers — it calls itself a base camp — and it's a handy, attractive getaway whether you are solo, partnered or a family with youngsters.

If you are an old Stowe hand, you might recognize Tälta as the reincarnation of the Mountaineer Inn on Route 108, a.k.a. the Mountain Road.

The Mountaineer was built in the 1960s at the heart of a large, pastoral riverfront property, with a design that emphasized Vermont's beautiful landscape.

Tälta sits partway between the historic centre of Stowe, a quintessential New England town, and Stowe Mountain Resort, the acclaimed ski and snowboard area. Life is booming on and off the slopes. The mountain has been a Vail Resorts property for a few years, and holders of Vail's Epic Pass (a multi-mountain pass) are flocking here for sports, dining, shopping and culture from affiliated areas throughout New England and beyond.

To get an insiders' price, the Epic Pass for 2022-2023 typically goes on sale in early spring with significant early-bird discounts, and it buys access to Whistler, B.C., and Resorts of the

Canadian Rockies, such as Mont-Stee-Anne and Stoneham near Quebec City, and more than 70 other areas worldwide.

The lodge: Tälta means "tent" or "camp" in Swedish, but it's far more comfortable than that. The new owners have rebuilt the Mountaineer's floor-to-ceiling windows, private decks outside almost all of the 51 rooms, an indoor pool and sauna for après-sports rejuvenation, and fire pits for evening gatherings. For mountain bikers, the lodge has installed an approximately 10-metre pump track with bumps and banks.

Rooms on the ground floor face the Mountain Road, but they're set back and protected by trees and snowbanks, so they are relatively quiet, especially with the patio doors closed in winter. Rooms on the lower level open onto the tranquil back lawn and face the forest and Stowe's Little River. The Stowe Recreation Path, a picturesque Nordic skiing, cycling and walking trail, meanders along the far shore.

The interiors have been reimagined by Elder & Ash of Massachusetts with a bright, contemporary look and rustic accents. Guests enjoy lots of comfortable features, including good lighting, individual heat and air-conditioning, tiled bathrooms with sparkling glass showers and TVs with Netflix, Prime Video and Disney (if you have your own accounts).

Made-in-America accessories include vegan toiletries infused with botanical extracts by Lather of California and blankets of recycled cotton by In2Green of New York. Instead of a closet, a wall of pegboards stands ready for backpacks and winter parkas.

Food and drink: The lobby dou-



The Tälta is an updated, vintage motor lodge with cool, casual interiors and tranquil riverfront grounds. PHOTOS: TÄLTA LODGE



Tälta Lodge is between Stowe's Mountain Road and the Little River.

bles as a fireplace lounge and the front desk sells beer, cider, wine, Bloody Marys and mimosas. A second lounge on the lower level has a microwave and tables, so guests can warm up takeout meals and kids can have snacks.

For now, Tälta's eating and drinking options end there, but Stowe has more than 60 cafés and restaurants. Best bets for breakfast and/or lunch include Edelweiss Mountain Deli and Green Goddess Café.

Among Tälta's dinner recommendations is The Bench, a large and lively pub with a new cocktail menu inspired by snow sports, as well as dozens of brews, casual bites like thin-crust pizza, wood-fired nachos and salmon tacos,

plus fancier fare like scallops and their signature dish, roast duck.

Around town: The Spruce Peak Performing Arts Centre will present Catapult: The Amazing Magic of Shadow Dancing, March 17 (sprucepeakarts.org). The popular Stowe Farmers' Market (stowefarmersmarket.com) returns indoors March 26. Dedalus Wine Shop, Market & Wine Bar (dedaluswine.com) will host après-ski parties on Saturdays and Sundays through March 13, with raclette and wine. Ellison Estate Vineyards (ellisonestatevineyard.com) will have wine tastings Thursdays and Saturdays through March 12 at Field Guide Lodge.

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IF YOU GO

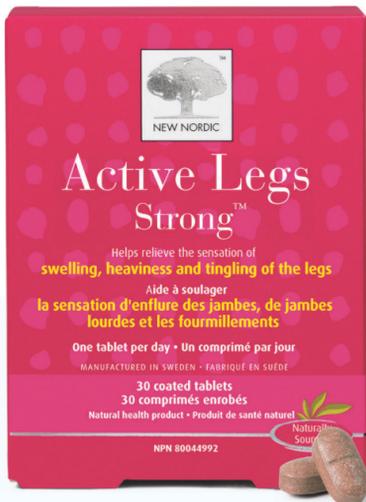
Tälta Lodge, a Bluebird hotel: 802-253-7525, bluebirdhotels.com, 3343 Mountain Rd., Stowe, Vt. Bluebird operates in Cape Cod, Saratoga Springs, Lake Placid and elsewhere. Affiliated Lark Hotels include Field Guide Lodge in Stowe, and others in Kennebunkport, Provincetown and Portsmouth.

Prices fluctuate: King, queen or bunk beds. In winter, rooms for two approximately US\$180-\$250; for four, US\$200-\$290; extra child or adult, \$35. Best rate guaranteed. Dogs, \$35 per night. Some accessible rooms. Pool, sauna, fire pits, bike and equipment storage.

Stowe Mountain Resort (a Vail Resorts property): 888-253-4849, stowe.com, epicpass.com.

Stowe Visitor Information Center: 800-GO-STOWE (800-467-8693) or 802-253-7321, gostowe.com, 51 Main St., Stowe.

Vermont Department of Tourism & Marketing: 800-VERMONT (800-837-6668) or 802-828-3237, vermontvacation.com.



TIRED & HEAVY LEGS?

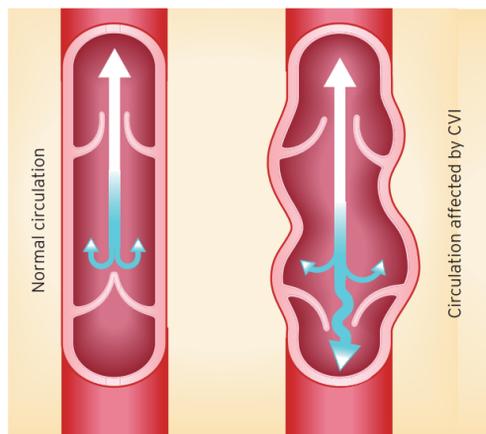
Are you suffering from heavy and tired legs? Is the circulation in your legs giving you problems getting around? Then try Active Legs™ — a natural health supplement proven to help alleviate symptoms related to CVI (Chronic Venous Insufficiency).

Active Legs™ is produced by New Nordic, the no.1 supplier of natural health products in Scandinavia. Based on high amounts of pine bark and grape seed extract, Active Legs is proven to effectively help relieve heavy, swollen and tired legs.

CVI AND YOUR SUFFERING LEGS

CVI occurs when veins fail to efficiently send blood from the legs back to the heart. It may lead to problems such as varicose veins, ankle swelling, heavy and tired legs, and nighttime leg cramps.

CVI is often treated with compression stockings, but recent findings are showing that high concentrations of polyphenols found in grape seed and pine bark extracts can effectively help relieve the symptoms of CVI.*



TEST YOURSELF

- Swelling of legs or ankles?
- Painful or itchy legs?
- Varicose veins?
- Heavy and tired legs?
- Tightness around your calves?
- Brown colored skin near your ankles?

If this sounds like you, you should try Active Legs to help relieve tired legs.



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I had severe leg problems some years back. My legs swelled up and the pain persisted for months. I was told I had CVI as a result of poor circulation in my legs. I felt helpless and immobile.



After reading about Active Legs I was impressed, and after consulting my physician, I decided to give it a try.

Soon after, I noticed less swelling and pain. My legs were less heavy, and I was now able to wear my shoes again.

I still take Active Legs and recommend it to anyone who suffered with their legs. It's a great product.

- Jack M., Manitoba



Results may vary. Always read and follow instructions prior to use.
* Belcaro G., "A Clinical Comparison of Pycnogenol, Antistax, and Stocking in Chronic Venous Insufficiency." Int J Angiol. 2015 Dec;24(4):268-74.



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