

# POST

RELAIS & CHATEAUX

## RELAIS & CHÂTEAUX – A CULINARY JOURNEY

Can you imagine assembling 85 of North America's most talented chefs for a group project? Well, Relais & Châteaux has done just that. This organization, which represents some of the finest restaurants and hotels in the world, coordinated this mammoth undertaking and the results are two masterpiece cookbooks: *85 Inspirational Chefs* and *Chefs at Home*.

From Atlantic to Pacific to Caribbean, these chefs have collaborated for the first time to share their passions, ideas and crafts. Some of the world's most recognizable chefs are amongst this elite group including; Thomas Keller from The French Laundry and Per Se, Daniel Boulud from Restaurant Daniel and Patrick O'Connell from The Inn at Little Washington. With spectacular photos of both their culinary creations and their beautiful properties, you can take a tour to some of the most memorable dining destinations on the continent.

*85 Inspirational Chefs* is a collection of recipes that each chef finds particularly special for some reason – a customer favorite, a signature dish, a reflection of the region. *Chefs at Home* includes hearty, straightforward, comfort food – something the chefs would enjoy at home. The Post's Chef, Hans Sauter, has included both Pan-Seared Miso Marinated Fillet of Alaska Black Cod and Northwest Territories Caribou Striploin in *85 Inspirational Chefs* and in *Chefs at Home* he features Sautéed Alberta Free Range Chicken Breast with Morel Mushrooms and Saffron Risotto.

Enjoy these fabulous books. They will take you on an incredible gastronomic journey across North America.



## WINE SUMMIT LAKE LOUISE & KIDS CANCER CARE

As an important part of every Wine Summit Lake Louise at the Post Hotel & Spa, a silent auction is held to support the Kids Cancer Care Foundation of Alberta. At the 2010 event more than \$57,000 was raised. With this amount included, the running total that has been donated to this worthy cause now exceeds \$280,000! A special thank you goes out to our most generous guests, all the participating winemakers and our friends who kindly donated auction items.



If you like wine, food and a great party, Wine Summit Lake Louise is for you! Our 2011 event

will take place May 26th – 29th. Another outstanding group of wineries and presenters has been assembled this year including: Château Pontet-Canet, Masi Agricola, Château de Beaucastel, Domaine Weinbach, Harlan Estate, Calera Wine Company and Malpighi Aceto Balsamico.

## DISCOVER OUR FANTASTIC PACKAGES

Check out what's new at the Post:

- Gourmet Package
- Spa Package
- Romance Package
- Midweek Ski Package

For more information, see: [www.posthotel.com/packages/](http://www.posthotel.com/packages/) email: [info@posthotel.com](mailto:info@posthotel.com) or phone: 1.800.661.1586

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# POST HOTEL & SPA HISTORY

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The Post Hotel first opened its doors in the spring of 1942. Built by the noted guide and packer, Jim Boyce of Banff, it was constructed of logs brought from Revelstoke and from the headwaters of the Bow River, and was completed in a remarkably short time by a crew of ten men working mainly with hand tools.

Known then as the Lake Louise Ski Lodge, its first season of business was a short one. The war, amongst other reasons, made the Lodge close its doors until it was re-opened in the summer of 1948.

Sir Norman Watson, a British aircraft manufacturer, purchased the Ski Lodge with its adjacent cabins in 1947. Sir Norman was an avid sportsman who had travelled extensively in the Swiss Alps and its ski resorts. Drawing on these experiences, he developed a firm belief and vision for the future of skiing in the Canadian Rockies. When Sir Norman purchased the Ski Lodge, he had already built Temple Chalet in the Ptarmigan Valley and Skoki Lodge by the Little Pipestone River. For those planning to ski or hike in the backcountry or visiting the chain of lodges, it seemed convenient to stay at the Lake Louise Ski Lodge close to the railway station.

In 1951, the name Lake Louise Ski Lodge was changed to Lake Louise Lodge, probably due to the increasing number of summer guests. This name change brought on a problem. People started to confuse the Lake Louise Lodge with the Chateau Lake Louise and therefore the name Post Hotel was finally chosen in 1957.

"Post Hotel" was chosen for two reasons:  
1. To recall the many Post Hotels in the Alps  
2. An additional building on the property was leased to the Post Office.

The Post Hotel had become the heart of the village of Lake Louise and also the centre of operations of the ski area in Lake Louise. Alpha and Ray Legace, and Jack and Hillary McDowell were some of the long time operators who over the years minded Sir Norman's interest in Canada. Sir Norman himself just came for short visits and never actually ran his operations.

In 1965, a 25 room motel was built adjacent to the Hotel, known as the Pipestone Motel; Pipestone being the picturesque mountain stream bordering the property to the east and south.

With Sir Norman getting on in age, he sold the Post Hotel to André, Barb and George Schwarz in 1978. The Hotel had been the last asset Sir Norman had kept in Canada. With turning it over to the Schwarz family, he knew that they, being of Swiss origin, would understand his dreams and continue to carry them on.

Over the next few years, the old Post Hotel was upgraded slowly and a considerable effort went into the restaurant operation. In 1986 the property was mature for a major redevelopment. At the same time, Husky Oil Ltd. from Calgary was looking for an association with tourism in the National Park. They found a liking to the style of operation and management the Schwarz family entertained and joined forces to pursue their common goal: to build one of the finest, full service hotel properties in the Canadian Rockies. In July 1987 the newly expanded and upgraded Post Hotel opened. The new Hotel featured 93 luxurious guest rooms and suites and was linked to the original Post lodge where an expanded dining room had taken over much of the main level.

With the new Hotel, and as a testament to the Schwarz family's efforts, the Post Hotel was admitted to the prestigious Relais & Chateaux group in November 1990. Relais & Chateaux is an internationally renowned organization representing some of the most beautiful hotels and restaurants in the world; its brand is considered a quality guarantee. Relais & Chateaux was the perfect fit for the Post Hotel as it represents small, independently owned hotels that excel in the areas of service, cuisine, comfort and special character.

By the fall of 1992 the original Post Hotel lodge, long a familiar landmark in Lake Louise and Banff National Park, was ready for restoration and renovation. The project included the re-development of the second level, where seven luxurious suites were completed as well as the addition of two new spectacular public areas – a post and beam constructed "Library" and a beautiful new special function dining room.

Since taking over in 1978, the Schwarz family had established the dining room as the heart of the Post Hotel operation and guests travelled many miles to enjoy the outstanding culinary fare. With fine food comes fine wine and, as North America was seeing a surge in the popularity of wine, it only made sense to expand the wine program at the Hotel. In 2004, with a collection exceeding 27,000 bottles the Hotel received the ultimate honor – the "Grand Award" from Wine Spectator Magazine. In 2005, a beautiful new wine cellar was completed to house all the treasures, which had grown to 29,000 bottles.



During this same time period the Hotel introduced the Winemaker's Dinner Series, special evenings that feature famous winemakers and wineries from around the world. Wine had become such an integral part of the Post Hotel experience that an annual event was established in 2004 – Wine Summit Lake Louise. The Summit – a celebration of wine, food and friendship – is a three day event that was designed to bring together wine loving guests with some of the world's most renowned winemakers, winery owners and their wines. A few of the notables that have participated in Wine Summit are: Château Latour, Château Margaux, Sassicaia, Shafer Vineyards, Bodegas Vega Sicilia, Joseph Phelps Vineyards, Marchese Antinori Estates and Château Mouton Rothschild. It's not all about the wine though. Over the years hundreds of thousands of dollars have been generously donated to the Kids Cancer Care Foundation of Alberta through Wine Summit Lake Louise.

Operating within the National Park presents many challenges not the least of which is the acute shortage of housing. The Post Hotel, like other business operators in Lake Louise, has always been responsible for accommodating its staff. In the early years, staff lived in and around the property, but that all changed with the expansion and upgrade program the Schwarz family began in 1986. Over the ensuing years, and at a cost that numbers in the millions of dollars, the Post Hotel

built a total of seven staff buildings that can accommodate up to 150 staff. The accommodations range from dormitory style to deluxe family apartments and are considered some of the nicest in the Bow Valley.

The final phase of staff housing was completed in 2004. With all of the staff relocated, the Hotel suddenly had some extra space available and with it, the next enhancement to guest experience was created - the Temple Mountain Spa. The 3200 square foot spa, complete with eight treatment rooms, steam rooms, plunge pools, swimming pool and Jacuzzi opened in June 2005. A blend of luxury and wellness in the serenity of this special alpine setting has impressed spa lovers the world over. Following the spa opening the property was officially renamed Post Hotel & Spa.

In addition to the Relais & Chateaux designation and the Wine Spectator "Grand Award", brothers André and George Schwarz, and their team of dedicated staff, have brought the Hotel much notoriety and recognition over the years. Not surprisingly, the brothers Schwarz have been heralded as leaders in their industry. In 2004, André and George received the prestigious "Pinnacle Award" as "individuals within the Alberta business community who through their determination, drive and optimism have shown the ability to adapt and survive in a difficult and changing environment, inspiring and

uplifting our community by their example". Amongst the many accolades the Post Hotel & Spa has received over the years are:

- Condé Nast Traveler Magazine – Best Ski Hotel in North America
- Condé Nast Traveler Magazine – Best Food in the Americas
- Travel and Leisure Magazine – Number One Hotel in Canada
- Condé Nast Traveler Magazine – Number One Hotel for Service in the Americas .

André and George Schwarz continue to follow their passion, offering Post Hotel & Spa guests the best of service, comfort and cuisine in the special tradition of European hospitality; and all within the magnificent setting of the spectacular Rocky Mountains and Lake Louise.

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## WINEMAKERS' DINNER SERIES 2011

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A rare opportunity to enjoy an intimate evening with a "world class" winemaker. Chef Hans Sauter's renowned Post Hotel cuisine will be paired with some of the wineries finest vintages. A memorable experience ... Indulge!

**Friday, February 25th**  
Landmark Vineyards – Sonoma, CA

**Friday, March 11th**  
Mission Hill Family Estate – Okanagan Valley, BC

**Friday, March 25th**  
Chateau Montelena Winery – Napa Valley, CA

**Friday, April 8th**  
Rubicon Estate – Napa Valley, CA

For more information and reservations visit :  
[www.posthotel.com/winemakerseries/](http://www.posthotel.com/winemakerseries/)  
email: [info@posthotel.com](mailto:info@posthotel.com) or  
phone: 1.800.661.1586



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## CROSS COUNTRY SKIING

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During the winter months, a deep blanket of snow covers the area in and around Lake Louise and a wonderful transformation takes place. The spectacular hiking terrain, that draws thousands of visitors to the area each summer, becomes home to some of the most beautiful cross country skiing in the Canadian Rockies.

There are miles of ski trails in and around the Lake Louise area. Whether it's a one hour workout along a groomed trail or a day long excursion into the alpine, cross country enthusiasts worldwide have found something special here.

The trails are groomed regularly, especially after a fresh snowfall. Each is classified as novice, easy, more difficult and most difficult based on the nature of the terrain and the width of the trail. The trail maps and signage are excellent. But, better yet, why not experience the beautiful trails with our cross country ski pro - Jessica Stichelbout. Jessica, who works evenings in our Outpost Pub, is a Level III instructor with the Canadian Association of Nordic Ski Instructors and loves to share her passion for cross country skiing. Her classic or skating lessons are tailored for the beginning skier who is still learning or the advanced skier seeking advice on technique. Perhaps you would just like a guided tour into the winter wonderlands where you may catch a glimpse of some Rocky Mountain wildlife.

**Check in with Jessica at 250.343.6323**

Cross country skiing in Lake Louise – breathe in that fresh mountain air and enjoy the tranquility and peace of our unspoiled landscape.



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## INTRODUCING OUR NEW SPA MANAGER

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The Post Hotel & Spa is delighted to introduce you to our new Temple Mountain Spa Manager – **Jennifer Buckler**.



Jennifer is a Maritimer, born and raised on beautiful Prince Edward Island. Following her secondary education, Jennifer earned a degree at the University of Prince Edward Island with a major in Political Science and minors in Fine Art History and Business Administration. In fact, it was her interest in art history that directed Jennifer to her career path in spas, health and wellness.

Through one of her art history classes, Jennifer learned of a world famous archeological dig in Hungary; Tac-Gorsium. She applied, through a special program, to spend time working at the site and was one of two Canadians accepted. So, immediately after graduating, Jennifer was on her way to Hungary. The site was fascinating and Jennifer found herself most intrigued with the ancient Roman bath house - not only its impressive size and prominence, but how it served as a type of community centre. It was clear that health, wellness and balance were an integral part of life for everyone in that ancient society. There were other things that left an impression on Jennifer. The village where she lived was centered around a fountain where the citizens came each day to collect their water; for drinking, cleansing and for healing. The spring water was very high in mineral content and thought to have special health benefits. In fact, the Hungarian government deemed it as medicinal. As Jennifer summarizes "living in Hungary and working at Tac-Gorsium was a once-in-a-lifetime experience and was pivotal in shaping my life path".

Upon returning to Canada, Jennifer started investigating the spa world and made a remarkable discovery. The Banff Springs Hotel had opened a new spa and their treatment programs featured that same healing, medicinal Hungarian water. It wasn't long before Jennifer was off to Banff and the Banff Springs Hotel.

Jennifer had definitely found her calling. Not long after arriving at the Banff Springs she was promoted to Assistant Spa Manager and a short time thereafter, the company offered her the Spa Director's position at their new Kea Lani property on Maui, Hawaii. After a number of years successfully leading the Kea Lani Spa, the Canadian Rockies beckoned Jennifer's return. The mountains won out and we are delighted to welcome Jennifer here as the leader of our Temple Mountain Spa.

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## ENJOY MORE OF RELAIS & CHÂTEAUX

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Western Canada is home to four more beautiful Relais & Châteaux properties, all located in British Columbia. Consider these on your next trip to Canada's west coast.

Wedgewood Hotel & Spa – Vancouver  
[www.wedgewoodhotel.com](http://www.wedgewoodhotel.com)

Lumière Restaurant - Vancouver  
[www.lumiere.ca](http://www.lumiere.ca)

Sonora Resort Canada – Sonora Island  
[www.sonoraresort.com](http://www.sonoraresort.com)

Wickaninnish Inn – Tofino  
[www.wickinn.com](http://www.wickinn.com)



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