



AS RECOMMENDED IN JULY'S FLARE:

THE HIGHER POWER:
CANMORE, ALTA. **WHERE:**
A ONE-HOUR DRIVE WEST
OF CALGARY.

WHY: The former sleepy mining town became a hot tourist destination in the late '80s after it hosted the Nordic Ski Events. The attraction here is its location, on the eastern side of the Rockies, just five minutes from Banff National Park. With Canmore's trio of peaks known as the Three Sisters towering above, there's never any question that you're in for a healthy dose of outdoor adventure.

WHAT TO DO: For outdoor enthusiasts, the Kicking Horse River offers >

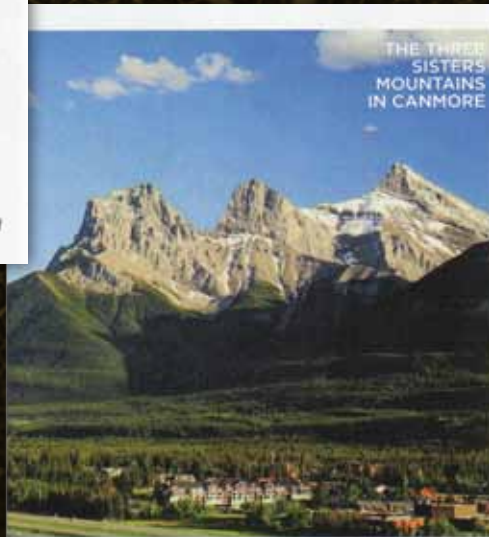
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“ At VERDE DAY SPA, vacationers transition from work to relaxation mode with treatments such as the Canadian Glacier Seaweed Wrap and the Organic Blueberry Detox Facial. ”



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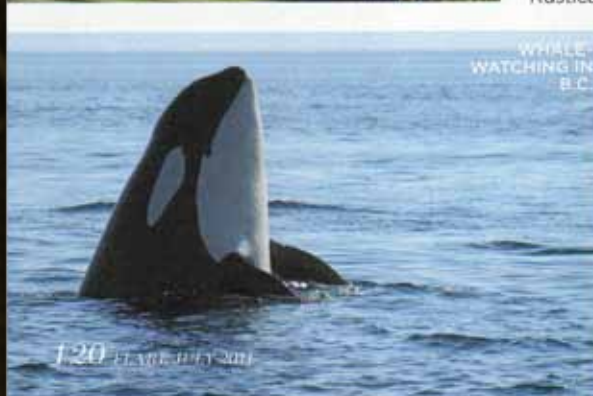
day spa



THE THREE
SISTERS
MOUNTAINS
IN CANMORE

serious whitewater rafting along the waters plunging down the upper and middle canyons. Book an excursion with a company such as **Hydra River Guides** (raftbanff.com). For adrenaline delivered in smaller doses, trips along the Kananaskis River are a good option.

At **Verde Day Spa**, vacationers transition from work to relaxation mode with treatments such as the Canadian glacier seaweed wrap and the organic blueberry detox facial. You can also check in with **Gala Clinic** for everything from yoga classes to acupuncture, guided meditation and massage. Of course, it's easy to detox surrounded by good food and drink. **The Grizzly Paw Brewing Company** has 10 microbrews on tap, and you can dive fork-first into that famous Alberta beef at a steak house such as **Rustica** at the Silvertip Golf Resort.



WHILE
WATCHING IN
B.C.

WHERE TO STAY: The **Grande Rockies Resort** combines the looks of a mountain lodge and a boutique hotel with stylish results. Cuddle up under Frette linens, play with the programmable steam shower and try out the Sprout Out eco-friendly toiletries (all sulphate- and petrochemical-free).