



THE Canadian Rockies has always been a place with the potential to get emotions running high. How could it not, with its majestic, snow-crowned mountains, glacial blue lakes, alpine forests, roaring waterfalls and plenty of wildlife?

So if you're looking for a place for a romantic getaway, the Rockies should be high on your list of choices. Here are five things to do around the Rockies towns of Banff and Lake Louise, both located in Banff National Park (above), that will get you in the mood for love.



Commune with the great outdoors

THE Johnston Canyon (left) is a deep and narrow gorge created by the Johnston Creek cutting into limestone cliffs, and a catwalk that hugs its steep walls makes it highly accessible – and an easy walk – to those of us who are not rock climbers. The walking trail and catwalk will take hikers over the creek with its turquoise waters, past waterfalls and plunging pools, through a tunnel in the canyon bedrock and over footbridges crossing a chasm.

With such stunning sights, it is little wonder a hike along the Johnston Canyon is highly popular. The trail is often crowded with visitors, especially in the summer, but the majority of people will not venture past the Lower Falls, an attraction 1.1km, or about thirty minutes, into the trail.

So if you are willing to make the trek, the deeper you move into the trail, the more the crowds thin out. Another 1.6km or so from the Lower Falls is the Upper Falls, where a platform overhanging the gorge looks across to the top of the falls with a drop of 40m, a dramatic sight and a great spot to pop the question.

Really insistent on finding isolation? Press on and after another 3km, you will reach the Ink Pots, a series of mineral pools with jade-coloured water that bubbles to the surface.

Summer is a good time to visit the Johnston Canyon, but in winter, when the canyon freezes over, is really another spectacle all on its own.

For more info, visit: www.banff.ca/index.aspx?NID=648

Let your love soar: An exclusive helicopter ride

TAKE your love to the next level, literally, with a helicopter ride with Rockies Heli Canada, which offers sightseeing flights. It has an Exclusive Love in the Rockies helicopter package for those who not only want the whole chopper to themselves but also want to shake off the crowds for some alone time.

In this package, you and your partner will be whisked away for a private, 42-minute flight, after which, you will land in the wilderness (read: no one around for miles) for a one-hour romantic interlude. Share a demi-bottle of sparkling wine and a decadent dessert with your partner and, if a proposal is on the agenda, strike now. To help you remember the occasion, you will also be given a souvenir photo after the flight.

The flights for the Exclusive Love package take off at Rockies Heli Canada's Kananaskis base, near Banff, and its Icefield base, near the Columbia Icefields.

For more info, visit: www.rockiesheli.com

Romance in Canadian Rockies

The Rockies towns of Banff and Lake Louise, both located in Banff National Park, will get you in the mood for love. **BY TAN KENG YAO**



Left: Edén Restaurant in Rimrock Hotel is known for its excellent French cuisine with regional accents. Above: Wagyu beef

The food of love: Dine at Edén restaurant

IF FOOD is you or your partner's turn on, a meal at Edén Restaurant in Rimrock Hotel will make the both of you very happy indeed.

Known for its excellent French cuisine with regional accents, Edén also has a team of sommeliers to help with wine pairings from the restaurant's more than 17,000 bottles of wine. Little wonder it has to its name a Five-Diamond rating from the AAA/CAA Diamond Awards, the North American equivalent of the Michelin Guide.

But the stunning view from the restaurant will compete with the food for your attention, as Edén is perched on top of the Sulphur Mountain in Banff National Park and it looks down to the town of Banff and out to majestic Rundle Mountain, Bow valley and Spray Valley, making you feel like you're quite on the top of the world.

Here might very well be the place to arrange for a diamond ring in a champagne glass.

For more info, visit: www.banffeden.com

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*Credit must be requested at the time of booking and will not be automatically allocated or retrospectively added. Credited option must be selected at the time of booking and can only be added to a Rocky Mountaineer package. Offer valid on new 2017 bookings made by 26Mar'17. This offer is applicable to 2017 Rocky Mountaineer packages of five or more days on select dates only. Other Terms & Conditions apply. **TA469**



Retreat and repose: Fairmont Chateau Lake Louise

THERE are a few factors that will nudge die-hard romantics into opting for a getaway at this luxury mountain resort. For one, it is in one of the world's most majestic settings – on the shores of the sparkling Lake Louise with its glacial blue waters, and surrounded by soaring snow-capped mountains and the towering Victoria Glacier. The hotel itself is not too shabby either; guest rooms are elegantly furnished and come with modern amenities that are de rigueur of all well-appointed resorts. Guests who have stayed here say it is worth opting for a lakeview suite for the extra space and mesmerising scene outside your windows. Some suites come with a balcony.

Celebrities and dignitaries who have laid their heads down here include the Rolling Stones and the British royal family, and you, too, could do likewise.

Your first, second or fifteenth honeymoon here, perhaps?

For more info, visit www.fairmont.com/lake-louise



Fairmont Chateau Lake Louise is in one of the world's most majestic settings.

Mushing through the snow: Dog sledding

DOG sledding, or mushing, is a great way to enjoy the sights of the Canadian Rockies, and is also a very good way to get closer to your partner. How could you not, when the both of you are nestled against each other on the sled and tucked cosily into a sleeping bag to protect you from the elements while dashing through the snow as fast as your team of eight dogs can go?

To try dog sledding, go for Kingmik Dog Sled Tours, the only dog sled tour operator in Banff National Park. It offers a variety of tours, but The Great Divide Tour is its most popular one, during which, your team of sled dogs pulls your sled 16km from Banff National Park to Yoho National Park through the Kicking Horse Pass at the Continental Divide, passing by striking mountain landscapes. Things get kicked up a notch on the return trip, when you will be taught the basics of mushing and then encouraged to guide your dogs home.

This activity is available only seasonally.

For more info, visit: kingmikdogsledtours.com

