



# RECREATION GUIDE

Welcome to Mountainside

*Enjoy your visit !*

Jan Smith

Social and Recreation Director, 250-345-6341 ext. 43

## IMPORTANT INFORMATION

### FACILITIES

We invite you to enjoy the facilities at the Mountainside Recreation Centre. To ensure that all can enjoy their stay to the fullest and in a safe manner there are a number of regulations that are prominently posted throughout the building. The recreation centre is open daily from 9:00 am to 11:00 pm. The pool is open until 10:30 pm daily. Front desk , 250-345-6341.

A library of books, magazines and puzzles is in the upper lounge area available for your use. There is also a binder available that lists all board games. Equipment for Racquetball, Squash, Tennis, etc. are available for rent at the Front Desk.

The Front Desk is a safe place for lost children to go to use the phone or find help locating their parents. Please let your children know about this service.

### BEAR AWARE

Please ensure your garbage makes it into the bear proof bins and that bins are secure after each use. A fed bear is a dead bear. If a bear gets accustomed to feeding on garbage, they could become "problem" bears which have to be destroyed. Over 1000 bears are killed each year in BC because of a perceived threat. Don't store any food outside, clean your BBQ thoroughly after each use, and ensure your garbage makes it into the appropriate bins. Thanks for helping protect our bears.

At Mountainside Villas we pride ourselves on our efforts to helping the environment. Please recycle your Recreation Guide and use the blue recycle bins provided for you throughout the resort.





A BIG THANKS to all the owners and guests that participate in our recycle program, it is a big success. The following are reminders for the participants to please:

- 1) Remove corks, caps and straws and put them in the garbage.
- 2) The grey large bins are garbage bins.
- 3) Do not put any contaminated food containers such as used coffee cups, pizza boxes, soiled diapers or unwashed cake containers in the BLUE slotted bins.
- 4) Do not drop the glass into empty bins, you can leave the bags for recycle next to the bin.
- 5) Please place your recycling in the appropriate bins.

## **SHARING OUR HOME:**

Insects, like mosquitoes, flies, ants, spiders, bees, wasps, and bugs are a problem for us because we are located in a treed and wilderness area. All these creatures like the trees and the cedar Villas that we would like to have to ourselves. When a problem exists, we do our best to treat the area that is infected, if the area is outside.

We refrain from using insecticides inside the Villa, while guests are still in house, because of the health risk . We do spray the Villa on the check out day if required.

We sometimes have a problem with mice, especially in the autumn. We do set traps when required and check our crawl spaces. Please help us out by making sure that the screen & front door is always kept closed, so mice have a harder time entering the Villa.

Squirrels visit us from time to time and we would ask that you do not feed them. We trap them in our cages and take them to another area away from the Villas.

Bears & cougars are seen from time to time. These are dangerous animals. We ask you to report them to the front desk so we can call the Conservation Officer for direction. Deer, elk, and mountain sheep grace our presence on a regular basis. Please do not approach, but view these beautiful animals with care.

The real challenge for us is to find a balance between humans and nature in our environment. Please assist us with our efforts.

Fairmont Villa Management



**ALL ACTIVITIES PROVIDED ARE FOR THE PURPOSE OF RECREATION ONLY, AND NOT FOR DAYCARE. THE FACILITY IS NOT LICENSED FOR CHILDCARE AND YOUR CHILD IS ALWAYS YOUR RESPONSIBILITY.**

### **CHILDCARE INFORMATION**

Mountainside Villas is not a licensed childcare facility & does not take responsibility for your child during any of our activities. For child care services please call The Windermere Valley Child Care Society for daytime care @ 250-342-3168.

### **RECREATION SESSIONS**

\* Means you need to sign-up in advance here at the Recreation Centre.

<> Means you need to sign-up in advance at the Sunchaser Recreation Centre.

☺ Means you need to call the number available on the activities description section for that specific activity.

**Sign-up sheets are available on the wall beside the brochures. If you are more than 5 minutes late for any activity & the activity is full, your space will be given away.**

### **ARTS & CRAFTS**

**All crafts have a maximum of 10 people with a few exceptions.** If you need to see what a craft looks like before hand, there is a display case outside of the craft room. You need to **sign-up in advance** & ensure that you are in the right age group for the craft. The cost of the crafts vary depending on the materials needed, see schedule for exact amounts. Age limits act as suggestions only and may vary depending upon ability of the child. **Adults are welcome to do crafts too!**

### **HIKES AND OUTDOOR GAMES**

Steep and challenging terrain on most hiking trails. Wear proper footwear. The Recreation Department does have a few hiking, wildlife and wildflower books available to borrow. See Jan if you are interested. Parents must accompany all children under 15 to all outdoor games, hikes and events.

### **WIRELESS INTERNET**

WiFi is available for a nominal fee of \$3 per day or \$15 per week. Please see front desk for passwords. The Rec. Centre will have free WiFi and Shaw Open for Shaw customers.

### **FAIRMONT VILLA MANAGEMENT GREEN ZONE**

We request that towels and linens be re-used to your own comfort level. Make every week earth week. We ask that once during your stay you refrain from using any energy for one hour.



Fri. May 13	Sat. May 14	Sun. May 15	Mon. May 16	Tue. May 17
<p data-bbox="103 142 344 317"><b>8:45 AM</b> Pancake Breakfast \$5 per person <b>Sunchaser Rec. Centre</b></p> <p data-bbox="103 359 310 491"><b>10:45 AM</b> River Stroll <b>Sunchaser Rec. Centre</b></p> <p data-bbox="103 533 350 707"><b>5:00 PM - 8:00 PM</b> ☉ Public Indoor Rock Climbing - \$5 <b>Invermere</b></p>	<p data-bbox="368 142 647 281"><b>5:00 PM - 8:00 PM</b> ☉ Public Indoor Rock Climbing - \$5 <b>Invermere</b></p>	<p data-bbox="693 142 922 352"><b>9:00 AM - 11:00 AM &amp; 1:00 PM</b> Sunday Brunch &amp; Soak <b>Fairmont Hot Springs Resort</b></p> <p data-bbox="693 394 922 604"><b>10:45 AM</b> Unguided Hoodoos Hike <b>Westside Road - Hoodoos Parking Lot</b></p> <p data-bbox="693 646 932 814"><b>5:00 PM - 8:00 PM</b> ☉ Public Indoor Rock Climbing - \$5 <b>Invermere</b></p>	<p data-bbox="953 142 1170 281"><b>9:15 AM</b> *Aquafit Free - Age 15+ <b>Rec. Centre Pool</b></p> <p data-bbox="953 323 1219 428"><b>10:45 AM</b> Tukats Hike <b>Fairmont Resort Rd.</b></p> <p data-bbox="953 470 1162 596"><b>1:30 PM</b> *Rock Creatures \$2 - Age 3+ <b>Craft Room</b></p> <p data-bbox="953 638 1174 785"><b>2:30 PM</b> *Paper Plate Fish \$2 - Age 3+ <b>Craft Room</b></p> <p data-bbox="953 827 1187 953"><b>3:30 PM</b> *Washer Necklace \$2 - Age 8+ <b>Craft Room</b></p>	<p data-bbox="1239 142 1459 281"><b>9:15 AM</b> *Aquafit Free - Age 15+ <b>Rec. Centre Pool</b></p> <p data-bbox="1239 323 1498 491"><b>10:45 AM</b> Hot Springs Hike <b>Historic Barn @ Mountainside Golf Course</b></p> <p data-bbox="1239 533 1398 659"><b>1:30 PM</b> *Fuse Beads \$2 - Age 5+ <b>Craft Room</b></p> <p data-bbox="1239 701 1430 848"><b>2:30 PM</b> *Bead Buddies \$2 - Age 3+ <b>Craft Room</b></p> <p data-bbox="1239 890 1479 1016"><b>9:30 PM</b> Karaoke - Age 19+ <b>Farside Pub Fairmont</b></p>

<b>Wed. May 18</b>	<b>Thur. May 19</b>	<b>Fri. May 20</b>	<b>Sat. May 21</b>	<b>Sun. May 22</b>
<b>9:00 AM</b> *Breakfast Hike <b>Smoking Water Coffee Shop</b>	<b>9:15 AM</b> *Aquafit Free - Age 15+ <b>Rec. Centre Pool</b>	<b>8:45 AM</b> Pancake Breakfast \$5 per person <b>Sunchaser Rec. Centre</b>	<b>5:00 PM - 8:00 PM</b> ☉ Public Indoor Rock Climbing - \$5 <b>Invermere</b>	<b>9:00 AM - 11:00 AM &amp; 1:00 PM</b> Sunday Brunch and Soak <b>Fairmont Hot Springs Resort</b>
<b>9:15 AM</b> *Aquafit Free - Age 15+ <b>Rec. Centre Pool</b>	<b>10:45 AM</b> Montazuma Loop Hike <b>Pool Overflow Parking @ Fairmont Hot Springs Resort</b>	<b>10:45 AM</b> River Stroll <b>Sunchaser Rec. Centre</b>		<b>10:45 AM</b> Non-guided Hoodoos Hike <b>Westside Road - Hoodoos Parking Lot</b>
<b>1:00 PM</b> * ☉ Local Native Interpretive Tour \$40 per person (2 Hrs) <b>Pick Up @ Mountainside Rec. Centre Parking Lot</b>	<b>1:00 PM</b> ☉ * Wetland Walk and Dremcatcher Craft (2 1/2 Hrs) \$40 per person <b>Pick Up @Mountainside Rec. Centre Parking Lot</b>	<b>5:00 PM - 8:00 PM</b> ☉ Public Indoor Rock Climbing - \$5 <b>Invermere</b>		<b>5:00 PM - 8:00 PM</b> ☉ Public Indoor Rock Climbing - \$5 <b>Invermere</b>
<b>1:00 PM</b> *Pine Needle Basket Weaving \$5- Adult <b>Craft Room</b>				
<b>2:00 PM</b> *Foot Spa Session <b>Rec. Centre Lounge</b>	<b>1:30 PM</b> *CD Spinners \$2 - Age 5+ <b>Craft Room</b>			
<b>3:30 PM</b> *Skin Care/Makeover Women 18+ <b>Rec. Centre Lounge</b>	<b>2:30 PM</b> Ice Cream Sundaes \$1 each <b>Rec. Centre Lounge</b>			
	<b>3:30 PM</b> Bingo \$1 per card <b>Rec. Centre Lounge</b>			
	<b>5:00 - 6:00 PM</b> ☉ Wine Tasting \$15 per person <b>Fairmont Hot Springs Resort</b>			



## HEALTH AND FITNESS

**\*AQUAFIT CLASS:** This is a fun and invigorating water aerobics class for guests 15 years & older. Sign up in advance to ensure yourself a spot. There is limited space in the pool. Min. 3/ Max. 8 people. Approx. 45 mins.

**BREAKFAST HIKE:** Sign up is necessary as there is limited space. If you would like a cinnamon bun reserved for this breakfast, please call 250-345-4008 on Tuesday. Meet at 9:00 am at the Smoking Water Coffee Co., 4985 Hot Springs Road. Please park beside the road or in the gravel overflow parking area. The hike is approximately 1 hour long. Difficult hike with elevation change. Trails wind through the trails at the north end of Fairmont. When we get back to Smoking Water Coffee Co. you will be able to relax and enjoy a great breakfast with a 20% discount for hikers.

**HOT SPRINGS HIKE :** Meet at the Historic Barn adjacent to the Mountainside Golf Course parking lot to enjoy a hike up to the Historic Baths and enjoy a spectacular view from the plateau. The hike will be approx. 1.5 hrs with some elevation gain.

**HOODOOS HIKE (UNGUIDED):** Meet up with fellow guests interested in hiking the Hoodoos in a group atmosphere. Drive South on highway 93/95, turn right onto Westside Road & 1 km on your left side there is a gravel parking lot. This will be your starting point. Please note **NO GUIDE** will be provided, this is meant to bring guests together who would prefer not to hike alone. The trail is well marked, moderate uphill. Approx. 1.5 hours. **Part of the Hoodoos is PRIVATE PROPERTY, please respect the No Trespassing signs.**

**MONTAZUMA LOOP:** Drive up to the Fairmont Hot Springs Resort and go toward the Hot Springs Pool Parking lot. Take a left (as if you are going up to the ski hill) and then an immediate left at the overflow parking area ( beside the large green propane tank) This is a beautiful forest hike. This is one of the staff favourites . Moderate hike that is approx. 1.5 hrs. All Ages.

**RIVER STROLL:** Meet fellow hikers at the Sunchaser Rec. Centre at 10:45 am. This easy walk will take you through the meadows and past the Columbia River. Approximately 1.5 hrs., this easy hike is suitable for all ages and is stroller friendly.

**TUKATS HIKE:** Come explore the winding trails through the Douglas Fir Forest at the north end of Fairmont. Meet in the Parking Lot at 5014 Fairmont Resort Rd. (the church on the way to the Fairmont Hot Springs Resort). This is a moderate hike; expect some elevation gain. Approx. 1.5 hours.



## GAMES AND ACTIVITIES

**ADULTS ONLY SWIM:** Adult (18+ only) swims may be arranged for Monday and Wednesday evenings between 9:00 p.m. and 10:30 p.m. Arrangements must be requested 24 hours in advance. Noise should be kept to a minimum when an adult swim is scheduled. Your consideration is appreciated.

**BINGO:** This event is being held in the MountainSide Villas Upper Lounge. \$1.00 per card. Prizes and fun for the whole family! Minimum 10 people. Approximately 45 min long.

☺ **PUBLIC INDOOR ROCK CLIMBING:** Want to try rock climbing, join us at Laird School in Invermere every Friday, Saturday and Sunday at 5:00 pm to 8:00 pm. \$5 and free equipment. For more information call Herb at 250-688-5228.



## SPECIAL EVENTS

**ICE CREAM SUNDAES:** This event is held in the Mountainside Villas Rec. Centre upper lounge. Come and enjoy a refreshing ice cream sundae. \$1 each.

**\*SKIN CARE / MAKEOVER :** A Professional Mary Kay Beauty Consultant will help you create a fabulous look that's uniquely you. Women 18+. **Please sign-up at the front desk by Tuesday evening. A refundable \$5 deposit is due upon sign-up. Allow at least 1 - 2 hours for this session. Products available for purchase with no obligation.** You can call April @ 250-341-1572 to book an appointment for another time.

**\*FOOT SPA SESSION:** It's free! Just bring a towel. Men are welcome. Children must be accompanied by an adult. No one else will touch your feet but you. Soak your feet in a basin of warm water and treat your tootsies with soothing Mary Kay products that help cleanse, exfoliate and hydrate. Even your hands get soft in the process! **Please sign - up at the Front Desk by Tuesday evening.**

**\* ☺ LOCAL NATIVE INTERPRETIVE TOUR:** Pick up in front of the Mountainside Rec. Centre at 1:00 pm on Wednesday for a fun and interesting tour of Windermere and Invermere led by Akisqnuq First Nations guides. Visit sites and hear stories such as the travels of explorer David Thompson. Bring your cameras and your questions. Tour is approximately 2 hours. Cost is \$40 per person. Sign up is required as there is limited seating on the van. For more information call Hillary at 250-688-6135.

**\* ☺ WETLAND WALK AND DREAMCATCHER CRAFT:** Pick up in front of the Mountainside Rec. Centre at 1:00 pm for a walk through the wetland with a stop to learn about the history of the dreamcatcher and then make a dreamcatcher for yourself. Tour is approximately 2.5 hrs. Cost is \$40 per person and sign-up is required as there is limited space. Hosted by Blazin Trailz Tours. For more information call Hillary at 250-688-6135.

**☺ WINE TASTING:** Join Fairmont Hot Springs Resort's in-house sommelier Erin for wine tasting in our lodge lobby. Sample 4 BC wines, 2 white & 2 red. Every **Thursday** 5:00pm – 6:00pm. \$15 per person. 19+ yrs. Registration not required.