



GUEST ACTIVITY CALENDAR

FEBRUARY 2026



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Fireside Moments is our MARK of Craft.

Join us by the fire for delicious complimentary s'mores every evening on the patio outside of Market Café from 6pm-9pm.



For guided tours such as stargazing, cross-country skiing, snowshoeing, and more, check out our friends at Kananaskis Outfitters!



Mountain Yoga 1
8am - 9am

Make Your Own Postcard
10:30am - 11:30am

Kids Activity Time
1pm - 2pm

Candle Making*
3pm - 4pm

Sensory Stroll 2
8am - 9am

Morning Brew & Journal*
11am - 12pm

Village Rim Stroll
1:30pm - 2:30pm

Alpine Sound Bath
6pm - 7pm

Sensory Stroll 3
8am - 9am

Sip & Colour Hour*
11am - 12pm

Pine Art
1:30pm - 2:30pm

Power Pilates
7pm - 8pm

Village Rim Stroll 4
1pm - 2pm

Coaster Painting
3pm - 4pm

Trivia Night
6pm - 7pm

Morning Brew & Journal* 5
8am - 9am

Sensory Stroll
11am - 12pm

Make Your Own Postcard
1:30pm - 2:30pm

Mountain Yoga
7pm - 8pm

Sip & Colour Hour* 6
12pm - 1pm

Kids Activity Time
3pm - 4pm

Cocktail Class*
3pm - 4pm

Bingo Night
6pm - 7pm

Popcorn & PJ's*
6pm - 9:30pm

Ignite HIIT 7
8am - 9am

KanasKIDS Camp*
10am - 2pm/5pm

Slime Lab
1pm - 2pm

Kids Activity Time
3pm - 4pm

Candle Making*
6pm - 7pm

Popcorn & PJ's*
6pm - 9:30pm

Mountain Yoga 8
8am - 9am

Glass Bottle Lantern Making*
10:30am - 11:30am

Kids Activity Time
1pm - 2pm

Pine Art
3pm - 4pm

Sensory Stroll 9
8am - 9am

Morning Brew & Journal*
11am - 12pm

Pine Art
1:30pm - 2:30pm

Alpine Sound Bath
6pm - 7pm

Sip & Colour Hour* 10
1pm - 2pm

Pine Art
3pm - 4pm

Twilight Trails
6pm - 7pm

Morning Brew & Journal* 11
8am - 9am

Sensory Stroll
11am - 12pm

Make Your Own Postcard
1:30pm - 2:30pm

Mountain Yoga
7pm - 8pm

Pine Art 12
12pm - 1pm

Coaster Painting
3pm - 4pm

Candle Making*
6pm - 7pm

Power Pilates
7pm - 8pm

Make Your Own Postcard 13
12pm - 1pm

Kids Activity Time
3pm - 4pm

Cocktail Class*
3pm - 4pm

Name That Tune
6pm - 7pm

Popcorn & PJ's*
6pm - 9:30pm

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Please see the
Abra-Kananaskis
Brochure
for daily events

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Please see the
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Mountain Yoga 22
8am - 9am

Coaster Painting
10:30am - 11:30am

Kids Activity Time
1pm - 2pm

Village Rim Stroll
3pm - 4pm

Sensory Stroll 23
8am - 9am

Morning Brew & Journal*
11am - 12pm

Make Your Own Postcard
1:30pm - 2:30pm

Alpine Sound Bath
6pm - 7pm

Sip & Colour Hour* 24
8am - 9am

Village Rim Stroll
11am - 12pm

Coaster Painting
1:30pm - 2:30pm

Power Pilates
7pm - 8pm

Sensory Stroll 25
1pm - 2pm

Pine Art
3pm - 4pm

Paint & Sip*
6pm - 8pm

Candle Making* 26
12pm - 1pm

Kids Activity Time
3pm - 4pm

Slime Lab
4pm - 5pm

Name That Tune
6pm - 7pm

Slime Lab 27
12pm - 1pm

Kids Activity Time
3pm - 4pm

Cocktail Class*
3pm - 4pm

Trivia Night
6pm - 7pm

Popcorn & PJ's*
6pm - 9:30pm

Mountain Yoga
7pm - 8pm

Ignite HIIT 28
8am - 9am

KanasKIDS Camp*
10am - 2pm/5pm

Glass Bottle Lantern Making*
1pm - 2pm

Kids Activity Time
3pm - 4pm

Bingo Night
6pm - 7pm

Popcorn & PJ's*
6pm - 9:30pm

We highly recommend signing up for activities in advance. You can register by scanning the QR code, or by speaking with our Concierge team.



FEBRUARY 2026 GUEST ACTIVITIES

*This activity includes a fee. Please note that all activities are subject to change. Please see our Concierge or Front Desk team for the location of activities.

PARENT SUPERVISION IS REQUIRED FOR THE FOLLOWING ACTIVITIES:

SLIME LAB

Make some slippery, ooey-goopy slime!
Cost: Included in Resort Fee.

MAKE YOUR OWN POSTCARD

A fun activity for the whole family! Create your own handcrafted postcard to either take home as a souvenir or post to someone special.
Cost: Included in Resort Fee.

COASTER PAINTING

Tune in to your creative side as you decorate your own coasters.
Cost: Included in Resort Fee.

PINE ART

Burn unique designs into wood slices and create your own Kananaskis keepsake!
Recommended for 12+
Cost: Included in Resort Fee.

VILLAGE RIM STROLL

Take a guided stroll around the village rim, where you'll experience a picturesque landscape and learn about the area.
Cost: Included in Resort Fee.

NAME THAT TUNE

Come and test your musical knowledge in our take on the classic gameshow. Prizes to be won!
Cost: Included in Resort Fee.

TRIVIA NIGHT

Test your knowledge on a variety of different subjects. Prizes to be won!
Cost: Included in Resort Fee.

BINGO NIGHT

Join us for a family-friendly Bingo night! Prizes to be won!
Cost: Included in Resort Fee.

CANDLE MAKING*

Learn how to make your very own candle! With different scent and color combinations, the possibilities are endless.
Cost: \$15 per person.

GLASS BOTTLE LANTERN MAKING*

Create your own beautiful glass bottle lantern in this hands-on workshop! Learn how to transform recycled bottles into glowing, decorative lanterns using simple tools and creative techniques. All materials are provided—just bring your imagination!
Cost: \$15 per lantern.

SENSORY STROLL

Begin your morning with a guided walk through the hotel's serene grounds. Start your experience at our hot chocolate station, then slow down the pace and gently awaken your senses as you take in the sights, sounds, and scents around you.
Cost: Included in Resort Fee.

MORNING BREW & JOURNAL*

Ease into the day with a soothing tea experience, featuring a selection of calming herbal blends. Explore each tea's aroma, flavor, and relaxing qualities while reflecting through gentle journaling. Notebooks and pens are available, along with thoughtful prompts.
Cost: \$15 per person.

TWILIGHT TRAILS

As evening falls, join us for a tranquil stroll beneath the twilight sky. Look up and take in the stars. This gentle walk offers a serene way to connect with the beauty of Kananaskis at night.
Cost: Included in Resort Fee.

SIP & COLOUR HOUR*

Unwind with a soothing session of mindfulness coloring. Let go of perfection and simply "flow with the colors," embracing creativity as a form of mindfulness. The experience is complemented by a selection of relaxing herbal teas.
Cost: \$15 per person.

CHILDREN'S CREATIVE CENTRE:

Location: Mount Kidd Manor. Open daily from 6am – 11pm

KIDS ACTIVITY TIME (SUPERVISED)

Complimentary childcare for guests. Come and drop the kids off for an hour of fun! Free play, games, and arts and crafts.
Ages: 4 - 12
Location: Children's Creative Centre in Mount Kidd Manor
Cost: Included in Resort Fee.

KANANASKIDS CAMP (SUPERVISED)*

This fun-packed camp includes games, activities, arts and crafts and outdoor adventures. The fun is endless! Lunch is included.
Ages: 4 - 12
Location: Children's Creative Centre in Mount Kidd Manor
Half Day: \$90 (10am-2pm) Full Day: \$110 (10am-5pm).

POPCORN & PJ'S (SUPERVISED)*

Get the kids comfortable in their favourite pyjamas and have them join us for a supervised movie night!
Ages: 4 - 12
Location: Children's Creative Centre in Mount Kidd Manor
Cost: \$60 per child.

MOUNTAIN YOGA

Join us for an hour of rest and relaxation!
Recommended for 16+
Cost: Included in Resort Fee.

POWER PILATES

Using body weight, you'll engage and strengthen key muscle groups, improve flexibility, and leave feeling energized and centered. This dynamic class combines Pilates principles with strength-building exercises, focusing on core strength, balance, and posture.
Recommended for 16+
Cost: Included in Resort Fee.

IGNITE HIIT

A dynamic HIIT class designed for beginner to intermediate levels. This class features short bursts of intense exercises followed by brief recovery periods, maximizing calorie burn and cardiovascular endurance.
Recommended for 16+
Cost: Included in Resort Fee.

ALPINE SOUND BATH

Immerse yourself in soothing sounds and vibrations that calm the mind, relax the body, and restore balance.
Recommended for 16+
Cost: Included in Resort Fee.

PAINT & SIP*

Unleash your creative side with a relaxing evening of guided painting. One glass of house red or white wine included.
Age requirement: 18+
Cost: \$40 per person.

COCKTAIL CLASS*

Craft two signature cocktails in an exclusive mixology experience.
Age requirement: 18+
Cost: \$60 per person, plus gratuity.

DINING DETAILS

• Forte Restaurant

Mon – Thu: 7:00 AM – 9:00 PM
Fri – Sun: 7:00 AM – 10:00 PM

• Cedar Room*

Wed – Sat 5:00 PM – 9:00 PM
Sun – Tues: Closed
(Open Sunday February 15th: 5:00pm – 9:00pm)

Blacktail Bar*

Mon–Thu: 4:00 PM – 12:00 AM
Fri: 2:00 PM – 12:00 AM
Sat–Sun: 11:30 AM – 12:00 AM
(Open Friday February 13th: 12:00pm – 12:00am)

• Woody's Pub & Patio

Mon–Fri: 5:00 PM – 12:00 AM
Sat–Sun: 2:00 PM – 12:00 AM
Après Sessions (Sat–Sun): 2:00 PM – 5:00 PM

• In-Room Dining*

Breakfast: 7:00 AM – 11:00 AM Daily
Lunch & Dinner: 11:30 AM – 10:00 PM Daily
(Fri–Sat until 11:00 PM)

• Market Café*

Mon–Thu & Sun: 7 AM – 3 PM
Fri–Sat: 7 AM – 4 PM

TWILIGHT SOAK AT KANANASKIS NORDIC SPA



Disconnect to reconnect at the Kananaskis Nordic Spa. Twilight Soak invites guests to visit the spa daily from 5pm – 9pm, based on availability, with a discounted Hydrotherapy Access rate. Scan the QR code for further details.



*Hours are subject to change. Please scan the QR code for the most up-to-date information.



Please scan the QR code for menu information.

