



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
8am - 9am

Village Rim Guided Walk
10:30am - 11:30am

Kids Activity Time
1pm - 2pm

Candle Making*
3pm - 4pm

<p>Morning Brew & Journal* 8am - 9am</p> <p>Sensory Stroll 11am - 12pm</p> <p>Pine Art 1:30pm - 2:30pm</p> <p>Alpine Sound Bath 6pm - 7pm</p>	2	<p>Sensory Stroll 8am - 9am</p> <p>Morning Brew & Journal* 11am - 12pm</p> <p>Sip & Colour Hour 1:30pm - 2:30pm</p>	3	<p>Village Rim Guided Walk 1pm - 2pm</p> <p>Make Your Own Postcard 3pm - 4pm</p> <p>Trivia Night 6pm - 7pm</p>	4	<p>Sensory Stroll 8am - 9am</p> <p>Sip & Colour Hour 11am - 12pm</p> <p>Coaster Painting 1:30pm - 2:30pm</p> <p>Mountain Yoga 7pm - 8pm</p>	5	<p>Village Rim Guided Walk 12pm - 1pm</p> <p>Kids Activity Time 3pm - 4pm</p> <p>Cocktail Class* 4:30pm - 5:30pm</p> <p>Bingo Night 6pm - 7pm</p> <p>Popcorn & PJ's* 6pm - 9:30pm</p> <p>Alpine Sound Bath 7pm - 8pm</p>	6	<p>Power Pilates 8am - 9am</p> <p>Slime Lab 1pm - 2pm</p> <p>Kids Activity Time 3pm - 4pm</p> <p>Candle Making* 6pm - 7pm</p> <p>Wine Tasting Experience* 6pm - 7pm</p> <p>Family Movie Night 8pm</p>	7	<p>Mountain Yoga 8am - 9am</p> <p>Make Your Own Postcard 10:30am - 11:30am</p> <p>Kids Activity Time 1pm - 2pm</p> <p>Glass Bottle Lantern Making* 3pm - 4pm</p>	8
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MARCH 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-gooley 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 GUIDED WALK

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 colour combinations, the possibilities are endless.
Cost: \$15 per candle.

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, pens, and thoughtful prompts are provided.
Cost: \$15 per person.

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: Included in Resort Fee.

FAMILY MOVIE NIGHT

Sit back, relax, and watch some of our favorite family-friendly movies!
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.

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
Cost: Half Day: \$90 (10am-2pm) Full Day: \$110 (10am-5pm).

POPCORN & PJ'S/SCHOOL'S OUT! PYJAMA PARTY (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.

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.

WINE TASTING EXPERIENCE*

A guided wine experience with our head sommelier, where flavours unfold and senses linger. Thoughtfully paired with charcuterie boards for sharing.
Age requirement: 18+
Cost: \$60 per person, plus gratuity.

COCKTAIL CLASS*

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

DINING DETAILS

• Forte Restaurant

Sun – Thurs: 7AM – 9PM
Fri – Sat: 7AM – 10PM

• Cedar Room*

Wed – Sat: 5:00 PM – 9:00 PM
Sun – Tues: Closed

• 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

• 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



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.

