

Frozen Triangle Ski Tour: January 6 – 15, 2026



It was wintertime in the Canadian Rockies for 15 members of our cycling club seeking adventures in the snow – snowshoeing, cross country skiing and alpine skiing. Participants came from Edmonton, Salmon Arm, Ottawa, Victoria, Vancouver and the Seattle area. Our group was led by Robin Howe and Danielle Amerongen and assisted by Ann Marie Adachi and Audrey Sonnenberg. The tour provided three locations in the Rocky Mountains – Lake Louise Alberta, Radium BC and Golden BC for the snow adventures with three nights in each location.

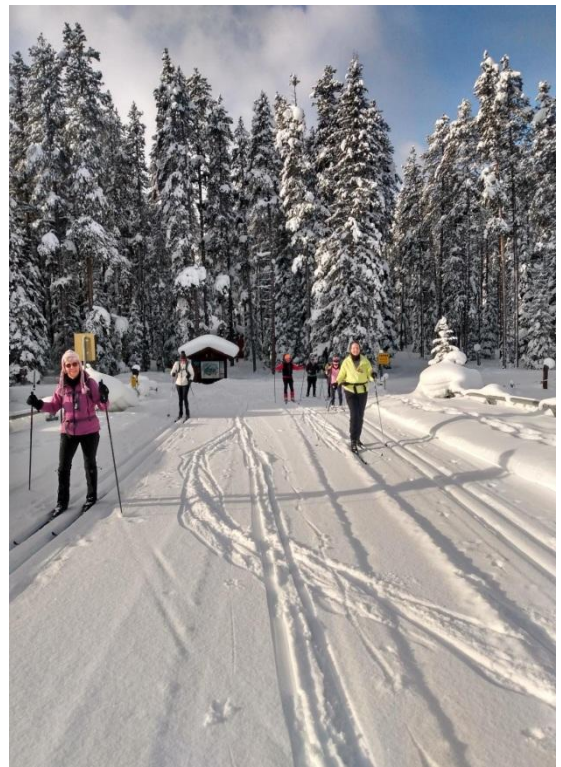
Robin Howe – our hard working tour leader.

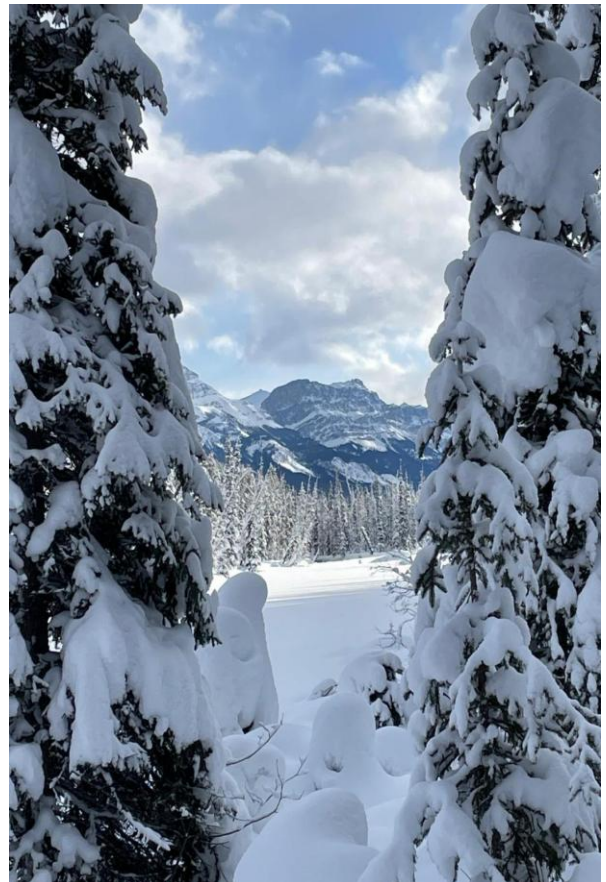
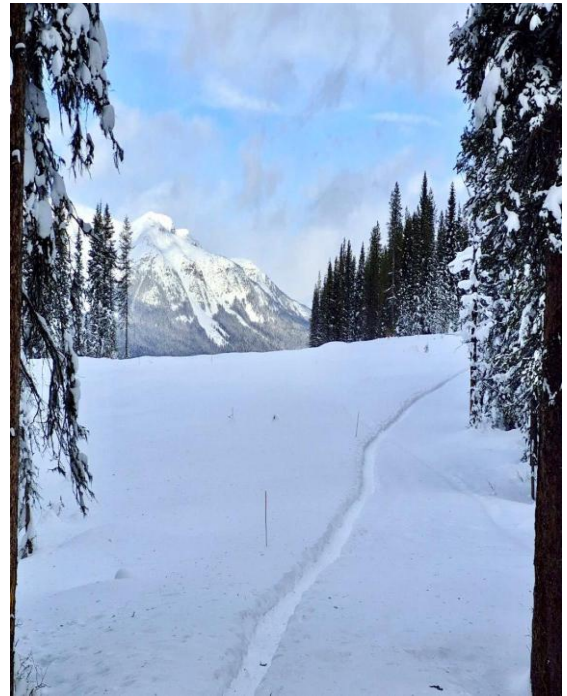
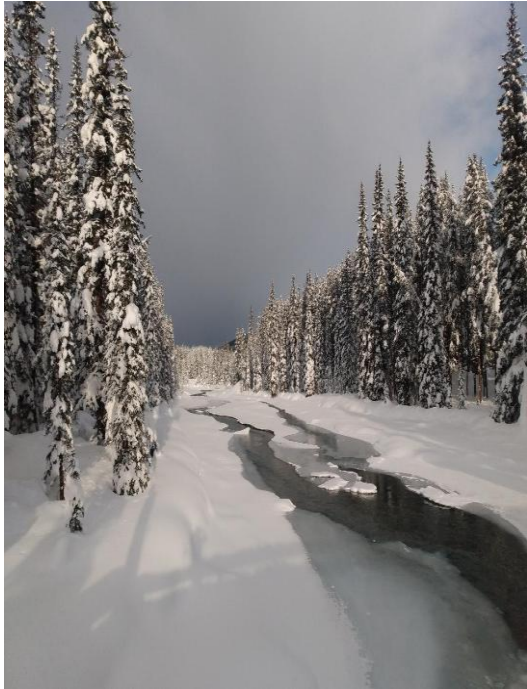


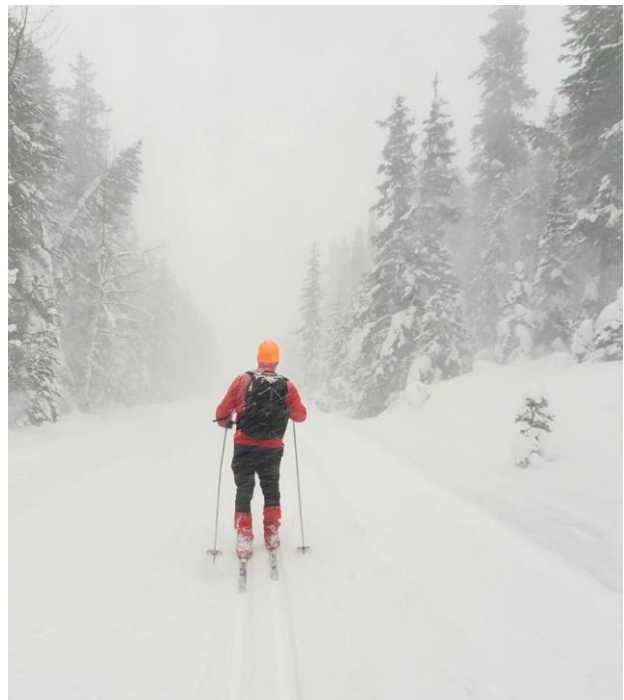
Danielle Amerongen – Our snow activity co-ordinator.

Lake Louise: January 6 - 9

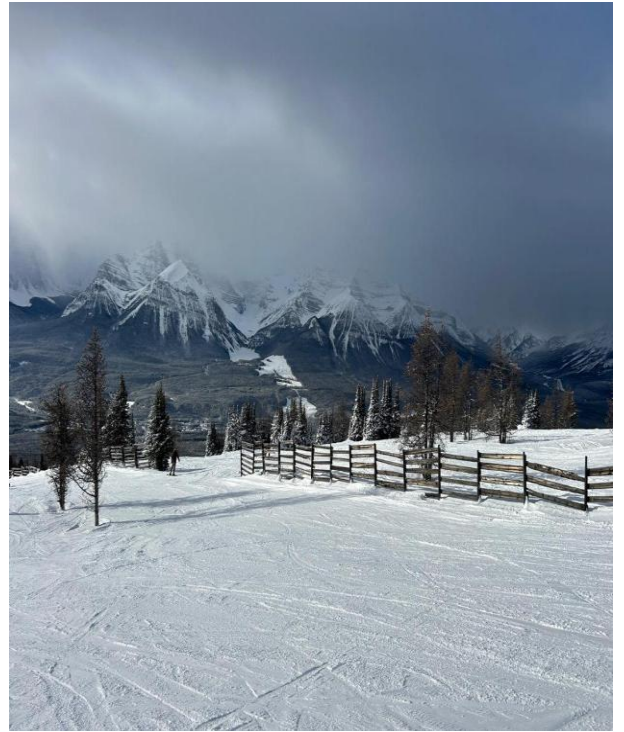
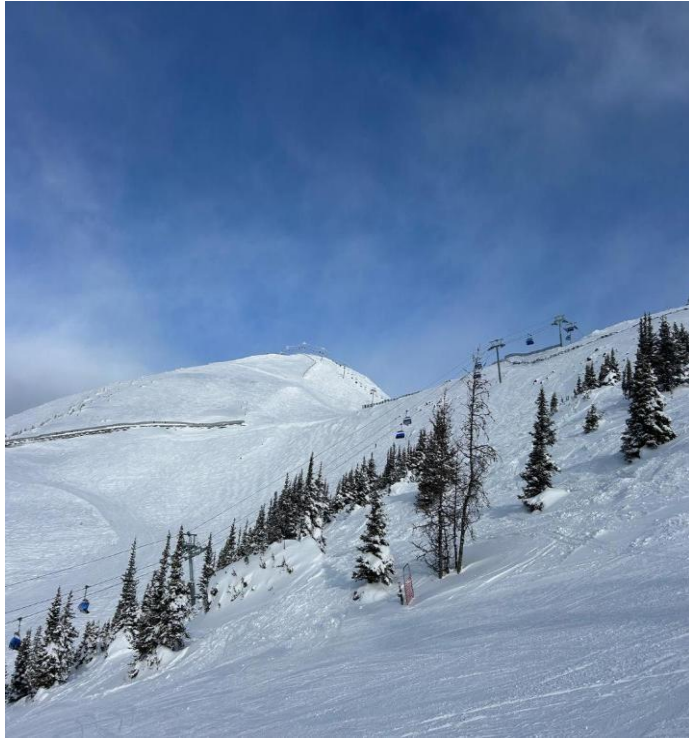
Lake Louise abounded in snow and scenery. We were able to ski from our hotel to the Bow Valley Parkway ski trails or drive a short distance to the Lake Louise trails and the outdoor ice bar at the Lake Louise Fairmont Hotel. Our two downhill skiers (Brigitte and Tom) tackled the alpine ski area of Lake Louise Ski Resort a short drive away. A group dinner at our hotel, the Lake Louise Inn, was held the first night and the next two days were spent skiing, snowshoeing and alpine skiing with great weather and snow conditions.





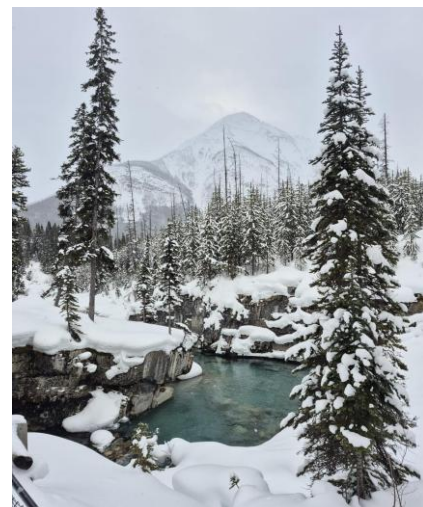






Marble Canyon: January 9

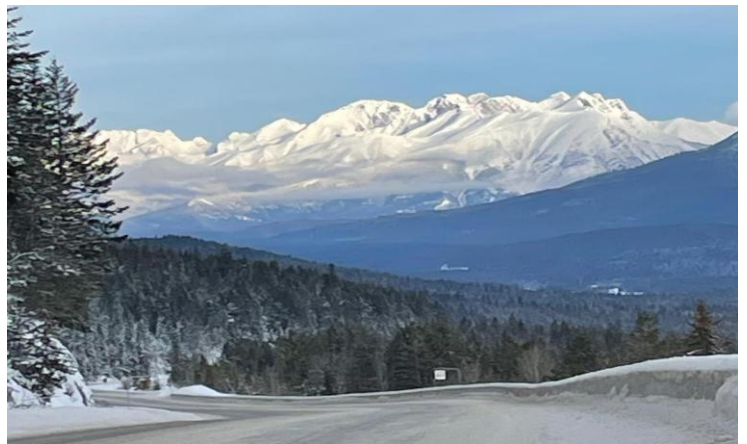
A number of our group stopped to explore Marble Canyon as we drove to our next destination at Radium.

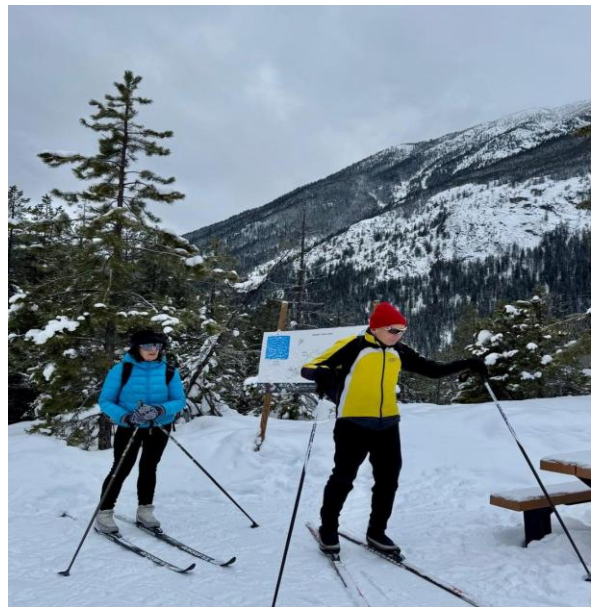
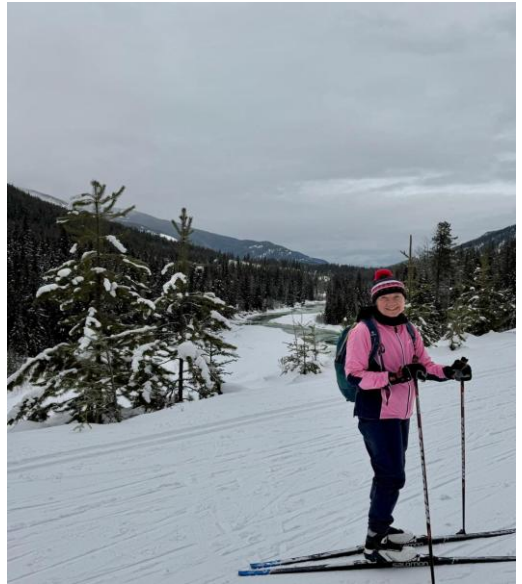


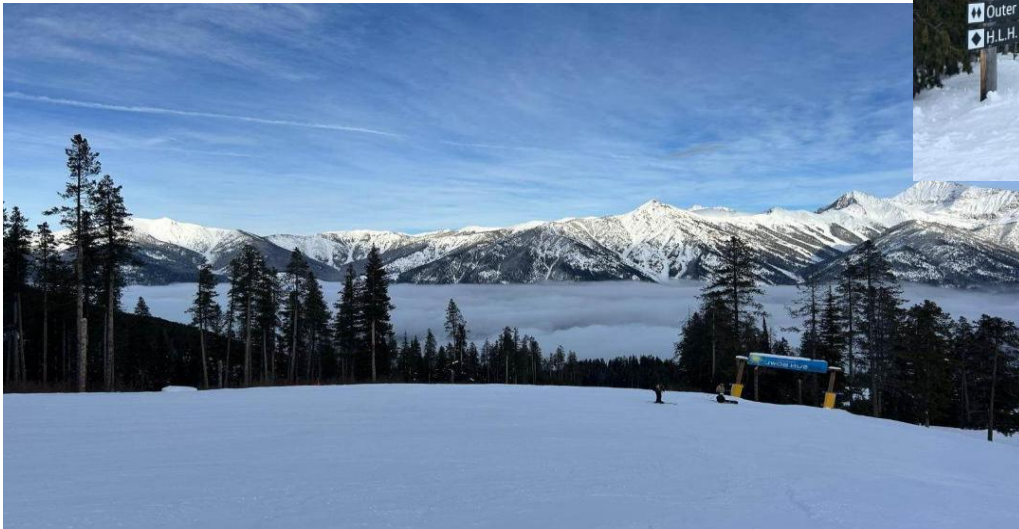


Radium: January 9 - 11

Our accommodation in Radium featured three lovely separate condo units which were spacious and well appointed. Robin organized a group raclette dinner on the second evening at one of the units which was so delicious, fun and a memorable get together. We skied and snowshoed the first day at Nipika under blue skies and great trail conditions. The second day we enjoyed cross-country skiing and snowshoeing from the Panorama Nordic Centre at Grey Wolf. Our alpine skiers (Brigette and Tom) had two great alpine skiing days at the Panorama Resort. On the third evening after a full day of snow activities we headed to Radium Hot Springs to soak and relax.



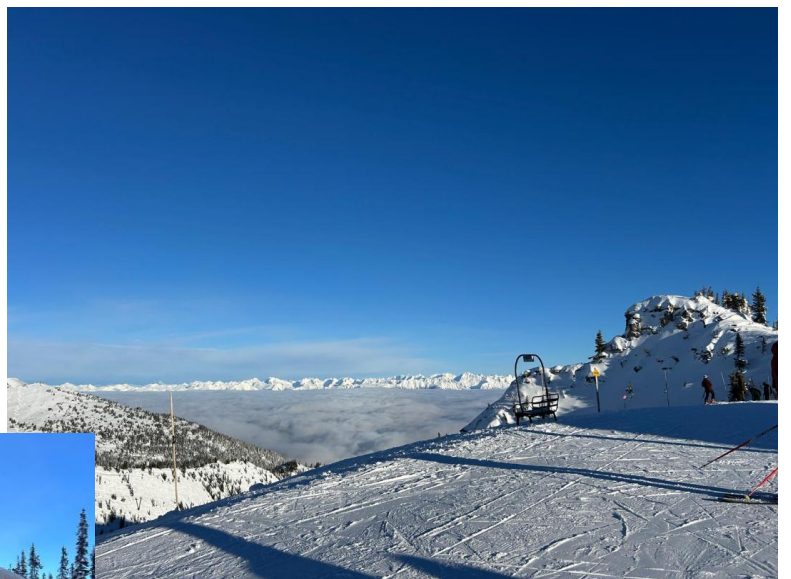




Golden: January 12 – 14

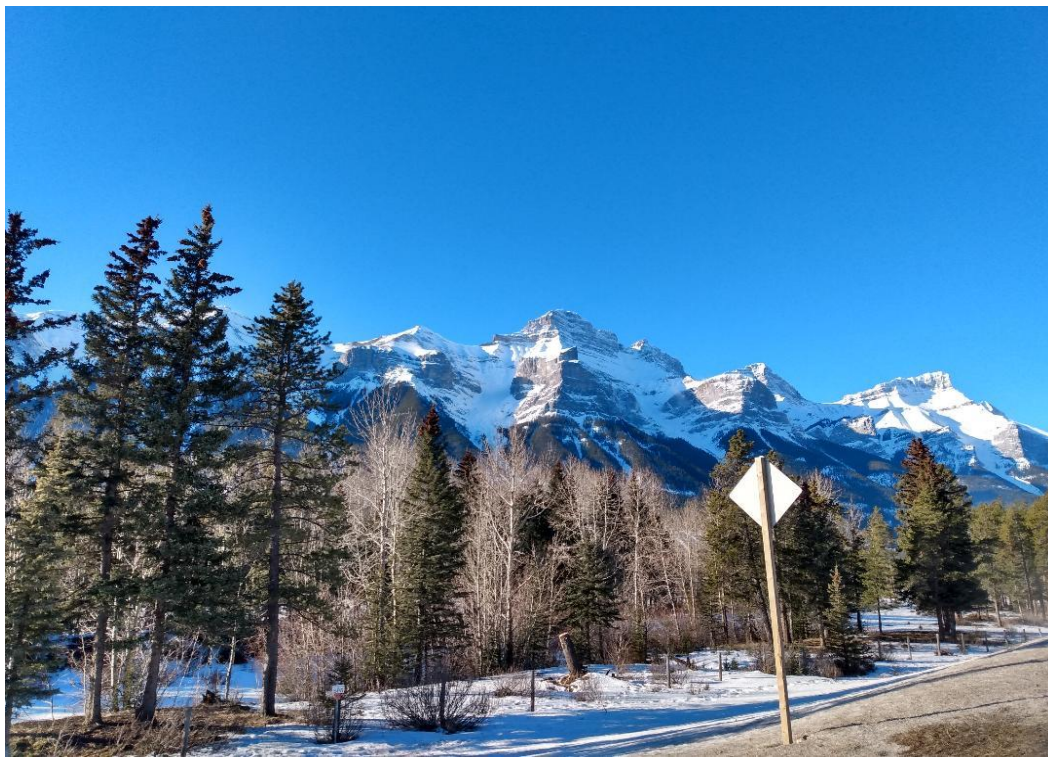
Cloudy, drizzly skies prevailed when we left Radium as we headed to our last destination of Golden. The drizzly skies indicated a change in temperature and with temperatures now hovering above freezing, Golden was shrouded in fog. The weather change also meant a heightened risk of avalanches near the wilderness snow trails so the snowshoers and cross-country skiers elected to spend the two days navigating Dawn Mountain. Despite the fog and “the tour cold” which affected several of our group, this did not prevent most from participating in the snow activities, especially since the snow conditions were great at Dawn Mountain. Our alpine skiers, Tom and Brigitte, enjoyed sunshine at the summit of Kicking Horse where they skied. Our last night was a group dinner at The Island, a great restaurant in Golden. This gourmet feast was a fabulous finale to our ski trip which was so well led by our awesome team. . As our ski trip came to a close we all agreed that being able to ski in three locations in the Canadian Rockies was a wonderful experience and we are all looking forward to next year for another CCCTS snow adventure.







January 15: Departure Day and Last View of the Rockies



Trip report compiled by Carol Evans with superb photos provided by all the participants of the 2026 Frozen Triangle Tour:

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|----------------------|---------------------|
| ❖ Anne-Marie Adachi | ❖ Lorne Hunter |
| ❖ Danielle Amerongen | ❖ Nancy Knight |
| ❖ Dan Carey | ❖ Whitney Laughlin |
| ❖ Carol Evans | ❖ Susan O'Connor |
| ❖ Glen Evans | ❖ Audrey Sonnenberg |
| ❖ Sylvie Gagne | ❖ Brigitte Sooke |
| ❖ Barbara Hall | ❖ Tom Sooke |
| ❖ Robin Howe | |