

# mountain HIGH

A guide to the best skiing resorts in the US and Canada.

	ASPEN, Colorado, US	TELLURIDE, Colorado, US	THE CANYONS, Park City, Utah, US	WHISTLER, British Columbia, Canada	BANFF NATIONAL PARK, Canada
CELEBRITY SPOTTING	 <p>Jennifer Aniston flat on her back at St Regis Remède Spa.</p>	 <p>Ski-mad Cameron Diaz and Justin Timberlake are regulars, so look under the beanie.</p>	 <p>This is Sundance Film Festival territory.</p>	 <p>This is where Seal proposed to Heidi Klum.</p>	 <p>Baldwin, Cusack, Grammer and others who need no first names.</p>
BOASTING RIGHTS	 <p>Trek the Highland Bowl and drop in to the double black diamond run.</p>	 <p>For serious off-piste hit Prospect Bowl and beyond, but take a guide.</p>	 <p>1200 hectares of terrain. Lift queues? What are they?</p>	 <p>Cat skiing is the new heli. Powder Mountain Cat Skiing take committed boarders and skiers to secret powder spots far from the crowds.</p>	 <p>Delirium Dive at Sunshine Village. Worth the 10-minute trek with avalanche beacon for the views alone. Did we mention the chutes? Close your eyes and point your skis down.</p>
APRÈS SPOT	<p>One of <i>People</i> magazine's "50 Most Eligible Bachelors", ski instructor, Sam Von Trapp, frequents Sky hotel's 39 Degrees bar for après.</p>	<p>Noir Bar at the Bluepoint Grill is as chic as it gets in this laid-back town. Think martinis by the fire and ski bunnies wrapped in fur.</p>	<p>Mother Urbans in Park City for live music and 101 beers.</p>	<p>In the Mix for martinis and Longhorn for last lift drinks and people spotting.</p>	<p>Think low-key in Banff town. Line dancing at Wild Bill's, Rose &amp; Crown for yummy warming pub food and Aurora for late-night cigars and D</p>
SLEEPOVER	 <p>The Little Nell for the serious A-list, St Regis Alpine Floor for private A-list, Hotel Jerome for Hunter S. Thompson wannabes.</p>	<p>Sleep like a snow angel in The Hotel Telluride's trademark beds.</p>	 <p>The Canyons Grand Summit Resort Hotel — luxury and location in one at the base of the gondola.</p>	<p>Bed down at the intimate Adara Hotel for urban design.</p>	 <p>The luxe Fairmont Banff Springs Hotel spa suites — a pumice stone's throw from the hotel's Willow Stream spa. Bliss.</p>
DINING EXPERIENCE	<p>Montagna at The Little Nell for haute cuisine.</p>	<p>Allreds for Spielberg-style views at lunchtime — it's a private club, so hook up with a member for easy access.</p>	<p>Go the yurt! A moonlit sleigh ride takes diners to the mountain top, a short cross-country ski and voila, the Viking Yurt dining experience awaits.</p>	<p>Elements at the Summit Lodge and Spa for Asian-inspired tapas, low-key atmosphere and damn fine cocktails.</p>	<p>Walliser Stube restaurant at Chateau Lake Louise. Swiss-style fondue with Canadian bison twist.</p>
WHO GOES HERE?	 <p>Moneyed New Yorkers on a boys' weekend and Hollywood's inner sanctum.</p>	 <p>Those in the know, who don't want anyone else to be.</p>	 <p>Powder lovers worship those pristine Utah slopes.</p>	 <p>Whistler: a weekend favourite for Vancouverites and Seattle folk.</p>	 <p>Seriously laid-back folk and couples in love (the honeymooners).</p>
INSIDE TIP	<p>Head to the Caribou Club and watch the "cougars" (women of 50-plus who have had a facelift) using their cosmetically enhanced prowess to hook 30-year-old toy-boy prey.</p>	<p>Telluride is divided into the valley floor and the mountain village that virtually shuts down at midnight when the gondola stops. Rules? Mountain village by day, valley floor by night.</p>	<p>This is Mormon country, but you can drink. If an establishment refers to itself as a "private club" there's a small temporary membership fee in order to imbibe, much like a cover charge.</p>	<p>There's something potent about popping a bottle of bubbly with a sword. Sabre your own champagne bottle at Andre St Jacques' exclusive Bearfoot Bistro. The cuisine is good here too.</p>	<p>Crème boutique on Wolf Street for Nudie, 2K, WE tsubi, as well as Spy and V on Zipper eyewear.</p>
	<p><a href="http://www.aspensnowmass.com">www.aspensnowmass.com</a></p>	<p><a href="http://www.tellurideskiort.com">www.tellurideskiort.com</a></p>	<p><a href="http://www.thecanyons.com">www.thecanyons.com</a></p>	<p><a href="http://www.whistlerblackcomb.com">www.whistlerblackcomb.com</a></p>	<p><a href="http://www.skibig3.com">www.skibig3.com</a></p>

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