

# Cinnamon buns and steeps at Sun Peaks

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Sun Peaks Resort ski school. (Adam Stein)

**Sun Peaks, B.C.**

## **HIGHLIGHT**

Three mountains, 250 days of sun annually, a Euro-style ski village, and Nancy Greene whizzing past, and still, the highlight of skiing Sun Peaks is its cinnamon buns. Huge and gooey, with a calorie count higher than the nearest B.C. peak, they're fresh around 10 a.m. at Sunburst Lodge. One does the entire family.

- Immerse the kids in skiing and French culture at Le Massif
- Try ski-biking, kid-size snowmobiles and more at Vail
- Zipline through the woods at Smugglers' Notch

**TERRAIN**

Sun Peaks ranks No. 3 in Canada for huge. Wide, lightly treed trails off the Sundance Express are best for learners and tots. Experts score in two bowls: Toilet and Crystal. As for powder-filled trees, Sun Peaks has a mitt full: 12 gladed areas my eight-year-old son calls "the best trees ever!"

## **KID STUFF**

Children's programs employ enthusiastic pros willing to tailor lessons. My free-riding kid wanted trees and he got 'em. For moms struggling to keep up with the family, Ski Sisters offers women tips on how to speed up and tackle tougher terrain safely.

## **APRÈS FOR KIDS**

The slopeside bungee tramp here is a doozy, and the tubing park slides right into the village. You can also rent skates at the local rink. Still not zonked? Head out on an evening one-kilometre snowshoe run to a marshmallow roast and sip warm apple cider.

## **APRÈS FOR ADULTS**

Parents cozy up for an evening lift ride to Sunburst Lodge for a fondue dinner - both cheese and chocolate - then ski Sun Peaks by moonlight. Bring your own skis. Headlamps, glow sticks and a guide are part of the deal.

## **LIFT TICKETS**

Adult \$73, \$58 for your (12 to 18) and \$36 for kids 6 to 12.

## **WHERE TO STAY**

Book in at Nancy Greene's Cahilty Lodge - slopeside, kitchenettes, hot tub and full of Olympic memorabilia - from \$170; or Delta Sun Peaks Resort (heated outdoor pool and breakfast buffet) from \$175. Or check out the Family Sneak Peak Special for one night's lodging and one day skiing for two adults and two kids, starting at \$355.

## **VERDICT**

Generously spaced glades provide all-star family fun, and those cinnamon buns create a silly slopeside buzz our carb-loving family won't forget for a long while. *SunPeaksResort.com*

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