

Premiere Issue!

LNNY Living

NOV. / DEC. 2011



A north country holiday

Traditions, family spell home in Northern New York

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HOMES

Inside a Wellesley Island cottage

FOOD

Preparing for the perfect party

ARTS

Michael Ringer on his inspiration

HEALTH

Surviving the holidays gullible

Discovering paradise in your own backyard

Adventure, calm awaits in Adirondack's Lake Placid

TEXT BY DARCY NORFOLK | PHOTOS COURTESY WHITEFACE LAKE PLACID

THE SHORT DRIVE TO LAKE PLACID from most points in Northern New York takes you to an intimate, alpine village with breathtaking mountain and lake views, boutique shopping, fine dining and outdoor adventure for all ages. Well-known for hosting two Winter Olympic Games, the area continues to provide a global appeal, hosting international sporting events and training some of America's future winter Olympians. Here you can ski the highest vertical drop east of the Rockies at Whiteface Mountain. The area also offers equally-exciting off-mountain activities such as snowshoeing, bobsledding, ice climbing, cross-country skiing and figure skating. With all of the winter events and activities, you're sure to have a memorable winter getaway in Lake Placid.

FRIDAY, 1 P.M. VIEW FROM THE TOP

Upon arrival, you'll want to get the lay of the land and what better way than at the Olympic Jumping Complex. Take the glass elevator to the top of the K-120 jump's sky deck. You'll enjoy spectacular panoramic views from nearly 400 feet up, including Whiteface Mountain and the High Peaks in the distance. You might even catch a

glimpse of aerialists performing spins and flips below you on the freestyle hill. www.whiteface.com/activities/jumptour

3 P.M. CHECK INTO LP'S FINEST

Perched on the shores of Mirror Lake, the Mirror Lake Inn Resort and Spa is adorned with 300,000 cascading lights in the winter season. This cozy inn provides a storybook setting with all the amenities including an indoor pool, sauna, Jacuzzi, three restaurants, spa and salon, concierge service, private skating rink on Mirror Lake — weather permitting — and afternoon tea and cookies. The inn is ideally located just two blocks from the Main Street boutiques, restaurants and local movie theater. www.mirrorlakeinn.com.

6 P.M. DINE LIKE A LOCAL

After checking into your hotel, you'll be ready for a hearty Adirondack dinner. Head to Lisa G's on Sentinel Road, a local favorite. With a wide variety of pizzas, American fare, Mexican and Mediterranean dishes, you'll find something for everyone to enjoy. Have a nightcap here, or head next door to Liquids and Solids at the Handlebar for a specialty cocktail. *Lisa G's*: www.lisags.com (518) 523-2093. *Liquids and Solids*:

www.liquidsandsolids.com (518) 837-5012.

SATURDAY, 9 A.M. COMFORT CUISINE

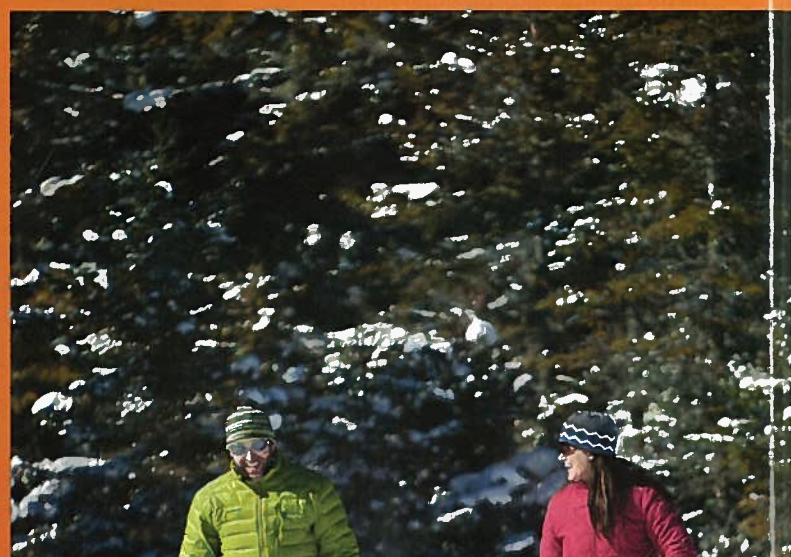
Have breakfast at the View restaurant at the Mirror Lake Inn, a AAA Four-Diamond Award winner. The Adirondack Flapjacks topped with local maple syrup are just one of many delicious ways to start off the weekend. www.mirrorlakeinn.com/dining-theview.

10 A.M. EXPLORE MAIN STREET

After breakfast, you'll want to visit Main Street, and walk the loop around frozen Mirror Lake. Shop for: gifts, souvenirs, outdoor gear and unique Adirondack home décor.

NOON TAKE ON THE 46 HIGH PEAKS

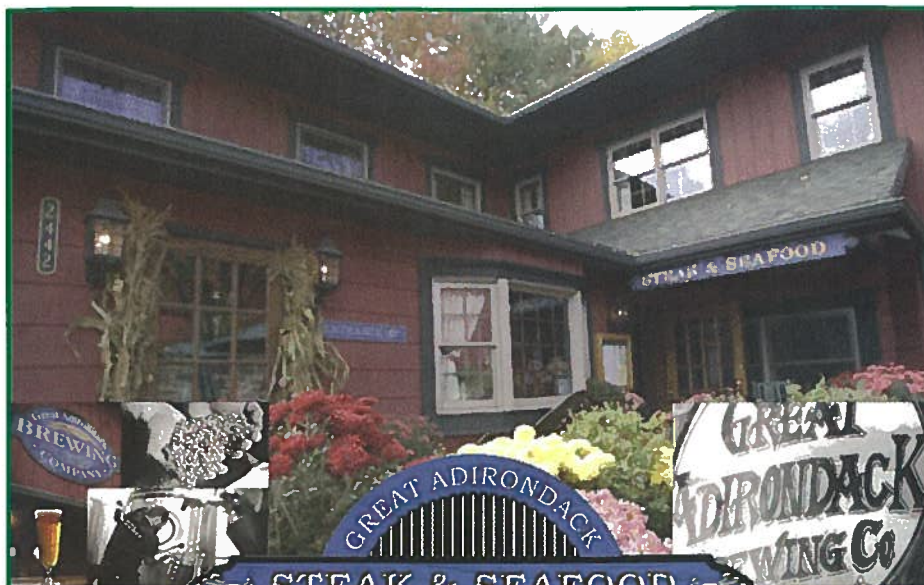
No, this isn't an afternoon hiking adventure — instead, spend lunch choosing from one of the 46 sandwiches named after the Adirondack High Peaks at Simply Gourmet on Saranac Avenue. Maybe it's geographic bias, but the "Whiteface" — cracked pepper turkey, provolone, avocado, sprouts and mayo — is a personal favorite at \$7.75. www.simplygourmetlakeplacid.com (518) 523-3111.



Clockwise from top: A bird's-eye view of Whiteface Mountain. The Mirror Lake Inn. Snowshoeing through the woods. Music at the Cottage. A gondola makes its way to the top of Whiteface Mountain. Ice skating on the Oval. A toddler tries her luck downhill skiing.

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1 P.M. SKI WHITEFACE
If you're coming to Lake Placid in the winter, it's hard not to spend the afternoon skiing at Whiteface Mountain in nearby Wilmington. Pack your skis, and head off to the two-time Olympic mountain for an afternoon on the slopes. Boasting the biggest vertical drop in the East, the views at the summit will allow you to see Vermont in the distance. www.whiteface.com

5 P.M. APRÈS SKI RELAXATION
After a day out in the cold, warm up at the Spa at the Mirror Lake Inn. Get a custom facial, hot-stone massage or an Adirondack maple sugar body scrub. Afterward, get some cocoa and homemade cookies from the front desk to warm up, or head across the street to the Cottage for a glass of wine and a moonlight view of Mirror Lake. *Mirror Lake Inn Spa desk:* (518) 302-3010.

7 P.M. COZY DINNER IN THE VILLAGE
There are many options for dining on Main Street, but right within walking distance of the Mirror Lake Inn, you'll find the Interlaken Inn just around the corner. Although it's a fine dining restaurant, they also offer an affordable pub menu using locally-sourced ingredients. Rainbow trout, truffle mac and cheese and bison meatloaf are just a few of the menu options. www.theinterlakeninn.com (518) 523-3180.

SUNDAY, 10 A.M. MIRACLE ON ICE
Before you leave town, take a quick visit over to the Olympic Center and peak inside to see the ice rink made famous at the 1980 Olympics for the "Miracle on Ice." It was here that the U.S. men's hockey team defeated a Soviet Union superpower in one of the biggest moments in sports history. A regularly visited arena for some of the world's best skaters, you

36 Hours
TELL US WHERE TO GO
■ '36 Hours' is a regular feature of NNY Living. To recommend a destination you'd like to learn more about, email Editor Ken Eysaman at keysaman@wdt.net or tell us on Facebook at [Facebook.com/NNYLiving](https://www.facebook.com/NNYLiving).

may spot the likes of Scott Hamilton or Johnny Weir.
Check out memorabilia from the 1932 and 1980 Olympic Games at the Olympic Museum, before completing your stay at one of America's best mountain resort towns. *Olympic Center:* www.whiteface.com/facilities. *Olympic Museum:* www.whiteface.com/activities/museum.

GETTING HERE
Driving distance from most points in NNY — 2 hours and 45 minutes; from points west, take Route 3 East to Saranac Lake, and then follow Route 86 East to Lake Placid, which becomes Main Street once you reach Mirror Lake. For more information, visit www.LakePlacid.com.

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