

Elevated eats

Take advantage of the views when you dine among the peaks

By Andrew Penner, For The Calgary Herald January 17, 2010

- [Story](#)
- [Photos \(1 \)](#)



This is an undated handout photo showing the top of the gondola at Kicking Horse Mountain Resort (left) and the Eagle's Eye restaurant

(right). Two skiers have died near the resort after being swept up in an avalanche.

Photograph by: David Gluns, Courtesy B.C. Tourism

During the first few hours at high elevation it's generally recommended you refrain from any strenuous activity.

For diners, this means a slightly slower pace of chewing and chomping is in order. Thankfully, at the highest restaurants in the Rockies, this is fairly easy to do. You see, the views at these high-in-the-sky establishments tend to be pretty amazing . . . and, well, somewhat distracting from the tasteful task at hand.

Here are five of the highest restaurants in the Rockies and what you can expect to gaze (and feast) upon.

Eagle's Eye Restaurant

Kicking Horse Resort, Golden, B.C.

Elevation: 2,347 metres

Eagle's Eye is the undisputed champ when it comes to elevated eating experiences in Canada. After your 12-minute gondola ride, (diners need to purchase a sightseeing lift pass, \$20), you'll summit on the exposed, wind-blasted ridge where the Eagle's Eye outpost sits.

The View: Looking south -or north, or west, or east -from Eagle's Eye affords one of the most majestic mountain views in Canada. The beautiful Columbia Valley melds into a mountain-filled horizon 1,524 metres below your lofty perch. To the west, the soaring Purcells beckon. Across the Rocky Mountain Trench to the east are the snow-topped Rockies, including many of the famous peaks in Yoho National Park.

The Eats: Go with a Kokanee (you're in B.C.) and the curry chicken.

kickinghorseresort.com

The Regal View On Sulphur Mountain

Banff

Elevation: 2,282 metres

The Sulphur Mountain Gondola experience (\$29 for adults) has been a staple Banff attraction since 1959. There are two restaurants at the summit complex -The Summit Restaurant and The Regal View Garden Restaurant. The Summit Restaurant offers self-serve cafeteria food. The Regal View offers table service and is open daily through summer and on Saturdays in winter. The View: The number of mountains, lakes and other famous landmarks you can view from your table is impressive, to say the