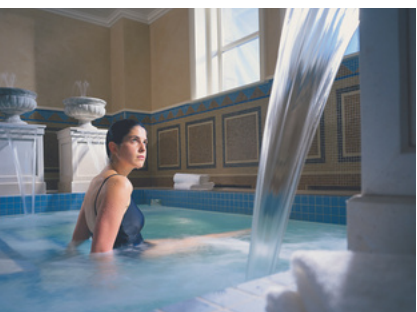
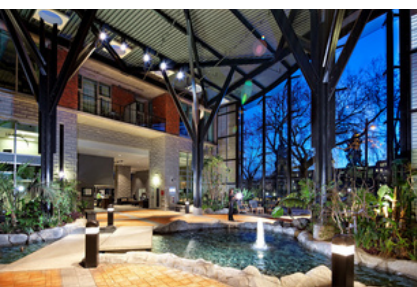




HEALTH & WELLNESS

Sample Itinerary



From the moment you arrive, embrace the serenity that comes with island living as you soak up the intentional pace of life, abundant natural environment, and calming vistas. Between relaxing oceanside in mineral pools, meandering among giants in west coast rainforests or paddling out for an epic sunset on the Salish Sea, discover why Victoria offers the ultimate wellness getaway.

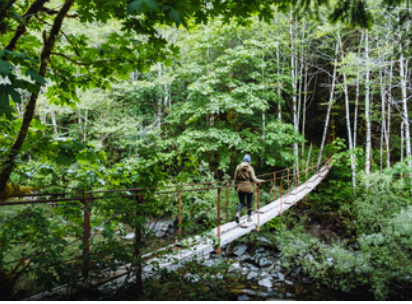
BOOK A WELLNESS PACKAGE

The [Oak Bay Beach Hotel](#) is a seaside oasis that will have you experiencing the ultimate in relaxation. From their luxurious rooms to the heated outdoor mineral pools to summertime yoga on the seaside terrace – everything about this place is pure bliss.

Escape to the tranquil [Parkside Hotel & Spa](#), where they've brought the outside in with their stunning atrium full of lush plant life and tranquil ponds with colourful koi fish as well as a wide selection of spa services. Alternatively, rejuvenate at the iconic [Fairmont Empress](#) and at their award-winning [Willowstream Spa](#) where you'll leave feeling energized and inspired.

For a unique water experience check out [Floathouse Victoria](#) and delight in the feeling of weightlessness as you float effortlessly on the surface of 12 inches of water heated to skin temperature and supersaturated with Epsom salts.

Hit pause on your busy life and immerse, rejuvenate, and repeat at [Ritual Nordic Spa](#). Leisurely move through the Nordic circuit on your own time, at your own pace. Try out the Finnish sauna, steam room, cold plunge pool, salt lounge, outdoor patios, rinse station, Nordic bucket shower, and lounge. Alternate between hot and cold, then relax and repeat the circuit again.



IMMERSE YOURSELF IN NATURE

There's nothing quite like a venture into nature to get yourself grounded and re-centred and Victoria's mild climate lets islanders and guests enjoy outdoor activities year-round. With endless scenic trails and lush forests, Victoria is the perfect place to experience forest bathing which will fully immerse you, body and mind, in the natural world.



Book a hike with [Rainforest Tours](#) where you'll explore the natural wonders that surround Victoria and be guided through a mindful meditation practice. Wander down to the beach. Take in the surrounding mountains and breathe in the salty sea air. Victoria has several wonderful beaches to choose from. Meander down walking path on Dallas Road for ocean views and stop at Ogden Point or Willows Beach for a picnic.



If you're looking for a more intense and adventurous approach, Set off on a Bike-packing Trip with [Derailed Adventures](#). Your cycling and camping adventure can be as easy or as hard as you'd like, and you will have the chance to see the region's wild side as you discover an exciting new way to experience the remote parts of the region.

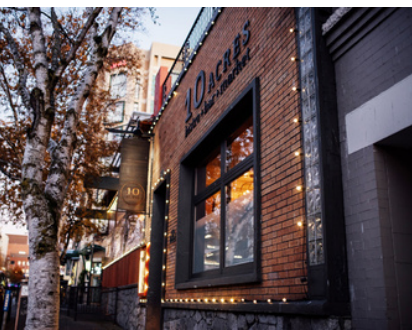


FUEL UP WITH NOURISHING FOOD

Start your morning at [Nourish Kitchen & Café](#) - with a brunch menu of comforting dishes focused on local and natural ingredients, you'll leave feeling healthy and happy. Their bright space also features a full-service Espresso Bar with rich, local brews that will make you alert and fresh-faced for the day ahead.



The farm-to-table movement is flourishing in Victoria, so opt for a local, fresh dinner at spots like [Zambri's](#), or [10 Acres](#). For a conscious experience, Zambri's carries pizza, Italian classics, a lovely wine list, and a daily fresh sheet. 10 Acres boasts four unique dining locations under their wing, each sourcing their seasonal ingredients from their own 10 Acres Farm up in North Saanich.





GET OUT ON THE WATER

Experience the Pacific Northwest's legendary sunsets from the water for ultimate relaxation. For a trip-defining experience, head out on a **sunset whale watching tour**. If you're lucky, you may catch a majestic orca breaching in the distance, or a pod of humpback whales swim by.



You may also opt to hop into a kayak and paddle into the sunset with **Kelp Reef Adventures** while enjoying spectacular views throughout the protected waters of the Inner Harbour and Gorge. Alternatively, be greeted by the salty ocean breeze as you hop on one of Victoria's famous **water taxis** - also known as the happiest little boats in the harbour!



ENJOY A STROLL THROUGH THE GARDENS

Victoria – also known as the City of Gardens – is home to several spectacular gardens that range from formal to heritage, exotic to west coast, and multi-themed to mostly rhododendron. One of the largest gardens is **Beacon Hill Park** at 178-acres. This public park is a showpiece of Victoria's long gardening tradition. The Park boasts large remnants of the fragile native Garry Oak ecosystem, five man-made lakes, a medieval stone bridge, original fountains and woodland streams, trails, a petting animal farm and wading pool, water fountains, picnic areas, monuments, sports fields and playgrounds, totem poles and lots and lots of flowers!



If you are looking to cruise out of the downtown, then a stop at **Butchart Gardens** is a must. Fifty-five acres of floral finery await you as you stroll along meandering paths and expansive lawns at The Butchart Gardens, a National Historic Site of Canada.



CONTACT US

For more information on this and other itinerary suggestions, contact the Travel Trade team at Destination Greater Victoria.

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