



THE  
WINTER SUN  
SPECIAL

# escapism

TORONTO

- St. Vincent and the Grenadines
- Quebec City
- Saint Lucia
- Utah





[ EXCURSIONS ]

# THE SELECTOR

*If you want a tropical snorkelling escape,  
need a resort-based reset or are ready for  
an ice excursion, we have you covered.*

## PERISCOPE UP

*These top snorkelling spots offer stunning sea-life scenes  
with scuba's more approachable cousin.*

### 1) JELLYFISH LAKE, PALAU

Who says all the  
best snorkelling  
happens in the open  
ocean? This marine  
lake is located on

Eli Malk island in  
Palau's Southern  
Lagoon region.  
The namesake  
population of  
jellyfish – recently  
rebounded to  
700,000 thanks to  
conservation efforts  
– was cut off when  
the last ice age

ended and glaciers  
melted 12,000 years  
ago. Getting to  
swim surrounded  
by clouds of  
stinger-free  
jellyfish (without  
predators they  
evolved that way)  
is an unbeatable  
experience.

### 2) LAGOON OF BORA BORA, FRENCH POLYNESIA

As if travelling to  
the underside of the  
world, in the middle  
of the South Pacific,  
wasn't enough,  
you should go the  
extra step and dive  
underwater for the  
spectacular view  
in Bora Bora. In the  
lagoon, a rainbow

of rare, tropical fish  
species swim calmly  
amongst coral  
gardens – especially  
at the southern tip  
– that are an eye-  
catching attraction  
in their own right.  
One spot is so  
well-suited to fish  
spotting that it has  
been nicknamed the  
Aquarium. Those  
with more flipper  
experience will want  
to join an excursion  
out into the ocean  
proper to swim with  
the large schools of  
**reef sharks.**

Blacktip reef sharks  
usually grow to five  
feet and, because  
they prefer shallow  
water, their distinc-  
tive fin tips are a  
frequent sight. Many  
have lost their usual  
skittishness after  
being fed by dive  
guides for years.





## BREAK ROOM &amp; BOARD

*Escape from life's hustle and bustle with these wellness retreats that put a focus on rejuvenation.*

### 1) RANCHO LA PUERTA, TECATE, MEXICO

Without a beach in sight, Rancho La Puerta brings guests to a serene, 4,000-acre Mexican ranch. Located in a valley at the base of a mountain, rivers wind through marshland, groves of oak trees and 86 casitas serving as lodging. Ideal for active and spiritual travellers, they offer over 50 guided classes, such as aerial yoga, crystal therapy, HIIT and trampoline fitness.

### 2) GRAIL SPRINGS WELLNESS RETREAT, BANCROFT

Eager to hit the reset button close to home? This wellness retreat is located in Bancroft (about a three-hour drive northeast of Toronto) and offers all-inclusive packages ranging from two to 21 nights. In addition to your accommodations, packages include **plant-based meals**, daily yoga and meditation and access to saunas and

hot and cold mineral tubs. Guests can add juice cleanses, life coaching, mindfulness workshops and spa treatments to personalize their experience. Plus, they offer the unusual opportunity to participate in a meditation circle with horses, including Gracie and Saint Pete. Watch out for bring-a-friend specials.

Offerings from the Grail Kitchen are entirely meat-free and focus on fresh, seasonal produce. Naturally, they offer a juice cleanse. They also buy into the idea that food can control your body's pH balance.

### 3) TOFINO RESORT + MARINA, B.C.

If getting active in nature is part of your idea of wellness, this Vancouver Island resort's all-inclusive packages will be up your alley. Pick and choose from adventures

such as whale watching, bear spotting, crabbing or prawning. Make time for a visit to Hot Springs Cove, a geothermal, waterfall-fed hot spring surrounded by old-growth forest. Included meals from 1909 Kitchen and the Hatch Waterfront Pub showcase fresh seafood. Paddle boarding and fishing can also be added.

### 4) COMO SHAMBHALA ESTATE, BALI

Followers of alternative medicine may find what they seek with Como Shambhala Estate's Ayurveda programme. On top of meals and accommodations, guests receive one-on-one private sessions with an Ayurvedic consultant, daily hour-long Ayurvedic oil treatments, massages based on the results of your consultation and private, therapeutic yoga classes. Cycling tours through rice paddies and walks around the lush estate complement your stay with a sense of place.

### 5) TRAVAASA HANA, MAUI

It's no surprise that they know how to do wellness right in Maui. The experience at Travaasa Hana begins with a slice of welcome banana bread when you arrive and continues with a well-rounded roster of included activities such as guided meditations, lei-making workshops, ukulele lessons and traditional bamboo printing. Rooms continue the laid-back ethos with large windows and no clocks or TVs. The Wai'anapanapa State Park and Hana Bay are nearby for independent connections with nature.

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