

# British Columbia's Premier Fitness Retreat and Health Spa

Springtime is one of the most beautiful seasons in southern British Columbia. The snow has melted and the rains have subsided leaving the hills and valleys a lush, luminous green.

It's here that our spacious timber frame lodge is located— a hidden Shangri-La, nestled above the pristine, 60 mile-long Kootenay Lake, a short drive from the historic town of Nelson.

Whether you're breathing lungful's of fresh air on one of our daily hikes, feeling the cool mist coming off a glacier-fed river, or beginning your day in our panoramic yoga studio overlooking the lake, you'll never be far from our secret ingredient... abundant, untouched nature.

**Pick a One-Week Health Tune-Up in British Columbia or a Two-Week Life-Changer... The Choice Is Yours.**

What You'll Experience	RENEWAL	REBOOT
Daily guided hikes	13	6
Daily morning yoga	13	6
50 minute massage	8	4
Lectures	10	4

The Mountain Trek program is specially designed to improve your overall health and wellness. Most of our time is spent on the scenic trails, but we are much **more than a hiking and fitness boot camp.**

Weight loss is definitely a strong component of our program. But the key for us is to **guide you to overall wellness** by helping you reset your metabolism, release your toxins, relieve your stress, and rebalance your life... all in a majestic setting.

## Our British Columbia Retreat Accommodations

Nelson BC is home to a wealth of outdoor enthusiasts, healthy lifestyle devotees and talented artists. It's from here that we draw our skilled team of professionals; those dedicated to making your experience with us at our mountain lodge, a rewarding and unforgettable one.

Our spacious retreat is surrounded by moss-covered forests and manicured lawns, with stunning mountain and lake vistas. Decorated with artisan touches like the stone fireplace in the [living room](#), the lodge offers **upscale amenities in a cozy, relaxed atmosphere**. Eat in a delightful, light-filled [dining room](#) then settle into one of the 14 private [custom furnished bedrooms](#). Each private room has an **ensuite bathroom, stocked with spa features**. Hidden from view, but considered by some to be one of our best features, is the laundry room. We do your laundry daily – and with great care – so you can pack light.

- **Private guest rooms**
- Relaxed lounge & dining room
- [Steam spa & dry sauna](#)
- Fully equipped gym
- **Yoga studio**
- Panoramic views of snow-capped mountains and glacier-fed Kootenay Lake