# The Province

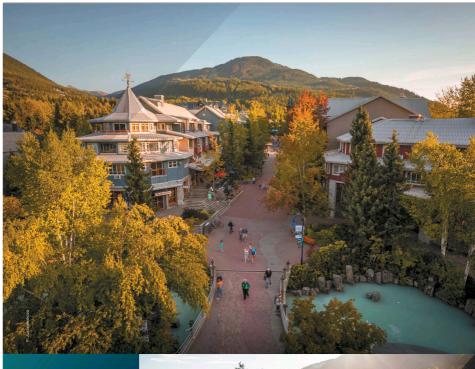
0 57040 50075 5 SUNDAY, SEPTEMBER 19, 2021

VANCOUVER, BRITISH COLUMBIA

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in outlying areas

WHISTLER



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perfect time to unplug, unwind and reconnect with nature

BY MARK SISSONS Postmedia Content Works

Occasionally overlooked between the end of summer's autumn in Whistler happens to be one of the most beautiful seasons to visit. As nature's palette transforms woodland colours and the always fresh mountain air grows crisper, visitors at this time of year can look forward to the welcome chance to rest, reflect and restore the body, mind and soul. You may want to start by

in traditional Finnish hydrotherapy immersed in serene and secluded nature. Or enjoy myriad types of massage and other wellness treatments here, as you can at other local retreats like the Vida Spa, The Spa at Nita Lake Lodge or the Avello Spa Whistler. For another uniquely im-

mersive and holistic wilder-

rin-voku, this ancient healing tradition involves the contemplative practice of surrendering your five senses to the deep forest as you sit or lie in silence. Taking in the smells, sounds and textures of the forest can leave you feeling happier, less stressed, more creative and more focused.

Finally, no early autumn

## Stay Longer, Save up to 30%

It's your time to explore Whistler! Discover a new adventure or simply relax and unwind. Enjoy saving more the longer you stay.

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Restrictions apply. To view all of our best fall offers, and to book your stay, please vis www.chateau-whistler.com/offers







September & October can be superb months to explore the parks & trails surrounding the resort.





invigorating walk, hike or bike in the forest. September and early October can be superb months to explore the parks and trails surrounding the resort. Popular choices like Rainbow Park, the Vallev Trail and Fitzsimmons Creek Stroll are especially lovely at this time of year. as is the Sea to Sky Trail to Green Lake. Whichever route you choose, you'll find plenty of spots to stop and reflect amid spectacular fall foliage.

Of course, you may simply wish to

Or take your yoga mat or paddleboard down to one of Whistler's tranquil lakes for a peaceful way to bookend your day. However you choose to unplug and unwind in Whistler this autumn, vou'll likely return home well rested, rejuvenated and feeling truly restored.

#### KNOW BEFORE YOU GO

Stay informed about how Whistler businesses are operating and meeting the highest health and safety standards modified their operations in response to the pandemic, so it's essential to keep up to date to avoid surprises. Also be sure to check the Whistler Insider blog for more helpful content when planning your next adventure. Stav 3+ nights and get a free \$100

Directory. Many establishments have

dining voucher to be used at participating Whistler restaurants. To learn more and book a trip to Whistler this fall, visit whistler.com/fall.

THIS STORY WAS CREATED BY CONTENT WORKS, POSTMEDIA'S COMMERCIAL CONTENT DIVISION, ON BEHALF OF TOURISM WHISTLER





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