

# The Province

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# FALL INTO WHISTLER



TOURISM WHISTLER/JUSTA JESKOVA

## Treat yourself to a rejuvenating getaway at Whistler this fall

A shoulder season escape is the perfect time to unplug, unwind and reconnect with nature

BY MARK SISSONS  
Postmedia Content Works

Occasionally overlooked between the end of summer's

adrenaline-fueled adventure and the anticipation of winter's first ski season snowfall, 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

pampering yourself in the rustic luxury of Scandinave Spa, where you can indulge 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 Avelo Spa Whistler.

For another uniquely immersive and holistic wilder-

ness experience, try forest bathing. Sometimes called forest therapy or shinrin-yoku, 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

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



# FALL INTO WHISTLER

DESTINATION BC/HUBERT KANG

visit to Whistler is complete without an 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 Valley 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

lounging in your hotel with a good book. 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, you'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

by visiting Whistler's Doors Open Directory. Many establishments have 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.

Stay 3+ nights and get a free \$100 dining voucher to be used at participating Whistler restaurants. To learn more and book a trip to Whistler this fall, visit [whistler.com/fall](http://whistler.com/fall).

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



TOURISM WHISTLER/JUSTA JESKOVA

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[audainartmuseum.com](http://audainartmuseum.com)

## Whistler's Best Kept Secret

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James Hill, The Dance Sequence  
Gift of Michael Audain and Virginia Gorman

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