

stonebridge @ big white

YOUR LUXURY SKI-IN SKI-OUT VACATION

BRITISH COLUMBIA  CANADA

**Ski** Holidays  
and Tours

## ITINERARY

**Ski | Spa | Après | Wine | Wellness ... Live | Laugh | Learn**

**MORE THAN JUST A SKI TRIP .... IT'S THERAPY**

**10 days | 9 nights**

**February 3 – 12, 2019 | March 3 – 12, 2019**

**\$C5990 twin share per person | \$C6990 single per person**

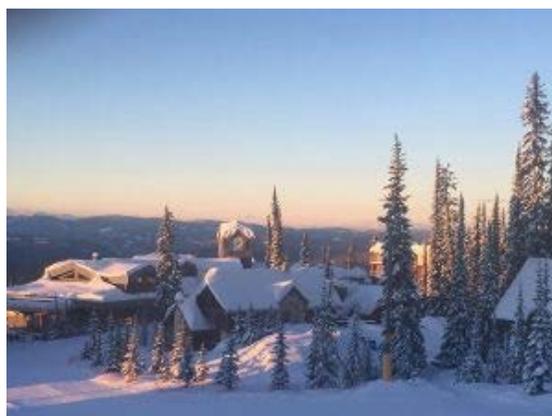
The ultimate women's ski trip. Designed for women, by a woman, and hosted by Sue Thorley, an Australian recreational skier for 30+ years. Sue has called Big White Ski Resort her home during the Canadian winter for the past 17 years.

You will be guaranteed ten terrific hosted days of skiing or boarding, amazing après, spa, wellness, and culinary experiences. It is all about having fun on and off snow. Big White Ski School instructors will be on hand at various times during the experience to help improve technique^, and gain confidence with your on-snow ability without fear or feeling pressure.



## Inclusions:

- 7 nights accommodation at **Stonebridge Lodge Resort** staying in a luxury condominium with private hot tub, and includes one free night \*
- 2 nights at **Sparkling Hill Wellness Resort** including queen bed lake view room, one dinner, full breakfast each day, \$C100 voucher towards treatments, and complimentary access to the **KurSpa Health & Wellness Centre**
- 6 of 7 day Big White Ski Resort lift pass, includes one free day
- 3 Day Ladies Big White Ski School Ski Improvement Program, includes Welcome Breakfast | 3 x 2 hour “Ladies only” group lessons | Ladies Day Lunch\*\* | a one hour spa or massage treatment | Après ski charcuterie
- Welcome drinks and dinner on the night of your arrival hosted by Sue Thorley, at her Stonebridge home\*\*
- Après ski events
- On snow picnic in secret location\*\*
- Farewell dinner hosted by Sue Thorley\*\*
- “Fuel your Soul” Wellness sessions such as yoga, stretching, pilates~
- Sunset snowshoe tour including equipment
- Half Day Okanagan Valley Wine Tour (Lunch at your own cost).
- Wine Lovers Wednesday Après Tapas
- All airport transfers to/from Kelowna Airport (airfares not included).
- Transfers to/from Sparkling Hill Wellness Resort
- Welcome pack



## Itinerary

### Day 1 – Sunday

Plan to arrive at Kelowna International Airport by midday, where you will be met and transferred to Big White Ski Resort. Following check-in formalities you will be driven to your luxury self-contained condo\*\* at Stonebridge – your winter oasis and home away from home for the next 7 nights.



On arrival you will be welcomed by your host, Sue Thorley. After time to freshen up, we will take you on a meandering walking tour around the village to acquaint yourself with beautiful Big White.



You will quickly understand what we mean by a snow-bound village. We'll drop into the Village Centre Mall to collect your lift pass, and collect rental equipment if needed, so you're all set, ready to hit the slopes tomorrow.

We will then return to Stonebridge Lodge where Sue will host the first of many après experiences. A sumptuous welcome dinner will follow, in her exquisite Stonebridge penthouse.

## Day 2 – Monday

We will start the day with Morning Rise & Shine Yoga to awaken the mind, body and fuel your soul - perfect after your long journey to Canada. After breakfast we hit the slopes for a leisurely guided morning of skiing to acquaint yourself with the mountain and find your ski legs, after your long journey.



A casual lunch at one of the slope-side pubs, and then the choice of either more skiing, or the afternoon at leisure. Your hot tub on your condo balcony beckons...

Après ski get together to chat about our first day on the mountain. Evening at leisure.

## Day 3 – Tuesday

We will start the day again with a yoga class to get you in the zone for your ski improvement which begins today.

Our three day “Women’s Ski Improvement” experience begins with a welcome breakfast, followed by a 2 hour group lesson. Guests will be assigned instructors based on ability, You will have the same instructor for the three days.

Our groups will meet for lunch, and your afternoon is at leisure. Continue to ski with Sue to practice the ski tips; relax in your luxury condo; or explore the resort, and many other on-snow activities around the resort.

Après ski charcuterie. Evening at leisure.

Optional: Food & Wine Pairing Dinner

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#### Day 4 – Wednesday

This morning, limber up with a stretch class, ready for this morning’s second 2 hour ski improvement session, which begins at 10.00am.

Lunch today will be hosted at the Kettle Valley Steakhouse, where we will join the Ladies Day Lunch event.

Afternoon at leisure. Join us for Wine Lovers Wednesday Tapas Après from 5:30pm – 7:30pm



#### Day 5 – Thursday

Today is the final morning of your 2 hour ski improvement sessions. Tradition dictates we have a long slope-side lunch with our instructor after the lesson.

Afternoon at leisure, ski or explore the resort.

Remember to book your complimentary one hour spa or massage treatment sometime this week.

Join us for a sunset snowshoe tour, followed by a Yoga Nidra practice on Thursday evening. Yoga Nidra (or Yogic Sleep) is a state of consciousness between waking and sleeping, like the "going-to-sleep" stage. It is among the deepest possible states of relaxation while still maintaining full consciousness.

Evening at leisure, and in to bed early after the Yoga Practice!

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Day 6 – Friday

Fuel your soul and start the day with a Morning Rise & Shine Yoga/Stretch Class to awaken the mind and body.

A free day for skiing with Sue Thorley, exploring other on-snow activities, or relaxing in your condo. Perhaps learn how to cross-country ski along groomed trails with an expert. The choice is yours.

Optional day downtown: shopping day trip to Kelowna & possible cooking class experience, or Fuel Your Soul Wellness Retreat.



Meet for Après Ski^^ after your day on or off the mountain, followed by dinner at the Blarney Stone, Irish Pub\*\*, and enjoy at Big White traditional nightcap – the Gunbarrel Coffee at Snowshoe Sam's\*\*.

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## Day 7 – Saturday

Tick an item off your snow bucket list or have a sleep in! The choice is yours.

An early start for those keen to take advantage of the First tracks^ program (at your expense). We meet your instructor at 8am, to give you 30 minutes of exclusive access to the Ridge Rocket Express Chair – which won't start spinning for the public until 8:30am. This is a fabulous way to start your last day on snow. Experience true "First Tracks" in untouched powder or perfectly-groomed corduroy as you have exclusive access to the mountain.

The session wraps up with breakfast. You and your instructor will debrief over breakfast and coffee.

For any guests who prefer a sleep in, we will rendezvous in the village at 11.30am. We will then ski to our secret location for our picnic lunch.

Optional: Late afternoon, you can bid farewell to your on-snow activities with a sleigh ride and fireside hot chocolate.

The evening concludes with the farewell dinner hosted by Sue Thorley.



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## Day 8 – Sunday

Your women's ski week at Big White concludes today, as we check out this morning, and head down to Kelowna.

The remainder of your experience is all about wellness; food and wine; and rejuvenation. First up today is a culinary experience, with the focus firmly on food and wine, as we enjoy a half day wine tour in the Okanagan Valley. The tour will finish with a gourmet lunch at one the region's lakeside vineyards, with jaw-dropping views, and award-winning world class wines. (Lunch at your own cost).



After our leisurely lunch (at your own expense), you will be transferred to Sparkling Hill Resort, where you will feed your body and soul for the next 48 hours, and immerse yourself in a complete wellness experience like no other in this divine oasis. You may never want to leave!

Evening at leisure to explore Sparkling Hill. Dinner at your own expense.

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## Day 9 – Monday

Monday is “you” day – it's all about you, as you are transported to a world that is truly an extraordinary modern oasis of well-being. Promoting whole-body wellness, the Resort's KurSpa, is one of the largest luxury spa in Canada,

and considered by many to be the most unique in the world. It is your haven for a peaceful state of mind, relaxation, and wellness. Today you can enjoy all the complimentary spa facilities, or sign up for wellness activities and spa treatments, taking advantage of your \$100 voucher. The choice is yours. Do one, do many. It's your day, for you.



Farewell dinner at Sparkling Hill (included), beverages additional\*\*. Overnight at Sparkling Hill.

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Day 10 – Tuesday

It's time to face reality, feeling rejuvenated, and begin your journey home. Enjoy a morning wellness class or walk, a leisurely breakfast, then checkout mid-morning for your transfer to Kelowna International Airport.

We can provide information on other activities in Kelowna or Vancouver if you have time to spare with your flight connections.

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## **Exclusions**

- Airfares not included
  - Meals unless stated
  - Beverages unless stated
  - Gratuities (15% minimum for all service items) and payable direct at each event
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## Optional Add-ons

- Food & wine pairing seven course degustation dinner (minimum of 6 guests required)
  - First tracks with private instructor^ (cost based on 3 per group)
  - Fuel Your Soul –“It’s about YOU” 3 hour wellness and life coaching experience
  - Nordic Ski Lesson
  - Sleigh Ride
  - Kelowna Shopping day trip
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## Your Mountain Home is Stonebridge Lodge Resort

Stonebridge will be your luxury home away from home for 8 nights at Big White Ski Resort. The fully equipped condominiums boast executive kitchens, ensuite bathrooms, gas fireplaces, and in-suite laundries. Located in the heart of the Big White Village, you can literally ski to your door.

Each condo has a private hot tub, perfect for a ‘soak’ at the end of the day. Stonebridge also offers a fitness centre, indoor/outdoor mineral salt pool, and a fabulous restaurant, 6 Degrees Bistro.

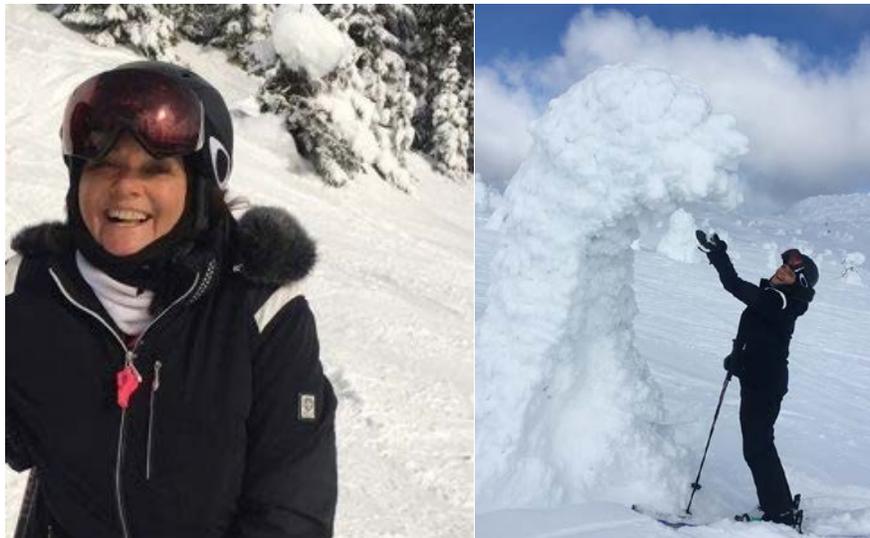


## Your Host – Sue Thorley

Sue has spent 17 years skiing at Big White with her family. She knows the mountain inside out. Sue holds CSIA Level 1(2017) and Level 2 (2018) Canadian Ski Instructors Certification.

She is affectionately known as the “Lady Mayoress” due to her social connectivity around the mountain. She lives at Stonebridge at least three months each season at Big White. Sue is a well-regarded figure of the Big White local community.

You too, will become part of the Big White community. During your hosted Women’s Ski Experience Sue will provide ‘guided mileage’, not ski instruction. Big White Ski School’s excellent CSIA instructors will conduct all ski lessons, including the 3 day Ski Improvement sessions.



As well, expect to be joined some days by other like-minded, passionate girlfriends of your host, who also come to Big White from around the globe. Together we will explore the mountain. We’ll find the secret stashes, only the locals know. Most importantly, the hosted Women’s Ski and Wellness Experience is all about having fun, gaining confidence and improving your ski and snowboard technique and ability.

Oh, did we mention lastly and most importantly, it’s about having some “me” time for relaxing and pampering?

## Fuel Your Soul

We are collaborating with Kelowna's pre-eminent Wellness and Yoga practitioner, Shannon Crabbe, the founder of Fuel Your Soul to share some wonderful wellness experiences, during your time on the mountain.

Over the week, our five proposed practices to include, but not be limited to:

- A Yoga Nidra practice on Thursday evening after snow shoeing. Yoga Nidra (or Yogic Sleep) is a state of consciousness between waking and sleeping, like the “going-to-sleep” stage. It is among the deepest possible states of relaxation while still maintaining full consciousness.
- Morning Rise & Shine Yoga to awaken the mind, body and fuel your soul.
- A Myofascial Release practice designed to release restrictions that are present at the bodies physical and energetic level, reprogram the bodies holding patterns and increase health on a cellular level.
- Yoga & Pilates Fusion Style Class incorporating the benefits of both Yoga and Pilates in to one energizing and toning practice.

Fuel Your Soul is a movement that focuses on nourishing ourselves for life. It is about dawning one's own oxygen mask first. To live healthy and fulfilling lives. Ones with purpose and pleasure, all while living with integrity to self. When your soul is fuelled, your mind is silenced and your very being is nourished. You are able to not only shine brightly for yourself, but for all those around you.

Through this awakening... magic happen.



**Your Wellness Experience at Sparkling Hill Resort**



If you love a bit of ‘bling’, then Sparkling Hill is supersize bling.

Sparkling Hill Resort is adorned in 3.5 million Swarovski crystals and situated on top of a granite bluff overlooking Lake Okanagan. Breathtaking views from the exquisitely appointed **Lake View rooms**, allows you to fully take in the awe-inspiring landscape of the Okanagan Valley. The resort's signature restaurant PeakFine Restaurant serves inspired **farm-to-table options**, making Sparkling Hill Resort a true escape from the stresses of the modern world, with everything needed for whole body wellness.

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## Your Spa at Sparkling Hill Resort

The Resort's KurSpa, is the largest among luxury spas in Canada, and considered by many to be the most unique in the world. It is a 3716 sq. m (40,000 sq. ft.) oasis for a peaceful state of mind, relaxation, and just 90 minutes from Big White Ski Resort.

Promoting whole-body wellness, this exclusive Resort includes unlimited access to the KurSpa. This is your chance to immerse yourself into a wellness and pampering oasis, at the end of your ski holiday. The following treatment areas, are complimentary as part of your stay.

**7 Uniquely Themed Steams and Saunas | 4 Nature Themed Experience Showers | Outdoor Infinity Pool | KurSpa Indoor Salt Water Pool | Indoor Hot Pool | Kneipp Hydrotherapy | Fitness Studio by Keiser | Movement Studio | Serenity Relaxation Room | Tea Room.** KurSpa offers a full range of exclusive **clinic services and treatments.**



## **The Concept: An Elegant Wellness Resort**

Inspired by the simple elegance of the Okanagan landscape, Mr. Gernot Langes-Swarovski, patriarch of the Swarovski crystal family, dreamt of bringing the European concept of whole body wellness to Canada.

Sparkling Hill Resort is the culmination of this vision. The now retired Mr. Andreas Altmayer from Swarovski in Austria was the Chief Crystal Architect who placed and designed 3.5 million Swarovski crystals that dance within our walls, creating an ambiance of calm and serenity with the occasional fiery sparkle.

Bling, bling and more bling! It's brilliant.

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## **Notes**

This experience is limited to 12 participants, and contingent upon a minimum of 6 participants.

\*Accommodation is based on your own guaranteed queen bedded room with own bathroom, in either a 2 or 3 bedroom condominium, sharing with other guests on this experience. You can request to share with friends, subject to availability at time of confirmation. If you prefer a one bedroom condominium, single pricing applies as advertised. The Stonebridge condominiums are self-

contained with a full kitchen for self-catering. Only some meals are included, as advertised. Each condo has its' own washer & dryer. In the event Stonebridge Lodge has no availability, guests will be offered Stonegate Spa Resort - the sister property offering the same level of amenities and finishes.

\*\*Meals, après ski drinks and beverages are at your own expense, apart from the Welcome drinks and dinner at Stonebridge Lodge, the Kettle Valley Ladies Lunch, the snow picnic, and farewell dinner at Big White. Farewell dinner at Sparkling Hill does not include any beverages.

^Sue will provide 'guided mileage', not ski instruction. Big White Ski School will provide excellent highly qualified CSIA instructors to conduct the 3 day Ski Improvement sessions, and First Tracks, and any other lessons you may wish to book.

^^ Apres ski include snacks only from 5.00pm-6.30pm. Beverages at own expense.

~ "Fuel Your Soul" will provide 5 x 1 hour wellness/yoga sessions throughout the week.

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## **Terms and Conditions – Ski & Wellness Experience**

This tour is based upon a minimum number of 6 skiers or snowboarders, and is capped at 12. A 50% deposit secures your place.

Ski Holidays and Tours requires a 50% deposit at time of confirmation, and the balance due by the 8th December 2018. The Women's Ski & Wellness Experience package is subject to change and availability. Airfares, insurance, meals (unless specified), other activities (unless stated) and all items of a personal nature are not included. Price variations may occur with currency fluctuations and other events beyond our control.

Every effort will be made to have guests staying at Stonebridge. However, if necessary, additional condos will be booked at Stonegate. Guests will be

advised of this situation, prior to paying deposits. The configuration, features and amenities of all condominiums will vary.

Sparkling Hill Resort accommodation is based on a Lake View Room with one king bed or two queen bed, sole use.

We reserve the right to cancel or reschedule the hosted travel experience for any reason, including insufficient demand or force majeure. Travel insurance is highly recommended and we can assist with competitively priced insurance. All payments are non-refundable. Amendments will incur change fees which will be advised at the time of changes. Please refer to our complete Terms and Conditions, in our Booking Form and as advertised.

Subject to weather conditions, you can expect up to 4 hours of hosted skiing on snow each day. The resort hours are 8.45am – 3.30pm Ms. Thorley will undertake very effort to ensure she is the host for the Women’s Ski and Spa Week. However, this cannot be guaranteed, due to reasons beyond our control.

A suitable and equivalent substitute will be provided in the event of Ms. Thorley’s inability to host for any reason.

The hosted tour package price is based on per person twin share, in CDN\$ inclusive of local taxes, land only and for the advertised travel period only. Gratuities are not included, and generally expected to be added in the range of 15%-18%.

All travelers ski or snowboard at their own risk, and will be required to sign a Waiver form with Big White Ski Resort Ltd when collecting their lift pass.

Ski Holidays full Terms & Conditions can be found with the Booking Form. Please read carefully, to ensure you understand the Terms & Conditions as outlined.

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