

TRAVEL



Burrowing Owl Estate Winery photo

The Burrowing Owl Estate Winery is one of the best things the Okanagan has to offer.

YOUR NEXT VACATION: CANADIAN MADE

Cassandra Karpiak

THERE'S A KIND OF MAGIC that happens when you step away from the noise, when the weight of schedules and screens lifts, and the world stretches wide before you. In British Columbia, where mountains rise in jagged defiance and the Pacific swells against rugged shores, a collection of Canadian-owned retreats offers just that — sanctuaries where the modern traveler can reconnect with nature, adventure, and themselves.

High in the Cariboo backcountry, Siwash Lake Wilderness Resort

proves what happens when luxury meets untamed wilderness. Indigenous-owned and entirely off-grid, this remote ranch exists in perfect balance with its surroundings. Solar-powered and self-sustaining, Siwash offers a rare kind of indulgence — one where the soft glow of lanterns warms handcrafted, safari-style tents, and mornings begin with guided horseback rides across golden grasslands.

Guests come here not just for the adventure but for the rare, intoxicating quiet that settles over the landscape at dusk, the kind that reminds

you just how vast and wild the world still is.

Tucked along the pristine shores of Cox Bay on Vancouver Island, Pacific Sands Beach Resort in Tofino offers a different kind of escape, one where the rhythm of the ocean dictates the pace of the day. Some arrive to surf, eager to chase the rolling swells that crash against Vancouver Island's western edge, while others come simply to stand in the salty air, letting the tide pull the tension from their shoulders. Even in the height of winter, storm watchers bundle up on their private decks, sipping

coffee as the Pacific flexes its power. The landscape may be raw, but the warmth of this family-owned retreat is unmistakable — cozy fireplaces, floor-to-ceiling ocean views, and a quiet luxury that whispers rather than shouts.

For those drawn to the mountains, Three Bars Ranch near Cranbrook provides a retreat where adventure and contentment intertwine. This sprawling, family-owned dude ranch is a refuge for horseback riders, fly-fishers, and anyone who finds solace in the steady rhythm of hooves on dirt trails. Days are spent

on horseback winding through alpine meadows, past streams so clear they seem to be made of glass, and evenings unfold around crackling campfires under an endless canopy of stars. Here, the distractions of everyday life fade, replaced by the simplicity of wide-open spaces and the kind of exhaustion that comes from fresh air and freedom.

Tucked deep in the Great Bear Rainforest, Sonora Resort offers accommodations of a different kind, where luxury is draped in the wilderness of its surroundings. Accessible

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You don't have to stray far from home for a great vacation



Cosandra Karpiak photo

Boys walking at Three Bars Ranch.

air, making even the briefest stays feel timeless.

Some getaways, however, are not about slowing down but about resetting entirely. In Ainsworth Hot Springs, Mountain Trek Health Reset Retreat offers something rare—a structured, science-backed program designed for relaxation and transformation. Travelers start their days with sunrise hikes through the Selkirk Mountains, where the morning mist clings to the trees, then spend their afternoons engaged in carefully tailored movement, nutrition, and mindfulness sessions. Unlike a traditional spa retreat, Mountain Trek is about rebuilding from the inside out, equipping guests with tools to take their newfound vitality home with them. It's not always easy, but those who come here leave transformed in some way, shape, or form.

Family-owned since 1993, Burrowing Owl Estate Winery highlights fine wine and adult-only accommodations in the heart of British Columbia's wine country. Guests can take a refreshing dip in the 25-metre outdoor pool, a perfect way to unwind while gazing at the sun-drenched valley beyond. A guided Cellar Tour and Tasting enhance the experience, allowing visitors to explore the winemaking process firsthand before savoring some of Burrowing Owl's finest vintages. With an on-site restaurant offering locally sourced cuisine expertly paired with estate wines, this

retreat is an invitation to slow down, savor, and celebrate the best of the Okanagan.

Back in the heart of the Cariboo region, Echo Valley Ranch and Spa merges Western hospitality with Thai healing traditions, offering a retreat that feels at once intimate and expansive. Guests are encouraged to fully unplug, trading screen time for wilderness activities, equine therapy, and ener-

gy healing. The chefs at Echo Valley Ranch craft meals that celebrate local, organic ingredients, many grown on the property, while the staff curates every experience with intention. In a world where wellness is often commodified, Echo Valley feels authentic—less about trends and more about deep, lasting restoration.

British Columbia's landscape is vast, but its true

magic lies in the intimate spaces where travelers can pause, breathe, and reclaim their sense of wonder.

Whether it's the salt air of Tofino, the golden fields of the Cariboo, or the quiet luxury of a lodge deep in the rainforest, these retreats offer more than an escape. They offer a return—to nature, to adventure, to ourselves.

And best of all? They are truly Canadian.

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only by helicopter or boat, guests at this exclusive retreat can spend their mornings spotting grizzlies along the river's edge and their afternoons soaking in oceanfront hot tubs. The air here carries the scent of cedar and salt, and time bends to the rhythms of the tide. Elevated fine dining uses the freshest local ingredients, and every detail, from the heated bathroom floors to the panoramic views from each suite, reminds guests

that luxury and remoteness are not mutually exclusive. For those who crave stillness, the road leads to Three Valley Gap, a family-run retreat along the shimmering waters of Three Valley Lake. The property, positioned between mountain peaks and steeped in history, invites travelers to slow down, step back in time with a visit to its ghost town, or simply sit lake-side, watching the light shift across the water. It's a place where the past lingers in the

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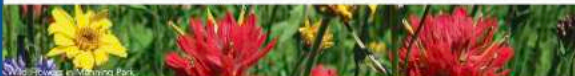
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