



TRAVEL & LEISURE

Girlfriends' Getaway

NEED A REASON TO GRAB THE GIRLS AND HEAD TO NITA LAKE LODGE IN WHISTLER TO CELEBRATE OLD MEMORIES AND MAKE NEW ONES? HERE ARE 10. WORDS SARAH BANCROFT

1. GLASS-LIKE, GLACIER-FED NITA LAKE is a Mecca for canoeing, stand-up paddle boarding, kayaking and fishing, with all the equipment included in your stay, and a private dock.

2. BRAND-NEW NORCO BIKES let you hit the Valley Trail en masse to explore the surrounding lakes and woods.

3. AN EVER-EXPANDING SPA offering a "purify and rebalance" facial that's gentle and gets the job done. It won't make you 16 again, but it sure tries.

4. THE ADJOINING LOKA YOGA STUDIO is a local favourite and can handle skill sets from namaste newbie to headstand guru.

5. FOR THE ADRENALINE JUNKIES, Canadian Wilderness Adventures offers hotel pick-up for ATV tours or more-mellow horseback riding and canoe trips down the River of Golden Dreams.

6. IF YOUR IDEA OF WATERSPORTS is a rooftop hot tub, there's that, too.

7. TENNIS ANYONE? The courts at adjacent Alpha Lake have stunning glacier views. Get racquets at the front desk, grab a "Cleansinator" juice from Fix Café, and game, set, match.

8. A NEW CHEF, EXPANDED PATIO and veg-forward summer menu at Nita's Aura Bistro, with sides of baby heritage carrots with honey, ginger and thyme, and asparagus with bacon shallot butter to accompany your halibut and lake-front views.

9. COSY UP TO THE FIRE with hand-crafted cocktails at Cure Lounge, or relax on the breathtaking patio.

10. ALL THE ROOMS ARE EXPANSIVE, with L'Occitane amenities, soaker tubs, lake-view balconies and lots of room for toasting to your friendship. ☺



The Eat.Play.Love Ultimate Girlfriends Getaway Package is available year-round. Nita Lake Lodge, 2131 Lake Placid Rd., Whistler, 604-966-5700. Nitalakelodge.com