

For immediate release – June 7, 2018

Reward delegates with relaxation in Whistler



Whistler, B.C. – Connecting your meeting with nature and relaxation comes naturally in Whistler. Nestled in the Coast Mountains and the gateway to adventure, Whistler is a natural oasis ready to be embraced. Groups can experience a number of relaxing and refreshing experiences that will leave them recharged and ready to conquer the next day.

Ignite the mind, body and soul of your group. Whether it be an exclusive spa experience, a calm morning canoe paddle down a river, or a hike through tranquil old growth forests, the possibilities to refresh and recharge your group are endless in Whistler.

Here are a few ways delegates can recharge in Whistler:

Scandinave Spa

Set secluded in a spruce and cedar forest, the [Scandinave Spa](#) welcomes groups to relax their minds and bodies through its rustic and serene location. Immerse in hydrotherapy, an age old Scandinavian traditional therapy of hot and cold baths. Refresh your groups mind, body and soul with a soothing hot outdoor bath followed by a cold plunge under refreshing waterfall. Entice senses within the eucalyptus steam room or enjoy the warmth from a wood burning Finnish sauna. Stretch out from a meeting with a private group yoga session, followed by a nap or quiet time in one of the peaceful solariums.

The Spa at Nita Lake Lodge

Tucked on the banks of a tranquil little lake, the [Spa at Nita Lake Lodge](#), embraces the sensation that peace and quiet in the mountains brings to the body and soul. Relieve your group of all tensions from travel and

meetings with access to a full range of spa treatments and services at this award-winning spa. The spa welcomes guests to unwind in its elegant relaxation lounge and indulge in the rooftop hot tubs and eucalyptus steam room while taking in stunning mountain side views.

Connect with Nature

Take the time to breathe in the fresh mountain air. Not only does Whistler know how to craft memorable adventures, its locals also know how to embrace and revel in quieter and relaxing activities. Experience Whistler's crystalline lakes with a morning [canoe ride or paddle on a standup paddleboard](#), with many boasting stunning mountain views. Venture into the wilderness and hike through [numerous trails](#), intertwining through old growth forests and rushing rivers to high alpine walks among wildflowers and mountain top lakes.

Pair a meeting with relaxation and refreshing experiences your delegates won't forget. Meeting planners can visit Tourism Whistler's website at www.whistler.com/meetings to learn more about the variety of meeting opportunities in Whistler. The resort offers 5,400 rooms for accommodation and the Whistler Conference Centre has 65,000 square-feet of meeting space with multiple set-up options, while the resort offers more than 150,000 square feet of conference space in a variety of venues. Off-site meetings can also be easily arranged. Meeting options are available at all budget levels.

-30-

Media can visit www.whistler.com/media for Whistler facts, media releases, story starters, local personality profiles and access to images and B-roll.

Whistler is Canada's premier year-round leisure and meeting destination located in the Coast Mountains 120 kilometres (75 miles) north of Vancouver, British Columbia, Canada. Consistently rated the top ski resort in North America for the past 12 years in a row, Whistler was the Host Mountain Resort of the 2010 Olympic and Paralympic Winter Games. The resort offers an extensive range of accommodations totaling 10,000 bedrooms among 24 hotels as well as townhomes, condos, B&Bs and chalets. Whistler also boasts more than 100 restaurants and bars, 200 retail shops, 25 spas and countless activity options from world-renowned skiing and snowboarding, mountain biking and golf, to hiking, rock climbing, and watersports. The Resort Municipality of Whistler is home to a diverse community of more than 9,000 permanent residents.

Tourism Whistler is the member-based marketing and sales organization representing Whistler, operating the Whistler Conference Centre, Whistler Golf Club, Whistler Visitor Centre, as well as 1.800.WHISTLER and whistler.com – Whistler's official source for visitor bookings and information. As the convention and visitors bureau for the Resort Municipality of Whistler, Tourism Whistler represents more than 7,000 members who own, manage and operate properties or businesses on resort lands including hotels, restaurants, activity operators and retail shops.

Media Contacts:

Michelle Fernandes
Coordinator, Communications
Tourism Whistler
T: 604.938.2726
E: mfernandes@tourismwhistler.com

Patricia Westerholm
Senior Manager, Corporate and Member Communications
Tourism Whistler
T: 604.938.2748
E: pwesterholm@tourismwhistler.com

W: whistler.com/media
T: [Twitter.com/mediaTWhistler](https://twitter.com/mediaTWhistler)
F: [Facebook.com/GoWhistler](https://facebook.com/GoWhistler)