


Women's Travel Connection
where adventures begin...



Sept 6 to 9, 2012

The Ultimate Ranch and Spa Girls Getaway!

Calling all 'wannabe' cowgirls! If you've ever wanted to ride the range yet still like a little luxury at the end of the day, then this package is for you! Join us on your own, round up a gang of girlfriends, or rope your sister or mom and head up with us to Echo Valley where you'll leave behind your city blues and discover the magic of ranch life. Enjoy early morning Thai yoga classes. Experience a traditional Thai Massage, horseback riding and wine tasting from a local winery. Indulge in local "100 meter cuisine", an evening BBQ with roaring campfire, edible plant walk and optional fly fishing. Savour cooking demonstrations with the Executive Chef and still have time to watch the sun go down. Whether you're a cowgirl at heart or simply yearn for a taste of life on the ranch, a few days with us at Echo Valley Ranch will charge your spirits and leave you with lasting memories...

Your Package Includes:

- A welcome glass of champagne
- Lodging in Lodge and Premium Rooms
- All meals prepared by the executive chef including a glass of wine or beer with your dinner and soft beverages at any time.
- Daily Thai yoga (Ruesri dat ton) stretching classes
- Choice of one 90 Minute Thai Massage OR one Half Day Horseback Ride
- Cooking demonstrations with the executive chef as well as tips on Thai cooking (includes time collecting fresh produces from our gardens)
- Wine Tasting with a host from Fort Berens Estate Winery
- Guided Edible Plant Walk
- Use of the ranch facilities: outdoor hot tub, indoor heated swimming pool, sauna, fitness centre, numerous self-guided hiking trails (maps available)
- Gratuities included



\$1699 per person (based on 2 sharing) *plus* HST, land only. Transportation to/from ranch not included (fly and drive packages available. Call for details) Hold your space with a \$500 non-refundable deposit. This tour will be hosted by the WTC based on a minimum of 12 guests.

For further details or to book:

Email: wtc@vision2000.ca

Phone: (250) 412-3805 or Toll Free: 877-368-4239

Or contact Your Local Vision 2000 Travel Advisor

www.womenstravelconnection.ca


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ABOUT ECHO VALLEY RANCH & SPA:

Located in 'cowboy country' above the Fraser River in BC's scenic Cariboo Region, Echo Valley Ranch & Spa entices those seeking a restorative sojourn, as well as those looking for a higher-octane activity. EVR is a member of *Small Luxury Hotels of the World*; accommodations include luxury suites, cabins and lodge rooms for up to 40. Guests spend their days horseback riding, hiking, gold panning and fly fishing, or visiting the 'East meets West spa' for traditional Thai as well as western therapies. The ranch has a strong sustainability ethic, which runs through the 'farm to fork' approach to dining. The ranch is accessible by road and guests may opt to fly to Kamloops with a transfer or car rental to the ranch.

Sample Itinerary: Do as much or as little as you like!

Day 1 – Thursday, September 6, 2012

4:00 pm **Welcome to Echo Valley Ranch & Spa!** Please come to the Dove Lodge upon your arrival at the ranch. Upon arrival at the ranch we will greet you with a glass of champagne and take you on a brief tour of the grounds at Echo Valley before dinner.



6:30 pm After checking into the ranch, gather for **Thai Dinner** at the Dove Lodge. A culinary showcase epitomizes Echo Valley's East-West harmony. This is when the ranch's Thai staff prepares superb Thai food, as authentic as you would find in Thailand's finest restaurants, and served with the gracious hospitality that is the hallmark of the Thai people. But this is only the beginning. The evening continues with traditional Thai dancing where everyone can get involved. The exotic pageantry, fun and friendships that these evenings engender are not to be missed.

Day 2 – Friday, September 7, 2012

7:30 am **Optional Thai Yoga** (complimentary during your stay): We will set the pace for the day with a traditional Thai yoga stretching class, called Ruesri Dat Ton, offered to all ranch guests daily.

8:30 am **Breakfast** will be held in the Dove Lodge.

10:00 am **Choice of one half-day horseback ride OR one 90 minute Thai Massage.**



Horseback Riding ~ Half Day

Every morning and afternoon explore the many different trails around the ranch, across varied terrain including open country and beneath forested canopies. Echo Valley Ranch has more than 30 horses; all are excellent horses for riders of all ages and of all ability levels, including novice to experienced riders. If this is your first horseback riding vacation, rest assured that our experienced wranglers will guide and assist you - always with your safety as a priority. Novice horse riders can learn the basics in our full-size, outdoor riding arena before heading out for a two-hour trail ride.

Traditional Thai Massage ~ 90 Minute

A keystone of Thailand's traditional healing system for more than 2,000 years, Thai Massage is a total body therapy that is both relaxing and deeply releasing on many levels. Through a series of assisted Yoga-like stretches, alongside gentle traction and pressure-point massage that follows the body's energy lines (referred to in Thai as 'sen' channels), this extraordinary massage helps relieve tension, lubricates joints, and increases vitality, awareness and a deep state of tranquility.

12:30-1:30 pm **Lunch** in the Dove Lodge

6:30 pm **Evening BBQ dinner** including roaring camp fire served at our outdoor kitchen (weather permitting) with western style entertainment. Barbecues are all about the flavours of the Wild West. The ranch's working cowboys find these nights hard to resist and around the open pit fire, s'mores are at the ready. Stay to watch shooting stars cross the ebony-black skies; perhaps grab a blanket and head to the grassy verge at the end of the runway.

Day 3 – Saturday, September 8, 2012

7:30 am **Optional Thai yoga** stretching class (Ruesri-Dat-Ton)

8:30 am **Breakfast** will be held in the Dove Lodge

10:00 am **Edible Plant Walk**

With the 160 acre ranch plus over 10,000 acres of surrounding wilderness, the forest surrounding Echo Valley, produces an abundance of wild edibles including fruits, mushrooms, greens and flowers. Your local guide will help you discover some of these unique plants with knowledge from local First Nations.

12:30-1:30 pm **Lunch** in the Dove Lodge

2:00 pm **Cooking with the Chef and Ranch Cuisine**

During your stay you can help Chef Jason collect fresh produce from the gardens and then settle into one of the best seats in the house, at the kitchen counter, where Chef Jason provides you with a glimpse of the ranches "100 meter diet". Enjoy a dinner preview with tasters, help the chef collect produce from the gardens and enjoy a cooking demonstrations, tips and techniques. Echo Valley is a ranch that believes in the "eat fresh and eat local" ethos.

Meals at Echo Valley are prepared in an open kitchen, and served family style in the Dove Lodge dining room; a comfortable area that characterizes lodge informality. Executive Chef Jason Folk focuses on creating fresh and local cuisine, taking inspiration from the ranch's organic vegetable garden, where a variety of fresh seasonal produce such as berries, mushrooms, vegetables and seasonal fruits grow. In addition to raising its own cattle, pigs, turkeys and chickens right on the ranch, Echo Valley sources other products such as artisan cheeses from nearby farms as well as fresh-caught seafood from Oceanwise suppliers in Vancouver.



5:30 pm **Wine Tasting** with the award winning Fort Berens Estate Winery. Sample wines from Fort Berens, a "neighbour" of Echo Valley Ranch and the area's first winery.

6:30 pm **Dinner** in the Dove Lodge Dining Room

Day 4 – Sunday, September 9, 2012

7:30 am **Optional Thai yoga** stretching class (Ruesri-Dat-Ton)

11:00 am **Check out.** Come to the Dove Lodge to settle your bill for incidentals

12:30 pm **Lunch** in the Dove Lodge

After Lunch depart Echo Valley Ranch & Spa