



HEALTH & WELLNESS

3 Day Sample Itinerary

DESTINATION GREATER
VICTORIA
BRITISH COLUMBIA



From the moment you arrive, embrace the serenity that comes with island living as you soak up the intentional pace of life, abundant natural environment, and calming vistas. Between relaxing oceanside in mineral pools, meandering among giants in west coast rainforests or paddling out for an epic sunset on the Salish Sea, discover why Victoria offers the ultimate wellness getaway.



Day 1

For your first morning in Victoria, start at [Nourish Kitchen & Café](#) - with a brunch menu of comforting dishes focused on local and natural ingredients, you'll leave feeling healthy and happy. Their bright space also features a full-service Espresso Bar with rich, local brews that will make you alert and fresh-faced for the day ahead.



Now fully fueled, take to the trails in one of the many regional and provincial parks. If you are looking for coastal scenery with an ocean breeze, join [Rainforest Tours](#) on a half-day tour of East Sooke Park.



After your hike through the beautiful coast, hit pause on your busy life and immerse, rejuvenate, and repeat at [Ritual Nordic Spa](#). Leisurely move through the Nordic circuit on your own time, at your own pace. Try out the Finnish sauna, steam room, cold plunge pool, salt lounge, outdoor patios, rinse station, Nordic bucket shower, and lounge. Alternate between hot and cold, then relax and repeat the circuit again.



Time for dinner; and what better way to end your day of mindful and intentional disconnection than with some re-connection to the land at one of our spectacular Farm-to-Table dining options. Fortunately, Victoria is not short on options for beautifully plated local food. [The Courtney Room](#), for example, masterfully showcases the abundant local produce in their dishes. Island flavours are the centerpiece in both food and beverages, and offer something for every palate.



Day 2

Today, bring your senses to life through some classic Victoria experiences. After a breakfast of your choice, make your way to the [Butchart Gardens](#). Whether you self-drive, take the [Butchart Gardens Express](#), or even e-bike up the peninsula, your voyage will be rewarded by one of the most magnificent gardens in North America. Take in the scents of the beautiful flowers and stroll through the various sections of this immaculate property. Your visit to The Butchart Gardens may also be a perfect time to have your afternoon tea experience, in the original home of the Butchart family.

Alternatively, for those looking to learn and build their knowledge of local flora and fauna, explore the [Gardens at HCP](#). Linked to a highly regarded horticultural school, this garden combines stunning landscaping with an educational piece. Be sure to check their calendar to join in on any of their workshops and learn skills like basket making, Plant Identification, caring for bees and even watercolour painting on Japanese paper! For lunch after your visit, head over to the [Fireside Grill](#) for delicious food on their sunny patio.

Now back to downtown Victoria to explore the numerous wellness shops that line Government, Johnson, Yates and Fort Street.

The Farm-to-Table movement is flourishing in Victoria, so opt for a local, fresh dinner at spots like [Zambri's](#), or [10 Acres](#). For an eco-conscious experience, Zambri's has pizza, Italian classics, a lovely wine list, and a daily fresh sheet. 10 Acres boasts four unique dining locations under their wing, each sourcing their seasonal ingredients from their own 10 Acres Farm up in North Saanich.





Day 3

Take your time waking up this morning and ease your way into the day. Perhaps take a morning walk in Beacon Hill Park and feel grounded as you listen to the birds chirp and the leaves blowing in the wind. Alternatively, rent a bicycle and cycle along the water for a fresh ocean breeze. For brunch, head over to [GLO](#) for their waterfront patio and delicious healthy options.



You may be tempted to get out on the peaceful Gorge Waterway after brunch, and [South Island SUP](#) is a perfect way to explore the waters of this living ecosystem right in the heart of Victoria.



Once you've hopped off your paddleboard, hop into a swimsuit and bathrobe and take in the harbour one more time at [HAVN Saunas](#), where you can go from sauna to cold pool to hot tub, and have a refreshing elixir in their serene lounge on the lower level of their refurbished barge. As you take in the view, reflect on your time here in Victoria and end your trip in total relaxation.

Wellness Accommodations



The [Oak Bay Beach Hotel](#) is a seaside oasis that will have you experiencing the ultimate in relaxation. From their luxurious rooms to the heated outdoor mineral pools to summertime yoga on the seaside terrace – everything about this place is pure bliss.

Escape to the tranquil [Parkside Hotel & Spa](#), where they've brought the outside in with their stunning atrium full of lush plant life and tranquil ponds with colourful koi fish as well as a wide selection of spa services.



Alternatively, rejuvenate at the iconic [Fairmont Empress](#) and at their award-winning [Willowstream Spa](#) where you'll leave feeling energized and inspired.

Destination Greater Victoria is honoured to be based on the traditional territory of the Lekwungen-speaking peoples, whose historical relationships with the land continue to this day.

Contact Us

If you would like more information on this and other itinerary suggestions, you can contact the Travel Trade team at Destination Greater Victoria.

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