

**FOR IMMEDIATE RELEASE**

**A Coolcation Shaped by Ocean, Air, Forest, and Slow Adventure**

*As global temperatures rise, Victoria, B.C. offers a cooler summer escape shaped by ocean air, forest landscapes, and slow adventure.*

**VICTORIA, B.C. — June 15, 2026** — As climate patterns shift and a potentially strong El Niño is expected to influence global weather through 2026 and into 2027, bringing increased temperatures and more extreme conditions in many regions, travellers will increasingly seek out destinations that offer a more comfortable and temperate summer experience.

In response, more travellers are seeking destinations where they can stay active and outdoors without feeling the effects of extreme heat. Victoria, British Columbia offers a different kind of escape, one defined by ocean air, coastal breezes, and easy access to nature, where cooling down and slowing down are all part of the experience.

Surrounded by the waters of the Salish Sea, Victoria offers a more temperate alternative to many summer destinations, inviting visitors to spend their days on the ocean, beneath forest canopies, beside waterfalls, and immersed in wellness experiences inspired by nature. Here, a coolcation isn't about hiding indoors from the heat; it's about embracing the elements.

Victoria benefits from continuous coastal air and unique atmospheric conditions shaped by its location. Protected by the Olympic Mountains in Washington State, the region sits within a natural rain shadow, creating a drier, more temperate climate than much of coastal British Columbia. Summer temperatures remain comfortably mild, with average daytime highs around 20°C to 24°C (68°F to 75°F) and cooler evenings influenced by the surrounding ocean.

Adding to the experience is the air itself. Victoria is known for its exceptional air quality and distinct ocean scent, created by marine aerosols and sea spray released from breaking waves. These fine droplets, carried on coastal breezes, contribute to the fresh, restorative atmosphere that defines a stay in the region.

**On the Water and Along the Coast**

Victoria's way of life is shaped by the water that surrounds it. It is the perfect destination to experience the effects of the ocean. Visitors can experience life on the water in many ways, including daily whale watching excursions with Orca Spirit Adventures and Eagle Wing Whale & Wildlife Watching Tours, or by jumping in a kayak from Ocean River Sports or onto a paddleboard from South Island SUP, taking you out on a self-guided adventure to feel the ocean air and experience Victoria's views from a different perspective.

If being on the water isn't enough, no problem. Join Victoria's plunge community and head into the water at any of the nearby beaches, off Dallas Road or from the dock at Banfield Park. In Victoria, there is no need for artificial air conditioning when you have the best that nature can provide, with a coastal breeze almost anywhere you go, but especially on the water.

## **Wellness, Forest Air, and Slow Adventure**

Beyond the shoreline, Victoria's forests and green spaces offer natural relief from the heat, encouraging visitors to slow down and reconnect. At Goldstream Provincial Park, moss-covered trails, towering Douglas firs and old-growth, and nearby waterfalls create a noticeably cooler environment, especially along shaded hiking routes.

Opportunities for forest bathing and guided nature immersion at Beacon Hill Park with Tracey Cook offer a deepened connection to the landscape.

Summer wellness continues in more structured settings, from saunas and cold plunges at Aerth Saunas to restorative stays in rural settings like Bilston Creek Farm, where lavender fields, wood-fired saunas and open space define the experience.

For a wider perspective, the Malahat SkyWalk offers elevated views over forest and ocean, with its newest feature, The Overhang, extending out into the landscape. It also offers opportunities for mindfulness in more than one way, including its summer offering, *Above & Within: A Tower Top Wellness Series*.

## **Fresh Island Flavours and Open-Air Dining**

We've all heard the term farm-to-table, but in Victoria it is a reality year-round. It can look like many different things, from the sea, the farms, the vineyards, and the gardens. There isn't anything quite like eating local foods, brought to your table by passionate people and enjoyed outside.

Right in the city, enjoy Aura Waterfront Restaurant's award-winning patio, which offers harbour views alongside seasonal menus rooted in the region. Or drive by local farms and farmstands on the way to Deep Cove Winery, set right near the water in one of the warmest areas of the region, with three acres of grapes planted over 25 years ago.

For more al fresco experiences, Il Covo Trattoria brings a European escape right to Victoria, without the high temperatures. Their outdoor garden patio is set with colourful décor, beautiful lighting, and lush greenery, creating a more intimate outdoor dining experience, along with their incredible family recipes featured on the menu.

Whether on the water, in the forest, or around the table, Victoria offers a refreshing alternative to traditional summer travel, one defined by ocean air, natural cooling, and a slower, more intentional pace.

### **Images:**

A curated selection of high-resolution images, including ocean experiences, outdoor dining, and forest and wellness settings, are available here with appropriate credit:

<https://destinationgreatervictoria.barberstock.com/collection/destinationgreatervictoria/coolcation-press-release-2026>

## **About Destination Greater Victoria**

Destination Greater Victoria is the official not-for-profit destination marketing organization, partnering with over 900 local businesses to drive sustainable growth in Greater Victoria. Located on Canada's Vancouver Island, Victoria, British Columbia, is a unique blend of old-world charm and new-world experiences. Visitors can enjoy heritage architecture, colourful gardens, and a variety of activities such as whale watching, kayaking, hiking, cycling and golf. Known for its culinary excellence and award-winning beverages, Victoria boasts Canada's mildest climate, year-round greenery, and stunning natural beauty. Recognised for its sustainability efforts with a Responsible Tourism Institutes Biosphere certification, Victoria lies on the ancestral lands of the Lekwungen-speaking people of the Xwsepsum and Songhees Nations. [www.tourismvictoria.com](http://www.tourismvictoria.com)

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