



## Ya Ya Sisterhood Escape

### 4 Days / 3 Nights

When you feel like a break from your significant other or just need to put some miles between you and the city, why not plan a "girlfriend getaway" at a B&B, Cottage or Suite with some of your friends? After all, there are many wonderful accommodations - each a unique experience just waiting to treat you in style! You will be delighted in all that the Sunshine Coast has to offer -- from spas to shopping, great eats to sandy beaches and an ultra-chill vibe. Sneak away from the stresses and strains of the city for a few days and spend time catching up with your best friends (and yourself)!

#### Day 1

The Sunshine Coast serves as the ideal setting for girlfriends in search of adventure and spectacular scenery for a reunion. Your getaway begins with a stunning scenic 40 minute ferry ride aboard BC Ferries from Horseshoe Bay to Langdale. You will cruise through a breathtakingly beautiful passage studded by emerald islands.

Upon arrival, explore the Coast by visiting the charming seaside village of Gibsons or walk the seawall at Davis Bay and discovering the variety of specialty shops chock-full of unique local gifts. In Wilson Creek, visit the Reading Room at Shanti Gifts for a Tarot, Oracle or Rune Reading.

There are many great places to dine on the lower Sunshine Coast. Some favourites include; Smitty's Oyster House - a seafood haven, the Gumboot Restaurant - modern home-style cuisine in a funky atmosphere or the Blue Heron Restaurant - offering outstanding views of the natural beauty of Porpoise Bay.

After dinner, relax in your comfortable accommodation with some snacks, a "chick-flick" and a bottle (or two!) of wine. Hanging out with your girlfriends is always a great time ... coupled with experiencing it on BC's Sunshine Coast and it's double the pleasure!

*Retire & rejuvenate at the Bed & Breakfast, Suite or Cottage of your choice*

## Day 2

Pamper yourself this morning with a massage or spa treatment. Visit Creekside Salon & Spa in the heart of eclectic Roberts Creek or have them travel to you with their mobile service. Experience fully-personalized massage using your favourite aromas or choose a spa treatment from the 'Wellness' menu. Besides leaving you with a renewed sense of energy and well-being, your spa treatments will also prove to be a gentle reminder of your precious friendships.

Spend the afternoon making some unique finds at the many charming gift shops, galleries and boutiques. Needless to say you can spend many hours happily shopping and finding bargains. How can you not have fun with tons of shops and a good girlfriends to keep you company?

When the ladies' tire of shopping (as if!), why not drop into one of the many pubs, to satiate your thirst. Choose from the Blackfish, Lighthouse, Gilligan's or Garden Bay Pub together offering more than a dozen beers on tap, lively atmospheres and every permutation of pub grub you can imagine ... a truly refreshing respite.

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## Day 3

This morning enjoy a relaxing scenic drive north and discover why visitors are enchanted with the haven of natural bays & inlets at the top end of the Lower Sunshine Coast. Enroute, stop at MarketPlace IGA or Clayton's Heritage Market and pick up a few delicious items for a picnic lunch to savour later in the day.

In Egmont, depart on an incredible marine sightseeing tour with Sunshine Coast Tours and explore the Princess Louisa Inlet. The wide opening of Jervis Inlet tapers to become a narrow, glacier-cut fjord. On your journey up, you will pass dozens of waterfalls that trickle down from the craggy granite bluffs looming on both sides. Once past Malibu Rapids, Princess Louisa opens up -- with world-famous Chatterbox Falls as its crown jewel. Enjoy your picnic lunch on board the boat while you travel or use the picnic site at Princess Louisa Inlet Marine Park.

This evening, experience the creative coastal cuisine at The Restaurant at Painted Boat. This casually elegant restaurant has a distinctly modern, coastal feel. Head Chef David Cox and his team are focused on highlighting the abundance of fresh ingredients available on the Sunshine Coast - creating a vibrant approach to a regional menu.

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## Day 4

A perfect ending to your getaway is a private yoga class on the beach – at one with nature, which is (after all) what it's all about. Breathe in the natural elements of air, earth and water, and engage the breath of fire to awaken spirit, move the body and develop wisdom consciousness.

Pleasantly relaxed, meander back to Langdale and take in the views of the spectacular North Shore Mountains as you board your ferry home.

*Sunshine Coast is your holiday paradise with ..... something for everyone .....  
something for you!*