

CHECKING IN

Resort offers deals at par for Canadians

ROCHELLE LASH

Northern Outdoors Adventure Resort in Maine is offering Canadian-at-par deals for whitewater rafting trips and rustic lodging at its location on the Penobscot River.

Northern Outdoors has two locations, 180 kilometres or a 2.5-hour drive apart. For experienced whitewater rafters and older teens, Northern Outdoors recommends its rustic Abol Bridge Campground in Millinocket, along with rafting on the Penobscot River. The Canadian-at-par deal is valid here, but only for Penobscot River rafting and local lodging partners, not for river fees, taxes or on-site restaurant and store purchases.

Abol Bridge Campground is in the Katahdin Region in northern Maine, adjacent to Baxter State Park, about 524 kilometres east of Montreal. The rugged region is known for fishing, canoeing and kayaking, and the campground has striking views of Maine's highest peak, Mount Katahdin, the northern tip of the Appalachian Trail. The Penobscot River features challenging whitewater experiences on Class IV and V rapids.

There is a second option, but the Canadian deal does not apply here. For families with young children and first-timers, Northern Outdoors also has an adventure resort in the town of The Forks and organizes rafting on the Kennebec and Dead (West Branch) Rivers. This property includes a main lodge, the Kennebec River Brewery that supplies a pub and a restaurant, plus a variety of one-to-five bedroom cabins and a swimming pool. **Details:** 800-765-7238, **Website:** northernoutdoors.com. *Special to Montreal Gazette*



Wanderlust will feature creative and active pursuits ranging from yoga and meditation to music. WANDERLUST

WANDERLUST BRINGS INNER PEACE TO TREMBLANT



ROCHELLE LASH

The four-day wellness extravaganza Wanderlust will take over Tremblant from Aug. 11 to 14, with creative and active pursuits ranging from meditation to music.

Now in its fourth year at Tremblant, Wanderlust covers the world of wellness in a fabulous Laurentian setting, combining yoga, music, discussions and exercise.

More than 7,500 aficionados of health and fitness are expected to pursue inner peace in the great outdoors, and be inspired by nearly 70 experts from Canada, the United States, Asia and Europe. One ticket provides access to three restorative activities a day, plus concerts.

Visitors can participate in yoga classes on the sandy shore of Lac Tremblant or meditate at the towering summit of Mont Tremblant. The Speakeasy lectures will feature Earle G. Hall on The Science of Happiness, Gabrielle Falardeau and Elyse Leclerc addressing Alimentation et conservation, and Xavier Peich, founder of SmartHalo biking technology, talking about The

Future of Cycling. Musical performers include DakhaBrakha, the Suffers, DJ Taz, Francesca Blanchard, DJ Drez and Yaima.

Are meditation and music too tame for you? Wanderlust also features test-your-limits activities such as standup paddleboarding, explorative hikes, adventure runs, acrobatic yoga and slacklining, a balance challenge.

"The mission of Wanderlust is to help people find their 'true north,'" said Sean Hoess, a co-founder of Wanderlust, which also operates festivals in the United States, Australia and New Zealand.

"'True north' is not a destination, it's a path that encourages you to explore mindful living and connect with your inner self and with others."

New for 2016: Yoga headliners include Faith Hunter from New York City and Ryan Leier from Saskatoon. They've taught at Wanderlust before, but are new to Tremblant. Other top-tier teachers include Sri Dharma Mittra and Geneviève Guérard.

Meditation sessions will be expanded under teachers including Nicole Bordeleau, Rameen Peyrow, Kathryn Flynn and Natalie McLennan, who are all from Quebec. Wanderlust has two meditation venues, including one at the mountain's summit.

Wellness all summer: In addition to Wanderlust, there are several

other wellness-centric happenings at Tremblant.

The Lolë Tremblant Fitness Sessions and the Lolë Meet-Up Program feature a calendar of outdoor activities including yoga, Pilates, boot camp, Zumba and cardio boxing (estimated at 9 or 10 a.m. Sunday to Thursday, but the schedule changes, so check Lolë Tremblant's Facebook page or call 819-681-5939).

Runners have lots of choices. Le Westin Tremblant organizes Run-WESTIN, in which guests of the five-star hotel can join a concierge who will lead an approximately five-kilometre run (Tuesdays and Thursdays at 6:45 a.m.; westintremblant.com). The hotel also supplies running maps and rents New Balance clothing and shoes for \$5.25.

The Club de Course en Sentier Salomon invites runners of all levels to learn new skills and practise on four- to eight-kilometre runs (\$10 each or \$30 for the season, Salomon Boutique, Wednesdays and Fridays at noon.) The season winds up in October with a friendly race day, La Classique Salomon.

The Club de Course à Pied Magasin de la Place meets Tuesdays and Thursdays at noon, and takes off for three- to six-kilometre runs geared toward beginners, intermediates and experts.

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Wanderlust: 855-926-3375, wanderlust.com; tickets for certain activities include access to Tremblant gondola, three activities per day, concerts, Speakeasy lecture; single-day ticket, \$90 to \$150; three-day ticket, \$370; four-day ticket, \$425. Certain events have extra fees.

Lodging (888-738-1777, tremblant.ca): Here are sample prices for slopeside lodging (all including unlimited access to Tremblant gondola). Prices fluctuate according to availability and date.

The Tour des Voyageurs starts at about \$190 per night for a hotel room for two, including gym, outdoor pool, hot tub, sauna and Wi-Fi.

At the Residence Inn by Marriott Mont Tremblant, a studio with kitchenette, queen bed and sofa bed starts at about \$199 per night for one or two people. This includes a buffet breakfast, Wi-Fi, fitness room, outdoor whirlpool and heated pool.

On the luxury side, Le Westin Resort & Spa — with newly renovated deluxe hotel rooms, Wi-Fi, saltwater swimming pool, gym, hot tub and Amerispa (extra) — starts at \$249 for two, per night, for one-night stays, or \$199 for two, per night, for two-night stays.

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