

Riding Mountain Infusions

A Manitoba Resort spa & winter outdoor experience

with Elkhorn Resort and Earth Rhythms

www.elkhornresort.mb.ca

www.earthrhythms.ca



Available

Until March 27, 2011

Rooms and Outdoor Adventures Subject to availability. Advance booking is welcomed.

We invite you to reserve your **Infusions** getaway. Call 1.866.ELKHORN

Riding Mountain Infusions

For snow lovers and light adventurers, this is a Manitoba two-night/three day rejuvenation experience. Two nights at Elkhorn Resort and Solstice Spa, a choice of one exclusive outdoor experience with Earth Rhythms' adventure guides, and an Equinox mineral pool soak to infuse your body and soul.



Includes:

Two nights accommodation at Elkhorn Resort for two people (double occupancy). Groups welcome.
Two Equinox Mineral Pool day passes for two days. (Access to sauna, Equinox mineral pool, steam bath)
Your choice of one of the following Earth Rhythms' adventure outings:

Ice Escapades in the Weeping Forest

A short (1.5 hour) easy snowshoe or walking outing to learn about snow and ice ecology, touch the ice that flows out from a weeping hillside forest, travel up a deep hidden creek valley, and make your own ice goblets in the shelter of Riding Mountain's gentle spruces. A short trip away from the Elkhorn Resort. Your guides provide all the knowledge, tools, and instruction. You take away smiles! (Day program)

Night Lantern Snowshoe and Wolf Howl

Your guides lead you by headlamp into magical forests, in search of night mysteries, tracks, and the sounds of night on this short, easy snowshoe outing. A candle lantern muse in a mysterious gathering spot, hot drinks, and local lore about the wolves of Riding Mountain. We teach you how wolves travel, hunt, and we howl together. You return to the Elkhorn Resort and merge the memories of a night on the Riding Mountains with a great night's sleep and pleasant dreams. (Night program)

PRICE:

\$555.00 +taxes for two (Two nights)
Spa treatment options available. Please reserve in advance by calling 1.866.ELKHORN and ask for the Solstice Spa.



Guided discovery of wild animal stories etched in the surface of lake and meadows, by snowshoe in Riding Mountain National Park



A deep breath of dusk and maybe a sight of an owl, or a ruffed grouse before the mineral pool soak at Solstice Spa.

Being Prepared

For your safety, comfort and warmth

Your guides are certified National Park Guides.
Your guides are certified to provide First Aid & CPR.
You will be guided in ways that fit with your abilities.
Snowshoe instruction provided.
You choose the time – we fit into your schedule.
We can provide recommendations for what to bring.
You will be asked to read and sign a waiver of liability in advance.
We provide a clothing list for you in advance.
We can arrange for snowshoe rentals (Not included in package price)

What is not included?

National Park admission pass (for your vehicle)
Snowshoes (Rentals are available at Elkhorn)
Winter clothing or footwear (Recommendations are available)
Transportation (you require your own vehicle)

Please ask about Additional Options

Canadian Prairie Mud Wrap, Seasonal Detoxification or other unique Solstice Spa treatments
Other adventure outings from Earth Rhythms
Group rates available for larger groups

Earth Rhythms Creates Inspiring Experiences and Learning Adventures with Elkhorn Resort.
Partners in travel at the heart of North America

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