

Yoga: From Vineyard to Pier

If you are looking for a relaxing activity that is truly a Summerland classic, then attending a yoga class in a local winery is definitely a can't miss experience. Many of our local wine producers offer special yoga classes in their wineries, cellars and vineyards. We have also been known to host large yoga classes and events right on one of our many beaches and piers in the area.

If you are interested in more information, please contact: Shannon Brilz, Summerland Visitor Centre Coordinator, visitors@summerlandchamber.com

What a Grind!

Looking for some family adventure? The [Giant's Head Grind](#) follows a 5 km uphill path from the beach to the peak of Giant's Head, Summerland's extinct volcano. Do it on your own or enter your whole family in the race to the top held every May. Yoga on the beach and a catered gourmet BBQ make race day even more fun!

Why is this important?

The Christopher Walker Giant's Head Grind Memorial Race raises funds for colon cancer research.

Interested in more information?

Ellen Walker Matthews – experiences@totabc.com



The Spa Life

The [Summerland Waterfront Resort's](#) Beyond Wrapture Spa offers visitors the opportunity to focus on relaxation and rejuvenation. Both the Okanagan Grape Pip Body Scrub and the Red or White Vinotherapy Massage are amazing treatments that use local grapes and wine in their products, offering spa-goers a unique experience of one of our best Okanagan industries.

For more information on Beyond Wrapture Spa, please contact: Lisa Jaeger sales@summerlandresorthotel.com

