



ECHO VALLEY

RANCH & SPA



Awakening Wonder™



“We were awed by the serenity and beauty of the land and by an overwhelming sense of spirituality and reverence for it. To this day, it’s hard to describe – it’s simply beyond words.”

- Norm & Nan Dove



Spirit of Place ~ *Welcome to Echo Valley*

Surrounded by an abundance of life, Echo Valley Ranch & Spa was built with pride in the midst of one of the most beautiful places on earth.

It's the unique combination of many things coming together, the incredible geography, the animals and birds, the people who live and visit, our home, and much more. They all contribute to what makes Echo Valley Ranch & Spa a unique and an ideal place to connect with nature, oneself, and feel what wellness is really all about.

There are many places you could experience wellness. Almost everything is called a wellness experience nowadays. But if you are craving the connection to something more, something meaningful and real, the best place to find it must first be created by Mother Nature.

When extraordinary circumstances come together to create something we cannot fully understand, we often use words like "coincidental" or "synchronicity" to explain them. As I have grown older, I have opened my mind to accepting that such circumstances go

far beyond being coincidental, I now see them as signs pointing to something special that we should take note of and revere, something phenomenal and real.

What has come together in Echo Valley is a focal point amid four distinctly different geographic regions. It's a "Spirit of Place", an area where life-giving water is supplied from the caverns of the Marble Range mountains, where the air is pure, where the absence of city lights reveals an infinite amount of stars, where city noise is replaced by the music of living beings we share this valley with.

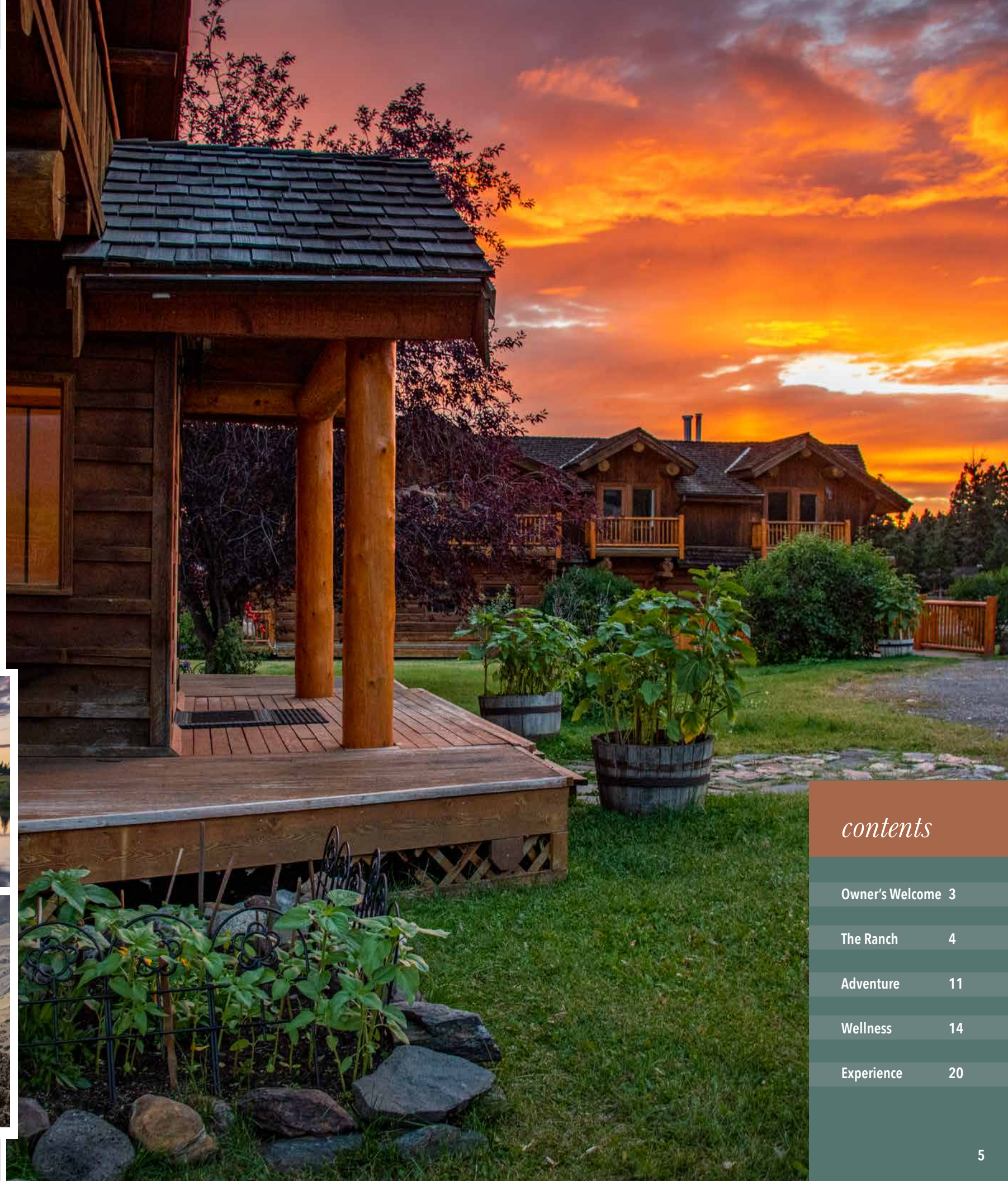
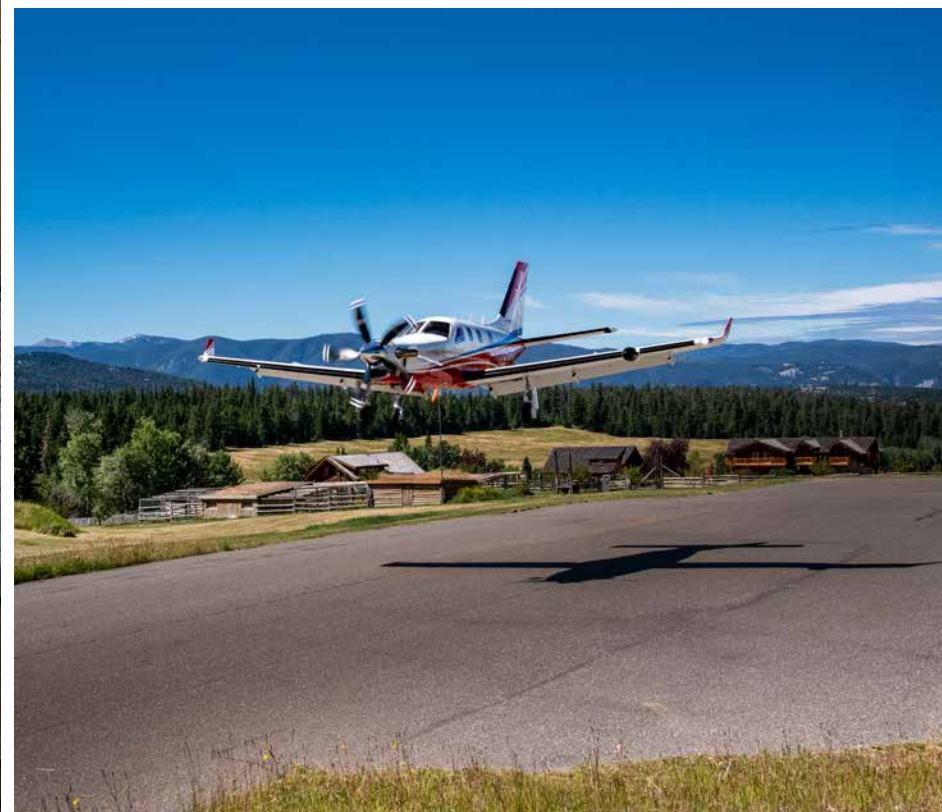
I believe that everyone who visits this special place we call home - was meant to do so. And they discover and feel for the first time in a long while, a spiritual connection with nature and the universe around us.

Norm Dove - owner and founder

The Intersection of Adventure and Wellness

Echo Valley Ranch & Spa is an eco-luxury ranch in the midst of one of the most beautiful places on earth. There is an ancient connection between nature and mankind that you can actually feel – a harmony of body and soul. Time slows down. Your senses come alive. Wonder awakens. Our team loves to share this gift – a natural sanctuary – with others who believe in the same qualities as we do. A spectacular place, nestled in the untouched Canadian wilderness.

A truly unique location at the intersection of four distinct geographic regions, Echo Valley is surrounded by a diverse range of natural beauty. We've complemented this oasis with an extraordinary range of soft adventures and wellness programs, ensuring your stay is unforgettable. The perfect place to connect, with spectacular surroundings, sharing a sense of community, adventure, and stimulating your senses, mind, body and soul.



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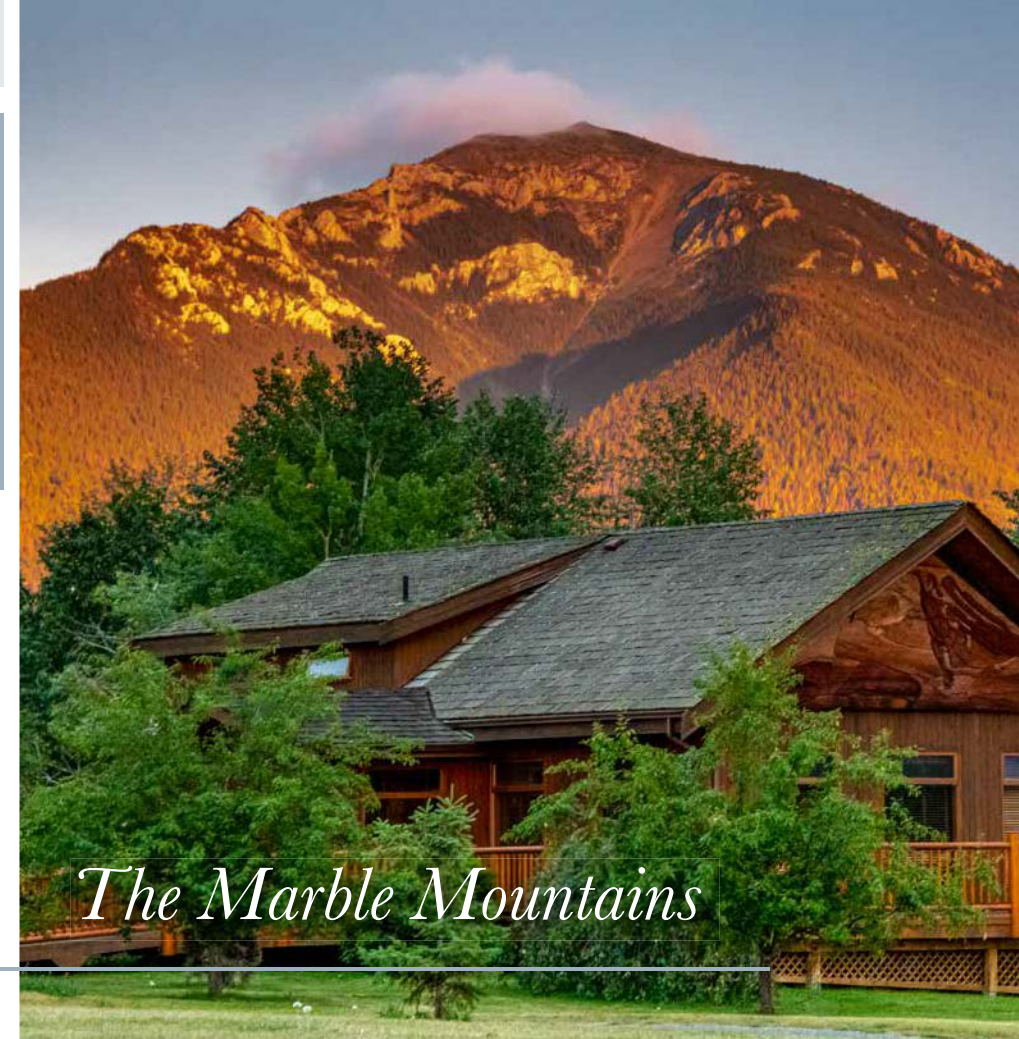
The Grasslands

Our 160-acre ranch sits as an oasis at the convergence of four distinct geographic regions: Marble Mountains, Mighty Fraser River and Canyon Desert, Cariboo Plateau Boreal Forest and Cariboo Grasslands. Such iconic geography gifts us with diverse flora, fauna and wildlife, along with easy access to a variety of soft adventure and wellness activities.

Rolling hills and pastures - the grasslands to the South East of Echo Valley offer an abundance of opportunities to enjoy the breathtaking nature near the ranch. Walk, bike or hike - the possibilities are as diverse as the landscape. Here you can cross creeks, containing gold, filled with spawning fish in season, or catch a glimpse of the many local birds. A walk through the whispering grasses is especially breathtaking in early fall.



These majestic peaks to the East provide a dramatic backdrop, showcasing fantastic views from almost anywhere on the ranch. The Marble Mountains karst topography allows them to hold significant water reserves within their intricate system of caves, forming clear mountain springs. Sunset often turns the pale peaks a deep orange, a spectacle best enjoyed with a leisurely stroll after a farm-fresh dinner.



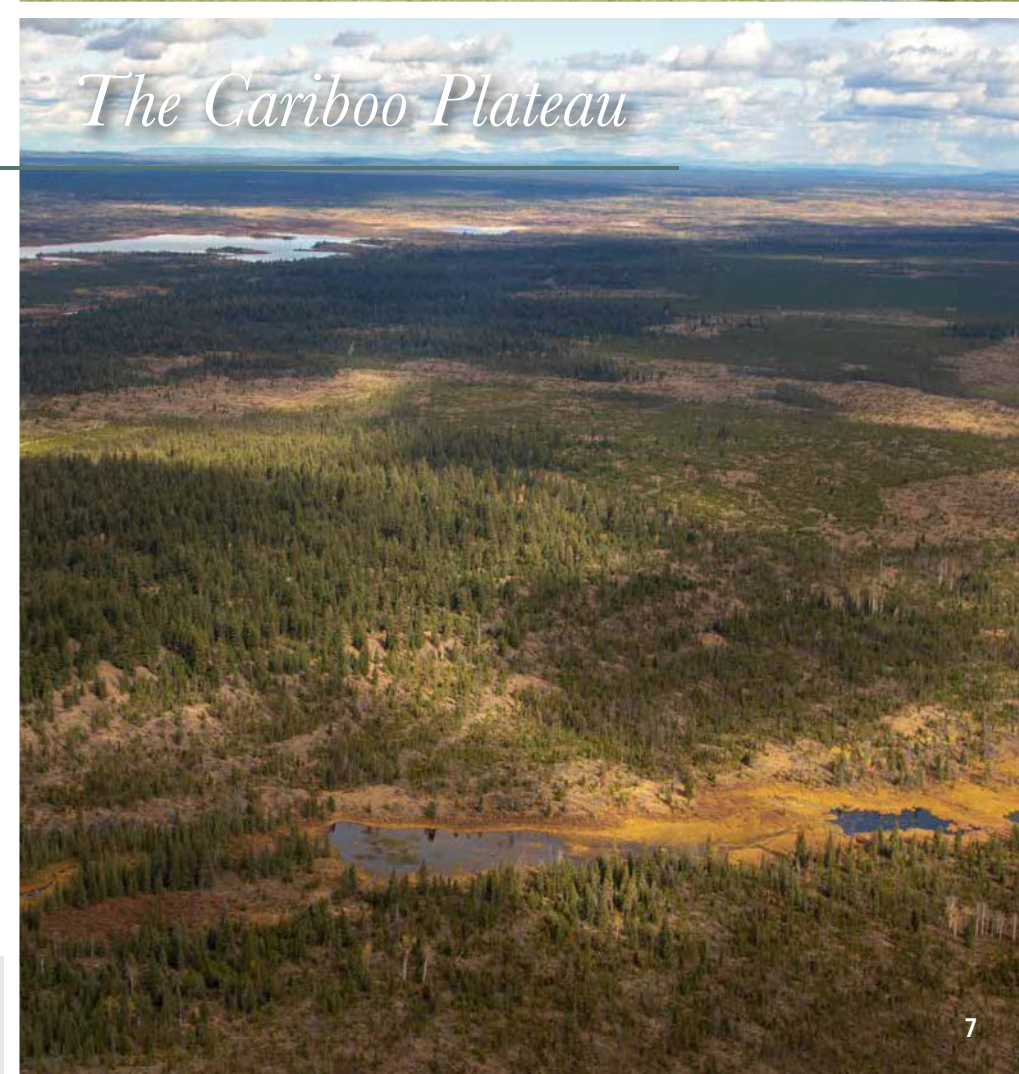
The Marble Mountains



The Fraser Canyon

To the South-West lies the Fraser Canyon, a raw landscape of grassy benchlands along the mighty Fraser River. Intersected by deeply trenched gorges, some call it the Grand Canyon of the North, and you'll see why. It offers a fascinating glimpse into the history of the Gold Rush and is home to the great salmon migration, a fascinating natural spectacle. Experience the mighty Fraser River and our Grand Canyon up close during our Canyon Connection Tour.

Bordering the ranch to the North-West is the boreal forest full of pines, spruce, fir, bushy ferns, and mossy tree stumps. A hike through the valley floors, under the forested canopy, will awaken your adventurous side. There is a lot to explore during your forest adventures. Exploring the forests is equally exhilarating with a mountain bike, and a slow-paced forest bathing stroll will give you a chance to fully take in the awe-inspiring beauty of the land.



The Cariboo Plateau

The Indigenous Ancestors Knew

The current caretakers, Norm and Nan Dove, felt the special spirit of this place right away and built a village of connection, community, and wellness – for people and for all living beings that reside and visit here.

The indigenous ancestors recognized that this valley at the convergence of four geographic regions was special, they were drawn here by the life-giving springs. They were intimately connected to Mother Earth, able to feel the energy within the land, a sense many of us city dwellers have lost. But here in Echo Valley that connection is still strong and felt by all who visit – an overall sense of wellness, peace and bliss.

“Water is a living entity. It is the sacred centre from which all other activities radiate.”

-Michael Blackstock

At the centre of the energy felt in Echo Valley lies Room 12 of our Lookout Lodge. Here the spirit is made visible through art created by our resident artist Michael Blackstock.

Michael is a renowned artist who developed the peer-reviewed theory of Blue Ecology, an indigenous water-first approach to the environment. Michael has crafted the intangible feeling into something tangible, by creating several carved masks depicting the faces of Indigenous ancestors whose energy he felt in Room 12.





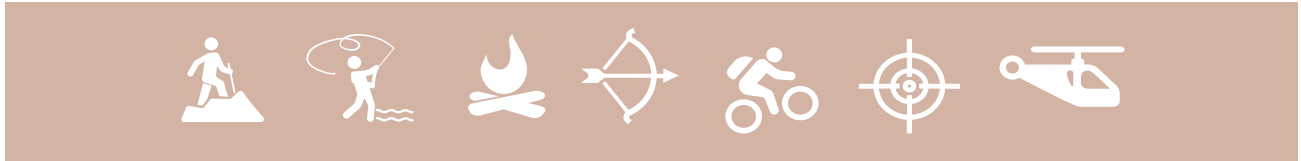
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Where Your Adventure Begins

Our iconic location at the convergence of four distinct geographic regions – the Grasslands, the Cariboo Plateau, the Marble Mountain range, and the Fraser Canyon with its legacy of the Cariboo Gold Rush – is a treasure box of possibilities.

Echo Valley Ranch & Spa is your destination in British Columbia for outdoor adventure, from the awe-inspiring views from the top of Mount Bowman to the thrill of getting close to the edge of the mighty Fraser River, Canada’s Grand Canyon. Feel the intense focus during target shooting or a refreshing ride on a mountain bike through the boreal forests – your perfect adventure awaits.

Explore the unfamiliar and try something new and exciting!





Survival Spirit

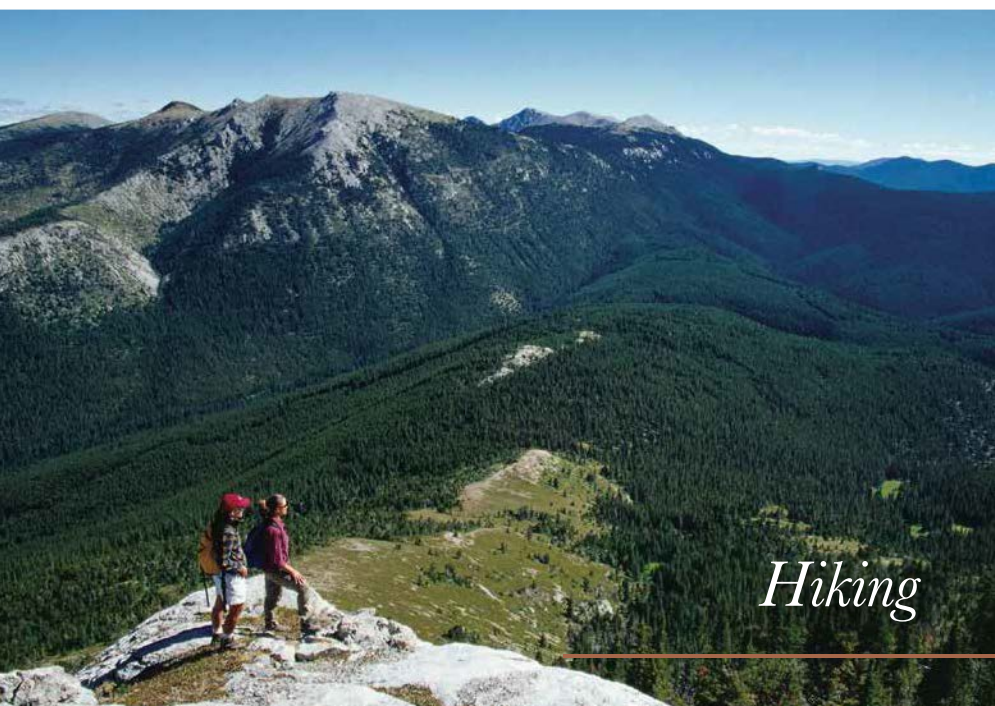
The wilderness is calling! Learn what it takes to survive the Canadian wilderness during this fascinating half-day guided adventure. Our guides will share their wilderness knowledge with you through a series of hands-on, useful tips and tricks. Learn how to build a shelter and create a fire from the elements found in the forest, forage for food and water, and find your way back home.



Our Archery Adventure features recurve bows and instruction by an expert guide who will happily assist you based on your skill level and experience. You'll be surprised how many muscles you'll use – and you'll get a chance to relax them again during a yoga class or spa treatment. Perfect your aim at your leisure after your first lesson at our archery range.



Archery



Hiking

Our hiking adventures energize beginners and challenge the experienced. Half-day and full-day adventures, from mountain tops and valley bottoms to marshlands and wooded trails. For a challenge, try the Mount Bowman Hike!. Our guests also rave about our shorter hikes through lake country, pristine creeks and waterways that are filled with wildlife. For self-guided hiking, we suggest our well - marked nature trails. We'll provide the maps.



Ride through the forests, across the pastures, and along gentle mountain ridges. Whether you're a beginner or have more experience, our tours offer a way to experience nature up close. Slow-paced guided rides on power-assist mountain bikes provide both a thrill and comfort. Unguided exploring available anytime with one of our human-powered bikes. For adrenaline seekers, there's endless downhill possibilities.



Mountain Biking



Fishing

Start with a fly-fishing lesson to perfect your cast and then enjoy fishing in one of our Ranch ponds at your leisure, for a chance to land a 10-pound rainbow trout – catch & release - just minutes away from your accommodation!



Bull's eye! A truly thrilling experience at our shooting range. You'll be able to shoot firearms of different calibres under the guidance of a licensed and experienced guide after an introduction to shooting. Learn the correct handling procedures and gun care, then it's time -- Empty your mind, exhale, and pull the trigger.



Marksanship

Relax. Breathe. Repeat.

What is Wellness? It's not easy to define and explain, but when you feel it, you know.

Our guests talk about an immediate connection to the valley, a sense of peace and harmony. It's that special connection, made possible by nature, that defines Wellness in Echo Valley. The connection to something meaningful, the Earthly connection to something real. All you have to do is stop and soak it in.

Echo Valley is the focal point at the convergence of four geographic regions. It's both the perfect stage for outdoor adventures and an awe-inspiring backdrop for a deep connection to nature, oneself, and each other. It's those connections that forge a sense of being well. Awakening wonder for physical and spiritual harmony.

Find yourself in Echo Valley.





Canyon Connection

The Fraser Canyon lies to the South-West of the ranch - a fascinating landscape of grassy benchlands intersected by deep gorges. This full-day adventure is a journey through the boreal forests into the desert-like conditions of the canyon for an up-close experience with this extreme force of nature. It's a sacred landscape – the sound of the river, the aura of the canyon, the intricate ecosystem – and a powerful



catalyst for connection to yourself.

The connection between horses and humans has long been the stuff of legends. Our immersive full-day Horse Harmony Experience will bring you closer to nature and to yourself. Bring in the horses from the pasture, connect one-on-one with your horse, experience nature on horseback, care for your horse, and send it off to the pasture to graze.



Horse Harmony



Mindfulness

When was the last time you were fully in the moment, mind empty, and not thinking of your to-do list? Learn to experience each moment as it happens during one of our guided meditation sessions. Our once-daily guided group meditations provide a path to self-healing, well-being, and focussing the mind. If you wish to dive deeper into meditation and establish a practice for yourself, you can also book a one-on-one lesson. Our walking meditation path at Copper Drop Springs is available anytime.



An immersive, solitary experience in the boreal forest surrounding the ranch. Visit our indigenous carvings and listen to the sound of a nearby ancient spring to connect with yourself and nature through the soothing sounds of life-giving water. In Japan, forest bathing is called Shirin-Yoku and the term captures both the activity and the feeling. In Echo Valley, the term does not matter as much as the feeling it evokes and we invite you to explore your own connection.



Forest Bathing



Ranch Gardens

Real food, grown with love. Our vegetable garden, greenhouses, berry patches, and root cellar have been part of our ranch operations since the very beginning. They are part of our food and sustainability philosophy of eating and serving food that's fresh and homegrown. The benefits of gardening for mental well-being have long been known. Make an Echo Valley gardening chat part of your wellness itinerary.



If you're an early riser, or prefer a gentle afternoon stretch, our twice daily yoga sessions are perfect. Ruesri Dat Ton (Thai Yoga) is long known for its health benefits in Thailand. Better blood flow, increased flexibility, and lower stress levels are some of the benefits. Needless to say, we think it's a perfect complement for whatever adventure or wellness activity you're planning.



Yoga



Two World-Class Spas

Our two world-class spas proudly feature a variety of soothing and exclusive treatments.

We celebrate our different origins and the blend of classic European and authentic Thai therapies creates a one-of-a-kind experience as a perfect addition to our natural wellness offerings.

Stimulate your senses

Many of our treatments - such as Thai Massage - are widely practised as the primary form of health care in Thailand. All treatments are manual and select ones incorporate specially blended Thai herbs and oils to stimulate your senses and soften your skin. Of course, all spa therapies are provided by extensively trained, professional Thai therapists. They have helped make Echo Valley one of the best luxury spa resorts in British Columbia.

One-hour samplers

Enjoy one of our signature spa treatments from a selection of one-hour samplers when you stay with us for three nights or two treatments for stays of four nights or more. Book additional treatments with our amazing spa director, Yalaporn, who is always happy to go over any details you may need.



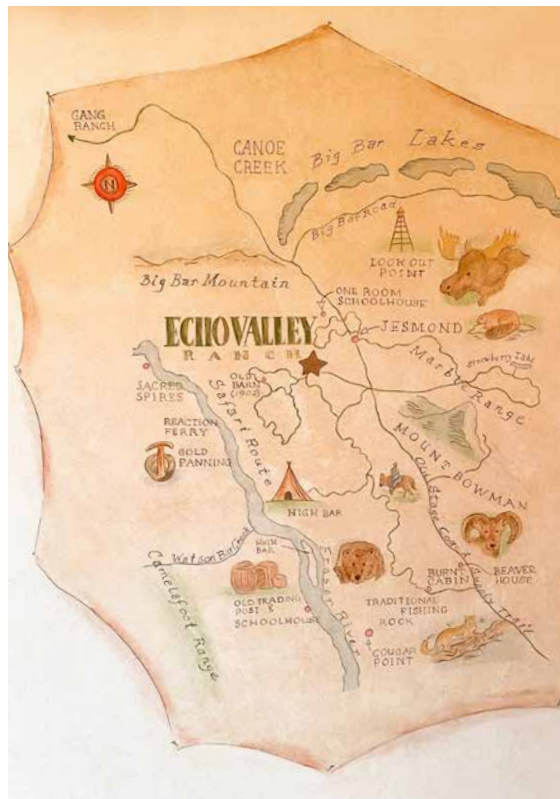
Our Commitment to Sustainability

Living in harmony with the land

Echo Valley is thoughtfully designed to inspire connection with the restorative elements of our natural surroundings. Discerning soft-adventure seekers are instinctively drawn to our respectful, sustainable and comfortable lifestyle. Living in harmony with the land, we lovingly grow, raise, harvest, forage and preserve much of the cuisine served at the ranch, the balance of which is sourced within BC. Working towards a self-sufficient operation, we follow the "Triple Bottom Line" sustainability framework.

WE'RE COMMITTED TO

- *Being active and environmentally-conscious stewards of our land*
- *Constantly making environmental choices in day-to-day operations*
- *Improving ways to contribute to a carbon-neutral operation*
- *Practicing zero-waste in our food acquisition and production*





Real Food - Farm Fresh Dining

Experience a truly local and authentically Canadian menu.

Our chef and his team have created an extraordinary dining experience for you. Flexible meal times, daily menu options, and private tables are a perfect complement to our individualized all-inclusive package. All prepared with a love for food, nature, and our culture of sustainability. We believe in the 100-Metre-Diet, using only the finest ingredients for what we cannot grow ourselves.

We are proud to raise our own cattle, and grow our own produce in our ranch garden and greenhouse. We've restored the original root cellar of the Echo Valley homestead, where we keep produce over the winter and seeds from year to year. The ranch fruit trees supply delicious desserts like apple pie, and our berry patches are a favourite among guests and staff alike.



Luxury in the Wilderness

Unwind and relax on your terms.

Our well-appointed ranch facilities are exclusive to you to start your day, during a little break from your adventures, or to unwind and relax after a day outdoors. Our rooms and cabins offer the comfort of being at home, close to nature.



Adventure and Wellness. Naturally.

- Lodge • Cabins • Baan Thai • Spa
- Geothermally Heated Indoor Pool
- Fitness Room • Sauna • Games Room
- TV Room • Lounges • Sun Decks
- Gardens • Barns • Ponds & Springs
- Corral • Greenhouse • Private Airstrip



An Unforgettable Stay

On Your Terms

We passionately share fresh insights and hidden gems of our culture, cuisine, activities and environment. Our highly personalized activity programs, shaped around your interests and needs, encourage you to explore and connect with our diverse landscape.

Experience life in inspirational, unprecedented ways on your terms; be surprised and challenged

to learn something new about our world and about yourself.

Step away from life's daily pressures and immerse yourself in a natural experience intended to fuel your emotional, physical, and spiritual needs, and awaken wonder.

Welcome to nature's comfortable home.



Your Choice of Adventure and Wellness



Our team will be happy to help you create your very own package of experiences.

- Horse Harmony • Canyon Connection • Hiking
- Spa • Survival Spirit • Meditation • Archery
- Marksmanship • Yoga • Fishing • Mountainbiking
- Forest Bathing • Ranch Gardens • Ranch Facilities

You'll also enjoy deluxe accommodations, farm-fresh meals three times a day, and the choice of beer or wine with your four-course dinner.

Eloping in Echo Valley is Magical

The perfect alternative to a big wedding ceremony

Some things are better small. Eloping to Echo Valley is one of those magical things - two people, sharing the happiest day of their lives with each other and only the closest family and friends.

Our Elopement Experience is a luxurious celebration against the spectacular backdrop of the Marble Mountains. Romantic, full of beauty, adventure and wellness, just the way it's supposed to be.

The happy couple and up to eight lucky guests will have exclusive use of the ranch to connect, relax, and celebrate - we'll take care of the planning and all the details.

Exclusively available in the beautiful months of May and October, with the fresh green of Spring or the stunning colours of the Fall as a backdrop.





Echo Valley Ranch & Spa is located 50km outside of Clinton, BC about 440km from Vancouver and 170km from Kamloops.

You can also fly directly to the ranch, please contact us for more information.



ECHO VALLEY
RANCH & SPA

Awakening Wonder™



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For more about Echo Valley Ranch & Spa activities and policies, visit evranch.com