



Your Adventure and Wellness Itinerary

Thank you for booking, we look forward to meeting you in Echo Valley.

To make sure your stay with us is extraordinary, we would love to create a custom itinerary for you with the perfect mix of adventure and wellness. Please complete this questionnaire, we'll take care of the rest.

Name: [input field]

Email: [input field]

Date of arrival: [input field] Date of departure: [input field]
















What is your next destination and travel time there? [input field]

[input field]

Do you have any food allergies or dietary restrictions? [input field]

[input field]



<i>Which activities are you interested in?</i>		<input checked="" type="checkbox"/>
 <b>HORSE HARMONY</b> An immersive experience bringing in the horses from the pasture, connecting with your horse, experiencing nature on horseback, caring for your horse, and sending it off to the pasture again. (Maximum riding weight 200 lbs.)		
 <b>CANYON CONNECTION</b> Experience the Fraser River and Canyon up close during this guided adventure. A circle route takes you through the boreal forests into what some call the Grand Canyon of the North and back to the ranch.		
 <b>SURVIVAL SPIRIT</b> Learn what it takes to survive in the wilderness during this half-day guided adventure. Our guides will share their wilderness knowledge with you, from building shelters and fire to foraging for food and water, and more.		
 <b>ARCHERY</b> An introduction to archery with one of our guides; practice at your leisure after your first lesson at our archery range.		
 <b>MARKSMANSHIP</b> Spend an hour at our gun range with one of our experienced guides for target shooting with firearms of different calibers.		
 <b>RANCH GARDENS</b> Visit our greenhouse and ranch garden to gather favourites for a dinner salad - we'll also share our gardening secrets and tips to start your own. Visit our root cellar, to see how the first ranchers of the area preserved their food.		
 <b>FISHING</b> Start with a fly-fishing lesson and then enjoy fishing at your leisure, for a rainbow trout catch & release experience just minutes away from your accommodation.		
 <b>FOREST BATHING</b> An immersive, solitary experience in the forest surrounding the ranch. Visit our indigenous carvings and listen to the sound of a nearby spring to connect yourself with nature.		
 <b>SPA TREATMENT</b> Enjoy one of our signature spa treatment from a selection of 1-hour samplers. One treatment is included for a 3-night stay, two treatments are included for a stay of 4 nights or more.		
 <b>YOGA</b> Better blood flow, increased flexibility, and lower stress levels are some of the benefits of Ruesri Dat (Thai Yoga). Our morning yoga session is perfect to get your blood flowing for a day of adventuring. Or a gentle afternoon session might be what you need to re-energize.	<input type="radio"/> MORNING <input type="radio"/> AFTERNOON	
 <b>MEDITATION</b> 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.	<input type="radio"/> GROUP <input type="radio"/> 1-ON-1	
 <b>MOUNTAIN BIKING - GUIDED</b> Ride through the forests, across the pastures, and along gentle mountain ridges, our tours offer a way to experience nature up close. Guided rides on power-assist mountain bikes provide both a thrill and comfort. (bikes and helmets provided)	<input type="radio"/> 1-2 HOURS <input type="radio"/> 2-4 HOURS <input type="radio"/> 5-6 HOURS	
 <b>MOUNTAIN BIKING - UNGUIDED</b> If you're seeking the adrenalin rush of some downhill, you can always choose a solo adventure, we'll provide the maps, the bikes and helmets. You provide the courage and pedal power.	<input type="radio"/> 1-2 HOURS <input type="radio"/> 2-4 HOURS <input type="radio"/> 5-6 HOURS	
 <b>HIKING - GUIDED</b> Our hiking adventures energize beginners and challenge the experienced. Guided adventures, from mountain tops and valley bottoms to marshlands and wooded trails.	<input type="radio"/> 1-2 HOURS <input type="radio"/> 2-4 HOURS <input type="radio"/> 5-6 HOURS	
 <b>HIKING - UNGUIDED</b> Explore the forest and pasture trails around the ranch on one of our wonderful, marked trails. We'll provide the map and one of our border collies might just join you.	<input type="radio"/> 1-2 HOURS <input type="radio"/> 2-4 HOURS <input type="radio"/> 5-6 HOURS	