

Activity Menu



ECHO VALLEY
RANCH & SPA



Yoga - Better blood flow, increased flexibility, and lower stress levels are some of the benefits of Ruesri Dat (Thai Yoga). Join our morning yoga session.



Horse Harmony - An immersive experience of connecting with your horse, experiencing nature on horseback, and caring for your horse.
(Maximum riding weight 200 lbs.)



Canyon Connection Tour - 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.



Survival Spirit - 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.



Marksmanship - Spend time at our range with one of our experienced guides for target shooting with firearms of different calibers, and to try your hand at archery.



Fly Fishing - Start with a fly-fishing lesson and then enjoy fishing at your leisure, for a rainbow trout catch & release experience.



Mountain Biking - Ride through the forests, across the pastures, and along gentle mountain ridges. Power-assist and regular mountain bikes and helmets provided.



Hiking - Our hiking adventures energize beginners and challenge the experienced. Hikes of different lengths available, from mountain tops and valley bottoms to marsh-lands and wooded trails.



Spa - Book a signature spa treatment in our Cariboo Spa or Sabai Sabai Suite. From Thai Massage to classical Western treatments, we have a large selection of spa services available.