

# 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.

***Included in your stay.***



**Horse Harmony** - An immersive experience of connecting with your horse, experiencing nature on horseback, and caring for your horse.

(Maximum riding weight 200 lbs.)

***\$180 per person***



**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.

***\$150 per person***



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

***\$75 per person for introductory lesson***



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

***\$45 per person per hour for tours***



**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.

***\$45 per person per hour for tours***



**Marksmanship** - Spend time at our range with one of our experienced guides for target shooting with firearms of different calibers.

***\$120 per person***



**Archery** - An introduction to archery with one of our guides; practice at your leisure after your first lesson at our archery range.

***\$75 per person for introductory lesson***



**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. **\*please note that spa services are an additional charge**