

DreamScapes

TRAVEL & LIFESTYLE MAGAZINE



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Girlfriends rock!

Where to max out on fun

BY MICHELE PETERSON

No work, no men, no kids, no worries. Just you and your best girlfriend on a fun-filled weekend away.

You deserve an escape from the hubbub of everyday living. But choose your destination carefully. Your outdoor-loving friend who's more comfortable in Birkenstocks may not appreciate spending her days indoors hunting for that perfect Betsy Johnson dress. From shopping to fly-fishing, here are the top choices for some quality girl time.

A shopaholic's mecca
LONDON, ENGLAND
Where better to max out your credit cards than London, the fashion capital of the world? The Egerton House Hotel (egertonhousehotel.co.uk) in upscale Knightsbridge is offering a "Shop 'til You Drop" package. Located next door to the stunning National History Museum, the venue for London Fashion Week exhibitions, this chic hotel is also near legendary



left: Along with Paris and New York, London offers probably the best shopping experience of any city in the world. www.dorchester.com | above: The Dorchester has grand dining, less formal eating, award-winning afternoon teas and a variety of distinctive private dining rooms. Reservations are recommended. *Dorchester Hotel*

department store Harrods, and countless boutiques. Included in the package are accommodation, a porter to carry your purchases, an appointment with a personal shopper and more.

Other unique shopping neighbourhoods include classic Regent Street and quirky Carnaby Street. Don't miss the eye-catching Selfridges store on Oxford Street and, for budget chic, hit Top Shop. Be sure to explore London's newest shopping neighbourhood, Connaught Village. Tucked away in a series of Georgian squares and quiet mews north of Hyde Park, it's home to more than 50 up-market retailers including Jimmy Choo Couture and society florist, Prewitt Miller. A Sunday stroll at eclectic Camden Market is also a must-do.

Once you're shopped out—if that's possible—relax and enjoy some serious girl-talk during afternoon tea at the elegant Dorchester Hotel (dorchesterhotel.com), winner of The Tea Guild's Top London Afternoon Tea 2007 award. Once you're rested, get a high-fashion culture fix at the Victoria & Albert Museum's latest exhibit, "The Golden Age of Couture." Finally,

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treat your tired tootsies to a "cold feet" mint signature pedicure at BlissLondon (blisslondon.co.uk/spa/location/uk/), a top-notch spa with attitude. Who else offers round-the-clock screenings of *Sex in the City*? Afterward, with Carrie's street chic in mind, stop in at Chanel, Jean Paul Gaultier and Issey Miyake next door.



Outdoor gals

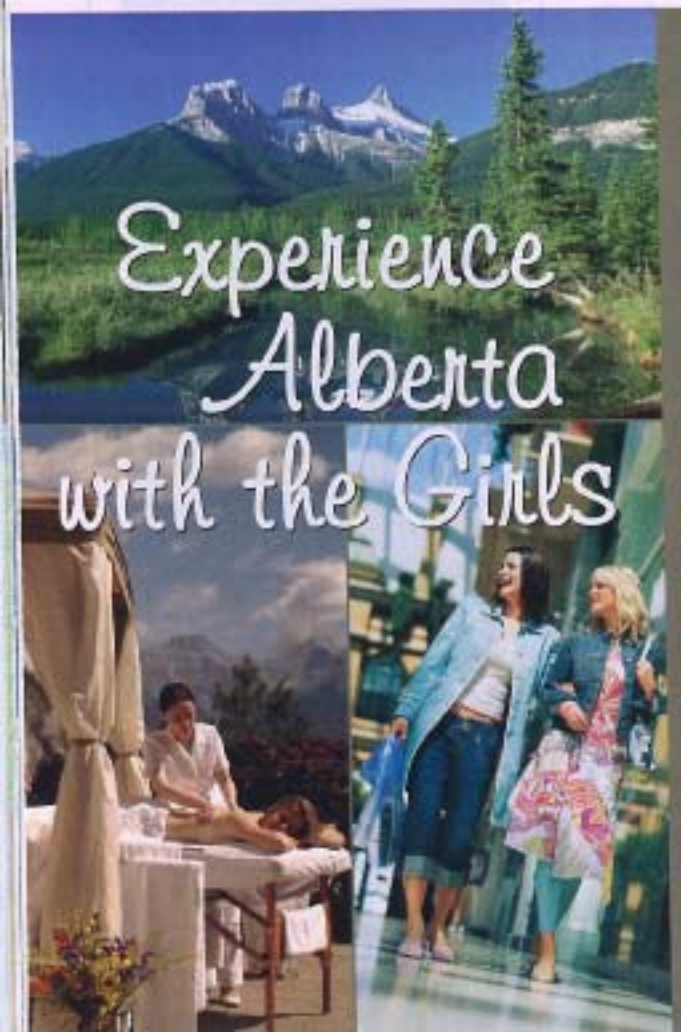
CANMORE, ALBERTA

Thrill-seeking pals will bond with the Bow Valley Girls Getaway package offered by The Lodges at Canmore (canmorelodges.ca). Situated in the soaring Rocky Mountains, this package provides high-altitude fun that's femininely soft around the edges.

Upon arrival, reconnect and catch up on girlfriend gossip over a welcome gift of fine chocolate and wine. Then, fuel up for your active outdoor adventures in Canmore's alpine village where West Coast cuisine is served with a rustic Rockies twist. A popular stop is the Rocky Mountain Flatbread Co. where hand-crafted pizzas topped with regional cheeses and fresh organic toppings are a favourite among local outdoor enthusiasts.

Explore your wild side with a hike to Grotto Canyon where dramatic waterfalls, narrow canyon walls, native pictographs, and even a secret mountain valley await (whitemountainadventures.com). Other inspiring tandem options include horseback riding through alpine meadows, heli-hiking or fly-fishing amid crystal-clear mountain waters and stunning scenery—the choice is limited only by your stamina.

Explore the great outdoors and then retreat to your fully-furnished condo at The Lodges at Canmore. *Travel Alberta*



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