

That's The Spirit

the view from vancity

by *May Globus* | canada, Vancouver (Sep.22.10)



Someone very wise (read: [Ralph Waldo Emerson](#)) once said, "Life is a journey, not a destination."

While I subscribe to this lovely maxim in my own life, two weekends ago, the reverse couldn't have rang more true.

Two weekends ago, I couldn't imagine a better way to wind down summer than by winding up Highway #3 on a road trip with three good friends, our internal GPS marking [Spirit Ridge Vineyard Resort & Spa](#) in Osoyoos, BC, as the destination.

Five hours, one [Chilliwack food stop](#), two bathroom breaks, four treacherous hairpin turns, one deer sighting and seventeen freak-outs at our designated driver later -- who was tackling the highway for the first time and at night, to boot -- we arrived in one piece at the sweeping NK'MIP estate, twinkling beyond acres of vineyards and set against star-filled sky, much like heaven on earth (we may have ended up in heaven for real, thanks to that car ride).



After checking in at the front desk, in a separate building from the villas and suites, the four of us retired for the weekend to our two-bedroom pad in the 'Lavender' quarter, where the suite's long balcony had a courtside view of the resort's 18-hole golf course -- let's just say if someone shot into the rough off the first hole, they'd be sending the ball through our windows, the course was that close.



The place itself left nothing to be desired, either. There was a flat screen TVs, iPod-friendly sound systems, washer and dryer, dining table, coffee machine, plates, wine glasses, cutlery, lounge chairs, a hat rack and free wireless internet (my MacBook stayed at home alone). Once we claimed beds and space, the four of us promptly poured ourselves a few glasses of wine -- each that is -- and agreed we could easily leave the city

behind for life in the interior before ambling off to our cushy beds, bleary-eyed and perhaps slightly tipsy.

In the end, our weekend away went by much faster than we wanted, but here are my tips for making the most of **Spirit Ridge Resort**:

Wake up early. Make a cup of coffee and watch the sun come over the mountains. There's no other way to start a Spirit Ridge morning.

Reserve a round of golf the day before. Book earlier rather than later, because it seems everyone wants to tee off after 9am, and put that driver and wedge into good use.

Eat the brunch buffet at least once at Passa Tempo Restaurant + Patio. Yes, do this even though all the suites have a full kitchen. This massive patio overlooks an outdoor pool, vineyard, mountains and water. Oh, and the eggs benny is scrumptious.

Get in touch with the six-year-old in you and hurtle down the winding slide at the kid's pool. It'll make you feel young again.

Spend all afternoon laying out at the adult pool. Bring a stack of magazines, get your bronze going on the loungers, dip in the pool, take a nap and play a game of ping pong (balls and paddles are provided).



Pay a visit to the on-site Nk'Mip Winery. It's the only aboriginal owned and run winery in North America, and it's conveniently located just mere steps away from the pool. End tanning time on a good note by doing a tasting of the award-winning reds and white, while sharing the Nk'Mip Signature Platter (think candied salmon and house made bannock).

Stop by the convenience store-slash-bakery cafe in the middle of the resort. Pick up a mid-day snack of cheese and crackers to take back to the room or buy a fresh cup of joe.

Help yourself to the gigantic apples from the bowl at the front desk. They're plucked straight from the orchard daily.

Treat your tootsies to the signature pedicure at Sonora Spa. They'll look so much better in those cute gladiator sandals you plan on wearing to dinner.



Stock up on spirits. The **BC Liquor Store** in Osoyoos is only a six-minute car journey away.

If you venture off campus for dinner, go to **Campo Marina Italian Restaurant** for the decadent, heaping plate of chicken parmesan. It's a trek from the resort by foot, but only a two-minute drive from the top of Spirit Ridge. Finish the bread basket and your meal, though, and you could probably use the long walk back.

There was no better final destination than this to bring a happy ending to our Summer 2010.

What's your favorite BC winery and why? Leave your answer below in the comments section, along with your email address, for a chance to win a one-night gift certificate redeemable in October (except for Thanksgiving weekend) at Spirit Ridge! The winner will be picked at random.



 Like  8 people like this.

Sweet Insider Comments:

stepha:

My favourite BC winery is See Ya Later Ranch. Their "Ping" is soooo good. I love the story behind the name too. Google it to find out.

 Agree 0  Disagree 0  Report 0




marjolyn:

I went to Spirit Ridge for a wedding back in June and I LOVE the place! The full kitchen made it great for making breakfast and dinners for all 6 of us who stayed in the 2 bedroom and the staff was great and the wine was fantastic.

 Agree 2  Disagree 0  Report 0

kristyd:

Also in Osoyoos, I can't over enthuse about La Stella Winery. The most delicious wines, handcrafted and made in small batches to ensure exceptional yumminess. Plus it is beautiful, the staff are amazing and it has a lovely patio overlooking the vines and the lake to enjoy your picnic on.

 Agree 0  Disagree 0  Report 0

Alynn:

Oh my goodness this sounds like heaven! I love Grey Monk winery for it's beautiful views and delicious whites!
alynne00@hotmail.com

 Agree 1  Disagree 0  Report 0