

# ZOOMER

CANADA

SMART MONEY  
2011

40s 50s 60s 70s 80s PLUS

**BODY**  
WEIGHT CONTROL

**MIND**  
STRESS RELIEF

**SPIRIT**  
LAUGH OUT LOUD

86  
*Wishes*

GIFTS, BOOKS, KNITS  
THE MUST-SEE MOVIE

ESCAPE...  
BEST WINTER  
GETAWAYS

MOSES  
ZOOMER  
PHILOSOPHY  
THE AGING  
MIRACLE

**CARP**

WORKING FOR YOU!  
MAJOR NEW BENEFITS, PAGE 98

HE'S ONE  
**DEEPAK  
CHOPRA**  
EXCLUSIVE!  
HIS LONGEVITY  
PRESCRIPTION  
PHOTOGRAPHY  
BY BRYAN ADAMS

WINTER 2010 | \$4.50 CANADA  
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# fantastic VOYAGES

FROM THE WILD BLUE YONDER TO THE COMFORT OF YOUR OWN BACKYARD, HERE ARE 23 BRILLIANT WAYS TO RECHARGE, RECONNECT AND REDISCOVER

## RECHARGE

**SPARKLE AND SHINE IN BRITISH COLUMBIA** Approaching the cliff where Sparkling Hill overlooks sapphire Lake Okanagan, emerald valleys and forests framed by snowy peaks that shine like diamonds against the sky, I'm smitten by the architectural jewel box of a resort even before entering. Inspired by Swarovski — creator of the eponymous crystals — the \$122 million Sparkling Hill Resort visually delights: lofty ceilings are swathed with freeform chandeliers or scattered with crystal maple leaves; rock crystal fireplaces illuminate the suites, which feature views of B.C.'s landscape until nightfall, when "starlight"-studded ceilings spark romantic illusions. Meals at the PeakFine Restaurant run from cleansing vegetable broths to sophisticated dishes abundant with fresh Okanagan products accompanied by robust wine from Gernot Langes-Swarovski's Argentine vineyard and finished with the signature Viennese Sachertorte. Designed to be the quintessential European-style curative spa resort that promises to soothe the psyche and invigorate the body, the 40,000-square foot KurSpa features a menu of pampering, relaxing and therapeutic treatments. Evaporate cares in seven meditative aromatherapy sauna and steam rooms. Salve skin with warm Austrian mud and pulverized volcanic stone. Harmonize your being with a sensuous Ayurvedic massage in an oriental Hamman for two. Tone muscles in a pool where underwater lighting turns your natural-given ripples into neon art. Get an adrenaline rush on high-performance Keiser equipment; at tai chi, yoga or fusion dance classes; on energetic hikes; or golf at nearby Predator Ridge. I brave Sparkling Hill's signature therapy — the only cryotherapy cold sauna Ice Lab in North America — which, if repeated several times, is touted as an alternative therapy for arthritis, rheumatism, depression and burnout. Admitted only after spa director Tinus Pietersen approves my blood pressure, I don proffered gloves, nose mask and headband before being ushered through three adjacent chambers chilled to below -10 C, -60 C and -110 C. After three frigid minutes, I feel exhilarated, though admittedly, I check if nipples and toes are intact. [www.sparklinghill.com](http://www.sparklinghill.com) —Toby Saltzman

**BE A WATER BABY IN MEXICO** I'm floating, face up. The sky is pristine blue, the palm fronds are gently waving in the Pacific breeze and healing hands are cradling me in warm water — like a baby. I'm gently swirled in circles while being expertly pulled and stretched, massaged and manipulated. This is Watsu, a hybrid of water and Shiatsu, and the concept is "freeing the body in water." Developed by Harold Dull in 1980, the treatment is one of the unique offerings at the ESPA spa at One&Only Palmilla in Los Cabos, on the tip of Mexico's Baja coast. This form of warm water aquatic therapy is excellent for chronic pain, stress busting and relaxation. Something about the warm water allowed me to let go, feel ▶

## GIVE YOURSELF THE GIFT OF TRAVEL. EXPERIENCE:

▶ **A new state** Go west to Oregon for the winter. With its no-sales-tax regime (and the loonie almost at par with the U.S. greenback), snowbird budgets stretch. Make Portland home base, 90 minutes from Mt. Hood to the east (where you can ski and snowboard later in the season than anywhere else in North America) and the scenic coast to the west (great for storm watching). Visit wine country — less than an hour away — or savour the city's coffee scene. Don't overlook the beer. With more than 32 breweries, Portland just might be the beer capital of the world. Two hours away, the tribal-owned Kah-Nee-Ta High Desert Resort and Casino offers year-round golf. The real luxury? You'll never have to get out of the car to gas up — the state decrees it be pumped for you. [www.traveloregon.com](http://www.traveloregon.com) —Jayne MacAulay

▶ **A New York State of mind** Visit The Jewish Museum on the Upper East Side to view The Hanukkah Project: Daniel Libeskind's Line of Fire, Nov. 21, 2010, to Jan. 30, 2011, featuring Hanukkah lamps from the museum's collection, each with a rich history ([www.thejewishmuseum.org](http://www.thejewishmuseum.org)). In the Bronx, at the New York Botanical Garden, the family favourite Holiday Train Show features toy trains, which zip through more than 100 replicas of NYC landmarks, including the old Yankee Stadium and the Brooklyn and George Washington bridges. ▶

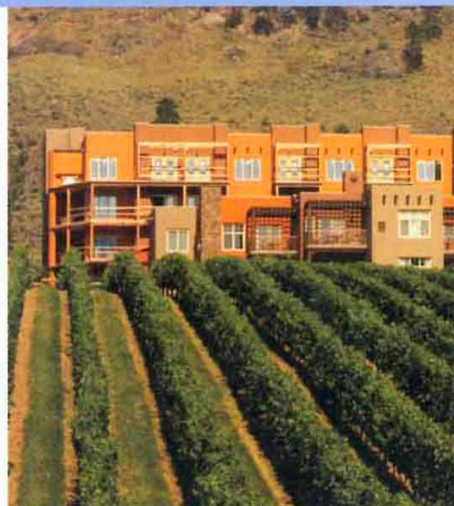
snorkelling and biking along flat, uncrowded roads (be prepared to wave back at motorists). There are no chain hotels, but the island is home to some of the Caribbean's most renowned resorts, such as Cap Juluca and Malliouhana — which features a 25,000-bottle wine cellar — along with cosy B&Bs (a nice alternative in the Caribbean) and more than 150 independent villas, perfect for a multi-generational family trip. The culinary traveller will feel right at home dining at some of the finest restos in the Caribbean, perhaps tableside with the likes of island visitors Jennifer Aniston or Robert De Niro. Or make like a local at funky beach bars, family-owned eateries and the memorable Sunday lobster fest on teensy island Scilly Key. [www.Anguilla-vacation.com](http://www.Anguilla-vacation.com) —VV

**ST. VINCENT AND THE GRENADINES** I took a ride on a catamaran to swim with the turtles and climbed a mostly dormant volcano to look into its crater at the plumes of steam coming from its still gently rumbling belly. I ate the best calaloo soup of my life in an open-air restaurant on a crystalline beach and saw a 200-year-old breadfruit tree grown from one of Captain Bligh's cuttings. I stayed in a hotel where the cast of *Pirates of the Caribbean* lived while filming in this nation of 32 islands. One of these islands, Petit (pronounced "petty") St. Vincent, is private, yet accessible by boat or float plane. The owner invites the guests from the 22 secluded cottages for drinks every Wednesday, and her family of yellow labs have the run of the island. But what I remember most from my week there was how very much itself this place is. It's a different sort of Caribbean, its pleasures and luxuries more idiosyncratic than focus-grouped, the products of Caribbean rather than corporate culture. It's a chain-free country — the single exception will be Harlequin-owned Buccament Bay Resort, which opens on the main island in January — where hotels, bars and restaurants are owned by Vincentians. Take the Villa Lodge, for example, whose \$95-to-\$150-a-night price range is not uncommon, even among properties with blissfully secluded beaches. —Bert Archer

**NEWFOUNDLAND** If you're heading to the Rock this holiday season, hit the ski hills without the lift lineups typical of better-known Canadian ski resorts. White Hills is only a two-hour drive from St. John's; while Marble Mountain, Atlantic Canada's highest ski area, is just 10 kilometres from Corner Brook. For après ski, don't forget to raise a glass of Newfoundland Screech and toast the 400th anniversary of the town of Cupids, considered the birthplace of English Canada. —VV

**BARBADOS** Sure it's known for its white sand beaches, British reserve and polo playing, and it's the only Zagat-rated island in the Caribbean, but Barbados is also home to a vibrant surf culture — which developed after two Californians left their surf boards there in the '60s. Consider, then, the island the perfect destination for those looking to release their inner soul surfer. But if you haven't gone tubular since 1972, head to the south coast for good waves and even better surf instructors. Brian (Irie Man) Talma, who is an internationally ranked wind- and kite-surfer, hangs 10 and gives lessons in his specialties as well as surfing to all skill levels. Check out deAction Beach Shop ([www.briantalma.com/deaction-shop.cfm](http://www.briantalma.com/deaction-shop.cfm)) on Silver Sands beach in Christ Church. Go while the going's good: the waves are best in winter. [www.visitbarbados.org](http://www.visitbarbados.org) —Irma Bay

**LA BELLE PROVINCE** You could tell friends you're going to a cabin in the woods. And because it's about 200 kilometres north of Ottawa and 260 kilometres northwest of Montreal, arguably it is in the middle of nowhere. But to say that you're roughing? Wink-wink, nudge-nudge, *mon ami*. Le Village Windigo, an out-of-the-way resort on the shores of Quebec's Basketong Reservoir features spa facilities, French cuisine and spacious condos and "cottages" — some with three bedrooms and three bathrooms — all beautifully ▶ *Continued on page 137*

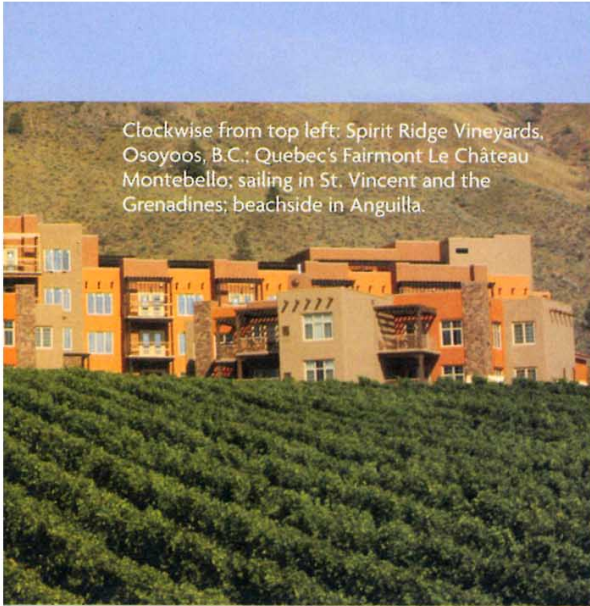


which acts as the choir during the choral sections of the masterpiece. [www.chebuctosymphony.ca](http://www.chebuctosymphony.ca)

▶ **A genuine log cabin** Head to the world's biggest log cabin, Quebec's Fairmont Le Château Montebello, which is made of 10,000 red-cedar logs. A great family destination, guests can lounge around the six-sided fireplace for a game of checkers, head outdoors to skate on one of two rinks or go for a swim in Canada's largest indoor hotel pool.

▶ **Canadian wine** With mild winter temperatures, Osoyoos lies in Canada's only desert, right in the heart of B.C.'s celebrated wine country. Book a long stay at Spirit Ridge Vineyard Resort & Spa. Overlooking the award-winning NK'Mip Cellars vineyard and with Lake Osoyoos in the distance, this suite-and-villa retreat features rooms with fully equipped gourmet kitchens, fireplaces and expansive balconies to take in the views. Golf-lovers can enjoy the links on the year-round Sonora Dunes Golf Course; spa lovers the Sonora Desert Spa. Squeeze in the Winter Festival of Wine in mid-January at nearby Sun Peaks Resort and "Okanagan powder" skiing even closer at Mt Baldy and Apex Mountain. [www.spiritrIDGE.ca](http://www.spiritrIDGE.ca); 1-877-313-9463.

▶ **A soft adventure** Hike the slopes of Riding Mountain in Manitoba with a long weekend of adventure custom-planned by ▶ *Continued on page 137*



Clockwise from top left: Spirit Ridge Vineyards, Osoyoos, B.C.; Quebec's Fairmont Le Château Montebello; sailing in St. Vincent and the Grenadines; beachside in Anguilla.

