




THE
parkSIDE
HOTEL & SPA

RETREAT & WELLNESS GUIDE

Where mind, body, and team
come together in curated
wellness experiences

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TRADITIONAL LAND ACKNOWLEDGEMENT

Acknowledging the longstanding history of the land where we gather helps us understand our place within history and deepen our connection to it. Beginning a meeting with a land acknowledgment grounds attendees in the present moment and brings awareness to the space we share. We are happy to help arrange a land acknowledgment or blanket ceremony for any gathering.

ACTIVITIES FOR ALL SEASONS

Filling the blanks

Providing various activities to build connection, whether for team bonding, breaking the ice or just experiencing something new together.

MIND & BODY SESSIONS

Start your day refreshed with a morning mind-clearing moment, or indulge in a 15-minute afternoon stretching session. Relieve stress, enhance flexibility and rejuvenate with gentle movements designed to restore body and mind. Add a Healthy Start Breakfast or The Hipster Afternoon Break from Truffles Catering to fuel a productive day.

BIKE TOUR

Grab one of our bikes and set out on specially curated routes through the city using our RunGo platform. Enjoy scenic streets, waterfront paths, and charming neighborhoods while stopping at staff-favorite spots to take in the sights, snap photos, or enjoy a moment of calm. This is the perfect way to combine exploration, movement, and a little local flavor.

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ROOFTOP FIRE PITS

As day turns to night, unwind beside our rooftop fire pits and enjoy an elevated take on a beloved tradition. Roast locally made marshmallows to create the perfect classic s'more, layered with smooth chocolate and crisp graham crackers for a nostalgic, sweet finish. For a more savory experience, savor a curated selection of local artisanal meats and cheeses, perfectly paired to create a refined fireside tasting experience under the evening sky.

PARKSIDE THEATRE

Elevate your event at the Parkside Theatre, a versatile space perfect for dynamic presentations or additional breakout sessions. Or, host a private screening event, adding a "wow" element to your gathering. Top it off with thoughtfully selected sweet treats or snacks for a team experience that's as fun as it is productive. Don't forget the popcorn!

RE-CENTRE WITH WELLNESS

Connecting mind, body and spirit

Wellness becomes a powerful complement to your meeting agenda. Through immersive floating sound meditations and thoughtfully curated private group spa experiences, teams are given space to decompress, reconnect, and return with renewed clarity and creativity.

DRIFT: A FLOATING SOUND MEDITATION

75 minutes | Private Group Experience

Drift is a one-of-a-kind wellness journey that blends effortless floating with a live sound meditation. Your group unwinds by floating on an air mattress in our tranquil pool as crystal alchemy bowls, gongs, and sacred instruments carry through the space. Guided by Pilar Munoz, the sound bath sends soothing vibrations through the water and the body, creating a deeply immersive experience that quiets the mind, melts tension, and restores a sense of calm and renewal.

Designed as a meaningful reset within a dynamic retreat experience, Drift offers a restorative pause that balances productivity with presence. This immersive journey supports mental clarity, deeper connection, and renewed energy, allowing participants to return grounded, focused, and aligned.

Reconnect. Rebalance. Reawaken.

WHAT'S INCLUDED

- Private pool access for your group
- Live 60-minute sound bath, beginning with gentle guided meditation to ease you in and concluding with guided time to awaken slowly and return refreshed
- Designated Drift Attendant to assist guests
- Robes and towels for all guests
- Water or Tea Station

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**EXCLUSIVE GROUP USE
OF THE PARKSIDE SPA**

Transform The Parkside Spa into your group's private sanctuary. Our exclusive private experience offers uninterrupted access to the spa's serene spaces, creating an atmosphere of calm and elevated relaxation.

Whether setting the tone for an inspiring stay or serving as a restorative finale, this experience becomes a standout moment of renewal and shared connection.

Guests can indulge in personalized treatments, unwind in our tranquil Relaxation Lounge, and enjoy an unhurried environment designed to encourage meaningful connection and restoration.

We are pleased to offer curated beverage selections along with beautifully styled cheeseboards to be enjoyed between treatments.

Our team will collaborate closely with you to tailor every detail, ensuring a seamless, refined wellness experience created exclusively for your group.

For added flexibility, exclusive experiences may also be arranged outside of regular operating hours to best suit your schedule.

HOSPITALITY SUITE GATHERING SPACE

Gather, unwind, connect

Enhance your retreat with a dedicated hospitality suite that serves as a private gathering hub for your team. Beyond the meeting room and guest accommodations, this suite offers a welcoming environment where colleagues can connect more organically throughout their stay.

Enjoy the comforts of a full kitchen, generous lounge space, and a large furnished patio that invites fresh air breaks and relaxed conversation. Whether sharing a light meal, hosting an evening wind down, or continuing conversations sparked earlier in the day, the suite supports the natural rhythm between engagement and restoration.



EXPLORING THE AREA

No delayed gratification here

Victoria offers a wide range of activities and attractions, and our team is happy to assist with booking experiences that suit your group.

WHALE WATCHING

Eagle Wing Whale Watching offers semi-covered and open boat tours, both with onboard washrooms. Summer tours run 3.5–4 hours and provide one of the most comprehensive whale and wildlife experiences available. Winter wildlife tours operate from December 1 through April 30.

BUTCHART GARDENS

The Butchart Gardens is an internationally renowned 55-acre display garden located in Brentwood Bay, British Columbia. Shuttle service is available through CVS Tours, or you can travel by taxi, bus, or a 30-minute drive with a vehicle.

MALAHAT SKYWALK

Experience pristine nature high above the Salish Sea via the accessible TreeWalk and 10-storey Spiral Tower, suitable for strollers and wheelchairs. Enjoy panoramic views of the inlet and coastal forest below, with ocean and mountains beyond, plus interactive features including a 20-metre spiral slide and adventure net to spark a sense of play. Located approximately 45 minutes from downtown Victoria, with shuttle service available from the Skywalk.

SONGHEES TOURS

Join a 7 Signs of the Lekwungen walking or canoe tour led by cultural guides, visiting significant historical sites while learning about Songhees and Lekwungen culture through storytelling and sightseeing.

Regular scheduled tours depart from Ship Point Thursday–Sunday until mid-October, with private tours available year-round.

