

FLIGHT CENTRE *Unbeatable*

Kelowna 2 Nights

**\$145**  
from

taxes & fees included  
INCLUDES downtown accom near shops,  
golfing and restaurants.

Conditions apply, see main ad for details.

1 866 967 5364



FLIGHT CENTRE *Unbeatable*

Hawaii 12-Night Cruise

**\$799**  
from

taxes & fees \$78  
CRUISE from Vancouver and visit Kona, Kauai, Hilo, Maui &  
Honolulu. UPGRADE to oceanview stateroom from \$25 per night.

Conditions apply, see main ad for details.

1 866 967 5364

# TRAVEL

SATURDAY, JULY 7 | 2012 | EDITOR CARALYN CAMPBELL 604.605.2784 | CACAMPBELL@SUNPROVINCE.COM



## Seeking Serenity

### Hiking and yoga go hand in hand in B.C.'s Monashee Mountains

BY SUZANNE MORPHET

Pink heather, purple asters and red paintbrush dot the mountainside. Frilly lilies dance in the breeze. So plentiful – and defiant – are these alpine flowers, that they're everywhere in this seemingly inhospitable environment; beside patches of melting snow, growing out of rocky crevices, and carpeting meadows like exotic rugs.

BC's Monashee Mountains are best known for their dry 'champagne' snow that attracts hordes of backcountry skiers in winter. But after most of the snow melts – usually by mid-July – the mountains come alive with wild flowers, bubbling brooks and wildlife, including a healthy number of grizzly bears.

Our group of eight – seven women in our early 30s to mid-50s and my 88-year old father – have come for a long week-end of hiking and yoga (though eating and

relaxing are part of the equation too.)

Getting to our destination is just the beginning of our adventure. Soon after leaving Revelstoke, we turn up a narrow forest service road where logging trucks rule. Sabine Cooperman, one of the two yoga instructors for the weekend, is driving the lead car and regularly announces our presence by VHF radio. Occasionally she pulls over to let a truck rumble past in a big cloud of dust.

A couple hours later and 1,500 metres higher, we arrive at Sol Mountain Lodge, a three-storey timbered building in a large meadow, seemingly in the middle of nowhere. It may be completely off the grid but it's homey and comfortable with a wood-fired sauna, commercial-size kitchen, showers and enough beds to sleep 20 people.

The Monashees are so expansive and get so much snow – 16 metres (yes, 60 feet!) on average each winter – that three back-country lodges, including Sol Mountain, do business here without their clients

skiing into each other. Sol Mountain's lease alone is 30,000 acres, or about three times the terrain of Whistler-Blackcomb.

After stashing our gear and food, including a chocolate-kahlua cheesecake that someone in the group has brought to share, we strap yoga mats to our backpacks and set out to find our first outdoor 'studio'.

Before long, we come to a grassy meadow where melting snow has formed a small reflecting pool. Jagged mountains form a stunning backdrop. We roll out our mats on the soft grass, kick off our hiking boots and socks, lie down and look up into an enormous sky. Clouds dissolve and reform like a kaleidoscope over our heads as we stretch and inhale the fresh mountain air. A slight breeze keeps away the occasional mosquito.

CONTINUED ON I3

## Share your Travel Photos

Share with us in pictures where you've travelled and the sights you've seen. Please include in the subject line where the photo was taken. We'll share them online and in paper with our readers.

Send photos to [travel@sunprovince.com](mailto:travel@sunprovince.com)

<p><b>ONLINE</b></p> <p><b>A trip to the other side of Rio</b> The crowded slums of Rio are becoming unlikely stops for visitors.</p>	<p><b>INSIDE   I-2</b></p> <p><b>London's Lake district</b> The Lakes offers green hills, speckled with sheep and an air of timelessness</p>	<p><b>INSIDE   I-7</b></p> <p><b>Winter is delicious in Cape Town</b> From May to December enjoy deeply discounted specials at the world's best restaurants</p>
---	--	---

Our Option Plus  
Your packing it all in

**Air transat**  
25<sup>th</sup>  
your vacation people

<b>ALL-IN PRICING ROUND-TRIP FLIGHTS STARTING AT</b>		
<p><b>GLASGOW</b> \$899   \$949 JULY, SEPTEMBER &amp; OCTOBER   AUGUST INCLUDES ALL TAXES &amp; FEES</p>	<p><b>MANCHESTER</b> \$899   \$949 JULY, SEPTEMBER &amp; OCTOBER   AUGUST INCLUDES ALL TAXES &amp; FEES</p>	<p><b>LONDON*</b> \$799   \$949 JULY   AUGUST INCLUDES ALL TAXES &amp; FEES</p>
<p><b>FRANKFURT</b> \$999   \$949 JULY &amp; SEPTEMBER   AUGUST INCLUDES ALL TAXES &amp; FEES</p>	<p><b>AMSTERDAM</b> \$999   \$849 JULY   AUGUST &amp; SEPTEMBER INCLUDES ALL TAXES &amp; FEES</p>	<p><b>PARIS</b> \$999   \$1049 JULY   AUGUST INCLUDES ALL TAXES &amp; FEES</p>

\*Departure from Vancouver. Prices are based on round-trip in economy. Fees shown are valid from July 7 to 9, 2012. Prices are subject to change without notice. Taxes and fees are shown in US dollars. Prices are valid on non-individual bookings only. Taxes and fees vary according to destination and departure dates. Prices are valid on non-individual bookings only. Taxes and fees include: 10% GST, airport fees, insurance, and surcharges where applicable. Limited seats available at the prices indicated. Flights operated by Air Transat and operated by Transat from Canada to BC only. \*Black airport.

[airtransat.ca](http://airtransat.ca)

CONTACT YOUR TRAVEL AGENT