WELLNESS AT THE
EMPERESS

FAIRMONT EMPRESS GUIDE TO
WELLBEING IN VICTORIA

FAIRMONT FIT
You deserve a little ME time! Life is fast paced, and we often find it hard to disconnect from our busy lives (and devices) and focus on self-care. Combining one of the most beautiful places on earth with the luxury of Fairmont Empress creates the perfect opportunity for a meaningful wellness experience. We have created this guide to take the guesswork out of planning your wellness stay with us. If you have any questions, or need further recommendations, please enquire with Concierge or dial “0” on your guestroom telephone.
Victoria is a stunning city and there are so many exceptional places (all within walking or cycling distance from the hotel) to start and end your day.

**BEST PLACES TO WATCH THE SUNRISE**

**CATTLE POINT**
With a stunning rocky shoreline and views to the Olympic Mountains, this is the perfect spot for a glorious sunrise in Victoria.

**TOP OF MOUNT DOUG**
Whether you drive or hike to the top of Mount Douglas, it can be a lovely early morning treat. With a 205-meter elevation, it offers one of the region’s best panoramic views.

**BEST PLACES TO WATCH THE SUNSET**

**INNER HARBOUR**
Ringed by historic buildings, like Fairmont Empress and the British Columbia Parliament Buildings, Victoria’s Inner Harbour is the ideal location to watch the sky turn pink and purple.

**OGDEN POINT BREAKWATER**
An easy walk, which is 1.6k round trip, stretching on a cement walkway from Dallas Road out towards the Strait of Juan de Fuca. At its furthest end rests a lighthouse, but all along the way you can stop to enjoy picturesque views.

**DALLAS ROAD**
Stretching from Ogden Point Breakwater to Clover Point Park, there are countless magical places to stop and watch the day end. One of the best parts about this road is you can often find a relatively isolated spot.
Energy makes the difference between just living ... and living well. Recharging your energy gives you the ability to handle just about anything life may hand you – flowing through life rather than fighting it. It is the reason why energy renewal is our mission. We're passionate about having you leave the spa feeling energized.

WILLOW STREAM
These two words reflect our philosophy and connection to nature’s elements.

THE WILLOW represents deep rooted authenticity, strong centre and the flexibility of our spirits.

THE STREAM is our energizing journey through life - bending, changing in a peaceful, purposeful manner.

THE CIRCLES are ancient symbols for the world’s essential elements: earth, air, fire and water with the fifth element being Willow, representing wood. Balancing the elements puts us in sync with nature’s equilibrium.

Willow Stream Spa at Fairmont Empress believes in the importance of an enhanced and optimal state of overall wellbeing. May we recommend...

SIGNATURE EXPERIENCES

ISLAND SENSES
Your island experience begins with an ocean arrival – an awakening ‘salts of the sea’ body scrub for exfoliation followed by an aromatic eucalyptus hydrotherapy bath. Experience the invigorating and earthy aroma of nature trails – through a detoxifying mud wrap. At last, enjoy a restorative and healthy lavender massage, drawn from the gentle lavender fields of Victoria. Your senses will be delighted as energy is restored. 120 minutes

TRANQWILLow
This unique experience will completely rejuvenate the skin and rebalance the body. You begin face down with focused breathing. In this state of relaxation, a back cleanse and exfoliation precedes the drizzling of warm lavender massage oil up and down the spine with energizing massage strokes. Gently turning over we continue with a luxurious, hydrating facial. Finally, experience the flow with a warm lavender oil pressure point scalp massage. Feel your energy awaken. 90 minutes

LOCALLY AUTHENTIC

SALISH SEA VITALITY BODY
Begin your journey through the waters of Vancouver Island with an invigorating scrub featuring locally harvested ingredients. This seaweed based treatment removes impurities while smoothing and revitalizing the skin. Your scrub is followed by a nourishing wrap to soak in the power of the sea with our unique, wild seaweed chamois. A scalp massage ensures total relaxation from head-to-toe. Complete your journey through our coastal waters with a massage featuring sea kelp lotion and seaweed gel; both are rich in antioxidants and vitamins to leave you feeling revitalized and refreshed. 90 minutes

HONEY GINGER ELIXIR
Rich in vitamins, minerals and amino acids, honey contains powerful antioxidants and is antibacterial and moisturizing. Empress honey from our on-property beehives is coupled with the healing and immune system benefits of ginger in this powerful body experience which begins with an invigorating scrub, includes a scalp massage and a full body ginger oil massage. 60 minutes

Treatments can be booked through Concierge or by dialing “0” on your guestroom telephone.
Whether you’ve forgotten your fitness gear, prefer a lean carry-on to save time at the airport, or just want a private workout in your room, staying fit at Fairmont is just a phone call away.

Fairmont Fit provides Reebok workout apparel and footwear, an MP3 player and a yoga mat with stretch band, all which can be delivered directly to your room upon request.

Fairmont Fit is available to ALL loyalty club members and is complimentary for Gold, Platinum and Limitless members. For classic and silver members, there is a small service charge.
When you want to stay in and stay fit, the Fairmont Empress Fitness Centre is open 24 hours a day, 7 days a week. The swimming pool is open from 5am to 1am. Access to the Fitness Centre and the swimming pool are complimentary for registered hotel guests*.

*Children 15 and under are not permitted in the Fitness Center. Adult supervision is required in the Fitness Center for guests between the ages of 16 and 18 and in the pool area for children of all ages. The Fitness Centre is unsupervised.

**FAIRMONT EMPRESS HEALTH CLUB OFFERS GUESTS OF THE HOTEL THE FOLLOWING AMENITIES:**

- Indoor heated swimming pool
- Indoor whirlpool
- Children’s wading pool
- Saunas
- Men’s and women’s change rooms
- Fitness Centre with:
  - Stair climber
  - Elliptical trainer
  - Stationary bikes
  - Treadmills
  - Free weights

*Children 15 and under are not permitted in the Fitness Center. Adult supervision is required in the Fitness Center for guests between the ages of 16 and 18 and in the pool area for children of all ages. The Fitness Centre is unsupervised.*
With a walk score of 99/100, and the most temperate climate in Canada, you don’t need a car to experience all that this charming city has to offer.

**BEACON HILL PARK**
15 minute walk from the hotel
With 200 acres of park land, Beacon Hill Park is the crowning jewel in Victoria’s park system. There are natural areas, manicured flower beds, footpaths, a petting zoo with baby goats and many sports and play features. Stop at the Beacon Hill Drive In for a nostalgic lunch and the best soft serve ice cream in Victoria.

**DALLAS ROAD WATERFRONT TRAIL**
16 minute walk from the hotel
Exploring the stunning waterfront green space along Dallas Road is a popular destination, offering walking paths, scenic biking, beaches and Dallas Rd, Victoria, BC shoreline. Kite enthusiasts and sailboarders take advantage of the landscape, which offers spectacular views across the Strait of Juan de Fuca.

**THE BREAKWATER AT OGDEN POINT AND THE SUNDIAL**
20 minute walk from the hotel
The Ogden Point Breakwater is open to public access. Keep an eye peeled for whales, herons, seals and otters during this amazing walk. In July 2009, an interactive analemmatic sundial was installed on the pathway between Dallas Road and the breakwater at Ogden Point adjacent to the Victoria Pilot Station. It has brass Roman numerals and instructions to show users where to stand at various times of the year to ensure their shadow correctly indicates the time of day.

**CHINATOWN**
14 minute walk from the hotel
Victoria’s Chinatown is small, but the oldest in Canada. Once home to opium dens and gambling halls, Chinatown now mixes contemporary stores and live-work condos with traditional Asian markets and diners. Don’t miss a stroll down historical Fan Tan Alley – the narrowest street in Canada.

**FISHERMAN’S WHARF**
12 minute walk from the hotel
A leisurely scenic walk from the hotel to the corner of Erie and St. Lawrence Streets in James Bay is Fisherman’s Wharf. Home to fishing vessels and colourful float homes, the wharf is also a great destination for visitors with something for everyone to enjoy, from fresh seafood to outdoor adventures.

**SONGHEES WALKWAY**
13 minute walk from the hotel
This flat and easy route is well signed and follows an old railway line weaving through trails, fields, and quiet residential streets. At an easy pace it takes 2 hours to wheel the 33km to the Swartz Bay ferry terminal. The trail start in the inner harbor of Victoria on Wharf Street in front of the Destination Greater Victoria Visitor Center and leads you to Victoria West the Johnson Street Bridge. The itinerary ends at the Swartz Bay Ferry terminal.
**BMW CRUISE BICYCLES AT FAIRMONT EMPRESS**

BMW Cruise bicycles are available for loyalty club members during their stay at Fairmont Empress. Please see Guest Services for information and availability of these bicycles including available safety equipment.

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**VICTORIA SEASIDE TOUR – 11 km loop**

2 minute ride from the hotel to starting point
Route details: letsgobiking.net

The ride follows the shoreline with great ocean views and on a clear day Washington State’s Olympic Mountains are visible in the distance. The well-signed route starts at the corner Humboldt and Douglas and goes along the Inner Harbour, past the Empress Hotel and Provincial Legislative Buildings, to Emily Carr House and Beacon Hill Park, through Oak Bay to the Uplands and loops back to Douglas Street.

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**LOCHSIDE TRAIL – 33 km one-way**

2 minute ride from the hotel to starting point
Route details: letsgobiking.net

This flat and easy route is well signed and follows an old railway line weaving through trails, fields, and quiet residential streets. At an easy pace it takes 2 hours to wheel the 33km to the Swartz Bay ferry terminal. The trail start in the inner harbor of Victoria on Wharf Street in front of the Destination Greater Victoria Visitor Center and leads you to Victoria West the Johnson Street Bridge.

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**GALLOPING GOOSE TRAIL – 55 km one-way**

5 minute ride from the hotel to the starting point
Route details: gallopinggoosetrail.com

The Galloping Goose Trail is one of the most picturesque trail systems in Canada. The trail starts at the corner of Wharf and Pandora Street right before the Johnson Street Bridge. The scenery flows by and it is said that the Goose knows every landscape on Southern Vancouver Island. Starting in Victoria, it travels the back roads to Saanich where it then slices through the urban setting of View Royal, Langford, and Colwood, and ends in the ghost town of Leechtown (North of Sooke).
SPIN

**SPINCO**
524 Pandora Avenue, Victoria  
(778) 440-6888  |  infovictoria@spinco.ca  
spinco.ca (book classes online)  
10 minute walk from the hotel

SPINCO offers structured, full-body spin classes designed to strengthen the body, energize the mind and feed the soul. The goal of each SPINCO class is to work together as one team, one bike, moving in unison to the beat of the music to engage the butt, core and arms. Lead by dedicated & motivating instructors, SPINCO’s workouts are made to inspire and uplift. No matter the fitness level, prepare to be motivated to achieve higher levels of personal well-being, physical strength and positive mental attitude.

**PRICES:**
Single Drop-in: $20  |  5 Class Pass: $90

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**BPM INDOOR CYCLING**
719 Johnston Street, Victoria  
(778) 265-7191  
bpmvictoria.com (book classes online)  
10 minute walk from the hotel

Located in the heart of downtown Victoria, the BPM spin studio provides an environment that makes you feel at home with complimentary towel, spin shoes, Polar heart rate monitor and locker. All spin classes are 45-60 minutes all day, every day, 364 days a year.

**PRICES:**
Single Drop-in: $20  |  5 Class Pass: $95
YOGA

YOGA LAB VICTORIA
1088 Fort Street
(250) 385-9642
yogalabvictoria.ca (book classes online)
15 minute walk from the hotel
Yoga Lab Victoria believes that YOU are the expert of your life. Offering yoga and mindful movement that nourishes body, mind, and spirit. Classes are intelligently sequenced and guided by an experienced faculty of teachers that believe each student is the best guide for their own body.

PRICES:
Single Drop-in: $18 | 5 Classes Card: $80

ASHTANGA YOGA VICTORIA
560 Johnson Street
(250) 590-4115
ashtanga-yoga-victoria.com (book classes online)
13 minute walk from the hotel
If you’ve heard of sun salutations, you’ve heard of Ashtanga yoga. The foundation for all Vinyasa yoga, Ashtanga connects postures, or asanas, into an energizing flow that keeps your body moving, breathing and sweating through each posture. Whatever your goals, whatever your schedule, they have a class for you to find your inner peace.

PRICES:
Single Drop-in: $19.05 | One Week Unlimited: $75
MEDITATION

BODHICHITTA KADAMPA CENTRE
970 Blanshard Street, Victoria BC
(250) 592-7164
meditateinvictoria.org (book classes online)
7 minute walk from the hotel

Offers a daily lunchtime 30-minute meditation by donation. All levels welcome. Take half an hour at lunchtime to relax, refresh and de-stress. Cultivate inner peace through a guided practice and enjoy the rest of your day with an inspired and positive mind. With regular practice these meditations help to experience mental clarity, a sense of well-being, and increased love and compassion for others. Check their website for other regular scheduled day and evening meditation classes.

PRICES:
Single Drop-in: By donation

MANTRAS
Not all of us wake up on the right side of the bed each day. Could you use a daily reminder to see the positive side of life? Here are three mantras to think of during meditation to help shift your mindset to bigger and brighter things.

PROGRESS IS MORE IMPORTANT THAN PERFECTION:
The focus is on continuous improvement

DON’T POSTPONE JOY:
Celebrate small victories and gain joy by giving it.

HONOUR YOUR SPIRIT AND TRUST YOUR VIBES:
Don’t doubt your inner sense of awareness.
We are thrilled to announce our commitment with Accor to join the UN Global Tourism Plastics Initiative and to remove all single-use plastics in guestrooms, meeting areas, restaurants and all leisure activities areas (spas, fitness centers, etc.) by the end of 2022.

This action by Accor toward reducing environmental impacts and strengthening efforts to combat plastic pollution of the world’s oceans and other natural environments is a significant step forward for the global hospitality industry and for Fairmont, which has been committed to sustainability for many years. To give you a better idea, Accor operates over 5000 hotels in 110 destinations, and our efforts do not stop here. We will continuously search for more areas where we can reduce our impact on the environment while helping our local communities.

HERE’S TO A HEALTHIER, MORE SUSTAINABLE FUTURE!

Accor is deeply committed to sustainable value creation and plays an active role in giving back to planet and community via its Planet 21 – Acting Here program.
Our carefully curated menu features sustainably sourced seafood, traditionally raised meats and a wide variety of artisanal offerings. Our healthy start breakfast items are a great way to start you on your path to wellness.

KEN HOOKHAM
Ken Hookham is Chef de Cuisine for Q at the Empress – an award winning signature restaurant that defines the destination. Ken takes his culinary inspiration from the Pacific Northwest region and its abundance of local ingredients; celebrating the amazing farmers, foragers and artisans that make Vancouver Island so unique. Chef Hookham takes great pleasure in allowing the local offerings – from vegetables to seafood – guide him to telling an authentically island culinary story.