

# DreamScapes

TRAVEL & LIFESTYLE MAGAZINE

ON THE ROAD  
IN VIRGINIA

OFF THE BEATEN TRACK IN

SEOUL

TIMELESS SAN ANTONIO

CORTES ISLAND HIDEAWAY

CARIBBEAN  
EXTRAVAGIANZA

*Ontario autumn escapes*

SWING WITH  
THE PROS

**WIN** A TRIP FOR TWO  
at The Somerset  
on Grace Bay in the  
Turks & Caicos Islands.

# A GARDEN OF EDEN

## NUTRITION FOR THE SOUL

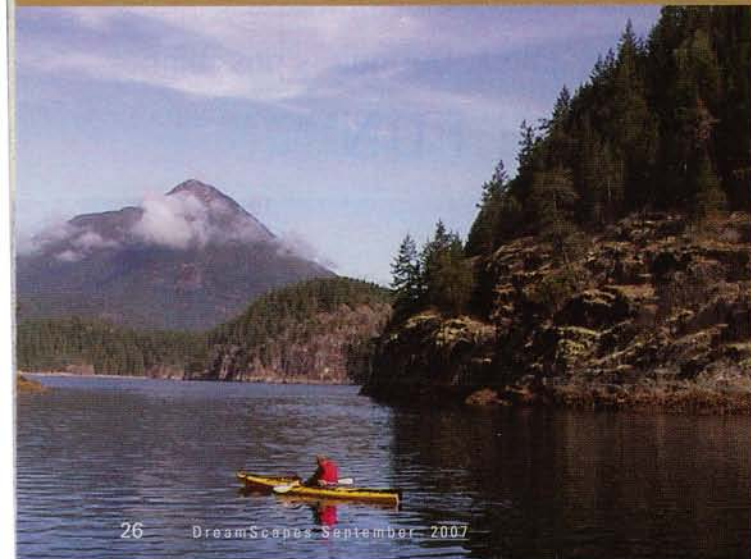
BY ANNE OLIVER

Tranquility as you gaze at the sun rising over the mountains. Reflection as you cast your eyes upon a limitless sky of stars. Inspiring dialogue.

**H**idden away on Cortes Island located near the north end of the Georgia Strait between Vancouver Island and the mainland of British Columbia, Hollyhock is, for some, an opportunity for a restorative holiday and to enjoy the great outdoors. For others, it is an invitation to participate in one of more than 90 structured retreats hosted each year by a renowned selection of artists and presenters. Retreats encompass a varied selection of topics related to music and the arts; advanced wellness practices; personal and spiritual development; and leadership training.



below: Enjoy kayaking along the tranquil shoreline of Cortes Bay. | top right: Savour the colourful vegetarian lunch buffets garnished with fresh flowers from the garden. | bottom right: Nestled in the forest, the Bodywork Studio offers a wide selection of rejuvenating treatments. *Hollyhock*



## The ultimate escape

With no phones, televisions or DVDs in the rooms, a stay at Hollyhock affords exceptional hospitality in a rustic setting with minimal distractions from the outside world. For those who just cannot escape, payphones and a chat room with high-speed Internet are available. Accommodation options are varied and include ocean-side rooms with private bath, family lodgings with shared bath, or, to take you back to your summers at camp, dorms with bunks. And, for those who truly want to bond with nature, there are campsites.

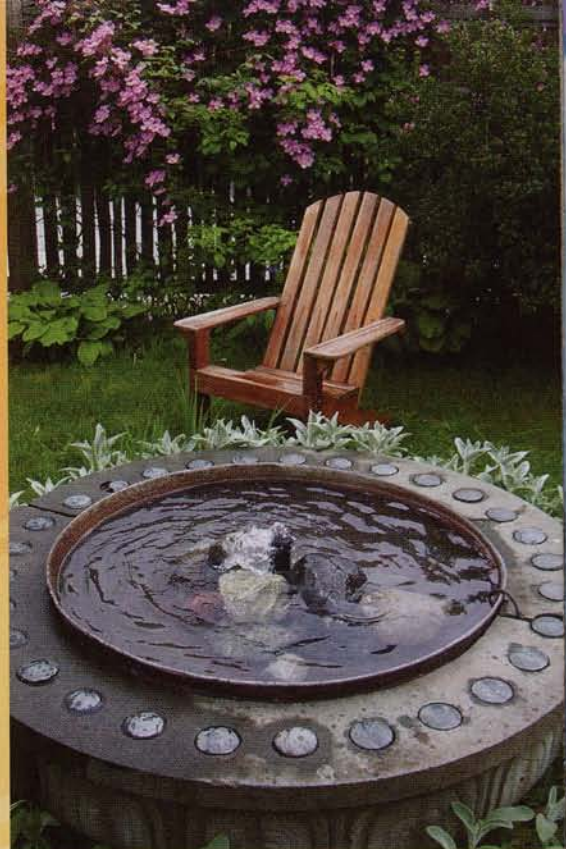
The lapping waves against the shore, the call of the seabirds and the fragrance of fresh-baked bread become our wakeup call. Breakfast is not until 8:30 a.m. so, with a fresh cup of organic coffee in hand, a walk along the beach allows us to breathe the fresh salt air, explore the shoreline as the tide ebbs and flows and discover the myriad of

creatures that make this serene island their home. For many other guests, mornings begin with meditation and yoga.

It does not take long to realize that the heart and soul of Hollyhock is the organic garden. In addition to being a place for quiet reflection, the garden offers up the fresh flowers that adorn the main lodge and guest rooms while herbs, vegetables, edible flowers and berries become the delectable ingredients for the mainly vegetarian fare served daily. Buffet meals and the family-style dining tables encourage mingling with other guests.

## Family-friendly adventures

Days can be easily filled with hikes among the 200-year-old fir and cedar trees in the rainforest. Resident naturalists expand your knowledge of the island on guided excursions, such as a hike up Easter Bluff Trail, to learn about the flora, fauna and history of



The Hollyhock garden offers a quiet place that is ideal for reflection and conversation. *Hollyhock*

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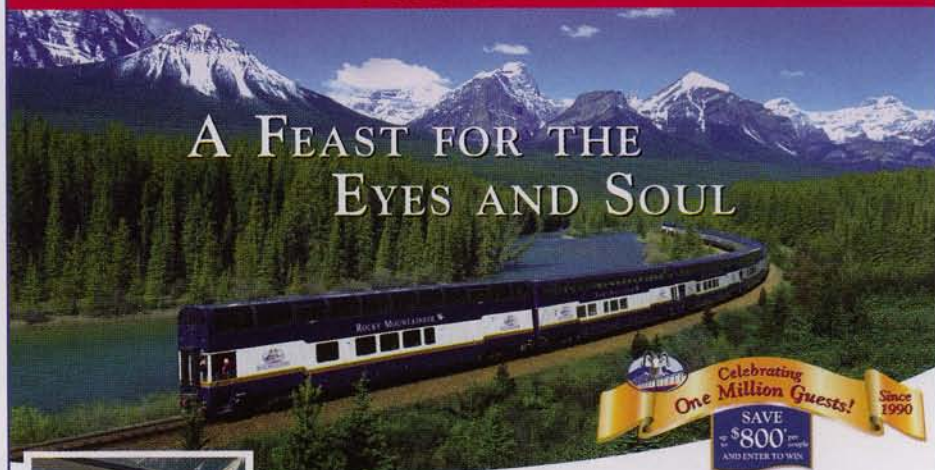
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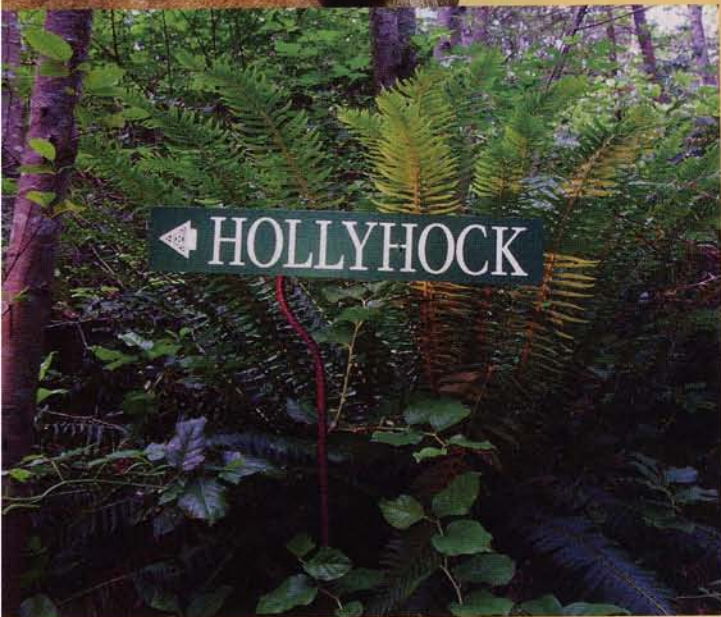
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\*Some conditions apply.



top left: Deer and other sightings are frequent as the wildlife moves freely through the retreat grounds | centre left: Surrounded by a lush rainforest, Hollyhock makes its home along Cortes Bay. | above: Abundant and colourful, Hollyhock's garden is as beautiful as it is functional, offering up flowers, herbs, fruits and vegetables. | left: As an appetizer to their evening meal, guests are treated to a weekly oyster barbecue on the beach.  
*Hollyhock*

Cortes Island, and ultimately, to be rewarded with a spectacular panoramic view of Cortes Bay. Other activities include kayaking, rowing and birding in addition to a wide selection of optional tours.

### **Pamper your body**

What better way to spend the afternoon than to retreat to the seclusion of the Bodywork Studio? The spa technicians all have their own magic touch and in-depth knowledge of restorative body care and yoga. Consider the sea stone massage to relax your body and release that built-up tension with the signature

Hollyhock massage. Additionally, you can pamper your skin with facials and wraps or schedule a private yoga session customized to your needs and abilities.

### **At day's end**

World-renowned Cortes Island oysters are served barbecued on the beach as an appetizer for the delicious organic vegetarian buffet supper. Later, evening presentations by guest speakers are usually scheduled. Or, you can enjoy a good book or relax in a hot tub and gaze at a limitless sky full of stars and imbibe the tranquility of the night. ■

## **travel planner**



Operating from March to November, Hollyhock inspires, nourishes and supports those who strive to make the world a better place by providing the best tools available for personal, professional and organizational development. A calendar of more than 90 structured retreats, conferences and individual holiday options is available online at [hollyhock.ca](http://hollyhock.ca) or call 1-800-933-6339.

How to get there: Fly from Vancouver to Campbell River or take BC Ferries from either Tsawwassen or Horseshoe Bay in Vancouver to Nanaimo, Vancouver Island, then drive to Campbell River and take the Discovery Launch Water Taxi. Pre-booking is recommended.

BC Ferries: [bcferries.com](http://bcferries.com)

Discovery Launch Water Taxi:  
[discoverylaunch.ca](http://discoverylaunch.ca); 250-287-7577