

3-DAY JOURNEY OF SELF DISCOVERY

4 days | Total Distance: 320 km

Day One

Distance: 17 km

Spend a day unwinding while immersed in nature in 1 Haliburton, and finish with a spa stay next to beautiful 2 Eagle Lake.

START OF DAY ONE



The most stressful thing about this adventure will be packing the car. As you pull away from the curb feel the stress begin to melt away, and let your breath out slowly and mindfully. You are dedicating this time to yourself.

Start Here: Haliburton

Start your journey in the village of Haliburton, deep in the forest of Haliburton Highlands. Here, nature offers a peaceful and restorative ambiance.

What to do here

- Tour [Haliburton Sculpture Forest](#) to immerse yourself in art and the outdoors at the same time. Breathe deeply of the peace and inspiration here.
- Book a massage or treatment at [Wind in the Willows Spa](#) in Haliburton.
- If the weather conditions are right, a [Snowga class](#) that combines yoga with snow will calm your mind and pinken your cheeks at the same time.
- Stop for lunch at [Castle Café](#) where the food is wholesome, healthy, and also delicious. If you are looking for vegan or gluten-free you'll find it here.

About the area

Haliburton

Haliburton Highlands

- 🕒 From Toronto: 215km • 2 hr 55 min
From Ottawa: 285km • 3 hr 15 min

☆ In addition to its' stunning scenery, Haliburton is home to a thriving arts community. With plenty of galleries dotting the countryside, a must-visit is the renowned [Haliburton Sculpture Forest](#), a unique outdoor collection of sculptures by Canadian and international artists.

Time Spent Here: Plan to spend three-to-four hours here, depending on what experiences you are able to book. There is plenty to see and do right in Haliburton and we want you to take your time and unwind.

17KM • 16 MINS



End Your Day: Eagle Lake

The scenery around Eagle Lake is phenomenal, and the lake is the perfect setting to look out over as the sun sets. Reserve a room with a view at Sir Sam's Inn & Spa (and maybe a fireplace, too!).

What to do here

- Check in to [Sir Sam's Inn & Spa](#) and take a few minutes to unwind curled up beside the in-room fireplace.
- Experience their [thermal circuit](#), a 45-minute experience designed to unwind your body and your mind.
- Dine at [Twin Fires](#), the on-site restaurant, and select a wine to accompany your meal from their extensive wine cellar.

About the area

Eagle Lake

Haliburton Highlands

- 🕒 From Toronto: 266km • 2 hr 52 min
From Ottawa: 298km • 3 hr 30 min

☆ With a rich history in the Haliburton Highlands area, [Sir Sam's Ski/Ride](#) is every adventure's dream in both the summer and winter. This picturesque ski hill overlooking Eagle Lake is perfect for mountain biking for every skill-level, with a walk-on, walk-off covered lift perfect for beginners. You can ride, run, or hike over 100 acres of ancient Canadian Shiefl and hardwood forest.

Time Spent Here: You can wander the resort at your leisure.

END OF DAY ONE



Day Two

Distance: 83 km

Continue to pamper yourself and take things at your own pace as you make your way to 3 Bancroft for a rejuvenating wellness experience.

START OF DAY TWO



Waken refreshed and ready to deepen your exploration into your connection with yourself and others. Take some time in the morning to ground yourself before setting off for your next destination.

Start Here: Eagle Lake

Wake up late and luxuriate in your room – remember that you are in no rush on this trip! After enjoying a hot breakfast and maybe a spa treatment or two.

83KM • 1 HR



Next Stop: Bancroft

Bancroft is a roughly one-hour drive from Sir Sam's, and here you will find one of the premiere destinations in which to unwind, [Grail Springs Retreat Centre for Wellbeing](#). Here you can continue your journey to explore the quiet spaces of your mind and body.

What to do here

- Check into Grail Springs and after settling into your room, stretch your legs with a walk to the [meditation labyrinth](#) to spend some time there.
- Visit [the sauna and outdoor and cold tubs](#) to rejuvenate yourself.
- Book a [spa experience](#) like a soothing facial or hydro-therapy bath or steam tent.
- Savour a vegan and health-focused meal in Grail Springs' on-site restaurant.

About the area

Bancroft

Hastings County

- 🕒 From Toronto: 245km • 2 hr 50 min
From Ottawa: 220km • 2 hr 35 min

☆ Bancroft, the Mineral Capital of Canada, is a rockhounds' dream. Must stop locations for all rock-lovers includes the [Bancroft Mineral Museum](#) and the [Princess Sodalite Mine](#). Or take a trip down [The Miner's Loop](#) and walk in the shoes of miners long ago.

Time Spent Here: Spend the rest of your day and evening rooting yourself in time and space here.

END OF DAY TWO

Day Three

Distance: 220 km

Nourish your mind and body with art, yoga, hiking and a leisurely lunch in 4 Combermere, then meander your way to a relaxing stay in 5 Perth.

START OF DAY THREE



Don't be in a rush to leave Grail Springs – take your time to waken and stretch your mind and body before heading to your next destination. If you are able to spend an additional day here, you will get even more benefits.

Start Here: Bancroft

Rise early and head down for an awakening [yoga class](#) at Grail Springs. This is the perfect way to balance yourself before beginning your day. After checking out, take some time to explore Bancroft before you head to your next destination.

What to do here

- The [Art Gallery of Bancroft](#) is a pleasant place to wander and find inspirational art and crafts.
- Tack on a hike at Bancroft [Eagle's Nest Park](#) to find inspiration from the views and invigorating climb.

Time Spent Here: Plan for an hour and a half in Bancroft proper. Take your time and smell the flowers!

59KM • 45 MINS



Next Stop: Combermere

Combermere is a small community roughly 45-minutes north-east of Bancroft, en route to Perth. Plan to stop here for lunch or a mid-afternoon break to refuel and clear your head.

What to do here

- [Crooked Slide Park](#) is located about three kilometres from Combermere and is a good place to stretch your legs before making the trip to your next stop.

About the area

Combermere

Ottawa Valley

- 🕒 From Toronto: 316km • 3 hr 57 min
From Ottawa: 182km • 2 hr 8 min

☆ When in Combermere, stop at [Crooked Slide Park](#), a reconstructed wooden chute that pours into Byers Creek like a small waterfall, originally used by loggers in the 1900s to deliver logs downstream.

Time Spent Here: Plan for a solid couple of hours to eat and breathe some of the sweet fresh air in Combermere.

161 KM • 2 HRS



End Your Day: Perth

The next leg of your trip is a little longer – but worth the drive. End your day in the heritage town of Perth where you can get in some last-minute shopping before the shops close and before checking into your room at the [Perth Best Western Parkside Inn & Spa](#).

What to do here

- Don't miss a visit to the fabulously eclectic [Red Brick Emporium](#) – there is no end to gift ideas here!
- Artists will love a chance to browse other's work at [Riverguild Fine Crafts](#).
- For fine dining try [The Stone Cellar](#) and warm up in front of their gas fireplace.
- The award-winning and local favourite, [Maximilian's Restaurant](#), just a few doors down serves authentic German food and drink.
- Check into the [Perth Best Western Parkside Inn & Spa](#).
- Book a [massage or specialized facial](#) like the Tulasara facial using Aveda products.

About the area

Perth

Lanark County

- 🕒 From Toronto: 320km • 4 hr
From Ottawa: 85km • 1 hr 10 min

☆ Perth is known as one of Ontario's prettiest towns, and once you visit you won't want to leave. As a town older than Canada itself, it boasts over 100 designated heritage buildings, with boutique shops, specialty stores, and restaurants to suit your tastes. [Rent a canoe](#) and explore Perth from water on the beautiful Tay Canal.

END OF DAY THREE



Day Four

Waken at Parkside Inn & Spa and linger in your room in peace and stillness before heading down to breakfast at the onsite restaurant, [The Locks](#). Head for home, relaxed and invigorated.

END OF TRIP

