



FOR IMMEDIATE RELEASE

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Good Fun that's good for you.

Just 90 minutes north of Toronto, Blue Mountain Village offers a variety of outdoor stay fit adventures in the most beautiful setting nature has to offer.

July 19, 2016 (Blue Mountains, Ontario) --- At the foot of the Niagara Escarpment and nestled along the glistening waters of Georgian Bay, Blue Mountain Village is so much more than great shopping, dining and entertainment. A UNESCO World Biosphere, it's the perfect place to get outside and enjoy healthy adventure. From hiking and biking to yoga and paddling, Blue Mountain Village has what you need to care for your body and nurture your spirit.

Up and around the mountain.

You can start your feet moving every Tuesday and Thursday morning at 6:30 am with The Westin Guided 5K Run, hosted by the Westin Run Concierge. It's free, open to all and a great way to see the Village and beyond. If you're looking for some elevation, enjoy Columbia guided hiking every morning at 10:30 am throughout the summer. It's a forty-minute hike up the mountain to the beautiful panoramic views of Georgian Bay followed by a free gondola ride back down. Or you can enjoy hiking with a twist with Iwa First Tracks Yoga – a guided hike to the top where you will enjoy the peacefulness of yoga on the grass overlooking the Bay. Hike back down a different trail or relax on the scenic gondola. Another free option and a favourite of the locals. When summer winds down you can add some great music to your hike on the Guitar Trail – awarded best new Festival by Festivals and Events Ontario (FEO). Enjoy dozens of musicians along the hiking and pedestrian trails through the Village and up the mountain on September 10th.

Serenity on the water, adventure among the trees, and rocks on your back.

SUPping on the crystal-clear waters of Georgian Bay or kayaking on the Village pond are excellent ways to work on your core in exquisite surroundings. And if it's real adventure you are looking for, try a downhill mountain bike lesson or master seven levels of rope course features 50 feet above the ground. Then round it all out with Ganban volcanic rock therapy and a massage at Iwa Spa, named Top New Spa by Canadian Spa & Wellness.

Healthy eats and products.

Rehydrate and replenish your inner self with Booster Juice in the Village or enjoy delicious antibiotic free local meat hamburgers at Chuck Burger. And there is always a delectable selection of local seasonal options at Oliver Bonacini Café Grill and The Pottery Restaurant. For your outer self, revitalizing skin care products are available at Iwa Spa and L'Occitane, and all the latest gear – from sport-appropriate eyewear to the most technical clothing and footwear options – is available at Village stores including Ommf Activewear, Envy Eyewear, The North Face, Columbia, Red Devils Sports and Lifted.

Summer is the time to get outside and enjoy activities to keep you fit and active. Blue Mountain Village is the place to find them. Visit www.bluemountainvillage.ca to book your next outdoor, stay fit adventure.

About the Village:

Between the foot of the Niagara Escarpment's scenic Blue Mountains and the rugged shores and crystal-clear waters of Georgian Bay, the picturesque Blue Mountain Village is Southern Ontario's premiere four-season destination. A cobblestoned pedestrian village framed by turn-of-the-century Ontario architecture, the Village offers a wide variety of family accommodations, activities and attractions including over 40 unique shops, restaurants and spas, award-winning festivals and events and live music every day. An incredible natural retreat, the Village offers as much – or as little – as you'd like to do. For a complete listing of Village events, please visit www.bluemountainvillage.ca