

The Best Thing about being a Girl!

By Jennifer Rhyne

Look out! It's bound to happen... if it hasn't already. You feel it deep inside, the ultimate desire for a girls' getaway, the ideal escape free of testosterone, with plenty of bonding with your closest girls. Whether you are with your best friends from kindergarten, your college roommates, or even your mother and your three outrageous aunts, there is a girls' getaway for everyone. Up until recently, a girly escape consisted of, at most, a night out at a lively restaurant, sharing gossip and a few martinis before heading home for the evening. However, as the years have crept by, women have come to the realization that one night is not enough, not when you can enjoy a whole weekend or longer!

The Dote-on-Me Divas

Nothing screams "one-of-the-girls" like sharing the relaxing, intimate, and luxurious pampering that only a group day at the spa can provide. Imagine, warm hands coaxing the stress out of your back muscles, scented, balmy water engulfing your sore feet, silky French polish coating the nails on your baby-soft hands, and sharing the experience with your closest confidants. Vancouver, Coast & Mountains region can make it happen, with a multitude of spa choices. Experience pampering at it's finest in Harrison Hot Springs, revitalizing in the natural mineral waters and spoiling yourself at the Healing Springs Health Spa. Or rejuvenate in the fresh mountain air in Whistler at the Spa at Four Seasons Resort Whistler. For a little luxury in the valley, do not miss Spa Utopia in Langley, with its intricate interior and unforgettable spa packages.

The Lively Lasses

Perhaps your closest gal pals thrive on the thrill of adventure and excitement, whether it may be living off the land, or engaging in extreme antics that leave you elated and alive with endorphins. Imagine the rush of wind whipping against your face, as you free fall through gentle, wispy white clouds on a tandem skydive adventure. Looking over, you spot your dearest friend, with a smile on her face unlike any other you have ever seen. The chute opens, and you are welcomed with views more spectacular than you could ever imagine, with golden rays of sun beaming across turquoise lakes and endless expanses of green. You land gently, followed by your best friend, and the two of you wink at each other, having just shared the adventure of a lifetime. Abbotsford is the home for skydiving adventures, and truly a hotspot for girls' getaways. For all of those magnificent mermaids, venture further out into Mighty Fraser Country to Lytton, the rafting capital of Canada. Enjoy a weekend of challenging rapids, bubbling hot-tubs, fantastic food and wilderness delights. Your friendships will blossom, amidst towers of chiseled rock and crystal river water, and you will store away many memories that will last a lifetime.

The Cultured Chicks

Experience a whole new phenomenon...and gain a new hobby with the gals. Antiquing! Not only will you have piles of fun seeking out the best deals, bargaining with warm-hearted vendors, and discovering the unique historical past behind that gold-trimmed vanity set, but you will be able to take home a trinket, forever reminding you of your memorable holiday with the ladies. Visit New Westminster's Antique Row for quaint little stores, Main Street in Vancouver for a touch of culture, or the infamous Red Barn in Cloverdale, the largest antique mall in BC. The region is also host to hundreds of artistic and cultural artifacts, so if immersing yourself in the visually spectacular beauty of art is your ideal way to reconnect with the girls, visit the Vancouver Art Gallery, the Museum of Anthropology at UBC, or the Burnaby Village Heritage Museum. And, for a one-of-a-kind art adventure, follow the arts and cultural highway, as it winds its way up the glorious Sunshine Coast, where sunlight beams through the trees, reflecting off tidal pools and stretches of soft, flaxen sand. The Purple Banner Route is a girl's dream, where you may visit artists in their galleries, shops, and homes experiencing art in its rawest form.

As you can plainly see, there is something for girls of every size, style, age, and personality in Vancouver, Coast & Mountains. So next time you need a reprieve from an abundance of testosterone, active young'ins, or just a chance to reconnect and appreciate your treasured friends, head with the girls to the region where all things are possible!