

3 life

Theatre Festival



Tweeters and bloggers will feel right at home at the second annual Neanderthal Arts Festival, being held July 21-31 at the Vancouver East Cultural Centre (or Cultch). The festival is creating a dedicated space for smartphone addicts — a so-called Grunt Deck — where they can tell the world about the plays unfolding on stage in real time. **THE CANADIAN PRESS**



Wanna-be sleuths search for killer, motive at museum scavenger hunts.

Slowing down in Penticton

► There's nothing like a little wine therapy and al fresco dining in the Okanagan to soothe the senses

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A life lived in the fast lane is never as blatantly obvious as when you're travelling, where access to the Internet — let alone a reliable 3G network — is limited, life/news updates via Twitter are not at your fingertips and there's no such thing as a fast food joint for a quick meal.

On the southern rim of Lake Okanagan, British Columbia's increasingly prominent wine region, you'll find townships like Summerland, Penticton and Naramata where "slow" is a way of life.

Slowing down begins in Naramata at Red Rooster

Where to stay

- Families and couples will enjoy Summerland Waterfront Resort & Spa, where large suites include a living room and full kitchen. Also on property: a café, lounge, restaurant, beach and water sports.
- For couples, God's Mountain Estate offers rustic, Mediterranean-style bed and breakfast accommodations in the heart of Okanagan wine country, surrounded by vineyards and stunning views overlooking Skaha Lake.

Winery where every Friday morning, yoga instructor Teresa G. Maurer of Re:Flexions Studio in Penticton, leads Yoga D'Vine, a morning of yoga and sun salutes in the vineyard under the bright blue sky, accompanied with a light lunch on the terrace with wine and chocolate tastings.

Next up, more tabletop wine therapy on the massage table at Beyond Wrap-ture. With four locations throughout the valley, including one Summerland Waterfront Resort, this wine country day spa offers a specialized Vinotherapy Massage. Products like the spa's grape pip scrub and grape-seed massage oil are known to have powerful antioxidant properties and are made in-house using leftover grape pips, stems and skins from the winemaking process.

Finish off the evening at Local Lounge & Grille just steps from the spa, where local cuisine and seasonally inspired dishes set the stage for one of the best wine menus in the region, offering exclusively British Columbia VQA wines from the Okanagan Valley.

Slowing down can also mean ditching the car. Bring your own bike or rent one from Freedom The Bike Shop in downtown Penticton and cycle

Getting there

Visit the Okanagan by flying into Penticton Regional Airport or Kelowna International Airport via Air Canada or WestJet airlines or take the five-hour drive from Vancouver.

► For more info: tourismpenticton.com

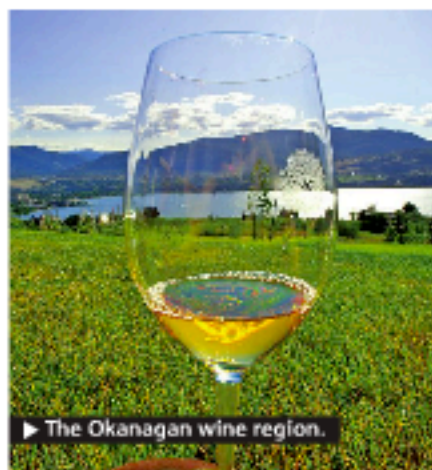
from winery to winery through the hilly, vine-filled landscape or along the historic Kettle Valley Railway bike trail. If you want to get your feet wet, Hoodoo Adventures offers winery tours via kayak.

In Penticton and nearby areas like Cawston, the centre for organic fruit and vegetable growers in the region, even food gets the slow treatment. Here, a passion for regional produce that has been organically, responsibly and ethically grown overflows in many local chefs, most notably Dana Ewart and Cameron Smith of Joy Road Catering.

During the summer on Thursdays and Sunday nights, Joy Road Catering showcases the terroir and bounty of the Okanagan by turning it into a beautiful, sensual al fresco dining experience at God's Mountain Estate.



► Al fresco dining at God's Mountain Estate with Joy Road Catering.



► The Okanagan wine region.



► Charcuterie



► Dinner in wine country.



► Yoga at the vineyard

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