

WINE, WOMEN & WELLNESS



Grab your favorite girlfriends and join us for a Weekend of Wine, Women and Wellness at Ste. Anne's Spa in Grafton.

Here you can let down your hair, slip into a robe and leave your troubles at the door. A visit to Ste. Anne's is a chance to relax and heal in a warm, friendly and embracing environment and to make it an even better experience we have added a wine component.

June 13 to 14, 2019 (2 Days)

\$635

CAD per person sharing twin accommodation plus additional \$82.55 HST

Single rooms available on request.

Additional nights starting at \$444.00 per person plus HST

INCLUDED IN YOUR TOUR:

- Four-diamond accommodation
- 4-Course dinner
- Breakfast
- 3-Course lunch
- Afternoon tea
- Use of Ste. Anne's signature robe
- \$120 spa & wellness allowance
- Complete use of the facilities
- Wine, plenty of it!
- Yoga class

NOT INCLUDED:

- Transportation from your home city to and from St. Anne's Spa*
- Items of a personal nature
- Any incidentals/expenses charged to your room

**Train tickets and transfers are available. Please call for rates.*



O P I M I A N

PROPOSED ITINERARY



Day 1 - Thursday, June 13th

1:00 PM: Arrival at Ste. Anne's and welcome glass of Prosecco.

2:00 PM: Bring your yoga mat and join our exclusive wellness specialist Mona Leedale for an optional walking meditation to explore the grounds followed by a relaxed yoga class outside.

3:00 PM: Afternoon tea and more Prosecco

4:00 PM: Check into your room (lockers will be available in the ladies change room for people arriving early and wanting to get into their bathrobe or take advantage of the facilities and spa services. The weekend will begin with arrival at the spa). The balance of the afternoon is yours to do as you please; book a treatment, participate in one of the wellness classes, make use of the bicycles on site, relax in the steam room or lounge by the pool.

6:00 PM: We will meet for a tutored wine tasting with Sommelier Teresa MacDonald. Teresa will also go over the wines on offer for dinner and suggested pairings.

7:30 PM: Group dinner with wine followed by free time to do as you please.

Day 2 - Friday, June 14th

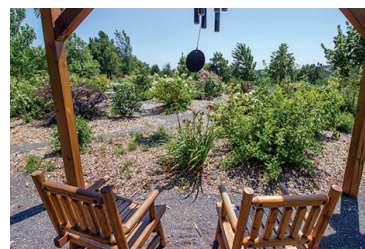
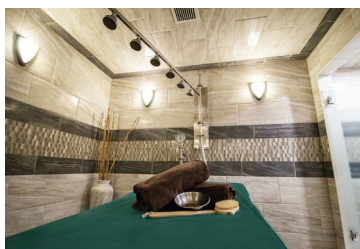
7:00 AM: Early risers are invited to participate in a morning yoga session with Mona Leedale our wellness travel expert and certified yoga instructor.

7 AM until 9:00 AM: Participants are invited to enjoy a leisurely, cooked to order breakfast where bubbly will be available for those wishing to have a mimosa....or two.

10:00 AM until 12:30 PM: The rest of the morning is free to take advantage of the facilities.

12:30 PM: Group lunch with wine pairing as per suggestions from Teresa.

Following lunch we sadly have to give up the robes and go our separate ways, completely refreshed, until we meet again for another weekend of wine, women and wellness.



Contact **Pauwels Travel** to
book this relaxing getaway!
(519) 753 2695

tours@pauwelstravel.com www.pauwelstravel.com

TICO registration number 1257995



What You Can Expect from Ste. Anne's Spa:

- Expect a casual and rustic atmosphere.
- Expect genuine and caring country staff.
- Expect a relaxing and laid back country setting.
- Expect a place to kick back in your robe and your spa hair, and simply let go.
- Expect a low pressure and easy going atmosphere - no pressure to tip or buy products.
- Expect delicious, simple, country cuisine - wholesome and healthful, but not fancy and pretentious paired with Opimian wines all tasted and approved by Opimian's Master of Wines, Jane Masters.
- Expect eclectic country accommodations that are unique and warm.
- Expect an attentive and caring attitude from all that you meet.
- Expect pre-booked meals, classes and spa services so that you don't have to worry about planning, we take care of all of the details.
- Expect humans taking care of other humans... if we make a mistake, we want to know about it and we will do everything that we can to fix it.
- Expect the fitness centre to be equipped with all the essentials required to stay in shape while you are here.
- Expect an opportunity to slow down and detach from the stress in your life (and your phone) and invest in your wellbeing.
- Expect to see some animals and insects. We are in the country folks!

What Not To Expect:

- Do not expect luxurious facilities or accommodations. The atmosphere here is more like you are being welcomed into a friend's casual country home.
- Do not expect pretentious or hollow staff.
- Do not expect an overly formal culinary experience - neither food nor service. We offer simple country cuisine delivered by genuine people.
- Do not expect a sterile environment free of discussion, or laughter. Although our setting is beautiful and serene, and we encourage our guests to be respectful, we do not ask our guests to remain in silence.
- Do not expect marble, gold or steel. We are not a sterile city hotel. We are a humble country property that excels at getting people into a relaxed state through the beauty of the property, the simplicity of the offering and the genuineness of our staff.
- Do not expect Ste. Anne's Spa from 10 years ago. We are a popular destination so you will see plenty of other guests here. We try to offer as many lounge areas and private little nooks (remember we are on 400 acres), so that guests can find a little solitude if they need it.
- Do not expect paid parking or a doorman. We are in the country, so you will find us down a winding gravel country road and parking lot. If you need porter service though, all you need to do is ask at the front desk!
- Do not expect a dress code. Your uniform for most of the day is your robe. Otherwise, something very casual will do - remember, you are at our simple country home.
- Do not expect to have to carry money with you, we are all-inclusive and there is no tipping needed.
- Do not expect to see cookie cutter accommodations or facilities. Every room and facility is unique in its amenities and appearance. Some are renovated homes, others built specifically for that purpose.

WINE, WOMEN & WELLNESS

REGISTRATION FORM

Please book _____ seat(s) on the "Wine, Woman and Wellness" travelling June 13 -14, 2019.

Enclosed is my/our deposit of _____ (\$150.00 per person). You will be invoiced for the balance due 30 days prior to departure.

NAME(S): Please indicate the appropriate title (Mrs, Miss, Dr., Ms.)

Surname _____ First _____ Middle(s) _____

Surname _____ First _____ Middle(s) _____

ADDRESS: _____ POSTAL CODE: _____

PHONE: _____ (EMAIL) _____

If traveling alone, is a SINGLE ROOM REQUIRED?: YES NO

SPECIAL REQUIREMENTS: We find the earlier a request is made, the more success we have in filling it, so please list any dietary requests, allergies, any special physical needs. We cannot ensure requests made 30 days or less prior to departure will be possible.

PAYMENT: Cheque payable to Pauwels Travel Visa Mastercard American Express

Amount Paid: _____

Card Number: _____ Expiry: _____

Security Code: _____ Signature: _____

"I/we agree to the terms and conditions attached to the program, and have indicated any special requests and included payment".

Date _____ (Signature)(s) _____

Please forward this completed and signed form and payment to:

PAUWELS TRAVEL BUREAU LTD.

55 Dufferin Ave, Brantford, Ontario N3T 4P6 Tel: 519-753-2695/ 1-800-380-3974 / 519-756-4900

Fax: 519-753-6376 Email: tours@pauwelstravel.com

WINE, WOMEN & WELLNESS

TERMS AND CONDITIONS

RESERVATIONS AND DEPOSITS:

Reservations should be made as early as possible to ensure your participation in the tour. A non-refundable deposit of \$150.00 per person is required at the time of registration. Your reservation is confirmed upon receipt of your deposit and registration form. No reservations will be accepted without a signed registration form. Your final payment will be due 30 days prior to departure.

REFUND OF UNUSED ARRANGEMENTS:

Because the rates of Pauwels Travel Bureau Ltd. are based on group participation, no refund can be made for any tour accommodation or tour service or tour feature not taken. If cancellation occurs while the tour is in progress, no refund can be made for the tour portion not taken. We strongly suggest that to allow for any unexpected contingencies, you purchase the all-inclusive insurance.

CANCELLATION POLICY:

A non-refundable deposit of \$150.00 per person is due at time of booking.
15 days prior 100% non-refundable.

RESPONSIBILITY:

Pauwels Travel Bureau Ltd. reserves the right without notice, to withdraw any part or all of the tour. Factors such as airline schedule changes, hotel overbookings, inclement weather, etc. may necessitate changes in the itinerary as outlined. There may also be other circumstances in which changes become necessary or advisable. Any savings realized by these changes will be passed on to the passengers, any resultant expenses shall be borne by the passenger. Pauwels Travel Bureau Ltd. acts only as an agent in securing hotel, transportation and other travel services and in no event shall be held responsible for the failure by any person or company to render any transportation, lodging or other travel service to be provided on the tour. All hotel, transportation and other travel services are provided to tour members subject to all the terms and conditions under which they are offered to the public generally. The acceptance of the initial service to be provided under the tour shall be considered an acceptance by the tour member of those conditions. Pauwels Travel Bureau Ltd. also reserves the right to decline, to accept or retain any person as a member of the tour, in which case equitable refund will be made at the discretion of the tour operators.

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