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Why Kelowna is perfect for your girls' weekend getaway

BY [VANCITY BUZZ](#)

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Image: Kelowna via Shutterstock

While a weekend away with the girls is always a nice escape, *actually* escaping the city and really getting away is key. Take a break from your busy city life and really escape your day-to-day obligations with wine, Okanagan weather, and of course,

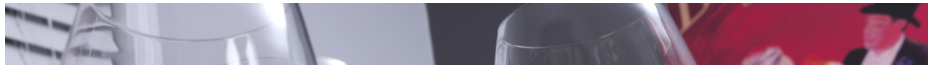
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your best pals.

Here are six ways (with recommendations!) to make the most of a girlfriends-only spring getaway to Kelowna.

1. Enjoy a wine-tasting tour



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You've arrived in Kelowna, now it's time to shed your rainy city clothes for something summery and head for the hills. As cliché as it sounds, nothing says girl time like some wine.

Kelowna offers a multitude of wine-tasting opportunities at most winery shops. Bring along a few loonies and toonies to pay for an extra tasting or two; often the tasting is free with the purchase of wine. An extended tour can lead to a little tipsiness, so a designated driver is a must. To make the experience even more luxurious, set up chauffeur wine tour service and roll in style.

You can find a list of wineries that offer tours of their facilities [here](#) and we recommend making Quail's Gate a stop so you can take in the breathtaking scenery (perfect for photo ops) and enjoy some delectable bites. Oh, and the wine of course.

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2. Spa day, all day

It's a given: manis/pedis, facials and even mud wraps are so much better when you can enjoy them with your friends. Kelowna is home to some of the very best day spa experiences with the luxury of self-indulgence delivered affordably and professionally. Treat yourself to an Aveda Facial at [Spa at the Cove](#) or reserve a bed at the [Spa at the Grand](#).

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3. Enjoy a fine meal

Embrace your weekend away and indulge in some meals you wouldn't usually have the chance to enjoy. Settle in for a smorgasbord of culinary delights offered by Kelowna's diverse and rich food scene—check out [RauDZ](#) for a cool, casual, regional vibe or dine al fresco at [The Terrace Restaurant at Mission Hill](#). Splurge for dessert too, you are on vacation after all.

4. Dress up, head out

Dress up, pop a bottle of bubbly, then make the most of Kelowna's warm spring evenings with a stroll downtown and a visit to one of Kelowna's many nightspots. Whatever your

taste, you'll find more than one great place—like [Micro Bar & Bites](#) or the newly opened speak-easy craft cocktail hotspot [27](#) to meet new people and even samples cocktails made from locally sourced ingredients.

5. Brunch, shop, repeat

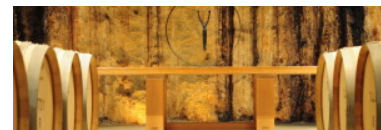


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When the weather is as nice as it is in Kelowna, outdoor shopping can be a perfect post-brunch activity. After you've checked out [Bohemian Café](#), a delightful local breakfast gem, slowly meander down Bernard Street—located in the heart of downtown Kelowna. You'll be introduced to more than 80 specialty shops that'll be sure to satisfy for your shopping needs. You'll find another 50 or so more shopping opportunities within a two-block radius and can always explore the small shops and boutiques in the Pandosy Street area for more treasures. Once you've worked up an appetite shopping at stores like [Funkcional](#), [Blonde](#), [Posh](#) and [Lakehouse Home Store](#), hit up a local coffee shop, like [Bean Scene](#) for an afternoon treat.

6. Try something that's outside of your comfort zone

Why not add a little adventure to your day? Kelowna offers the best in adrenalin-rich activities, including zip lines, aerial adventures, parasailing, mountain biking and even ballooning. Rent a paddle board from [Kelowna Beach Rentals](#) and give SUPing a try.



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