



Polar Bear Swim

ESCAPE In Montreal, the chic set sweat out their Sunday-morning hangovers with a drive north to La Scandinave, an outdoor, Nordic-style oasis of hot and cold mineral pools, steam and sauna chambers and hurts-so-good massage.

Now we have our own new, improved version in the West: Scandinave Spa Whistler, a 20,000-square-foot grown-up waterpark just 1.5 kilometres from Whistler Village. Sustainably designed by Whistler firm Murdoch + Company Architecture, it incorporates everything from green roofs to high-efficiency boilers and a heat-recovery system for the baths. You'll even be encouraged to carry a reusable tote bag and a stainless-steel water bottle in lieu of their plastic counterparts.

The bathing experience, based on the traditional Scandinavian cycle of heating, cooling and relaxing, is said to improve circulation and aerobic conditioning—you'll understand after making a towel-clad dash from the cold plunge to the sauna. We can vouch for its other effect: deep and complete relaxation.—*Charlene Rooke*

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