



Wellness & Spa

Breathe in and out in a unique, natural setting.

NorthumberlandTourism.com/wellness



NorthumberlandTourism.com

Recharge in the Hills & Forests

- Sleep under the stars in a luxurious safari tent at Whispering Springs Wilderness Retreat.
- Harmony Dawn Retreat offers healing therapies along with delicious vegetarian cuisine.
- Try guided experiences in natural settings with Sally Staples Transformational Nature Connection or a stay at Fells Meadows Farms.

Indulge, Relax & Get Comfortable

- Take time out at Ste. Anne's Spa, Canada's acclaimed, world-class retreat near Grafton.
- Indulge in eastern spa treatments at Northumberland Heights Wellness Retreat & Spa, or try a caviar indulgence facial.
- Discover Fieldstone Spa, with organic, day spa treatments in a beautiful 1800s farmhouse.

01 Fieldstone Spa

8488 Smylie Rd., Cobourg
905-375-9984 • FieldstoneSpa.com

Escape to this full-service destination spa in an 1800s farm house, also known for their winter, private igloo experiences. Enjoy their all-organic answer to skin care.

02 Harmony Dawn

800 Baxter Rd., Hastings
705-696-2066 • HarmonyDawnOntarioRetreat.com

Find balance at this off-the-grid retreat surrounded by 22 hectares of meadows and forests without any noise or electrical buzz. Try meditation, Tai Chi Chuan, Qigong and Yin-Yang cuisine to establish a mind-body health practice.

03 Northumberland Heights Wellness Retreat & Spa

795 Northumberland Heights Rd., Cobourg
905-372-7500 • NorthumberlandHeights.com

Experience an ayurvedic approach to wellness in natural yet luxurious surroundings. Massages, yoga, facials and innovative meals are part of the day or overnight spa packages here.

04 Ste. Anne's Spa & Bakery

1009 Massey Rd. & 252 Academy Hill Rd, Grafton
888-346-6772 • SteAnnes.com

Relax at this internationally-renowned spa with day or overnight spa packages featuring massages, facials, yoga, and therapeutic outdoor pools. The food and accommodations get high marks, as does the gluten-free bakery down the road.

05 Whispering Springs Wilderness Retreat*

141 Mercer Lane, Grafton
905-349-1009 • WhisperingSprings.ca

Try glamping in style at this forest hideaway featuring deluxe safari tents with king-sized beds and private ensuite. Add an invigorating yoga session in a lodge-inspired pavilion or a relaxation massage in the outdoor gazebo.

06 Sally Staples Transformational Nature Connection*

425 Orchard Grove Rd., Grafton
289-251-8989 • SallyStaples.com

Connect with the natural world. Experience mindfulness through guided immersive experiences in forests and other natural settings. One-day mini-retreats and 3-day nature retreats are available in a variety of locations.

07 Fells Meadows Farms

2429 County Rd. 25, Castleton
905-344-5014 • FellsMeadows.com

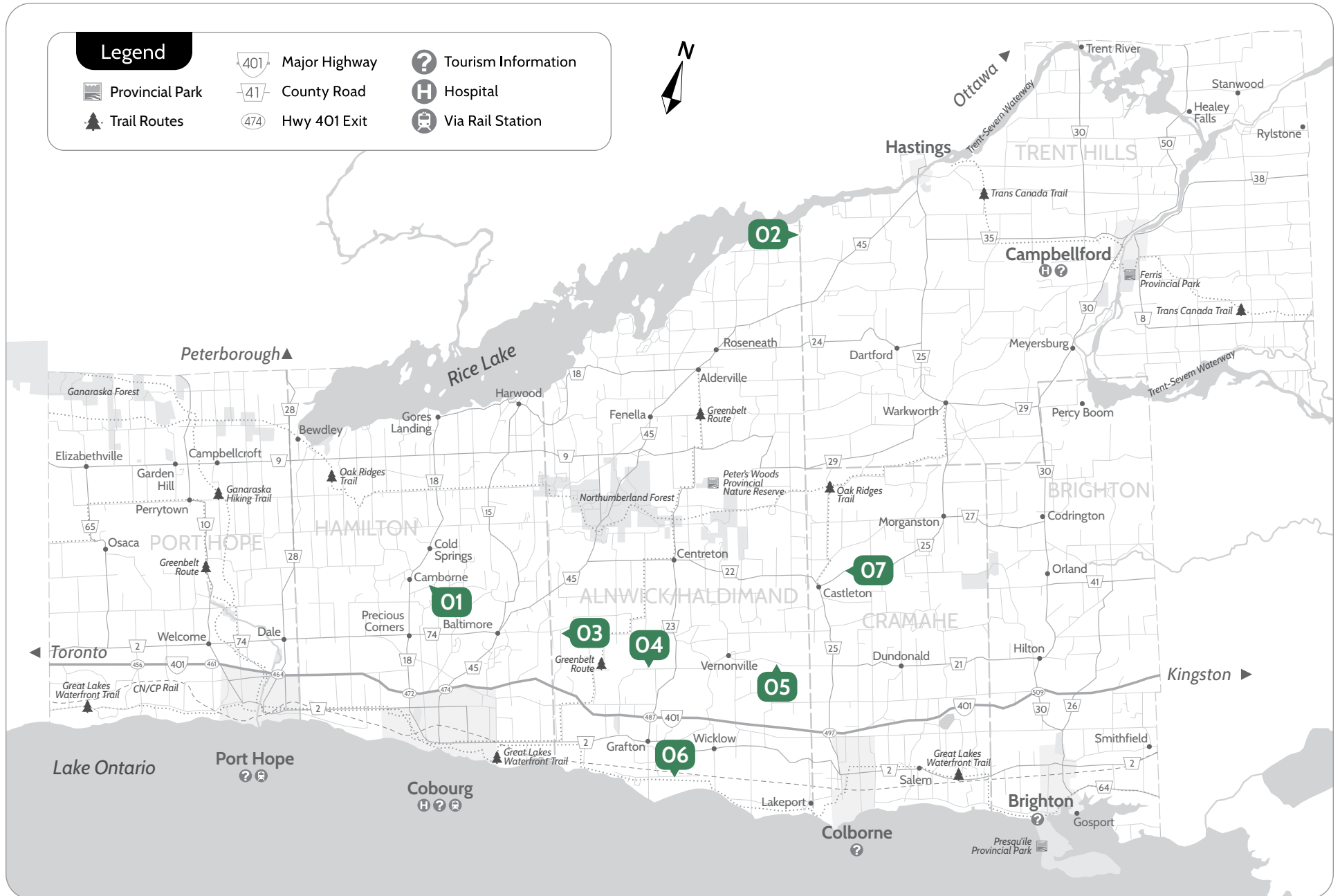
Enjoy an exceptional view of the Northumberland Hills. Retreat in a tiny cabin or stay in the farmhouse. Explore trails, arrange yoga in the yurt, or try guided meditation in its enchanted forest.

See Map on Next Page ▶

* seasonal – please contact for hours of operation



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