

## **Development Proposal**

While the initial plans for the area were to build a driving range to support the golf course, we would now like to keep the area more natural and less disturbed and build a Nordic spa within the hills. The smaller development would help preserve the natural rugged beauty of the landscape. The plan is to make the area assessable to visitors and guests and yet to completely avoid and protect sensitive environmental areas. Boardwalks will be created to travel around and within the spa.

The pools and steam rooms will be within a two-acre area and the main goal is to integrate them with nature for a holistic and natural spa experience. Electric carts will bring guests to the spa area and no additional roads for vehicles will be added. The goal is to maintain the natural beauty and to not disturb any of the sensitive areas identified on the environmental report.

The architecture of the spa will be minimalist and natural. The sloping roofs of the current buildings at The Rise will be continued and the spa buildings will seek to fit into the existing landscape and appear completely embedded. All transportation to the spa will be done on foot or by electric cart.

Our goal is to offer a wellness area for residents of Vernon and visitors to the Okanagan that will offer them the extraordinary views and magnificent natural landscape and will enhance their sense of wellbeing as they engage with our spa and massage therapists. Instead of clearing trees and changing the slope to suit a driving range, we felt that a more embedded and natural plan for a spa will better enhance the beauty and services at The Rise.

After consulting with the environmental company Sage, we have identified areas that are sensitive and will avoid and protect those areas. As you can witness with the golf course, we not only protected sensitive areas but enhanced areas that had been neglected. A former dead lake is now a thriving living waterbed full of ducks, fish, and turtles. It is our goal to enhance this area so that guests may walk around and visit the spa while experiencing the beauty of the area without causing any harm. We will also have parking for bicycles in our car free spa area.

As Vernon seeks to enhance tourism as well as wellness for residents and guests, this development will provide both. The Rise would like to expand to attract guests who value and respect the outdoors and their health and are seeking positive ways to engage with nature and the beautiful Okanagan area. It is our belief that we will make this area a more welcoming spot not only for guests but also for the many wild birds and animals that currently live among us at The Rise.

## **Rationale for Site Selection**

We selected this location for the Nordic spa based on careful consideration of environmental, aesthetic, and community values, prioritizing preservation and enhancement of the natural landscape over more intensive development options. Below are the key reasons for this choice:

### **1. Minimal Environmental Impact**

- The selected area is naturally suited to a Nordic spa due to its rugged terrain and existing vegetation, which lend themselves to a tranquil, immersive nature experience. Unlike other areas on the property, this site requires minimal clearing or alteration, preserving the ecological integrity of the landscape.
- By avoiding construction in sensitive zones identified in the environmental report, we are actively protecting habitats for local flora and fauna.

### **2. Commitment to Sustainability**

- Original plans to construct a driving range in this area would have required significant clearing, leveling, and reshaping of the land, which we have opted to avoid in favor of a smaller-scale, nature-integrated project.
- Boardwalks and pathways will be designed to allow visitors to explore the spa and surrounding areas without impacting sensitive groundcover or wildlife corridors.

### **3. Holistic Integration with Nature**

- The spa's pools and steam rooms will be confined to a compact two-acre area, ensuring the development harmonizes with its surroundings rather than dominating them.
- The architectural design will blend seamlessly with the landscape, using natural materials and sloping roofs to create an embedded, non-intrusive appearance.

### **4. Transportation and Access**

- The project avoids the need for additional vehicle infrastructure by exclusively utilizing electric carts for transportation to and from the spa area. This reduces emissions and preserves the tranquil environment. Bicycle parking will also be available to support sustainable transit options.

### **5. Enhancement of Visitor Experience**

- The location offers unparalleled views of the Okanagan Valley, ensuring visitors can fully appreciate the natural beauty of Vernon while engaging in wellness activities.
- By choosing this site, we create a unique wellness offering that appeals to residents and tourists, aligning with Vernon's goals to enhance both tourism and community wellbeing.

### **6. Commitment to Environmental Stewardship**

- The Rise has a proven history of rehabilitating neglected areas. For example, the transformation of a "dead lake" into a thriving aquatic habitat demonstrates our commitment to improving ecological health.
- This project will follow similar principles, ensuring that any development enhances, rather than detracts from, the environment.

### **7. Strategic Alignment with Vernon's Vision**

- This spa supports Vernon's objectives to promote sustainable tourism, attract wellness-focused visitors, and enhance recreational opportunities for residents.
- By creating a car-free, eco-friendly wellness retreat, we align with regional goals to showcase the Okanagan as a destination that values health, nature, and sustainability.

## **Conclusion**

Our proposed Nordic spa prioritizes the preservation of the area's natural beauty while providing an exceptional amenity for residents and visitors. It demonstrates our commitment to sustainable development, environmental stewardship, and the wellbeing of both people and wildlife. By selecting this location, we can offer a unique, immersive experience that complements the vision of The Rise and supports the broader goals of Vernon as a community.

## **Communication Plan**

Our goal is to be open and transparent with the community and the city as we move forward with our exciting plans for The Rise. While we believe that the spa would add much value and a wellness experience for locals and tourists alike, we want to ensure that all questions and queries are answered immediately. Here are steps we will take to ensure great communication during development:

- Work closely with the city to follow protocol for communications, open houses and engagement
- Create a website that provides the information and updates on a regular basis
- Be available for conversations with concerned or curious parties if they would like a personalized response to questions
- Respond to serious concerns with action plans to help mitigate those concerns or issues
- Create a local strategy that ensures that locals feel welcome and included at the resort. We will have special pricing and offers available for Vernon residents.

## **Footage of the area**

[https://therisegolf-my.sharepoint.com/:v:/g/personal/chad\\_therisegolf\\_ca/EeubbnL5CZtPk-tXN2sIYkYBRipsU1Ys-G5N1ZbtomJoSA?e=JdXcUr](https://therisegolf-my.sharepoint.com/:v:/g/personal/chad_therisegolf_ca/EeubbnL5CZtPk-tXN2sIYkYBRipsU1Ys-G5N1ZbtomJoSA?e=JdXcUr)

**Possible layout** (however this will be updated to include the latest environmental report)



**Additional Information**

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## DEVELOPMENT OVERVIEW

### Development Concept

The proposed Nordic Spa will be located on a 10-acre parcel of land adjacent to The Links Golf Course and Event Centre in Vernon, BC. An estimated 2-acres of the area would be developed for the outdoor and indoor spaces of the Nordic Spa with the remaining land areas to be developed later should stakeholders wish to expand.

The Nordic Spa will be positioned as a year-round outdoor wellness experience combining the grounding and healing benefits of being in nature with the clinically proven benefits of contrast therapy using hydro and thermal elements.

The adult only (16-years and older) Nordic Spa will provide a welcome escape from the rigors of everyday life. The spa will combine ancient rituals and natural spa therapies for maximum benefit. Nordic Spa is not just about beauty; it is about rejuvenation, relaxation, and healing.

Working with the sites distinctive landscape, the spa elements will be positioned to capture the stunning views of the surrounding hills and Lake Okanagan. The Nordic Spa will be nestled into the rolling hills and will capitalize on the unique features of the land to create distinctive zones within the spa.

Meandering boardwalks and paths will connect several zones located within the spa. Each zone will offer the complete hydro and thermal therapy cycle of hot, cold, and rest experiences. The various zones will provide a relaxing and inspiring environment where visitors will be able to enjoy quiet and reflective spaces in some areas, while a communal atmosphere where connection and conversation will be encouraged in other zones.

In addition to the traditional hot and cold experiences, unique elements such as Grounding Caves, Grounding Meditation Pathways, Snow Room, Salt Inhalation Room, Glacier Mud Experience, and Self-Salt Scrub Stations will be offered to further enhance the visitor's well-being and experience.

The Nordic Spa will provide visitors, both residents and tourists alike the opportunity to turn to nature, giving themselves the gift of time to slow down and take time to replenish the rejuvenate their minds, body, and spirit. Existing industry data and current operating knowledge reveals that many residents and tourists visit Nordic Spas multiple times a year, providing a tourism driver to the region throughout all four seasons.

## Development Components

### Main Building

- \* The main and largest building will be located at the North end of the site with proximity to The Rise Event Centre and parking area
- \* This building will include a reception area, retail boutique, female, and male change rooms, as well as treatment rooms
- \* The Change Rooms will provide lockers, showers, restrooms, and grooming stations.
- \* The female change room will feature 195 lockers and the male change room will feature 130 lockers for a total of 325 lockers.
- \* The change rooms will require a minimum of 3,250 square feet as it is recommended to allow for 10 square feet per locker
- \* A total of 10 Treatment Rooms will be offered with two rooms being able to accommodate couple massages. The Treatment Room total area, including staff dispensary, linen storage, guest waiting area and restrooms will be approximately 2,300 square feet.

### Hydrotherapy Experiences

- \* The hydrotherapy experiences are therapeutic water elements at varying temperatures that including pools, waterfalls, and bucket showers
- \* These elements will be located throughout the several zones and include:
  - 2 Hot Pools
  - 2 Warm Pools
  - 2 Cold Plunge Pools

### Thermotherapy Experiences

- \* The thermal therapy experiences offer therapeutic relatively dry wellness experiences including various saunas, inhalation rooms, salt room, steam rooms, cold room, and grounding caves.
- \* These elements will be located throughout the several zones and include:
  - Aromatherapy Steam Room
  - Eucalyptus Steam Room
  - Stone Bath Sauna
  - Infrared Sauna
  - Barrel Saunas
  - Finnish Sauna

### Unique Experiences

- \* To further enhance the visitor's well-being and experience, unique elements will be located throughout the several zones and include:
  - Halotherapy Salt Cave
  - Grounding Cave
  - Snow Cave
  - Glacier Mud Cabin
  - Salt Scrub Station
  - Meditation and Grounding Path Circuit
  - Ice Fountains
  - Cold Bucket Showers

### Resting Experiences

- \* Areas for quiet reflection and even napping
- \* These elements will be located throughout the several zones and include:
  - Indoor Lounge Spaces with Fireplaces
  - Indoor Lounge Spaces with Sound Therapy
  - Outdoor Lounge Spaces (hammocks, swings, yoga platforms)
  - Outdoor Fireside Lounge Spaces

### Treatment Experiences

- \* The Nordic Spa will include 10 treatment rooms with two room offering couple's massages. The treatment rooms will be located with the Main Building
- \* Massage services in 60-minute durations will be offered to compliment the hydro and thermal therapy cycles, aiding in promoting relaxation, rejuvenation, and recovery
- \* Massage services will include:
  - Therapeutic / Deep Tissue
  - Swedish / Relaxation
  - Aromatherapy
  - Hot Stone
  - Shiatsu
  - Reflexology

### Food + Beverage

- \* A vibrant Wellness Café will be located within the spa site providing 50-seats
- \* The Event Centre Food + Beverage team will oversee the creation and delivery of the Wellness Café menu
- \* Fresh, healthy, nourishing, and delicious menu items will be offered throughout the hours of operation at the Nordic Spa



### Proposed Nordic Spa Facilities

	Units	Square Feet/Unit	Total	Capacity
<b>Spa Facilities</b>				
Change Rooms	2	1800	3600	
Reception	1	500	500	
Retail	1	200	200	
BOH	1	750	750	
<b>Total</b>			<b>5,050</b>	
<b>Treatment Rooms</b>				
Single	8	100	800	8
Double	2	150	300	4
Waiting Lounge	1	200	200	12
BOH	1	1000	1000	
<b>Sub-total</b>			<b>2,300</b>	<b>24</b>
<b>Café</b>				
Seating Area	1	1600	1600	50
BOH	1	500	500	
<b>Sub-total</b>			<b>2,100</b>	<b>50</b>
<b>Hydrotherapy + Thermotherapy Facilities</b>				
Saunas	2	200	400	12
Steam Rooms	2	121	242	18
Salt Room	1	150	150	4
Snow Room	1	150	150	4
Salt Scrub Station	1	150	150	4
Glacier Mud Cabin	1	250	250	12
Grounding Meditation Path	1	500	500	
Pools - Cold	2	125	250	21
Pools - Warm	2	420	840	42
Pools - Hot	2	420	840	42
Pool Decks	1	1000	1000	
Lounge Area - Indoor	2	500	1000	31
Lounge Area - Outdoor	2	500	1000	31
BOH	1	250	250	8
Mechanical	1	500	500	16
<b>Sub-total</b>			<b>7,522</b>	<b>245</b>
<b>Total</b>			<b>16,972</b>	<b>295</b>

Source: MacInnis Spa Consulting



### Location Description

Vernon is the commercial hub of the North Okanagan, found nestled in the grassland hills and surrounded by three lakes. Vernon's well-educated population is adventurous, active, and embraces the outdoors. This family-friendly community offers more than 100 lakes within a 1-hour drive, world-class golf, mountain and wellness resorts, beaches and outstanding hiking and biking trails. As of 2022, Vernon's permanent residents numbered approximately 45,000 with an additional 2,000 seasonal residents and a regional population of 90,850. Within a 1-hour drive south of Vernon is the city of Kelowna. Kelowna's population is 143,000.

### Location Considerations

For a Nordic Spa development, the key considerations are:

- \* Access to and from major transportation routes
- \* Minimum of 2 acres for the site allocating at least 1-acre for pools and buildings
  - Additional use of site land allows for complimentary activities including golf, hiking, biking trails, and cross-country skiing on the golf course in the winter months
- \* Closeness to accommodations (Hotels, Airbnb, Cottage Rentals)
- \* Closeness to tourist infrastructure such as restaurants, golf courses, ski resorts, and other attractions

The site location for the proposed Nordic Spa is in Vernon, BC and 1000 feet above Okanagan Lake, with generous land areas and dynamic views. Located 10 km due west of Highway 97 and the town center, this location provides excellent access to and from transportation routes and is 39 minutes from the Kelowna International Airport. The elevation of this location provides the isolation and seclusion and ensures the impact of highway noise and pollution would be minimal.

The total site is 10-acres (only 2-acres to be developed) providing exceptional land areas. The proximity to support amenities and tourist attractions in the area is good and the site will benefit from their vicinity.

The natural topography of the land areas, the elevation, vibrant views, and access to The Rise Golf Course services (water, sewer, power) makes the site an ideal location for a Nordic Spa development.

