



HOTEL
GRAND
PACIFIC

A QUESTION OF BALANCE

Health and wellness at the Hotel Grand Pacific

Located on the iconic Inner Harbour in one of Canada's fittest cities, it's no wonder that health and wellness are priorities at the Hotel Grand Pacific. Whether guests are looking for first-class fitness facilities, a tranquil spa treatment, healthy dining options, or simply a harmonious environment, the Hotel Grand Pacific offers the perfect balance.

Work it out at the Victoria Athletic Club

With complimentary access for Hotel Grand Pacific guests, the on-premise 14,000 sq ft Victoria Athletic Club offers a fitness experience unmatched by other hotels. In a world where "hotel gym" is often synonymous with "broom closet", those serious about working out will be thrilled to discover a 25-metre indoor training pool, a weight room with Paramount strength training equipment and free weights, fully-equipped cardio room, studio space and stretching room. The Victoria Athletic Club is also the first gym in the world to use the revolutionary EcoFit cardio system: SportsArt bikes and elliptical machines harness your workout energy and turn it into electricity that is sent back to the grid, while the system tracks all of your workout metrics for you to analyse online. Guests can also access scheduled fitness and yoga classes at a "drop-in" rate. The Jacuzzi, steam room and sauna offer a great way to unwind after a gruelling workout.

Realign body and spirit at SORA Spa

Guests are first welcomed into the tranquil, Asian-inspired spa with a jasmine-scented towel and a choice from the tea bar. Signature treatments focus on aligning mind and body, and include the Traditional Thai Massage, Thai Stem Massage, Ginkgo Biloba Eye Treatment, and the Tropical Escape: Body Wrap. SORA also offers a variety of traditional massage services with the option of having an RMT conduct the treatment. The spa also features a full range of esthetic services including facials and body treatments using Pevonia Botanica Skincare products.



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See the city by cycle

Known as Canada's cycling capital, Victoria is a fantastic city to tour on two wheels! Hotel Grand Pacific guests can take out one of four Felt "Café Series" city cruisers for up to four hours, free of charge. The bikes can be reserved up to 24 hours in advance, and come with helmets and locks, giving guests the ability to explore the neighbourhoods around the hotel by bike. One of the four bikes has a basket and another comes with panniers, so taking a picnic to one of Victoria's parks or beaches is made easy, and maps showing favourite local routes and stops are also provided.

Fuel your body with healthy dining options

We all know that when it comes to your body, you only get out what you put in! The Hotel Grand Pacific provides guests with the ability to fuel their body with healthy dining options, created using local and sustainable ingredient choices where possible. The Pacific is proud to be part of the Ocean Wise program, empowering guests to make responsible and sustainable seafood choices. Decrease stress while increasing anti-oxidants with the hotel's committed tea program featuring a thoughtful selection of European and Asian tea blends served in a respectful manner.

Balancing Heaven and Earth

While other hotels may thrive on offering frenetic energy, the Hotel Grand Pacific presents a harmonious, relaxing environment, encouraging guests to kick back a little and unwind. This atmosphere is no happy coincidence – the hotel was built according to the principles of Feng Shui, an ancient Chinese system of aesthetics aimed at balancing Heaven and Earth, improving one's life by receiving positive Qi. Spacious public areas offer plenty of places to sit with a book or watch the world go by, inviting guests to find their own balance.

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