



## CONVICTION OVERTURNED New trial for B.C. man accused in 2011 Halloween slaying of teen

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# WELLNESS OPTIONS FOR MARCH BREAK

For those heading out to British Columbia or around the March break, here are some fitness and wellness boosting activities:

### OUTDOOR BOUND

Head to Vancouver Island for some serious snow-based cardio at Mount Washington Alpine Resort — try snowshoeing and Nordic skiing to get the most burn for your buck. Nearby Comox Valley is the ideal place to fill up with food apres ski or stretch it out with yoga at Starfish Studio. Or warm up across the island in Tofino, where the sea is a balmy 15 C year-round. Brave the waves with winter surfing in an extra thick wetsuit or try a lesson with Surf Sisters. Then snuggle up for a spa weekend at The Wickaninnish with an Active Health package for two that includes accommodation for three nights, a hot stone massage each, six yoga classes and two sessions with a personal trainer (from \$1,952).

### GO LUXE

Non-skiers can still get their hearts racing in Whistler with snowshoeing, Nordic skiing or Fat Biking at Whistler Olympic Park (with



Try some "hydrofusion" therapy during March break at The Wickaninnish Inn in Tofino, B.C. KYLER VOS PHOTO

electric assist if you need help to get the bike across the snow). Wellness addicts with money and calories to burn, along with calories, can go luxe at Nita Lake Lodge with a seven night winter wellness retreat that includes accommodation, a fresh-pressed juice each day from Fix Cafe, plus a five-class pass to Nita's on-site yoga studio, Loka Yoga and three spa treatments at The Spa at Nita Lake Lodge.

### HIPPIE HOLIDAY

Sunshine Coast Cheaper than a trip to the Island, the Sunshine Coast has winter wellness covered when it comes to giving your soul a good workout. Get Zen at the Self Realization Meditation Healing Centre in Halfmoon Bay or take a Forest Therapy Walk with guide Haida Bolton. Try a heart-hammering snowshoe along Dakota Ridge with Alpha Adventures and get rewarded with sweep-



Pilates, yoga and spinning classes are on offer at Watermark Beach Resort in Osoyoos, B.C. Visitors can hit the slopes of Mt. Baldy, or just take in the view from their suite. KERRI BREEN/POSTMEDIA

ing views of Mount Washington and Bowen Island on a clear day. Soak tired muscles at Float Sechtel or check into Beyond Bliss Spa Suites for a calming Spring Break in Powell River (from \$135/night).

### WINE COUNTRY

March sees the reopening of winery restaurants such as Miradoro at Tinhorn Creek Vineyards, so it's a good time to burn off the wine-induced calories with a warming Sunset Snowshoe Tour with Hoodoo Adventures from Pen-ticton. The two-hour trek

at Apex Mountain Resort includes a hot chocolate or fresh pressed coffee to refuel as the sun sets. Pump it up a notch and ski off the wine — the reopening of Mount Baldy in the South Okanagan brings another option for winter wellness. Osoyoos' Watermark Beach Resort's ski and stay package (from \$199) includes Mount Baldy lift tickets and access to Breathe Studio for yoga, spinning and Pilates to warm up apres-ski — health and wellness coordinator Kelsi Bissonnette is on-site to help out with fit-

ness plans.

### COQUITLAM CRUNCH

The famous Grouse Grind might be closed but head to Coquitlam for the "Crunch" — the urban version of the Grind that includes 437 stairs and an uphill trail that gains 250 metres in 2.2 km. It's free but it hurts like hell, so crunchers will be feeling the burn in no time. Park off Lansdowne Drive or take the new Evergreen SkyTrain line to Coquitlam Central. See [coquitlam.ca/trails](http://coquitlam.ca/trails). — Postmedia Network

## Travel bits

### Hikers Test Mettle On 1,700-Km Trek

Three extreme hikers have signed up with an adventure travel company to trek the world's highest and longest alpine walking track — the 1,700-km Great Himalaya Trail. The trio will kick off the journey on Feb. 26 in eastern Nepal, and finish 152 days later at the Tibetan borderlands in the far west. They will see all eight of Nepal's 8,000-metre peaks, including Everest.

### Cathedral cops get powers back

An ancient police force that protects one of Britain's top cathedrals has regained its powers of arrest after being stripped of them nearly

80 years ago. The Cathedral Constables at York Minster, one of northern England's most popular visitor attractions, will again be able to apprehend and detain criminal suspects after an agreement was reached between church officials and police chiefs in North Yorkshire county.

The eight-strong private constabulary — similar to the Vatican's Swiss Guards — traces its roots to 1285, but saw its powers usurped in the 1830s with the rise of modern policing. The constables will be unarmed but will carry personal safety equipment including a baton.

### Visit written in the stars

A Sydney hotel has added a celestial twist by aligning its rooms with the astrolog-

ical stars. Australian boutique chain 8Hotels has opened what it heralds as the world's first astrology hotel in the Chinatown district of the country's biggest city. The Ultimo Hotel will offer guests a Sydney experience based on their star signs, as curated by a local astrologer.

### Austrian hotel reveals massive cyberattack

Dozens of guests at a four-star Austrian hotel were caught in the middle after hackers disabled its electronic key system in a ploy to extort thousands in ransom. Incensed managers at the lakeside Romantik Seehotel Jaegerwirt went public with the story as a warning about cybercrime.

The attack last summer, one of three over the course

of the year, shut down all of the hotel's computers, including the reservation system. The hackers were paid "several thousand" euros, the Central European News agency said.

"The house was totally booked with 180 guests," managing director Christoph Brandstaetter said. "We had no other choice. Neither police nor insurance will help you in this case."

The century-old inn on the Alpine Turracher Hoehe Pass is now considering a low tech solution to ward off future cyberattacks: Old-style door locks with metal keys.

### U.K. clamps down on laser menace

Britain has announced new powers aimed at crack-

ing down on the "dangerous" practice of shining laser pens at airplane pilots. Under the new plans — which carry heavy fines and possible jail time — police will only have to prove the offence of pointing a laser, rather than endangerment of an aircraft.

### Stray cow charges golfer at Welsh course

A tourist enjoying a round of golf at a seaside course in Wales was injured after being charged by a cow on the fairway.

The woman in her 60s was badly shaken and suffered bruised ribs in the attack at the Pennard links, described as one of Britain's most picturesque courses. The Cardiff Mail said the woman, visiting from England, was knocked over by the stray

animal while playing with friends at the seventh hole.

"She was lucky," club manager Huw Morgan said. "It could have been much more serious."

Golfers told the paper that wandering cattle have been a problem at the course for years.

But farmers have ancient grazing rights that allow cattle to roam the links, and that "cannot just be extinguished," said MP Byron Davies.

Visiting golfer Ian Leys-hon said it was time the cows were given their marching orders: "It is a tremendous golf course with lots of hazards, but straying animals shouldn't be one of them."

— Andre Ramshaw, Postmedia Network