

NORTHERN BRITISH COLUMBIA



ELISI SPA AND WILDERNESS RESORT

at

Prophet Muskwa at Sleeping Chief





Paradise Shared: Where Wilderness is Still Thriving

Paradise Preserved

Prophet Muskwa at Sleeping Chief is nestled in the midst of the Northern Rockies Provincial Park. This area is often referred to as the “Serengeti of the North America” for its abundance of wildlife. It is almost impossible not to observe wildlife as you travel through our corner of the world. The area's spectacular wildlife consists of eight species of wild ungulates, plus at least seven species of large and medium-size carnivores.

Paradise Shared

With all of the beauty surrounding our home at Sleeping Chief, we decided to open it up to you. The only access into our area is by plane or horse-back. Because of this limited access, traditionally, the remote villages of the north did not have many visitors, so one's arrival was a very special event. Today, we are still eager to extend a warm welcome and share our hospitality.

At Sleeping Chief, like all Prophet Muskwa properties, staff members take their duties very seriously, devoting their time and energy to the happiness and comfort of their guests. The smallness of the group (no more than 25 guests at one time) allows guests maximum use of the facilities and the opportunity to savor all the privacy and seclusion that the Prophet Muskwa at Sleeping Chief has to offer. Guests get to know the staff and enjoy the warm feeling of being a part of the family. The staff responds with unequalled service based on genuine care and friendship.

Join us....and Enjoy!

The facilities include a main lodge with private en suite guest rooms, a guest lounge with an enchanting stone fireplace, a dining room, kitchen, an indoor exercise studio with the latest in exercise equipment and a ballet bar. The Elisi Spa has separate rooms sequestered for body treatments, herbal wraps and massage.

Accommodations: Muskwa Lodge and Elisi Private Cottage



We have planned a variety of lodging facilities to offer individualized service to each guest who comes to stay. All of our lodging includes three fully prepared meals every day, dinner includes house wines, beer and ales. Our goal is to make your stay comfortable and memorable!

The Muskwa Lodge Private Rooms

Our private en suite guest rooms are each named after the creatures of the wild — Ram's Roost, Wolves Den, Caribou Corner, Elk's Wallow, etc. These rooms offer the utmost in comfort and privacy. Each morning you can awake and walk out onto the veranda to see the spectacular Rocky Mountains waking with you. Enjoy your choice of two twin beds or a luxurious king, two of our rooms are perfect for families featuring a Queen bed, twin bed and pull-out futon couch. Your private bath is complete with all of the necessities of home. Decorated with the subtle colors of nature

and complete with log interior, you will feel like you are in your own private log cabin getaway.

We offer two rooms with a shared bath; these rooms offer the feel of a quaint bed and breakfast, your stay is in the main lodge right off our beautiful study with a floor to ceiling wood-burning stone fireplace. Enjoy the delicious aromas emanating from the kitchen in the mornings and the delight of having the main lodge to yourself after hours.

The Elisi Private Cottage

Set away from the main lodge for the ultimate in privacy our two-bedroom private cottage is the choice for honeymooners or those clients seeking a secluded stay. Private services including in-room massage and private dining make this the ultimate in luxury.

Elisi Signature Spa Experience



Every guests stay is individualized and personal. Upon check-in each guest will be assigned a personal guide to enhance and complete the stay. Your personal guide will help design a program for your stay that incorporates the activities and pursuits that you want and that attain the goals you would like to reach. Every Elisi experience is structured to the individual. Activities, meals, and lectures are organized with the guest in mind. Your stay includes accommodation in one of the Muskwa Lodge rooms or the Elisi Private Cottage. All meals are included and are prepared per your request and to your specifications. Daily continental breakfast may be delivered to your room by request and gourmet sack lunches for all day outings are provided. Dinner includes house wines, beer and ales. We are pleased to offer Mission Hill Family Estate wines, voted the Canadian Winery of the year in 2001. Your stay also includes all activities and treatments at the Elisi Spa. Enjoy your stay with us, leave the planning to your personal guide, leave the cooking to our trained kitchen staff, and focus on your relaxation and let us take care of you.

June 1 to June 8	\$2,899
June 22 to June 29	\$2,899
July 13 to July 20	\$3,299
August 3 to August 10	\$3,499
August 10 to August 17	\$3,499
September 7 to September 14	\$2,899
September 28 to October 5	\$2,599

Prices are per person based on double occupancy.
Additional dates are available.

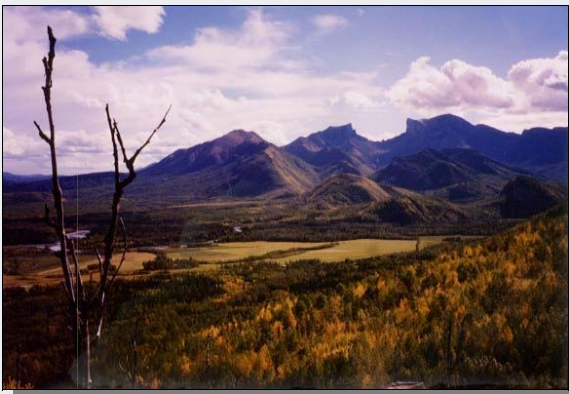
Earthly Renewal

Earthly renewal offers the senses the perfect balance between stimulation and relaxation. Upon arrival, settle into your private room, relax on the veranda and breathe in the fresh air that surrounds and engulfs you. Prepare yourself for the week ahead



and share in the excitement and the natural high that the surrounding landscape offers. The body needs constant renewal; discover what mother nature intended while indulging in the basic pleasures that the earth has to offer you. Each day explore the nature that abounds in our corner of the world — search the river's edge for mineral deposits and interesting rock formations as you hike the Muskwa River Path in search of one of the many mineral licks that animals inhabit. Enrich your body with organic mud wraps and facials, awaken your body through flora and fauna expeditions, hiking and horseback treks, and renew the body through meditative yoga, T'ai Chi and other mind-body workouts. At the end of the day, stroll through the surrounding fields, taking in the twilight scents and wind down for a restful night of sleep.

Elisi Refresher



Air is the basic necessity that every human needs for survival. Indulge your senses in a week that focuses on the space around you; explore the mountain top gales with Heli-hiking (extra charges apply) where you can see the spectacular Rocky Mountains from the perfect vantage point, take a midnight trek to view the

Northern Lights; indulge in customized aromatherapy blends for your body treatments and massage. Focus your stay on the refreshing beauty that surrounds you, envelops you and is you. Reside in one of our private lodge rooms with views of Sleeping Chief. Awaken and begin your day with deep-breathing meditation to enhance the flow of oxygen through the body, feel it invigorate you and push you outside where the breeze brings freshness to your nose tip. Experience higher altitudes as you hike along the crest of a nearby mountain ridge and enjoy the aromas of freshly made meals that comfort and sooth you into the evenings and enjoy relaxation to its fullest.



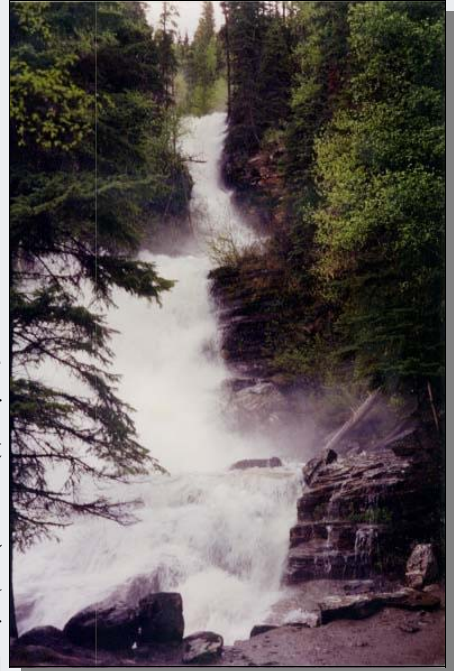
Muskwa Vigor

The vigor of life keeps the heart pumping, the blood flowing and our minds healthy and strong. Incorporating heat as the element of choice to stimulate the senses and enhance oxygen and blood flow in the

body is the essence of the Muskwa Vigor. The vitality that one experiences through activities that draw on heat as the primary ingredient. Your week will assimilate all of the elements of heat. Begin your visit with a Paprika facial and body treatment and feel your blood rush to the surface of your skin and leave you glowing for the rest of the week. Indulge in a true cowboy cookout where you sit before a bonfire and feel the warmth of fire. Hide away in the sweat lodge and let the heat sweat away the toxins and impurities leaving you luminous and spirited for your return home.

Cool Sensations

Water enjoys the reputation of the most healing property. We use it to replenish our nutrients, to hydrate our bodies, to soak away a bad day and to train our bodies. It is these activities that Cool Sensations is focused upon. Begin your day with an ice-water hike along the Muskwa River. Listen to the flow of water, feel the rush and awaken your inner child. After a long hike pamper your feet in a rejuvenating barefooted mud treatment followed by a paraffin pedicure. Allow your personal spa guide to treat you to the natural powers of a rainwater facial and hair treatment. Go on a jet-boat excursion and feel the wild side of water. Return to the lodge and unwind at the end of the day with a hydrotherapy bath and let the jets flow over you. Tonight you will sleep well.



Romantic Pursuits



S imagine. Time alone, away from daily stresses, just you and your loved one, sharing time to yourselves and no one else. Your stay begins when you check into your private cottage set away from the main lodge to maintain the utmost in privacy and seclusion. Enjoy private access to the hot tub from your back porch, book the entire spa for an afternoon of couples sessions and treatments where no one will disturb you and the only interruptions are made at your request. Your personal guide will escort you by horseback to your own private picnic spot and return upon your request to escort you back to the lodge. Here you can indulge in a picnic personally prepared for your tastes. Enjoy the nature that surrounds you. Explore the area around the lodge with hikes and jet boat excursions. But most of all, take the time to just be. Be with your loved one. Be in the middle of serenity. Be yourself. Join us for a week filled of romantic pursuits.

June 1 to June 8	\$6,499
June 22 to June 29	\$6,499
July 13 to July 20	\$7,599
August 3 to August 10	\$7,799
August 10 to August 17	\$7,799
September 7 to September 14	\$6,499
September 28 to October 5	\$6,299

Prices are per couple based on double occupancy in the Elisi Private Cottage. Additional dates available.

Muskwa Challenge



June 1 to June 8	\$3,195
June 22 to June 29	\$3,195
July 13 to July 20	\$3,395
August 3 to August 10	\$3,395
August 10 to August 17	\$3,395
September 7 to September 14	\$3,195
September 28 to October 5	\$3,195

Prices are per person double occupancy. Single supplement of \$575.

Days 1 & 2

Richards Creek: rendezvous in Ft. St. John and transfer by plane to Richards Creek located in the Muskwa-Kechika National Park, often referred to as the ‘Serengeti of the North’; enjoy the sunset over the landing strip as the elk and moose population come in to say good evening; join your personal guide and wrangler as you head with your pack-string to the Hot Springs viewing moose, bears, mountain goats and other wildlife along your trip; enjoy a gourmet campfire dinner before retiring to your cabin for the night.

Days 3, 4 & 5

Muskwa River: make your way from the Hot Springs to the Muskwa River and continue your journey downstream; hike along Beaver Creek and become one with the nature that surrounds you; continue on to a remote alpine lake to view snowcapped Rocky Mountain peaks; overnight at Grizzly Lake and leave your pack string behind as you hike back to the Muskwa River and pick up your canoe and cruise the river where wildlife surrounds you and your personal guide directs you to the points of interest; all the while making your way toward the ultimate destination a true Wilderness Resort with all the modern amenities.

Days 6 & 7

Sleeping Chief: the new *Prophet Muskwa at Sleeping Chief Wilderness Resort*, this luxurious, full-service resort offers the Elisi Spa for the perfect pampering after all of your hard work; the resort is nestled in the Muskwa River valley with pristine views of Sleeping Chief Mountain; opt for a body treatment in the Elisi Spa, relax on the deck or adventure out on a jet-boat excursion; enjoy a final night at the Muskwa Lodge for your last gourmet dinner in the heart of the Northern Canadian Rockies where true wilderness is thriving.



Corporate Services

S In today's harried corporate climate there are times when your team needs to get away from the hustle and bustle and into isolation -- away from day-to-day distractions -- to tackle your agenda. The ability to get away stimulates a team into higher creativity, better brainstorming and enables a team to come together as a true team, even for a short while. Our facilities are ideal for a team of 16-20 individuals. We have full conference facilities including white boards, overhead projector, TV/VCR, fax capabilities, buffet service during meetings and informal meeting space. We can customize a corporate package for you. Depending on the time of year we have several options for team building activities. Give us a call to discuss your individual needs.



Packages available from \$250 per person.

Holiday Packages

The holidays at Elisi Spa & Wilderness Resort are a festive and special time. Open for Thanksgiving, Christmas and New Year's weeks, the lodge caters to creating family memories to last a lifetime. Days are filled with winter activities like snowshoeing, snowmobiling, sleigh rides and ice-hikes. Return to the lodge for hot cocoa and a soak in the snow-surrounded hot-tub and watch the wintering elk on Little Sisters mountain right in front of you. Enjoy spa treatments that recreate all the scents of yesteryear peppermint pedicures, sugarplum facials, eggnog hydrotherapy. Spend your holiday week with us and build a family memory for years to come.

November 24 to December 1	\$3,499
December 22 to December 29	\$3,499
December 29 to January 5	\$3,499

Sleeping Chief Activities

Equine Familiarization Join our wranglers for a session on how to be comfortable around horses. Includes grooming, saddling, proper riding form (for both you and your mount). A great way to start your trail riding adventures.

Trail Ride Cookout Enjoy a scenic trail ride and BBQ lunch at Moose Maggie's Meadow. Enjoy the incredible beauty of the mountains and valley's on your favorite stead.

Sunset Trail Ride After dinner mount your horse and ride at dusk to view the scenery in yet a different light. See the wild game grazing on the hillsides and listen for the call of the wild. A relaxing way to end the evening.

River Boat Tour An exciting jet boat ride up the Muskwa River. Catch a glimpse of big game while the river scenery awes you. Dress warm. Weather permitting.

Trail Hiking Beginner, Intermediate and Advanced. Hike with a resident guru to explore the region and get back to nature.

Flora & Fauna Hike Explore trails and identify plants, trees, rocks and animals as you take in the fresh air and beauty.

Campfire Stories Sit around the campfire sharing stories from your exciting day, roast marshmallows and listen to the wildlife. If you are lucky perhaps an elk, wolf or coyote will share his story as well.

Lawn Sports Volleyball, croquet, badminton, lawn bowling and horseshoes. Get the staff to join you for great get to know each other fun.

Heli-Hiking or Heli-Tour Can be arranged depending on weather for an additional charge. An unbelievable way to see the Canadian Rockies.

****Other Activities and projects scheduled on a seasonal basis.****

Sample Menu

Prophet Muskwa at Sleeping Chief is proud of its outstanding cuisine; our guests are always amazed at our versatility. Offering the freshest ingredients, some picked right from our own garden. Breakfast is served from 7:00am daily so that guests can pack in a full day. Satisfying lunches are available in box lunch form to take with you for that all day hike or horseback ride. We are always amenable to providing menu alternatives for guests on restricted diets.

Dining will be a memorable highlight of your Prophet Muskwa adventure from light hors d'ouvres served nightly in the Muskwa Lounge to the beautifully presented entrees and desserts in the Muskwa Dining Room, you'll enjoy our chefs delicious dishes. Let us recommend a bottle of wine from our fine selection or enjoy the complimentary house wine.

Prophet Muskwa at Sleeping Chief is featuring British Columbia Winery Mission Hills Wines, 2000 award recipient for best Canadian Winery.

Every meal should be an explosion of tastes and variety, at Prophet Muskwa at Sleeping Chief we offer excellent meals with selections of wild-game, garden-fresh vegetables and herbs and our wine list compliments the dishes to bring out the full flavor of each dish. Below is a sampling of a few of our menus:

Flavors of Oceana

Celery-Root Watercress Salad with Creamy Dijon Dressing
Halibut with Citrus Couscous, Red-Onion Marmalade and Cilantro Almond Sauce
Kale-Cabbage Sauté
Jack Cheese Breadsticks—baked fresh
Ruby Red Rhubarb Cobbler

Flavors of Italia

Caesar Salad with Grated Parmesan
Four Cheese Vegetable Lasagna
Green Beans Provencale
Sourdough Bread with Garlic Aioli
Tiramisu Angel Torte

Flavors of Polynesia

Grilled Pineapple and Avocado Salad
Grilled Chicken with Citrus Salsa
Grilled Leeks Vinaigrette
Minted Peach and Tomato Salad
Cherry Clafouti

BBQ Extravaganza

New York Steaks Grilled to Perfection
Baked Potatoes with all the fixin's
In-the-Husk BBQ Corn
Mama's Best Coleslaw
BBQ Baked Beans
Fresh Baked Rolls—Multi-grain and White
Extra Fudge Brownies
Betty's Baked Apple Crisp