

FOREST BATHING @ ROTARY FRIENDSHIP PARK

- Ever feel refreshed when walking through a forest? That's not by coincidence. Forest bathing is known worldwide to refresh and replenish you. Take a morning or afternoon to just lie down in the forest at Rotary Park.
 599 Macewen Road

YOGA @ GREEN'S SHORE

- What could be more enlightening than yoga along the seashore. There are lots of areas to do your morning routine and strike that perfect warrior pose as the sun is rising or setting.
 464 Water Street

BE SEASIDE WITH BAYWALK BOARDWALK

- Feel the sun on your face as you bask in the fresh air and seaside views. Being outside is good for the soul, and the fresh air of Summerside is your answer to feeding your well-being. Summerside Boardwalk, 7 km stretch.

RED SANDS REIKI

- Reiki is an energy healing art that promotes balancing & harmonizing of physical, emotional, mental, and spiritual aspects for holistic healing. Revel in a Red Sands Reiki experience on the shores of PEI. By appointment only, call 902.888. BOOK(2665).
 237 Campbell's Way, Borden-Carleton

THE PADDLE SHACK - From Paddleboards, SUP Yoga, Kiteboarding and Bikes. The Paddle Shack has got you covered. Rentals, tours, lessons and guides - The Paddle Shack has everything you need from exploring the water to the land. Check out their website for rental or lesson details - suppei.ca .
 368 Water Street

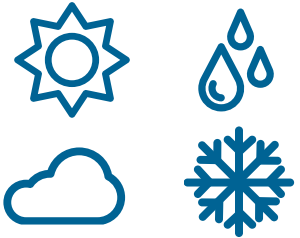
SUMMERSIDE FARMERS MARKET

- The perfect way to experience everything local. An eclectic group of local farmers, food producers, artisans and performers. The Summerside Farmers Market is full of local goodies. Bring your own bag and fill it with picnic goodies before you head on your day trips, or shop what PEI has to offer when planning your meals. Open Saturdays 9am - 1pm.
 250 Water Street

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WEATHER



SPENDING MONEY

BUDGET	SPENT	REMAINING