

Explore Summerside's Health & Wellness Winter Itinerary



SUMMERSIDE FARMERS MARKET

The perfect way to experience everything locally made. An eclectic group of local farmers, food producers, and artisans. The Summerside Farmers Market is full of local goodies. Bring your own bag and stock up on fresh ingredients, preserves, and treats to enjoy at home, or shop what PEI has to offer when planning your meals. Open Saturdays 9 AM - 1 PM. [250 Water Street.](#)



CREDIT UNION PLACE

Credit Union Place offers a multi-sport facility that's great for injecting some movement into your day, regardless of the season's weather. Besides its well-known Aquaplex and The Lanes bowling alley, Credit Union place also has numerous fields and courts for the public to use like:

A multi-sport artificial turf field used for soccer, tackle football, and flag football. [511 Notre Dame Steet.](#)



ART BUDS

How about some art therapy to free your mind and soul? Drop in for a daily creative drop-in activity, or check out their website to find a fun and creative workshop! If you're not feeling like getting your hands dirty, you can always just browse the local art. Who knows, you might just find a special treasure that speaks specifically to you! [329 Water Street.](#)



SNOW YOGA AT GREEN'S SHORE

Take to Green's Shore for some rejuvenating outdoor stretches! Bundle up in some snow gear, grab a travel mug with some hot tea from Samuels for an extra touch of comfort, and start stretching in the brisk air. It's the perfect way to energize your body while calming your mind and soul. [464 Water Street.](#)



GET YOUR PAMPER ON

Treat your hair to some care at Inca Glow Out Bar & Boutique! Featuring a treatment system your hair is sure to love you'll feel pampered and healthy! Alternatively, get a cut, beard trim, or shave at The Humble Barber! Have a drink while the Humble gang take care of you! Looking for a deep tissue massage, mani, pedi, or more? Don't miss visiting Mint Spa and enjoying their Aveda spa services! [Inca Glow Out Bar & Boutique \(345 Water Street\), Humble Barber \(368 Water Street\), Mint Spa \(505 Granville Street\).](#)

BE SEASIDE WITH BAYWALK BOARDWALK

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



GET YOUR PAMPER ON...AT HOME

Rather treat yourself at home? Gather up some home self-care kits! Home is Here has some delicious smelling candles, herb pillows, and room sprays to set the scent scene for you! Celtic Mist has everything you'll need to cleanse your energy with sage, incense, crystals and essential oils all available for purchase. [Home is Here - 250 Water Street, Celtic Mist - 209 Water Street.](#)

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 stroll among the forest trees and snowflakes at Rotary Park. [599 Macewen Road.](#)

