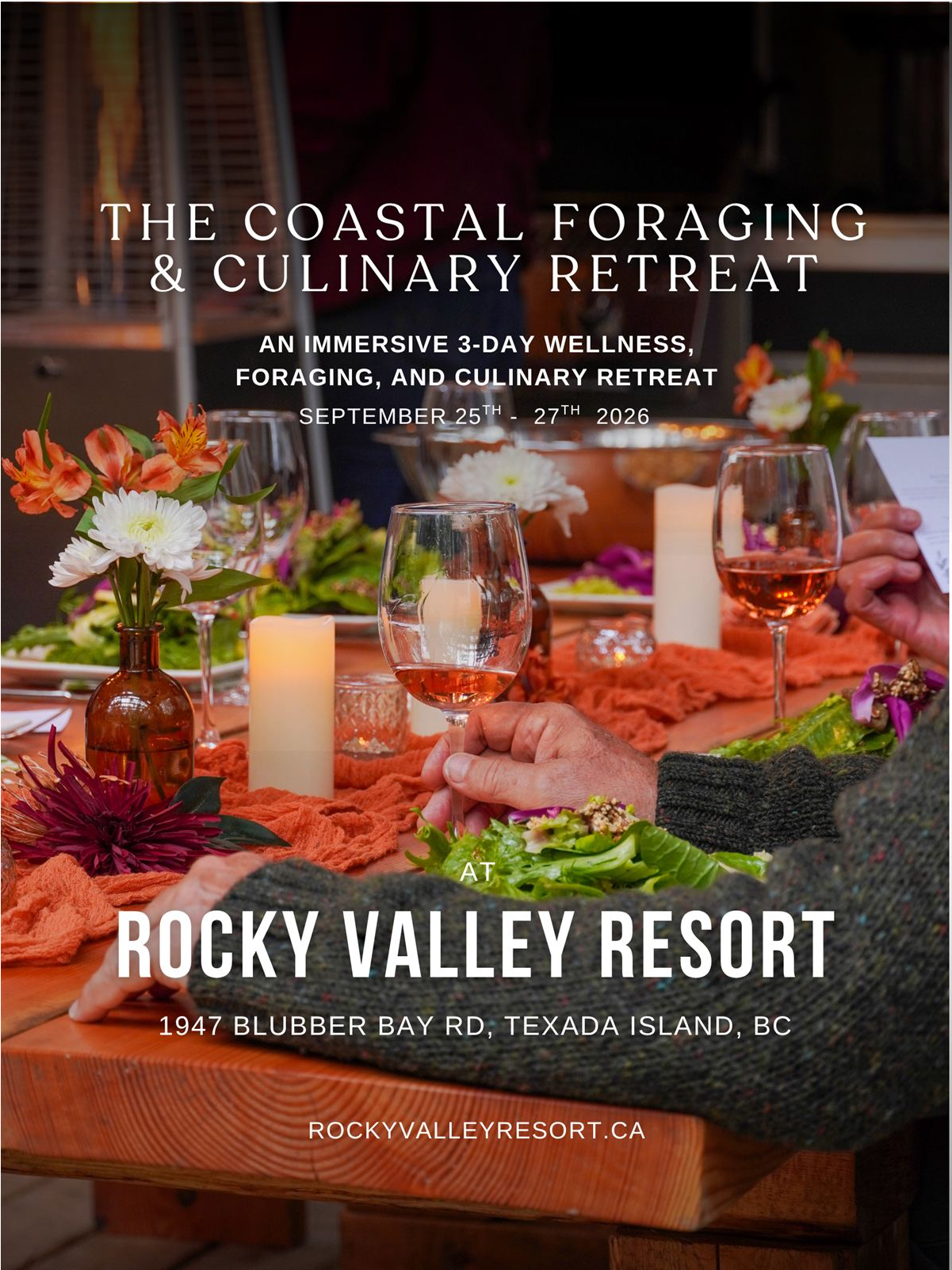


A photograph of a dining table set for a meal. In the foreground, a person's hands are visible, holding a glass of red wine. The table is decorated with a small vase of orange and white flowers, a lit candle, and a plate of food. The background is slightly blurred, showing more of the table and the interior of the resort.

THE COASTAL FORAGING & CULINARY RETREAT

AN IMMERSIVE 3-DAY WELLNESS,
FORAGING, AND CULINARY RETREAT

SEPTEMBER 25TH - 27TH 2026

AT

ROCKY VALLEY RESORT

1947 BLUBBER BAY RD, TEXADA ISLAND, BC

[ROCKYVALLEYRESORT.CA](https://rockyvalleyresort.ca)

The **Coastal Foraging & Culinary Retreat** is a three-day, all-inclusive experience at Rocky Valley Resort on Texada Island — where the forest meets the sea, and every meal tells a story.

WATCH THE LAST FORAGING RETREAT VIDEO

Led by expert forager **Alexander "Biko" McNaughton** and certified wine sommelier **Lucia Capretti**, you'll harvest wild treasures from the shoreline and forest, learn to cook what you've gathered, and pair it all with world-class wines — surrounded by old-growth trees and ocean air.

SEPTEMBER 25 — 27, 2026
ROCKY VALLEY RESORT • TEXADA ISLAND, BC



Your Three Days

1

Arrive & Unwind

Check into your A-frame or tiny home cottage. Tour the property, then ease into your first forest spa session — saunas, cold dip tubs, and the cedar hot tub under the trees.

2

Forage, Cook & Feast

A full day in the wild. Morning forest foraging for mushrooms, berries, and edible plants. Packed lunch on the beach. Afternoon beach harvesting. Then a hands-on cooking class where you transform the day's finds into a farm-to-table dinner, paired with sommelier-selected wines by the fire.

3

Spa Day & Explore

One more forest spa morning. Late checkout at 4 PM. Add a guided 4x4 tour, explore by e-bike, or paddleboard the island's coastline before heading home.



What's Included

- ✓ Full access to all resort amenities & forest spa
- ✓ Guided foraging excursion with Alexander "Biko" McNaughton
- ✓ Hands-on cooking class & sommelier-led wine education
- ✓ Select meals: Pizza night on Friday, lunch & supper on Saturday
- ✓ Curated welcome gift basket & spa kit (sauna hat + electrolyte)

RETREAT PRICING

Cottage + \$550/person

Book your preferred cottage (sleeps 2–6), plus \$550 per person for the full foraging retreat package.

SELECT YOUR COTTAGE

BOOK NOW • 778-581-6744

or email us at rvttexada@gmail.com

Rocky Valley Resort

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rockyvalleyresort.ca

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