

Relax and Recharge: Your Sudbury Recovery Guide

After two full days of competing, it's time to relax and unwind. You've earned it.

Treat Yourself at the Spa

Book a rejuvenating service at [Ezentials Wellness Escape & Eco-Luxury Spa](#) or [La Renaissance Day Spa](#). Whether it's a therapeutic massage, a refreshing pedicure, or a Nordic spa experience at Ezentials, it's the perfect way to soothe tired muscles and recharge your spirit.

Get Outside and Breathe Deep

Ease into the day with a peaceful walk-through [Lake Laurentian Conservation Area](#) or [Kivi Park](#). These scenic trails offer a gentle way to reconnect with nature and stretch your legs at your own pace. Want to get out on the water? Kivi Park offers kayak, canoe and SUP [rentals on Crowley Lake](#) at the back of the park.

Note: Trails range in difficulty and length. It is recommended to consult a trail map before heading out on the trails. Wear proper walking shoes. [Lake Laurentian Trail Map](#) , [Kivi Park Trail Map](#)

Raise a Glass at 46 North Brewing

Head to [46 North Brewing](#) and enjoy locally crafted beer in a relaxed, friendly setting. Whether you're into lagers, IPAs, or something a little lighter, 46 offers a rotating menu of seasonal beers and seltzers. There's something refreshing waiting for you. Maybe take a few pops home as souvenirs.

Dip Into the Calm at Our Blue Flag Beaches

Let the fresh waters of Bell Park or Moonlight Beach wash your worries away. Both beaches are [Blue Flag certified](#) for their cleanliness and accessibility, ideal for a relaxing afternoon with your feet in the sand or a lakeside read.



**Sudbury
2025**

Ontario 55+
Summer Games
Jeux d'été de
l'Ontario 55+

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Sudbury