



THE SENTINEL

LODGING, FOOD & FACILITY CATALOGUE

WE ARE THE SENTINEL

**This is not a venue.
It is a field for transformation.**

At The Sentinel, hosting an event is a co-creative act.

We partner with facilitators, leaders, and organizations to bring meaningful experiences to life held in nature, supported by an expert team, and designed with intention in every detail.

Set on the shores of Kootenay Lake, The Sentinel offers a rare combination of privacy, natural beauty, and refined comfort. Here, space becomes more than physical; it becomes a container for connection, clarity, and change. When you host at The Sentinel, you are not simply booking a property.

You are creating an experience your guests will carry with them long after they leave.



WHY HOST AT THE SENTINEL

A place where every element is designed to support the work.



SAFE & CONFIDENTIAL

A private, protected environment where guests can fully arrive, open, and engage without distraction.



EXPERT TEAM

Our on-site team brings deep experience in hosting retreats and events, supporting you seamlessly from arrival to integration.



COMMUNITY ACCESS

You step into a space already rooted in intention, care, and shared values—enhancing the depth of your offering.



LUXURY SETTING

Refined accommodations, thoughtful design, and natural surroundings create ease without excess.



GOURMET MEALS

Nourishment is part of the experience. Every meal is crafted to support energy, clarity, and wellbeing.



SPECIALIZED TREATMENTS

Optional wellness offerings allow you to deepen and customize your guests' experience.



FACILITIES

Spaces designed to gather, reflect, and transform.



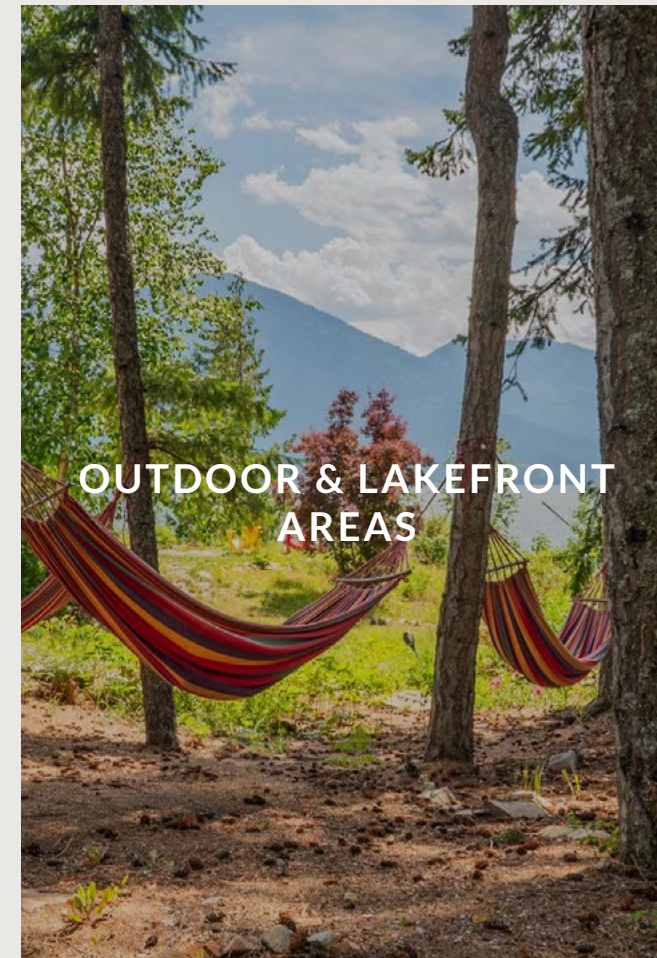
THE LODGE

A warm, central hub for connection. The great room and dining space invite conversation, integration, and shared experience.



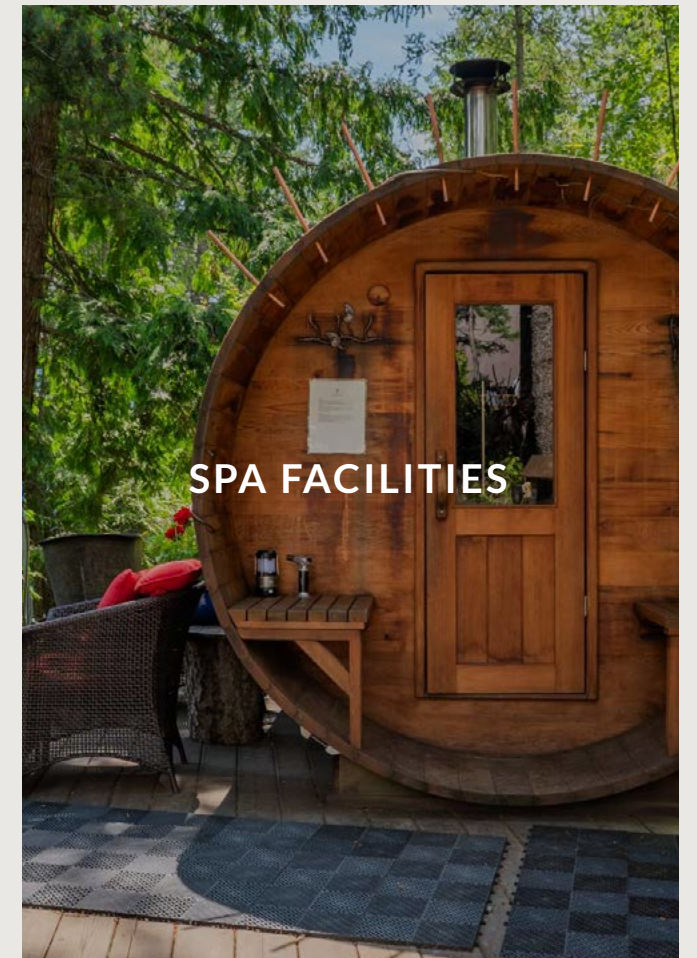
THE MALOCA

A purpose-built ceremonial and gathering space accommodating up to 40 guests. Flexible in configuration, grounded in presence.



OUTDOOR & LAKEFRONT AREAS

Expansive natural surroundings for reflection, movement, and connection to the elements.



SPA FACILITIES

Hot tub, sauna, and cold plunge available 24 hours for your group. A place to reset, regulate, and restore.

LODGING / ACCOMMODATION

Rest is part of the work.

Our accommodations are designed to support deep rest and comfort while maintaining a connection to nature.

- Thoughtfully designed rooms with en suite features
- Heated floors (bathrooms) for year-round comfort
- A mix of private and shared configurations
- Pet-friendly options available

Each room offers a quiet, grounded space for your guests to recharge and integrate.



ACCOMMODATIONS: THE ANNEX & PRIVATE ROOMS

1. The Annex (General)

Discover five private, serene guest rooms, each featuring a King-size bed that can be seamlessly converted into two twins to suit your needs. Every room offers a stunning lake view and its own private ensuite washroom—all located just a short, peaceful stroll from the main lodge.

2. The Main House & Annex View

Sink into the comfort of the lodge's welcoming shared spaces, perfect for enjoying your morning coffee or tea. Step out onto the patio to take in breathtaking views of glacier-tipped mountain peaks and the pristine waters of Kootenay Lake.

Room Features & Layout

- **Standard Suite:** Every private suite is a masterclass in serene design. With expansive windows framing the lake, a dedicated workstation, and a minimalist aesthetic, these rooms provide a clutter-free environment to help you decompress and focus on what matters.
- **Views & Privacy:** Let your eyes rest on the water from the comfort of your bed. For moments of deep integration, our privacy blinds ensure your room remains a secluded, settled sanctuary.
- **Ensuite Amenities:** Enjoy the refined comfort of guest-controlled heating and ensuite bathrooms featuring heated floors. High-quality Turkish towels are provided for use at the spa and lake. Each room also includes a streamlined desk, perfect for journaling or light correspondence.
- **Forest Setting:** The Sentinel is defined by its serene surroundings and profound stillness. Tucked between the forest and the lake, it is a space designed for unplugging from the digital world and tuning into the healing presence of the mountains.

Bedding Flexibility

- **Twin Conversion:** For guests traveling together, our rooms offer total flexibility. This setup shows how the king bed can be seamlessly separated into two comfortable twins, providing a personalized sleeping arrangement without sacrificing the room's serene feel.
- Each room is equipped with a King-sized bed that can be adapted to a twin.

SEE THE FOLLOWING PAGES FOR DETAILED MAPS AND PHOTOGRAPHY OF THE ROOMS AND SPACE.

3. Gathering Spaces & Amenities

Annex Rooftop Patio

Perched atop the Annex, this spacious rooftop patio features a large picnic table perfect for group gatherings. It's an elevated spot to soak in the panoramic lake views and enjoy the fresh mountain air with fellow guests.

Lobby Lounge Patio

Just outside the main lobby, this patio features comfortable couches designed for deep relaxation. It is an ideal spot for lounging in the fresh air, offering a smooth transition between the warmth of the lodge and the beauty of the outdoors.

Lobby & Picnic Area

Located near the office lobby and guest services, this social hub is perfect for communal picnics. It is also the best spot to meet our friendly resident cats, who love to greet guests as they settle into the heart of the property.

Lake Access & Kayaks

Dive into the refreshing, glacier-fed waters of Kootenay Lake. Guests enjoy full access to the shoreline, with on-site kayaks available free of charge—perfect for a peaceful morning paddle or exploring the beauty of the coast at your own pace.

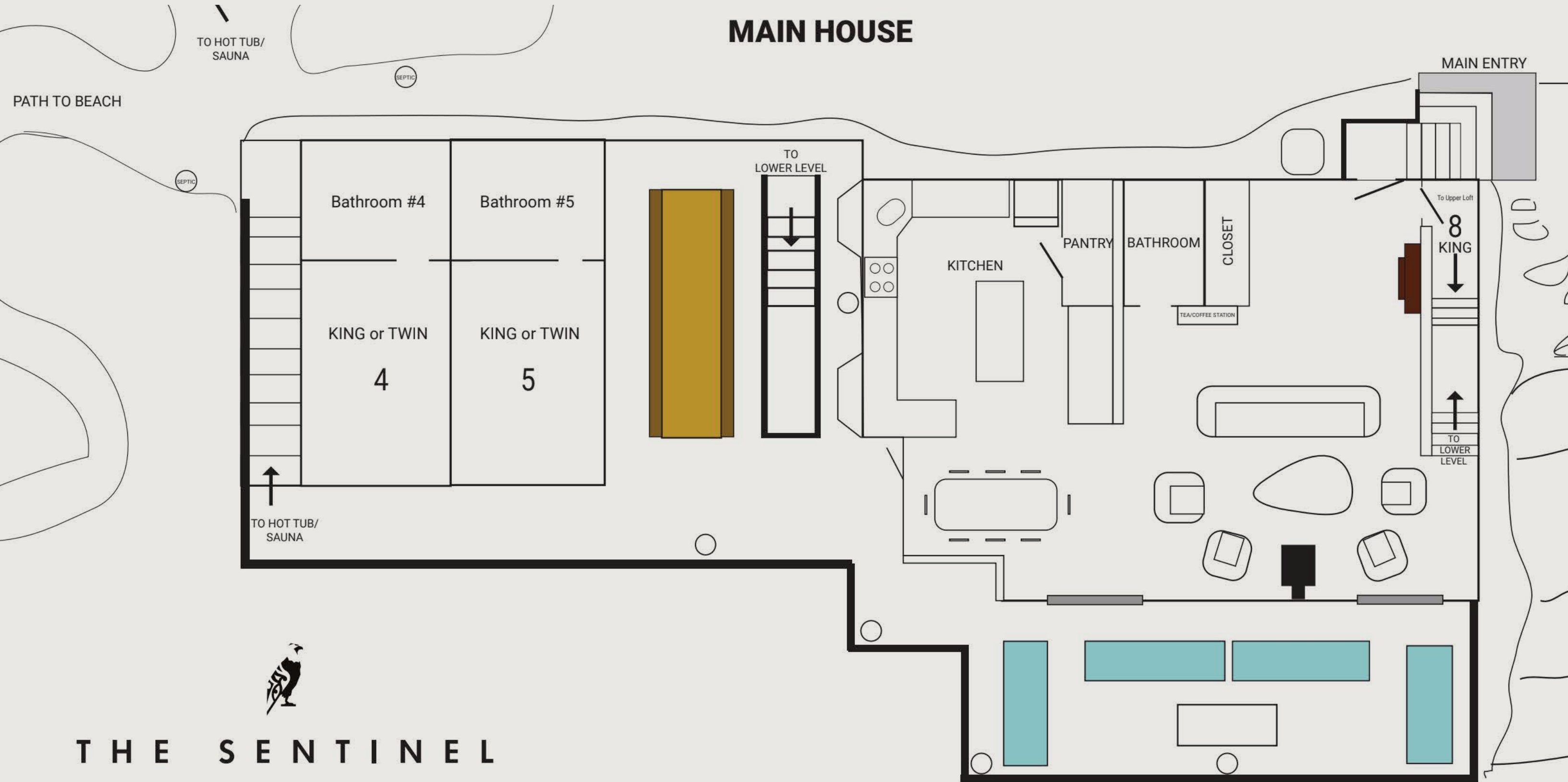
The Maloca

The Maloca is a grand, circular sanctuary built for connection. As our premier event space, it hosts transformative retreats, workshops, and special events. When not in use, it remains a serene space for guests to enjoy yoga and meditation.

Sun Chairs

- **Atmospheric:** These sun chairs offer a front-row seat to the lake's calm. It is the quintessential spot for afternoon tea or getting lost in a book.
- **Relaxation:** Sink into stillness in our lakeside sun chairs. Perfectly positioned for quiet reflection while the beauty of the Kootenays unfolds before you.
- **Tranquility:** Your private sanctuary for tea and a good book. These chairs overlook the water, offering a peaceful space to soak up the sun and enjoy the fresh glacier air.

MAIN HOUSE



THE SENTINEL
RETREAT & WELLNESS CENTRE

LOWER LEVEL

TO HOTTUB/SAUNA/BEACH

TO
UPPER
DECK



Bathroom
#1

Bathroom
#2

Bathroom
#3

UTILITY
ROOM2

Bathroom
#6

KING or TWIN
1

KING or TWIN
2

KING or TWIN
3

TO
UPPER
DECK



KING or TWIN
6

Utility
Room

HALLWAY

Laundry
Room

TO UPSTAIRS MAIN ROOM

Closet/Storage

Bathroom
#7

QUEEN
7

MINI
FRIDGE

SUNROOM



THE SENTINEL

RETREAT & WELLNESS CENTRE

ROOMS

Lakeview King Room



Lower Lodge Queen Room 7



Maloca Queen Room 10



Maloca Room 11



Lakeview Twin shared Room



Bathroom



Maloca Bathroom



Maloca

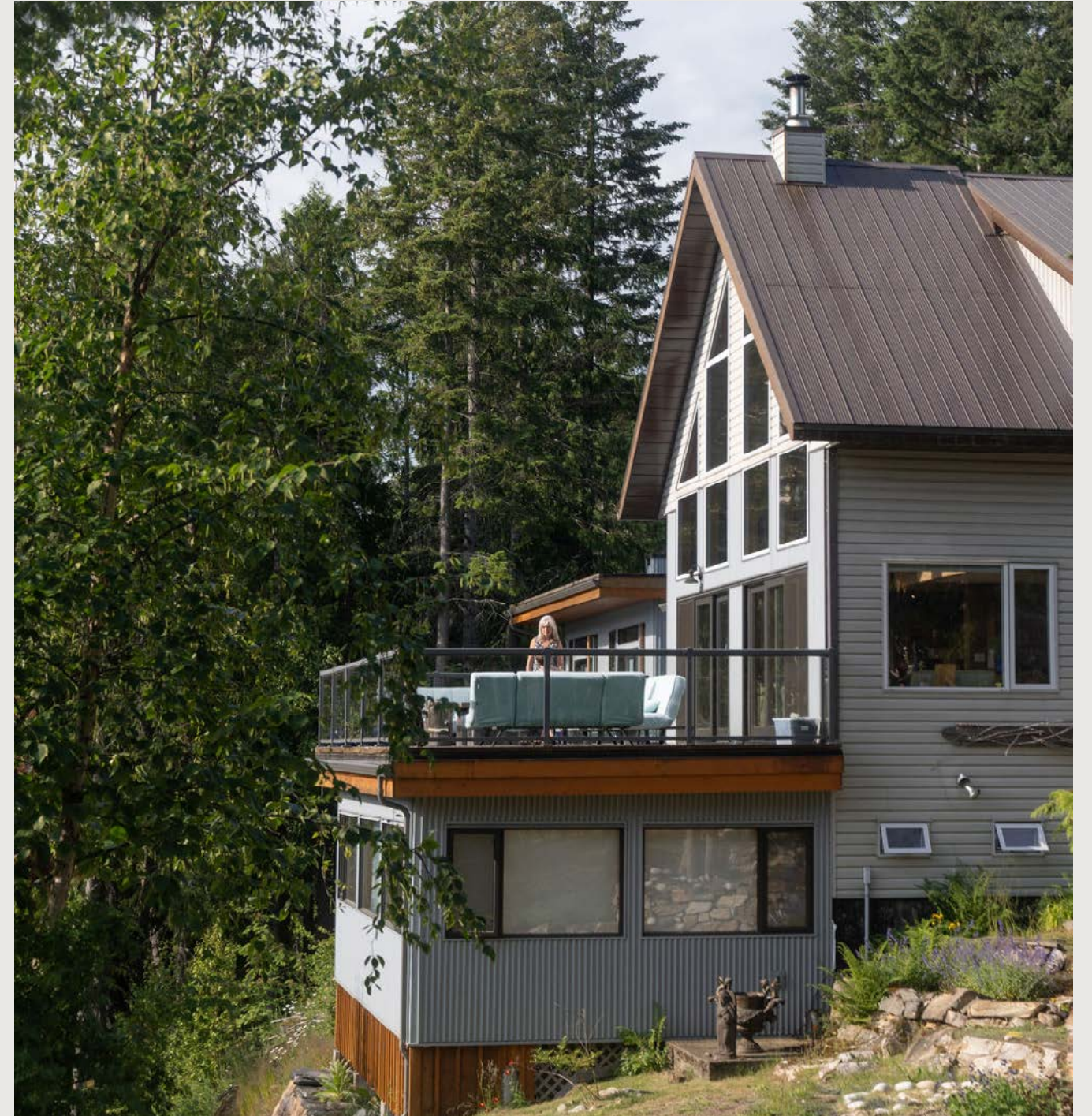


SPACES

The Annex



The Main Lodge



SPACES

Sunroom Glamping 2



Yurt



FOOD & BEVERAGE

Nourishment that supports the experience.

Food at The Sentinel is intentional, balanced, and deeply supportive of the work being done.

DINING PHILOSOPHY

Meals are designed to sustain energy, enhance clarity, and align with the rhythm of your retreat.

SIGNATURE BREAKFAST

A grounding start to the day, prepared with care and attention to quality ingredients.

MEAL PACKAGES

Flexible options including breakfast, lunch, and dinner, with the ability to customize based on your group's needs.



We accommodate dietary restrictions and allergies, ensuring every guest feels considered and supported.

WELLNESS & HOLISTIC ADD-ONS

Expand the depth of your offering.

Enhance your retreat with additional modalities designed to support the body, mind, and nervous system.

- Bodywork treatments
- Holistic therapies
- À la carte or integrated into your program

These offerings allow you to create a more layered, personalized experience for your guests.



HOSTING PACKAGES & RATES

Flexible structures to meet your vision.

We offer a range of hosting options to align with your needs:

- **Full Property Rentals:** Exclusive access to all Sentinel facilities and guest rooms for your group.
- **Day Rates:** Flexible use of our common areas and sanctuary spaces for local workshops.
- **Quiet Season Pricing:** Preferential pricing for retreats held during our most serene time of year (Dec–April).

Detailed rate sheets are available [here](#).

HOW IT WORKS

A clear, supported process from start to finish.

- **Apply**
Share your vision, your audience, and your intention.
- **Create**
We collaborate with you to shape the experience and logistics.
- **Enroll**
You invite your community. We support the structure behind the scenes.
- **Engage**
Arrive, host, and lead, held by a team and space designed to support you.

GETTING HERE

A destination that feels removed—yet accessible.

Located on Kootenay Lake in British Columbia, The Sentinel offers a sense of retreat without being out of reach.

Accessible via regional airports
Detailed transportation guide available
Driving routes and directions provided

Every step of the journey is considered, from arrival to departure.

AT A GLANCE KEY INFO

Capacity

24 guests (Spring/Summer)
22 guests (Fall/Winter)

Access

9:00 am arrival on start date
12:00–1:00 pm
departure on final day

Food

All meals provided in-house
Dietary needs accommodated

Spa Access

Available 24 hours exclusively for your group

AV & Wi-Fi

Projector and speaker available
Wi-Fi available (strongest in buildings)

Support

On-site team available throughout your event

Policies

Deposits required
Cancellation policies apply
Quiet hours: 11:00pm–7:00am



IF YOU FEEL ALIGNED WITH HOSTING AT THE SENTINEL, WE INVITE YOU TO START THE CONVERSATION.

APPLY TO HOST AN EVENT OR CONNECT WITH OUR TEAM TO EXPLORE WHAT'S POSSIBLE.

[APPLY HERE](#)

[CONTACT US](#)