

Prairie Time: A Manitoban Retreat Embracing Slow Tourism and Authentic Travel

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Tourism and Authentic Travel

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Abstract

A travel retreat offers more than rejuvenation - it becomes a space for rediscovering identity and reconnecting with the slower, more intentional pace of life. It lives in the textures of landscape, the rhythms of place, and the stories embedded within regional experiences. This practicum responds to the growing detachment between modern hospitality typologies and the sites they occupy, spaces that often favour uniformity over identity. At the same time, it addresses the reality that Manitoba is frequently overlooked as a travel destination, both by locals and international visitors. Guided by the slow tourism movement and influenced by authenticity and regionalism, this project re imagines the design of a local travel retreat at Pineridge Hollow, located just outside of Birds Hill Provincial Park in Manitoba, as an invitation to rediscover the province’s cultural richness and natural beauty.

Informed by a literature review and supplementary information, this practicum proposes a hospitality typology that is grounded in integrity. Through regional material choices and layered storytelling, the retreat creates a meaningful experience that is visually engaging, emotionally resonant, and deeply connected to Manitoba’s landscape and culture.

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To the Faculty of Architecture and the Department of Interior Design – it is hard to believe this chapter is coming to an end. While it feels bittersweet, I am ready to move forward, grounded in the growth, perspective, and resilience this experience has given me. Thank you to every instructor, TA, and peer who challenged me and supported me along the way. I am leaving not only with a degree, but with a strong sense of confidence in who I am as a designer and a genuine readiness to step into the real world.

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1.

Project Overview

1 . 1

Project Introduction and Rationale

This practicum is a hypothetical interior design project for the design of a local travel retreat at Pineridge Hollow, nestled on the outskirts of Birds Hill Provincial Park, Manitoba. Building upon the site's existing carriage-style house, the project reimagines this rural setting, often overlooked as a tourist destination, as an immersive retreat that captures the essence of Manitoba's landscape, culture, and pace of life. Informed by emerging trends in the slow tourism movement and guided by the values of regionalism and authentic place-based design, the project creates an experience that is experiential and grounded in the unique identity of Manitoba.

As modern hospitality typologies are growing increasingly generic and less site specific, this travel retreat offers an alternative typology, one that is intimately connected to its site and region. Designed primarily for local visitors and slow travel enthusiasts, Manitoba's distinct natural landscapes and rich cultural fabric strongly influence the design and programming of the retreats interior space. Shaped by authenticity, each element contributes to an experience that is not only visually compelling but also emotionally resonant, one that invites guests to slow down, connect, and embrace the spirit of Manitoba in a way that feels both timeless and deeply memorable.

1 . 2

Design Objectives

The following design objectives guide the development of this practicum project, shaping a travel retreat experience that is deeply embedded in place, driven by storytelling, and inspired by mindful pace. The objectives emphasize reimagining a rural setting into a destination that promotes connection: to the land, the community, and oneself. Each objective reflects a commitment to thoughtful, site-responsive design that honours the natural and cultural character of Manitoba.

- **Transform an overlooked rural setting** into a unique travel destination, uncovering Birds Hill’s potential as a venue for an authentic Manitoban retreat that celebrates the province’s heritage, character, and story.
- **Promote mindful, slow travel** by incorporating the slow tourism movement into the retreat’s design, prioritizing ecological stewardship, environmental attunement, and an unhurried pace.
- **Express Manitoba’s regional and cultural identity** through the use of local materials, traditional craftsmanship, and site-responsive design strategies that highlight the province’s landscape and climate.
- **Create spaces that cultivate authentic engagement** through connections with locals and their cultural traditions, enabling visitors to experience Manitoba through spontaneous, unscripted moments.

1 . 3

Questions of Inquiry

Through the process of designing of a local travel retreat, I explored how a retreat can support mindful tourism by incorporating storytelling through experiential, recreational, and educational activities unique to Manitoba. The design seeks to uncover what makes a destination truly appealing to today’s travelers, those who value authentic connections with place, culture, and community. In response to a growing interest in slow tourism, the retreat is designed to encourage travel experiences that support environmental and cultural well-being. Grounded in the belief that tourism should celebrate rather than stereotype, this project uses interior design as a tool to express Manitoba’s regional and cultural identity in an honest and place-based way. These intentions inform the following research questions:

- 1 . What defines an authentic travel experience?
- 2 . How can the slow tourism movement transform travel into a personal storytelling journey?
- 3 . How can the interior design of a travel retreat in Manitoba authentically reflect the province’s regional and cultural identity?

1.4

Research Methodology

This practicum employs a layered research methodology that begins with a theoretical exploration and literature review, followed by a case study analysis to inform the design of a local travel retreat at Pineridge Hollow. This approach is further supported by an in-depth site analysis and programming review to ground the design in its local context.

The literature review examines key concepts relevant to the project’s focus on slow tourism, regionalism, and authentic place-based design. This includes exploring emerging trends in slow travel that emphasize intentional, immersive experiences and mindful connections to place. The review also considers the cultural and natural identity of Manitoba, investigating how design can authentically enhance these qualities through materiality, climate responsiveness, and atmosphere.

Building upon this foundation, a modified qualitative case study method is employed to thoroughly examine Pineridge Hollow as a distinctive rural location, drawing comparisons with similar retreat models that emphasize slow tourism and regional authenticity internationally. This contextual understanding provides valuable insights into best practices and retreat design strategies, helping to inform the development of an interior environment that is intimately connected to its site and reflective of Manitoba’s distinct cultural and natural heritage.

As part of the design programming phase, research was conducted using online databases to better understand the owner of Pineridge Hollow, along with her desires and community values for the Birds Hill region. This provided critical insight into local expectations and helped inform a programmatic approach that aligns with both the owner’s vision and the needs of the surrounding community.

1.4

Limitations

While this practicum project offers a thoughtful and research-informed design solution, limitations have shaped the project’s scope, methodology, and outcomes.

- This practicum project is a conceptual and hypothetical design proposal. As such, it does not engage with real-world budgeting, client consultations, construction logistics, or municipal planning approvals, which would be necessary for implementation in a professional context.
- Due to the academic nature of the project, direct engagement with stakeholders such as local community members, Indigenous groups, or future users was not possible. As a result, some cultural interpretations or spatial needs may not fully reflect the perspectives of those most closely connected to the site.
- Although the design emphasizes the use of local materials and sustainable practices, no formal environmental impact assessments or sourcing verifications were conducted. Material choices are based on theoretical appropriateness rather than confirmed local supply chains or lifecycle analysis.
- While this project strives to celebrate Manitoba’s cultural identity, it does so through secondary research. The absence of formal collaboration with cultural knowledge holders or community representatives presents a limitation in terms of authenticity and accuracy.

2.

||| Theoretical Framework
& Literature Review

2.0

||| Situating Myself

When I began this practicum project, it was important to me to situate myself within the research and acknowledge the lens through which I approached this work. To work in authentic allyship with the local community, including the farmers, makers, and small business owners whose ecological knowledge informs the spirit of place that my project celebrates, I must position myself in the research by acknowledging that I am a White settler woman, living in Canada. I am a cisgender woman, with the pronouns she/her, of Ukrainian and Scottish descent. I am a daughter, a girlfriend, and a friend. I am both a student and a working professional, continuously learning and evolving in my personal and academic journey. I acknowledge that my perspectives and experiences are shaped by my background, privilege, and the histories of my ancestors. I am currently pursuing a Master of Interior Design at the University of Manitoba within the Faculty of Architecture, where my studies focus on the built environment and how design can shape experiences and promote inclusivity.

Within this academic space, I am conscious of the ways in which design has historically been used to exclude marginalized communities. I strive to approach my work with thoughtfulness and a commitment to equity, recognizing that interior designers must critically examine and re-imagine ways of creating more inclusive and accessible spaces. I live, study, and work on Treaty 1 Territory. I recognize the responsibilities that come with this acknowledgment, and I strive to engage with reconciliation not just in words but in action. As a designer, I must consider how land-based knowledge and Indigenous perspectives can inform design decisions, creating spaces that honour and respect cultural heritage. Acknowledging my privileges is essential in grounding my perspective, and this awareness fuels my commitment to approach design with humility, responsibility, and equity.

2 . 1

Introduction

The theoretical framework for this project, illustrated in diagram 1, is derived from the retreat typology and organized into three categories: slow tourism, authenticity, and regionalism - presented as three columns in the framework. The top row of the diagram poses a key overarching inquiry: How can interior design support a more meaningful relationship between visitors, place, and community, and how might a travel retreat act as a catalyst for this shift in tourism culture?

The first column highlights a core movement that shapes the foundation of this practicum: the slow tourism movement, emphasizing deep and slow engagement with place while prioritizing its conservation and preservation rather than its passive consumption. Guests at the retreat are encouraged to participate in indoor and outdoor activities that embody mindful, place based travel. These activities directly inform the interior design of the retreat, establishing a strong connection between outdoor experience and the built environment.

The second column examines authenticity, the second key concept, responding to the 21st-century tourist’s growing desire for meaningful, uncontrived experiences. In contrast to curated or commodified versions of culture, authenticity here refers to experiences that are lived, participatory, and emotionally resonant. The retreat promotes this through intimate spatial scales, opportunities for communal exchange, and activities that

allow guests to co-create knowledge with locals. Whether through storytelling, cooking, crafting, or simply being in nature, authenticity is expressed not only through materiality but through interaction and participation.

The third column addresses the role of regionalism, anchoring the retreat in its Manitoban context, guiding material, formal, and cultural design decisions. Guided by critical regionalism, the retreat is designed to resist placelessness by embracing the specificity of site, climate, history, and tradition. Locally sourced materials, vernacular construction techniques, and references to prairie landscapes help ensure the interior feels grounded in Manitoba’s physical and cultural environment. Rather than imposing a universal aesthetic, the design celebrates difference, responding to what is already present on the land and in the community.

The bottom row of the framework underscores the importance of promoting an authentic and accurate Manitoban identity throughout this retreat. This identity is expressed through a combination of experiential, educational, and recreational storytelling programming that guests engage in, both individually and collectively with others. These activities are curated to reflect Manitoba’s unique environment, culture, and heritage, ensuring that the retreat offers an immersive and regionally grounded experience.

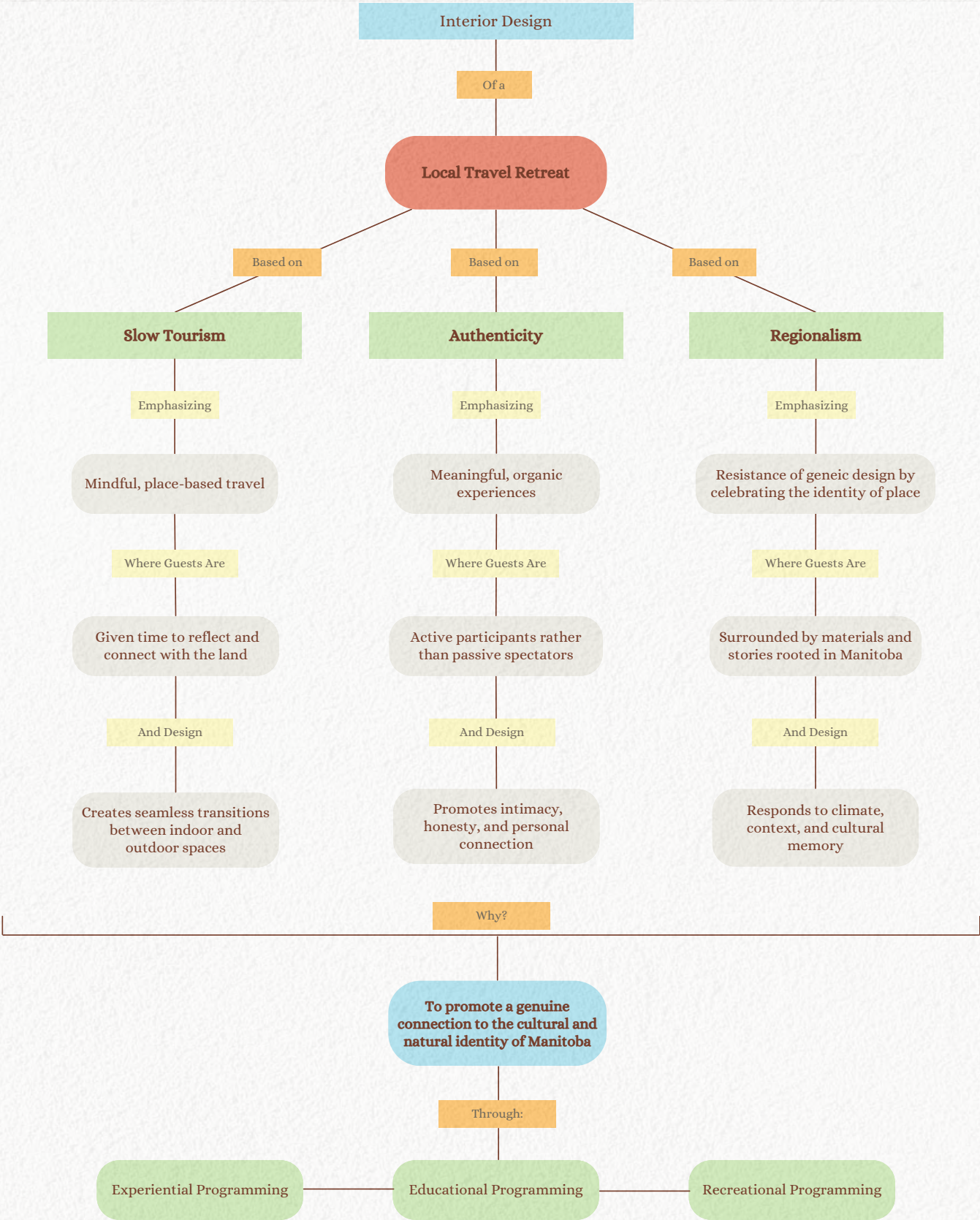


Diagram 1. Theoretical Framework

Slow Tourism

Understanding Tourism and the Modern Tourist

In many parts of the world, domestic tourism significantly outweighs international travel. For instance, in Canada approximately 91% of the estimated 1.059 billion annual tourist trips are domestic (Dickinson & Lumsdon, 2024). In emerging markets such as China, India, and Brazil, this figure is even higher, ranging from 98–99% (Dickinson & Lumsdon, 2024). As global urbanization continues to rise, so too will the demand for local and regional travel experiences (Smith, 2022). International travel still occurs, but it is often limited to neighbouring countries, especially in light of fluctuating fuel prices and the decreasing availability of oil. These factors suggest that long-distance travel may become less viable, while short and medium-haul trips, often completed without air travel, will likely continue to grow in popularity (Butler, 2019).

The concept of tourism is multifaceted. According to Alexandre Netto (2022), tourism encompasses both fundamental and desirable aspects. The fundamental aspects include elements such as the subjects (the traveler and host), the act of displacement (domestic or international), the concept of return, and the traveler’s motivation. The very definition of “tourism” implies a journey with a beginning and an end, departing from home, engaging with a new environment, and eventually returning. These components collectively define the structure of a tourist experience. Netto also identifies desirable principles that elevate the tourism experience, including sustainability, equality, public over private interests, cultural respect, and ethics. These ideals emphasize the importance of inclusive, respectful, and community-conscious travel that considers the needs of both tourists and host communities.

Today’s modern travelers are more informed and globally aware than ever before. With access to vast information, many modern tourists, rather than seeking a single long holiday, now prefer multiple short getaways throughout the year (Butler, 2019). A growing number of these individuals are more discerning in their choices, valuing spontaneity and opportunities for meaningful engagement with nature and culture (Hughes, 2013). These tourists are willing to invest in higher-quality experiences that offer value and personal enrichment.

This shift in values has led to the emergence of slow tourism, a travel movement that invites people to move at a gentler pace, connect more deeply with the places they visit, and become fully immersed in the journey rather than rushing from one destination to the next. In this model, tourists become guests: active participants in the culture and environment they temporarily inhabit (Conway & Timms, 2023).

Slow Food Movement

The movement of slow tourism finds its roots in the Slow Food Movement, which began in Italy in 1989 (Slow Food, 2024). It arose as a response to growing industrialization, with Italians seeking to preserve their cultural identity and prioritize local food and traditions over fast-paced, homogenized lifestyles. At the heart of the “slow” philosophy is the belief that meaningful, enriching experiences are achieved through a conscious deceleration of pace. Slowing down allows individuals to fully engage with their surroundings, and derive greater understanding and pleasure from everyday activities (Dickinson & Lumsdon, 2024).

Industrialization significantly altered the landscape of tourism, advancing air travel, mass holiday packages, and digital booking platforms, while also fueling rapid hotel development. However, this progress often came at the cost of authenticity. The modern tourist experience became more about convenience and consumption, contributing to a growing sense of disconnection from meaningful cultural and natural encounters. Today, many travelers seek out destinations not just for escape, but in pursuit of authenticity: wanting to experience something surprising, real, and distinct from their everyday lives (Saarinen, 2015; Urry, 1995). These authentic experiences are often tied to nature, cultural diversity, and local traditions.

Guests Versus Mainstream Tourists

Within the slow tourism movement, travelers are no longer passive observers or consumers of place, but they become guests who actively engage with the local culture. Rather than simply “staying” at a destination, slow tourists seek to live within it,

forming genuine connections with the local environment and community (Slow Food, 2024). Three of the most impactful experiences these guests pursue include: enjoying local and traditional cuisine, participating in everyday activities unique to the location, and forming lasting bonds with fellow travelers and hosts.

Unlike conventional tourists, slow tourism guests become temporary inhabitants, deeply involved in the cultivation of their travel experience. Through shared interactions with others and mindful immersion in place, they shift from being outsiders to insiders: individuals who truly belong to the community (Dickinson & Lumsdon, 2024; Towner, 2002), and this shift promotes more profound, memorable experiences. As McClinchey and Carmichael (2010) note, insiders feel connected and embedded in place, whereas outsiders often see destinations merely as a backdrop for leisure activities. Ultimately, slow tourists desire not just to visit, but to belong and to feel a sense of stability and mutual exchange with the host culture (Ryan, 2025).

The pursuit of meaningful experiences in slow tourism can be understood through the concepts of existential authenticity and co-creation. Unlike conventional forms of authenticity, which focus on the originality of objects or sites, existential authenticity emphasizes activity-related experiences that allow travelers to connect with their authentic selves (Brown, 1996). This occurs through engagement in local culture and exploration of the environment, where participants are no longer passive observers but active co-creators of their experiences (Wang, 1996). Co-creation refers to a collaborative process in which tourists actively participate in shaping and adding value to their experiences, rather than simply consuming predetermined products or services. Co-creation researcher Nina Prebensen explains that co-creation involves the integration of tourists’ own efforts and interpretations into the experience, enhancing satisfaction and creating personalized value (Prebensen et al., 2013).

By embracing a gentler pace and deliberate participation, slow tourists can cultivate both intra-personal authenticity, through self-reflection and personal growth, and inter-personal

authenticity, through meaningful interactions with hosts and local communities. In this sense, the slow tourism movement provides a framework for achieving presence and a deeper sense of belonging within the communities and landscapes visited.

According to McClinchey and Carmichael (2010), the feeling of belonging to a community during travel can evoke a profound sense of place. This concept encompasses emotional (place attachment), cognitive (place identity), and behavioural (place dependence) dimensions, all of which are influenced by built and natural environments. A sense of place is fundamentally tied to one’s relationship with the local community and the combined impact of both social and physical contexts (Mazanti & Ploger, 2017). Within this framework, heritage and cultural tourism play a critical role. While heritage tourism involves the exploration of historically significant sites, cultural tourism focuses on the participation in customs and traditions that define a society (Southall & Robinson, 2016). Both are experiential forms of travel that invite visitors to actively engage with local identity, whether by feeling part of a location’s history or immersing themselves in its living culture (Southall & Robinson, 2016).

Birds Hill Park, the proposed site for the travel retreat at Pineridge Hollow, evokes a strong sense of rural Manitoban identity. As such, rural tourism theories provide a useful lens through which to explore the retreat’s relationship to slow tourism. A rural environment may appear natural or untouched, but it typically reflects human interaction, whether through trails, roads, or cultivated landscapes (Farrell & Russell, 2025). These human-shaped environments create ideal conditions for recreational experiences, admired for their tranquil and scenic qualities. For slow tourists, who often seek respite from the pressures of urban life and its time constraints, such rural surroundings provide the space to rediscover a sense of freedom and presence through immersion in nature (Farrell & Russell, 2025).

The slow tourism movement also emphasizes environmental responsibility. Tourists must ensure that their activities do not negatively impact the rural environment (Lane, 2019). A notable tension between rural and slow tourism lies in the use of the automobile. While slow tourism advocates for transportation

modes that allow travelers to fully engage with the journey and environment, rural tourism often depends on car travel, as more than 90% of visitors to rural destinations arrive by car (Lane, 2019). Nonetheless, the car is frequently associated with a liberating travel experience, offering flexibility and autonomy: an appeal that also suits the needs of an experiential and recreational retreat (Lane, 2019).

Qualities of the Guest

Guests of the slow tourism movement typically travel alone or in small groups. This smaller scale allows for greater flexibility and personal discovery, in contrast to the highly structured, often commercialized experiences associated with large group tours (Dickinson & Lumsdon, 2024). These guests tend to be independent, resilient individuals motivated by personal growth and enrichment (Dickinson & Lumsdon, 2024). They prioritize social interaction and seek connections with others during their journey. Sociability in slow tourism encompasses the formation of lasting relationships with other guests, hosts, and local community members: relationships that promote a shared sense of belonging and cooperation at both the destination and throughout the journey.

Slow food, which emphasizes locally sourced ingredients, traditional recipes, and the ritual of preparing and savouring meals, shares many values with slow travel (Dickinson & Lumsdon, 2024). The contemporary emphasis on health and wellness has increased the demand among travelers for transparency in food sourcing and for culturally embedded culinary experiences (Farrell & Russell, 2025). Slow food encourages cultural and environmental sustainability, often through the revival of traditional agricultural practices and organic production methods that prioritize animal welfare and ecological balance (Farrell & Russell, 2025). Travelers may engage in related activities, such as visiting farmers’ markets, participating in cultivation work, or attending local food festivals, which further strengthens their connection to place.

Notably, 42% of travelers report actively seeking food with regional distinctiveness, while 34% specifically look for local produce (Farrell & Russell, 2025). Key factors that contribute to exceptional culinary experiences include not only the use of fresh and locally sourced ingredients but also the cultural uniqueness of the cuisine (Farrell & Russell, 2025). Purchasing local products additionally supports the regional economy and reinforces sustainable practices. Furthermore, once travelers become acquainted with specific local goods, they often seek

them out, or their equivalents, upon returning home (Farrell & Russell, 2025).

The distinction between slow tourists and mainstream tourists is especially apparent in their motivations and relationship to place. Mainstream tourists are often characterized by group travel, standardized itineraries, and a checklist mentality that limits their depth of engagement with a destination (McCabe, 2024). Some slow travelers even identify as “anti-tourists,” rejecting the superficiality and materialism associated with mass tourism (Jacobsen, as cited in McCabe, 2024). These individuals occupy the role of tourist but remain emotionally and culturally detached from it. As a result, they experience a disjunction between performing the act of tourism and truly being present in the moment (McCabe, 2024). Such disconnect stands in contrast to the immersive and respectful ethos of slow tourism.

A final distinction between these slow and mainstream tourists relates to the treatment of heritage. While some argue that tourist heritage can be diluted or oversimplified to appeal to mainstream audiences, heritage, regardless of how it is presented, retains intrinsic value (Ashworth, 2022). The issue lies not in the heritage itself but in how it is interpreted. Mass tourists are often criticized for their lack of cultural sensitivity, sometimes dressing or behaving inappropriately at sacred or historically significant sites (Ashworth, 2022). Conversely, slow tourists are generally more mindful of local norms and strive to respect the customs and values of the communities they visit (Ashworth, 2022). They function more like locals, engaging with cultural heritage rather than exploiting it. Even as outsiders, slow tourists are often more attuned to the distinctiveness of a place than locals themselves (Ashworth, 2022).

Characteristics of Slow Tourism

Slow tourism is “...premised by a need to rethink time; the idea is to savour time rather than simply count it” (Lumsdon & McGrath, 2015). It is an experience that is outside of the sphere of daily life. It is about independence and the challenge of dealing with the unfamiliar (Lumsdon & McGrath, 2015). Slow tourism covers several key dimensions including: place (position, uniqueness, setting, tradition), people (society, culture, local ventures, authenticity), time (pace, respite, leisure), travel (distance, pace, method), and the personal (satisfaction, activity, hospitality, education, pleasure) (Caffyn, 2024). The movement of slow tourism is expressed in Table 1, which is in stark contrast to those typical in the hospitality sector that emphasizes reason, efficiency, control, and predictability (Ritzer, 1993), all of

Contemporary Tourism	Slow Tourism
• Emphasis on rapid transit • Dominance of car and air travel • Prioritization of immediacy and convenience • High resource consumption • Travel viewed as a means to an end rather than part of the experience • Rapid consumption of multiple attractions • Focus on maximizing the number of destinations visited • High-carbon footprint • Commodification of experiences • Mass tourism and large-scale consumption	• Emphasis on slower, deliberate travel • Greater use of buses, trains, and local transport • Celebration of slowness and mindfulness • Reduction in resource consumption • Journey valued as an integral part of the experience • Focus on local connections and authenticity • Longer stays in fewer destinations • Low-carbon, environmentally conscious travel • Decommodification of experiences • Opportunities to engage with slow food and local culinary traditions

Table 1. Contemporary and Slow Tourism

which are increasingly detached from learning and authentic exploration (Walton, 2015).

Dickinson and Lumsdon (2015) advocate moving towards a new system of tourism that is based on three core principles: 1) Decreasing tourism trips. 2) Advancement of low-carbon tourism. 3) Enrichment of the tourist experience. Traveling at a slow pace and engaging with places along the way is nothing new. Prior to the prevalent use of air travel, much tourism was slow merely because it relied on forms of transportation, which due to limitations of speed, constrained the distance that could be traveled in a day. Therefore, in a sense, slow travel is revisiting a romanticized era when most travel needed to be local (Towner, 2002). While traveling shorter distances to destinations close to home may not offer the same level of novelty associated with long-haul travel, they are strongly driven by ‘push’ factors such as flexibility, independence, escape from daily routines, as well as cost savings for financially constrained travelers (Dickinson & Lumsdon, 2015).

The Journey

For the slow traveler, the journey is as significant as the

destination. Traveling to a destination should involve the same appreciation and minimal environmental impact as the experience of the place itself (Dickinson & Lumsdon, 2015). Currently, the tourism sector accounts for approximately 5% of total global greenhouse gas emissions, with travel activities comprising between 75% and 90% of that figure (Dickinson & Lumsdon, 2015). Consequently, travel distance and the energy consumption of transportation are critical factors addressed by the slow tourism movement in its efforts to reduce environmental impacts (Gössling, 2002). Slow travelers are encouraged to choose locations closer to home, utilize environmentally sensitive modes of transport, and select accommodations designed to minimize ecological footprints (Dickinson & Lumsdon, 2010).

Beyond the environmental benefits, slowing down also promotes deeper, more meaningful experiences for travelers (Honoré, 2004). Taking time to move slowly through a landscape allows individuals to perceive their surroundings with heightened awareness, engaging all their senses to form richer memories (Speakman, 2005). They can hear the sounds, feel the textures, and perhaps even taste the natural and cultural elements of a place. In doing so, travelers not only reduce their impact but also allow the diverse beauty of the environment and the cultural setting to take precedence, promoting a far reaching sense of connection and appreciation with place.

Implications for Retreat

The principles of the slow tourism movement inform the design of a local travel retreat at Pineridge Hollow. These principles not only shape the spatial layout and programming but also influence the overall ethos of the retreat, guiding its relationship with guests, the community, and the natural environment.

Design Programming and Guest Experience

Drawing on the values embedded in the slow movement: encompassing slow food, slow living, and slow tourism, the retreat’s programming is designed to support an unhurried, more intentional pace of life. Each space has a purpose aligned with these ideals, promoting mindfulness and sustainability. This includes identifying and responding to the needs and values of slow movement travelers; guests who seek depth, meaning, and connection in their travel experiences.

Materiality, Colour, and Atmosphere

The retreat integrates calming and grounding design elements through the use of natural materials. Accents of bright colour evoke feelings of excitement and curiosity, while textures such as rough wood and stone create a tactile sense of place. Local building techniques are embraced, including climate-responsive features such as strategically placed glazing to harness passive solar gains during Manitoba’s cold winters and reduce heat gain in the summer.

Food, Community, and Local Culture

Central to the retreat’s mission is its communal kitchen and dining area, which celebrates local food traditions and promotes community engagement. Functioning both as a commercial and educational kitchen, it invites guests to participate in meal preparation as part of a communal, hands-on experience. Meals are shared at large tables in a family-style format, further reinforcing social connection. Inspired by the slow food movement, the retreat sources ingredients locally, often grown onsite in collaboration with guests and community members. Food and drink are used as tools for education, showcasing regional production methods and ingredients.

Immersive Learning and Connection to Place

The retreat is deeply anchored in its location within Birds Hill Park. Guests are immersed in the natural and cultural landscape through active participation in harvesting work, outdoor activities, and educational programs. Activities such as interpretive hikes, birdwatching, and photography promote awareness and reflection of the surrounding atmosphere, while interactions with local experts and guides promote cultural exchange. The surrounding environment, including Birds hill landmarks and natural trails, helps guests develop a deeper appreciation for the heritage and ecology of the region.

Slow Travel Principles in Practice

The retreat embodies Dickinson & Lumsdon (2024) manifesto for slow tourism by encouraging exploration of nearby sites, promoting slow modes of transportation, and valuing the journey as part of the experience. Guests are encouraged to travel slowly, whether by walking, cycling, or taking scenic transit routes, allowing them to fully engage with the landscape and notice the subtle transitions between environments. Rather than rushing from one attraction to another, guests are invited to embrace the rhythm of the local setting and adapt to its daily flows. Moments of stillness, unexpected detours, and even delays are reframed as meaningful parts of the travel experience.

Supporting Domestic and Independent Travelers

Acknowledging that many travelers are domestic visitors, the retreat offers a unique opportunity for Manitobans to rediscover their own province. It appeals to a variety of “push” factors such as the desire for freedom, relaxation, personal growth, and reconnection with nature (Dickinson & Lumsdon, 2024; Caffyn, 2024). Accommodations are designed with slow tourism in mind: small occupancy guestrooms, private bathrooms, and shared public indoor and outdoor spaces create a comfortable, unhurried atmosphere. While daily housekeeping is not provided, periodic housekeeping services remain available to support guests as needed, encouraging a more intimate and self-sufficient stay without compromising comfort (Farrell & Russell, 2025).

 Ultimately, the slow tourism movement presents a grounding model for the design of a local travel retreat, emphasizing environmental responsibility, cultural immersion, and intentional, place-based experiences. Whether through local food preparation, meaningful social interaction, or contemplative time in nature, guests who participate in slow tourism practices leave their journey with new perspectives and habits that extend beyond their stay.

As Farrell & Russell (2025) suggest, the hope is that travelers bring these slow values back home, incorporating them into their everyday lives. Accordingly, the design of a local retreat is intentionally responsive to its setting, enhancing rather than overshadowing the landscape. The interior design complements and reflects its natural context, creating a harmonious dialogue between built form and the regional environment.

Authenticity

Authentic Tourist Experiences

A central theory that further shapes this practicum is the concept of authenticity in tourism. MacCannell (1976) argues that in the modern world, authenticity and a sense of reality are often perceived as existing elsewhere: in past eras, distant cultures, or within simpler lifestyles. As people become increasingly disconnected from their work, communities, and personal relationships, they begin to seek authenticity outside their daily lives. Tourist sites, then, become places where individuals can experience a renewed sense of meaning (MacCannell, 1976). MacCannell describes sightseeing as a ritual that helps individuals reconcile the fragmentation of modern life by assembling a narrative from the cultural remnants of other places. Through travel, tourists attempt to recover lost heritage and identity, much like assembling moments in a family photo album (MacCannell, 1976).

Tourist experiences differ significantly from day-to-day activities (Graburn, 2024). The tourism journey offers a complex combination of emotions, memories, and connections to environment, allowing the traveler to experience themselves in place (Cutler & Carmichael, 2020). The motivation to travel is driven by both push and pull factors. Push factors include the desire to escape daily routines, job-related stress, and the monotony of everyday life, while pull factors stem from the appeal of the destination itself—its landscape, activities, and opportunities for personal growth (Cutler & Carmichael, 2020). As Cohen (2020) suggests, it is a journey of “escaping from” something in order “to reach” something more fulfilling.

Importantly, the tourist experience encompasses more than just the destination. It includes the anticipation and preparation before the trip, as well as reflection and storytelling afterward (Cutler & Carmichael, 2020). This full arc of experience contributes to deeper outcomes such as exploration, self-discovery, improved relationships, leisure, well-being, and a sense of mastery in a visited place (Cutler & Carmichael, 2020).

Creating truly authentic, experience-based destinations requires leveraging a location’s inherent resources such as its local food, beverages, language, arts, and traditions (Haven-Tang & Jones, 2010). Destinations are not manufactured with uniqueness;

rather, their character is inherited through geography, culture, and history (Jamrozy & Walsh, 2015). Authenticity is best ensured through a resource-oriented rather than a user-oriented approach (Holloway, as cited in Haven-Tang & Jones, 2010). Spaces must evolve from empty, generic areas into immersive, sensory-rich environments that engage visitors on multiple levels: what Pine and Gilmore (1999) term as “experientescapes” (Cooper & Hall, 2018).

Erik Cohen (2022) proposes that the concept of “authenticity” can be understood through five different lenses:

- Authenticity as genuineness – an object is considered real and unaltered.
- Authenticity as pristinity – a place is seen as untouched and pure.
- Authenticity as sincerity – reflected in honest human relationships and genuine emotional expression.
- Authenticity as creativity – demonstrated through the work of artisans and performers.
- Authenticity as the “flow of life” – referring to experiences that are not manipulated or “framed” for tourism purposes, and thus retain their natural rhythm and integrity (Cohen, 2022).

Beyond these dimensions, other interpretations of authenticity exist. Subjective authenticity is derived from an individual’s socially constructed perspective. Existential authenticity refers to deeply moving, transformative experiences that allow travelers to feel more connected to themselves and the world. In contrast, mundane subjective authenticity captures the simple, everyday moments of travel such as waiting in line or navigating unfamiliar streets: experiences that often feel the most authentic (Pearce, 2012).

However, as Cohen (2022) notes, once an item or place becomes labeled or “framed” as authentic, its authenticity is, paradoxically, diminished. Tourist destinations are frequently commodified, packaged, and consumed, with certain objects or experiences elevated as must-see attractions (Heitmann, 2020). A clear example is the commercialization of Machu Picchu, Peru. Initially celebrated for its untouched beauty, the site now faces overcrowding and environmental strain due to its marketed “authenticity”.

Yet, just as the vernacular of a region evolves in response to its physical and cultural context, so too can the definition of authenticity shift over time. Emergent authenticity refers to experiences or objects initially considered inauthentic that become valued as authentic due to evolving cultural perceptions (Shackley, 2001). In some cases, selectively staging cultural elements for tourism can protect and preserve other aspects of a community’s heritage (Heitmann, 2020). Tourists may experience a curated version of a tradition, while the deeper cultural meaning remains reserved for local residents.

Importantly, repeated behaviours can evolve into traditions, and over time, these traditions may become recognized as heritage. Southall & Robinson (2016) suggests that tourists may, in fact, participate in the creation of their own authentic heritage. Hall (2012) expands this view, stating that it is not just tourists but all people who contribute to the social and physical evolution of heritage. As a resource, heritage is inevitably subject to transformation. Even neglect or “non-use” can lead to change, as passive admiration alone may not be enough to sustain cultural value or ensure long-term preservation. Therefore, a delicate balance must be maintained between the dangers of over-tourism: such as vandalism, commodification, and the erosion of authenticity, and under-tourism: which may lead to cultural loss, decay, and insufficient funding for preservation (Southall & Robinson, 2016).

A key component in the perception of authenticity is mindfulness, an active mental engagement in which tourists process their surroundings, connect them to prior knowledge, and interpret their significance (Cohen, 2022). Whether an experience is processed mindfully or mindlessly can greatly influence a traveler’s judgment of authenticity (Cohen, 2022).

Cohen (2022) provides a model for understanding how expectations interact with perceived authenticity. This model considers both the tourist’s viewpoint (whether they perceive something as real or staged) and the true nature of the event or object itself (whether it is actually staged or real) (Ryan, 2025). Tourists who place high value on authenticity may feel disappointed if they believe an experience to be staged, even if that perception is inaccurate. Yet, as Ryan (2025) argues, expectations also shape emotional responses. Tourists may still

derive great satisfaction from a staged experience if they remain unaware of its constructed nature.

Tourist Interactions

The most authentic and memorable moments of travel often arise from unintentional or unexpected experiences, rather than the planned itinerary (Cohen, 2022). These moments may not only involve physical sights or events, but also psychological experiences, such as those associated with existential authenticity: a deep sense of self-discovery, emotional intensity, or personal connection. According to Cohen (2022), such authenticity does not require proximity to traditional or “authentic” sites, but rather it can emerge from internal realizations, moments of vulnerability, or fleeting feelings of communal belonging. These instances allow the tourist to temporarily shed their identity as a tourist and instead feel truly immersed in an experience (Cary, 2004). However, these moments are often short-lived and may be interrupted by the stark awareness of being alone in an unfamiliar environment, reminding the traveler of their outsider status (Cary, 2004).

Despite this tension, interactions and conversations with fellow travelers and local residents are essential in shaping meaningful and authentic travel experiences. Farias (2020) emphasizes that these dialogues, especially those not directly connected to the destination itself, form a crucial part of the tourist experience. Initial conversations about the destination often open up discussions about other destinations, shared values, and personal narratives. These interactions not only help travelers navigate and make sense of their surroundings but also contribute to the construction of place identity (Farias, 2020).

Interestingly, tourists often exhibit an aversion to being associated with other tourists. In their efforts to distinguish themselves, they adopt a critical view of the stereotypical “tourist”: one seen as superficial, passive, or disconnected from authentic cultural engagement (MacCannell, 1976). This distancing is paradoxical: while tourists seek deeper, more meaningful connections with people and places, they simultaneously struggle with feelings of inadequacy or inauthenticity when comparing themselves to an idealized version of the “enlightened traveler” (MacCannell, 1976).

MacCannell suggests that this self-reflective dissatisfaction: the sense of not being “tourist enough” or failing to see things as they should be seen, fuels a desire to go beyond surface-level experiences. Ultimately, this pursuit of authenticity, however elusive, is a central motivator for travel itself.

Staged Versus Authentic

Goffman’s theory of social performance, as cited in MacCannell (1976), distinguishes between front regions and back regions within social structures. The front region is where interactions between hosts and guests occur: spaces carefully curated to align with tourists’ expectations. The back region, by contrast, is where hosts retreat between responsibilities, where it is presumed to be more authentic, personal, and unfiltered. While there may be physical markers between these two spaces, the distinction is largely social, based on performance roles and spatial expectations (MacCannell, 1976). Tourists often idealize the back region, seeking it as the site of authentic cultural experience, while regarding the front as a superficial or staged display.

However, locals actively shape what is shown and concealed, acting as cultural gatekeepers who selectively reveal or withhold aspects of their lives (Stronza, 2001). This selective revelation can even lead to the creation of a staged back region: a performance space made to resemble authenticity while remaining curated for tourists. As MacCannell (1976) explains, this allows tourists to feel a sense of discovery or immersion in the back region, though hosts are often aware that the cultural symbols shared are not necessarily the most significant or private elements of their identity (Stronza, 2001).

Myths and legends also play a significant role in shaping tourists’ perceptions of authenticity. Prentice (1993) notes that myths: narratives built around cultural symbols and moral ideals, often serve as the foundation for tourism products. These myths can evolve to reflect changing cultural needs or may adhere to enduring archetypes and plot lines (Moscardo, 2019). Common mythological themes include survival (nature, pain, and loss), reproduction (family, love, and legacy), and social achievement (bravery, belonging, reputation, and companionship) (Moscardo, 2019). These themes are frequently employed in destination marketing to craft compelling, emotionally resonant imagery.

Yet, the effectiveness of myth in tourism is both constructive and problematic Visitor satisfaction often hinges on how closely the reality of a destination aligns with its imagined image (Shackley, 2001). While tourists may seek “authentic” experiences,

authenticity itself is a subjective and socially constructed concept. Consequently, tourists may be unable to discern between genuinely authentic practices and those staged for their benefit. In some cases, mythologized or themed representations, though fictional, can be just as impactful as so-called authentic experiences (Shackley, 2001; Moscardo, 2019). However, once a destination becomes too strongly associated with a particular myth or stereotype, it can become reductive. The site’s historical richness may be overshadowed by simplified narratives, leading to local disinterest and fatigue even as tourists remain fascinated by the legend (Shackley, 2001).

Everyday Events

MacCannell (1976) argues that modern tourism turns the ordinary, everyday lives of local inhabitants into a spectacle. Urban street life, rural traditions, and familial routines are transformed into objects of fascination and consumption. In many cases, locals continue their daily routines largely unbothered by the presence of tourists, often viewing them as mere background within the regional landscape. As a result, tourists frequently witness genuine, unscripted aspects of daily life. However, MacCannell (1976) notes that truly meaningful encounters occur when tourists move beyond passive observation and participate in the real life of a place. These moments promote a sense of intimacy and personal engagement, allowing tourists to experience a deeper form of cultural exchange.

Participation, as Schouten (2017) emphasizes, requires tourists to move from being spectators to becoming contributors, actively engaging in the ongoing development of culture and community. The cultural meaning of an event or object, therefore, is co-constructed through the interactions between tourists and locals, shaped by the destination’s historical, political, and cultural context (Jamal & Hill, 2023).

Despite the potential for enriching cultural exchange, there are valid concerns regarding the commodification and dilution of culture through tourism. McLaren (1997) warns of a looming acculturation, where the insertion of tourists into the fabric of local life may cause cultural practices to lose authenticity and significance. Jafari (2012) further critiques efforts to restore or preserve cultural heritage for tourism, arguing that once culture is revived for external consumption, it becomes “museumized”, detached from its living context and preserved as a static display.

This transformation also risks eroding local identity. As the

tourism economy expands, local residents may begin to adopt tourist behaviours and values, viewing tourists as socially and economically superior (Stronza, 2001). Furthermore, tourists often measure their satisfaction against idealized expectations of authenticity, preferring interactions with locals who appear traditionally ethnic or Indigenous. In turn, this performance of authenticity, shaped by external demand, can distort the natural evolution of local culture (Stronza, 2001).

Touristic Images and Places of Authenticity

Each individual typically forms a unique mental image or stereotype of a tourist destination. According to Shackley (2001), the construction of this image begins with the development of a mental framework, formed from a select few impressions drawn from an overwhelming amount of available information. These impressions are often shaped by non-touristic sources, including media portrayals, films, literature, and region-specific products (Jamrozy & Walsh, 2015). The resulting image reflects a tourist’s perception of what the destination may offer, varying depending on who is representing the destination and the context in which it is portrayed. These perceptions are not passive, but are actively interpreted by individuals, with authenticity emerging through personal meaning-making and engagement with experience (Pearce, 2012).

In an effort to market themselves positively, many destinations curate and promote authentic experiences or cultural artifacts. However, McClinchey and Carmichael (2010) caution that such efforts can lead to the overproduction of these experiences, resulting in what they describe as “placeless” cultural expressions: events, objects, or traditions stripped of their specificity and genuine local connection. In these cases, the pursuit of authenticity paradoxically diminishes it, as culture becomes standardized and detached from its origins. From this perspective, authenticity is not inherent in the object or experience itself, but is shaped by how it is perceived and interpreted by the visitor (Pearce, 2012).

One realm where tourists may still encounter a sense of authenticity is in nature. Natural landscapes can evoke a sense of temporal and geographical continuity, connecting people to the land and to a perceived past. Saarinen (2015) notes that for many, this connection represents a bridge to authenticity, believed to reside on the peripheries of modern life: within wilderness areas, traditional communities, and cultures seen as untouched by modernity. In this view, nature becomes not just a physical setting but a symbolic space where real, unmediated experiences are still

thought to be attainable.

In addition to natural landscapes, the built environment and a destination’s cultural heritage also serve as significant “places” where tourists seek authentic experiences. These experiences are often valued for their historical, architectural, visual, or distinctive qualities. Moreover, some forms of authenticity are grounded in intangible values such as emotional resonance, symbolic meaning, and religious significance (Orbasli & Woodward, 2025). However, preferences regarding what constitutes an authentic heritage experience have evolved. Contemporary tourists increasingly express a desire to explore the “back regions” of everyday life rather than merely engaging with the opulence of grand interiors or attending ceremonial events (Orbasli & Woodward, 2025).

Ironically, these mundane activities, now considered appealing to visitors, are often not regarded as culturally significant by the local community. This divergence reshapes how heritage is interpreted and presented to outsiders. Urry (1990) conceptualizes the “tourist gaze” as a mode of viewing that differs from that of local residents, one shaped by specific expectations, values, and desires. The result is a growing disconnect between how a community understands and uses its heritage and how that same heritage is repackaged and commodified to attract tourists (Orbasli & Woodward, 2025). This tension reflects broader questions about whose version of authenticity is being preserved and promoted in the tourism encounter.

Implications for Retreat

The design of a local travel retreat is directly informed by theoretical perspectives on authenticity in tourism, and reflects an effort to balance perceived authenticity with genuine, meaningful experiences. Several strategies are employed to ensure that a retreat maintains its integrity as a truly authentic place rather than becoming a constructed or commodified simulation of authenticity.

Material and Regional Significance

To ensure the Pineridge Hollow travel retreat feels genuinely Manitoban rather than performative or overly curated, materials and design gestures are drawn from its local context. Interior finishes, furnishings, and construction techniques reflect the region’s natural and cultural identity, grounding the retreat in place. Design avoids excessive embellishment, instead adopting a language of expression and simplicity that invites reflection. Drawing from Cohen (2022), the space is authentic not through theme, but through its integrity.

Avoiding Constructed Authenticity

Guestrooms and gathering areas are designed to elicit psychological comfort by incorporating home-like amenities with warm lighting, soft materials, and private nooks, while maintaining clear visual and physical connections to the surrounding landscape. The experience of authenticity is reinforced by these contrasts: the retreat offers both comfort yet a clear sense that guests are away from home, immersed in a new but familiar environment.

Programs for Experiential Authenticity

Drawing on MacCannell’s (1976) idea of travelers seeking the “real,” the retreat offers opportunities for guests to engage in meaningful, place-based activities. These include hands-on workshops in craft and cuisine, guided nature walks, and seasonal rituals that immerse guests in the rhythms and textures of Manitoba. Each experience is designed to promote reflection and a deeper relationship to place.

Ecological and Social Immersion

The retreat expands the guest experience beyond its walls by inviting interaction with both the land and the local community. Trails, gardens, and nature based programs connect visitors to the ecological rhythms of the region, while community-based events and markets create moments of cultural and local exchange. This reciprocal relationship enhances guests’ understanding of the land and the people who inhabit it.

Site as Destination and Catalyst

Rather than serving as a backdrop for escape, the retreat is positioned as a destination that celebrates the underrecognized beauty of Manitoba. Its proximity to Birds Hill Provincial Park, its integration with local culture, and its offering of restorative, immersive experiences transform it into what Cooper & Hall (2018) term an “experienceescape” - a space of intentional discovery that repositions Manitoba as a meaningful and desirable travel destination.

Unscripted Experiences

Embracing Cohen’s (2022) insight that unplanned encounters often encourage the deepest sense of authenticity, the retreat design prioritizes flexibility over rigid programming. Guests are encouraged to move at their own pace, with unscheduled periods allowing for spontaneous exploration. This intentional looseness supports meaningful self-directed experiences, whether it’s encountering a new forest trail or striking up conversation around the dining table, altogether avoiding over-curation.

Blurring Front and Back Regions

Inspired by MacCannell’s (1976) model, the retreat challenges traditional distinctions between front and back-of-house spaces by promoting a shared environment where staff, guests, and locals interact naturally. Architectural and programmatic decisions support this ethos, such as open kitchens, shared garden spaces, and collaborative workshops, encouraging transparency and participation. This blurring of boundaries cultivates a sense of trust, transforming hospitality into a mutually enriching exchange rather than a staged experience.

 Ultimately, authenticity offers a valuable framework for designing a local travel retreat, one that prioritizes genuine cultural engagement, lived experience, and emotional resonance over spectacle or performance. Rather than presenting a curated version of place, authenticity invites guests into everyday rhythms, seasonal rituals, and meaningful exchanges with the local community. Guests are not spectators of a curated experience, but active participants in unscripted moments of discovery.

As Cohen (2022) and MacCannell (1976) suggest, authenticity emerges not through performance but through meaningful interaction and the blurring of boundaries between host and guest. By encouraging such transparency, a local retreat becomes more than a place to stay, but a catalyst for exploration and a model for how design can begin to reveal the deeper truths of a region.

Regionalism

Conceptualizing Regionalism

To further contextualize the concept of slow tourism, it is important to examine regionalism and its relationship to architecture, particularly within the setting of an experiential travel retreat in Manitoba. Regionalism involves understanding buildings through the contextual forces that inform their creation. Critically engaging with regionalism requires embracing the qualities of modern architecture while simultaneously considering the social, cultural, and climatic contexts of a region (AlSayyad, 2020).

In today’s increasingly globalized world, many built environments suffer from a sense of placelessness, where architecture no longer reflects its geographic, cultural, or historical context. Instead, design often defaults to generic and universalized forms that prioritize efficiency or trend over regional identity (AlSayyad, 2020). This detachment signals a gradual erosion of vernacular traditions: building practices and materials shaped by local climates, customs, and ways of life. However, these traditions should not be seen as static relics of the past. Rather, they must be understood as living frameworks: dynamic reinterpretations that evolve in response to contemporary needs, aspirations, and environmental challenges (AlSayyad, 2020).

As Heath (2019) states, “Change informs us about who we are as eloquently as our past deeds and accomplishments reflect who we were.” Just as societies shift socially, culturally, and climatically, the architecture that serves them must also transform, carrying forward the spirit of tradition while adapting to the present. This perspective encourages an architectural approach that values continuity and reinvention, where the past is not merely preserved but meaningfully integrated into new expressions of place.

Regionalism can enrich a region’s built environment either through the introduction of appropriate new technologies or by upholding and refining established, place-based design strategies that emerge from the landscape and reflect the ideals, traditions, and needs of its people (Heath, 2019). At the same time, regionalism can adapt flexibly to environmental and social change without sacrificing invention or authenticity. This approach, known as situated regionalism, focuses on improving

the contemporary human condition through design (Heath, 2019). Situated regionalism re imagines traditional regionalism through the processes of placemaking, embracing diverse cultural identities, responding to climatic needs, and addressing the effects of social transformation (Heath, 2019). At its core, it involves a thoughtful integration of the built, social, and natural environments and a meaningful communication of these elements to users, resulting in a contextually responsive design intervention.

When analyzing the cultural processes that inform regional design, the inhabitants of a place are a central determining factor. Regionalism entails studying how people have shaped, adapted, and altered their environments in response to individual attitudes, social interactions, environmental opportunities and constraints, technological advancements, and natural forces (Heath, 2019). Understanding these human inscriptions on the land provides insight into the evolution of the built environment over time. Built heritage plays a significant role in shaping a community’s sense of belonging and cultural identity (Tweed & Sutherland, 2022). Factors such as the age of buildings, their restoration, and architectural styles all contribute to this sense of place. However, decisions about which aspects of the built environment to revitalize or obscure are often influenced more by the potential for financial gain than by cultural significance (Pallasmaa, 2009).

Situated Regionalism

Situated regionalism involves responding to existing human needs, emotions, and ethics. Ideally, a situated regional design actively engages the participation of the individuals for whom the building is intended (Heath, 2019). Involving the local community ensures that the building not only responds to the existing context but becomes an intrinsic part of it, encompassing memory, personal experiences, landscape, and a cultural reality intimately understood by locals (Pallasmaa, 2009). In contrast, when a design is created by an outsider, it often falls into the category of personal or symbolic regionalism, in which the designer selectively amalgamates “important” features that they perceive visually represent the place (Heath, 2019).

Vernacular Architecture

Vernacular architecture can originate spontaneously, as a whimsical or convenient response to a specific design challenge, often unconsciously and without a defined end goal (Giamarelos, 2021). Alternatively, it can emerge in response to considerable deviations from traditional norms, as inhabitants adapt to new or shifting regional forces (Heath, 2019). A vernacular tradition requires a significant number of people within a region to adopt particular building responses communally and consistently (Heath, 2009). Through this communal adoption, residents internalize traditional culture with pride, seeing it as a shared expression rather than an individual creation (Pallasmaa, 2009). Vernacular architecture can also arise from the adaptation of pre-existing architectural elements transplanted to new contexts, where they are modified to suit different environmental or cultural conditions (Heath, 2019).

New vernacular forms often result when newcomers project their foreign traditions onto a new landscape, creating a restructured identity (Giamarelos, 2021). Over time, modifications to building appearances, plans, construction methods, or uses reveal how people have adapted the built environment to evolving regional realities. Such evolution reflects the impacts of social, political, financial, technological, and environmental changes (Giamarelos, 2021). Although long-term residents may feel discomfort toward the visible articulation of new cultural values in the built environment, these expressions are critical indicators of the degree of accommodation or resistance between old and new traditions (Giamarelos, 2021). Therefore, vernacular architecture typically embodies cultural and environmental transitions rather than fixed traditions.

Ackerman (1980) identifies three key factors in designing according to the evolving dynamics of a place: (1) experience within the culture, (2) personal experience with the locale, and (3) experience of the environment. These elements together form a comprehensive framework for engaging with regional identity in a meaningful and responsive way. Importantly, Ackerman argues that a profound understanding of place is not limited to those who were born or raised there. While local familiarity can offer deep-rooted knowledge, it can also lead to a kind of cultural complacency, where long-time residents may overlook subtle

shifts or take familiar environmental elements for granted. In contrast, someone encountering a place for the first time may bring a fresh perspective, one that highlights nuances and patterns that locals no longer consciously register. By placing their own assumptions in contrast with the distinctiveness of the new setting, newcomers can uncover unique opportunities for interpretation and design. This tension between insider and outsider perspectives can be a productive one, particularly in the context of creating an experiential retreat. A balance of local insight and fresh observation supports a design process that is both grounded in regional authenticity and open to innovation, which are essential qualities for crafting spaces that feel genuinely connected to place while resonating with visitors on a deeper emotional level.

Implications for Retreat

The following implications highlight how a local travel retreat embodies the principles of situated regionalism and evolving vernacular design to create a meaningful, place-responsive environment. Through participatory processes and material choices, the retreat promotes a strong connection to Manitoba’s cultural identity and natural landscape.

Situated Regionalism

Guided by the principles of situated regionalism, the retreat engages local perspectives, materials, and building practices to promote a sense of connection in the cultural and environmental identity of Birds Hill Park. The design respects and extends vernacular traditions by integrating Manitoba Tyndall stone, reclaimed wood, and native planting strategies that speak to the landscape’s past and present. Involving local craftspeople not only ensures that regional knowledge is embedded into the design, but also supports the economy of the surrounding community. The retreat acknowledges that vernacular architecture is dynamic, allowing its forms, materials, and uses to evolve alongside social and ecological change.

Participatory Architecture

Informed by the evolving nature of vernacular architecture and the philosophy of situated regionalism, the retreat promotes a co-created environment. Design strategies invite ongoing input from local craftspeople, guests, and staff, transforming the retreat into a living space that evolves over time. This participatory approach strengthens community ownership, reinforces cultural continuity, and ensures that the retreat remains adaptable to shifting social and ecological conditions, avoiding static or imposed interpretations of place.

Cross-Cultural Sensitivity and Reflexivity

Informed by Ackerman’s (1980) framework, the retreat embraces a design methodology that balances both insider knowledge and outsider awareness. By recognizing that profound understanding can emerge from diverse perspectives,

whether long-time locals or newcomers, the design process becomes a reflective dialogue between tradition and reinterpretation. The retreat leverages this dual perspective to remain sensitive to the lived experiences of local residents while inviting fresh, imaginative responses to place. Through intentional contrasts, such as blending familiar materials with new spatial arrangements, the retreat builds a reflexive environment that is both grounded and exploratory, where the site is not experienced as a static cultural exhibit.

 Ultimately, regionalism offers a meaningful foundation for the design of a local travel retreat, emphasizing sensitivity to environment, culture, and community. Through thoughtful material choices, participatory design, and cross-cultural sensitivity, the retreat offers guests an authentic, grounded connection to place.

As Pallasmaa (2009) and Heath (2019) emphasize, it is through these immersive, local interactions that architecture transcends aesthetics and becomes meaningful. In this way, a retreat not only supports regional identity, but also invites visitors to carry its values: of belonging, adaptability, and care for place, into the wider world.

Conclusion

As stated in the questions of inquiry section, this practicum explores how the design of a travel retreat can contribute to meaningful tourism by incorporating experiential, recreational, and educational components specific to Manitoba. The design seeks to uncover what makes a destination truly appealing to today’s travelers: those who value authentic connections with place, culture, and community. In response to growing interest in slow tourism, the retreat is designed to encourage mindful, immersive travel experiences that support environmental and cultural well-being.

A travel retreat has the ability to exemplify a destination’s identity through its architecture and interior design. This retreat is designed to blend with the cultural backdrop, physically, cognitively, and emotionally, while simultaneously highlighting and enhancing elements unique to its region. It acts as a catalyst for creating a sustainable relationship between the tourist and the toured environment. Through interactions between locals and guests, travelers become part of the community by engaging in authentic experiences rather than passively consuming a

destination. Upon returning home, guests are able to share their knowledge and experiences, helping to extend an accurate representation of Manitoba’s culture and identity.

This chapter has provided an in-depth analysis of the relevant literature and its significance to the practicum project. It confirms the need for a travel retreat that offers a uniquely Manitoban experience, one that challenges the province’s status as an often-overlooked travel destination. Rather than adopting a conventional hospitality model, the retreat is grounded in place, designed to cultivate a sense of home, comfort, and belonging while encouraging meaningful interactions among visitors. By drawing on slow tourism, authentic experiences and regional identity, the project positions Manitoba as a site of rich cultural and natural value worth exploring. The inquiry process offered a strong foundation of knowledge and strategies which have been integrated into the final design. The following table summarizes the key theories examined and their spatial implications for the Pineridge Hollow travel retreat’s design.

Summary of Literature Review

Theory	Key Authors	Key Points	Spatial Implications
Slow Tourism	Dickinson & Lumsdon, Netto, Caffyn	- Prioritizes quality over quantity in travel experiences - Emphasizes deep connections to place, people, and time - Encourages longer stays with shorter travel distances - Focuses on personal growth and meaningful enrichment - Supports and gives back to the local community - Promotes sustainable practices and environmental care	- Incorporate a neutral palette with accents of colour based off of the site's surroundings - Highlight natural textures such as wood and stone in finishes - Design a kitchen and dining space that supports Slow Food principles - Maintain a low-tech atmosphere to encourage mindfulness and disconnection - Offer small, partially self-catered accommodations - Activate the existing farmland and gardens as a participatory guest experience - Preserve the original building exterior to honour the site's history and identity
Authenticity	MacCannell, Cohen, Pearce,	- Seeks out experiences not found in everyday life - Replaces superficial tourism with genuine cultural engagement - Encourages accurate, respectful representations of place and identity - Builds deeper understanding through meaningful local interactions - Promotes lasting connections between visitors and communities	- Use locally relevant finishes and materials that reflect Manitoba's identity - Design guestrooms to feel familiar yet distinctly grounded in the retreat's setting - Connect indoor activity spaces to outdoor programming and minimize passive observation - Blend historic architecture with thoughtful, contemporary interventions such as new glazing systems - Balance preservation and innovation by layering new design elements over existing heritage structures
Regionalism	Heath, Ackerman, Pallasmaa	- Understands architecture through social, cultural, and climatic context - Responds to the specific identity and needs of a region - Embraces vernacular traditions and place-based design strategies - Aims to create buildings with a strong sense of place - Balances modern design with local influences and environmental conditions	- Blend traditional and contemporary vernacular forms to reflect the identity of Birds Hill Park - Use materials that weather naturally, allowing the building to evolve with its environment and tell a story over time - Maintain a small-scale interior layout to promote intimacy and personal connection within the space - Design in response to the cultural and environmental context of the region, drawing on both local knowledge and fresh observation

Table 2. Summary of Literature Review

3.

Case Studies

Themes of environmental connection, unhurried engagement with site, and place-based storytelling have been explored through the analysis of three key precedents: Chalet Bertha Hotel, Sugar Bush House, and naked Stables Private Reserve. Each project highlights unique spatial strategies and programmatic decisions that promote a strong relationship between people, place, and design. These findings will inform a set of design implications and spatial strategies for this practicum project, emphasizing local materials, communal gathering, and the integration of nature into everyday experiences.

3 . 1

Chalet Bertha Hotel

Case Study #1.

Architect: Perron Design
Year: 2024
Size: 7500 sq ft
Location: Baie-Saint-Paul, Canada

Chalet Bertha, a private chalet-hotel designed by Perron in Quebec’s Charlevoix region, offers inspiration for a local travel retreat, particularly in blending hospitality design with a strong sense of home and regional character. Situated atop a mountainside near ski slopes, Chalet Bertha was conceived as a luxurious yet personal boutique-style escape for numerous guests, families, and friends to meet, and feel comfortably “at home”. The project successfully blurs the line between residential warmth and hotel-level amenities, providing a model for creating spaces that are simultaneously inviting and one-of-a-kind.



Fig 1. Chalet Bertha Hotel



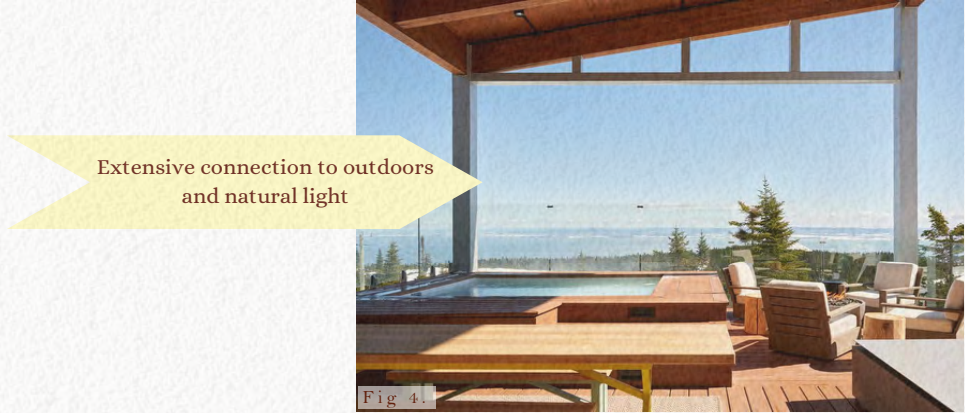
Fully equipped professional kitchen and dining area enabling shared meals

Fig 2.



Handmade furniture and cushions by artisans from the rural municipality of L’Isle-aux-Coudres

Fig 3.



Extensive connection to outdoors and natural light

Fig 4.

Design Observations:

What makes Chalet Bertha especially relevant is its approach to communal spaces and local integration. The upper level hosts a 500 sq. ft. lounge that channels the atmosphere of a grand hotel lobby while inviting guests to read, converse, and unwind. This is complemented by a fully equipped professional kitchen and dining area, enabling shared meals or private chef experiences. These communal zones are grounded in minimalist Nordic design, featuring a palette of soft hues, whitewashed fir, and expansive natural light.

Just as crucially, the chalet incorporates handmade furniture, hand-woven cushions, and rugs by artisans from the rural municipality of L’Isle-aux-Coudres in Quebec, reinforcing a strong regional identity. This integration of locally crafted elements into an experience-driven hotel offers key implications for a local travel retreat: namely, the power of pairing communal hospitality with regional materials, artisan collaboration, and tailored guest experiences.

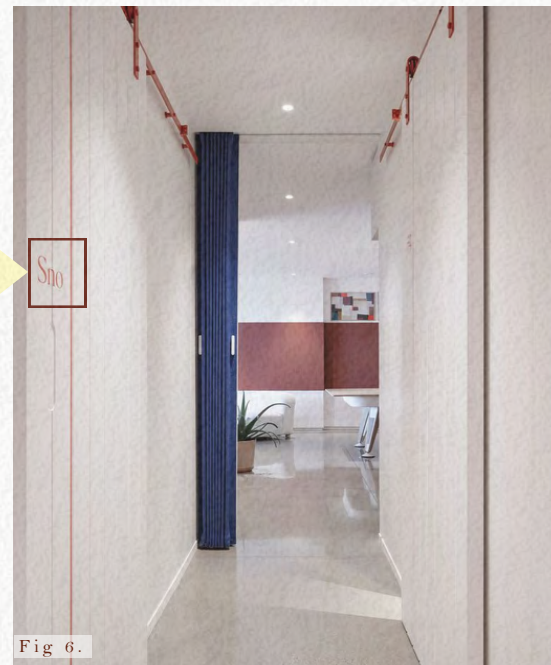
Equally significant is Chalet Bertha’s continuous visual and spatial connection to the surrounding landscape. Expansive glazing, carefully framed views, and strategic window placement ensure that nature remains a central element of the guest experience. This constant connection reinforces a sense of seasonal awareness, elements that directly inform the design of Pineridge Hollow, where views to Manitoba’s prairie landscape and wooded edges can similarly elevate the spatial atmosphere.

Suspended fireplace feature

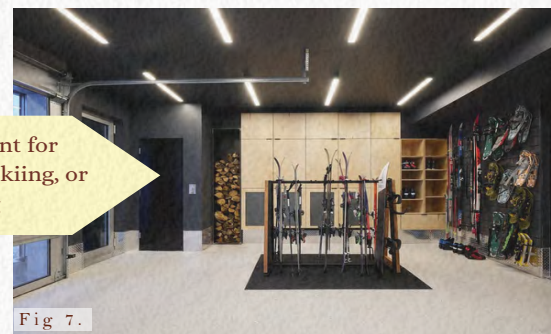
Water resistant brick flooring
with winter boot heater in
adjacent closet



The Sno suite name is
inspired by the word
'snow' in Swedish



Accessible equipment for
snowshoeing, hiking, skiing, or
snowboarding



On the ground floor, a room whose suspended fireplace takes center stage invites guests to relax after a long day of skiing (Silva, 2024). Thanks to the brick flooring, there is no need to remove wet boots, and a boot warmer is also hidden in the adjacent walk-in closet. This thoughtful blend of durability seasonal functionality offers insight for the design of Pineridge Hollow, where guests may similarly arrive from outdoor activities and seek warm spaces that accommodate Manitoba's changing climate.

To infuse the hotel concept with elegance, a brand image specific to Bertha was created to provide refined and fun guest experiences. Each suite has its own name, and bathroom products are adorned with Bertha labels. The Sno, Nev, Ho, Lumi, and Sne suites, whose names are inspired by the word 'snow' in a variety of languages, are furnished in similar ways, but with different colour palettes. Each is equipped with a full bathroom for guest comfort, just like in a hotel.

Chalet Bertha supports its guests' engagement with the surrounding environment by providing curated information about local activities, helping visitors feel both oriented and immersed in the region. This hospitality gesture extends the retreat experience beyond the chalet walls, encouraging guests to explore Charlevoix's natural landscapes and seasonal events. Suggested activities include hiking scenic mountain trails, skiing or snowshoeing in winter, or exploring nearby towns known for their culinary traditions. This approach not only enriches the guest experience but also promotes a deeper connection between the visitor and place.

To conclude...

■ ■ ■ To conclude, Chalet Bertha presents a model for a local travel retreat by demonstrating how seasonal adaptability and curated guest programming can shape a deeply engaging experience. Rather than relying on spectacle, the project draws strength from its use of locally crafted materials and carefully designed communal spaces to align with the frameworks of slow tourism, authenticity, and regionalism, reinforcing the value of place-based design that responds to climate, community, and cultural context.

3.2

The Sugar Bush House

Case Study #2.

Architect: Robert Swinburne
Year: 2020
Size: 1500 sq ft
Location: Putney, Vermont

The Sugar Bush House, designed by Robert Swinburne, presents an example of how architecture can promote a meaningful relationship with landscape through material honesty, passive strategies, and timeless simplicity. Located in the snowy woodlands of Vermont, this 1,300-square-foot Passive House reflects an ethos of restraint and regional sensitivity.

This residence, designed for an architect and his family, is deeply grounded in the cultural and ecological landscape of Vermont. Drawing on the state’s long-standing tradition of back-to-the-land living and community-led construction, the project embraces the homebuilding process as a collaborative and meaningful act. The home sits on a former sugar bush, a site previously used to harvest maple sap, which had already been cleared of underbrush and left only with the strongest trees.



Fig 8. The Sugar Bush House



Fig 9.



Fig 10.



Fig 11.

Design Observations:

The initial design instinct was to create a structure that was simple, humble, and capable of aging in place. Rather than impose on the landscape, the house was conceived to quietly settle into the wooded surroundings. The verticality of the trees, particularly sugar maple and black locust, inspired a visual dialogue between the architecture and its environment, shaping the building’s orientation and massing.

Formally, the home adopts a modest single-gable profile. Its vertical board-and-batten siding mimics the fin-like rhythm of tree trunks, helping the house blend into its forested backdrop. This gesture extends beyond aesthetics: it allows the building to visually dissolve into the shadows of the surrounding woodland, reinforcing a sense of quiet integration with place.

Window placement was meticulously considered to engage with the changing landscape. Openings were designed to frame specific moments: morning light entering the bedroom, the delicate silhouettes of bare tree branches in winter, or the expansive transformation of the forest through the seasons. These framed views do more than capture scenery, they offer a contemplative awareness of time and place: an approach that offers meaningful insight for the design of Pineridge Hollow where visual connections to Manitoba’s prairie landscape can similarly enrich the guest experience and deepen the relationship between interior and environment.

The carport and porch are framed with hemlock lumber harvested and milled locally



Fig 12.

Changing patterns of light play with the interior



Fig 13.

The shadows of the trees creates a very strong purple rhythm across the snow and wood



Fig 14.

Locally sourced materials reinforce the home's commitment to regionalism. The exterior is sheathed with locally harvested pine boards, and the carport and porch are framed with hemlock lumber harvested and milled locally. Black locust decking, sugar maple windowsills, and black cherry stair treads were all harvested from or near the site. The flooring combines harvested maple with Vermont slate, ensuring the materials reflect both the physical and cultural context of the place.

The interior explores what it means to live in harmony with the natural environment. It responds not only to the physical landscape but also to the emotional and sensory needs of its inhabitants. Light, sound, temperature, and materiality are all used as tools to support a more intentional way of living. Doors and windows connect to views, capture changing patterns of daylight, allow sounds of the forest to enter, and provide comfort during winter storms.

The ground gently rolls with a natural tilt to the east, offering seasonal views of the rising sun and moon through the trees. In winter, with a blanket of snow on the ground, the trees cast long, rhythmic purple shadows that animate the landscape. The result is a quiet sanctuary, a home that listens, rather than speaks. Its design does not aim to dominate the site but instead observes and responds to it.

To conclude...

The Sugar Bush House offers a valuable model for the design of Pineridge Hollow, demonstrating how design can promote a quiet yet powerful relationship with its surrounding landscape. Through its modest form, site-responsive materials, and carefully framed views, the home embodies a sense of stillness, seasonal awareness, and deep-rooted connection to place. Its approach to simplicity and visual dialogue with nature aligns closely with the design goals of Pineridge Hollow, where guests are encouraged to slow down, reflect, and engage meaningfully with Manitoba's prairie setting.

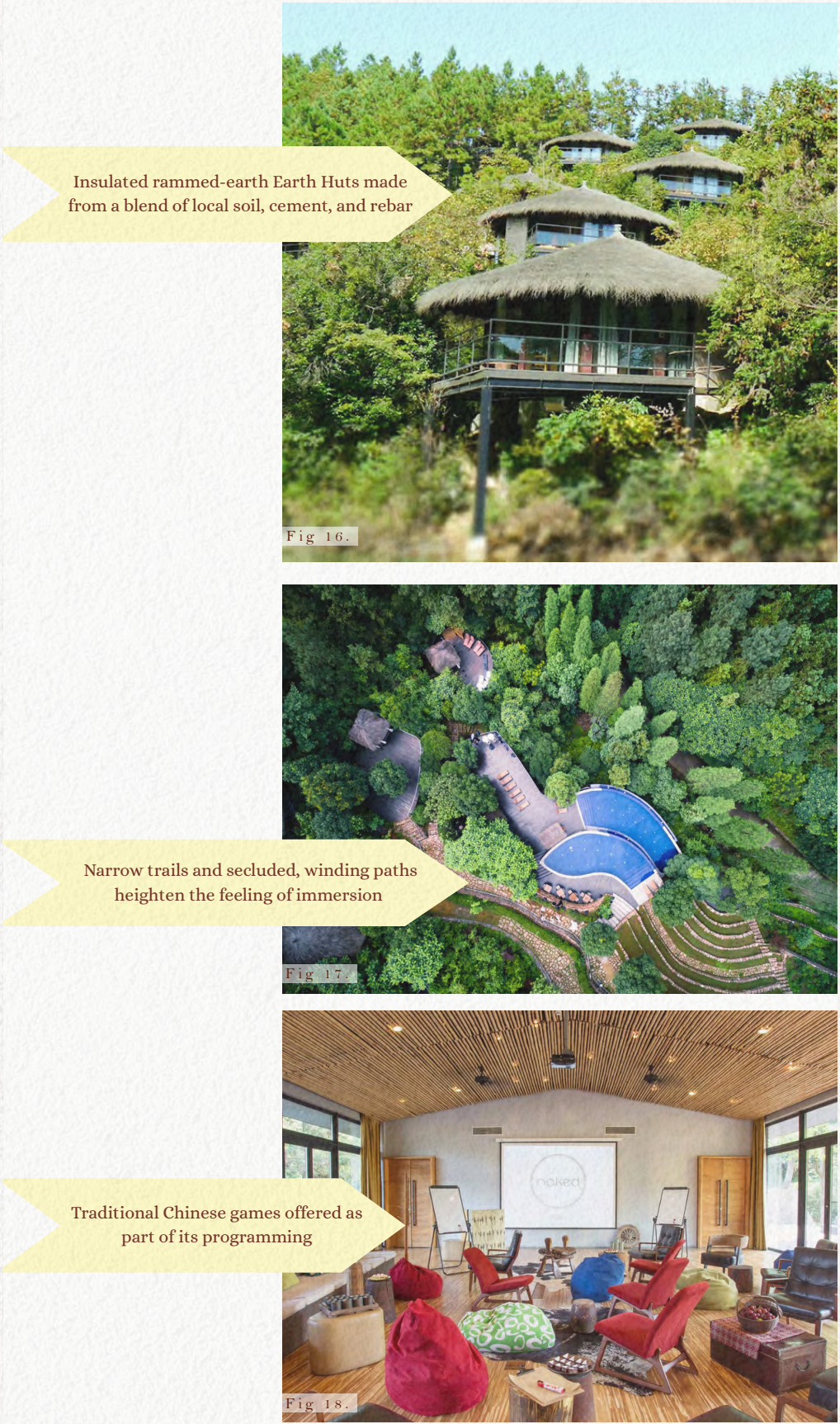
3.3
naked Stables Private Reserve
Case Study #3.

Architects: Chain + Siman
Year: 2024
Size: 32,292 sq ft
Location: Zhejiang, China

naked Stables Private Reserve, opened in 2011 and LEED Platinum-certified, offers a prime example of how architectural and environmental strategies can support immersive, low-impact tourism in ecologically sensitive sites. Nestled within 60 acres of untouched bamboo forest in China’s Moganshan region, the resort demonstrates how spatial planning, material choice, and programmatic offerings can promote a deep sense of connection to nature. As the first sustainable resort by Naked Retreats, it was developed by blending the rich local culture of Moganshan with the vision of the company’s founder, Grant Horsfield, whose South African roots influenced the project’s unique approach.



Fig 15. Naked Stables Retreat



Design Observations:

The accommodations include 40 insulated rammed-earth Earth Huts and 30 Tree-Top Villas raised on stilts, which provide expansive views of the forest canopy. These two types of dwellings are strategically positioned along the site’s perimeter: the Earth Huts are concentrated on one end of the property, while the multi-bedroom Tree-Top Villas are dispersed along the opposite, mountainous edge. This configuration ensures privacy, while preserving the forested core for shared amenities and outdoor gathering spaces.

The retreat’s circulation strategy reinforces its ecological mission by eliminating conventional vehicles in favour of pedestrian pathways, bicycles, and electric buggies. This allows for narrow trails and secluded, winding paths that heighten the feeling of immersion and tranquility. This emphasis on low-impact, nature-centered circulation aligns closely with the principles of Pineridge Hollow, where promoting a deep connection to the natural environment through movement is also a core value.

The resort extends its programming into the landscape, offering activities such as horseback riding, cycling, Land Rover excursions, fishing, bamboo-shoot hunting, and traditional Chinese games. These curated experiences not only activate the senses but are also grounded in the region’s cultural and ecological identity. The inclusion of unique dining options such as a creating DIY dinner baskets with fresh, local ingredients adds an experiential layer to nourishment.

Pick, roast, and sip your own White Tea, only in the month of April.



Fig 19.

Emphasizes natural ventilation and an immersive connection to the surrounding forest



Fig 20.

Huts positioned to maximize privacy and panoramic views



Fig 21.

A key seasonal programming element is the opportunity for guests to engage in the roasting and hand-picking of local white tea, an activity available exclusively during the spring month of April. This immersive experience connects visitors directly to the regional agricultural cycle and the cultural heritage of Moganshan, an area renowned for its tea cultivation. Guests are invited to walk through the terraced hillsides, guided by local farmers, to carefully pluck young tea leaves at peak freshness. Beyond its sensory appeal, this ritual promotes a deeper connection to place and seasonality.

The retreat rooms offer a unique fusion of African design sensibilities within the rural Chinese landscape of Moganshan. Inspired by the founder's South African roots, the architecture and interiors draw from traditional African forms and materials. The rooms incorporate rustic textures, thatched or timber roofs, and open, breezy interiors that emphasize natural ventilation and an immersive connection to the surrounding forest.

Each room is positioned to maximize privacy and panoramic views, encouraging guests to slow down and engage with nature. The retreat blends cultural inspiration with ecological sensitivity, creating a globally influenced yet locally grounded hospitality experience. This cross-cultural design approach presents an intriguing model for local travel retreat, one that balances authenticity and ecological respect.

To conclude...

■■■ naked Stables Private Reserve provides a model for designing a travel retreat that seamlessly blends luxury, environmental stewardship, and cultural immersion. Its spatial layout, sustainable mobility strategies, and local programming offer valuable insights for shaping Pineridge Hollow into an experience-driven destination grounded in place and purpose.

Summary of Case Study Analysis

Case Study	Details	Key Points	Spatial Implications
Chalet Bertha Hotel	Architect: Perron Design Year: 2024 Size: 7500 sq ft Location: Baie-Saint-Paul, Canada	- Creates communal spaces that blend hospitality with regional craftsmanship - Integrates handmade furnishings to reinforce a strong sense of place - Maintains continuous visual and spatial connections to the natural landscape - Designs functional areas that accommodate seasonal outdoor activities - Facilitates guest engagement with the local environment through regional exploration opportunities	- Use regionally sourced, handcrafted furnishings from Manitoban artisans to reinforce local identity - Design dining spaces that encourage shared experiences while maintaining a calm, inviting atmosphere - Maximize natural light and frame views to Manitoba’s prairie landscapes to maintain a strong visual connection with nature - Incorporate climate-responsive features such as heated entryways or boot rooms to support guests arriving from outdoor activities - Create distinctly appointed guest rooms that reflect local themes through colour and material palettes
Sugar Bush House	Architect: Robert Swinburne Year: 2020 Size: 1500 sq ft Location: Putney, Vermont	- Designs architecture that harmonizes with the natural landscape through purposeful orientation - Uses vertical rhythms to visually blend the structure into the surrounding woodland - Incorporates site-harvested materials to strengthen connection to regional identity - Thoughtfully integrates light, sound, and seasonal environmental patterns - Creates interior and exterior connections responsive to nature’s rhythms	- Use natural rhythms and textures in finishes that visually echo the surrounding landscape elements such as trees and rolling terrain - Source locally harvested materials to embed the retreat in Manitoba’s regional environment - Orient windows and openings to capture seasonal light patterns to deepen guest connection to place - Create interior spaces that support reflective experiences, emphasizing seamless integration with outdoor surroundings - Integrate strategies that respond to seasonal climate shifts, enhancing year-round comfort for Manitoba’s natural cycles
naked Stables	Architects: Chain + Siman Year: 2024 Size: 32,292 sq ft Location: Zhejiang, China	- Positions accommodations for shared outdoor spaces and maximal privacy - Prioritizes pedestrian and bicycle circulation to minimize environmental disturbance - Integrates cultural and seasonal programming that connects guests to local agricultural cycles - Designs guest rooms to blend regional architectural traditions with global influences	- Position accommodations to preserve the central natural woodland and prairie landscape - Design pedestrian-friendly circulation paths and low-impact transport options to encourage immersive, quiet movement through the site - Integrate seasonal programming that connects guests with Manitoba’s ecological rhythms - Use locally sourced materials and design elements that reflect Manitoba’s landscape and heritage - Create flexible indoor and outdoor spaces that offer year-round comfort in response to Manitoba’s climate variations

Table 3. Summary of Case Study Analysis

4.

Site and Building Analysis

4 . 1

Introduction

This practicum project is located at Pineridge Hollow, just south of Birds Hill Provincial Park’s boundary, at 67086 Heatherdale Road in Springfield, Manitoba. The site features a restored carriage-style house that currently operates as a restaurant and retail space (Pineridge Hollow, 2025). Originally a partially mined gravel pit, the six-acre property has since been revitalized into a landscape of walking paths, gardens, green spaces, and an additional retail strip, The Village, which contains a farmers’ market that anchors the site’s role as a hub for local commerce. The Village also includes a collection of local shops and a small performance space for community events and performances, reinforcing its function as a cultural and social gathering place.

The practicum project will fully utilize the existing 12,000-square-foot carriage-style house, a historically rich structure that has previously undergone minor expansions to improve accessibility. The building will be completely redesigned to accommodate the programmatic needs of an overnight travel retreat, which includes the creation of communal dining areas, guest accommodations, and other supporting facilities, all carefully integrated within the original architectural framework. By reimagining the interior layout and its functionality, the design preserves the character and heritage of the carriage house while adapting it to serve the retreat’s focus on slow, intentional travel. The surrounding six-acre grounds will complement these functions, offering outdoor experiences and landscaped areas that encourage social connection and engagement with the natural Manitoban environment.

Pineridge Hollow was selected not only for its close proximity to Birds Hill Provincial Park, a regional natural asset known for its wildlife, trails, and forested terrain, but also for the unique character of the land itself. The site seamlessly blends open, public-facing zones with more secluded, intimate areas, offering guests a range of spatial experiences. The integration of built form with landscape invites visitors to engage with the site at a slower pace, encouraging a deeper awareness of their surroundings and a more meaningful connection to the Manitoban environment.

4 . 2

A New Layer of Meaning

Although Pineridge Hollow currently thrives as a successful destination for dining, shopping, and community gathering, this practicum project seeks to extend its impact in a deeper, more experiential way. By transforming the existing carriage house into an overnight travel retreat, the project introduces an opportunity for visitors to move beyond a day-trip experience and fully immerse themselves in the character and rhythm of the place. Grounded in the principles of slow tourism, regionalism, and authenticity, the retreat reimagines Pineridge Hollow as not just a successful commercial and social setting, but a place for genuine connection, inviting visitors to engage deeply with the Manitoban landscape and all it embodies.

While the existing site celebrates local craftsmanship and entrepreneurship, the addition of an overnight retreat allows guests to experience Manitoba’s landscape and culture through a more intentional, place-based lens. Staying overnight promotes a slower, more intentional form of engagement, inviting guests to stay, observe, and participate in the narrative of the region rather than simply passing through it. In doing so, the project strengthens Pineridge Hollow’s existing foundation while broadening its purpose, transforming it into a model for sustainable, authentic tourism that celebrates the spirit of Manitoba.

Identity of Pineridge Hollow

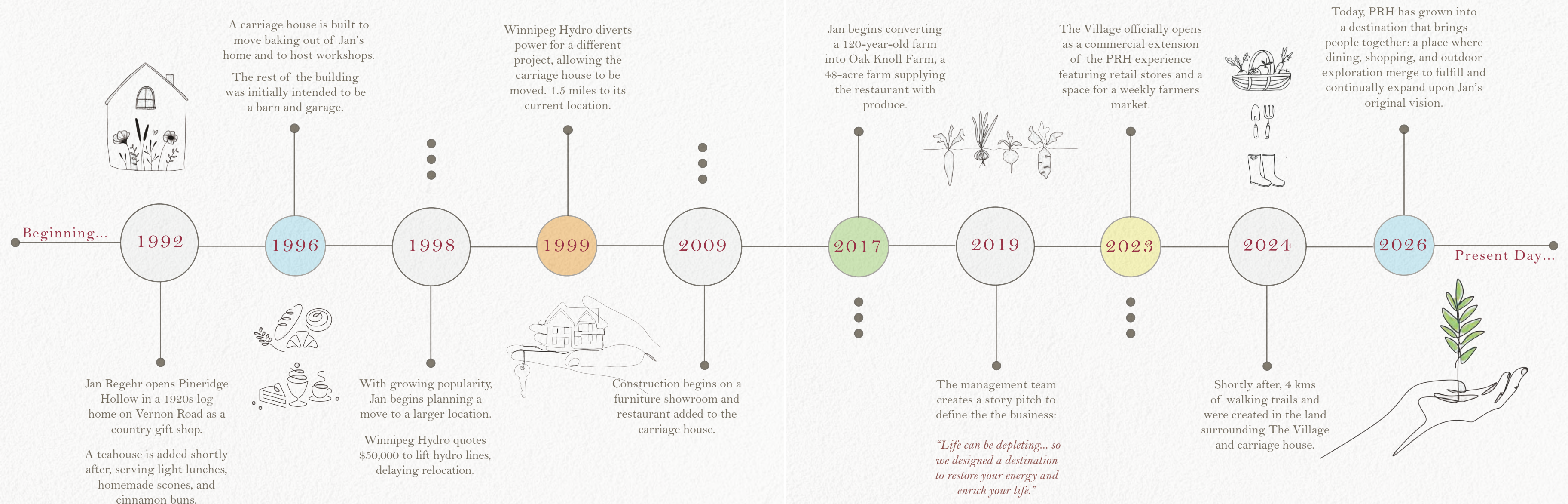


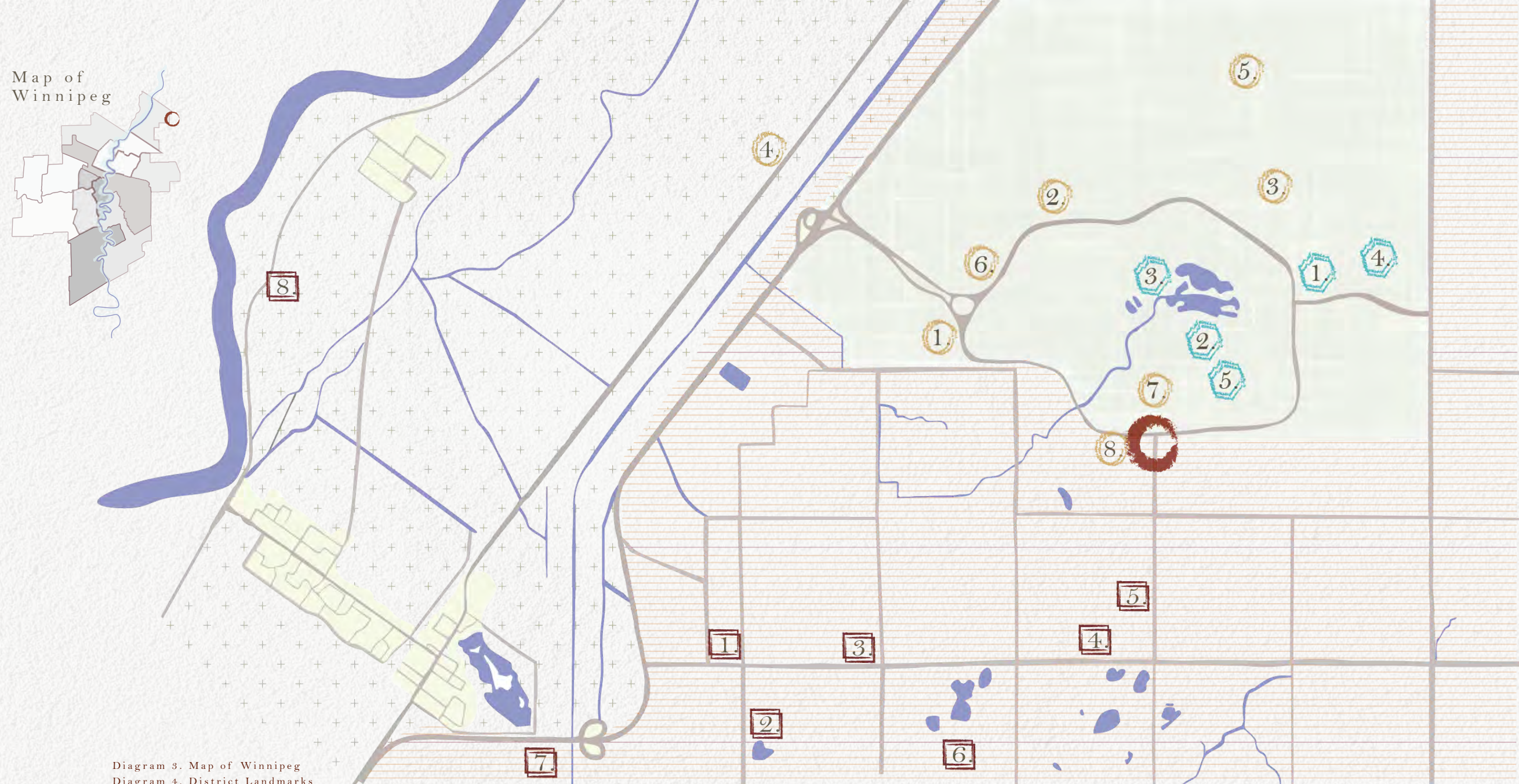
Diagram 2. Timeline of Pineridge Hollow

4.4.1

Site Analysis

District Landmarks

- Pineridge Hollow is uniquely positioned just outside the southern gates of Birds Hill Provincial Park, placing it within an active recreational and agritourism corridor. The area is rich with trail networks such as Burr Oak Trail, Chickadee Trail, and more, all of which provide immersive experiences for hiking, biking, cross-country skiing, and wildlife viewing. Popes Hill offers panoramic views of the park and surrounding landscape, while the Birds Hill Park Beach serves as a major summer destination for Manitobans and outdoor enthusiasts.
- Complementing these natural and cultural features are locally owned ranches including Miracle Ranch and Forever Prairie Ranch, which reflect the area’s rural roots and support activities such as horseback riding and agritourism.
- Golfing opportunities are close by, with both Pineridge Golf Club and Elmhurst Golf Club offering scenic courses and leisure activities. Springhill Winter Park, located just minutes from Pineridge Hollow, provides downhill skiing, snowboarding, and tubing, making the area a year-round destination for outdoor recreation.
- East of the main Pineridge site is Oak Knoll Farm, which operates as Pineridge Hollow’s own working farm. This farm supports the restaurant by growing fresh, seasonal crops that are incorporated into the restaurants menu and available through the on-site farmer’s market and seasonal events. Oak Knoll not only emphasizes the importance of local food systems and sustainable practices, but also enhances the visitor experience by grounding it in a tangible connection to the land. The farm adds a strong agrarian identity to the Pineridge Hollow site and complements the area’s broader rural and recreational character.



Walking Trails

1. Burr Oak Trail
2. Chickadee Trail
3. Aspen and Bluestem Trail
4. Duff Roblin Parkway Trail
5. Nimowin Trail
6. Prairie Winds Trail
7. Cedar Bog Trail
8. Pineridge Hollow Trails

Birds Hill Park Features

1. Popes Hill
2. Birds Hill Amphitheater
3. Birds Hill Park Beach
4. Folk Festival Grounds
5. Birds Hill Store

Surrounding Area Features

1. Garven Convenience Store
2. Miracle Ranch
3. Forever Prarie Ranch
4. Elmhurst Golf Club
5. Pine Ridge Golf Club
6. Oak Knoll Farm
7. Springhill Winter Park

4.4.2

Site Analysis

Site Landmarks

- The Pineridge Hollow site is a thoughtfully curated destination that blends natural beauty with small-scale amenities. At its core lies its most recent addition, The Village, a collection of local shops and artisan experiences that create a walkable, curated retail experience for visitors.
- Nearing the end of the Village is the Farmers' Market Pavilion, a covered, multi-use space that hosts vendors, makers, and food producers during market days and seasonal events. This structure activates the site with regular community engagement and promotes local economic activity.
- The original carriage house itself is complemented by a network of pergolas and both paved and natural pathways which guide guests through landscaped grounds and scenic resting areas, enhancing the tranquil atmosphere.
- Nearby, the petting farm offers a family-friendly attraction where children and adults can engage with animals in a safe, interactive environment.
- Adjacent to the main carriage house is Digging Deep Greenhouse, which plays a vital role in supporting Pineridge Hollow's horticultural efforts. The greenhouse supplies the vibrant floral arrangements and greenery that define the property's landscapes, patios, and seasonal displays. This working greenhouse ties into the broader theme of self-sufficiency and local production, offering a behind-the-scenes look at the life cycle of plants used on-site.
- The grounds also include dedicated outdoor storage areas, a main parking lot which accommodates a large number of visitors, a man-made pond, and an outdoor stage to host events and local performances.

- Site Features
1. The Village at Pineridge Hollow
 2. Farmers Market Pavilion
 3. Petting farm
 4. Digging Deep Greenhouse
 5. Outdoor Storage
 6. Pond and Pergola
 7. Outdoor Stage
 8. Parking Lot
 9. Walking Trails



Diagram 5. Site Landmarks

4.4.3

Site Analysis

Site Landmarks - Walking Trails

Along the trails that wind just steps away from the Village at Pineridge Hollow, visitors can encounter a series of wooden signs etched with quotes by famous poets and mountaineers. Whether walking, snowshoeing, or gliding on cross-country skis, these signs appear unexpectedly along the path, enriching the journey with moments of reflection.

Each message blends seamlessly into the forest setting, reminding travelers of the connection between nature and the human spirit. This simple yet meaningful layer of interpretation transforms the trails into more than just a recreational path: it becomes a site of storytelling and quiet discovery, right at the edge of the retreat.

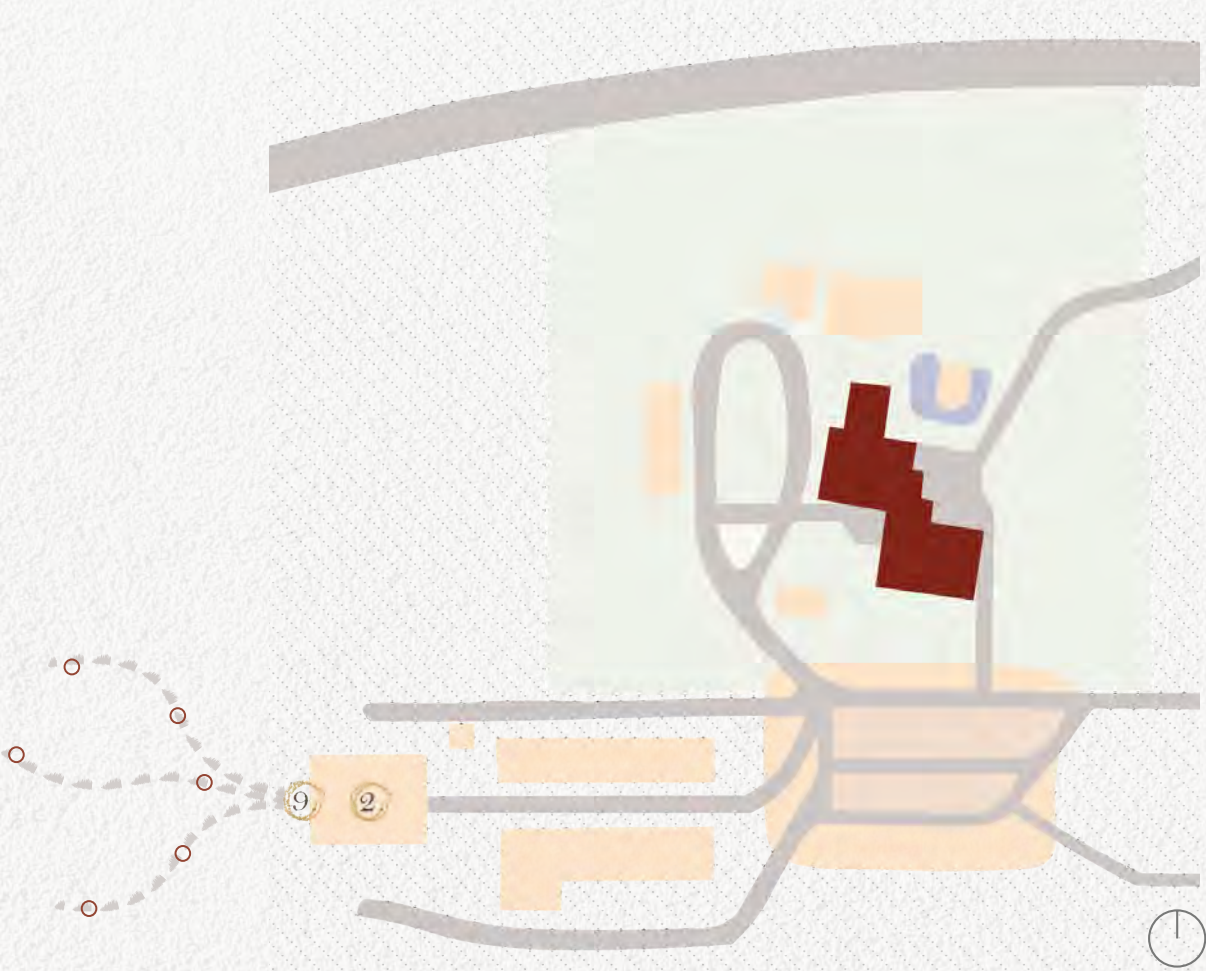


Diagram 6. Walking Path Landmarks

- Site Features
- 2. The Village
 - 9. Walking Trails



Fig. 22.
Etched Wooden Signs



Fig. 23.



Fig. 24.



Fig. 25.



Fig. 26.

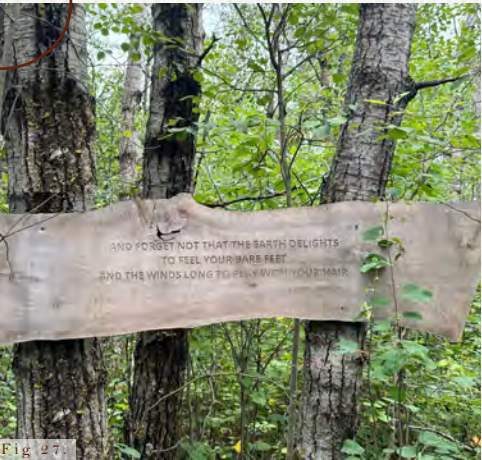


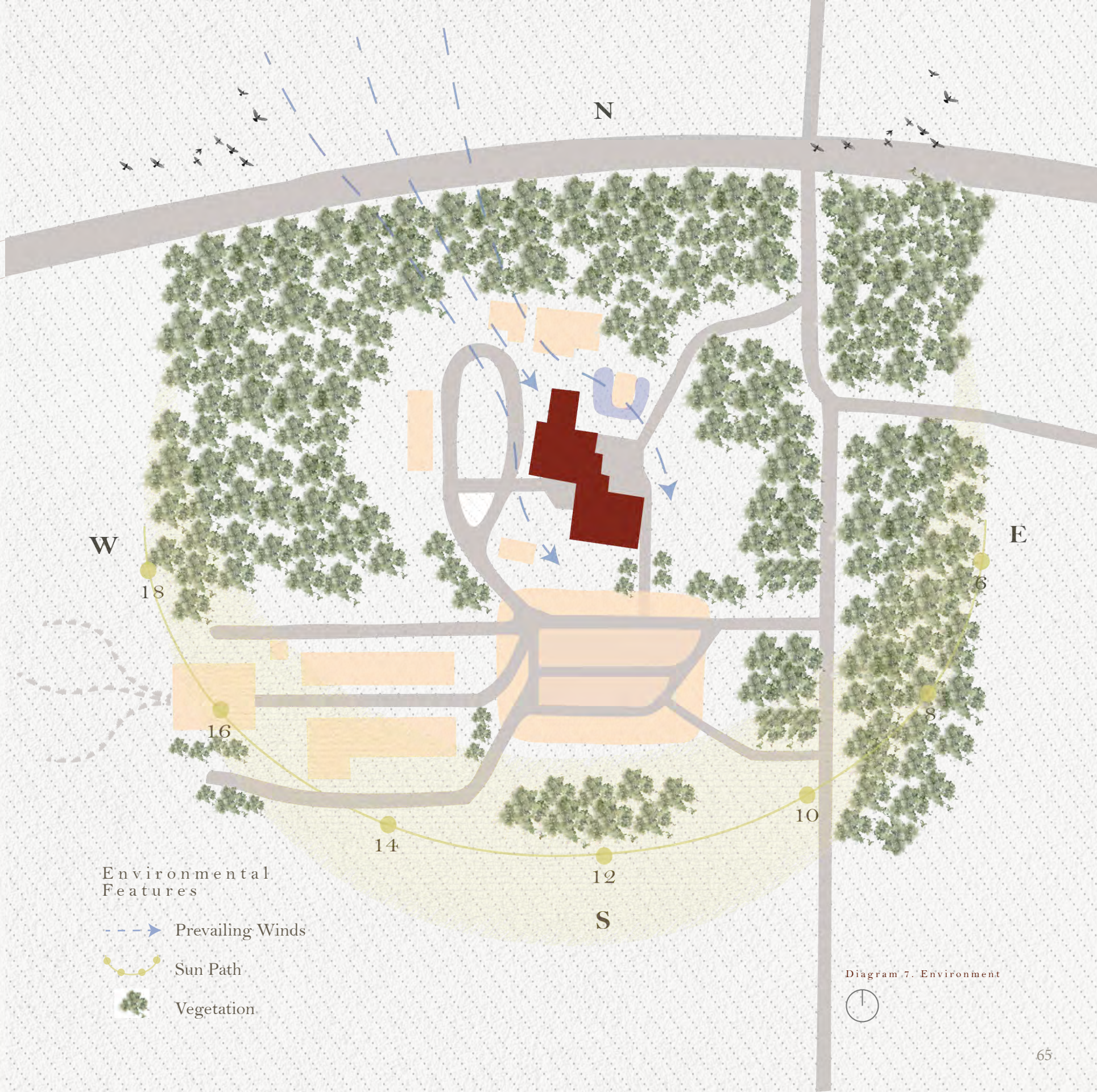
Fig. 27.

4.4.4

Site Analysis

Environment

- The Pineridge Hollow site presents a unique microclimatic profile shaped by regional wind patterns, seasonal sunlight variation, and the interplay between its built and natural features, all of which directly inform strategies for outdoor comfort and environmental responsiveness in the retreat's design.
- Dominant winds in Winnipeg and the surrounding areas primarily come from the north, with the windiest months typically occurring in May and September (WindFinder, 2025). These prevailing winds, combined with the site's open clearings, can create localized wind tunnels, particularly around building corners and open pathways. Strategic planting of trees and shrubs can serve as natural windbreaks, mitigating wind impact and enhancing outdoor comfort for guests.
- During winter, the buildings cast long, low shadows that cover a significant portion of the site, which can limit passive solar gain and reduce outdoor usability. In contrast, the summer months offer abundant sunlight, with limited shading, especially in the open lawn and event areas, posing challenges in managing heat exposure and guest comfort.
- Upon arrival from the parking lot, visitors are greeted by the distinctive character of the building nestled in the tranquil forest. The surrounding roads, including Park Road and Heatherdale Road, are not visible from within the site (aside from the parking areas), preserving the immersive sense of seclusion and detachment from urban distractions.
- The vegetation on site varies from maintained lawns and cultivated gardens, featuring brightly coloured flowers, to natural landscapes of Manitoban forest, dense shrubs, and untamed prairie grass fields. In some areas, vines have begun to overtake portions of the building's porch, blending built and natural elements. The layered plantings offer a dynamic seasonal experience, with vibrant blooms in the spring and summer, golden hues in the fall, and striking silhouettes in the winter. Surrounded by dense forest, nearly all views from within the building frame the natural environment and greenery.



4.4.5

Site Analysis

Environment - Species

- Birds Hill Provincial Park is characterized by a mix of prairie grasslands, aspen parkland, wetlands, and mixed boreal forest habitats, creating high biodiversity within a relatively small area. Dominant tree species include trembling aspen (*Populus tremuloides*), bur oak (*Quercus macrocarpa*), green ash (*Fraxinus pennsylvanica*), paper birch (*Betula papyrifera*), and white spruce (*Picea glauca*). The understory supports shrubs and native grasses such as red osier dogwoods and big bluestems, with wildflowers including goldenrod, asters, and prairie crocus.
- This variety of vegetation provides habitat for numerous wildlife species. Common mammals include white-tailed deer, red foxes, coyotes, snowshoe hares, and eastern gray squirrels. The park is also home to many bird species such as black-capped chickadees, woodpeckers, red-winged blackbirds, and birds of prey including hawks and owls. Wetland areas support amphibians such as wood frogs and leopard frogs, while reptiles such as garter snakes are frequently observed. Together, these plant and animal communities contribute to the park's ecological diversity and make it an important site for conservation, recreation, and environmental education.

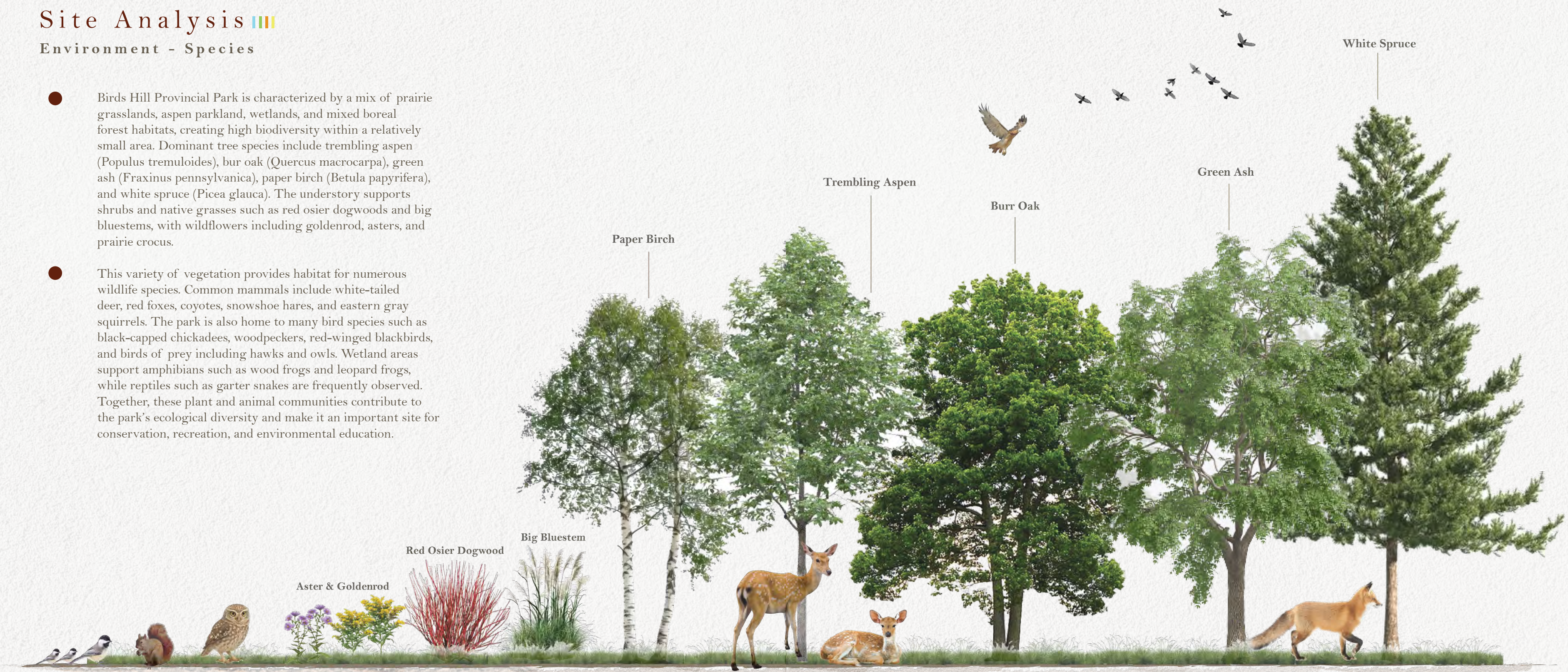


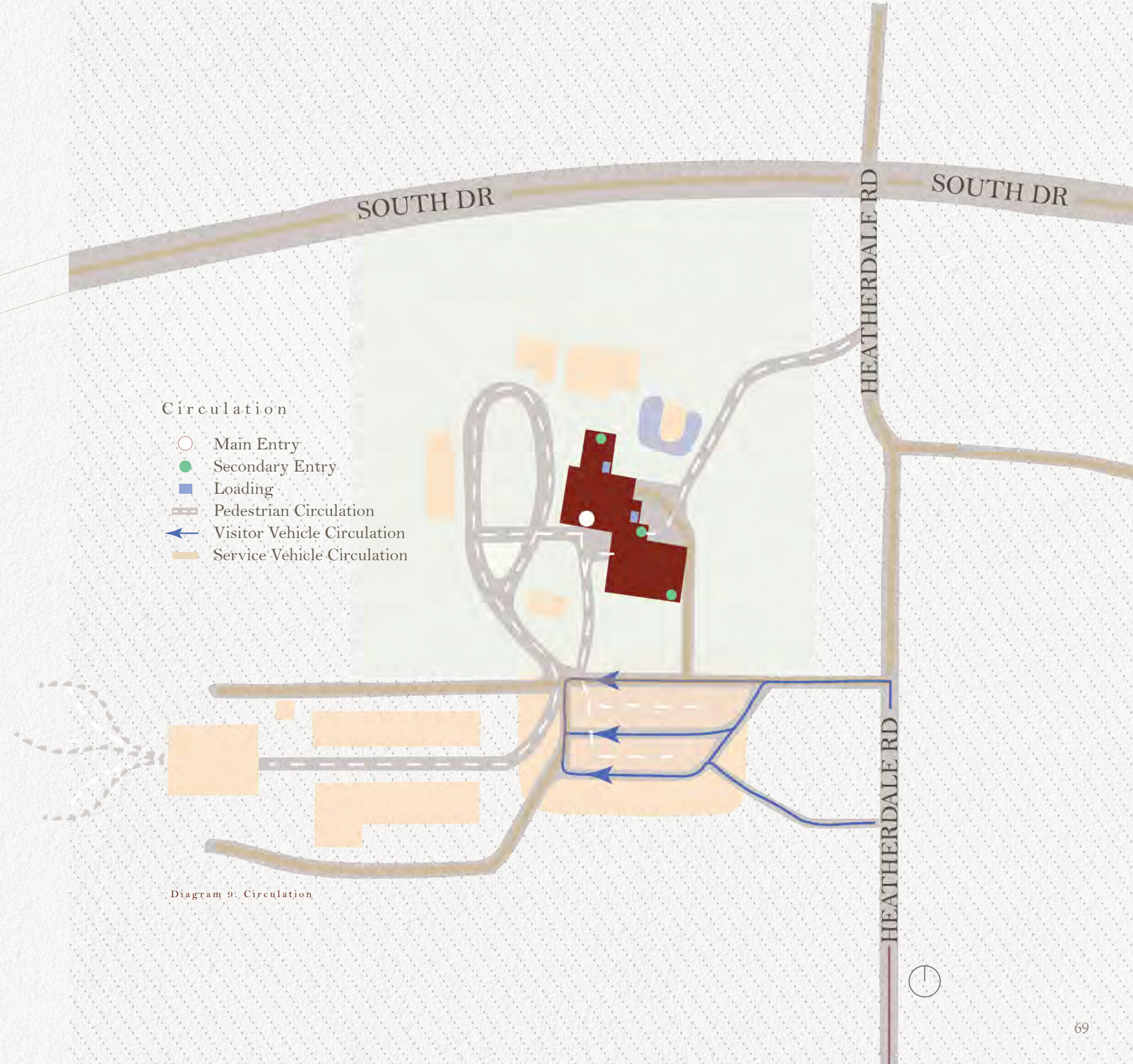
Diagram 8. Species

4.4.6

Site Analysis

Circulation

- Circulation around Pineridge Hollow is defined by a blend of vehicular and pedestrian movement that responds to the site's rural character while accommodating modern access needs. Visitors typically arrive via Heatherdale Road, which leads to two gravel parking lots: one located at the upper level near the retail and dining entrance, and another at a lower elevation closer to the outdoor event spaces and greenhouse.
- A series of informal driveways and service roads loop around the site to support deliveries, waste collection, and staff access, often shared with visitor traffic.
- There are no formal curbs or sidewalks; instead, gravel and compacted earth pathways guide pedestrian circulation between key areas such as the gardens, greenhouse, event spaces, petting zoo, and building entrances. These paths, while charming and organic, can pose accessibility challenges in certain areas.
- Entrances to the main building are dispersed, with separate access points for the restaurant, retail store, and kitchen, contributing to a sense of discovery but occasionally causing confusion. Circulation is informal and meandering, consistent with the retreat's exploratory atmosphere.



Opportunities and Constraints

OPPORTUNITIES

- 1

Proximity to Birds Hill Provincial Park: The site’s location near Birds Hill Park allows for direct connections to outdoor recreational activities and natural landscapes, enhancing the appeal of the retreat for nature lovers and slow tourists.
- 2

Bio diverse forested surroundings: The rich natural environment provides opportunities for immersive educational programs focused on local flora and fauna, environmental conservation, and sustainable practices.
- 3

Diverse landscape transitions: The seamless blend from manicured gardens to wild wooded areas supports a range of spatial experiences, from open communal gatherings to secluded moments of solitude.
- 4

Wellness and outdoor activities: The natural setting is ideal for programming such as hiking, guided nature walks, meditation, and seasonal exploration centered on mental and physical wellness.
- 5

Water features for mindfulness: The existing pond contributes to a calming atmosphere and can be integrated into mindfulness or relaxation zones within the retreat experience.
- 6

Educational and agricultural experiences: Interactive site elements, including the petting zoo, greenhouse, and flower gardens, offer hands-on learning opportunities tied to farming, sustainability, and local ecology.
- 7

Cultural and ecological storytelling: The integration of the site’s agricultural roots and natural context allows for programming that celebrates local culture and connects guests to the land and traditions of Manitoba and Birds Hill Park.
- 8

Multi-season potential: The site’s diverse terrain and features can support a wide variety of programming throughout the year, from winter snowshoe walks, to spring planting workshops, and summer farming experiences.

CONSTRAINTS

- 1

Proximity to active gravel pits: Surrounding gravel pit properties limit the potential for site expansion and may generate noise, dust, and heavy vehicle traffic that impact the guest experience and environmental quality.
- 2

Uncertainty around future gravel pit development: While current operations may eventually cease, there is no guarantee that future development or industrial use will not continue nearby.
- 3

Tree preservation and dense vegetation: The existing forest canopy restricts large-scale construction; removing trees would compromise the ecological integrity and character of the site, making low-impact or adaptive reuse strategies essential.
- 4

Challenging terrain and accessibility: Uneven ground, overgrown vegetation, and natural slopes may impede accessibility for guests with limited mobility. Creating universally accessible paths and entrances requires thoughtful landscape interventions.
- 5

Seasonal climate limitations: Manitoba’s harsh winters and variable seasonal conditions can limit outdoor activity, requiring heated structures, sheltered circulation routes, and weather-adaptive programming for year-round use.
- 6

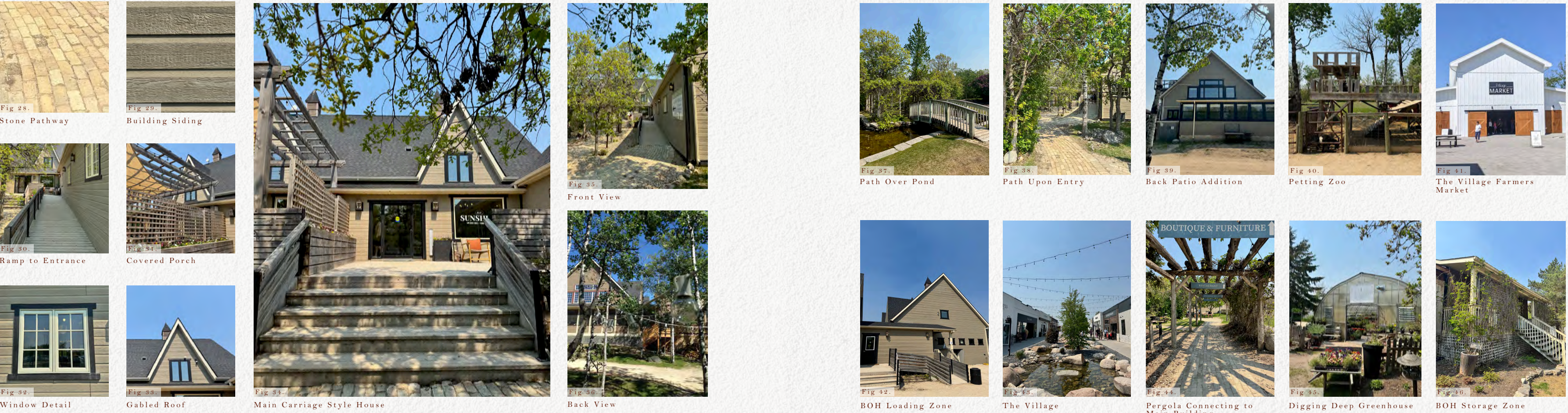
Wildlife considerations: The surrounding natural environment may attract local wildlife, necessitating careful site planning to ensure safety, minimize disruption, and maintain ecological balance.
- 7

Limited road access and rural infrastructure: Being located in a semi-rural area, the site may face infrastructure limitations such as limited public transport, road maintenance issues, or restrictions on delivery/service access.

4.5.1

Building Analysis

Exterior



The Pineridge Hollow carriage-style house has evolved over the years through multiple renovations and additions, undergoing a major expansion in 2009 with the addition of the existing furniture showroom and addition of an enclosed outdoor patio (Pineridge Hollow, 2025). The architectural style of the Pineridge Hollow buildings can be described as rustic vernacular, drawing from traditional, regional building methods and materials with a touch of cottage charm. The gabled rooflines with small turret-like projections evoke a quaint, almost storybook feel that aligns with the site’s branding as a boutique rural destination. The carriage-style house features wood-frame construction

and evokes a nostalgic farmhouse character through its architectural details. This style creates a welcoming atmosphere that blends well with its rural surroundings near Birds Hill Provincial Park. The exterior materials consist primarily of horizontal wood siding, painted in a neutral taupe-grey tone, complemented by black window trim and doors, which add a modern edge to an otherwise traditional palette. The roofs are clad in asphalt shingles, a practical choice that suits Manitoba’s climate and offers durability with low maintenance. The use of wooden elements is consistent throughout, including pergolas made from rough-hewn timber posts and beams, boardwalk-

style ramps and decks, and wooden benches and planters: all reinforcing a natural, handcrafted aesthetic. A partially covered front porch and adjacent deck serve as a welcoming entryway to the restaurant and retail space, with the deck area enclosed to function as a veranda for additional seasonal dining.

The pathways under the pergolas lead to various site amenities including the main building, petting farm, greenhouse, walking paths, and The Village, and are made of reclaimed-look brick pavers, which not only guide circulation but contribute to a tactile, heritage-inspired

experience. These hardscape choices help distinguish zones while maintaining a sense of rustic charm. The site has a wide wooden ramp that leads to the main building bordered by a railing, allowing for barrier-free access to the entrance. Seating areas placed adjacent to entrances support comfort and encourage visitors to pause and linger, reinforcing the idea of slow tourism and welcoming hospitality. Vines growing along the pergola above the path add texture and seasonal interest, and string lights add ambiance in the evening hours.

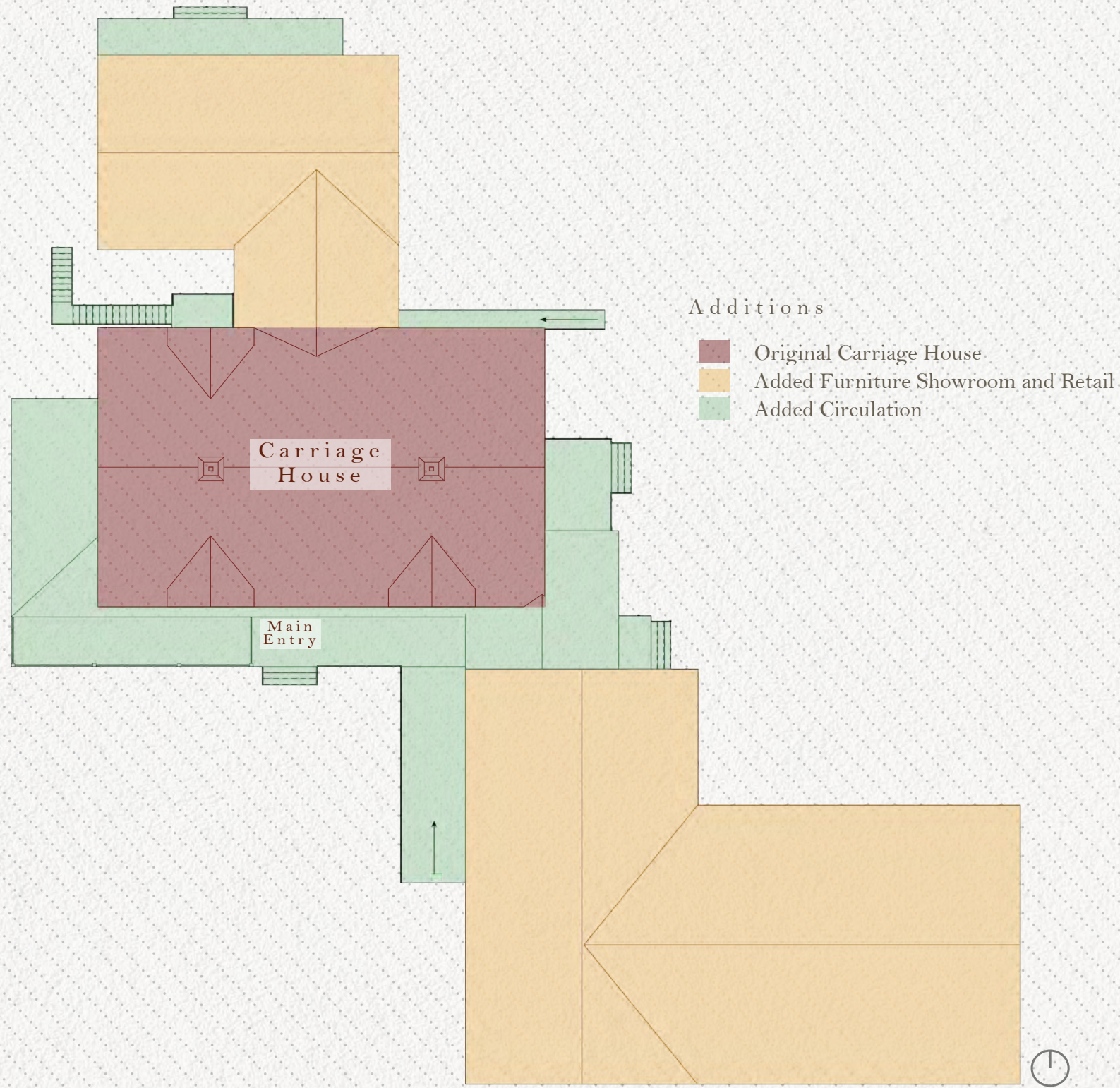


Diagram 10. Building Additions

4.5.1

Building Analysis

Additions

- Diagram 9 illustrates the evolution of the carriage house and its subsequent additions over time. While the exact dates of these expansions are not explicitly documented, they occurred at various stages throughout Pineridge Hollow's development, reflecting the site's ongoing adaptation and growth. The original carriage house structure, shown in burgundy, has been expanded through the addition of retail space and a furniture showroom, shown in orange, along with circulation zones, entry and egress points, and accessible ramps shown in green. This layout represents the building as it exists today, following years of renovation and refinement.
- For this practicum project, each of these existing areas and their current functions will be reimagined and modified to support the programmatic needs of an overnight slow tourism retreat.

4.5.2

Building Analysis

Interior



Fig. 47.
Dining Room Wooden Beams



Fig. 48.
Wooden Beam Details



Fig. 49.



Fig. 50.



Fig. 51.
Boutique Store Interior



Fig. 52.



Fig. 53.

The interior layout includes a combination of dining spaces, retail showrooms, offices, and administrative areas spread across multiple levels: the basement, main floor, and second floor. The circulation is somewhat maze-like, with rooms flowing into one another in an organic, meandering fashion.

Drawing inspiration from traditional rural architecture, the space is reinterpreted with natural materials and a bright, welcoming palette. The building emphasizes a strong connection to its surrounding landscape, achieved through the use of expansive windows and generous daylighting. Materiality plays a central role in establishing the character

of the space. Within the enclosed porch, a white-painted plank ceiling creates a sense of vertical rhythm and spaciousness while evoking the simplicity of farmhouse design. Slight imperfections in the wood grain and visible nail markings add to the space's tactile authenticity. In contrast, the vaulted dining area features soaring ceilings supported by exposed timber trusses, which not only showcase craftsmanship and structural honesty but also create a dramatic spatial experience. These impressive vertical volumes display a sense of airiness and openness while maintaining a warm, grounded atmosphere through the use of natural wood. The ceilings draw the eye upward



Fig. 54.
Wall and Ceiling Panels



Fig. 55.
View to Outdoors



Fig. 56.
Entry to Patio



Fig. 57.
Local Artwork



Fig. 58.
Wood Flooring



Fig. 59.
Indoor Birch Trees



Fig. 60.
Enclosed Patio



Fig. 61.
Brick Fireplace

and help frame key views to the exterior landscape, making them a central visual and spatial feature.

The rustic charm continues throughout the adjacent retail showrooms, where exposed ductwork lend an industrial edge that contrasts with the warmth of wooden displays and antique-inspired fixtures. This combination of raw and refined elements creates a distinctive, layered environment that feels both curated and lived-in.

The flooring throughout features natural hardwood in varying tones, from warm oak to weathered grey, offering

subtle variation and texture that enhances the building's lived-in feel. This material choice adds a layer of diversity and durability suitable for the high-traffic nature of a restaurant open all day. Large groupings of windows along the walls ensure an abundance of natural light, allowing the interior to remain bright and uplifting throughout the day. The combination of white walls and window trim maximizes the natural light, creating a clean, calming atmosphere, while the varied use of wood paneling on the ceilings adds warmth and visual interest throughout the interior.

Opportunities and Constraints

OPPORTUNITIES

- 1 .

Architectural character: The existing building’s carriage house style, steeply pitched rooflines, wood construction, and rustic finishes offer a strong sense of identity and character that can be celebrated and retained in the retreat design.
- 2 .

Meandering layout: While the interior circulation may be confusing, the layered layout of rooms and corridors creates a sense of discovery, turning movement through the space into a dynamic and engaging experience.
- 3 .

Hidden nooks and corners: Existing small, tucked-away spaces can be intentionally preserved as moments of reflection or interpretive storytelling throughout the retreat.
- 4 .

Flexible interior renovation: Since the existing partitions are not required to remain, there is freedom to reconfigure the interior while selectively keeping unique features and spatial experiences.
- 5 .

Porch and veranda: Existing semi-outdoor spaces such as the covered porch and enclosed veranda offer a foundation to expand and enhance indoor-outdoor connections.
- 6 .

Connection to landscape: With adjacent gardens, ponds, and forested paths, the site already lends itself to immersive nature experiences and educational outdoor activities.

CONSTRAINTS

- 1 .

Lack of elevator or vertical accessibility: The current absence of an elevator or lift restricts accessibility to the second floor and basement. This is a significant issue for universal access and is addressed in the retreat’s redesign.
- 2 .

Uncoordinated layout from past additions: Multiple renovations over the years have resulted in a disjointed spatial organization, which may pose design and functional challenges unless carefully reimagined.
- 3 .

No clear wayfinding: The maze-like internal layout lacks intuitive navigation, which can confuse guests and may require signage or spatial reconfiguration.
- 4 .

Restricted entry points: Multiple entrances, including through kitchen and loading areas, may lead to security concerns or user confusion and is better organized in the redesign.
- 5 .

Aging finishes and materials: Some interior finishes, such as linoleum and acoustic ceiling tile, may be outdated or in poor condition, requiring replacement.
- 6 .

Limited natural light in some interior spaces: While some areas like the upper dining room receive ample daylight, others, particularly the basement or internal corridors, are dimly lit.

5.

||| Programming

5.1

Client Profile

Client:

○ Jan Regehr, founder of Pineridge Hollow

Jan Regehr, owner and founder of Pineridge Hollow, is a “long-standing advocate for local food, community connection, and design grounded in the natural landscape” (Pineridge Hollow, 2025). Pineridge Hollow has long served as a gathering place that celebrates Manitoba’s rich agricultural traditions and now, Jan is hypothetically looking to evolve her business into a local travel retreat that extends the site’s offerings into an immersive, overnight experience. The vision for this new chapter is to preserve the core values of localism, sustainability, and hospitality that have always defined Pineridge Hollow, while expanding its role as a destination for slow tourism, learning, and an authentic Manitoban experience.

The retreat will completely reimagine the interior of the existing carriage house and its additions, both functionally and aesthetically, to align with the goals of slow, intentional travel. While key exterior features such as the surrounding greenhouse, walking paths, and landscape connections will remain integral to the experience, the interior will undergo a full transformation. The existing retail areas will be redefined to accommodate new programmatic functions that support education and community engagement. Similarly, the current restaurant will be redesigned to offer a more immersive dining experience, one that emphasizes connection to local food, seasonal ingredients, and the retreat’s broader themes of slow tourism and regional identity.

In keeping with Jan’s ethos, the retreat will champion local sourcing, sustainability, and meaningful experiences that reflect the spirit of Manitoba. It will serve as both a continuation and an expansion of the Pineridge Hollow identity, one that nurtures the mind and community through a deeply place-based approach to slow and local travel.

Jan Regehrs Joys:



Jan Regehr

- Spending time in the garden, tending to blooms and admiring their striking, natural beauty.
- Great food that showcases amazing flavour and highlights each ingredient for what it brings to the table (alongside a fantastic glass of wine).
- Absorbing all that the great outdoors has to offer, getting lost in the sights & sounds of the forest, and appreciating Mother Nature’s magic.
- Exploring local markets and supporting small businesses - finding joy in discovering handcrafted goods and the stories behind the makers.
- Making her home & the homes of other’s a place of comfort and reprieve through home decor & design.
- Creating meaningful moments with her friends, family and community; taking time for authentic & purposeful connection with others.

These passions are woven into every aspect of Pineridge Hollow. Jan hopes that each guest leaves feeling inspired and more deeply connected, whether through a conversation, a locally made treasure, or simply the sense of belonging found while exploring the property. (Pineridge Hollow, 2025).

Client

WANTS

- Transform Pineridge Hollow into a local travel retreat without losing its current character
- Preserve and celebrate the existing local food offerings such as the bakery selection and farm-to-table ethos
- Create an immersive overnight experience that allows guests to slow down and connect with Manitoba’s natural landscape
- Offer meaningful, seasonally inspired experiences guided by local Birds Hill residents who share their knowledge and connection to the land.
- Promote community and guest engagement through events, workshops, and activities
- Maintain a strong connection to the land and natural environment of the Birds Hill Park area
- Build on the existing identity and brand values of sustainability, hospitality, and locality

Client

NEEDS

- Overnight accommodations integrated into the existing carriage house and its additions
- Communal gathering spaces (indoor and outdoor) for dining, socializing, and relaxing
- Multi-use rooms for educational workshops, seasonal events, and activity programming
- Support facilities such as laundry, storage, and staff areas
- Contextual site planning with minimal environmental impact and strong indoor-outdoor connection
- Safe, accessible pathways and circulation throughout the retreat
- Integration with existing infrastructure, including the greenhouse and local makers at The Village
- Interpretive elements that express the story of the land, food, and community values

5.2

User Analysis

Primary Users

User Description	Qty	Behavioural Needs	Physiological Needs	Spatial Needs
Travel Retreat Guests: Individuals and families seeking meaningful, restorative experiences anchored in local culture and landscape. Drawn to slow travel and authentic experiences, they value intentional, contextual design that reflects the unique spirit of Manitoba and invites a deeper connection to place.	18 max	• Opportunities for self-directed exploration and learning (trails, workshops, cooking experiences). • Spaces that support social connection and communal activity.	• Access to fresh, nourishing food made with local ingredients. • Comfortable sleeping environments that promote rest and recovery.	• Multi-use indoor and outdoor areas that support both solitude and community interaction. • Clear, accessible circulation paths that connect accommodations to key amenities.

Travel Retreat Guests May Include:

• Local Manitobans looking for a slow paced experience close to home that embraces their provinces heritage. • Families with children seeking space to explore, learn about nature, and spend quality time together through recreation and leisure. • Couples wanting to connect with nature and each other in a slower-paced, rural retreat setting.	• Retreat groups (wellness, creative, or educational) who require communal spaces and overnight accommodations. • Outdoor enthusiasts drawn to the proximity of Birds Hill Park for hiking, biking, and other nature activities.
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Primary Users

User Description	Qty	Behavioural Needs	Physiological Needs	Spatial Needs
Kitchen Staff: Local culinary residents who prepare nourishing meals using site specific and seasonal ingredients harvested directly from Oak Knoll Farm. They work collaboratively in a kitchen that supports the retreat’s focus on sustainability and community.	4	• Require clear workflow patterns to maintain productivity and reduce stress during busy periods. • Require responsibility to respond to seasonal changes and guest dietary needs.	• Require stamina and nourishment to sustain physically demanding, fast-paced work. • Need access to clean, temperature-controlled environments for comfort and safety.	• Direct access to fresh harvests delivered from Oak Knoll Farm. • Designated zones for prep, storage, and rest that support culinary tasks.
Building Manager (Client): Oversees daily operations, maintenance, and safety of the retreat to ensure it functions efficiently. She coordinates with staff, contractors, and service providers to address any issues promptly and maintains a welcoming environment for all users.	1	• Needs to coordinate effectively with staff and service providers. • Requires problem-solving and decision-making support in fast-paced situations.	• Access to a comfortable workspace with proper lighting and seating. • Need for regular breaks and hydration during long or high-stress shifts.	• Centralized office space with clear visibility and access to key building areas. • Secure storage for important documents and communication tools.
Receptionist: First point of contact for guests, responsible for managing bookings, providing information, and ensuring a smooth check-in process. They create a welcoming atmosphere by offering excellent customer service and assisting with guest inquiries.	1	• Ability to multitask efficiently, handling guest bookings and check-ins. • Need for clear communication and a friendly, approachable demeanor.	• Desire for a sense of accomplishment from helping guests and ensuring smooth operations. • Need for mental clarity and focus to handle high-stress situations calmly.	• An organized reception area with sufficient space to manage paperwork. • Comfortable workspace that allows for easy access to communication tools.
Educational and Activity Staff: Knowledgeable facilitators with backgrounds in environmental science, education, arts, or wellness. They design and lead engaging workshops, nature-based programs, and hands-on learning experiences for guests in both indoor and outdoor settings.	3	• Need to facilitate meaningful, engaging learning experiences for diverse groups of guests. • Require opportunities to collaborate and plan with other staff and community partners.	• Comfortable, ergonomic workstations and rest areas for breaks. • Reliable access to nourishment and temperature-controlled environments throughout the day.	• Access to indoor and outdoor spaces suited for hands-on learning, workshops, and activities. • Designated storage and prep areas for materials and activity equipment.

5.2

User Analysis

Secondary Users

User Description	Qty	Behavioural Needs	Physiological Needs	Spatial Needs
Security: Ensure the safety and security of all individuals on-site by monitoring activity, enforcing rules, and responding to incidents. They maintain a visible presence throughout the property to deter unwanted behaviour and provide assistance when needed.	1	- Need to remain alert, observant, and calm in high-pressure situations. - Require clear communication channels with staff and emergency services.	- Access to comfortable seating and opportunities for movement during long shifts. - Reliable access to regular scheduled breaks and climate-controlled environments.	- Clear sightlines and strategic positioning for monitoring users. - Designated security stations with access to surveillance equipment and communication tools.
Housekeeping: Responsible for ensuring the cleanliness, hygiene, and upkeep of the retreat and individual suites. They ensure all indoor spaces are welcoming and hygienic, and that amenities and equipment are clean, stocked, and in proper working order.	4	- Need for attention to detail to maintain high cleanliness and hygiene standards. - Ability to work efficiently while respecting guest privacy.	- Require physical stamina for tasks like lifting, bending, and extended periods of standing. - Need access to hydration, breaks, and proper protective gear during cleaning tasks.	- Access to organized storage for cleaning supplies, linens, and equipment. - Clear, unobstructed pathways to efficiently service suites and retreat spaces.
Guest Speakers: Include a diverse group of storytellers who bring the spirit of Manitoba to life through educational speaking. Individuals range from Indigenous Elders, local historians, folklorists illuminating the legends of Birds Hill, and more.	1	- An attentive audience that allows speakers to share stories without distraction. - A setting that honours diverse traditions and encourages open listening and dialogue.	- Adjustable lighting and climate control to maintain comfort during sessions. - Nearby access to restrooms and break areas.	- A layout that supports eye contact, storytelling, and a communal feel. - An acoustically treated space that reduces echo and outside noise.

Tertiary Users

User Description	Qty	Behavioural Needs	Physiological Needs	Spatial Needs
Landscaper: Responsible for maintaining and enhancing outdoor spaces through planting, pruning, and grounds keeping. They value the environmental integrity of Birds Hill Park and assist in the maintenance of the on site greenhouse during the summer months.	3	- Need to work independently while coordinating with other staff on outdoor maintenance schedules. - Require adaptability to changing weather, seasons, and site conditions.	- Require physical endurance for tasks like lifting, digging, and standing for long periods. - Need protection from weather, sun exposure, and access to hydration throughout the day.	- Access to well-organized outdoor work zones and safe equipment storage. - Designated areas for tool maintenance, cleanup, and breaks.
Suppliers and Vendors: Deliver farmed produce for the kitchen and essential goods needed to support the daily operations of the retreat. They ensure timely, reliable deliveries and help maintain a strong connection to the local economy and community.	2	- Need to coordinate delivery schedules and logistics with retreat staff efficiently. - Require clear communication to ensure accurate and timely fulfillment of orders.	- Require physical stamina for loading, unloading, and transporting goods. - Need access to restrooms and shelter during site visits or deliveries.	- Designated loading zones with easy access to storage and kitchen areas. - Organized storage spaces to safely receive, sort, and store delivered items.

Table 4. User Analysis

Spatial Analysis

Primary Spaces

Room Name	FF&E Requirements	Colours and Materials	Desired Atmosphere	Sq Ft
Reception	Reception desk Soft seating Coffee tables Ambient and task lighting Signage Storage units Computer/technology	Soft neutrals for walls Tyndall stone for reception desk Red accents resembling the Manitoba Maple and Red Osier Dogwood Birch herringbone flooring Woven upholstery for seating	Calm, inviting, comfortable	400 sq ft
Communal Kitchen and Dining Room	Family style cook station Barstool upholstered seating Cooktop, oven, sink Wall mounted storage Family style table and chairs Banquet seating for children Ambient and accent lighting	Soft neutrals for walls Oak wood for family style table Quartz and tiled cook station Birch herringbone flooring Leather upholstery for seating	Inviting, social, rejuvenating	1200 sq ft
Workshop Space	Movable tables Movable and stackable chairs Benches and low tables for children Large storage units Ambient and task lighting	Soft neutrals for walls Laminate tables Leather upholstery for seating Birch herringbone flooring Oak millwork for storage units	Focused, playful, collaborative	750 sq ft
Enclosed Patio	Lounge chairs Sectional Sofa Coffee tables Bookshelf/display Bird feeders Ambient and task lighting Soft music system	Birch accents for furniture Dark ash flooring with area rugs resembling birch bark Woven upholstery for seating Large glazing system Oak millwork for bookshelf	Peaceful, intimate, social	350 sq ft
Guest Suites	Queen beds Dimmable ambient and task lighting Small reading/writing nook Bedside tables Wardrobe with hangers Ensuite with towels, robes, and local bath products	Soft neutrals for walls with pops of orange Birch accents for furniture Woven upholstery for seating Off-white bedding Birch herringbone flooring	Restful, comfortable, rejuvenating	250 sq ft each 8 rooms

Room Name	FF&E Requirements	Colours and Materials	Desired Atmosphere	Sq Ft
Storytelling Lounge	Lounge chairs Curved couches Dimmable ambient and task lighting Coffee tables Poufs and bookshelves for children Central suspended fireplace	Soft neutrals for walls and furniture Woven upholstery for seating Area rugs resembling birch bark Brass for fireplace Birch accents for furniture	Immersive, sensorial, welcoming	800 sq ft
Outdoor Equipment Rental	Shoe and equipment racks Service counter Computer/technology Signage Ambient and task lighting	Soft neutrals for walls Quartz and tiled service counter Non slip vinyl flooring Metal equipment racks	Social, organized, inviting	300 sq ft
Outdoor Transition Zone	Suspended fireplace Modular seating Boot/outdoor clothing warmer Hot beverage station	Soft neutrals for walls Brass for fireplace Woven upholstery for seating Non slip tile flooring Birch accents for furniture Large glazing system	Welcoming, warm, relaxing	350 sq ft each (3)

Spatial Analysis

Ancillary Spaces

Room Name	FF&E Requirements	Colours and Materials	Desired Atmosphere	Sq Ft
Building Manager Office	Desk and task chair Filing cabinet and secure storage Visitor chairs Wall-mounted shelves Computer/technology Ambient and task lighting	Soft neutrals for wall Birch accents for furniture and casework Woven upholstery for seating Terrazzo flooring	Organized, functional, refreshing	150 sq ft
Staff Lounge	Soft seating Coffee and circular tables Storage cabinets Lockers for personal items Small kitchenette with appliances Ambient and accent lighting	Soft neutrals for walls Birch accents for furniture Birch herringbone flooring Leather upholstery for seating Quartz island countertop	Relaxing, comfortable, casual	350 sq ft
Hotelling Offices (2)	Desks and task chairs Filing cabinet and secure storage Wall-mounted shelves Computer/technology Ambient and task lighting	Soft neutrals for wall Birch accents for furniture and casework Woven upholstery for seating Terrazzo flooring	Organized, functional, refreshing	150 sq ft
Prep Kitchen	Food storage shelving Refrigeration units Sinks and faucets Food prep counters Dishwasher Ambient and task lighting	Stainless steel for countertops and appliances Moisture-resistant wall finishes Non slip, easy to clean flooring Laminate for storage shelves	Efficient, functional, practical	300 sq ft
Housekeeping Room	Cleaning supplies storage Sinks and faucets Linen storage Shelving units Cleaning carts Ambient lighting	Stainless steel shelving Non-slip, easy-to-clean flooring Metal or plastic storage bins Moisture-resistant wall finishes	Clean, organized, functional	200 sq ft

Room Name	FF&E Requirements	Colours and Materials	Desired Atmosphere	Sq Ft
Washroom	Toilets and partitions Sinks and faucets Soap dispensers Paper towel holders Mirrors Trash bins Ambient lighting	Soft neutrals for walls Non slip tile flooring Brass fixtures Moisture-resistant surfaces Quartz countertops	Clean, functional, inviting	300 sq ft each (3)
Mechanical Room	Server racks Network switches Uninterruptible power supplies Cable management Ambient lighting	Metal server racks Vinyl flooring Neutral wall finishes	Secure and efficient	100 sq ft
Laundry Room	Cleaning supplies storage Washer and dryer units Wall mounted shelving Linen carts Ambient lighting	Stainless steel shelving Non-slip, easy-to-clean flooring Metal or plastic laundry bins Moisture-resistant wall finishes	Clean, organized, functional	200 sq ft

Table 5. Spatial Analysis

SQUARE FOOTAGE :

Primary and ancillary spaces total sq ft: 8700 sq ft
Circulation: 8700 x 0.30% = 2610

TOTAL SQ FT WITH CIRCULATION: 11,310 SQ FT

5.4

Spatial Adjacencies

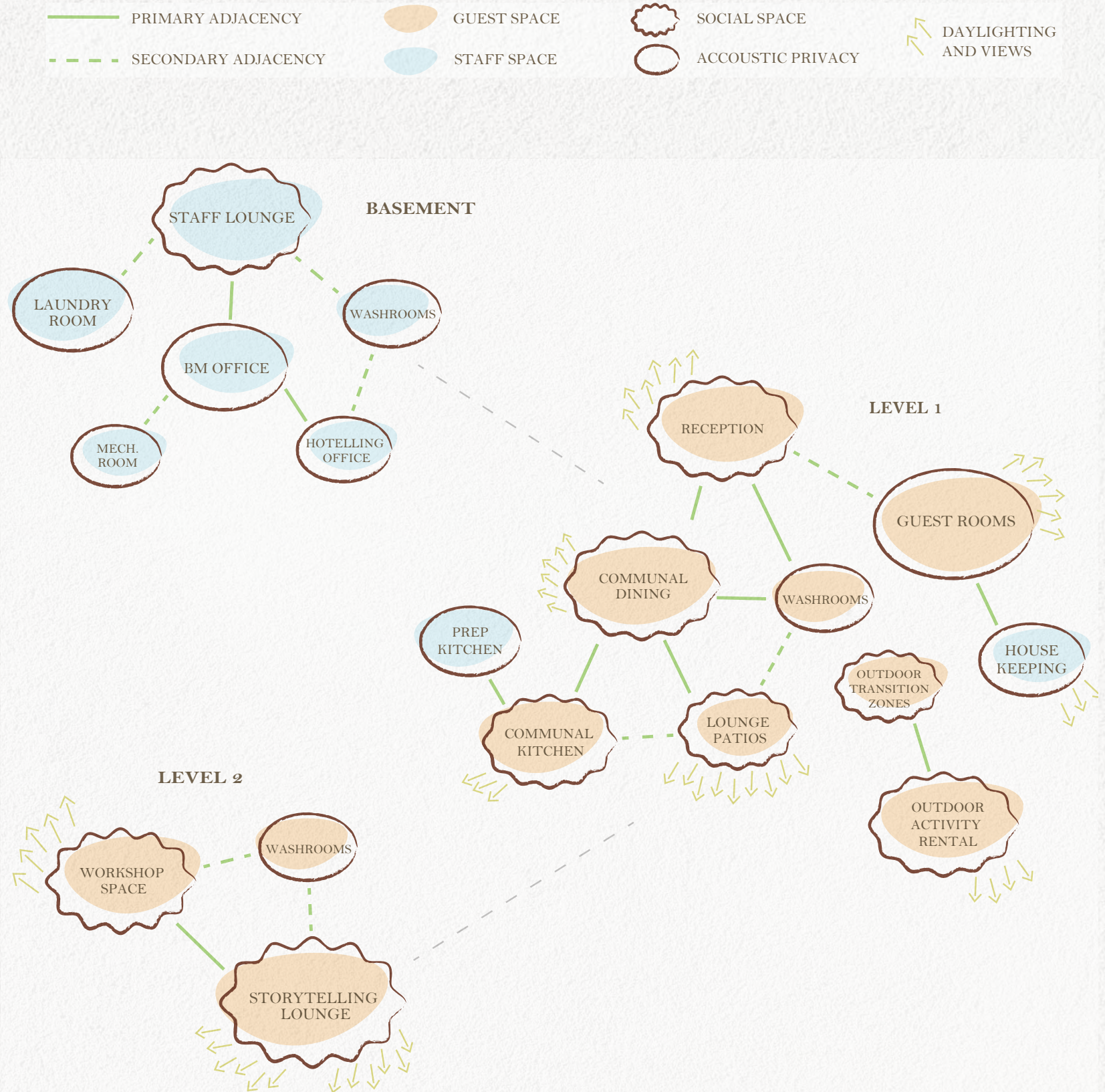
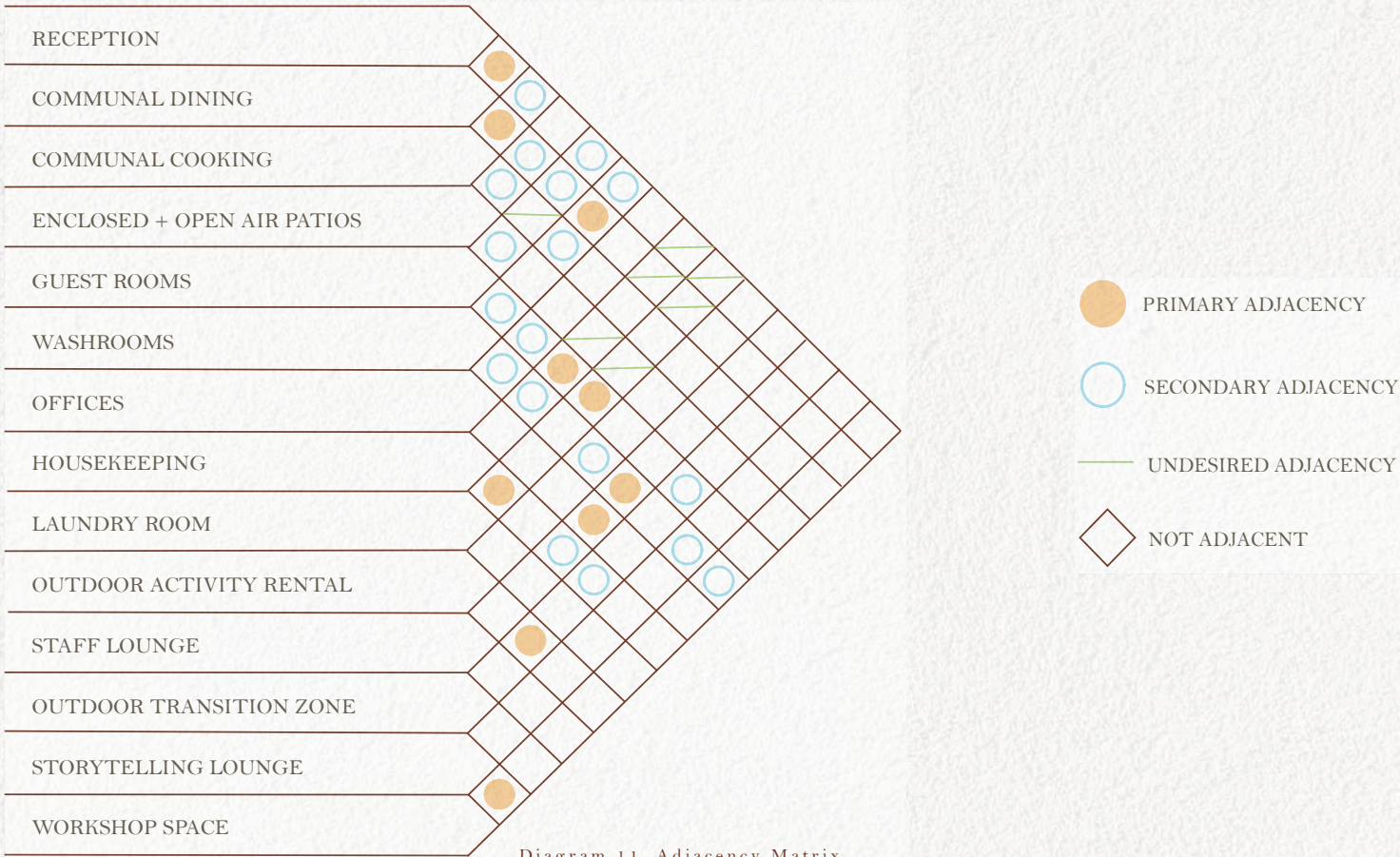
The spatial organization of the retreat is structured to balance guest comfort, staff efficiency, and acoustic privacy across three distinct levels.

The basement is dedicated to operational support and back-of-house functions. It includes the staff offices, housekeeping, mechanical room, and staff lounge. The overall building layout supports a clear division between guest, staff, and social zones, while prioritizing intuitive wayfinding and layered privacy.

The main floor serves as the heart of the retreat, with key guest-oriented and social spaces such as the reception, communal dining room, and communal kitchen closely interconnected through primary adjacencies. This

encourages fluid movement and spontaneous gathering while promoting a strong sense of community. The guest rooms are positioned adjacent to these social spaces but with consideration for acoustic privacy.

The second floor hosts more contemplative and creative spaces, including the storytelling lounge and the workshop space. These communal, social zones benefit from their separation from the more active main level, offering privacy and potential for focused engagement. Their adjacency also encourages crossover between storytelling, crafting, and other hands-on activities. Also emphasized are daylighting and views on the upper levels, particularly around guest and social areas, reinforcing a strong connection to nature and overall well-being.



Storytelling through Programming

Programming plays a key role in defining how guests interpret Manitoba throughout their retreat experience. Each programming type contributes to a form of *storytelling*, guiding guests as they discover the story of Manitoba through curated experiences within the retreat. Rather than functioning as separate categories, the educational, recreational, and experiential elements are interconnected in the following diagram, unfolding together as “**the traveler’s story**” - an ever-evolving narrative shaped by each guest’s experience. Together, these layers shape a personal journey, where every moment contributes to the traveler’s story, forming a lasting connection to place that continues beyond their stay.

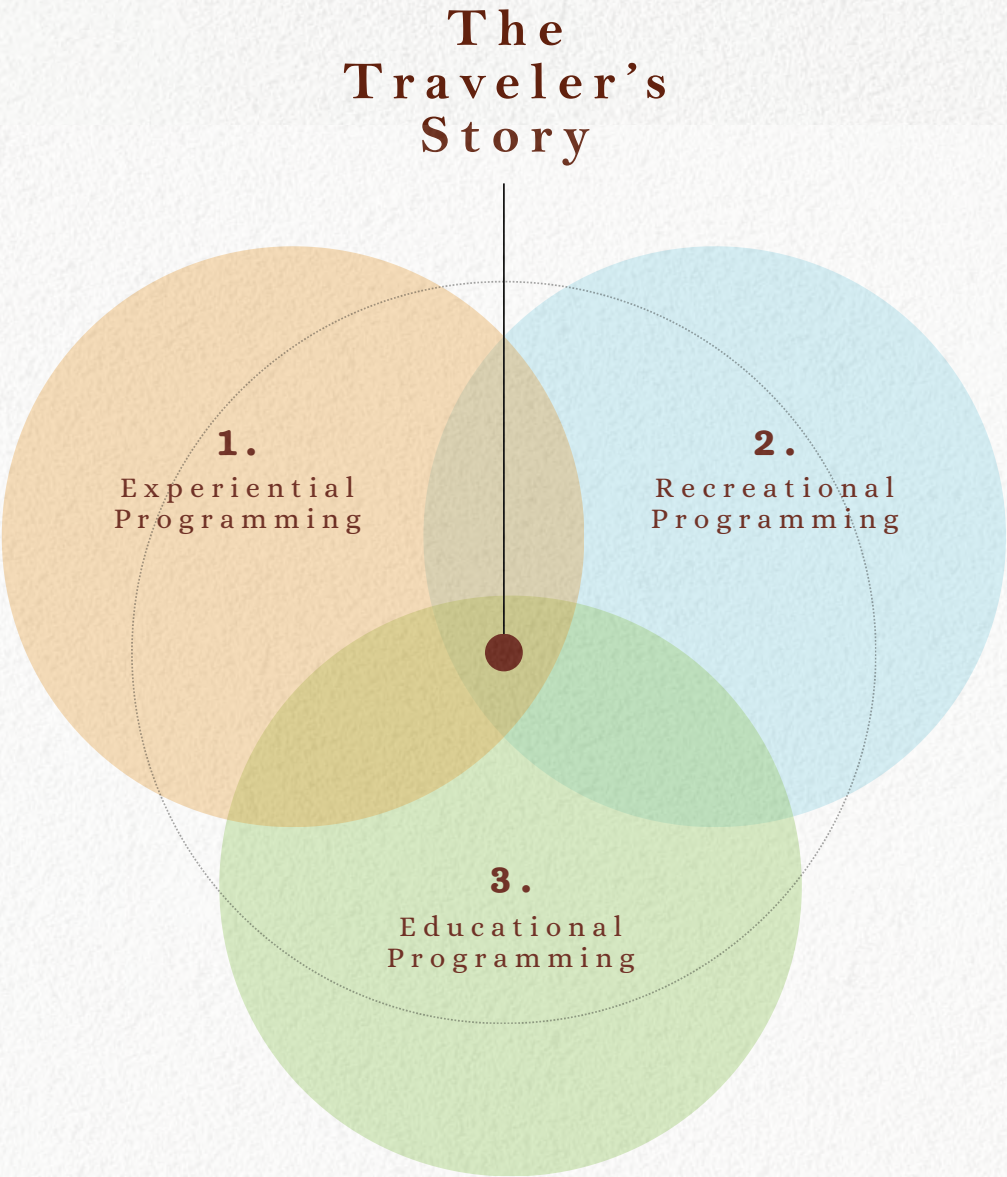


Diagram 13. Programming Activities

Experiential Storytelling

1.

- Farm-to-table dining experiences with ingredients harvested on-site
- Hands-on participation in seasonal agricultural activities (planting, watering, harvesting)
- Prairie stargazing nights with local astronomers
- Art and photography lessons capturing Manitoba’s landscape and light
- Interactive community events such as farmers’ markets and craft fairs
- Seasonal celebrations such as autumn harvest festivals or spring bloom festivals

Recreational Storytelling

2.

- Cross-country skiing, snowshoeing, and winter trail exploration
- Horseback riding along Birds Hill Park’s equestrian trails
- Seasonal cycling routes and guided group rides
- Canoeing or kayaking in at Birds Hill Beach
- Outdoor yoga and meditation practices in nature
- Picnics and campfires featuring locally prepared foods and storytelling

Educational Storytelling

3.

- Storytelling workshops featuring Manitoban folklore and personal narratives
- Guided nature interpretation walks on local ecology and wildlife
- Tastings featuring Mantioban made liquor and craft beers
- Sessions on traditional crafts (birch-bark weaving and textile arts)
- Cooking classes celebrating Manitoban ingredients and culinary heritage
- Painting workshops inspired by the natural landscapes surrounding the retreat
- Birdwatching tours with a focus on migratory patterns and native species

6.

▀▀▀ Prairie Root Travel Retreat

Design Description

Prairie Root Travel Retreat, located at Pineridge Hollow, is a local travel destination that celebrates the natural, cultural, and historical identity of Manitoba. Nestled on the outskirts of Birds Hill Provincial Park, the retreat reimagines an overlooked rural site, anchored by a restored carriage-style house, into a place of environmental immersion. The design emphasizes slow tourism, inviting guests to move deliberately, engage fully with the landscape, and savour meaningful, place-based experiences.

Interior spaces are derived from authenticity, drawing from local materials, craftsmanship, and organic interactions with community members. Private suites, communal dining areas, and multi-use spaces for workshops and seasonal programming are designed at an intimate scale to encourage personal reflection and participatory experiences. Here, programming becomes *storytelling*, guiding guests as they discover Manitoba through curated experiences. Culinary workshops, craft sessions, guided outdoor explorations, and narrative-driven activities allow guests to co-create their own “*traveler’s story*,” an evolving narrative shaped by each individual’s journey through the retreat.

Regionalism informs every design decision, from the textures of native trees and birch bark-inspired surfaces to colour palettes reflecting the golds, greens, and blues of Manitoba’s fields, sky, and wildflowers. Integrated with the carriage house’s original character, the retreat is designed to slow visitors down, engage the senses, and celebrate deep connections to the land, culture, and one another. Through its design and storytelling programming, *Prarie Root Travel Retreat* offers a deeply mindful and personal journey into the beauty of Manitoba.

The guiding principles of **Prairie Root Travel Retreat** are informed by three key design tenets:

1 • Slow, Immersive Tourism

Designing spaces and experiences that encourage guests to physically move through the prairie landscape at a deliberate pace, notice the textures of native flora and fauna, listen to seasonal sounds, and engage with subtle shifts in light and weather.

2 • Storytelling Through Programming

Guests engage with Manitoba’s culture, history, and environment through curated experiences which allow them to co-create a personal and evolving “traveler’s story,” where learning, participation, and reflection unfold as a continuous journey.

3 • Contextual and Regional Design

Interior and exterior spaces draw from local materials, traditional craftsmanship, and the colours and textures of Manitoba’s landscapes, integrating the carriage house’s heritage with contextual strategies to create an authentic environment deeply connected to place.

Conceptual Exploration

The Landscape as a Story

Having lived just five minutes from Birds Hill Park my entire life, each visit has always felt like a new discovery, transporting me somewhere unique and distinct from other parts of Manitoba, yet at the same time, deeply familiar.

As I walk through the landscape of Birds Hill, it feels like stepping into a living watercolour, where soft washes of colour bleed into one another: the greens of the prairie dissolving into the golds of the distant sun. The scenery carries a sense of fluidity, as if it is constantly shifting and transforming, never fixed, much like paint moving across wet paper. The birch trees stand tall and slender, their bark textured with time, grounding me in the quiet rhythm of endurance through the changing seasons. Overhead, geese drift slowly across the sky, their movement gentle and deliberate, echoing my intention to slow down, and to just notice.

There is something about the landscape of Birds Hill that invites pause – a moment to take in what is in front of you and translate it into its own personal story.



Figure 63. Conceptual Collage

Storytelling Signs



Fig. 22.

Etched Wooden Signs



Fig. 23.



Fig. 24.



Fig. 25.



Fig. 26.

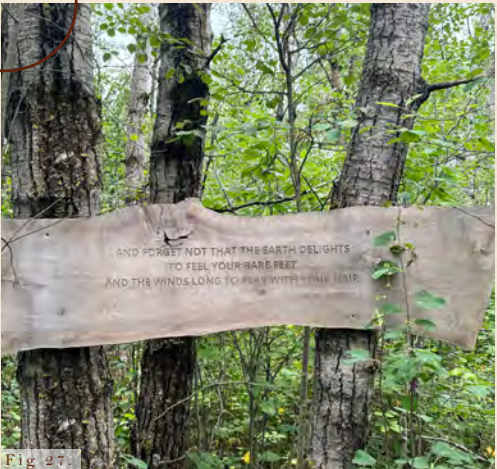


Fig. 27.

As visitors wander the walking trails of Prairie Root, a series of wooden signs unfold a story, each etched with words that reflect the rhythm and character of the landscape. Moving from one sign to the next, visitors experience a narrative that develops with their journey, mirroring the retreat's own carefully crafted progression of activities and spaces. These interventions encourage a slower pace, inviting reflection and a deeper awareness of the land, the community, and the experiences that emerge along the way.

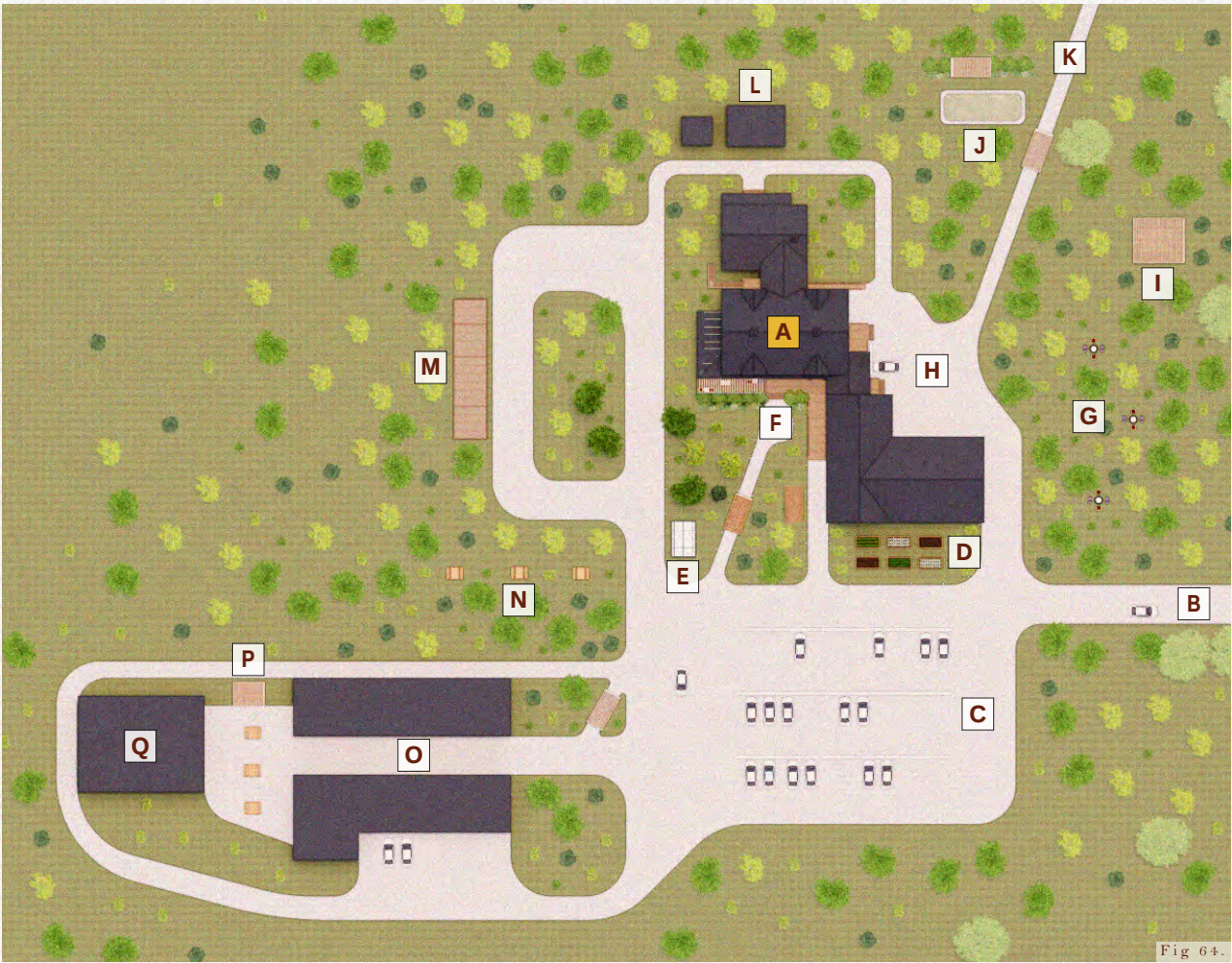
6.3

Design Story

Approaching Prairie Root, the retreat unfolds gradually within the rural Manitoban landscape, framed by various birch, maple, aspen, and oak trees, wildflowers, and prairie grasses. The site plan preserves the existing carriage-style house while introducing meandering walking paths, outdoor gathering spaces, and vegetable gardens that encourage guests to slow their pace and move intuitively through the grounds. Programmed outdoor zones including communal fire pits, picnic tables, an existing petting zoo, Digging Deep Greenhouse, and a shaded platform for yoga and meditation

extend the retreat experience beyond the building, blurring the boundary between landscape and architecture. The carriage house also connects directly to the existing Village at Pineridge Hollow, which hosts local retailers and a weekly farmers’ market. Guests are invited to explore and participate in these community spaces, supporting local artisans and food producers while enhancing their stay through authentic interactions with locals. The layout prioritizes accessibility and a natural flow, allowing visitors to engage with nature even before stepping indoors.

Site Plan



Legend:

- A: Prairie Root Retreat**
- B: Entry from Heatherdale Road**
- C: Parking Lot**
- D: Vegetable Gardens**
- E: Digging Deep Green House**
- F: Main Entrance**
- G: Campfires**
- H: Loading Lot**
- I: Activity Platform**
- J: Pond and Pergola**
- K: Access to Birds Hill**
- L: Outdoor Storage**
- M: Petting Zoo**
- N: Picnic Tables**
- O: The Village**
- P: Performance Platform**
- Q: Farmers Market Pavilion**



Building Approach



North South Section Perspective



East West Section Perspective



As guests near the carriage house, they are greeted by a carefully designed landscape that guides them toward the building. Native trees, vegetable gardens, wooden pergolas, a bird bath to observe local wildlife, and a guiding stone pathway create a sense of arrival, offering glimpses of the prairie beyond while framing views of the retreat. From

this lush approach, guests are led to an outdoor patio that extends from the carriage house into the landscape, a crafted threshold for quiet moments of pause. This patio provides the perfect place to enjoy a morning cup of coffee, take in the textures and colours of the gardens, or sit beneath the open prairie sky at night to watch the stars.



“It is in the still silence of nature
where one will find true bliss”



This storytelling sign inspires the entry sequence of the project, where the transition from exterior to interior is intentionally softened through muted materiality, mature trees to provide a sense privacy, and a gradual sense of stillness that allows visitors to slow down and arrive.

Basement Floor Plan



Fig 69.

Legend:

- | | |
|-------------------------------|---------------------------------|
| A: Elevator | F: Mechanical Room |
| B: Hotelling Office | G: Universal Toilet Room |
| C: Activity Storage | H: Laundry Room |
| D: Staff Lounge | I: Stairs |
| E: Jan Regehr's Office | |



Descending into the basement level, the focus shifts to the operational backbone of the retreat. This floor houses staff offices, including the office of owner Jan Regehr, a mechanical room, housekeeping facilities, and dedicated storage for programming materials and seasonal activities. A shared staff room provides space for rest and daily coordination among employees and guest staff members of the retreat. While largely unseen by visitors, these

functional areas are essential to the smooth running of the retreat, supporting the hospitality, maintenance, and behind-the-scenes care that enable the guest experience above. However, housekeeping staff, kitchen personnel, and the owner are regularly seen throughout the retreat levels, interacting with guests in natural, informal ways that contribute to the authentic relationships and sense of community created throughout the space.

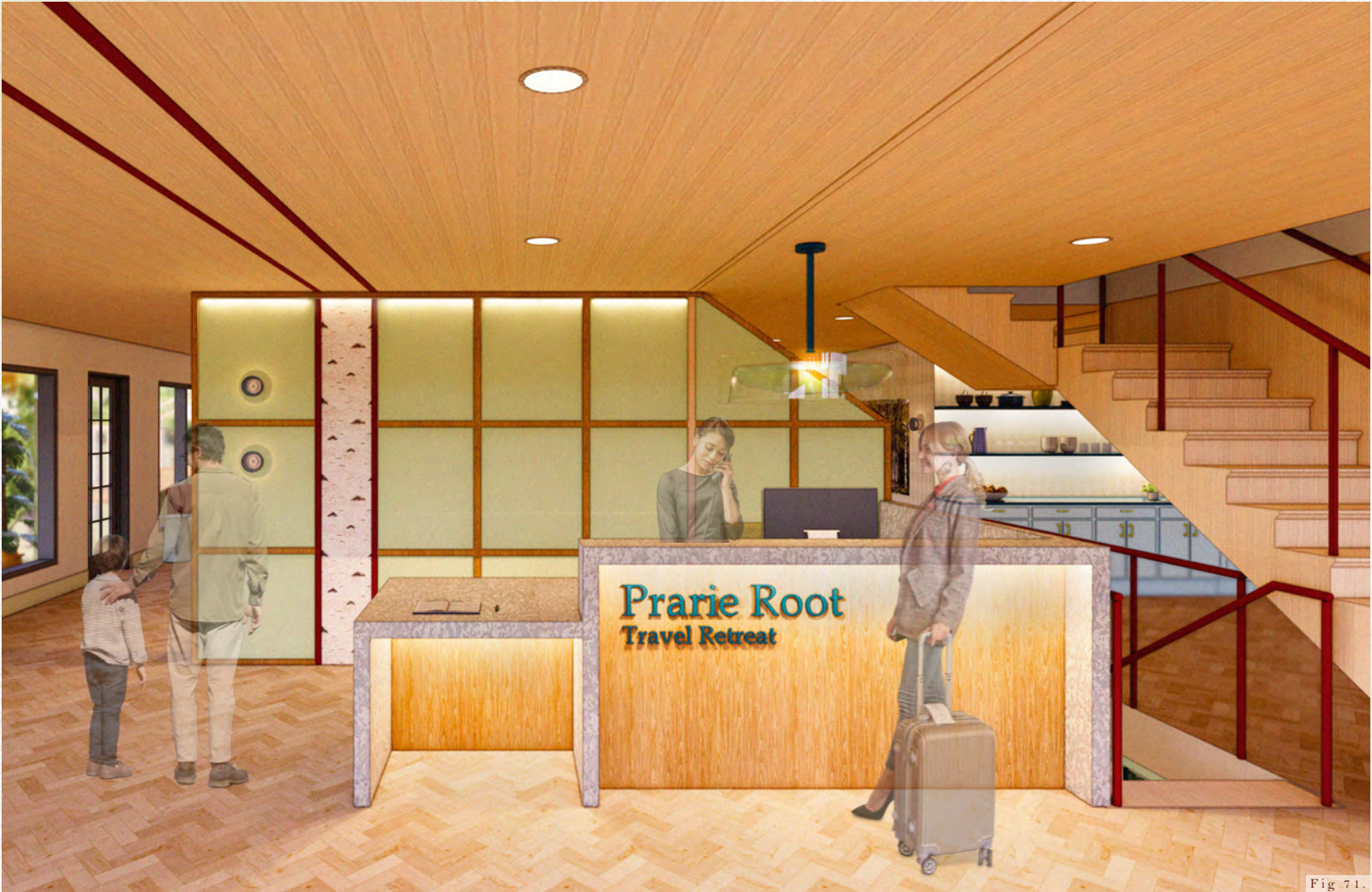


First Floor Plan - North Wing

Fig 70.

Entering the retreat on the first floor, the guest's first point of contact is reception, where they check in for their stay, orient themselves to the retreat, and ask any questions before beginning their Manitoban retreat experience. Anchoring the space, a custom wallpaper designed by Manitoba-based artist Amanda Onchulenko draws inspiration from the textured bark of the birch trees that

define the Birds Hill region. It is within this moment of arrival, grounded in the texture and verticality of the birch tree and green hue of surrounding prairie landscape, that the meaning of the name *Prairie Root* emerges: a connection to both the visible landscape and what lies beneath it, the roots that anchor the prairie ecosystem, symbolizing a deeper relationship to land, place, and identity.



Reception

Fig 71.

Beyond reception, the floor plan opens into a communal culinary hub centered around a family-style teaching kitchen. A local chef leads hands-on cooking sessions that celebrate Manitoban cuisine, featuring regional dishes such as pickerel, bison, bannock, wild rice, and preserves made from seasonal berries. This open, participatory kitchen encourages guests to learn and share stories while

preparing meals together. Fresh produce for the communal kitchen is primarily harvested from the vegetable gardens onsite, as well as from the nearby Oak Knoll farm, which guests can visit as part of their stay. Guests are invited to assist in gathering and preparing ingredients for their meals, further connecting them to the land, the food, and the overall retreat experience.



Communal Kitchen



Kitchenette



“Everybody needs beauty as well as bread, places to play in and pray in, where nature may heal and give strength to body and soul”



This storytelling sign inspires the communal cooking space, where nourishment extends beyond food to the rhythms of the prairie and the stories of those around the table. Through cooking, tasting, and exploring local ingredients, guests are invited to “play”, engaging with the flavours of the prairie while learning about Mantoban cuisine and culinary traditions together.

Adjacent to the communal kitchen, a large family-style dining space provides room for guests to gather around a long harvest table set beside a recessed fireplace, reinforcing connection and conversation through shared meals. The fireplace is set within a feature wall clad in locally sourced Tyndall stone from Manitoba's Gillis Quarries, grounding the space in the province's geological identity while adding texture and warmth. This space is intentionally designed

to encourage genuine, unhurried interaction, where guests can connect over food, share their stories, learn about one another's backgrounds, and reflect on what has brought them to Prairie Root. Additionally, a smaller, flexible banquet area adjacent to the harvest table offers children their own dining space, allowing families to balance togetherness with independence.



Communal Dining





Next to these culinary spaces, an enclosed patio lounge offers a quieter place of to slow down. Anchored by a tall built-in bookshelf and surrounded by expansive glazing, the room becomes an ideal setting for reading, bird watching, or to be in one's own company and find a sense of peace within the landscape. Bird feeders placed just outside the windows attract local species, while books on regional birds, prairie ecology, and astronomy invite guests to deepen their understanding of the landscape around them.

Overhead skylights allow natural daylight to filter in and provide views of the night sky after dark, creating a year-round indoor-outdoor connection. The same birch bark-inspired design introduced at reception is reinterpreted here as custom rugs, reinforcing a visual connection to the surrounding trees and extending the narrative of the outdoors into the interior. Particularly in the winter months, this space allows guests to feel immersed in the outdoors while remaining warm and sheltered.



Enclosed Patio

Fig 76.



“The big tree is nature’s forest masterpiece... the greatest of living things”



This storytelling sign inspires the enclosed patio space, designed as an observatory for connecting with the surrounding landscape. Surrounded by glazing that frames uninterrupted views of the prairies, the space invites visitors to linger, watch birds in flight, observe wildlife, and notice the subtle movements of the seasons.

Moving north through the floor plan, an activity rental space supports seasonal recreation, offering cross country skis and snowshoes in winter, and bicycles and cameras in the summer which encourage guests to explore the outdoor landscape. Local guides are available to provide lessons or instruction depending on the activity to deepen both guests skill and appreciation for the natural environment.

The north portion of the floor concludes with an outdoor transition zone, a warm, sheltered threshold with expansive glazing between interior and exterior. Here, guests return from outdoor activities to gather around a suspended fire, enjoy a hot or refreshing beverage, and warm their boots in

built-in boot warmers, creating a restorative moment before rejoining the retreat's communal spaces. The flooring in this area features polished gravel sourced from Bird's Hill Gravel & Stone, located just a few kilometres from the park. This locally mined, durable material provides a waterproof surface that naturally accommodates snow and moisture, while reinforcing the retreat's connection to Manitoba's landscape and local industry. Complementing this, a custom rug designed by Winnipeg-based textile artist Kristie MAH is highlighted. Its handmade design incorporates imagery of Saskatoon berries, a common berry found in the Birds Hill region, alongside flora and greenery inspired by the area's natural beauty.



Fig 77.

Boot Warmer and Cubbies



Fig 78.

Outdoor Transition Zone

Views to the Outdoors



Fig 79.

Throughout the interior spaces of Prairie Root, framed views maintain a constant visual connection to the outdoors. Visitors remain visually immersed in the meandering pathways, native trees and shrubs, pergolas, and shifting seasonal landscape beyond the retreat walls. These continuous sightlines reinforce an awareness of the natural environment, allowing the rhythms of the landscape to remain present even while indoors. In doing so, the retreat continually reconnects visitors to the intentions of slow tourism, encouraging an appreciation for the surrounding land and the experiences unfolding within it.



“Wherever you are, be all there”



This storytelling sign inspires the outdoor transition zone as a space of true reflection. Centered around a suspended fireplace, the design creates an environment where visitors can slow down after outdoor activity, reconnect with the present moment, and be fully grounded in where they were, and where they ended up.



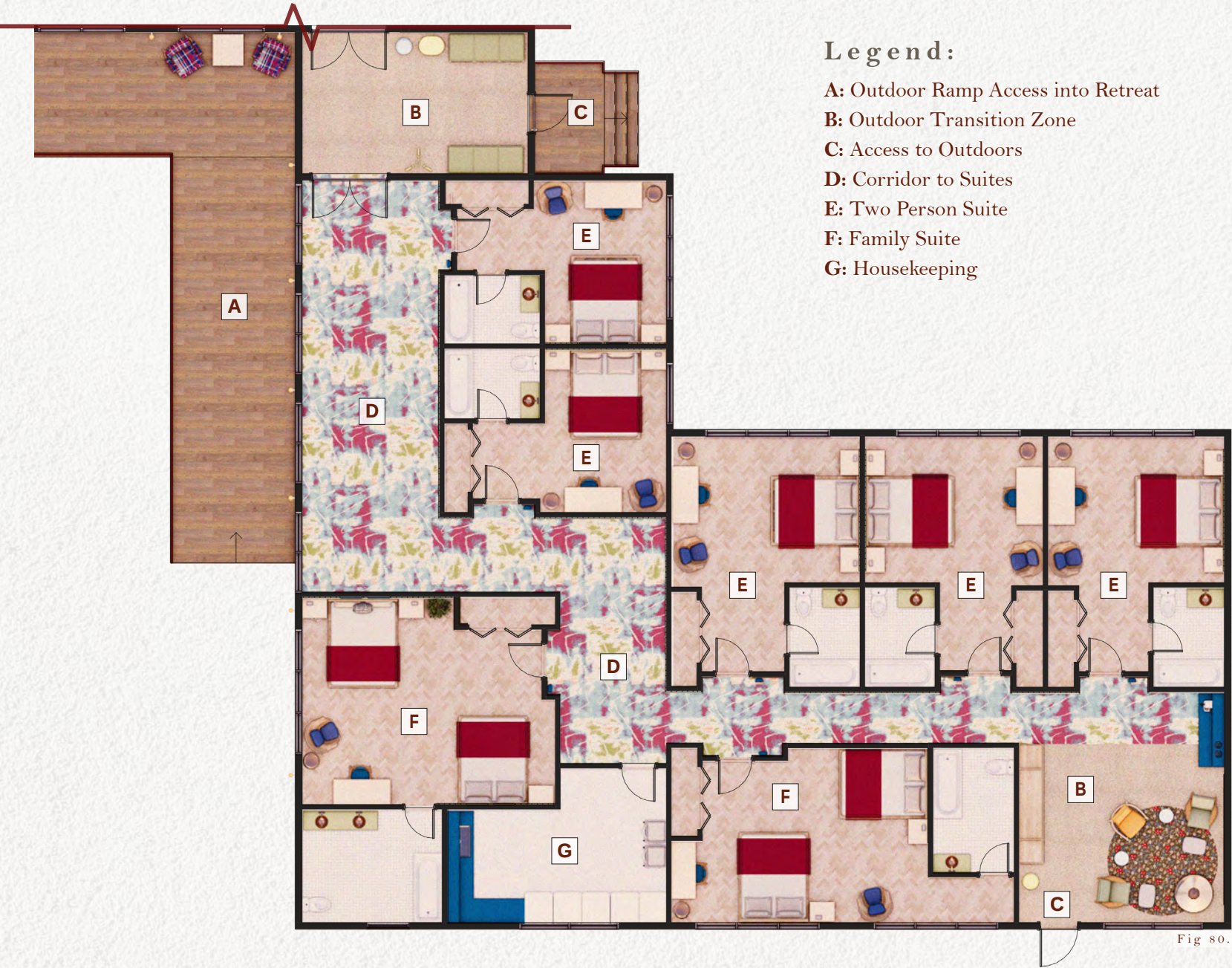
Heading south on the floor plan, the atmosphere shifts toward quieter, more private spaces. A smaller outdoor transition zone provides an additional entrance from the landscape, allowing guests to move easily between indoor comfort and outdoor activity. From here, a series of guest rooms unfold along the corridor, where a locally designed carpet crafted again by Winnipeg-based textile artist Kristie MAH mirrors the colourful hues of the surrounding prairie landscape.

Throughout this portion of the plan, multiple access points to the outdoors are intentionally woven into the design, creating an almost maze-like sequence of movement

between interior and exterior spaces. Rather than a single defined entry, guests encounter a series of thresholds - doors, patios, and transition zones - that continually reconnect them to the Manitoba landscape. This layered approach encourages exploration and reinforces a constant awareness of their environment, allowing guests to step outside at any moment, whether for a brief pause, a walk, or quiet reflection.

At the end of the corridor, a final transition zone mirrors the amenities of the first, providing a welcoming space to remove boots and gear, warm up, and pause between outdoor exploration and indoor rest.

First Floor Plan - South Wing



Approaching the individual guest rooms, each suite is marked with a unique name - Aspen, Ash, Birch, Maple, and more - grounding the guest room experience in Manitoba's native tree species and reinforcing a connection to the surrounding densely treed landscape. Along the corridors, small slivers of activity are revealed within the light green wall paneling, offering glimpses of cross-country skiers in motion - one of the many experiences available at Prairie Root which hints at the seasonal rhythms and activities of the landscape beyond.

Beyond these entry points, each guest room is designed as a personal retreat, featuring a private bathroom, dedicated closet space, a bed, and a small desk intended for journaling or quiet reflection. In total, eight rooms accommodate a range of guest needs, with select suites designed to support children or families. Soft furnishings within the rooms include pillows by Indigo Arrows, created by Indigenous designer Destiny Seymour of Treaty One territory, bringing the timeless beauty of Indigenous design into the space through thoughtfully crafted textiles that further connect guests to the cultural landscape of Manitoba.

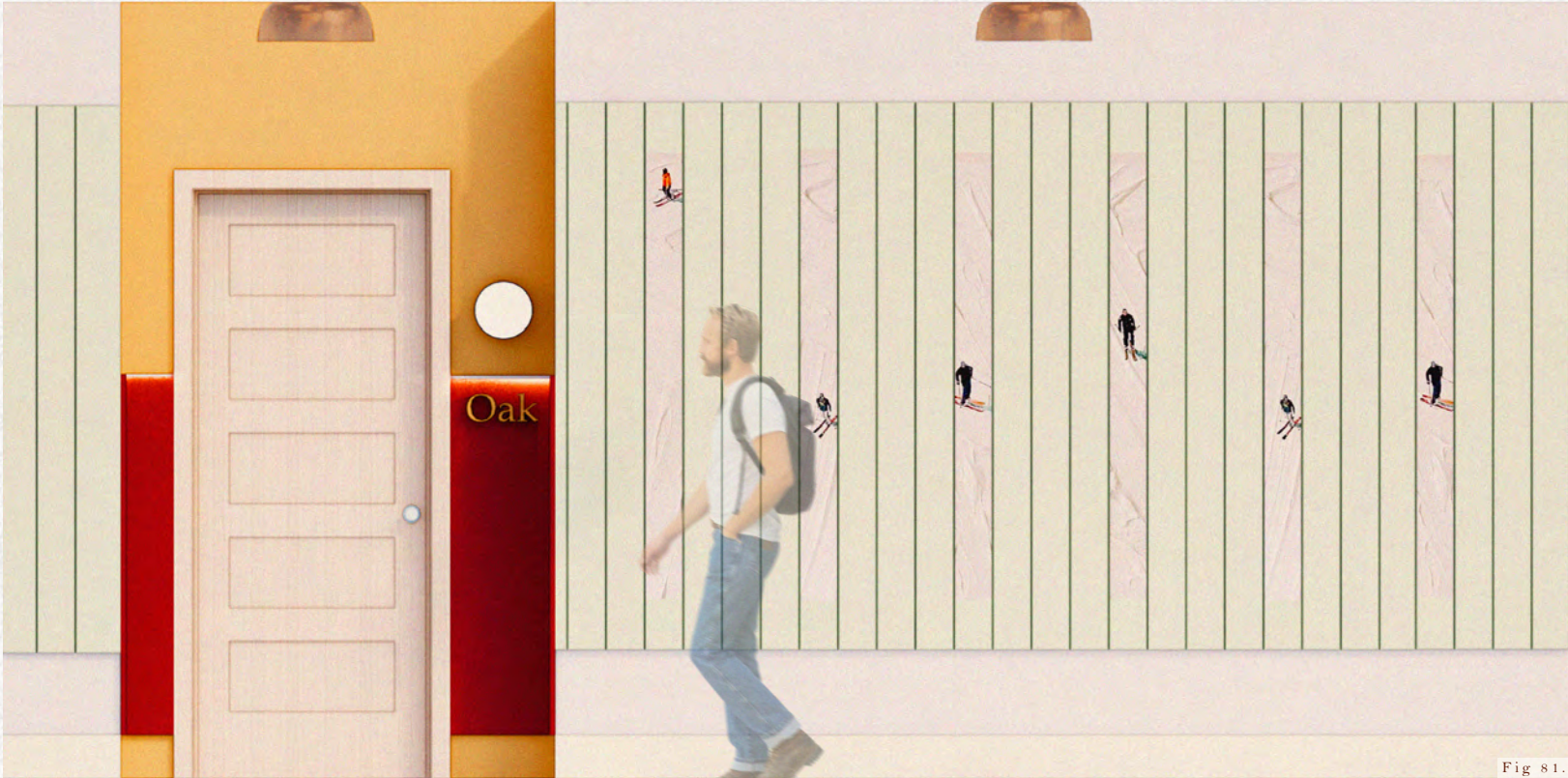


Fig 81.

Guest Room Entry



Fig 82.

Guest Room



“In the woods, we return to
reason and faith”



This storytelling sign inspires the guest bedrooms, where its sentiment is expressed through an atmosphere of stillness and intimacy. Filtered light through curtains, and carefully framed views of the surrounding landscape create a space for rest, reflection, and quiet reconnection with both the environment and oneself.

Second Floor Plan



Ascending to the second floor, the retreat transitions into spaces designed for learning and creativity. The floor features a storytelling lounge, where local speakers, Indigenous elders, and knowledgeable guides share tales of Manitoban folklore, the history and ecology of Birds Hill Park, and lessons about the landscape, flora, and fauna. Curved seating wraps around a central fireplace, creating a warm and intimate environment for communal listening and reflection. The space is further enriched by the continued use of the birch-inspired carpet and pillows

by Indigo Arrows. A children's corner directly adjacent provides educational books and toys, ensuring younger guests are engaged and learning alongside the storytelling experiences.

Large windows throughout the second floor provide abundant natural light, connecting guests visually to the surrounding prairies and woodlands. Local Manitoban tree species are featured on the walls, further educating visitors and immersing them in the landscape at all times.



Storytelling Lounge

The second floor also features a workshop space with moveable tables and stackable chairs, providing flexibility to accommodate a wide range of programs. Guests can participate in crafting sessions, such as learning traditional birch bark techniques, painting lessons led by local artists, weaving workshops to create textiles or baskets using locally sourced fibers and grasses, or even enjoy Manitoba liquor and craft beer tastings in the evenings for adult visitors. The adaptable layout ensures the space can evolve with the season, the group size, and the activity. A dedicated children's activity area adjacent offers low benches

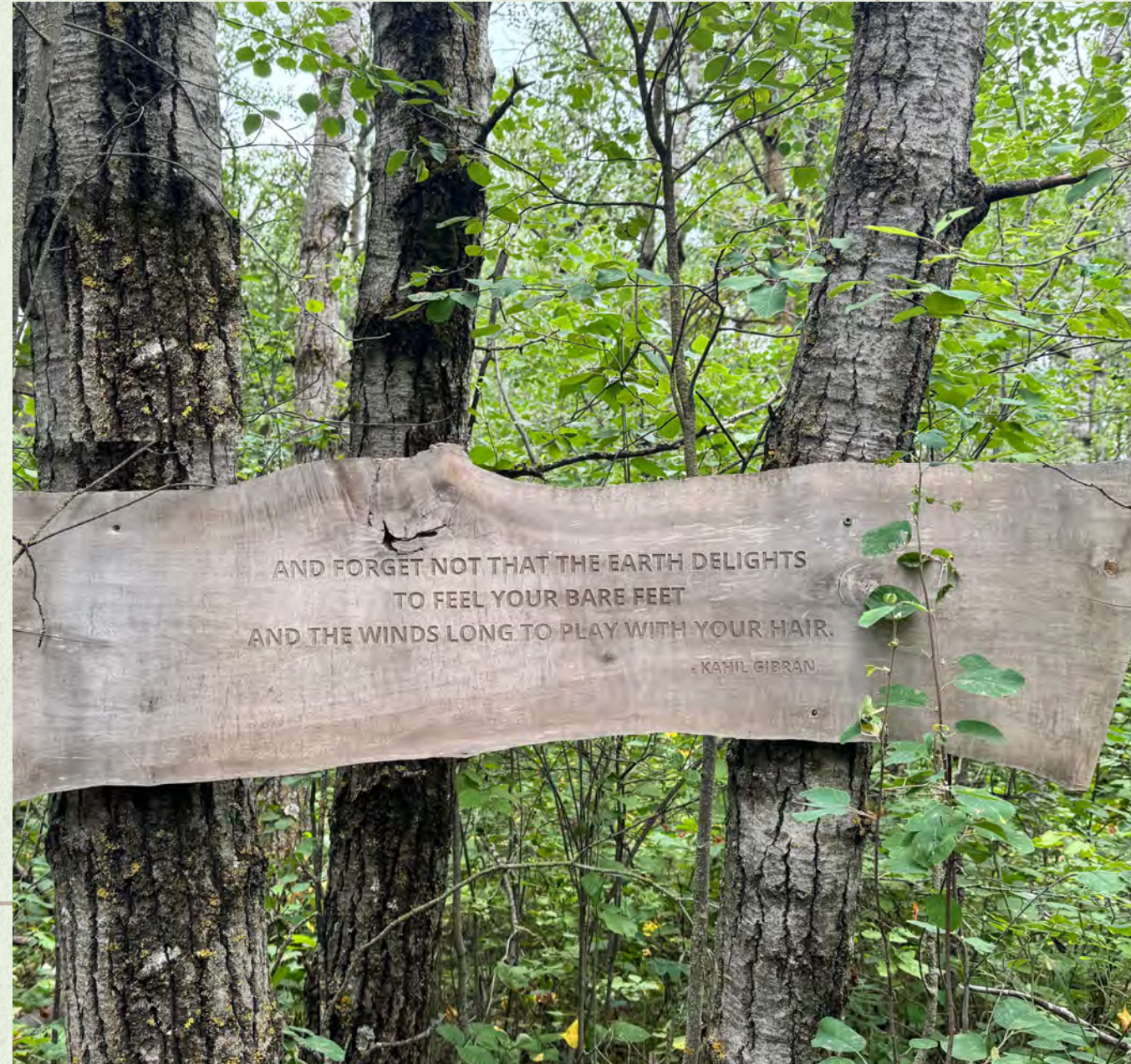
and small tables, creating a safe, engaging environment where younger guests can explore crafts and educational projects in parallel with adult programs. Together, the storytelling lounge and workshop cultivate a sense of curiosity and place, supporting slow, mindful engagement with Manitoba's natural and cultural character. Each activity becomes part of a larger narrative, allowing guests to contribute to their own evolving "traveler's story" through making, learning, and shared experience.



Workshop Display



Workshop



“And forget not that the earth
delights to feel your feet and the
winds long to play with your hair”



This storytelling sign extends beyond the interior back into the surrounding outdoor experience, reminding visitors to move fluidly between environments. Moments are created for sitting, gathering, and reflection, inviting individuals to feel the air and breeze, the movement of grasses and trees, and the warmth or coolness against their skin.



Material Selection

The material palette for Prairie Root is curated to reflect the natural and regional identity of Manitoba, while supporting a tactile and visually engaging interior experience. A locally designed carpet by Winnipeg-based textile artist Kristie MAH runs through the guest room corridor, echoing the colourful tones and layered textures of the surrounding prairie landscape. Complementing this, herringbone birch flooring and oak accents combine regional woods, and brass metals are used for fixtures and hardware. The herringbone pattern introduces a clear sense of directionality, subtly guiding circulation through the space and reinforcing the concept of movement as an intentional aspect of the “travelers’ story”.

Outdoor transition zones feature a polished gravel flooring sourced locally from Bird’s Hill Gravel & Stone, chosen for its practicality, nearby location, and ability to withstand

seasonal change. Locally quarried Manitoba Tyndall Stone from Gilles Quarries is incorporated throughout the design, notably around recessed fireplaces and the reception desk, providing a sense of permanence and regional character. Patterned areas rug evoke the texture of birch bark, while slim red accents are highlighted throughout the retreat, reflecting the tall, slender forms of the trees that surround the Birds Hill region.

Bright pops of colour in paint and vinyl selections punctuate the space, drawing inspiration from the prairie sky, wildflowers, and leaves, and creating a playful yet sophisticated dialogue between the interior and exterior environment. Together, this combination of regional materials and finishes reinforces the retreat’s ethos of authenticity, slow engagement with place, and celebration of Manitoban identity.



Fig 88. Material Selection

7.

Conclusion

Conclusion



Theoretical Framework

This practicum demonstrates that a travel retreat can serve as a platform for rediscovering identity, connecting with the environment, and engaging meaningfully with local culture. Through the design of a local travel retreat at Pineridge Hollow, it became clear that interior design has the power to mediate relationships between visitors, place, and community, transforming a hospitality typology into an experience that is authentic and regionally grounded.

Incorporation of the slow tourism movement encourages guests of the retreat to engage deeply with the land and the surrounding environment through unhurried, participatory activities that connect indoor and outdoor experiences. By prioritizing mindful engagement and conservation, the design promotes a sense of presence and reflection, allowing visitors to slow down, connect with nature, and experience the rhythms of place.

Through authenticity, the retreat provides experiences that are uncontrived and emotionally resonant. Spaces are designed to facilitate storytelling, cultural exchange, and hands-on learning, allowing guests to co-create experiences and knowledge with the local community rather than passively consuming a curated version of place. Authenticity here is expressed not only through activities but through material choices, spatial intimacy, and interactions that reflect the lived culture of Manitoba.

Through regionalism, the retreat is firmly grounded in Manitoba’s physical and cultural environment. Local materials, site specific spatial techniques, and references to prairie landscapes ensure that the interior reflects its site-specific context. The design resists placelessness by emphasizing what is unique to Manitoba, allowing guests to connect with the province’s environment and identity in a memorable way.

Together, these three frameworks (slow tourism, authenticity, and regionalism) inform a retreat where every experience invites participation, and every moment allows visitors to become part of Manitoba’s landscape, culture, and community: offering a holistic model for authentic and mindful hospitality experiences.

Revisiting Research Questions

This practicum addressed the key questions of inquiry with insights gained through research, a literature review, case studies, site analysis, and design exploration. The first question asked: **What defines an authentic travel experience?** Through slow tourism and participatory experiential programming, it became clear that authenticity emerges when guests actively engage with the land, the culture, and the rhythms of daily life. By allowing visitors to grow, prepare, and consume local food, observe wildlife responsibly, and interact with the cultural heritage of the region, the retreat provides experiences that are organic and spontaneous. Guests are not simply observers; they are active participants in co-creating knowledge and connection with one another through shared, participatory experiences rather than passive ones.

The second question asked: **How can the slow tourism movement transform travel into a personal storytelling experience?** Slow tourism transforms travel into a personal storytelling experience by encouraging guests to slow down, engage deeply with local landscapes and people, and participate in the culture around them. Through activities such as exploring nature, observing seasonal changes, and sharing meals with hosts and fellow travelers, visitors co-create their own “traveler’s story.” This approach develops authentic connections and memorable experiences derived in the rhythms and identity of the destination. Every moment becomes part of a meaningful, place-based narrative unique to each guest.

The third question asked: **How can the interior design of a travel retreat in Manitoba authentically reflect the province’s regional and cultural identity?** Through critical regionalism, locally sourced materials, and site-specific spatial strategies, the retreat expresses Manitoba’s identity in a way that is accessible to both locals and domestic visitors. Site-specific strategies include organizing the program around natural light and orientation – placing communal spaces along south-facing glazed edges to maximize daylight and winter solar gain, locating service areas in less naturally lit zones, orienting the enclosed patio to the west for sunset views, and

incorporating outdoor transition zones at key entry points to support movement between exterior conditions. The design emphasizes the province’s natural landscapes as a unifying theme, while integrating local elements carefully to avoid stereotypes, allowing guests to experience Manitoba’s heritage in a nuanced way.

Achieving Design Objectives

The following design objectives were addressed through the final design proposal, guided by research, analysis, and design development.

Transforming an Overlooked Rural Setting: Through the reimagining of the existing carriage house and surrounding site, the design reveals the potential of Birds Hill as a destination rooted in Manitoba’s identity. By embedding storytelling, landscape references, and community-driven programming, the retreat elevates a familiar rural setting into an educational and immersive place of discovery.

Promoting Slow, Mindful Travel: The retreat’s spatial sequencing, programming, and material choices encourage guests to move at an unhurried pace, engaging with the environment through sensory and participatory experiences. By prioritizing moments of pause, reflection, and environmental awareness, the design wholly embodies the movement of slow tourism.

Expressing Regional and Cultural Identity: Local materials, such as Tyndall stone and regionally sourced aggregates, alongside references to prairie landscapes and Indigenous-informed design elements, ground the retreat in its Manitoban context. These decisions ensure the space reflects not only the physical environment, but also the cultural narratives tied to place.

Creating Spaces of Authentic Engagement: Through a balance of intimate and communal environments, the design encourages meaningful connections between guests, local culture, and the surrounding landscape. Spaces such as the

storytelling lounge, communal dining area, and enclosed patio support spontaneous, unscripted interactions, whether through shared meals, conversations, or quiet observation, allowing visitors to experience Manitoba in a more authentic and connected way.

Directions for Further Research

While this practicum project offers a thoughtful and research-informed design solution, several limitations have shaped the scope, methodology, and outcomes.

Firstly, this project is conceptual and hypothetical, and therefore does not engage with the practical realities of implementation such as budgeting, client consultation, construction logistics, or municipal approvals. These constraints often influence design decisions in practice, meaning the proposal remains theoretical rather than tested in real-world conditions.

Secondly, due to time constraints and the scope of a practicum project, direct engagement with stakeholders, including local community members, Indigenous groups, and potential users, was not possible. This limits the depth of cultural insight informing the design, as decisions rely on secondary research rather than lived experience.

Thirdly, while the design emphasizes local materials and sustainability, no formal environmental assessments, sourcing verification, or life cycle analyses were conducted. As a result, these strategies remain conceptual rather than fully validated.

Finally, although the project aims to reflect Manitoba’s cultural identity, it does so through research rather than direct collaboration with cultural knowledge holders. This may result in certain nuances being underrepresented or simplified.

7.2

Reflection

Reflecting on this practicum, I have come to understand interior design as a deeply personal medium for storytelling and connection. Growing up just minutes from Birds Hill Park, I had always experienced the landscape as familiar, but through the design of Prairie Root Travel Retreat, I began to see it differently, as something layered with stories waiting to be revealed. Each decision, from incorporating locally crafted pillows to framing views of prairie gardens and birch trees, became intentional, shaping how a guest might pause, notice, and connect with the environment in ways I have learned to appreciate myself.

Through this process, I discovered how design can create space for authentic encounters. The enclosed patio became a place I imagined quietly observing wildlife; the communal table, a setting for conversations between strangers; and the guest rooms, a place to slow down and reflect. These moments are simple, but together they form a larger lived experience where visitors don't just observe Manitoba, but begin to feel part of it.

If I were to revisit this practicum project, I would further explore the role of storytelling within the design by developing more defined spatial sequences that guide guests through a clearer narrative progression – from arrival, to transition, to immersion, and finally to reflection. For example, I would refine the entry experience to more intentionally reveal the retreat over time, using compression and release, or shifts in ceiling height to build anticipation. I would also expand storytelling as a dedicated framework within my literature review, as engaging more deeply with design theory around narrative and experiential architecture would have strengthened both the conceptual development and the translation of story into spatial design.

In the end, Prairie Root Travel Retreat showed me that design can translate my own understanding and experiences into something others can step into and make their own. It allowed me to take a place that has always been familiar to me and reimagine it as something unique, authentic, and unhurried for others to discover. Through this process, I have come to see my role as a designer not as someone who defines a single outcome, but as someone who creates the conditions for connection and experience, *where each person can form their own relationship with a place, just as I have.*

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Appendix

A . 1

Building Code Analysis

Division B Part 3
Section 3.1. General
3.1.2.2 Major Occupancy Classification
Group A Division 2 – Assembly occupancies not elsewhere classified in Group A
- Lecture Halls, Libraries, Restaurants
Group C – Residential occupancies
- Hotels
Group D – Business and personal services occupancies
- Laundries, Offices
Group F Division 3 – Low hazard industrial occupancies
- Storage Rooms
3.1.3.1 Separation of Major Occupancies
A fire separation of 1 h is required between major occupancies A-2 (dining room) and C (guestrooms).
3.1.17.1 Occupant Load Determination
Based on the calculations shown in Table 3.1.17.1 Occupant Load, the designed occupant load for the retreat will be 312 people .
Section 3.2. Building Fire Safety
3.2.4.12 Smoke Detectors
With a fire alarm system installed in the retreat, smoke detectors shall be installed in each public corridor in the portion of the building that is classified as Group C (guestroom area), as well as in each exit stair.
3.2.7.1 Minimum Lighting Requirements
An exit, public corridor, or a corridor providing access to exit for the public shall be equipped to provide illumination at an average level not less than 50 lx at floor or tread level and at angles and intersections at changes of level where there are stairs or ramps.
Section 3.3. Safety within Floor Areas
3.3.1.1 Separation of Suites
Each guestroom shall be separated from adjoining guestrooms by a fire separation having a fire-resistance rating not less than 1 h.

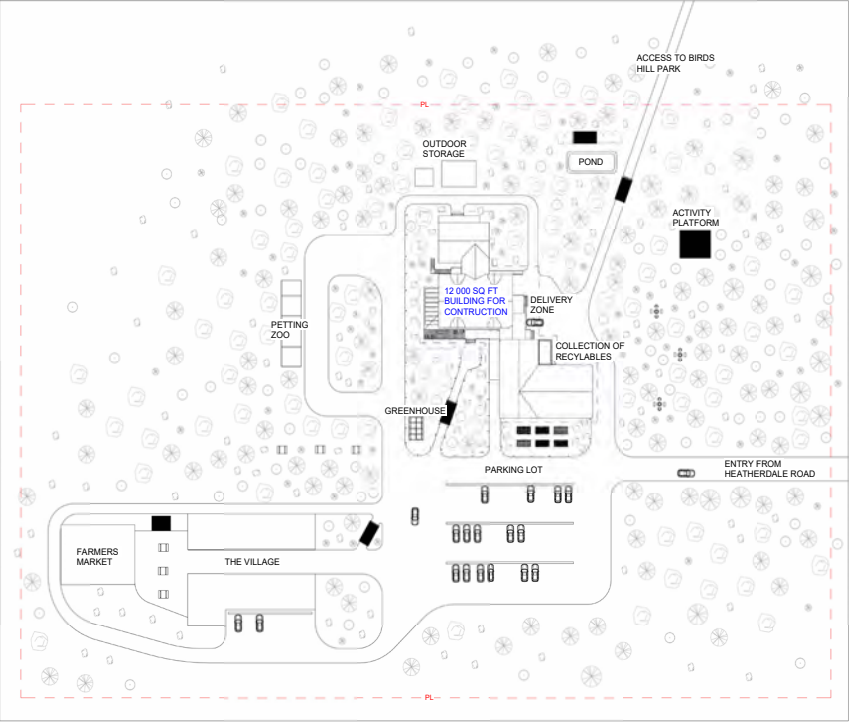
3.3.1.3 Means of Egress
Each guestroom shall have a doorway into a public corridor. At this doorway, it shall be possible to go in opposite directions to each of two separate exits.
3.3.1.4 Public Corridor Separations
Because the building is sprinklered throughout, no fire-resistance rating is required for a fire separation between a public corridor and the remainder of the storey in all areas except for the guestroom area classified as a residential occupancy.
3.3.1.5 Egress Doorways
A minimum of two egress doorways shall be provided in every room or suite that is intended for an occupant load more than 60 (workshop, lounges and dining room). These doorways shall be placed at a distance from one another equal to or greater than one third of the maximum overall diagonal dimension of the area to be served measured at the shortest distance.
3.3.1.9 Corridors
The minimum width of a public corridor shall be 1100 mm. A dead end corridor is permitted provided it is not more than 6 m long.
Section 3.4. Exits
3.4.2.1 Minimum Number of Exits
Every floor area intended for occupancy shall be served by at least two exits.
3.4.2.3 Distance between Exits
The least distance between two exits from a floor area shall be: (a) one half the maximum diagonal dimension of the floor area, but need not be more than 9 m for a floor area having a public corridor (guestroom area), or (b) one half the maximum diagonal dimension of the floor area, but not less than 9 m for all other floor areas.
3.4.2.5 Location of Exits
Where more than one exit is required from a floor area, the exits shall be located so that the travel distance to at least one exit shall not be more than: (a) 40 m in a business and personal

services occupancy (offices and laundry room), and (b) 45 m in a floor area that contains an occupancy other than a high-hazard industrial occupancy, provided that it is sprinklered throughout (all other areas). Exits shall be located and arranged so that they are clearly visible or their locations are clearly indicated and they are accessible at all times.
3.4.5.1 Exit Signs
Every exit door shall have an exit sign placed over or adjacent to it if the exit serves a building having an occupant load of more than 150. Where no exit is visible from principal routes serving an open floor area having an occupant load of more than 150 (second floor area), an exit sign with an arrow or pointer indicating the direction of egress shall be provided.
3.4.6.7 Ramp Slope
The maximum slope of an exterior ramp shall be 1:10.
3.4.6.8 Treads and Risers
Steps for stairs shall have a run of not less than 280 mm between successive steps. Steps for stairs shall have a rise between successive treads not less than 125 mm and not more than 180 mm. Treads and risers shall not differ significantly in run and rise in successive flights in any stair system.
Section 3.5. Vertical Transportation
3.5.4.1 Elevator Car Dimensions
If one or more elevators are provided in a building, all storeys shall be served by at least one elevator which has inside dimensions that will accommodate and provide adequate access for a patient stretcher 2010 mm long and 610 mm wide in the prone position. The elevator shall be clearly identified on the main entrance level of the building.
Section 3.7. Health Requirements
3.7.2.2 Water Closets
The minimum number of water closets that are required for each sex in an assembly occupancy, based on the designed occupant load is three male and five female (divided equally among the main and second floors). The minimum number of water closets that are required for each sex in both a business and personal

services occupancy and an industrial occupancy is one male and one female. This washroom is located in the basement. At least one water closet shall be provided for each guestroom.
3.7.2.3 Lavatories
At least one lavatory shall be provided in a room containing one or two water closets, and at least one additional lavatory shall be provided for each additional two water closets. Therefore, the public washroom located in the basement will have one lavatory for each sex, and the washrooms located on the main and second floors will have at least three lavatories in both of the male and female washrooms. Lavatories shall be equipped with faucets that operate automatically or have lever-type handles that do not close under spring action.
Section 3.8. Barrier-Free Design
3.8.1.2 Entrances
Not less than 50% of the pedestrian entrances of a building shall be barrier-free and shall lead from the outdoors at sidewalk level or from a ramp.
3.8.1.3 Barrier-Free Path of Travel
The unobstructed width of a barrier-free path of travel shall be not less than 920 mm. A barrier-free path of travel is permitted to include ramps or passenger elevators to overcome a difference in level.
3.8.2.1 Areas Requiring a Barrier-Free Path of Travel
A barrier-free path of travel for persons in wheelchairs is not required within the guestrooms if they have not been designated by an authority having jurisdiction to be accessible for use by persons with physical disabilities.
3.8.2.3 Washrooms Required to be Barrier-Free
A washroom in a storey to which a barrier-free path of travel is required shall be barrier-free in accordance with the appropriate requirements. In a building in which water closets are required, at least one barrier-free water closet shall be provided in the entrance storey, unless a barrier-free path of travel is provided to barrier-free water closets elsewhere in the building. Therefore, one barrier-free stall will be included for each sex on each floor.

A . 2

Technical Drawing Set

SITE PLAN	SYMBOL LEGEND	DISCLAIMER
	SECTION MARKER DRAWING NUMBER SHEET NUMBER ELEVATION MARKER  ROOM TAG  WALL TAG  FURNITURE TAG  DOOR TAG  FINISH TAG 	ALL INFORMATION PROVIDED IN DRAWING PACKAGE HAS BEEN COMPLETED WITH AVAILABLE KNOWLEDGE OF CURRENT BUILT SPACE. NO RESPONSIBILITY IS HELD BY THE ARCHITECT FOR ANY DISCREPANCIES IN INFORMATION SHOWN. ALL INFORMATION SHOULD BE VERIFIED BY THOSE USING THIS DOCUMENT. COPYRIGHT: THIS DRAWING PACKAGE IS EXCLUSIVE USE OF <i>MM INTERIORS</i> AND MAY NOT BE REPRODUCED AND/OR USED IN ANY MANNER WITHOUT THE EXPRESSED WRITTEN PERMISSION FROM <i>MM INTERIORS</i>. CONTRACTOR SHALL CHECK ALL DIMENSIONS AND INFORMATION AND REPORT ANY DISCREPANCIES PRIOR TO COMMENCEMENT OF WORK. DO NOT SCALE THIS DRAWING PACKAGE.
	ABBREVIATIONS ACT - ACOUSTIC CEILING TILE AFF - ABOVE FINISH FLOOR ALUM - ALUMINUM BR - BRICK CH - CHAIR CPT - CARPET TILE CT - CERAMIC TILE D - DOOR FS - FURNITURE SYSTEM GWB - GYPSUM WALL BOARD LAM - LAMINATE LED - LIGHT EMITTING DIODE LIGHT LVT - LUXURY VINYL TILE O.T.A - OPEN TO ABOVE O.T.B - OPEN TO BELOW P-LAM - PLASTIC LAMINATE PCT - PORCELAIN TILE PT - PAINT S - STONE ST - STORAGE T - TABLE TYP - TYPICAL W - WALL WD - WOOD WP - WALL PAPER	
SITE IMAGE	SHEET INDEX	MM INTERIORS
	ID 0.0 - TITLE SHEET ID 1.0 - DEMOLITION PLAN ID 1.1 - DEMOLITION PLAN CONT'D ID 2.0 - PROPOSED PLAN ID 2.1 - PROPOSED PLAN CONT'D ID 3.0 - MILLWORK & FINISHES PLAN ID 3.1 - MILLWORK & FINISHES PLAN CONT'D ID 4.0 - FURNITURE AND EQUIPMENT PLAN ID 4.1 - FURNITURE AND EQUIPMENT PLAN CONT'D ID 5.0 - REFLECTED CEILING PLAN ID 5.1 - REFLECTED CEILING PLAN CONT'D ID 6.0 - LIGHTING AND SWITCHING PLAN ID 6.1 - LIGHTING AND SWITCHING PLAN CONT'D ID 7.0 - LONGITUDINAL SECTION ID 7.1 - LATITUDINAL SECTION ID 8.0 - INTERIOR ELEVATIONS ID 8.1 - INTERIOR ELEVATIONS CONT'D D 1.0 - CUSTOM ELEMENT D 1.1 - CUSTOM ELEMENT CONT'D D 2.0 - UTR PLAN D 2.1 - UTR ELEVATIONS	Project Description: 67086 HEATHERDALE RD WEST PINE RIDGE, MB R5N 0G9 Date May 15, 2026 Client: Jan Regehr Drawn By: Mary McCarvill Checked By: Cynthia Karpan Scale: N/A
		ID 0.0 TITLE SHEET

GENERAL NOTES

1. REMOVE EXISTING INTERIOR WALLS AS INDICATED ON PLAN. PATCH AND REPAIR ADJACENT FLOOR, WALL, AND CEILING FINISHES AS REQUIRED.
2. REMOVE EXISTING INTERIOR DOORS, FRAMES, AND ASSOCIATED HARDWARE WHERE INDICATED. PREPARE OPENINGS FOR NEW CONSTRUCTION AS PER PROPOSED FLOOR PLAN.
3. VERIFY ALL EXISTING CONDITIONS PRIOR TO DEMOLITION.
4. ALL GRIDLINES LIE ON INSIDE OF STRUCTURE



MM INTERIORS

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67086 HEATHERDALE RD
WEST PINE RIDGE, MB
R5N 0G9

Date May 15, 2026

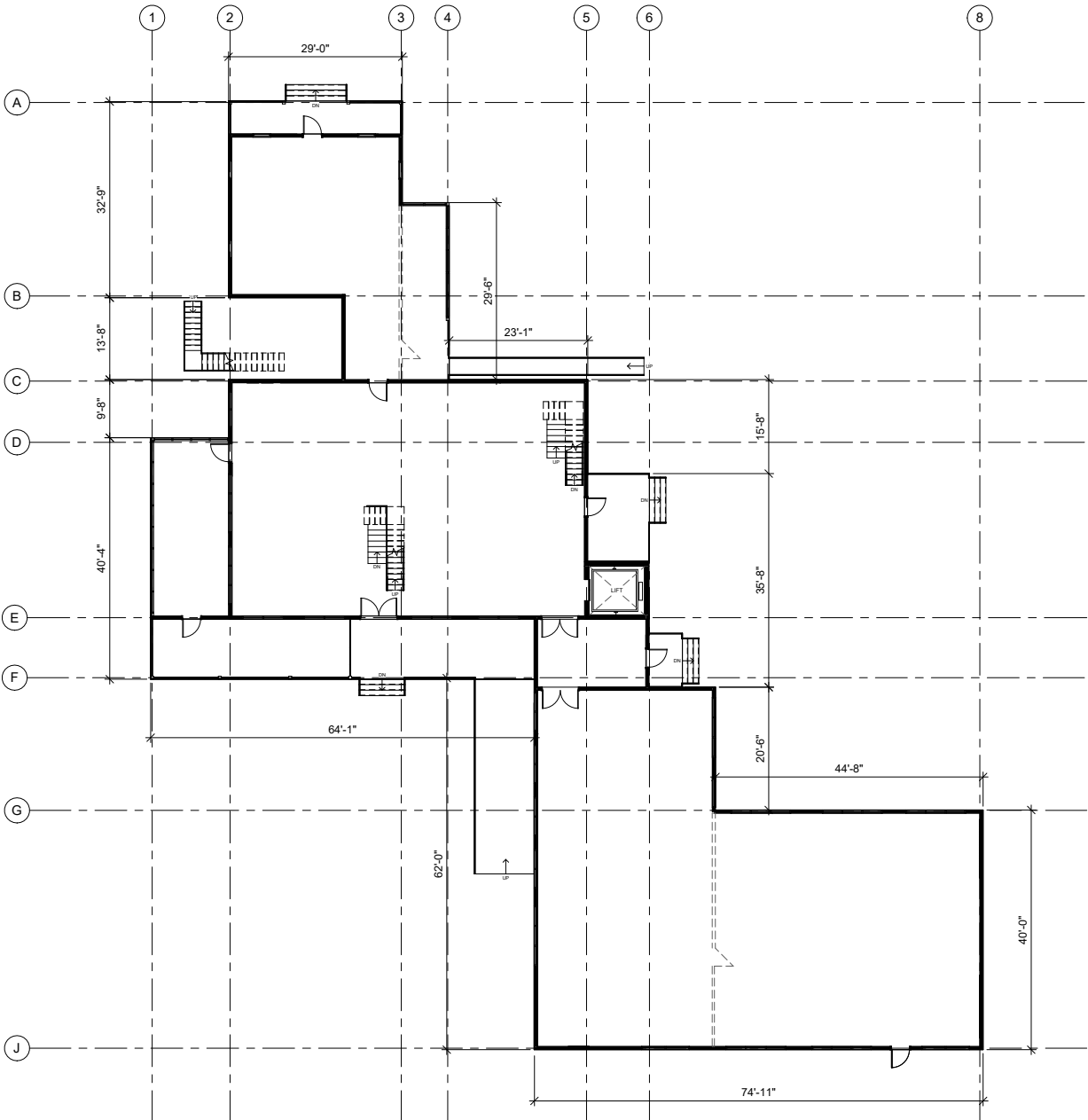
Client: Jan Regehr

Drawn By: Mary McCarvill

Checked By: Cynthia Karpan

Scale: 1/8" = 1'-0"

ID 1.0
DEMOLITION PLAN



1 LEVEL ONE DEMOLITION PLAN
1/8" = 1'-0"

- DEMOLITION LEGEND:**
- REMAIN EXISTING PARTITION
 - - - DEMOLISH EXISTING PARTITION
 - REMAIN EXISTING SINGLE DOOR
 - REMAIN EXISTING SINGLE DOOR
 - DEMOLISH EXISTING DOOR

GENERAL NOTES

1. REMOVE EXISTING INTERIOR WALLS AS INDICATED ON PLAN. PATCH AND REPAIR ADJACENT FLOOR, WALL, AND CEILING FINISHES AS REQUIRED.
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MM INTERIORS

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Date May 15, 2026

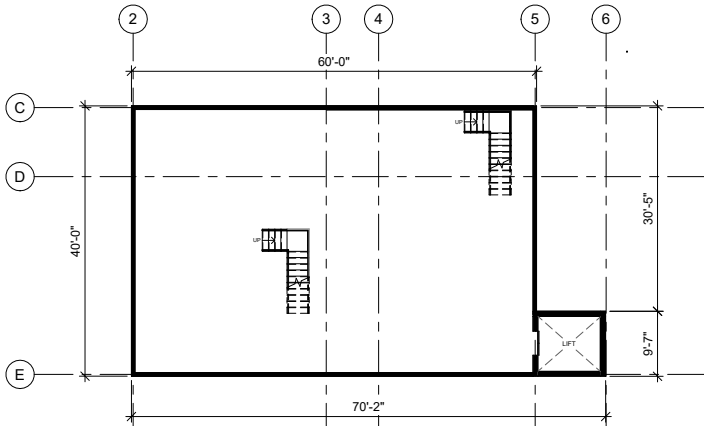
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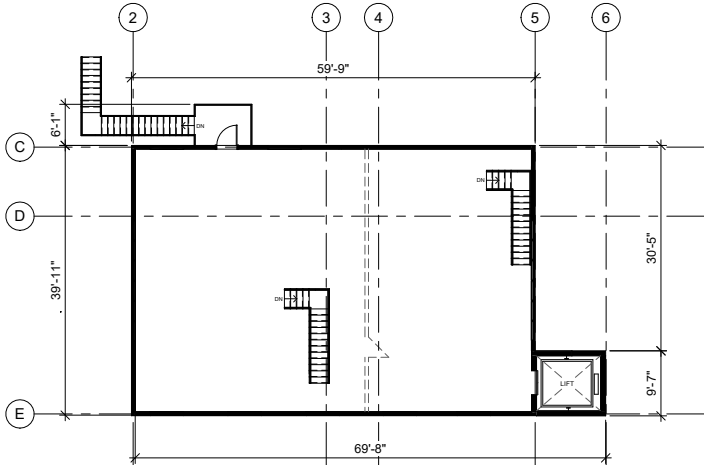
Checked By: Cynthia Karpan

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ID 1.1
DEMOLITION PLAN



1 BASEMENT DEMOLITION PLAN
1/8" = 1'-0"



2 LEVEL TWO DEMOLITION PLAN
1/8" = 1'-0"

DEMOLITION LEGEND:

- REMAIN EXISTING PARTITION
- - - DEMOLISH EXISTING PARTITION
- REMAIN EXISTING SINGLE DOOR
- REMAIN EXISTING SINGLE DOOR
- DEMOLISH EXISTING DOOR

GENERAL NOTES

1. ALL DIMENSIONS ARE FROM FINISH FACE TO FINISHED FACE (TYPICAL).

2. CONTRACTOR TO VERIFY ALL ESSENTIAL DIMENSIONS AND OPENINGS.

3. CONTRACTORS APPLY FOR AND COLLECT ALL REQUIRED BUILDING PERMITS.

4. WALLS TO BE SANDED SMOOTH FOR PAINT FINISH UNLESS OTHERWISE INDICATED.

5. ALL TRADES TO VERIFY DIMENSIONS ONSITE.

6. GC TO COORDINATE ALL SCHEDULING AND PHASING OF WORK WITH OWNER.

7. ALL FURNITURE AND EQUIPMENT TO BE SUPPLIED BY OWNER AND CONTRACTOR INSTALLED.

8. RECONFIGURE AND BALANCE MECHANICAL SYSTEM TO SUITE NEW CONSTRUCTION. COORDINATE WITH MECH. ENGINEER.

9. CONTRACTOR TO SUBMIT APPLICATION AND OBTAIN ALL NECESSARY BUILDING PERMITS.

10. GENERAL CONTRACTOR SHALL BE RESPONSIBLE FOR FINAL CLEANING OF ALL SURFACES WITHIN THE PREMISES.

11. GENERAL CONTRACTOR SHALL PROVIDE ALL NECESSARY ANCHORS, BRACKETS, FASTENERS, ACCESSORIES AND SUPPORTS AS REQUIRED FOR COMPLETE FABRICATION OF THE WORK.



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Project Description:

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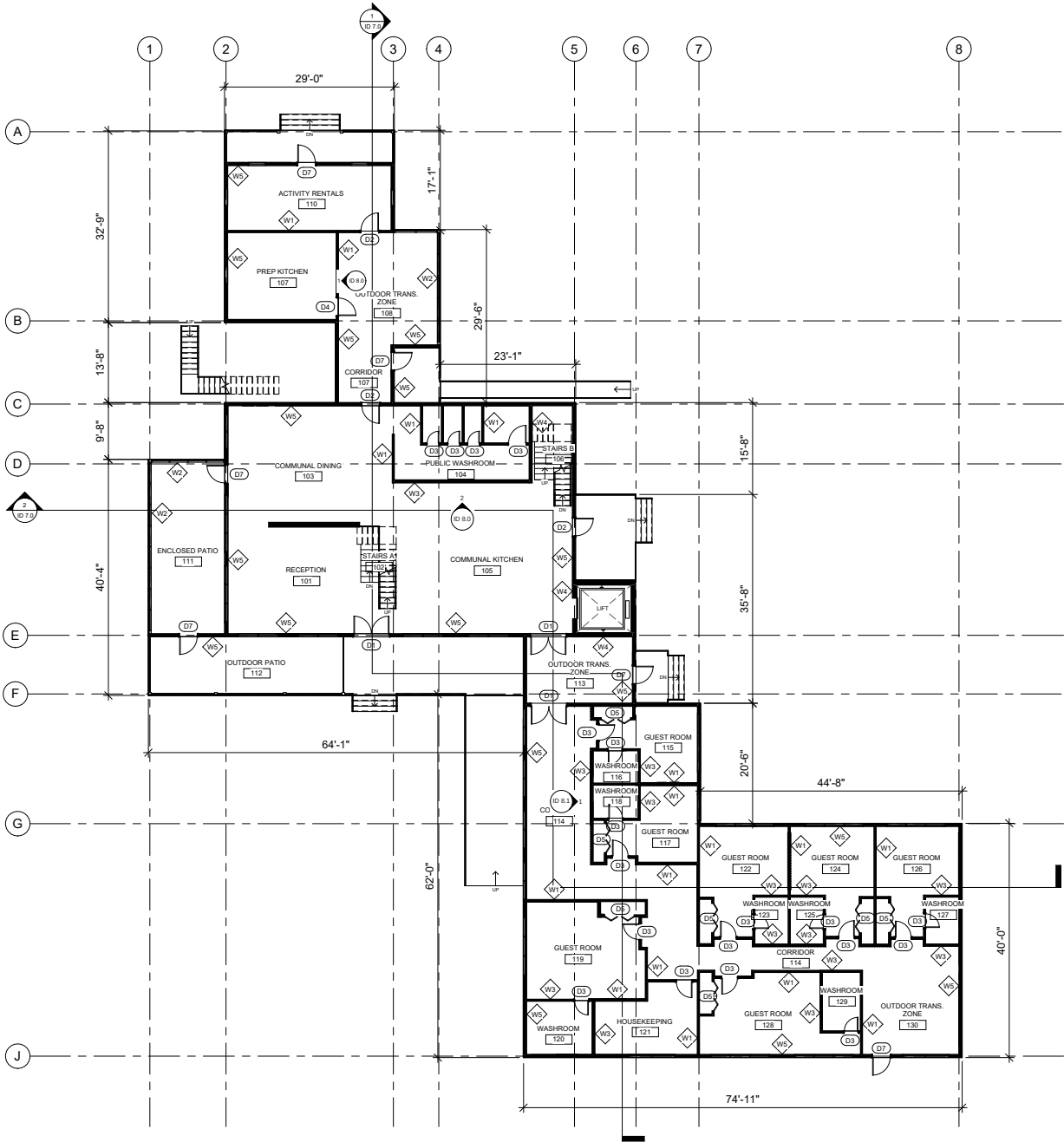
Drawn By: Mary McCarvill

Checked By: Cynthia Karpan

Scale: 1/8" = 1'-0"

ID 2.0

PROPOSED PLAN



1 LEVEL ONE PROPOSED PLAN

1/8" = 1'0"

GENERAL NOTES

1. ALL DIMENSIONS ARE FROM FINISH FACE TO FINISHED FACE (TYPICAL).

2. CONTRACTOR TO VERIFY ALL ESSENTIAL DIMENSIONS AND OPENINGS.

3. CONTRACTORS APPLY FOR AND COLLECT ALL REQUIRED BUILDING PERMITS.

4. WALLS TO BE SANDED SMOOTH FOR PAINT FINISH UNLESS OTHERWISE INDICATED.

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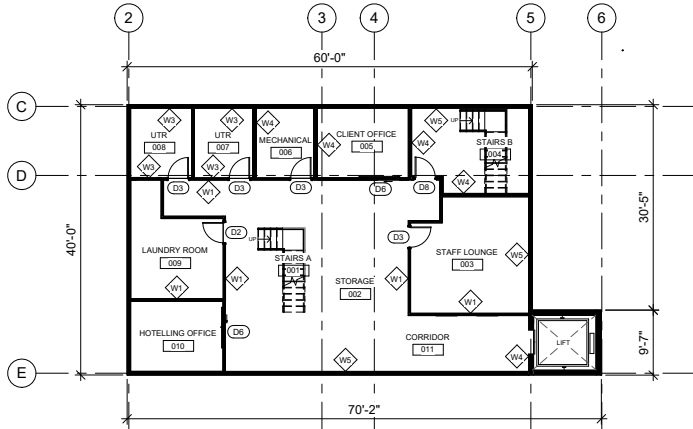
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Checked By: Cynthia Karpan

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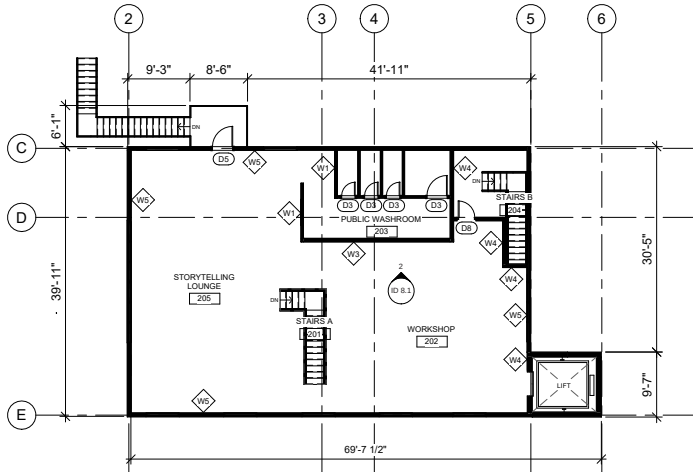
ID 2.1

PROPOSED PLAN



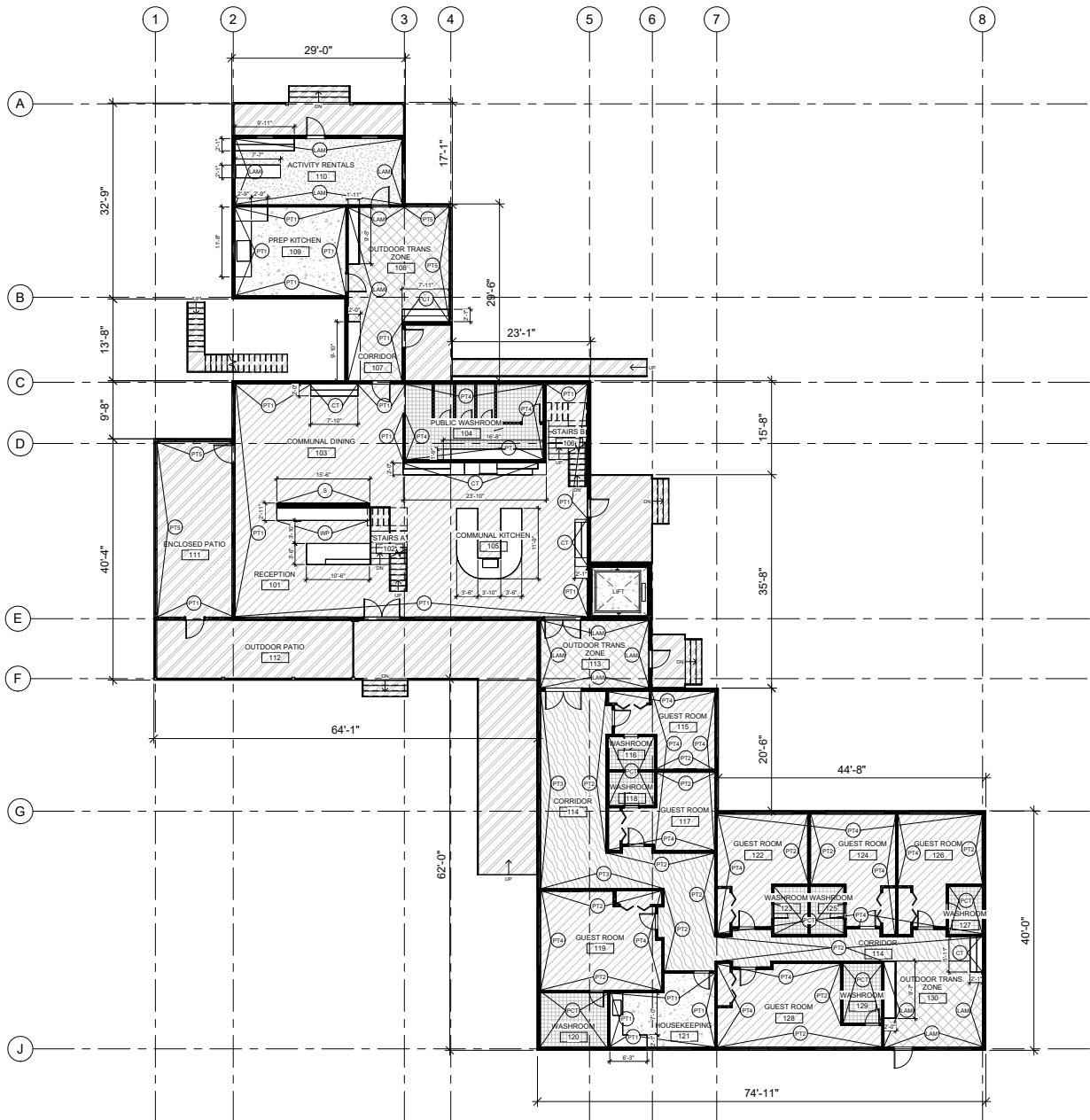
1 BASEMENT PROPOSED PLAN

1/8" = 1'0"



2 LEVEL TWO PROPOSED PLAN

1/8" = 1'0"



1 LEVEL ONE MILLWORK AND FINISHES PLAN
1/8" = 1'0"

GENERAL NOTES

1. ALL FLOORING TO RUN UNDER MILLWORK UNLESS OTHERWISE INDICATED.
2. MAKE GOOD ALL SURFACES PRIOR TO APPLICATION OF NEW FINISHES TO INCLUDE WALL, FLOOR, AND CEILING SURFACES.
3. CONTRACTOR TO SUBMIT APPLICATIONS AND OBTAIN ALL NECESSARY BUILDING PERMITS.
4. WAX & SEAL ALL LUXURY VINYL TILE FLOORING AS PER MANUFACTURER'S INSTRUCTIONS.
5. COORDINATE ALL MILLWORK CONFIGURATIONS WITH CLIENT UNLESS OTHERWISE INDICATED.
6. ALL WALL BASE TO BE RWB UNLESS OTHERWISE STATED.
7. TRANSITION STRIP REQUIRED WHEN DIFFERENT FLOORING TYPES MEET. TO BE CENTERED ON DOORWAY IF TRANSITION OCCURS IN PASSAGEWAY.



MM INTERIORS

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Drawn By: Mary McCarvill

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Scale: 1/8" = 1'-0"

ID 3.0

MILLWORK AND
FINISHES PLAN

GENERAL NOTES

1. ALL FLOORING TO RUN UNDER MILLWORK UNLESS OTHERWISE INDICATED.
2. MAKE GOOD ALL SURFACES PRIOR TO APPLICATION OF NEW FINISHES TO INCLUDE WALL, FLOOR, AND CEILING SURFACES.
3. CONTRACTOR TO SUBMIT APPLICATIONS AND OBTAIN ALL NECESSARY BUILDING PERMITS.
4. WAX & SEAL ALL LUXURY VINYL TILE FLOORING AS PER MANUFACTURER'S INSTRUCTIONS.
5. COORDINATE ALL MILLWORK CONFIGURATIONS WITH CLIENT UNLESS OTHERWISE INDICATED.
6. ALL WALL BASE TO BE RWB UNLESS OTHERWISE STATED.
7. TRANSITION STRIP REQUIRED WHEN DIFFERENT FLOORING TYPES MEET. TO BE CENTERED ON DOORWAY IF TRANSITION OCCURS IN PASSAGEWAY.



MM INTERIORS

Project Description:

67086 HEATHERDALE RD
WEST PINE RIDGE, MB
R5N 0G9

Date May 15, 2026

Client: Jan Regehr

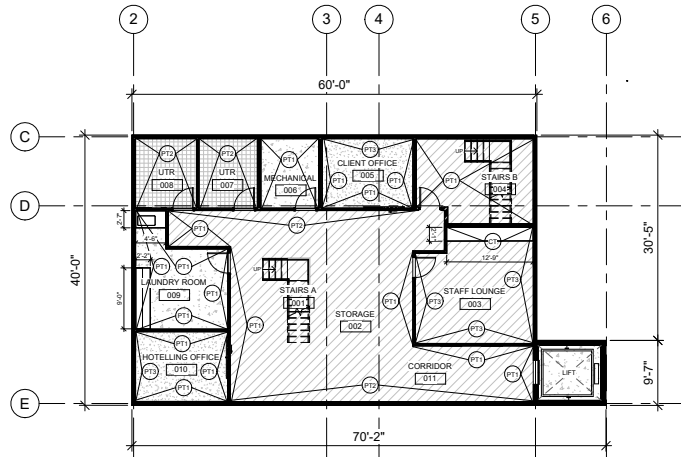
Drawn By: Mary McCarvill

Checked By: Cynthia Karpan

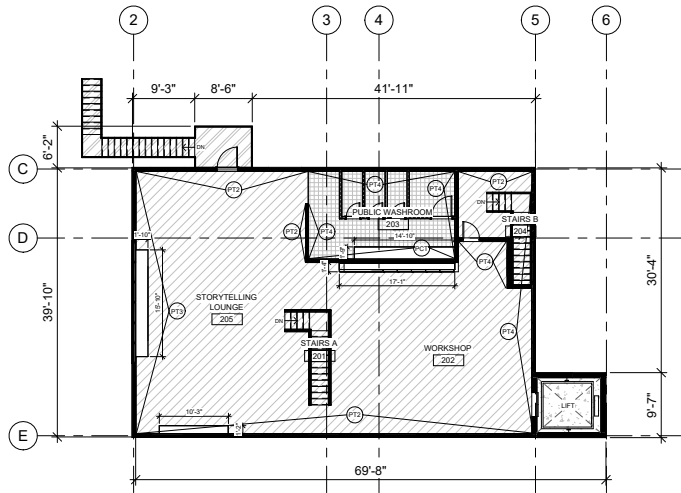
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ID 3.1

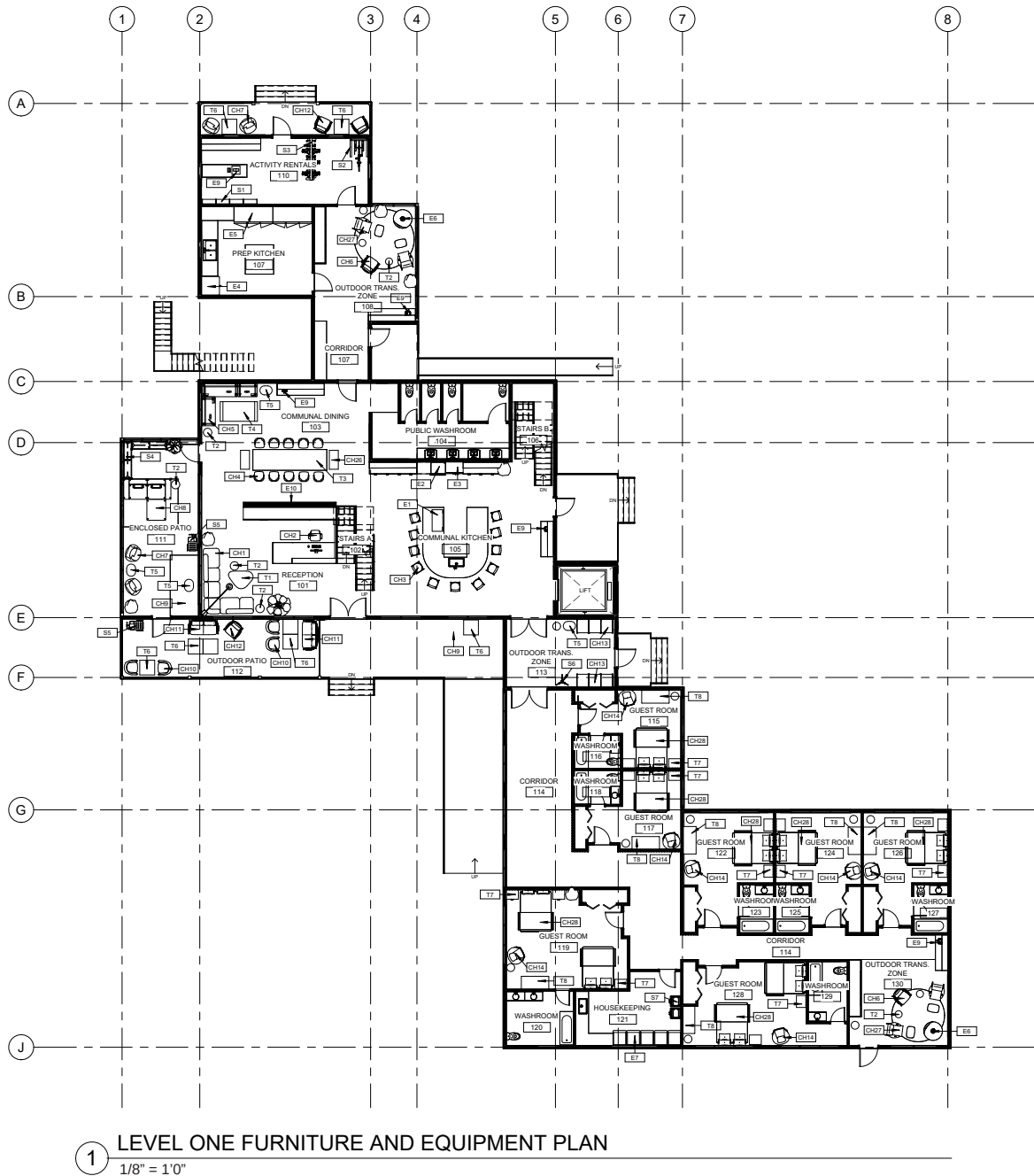
MILLWORK AND
FINISHES PLAN



1 BASEMENT MILLWORK AND FINISHES PLAN
1/8" = 1'0"



2 LEVEL TWO MILLWORK AND FINISHES PLAN
1/8" = 1'0"



GENERAL NOTES

1. ALL CRITICAL DIMENSIONS TO BE VERIFIED BY CONTRACTOR.
2. ALL NECESSARY BUILDING PERMITS TO BE SUBMITTED AND OBTAINED BY CONTRACTOR.
3. CONTRACTOR TO COORDINATE WORK SCHEDULING WITH OWNER AND TRADES.
4. ALL FURNITURE AND EQUIPMENT TO BE CONFIRMED WITH CLIENT.
5. ALL FURNITURE AND EQUIPMENT COORDINATED FOR THIS RENOVATION TO BE DELIVERED AND COMMUNICATED THROUGH LOCAL FURNITURE AND EQUIPMENT REPRESENTATIVES.



MM INTERIORS

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R5N 0G9

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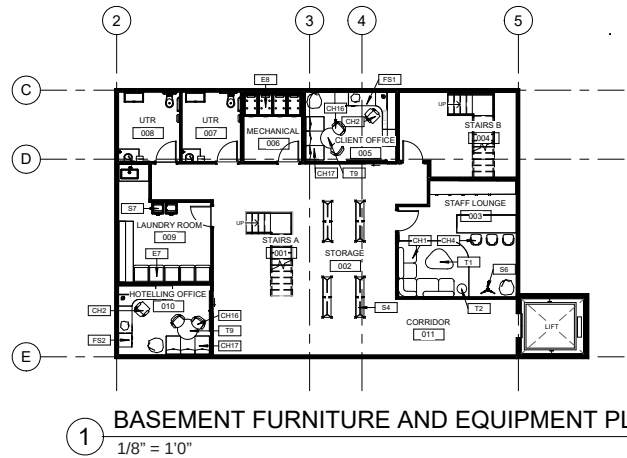
Drawn By: Mary McCarvill

Checked By: Cynthia Karpan

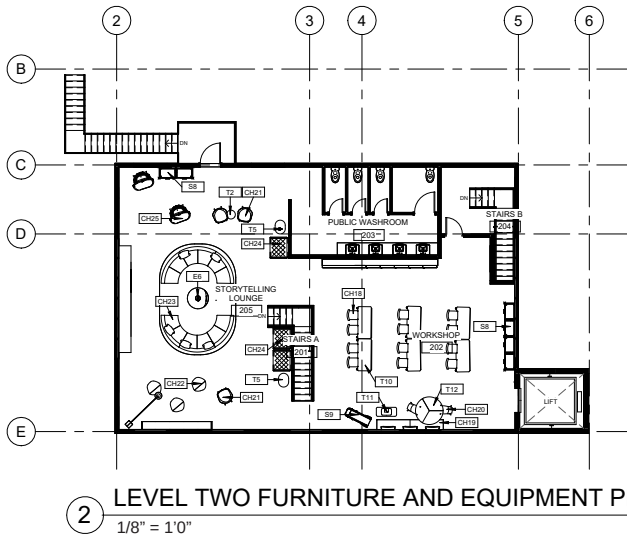
Scale: 1/8" = 1'-0"

ID 4.0

FURNITURE AND
EQUIPMENT PLAN



1 BASEMENT FURNITURE AND EQUIPMENT PLAN
1/8" = 1'-0"



2 LEVEL TWO FURNITURE AND EQUIPMENT PLAN
1/8" = 1'-0"

GENERAL NOTES

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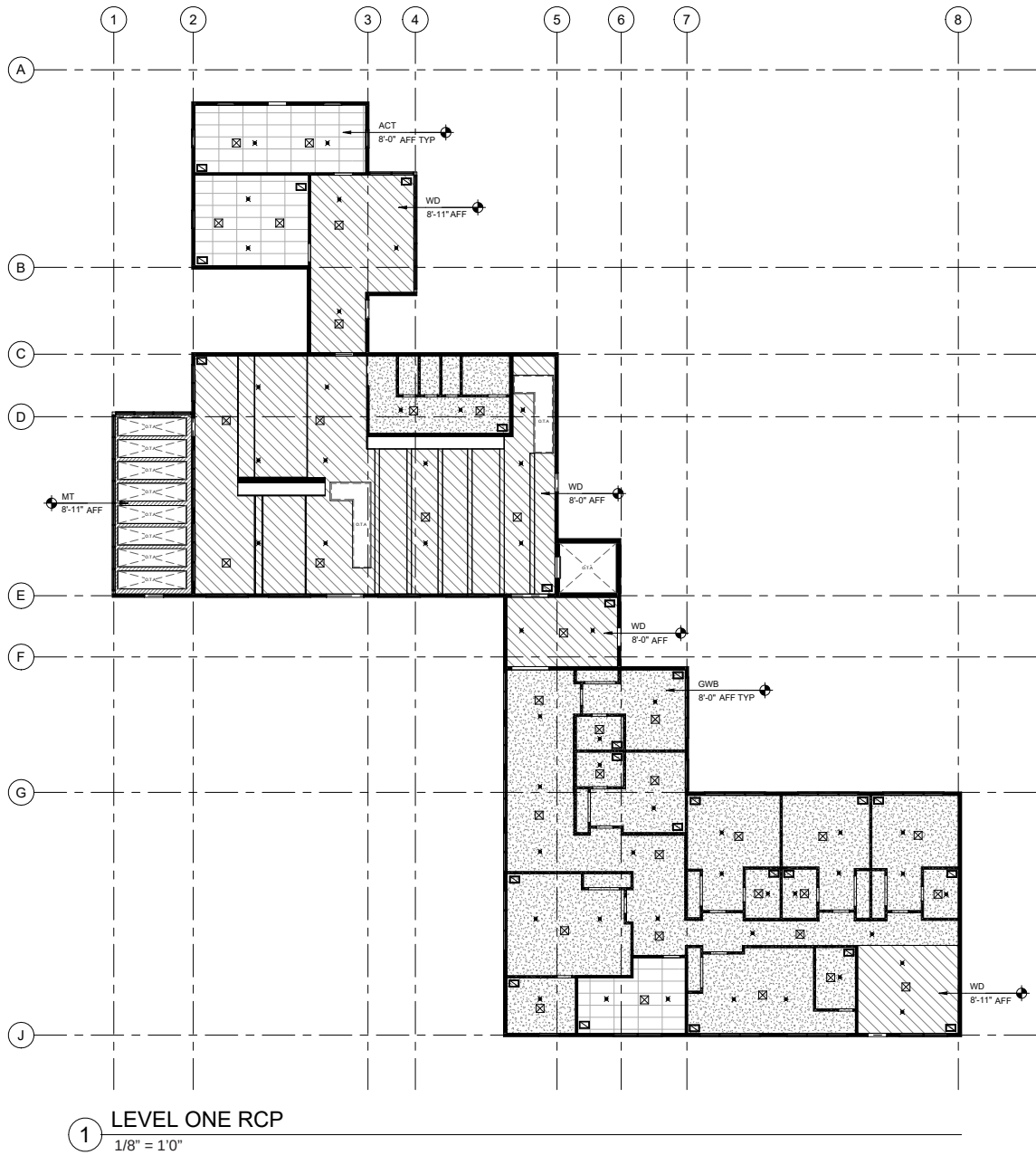
Drawn By: Mary McCarvill

Checked By: Cynthia Karpan

Scale: 1/8" = 1'-0"

ID 4.1

FURNITURE AND
EQUIPMENT PLAN



1 LEVEL ONE RCP
1/8" = 1'-0"

CEILING TYPE LEGEND:	FIXTURE LEGEND:
 WOOD CEILING (WD)	 RETURN GRILLE
 GYPSUM WALL BOARD (GWB)	 SUPPLY DIFFUSER
 600 X 1200 ACOUSTIC CEILING TILE (ACT)	 WET SPRINKLER
 METAL CEILING (MT)	

GENERAL NOTES

1. ALL CRITICAL DIMENSIONS TO BE VERIFIED BY CONTRACTOR.
2. ALL NECESSARY BUILDING PERMITS TO BE SUBMITTED AND OBTAINED BY CONTRACTOR.
3. CONTRACTOR TO COORDINATE WORK SCHEDULING WITH OWNER AND TRADES.
4. ALL CEILING FINISHES TO BE COORDINATED WITH HVAC AND SPRINKLER SYSTEM LAYOUTS PRIOR TO INSTALLATION.



MM INTERIORS

Project Description:
67086 HEATHERDALE RD
WEST PINE RIDGE, MB
R5N 0G9

Date May 15, 2026

Client: Jan Regehr

Drawn By: Mary McCarvill

Checked By: Cynthia Karpan

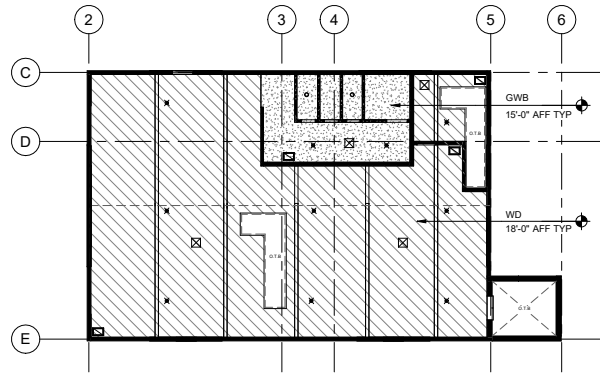
Scale: 1/8" = 1'-0"

ID 5.0

REFLECTED CEILING
PLAN



1 BASEMENT RCP
1/8" = 1'-0"



2 LEVEL TWO RCP
1/8" = 1'-0"

CEILING TYPE LEGEND:	FIXTURE LEGEND:
 WOOD CEILING (WD)	 RETURN GRILLE
 GYPSUM WALL BOARD (GWB)	 SUPPLY DIFFUSER
 600 X 1200 ACOUSTIC CEILING TILE (ACT)	 WET SPRINKLER
 METAL CEILING (MT)	

GENERAL NOTES

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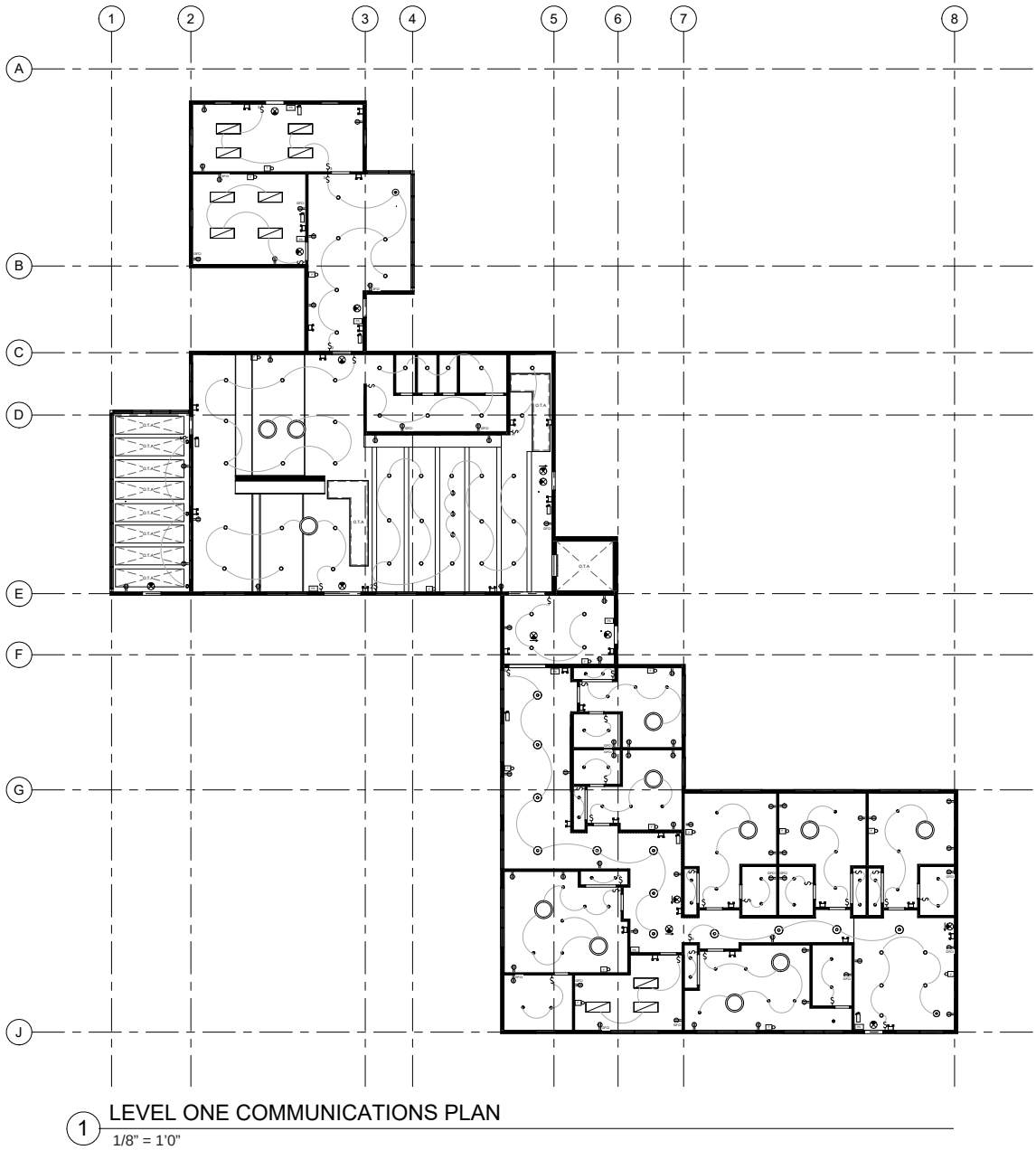
Drawn By: Mary McCarvill

Checked By: Cynthia Karpan

Scale: 1/8" = 1'-0"

ID 5.1

REFLECTED CEILING
PLAN



1 LEVEL ONE COMMUNICATIONS PLAN
1/8" = 1'-0"

EMERGENCY FIXTURE LEGEND:	LIGHTING FIXTURE LEGEND:		OUTLET LEGEND:
⌂ EMERGENCY WALL LIGHT	• LED DOWNLIGHT 1	• LED PENDANT 2	⌂ DUPLEX OUTLET
⦿ EMERGENCY EXIT SIGN	• LED DOWNLIGHT 2	⦿ LED PENDANT 3	⌂ GFCI OUTLET
⌂ MANUAL PULL STATION	▮ LED TROFFER	○ LED CEILING LAMP	
⬆ FIRE EXTINGUISHER	⦿ LED PENDANT 1	• LED WALL SCONCE	
⌂ FIRE ALARM			

GENERAL NOTES

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2. ALL NECESSARY BUILDING PERMITS TO BE SUBMITTED AND OBTAINED BY CONTRACTOR.
3. CONTRACTOR TO COORDINATE WORK SCHEDULING WITH OWNER AND TRADES.
4. ALL LIGHTS TO BE LOCATED AT CENTER OF ACT UNLESS OTHERWISE INDICATED.
5. ELECTRICAL CONTRACTOR TO CONFIRM LIGHT LEVELS PRIOR TO ORDERING LIGHT FIXTURES.



MM INTERIORS

Project Description:
67086 HEATHERDALE RD
WEST PINE RIDGE, MB
R5N 0G9

Date May 15, 2026

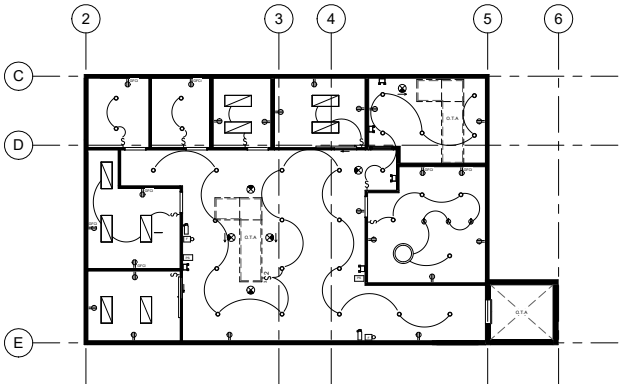
Client: Jan Regehr

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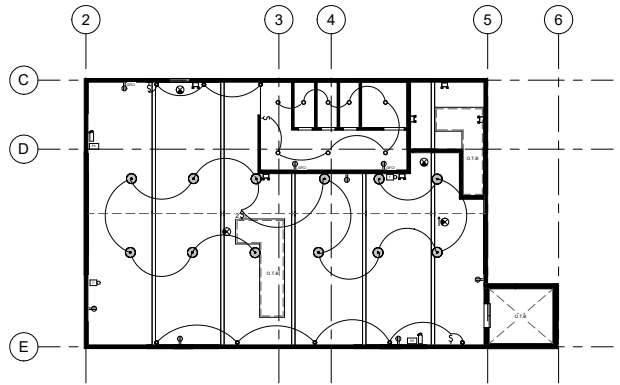
Checked By: Cynthia Karpan

Scale: 1/8" = 1'-0"

ID 6.0
LIGHTING AND
SWITCHING PLAN



1 BASEMENT COMMUNICATIONS PLAN
1/8" = 1'-0"



2 LEVEL TWO COMMUNICATIONS PLAN
1/8" = 1'-0"

EMERGENCY FIXTURE LEGEND:	LIGHTING FIXTURE LEGEND:		OUTLET LEGEND:
⌂ EMERGENCY WALL LIGHT	• LED DOWNLIGHT 1	• LED PENDANT 2	⌂ DUPLEX OUTLET
⦿ EMERGENCY EXIT SIGN	• LED DOWNLIGHT 2	⦿ LED PENDANT 3	⌂ GFCI OUTLET
⌂ MANUAL PULL STATION	▮ LED TROFFER	○ LED CEILING LAMP	
⬆ FIRE EXTINGUISHER	⦿ LED PENDANT 1	• LED WALL SCONCE	
⌂ FIRE ALARM			

GENERAL NOTES

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MM INTERIORS

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R5N 0G9

Date May 15, 2026

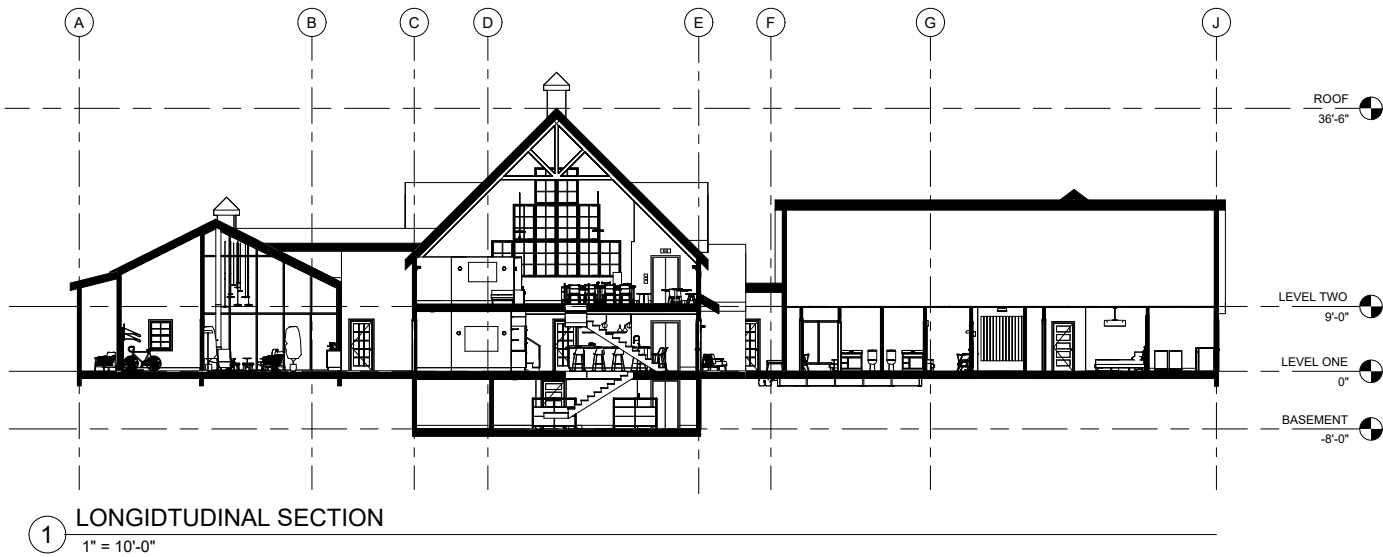
Client: Jan Regehr

Drawn By: Mary McCarvill

Checked By: Cynthia Karpan

Scale: 1/8" = 1'-0"

ID 6.1
LIGHTING AND
SWITCHING PLAN



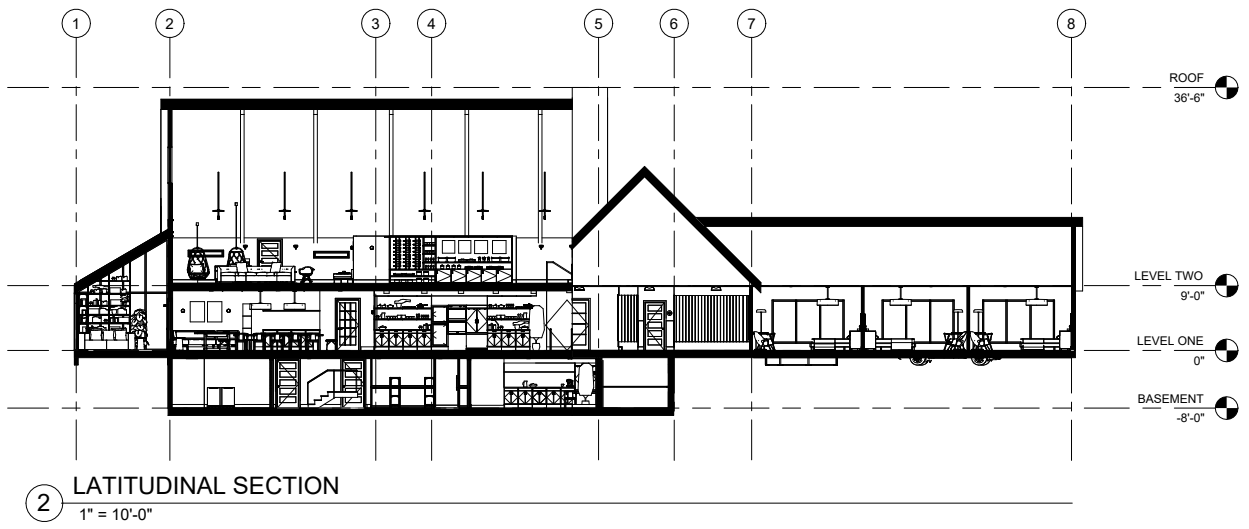
1 LONGIDTUDINAL SECTION
1" = 10'-0"

- GENERAL NOTES**
- 1. PROVIDE CONTINUOUS THERMAL AND MOISTURE BARRIERS WHERE REQUIRED TO MAINTAIN BUILDING ENVELOPE PERFORMANCE.
 - 2. ALL CEILING HEIGHTS AND FLOOR LEVELS TO BE CONFIRMED WITH PROJECT DRAWINGS AND EXISTING CONDITIONS.

MM INTERIORS

Project Description:	
67086 HEATHERDALE RD WEST PINE RIDGE, MB R5N 0G9	
Date	May 15, 2026
Client:	Jan Regehr
Drawn By:	Mary McCarvill
Checked By:	Cynthia Karpan
Scale:	1" = 10'-0"

ID 7.0
LONGITUDINAL
SECTION



2 LATITUDINAL SECTION
1" = 10'-0"

- GENERAL NOTES**
- 1. PROVIDE CONTINUOUS THERMAL AND MOISTURE BARRIERS WHERE REQUIRED TO MAINTAIN BUILDING ENVELOPE PERFORMANCE.
 - 2. ALL CEILING HEIGHTS AND FLOOR LEVELS TO BE CONFIRMED WITH PROJECT DRAWINGS AND EXISTING CONDITIONS.

MM INTERIORS

Project Description:	
67086 HEATHERDALE RD WEST PINE RIDGE, MB R5N 0G9	
Date	May 15, 2026
Client:	Jan Regehr
Drawn By:	Mary McCarvill
Checked By:	Cynthia Karpan
Scale:	1" = 10'-0"

ID 7.1
LATITUDINAL
SECTION


$$\frac{3}{4}'' = 1'-0''$$

$$3/4" = 1'-0"$$

1. ALL CRITICAL DIMENSIONS TO BE VERIFIED BY CONTRACTOR.
2. ALL NECESSARY BUILDING PERMITS TO BE SUBMITTED AND OBTAINED BY CONTRACTOR.
3. CONTRACTOR TO COORDINATE WORK SCHEDULING WITH OWNER AND TRADES.
4. ELECTRICAL ELEMENTS COORDINATED WITH THE MECHANICAL DRAWINGS OUTLET LOCATIONS ON SITE.

Project Description:
67086 HEATHERDALE RD
WEST PINE RIDGE, MB
R5N 0G9

Date May 15, 2026

Client: Jan Regehr

Drawn By: Mary McCarvill

Checked By: Cynthia Karpan

Scale: $\frac{3}{4}" = 1'-0"$

ID 8.0

INTERIOR ELEVATIONS


$$\frac{3}{4}'' = 1'-0''$$


3/4" = 1'-0"

1. ALL CRITICAL DIMENSIONS TO BE VERIFIED BY CONTRACTOR.
2. ALL NECESSARY BUILDING PERMITS TO BE SUBMITTED AND OBTAINED BY CONTRACTOR.
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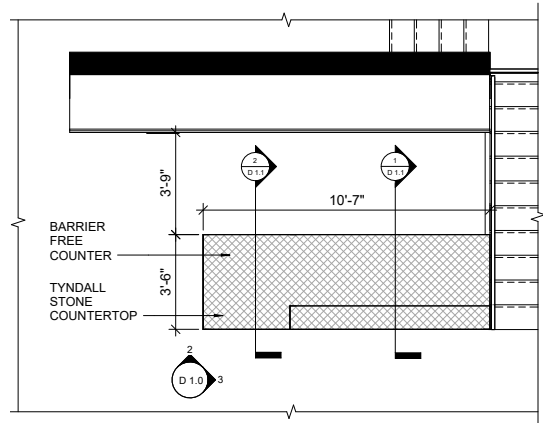
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Checked By: Cynthia Karpan

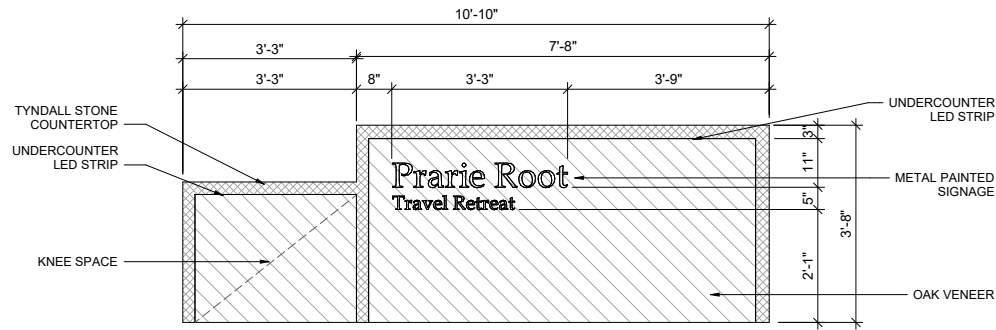
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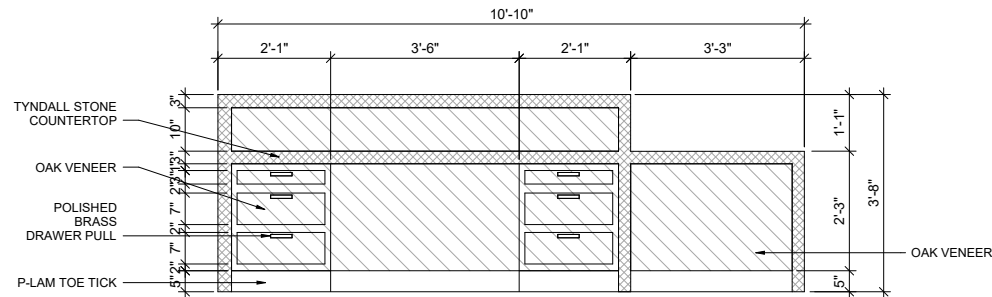
INTERIOR ELEVATIONS
CONT'D



1 RECEPTION DESK PLAN
3/8" = 1'-0"



2 RECEPTION DESK FRONT ELEVATION
3/4" = 1'-0"



3 RECEPTION DESK BACK ELEVATION
3/4" = 1'-0"

GENERAL NOTES

1. ALL CRITICAL DIMENSIONS TO BEVERIFIED BY CONTRACTOR.
2. ALL NECESSARY BUILDING PERMITS TO BE SUBMITTED AND OBTAINED BY CONTRACTOR.
3. CONTRACTOR TO COORDINATE WORK SCHEDULING WITH OWNER AND TRADES.
4. MILLWORK DETAILS TO BE COORDINATED WITH ELECTRICAL DRAWINGS AND SPECIFICATIONS. ALL CONSTRUCTION MUST BE COORDINATED WITH ELECTRICAL ENGINEER.



MM INTERIORS

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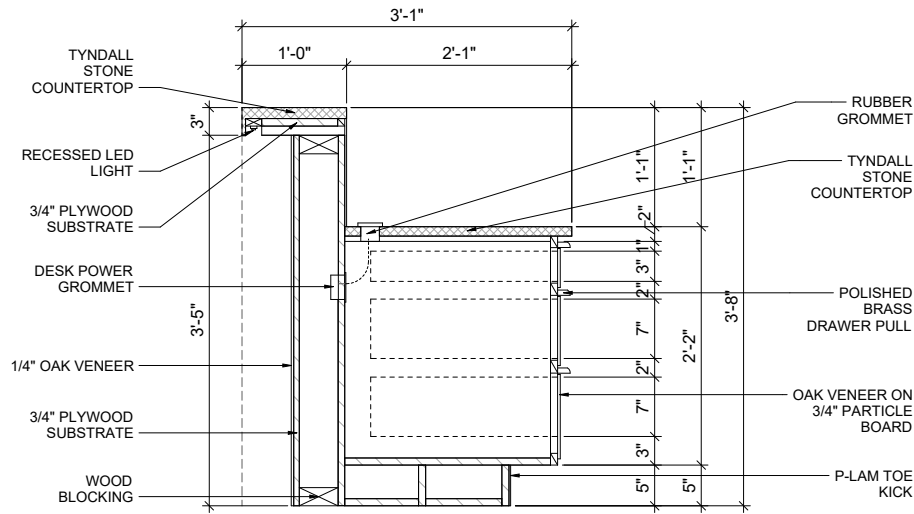
Checked By: Cynthia Karpan

Scale: As indicated

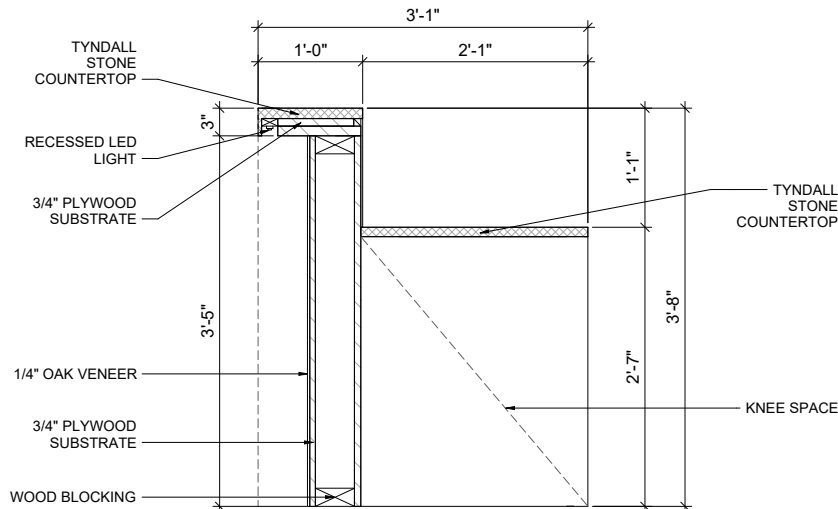
D 1.0
CUSTOM ELEMENT

GENERAL NOTES

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1 RECEPTION DESK DRAWERS SECTION
1 1/2" = 1'-0"



2 RECEPTION DESK KNEE SPACE SECTION
1 1/2" = 1'-0"

MM INTERIORS

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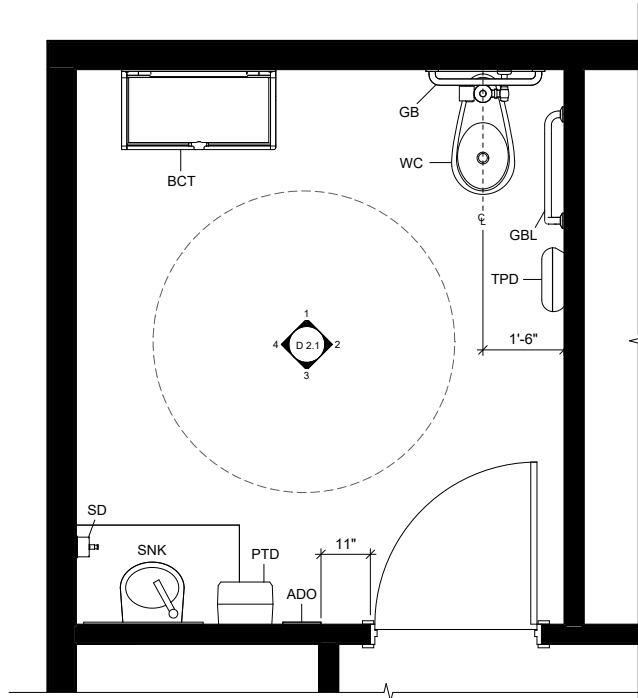
Client: Jan Regehr

Drawn By: Mary McCarvill

Checked By: Cynthia Karpan

Scale: 3/4" = 1'-0"

D 1.1
CUSTOM ELEMENT
CONT'D



1 ENLARGED PLAN
3/4" = 1'-0"

ABBREVIATIONS

ADO - AUTOMATIC DOOR OPENER
AF - AUTOMATIC FAUCET
BCT - BABY CHANGING TABLE
FPI - FOAM PIPE INSULATION
GB - GRAB BAR
GBL - GRAB BAR (L SHAPE)
PTD - PAPER TOWEL DISPENSER
MIR - MIRROR
SD - SOAP DISPENSER
SNK - SINK
TPD - TOILET PAPER DISPENSER
WC - WATER CLOSET

GENERAL NOTES

1. ALL PLUMBING FIXTURES, ACCESSORIES, AND EQUIPMENT ARE IDENTIFIED USING ABBREVIATIONS. REFER TO THE FLOOR PLANS FOR EXACT FIXTURE TYPES, QUANTITIES, AND LOCATIONS.
2. CONTRACTOR SHALL VERIFY ALL DIMENSIONS ON SITE PRIOR TO INSTALLATION.
3. ENSURE ALL ACCESSORIES ARE INSTALLED WITH REQUIRED BLOCKING WITHIN WALL ASSEMBLIES.



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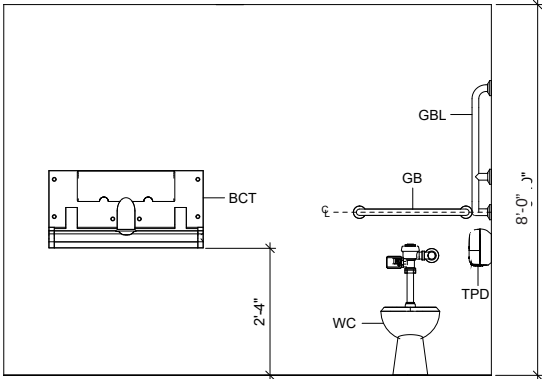
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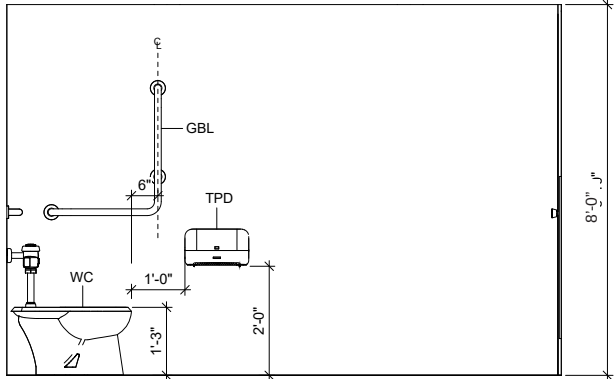
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Scale: 3/4" = 1'-0"

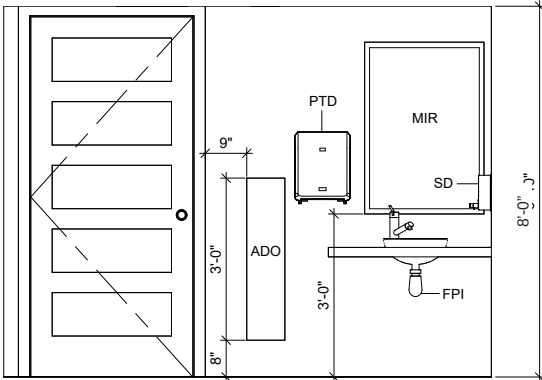
D 2.0
UTR PLAN



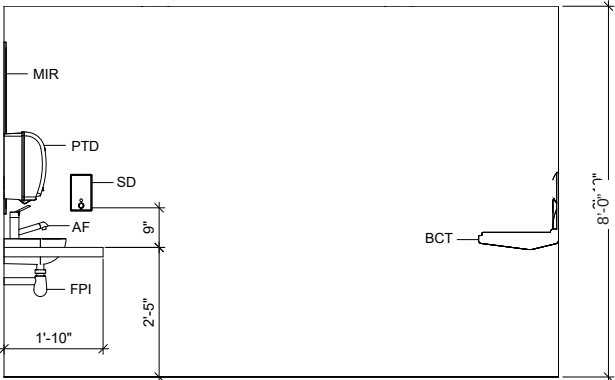
1 NORTH WALL
3/4" = 1'-0"



2 EAST WALL
3/4" = 1'-0"



3 SOUTH WALL
3/4" = 1'-0"



4 WEST WALL
3/4" = 1'-0"

ABBREVIATIONS

ADO - AUTOMATIC DOOR OPENER
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Checked By: Cynthia Karpan

Scale: 3/4" = 1'-0"

D 2.1
UTR ELEVATIONS

A.3

Schedules



FURNITURE AND EQUIPMENT LEGEND					
SEATING			TABLES		
CODE	PRODUCT NAME	QTY	CODE	PRODUCT NAME	QTY
CH1	COALESSE ENSEMBLE MODULAR CHAIR	8	T1	HERMAN MILLER NOGUCHI TABLE	2
CH2	STEELCASE THINK WORK CHAIR	4	T2	BLUDOT OCCASIONAL SIDE TABLE	11
CH3	COALESSE ENEA LOTUS STOOL	11	T3	BLUDOT STRUT DINING TABLE	1
CH4	HAWORTH BAC CHAIR	13	T4	HERMAN MILLER LAND DINING TABLE	1
CH5	TEKNION BANQS SINGLE SIDED SOFA	3	T5	NAUGHTONE TUN COFFEE TABLE	6
CH6	GEIGER FULL LOOP LOUNGE CHAIR	6	T6	HERMAN MILLER OUTDOOR CROSSHATCH TABLE	8
CH7	HAWORTH COCOON CHAIR	4	T7	TEKNION NIGHTSTAND	15
CH8	TEKNION NEST MODULAR SOFA	1	T8	HAY PASSERELLE DESK	7
CH9	KNOLL SETTLE LOUNGE CHAIR	4	T9	STEELCASE CURRENCY CONFERENCE TABLE	2
CH10	EMU OUTDOOR LYZE LOUNGE CHAIR	4	T10	STEELCASE NEST AND FOLD TABLE	6
CH11	HERMAN MILLER OUTDOOR CROSSHATCH OTTOMAN	2	T11	STEELCASE SIMPLE PERSONAL TABLE	1
CH12	GEIGER OUTDOOR CROSSHATCH LOUNGE CHAIR	3	T12	BOLIA PIRO DINING TABLE	2
CH13	GLOBAL CALIDON BENCH	6	STORAGE		
CH14	KNOLL WOMB CHAIR	7			
CH15	COALESSE MARIEN CHAIR	1	CODE	PRODUCT NAME	QTY
CH16	STEELCASE SERIES 1 TASK CHAIR	4	S1	GLOBAL SHOE RACK	4
CH17	COALESSE LAGUNITAS LOUNGE CHAIR	2	S2	MADRAX VERTICAL BIKE SHELIVING	2
CH18	STEELCASE SIMPLE GUEST CHAIR	12	S3	MADRAX SKI & SNOW BOARD RACK	1
CH19	VICCARBE TRESTLE DOUBLE BENCH	1	S4	TEKNION DISTRICT STORAGE	6
CH20	ETTA KIDS SIDE CHAIR	2	S5	BLUDOT STORAGE CART	2
CH21	HERMAN MILLER EAMES ROCKER CHAIR	3	S6	NAUGHTONE HUDSON COAT RACK	2
CH22	BOLIA SPLIT POUF	3	S7	HERMAN MILLER MORA LINEN CART	4
CH23	HERMAN MILLER BEVEL CURVED SOFA	1	S8	TEKNION DOUBLE CREDENZA	2
CH24	TEKNION SADDLE LOUNGE CHAIR	3	S9	STEELCASE FLEX STORAGE CART	1
CH25	HERMAN MILLER NAUTICA SWING CHAIR	2	FURNITURE SYSTEMS		
CH26	HERMAN MILLER NELSON CANE BENCH	2			
CH27	GEIGER CROSSHATCH OTTOMAN	6	CODE	PRODUCT NAME	QTY
E1	GLOBAL INDUSTRIAL HOT PLATE	1	FS1	STEELCASE ELECTIVE ELEMENTS SYTEM	1
E2	GLOBAL INDUSTRIAL DOUBLE OVEN	1	FS2	STEELCASE CURRENCY ENHANCED SYSTEM	2
E3	GLOBAL INDUSTRIAL FRENCH DOOR FRIDGE/FREEZER	1			
E4	GLOBAL INDUSTRIAL PASS-THROUGH DISHWASHER	1			
E5	GLOBAL INDUSTRIAL 3 DOOR FREEZER	6			
E6	GYROFOCUS SUSPENDED FIREPLACE	3			
E7	GLOBAL INDUSTRIAL LAUNDRY WASHER AND DRYER	10			
E8	TRIPP ELECTRICAL BOX	4			
E9	LA PAVONI ESPRESSO MACHINE	4			
E10	TOWN AND COUNTRY INTEGRATED FIREPLACE	1			

FLOOR FINISHES SCHEDULE							
PATTERN							
CODE	WD 1	CT	WD2	BR	LVT1	LVT2	CPT
MATERIAL	WOOD	CERAMIC TILE	WOOD	BRICK	LUXURY VINYL TILE	LUXURY VINYL TILE	CARPET TILE
MANUFACTURER	MOHAWK GROUP	DALTILE	MOHAWK GROUP	DALTILE	TARKETT	TARKETT	TARKETT
SERIES	MADERA TRACE	WANDERWISE	WEATHERED PORTRAIT	BRICKWORK	EVEN PLANE STONE	EVEN PLANE STONE	DIVERGENCE
COLOUR	NATURAL STONE OAK	SWAN	ANCHOR HICKORY	TERRACE	TERRAZZO TERRACOTTA	CEMENT LIGHT GREY	540
SIZE	RL UP TO 86.6"	3" X 24"	RL UP TO 48"	4" X 8"	19.6" X 19.6"	19.6" X 19.6"	15" X 15"
FINISH	POLYURETHANE	MATTE	POLYURETHANE	MATTE	TECHTONIC POLYURETHANE	TECHTONIC POLYURETHANE	VIVID - CUT/LOOP

WALL FINISHES SCHEDULE										
CODE	PT1	PT2	PT3	PT4	PT5	LAM	CT	PCT	WP	ST
MATERIAL	PAINT	PAINT	PAINT	PAINT	PAINT	LAMINATE	CERAMIC TILE	PORCELAIN TILE	WALLPAPER	TYNDALL STONE
MANUFACTURER	BENJAMIN MOORE	BENJAMIN MOORE	BENJAMIN MOORE	BENJAMIN MOORE	BENJAMIN MOORE	WILSONART	JULIAN TILE	JULIAN TILE	LEVEY WALLCOVERINGS	GILLES QUARRIES
SERIES	OFF WHITE COLOURS	CLASSIC COLOURS	CLASSIC COLOURS	CLASSIC COLOURS	CLASSIC COLOURS	WOODGRAINS	FAYENZA	SALT STONE	GALLERIE WALLCOVERINGS	N/A
COLOUR	TIMID WHITE	GUMDROP	JACK FROST	POPCORN KERNEL	DEEP CREEK	CORONADO OAK	FERN BELT	GREEN EMERALD	BIRCH	N/A
SIZE	N/A	N/A	N/A	N/A	N/A	4' X 8'	5' X 5"	24" X 48"	RL UP TO 60"	12" X 36"
FINISH	SATIN	EGGSHELL	EGGSHELL	EGGSHELL	MATTE	MATTE	GLOSS	POLISHED	TEXTURED	NATURAL

WALL TYPES LEGEND

 WALL TYPE W1: SLAB TO UNDERSIDE OF FINISHED CEILING WALL TYPE W1 SLAB TO UNDERSIDE OF FINISHED CEILING 5/8" GYPSUM BOARD 3-5/8" STEEL STUDS @ 16" O/C 3-1/2" ACOUSTIC BATT INSULATION BETWEEN 5/8" GYPSUM BOARD ACOUSTIC CAULKING AT TOP AND BOTTOM	 WALL TYPE W4: CMU INTERIOR WALL SLAB TO SLAB 8" CMU BLOCK W/4" CAVITY FOR INSULATION 1.5 HR FIRE RATED SLAB TO SLAB GROUT OR MORTAR CORE FILL FOR ANCHORAGE WHERE NECESSARY
 WALL TYPE W2: EXTERIOR GLAZING SLAB TO U/S OF CEILING TYP. ALUM. VERT. & HORIZ. MULLIONS ALUM. TOP TRACK AND ALUM. BOTTOM TRACK 1 LAYER OF INSULATED GLASS FULL HEIGHT PANELS TO CEILING	 WALL TYPE W5: CMU EXTERIOR WALL SLAB TO SLAB 8" CMU BLOCK W/4" CAVITY FOR INSULATION 1 HR FIRE RATED SLAB TO SLAB GROUT OR MORTAR CORE FILL FOR ANCHORAGE WHERE NECESSARY
 WALL TYPE W3: PLUMBING WALL SLAB TO U/S OF CEILING 5/8" GYPSUM BOARD 6" STEEL STUDS @ 16" O/C 3-1/2" ACOUSTIC BATT INSULATION BETWEEN 5/8" GYPSUM BOARD W/ ACOUSTIC CAULKING AT TOP AND BOTTOM PLENUM BAFFLE	

DOOR SCHEDULE

CODE	D1	D2	D3	D4	D5	D6	D7	D8
DOOR TYPE	EXTERIOR	INTERIOR	INTERIOR	INTERIOR	INTERIOR	INTERIOR	EXTERIOR	INTERIOR
DESCRIPTION	DOUBLE SWING	SINGLE SWING	SINGLE SWING	SINGLE PUSH	BIFOLD 4 PANEL SLIDING	SINGLE SLIDING	SINGLE SWING	SINGLE EMERGENCY
HARDWARE	LOCKSET	PASSAGESET	LOCKSET	PASSAGESET	PASSAGESET	PASSAGESET	LOCKSET	PASSAGESET
SIZE (W X H)	6' X 7'	3' X 7'	3' X 7'	3' X 7'	5' X 7'	7' X 7'	3' X 7'	3'-5" X 7'
MATERIAL	GLASS W/ ALUM HARDWARE	GLASS W/ ALUM HARDWARE	WOOD W/ ALU HARDWARE	GLASS W ALUM PUSH PLATE	WOOD W/ ALUM HARDWARE	GLASS W/ ALUM HARDWARE	GLASS W/ ALUM HARDWARE	ALUM W/ ALUM HARDWARE
FRAME TYPE AND FINISH	WOOD, PT5	WOOD, PT5	WOOD, PT5	METAL, PT5	WOOD, PT4	METAL, PT5	WOOD, PT5	ALUM, PT5

