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SALISH LODGE+SPA



Clockwise from top: Ziggy enjoys the lodge's cozy and inviting lobby; Thya dons her Salish bone-shaped tag; ready to relax, complete with terry cloth robe; steps leading to Snoqualmie Falls. Above: Signature Salish dog biscuits.

Located just 30 miles from Seattle, Salish Lodge & Spa sits perched above the spectacular, 268 feet high Snoqualmie Falls. It's a special place—a place for relaxation and rejuvenation—a place of pampering for human and canine alike.

It's been a few years since my last visit to Salish and this is one of those rare occasions when I hope nothing has changed. Upon arrival, I am once again struck by the lodge's cozy and inviting lobby, complete with over-stuffed leather chairs and wood burning fireplace. As we wait to check-in, Thya and Ziggy soak in their share of attention from fellow guests, some with dogs of their own.

Once at our room, I feel the relaxation and rejuvenation setting in as the dogs find their own terry cloth bathrobes, a blanket, food and water bowls, signature Salish bone-shaped tag, and freshly baked Salish biscuits, which are devoured immediately, of course! I find my own super soft, terry cloth bathrobe and a wood burning fireplace, so instead of racing off to see the falls, I elect instead to enjoy a fire and sink back into the luxurious featherbed—complete with 320 thread count linens and seven varieties of pillows to choose from: synthetic, memory foam, buckwheat, pregnancy, lavender buckwheat, body and regular goose down...

When hunger strikes, I head to the lodge's Attic Lounge. Casual and comfortable, it features a stone hearth pizza oven, furniture and fireplace to kick-back and relax, plus completely updated bar offerings including Pike Hive Five Hopped Honey Ale produced by The Pike Brewing Company, Salish Honey flavored vodka and private label wines. Okay, sometimes change is good. The menu features hand crafted pizzas and sandwiches fired in the artisan pizza oven. Whether you're looking for a light snack, a glass of wine from the lounge's wide-ranging selection, or a place to enjoy a favorite cocktail, the Attic is the perfect place to sit back and take in the breathtaking views of Snoqualmie Valley.

For a bit more formal fare, the Salish Lodge is famous for its cuisine and executive chef Steven Snook does not disappoint. I start my meal with a delicious red blend, paired with a kale and baby gem lettuce salad, with apples, pecans, goat cheese and pomegranate vinaigrette. This is followed by roasted scallops with chestnuts and porcini mushrooms. My main course: crispy roasted duck leg, with braised red cabbage, smoked bacon, dates and Salish honey port jus. Yum!



Speaking of honey, another new surprise is the lodge's own honeybee apiary, which apparently produces over 2,400 pounds of honey per year. Inspired by the need to provide the bees a sustainable environment in which to thrive, the lodge also planted a hillside of wildflowers that lead up to the apiary and gardens, along with blueberry and huckleberry plants. Look for the Salish bee to guide you to items featuring the lodge's honey, from cuisine like my roasted duck, to honey-based treatments in The Spa, to Salish Honey Ale, to honey-infused vodka and even honey truffles!

While you imbibe, your furry friend can also indulge with selections from the Canine Cuisine In-Room Dining Menu. Prepared in-house by the lodge's own culinary staff, menu items include gourmet specialties such as "Hens Fit for a Hound," made with organic chicken breast, baby carrots, green beans, chicken jelly and Arborio rice (\$8), "Pescetarian Pooch," with wild salmon, sugar pumpkin, red garnet yams, Salish garden kale and cranberries (\$8), and "Eggs-ellent Entrée" of scrambled eggs, Beecher's cheddar cheese, honeycrisp apple, oatmeal and yogurt (\$8). For dessert, the "Pawfect Finish" features an oatmeal cupcake, made with bananas and peanut butter (\$3).

Tomorrow, the dogs and I will work off our indulgences on a hike, but tonight it's

time for a little more indulgence – each room features its own wood burning fireplace, oversized whirlpool tub, luxurious, lavender-scented bath soaps, and big, soft, terry cloth bathrobes. Pour a glass of wine from the honor bar and enjoy a soak in the tub, while listening to the crackling fire – it does not get much more indulgent than that!

As a new day dawns, it is definitely time to hit the trails. Nestled at the foot of the Cascade Mountains, Salish Lodge is set in the perfect playground for any outdoor enthusiast.

I opt to take Thya and Ziggy to Twin Falls State Park in nearby North Bend. The trail extends 1.25 miles to Twin Falls. Just before the first footbridge, steps descend to a breathtaking viewpoint of the lower falls and just past the footbridge is another viewpoint of the upper falls. The trail continues one more mile beyond the falls to connect with the old Milwaukee Railroad trail in Iron Horse State Park.



Top: Enjoying the view of Salish Lodge and Snoqualmie Falls. Above: Pausing to appreciate the little touches along the trail.

Another popular hike is traversing the switchbacks to reach Rattlesnake Ledge. The 1700' vertical climb is over two miles and will certainly raise the heart rate, human and canine alike. Once you reach the top, be extremely careful, as the ledge is 400 to 500 feet down on three sides.

The Three Forks Natural Area has more than 200 acres of open space situated at the confluence of the south fork, north fork and middle fork of the Snoqualmie River, with an astounding up-close view of Mount Si. Adjacent to the natural area is the Three Forks Off-Leash Dog Park, the only designated off-leash park in the upper


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See you at the Beach!



An in-room snack of Beecher's cheese, dates and nuts also includes a sample of Salish honey.

valley. It features eight acres of open space for off-leash fun including water access.

As I mentioned, we enjoy a hike at Twin Falls near North Bend. Also nearby in North Bend, is Piccola Cellars, a dog-friendly wine bar located inside an old fire station, featuring roll up garage doors and a custom-made bar made from reclaimed timber. With eight wines on tap, you can enjoy a glass, get a growler to go or purchase a wine tote filled with your favorite blend to enjoy on your outdoor adventure. Speaking of adventure, replenish your pet supplies at Pet Place Market, from toys and accessories to wholesome food and treats. While there, take advantage of the convenient self-wash stations to get your soggy dog looking and smelling great again.

Located across from Snoqualmie's Northwest Railway Museum, The Bindlestick Coffeehouse and Bar is another local hangout that welcomes dogs. On weekends, the Bindlestick becomes a popular venue for live music, fire-spinners, impromptu grill outs, and other fun events – the outdoor firepit is the perfect place to enjoy a cold one with your canine companion.

Back at the lodge, Thya, Ziggy and I take a stroll along the heather-lined path to take in the stunning view of 268-foot high Snoqualmie Falls (100 feet higher than Niagra Falls). We check out the observation platform – owned and maintained by Puget Sound Energy – then explore the two-acre park with an enjoyable half-mile (one mile round-trip) hike along the River Trail, through trees and open slopes, ending with a beautiful view of the falls.



After our stroll, it's time for me to check out The Spa, which features a eucalyptus steam room, dry sauna and therapeutic soaking pools—and the menu of treatments is seemingly endless: there are several different massages to choose from including the Salish Signature Heated River Rock Massage, a variety of facials, and something called "Rain Drop Therapy," which features "a combination of aromatherapy essential oils that are dispensed like rain drops along

the spine and gently dispersed to stimulate nerves using techniques that will bring balance to your body from head to toe." I'm in!

Between the friendly staff, delicious food, full-service spa, in-room amenities, Snoqualmie Falls, and so much more, the three of us leave Salish Lodge with our mission accomplished: relaxed and rejuvenated! 🐾

Relax with 320-count linens and seven varieties of pillows to choose from.

More Information

Salish Lodge & Spa
6501 Railroad Avenue SE
Snoqualmie, Washington 98065
Toll-free: 800.2.SALISH (800.272.5474)
www.salishlodge.com

Rates start at \$274 for the Pampered Paws package

Pampered Paws Fee: \$65

Piccola Cellars
112 West 2nd Street
North Bend, Wash.
425.486.9463; piccolawine.com

The Bindlestick Coffeehouse and Bar
7822 Douglas Avenue SE
Snoqualmie, Wash.
425.888.0259

Three Forks Off-Leash Dog Park
39912 SE Park Street
Snoqualmie, Wash.

Pet Place Market
213 Bendigo Blvd N Ste 2
North Bend, Wash.
425.888.8828; petplacemarket.com

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