

West Coast Sauna Summit

EVENT AGENDA
2027

Loon Lake Lodge · January 20 – 25, 2027

IMPORTANT ARRIVAL NOTE



Please try to arrive **Thursday** between 4:00 and 6:00 pm or **Friday** between 8:00 and 9:00 am.
These are the windows when roadside check-in is open.

WEDNESDAY January 20, 2027

Sauna Village Build Day

 ↑ Sunrise 8:57 am

 ↓ Sunset 5:51 pm

Daylight 8 hr 54 min

9:00 am
to 4:00 pm

• **Sauna Village Build Day**

VOLUNTEERS

THURSDAY January 21, 2027

Arrival + Opening Night

 ↑ Sunrise 8:55 am

 ↓ Sunset 5:53 pm

Daylight 8 hr 58 min

4:00 pm
to 6:00 pm

• **Arrival & Check-in at Loon Lake**

- Roadside check-in open

6:30 pm
to 7:30 pm

• **Dinner**

8:00 pm
to 8:45 pm

• **Opening Welcome & Talk**

- Opening welcome · 15 min
- Opening talk · 30 min

8:45 pm
to 10:30 pm

• **Evening Saunas & Social**

FRIDAY January 22, 2027

Summit Day

 ↑ Sunrise 8:53 am

 ↓ Sunset 5:55 pm

Daylight 9 hr 2 min

- 7:30 am to 8:30 am  Morning Activity OPTIONAL
- 8:00 am to 9:00 am  Roadside Check-in Open
- 8:30 am to 9:30 am  Breakfast
- 10:00 am to 10:30 am  Session 1
- 10:30 am to 11:00 am  Session 2
- 11:15 am to 12:00 pm  Session 3
- 12:15 pm to 1:00 pm  Session 4
- 1:00 pm to 2:00 pm  Lunch
- 1:30 pm to 4:30 pm  Whisking Treatments ONGOING
 - Runs alongside the afternoon sessions
- 2:30 pm to 3:00 pm  Session 5
- 3:00 pm to 3:30 pm  Session 6
- 3:30 pm onward  Sauna Village Open
- 4:00 pm to 6:00 pm  Sauna Activations
- 6:30 pm to 7:30 pm  Dinner
- 8:00 pm to 9:00 pm  Evening Main Sessions
- 9:00 pm onward  Sauna + Social Time

SATURDAY January 23, 2027

Summit Day + Celebration Night

 ↑ Sunrise 8:51 am

 ↓ Sunset 5:57 pm

Daylight 9 hr 6 min

- 7:30 am to 8:30 am  Morning Activity OPTIONAL
- 8:30 am to 9:30 am  Breakfast
- 10:00 am to 10:30 am  Session 1
- 10:30 am to 11:00 am  Session 2
- 11:15 am to 12:00 pm  Session 3
- 12:15 pm to 1:00 pm  Session 4
- 1:00 pm to 2:00 pm  Lunch
- 1:30 pm to 4:30 pm  Whisking Treatments ONGOING
 - Runs alongside the afternoon sessions
- 2:30 pm to 3:00 pm  Session 5
- 3:00 pm to 3:30 pm  Session 6
- 3:30 pm onward  Sauna Village Open
- 4:00 pm  Bar Open
- 5:30 pm  Fashion Show
- 6:30 pm to 7:30 pm  Outdoor Dinner
- 8:30 pm onward  DJ + Celebration Night
 - Saunas open late

SUNDAY January 24, 2027

Integration + Public Sauna Village Day

 ↑ Sunrise 8:49 am

 ↓ Sunset 5:59 pm

Daylight 9 hr 10 min

- 8:30 am to 10:00 am  **Breakfast**
- 10:00 am to 10:30 am  **Room Checkout**
- 10:35 am to 11:15 am  **Morning Sessions**
 - Reflection circles
 - Future of sauna conversation
- 11:30 am to 12:15 pm  **Closing Gathering**
 - Gratitude
 - Sponsor acknowledgements
 - WCSS 2028 teaser
- 12:30 pm to 1:30 pm  **Farewell Lunch**
 - For overnight guests
 - Sauna operators stay to host until 4:00 pm
- 1:00 pm to 4:00 pm  **Limited Sauna Village Visitor Spots Open** PUBLIC
- 1:30 pm to 4:00 pm  **Saunas & Socials**
 - For those who can stay around
- 4:00 pm to 6:00 pm  **Teardown · Phase 1**

MONDAY January 25, 2027

Volunteer Teardown

 ↑ Sunrise 8:47 am

 ↓ Sunset 6:01 pm

Daylight 9 hr 14 min

- 8:00 am  **Breakfast**
- 9:00 am to 1:00 pm  **Volunteer Teardown** VOLUNTEERS

GOOD TO KNOW

About the program

SESSION TYPES

Keynote TBC

Big-picture session led by a featured speaker. Sets the tone and inspires new thinking.

Talk

A focused session led by one presenter. Short, insightful, and designed to share practical ideas or stories, followed by a short Q&A. Sessions run 20 to 40 minutes.

Workshop

Hands-on, participatory session where you learn by doing. Expect small-group activities, demos, or guided practice.

Panel

A conversation between multiple speakers offering different perspectives on a topic, followed by audience Q&A.

AROUND THE PROGRAM

Morning Activities

Start the day with optional morning yoga or a group run. If the weather is good, canoes on site are yours to use.

Sauna Activations

Guided sauna experiences such as whisking, Aufguss, sound journeys, and a few surprise elements.

Saturday Night

More of a celebration than a session: a night to toast the work done over the weekend, with DJ, dinner, and saunas open late.

Sunday

The official program wraps up by lunch. You're welcome to stay and hang out until the afternoon.