

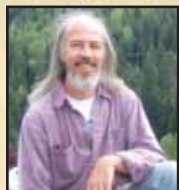
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## South Central British Columbia

A beautiful place to be and see  
and our Rail Trails are the way to do it!

### THE KETTLE VALLEY Express

Adventure Travel Guide to South Central BC  
Featuring the Historic Rail Trails



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It is with great appreciation to all our advertisers, contributors and supporters that we present the 2016 edition, #4, of the Kettle Valley Express. Our vision of working together with our neighboring communities, businesses, organizations and government bodies to develop a publication for South Central BC has come full circle and we couldn't have done it without all of you. From trail groups to government and tourism agencies, business owners to locals & visitors, your support and encouragement has been tantamount to the success of each issue. We work very hard each year to bring you informative stories, helpful information, maps and of course beautiful photos that showcase South Central BC.

Use this magazine and included Rail Trail Map, to create a travel plan that takes you through South Central BC, from the start of the KVRT in Hope at the world famous Othello Tunnels, to historic Myra Canyon, vacation paradise Christina Lake, Ainsworth Hot Springs on Kootenay Lake and all points in between.

We can only include a small fraction of the places to see and things to do in this magazine, so don't forget check out our advertisers businesses and stop into the local Visitor Info Centres and museums to pick up detailed maps, brochures and information on their trails, events and amenities.

Make sure to visit the Kettle Valley Express' companion website at [kettlevalleyexpress.com](http://kettlevalleyexpress.com) for more in depth information and updates and like us on Facebook.

Happy Trails, -the Kettle Valley Express team

#### Thank you to all of those who contributed to making this guide.

We would like to thank all of the businesses and people, who believed in our vision enough, to invest their advertising dollars, photo, stories and enthusiasm, so we could bring it to life.

#### CONTRIBUTING WRITING FROM

Christina Gateway Community Development Association, Ciel Sander, Regional District Okanagan Similkameen Pentiction Tourism, Ainsworth Hotsprings, Destination Osoyoos, Giro Okanagan, Route 3B Rossland Trail & Area, Discover Naramata, Nelson Kootenay Lake Tourism, Thompson Okanagan Tourism Association, Tourism Hope, Chris Moslin, Slokan City.

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**Hope: Embrace the Journey**

## EMBRACE THE JOURNEY

One hundred years ago, on July 31, 1916, the Othello Tunnels were completed and the Kettle Valley Railway was fully opened between Midway and Hope. For the next 43 years, trains travelled down the Coquihalla Subdivision, through Hope, and across the Fraser River where they met up with the main Canadian Pacific Railway line.

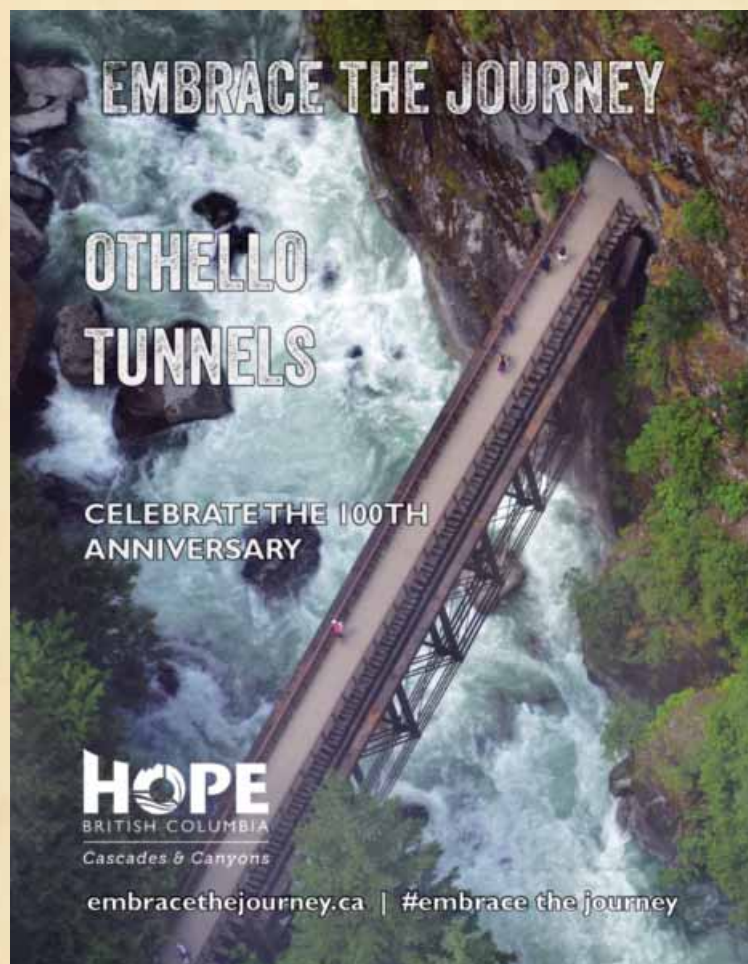
The KVR was built to provide mining operations in southern British Columbia better access to the ports in Vancouver without having to travel through the United States. Chief Engineer, Andrew McCulloch, surveyed the solid granite cliffs of the Coquihalla Canyon, from a wicker basket and came up with a plan to blast tunnels and build bridges to navigate the steep canyon. Named for the Shakespearean character, the Othello Quintette Tunnels now stand as an engineering marvel and are a must-see on the Kettle Valley hiking/cycling trail.

The Othello Tunnels are not the only section named for Shakespearean characters. Current highway exits along the Coquihalla reflect the old KVR stops with names like Juliet, Portia, and Iago.

Chinese labourers were used widely in the building of the KVR. The now familiar tale of low wages and being given the most dangerous jobs permeate the history of the building of the KVR.

In 1998, Coquihalla Canyon Provincial Park was established. It encompasses the Othello Tunnels as well as the historic Hope-Nicola Valley Trail. The trail provides a bypass to the tunnels when they are closed during the winter months, October to May.

The best place to start your exploration of the tunnels and the western terminus of the KVR is from the town of Hope. Nestled at the confluence of the Fraser and Coquihalla rivers and at the base of the Cascades Mountains, Hope is the hub for adventure in the region. Stop by the Visitor Centre, 919 Water Avenue, to pick up trail maps and up-to-date information on events and activities in the area.



**EMBRACE THE JOURNEY**

**OTHELLO TUNNELS**

CELEBRATE THE 100TH ANNIVERSARY

**HOPE**  
BRITISH COLUMBIA  
Cascades & Canyons

[embracethejourney.ca](http://embracethejourney.ca) | #embracethejourney



**The Similkameen Valley's Hidden Secret!**

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888 Fraser Ave. Hope BC V0X 1L0





Situated in the foothills of the Cascade Mountains where the Tulameen and Similkameen Rivers meet is the town of Princeton. The Museum is a must see on your Princeton visit. Stop in at the Visitor Centre for maps and information, they even have a gold reserve map for public places to pan for your own nuggets. Princeton's small town hospitality has everything to offer, family owned restaurants and coffee/tea bistros, accommodations from motel to cabin, B & B to recreation site. "Stay and Play" at the Princeton Golf Club, a gorgeous eighteen-hole, par 72 golf course.

Cyclists will enjoy the Kettle Valley Loop from downtown Princeton up to China Ridge to explore the trails and back to Princeton on the KVR. [www.chinaridgetrails.com](http://www.chinaridgetrails.com) has great information on their trail system. The trail is multi-use in many of our areas with ATV and snowmobiling becoming increasingly popular on the trail.

From downtown Princeton travel the KVR west through the 1000ft tunnel built in 1910 and over the old train bridge. 3km from Princeton

are the Red Ochre Bluffs 'where you will find red vermilion or ochre used by the Similkameen people to produce pictographs on rock faces. After another kilometre you will find the amazing hoodoos, which are natural stone pillars created by erosion from wind and water. Continue to travel west along the pristine Tulameen River to explore the valley to Coalmont and on to Tulameen. This breathtaking section of the Kettle Valley Railway is a flat easy grade to hike or bike.

Travel the beautiful Bridge of Dreams east to enjoy a gradual cycling grade from Princeton along mountain meadows and through wooded forests. Experience the beautiful countryside full of wildlife, birds, trees and flowers. Don't forget your stop at Swan Lake Bird Sanctuary 2km outside of Princeton. Ski, hike, cycle, stroll, float, or fish your cares away. No matter the season, "Princeton Welcomes the Adventurer in You!"





# Okanagan Similkameen

## ClickHikeBike.com

With the east-west KVR connection complete, and returning soldier's from WWI settling in the south Okanagan, the rationale for constructing what would be the KVR's second major branch line from Penticton to Osoyoos was set. The development of the railway, together with the Okanagan River Channel and irrigation infrastructure was essential to the settlement of the South Okanagan. The "South Spur", as it's called, also takes you through some of the most iconic landmarks in the Okanagan: N̓ɣaylintn (Pronounced: Ny-lin-tin), formerly McIntyre Bluff), Vaseux Lake, as well as connecting the communities of Kaleden, Okanagan Falls, Oliver and Osoyoos. The last spike of the South Spur was driven in on December 28, 1944 at Osoyoos by local businessman, George Fraser. The South Spur operated for 33 years, moving people, supplies, and produce up and down the South Okanagan. The last time the train would pull into Osoyoos was in 1977, with the rails being removed in the late 70's and early 80's.

Presently, only small portions of the South Spur have been opened up to the public or have had major improvements. Penticton to Okanagan Falls follows the west shore of Skaha Lake through Kaleden. This 13km of trail is open for public use with the southernmost 4km recently resurfaced and another 3km planned for improvement in 2016.

Okanagan Falls south to Osoyoos is presently in the development planning stage and the RDOS is working with numerous parties to ensure the trail will be safe for users while considering adjacent land uses, environmental and wildlife habitat values. The development planning process will be completed in 2016 and will provide priorities, a phased plan and construction estimates. Construction of the trail will occur as funding and approvals permit. In 2016, the detailed construction planning of a 3km section of trail from Osoyoos Lake to Deadman Lake will begin with construction completion scheduled for summer 2017. The completion of the South Spur will open up exciting possibilities to connect to trails currently being developed as far north as Vernon, with the goal of being able to travel the whole of the Okanagan Valley along dedicated trails.



Regional Trails Program

www.clickhikebike.com







Your journey to a rare and wondrous place begins here. Set in the one true desert of our country, the timeless and honest beauty of the natural surroundings will surprise and delight you. A year-round destination, this small, friendly resort community is surrounded by lush orchards, vineyards, and Canada's warmest freshwater lake.

Osoyoos offers a host of culinary, outdoor and family-friendly activities, including golfing, hiking, walking, shopping, biking, bird watching, horseback riding, fishing, water-sports, snowshoeing and skiing. Learn the fascinating legends of the First Nations culture while studying the desert ecology at the Nk'Mip Desert Cultural Centre, an exceptional state-of-the-art interpretive centre. Or, explore the local landscape, flora and fauna at the Osoyoos Desert Centre.

There is something for everyone, every season of the year. From tasting wines from over 40 wineries, to eating juicy sweet fruit at a farmer's market that gets your culinary imagination going, or dine out on the creations of celebrated chefs. Accommodation options are plentiful, from well-appointed resorts and charming bed and breakfasts to lakefront campgrounds.

Learn more at [destinationosoyoos.com](http://destinationosoyoos.com)

Osoyoos Home Hardware has been on the same great corner in downtown Osoyoos since 1942. It is our mandate to offer a shopping experience that is reminiscent of a bygone era.

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*Escape to Osoyoos*

**Destination Osoyoos**

Destination Osoyoos  
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250.495.5070 ~ [destinationosoyoos.com](http://destinationosoyoos.com)

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As seen on **RACE**

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Imagine the freedom and exhilaration of biking through flourishing vineyards and rugged mountain ranges overlooking crystal clear lakes and golden sandy beaches. With such breathtaking vistas and one of the best year-round climates in Canada, it's easy to see why thousands of cyclists pedal their way through Penticton & Wine Country every year.

As winter gives way to spring, the valley grows lush and verdant and the open roadways start calling. It does not matter what age you are, what size you are or how fit you are, cycling is a sport for everyone. Come and join us in May to celebrate and enjoy cycling in all

forms at Penticton's very first 'Chain of Events'. A fun-filled festival of cycling camaraderie that will bring together cycle enthusiasts from all over North America and give them the opportunity to experience one of the most wondrous ways to get to know our region.

Penticton has some of the best 'low roads' for touring and racing in the country and in July we will, once again, welcome the annual Prospera Granfondo Axel Merckx Okanagan (PGAMO). This mass cycling event ranks as one of the best in North America and is so much more than an epic ride through the heart of British Columbia's wine country. It's an entire weekend of cycling, family activities, Okanagan sunshine and regional delicacies.

Over the past few years Penticton has also become a premier Canadian mountain biking destination, especially with designated, protected, mapped and directed areas such as Three Blind Mice and Campbell Mountain, which offers a mellower ride experience for beginners and intermediates. Prepare to be challenged and impressed as you wind your way through the pine covered bluffs and open meadows that will reward you with glimpses of sparkling lakes, orchards and vineyards that create the gorgeous tapestry of the South Okanagan.



**PENTICTON  
& WINE COUNTRY**  
*Time to breathe*

[www.visitpenticton.com](http://www.visitpenticton.com)  
1-800-663-5052

**The Open Road Beckons!**

Join us to experience one the most wondrous ways to get to know our region.

Photo by Bruce Ginnell

**Penticton Gallery**

Tues. - Fri. 10am - 5pm  
Sat & Sun: 11am - 4pm  
Closed Monday & Statutory Holidays

**Ph: 250-493-2928 Fx: 250-493-3992**  
199 Marina Way, Penticton, BC V2A 1H5 ~ [www.pentictonartgallery.com](http://www.pentictonartgallery.com)



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**penticton  
museum  
& archives**



**Explore the unique world of the South Okanagan beyond its famous 'beaches and peaches' with tons of hands-on displays and activities for the whole family.**

**Browse through our links to the left to learn about the museum, view our current and upcoming exhibits, and get involved!**

**Museum Hours of Operation: Tuesday to Saturday, 10:00am - 5:00pm**

**250-490-2451 ~ Exhibits & Archives!**

**[www.pentictonmuseum.com](http://www.pentictonmuseum.com)  
785 Main St., Penticton BC, V2A 5E3**





Penticton's magical mixture of fertile land, pure lake water and golden sunlight, not only makes for a fantastic outdoor vacation, it is also the recipe for creating some of the best wine in the world. With over 60 wineries to choose from you are sure to find something to tempt your palate. The great thing is you don't have to sacrifice your love of the outdoors, with the option of a kayak or cycle wine tour.


Good wine and good food goes hand in hand and the Okanagan Valley yields an abundance of fresh produce which will leave any gastronome spoilt for choice. Every Saturday from May until October you can join hundreds of foodies down at the Penticton Farmer's Market on Main Street to gather and sample nature's finest. You will find that many of the local eateries take advantage of the availability of fresh local produce and so, menus tend to evolve with the seasons.





Pack up a picnic basket and cycle out to a scenic spot on the Naramata Bench, where you can experience the intoxicating scent of pine and sage floating on a warm breeze as you spy the inhabiting wildlife. Before heading home stop off to quench your thirst with a tall cool craft beer from one of the local breweries. We encourage you to discover fresh produce at its finest.

In Penticton & Wine Country you can choose your own pace, race with the wind or leisurely meander the winding country roads. Just remember to take time to breathe!

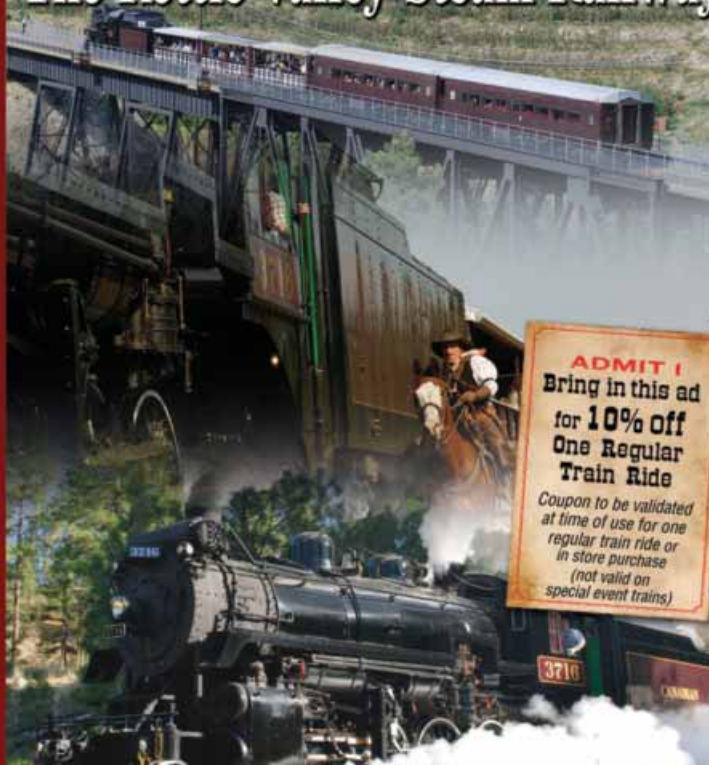
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## Okanagan Cycle Tourism

# OKANAGAN CYCLE TOURISM

Cycle tourism has emerged as one of the fastest growing segments of the travel industry. Around the world, tour offerings and cycling infrastructure are being ramped up to meet demand. Canada (especially BC) offers a cycling experience that is second to none. In the recently published book, 50 places to Ride Before You Die, 4 of them are in Canada. One of those is the Okanagan Valley.

Cycling in the Okanagan is rich and varied. The road cyclist will find challenging climbs, jaw-dropping scenery, quiet country roads and a wide variety of routes that have regularly drawn world-class cyclists. Those looking for off-road experiences have a huge number of options, including the world famous Kettle Valley Rail Trail. Tour operators offer

routes going through distinct regions, from true desert to vineyards to the Okanagan high country as well as the Kettle Valley Rail Trail.

Another attraction of cycling tourism is "Immersive Tourism", the opportunity to truly immerse yourself in your vacation destination. The South Okanagan gives you the chance to experience a "hub and spoke" cycling vacation, where you stay in one location and guides take you to explore a new region on bike each day.

You might be thinking of venturing out on your own, but the tour operators know all the hidden gems that will make your adventure vacation an authentic one, making connections that will last long after your visit to Penticton and surrounding Okanagan area.

No matter the type of touring you are looking for, whether it be on easy to ride pave trails or over trestles and through tunnels and away from civilization, the Okanagan is where you want to be.



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- Routes through **7 distinct cycling regions**
- Accommodation, Activities and **Meals Included**
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PHOTO OF SUMMERLAND BENCH BY ERIC SIMARD



[www.girookanagan.com](http://www.girookanagan.com)

Call us at 778 484 7100 or toll free at 844 484 7100





The sound of the rumbling train echos through your imagination as you gaze out over "take your breath away" scenery, while touring world famous Kettle Valley Rail Trail...

Your taste buds explode with excitement as you bite into a juicy ripe peach or taste a dizzying number of apple varieties, fresh off the tree.....

Exotic landscapes and romantic atmosphere fill your senses as you sip on world famous Okanagan wine....

Visiting the Thompson Okanagan brings home a life time of memories....

.....a truly Remarkable Experience!

Your biggest challenge will be to fit in as many experiences as possible while creating your ideal vacation escape!

Take a trip back in history behind a restored 1912 steam locomotive on the last remaining section of the Kettle Valley Railway. After the ride, stop for a wine tasting at some of the many Summerland wineries or pick up locally made jams, jellies and syrups from Summerland Sweets.

From Berg Lake trail at Mount Robson, to Hut-to-Hut Hiking and exploring of the Alpine and Waterfalls of Wells Gray Provincial Park, we've got a trail for you. Hike the Alpine Meadows at Sun Peaks Resort, or explore the series of lakes in the Shuswap. From the Kettle Valley Rail Trail to the Trans Canada Trail there is something for every level of experience.

From the highest peak in the Rockies to the only desert in Canada, The Thompson Okanagan is packed with remarkable adventures!

[hellobc.com/tota](http://hellobc.com/tota)



## Okanagan Lake's PLACE TO PLAY

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## Discover Naramata

# DISCOVER NARAMATA

Naramata welcomes visitors to the sunny, east side of Okanagan Lake. The splendid 9 mile (15km) drive from Penticton to Naramata takes delighted travellers past award winning wineries and beautiful vistas of lake, mountain, vineyard and orchard. The drive itself, along the locally named Naramata Bench, is well worth the visit but, of course, there is more. Lots more ...

Over 35 wineries are strung like pearls along the Naramata Bench and each will delight you in their tasting room, restaurant or cheesery. Enjoyable interludes abound in Naramata, from wine tasting and athletic pursuits to visits to artist studios and potters. Manitou Beach and Mill Bay are perfect for kayaking, paddle boarding, swimming, fun family picnics and delicious local pizzas.

An array of 109 local trails offer exhilarating rides for experienced off-roaders along with avid hikers. For adventurous mountain bikers, the single track of the Three Blind Mice Trails network is a must. Naramata Road is considered one of the Okanagan's best routes for a brisk cycle ride, and, athletes use it to prepare for both the renowned Challenge and Granfondo events held annually in the region. Creek Park, just off Naramata Road offers a beautiful, shady little hike and leads to Naramata Creek Falls.

The Kettle Valley Railway Trail (KVR), with its gentle grades and miles of breathtaking views of the South Okanagan Valley, is a perfect family hike or a leisurely bike outing. The Little Tunnel on the KVR, completed in the early 19th century, is among scores of picnic spots and viewpoints along the trail, each perfect for memorable photos.

Come and Discover Naramata.



**Kettle Valley Rail Trail**



**Winery Tours**



**Kayak or SUP**



**Farm to Table**



**Creek Park Falls**



**Warf Pk**



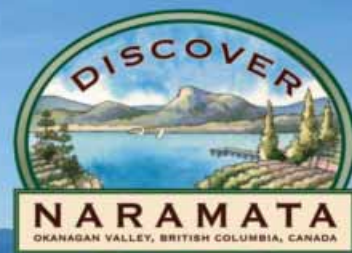
**Little Tunnel View**



**Picnic at Manitou Pk**



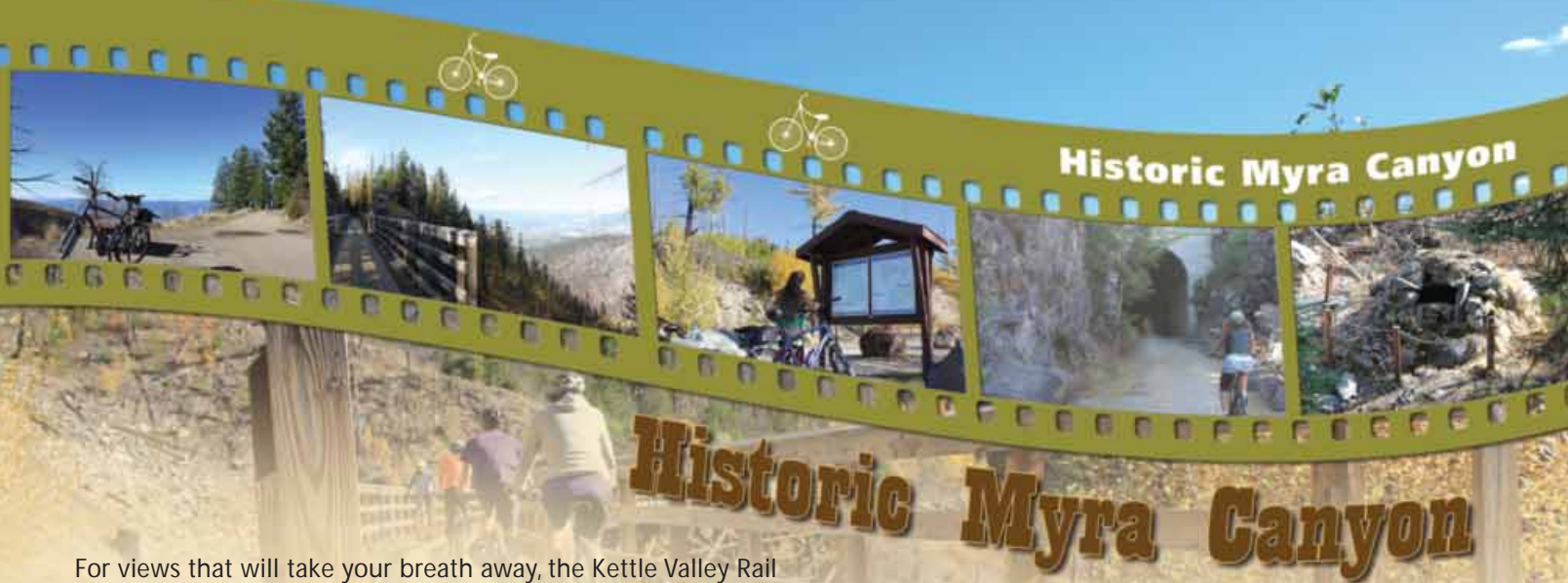
**Wakeboard**



[discovernaramata.com](http://discovernaramata.com)







For views that will take your breath away, the Kettle Valley Rail Trail and the Trans Canada Trail are yours to explore by bike. There are several options from bringing your own bike, to bike rental, and guided bike tours.

From long distance riders to families with small children or adults with mobility restrictions, there is a tour here for you. Pedi cab tours can range from winery and lunch options to the full 18 trestle, two tunnel historic Myra Canyon, a perfect way to spend the day with the entire family.

The Myra-Bellevue Provincial Park section of the KVR was constructed in the early 1900's and abandoned in 1973, since then, the Kettle Valley Rail Trail has become a very popular recreational route.

In 2003, the Okanagan Mountain fire ravaged parts of the park thru the areas of highest recreational use. The fire had a major impact

destroying most of the wooden trestles and damaging decks of 2 metal trestles. A 238m long, 65m high trestle was one that was saved from those fires. Cameras are a must!

The park was closed for public safety and in 2004, limited access was made part way at either end. By 2005 hazards were cleared and more access was granted.

To access Myra-Bellevue for a more leisurely day ride, take the short drive, from downtown Kelowna, up to the parking lot. There are many tour operators to help you and supply you with a bike if needed or, for the more adventurous, try it yourself.

As you are biking or hiking along you will also see leftovers of the workers such as the "rock ovens" they built and used.



## BOUNDARY COUNTRY

# FIND YOUR DREAMS IN BOUNDARY

Dreams of making fortunes may have enticed explorers and adventurous souls to the mineral-rich landscape of Boundary Country but it is dreams of authentic vacation experiences that are bringing people here today. Once here on a visit, the unlimited adventure, diverse landscapes, local charm, and nature at your doorstep will stir up longings to stay.

The call of nature and the distraction of the quiet gives a laid back feeling to Boundary Country. From the friendly communities where everybody seems to know each other, to the network of the trails that wind over hills and through the open valleys.

Big White, Carmi, Beaverdell, Westbridge, Bridesville, Rock Creek, Midway, Greenwood, Grand Forks and Christina Lake are like beads in a

chain of amazing memories to take home with you. Each community, unique with the flavour of the history that made it, awaits your discovery.

Evidence of mining history is still visible in the region in Greenwood and the ghost town of Phoenix, while in Grand Forks, museum displays and period architecture depict the mining era and communal agrarian lifestyle of Russian immigrants during the turn of the century.

The Boundary Museum and Interpretive Centre houses the local history of the Doukhobors in the valley and there is the still operating Doukhobor Flour Mill, which mills and sells "Pride of the Valley" flour.

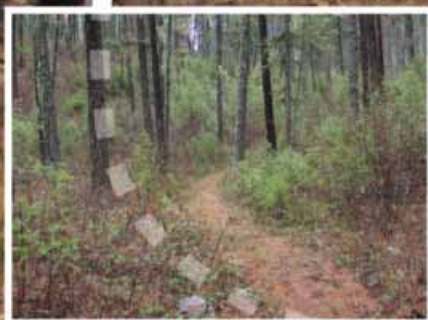
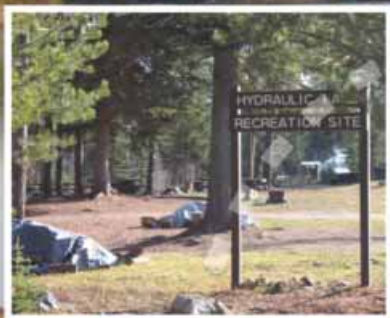
Follow the Trans Canada Trail east to Christina Lake, the Cascade Gorge, and see remnants of the first AC dam and power plant in Canada and the 2 trestles crossing the Kettle River.

## Your path to Adventure Unlimited



### BOUNDARY COUNTRY

Adventure: Unlimited.







If getting away from the easier grade of the KVRT is what you dream of, there is no shortage of single track and rugged trail experiences. Talk to one of the tour shops in Grand Forks or Christina Lake.

Local art and artisan displays decorate Boundary County and are showcased in many gift and gallery shops as well as the Grand Forks Gallery2 and the Christina Lake Welcome Centre.

Boundary County has many summer events including Ponderosa and CannaFest music festivals, the Grand Forks International Baseball Tournament, Rock Creek Fall Fair, fishing derbys and more.

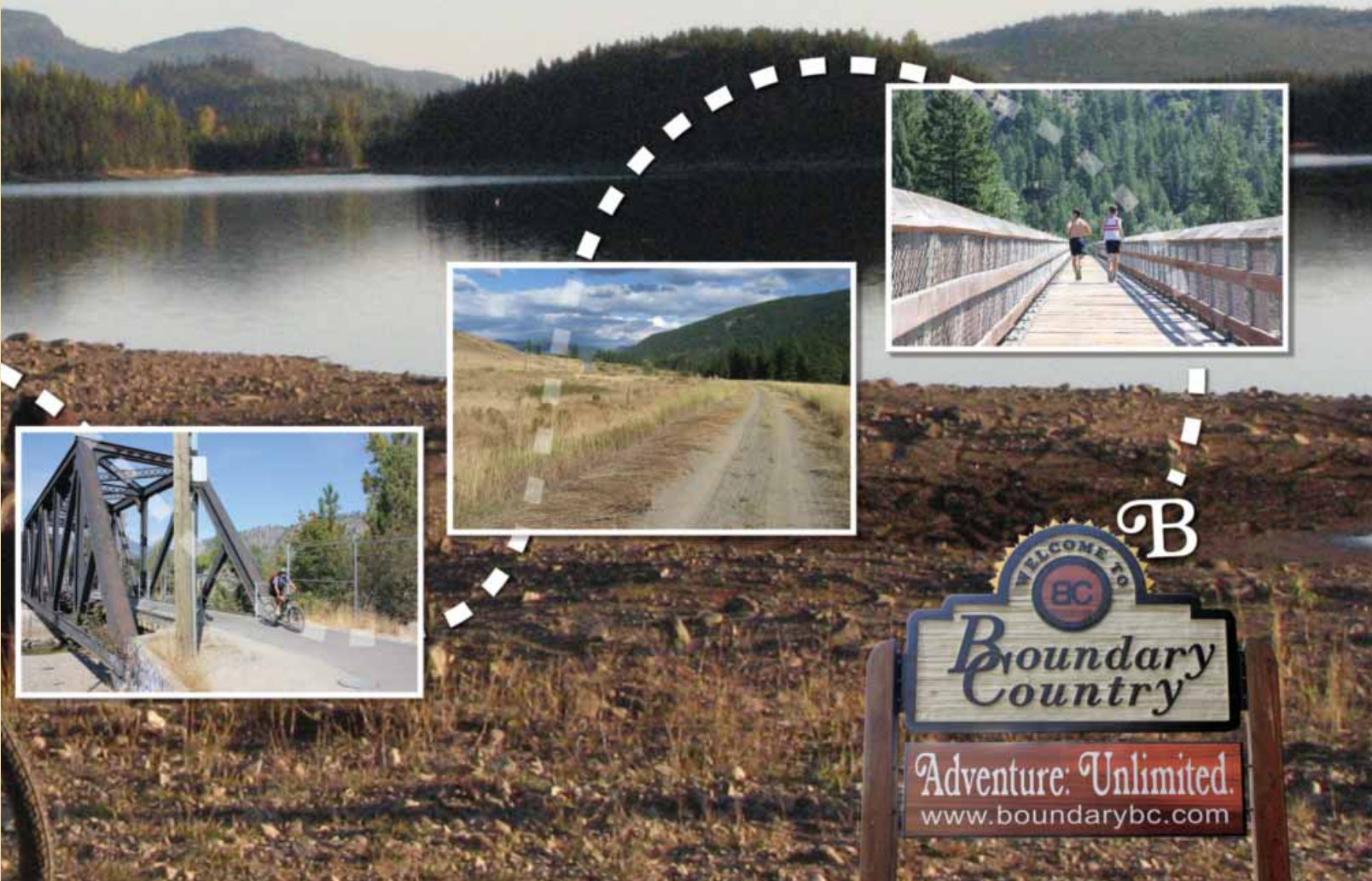
With fertile growing conditions, the climate is excellent for many types of hardy root vegetables and nurseries grow hardy trees for sale to Alberta, US and across Canada, yet at the same time, delicate vineyards are on the crest of establishing themselves as well.

Make your vacation plan to include things like hiking the trails that network through the region, float your cares away tubing down the

Kettle or Granby rivers or pan for gold near Greenwood or Rock Creek and if you are lucky, strike it big and take home a nugget of gold for yourself.

In the summer, it is always a worthwhile trip up to Marshall Lake to hike and camp and in the winter for cross country skiing and snowshoeing. In the fall of 2000 the Phoenix Cross Country Ski Club organized a work party and over the period of a few weekends an A-frame structure, known as the dacha, was erected to serve as a warming hut and shelter for the cross country skiers using the area.

Rock Candy Mine is one "must do" that is unique to Boundary County. A trip there and you will instantly know how it got it's name of Rock Candy. The mine site is covered with colourful fluorite rocks of green, white and purple. You can take home as much as you can carry, so bring your back pack ... find your dreams in Boundary Country!





# WEST BOUNDARY

## ADVENTURE UNLIMITED

The West Boundary is a place where you can relax, play and explore endless outdoor fun for you and your family. Recreational activities include camping, cycling and mountain biking, hiking, and horseback riding. The Kettle Valley Railway (KVR), and the Columbia and Western Railway (CWR) rail trails make up a 155km section of the Trans Canada Trail connecting our communities. Midway is "Mile 0" of the KVR and the terminus of the CWR. These railways provided rail travel across southern British Columbia in the early 1900s.

Carmi and Beaverdell are the "Gateway to the Boundary." These small communities are a 40 minute drive to Big White and 45 minutes to Kelowna. Throughout the West Boundary there are thousands of kilometres of undeveloped roads that will lead you into forest and mountain backcountry. This is a great opportunity for those who

favour all-terrain vehicles and trailer camping. A multitude of user maintained backcountry campsites and hundreds of lakes for fly fishing await you. Those interested in more established resorts can check out Idabel Lake Resort, Big White Resort, and Jewel Lake Resort. Big White has summer activities weekends from July 1 through Labour Day, September 5.

The Rock Creek Fire devastated a large portion of range land, forest and private residences in August of 2015 but the West Boundary has survived due to our community strength and spirit. Rock Creek is open for business and welcomes your support. When you visit the section of Trans-Canada Trail in the area impacted you will be able to see for yourself the recovery of this Bunchgrass-Ponderosa Pine ecosystem. Should be good for mushroom picking in the autumn!

## West Boundary

Adventure: Unlimited.

**Greenwood Museum & Visitor Centre**  
Opening May 1

**Rock Creek Farmers Market** First Sat  
in May thru Oct weather permitting

**Midway Kettle River Museum** Opening May 21

**Beaverdell Adult Fishing Derby @ Lassie Lake**  
Father's Day weekend

**Founders Day in Greenwood** July 9

**Kettle River Days** Midway July 16

**Big White L'Alpe de Grand Blanc**  
(Cycling Hill Climb) July 24th

**27th Beaverdell Kids Fishing Derby**  
Third week of July

**Rock Creek 28th Annual Boogie Bash**  
July 29-August 1

**Ponderosa Music Festival,**  
**Rock Creek** August 18-21

**Rock Creek Fair** September 17-18



Vicki Gee  
RDKB Area E Director

West Boundary "RDKB Area E" includes Big White, Carmi, Beaverdell, Westbridge, Christian Valley, Rock Creek, Mount Baldy, Bridesville, Anaconda, Jewel Lake & Idabel Lake

**BOUNDARY COUNTRY**  
Adventure: Unlimited.  
BoundaryBC.com





There are many great places for angling in this super natural setting. Catch and release regulations vary from spot to spot and river to river, so ensure you check the fishing regulations before setting out as regulations may change from one year to the next.

Idabel Lake is a popular fishing spot, stocked with Brook Trout and has natural Rainbow Trout. Ice fishing is very popular here. Ice leaves the lake towards the end of April.

It is catch and release from the confluence of the Granby and Kettle Rivers up to 28 Mile Bridge, with rainbow trout weighing up to 7 lbs. along with Dolly Vardens and the occasional Brook Trout ready to hook your lure.

On the Kettle River, just east of the Victorian Motel at the little black train bridge, up to the Carson Rd Border Crossing, you may keep one fish. Rainbows, Brown Trout and up to 7 lb. White Fish!

Shore fishing is another great way to fish and Jewel Lake, located just outside of Greenwood, is the perfect setting. With campgrounds nearby the whole family will enjoy this gorgeous lake that completely suits its name. If using a boat to fish, the lake accepts no larger than a maximum 9.9hp engine. The lake is stocked each year in spring with up to 20,000 fish, which add to the natural fish population. In winter months the lake is fantastic for ice fishing and is a popular place for locals. The types of fish here are Rainbow and Brook trout.

Wilgess Lake has no motor size restrictions, but it's not a big lake so smaller vessels and motors are easier to manage. You will need some type of personal pontoon boat or fishing boat as the lake is ringed with a reed bed making shore fishing a challenge! Rainbow trout can be up to 13 lbs at this small lake, which is also a great location for ice fishing in winter months.




**Kettle River RV Park**  
krrv@uniserve.com ~ kettleriverrv.com

All sites have full hookups. Lots of room for big RV's. Large pull thrus.

Close to golfing, fishing, gold panning, hiking, canoeing, cycling the Kettle Valley Railway / Trans Canada Trail, swimming, tubing down the Kettle River or just plain relaxing. Enjoy it all, staying at Kettle River RV Park

**1-888-441-2225 ~ 3255 Hwy #3 Rock Creek BC V0H 1Y0**

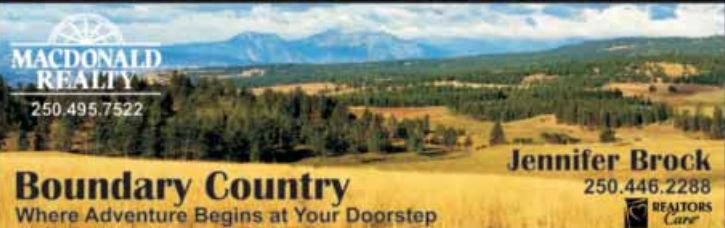




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**boundarybc.com/discover/rock-creek**



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Where to put in:	Where to get out:	Approx. Time	Where to put in:	Where to get out:	Approx. Time
<b>Rock Creek – Kettle River</b>			<b>Grand Forks – Granby River</b>		
Kettle River Provincial Park	Rock Creek Hotel	3.5 hrs.	Nursery Bridge	***Atwood	2 hrs.
Rock Creek Hotel	Deep Hole (Swimming)	3 hrs.	(excellent beaches along the way)		
Deep Hole	Ingram Bridge	1 hr.			
<b>Midway – Kettle River</b>			<b>Grand Forks – Granby River</b>		
Ingram Bridge	City Park	4 hrs.	Hummingbird Bridge	Pines Bible Camp	6 hrs.
Suspension Bridge	City Park	2 hrs.	Snake Hole	Barbara Ann Park	1 hr.
(behind the Weigh Scales)			(the gravel road after Copper Ridge)		
Beach Rd.	City Park	1 hr.			
<b>Grand Forks – Kettle River</b>					
Old Carson Bridge Site	City Park	2 to 3 hrs.			
Spraggett Bridge	City Park	2 hrs.			
Park	Nursery Bridge	1 hr.			

If you are going to float any further than Midway Campground, please note the Kettle River flows into the United States just past this point, so you will have to check with US/Canada Customs regarding border crossings. You must have a valid passport to enter the United States. \*\*\*After re-entering Canada and enjoying your float, make sure you exit at Atwood Bridge or earlier. It is not far before the Cascade Gorge, which can approach before you know it.



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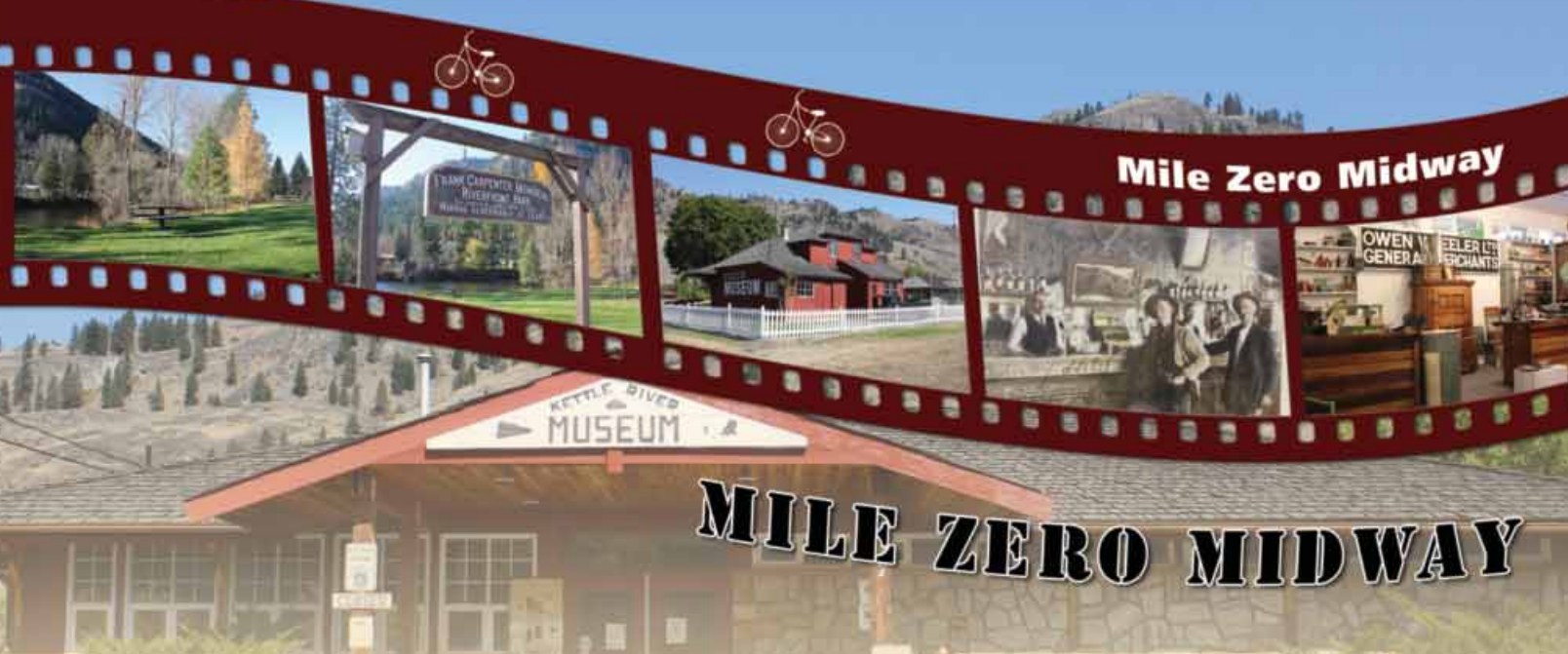
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# MILE ZERO MIDWAY

One of the great places to visit in the Boundary is the peaceful Village of Midway. Located in the heart of the Kettle Valley where the Kettle River meets the mountains and meanders through the Canada/USA border, you will find many historical sites, numerous recreational opportunities and friendly locals. A small border town with a big personality, Midway has something for everyone with its unspoiled environment and sunny skies.

The Kettle River Museum, which displays the Boundary area's history, is the location of Mile 0 terminus of the Kettle Valley Railroad and the original station house. Built in 1900, it houses exhibits commemorating the steam railway era of Southern BC and the British

Columbia Police Force. The museum sits adjacent to the Trans Canada Trail and is a perfect rest stop for visitors exploring the sun-drenched valley.

Midway is a year round recreation destination that offers something for all levels and interests of recreational enthusiasts including a hidden network of trails for everyone to enjoy. Meander along the Kettle River and through the trees on the popular River Walk Loop, or challenge yourself and head into the hills overlooking Midway.

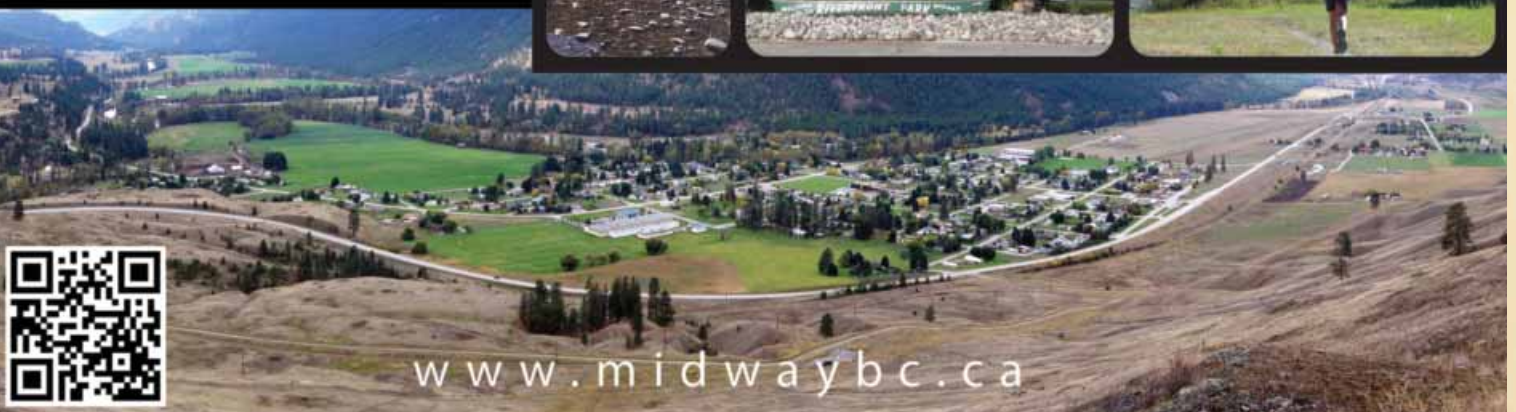
## WELCOME TO MIDWAY

### The Heart of the Kettle Valley

Come to Play ~ Plan to Stay

*The peaceful Village of Midway is one of the great places to visit in Boundary Country with many historical sites, numerous recreational opportunities, and countless attractions. A natural unspoiled environment and friendly people await you in our sunny community. Come and visit or plan to stay and take advantage of rural living at its best.*

*Discover our hidden network of hiking and biking trails, enjoy riverside camping at its best, and float, canoe, or swim down the scenic Kettle River. We invite you to Discover Midway for yourself!*



[www.midwaybc.ca](http://www.midwaybc.ca)





# MILE ZERO MIDWAY

Midway hosts a hidden network of trails for its residents and visitors to enjoy. The trails received major upgrades in 2009 by the Midway Trails Society, who maintains the upkeep of the trails, and now meet International Mountain Bike Association standards and are open to hikers, mountain bikers, and trail runners.

Casual hikers and walkers can enjoy the popular Riverwalk Trail that meanders along the Kettle River through the trees. Choose to do an out-and-back route or loop back into Midway via the Trans Canada Trail.

The hiker looking for more of a challenge can head into the hills overlooking Midway. A variety of trails and distances are available for all fitness levels. View points are well marked and offer spectacular views of both Canada and the United States so don't forget your camera. The trails are well marked and trail maps are located at both entrances and at most major intersections. Sign-in boxes are prominent to let us know you were there.

For more information, photos, and trail maps please visit the Midway Trails Society website [midwaytrails.tripod.com](http://midwaytrails.tripod.com).

The Village of Midway is now offering an adopt-a-bench program as a permanent fund to maintain and endow the care of village benches along the Riverwalk Hiking Trails that meander through old growth Ponderosa Pine along the north bank of the Kettle River then join with the Trans Canada Trail for a 4.6km loop back into Midway.

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# Nikkei Legacy

PARK RESTORATION PROJECT

Greenwood, Canada's smallest city has a varied and rich history during the mining boom of the early 1900's, but also had a part to play years later, during the second world war, as the first internment centre for Japanese Canadians.

The Franciscan Order of the Atonement from Vancouver and Steveston Japanese Catholic Mission played a pivotal role in bringing the Japanese Canadians to Greenwood. Father Benedict Quigley went above and beyond to have dialogue with the then Mayor, W.E. McArthur Sr.. After several meetings with the local citizens, Greenwood decided to take in the Nikkei from BC's coast.

In 1997, Greenwood City received a large brass internment history plaque from the NAJC and in 1998 the park, after a vote from the citizen's, was given the name Ohairi Park. Many First World War veterans,

who fought for Canada, came to Greenwood, so the park will remember these brave soldiers with a granite plaque.

Around the gazebo, many sakura and momiji trees will be planted. 5 rock gardens will represent the 5 ghost towns that existed near Greenwood; Phoenix, Deadwood, Boundary Falls, Eholt and Anaconda/Greenwood.

After the war, the local Board of Trade took a stand to protest the "Go East of the Rockies or Repatriate to Japan" ultimatum from the Government.

Visit the Greenwood museum to find out more about Greenwood's amazing history.

## Nikkei Legacy

PARK RESTORATION PROJECT

## Ohairi Park

*Donations gratefully accepted*

\$200 A Family Plaque ~ \$1,000 ~ Tree of Honour ~ \$2,000 4" Stone Lantern

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## EXPLORE BOUNDARY COUNTRY

Explore Boundary Country where you'll find unlimited adventure like floating down the river, fishing or swimming in one of the many lakes, visit a gallery, museum or market, golf or discover one or all of our many interconnected network of trails the Trans Canada Trail, the Kettle Valley Rail Trail and the historic Dewdney Trail and many more where you'll travel over historic trestles & thru historic tunnels while hiking, mountain biking, horseback riding, ATVing, snowmobiling or cross country skiing our multiuse trails.

After a day of adventure enjoy one of the many unique local cuisines, where there's something for every taste, browse thru our businesses or discover one of our many events.

Time to settle down for the night choose from one of our B&B's, Cabins, Hotel/Motels or RV/Campgrounds resting up for the next days adventure in Boundary Country!

For more info contact ...

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## AREA D Rural Grand Forks



# Rural Grand Forks

Rural Grand Forks encompasses the mountains and wide open valleys from the Canada/US border, north to Granby Provincial Park, east of Gladstone Provincial Park and west to Eholt Summit.

Just east of Greenwood the Kettle Valley Rail Trail crosses Hwy 3 at Eholt, one of the many ghost towns of the mining times. If you are looking for an easy ride for an afternoon along quiet trails, have a friend drop you off with your bike at Eholt and virtually glide down a gentle grade to the Granby River valley in Grand Forks. The surrounding countryside of rural Grand Forks encourages one to stop and admire the tranquil beauty.

A tributary of the Kettle River, the Granby River runs about 105km down from the Monashee Range west of Faquier and joins the Kettle in Grand Forks.

One frequently meets someone who just moved here, talking about how they have the perfect view and you start to realize that no matter where you are here, you have all that and more.

History has left it's mark on the Granby River valley with old town sites like Niagra Townsite, that supplied men and all the extras to keep the Granby smelter going.

A popular place to visit and try a local swimming hole is the Granby Dam site, with remnants left over of the support towers for the bridge

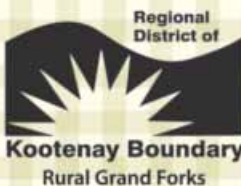
This is for commuting, from haybarn to chicken coop. This is for meetings, while cooking a pot of soup. This is for city folk called to the country. This is for switching to rural time...

BOUNDARY  COUNTRY

Adventure: Unlimited.



[www.GrandForks.ca](http://www.GrandForks.ca)



This is for...  
those out of line.



Photo by Kyra Hogan





and dam. The dam originally supplied power to Grand Forks and the smelter but, in 1948, was in such disrepair that in May of that year, an attempt was made to blow a log jam behind the dam, which broke under the weight of the water and a 5' wall of water rushed into Grand Forks, flooding it. The water was up to 8' deep and about 50 houses were flooded.

For the more adventurous, the Granby is home to Granby Provincial Park with opportunities for real wilderness camping, kyaking, cliff climbing and more. In the winter the Granby provides room to snow shoe, cross country ski or snowmobile for hours without seeing anyone.

Mining and railroads weren't the only ingredients in the local history. In 1908 many of the Doukhobors migrated to the Grand Forks area and established their culture. Their success at farming the area created a demand for their seed production all over Canada, US, Great Britain, South America and other parts of Europe. The red brick buildings are evidence of their earlier settlement, but to find out more about the local history, including the Doukhobors, stop into the Boundary Museum and Interpretive Centre or visit the flour mill and if you are lucky, watch it happen.

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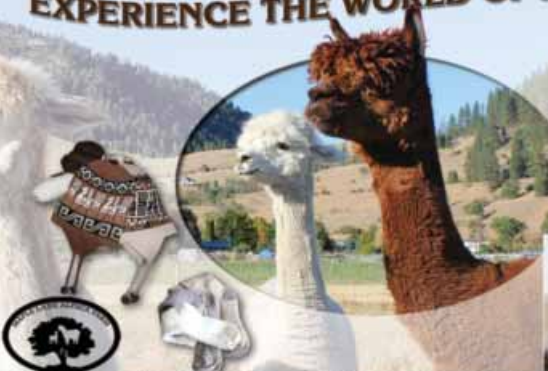


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Shred, sled, ride or glide, in Boundary County it's all about getting outside! Our frozen lakes, and snowy slopes and valleys invite exploration, whether it's by ski, snowmobile, skates or dog sled. Explore our vast outdoors. Cross-country ski the Trans Canada Trail, or shred Phoenix Mountain ski resort one run at a time. Sled the snowy alpine bowls near the Paulson Summit or skate, or ice fish the frozen shores of Wilgress Lake.

Boundary Country's varied landscape means you choose your adventure: sledding up mountains, through the forests or across a wide, open range. Whether you like to ride steep and deep, or boondock through the trees, there's a trail waiting for you here.

Escape long lift lines. Teach your children how to ski without all the hubbub. Shush your way down wide-open runs, or tuck into shady glades. Phoenix Mountain community ski resort, midway between Greenwood and Grand Forks is family friendly and affordable skiing at its best. A T-bar or towrope delivers you to nineteen blue, black or green runs providing a variety of terrain for a day on the slopes. Ski them all, or swap out your skis for your board, and take on the terrain park for some freestylin' fun.

If Nordic skiing is more your scene, explore the Marshall Lake Trails above Phoenix Mountain's ski hill. Work up an appetite skiing 17km (11 mi) of trails then duck into the authentic Dacha to warm up and eat your lunch.

Wind your way through forested landscapes covered in snow. Drink in the crisp winter air, hearing only the sound of your snowshoes



# B&F

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or skis breaking the stillness surrounding you. Marvel that you can spend an entire day skiing or snowshoeing in Boundary Country, encountering few others, seeing only the occasional paw print on the trail before you.

Disconnect from your everyday routine, spend some time in our great outdoors and learn just how easy it is to get fit while getting away from it all. Start at either end of Boundary Country, at Rock Creek or Grand Forks, or right in the middle at Midway (mile 0 of the KVR), snowshoeing and cross-country skiing the Trans Canada Trail and the historic Kettle Valley Rail Trail. Glide across trestles in the shadow of frozen waterfalls. Slide along Christina and Jewel Lake's frozen surfaces, or head straight to Phoenix Mountain's 14km (9 mile) loop winding through a former boomtown, where today only a cemetery stands.

- 1 Explore the quiet solitude of the Trans Canada Trail in winter cross-country skiing or snowshoeing.
  - 2 Learn to ski on the quiet, gentle slopes at Phoenix Mountain community ski hill.
  - 3 Angle for trout, Small mouth Bass or Mountain Whitefish, ice-fishing Jewel Lake or Christina Lake.
  - 4 Explore Midway's trail system on snowshoes or cross-country skis.
  - 5 Sled the snowy alpine bowls to Pass Creek east of Christina Lake.
- There's plenty of winter fun in Boundary Country.

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# TOIL AND PEACEFUL LIFE

In the Kootenay Boundary region of South Central BC, you will often hear reference to the Doukhobors and borscht. Who are they, what is it and why are they so important to the region? Here is a very brief history of how they came here and the integral part they played in the development of the communities they live in.

Arriving here in 1899 after being forced from their homelands of Russia, Ukraine and Georgia following two centuries of persecution, the first of the Doukhobors came to Canada with the help of famed author Leo Tolstoy. Originally settling in the Province of Saskatchewan,

issues revolving around communal living and land registration disallowed them to exist in their accustomed way. This split the group into those willing to comply with the government regulation and those who would not.

After years of government conflict, Peter "Lordly" Verigin began to purchase large tracts of land in Southeastern BC, and some 8,000 individuals relocated to the verdant growing regions of the Kootenay Boundary region between 1908 and 1912. Orchards were planted and packing houses were built to process the jam and fruit preserves sold at local markets while large gardens were grown to sustain their vegetarian lifestyle.



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The Doukhobors are an incredibly important and interesting part of the history in this region, both during and after the settlement of the area. Active pacifists, the Doukhobor people have faced many challenges and heartbreak over the past century, from children being removed from their homes for compulsory education in government schools to the still unsolved murder of leader Peter "Lordly" Verigin on October 29th, 1924. The CPR train he was a passenger on exploded near Farron, between Castlegar and Grand Forks. It is still unknown who is responsible for the act of violence. Proud Canadian citizens, the group is actively involved in global peace initiatives and continues to strive in preserving their traditional values, Russian language and customs.

Part of the culture is the delicious traditional food still prevalent in the region. Borscht, a Russian soup, which includes cabbage, potato, grated carrots, dill and much more is something everyone coming to the region should sample. It's hearty and delicious and goes great with a thick piece of bread to dip and wipe the bowl. Many other traditional dishes are offered and you are encouraged to sample as much as you can! For more information about the Doukhobors, their customs and traditions, visit the Boundary Museum and Interpretive Centre at Grand Forks or the Doukhobor Discovery Centre at Castlegar.

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Grand Forks was originally named Grand Prairie and with an average of 2,000 hours of sunshine annually and four distinct seasons offering a very desirable climate, is a hidden gem of the BC interior. Warm dry summers, colourful autumns, snow covered mountains in winters and early springs allow for endless outdoor recreational adventure, gardening and a lifestyle second to none!

Early settlers have left a historical inventory of magnificent architecture (circa 1897) throughout the community providing visitors with a look into their past. Established as a City in 1897, Grand Forks had 3 railways by 1900 and the largest smelter in the British Commonwealth.

With an annual average of 120 frost free days, the Grand Forks area provides a natural agriculture base for international wholesale nursery growers, organic farming, small industry, communication and home-based businesses. Resource-based major industry in forestry and remnants of the mining history are still visible at the Granby Road slag piles that today, are being utilized by local industry.



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## GRAND FORKS Settle Down

Grand Forks has excellent recreational facilities consisting of an aquatic centre, ice arena, curling rink and skateboard park which is located on Hwy 3 across from the world class James Donaldson baseball stadium where the Grand Forks International Baseball Tournament is held. This year will be the second year for the city to host CannaFest, a 2 day classic rock music event. Down by City Park along the pristine Kettle River is the competition level BMX track, where Provincial and National class events are hosted each year. In 2016 is the grand opening of the Water Park at City Park.

Grand Forks has a municipal airport with 4,300 feet of runway and welcomes those with personal craft to fly in. An easy approach with wide open views makes for a pilots dream landing. The members of

COPA Flight 62 routinely invite the public to various displays such as the Fly In Show 'n' Shine which features the "Runway Theatre Under the Stars" movie.

The Grand Forks area is blessed with a wide variety of walking trails that can take trail users to quiet beaches, historic sites, and splendid views. For spring 2016, the Grand Forks Community Trails Society is publishing an update to their 2005 Walking Guide that includes 16 well travelled trails you can walk to from downtown Grand Forks. The following descriptions have been taken from this new guide. For more information please consult the Society's website: [www.gftrails.ca](http://www.gftrails.ca)

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### **Riverside Trail ~ Easy ~ 2.4 km ~ Time 45 minutes one way ~ Crushed gravel lit trail**

One of the most significant improvements since 2005 is the development of the beautiful Riverside Trail. This crushed gravel and lit trail strolls along the Granby River from the forks of the Kettle and Granby rivers to Barbara Ann Park. There is lots of parking at either end of this trail. This trail is a must for anyone who wants to experience the best riverside Grand Forks has to offer.

The city acquired the lands around the forks in 2006 and turned them into a peaceful park with benches and lights. Stroll on the

crushed gravel trail under the large cottonwood trees. There is lots of parking with doggy bags and garbage collectors. Then wander up the trail past the new emergency shelter, thrift store and coffee station to Sugimoto Park where beautiful flower gardens are adjacent to the river and dedicated to a beloved long-term mayor.

At the end of the park, get on the sidewalk and walk up to Hwy 3. You are supposed to cross the highway at 2nd, but perhaps some day the city will complete a pedestrian walkway under the bridge. Get back on the crushed gravel trail behind Happy Days Diner and head north to one of the most popular beaches in the region.

Sands Beach or The Corners is a beautiful sandy beach by a deep swim hole. There is a lovely circular current that can take swimmers and tubers in a lazy circle on a hot summer's day. Here too the walker has a choice to stay on the crushed gravel trail on the dike or move closer to the river and walk along a well marked single track trail past even more sandy beaches. When you get to Barbara Ann you can enjoy another sandy beach, tennis courts and public washrooms. This is not only a great walking loop but an easy tubing loop as well. Put in at Barbara Ann Park and float gently down to the Corners Beach. Get out, walk back, repeat.



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**Observation Mountain Very difficult 5.5 km Time 2.5 hours re-  
turn --Steep forest path and forest road**

If you are looking for a workout this trail is for you. Known locally as the Grand Forks Grind the trail has been rededicated to those would 'climb higher' and takes the hiker to a splendid vista of the Grand Forks valley.

There is designated parking at the Wildlife Hall kiosk that was installed in 2014 by the city. Near the well-set entrance there is a plaque dedicating the trail. The trail has been improved and the new city bench, the Perepelkin Bench, has been installed at the first lookout after 300m of steep uphill. The next 700m of steep trail is a well-marked trail that provides scenic views over Riverside towards Elephant Head. Hikers should wear sturdy footwear and carry water for hot climbs. At the top of Observation, the star provides memorable

and iconic viewpoints of the Kettle Valley and City below. Time yourself to the star and enjoy the ring of stone furniture constructed for you to rest on and plan your route down the mountain. Basically there are three choices you can take to get back down the mountain. First, you can walk down the road that has been upgraded since 2005 for the construction of the new Rogers microwave tower. This forest road leads you to the Copper Ridge Trail where you can turn right and head back to town on the Riverside Meadows Trail. Second, from the top you can hike towards the west down the ridge on a footpath towards the area known as Copper Fields. This is a much longer walk and there are lots of opportunities to get lost. Third, you can just turn around and go back down the trail.

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There are many paths on Observation Mountain used by local residents. Recently, a new trail from the end of 8th and the old green city works building provides a longer climb and even more of a workout!

**Saddle Mountain Trails ~ Very Difficult ~ 1.6 km ~ 40 minutes one way to the beacon ~ Steep forest path**

This new trail is a real workout but the views and the forested paths are worth it. In 2008 a local developer gifted the east side of Saddle Mountain to the Regional District. In order to provide public access to this gift he also gifted a 6m wide trail from Hardy Mtn. Road to the


new park. The trail to the airport beacon links up with looping trails on the crown lands near the summit. There is parking at the trailhead on a corner of Hardy Mtn. Road. The trail is well marked with hand made shake signs as well as small rock towers. The trail to the beacon climbs almost 300m in 1.6km. On the way up, look for the Saddle Bluffs trail that loops off the main trail. Once you get to the beacon you have the choice of continuing on another loop trail around the top of the mountain or continuing to Saddle Lake either by road or bike path. If you choose to turn around and come back down to Hardy Mtn. Road you can take the Saddle Bluffs Trail.



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Calling all baseball fans! Starting from humble roots as a local baseball tournament, the Grand Forks International Baseball Tournament (GFI) has grown into the richest tournament in North America. Teams from far and wide travel to Grand Forks each year to compete at James Donaldson Park for up to \$54,000 in prize money.

In 1984 the tournament increased the number of competing teams to 12, and by 1987, the true "international" flavor was added when the tournament welcomed Japan for the first time, and Taiwan in 1988.

Displaying exceptional talent on the ball field, at least 36 former players from the GFI have made it to the major leagues, making this tourney an exciting sporting event for the entire family. Once again, the Tournament Committee has worked hard in preparation for the 2016 GFI, making the 35th, a tournament to remember.

During the tournament, the volunteers at the Hard Ball Café will serve up the standard baseball fare of hot dogs and hamburgers and much more. You can still see the game as you wait your turn as it's located right behind the catcher!

For adults, the Blue Monster is where the beer gardens are located. You must be of legal age to enter this part of the park. No matter if you sit in the covered grand stands overlooking the diamond, or you choose the Blue Monster, you're sure to make memories to last a lifetime.

This year's tournament runs from Tuesday, June 28th to Sunday July 3rd, 2016. Come to Grand Forks and we'll see you at the games!



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# ...the Beach

Bring your family to the Provincial Park beach at the south end of Christina Lake where they can relax on the sand, picnic using the tables, and gaze out onto the calm warm waters. With plenty of sand and space along the beach to stretch out your towels, the water invites swimming or splashing around. Stay for part or all day, there are washrooms and water on site.

By provincial park standards it is a small park with a big beach that stretches over nine hundred feet along the shore. About a dozen

picnic tables are located at the top of the sanded area next to a shady grove of trees. Pick your ideal temperature for hanging out in the sun or shade.

The shallow water stretches out a good distance with good wading or play areas for small children. Floats and paddleboards can be launched to explore the area or for an extended lounge in the sunshine.

Seen from the south beach, Christina Lake gently folds into forested slopes to the north. A slight bend in the lake means that less than half is seen but this also creates the nice effect of overlapping hillsides fading into the distance. The continuing water invites exploration of the north end by boat.

Summer days mean sunshine and warm water at the Christina Lake Provincial Park beach, waiting for family adventure. Let loose your imagination on sand castles and moats or lay soaking up the sun. An occasional refreshing plunge into the waters finishes this excellent experience of Christina Lake. Come home to the lake.

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## ...the Golf

Spend the afternoon golfing with friends at the Christina Lake Golf Course, an 18 hole 6785 yard course designed by Les Furber. Known for its friendly staff and helpful pros, it caters to the casual golfer and the more advanced player. The views, especially from the lower nine, feature the Monashee and Selkirk mountains, and towering pine trees. The Kettle River borders the bottom of the course with an invitation to explore it afterwards.

As a well established course, the greens are kept in excellent condition ensuring a reliable experience. Note hole eleven, a par 5

with a big dog leg left to start off. Put some power into your drive to get a clear shot at the large green. But watch the challenging sand traps!

Regarded as one of the top twenty-five in BC, its unique black sand traps and walkability make it an excellent social experience. Carts are available but many opt to walk the course. Beginning golfers can count on good lessons available at reasonable rates. If you are an avid golfer or looking for a pleasant afternoon with friends, then the Christina Lake Golf Course provides a fun and relaxing experience.

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The signature hole on the course is the 9th, a 215 yard par three. An elevated tee box looks down upon a green bordered by two sand traps on the right and a large lateral water hazard along the full length of its left side.

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## Christina Lake ...the Trails



## ...the Trails

The Fife to Cascade section of the Trans Canada Trail is an old rail bed previously used by the mining industry to transport resources in and out of the area. Find hints of that industry in leftover dynamite caches in the rocks (no explosives remain!) or traces of old building sites. To the left hillsides galore, where towering trees and newly budding shrubs peer out. To the right a valley below, still used today to farm cattle, green with long grasses and the Kettle River flowing in a harmonious song and dance of water.

As you ride along, you become immersed in feelings of peace and serenity, just you, the bikes, sunshine and the scenery. Up ahead waits the old rail bridge, once an extensive trestle. Below on either side you can view the river churning and flowing.

As you wind your way across the pebbly trail, a sudden roar rushes out from the side. It is no lion but instead the noise of rushing water being tunnelled and forced through a small narrowing of the river flowing into Cascade Gorge. Further along the trail opens onto a bridge over the river. Below the water is twirling and roaring in a frenzy to spew down the falls and out into the river. You end up briefly on the highway before turning onto the side roads of Christina Lake and making your way back to town.

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By the early 1890s prospecting had spilled over from Rossland into the Christina Lake region. There was much business in the area of Cascade, also known as Cascade City, including a local newspaper, the "Cascade Record", at least five hotels, and the "Cascade Water Power & Light Co." Its dam and powerhouse provided power to nearby Grand Forks, Phoenix, and Greenwood and their industries. It was a marvel of its time, built on Nikola Tesla's model of alternating current.

The construction of the railroads was vital for expansion of Cascade City and the surrounding area. The Columbia and Western Railway came over from Castlegar, down Farron, through Christina Lake, and reaching Grand Forks in Sept of 1899. Still present, the Cascade Ceme-

tery was in use from 1897 to 1955 and held many colourful characters like Tim Sullivan. He died in 1898, shot while attempting to break his friend out of the local lockup. Others, like Sam Swanson, Sara Bullock, and Jens Skands, have a living link to Lake residents and landmarks.

The arrival of the railroad brought more permanent settlement to the region, and by the turn of the century Christina Lake had multiple town sites. Christina Lake first became a recreational area for day trippers from Grand Forks and Phoenix, who were able to make use of the new railroad to visit the lake. Dominion Day was a favourite holiday, with special excursion trains running from Grand Forks to Christina Lake.

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Christina MacDonald, for whom Christina Lake was named, operated a trading post in Kamloops competing with the Hudson's Bay Company and other independent traders. Through her early experience with her father, she knew fur trading well and overcame the prejudice of the time against independent women. A hard winter hit Kamloops in 1873-74 and Christina took the initiative to outwit both the wealthy merchants and the Hudson's Bay Company in getting supplies delivered. Using her connections with First Nations couriers and pack trains, she bought and brought her supplies over the mountains long before the other freight teams could get through. She sold the other merchants her supplies at a tidy profit.





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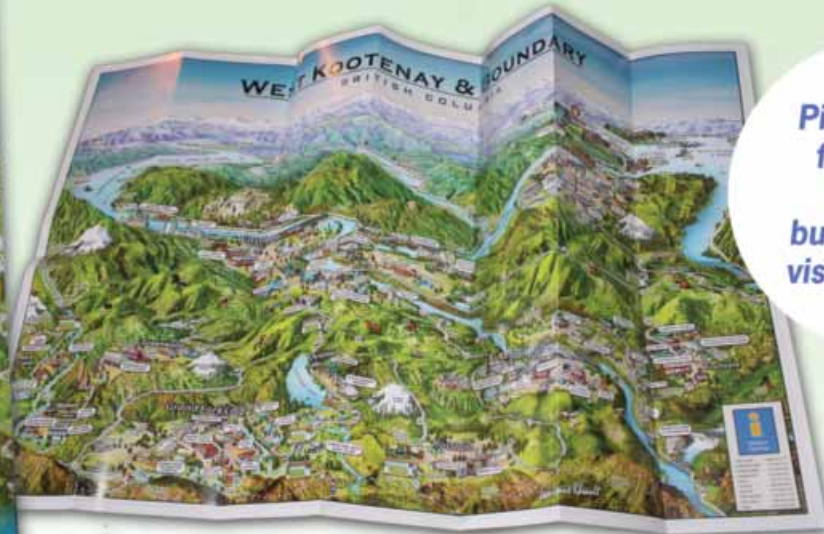
Turning right onto Highway 3B at Nancy Greene Provincial Park directs you towards Rossland, a community nestled in an ancient volcanic crater and aptly dubbed the 'Adventure Capital of Canada'. On the drive into town you will understand why, with peaks like Old Glory (2376m) towering above its neighbours. The Old Glory Trail is just one route in hundreds of kilometres of well maintained and labeled single-track trails found in the Lower Columbia, attracting anyone from casual day walkers to hard-core downhill mountain bikers.

Connected to this trail network is the Columbia and Western Rail Trail (an extension of the Kettle Valley Rail Trail), an 84km bike trip along the old Columbia and Western railgrade line from Castlegar to Christina Lake. This blissful, zen pedal follows a steady grade up or down that's family friendly and perfect for getting lost in your own thoughts and taking in the surrounding mountains and lakes.

Just outside Rossland, the "Golden City", lies the Black Jack Nordic Centre. In winter you will find some of the best cross-country skiing in the region, while in summer the centre is home to the top 18-hole disc golf course in the Kootenays, Thin Air Disc Golf Club.

## West Kootenay & Boundary Travelguide with Map

Featuring artwork by world-renowned artist Jean-Louis Rheault and a handy fold-out travel services guide



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## Route 3B: Rossland, Trail & Area

Continuing on, you will see RED Mountain Resort, the #1 undiscovered ski resort in North America, as determined by those who have discovered it. Only 3km from downtown Rossland, RED is blessed with snowfalls that exceed 750cm per year and over 2,682 acres of skiable terrain. During the summer, RED transforms into a biker's and hiker's paradise.

As you head towards downtown Rossland, you'll see the Rossland Museum & Discovery Centre housing Rossland's Visitor Information Centre, located at the junction of Hwys 3B & 22. The Museum & Discovery Centre is packed with the region's rich social, mining, and skiing history. Stop in to try your hand at gold panning, explore the kids' discovery zone, and much more!

Continuing on through Rossland, you will find a charming downtown with a surprising variety of boutique shops, cafes and restaurants

including a micro-brewery making quality craft beer. Further down Hwy 22 is Redstone Golf Course, an 18-hole Les Furber course that is easily one of the most visually stunning golf courses in the West Kootenay.

Winding down the mountain you roll into the Village of Warfield, known for its unique style of homes that earned it the nickname "Mickey Mouse Town". Here you will find a 25m outdoor pool and water park complete with splash pad and water slides. During the hot summer months, the Warfield Centennial Pool is the place to be!

Continuing on, you find yourself in Trail, the Silver City! With its rich history in metallurgic innovations, strong Italian culture and setting backed onto the surrounding peaks with the Columbia River running through the middle, it is a remarkable place to visit. Spend some recreational time on the Columbia River, get a taste of life in Little Italy by taking a walking tour of Trail's historic rock walls (some 25' high

# Explore Route 3B



Home to Rossland's Visitor Centre

Visit the Rossland Museum & Discovery Centre for family-friendly fun, gold panning, mining and social history of the area on top of the historic Black Bear Mine on Red Mountain.

**Open year-round**  
Wed-Sat 12-5; Mid-May to June  
Wed-Sun 10-6; July & August 7 days/wk 10-6

**(250) 362-7722 or 888-448-7444**  
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1100 Hwy 3B @ Junction of Hwys 3B & 22

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and many carved by hand), or take in a show from the local arts and culture community. Information about activities and visitor services can be found at the Trail Chamber of Commerce Visitor Information Centre.

If grapes are your thing, a visit to the Columbia Gardens Winery Estate is a must! Located on Hwy 22A, just before the Trail Regional Airport (gateway to the West Kootenays, with flights twice daily to Vancouver), this winery is a hidden gem with its laid back vibe, welcoming owners, award winning whites and smooth reds. Tours, tastings, overnight stays and wine sales are all available.

Back on Hwy 3B and gaining elevation as you wind along the Columbia River, you enter the Village of Montrose, gateway to the Beaver Valley and home to the popular Antenna Trail. An easy to moderate hike with stunning views as you overlook the Columbia River and nearby communities, the trail is well marked and maintained, ideal for a stop to stretch your legs.

Last on your route is the Village of Fruitvale, nestled in the mountains with spectacular natural scenery and a community driven lifestyle. Fruitvale will leave you feeling right at home, with its quaint downtown shops and restaurants. Just outside Fruitvale you will find excellent swimming, golfing, disc golf and camping. Champion Lakes Provincial Park is a local's favourite for camping and day visits, as is its neighbour Champion Lakes Golf Course. Ideal for all levels, this course in its idyllic setting will let you step away from life and focus on your golf passion.

Dozens more activities and recreational possibilities lie hidden in the Lower Columbia Region, come find out what it is really like to live and play here!

For more information, visit [lcic.ca](http://lcic.ca) ~ [imaginekootenay.com](http://imaginekootenay.com) ~ [kast.com](http://kast.com) ~ [tourismrossland.com](http://tourismrossland.com)

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Located within the Selkirk Mountain Range at the confluence of the Kootenay and Columbia Rivers, is the City of Castlegar, the second largest city in the West Kootenay's. Castlegar has a fascinating history, which includes the Doukhobors, who arrived in 1899 and were integral in the growth and development of the city. As you begin to approach the surrounding area, you will see signs with names such as Ooteshnia, Brilliant, Robson, Tarrys, Thrums, Glade and many more that were original settlements for the pioneering Doukhobors.

A peaceful, hard working people, the Doukhobors started the Doukhobor Trading Company within the first year of their arrival. In

1908 the first parcels of land were purchased at Waterloo, which was renamed "Brilliant" by Peter V. Verigin, leader of the Doukhobors. The site was directly across the Columbia River from where present day Castlegar is located. There was much growth between 1908 and 1913 with land holdings growing to over 14,000 acres and a population of over 5,000.

In 1910, a ferry service was implemented by the Doukhobors connecting Brilliant to Castlegar, and soon roads were developed at their own expense. It became apparent to Peter "Lordly" Verigin that getting across the Kootenay River using a different method than a ferry was needed to link Ooteshenia to Brilliant and the notion came to build a bridge.








The original bridge spanned 331' in length with concrete towers at each end rising 48' above the roadbed. Sitting on a platform of concrete approximately 12' thick and 34' wide the towers had a massive base. Four 2" diameter cables ran the length of the bridge on each side and passed over a saddle at the top of the towers for support.

The bridge officially opened in October 1913 at a cost of \$60,000 paid by the Doukhobor community. After the fact, the BC government subsidized \$20,000 leaving 2/3 of the construction costs to the Doukhobors. Despite hard times during this part of the century, the community enjoyed a time of prosperity.

The bridge operated until 1966 when a new bridge was constructed to serve the growing population of the nearby communities and the airport. The old bridge was now unused for many years and in 1970, it was discovered that the Department of Highways was going to demolish the historic bridge. The structure was saved when the historic value was proven with the government relenting, saving the bridge from certain demise.

In 1991, a Working Group was formed to explore the possibilities of restoring the bridge and in 1995, after much lobbying by certain members of the community it was declared a National Historic Site




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## Doukhobor Discovery Centre

The Doukhobor Discovery Centre is a reconstruction of a typical Doukhobor Village, showing all the major buildings, tools, handicrafts and implements used in day to day life and introducing you to Doukhobor culture and their unique lifestyle as it evolved in the Kootenay region of British Columbia circa 1908 – 1939.



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of Canada. The bridge restoration has now been completed, and it is a sight to see. Impressive doesn't begin to describe the structure or the terrain and river it traverses. For more information regarding the Brilliant Bridge, go to [brilliantbridge.ca](http://brilliantbridge.ca) or stop by the Visitor Information Centre at 1995 6th Ave, just one block off Columbia Ave.

While you are visiting Castlegar, a trip to the newly completed Millenium Ponds is simply a must. The city has worked hard at planning and developing the beautiful 23 acre Millenium Park with the natural swimming ponds located adjacent to the Columbia River. Great for all ages, from toddlers to seniors, the ponds attract both locals and visitors to the rivers edge. Varying depths of ponds are ringed with sandy beaches, and compliment many other recreational opportunities making Millenium Park a destination that should be on everyone's travel plan.

Two full sized soccer pitches and the Rotary Green Gym are now in place with plans for a set of sand volleyball courts and an off leash pet area connected to the Millenium Walkway. The Millenium Walking trail is just one of the many community trail systems to enjoy and maps can be picked up at City Hall or visit [Castlegar.ca/parks](http://Castlegar.ca/parks) to download one. While you're here, don't forget to check out the Sculpture Walk that showcases local artists and sculptors.

The Columbia & Western Rail Trail has many access points from Castlegar and is a popular trail system for both hikers and cyclists. Some of the trails connect with the Trans Canada Trail, so be sure to research your route before heading out. Visit [trailsintime.org](http://trailsintime.org) for more information.

A visit to the CPR Station Museum won't disappoint as this is the location of the birth place of Castlegar. Located in a century old station house, there are artifacts and newspaper archives as well as an original caboose you can tour. The CPR Station Museum is in a park like setting within walking distance to downtown.

To learn more about the history of the Doukhobors, a trip to the Doukhobor Discovery Centre is a captivating experience. While you're there, stop into Kootenay Gallery of Art and Gift Shop located right next to the centre. Regional artists sell and display their own works in the on site gift shop where you're sure to find a treasured souvenir. For those who still like to stick to their exercise routine, the Castlegar and District Recreation Centre has an indoor pool with whirlpool, steam bath and weight room.

There are three ways to reach the City of Castlegar. You can come via the Crowsnest Hwy3, take Strawberry Pass over Hwy 3B through Rossland and Trail, or you can fly into West Kootenay Regional Airport. Whichever way you choose to get here offers scenic vistas and an unrushed feeling of freedom. Come to Castlegar! And Do it Outdoors.

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YCG

**The West Kootenay Regional Airport** is presently served by Air Canada Express, with daily flights to both Vancouver and Calgary on Dash-8 aircraft  
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 Daily Airport Shuttles between Castlegar & Nelson and Castlegar & Rossland  
 Car Rental, Public Transit Stop from Castlegar & Trail  
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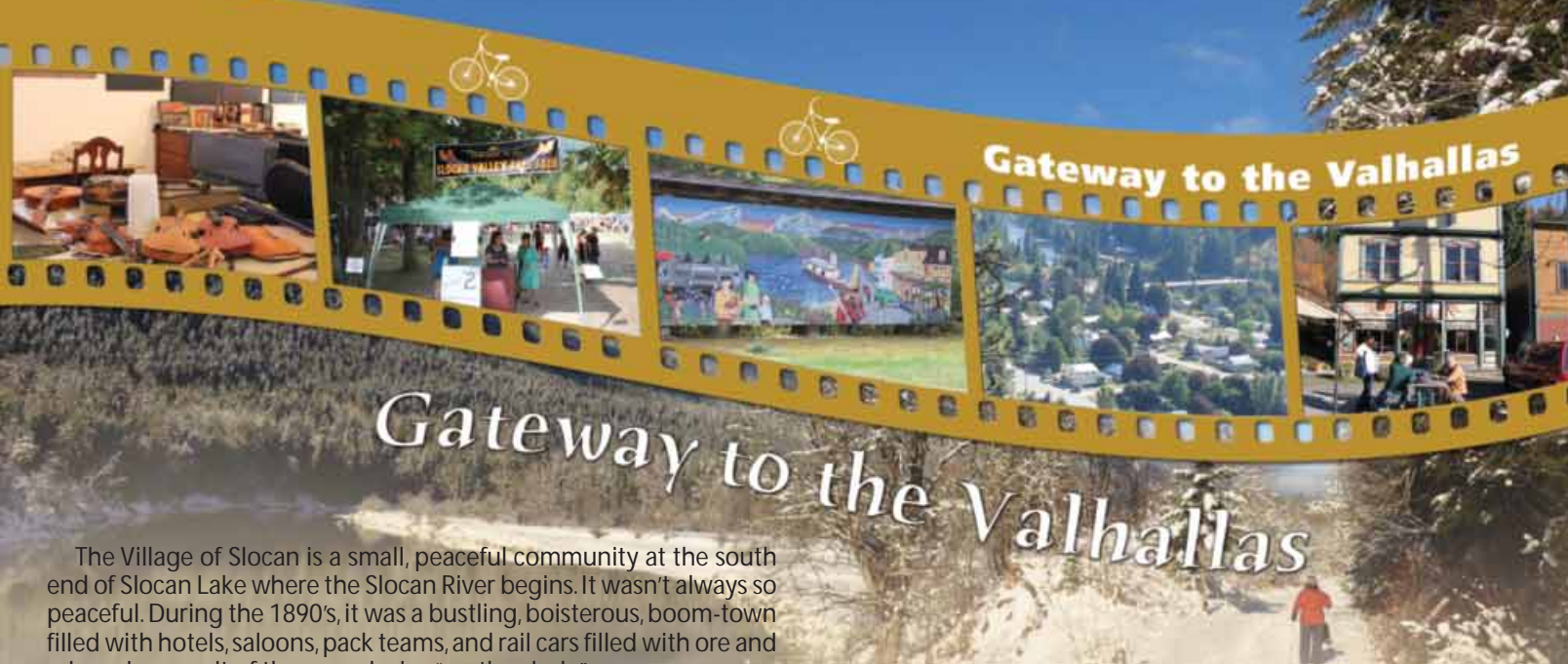
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# Gateway to the Valhallas

The Village of Slocan is a small, peaceful community at the south end of Slocan Lake where the Slocan River begins. It wasn't always so peaceful. During the 1890's, it was a bustling, boisterous, boom-town filled with hotels, saloons, pack teams, and rail cars filled with ore and miners in pursuit of the ever elusive "mother-lode".

The name "Slocan" is an Indian name that the white man tried to use. It means to strike or pierce on the head, and this was derived from the Indian practice of harpooning salmon. At one time, this area had an abundance of salmon. It is also said to be derived from Indian Pidgin English, Slo-can-go, owing to the difficult terrain.

The town site was staked at the lower end of the Slocan Lake in 1892 following massive silver strikes nearby, the site was conveniently close to three principal ore-producing areas. By 1900, there were 12 hotels in Slocan; by 1920 there were only 3 hotels left. Slocan became a city in June 1901 and incorporated as a Village in 1958.

It is said that the first white men to arrive in Slocan were Billy Clements and his partner Tom Mulvey, who came up the river in a boat in the summer of 1892. They built a log hotel on the site where the Arlington Hotel was later built. Billy Clements died in 1954. Nels Nelson came next, prospecting up and down the Valley and visiting often at the camp of Clements and Mulvey. In 1893, Neil Gething and G. Henderson visited this camp on their way to New Denver to build a hotel. It was during this year that Springer Creek was named. Billy Springer found and staked the Dayton claim, the first of its kind up this creek and since it lacked a name, he gave it his in order to give his claim a definite location.



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## Nelson Kootenay Lake



## Welcome to the Nelson Kootenay Lake Region

In the heart of the Kootenays lies one of British Columbia's largest lakes: home to Nelson, Balfour, Kaslo, Meadow Creek and Ainsworth Hot Springs. Kootenay Lake's communities provide a historical and cultural addition to the region's mosaic.

The lake originally drew people here from the first settlers to the miners and loggers and the Sinixt (Lakes) and Ktunaxa (Kootenay) people who still call the region home.

Modern times have seen an influx of artists and adventurers shaping our region into an arts and culture haven, helping us garner the accolade: "Number One Small Arts Town in Canada."

### *Year Round Activities for the Whole Family*

The entire family can join in our newest offering: Kokanee Mountain Zipline. Soar above Kokanee Creek, leaving you breathless without breaking a sweat!

To work up a sweat, however, the Kootenay Lake region provides ample outlets. Biking trails range from beginner to technical downhill while the road riding offers scenic routes with breathtaking backdrops.

If you prefer to stay closer to the ground, hiking in our region offers everything from short nature walks to multi-day backpacking adventures.

Golfing at Balfour, Kaslo, or Granite Pointe in Nelson means enjoying awe inspiring views, incredible courses, and fabulous food. The newly renovated Kootenay Lake View Resort adjacent to the Balfour Golf Course adds to the serenity you'll experience when walking the links.

Speaking of spas, take advantage of the region's many facilities from Mountain Waters Spa and Wellness, to Aura Spa & Salon, to Mountain Trek, and many more.

Ainsworth Hot Springs overlooking Kootenay Lake offers expansive views and rich heritage. New ownership by the Lower Kootenay Band of Creston means that the hot springs have come back to their roots. Relax in the healing hot mineral water (nupika wu-u) and experience the thousands of years of spirit these waters offer.







Nearby Cody Caves gives you the chance to dig deep, literally. Experienced guides take you on a journey that is both family-friendly and a unique adventure.

Enjoy paddling? Head out on Kootenay Lake for an hour or a whole day. You'll find rental outlets all along the lake, from Nelson to Kaslo, offering SUPs, canoes and kayaks.

If the mood strikes you, fishing on Kootenay Lake is renowned. Centred around Balfour and Kaslo, experienced guides take you to hidden spots where fish like the Gerrard Rainbow Trout, the world's largest freshwater trout, hide in deep fiords. The record is 35 lbs.: Do you think you might beat that?

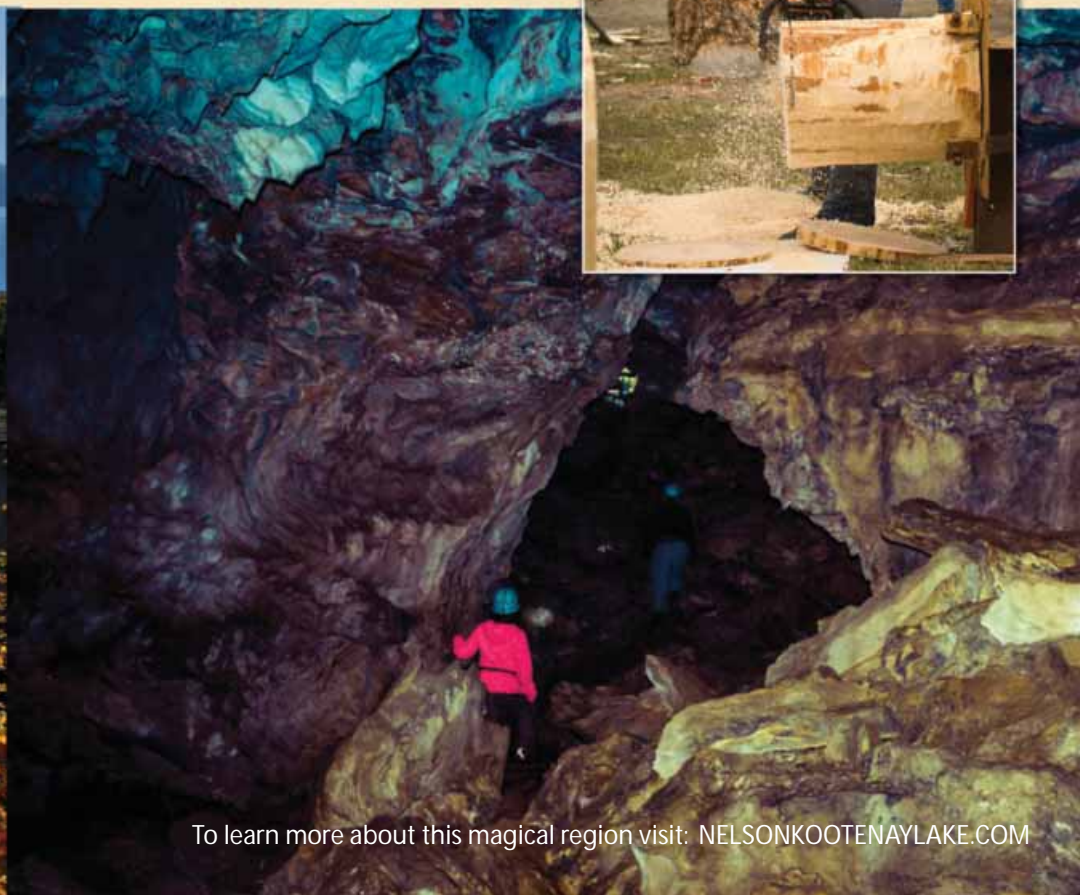
When back on land try a day at the beach. Kootenay Lake offers private boat access beaches or easy access sandy beaches such as Lakeside Park in Nelson, Kokanee Creek, or Vimy Park in Kaslo. Relax in the sun with a picnic followed by a dip in the lake.

### *Unique Culture and Bountiful Heritage*

Thousands of years of people drawn to Nelson Kootenay Lake creates a rich cultural heritage.

Tour our museums and galleries including the world's oldest intact stern wheeler, the SS Moyie in Kaslo, and the historic Street Car #23 in Nelson. Theatres throughout the region offer live and filmed presentations. Steeped in this rich history, you'll love boutique shopping, unique dining and taking part in the festivals and events happening all year round.

We welcome you to Nelson Kootenay Lake and can't wait for you to explore it all!



To learn more about this magical region visit: [NELSONKOOTENAYLAKE.COM](http://NELSONKOOTENAYLAKE.COM)



## Ainsworth Hot Springs



...for the body, mind and soul

The Lower Kootenay Band welcomes you to Ainsworth Hot Springs Resort in the traditional homelands of the Ktunaxa (pronounced 'K-too-nah-ha') people. Since time immemorial, the Ktunaxa people have utilized this site as a place for healing. After battle, warriors would soak in the spirit waters (nupika wu'u) to ease the wounds.

Tap into the history, fun and therapeutic potential of a visit to the Ainsworth Hot Springs cave and pools. Get a birds' eye view of Kootenay Lake and the Purcell Mountains while soaking in the warm soothing waters of the main pool. Explore our distinctive hot mineral cave where the water surfaces from the earth, creating a natural steam bath. Stalactites form in abundance inside the caves.

The delicious food and wine selection in the Springs Dining Room and contemporary styled rooms provide a comfortable night's stay to round out your relaxing hot springs experience.

This four season destination resort offers blue skies and golden sunshine in summer with vibrant colours and crisp clean air in the fall. It is the perfect complement to the calming effects of the hot springs. Winter adds a magical touch to soothing tired muscles after a day of skiing or just visiting with family.

Good medicine for the body, mind and soul!

If you take the road that is behind the hot springs and follow it up the hill, (you will need clearance under your vehicle) it will take you to the historic Ainsworth Cemetary. This is actually the third burial site in Ainsworth, the first being under a private dwelling. A visit to the

  
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## Ainsworth Hot Springs

cemetery is well worth it. It is hard to find something more peaceful than sitting on the cemetery bench and enjoying the incredible view over Ainsworth and Kootenay Lake.

The cemetery has also made it's movie debut, appearing in the movie "Snow Falling on Cedars". Some of the fences around the grave markers were made for the set, but were left behind for restoration.

Like most of the area, the early settlers were here for the promise of gold, silver and other riches from the ground, and Ainsworth was a big part of it. Ore was packed by foot for a mile and a half down the moundain side, from the Krao mine, to the lake to be barged to Bonners Ferry, ID.

The 166 acre townsite of Ainsworth was actually purchased from the Crown in 1883 by an American, John C. Ainsworth. Although 13 years later, in 1896, Ainsworth had a devastating fire that leveled many of the down town businesses but strong silver prices and the entreprenurial spirit helped Ainsworth quickly rebuild itself.


All mines in the camp became inactive by the end of the 1890's once the prices fell and production costs rose for the ore.

Soaking up the history, beauty and adventure of Ainsworth is a must addition to complete everyones vacation plans.





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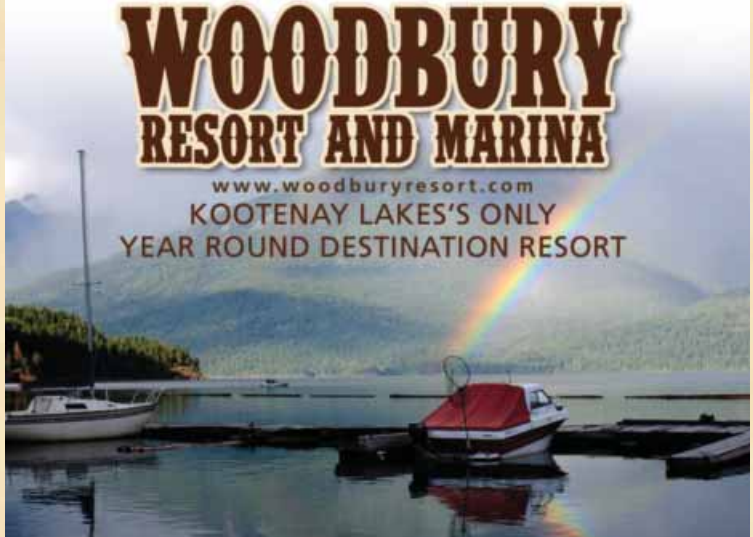
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## Balfour Ferry and more

## Balfour Ferry and more....

The Kootenay Lake Ferry operates between Balfour, on the west side of the lake, and Kootenay Bay, on the east side. It is the longest free ferry in the world. Two ferry vessels are used, one of them the MV Osprey 2000 and the other being the MV Balfour.

The ferry operates under contract to the British Columbia Ministry of Transportation and is free of tolls. A single vessel operates throughout the year, with 10 departures from Balfour between 6:30am and 9:40pm, returning from Kootenay Bay between 7:10am and 10:20pm. The second vessel operates in summer only, providing an extra 5 crossings in either direction. The crossing is about 8km (5.0 mi) in length, and takes 35 minutes.

The Osprey 2000 normally operates the main service, and carries a maximum of 80 vehicles and 250 passengers. The smaller Balfour

usually provides the additional summer sailings, and carries up to 28 vehicles and 150 passengers.

The Kootenay Bay Ferry is one of 3 South Central BC ferries you may ride, the other 2 being the Needles Ferry between Needles and Fauquier across Lower Arrow Lake at #6 Hwy and the Glade cable ferry. A free-on-demand cable ferry that services Glade across the Columbia River. For those used to the coastal ferries, it will be odd not to see mussels and barnacles covering the dock pylons.

BALFOUR	KOOTENAY BAY
6:30am	7:10am
8:10am	9:00am
9:50am	10:40am
10:40am	11:30am
11:30am	12:20pm
12:20pm	1:10pm
1:10pm	2:20pm
2:00pm	2:50pm
2:50pm	3:40pm
3:40pm	4:30pm
4:30pm	5:20pm
5:20pm	6:10pm
6:10pm	7:00pm
7:50pm	8:40pm
9:40pm	10:20pm

Times in RED are additional Summer Sailings

All times Pacific Standard

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Approx. underground time: 4-5 hours

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