

All Seasons 2017

Where Stories are Told and Adventures Unfold

THE KETTLE VALLEY Express

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



Explore South Central BC with included 34"x 20" Rail Trail Map



Hope ~ Princeton ~ Osoyoos ~ Aboriginal Tourism British Columbia ~ Summerland
Penticton ~ Big White ~ Rock Creek ~ Midway Mile Zero ~ Greenwood ~ Grand Forks ~ Christina Lake
Route 3B Trail, Rossland, Fruitvale ~ Castlegar ~ Koot Route ~ Silvery Slocan ~ Ainsworth ~ Balfour ~ Kaslo





CANADA 150

CANADA

WE'RE CELEBRATING 2



5th

EDITION OF THE

KETTLE VALLEY EXPRESS

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SUMMIT MEA

ADA 150

G 25 YEARS of the TRANS CANADA TRAIL!



Table of contents



CONCEPT/ PRODUCTION/ LAYOUT/DESIGN/EDITOR

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info@kettlevalleyexpress.com

It is with great appreciation to all our advertisers, contributors and supporters that we present the 2017 edition, #5, 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.

The previous issue, 2016 #4, garnered a Silver Win at the prestigious Summit Marketing Effectiveness Awards. (summitawards.com/marketing-effectiveness-award) 1,100 entries from 12 countries, competing against \$30 million annual budget companies. The win was for more than just good design. The goal of marketing communications is to change, influence or reinforce an audience's knowledge, attitudes or beliefs and The Kettle Valley Express is doing just that.

We have been working closely this year with Thompson Okanagan Tourism Association, Kootenay Rockies Tourism and Destination BC, adding 16 pages and a whole newly designed larger map with more trail information you want and need.

Use this magazine and included Rail Trail Map to create a travel plan that takes you through South Central BC. Start in Hope at the world famous Othello Tunnels, to historic Myra Canyon, Mile Zero Midway, Christina Lake, Ainsworth Hot Springs on Kootenay Lake and all points in between. Ride the scenic Koot-Route thru the Slocan Valley and along Kootenay Lake.

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 local maps, brochures and information on their trails, events and ammenities.

Make sure to visit the Kettle Valley Express' companion website at 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. Thank you to Cody Zorn (Code's CAD) for designing the inside front cover for this issue!

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Princeton City, Penticton City, Aboriginal Tourism BC, NK'MIP Desert Cultural Centre, Tompson Okanagan

Tourism, Route 3B Rossland Trail & Area, Columbia & Western Trail Society, Slocan Valley Rail Trail Society.

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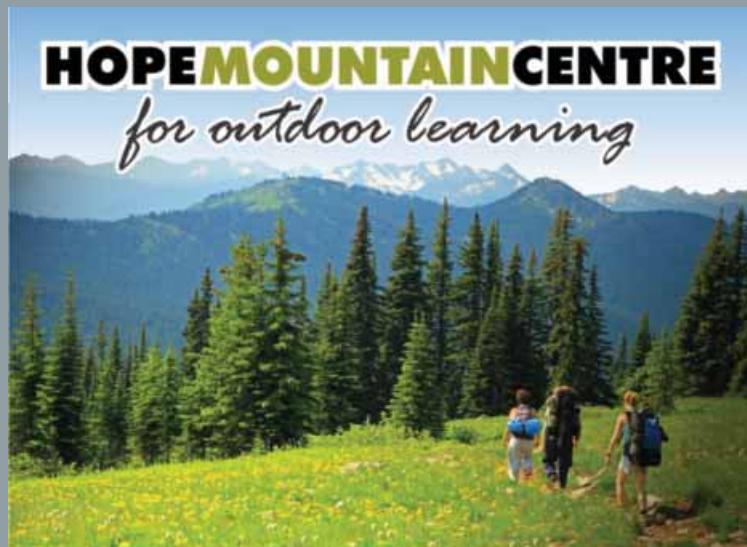


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To conserve, protect and restore natural resources within Southwest British Columbia by facilitating and guiding environmental and land stewardship projects.

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To educate and enhance the public's knowledge and appreciation of the art, history and language of First Nations in Southwest British Columbia by offering courses and workshops.

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HBC Trail

Originally a First Nations route for hunting and trade, the HBC Trail played a key role in British Columbia's early development. Completed in 1849, the HBC Trail was built by the Hudson's Bay Company with the help of local First Nations. They built the trail to link the Fraser River at Fort Hope with Fort Kamloops and other important fur forts farther north to Stuart Lake. For more than a decade, the HBC's fur empire in Western North America depended on this trail.

The HBC Trail crosses rugged wilderness and you should have previous experience with mountain travel. Very few bridges exist on the trail, so be prepared to cross streams and rivers by wading across, just as the "Brigades" of 1849 did.

It is best to travel the trail from July to September, when snowpack is largely melted and streams are running low.

The trail route is cleared and marked, but a detailed topographic map and compass are recommended. Bring a water purification system such as tablets or a hand pump. Carry adequate food and first aid. Prepare for changing mountain weather. Tell someone your route and when you plan to return.

Total trail distance across the Cascades from Peers Creek trailhead to Tulameen River trailhead = 74km

**Please respect the trail's non-motorized status and
"Heritage Trail" designation.**

The Hope Lookout Trail

The Hope Lookout Trail was built in the mid-1990's and has quickly become one of the most popular hiking trails in the area.

It is easily accessible on foot from downtown Hope and offers an exciting vista from a viewpoint 470 metres up the side of Mount Hope. The 2.4km trail climbs steeply through lush coastal forest, ending at a spectacular viewpoint perched on a rocky slope. Some locals refer to this trail as "Hope's Grouse Grind," for its steep ascent and rewarding view.

Traveling west on Old Hope-Princeton Way, take the first left under the overpass and park at the picnic tables. Follow the (gated) gravel road to the left and look for signs that mark the beginning of the trail.



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Explore Princeton!

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

Princeton welcomes the adventurer in you!



www.princeton.ca

Darren Robinson Photography

The KVR trail is multi-use in many areas with ATV and snowmobiling becoming increasingly popular.

Mountain bikers 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.chinaridetrails.com has great information on this trail system.

From downtown Princeton travel the KVR west through the 1000 ft. tunnel, built in 1910, and over the old train bridge. At the Ochre Bluffs, 3km from Princeton, you will find red vermillion or ochre used by the Similkameen people to produce pictographs on rock faces. Travel another kilometre and you will find prominent hoodoos,

which are natural stone pillars created by erosion from wind and water. Continue to travel west along the pristine Tulameen River and explore the valley to Coalmont and then on to Tulameen. This breathtaking section of the Kettle Valley Railway is a flat easy grade to hike or bike.

To the East, cross the beautiful Bridge of Dreams and enjoy a gradual uphill railroad 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!"



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**Princeton
GOLF CLUB**

page 5

Three Nations



Within the South Central region of British Columbia you'll find three First Nation groups. KTUNAXA, OKANAGAN AND NLAKA'PAMUX, each with their own unique dialects, history, and culture.

The Ktunaxa people have occupied the lands adjacent to the Kootenay and Columbia Rivers and the Arrow Lakes of British Columbia, Canada for more than 10,000 years.

The Traditional Territory of the Ktunaxa Nation covers approximately 70,000 square kilometres (27,000 square miles) within the Kootenay region of south eastern British Columbia and historically included parts of Alberta, Montana, Washington and Idaho.

For thousands of years the Ktunaxa people enjoyed the natural bounty of the land, seasonally migrating throughout their Traditional Territory to follow vegetation and hunting cycles. They obtained all their food, medicine and material for shelter and clothing from nature – hunting, fishing and gathering throughout their Territory, across the Rocky Mountains and on the Great Plains of both Canada and the United States.

The Ktunaxa language is unique among Native linguistic groups in North America. Ktunaxa names for landmarks throughout their Traditional Territory and numerous heritage sites confirm this region as traditional Ktunaxa land.

Shared lands, a rich cultural heritage, and a language so unique that it is not linked to any other in the world make the Ktunaxa people unique and distinctive.

The Okanagan otherwise known as the Syilx people, were self-reliant for thousands of years and well provided for through their own ingenuity and use of the land and resources. They lived united as a nation with a whole economy, travelling the breadth and depth of their territory; hunting, fishing, growing, harvesting, and trading created a sustainable economy that met their needs. From first contact the influx of settlers was slow and yet steady, with both the Syilx/Okanagans and settlers working towards a living arrangement. Through colonization they were divided from one another and from their way of life. At the same time they were dispossessed from the resources they relied upon, and their self-sufficient economy collapsed. As settlement of the Okanagan increased, the establishment of an international border, and the colony of British Columbia joining confederation, put considerable pressure on the Provincial government in B.C. to designate



The South Okanagan and Similkameen valleys boast fragrant orchards, eminent vineyards, parched deserts and floral grasslands. This is the backdrop for the KVR and Similkameen Rail Trail network. These multi-use trails and Provincially recognized cycling network will take you on a tour through some of the most diverse and unique landscapes in Canada.

The goal of the Regional Trails program is to promote environmental, health, social, and economic benefits through the provision of a world-class trail network. Our trails connect communities, provide recreational opportunities and foster a profound appreciation for the extraordinary Okanagan-Similkameen landscape.



Regional Trails Program

www.clickhikebike.com

reserves for Indians. This would allow for the settlers to formally own the lands they settled on. Reserves were finally established in the early 1900's. The Syilx/Okanagan people opposed the establishment of the reserves without first having negotiated a treaty. Nsyilxcən is the language spoken by and distinguishes the Syilx from other indigenous peoples. It is part of the Salish language family which is distinct from their Salish neighbors, like the Spokane, the Nlaka'pamux, and the Secwepemc. nsyilxcən is spoken in all the districts of the Syilx territory with varying dialects.

The Nleʔkepmxc Nation is one of the Interior Salish first peoples in the Southern interior of British Columbia. The word "Nleʔkepmxc" means "People of the Canyon".

The Nleʔkepmxc traditionally use clothing, face painting and jewelry to express the surrounding landscape, their dreams, and their experiences. Their language is crystallized the intricate knowledge of their environment, their customs, and their history. Their ancestors lived in pit houses during the winter months, and during the rest of the year, they travelled in family groups across the territory, accessing seasonal resources as they became available. Summer villages were special places where family groups came together to socialize, attend to governance matters, and to share, trade and gather resources. These Nlaka'pamux ancestors enjoyed a rich, complex cultural and spiritual life with teachings that structured social life and governance.

When European settlers arrived in Nlaka'pamux territory in the first half of the 19th century, their ancestors willingly entered into economic relationships with these new neighbours. By the mid 19th century, the newcomer population had grown exponentially,

which in turn resulted in many changes to daily life in Nlaka'pamux communities. Although their ancestors continued to engage in traditional activities on the land, accessing that land became more difficult as settlers put up fences and privatized large areas of their traditional territory.

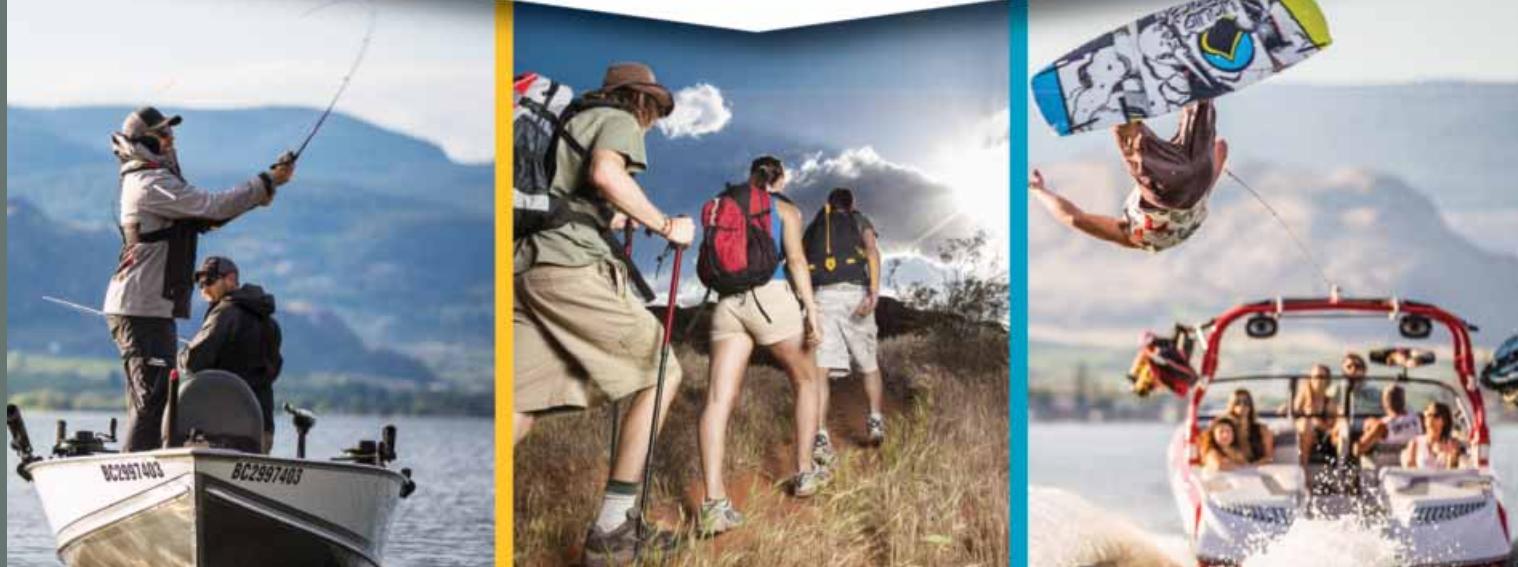
In addition to continuing with their traditional activities, their ancestors adapted to this new way of life and the new rules and regulations about accessing lands and resources that were imposed by colonial governments. During this period, their ancestors took on new livelihoods such as ranching, farming and working on railroad construction. Today, agriculture and forestry continue to be popular among their members.



Photo Credit: Aboriginal Tourism British Columbia

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Four Food chiefs story

As told by NK'MIP Desert Cultural Centre
1000 Rancher Creek, Osoyoos, BC V0H 1T6

In the world before this world, before there were people, and before things were like they are now, everyone was alive and walking around like we do. All Creation was talking about the coming changes to their world. They had been told that soon a new kind of people would be living on this earth. Even they, the Animals and Plant people, would be changed. Now they had to decide how the People-To-Be would live and what they would eat. The four Chiefs were: Skimxist (Bear), Ntytikxw (Salmon), Speetlum (Bitterroot) and Seeya (Saskatoon). They held many meetings and talked for a long time about what the People-To-Be would need to live. All of the Chiefs thought and thought. "What can we give to the People-To-Be to eat that is already here on earth?" they asked one another. "There seems to be no answer." Finally, the three other chiefs said to Skimxist, "You are the wisest and the oldest among us. You tell us what are you going to do." Skimxist said, "since you have all placed your trust in me, he said, "I will give myself, and all the animals that I am Chief over, to be food for the People-To-Be." Then he said to Ntytikxw, "what will you do?" Ntytikxw answered, "You are indeed the wisest among us. I will also give myself and all the things that live in



the water as food for the People-To-Be." Speetlum, who was Chief of all the roots under the ground said, "I will do the same." Seeya was last. He said, "I will do the same. All the good things that grow above ground will be the food for the People-To-Be." Chief Skimxist was happy because there would be enough food for the People-To-Be. He said, "Now I will lay myself down to make these things happen." Because he was the greatest Chief and had given his life, all the People-That-Were (The Animal

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People) gathered and sang songs to bring him back to life. That was how they helped heal each other in that world. They all took turns singing, but Skimxist did not come back to life. Finally, Fly came along. He said, "You laid your body down. You laid your life down." His song was powerful. Skimxist came back to life. Then Fly told the four Chiefs, "When the People-To-Be are here and they take your body for food, they will sing this song. They will cry their thanks with this song." Then Skimxist spoke for all

the Chiefs, "From now on when the People-To-be come, every-thing will have its own song. The People-To-Be will use these songs to help each other as you have helped me." That is how food was given to our people. That is how songs were given to our people. That is how giving and helping one another was and still is taught to our people. That is why we must respect even the smallest, weakest persons for what they can contribute. That is why we give thanks and honour to what is given to us.



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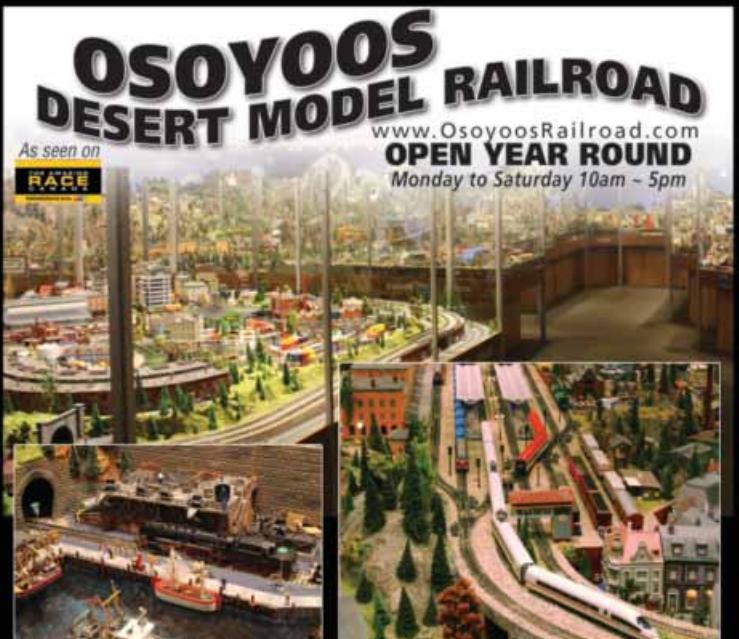


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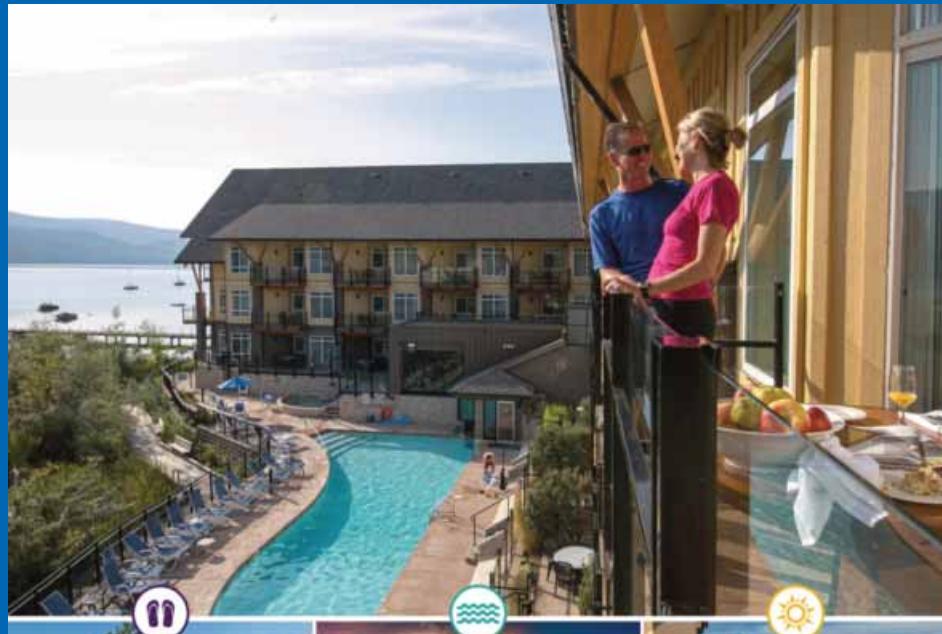


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One can't call their experience in Summerland complete without taking a trip back in history behind a restored 1912 steam locomotive on the last remaining section of the Kettle Valley Railway.

Ten miles of beautiful vistas. From lush orchards and vineyards to a spectacular view of lake and land from the Trout Creek Bridge 238 ft. above the canyon floor. The sight and sound of our restored 1912 steam locomotive the "3716" will bring the era alive as you ride along on this 90 minute journey in a vintage passenger coach or open air car. Some rides include a train robbery and Bar-B-Que.

If a good hike with a view is more what you are looking for, try the Summerland Trail in Giant's Head Mountain Park which heads to the north and offers spectacular views of the lake and town site. The summit, which is 2,771 ft. (845m) above sea level, is home to a time capsule to be re-opened in 2067. Along the summit's perimeter a 360-degree panorama awaits.

You can gain access to the park from Giant's Head Road at Milne Road. Iron gates mark the entrance.

Looking for something more relaxing, visit the museum to soak up some history, take a wine tour or just stop for a tasting at some of the many Summerland wineries or pick up locally made jams, jellies and syrups from Summerland Sweets.

The many beaches and a Millennium spray park are easy to take advantage of in the warm and sunny summer climate.

Take your time, there is something for everyone in Summerland.



SUMMERLAND
take your time

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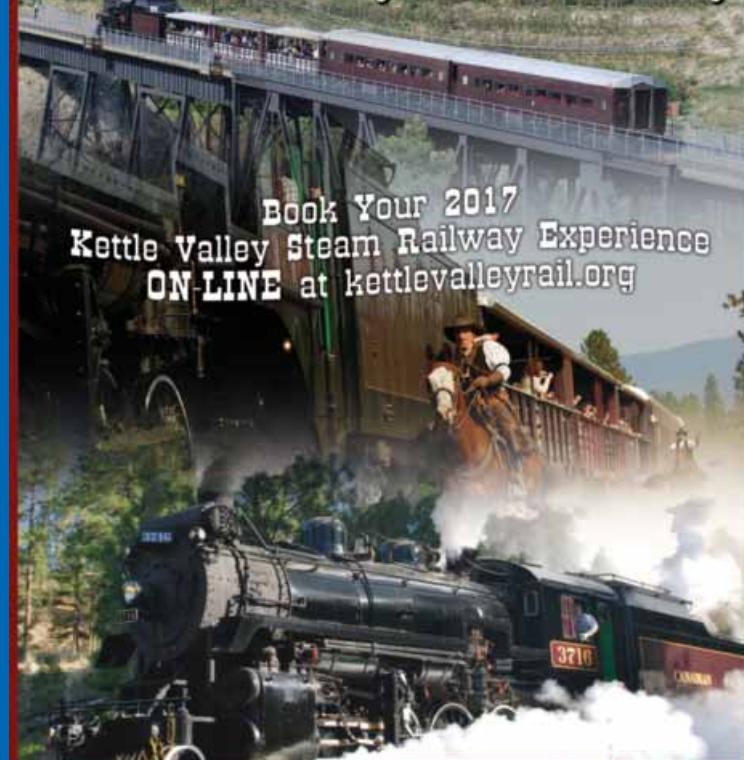
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THE TRAILS + EVENTS BEST TRAVELED

NARAMATA | PENTICTON | SUMMERLAND

Imagine cycling above and through vineyards with rugged mountains in the backdrop...with sparkling lakes and beaches within the vista. Here it's more than just a dream, it's why cyclists from around the world choose to pedal their way through Naramata, Summerland and Penticton each year. With one of the best year-round climates in Canada, the season is a long and enjoyable one.

Naramata offers an array of wonderful rides for cyclists of all abilities. Adventurous mountain bikers will find the Three Blind Mice single-track trails exhilarating. Naramata Road, one of the Okanagan's best routes for road cycling, is often used by athletes preparing for world

renowned events and The Kettle Valley Railway Trail, with its gentle grades and breathtaking views, is perfect for a leisurely outing.

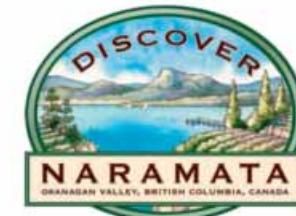
The secret is out! Penticton is fast becoming a premier Canadian Mountain Biking destination, especially with directed, designated, protected and mapped areas. One such region is Campbell Mountain, which offers an easy-going ride experience suited for beginners and intermediates. Prepare to be challenged and awed as you wind your way through pine covered bluffs and open meadows. You will be rewarded with glimpses of the pristine blue lakes, orchards and vineyards that create the gorgeous tapestry of the South Okanagan.



DISCOVERNARAMATA.COM
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The natural landscape of Summerland makes it easy to enjoy the many biking trails while still being close to the urban area. With easy access, the Test of Humanity provides spectacular views up and down the valley. The climb up to the Top of Mount Conkle takes you to a completely different landscape with windblown juniper trees and dry rocky ridges. Conkle Mountain Park is also the trailhead for the Trans Canada Trail where more than 60 km of the trail are within Summerland.

Looking for more to do after all that fresh air? Visit one of the more than 70 wineries that are within a 20 minute drive. If craft beer or distilled beverages are more your style, we have those too. Relax on a sun-drenched patio and indulge in a fabulous lunch or dinner – you've earned it!



UNDISCOVERED Penticton



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PACA 100

Sunday, May 7, 2017
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CHAIN OF EVENTS

The South Okanagan is a cyclist's haven with trails that are attractive to active families, the dedicated mountain biker or the road biker that wishes to be challenged by hills and curves in the road. Imagine yourself coasting through lush vineyards or alongside bluer than blue lakes and breathing in the fresh mountain air - then taking a refreshing dip in either of the two lakes that wind their way through the communities.

This year, Naramata, Penticton and Summerland are joining forces to promote cycling events in our region with Chain of Events. This one-stop website gives riders of all abilities a chance to participate in the many local events while providing information on everything our region has to offer.

With so many reasons to tune up your bike and head out for non-stop adventure, come join us in the South Okanagan this spring!



Barley Mill Pub Bare Bones Duathlon

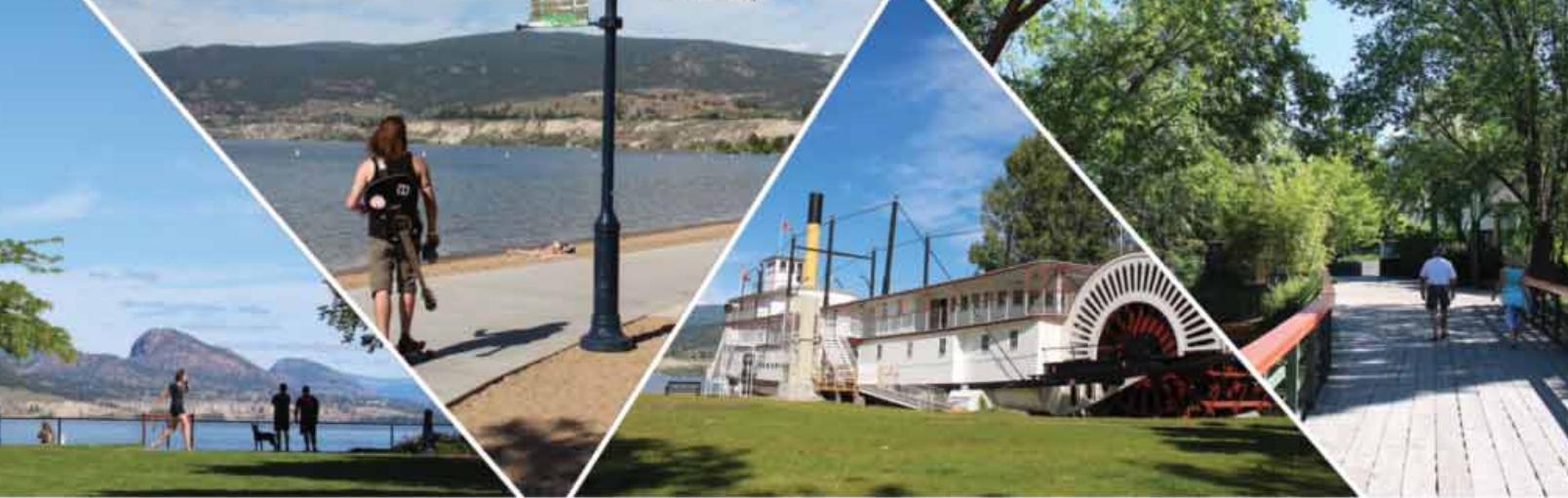
Saturday, May 13, 2017
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4th Annual Giants Head Grind

Saturday, May 20, 2017
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Photo Credits: PACA (Top Left),
Vlado Zamecnik - Giants Head Grind (Top Right & Bottom)



After you dismount from your riding adventure, Penticton's magical mixture of fertile land, pure lake water and golden sunlight, 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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penticton museum & archives

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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

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Myra Canyon



For views that will take your breath away, the Kettle Valley Rail Trail in Myra Canyon 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.



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New multi day tour dates

Okanagan WINE Apr 30 to May 5

Kettle Valley Rail Trail June 17-June 25

Canada's 150th celebration tour

June 25 - June 29 , Sept 24- Sept 28

Kettle Valley Rail Trail July 29- Aug 3

Check Website for Available Dates & Tours

Cell: (250) 878-3KVR (587)

Phone: (250) 76C-YCLE (2-9253)

info@monasheeadventuretours.com / www.76cycle.com

Monashee Adventure Tours 1591 Highland Dr. N. Kelowna, BC V1Y 4K6



MYRA CANYON
PLAY. STAY. RIDE.
www.myracanyon.com



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!

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

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.

MYRA CANYON BIKE RENTALS

ONSITE BICYCLE RENTALS
on one of British Columbia's wonders.

Experience a part of the historical Kettle Valley Railway route built between 1912-1914. This well-established, interactive trail takes you over 18 trestles, through 2 tunnels and offers spectacular views of Myra Canyon and Okanagan Lake. Located at an elevation of over 1,200m, this relatively level, complete 24km tour, can be cycled in under 4 hours.

We offer new, branded Comfort bikes in sizes for adults and children as well as tag-alongs and child trailers to pull the little ones.

We also offer guided and self-guided tours to Penticton; a wonderful day trip.

We rent Tag-alongs suitable for 4+; child trailers for 1-5 years old.

Both rented in combination with a rented adult bicycle.

Child trailers are suitable for 1-2 children and can carry up to 80lbs.

Hours of operation: 7 days a week from May 18 to October 10 from 9am-5:30pm.

ALSO July and August , evenings from 5pm-8pm

For more information - 250-878-8763

email: info@myracanyonrental.com ~ www.myracanyonrental.com

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Roadside Parks



South Central BC along the Crowsnest Highway #3 and north on #97, #33, #6 or #31, are sprinkled with some of the best reasons to drive that way; road side parks! Some are day use and some overnight but all are worth the stop.

Bromley Rock, just west of Princeton, is good for day or overnight and just before arriving at Headly, you will come upon Stemwinder Provincial Park, for day or overnight and a popular place to drop a fishing line. Johnstone Creek, Boundary Falls,

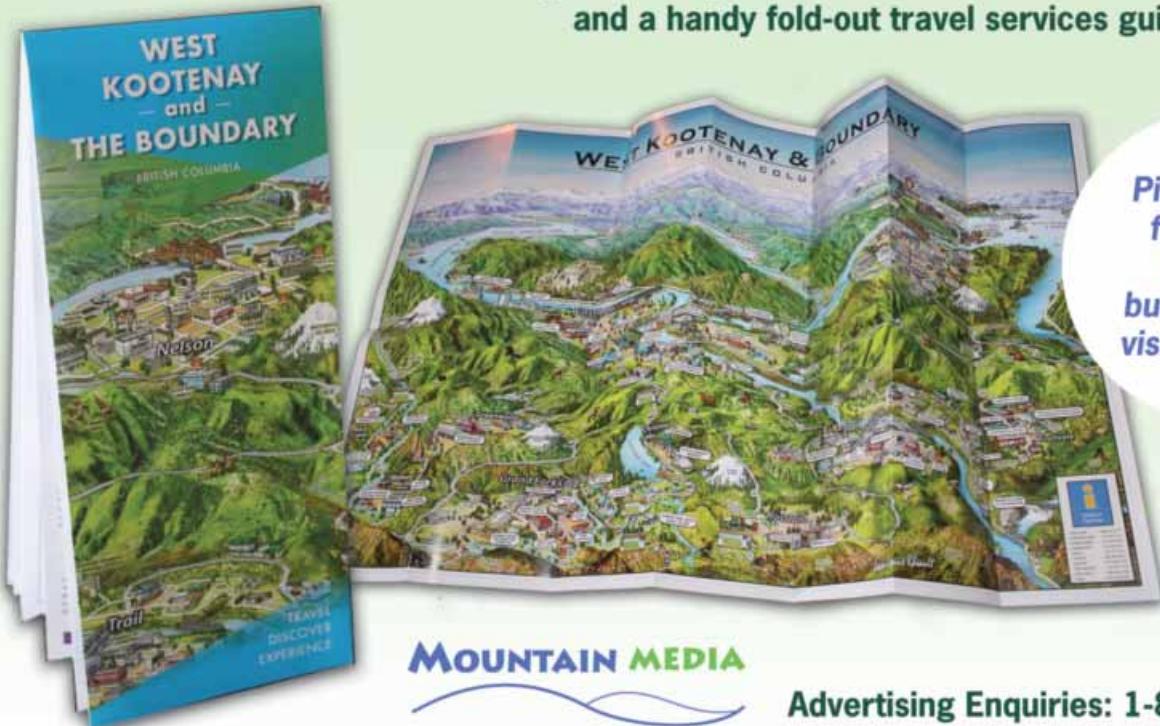
Boothmans Oxbow and Gilpin Grasslands are only a few names you will want to become more familiar with.

Nancy Green is a roadside park with a natural setting and sub-alpine lake. A welcoming spot for relaxing fishing or staying a while. Nancy Green is a popular spot in the winter months for those who enjoy those winter sports as well.

Road Side Parks; another hidden gem to add to your authentic vacation experience in South Central BC.

West Kootenay & Boundary Travelguide with Map

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



MOUNTAIN MEDIA

Advertising Enquiries: 1-877-304-6710

Discover Boundary Country Adventure: Unlimited.

Travel at your own pace along Hwy 3 and 33 to discover Boundary Country, located between the Okanagan Valley and West Kootenay regions, along the Canada/US border. Experience the diversity of rural communities interconnected with peaceful country surroundings and year round adventures that urge you to go beyond the beaten path.

Stop to enjoy some of the many lakes and rivers that hold reflections of mountain scenery near Bridesville, or view active ranches with animals at play as spring gives birth to new life. Snap pictures of wildlife grazing along the highway in Westbridge or bring your picnic blanket for a relaxing stroll and lunch along the way.



Treat yourself to an old fashioned ice cream and enjoy the rustic ambiance of Beaverdell. Capture nostalgic memories as you visit heritage sites and well preserved turn-of-the century storefronts in Greenwood. Savour nature's best locally grown produce and handmade products at the farmer's market in Rock Creek.

Hike the surrounding mountains or re-fresh yourself on a hot summer's day as you leap into the temperate waters of Christina Lake, or wade until your feet no longer touch the bottom of the Kettle River. Experience captivating landscapes, from lush green forest to breezy grassland vistas along the Trans Canada Trail. Close your eyes and let your imagination hear the roar of train engines as you explore the Kettle River Museum in Midway.

Indulge in the year round outdoor activities Boundary Country offers. Conquer the powdery slopes at Big White, Baldy or Phoenix Ski Hills or feel your heart race as you pull a fish from the icy waters of Wilgress Lake. Later, sip on a steamy cup of hot coffee under a canopy of tree lined streets in Grand Forks. Engage with the local residents, as they share their stories that capture the essence of rural communities.

Whether you are looking for a peaceful get away or a more adventurous experience, venture past one more corner as you find yourself here, in Boundary Country, where adventure is unlimited.



BOUNDARY COUNTRY

Adventure: Unlimited.



West Boundary

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.

West Boundary

Adventure: Unlimited.



Greenwood Museum & Visitor Centre Opening May 1

Midway Kettle River Museum Opening May 20

National Aboriginal Day - Rock Creek at West Boundary Elementary June 21

Red Rock Garage 3rd Annual Lisa's Ride, Beaverdell June 3

Old Fashioned Picnic - Beaverdell Canada Day July 1

Rock Creek Canada Day Parade & Vintage Fair July 1

Founders Day Weekend Greenwood July 8-9

Big White L'Alpe de Grand Blanc July 23

28th Annual Boogie Bash Rock Creek August 4-7

Rock Creek Riverfest August 5

Ponderosa Music Festival Rock Creek August 18-20

Mudd Sweat & Tears Big White Ski Resort August 26

Rock Creek Fall Fair September 16-17

OPEN AIR MARKETS

Rock Creek Market 1st Sat in May thru Oct weather permitting

Westbridge Market Thursdays 10-3

Beaverdell Market 2nd Sunday June through October



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

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BIKE BIG WHITE

ready to Open Summer 2017!



Bike Big White will be opening this summer, offering some of the best mountain biking trails in the world! "This is a very exciting time for Big White Ski Resort," says Big White's Senior Vice President Michael J. Ballingall. "We've done two years of summer hiking and that's been a lot of fun, but it's nothing like the adrenaline rush that mountain biking brings." One of the things that really sets Big White apart is that there's a lot of flowy terrain, good traverses and all the rock that's on the hill, whether it's bedrock or loose, is rounded and very grippy which is great for our purposes.

On the drawing board are plans for eventually adding 18 more, for a total off 22 trails. "Like anything at Big White," says Michael J., "if the volume warrants it, we're going to build it."

The goal is, in the future, to have the best bike park in the world, never forgetting about our core rider, building something for them as well as continuing with our family friendly theme. Once the snow is gone, we'll continue to build and push to get it open as soon as possible. After all, we want to ride it."

www.bikebigwhite.com

photo credit: Geoff Holman

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RIDER: BAS VAN STEENBERGEN
TRAIL: THE JOKER
PHOTOGRAPHER: ROBB THOMPSON

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WHITE**
OPENING SUMMER 2017

BIKEBIGWHITE.COM

Rock Creek



The West Boundary village of Rock Creek hosts one of the last true country style fall fairs around and is affectionately referred to by locals as the "Biggest Little Country Fair around." Every September, people come together from the surrounding communities to volunteer, compete or simply enjoy the festivities.

Once you are through the admission gates, the choices of what to see or do seem limitless. Enjoy local performances of country and bluegrass bands and storytellers, or take in a horse show or lawnmower race. Perhaps you'll win at Cow Chip Bingo! If you love to shop there is a huge selection of wares from hand made soaps to tractors and everything in

between to choose from. Canning and baking contests are reminiscent from days of old when winning a blue ribbon was the highlight of the year.

Animal lovers will delight in horse shows, barrel racing and the cattle drive that goes right through the Village of Rock Creek. So get your boots ready, dust off your old cowboy hat and head on out. Vendors and events change up from year to year, so stopping by is a must to see what exciting things will be happening this year.

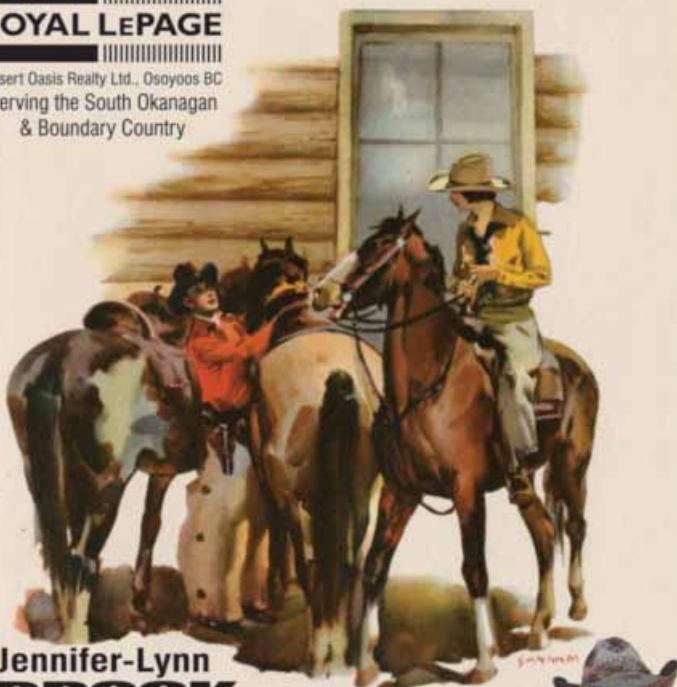
The Rock Creek and Boundary Fall Fair will be held on September 16th & 17th, 2017. For more information about the fair, please visit rockcreekfallfair.ca



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Midway
Mile -0-



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

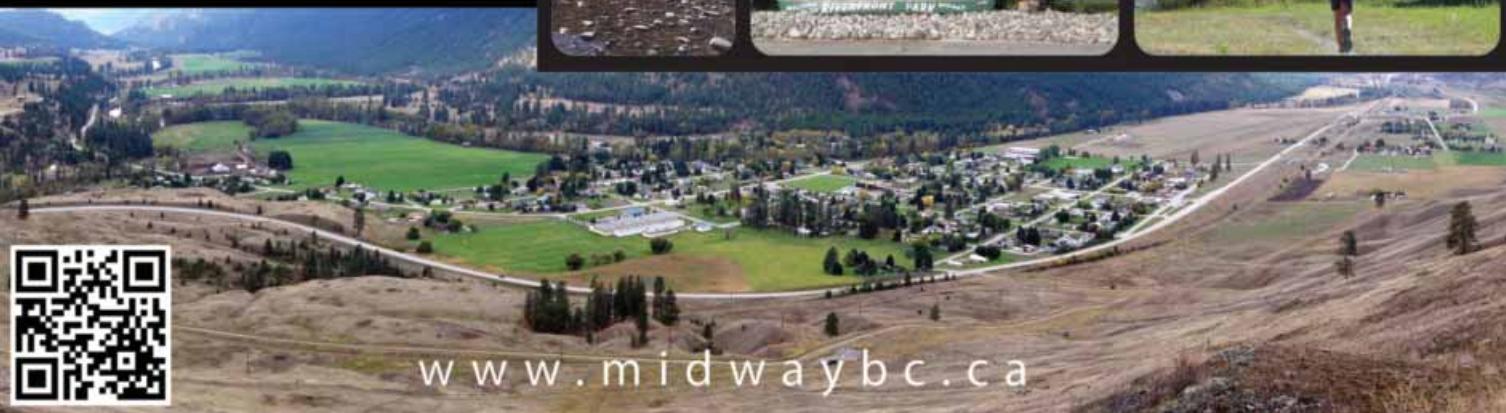
through the Canada/USA border, you will find many historical sites, numerous recreational opportunities and friendly locals. A small border town with a big personality, Midway has something for everyone with its unspoiled environment and sunny skies.

WELCOME TO MIDWAY

The Heart of the Kettle Valley

The peaceful Village of Midway is located in the Heart of the Kettle Valley and 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.

Discover Mile 0 of the Kettle Valley Rail Trail, explore our hidden network of hiking and biking trails, and enjoy riverside camping along the scenic Kettle River. We invite you to discover Midway for yourself!



www.midwaybc.ca



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.



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Mile Zero of the Kettle Valley Railway

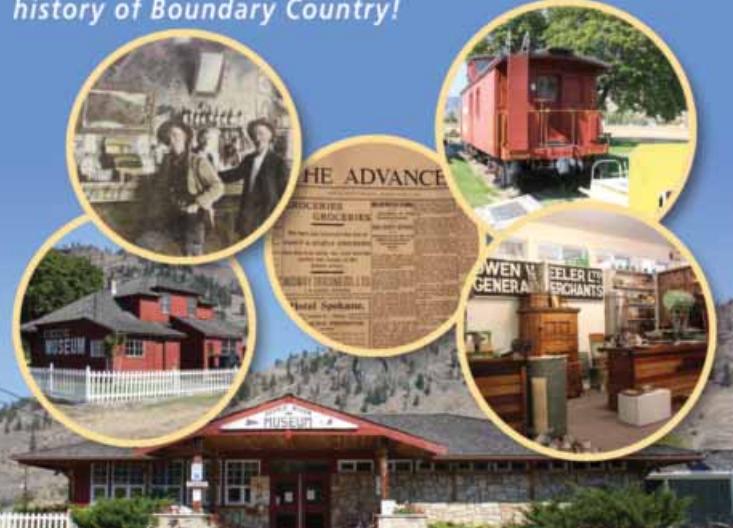
Midway is a year round recreation destination that offers something for all levels and interests of recreational enthusiasts including a hidden network of trails for everyone to enjoy. Meander along the Kettle River and through the trees on the popular River Walk Loop, or challenge yourself and head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

Midway hosts a hidden network of trails for its residents and visitors to enjoy. The trails received major upgrades in 2009 by

KETTLE RIVER MUSEUM

*It all Starts here at the Kettle River Museum,
Mile Zero of the Kettle Valley Railway*

*The Battle of Midway! ~ Billy Miner! ~ Jolly Jacks
lost gold mine! ~ Learn and relive the
history of Boundary Country!*



Highway #3 Midway ~ 250-449-2614 ~ Hours of Operation:

May, June, and September: Friday thru Monday, 10 am to 4:30 pm

July-August: Daily 10 am to 4:30 pm or by appointment

email: kettlerivermuseum@shaw.ca - kettlerivermuseum.weebly.com





the Midway Trails Society, who maintains the upkeep of the trails. They 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.

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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Discover Greenwood

Many Canadians hold a romantic ideal of what life in a small town might be like; shorter commutes, fresher air, safer streets and a stronger sense of community. Greenwood is Canada's smallest city, a historic town, a community with 676 residents, located along Highway #3 nestled in the Kootenay Boundary region of southern British Columbia, and something to be seen.

Greenwood's history goes back to 1891 with the discovery of gold, silver and copper in this once thriving mining camp. Incorporated as a city on July 12, 1897, the BC Copper Company smelter was built in 1901 and brought prosperity to the city, becoming known as the "hub" of the Boundary. The surrounding mines brought fortune seekers from many parts of the world, but the boom was short lived: after the first World War, copper prices plummeted and Greenwood's success soon diminished. People left in droves and by 1940 the population had dwindled to a few hundred.

The forced internment of Japanese Canadians off the west coast of British Columbia in 1942 changed the course of Greenwood's history. A ghost town from its former glory days,

Greenwood became BC's first internment camp. 1,200 people were crammed in to the many empty buildings, hotels and houses; remnants from days long ago. The little city once again began to thrive.

The city has proven its resiliency over the years and now demonstrates a great destination for history buffs. Many adventures await you in this historic little city.

Visit the museum to learn of bygone days and enjoying a self-guided 'Heritage Walking Tour' through the downtown core. Explore the BC Copper Co. smelter ruins and take an Interpretative Forest driving tour to Phoenix, once known as the "highest city" in Canada.

Greenwood is proud to be a gateway to the Trans Canada Trail; other well marked hiking trails around the area challenge all levels of skill and endurance.

A guided tour of the court house located at city hall is a must. This beautiful old building is one of the finest wooden structures of its kind in the province and was used as a BC Supreme Court in the County of Yale. Tours can be arranged at the museum.



On the road to Phoenix, about 7 km from Greenwood is the old Phoenix Cemetery. The cemetery is the final resting place for many men killed in mining accidents and the devastating toll an outbreak of influenza in 1918 took on many families.



Historic City Hall and Courthouse



Founders Day Event



Greenwood Public Swimming Pool



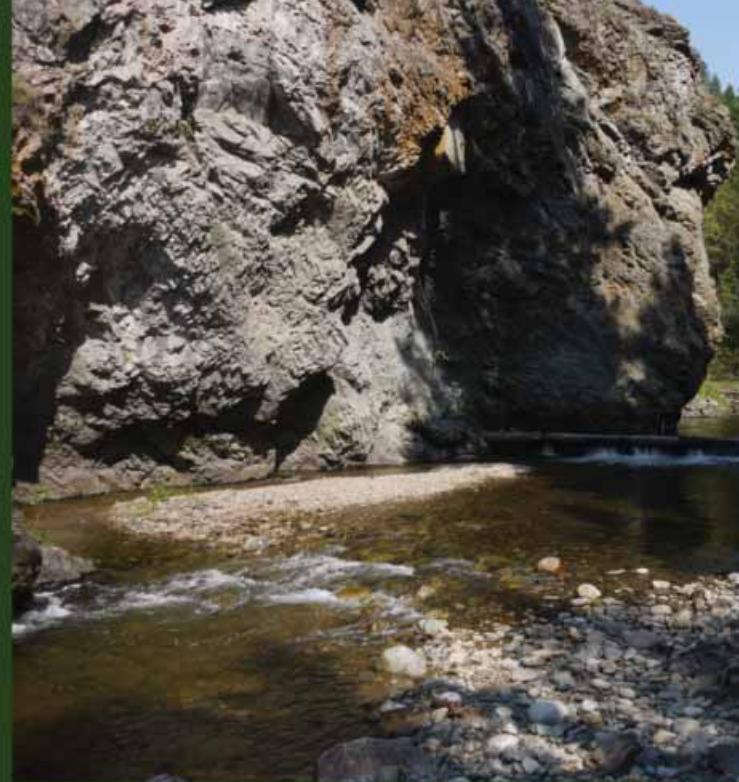
Greenwood Museum

Boundary Falls

7km south of Greenwood offers a scenic walk back in time to our colourful history as a power generation site, ore transportation terminal and smuggling depot for gold in the 1850s.

Founders Day

The interest in gold panning starts early!



BeautifulGreenwood.com

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Boundary Winter

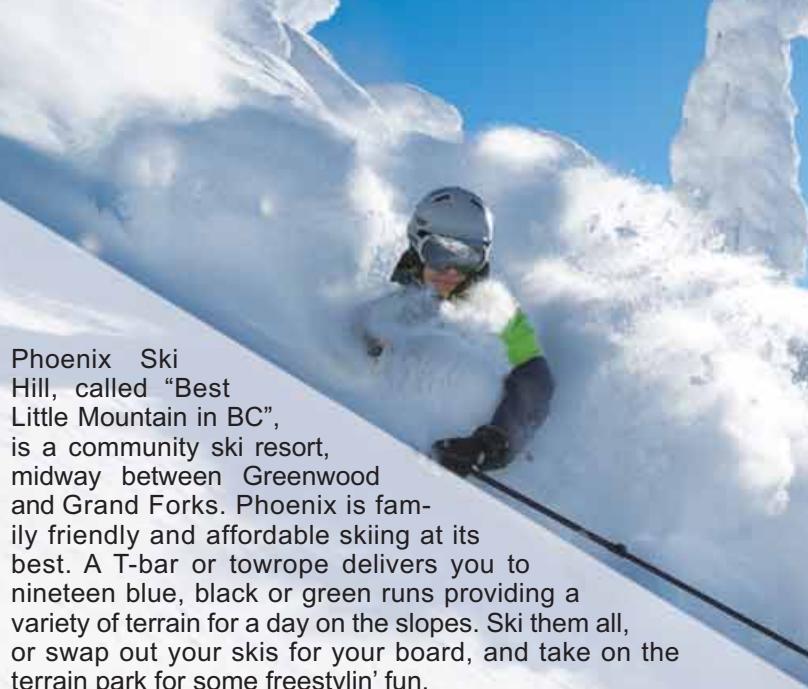
Shred, sled, ride or glide, in Boundary County it's all about getting outside! Our frozen lakes, snowy slopes and valleys invite exploration, whether it's by ski, snowmobile, skates or dog sled. Explore our vast outdoors. Cross-country ski the Trans Canada Trail, or shred Phoenix Mountain ski resort 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.

Downhill skiing can't get much better with 3 excellent ski hills with something for everyone.

Big White, "Home of Okanagan Champagne Powder" is about 45 minutes drive from Kelowna and gets a whopping 750cm (24.5 ft.) average snowfall. With 15 lifts, 118 designated trails and a total uphill capacity of 28,000 skiers per hour Big White is the Boundary's largest Ski hill.

Mount Baldy resort is located on the south side of Mount Baldy between Oliver on Highway 97 and Westbridge on Highway 33. Baldy's day lodge rests at 5,650 ft. above sea level, the ski area is lift serviced to 7000 ft. and the summit is 7557 ft.



Phoenix Ski Hill, called "Best Little Mountain in BC", is a community ski resort, midway between Greenwood and Grand Forks. Phoenix 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 freestyle fun.

If Nordic skiing is more your scene, explore the Marshall Lake Trails above Phoenix Mountain's ski hill. Snow shoeing has become a popular way to explore Marshall Lake. Work up an appetite skiing or shoeing the 17km of trails then duck into the authentic Dacha to warm up and eat your lunch.

In the fall of 2000 the Phoenix Ski Club organized a work party and over the period of a few weekends an A frame structure (*the Dacha*) was erected to serve as a shelter for the cross country skiers using the area.

photo credit: Geoff Holman

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A dynamic photograph of a snowboarder in mid-air, performing a jump or turn. The snowboarder is wearing a helmet, goggles, and a bright green and white jacket. A large spray of snow is visible behind them against a backdrop of snow-covered trees and a clear blue sky.

Floating Boundary Rivers



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

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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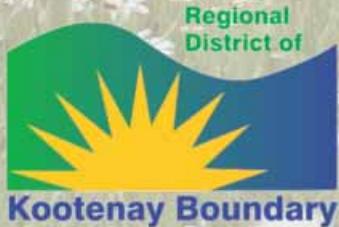
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Grand Forks Gallery 2



The art scene is very active in Grand Forks with Gallery 2 which also hosts a permanent heritage pictorial display with an overview of the history of the Boundary Area. The Gallery hosts 10-13 annual exhibitions featuring local/regional and provincial artists and has an Art Rental/Sales program which is rare amongst public galleries.

There are drop-in drawing sessions for local artists on Saturdays, an art book library and Gallery Gift Shop where you will find a

great selection of local and BC artists as well as a large selection of local books of interest including all the Whitewater Cookbooks and all the published Boundary Historical Journals.

Taps & Tapas, August 19th & Garden Tour on June 24th and the yearly Wine Tasting bring out many locals and visitors alike.

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On July 19th, Grand Forks will be hosting an Air Show which will feature the Canadian Airforce Snow Birds among other exciting displays.

Be sure not to miss it!

The City of Grand Forks owns and operates a municipal airport located on 2nd Street at the most southeasterly corner of the municipality. The airport has terminal facilities, as well as offering aircraft fuel (Jet A and Avgas) for sale. There is a part time attendant to assist your needs, with just a quick phone call.

Airport facilities include a 4,300 foot runway, with two taxiways and aprons. A non-directional beacon (NDB) is located east of Taxiway B. In 1998, the City of Grand Forks undertook an airport upgrading project. The airport is now equipped with 24 airport landing lights providing 24 hour access for MEDIVAC emergency night flights making it the only one of its category (Transport Canada Registered Aerodrome) between Kelowna and Cranbrook.

There are presently numerous private aircraft hangars located on city owned property at the airport, under lease agreements. There is available space for more hangars and the City will entertain new construction while space remains available.



Grand Forks Flying Association COPA62 is an active club involved promoting the airport through Airport Fly-in, Airport Appreciation Days and more. www.copa62.org



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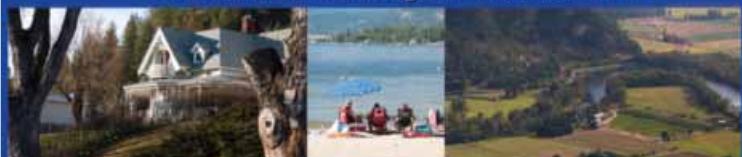
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Grand Forks Historic Buildings

Currently
The Borscht Bowl

Market Ave. (Bridge St.) looking west

The older buildings of Grand Forks remain as a testament to the age of optimism and to the pioneers who took the risks to make development possible.

Although the towns iconic hotels have succumbed to fire, the citizens of the area have shown their pride in this legacy in many ways. The City of Grand Forks took a bold step toward conserving its heritage in 1979-81 with the restoration of the old post office and its adaptive reuse as city hall with further restoration done due to a fire in September of 2013 which damaged the interior. The restoration of the courthouse, the formation of the Boundary Museum, the downtown revitalization and other projects has all contributed to the enhancement of our city.



City Hall= old post office

Old Post Office (now City Hall): 429 Market Ave. The present City Hall building was designed by architects from the Department of Public Works in Ottawa. The picturesque way in which this building is sited adds to its dramatic effect and makes this an ideal gateway to the downtown area.

337 Market Ave. This building is an excellent example of boomtown architecture. It is an endgabled store with a prominent false front. This type of false front commercial building was very common in early BC towns, and is usually associated with the first stage of civic development. The false front effect attempted to simulate the solidity and maturity of larger centres. The building is identified on the 1899 fire map as a furniture store and is probably the oldest commercial building in Grand Forks.

Selkirk College: 486 72nd Ave. This building was constructed in 1898 and was known as Columbia Brewery in 1899, later becoming an auto shop and finally Selkirk College. This early industrial enterprise is a reminder of Grand Forks' boomtown origins. It is interesting to note that in October of 1898, The Grand Forks Miner reported there were 10 hotels with saloons running at full blast.

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Grand Forks City Park

Nestled along the scenic Kettle River, Grand Forks City Park provides a hub for community activity with campground, water spray park, nationals quality BMX track, kids playground and area for a band shell and music.

The Grand Forks Municipal Campground is for tenting or a 40 ft. RV. There are hook ups for both electricity and water. From May 1 until Sep 30 there are clean showers, washrooms in the park and a free sani-dump located close to the camping area.

When visiting, or if you reside in Grand Forks, City Park is a wonderful spot to spend an hour, a day or longer! The Trans Canada Trail runs through the park alongside the Kettle River and on the west side off of Kettle River Drive. This walk is canopied by gorgeous deciduous trees, a cool relief in the hot days midsummer.

On this shady side of the park, beside the BMX track you will find a table to enjoy a picnic. In the early morning hours the deer pick this lush green spot to have a picnic of their own. Past the BMX track the trail veers to the right onto an asphalt path that links with the road that runs through the campsite encircling the entire park.

You'll find lots of parking at City Park whether you're there



during the summer months for a quick swim in the river off the sandy beach or bringing the kids to the Tot Lot swings and slides providing year-round entertainment for kids, big or small. Picnic tables are placed throughout the park for your dining pleasure or maybe an escape from the office for an hour or two of paperwork in the sunshine.

Spray Park, newly opened in 2016

The Grand Forks Rotary Club approached the City in 2014 as a partner. Facilities are geared towards children and there are special design considerations for those with mobility issues. It opens in June every year and closes in September. It is adjacent to City Park which has playing fields, playgrounds, access to the Kettle River and picnic spots. Water from the Spray Park is reused by City crews for irrigation.



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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Community Trails



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

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**Observation Mountain Very difficult 5.5km Time 2.5 hours return;
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.

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.



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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 Christina Lake. 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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A detailed map showing the location of Cascade Cove. It includes labels for Christina Lake, Highway 395, and the Trans Canada Trail. A red circle highlights the campsite area near the river.

A photograph of a sandy beach where several people are swimming in the river. In the foreground, a woman in a bikini stands on the shore, and a group of people are gathered around a campfire.

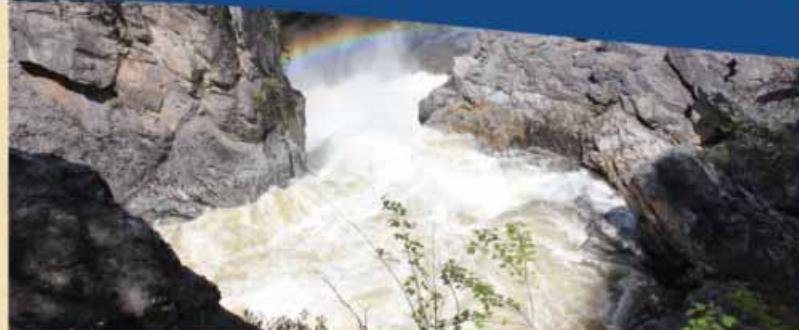
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Explore the Outdoors

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 spots for dynamite caches in the rocks 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 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, water 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.



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.

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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.

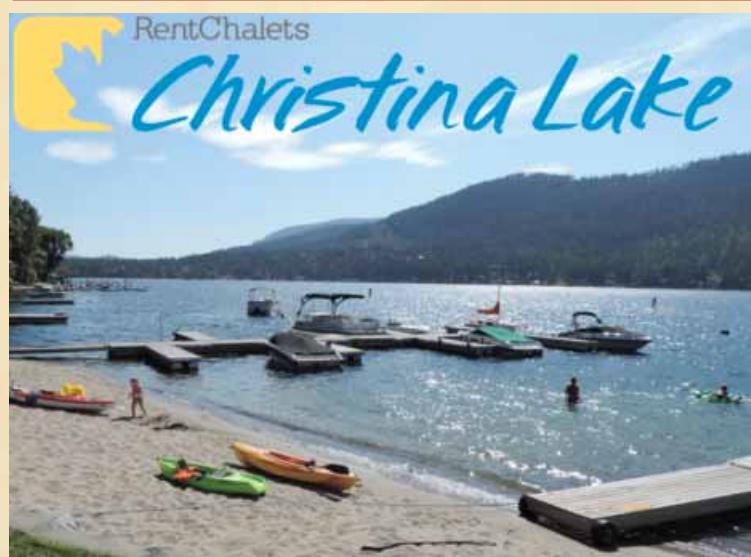


If you are an avid golfer or looking for a pleasant afternoon with friends, then the Christina Lake Golf Course provides a fun and relaxing experience.

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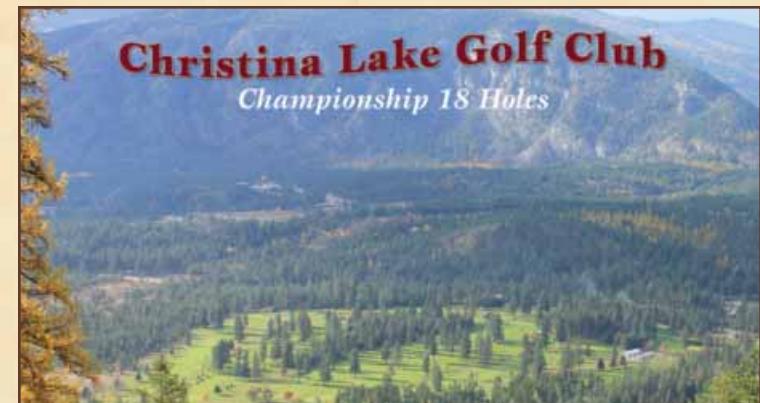
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The signature hole on the course is the 9th, a 215 yard par three. An elevated tee box looks down upon a green bordered by two sand traps on the right and a large lateral water hazard along the full length of its left side.

Located on the scenic Kettle River, the course is surrounded by ponderosa pine and fir trees, with the Monashee and Selkirk Mountains providing a beautiful backdrop also for our RV Park which has 27 sites available and the Trans Canada Trail just footsteps away.

A perfect complement to our golfing facilities, our 110 seat licensed restaurant overlooking the lush fairways.

The lush golf course fairways serve as a backdrop for your special event, creating a magical ambiance for you and your guests.



Candlelight and the course at dusk
are the most beautiful times!

250-447-9313

www.christinalakegolfclub.com

A wide-angle photograph of a rugged mountain range under a clear sky. In the foreground, a person wearing a blue helmet and green shirt rides a bicycle away from the viewer on a dirt trail. The trail cuts through a forest of tall evergreen trees. The mountains in the background are steep and rocky, with sunlight illuminating their peaks.

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There is so much to discover. Incomparable scenic beauty is waiting around every corner – crystal clear rivers, lakes, waterfalls, beaches, mineral hot springs, alpine meadows and mountains. Outdoor pursuits here are epic – the area is one of Canada's preeminent destinations for whitewater rafting, hiking and mountain biking.

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Route 3B is big on excitement, adventure and cultural activities. Rossland, Warfield, Trail, Montrose and Fruitvale are a collection of scenic communities located in the Selkirk Mountain range that thrive on the regions' history, arts, community, sports and recreation.

As you drive along Route 3B, you can't help but notice the towering, picturesque mountains like Old Glory (2376m). The mountain range is home to hundreds of kilometres of well maintained and labeled single-track hiking & biking trails that cater to all skill levels. These trails include connections to the Western Rail Trail (an extension of the Kettle Valley Rail Trail).

Winter along Route 3B is a skier's paradise. Black Jack Nordic Centre hosts some of the best cross-country skiing in the region and Red Mountain Resort is the #1 undiscovered ski resort in North America. During the summer, Black Jack Nordic Centre transforms into an 18-hole disc golf course, Thin Air Disc Golf Club while RED Mountain Resort is converted to a biker and hikers' paradise.

The Rossland Museum and Discovery Centre, at the junction of Hwy 3B & 22, is filled with the region's rich history. The City of Rossland has 25 Heritage Buildings in its downtown and a variety of boutique shops, cafes and restaurants. Further along Hwy 3B is Redstone Golf Course, an 18-hole Les Furber.

Next is the Village of Warfield, known for its unique style of homes that earned it the nickname "Mickey Mouse Town". During

the summer months, the Warfield Centennial Pool is a perfect spot to cool down with a 25 metre outdoor pool and waterpark complete with splash pad and water slides.

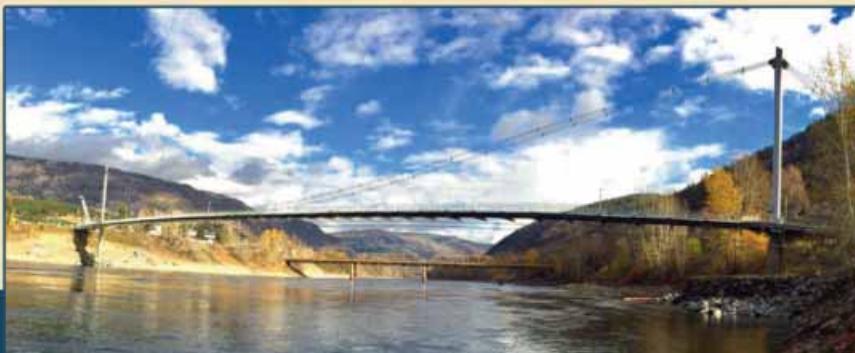
In the river valley below Warfield, you find yourself in Trail, known as the Silver City. A rich history in metallurgic innovations, strong Italian culture and the arts, Trail is a remarkable place to visit. Relax on the beach at Gyro Park or one of the other 53 parks and green spaces.

Visit West Trail for a taste of 'Little Italy'. Take a walking tour of Trail's historic rock walls (some 25 feet high and many carved by hand) and meander your way through the many covered staircases (over 28,000 steps in total) connecting the community.

Visit quaint shops in Downtown Trail including an Artisan store full of locally-crafted goods, coffee shops, restaurants, a beer refinery and most major banks.

The mighty Columbia River, a mecca for fishing in the area, weaves its way through the City of Trail. Launch your boat at Gyro Park or the Kiwanis Club's Beaver Creek Provincial Park and experience some of the best fishing in BC. Shore fishing is also accessible and anglers have much success on a boat or casting from the riverbanks.

Cross the Columbia River on the Columbia River Skywalk or the Victoria Street Bridge. Completed in late 2016, the Columbia River Skywalk one of the longest pedestrian suspension bridges of its kind in North America, measuring 1,000 feet from landing to landing! Biking and hiking trails are plentiful within the community and offer stunning views of the river valley.





Continuing through Trail, take a minor detour on Hwy 22A to visit Columbia Gardens, a hidden gem with wineries offering award winning wines and vineyard tours. Also located on Hwy 22A is the Trail Regional Airport, which is the gateway to the West Kootenay, with flights twice daily to Vancouver.

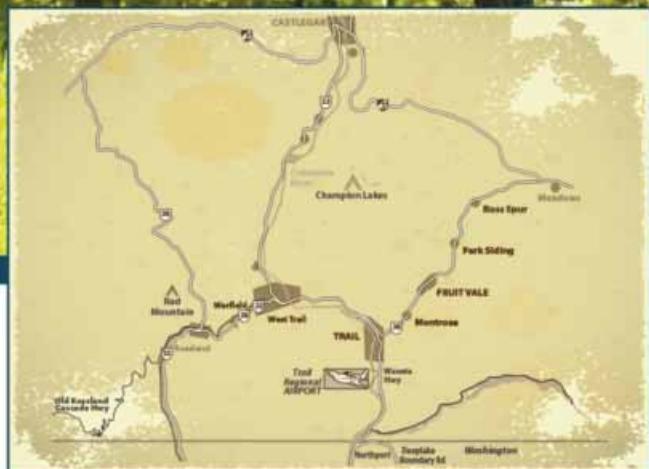
Back on Hwy 3B and gaining elevation as you wind along the Columbia River, you enter the Village of Montrose. Montrose is home of the popular Antenna Trail, an easy to moderate hike with stunning views of the Columbia River and nearby communities.

Located 15km east of Trail is the Village of Fruitvale, nestled in the mountains with spectacular natural scenery and a community driven lifestyle. Historically, Fruitvale was a stop for the Great Northern Railroad. The community was originally known as Beaver Siding and was renamed Fruitvale in 1906. A land corporation called the Fruitvale Limited, purchased a great deal of land on both sides of the stop and boasted the village as the best fruit growing location in the West Kootenay.

Just outside of Fruitvale you will find an abundance of outdoor activities. Champion Lakes Provincial Park offers excellent swimming, golfing, hiking and camping. Beaver Valley Family Park is host to an 18-hole disk golf course, a 1km interpretive trail, horseshoe pits, volleyball and basketball courts and trailer and tent camping sites.

Dozens more activities and recreational possibilities lie hidden along Route 3B in the Lower Columbia Region. Stop into the Visitor Information Centres in Trail and Rossland and find out what it is really like to live and play here!

For further information go to www.exploreyourtrail.com, www.trailcamber.com, www.lcic.ca and www.imaginekootenay.com

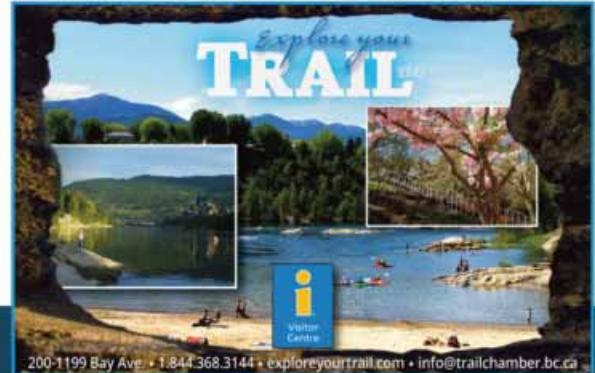


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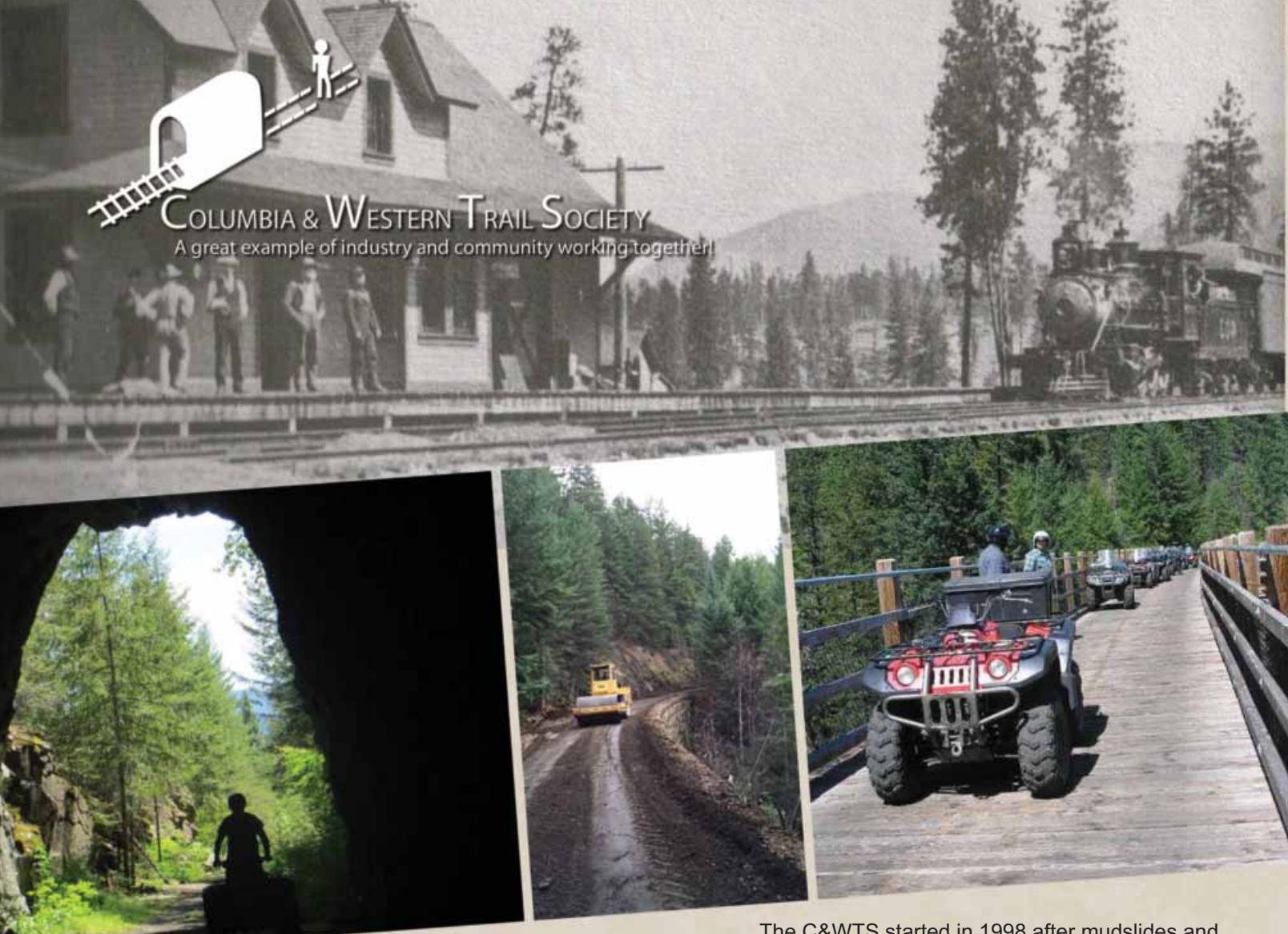


200-1199 Bay Ave • 1.844.368.3144 • exploreyourtrail.com • info@trailchamber.bc.ca



COLUMBIA & WESTERN TRAIL SOCIETY

A great example of industry and community working together!



The Columbia and Western Trail Society is a non-profit organization based out of Castlegar, BC with a vision of a safe and accessible trail for all users. Their mandate is the promotion, maintenance preservation of the many historic sites on this section of the Trans Canada Trail. They have a stewardship agreement with trail managers Recreation Sites and Trails BC.

The C&WTS started in 1998 after mudslides and rock falls had cut off sections of the trail. A major wash-out occurred near the Castlegar trail-head washing a section of trail out. After several volunteer work parties of hard work, trail traffic was restored, and the trail was much safer for all users. With the help of more local volunteers, The Columbia and Western Trail Society was formed later that year. The C&WTS membership is comprised of

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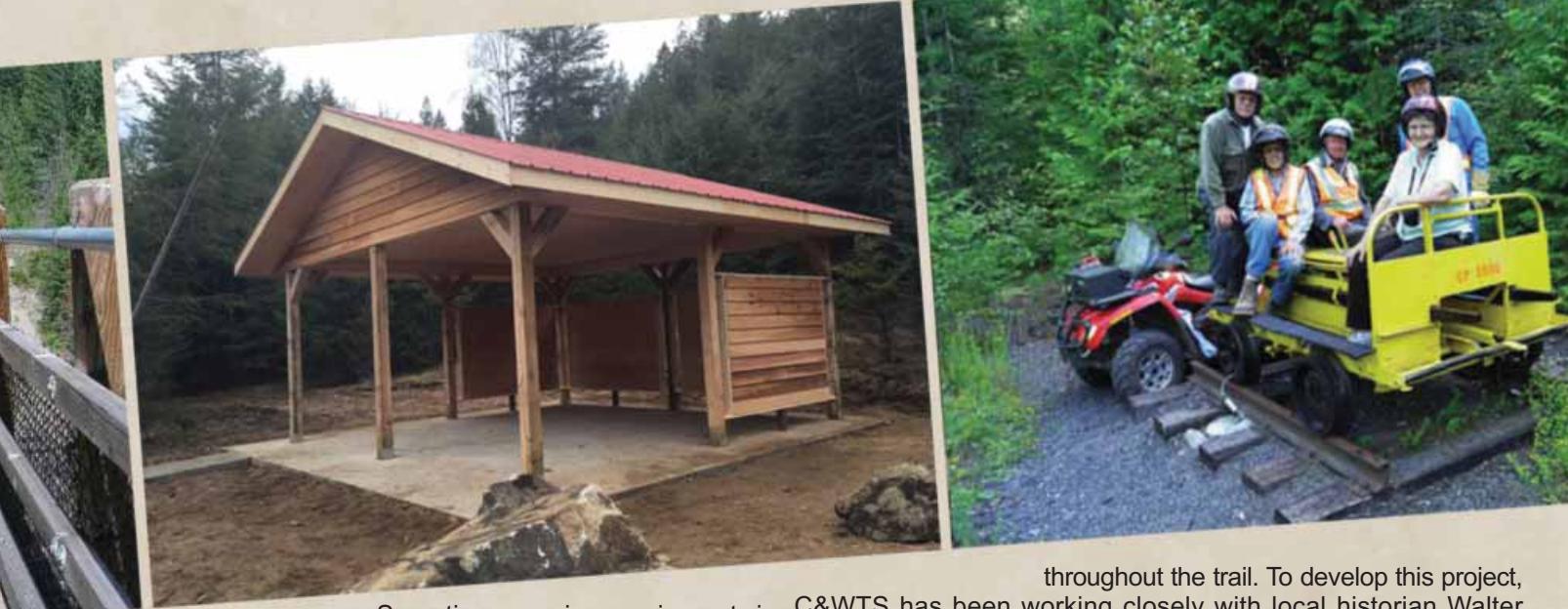
Sutco has been a strong supporter of the CWTS as well they support local youth/sports teams, societies and charities. Over the last couple years they have had two very large initiatives; to give back to the health of our communities and the environment. These 2 staples are PINK POWER (the Pink Cancer Fighting Tractor) and our Liquid Natural Gas (LNG) Tractors.

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multi-trail users, they maintain a distance of 85km of rail/trail from Castlegar to Fife above Christina Lake. C&WTS continues to advocate for a multi-use trail, believing all users can work together for the betterment of the trail, while protecting the environment, surrounding ecosystems and recognizing the many historical sites on the trail.

C&WTS club volunteers can be spotted along the trail removing fallen rocks, trees, placing water bars in wet locations and keeping the water culverts clean. Safety fences have been placed on many of the rock retaining walls that overlook the valley below. All the bridges have been upgraded with a wood deck to ease the rider along.

engineering marvels including trestles, tunnels, masonry supports, bridges and historic C.P.R. locations on the rail trail. One of C&WTS projects this year is to recognize many of these locations, in 2016 the partners placed kiosks along the trail while completing many improvements to the trail. Signage is being created to accurately display the many historic stations that were most important during the steam era. We propose to tell the story and invite the thousands of riders, hikers and walkers who visit the Rail Line annually to pause and enjoy interpretive signage and rest stops at 17 locations



Sometimes major equipment is hired where needed to repair the surface of the trail, replace old existing culverts and maintain ditch lines along the trail. The society partners with many trail organizations like Impact Equipment, Sutco, Celgar, Interfor, C.P. Rail, West K Concrete, Mitchells Supply, Playmor Power Products, USCC Brilliant Culture Center, Trails BC, Trans-Canada Trail and ATV/BC just to name a few who are also dedicated in providing a world class trail network in British Columbia for all to enjoy. There are many

throughout the trail. To develop this project, C&WTS has been working closely with local historian Walter Volovsek as well as other community partners including Castlegar Heritage Society, Selkirk College, the Castlegar Doukhobor Museum, the Penticton Museum, CP Rail Archives and BC Hydro. The Columbia Western Rail Line played an important role in the settlement of the interior of BC, providing a bloodline for the economic growth of the Province through the transportation of the Kootenays' vast mining resources. It was also the site of the infamous rail bombing which killed the Doukhobor Spiritual Leader Peter Lordly Verigin.



- TRANSPORTATION SPECIALISTS.

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West Kelowna, BC V4T 3J6

CHILLIWACK
8094 Lickman Road,
Chilliwack, BC V2R 3Z9

CRESTON
709 Hurry Road,
Creston, BC V0B 1G2



Getting out on the Un-Beaten Trail

To understand the Kettle Valley Rail Trail you have to travel back in time of steam-driven horse power. Can you hear the steam whistle calling, hear the "Train a Coming"? Gold was in the hearts and minds of the world! North America was the destination, getting rich was the plan, 1850 was the date. Travel was by river, trails and rails and the Kootenay Boundary was alive with great prospects of getting rich. There was rail development to the south and commerce was leaving BC.

In 1898 the Columbia Western Rail Line was started from Castlegar to Midway. The 26km line was complete by 1901 at a cost of \$5 million. This was a great improvement, it brought economic opportunities to all of the mining towns linking them together.

The Kettle Valley Rail Line continued creating the Southern route to Hope and was completed in 1911. When roads were established in the early 1960's the trains prosperity dimmed. By mid

1970 the CPR was losing money operating at a loss due to the very expensive cost of maintaining the rail line through the mountains.

In the early 1990's the Kettle Valley Rail corridor from Grand Forks to Penticton was purchased by the Province of BC and in 2004 the Columbia and Western Rail corridor from Grand Forks to Castlegar was donated to the Province.

In the early 90's the recreational sport of riding Off Road Vehicles was very limited; however since then the sport has evolved into a multi-million dollar industry, with ATV (All-Terrain Vehicle) use the leading choice for touring and destination riding.

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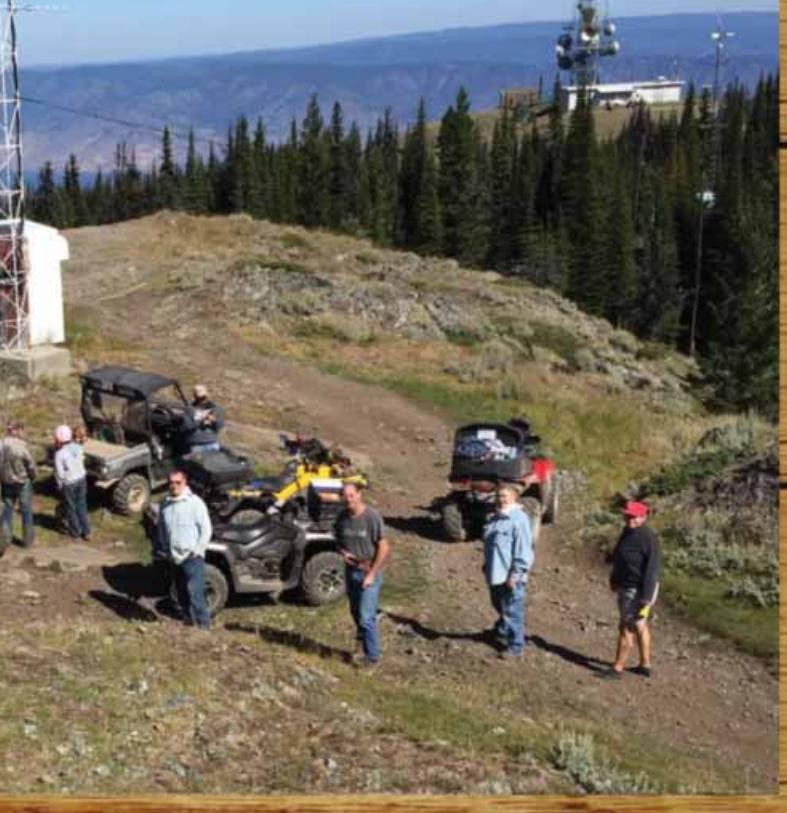
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Explore the rail trails and the many communities that are connected by the trail. History can be seen and felt in the many heritage sites and structures along the path taking you back to the 1800's where it all began.

Mom, dad, the kids and teens, grandma and grandpa, young adults, families, mobility challenged and those retired, everyone can go ATVing! If you can drive a car, you can drive an ATV!

Share adventures with many generations, and make memories that last a lifetime! It's never too late to add ATVing to your bucket list. Many folks continue to enjoy the sport well into their golden years as it allows them to stay connected with nature and the great outdoors; some say it keeps them young at heart!

Enjoy the adventure where you control the ride, from a one person sit astride to a multi person side by side, the choice is



yours! Take a leisurely putt along the trail, stopping at viewpoints and rest areas along the way, or cover lots of ground and travel great distances to visit many different communities and cultures, the possibilities are endless!

ATVing is also a great way to socialize and enjoy other sports, such as getting to the ol' fishing hole to catch "the big one" and making new friends along the trail. Local riders are helpful and friendly, always ready to lend a hand to fellow riders.

Grand Forks ATV, Greenwood ATV, Princeton ATV and Kamloops ATV are some of the many local ATV clubs that help to develop maps, safety signage, and place Kiosks along the trails, helping all users to enjoy the BC Outdoors. By developing strong partners and getting involved, these trails will be available to all users and inspire future generations to respect the BC Outdoors. "Join a Club, let Your Voice Be Heard".

If you are interested in finding out more information about ATV clubs or ATV tourism please contact tourism@atvbc.ca

With multi-use trails from Hope to Grand Forks, there is something unique and memorable about each region and we invite you to add these great ATV adventures and attractions to your itinerary when planning your next trip.

Forestry camping, bring your camping gear, and make the experience uniquely yours, with ride in/out access to recreation sites and forestry camping. After a day of riding and exploring the area, enjoy campfires and great times in the evening with family, friends, and the new folks you meet along the way!

TRAIL COURTESY
Be part of the trails community.
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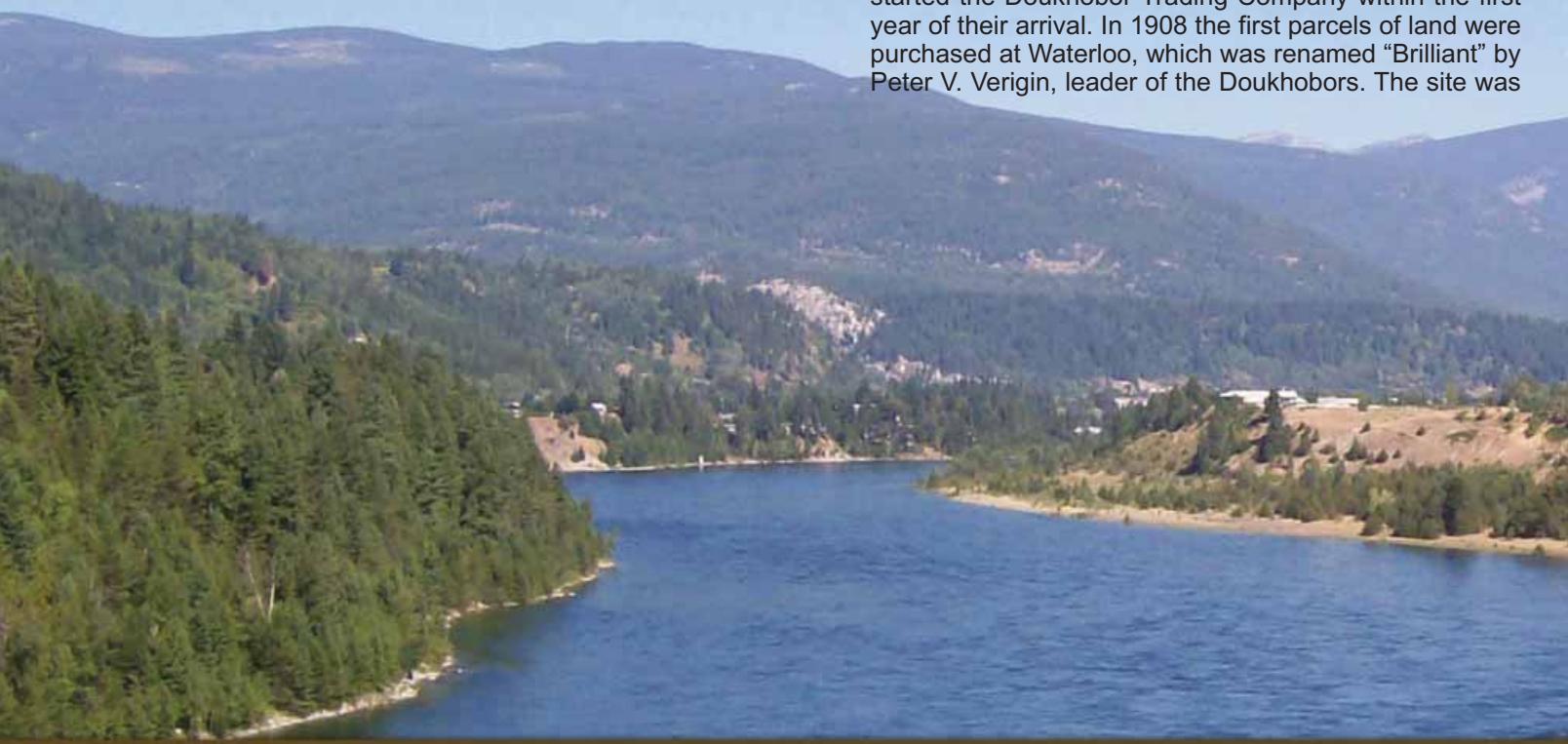


CASTLEGAR

happily ever after

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 Kootenays. 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 Ooteschnia, 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



Happiness IS.... Station Museum ~ Millennium

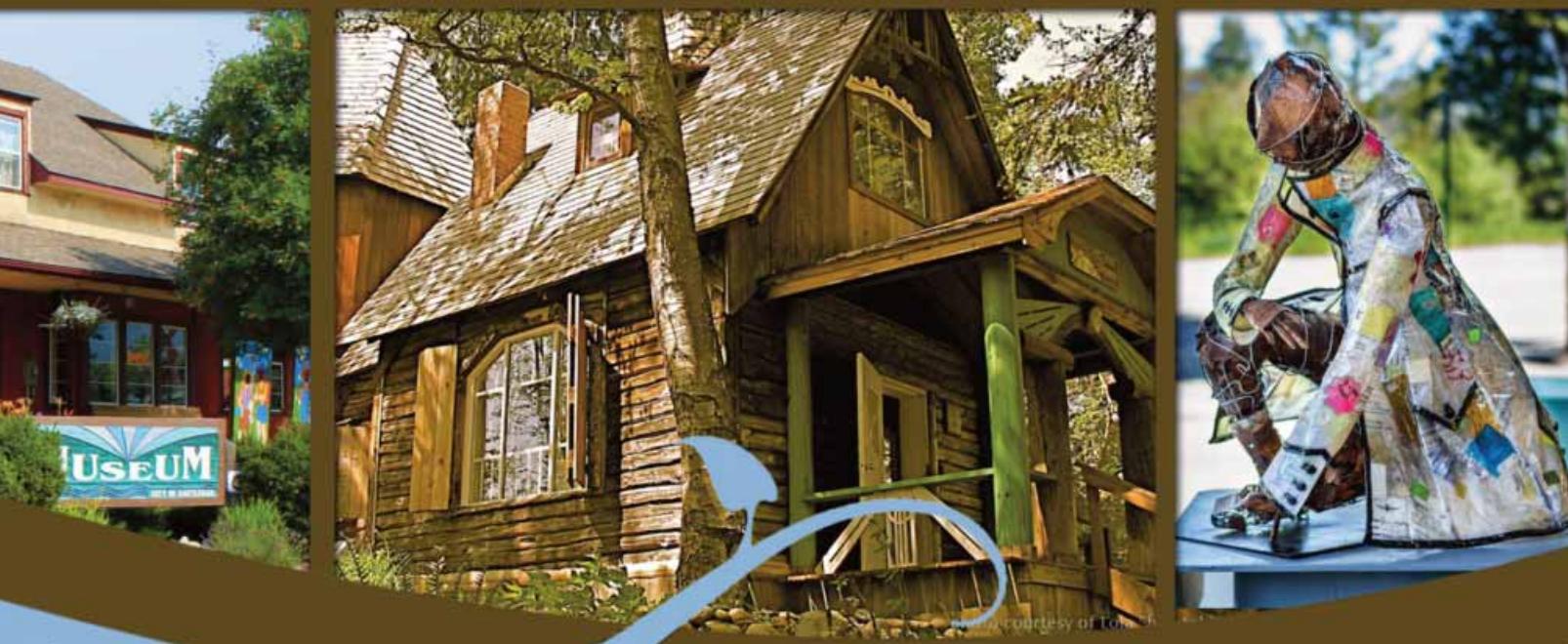
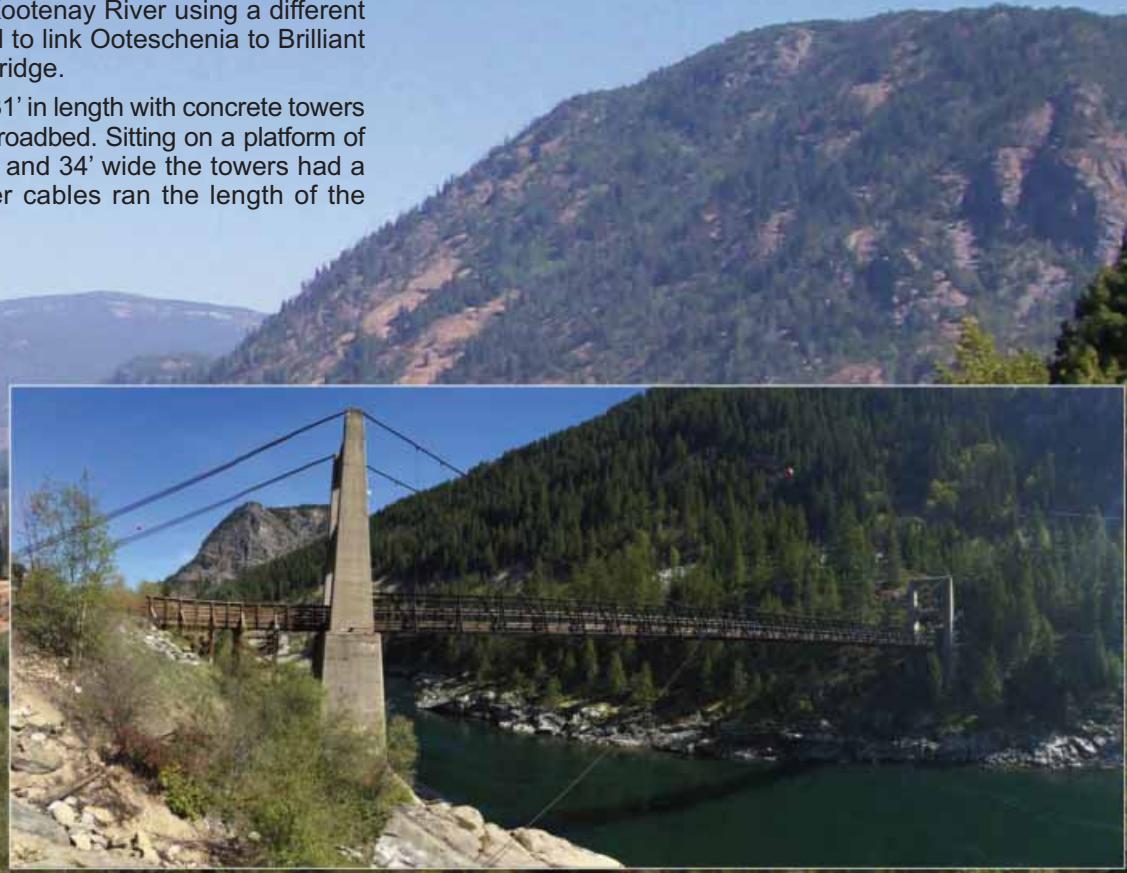
directly across the Columbia River from where present day Castlegar is located. There was much growth between 1908 and 1913 with land holdings growing to over 14,000 acres and a population of over 5,000.

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 Ooteschenia 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.

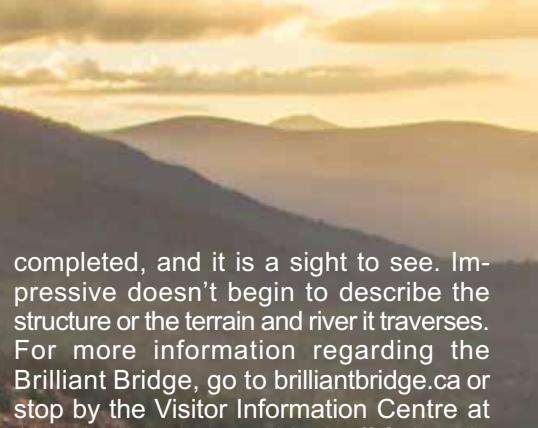


• Park ~ Zukerburg Island ~ Brilliant Bridge ~ Sculpture Walk

Destination Castlegar

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 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 or stop by the Visitor Information Centre at 1995 6th Ave, just one block off Columbia Ave.

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.

View over 1,000 artifacts representing their pioneering, customs and arts & crafts



Open May 1st
10am to 5pm Mon thru Sat
12 pm to 5 pm Sundays

250-365-5327

112 Heritage Way (across from West Kootenay Regional Airport) Castlegar BC
email: doukhobor.museum@gmail.com - <http://doukhobor-museum.org>



STATION MUSEUM

Both sites are dog friendly
Admission to museum and chapel are by donation

SATURDAY DAY MARKETS
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Castlegar's first Police Station and Refurbished Caboose as added attractions.

Open April to Oct.: 10am - 5pm Tues. to Sat.
July to Sept. open 7 days a week.
For winter hours, tours and other info
please call: **250-365-6440**

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ZUCKERBERG ISLAND

Zuckerberg Island is Open Year Round
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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 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.

Your Place for Fun

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Castlegar & District Community Complex
phone: 250.365.3386
www.rdck.bc.ca

CDD
CASTLEGAR AND DISTRICT
RECREATION DEPARTMENT

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.

Make your next Destination, Castlegar! And Do it Outdoors.

WEST KOOTENAY REGIONAL AIRPORT

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

Also Serving Private Aircraft

Daily Airport Shuttles between Castlegar & Nelson and Castlegar & Rossland

Car Rental, Public Transit Stop from Castlegar & Trail

Live Web Cam at: <http://www.wkrairport.ca/webcam>

www.wkrairport.ca



Hiking Idaho Peak | Photo: Destination BC/Dave Heath

TAKE THE ROAD LESS TRAVELED

The West Koot Route is just off the beaten path, a place where the busyness of life fades into the awesome beauty of nature.

In the south eastern corner of British Columbia you can follow a quiet single-lane highway that winds through the wild heart of the West Kootenays. A lightly populated region of idyllic villages including Kaslo, Nakusp and New Denver.

Ferry crossings are required from East, West and North, making it just secluded enough to keep the crowds at bay, but still within easy reach of the purposeful wanderer.

Whether you're hiking in the Valhalla, Kokanee Glacier, or Goat Range Provincial Parks, biking on the rail trails or paddling the lakes and rivers, this is an outdoor adventurer's paradise.

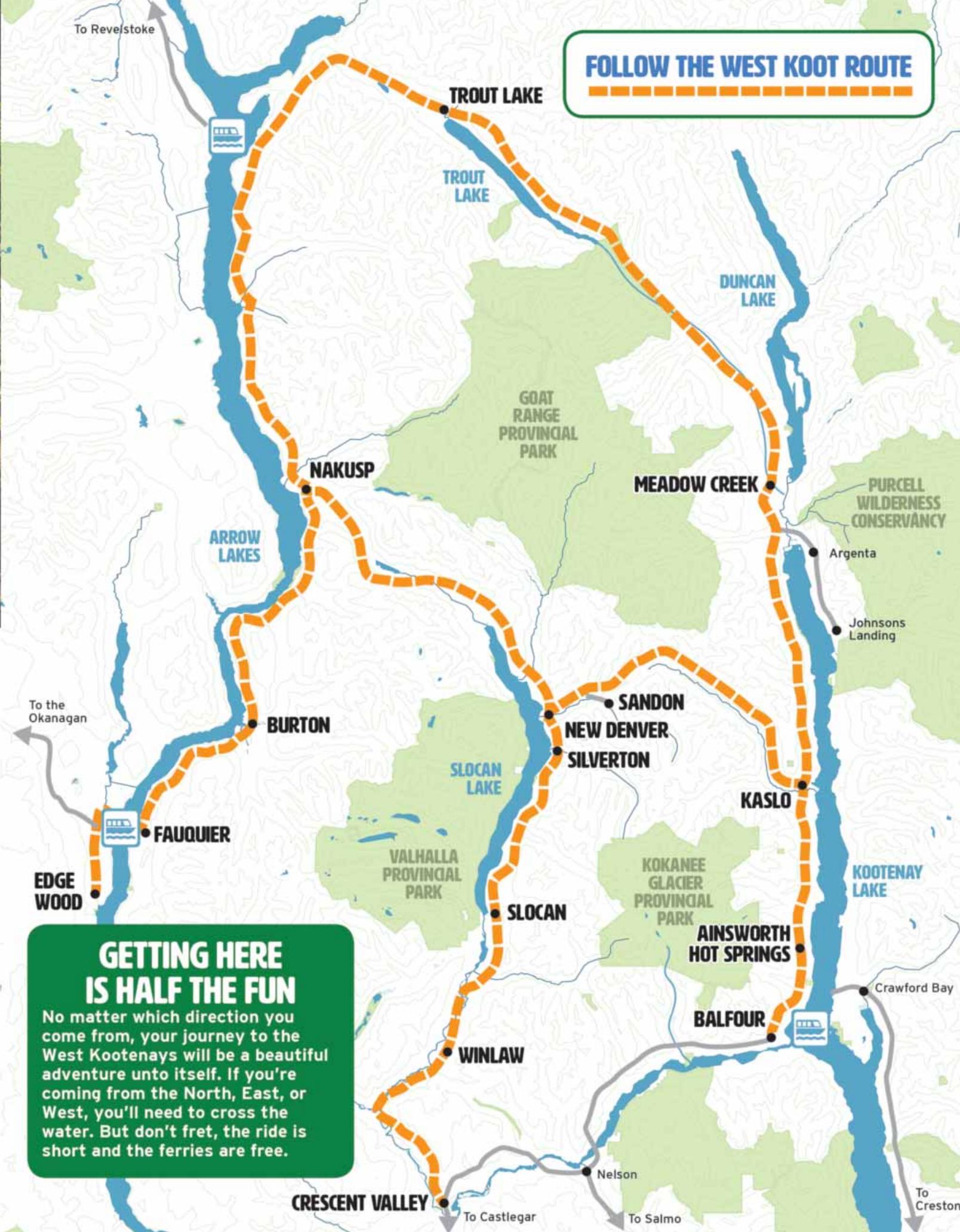
Relax after your adventures at some of BC's best hot springs, from thermal caves to spa-style pools to 'wild' backcountry options.



For more information visit

WESTKOOTROUTE.CA

FOLLOW THE WEST KOOT ROUTE



GETTING HERE IS HALF THE FUN

No matter which direction you come from, your journey to the West Kootenays will be a beautiful adventure unto itself. If you're coming from the North, East, or West, you'll need to cross the water. But don't fret, the ride is short and the ferries are free.

CRESCENT VALLEY

To Castlegar

To Salmo

To Creston

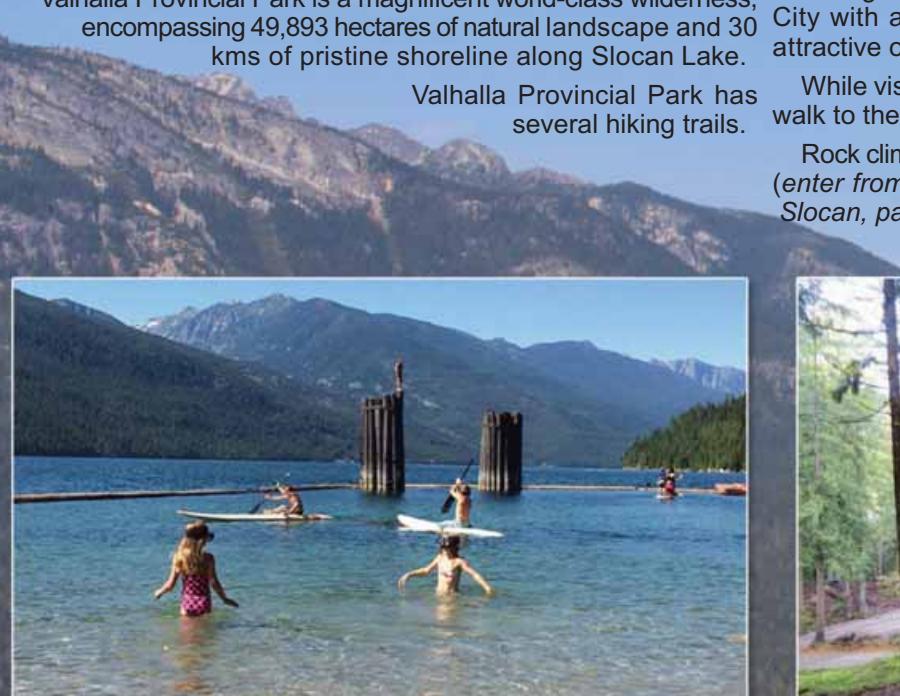
the Silvery Slocan

Step into "Kootenay Time" when you turn north up the Slocan Valley on Highway #6 and experience life at a different pace. Take the relaxing and winding highway north and enjoy stopping at any one of the small towns and villages along the way. For the trail enthusiast, the Slocan Valley Rail Trail follows the highway to Slocan City where in days gone past, steam wheelers connected to New Denver further up #6 along Slocan Lake.

With no cell service past the first few kilometres, the folk that live in the valley maintain a connected community lifestyle, where visits, gatherings and direct communication are much more a way of life.

Valhalla Provincial Park is a magnificent world-class wilderness, encompassing 49,893 hectares of natural landscape and 30 kms of pristine shoreline along Slocan Lake.

Valhalla Provincial Park has several hiking trails.



This park was created to protect the diverse topography, majestic peaks and unique vegetation typical of the Selkirk Mountains. There are many opportunities here for the back-country adventurer. Several beaches for boaters, some for water skiers and others for canoeists.

The Village of Slocan is a very friendly and welcoming community of about 350 people, located at the southern end of Slocan Lake. The village changed focus after the 2011 closure of the Springer Creek Forest Products mill. There was a community movement toward eco-tourism that attracted an array of new residents and entrepreneurs who recognize the potential of this hidden gem. There is a strong sense of community in Slocan City with a fitness center, youth center, library and more, an attractive option to the bustle of the larger centres.

While visiting enjoy the 35 site campground within a 10 minute walk to the beach, boat launch, lake, hiking & biking trails.

Rock climbing on the Slocan Bluffs, located on the "old highway" (enter from the corner of Slocan Street and Delany Avenue in Slocan, past the sawmill).



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Experience kayaking on the Slocan River with your own adventure or enjoy a guided tour available through local adventure tour guides.

Driving north on #6, get ready for spectacular views of Slocan Lake as the road takes you high along the mountain sides before bringing you down to the shore line and to the picturesque village of Silverton.

Stop by the Silverton Village office to pick up a pamphlet that will guide you through a historic walking tour. Visit Frank Mills Outdoor Mining Museum or Fingland Cabin & Blacksmith Shop originally built in 1896.

The Silverton Historical Society has cleared heritage mining trails in the Silverton Creek drainage. These trails were used for travel between the mining camps and Silverton. You can still find abandoned mining and camping gear, some of it a century old.

There's a lakeshore campground with 15 treed sites, picnic tables & fire pits; a washroom building; several water taps serve the campsites and firewood can be purchased from the campground attendant.

There are also 20 sites along Silverton Creek, which is where group reservations are placed. Reservations are for groups requiring a minimum of six sites. This area of the campground is located next to the children's playground, tennis court, bocce pit and Dewis Park baseball field.

A boat launch is located next to the lakeside campground at the foot of Leadville Street with parking for vehicles and trailers. Please ensure to use the boat washing station before entering the lake with your boat.

Find out more info at the village office.



A Deluxe Vacation Rental in the Slocan Valley: ParadiseValleyLodge.com



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Ainsworth & Balfour

Follow the road winding uphill behind the hot springs, (you will need clearance under your vehicle) and it will take you to the historic Ainsworth Cemetery. This is actually the third burial site in Ainsworth, the first being under a private dwelling. A visit to the cemetery is well worth it as 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 its 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



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Balfour - Kootenay Bay Ferry

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 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.

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



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 mountain 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 downtown businesses but strong silver prices and the entrepreneurial 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 everyone's vacation.



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Picturesque Kaslo

Picturesque Kaslo, a must stop when traveling "The Koot Route" has something for everyone. Trek the Kaslo Wagon Road Historic Trailway. This 29km route has been rehabilitated for multi-use recreational purposes by the Kaslo to Sandon Rails to Trails Society (Since 1993).

Tour the S.S. Moyie, which plied the waters of Kootenay Lake in the early 1900's. Now an historic museum, the restored paddle wheeler offers displays of pictures, artifacts and models

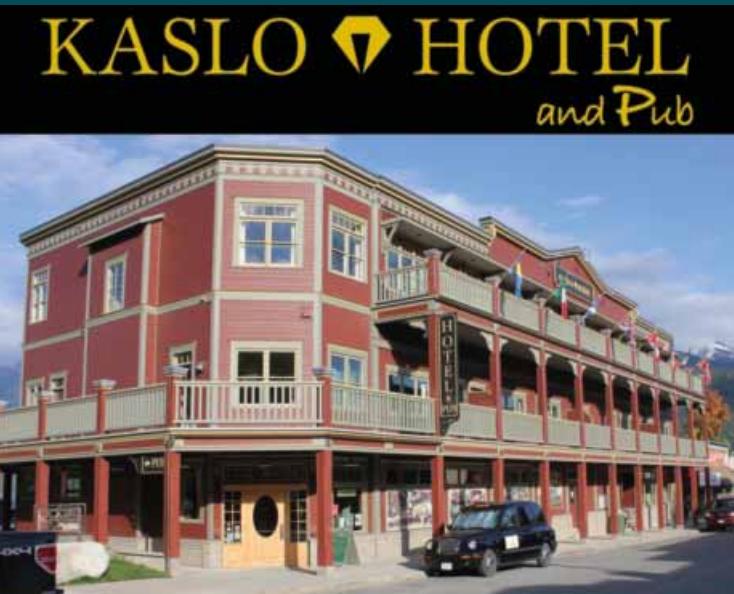
showcasing life in the early part of the century.

Enjoy a paddle boarding or a cruise on the lake, hiking, biking or riding the historic trails, don't miss the Kaslo Jazz Fest or just take in the absolute beauty of your surroundings from the patio of the Kaslo Hotel. Your biggest decision will be what to do first.

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