

JOURNEY INTO THE WILD

SUPR,
NATURAL
BRITISH
COLUMBIA
CANADA

KOOTENAYROCKIES.COM

PHOTO: CMH BOBBIE BURNS' VIA FERRATA
AT MT. NIMBUS, RYAN CREARY

In the southeast corner of British Columbia west of Banff National Park, the Rockies' jagged peaks rise in parallel with the Purcell, Selkirk and Monashee ranges. Rivers and lakes in the valleys between have enabled human settlement for millennia. Around every turn, scenic terrain and charming towns await exploration.

Each community in the Kootenay Rockies has a unique story. On your journey, you'll discover beautiful vistas and meet warm, interesting people. Whether you're trekking national park trails or pursuing main street shops, you will enjoy your stay. Here are highlights of this BC mountain playground.

BANFF TO GOLDEN 139 km/86 mi

Yoho National Park

This place is a hiker's paradise. Over 400 km of trails traverse valley bottoms and verdant forests, and rise above treeline to awesome views.

Yoho Park (250-343-6783) boasts thundering waterfalls. Takakkaw Falls off Yoho Valley Rd is one of Canada's highest at 384 m/1,260 ft. Wapta Falls west of Field is worth the 30-minute access hike for its impressive 150-m/490-ft width and 30-m/98-ft height.

Burgess Shale World Heritage Site quarries contain 500-million-year-old invertebrate fossils. Access is by tour only (Parks Canada 1-877-737-3783; Burgess Shale Geoscience Foundation 1-800-343-3006).

See the Natural Rock Bridge en route to picturesque Emerald Lake via Emerald Lake Rd. A 5-km/3-mi trail circles the lake and there's a short walk to Hamilton Falls. Dine or rent a boat at Emerald Lake Lodge (1-800-663-6336).

TOWN OF GOLDEN

Golden (Tourism Golden, 1-800-622-4653) embodies the best of this pocket of the west with its unaffected charm and scenery. Remnants of early 1900s architecture and Swiss mountain guide settlement harmonize with the town's shops and restaurants. Downtown is the Kicking Horse Pedestrian Bridge, North America's longest free standing timber frame bridge, and Spirit Square, a venue for free concerts and farmers' markets. Adventure activities are a Golden specialty.

Naturalists converge on Golden for wildlife viewing and bird watching. The Columbia Wetlands connects Golden with Invermere; at 15,070 hectares this is one of North America's longest and most biologically rich wetlands. Take an eco-tour or rent a boat (1-888-244-7117).

Anglers fish Golden's rivers and lakes for trophies. Get fishing licenses at Service BC (1-250-344-7550), and guided trips through The Golden Gillie (1-250-344-1217).

Road cyclists ride the Golden Triangle (Golden-Radium-Lake Louise-Golden), while mountain bikers tackle over 100km of trails at Moonraker and Rotary trails. Local bike shops offer rentals.

Mount 7 summit is accessible by road. This acclaimed paragliding destination is a premiere choice for sightseeing and downhill mountain biking.

At Kicking Horse Mountain Resort (1-250-439-5425) there's lift-assisted downhill biking and interpretive tours of the Grizzly Bear Refuge where 'Boo' resides. The sightseeing gondola rises to Eagle Eye restaurant (Canada's highest) and summit hiking trails. Thrill seekers can try guided via ferrata climbing along a route with fixed cables, ladders and a suspension bridge. Rocky Mountain Riders (1-877-950-7533) rents ATVs and side-by-sides for trail riding near the resort.

Each section of the Kicking Horse River has its rewards. Guided raft trips range from mild to wild; the Middle and Lower Canyon runs are whitewater enthusiast favourites. Raft companies are listed at tourismgolden.com/rafting. Some local operators also offer guided SUP and inflatable kayak tours.

Situated beside the Columbia River, Golden Golf Club (1-866-727-7222) offers 18 holes and mountain scenery.

STAY AWHILE... MOUNTAIN STYLE



Scenic spot 45 minutes from Banff, Lake Louise & Radium Hot Springs

Heritage log cabins with fireplaces, \$110-\$165 spring season, \$165-\$200 summer season; kitchenette option

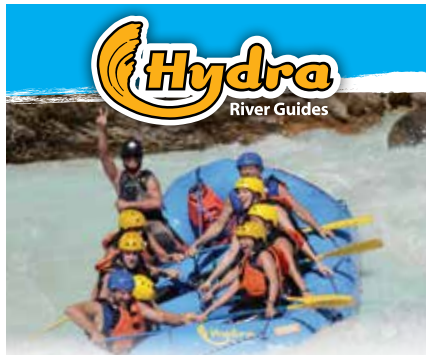
General store with fresh baking, sandwiches, snacks & unique gifts

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Visitor information, wedding & family reunion packages, close to hiking and hot springs

KOOTENAY PARK LODGE

Kootenay Parkway (Hwy 93S) between Banff & Radium Hot Springs
250.434.9648 * KootenayParkLodge.com



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PHOTO:
SINCLAIR CANYON AT RADIUM HOT SPRINGS,
RYAN CREARY

Golden is close to six of Canada's most stunning national parks. In fact, the town is in the middle of the highest concentration of national parks in the world. Hire an ACMG-certified local guide for mountaineering at Rogers Pass or Bugaboo National Park; you can start with a learn-to-climb course at Dogtooth indoor climbing gym (1-250-344-6444).

The town is a gateway to vast wilderness and dozens of backcountry accommodations. CMH Canadian Mountain Holidays (1-800-661-0252) operates wilderness lodges with modern amenities that are accessible only by helicopter. Guests are treated to guided heli-hiking, zipline treks and North America's longest via ferrata guided climbing route with a suspension bridge 600 m/2,000 ft over the valley floor.

Events

- Jun-Aug Summer Kicks free concerts in Spirit Sq
- Jun 18-19 Golden 24 24-hour mountain biking race
- Jul 2-3 Western Open Downhill at Kicking Horse Mountain Resort
- Jul 17 OSPREY BC Enduro Series East bike race
- Jul 23-31 Willi X-Country Challenge paragliding
- Jul 27-28 Trans-Rockies Singletrack 6 bike race
- Aug 19-20 Golden Sound Music Festival
- Sept 23-25 Golden Ultra trail running race

BANFF TO KIMBERLEY 268 km/167 mi

KOOTENAY NATIONAL PARK

This park (250-347-9505) is 1,406-sq km/

543-sq mi of startling contrasts. It's packed with towering summits, hanging glaciers, narrow chasms, forested valleys, arid grasslands and mineral pools. Rockwall is the favourite multi-day backpacking route.

Travel the 106-km Banff-Windermere Highway (Hwy 93 S), from Hwy 1 in Banff to Radium Hot Springs. Every turn reveals interesting sights; wildlife is abundant. Popular short hikes include Fireweed Loop, Marble Canyon and the Paint Pots. Stop at historic 1923 Kootenay Park Lodge (1-250-434-9648) for cozy cabin accommodation, rustic dining, interesting gifts from their shop, or simply an ice cream to break the drive.

RADIUM HOT SPRINGS

This lovely village where bighorn sheep often roam the roads lies at Kootenay Park's southern entrance. Radium offers restaurants, shops and accommodations from campgrounds to full-service hotels. Find Radium Hot Springs Visitor Centre (1-888-347-9331) on Main St.

Find Radium Hot Springs Mineral Pools (1-800-767-1611) amidst the red cliffs of Sinclair Canyon, just inside the park boundary. Enjoy the huge hot pool, 25-metre cool swimming pool, hot plunge pool and spa.

Excellent 18-hole golf courses include the Radium and Springs courses (1-800-667-6444); there are also par 3 courses. Local rafting companies offer family floats and whitewater



Let nature take its course.

≡ GOLDEN RULES ≡

In the heart of the Canadian Rockies

Located between three mountain ranges, close to six of Canada's most stunning national parks and sitting at the confluence of two historic rivers, Golden BC is a paradise for outdoor adventure, spectacular scenery and wildlife.



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Golden Golf Club

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1-866-727-7222 www.golfgolden.com



tourismgolden.com

Artym Gallery in Invermere is a showcase for 65 Canadian artists, painters, sculptures and jewellers.

adventures on the Kootenay River, Kicking Horse River and Toby Creek.

Favourite short hikes near Radium include Olive Lake, Valley View and Juniper Trail. Travelling on two wheels? Pick up the Columbia Valley Cycling Society's map at the Radium Visitor Centre (1-250-347-9331) or enjoy an afternoon with the kids at the Pump & Jump Track.

Backcountry activities near Radium include horseback riding, fishing, camping, canoeing and kayaking. ATV and dirt bike riders can get information at local recreation sites and TrailsBC.ca.

Events

Jul-Aug, Friday evenings Music & Market on Main
 Sept 17-18 Classic Car Show
 Sept 23 Headbanger Trail Challenge
 3-, 5- and 10-km run
 Nov 5-6 Headbanger Festival - The Rut not the Run
 big horn sheep interpretation

INVERMERE-ON-THE-LAKE

This friendly town with main street shops and restaurants sits on the shores of one of the region's warmest lakes, Lake Windermere. Spend time at Kinsman beach or James Chabot Park where boat rentals are available.

Artym Gallery (250-342-7566) on picturesque main street is a showcase for high quality Canadian art. Variety abounds with over 65 artists represented, a rotating display of 100 original paintings, sculptures and handmade jewellery. Artym also hosts special exhibits, and ships worldwide with guaranteed safe arrival.

Championship golfing options in Invermere include Eagle Ranch (1-877-877-3889), Copper Point and the Ridge Courses (1-877-418-4653).

West of Invermere is Panorama Mountain Resort (1-800-663-2929) with waterpark, waterslide, kids' adventure camps, mini-golf, ATV tours, tennis and walking trails. Ride their chairlift to sightseers and downhill bike. Greywolf Golf Course is on-site.

South of Invermere, Fairmont Hot Springs (1-800-663-4979) has mineral pools, three golf courses, mini-golf, horseback riding and an RV resort.



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Brian Porter



Sandy Graves



Cameron Bird

Mon - Fri 10am - 5:30pm; Sun 12 - 4pm
 934 - 7 Ave, Downtown, Invermere, BC
 250-342-7566

artymgallery.com

Events

Artym Gallery exhibits:

Jun 18-24 *Angela Morgan* whimsical people

Jul 1-7 *Min Ma & Bayot Heer* painting and jewellery

Jul 29-Aug 4 *Cameron Bird & Sandy Graves* oil paintings and sculptures

Aug 12-18 *Andrew Kiss & Margo Fearn*

landscapes and fine jewellery

Aug 26-Sept 1 *Maya Eventov*

textured tree, flower and landscape paintings

Sept 24-30 *Plein Air Exhibition* multiple artists

CITY OF KIMBERLEY

Kimberley is set in an exquisite location on the Columbia Valley's western slope. This former mining town has recreated itself as a complete year-round destination.

Downtown Kimberley's Platzl is an outdoor pedestrian mall with many restaurants and shops. It is adorned with fountains, and is home to a climbing wall and Canada's largest freestanding cuckoo clock. On Thursday evenings (June to Sept.), browse the Howard Street farmers' market. On the first Saturday of those months, enjoy all-day arts and culture celebrations. Kimberley Visitor Centre (778-481-1891) is by the Platzl parking area.

Kimberley's Underground Railway (250-427-0022) offers a scenic train ride and tour of the Sullivan Mine. Cominco Gardens with 45,000 flowers is lovely for a stroll or picnic; it's free to visit. Walk 10-minutes from Marysville to 100-ft St. Mary Falls.

Swimming, boating and waterskiing are popular at Wasa Lake. Rent a canoe, kayak or SUP board

Fort Steele Heritage Town near Kimberley is a recreated late 1800s boom town.

from Kootenay Rafting Co. (1-250-427-7728); they also offer guided river rafting and SUP tours. There's indoor swimming, lazy river, hot tub and a steam room at the Kimberley Aquatic Centre. Fishing is prime at Premier Lake, and on local rivers for cutthroat, rainbow and bull trout. Guided trips (1-800-667-2311) are available.

Kimberley has outstanding hiking and biking trails. At the 2,000-acre Nature Park, trails crisscross the forested landscape of one of Canada's largest municipal parks. Popular Northstar Rails to Trails (the former railway between Kimberley and Cranbrook) is a paved 25-km (15-mi) multi-use route and part of the Trans-Canada Trail.

Many visitors come to Kimberley for the excellent golfing. Options include 18- and 9-hole Bootleg Gap Golf Course (1-877-427-7077), 18-hole Kimberley Golf Course (1-877-427-4161) and 18-hole Trickle Creek Golf Resort (1-800-258-7669). Try 18-hole wheelchair accessible putting at Riverside Campground (1-877-999-2929).

Near Kimberley is Fort Steele Heritage Town (250-417-6000), a recreated late 1800s gold mining boom town with historic buildings, steam train rides, livestock demonstrations and Wildhorse Theatre shows. Also nearby are the St Eugene Casino (1-800-728-2726) and the city of Cranbrook that is home to the Canadian Museum of Rail Travel (250-489-3918).



A good place to be out & about.

Kimberley, BC, Canada
TourismKimberley.com



KIMBERLEY

A GOOD PLACE TO BE.



PHOTO:
KIMBERLEY - FISHER PEAK,
KARI MEDIG

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Events

Jun 4 *Marysville Daze* family festival and music
Jun 11 *Kimberley Rotary Lobster Fest*
Jun 26 *Round the Mountain Festival* run, hike, bike
Jul 8-9 *Kimberley Medieval Festival*
Jul 15-17 *JulyFest* bocce championships, soccer tourney, longboard race and music
Aug 6-13 *Kimberley Kaleidoscope Arts Festival*
Aug 20-21 *Black Spur Ultra Relay Race*

KIMBERLEY TO FERNIE 119 km/74 mi

CITY OF FERNIE

Fernie is the largest and oldest community in the Elk Valley, founded in 1898 as hub for mining and forestry. Its historic downtown is a treasure of 100-year-old brick and stone architecture like the grand 1909 courthouse; take a self-guided walking tour (guided tours run occasionally). Set in the heart of the Rocky Mountains, wilderness adventure begins at the city's edge. Fernie Visitor Information Centres are at the museum (250-423-7016) and on Hwy 3 northeast of town (250-423-6868).

The Elk River's sparkling waters wind through the valley. There's fly-fishing from June 15, float trips on calm stretches and wild whitewater rafting in the lower canyon. You can also find water (plus sand hazards, too) at Fernie Golf & Country Club (1-250-423-7773).

Hiking trails include an easy two-hour waterfall stroll and the iconic full day Heiko's Trail that crosses mountain passes. Mountain biking opportunities are abundant; enthusiasts access over 100 trails, and Bike and Dirt Jump Parks.

At Fernie Alpine Resort (1-877-333-2339), the Timber Express Chairlift travels up the mountain to spectacular Elk Valley views, hiking trails, and the treetop Aerial Park playground with a rip-pin' zipline. From the top, biking options include cross-country, downhill, single track and dual slalom trails; bike rentals are offered.

At the Fernie Museum (1-250-423-7016), the *This is our Fernie* exhibit interprets a hundred years of hardships and achievements, while the second-floor gallery hosts special exhibits, workshops, presentations and events. Visit the studio home of Clawhammer Letterpress (1-778-519-5010) and Angela Morgan Gallery. On Fridays and Saturdays see antique presses in action alongside the working painter's studio and fine art gallery.

If you like beer, visit Fernie Brewing Company (1-250-423-7797) to sample their microbrews and browse the store. Those with a sweet tooth

Fernie's historic downtown is a treasure trove of 100-year-old architecture.

might prefer Beanpod Artisan Chocolate (1-778-519-5008), one of the world's few places to watch chocolate being made from rare flavoured cacao beans on century-old machines.

Events

Jul 1-3 *Fernie 3 Mountain Bike Race* and *Roll & Sole Trails Festival*
Jul 5 *Mountain High SUP Race*
Jul 23-25 *Singletrack 6 Mountain Bike Race*
Aug 12-14 *Wapiti Music Festival, Bibbity Bobbity Boo Children's Festival and Classic Car Show*
Aug 26-27 *BC Cup DH Mountain Bike Finals*
Sept 3-4 *WAM BAM Dirt Jump Jam, Tears & Gears Mountain Duathlon and Lions Demo Derby*
Sept 9-11 *Fernie Heritage Festival and Feast & Fest*
Oct 2 *Fernie Half Marathon, Relay & 10K*

STAY CONNECTED

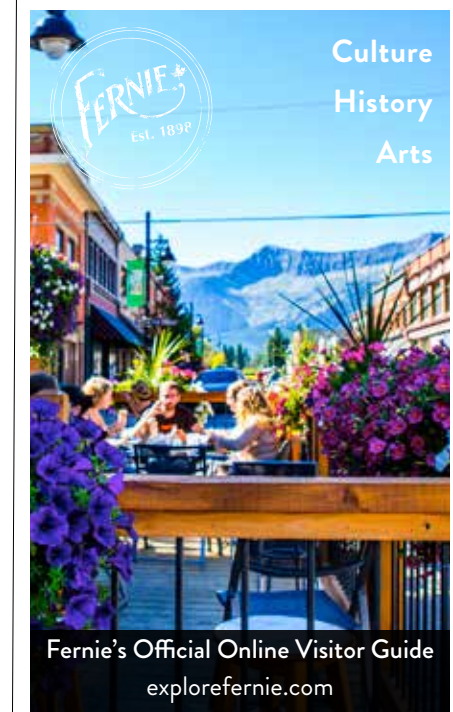
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