

COVER

# KOOTENAY ROCKIES TRAVEL GUIDE 2015

Join us on an adventure in the southeastern corner of BC – We invite you to discover everything the Kootenay Rockies has to offer.

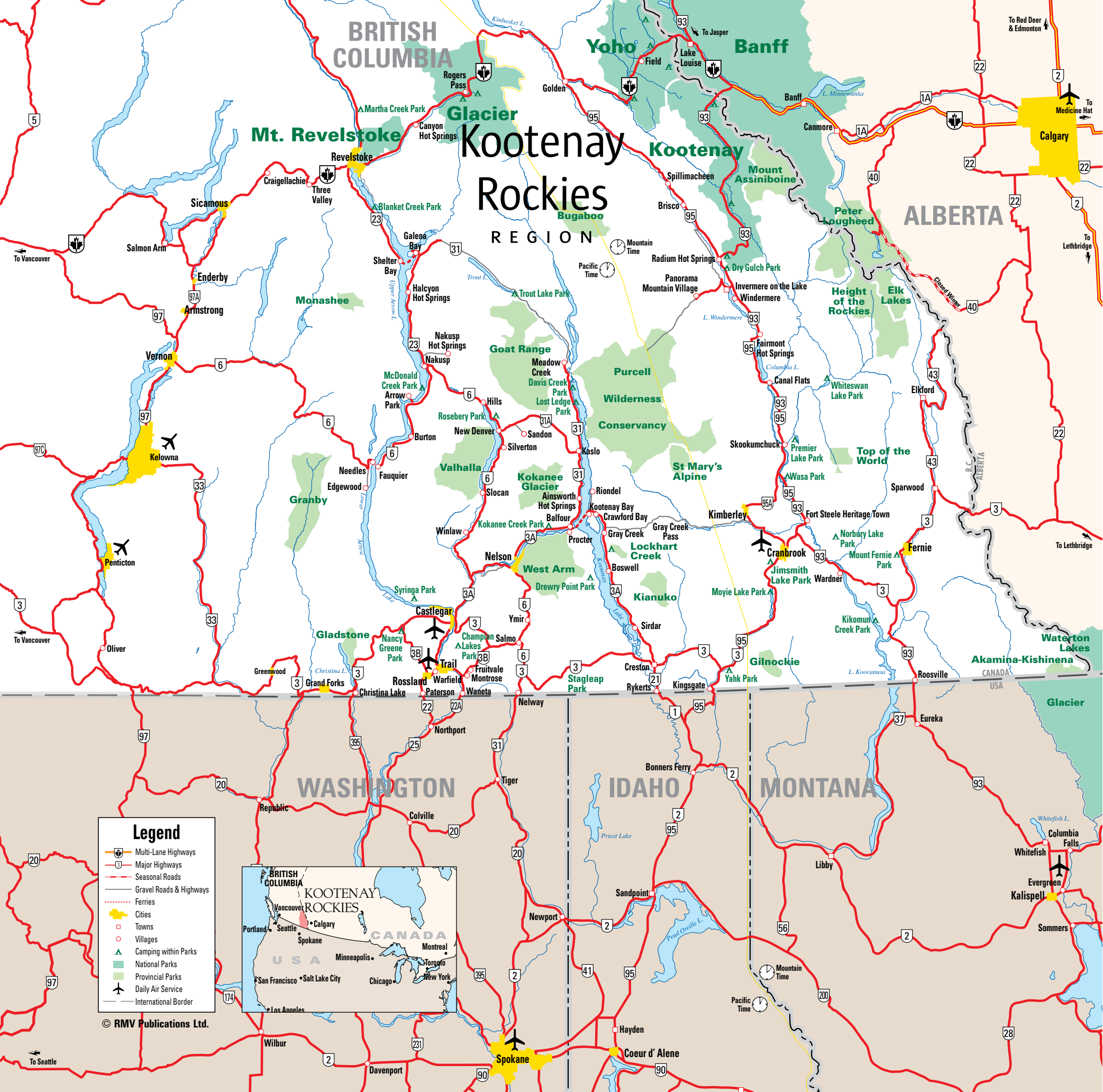


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**PRINTER:** Mitchell Press  
**DESIGN:** Brenda MacGillivray Design  
**PUBLISHED BY:**  
Kootenay Rockies Tourism  
1905 Warren Avenue Kimberley, BC V1A 1S2  
ph 250-427-4838 fx 250-427-3344  
Info@KootenayRockies.com

For travel information contact  
**KOOTENAY ROCKIES TOURISM**  
**KootenayRockies.com**  
ph 250-427-4838 or  
brochure hotline 1-800-661-6603  
For accommodations, reservations  
& travel ideas visit **Hellobc.com/kr**



# REGIONAL HIGHLIGHTS

## GETTING HERE BY AIR

Major international gateway cities provide easy air access.

### AIR CANADA

offers flights to/from Vancouver & Calgary to Cranbrook, Kelowna, Penticton and to/from Vancouver to Castlegar. 1-888-247-2262

### PACIFIC COASTAL

offers scheduled flights to/from Vancouver into Cranbrook & Trail. To/from Victoria & Kelowna into Cranbrook. And between Kelowna and Trail. 1-800-663-2872

### WESTJET

offers scheduled flights to/from Calgary, Edmonton and Vancouver, into Kelowna. 1-888-937-8538

## GETTING HERE BY ROAD

In the north, the TransCanada Hwy #1 follows the route of the Canadian Pacific Railway through four of Canada's National Parks, connecting Calgary with Vancouver and the coast.

A less travelled southern route, Hwy #3, serves travellers from southern Alberta, the southern Okanagan Valley and Vancouver. Ports of entry on the Canada/US border allow access from Spokane, Washington; Coeur d'Alene, Idaho; Kalispell, Montana & points south.

## DRIVE TIMES

(drive times are approximate)

Rossland/Trail to Castlegar	30 min
Castlegar to Nelson	40 min
Nelson to Crawford Bay	30 min + ferry
Crawford Bay to Creston	1 hr + 15 min
Creston to Cranbrook	1 hr + 15 min
Cranbrook to Fernie	1 hr + 10 min
Cranbrook to Kimberley	20 min
Kimberley to Fairmont	1 hr + 10 min
Fairmont to Radium	30 min
Radium to Golden	1 hr + 10 min
Golden to Revelstoke	2 hrs
Revelstoke to Nakusp	1 hr + ferry
Nakusp to Castlegar	2 hrs
Calgary to Golden	3 hrs
Calgary to Fernie	3 hr + 30 min
Lethbridge to Fernie	2 hr + 30 min
Kamloops to Revelstoke	2 hr + 40 min
Kelowna to Revelstoke	2 hr + 50 min
Kelowna to Rossland	4 hrs
Spokane to Nelson	4 hrs
Spokane to Rossland	3 hrs
Spokane to Cranbrook	4 hrs

## ROAD CONDITIONS

1-800-550-4997 Visit [DriveBC.ca](http://DriveBC.ca) for real time info.

## BORDER CROSSINGS

At the Canadian/US border, be sure to carry your passport or equivalent.

For information & updates, visit: [Travel.state.gov](http://Travel.state.gov), [Cbsa.gc.ca](http://Cbsa.gc.ca) or call: 1-800-461-9999.

### ROOSVILLE & KINGSGATE

(Cranbrook) - open 24 hrs

**RYKERTS** (Creston) - open 7am - 11pm

**NELWAY** (Nelson) - open 8am to midnight

**WANETA** (Trail) - open 9am - 5pm

**PATERSON** (Rossland) - open 24 hrs

### CASCADE

(Christina Lake) open 8am - midnight

**OSOYOOS** - open 24 hrs

## FERRY CROSSINGS

Year-round & a free service [DriveBC.ca](http://DriveBC.ca)

### KOOTENAY LAKE: Highway 3A

From Balfour, 6:30am to 9:40pm  
From Kootenay Bay, 7:10am to 10:20pm  
Crossing time: 35 minutes  
Ph: 250-229-4215

### HARROP: Highway 3A

Across Kootenay River to communities of Harrop & Procter  
Crossing time: 5 minutes  
On demand 24 hours  
Ph: 250-229-5650

### UPPER ARROW LAKE: Highway 23

From Shelter Bay, 5am to midnight  
From Galena Bay, 5:30am to 12:30am  
Crossing time: 20 minutes  
Ph: 250-265-2105

### ARROW PARK: Highway 6

Junction of Upper & Lower Arrow Lakes  
From west side, 5:10am to 12:05pm; 2:30pm to 9:20pm  
From east side, 5am to noon; 2:15pm to 9:10pm  
Crossing time: 5 minutes  
Ph: 250-265-2105

### LOWER ARROW LAKE: Highway 6

From Fauquier: 5am to 10pm  
From Needles: 5:15am to 9:45pm  
Crossing time: 5 minutes  
Shuttle Service: 10pm - 5am  
Ph: 250-265-2105



# THE KOOTENAY ROCKIES

**BRITISH COLUMBIA'S  
MOUNTAIN  
PLAYGROUND.**

In the southeastern corner of British Columbia, the jagged peaks of the Rockies rise in parallel with those of the Purcell, Selkirk and Monahsee ranges. In between are valleys, rivers and lakes that have enabled human existence for thousands of years. With incomparable scenic beauty around every turn, this, is British Columbia's Mountain Playground.





# THE BIRTHPLACE OF ADVENTURE

Major rivers include the Kootenay and the Columbia, North America's fourth largest, which, from its source in the Rockies, circumnavigates the region in a wide arc. Tributaries such as the Kicking Horse River, Elk River and Salmo River generate some of the best whitewater conditions on the continent.

In the midst of this monumental landscape, geography, geology and history have conspired to create utterly charming Victorian small towns.

This is the birthplace of adventure tourism. Picture Victorian men and women, devoid of high-tech clothing, roped to Swiss mountain guides as they traverse the icefields of Glacier National Park.

Today, visitors come to the Kootenay Rockies for a rich palette of recreational activities that includes world-class hiking, biking, climbing, river rafting, paragliding, canoeing, wildlife viewing and golfing.

Typically, July and August are the best months for most outdoor activities, and for lazy days at the beach. Count on a fabulous display of fall colours, and any time of year is great for a soak in the hot springs.

And, if you just want to enjoy the view, there is no shortage of tranquility in these mountains and valleys. As playgrounds go, this one is big....



# PARKS - NATIONAL & PROVINCIAL

From a pristine freshwater environment on Kootenay Lake to the highest peaks of the Kootenay Rockies, Canada's national treasures are protected forever in provincial and national parks.

Yoho and Kootenay national parks, together with Mount Assiniboine Provincial Park, have been recognized by UNESCO for their 'outstanding universal value', and are included in the Canadian Rocky Mountain Parks UNESCO World Heritage Site.

With over 75 provincial parks distributed throughout the Kootenay Rockies, you'll find roadside picnic spots to vast areas of unspoiled wilderness, and everything in between. Experience family-friendly camping, children's playgrounds, beaches, hiking trails, rock climbing, boating, fishing and so much more....





Rogers Pass Discovery Centre, Glacier National Park; Andrew Penner photo

## NATIONAL PARKS

### YOHO NATIONAL PARK

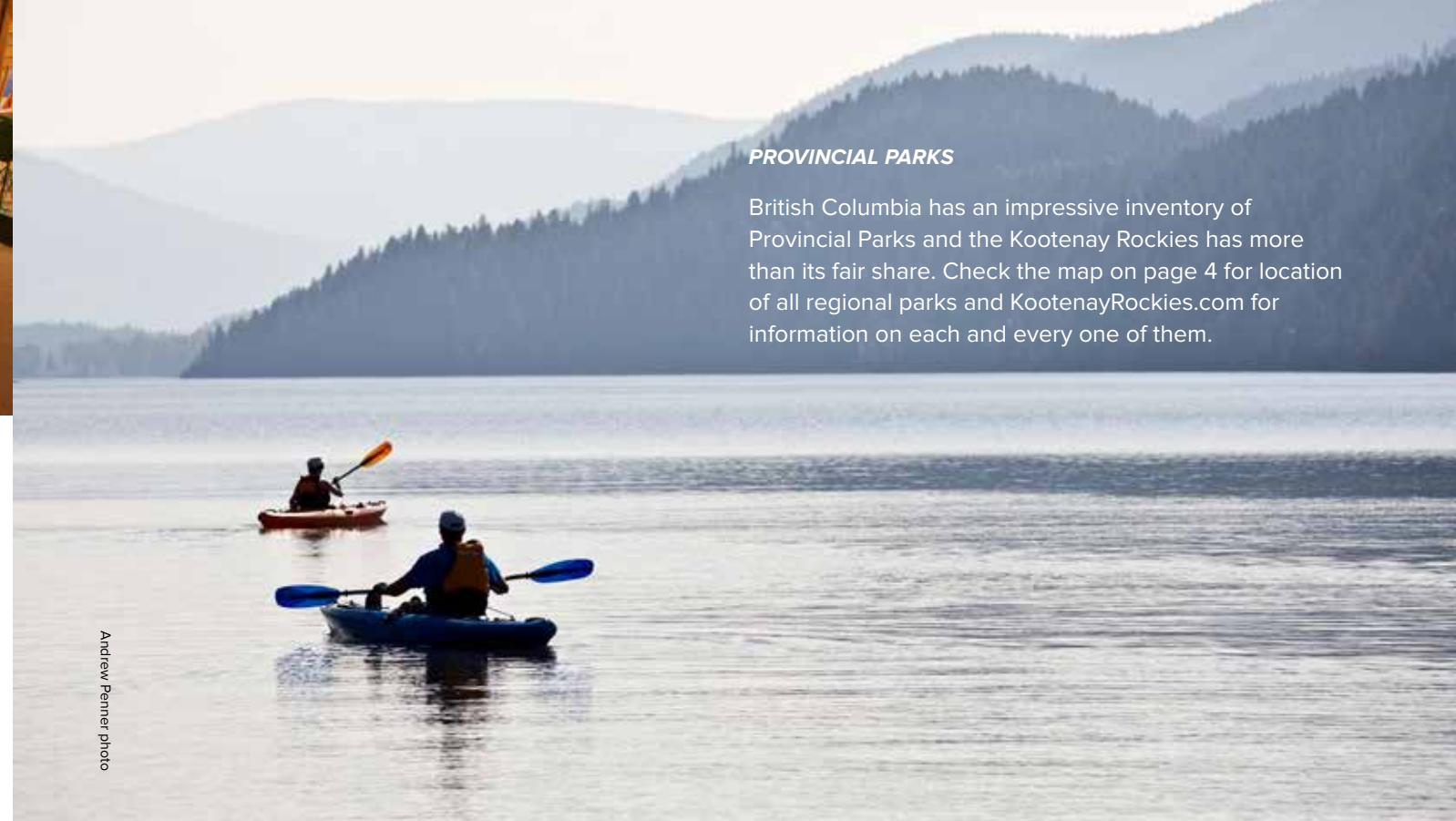
The word Yoho is a Cree expression of awe - the perfect description for this stunning 1,313 sq kilometre (505 sq mi) national park with its 28 mountain peaks which reach more than 3,000 metres towards the sky.

- *Heritage Attractions* - the Spiral Tunnels, which were cut through the parks mountains to make way for the railroad; Takakkaw Falls, with a free fall of 254 metres; the Natural Bridge, where the Kicking Horse River has carved its way through solid rock and Emerald Lake, famed for its jade-coloured waters.
- *Walcott Quarry & Stephen Fossil beds Hike* - Parks Canada Heritage Interpreters lead seven hikes weekly – challenging & educational. [www.pc.gc.ca](http://www.pc.gc.ca), [www.Reservations.ParksCanada.gc.ca](http://www.Reservations.ParksCanada.gc.ca), 1-877-737-3783

### GLACIER NATIONAL PARK

A century ago, the diverse landscape of this region was an awesome challenge for the builders of the Canadian Pacific Railway. Today it offers visitors a unique mixture of ice and mountain, beauty and challenge.

- *Rogers Pass*, site of the largest controlled avalanche area in North America, has been designated a National Historic Site to commemorate the history of this national transportation corridor.
- *Hiking Trails* – Because half of this park is above treeline, visitors can hike almost any of the many trails and experience alpine tundra where, for a few weeks in summer, the meadows burst into a sea of flowers.



Andrew Penner photo

## PROVINCIAL PARKS

British Columbia has an impressive inventory of Provincial Parks and the Kootenay Rockies has more than its fair share. Check the map on page 4 for location of all regional parks and [KootenayRockies.com](http://KootenayRockies.com) for information on each and every one of them.

### MOUNT REVELSTOKE NATIONAL PARK

Located right next door to Revelstoke, Mount Revelstoke National Park is a place of incredible contrasts. The 260 square kilometre (100 sq mi) park is known for its spectacular subalpine wildflower meadows and rugged peaks.

- *Meadows in the Sky Parkway* – The peak of Mount Revelstoke can be reached by travelling this 26 km (16 mi) parkway, which takes you through a dense rain forest of cedar and pine, subalpine forest and meadows.
- *Nature Trails* – Along the TransCanada Highway, the Giant Cedars and Skunk Cabbage Trails offer the chance to experience the parks' lush interior rain forests and beautiful wetlands.

### KOOTENAY NATIONAL PARK

Set in the Rocky Mountains of southeastern British Columbia, Kootenay National Park is a 1,406 square kilometre (543 sq mi) land of startling contrasts. Kootenay National Park is an area of incredible scenery and abundant wildlife.

- *Marble Canyon* - a steep and fascinating self-guided nature trail that crosses a narrow gorge eroded by the waters of Tokumm Creek. A connector trail from Marble Canyon leads 3.2 km the Paint Pots.
- *Stanley Glacier Hike* - Parks Canada Heritage Interpreters lead three weekly guided hikes to this recently discovered fossil site. 1-877-737-3783 [www.pc.gc.ca](http://www.pc.gc.ca) [www.Reservations.ParksCanada.gc.ca](http://www.Reservations.ParksCanada.gc.ca)

### ELK LAKES PARK

North of Elkford and nestled in the front ranges of the Rocky Mountains.

- *A delicate sub-alpine area of outstanding landscapes, natural lakes and remnant glaciers*
- *The park offers hiking trails, wildlife viewing and backcountry camping.*

### GOAT RANGE PARK

In the Selkirk Mountains near Kaslo along Highway 31.

- *This 78,947 hectare park is a large protected wilderness area critical in maintaining the natural habitat for species such as grizzly bear, mountain goat & woodland caribou.*
- *There is a rustic vehicle access camping area at Gerrard.*

### MCDONALD CREEK PARK

Highway 6, 10 km south of Nakusp on Arrow Lake.

- *A holiday destination for swimming, boating & fishing.*
- *This park features several kilometres of sandy beach, waterfront sites and open grassy meadows.*

### MOYIE LAKE PARK

South of Cranbrook

- *Day use area, boat launch and 111 site campground and public access to Moyie Lake.*
- *Swimming, windsurfing, sailing, boating, wildlife and bird watching & a variety of fishing experiences enhance this park.*
- *Pictured above.*



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1.866.619.6442  
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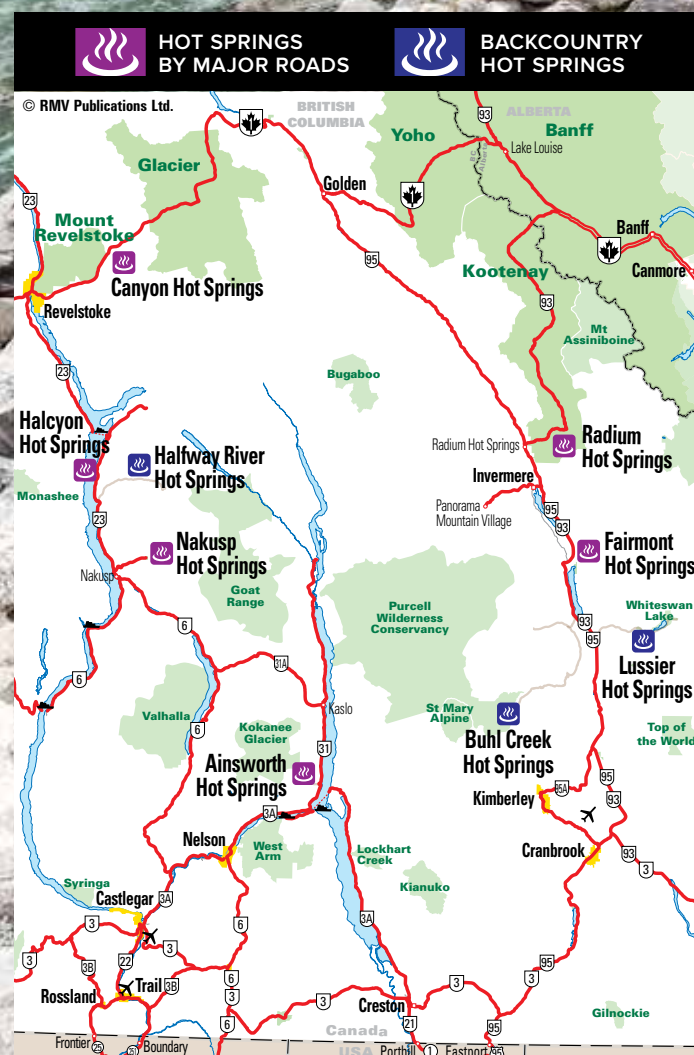
Nipika Mountain Resort borders Kootenay National Park and offers guests a recreational playground right out the front door of the luxurious lodge and cabins. Nipika is a remarkable eco lodge inviting guests to retreat, relax and recreate. Easy access to mountain biking, hiking, fishing, canoeing, kayaking or rafting. Or just sit on the porch and watch the wildlife graze.

1-877-647-4525  
[info@Nipika.com](mailto:info@Nipika.com) [www.Nipika.com](http://www.Nipika.com)



# HOT SPRINGS & WELLNESS

Most hot springs in Canada occur in British Columbia. And, the Kootenay Rockies is blessed with numerous hot springs ranging from wonderful resorts to wilderness backcountry pools. Soothe your spirit in the legendary natural mineral pools – take the family, take a friend or simply take care of yourself. For additional pampering and therapeutic experience, visit a day spa or wellness retreat.



Lussier Hot Springs, Andrew Penner photo



Our **warmth** comes naturally.



Canada's largest natural mineral hot springs, 45 holes of golf, family ski area, full service spa, dining, great shopping, beautiful mountain lodge and deluxe RV Resort.

1.800.663.4979  
FairmontHotSprings.com

ANCIENT HEALING WATERS AWAIT  
RENEW YOUR BODY AND SOUL



Relax and enjoy our world renowned mineral pools, day lodge, accommodations and full service spa. Experience gourmet food and spectacular views in the Kingfisher Restaurant and Lounge. Open year-round.

68KM SOUTH OF REVELSTOKE ON ARROW LAKE  
1.888.689.4699 ~ HALCYON-HOTSPRINGS.COM





Halcyon Hot Springs; Andrew Penner photo

#### HOT SPRINGS BY MAJOR ROADS

See ads pg 15 or 17 for the applicable Hot Springs listings

#### AINSWORTH HOT SPRINGS

Hot Naturally

- A full-service resort and four-season escape located on the west shore of Kootenay Lake.
- The naturally hot, mineral waters flowing from the mystical cave will restore your spirit.

#### CANYON HOT SPRINGS

Between Glacier & Mt. Revelstoke National Parks

- The resort offers a natural mineral hot pool, a swimming pool and lodging.
- Open all summer until late-September.

#### FAIRMONT HOT SPRINGS

Our warmth comes naturally

- A full-service resort offering lodge & RV park accommodation, day spa and adventure centre.
- The property also includes 2 world-class golf courses and ski resort.

#### HALCYON HOT SPRINGS

Ancient Healing Waters Await

- Set alongside the Arrow Lakes, Halcyon Hot Springs is a place of recreation and wellness.
- Summer or winter, there's a hot pool, warm pool, cold pool, childrens pool, day lodge, spa, restaurant, lounge, overnight accommodation and activities.

#### NAKUSP HOT SPRINGS

Relax. Refresh. Return.

- The quaint hot springs are situated in a beautiful mountain setting, with creeks rushing by & trees to shade your eyes.

- Campground and cedar chalet accommodation is available, just a short walk from the hot springs, as well as hiking & biking trails through beautiful old growth forests.

#### RADIUM HOT SPRINGS

Kootenay National Park

- Set amidst the spectacular rock walls of Sinclair Canyon, the dramatic scenery and soothing waters of the springs combine to rejuvenate.
- The property also includes the Pleiades Spa, restaurant and gift shop.

#### BACKCOUNTRY HOT SPRINGS

#### BUHL CREEK HOT SPRINGS

Near Canal Flats

- Small Creekside hot springs are found off the Skookum-chuck Forest Service Road – best to visit in the summer.

#### FORDING MOUNTAIN (SULPHUR) WARM SPRINGS

Elkford

- Sulphur Springs is a naturally, warm spring hidden in forest and known for its smell as much as the healing properties some believe the water has. Tricky to find; take the Line Creek Road.

#### HALFWAY RIVER HOT SPRINGS

Nakusp

- Access to these hot springs can be a challenge - found off a steep trail that starts at the end of an old road that branches off the Halfway River Road. The main pool is a wooden structure about 2 metres (6 ft) wide and 1 metre deep.

#### LUSSIER HOT SPRINGS

Whiteswan Lake Provincial Park

- These popular wilderness hot springs are easily accessed down a wooden stairway. There are several pools among boulders next to the Lussier River.



Radium Hot Springs  
Kootenay National Park

Parc national Kootenay  
Sources thermales  
Radium

# BLISS BIEN-ÊTRE



**Radium Hot Springs**  
Kootenay National Park

Open daily, year-round  
parks.canada.gc.ca/hotsprings

**Sources thermales  
Radium**  
Parc national Kootenay

Ouvert tous les jours, toute l'année  
parks.canada.gc.ca/sourcesthermales

**250-347-9485**



Parks Canada



Parcs Canada



## RELAX. REFRESH. RETURN.




- Open Year-Round
- Campground open May 1 to mid-October
- Affordable accommodation at the Cedar Chalets
- Visit the new footbridge crossing the Kuskanax Creek to explore the natural surroundings

**NAKUSP HOT SPRINGS**

CHALETs & CAMPGROUND

**1-866-999-4528    8500 Hot Springs Road, NAKUSP**  
**info@nakusphotsprings.com    NakuspHotSprings.com**



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- Springs restaurant and lounge
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- Year-round fun for everyone



YOUR FOUR  
SEASON RESORT

**1-800-668-1171**

w w w . h o t n a t u r a l l y . c o m



# THE COMMUNITIES WE LIVE IN

Every town and city in the Kootenay Rockies has a fascinating story to tell. Along your travels, discover the rare scenic beauty and warm, friendly people. Hike the trails of mountain parks or wander the streets of quaint downtowns. Follow one of the Circle Routes that winds its way through the region – you'll discover wonderful attractions and adventures.

CHECK OUT THINGS TO SEE AND DO IN  
THE KOOTENAY ROCKIES COMMUNITIES

Find hundreds of Festivals and Events on [KootenayRockies.com](http://KootenayRockies.com)

ALWAYS THE SMART CHOICE



ASK FOR THE KOOTENAY ROCKIES RATE

**So Many Reasons to Stay:** Centrally located | Suites & kitchen units available | Complimentary high-speed Internet | On-site dining with room service | Indoor pool & whirlpool | Fitness facilities | Complimentary parking \*Amenities vary at each location

 **Sandman**  
HOTELS | INNS | SUITES

[sandmanhotels.ca](http://sandmanhotels.ca)

Castlegar | Cranbrook | Revelstoke | 1 800 SANDMAN (726 3626)





Andrew Ferner photo

## GOLDEN KICKING HORSE COUNTRY

Surrounded by national parks, three mountain ranges and at the confluence of two historic rivers, there's no wonder the town of Golden is renowned for outdoor recreation. Just about everything is offered – mountain biking, kayaking, whitewater rafting, sky diving, para-gliding... There's also an abundance of wildlife, scenery, history and real-life characters of this mountain town to captivate you and keep you coming back.

### THINGS TO SEE & DO IN GOLDEN

- 1. Arts, Culture & Heritage**  
Enjoy the vibrant cultural scene... the town of Golden is blessed with an abundance of artisan studios and galleries. Pick up a self-guided brochure at the Visitor Centre explore along the Heritage Walking Tour.
- 2. Eagle's Eye Restaurant**  
Canada's most elevated dining experience – take the gondola to the top of the mountain and turn lunchtime into an adventure.
- 3. Farmers & Artisan Markets**  
Wednesdays & Saturdays during the summer. You'll find homemade pies and samosas, artisan wares, locally grown produce, woodwork and exotic plants, live music and more.
- 4. Kicking Horse Pedestrian Bridge**  
The longest free-standing timberframe bridge in Canada. During the summer, free Summer Kicks Music Concerts take place on selected evenings.

- 5. 100 km (60 mi) of mountain biking trails**  
*Plus lift-serviced biking and hiking at Kicking Horse Mountain Resort – Trail Maps available at Visitor Centres.*
- 6. Rafting & Kayaking**  
*The Kicking Horse River is world-class and renowned as the Whitewater Gem of the Canadian Rockies. Choose from action packed adventure trips to relaxing interpretive floats.*
- 7. Wildlife viewing**  
*The Columbia Valley Wetlands, Reflection Lake, Edelweiss Slough and Moberly Slough are favourite birding spots. And the Grizzly Bear Refuge offers Interpretive Tours and guaranteed sightings!*
- 8. World's Largest Paddle**  
*Certified by the Guinness World Records, the paddle is scaled up to over 60 feet – perfect for a 78 foot giant! Check it out in Parson, just south of Golden at the Columbia Wetlands Adventures property.*
- 9. Yoho National Park**  
*Located along the western slope of the Continental Divide, this park offers a number of wonderful natural attractions such as the Spiral Tunnels, Emerald Lake, Natural Bridge and Takakkaw Falls. See National Parks pg 10*

### FIND OUT MORE ABOUT GOLDEN

British Columbia Visitor Centre @ Golden  
111 Golden Donald Upper Road  
250-344-7711  
BCVCGolden@DestinationBC.ca  
TourismGolden.com



KAYAKING  
PADDLE BOARDS  
CANOEING  
FLOAT TOURS



1 888 244 7117 | 250 348 2235  
www.wetlandsadventures.com







Photo Courtesy Parks Canada, Craig Douce photo

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## RADIUM HOT SPRINGS

### FIND YOUR PEACE

The Village of Radium Hot Springs lies at the southern entrance to Kootenay National Park. The hot pool facilities are located in Sinclair Canyon, just a couple of minutes inside the park boundary. People come here not only for the hot springs but also for the excellent golf courses in the area. Radium Hot Springs also offers many hiking opportunities, whitewater rafting adventures and scenic floats. Major events for the village include Wings Over the Rockies (May 4-10), the Classic Car Show (Sept 19) and Music & Market on Main, Friday and Saturdays during the summer.

### THINGS TO SEE & DO IN RADIUM HOT SPRINGS

- 1. Chainsaw Sculptures by Rolf.**  
*The home of a thousand faces; many of Rolf's sculptures are done by a unique carving toll – the chainsaw.*
- 2. Columbia Valley Wetlands**  
*Marshes adjacent to the Columbia River between Golden and Invermere form one of the largest contiguous wetlands in North America..*
- 3. Cultures in Contact**  
*Culture & history of Ktunaxa Nation & Anatomy of Land exhibit is offered at the Visitor Centre.*
- 4. Extensive range of visitor services year-round**  
*a variety of restaurants, shops and accommodation from campgrounds to full-service resorts.*

#### 5. Gateway to Kootenay National Park

*The Highway 93/95 junction is the southern entrance to Kootenay National Park offering several points of interest.*

#### 6. Mountain Biking Trails

*This area is home to some great cycling: Old Coach Trail, Sinclair Creek & Steamboat Mountain Trails, Nipika Cross River Canyon Trails (See ad page 12). A number of biking events also take place such as the Kootenay Krusher – Saturday, June 6.*

#### 7. Nearby Bugaboo Provincial Park

*Situated in the Purcell Mountains, this park continues to draw climbers from around the world to its airy, glacier-sculpted granite spires.*

#### 8. Rocky Mountain Bighorn Sheep & Headbanger Tours

*A famous attraction for Radium Hot Springs – tours take place in the Fall during the sheep's head banging activities.*

#### 9. Soak in the therapeutic Radium Hot Springs pools.

*Dramatic scenery and soothing water to rejuvenate. See ad page 17.*

### FIND OUT MORE ABOUT RADIUM HOT SPRINGS

Radium Hot Springs Visitor Centre  
Highway 95, 7556 Main Street East  
1-888-347-9331  
Info@RadiumHotSprings.com  
RadiumHotSprings.com



Andrew Penner photo

5



Topher Donahue photo

7



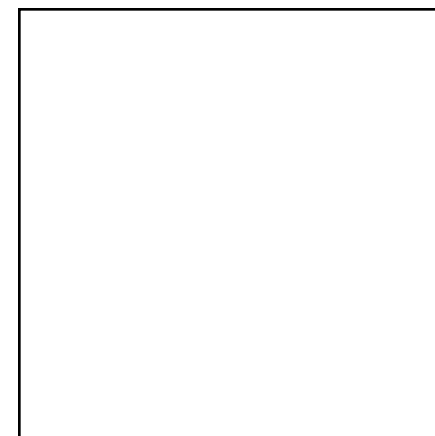
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Jenn Dykstra photo

## INVERMERE ON THE LAKE & PANORAMA MOUNTAIN RESORT COLUMBIA VALLEY

Invermere on the Lake is a small, friendly town situated on the shores of one of the warmest lakes in the region. Spend the day at the beach or on the water, but take time to explore the quaint shops and galleries in town. Minutes west of Invermere, also connected by daily shuttle in July and August, Panorama Mountain Resort is all about play. Kids will love the waterpark, waterslide and adventure camps. Grown-ups will enjoy the hot pools, shops, restaurants, the Greywolf golf course & the perfect setting.

### THINGS TO SEE & DO

- 1. A hands-on look at History**  
*The Windermere Valley Museum consists of 10 buildings furnished with pioneer artifacts.*
- 2. Browse the many Artisan Studios & Galleries.**  
*Downtown & on the mountain and throughout the Columbia Valley – Check out local artist studios for pottery and wood design at the Artisan Corner in Windermere.*
- 3. Family packages and Value lodging**  
*Great vacation packages are offered at both Panorama Mountain Resort and downtown properties.*

- 4. Foodies**  
*Tour Kicking Horse Coffee, Arrowhead Brewery or the Farmers Market Saturday mornings downtown during July & August. Fairmont Hot Springs Resort hosts the East Kootenay Wine Festival every November.*
- 5. Greywolf Golf Course**  
*A world-class property located high in the alpine at Panorama Mountain Resort; it serves up one of the finest mountain golf experiences.*
- 6. Hiking & Mountain Biking**  
*Panorama Bike Park offers chairlift accessed hiking & biking, terrain for all abilities and top-line bike rentals. Invermere showcases Swansea Mountain – its upper flanks are steep and rocky, making for some burly riding off the top. The views down the valley are incredible.*
- 7. Lake Windermere**  
*A beach and boating haven – kayak, sail, waterski, swim, play – this area is a magnet for the sun crowd. Watersports rentals and excursions available.*
- 8. Lakeside Event**  
*Watch hanglider and paraglider pilots soar through the air and attempt their water-landing contest. An excellent spectator sport – takes place on August 8 at James Chabot Park.*
- 9. Learn the history of Explorer David Thompson**  
*He first visited this area in 1807. A beautiful monument is set at Invermere's Pothole Park.*
- 10. Pynelogs Cultural Centre**  
*This heritage building hosts exhibits, concerts, gallery shows and workshops.*



Scott Rowed photo

## Experience Lakeside Living

Golf, Boat, Relax, Dine, Live - Resort Style

LakeWindermerePointe.com

**Invermere on the Lake...** Quaint town, relaxed and authentic with lodging options, shops, great restaurants, cafés, galleries, beaches, watersports, golf and more... **Panorama Mountain Village...** Exceptional Value lodging and family packages including Kids Camp! Experience... Mile One scenic chair rides, downhill mountain biking, Greywolf Golf course, rafting, ATVing, Springs Pools, waterslide, restaurants and more...

**Book your vacation now! InvermerePanorama.com**



## COLUMBIA VALLEY continued



Views of Columbia Lake Destination BC/Dave Heath photo

### 11. Fairmont Hot Springs

18 km (11mi) south on Hwy 93/95. A full-service, family oriented resort offering a wide range of activities & experiences including adventure centre, spa, natural hot springs and three golf courses. See ad page 15.

### 12. Tilley Memorial Park

At the south end of Columbia Lake, in the community of Canal Flats, this park has a boat launch, picnic area and beautiful public beach.

### 13. Windermere Fall Fair & Scarecrow Festival

Every September, Come for a fun-filled day of entertainment: market, kids zone of games and activities, great food and displays from local interest groups & artisans.

## FIND OUT MORE ABOUT THE COLUMBIA VALLEY

Columbia Valley Visitor Centre  
651 Highway 93/95  
250-342-2844  
Info@CVChamber.ca  
Invermere-Panorama.com  
CVChamber.ca



Karl Medig photo

1

## KIMBERLEY A GOOD PLACE TO BE

The city of Kimberley is set in an exquisite location on the western slope of the valley. This former mining town has recreated itself as a tourism destination, complete with championship golf courses, ski resort and an underground railway that takes visitors into the Sullivan Mine. Kimberley also includes one of Canada's largest municipal Nature Parks – almost 2,000 acres of hiking and mountain biking trails! You'll also enjoy downtown Kimberley, The Platzl, it's an outdoor pedestrian mall with many restaurants and shops.

### THINGS TO SEE & DO IN KIMBERLEY

#### 1. Canada's largest free-standing Cuckoo Clock is in the Platzl

Put a coin in and out comes Happy Hans.

#### 2. Cominco Gardens

Enjoy the pathways, seating area and acres of gardens filled with thousands of colourful blossoms and giant larch trees.

#### 3. Farmers Market

It's time for fresh food from local farms and food producers, plus crafts from local artisans – downtown, Thursdays, 5-7:30pm.

#### 4. Fine Food

Kimberley boasts a great selection of dining options from Japanese and German restaurants, to a Wood-fired Pizzeria and Craft Brew Pub.

#### 5. First Saturdays Events

From May to October, all day Arts & Culture celebrations take place on the first Saturday of each month.

#### 6. Marysville Falls & Eco Park

Lovely boardwalk along Mark Creek to the falls. The Park displays a Westslope Trout sculpture celebrating the return of this fish species to the creek.

#### 7. Nature Park

An extensive network of trails criss-cross a natural forested landscape – Maps available at the Visitor Centre.

#### 8. NorthStar Rails to Trails

The former railway between Kimberley and Cranbrook has been converted into a paved 25 km (15mi) multi-use trail – now a part of the TransCanada Trail.

#### 9. Overnighting choices range from on-mountain

Condos and vacation homes to downtown hotels and the beautiful Riverside Campground. See ad pg 28

#### 10. Underground Mining Railway

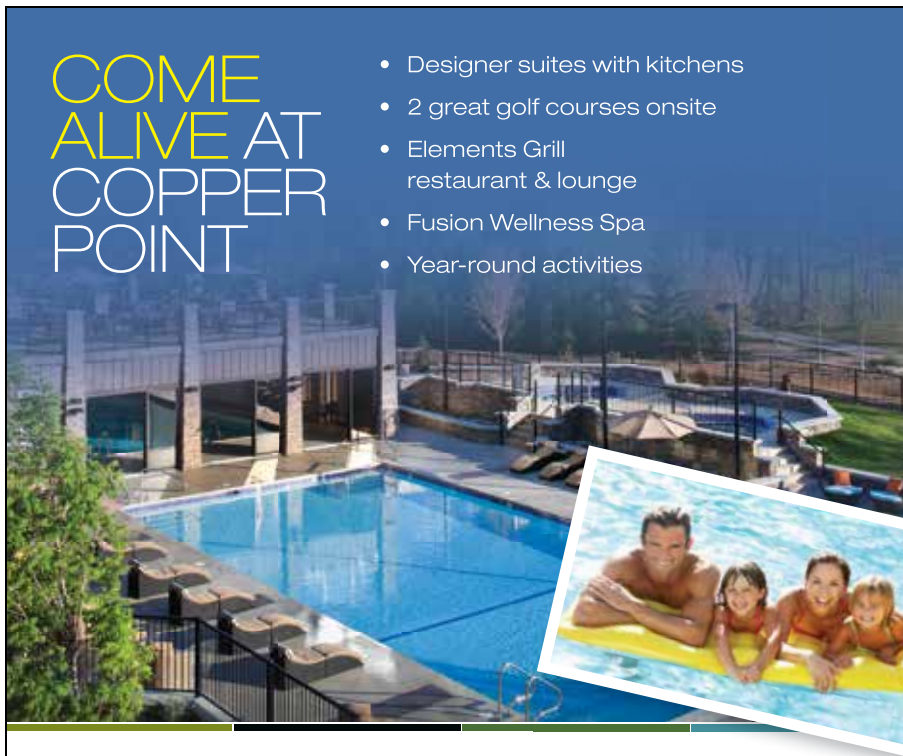
Explore Kimberley's amazing mining history; the railway will whisk you through the Mark Creek Valley – fun for the whole family. See ad pg 28

## FIND OUT MORE ABOUT KIMBERLEY

Kimberley Visitor Centre  
270 Kimberley Avenue  
1-778-481-1891  
Info@TourismKimberley.com  
TourismKimberley.com

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Kari Media photo

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KIMBERLEY continued



Pet Bates photo

7



**Kimberley Riverside  
CAMPGROUND**

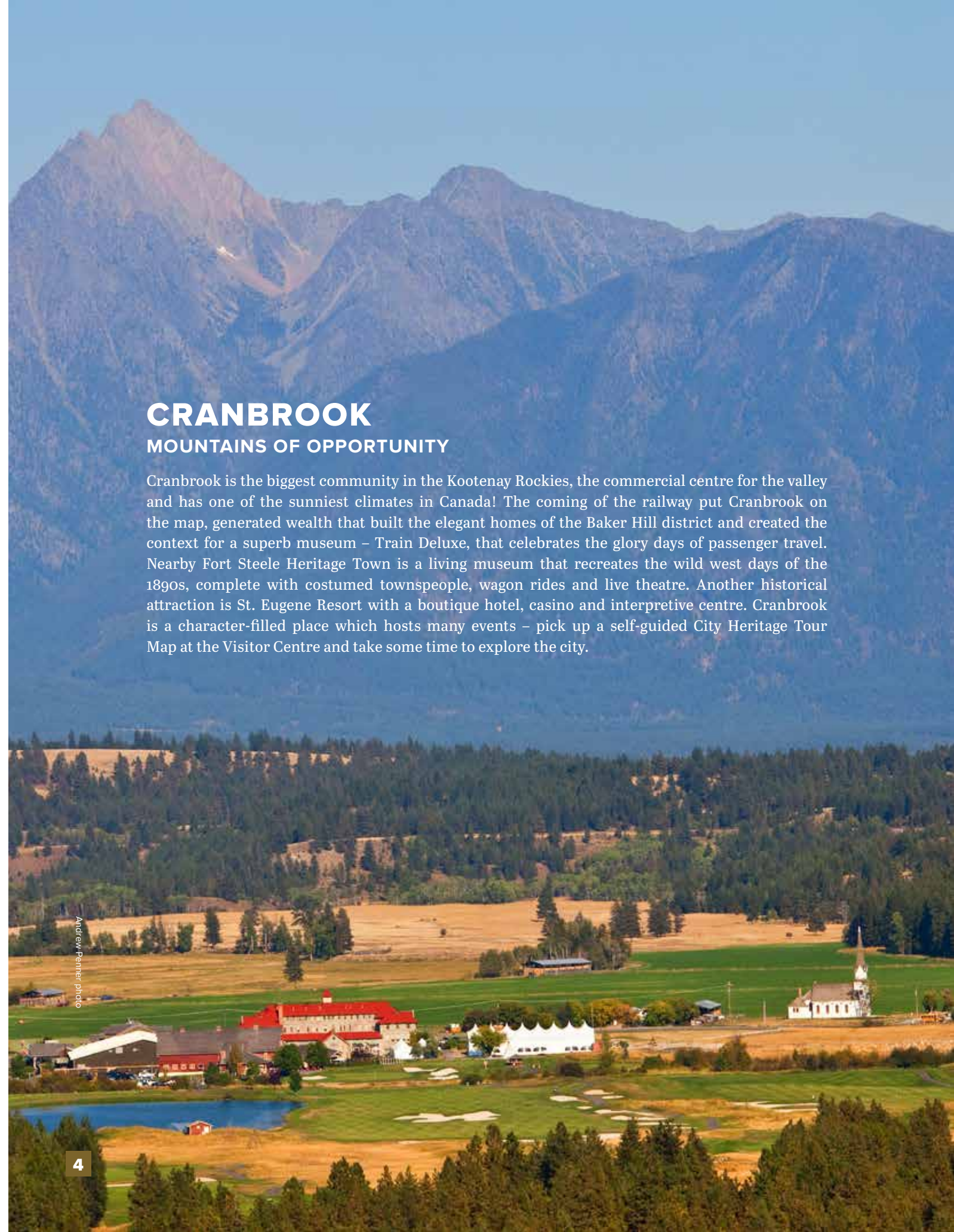


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**www.KimberleyCampground.com**  
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## CRANBROOK MOUNTAINS OF OPPORTUNITY

Cranbrook is the biggest community in the Kootenay Rockies, the commercial centre for the valley and has one of the sunniest climates in Canada! The coming of the railway put Cranbrook on the map, generated wealth that built the elegant homes of the Baker Hill district and created the context for a superb museum – Train Deluxe, that celebrates the glory days of passenger travel. Nearby Fort Steele Heritage Town is a living museum that recreates the wild west days of the 1890s, complete with costumed townspeople, wagon rides and live theatre. Another historical attraction is St. Eugene Resort with a boutique hotel, casino and interpretive centre. Cranbrook is a character-filled place which hosts many events – pick up a self-guided City Heritage Tour Map at the Visitor Centre and take some time to explore the city.

Andrew Parmer photo

4



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Underground  
Mining Railway**

**Open Weekends:**  
May long weekend through June  
**Open Daily**  
July 1 - August 31

**Departures from the Downtown Station**  
11:00 a.m. ~ 1:00 p.m. ~ 3:00 p.m.

Enjoy a scenic ride through the Mark Creek Valley with stops for guided tours of the Underground Interpretive Centre and of the Sullivan Mine Powerhouse.

**Resort Express  
Train Ride**  
Saturday & Sunday  
10:00 a.m.  
For those who just  
like to ride the train.  
**www.kumr.ca**







Andrew Penner photo

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## THINGS TO SEE & DO IN CRANBROOK

### 1. Arts & Culture

Cranbrook has a vibrant and diversified arts community, which encompasses visual, performance and indigenous arts. The Key City Theatre is a first-class performing arts, conference, cultural centre. And the Studio Stage Door is home to its Community Theatre.

### 2. City Heritage Tour

See historic residences in the Baker Hill area dating from 1888. Pick up a self-guided brochure at Visitor Centre or Railway Museum.

### 3. Farmers Market

Late-June until early-October, downtown Saturdays 10am-1pm. You'll find vendors offering fresh product, food products, baked goods, handcrafted body care, jewellery and more.

### 4. Fort Steele Heritage Town

Once a thriving frontier town, explore this wonderful family attraction – events, demonstrations, steam train rides, gold panning, and more.

### 5. Kootenay Trout Hatchery

30 km (18 mi) SE of Cranbrook - 3 million baby trout are reared here to enhance recreational fishing opportunities. An extensive interpretive area is featured with aquaria and educational displays.

### 6. Ktunaxa Interpretive Centre

Have a first-hand look into the life of the Ktunaxa (pronounced k-too-nah-ha) people. Open by appointment; located in the St. Eugene Resort.

### 7. Major Events

Sam Steele Days-community event- 3rd weekend in June, Pro Rodeo - 3rd weekend in August, Grand Fondo (road cycling) - September xx and Six in the Stix - (mountain biking) - September 19.

### 8. Outdoor Recreation

Cranbrook Community Forest offers interpretive nature trails and birding opportunities. Elizabeth Lake Wildlife Sanctuary – pick up a self-guided tour map at the Visitor Centre. TransCanada Trail includes Isadore Canyon, Rotary Way and the NorthStar Rails to Trails – the former railway between Cranbrook and Kimberley.

### 9. Recreational Complex

The Western Financial Place is home to the WHL Kootenay Ice Hockey Team, an Aquatic Centre and next to the Skatepark.

### 10. Trains Deluxe

Canadian Museum of Rail Travel, Cranbrook History Gallery, Alexandra Hall – check out the finest in Canadian Railway heritage.

## FIND OUT MORE ABOUT CRANBROOK

Cranbrook Visitor Centre  
2279 Cranbrook St N, Hwy  
1-800-222-6174  
Info@CranbrookChamber.com  
Cranbrook.ca

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Wildlife Deer, Andrew Penner photo

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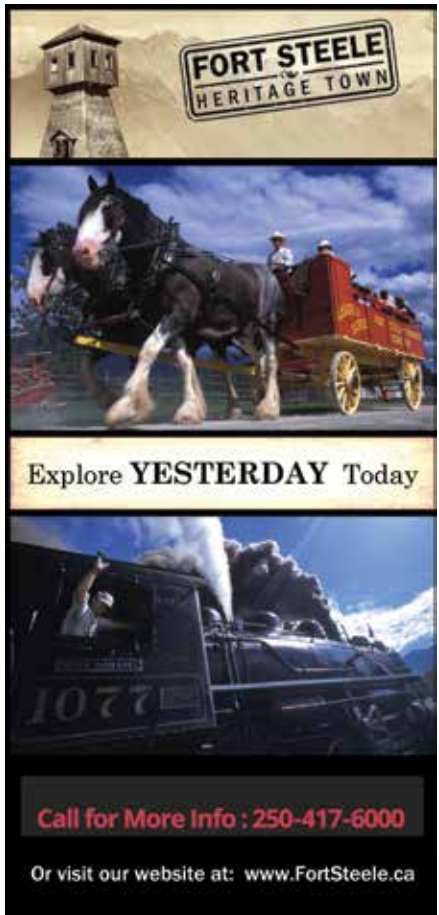
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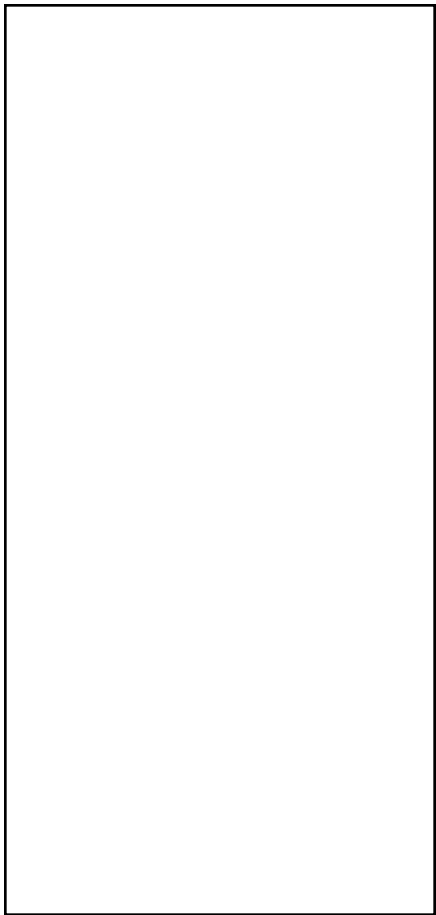


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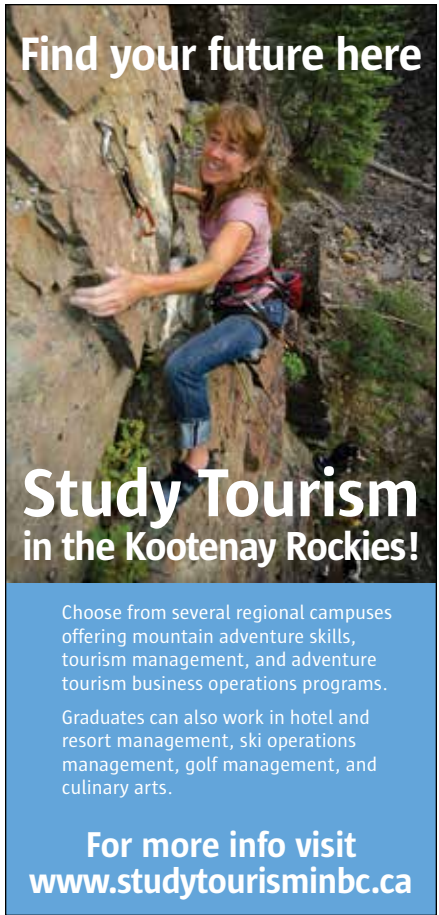
Call for More Info : 250-417-6000

Or visit our website at: [www.FortSteele.ca](http://www.FortSteele.ca)




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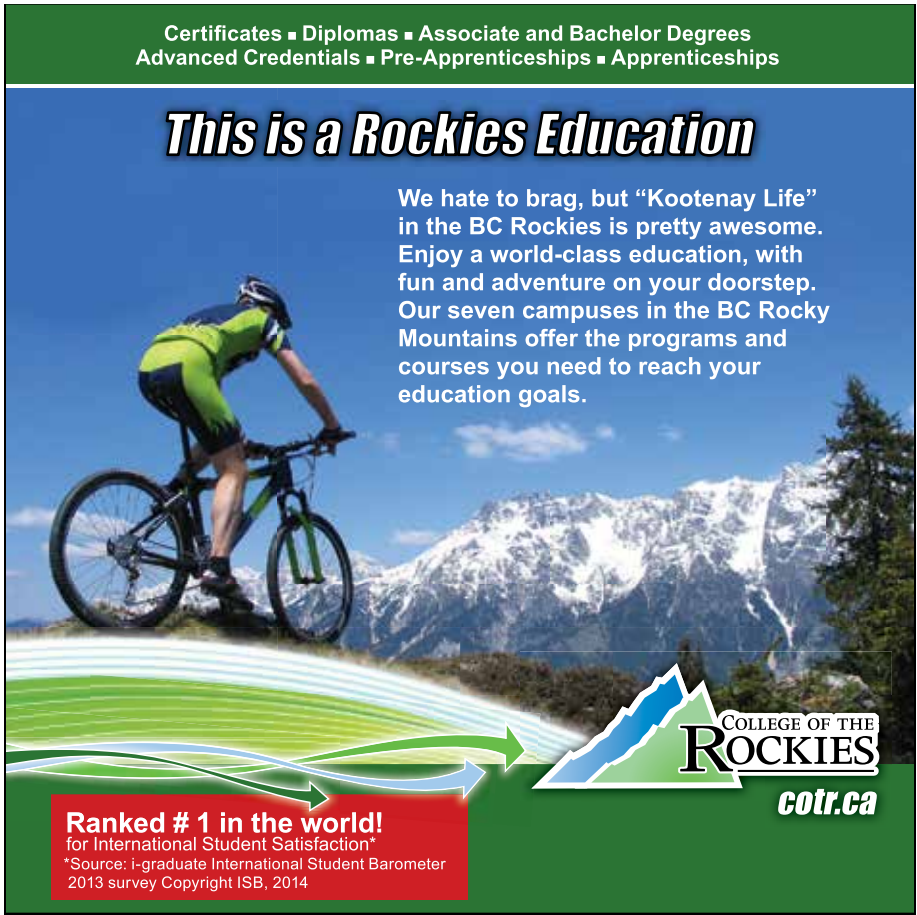


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Dave Best photo

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## FERNIE

### SMALL TOWN CHARM, BIG MOUNTAIN ADVENTURE

The largest community in the Elk Valley is also the oldest. Explore Fernie's downtown core for its treasure of brick and stone Victorian architecture. Set in the heart of the Rocky Mountains, wilderness adventure begins right at the edge of town. The crystalline Elk River renowned for fly-fishing and whitewater rafting, winds its way lazily through town while the jagged peaks of the Lizard Range, hold many rewarding trails. Add in a Bike and Aerial park, and you've got all the ingredients for one of Canada's best adventure destinations.

### THINGS TO SEE & DO IN FERNIE

#### 1. Adventure

Fernie is a four-season outdoor adventure town – given the spectacular natural setting, it is a popular place for outdoor festivals and races, such as the Fernie3 Mountain Bike Stage Race held late-June.

#### 2. Arts Station

A turn of the century railroad station converted into a cultural centre, theatre and gallery – experience Fernie's vibrant arts & culture.

#### 3. Culinary Delights

Fernie offers a wide range of dining opportunities. It's also home to an award winning brewery – you may like to experience the art of beermaking with a tour.

#### 4. Fernie Alpine Resort

The legendary Bike Park offers 37 lift-accessed bike trails – some of the best in Canada. The resort also an Aerial Playground with 4 Ziplines & tons of tree top fun.

#### 5. Fernie Bike Guides

For mountain bike coaching, instruction and guiding on the Elk Valley Trails. 250-423-3650 [FernieBikeGuides.ca](http://FernieBikeGuides.ca)

#### 6. Fernie Museum & Heritage Walking Tour

From coal mining to ski resorts, from festivals to union movements – Explore Fernie's history and legends. The Heritage Walking Tour includes over 40 significant historical buildings. Guidebooks at the Visitor Centre.

#### 7. Fly-fishing

The Elk River is world-class and one of the best fly-fishing rivers in North America. Enjoy the tranquil pleasure of fly-fishing in a pristine wilderness river.

#### 9. Hiking Trails

Fernie is hiking heaven. Discover the many trails such as Ancient Cottonwood & Old Growth Cedar Historic Trails. Island Lake offers spectacular hiking in the Rocky Mountains – leisurely walks on your own or guided interpretive hikes.

#### 10. Mountain Market & Summer Socials

Every Wednesday evening at the Station Square, check out local arts & crafts, refreshment garden & live music.

### FIND OUT MORE ABOUT FERNIE

Fernie Visitor Centre  
102 Highway 3 & 491 Second Avenue  
250-423-6868  
[Info@FernieChamber.com](mailto:Info@FernieChamber.com) [TourismFernie.com](http://TourismFernie.com)

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Fernie B.C.

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Mark Gallup photo

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## Small Town Charm. Big Mountain Adventure.



Established in 1898, Fernie is complete with turn of the century architecture and engaging history, a place where legendary adventure meets down-to-earth mountain culture. If this is your first encounter with the town of Fernie, prepare to fall in love.

[ferniescanada](http://ferniescanada.com) [tourismfernies](http://tourismfernies.com) **TOURISMFERNIE.COM**





## ELKFORD

### WILD AT HEART

The most remote town in the region is a scenic 30 minute drive north of Sparwood. Elkford is a popular destination for a range of outdoor recreational activities, including ATV touring, hiking and mountain biking. On Saturdays throughout the summer, take a free guided tour of open pit coal mining operations in the area. Access to Elk Lakes and Height of the Rockies provincial parks involves travel on a gravel road further north.

### THINGS TO SEE & DO IN ELKFORD

- 1. Blue Lake**  
*A great recreation site offering camping and fishing.*
- 2. Elk Lakes Provincial Park**  
*A true wilderness area surrounded by mountains and glaciers named in honour of French leaders.*
- 3. Elkford**  
*is a place where nature prevails, is situated along the Continental Divide and offers a full range of community recreational amenities.*
- 4. Height of the Rockies Provincial Park**  
*Elkford is the closest community when accessing this park from the south – there are many climbing, hiking, fishing and mountaineering opportunities.*
- 5. Hiking**  
*Discover the Lost-Lily Lake Trail it leads past marshy*

*areas, a growth of Lodgepole pine stand and along the rim of a canyon to a lake. At the lake you'll find a picnic area and good fishing for rainbow.*

- 6. Josephine Falls**  
*A stunning cascade of water (25 m / 83 ft) and easily accessed by a hiking trail.*
- 7. Open Pit Mine Tours**  
*Board the tour bus at the Visitor Centre (Elkford and Sparwood) and be transported into one of Canada's most productive steelmaking coal operations.*
- 8. Wildcat Days**  
*June 26 & 27 - It's a weekend of fun and games for the whole family including parade, live entertainment and Craft & Trade Show.*
- 9. Wildlife Viewing**  
*Elkford has one of the largest Bighorn sheep populations on the continent.*
- 10. Winter in the Wild**  
*Celebrate winter and the Wapiti Ski Hill, mid-February, with sport tournaments, torch light run, fireworks, snowball dance and more.*

### FIND OUT MORE ABOUT ELKFORD

Elkford Visitor Centre  
750 Fording Drive 1-877-355-9453  
VisitorCentre@Elkford.ca  
Elkford.ca

## SPARWOOD

### YOURS, OURS AND MINE

The ultimate monster truck, the Terex Titan, stands silently at the entrance to town – a monument to Sparwood's major industry. Just beyond this alpine community exists a treasure trove of high country adventure - fly-fishing in pristine lakes and streams and hiking & biking on old forestry trails. The community also offers a wonderful 9-hole golf course and the Henry Volkmann Leisure Centre.


### THINGS TO SEE & DO IN SPARWOOD

- 1. Coal Miner Days**  
*An annual event every June celebrating their heritage with a parade, sport tournaments and street market.*
- 2. Leisure Centre**  
*All season indoor pool, whirlpool, sauna, sport courts and childrens programs.*
- 3. Terex Titan**  
*Before you take a the Open Pit Mine Tour, get a feel for the gigantic scale of things by checking out the world's largest tandem axle dump truck.*

### FIND OUT MORE ABOUT SPARWOOD

Sparwod Visitor Centre  
141A Aspen Drive 1-877-485-8185  
Administrator@SparwoodChamber.bc.ca  
Sparwood.ca

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*elkford*  
Wild at heart.







Andrew Penner photo

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## CRESTON VALLEY

### KOOTENAY LAKE – THE EAST SHORE

The beautiful Creston Valley comprises one of the most fertile growing regions in British Columbia. The soft rolling hills south of town are home to artist studios, farms, an artisanal cheese maker and vineyards. The famous Kokanee beer is also produced here at the Columbia Brewery. Travelling north on Highway 3A alongside Kootenay Lake, stop at the Glass House, constructed in 1952. Near the Kootenay Lake Ferry landing is the charming village of Crawford Bay, you'll find numerous quaint artisan studios to visit: blacksmithing, weaving, broom making, copper enameling, glass blowing, pottery – it's all here!

### THINGS TO SEE & DO IN THE CRESTON VALLEY

- 1. Creston Historical Museum**  
*A unique stone house, exhibits, restored schoolhouse, steam locomotive.*
- 2. Creston Valley Wildlife Centre**  
*Offering wonderful birding and wildlife viewing opportunities that inhabit the wetlands. See ad pg 39.*
- 3. Farmers Market – May to December**  
*Locally made, baked and grown right in the valley.*
- 4. Major Events:**  
*Bird Fest, May 8-10 - Help celebrate the amazing diversity of birds found here. Blossom Festival, May 15-18 - A fun community event; this year marks the 74th annual!*

- 5. Tours: Farm, Winery, Artisan, Brewery**  
*Enjoy a tour, pick your own fruit, browse the many artisan shops in and around Creston – this is the type of place that'll really grow on you!*
- 6. Glass House – Sanca 40 km (25 mi) south of Crawford Bay**  
*The designer/architect, retired from the funeral business, found a practical use for over 500,000 square embalming fluid bottles.*
- 7. Starbelly Jam**  
*An annual outdoor music festival held in Crawford Bay on the third full weekend of July.*
- 8. Visit Artisans of Crawford Bay**  
*Home to a diverse group of craftspeople, most of which are a few minutes walk from each other. Crawford Bay (population 400) also has accommodation, Kokanee Springs Golf Resort, hiking trails and sandy beach.*
- 9. Gray Creek Sailing Regatta**  
*Gray Creek was settled in 1906 and features Kootenay Lake's oldest general store. The Sailing Regatta takes place in the bay, during the first weekend in September (Labour Day) – a fun event for participants & spectators.*
- 10. Riondel Museum**  
*Learn about the early history of Riondel through photos and mining operations displays from the Bluebell Mine. A historic walkway through the mine site.*

### FIND OUT MORE ABOUT CRESTON VALLEY

Creston Valley Visitor Centre  
121 Northwest Blvd, Hwy 3 1-866-528-4342  
Info@CrestonValleyChamber.com  
CrestonValleyBC.com



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**WILDLIFE CENTRE**  
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 Toll Free: 1-877-663-5706  
 info@discoverNelson.com  
 www.discoverNelson.com

## NELSON KOOTENAY LAKE

### FAR OUT. FOR REAL.

The Nelson Kootenay Lake area is brimming with a diversity of mountain culture. The mountains here were once alive with Sinixt and Ktunaxa First Nations, and then the sounds of miners working their claims, and today you are likely to encounter backcountry hikers and skiers. The rich mountain cultures of Nelson, Balfour, Ainsworth Hot Springs, Kaslo and the Lardeau Valley boast a vivid past of Victorian architecture, vibrant arts scenes and colourful cultural histories. Those unique qualities are matched with world-class outdoor adventure, great dining, shopping & accommodation options.

The Kootenay Lake ferry travels between Balfour and Kootenay Bay – it's a spectacular 35-minute free ride. Allow yourself some extra time to browse the shops and eateries at the Balfour Ferry Landing.



### THINGS TO SEE & DO IN NELSON

#### 1. Ainsworth Hot Springs

*Have a soothing soak in the famous hot springs pools which includes a horseshoe-shaped cave that used to be a mining tunnel. A full-service resort – see ad page:*

#### 2. Arts

*Known as the 'Best Small Town Arts Community in North America', you'll discover numerous artisan studios, galleries and craft stores.*

#### 3. Events

*The Kootenay Storytelling Festival, Queen City Cruise Car Show and the Kootenay Spirit Festival all take place during the month of September.*

#### 4. Farmers Markets

*Nelson offers a Community Market (Saturdays) and a Downtown Market (Wednesdays) during the summer – you'll find everything from locally grown produce to artisan wares.*

#### 5. Golf

*Granite Pointe Golf Club, Balfour Golf Course, Kaslo Golf Club – each offer gorgeous views; enjoy a round!*

#### 6. Kokanee Glacier and Kokanee Creek Provincial Parks

*Kokanee Glacier is a rugged wilderness area, one of the oldest parks in the province, has 3 glaciers, over 30 lakes and a premier recreation area. Kokanee Creek offers two campgrounds, sandy beaches, adventure playground and nearby marina.*

#### 7. Outdoor Activities

*Watersports, hiking, climbing and mountain biking – this funky city offers cool bike shops, shuttle service, dirt-jump zone, and a strong proactive cycling association. The Great Northern Rail Trail covers 50 km (30 mi) between Nelson and Salmo.*

#### 8. Restaurants

*In Nelson & Kaslo, every restaurant is within an easy stroll; casual to formal, Japanese to pub fare, wine & brews from regional vintners and brewers.*

#### 9. Streetcar #23

*The last survivor of Nelson's original transit system. Catch the tramway at Lakeside Park and Prestige Resort.*

#### 10. Touchstones Museum of Art & History & Heritage Tour

*Experience the art gallery, community museum and archives. The City Heritage Tour can also begin here: the city itself is filled with trendy boutique shops with some 350 heritage buildings that flourish year-round.*

### FIND OUT MORE ABOUT NELSON KOOTENAY LAKE

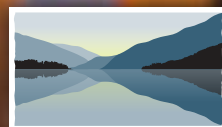
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 225 Hall Street  
 1-877-663-5706  
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Nelson Kootenay Lake Tourism  
FAB GUY FOR REAL.

Photo: Nelson BC, Steve Ogle



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



Balfour Ferry Landing (250) 229-4244  
[docknduck.com.ca](http://docknduck.com.ca)



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

Nelson • Balfour • Ainsworth Hot Springs • Kaslo • Lardeau • Meadow Creek | British Columbia, Canada



Andrew Penner photo

3



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Sara Rainford photo

## THINGS TO SEE & DO IN KASLO

### 1. Heritage Attractions:

Japanese Canadian Museum, Kootenay Star Museum and Langham Cultural Centre (Kaslo), Lardeau Valley Historical Museum (Meadow Creek)

### 2. Jazz Etc. Festival

Every August long weekend – stunning vistas, unique floating state, great acoustics and superb musicians combine to create this summer music festival.

### 3. Kaslo River Trails

A scenic riverside ramble (6 km easy), looping the north and south sides of the Kaslo River. The beautiful 30 m (100 ft) covered bridge, high above the rapids is the half-way point.

### 5. Saturday Market

A wonderful market during the summer at the Front Street Park.

### 6. SS Moyie National Historic Site

The SS Moyie launched in 1898 and operated for almost 60 years. Today, it is beautifully restored and set on the shore at 324 Front Street.

### 7. Whitewater Rafting

Check out Lardeau River Adventures for an unparalleled rafting experience on the pristine Lardeau River – suitable for all ages. See ad pg 43.

## FIND OUT MORE ABOUT KASLO

Kaslo Visitor Centre  
324 Front Street 250-353-2525  
[SSMoyie@klhs.bc.ca](mailto:ssmoyie@klhs.bc.ca) [NelsonKootenayLake.com](http://NelsonKootenayLake.com)





Sara Rainford photo

## TRAIL

### HOME OF CHAMPIONS

The close-knit community of Trail is flanked by the Monashee Mountains to the west & the Selkirk Mountains to the east. A visit to Trail should certainly include a tour of the Trail Museum, the Sports Hall of Memories and the Teck Trail Operations Interpretive Centre – the huge smelter complex at the heart of this small city has been in operation for more than a century. For great views, live music, picnic sites and a fine beach to cool off, head to Gyro Park after your day of exploring.

### THINGS TO SEE & DO IN TRAIL

- 1. Arts & Culture**  
VISAC Art Gallery – Creative Activities Centre Society for the Visual Arts – check out local art exhibits and performances.
- 2. Columbia Gardens Vineyard & Winery**  
A small production winery producing VQA quality wines. Enjoy The Burl – tasting room and gift shop.
- 3. Famous Rock Walls**  
Choose from 10 routes, from treks to walks – pick up a self-guided brochure at the Visitor Centre.
- 4. Market on the Esplanade**  
A wonderful downtown market takes place every second Friday during the summer.

- 5. Outdoor Recreation**  
The Trail & Rossland area is home to some of North America's top mountain biking and hiking trails. In addition to the mountain trails, try fishing the mighty Columbia River.
- 6. Sports Hall of Memories at the Trail Memorial Centre**  
Over 30 cabinets display photos, trophies, uniforms and other sports memorabilia.
- 7. Teck Interpretive Centre & Guided Tours**  
Trail is home to one of the world's largest non-ferrous zinc and lead complexes. Tours are available weekdays from the Visitor Centre.
- 8. Trail Aquatic & Leisure Centre**  
A popular centre of activity.
- 9. Trail Museum**  
Explore Trail's history, the museum offers a wealth of artifacts, photos, displays and memorabilia.

### FIND OUT MORE ABOUT TRAIL

Trail Visitor Centre  
200 1199 Bay Avenue  
1-877636-9569  
Tcoc2@netidea.com  
Trail.ca



Don Weixl photo

## ROSSLAND

### CANADA'S ALPINE TOWN

Perched high in the Monashee Mountains, Rossland was the site of one of Canada's richest 19th century gold strikes. Today, the easy-going locals and mountain-lovers who flock here, strike gold on the stunning hiking and biking trails. World-renowned 30 km/18 mi long Seven Summits Trail is an incredible ride, well deserving of its IMBA Epic Ride status.

### THINGS TO SEE & DO IN ROSSLAND

- 1. Gold Fever Follies**  
Live musical theatre shows, highlighting the rich gold mining history of Rossland - held in the restored 1898 Miners Hall.

- 2. Heritage Walking Tour**  
Pick up a tour map at the Visitor Centre and discover 30 heritage stone, brick or granite downtown buildings built before 1929.
- 3. Mountain Market**  
Every Thursday evening, all summer long – everything handmade and grown locally.
- 4. The Rossland Historical Museum**  
There's tales to tell. This site of the LeRoi Gold Mine, displays a collection of artifacts and offers gold panning and a Geology Centre.

### FIND OUT MORE ABOUT ROSSLAND

Rossland Visitor Centre  
Highway Junction 22 & 3B  
1-888-448-7444  
RosslandMuseum@netidea.com  
Rossland.ca

Make it simple.  
5 theme tours at  
[exploreyourtrail.com](http://exploreyourtrail.com)

Trail Visitor Centre  
200-1199 Bay Avenue  
1-877-636-9569  
or 250-368-3144





## CASTLEGAR

### CONFLUENCE OF RIVERS AND CULTURES

Situated at the confluence of the Kootenay and Columbia rivers. Although primarily an industrial town, Castlegar has a strong historical connection to the Doukhobors, a pacifist religious sect that fled Russia in the early 20th century to make a new life in Canada. Learn more about their culture at the Doukhobor Discovery Centre, Zuckerberg Island Heritage Park and Station Museum.

### THINGS TO SEE & DO IN CASTLEGAR

- 1. Brilliant Suspension Bridge**  
*Take a walk or ride your bike to explore the network of riverside trails that link the recently restored Brilliant Bridge (a national historic site; built in 1913) with nature reserves and wetlands on both sides of the Columbia.*
- 2. Columbia & Western Rail Trail**  
*The former railway from Castlegar to Midway has been converted into a multi-use trail.*
- 3. Doukhobor Discovery Centre**  
*A reconstructed communal village which includes a collection of handmade furniture, tools and clothing.*
- 4. Kootenay Gallery of Art & History**  
*The gallery has rotating exhibitions featuring established Canadian and International artists.*
- 5. Sculpture Walk**  
*Castlegar received the Sculpture Capital of Canada designation in 2014. Thirty sculptures from talented artists across North America are installed within downtown. A must see!*

- 6. Station Museum**  
*Originally the Castlegar Rail Station (100 years old); tour the refurbished caboose and view the 1929 Harley Davidson motorcycle.*
- 7. Summer-long Events**  
*Art Walk, Concerts in the Park – Wednesday evenings in Kinnaird Park and Farmers Market – Saturday mornings at the Museum.*
- 8. Zuckerberg Island Heritage Park**  
*Thousands of years ago, the Lakes Salish people built winter pit houses here. Sixty years ago, Alexander Zuckerberg built his unique Russian Orthodox Chapel House.*

### FIND OUT MORE ABOUT CASTLEGAR

Castlegar Visitor Centre  
1995 6th Avenue 1-888-365-6313  
Tourism@Castlegar.com Castlegar.com



## SLOCAN VALLEY

### SANDON, SILVERTON, NEW DENVER

Unquestionably, the ‘Slivery Slocan’ is one of the most interesting places to explore in the Kootenay Rockies. With amazing ghost towns, pristine lakes and waterfalls, spectacular mountain vistas and a poignant history with WWII Japanese internment camps, there is a wide range of paths to travel. The many towns and villages such as New Denver, Silverton, Slocan, Winlaw and more – offer a glimpse into the mining past of this valley.

### THINGS TO SEE & DO IN THE SLOCAN VALLEY

- 1. Sandon**  
*Once the capital of the Silvery Slocan in the 1890s when Canada’s richest silver mining community grew to a population of 5,000. Today, a major heritage ghost town attraction with CPR Steam Train exhibit, Historic Generating Station, Prospector’s Pick General Store, Sandon Museum and more.*
- 2. Idaho Peak**  
*A wonderful easy hike showcasing wildflowers, old fire lookout and great views of Valhalla Mountains and Slocan Lake. Trailhead at Sandon.*
- 3. New Denver**  
*Nikkei Internment Memorial Centre – The only interpretive centre in Canada dedicated to the history and internment of over 22,000 Canadians of Japanese heritage.*
- 4. New Denver – Silvery Slocan Museum**  
*A two storey heritage building, originally a branch of the Bank of Montreal. Showcases many exhibits, records, artifacts and photographs of Slocan Lake area.*
- 5. Valhalla Provincial Park**  
*Touted around the world for its rugged and remote beauty, it encompasses 30 km (19 mi) along the west shore of Slocan Lake.*
- 6. Silverton Gallery**  
*Originally built as a schoolhouse in the 1900s, today houses an art gallery and a performance area for live musical events. This property also includes an Interpretive Centre, Outdoor Mining Museum and the Finland Cabin, across the street.*
- 7. Historical Trails**  
*This area features some outstanding biking and hiking trails: Kaslo & Slocan Railway Loop, Slocan Valley Rail Trail and the Galena Trail which includes a cable car ride over Carpenter Creek.*
- 8. Arts & Culture**  
*Explore the communities along Highway 6 – you’ll find many quaint artisan studios and gift shops.*

### FIND OUT MORE ABOUT SLOCAN VALLEY

New Denver Visitor Centre (seasonal)  
202 6th Avenue  
250-358-2719  
VIC@SlocanLake.com  
SlocanLake.com





Andrew Penner photo

# NAKUSP

## HISTORIC HUB OF THE ARROW LAKES

During the Silvery Slocan mining boom, this tranquil vil-  
lage was a major transportation hub. The town’s museum  
is packed with artifacts and displays that illustrate this  
rich history. Today, the village of Nakusp, alongside the  
Monashee Mountain range offers an abundance of hiking  
and biking opportunities, and services including play-  
grounds, parks, campgrounds, sandy beach, marina, boat  
launch and of course the wonderful hot springs.

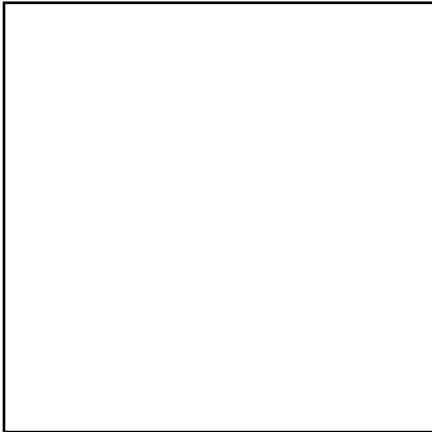
### THINGS TO SEE & DO IN NAKUSP

- 1. Golf Courses**  
*Fauquier and Nakusp are both challenging and beautiful  
nine-hole golf courses.*
- 2. Hot Springs**  
*Halcyon and Nakusp offer inviting pools that are  
naturally heated to relax in. Each property also offers a  
range of overnighting options. Halfway River Hot Springs  
are located in a wilderness setting; accessed via a  
gravel road and hike.*
- 3. Kuskanax Creek Footbridge**  
*A covered bridge with seating and glass viewing panels  
spans the Kuskanax. On a hot day, it’s a great place to  
spend some time.*
- 4. Leland Hotel**  
*The oldest continuously operating hotel in British  
Columbia. Located downtown along with many shops  
and restaurants.*
- 5. Mountain Biking**  
*Pick up a Trail Map at the Visitor Centre. Trails range  
from gentle to adrenaline-inducing.*
- 6. Summer-long Events**  
*Art Walk. Farmers Market, Saturday mornings downtown.*

- Music in the Park, free concerts on Wednesday evenings  
at the Community Park gazebo.*
- 7. Nakusp Museum**  
*Over 5,000 artifacts, display of Sinixt stone tools and a  
replica of the sturgeon-nose canoe.*
  - 8. Valkyr Adventures**  
*Go guided for the best hiking experience – abundant  
wildlife, alpine meadows, breathtaking views – see ad  
this page.*
  - 9. Waterfront Promenade**  
*Stroll along Nakusp’s Waterfront park – featuring a  
Japanese Garden and the Spicer Garden.*
  - 10. Watersports on Arrow Lakes**  
*A holiday destination for swimming, boating, jet skiing,  
water skiing and fishing.*

### FIND OUT MORE ABOUT NAKUSP

Nakusp Visitor Centre  
92 6th Avenue NW 1-800-909-8819  
Nakusp@telus.net  
NakuspArrowLakes.com  
NakuspHotSprings.com



Revelstoke fp



## REVELSTOKE

### CLOSE TO HEAVEN, DOWN TO EARTH

Revelstoke is all about the mountains – big, beautiful, wilderness loaded mountains. Deep below the peaks of the Selkirk and Monashee mountain ranges, the city is a hot spot for backcountry adventure, the gateway to Mt. Revelstoke and Glacier National Parks and owes its existence to the railway. The picturesque downtown has retained many of its original early 20th century business buildings and hundreds of its heritage homes. The Railway Museum is one of the top attractions, many more are offered in town and a short drive west on Highway #1.

### THINGS TO SEE & DO IN REVELSTOKE

**1. Biking & Hiking**

Not far from the downtown core of funky cafes and charming old homes, a splendour of trails awaits adventure cyclists. Two of the most notable trails are Keystone-Standard Basin and Sale Mountain.

**2. Canyon Hot Springs**

The resort offers a natural mineral hot pool and a swimming pool. Open all summer until late-September.

**3. Enchanted Forest & Skytrek Adventure Park**

An outstanding family attraction – jungle gym, climbing wall, adventure tower, BC's tallest tree, paddle boats – something for the young, young at heart and adventurous. See ad pg 51.

**4. Heritage Downtown**

Pick up a Walking Tour Map at the Visitor Centre and explore Revelstoke's downtown. There's also a Heritage Trail featuring interpretive panels and scenic views, near Centennial Park.

**5. Museums**

There's many to pick from: BC Interior Forestry Museum, Firehall Museum, Nickelodeon Museum, Railway Museum, Revelstoke Museum and Rogers Pass National Historic Site.

**6. National Parks**

Glacier Park showcases over 400 glaciers, boardwalks and historic trails. Mt. Revelstoke features lush forests, historic ski jump and Meadows in the Sky Parkway. See Ntl Parks, pg 12.

**7. Railway Day**

An event which celebrates Railway history in Canada. Takes place mid-September.

**8. Summer-long Events**

Farmers Market, Saturday mornings in the downtown Grizzly Plaza. Summer Street Festival, nightly entertainment in the Grizzly Plaza. Heritage Explorers, Tuesdays and Thursdays at the Revelstoke Museum – a kids educational program.

**9. Take the TransCanada Highway westbound**

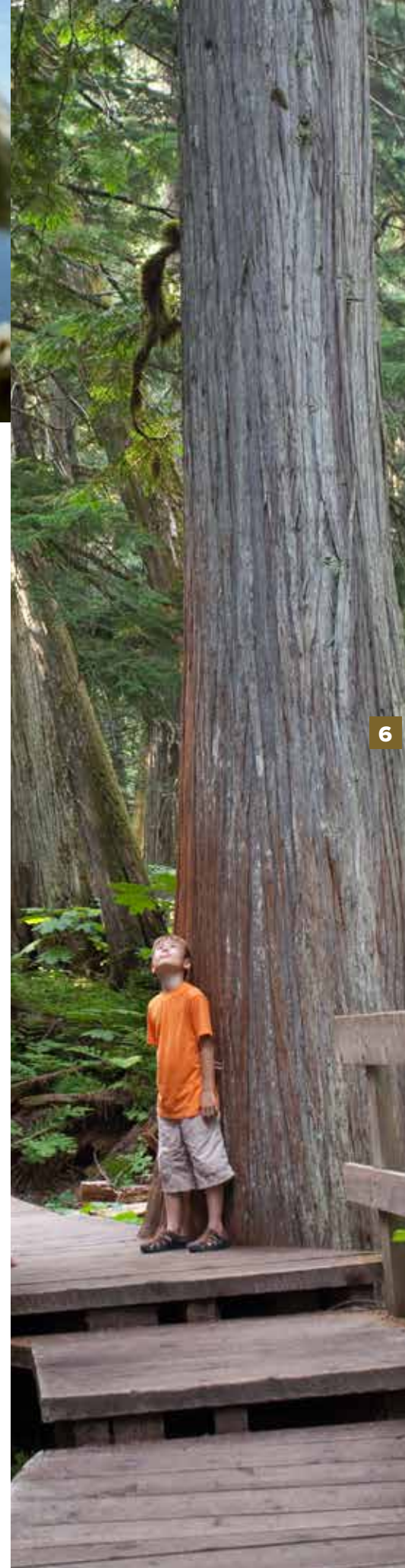
to find the Three Valley Chateau, The Enchanted Forest, SkyTrek Adventure Park, Crazy Creek Waterfalls & Suspension Bridge and Beardale Miniatureland. The small settlement of Craigellachie is a historic site, famous for the point where the last spike on Canada's first trans-continental railway was driven, joining the part from the west.

**10. More Attractions:**

Visit the BC Hydro facilities and learn more about the Revelstoke Dam or enjoy sightseeing with scenic gondola rides at Revelstoke Mountain Resort.

### FIND OUT MORE ABOUT REVELSTOKE

Revelstoke Visitor Centre  
301 Victoria Road West  
1-800-487-1493  
Info@RevelstokeChamber.com  
SeeRevelstoke.com



# Explore and Play

For all kids big and small!

Check out our website

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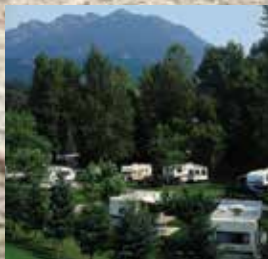
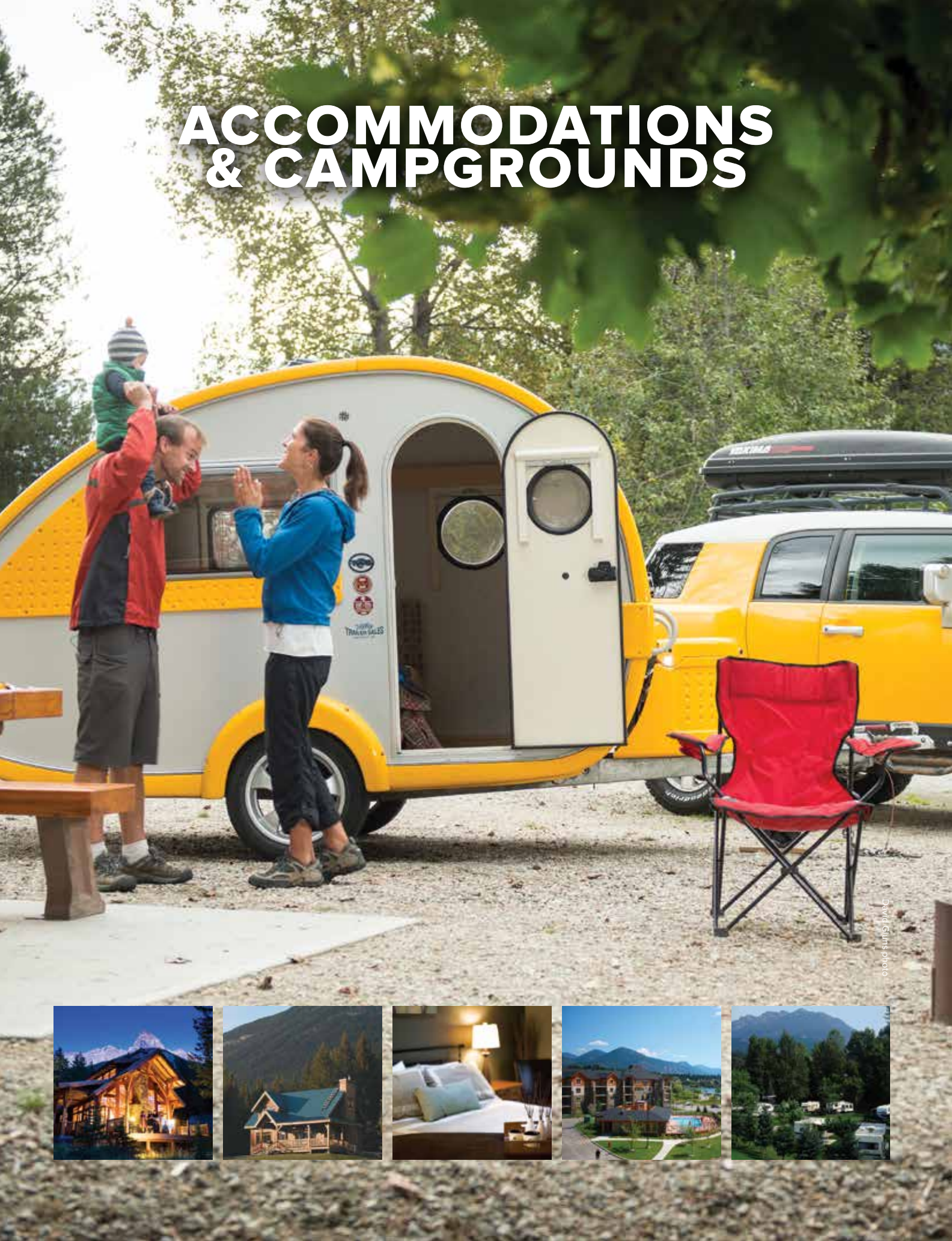
Check out our website

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## 1.866.944.9744



# ACCOMMODATIONS & CAMPGROUNDS



David Stinson photo

AINSWORTH HOT SPRINGS									
Kitchen/Refrigerator Free Breakfast Fitness Centre A/C									
Pets welcome Pool/Hot tub Restaurant Spa									
Accessibility Support									
<b>Ainsworth Hot Springs Resort</b> 1-800-668-1171 Highway 31 – A full-service resort. Info@HotNaturally.com HotNaturally.com	•								•
<b>Ainsworth Motel</b> 250-229-4711 Highway 31 – View of Kootenay Lake and steps away from the hot pools. Info@AinsworthMotel.com AinsworthMotel.com									
<b>Mermaid Lodge &amp; Motel</b> 1-888-229-4963 4622 North St. Located next to Ainsworth Hot Springs. TheMermaid@uniserve.com TheMermaidLodge-Motel.com	•								
BALFOUR									
<b>Dock'N'Duck Pub, Family Grill &amp; Lodge</b> 250-229-4244 Highway 3A – Waterfront timberframe lodge apartment-style suites near golf & hot springs. DockNDuck@live.ca DockNDuck.ca	•								
CASTLEGAR									
<b>Sandman Hotel Castlegar</b> 1-800-726-3626 1944 Columbia Avenue Meeting facilities, pool and hot tub. Cres@Sandman.ca SandmanHotels.com	•								
CHRISTINA LAKE									
<b>Sunflower Inn B&amp;B</b> 1-877-378-0526 159 Alpine Road Beautiful waterfront log home with spa. Info@SunflowerinnBB.com SunflowerinnBB.com									
CRANBROOK									
<b>BW Cranbrook Hotel</b> 250-417-4002 Highway 3 – Deluxe furnishings & amenities including waterslide. 62119@Hotel.BestWestern.com BestWestern.com	•								
<b>Bull River Guest Ranch</b> 250-429-3760 Fort Steele-Wardner Road – Open Apr to Oct. Activities horseback riding, fishing, volleyball. Info@BullRiverGuestRanch.com BullRiverGuestRanch.com									
<b>Heritage Inn Hotel &amp; Convention Centre</b> 1-888-888-4374 Highway 3 – Full-service hotel and convention centre. Info.Cranbrook@HeritageInn.net HeritageInn.net	•								
<b>Model A Inn</b> 1-888-489-4600 Highway 3 North – Located near restaurants, shopping & Tim Hortons. ModelAInn@gmail.com Model-A-Inn.com	•								
<b>Prestige Rocky Mountain Resort</b> 250-417-0444 Highway 3 South Full-service resort & convention centre. Cranbrook@PrestigeHotels.ca PrestigeHotelsandResorts.com	•								
<b>Sandman Inn Cranbrook</b> 1-800-726-3626 Highway 3 South Comfortable rooms and suites. Cres@Sandman.ca SandmanHotels.com	•								

ST. EUGENE GOLF RESORT & CASINO									
Kitchen/Refrigerator Free Breakfast Fitness Centre A/C									
Pets welcome Pool/Hot tub Restaurant Spa									
Accessibility Support									
<b>St. Eugene Golf Resort &amp; Casino</b> 1-866-292-2020 Mission Rd near airport. – Historic resort, interpretive centre, casino, golf. Info@StEugene.ca StEugene.ca	•								
CRAWFORD BAY									
<b>Kokanee Springs Resort</b> 1-800-979-7999 16082 Woolgar Road Lodge, Villas and luxury Big Bend Cottages. Info@KokaneeSprings.com KokaneeSprings.com	•								
CRESTON									
<b>City Centre Motel</b> 1-250-428-2257 226, 15th Ave North – Clean, comfortable, affordable & convenient location. CityCentre@shaw.ca CityCentreMotel.ca	•								
FAIRMONT HOT SPRINGS									
<b>Fairmont Hot Springs Resort &amp; RV Park</b> 1-800-663-4979 Highway 95 – Four season resort, hot springs, lodge, cabins & RV sites. Info@FairmontHotSprings.com FairmontHotSprings.com	•								
FERNIE									
<b>BW Plus Fernie Mtn Lodge</b> 1-866-423-5566 Hwy 3, next to golf course Beautiful property with meeting facilities. Info@BestWesternFernie.com BestWesternFernie.com	•								
<b>Fernie Slopeside Lodge</b> 1-800-258-7669 5339 Ski Hill Road On-mountain and recently renovated. Vacations@SkiRCR.com SkiFernie.com									
<b>Island Lake Lodge</b> 1-888-422-8754 Mt. Fernie Provincial Park Road – Secluded beautiful lodge, gourmet dining & outdoor rec. Info@IslandLakeResorts.com IslandLakeResorts.com									
<b>Raging Elk Adventure Lodge</b> 250-423-6811 6th Avenue Fernie's base camp to adventure. Bookings@FernieHostels.com RagingElk.com									
<b>Redtree Lodge</b> 1-800-977-2977 Highway 3 – Great value, bike & ski friendly accommodation. Info@RedTreeLodge.com RedTreeLodge.com	•								
<b>Resort of the Canadian Rockies</b> 1-800-258-7669 Central Reservations – From economy to 5-star lodging, on-mountain or in town Vacations@SkiRCR.com SkiRCR.com/Vacations	•								
<b>Snowvalley Motel &amp; RV Park</b> 1-877-696-7669 Highway 3 Affordable family suites, motel & RV park. Info@FernieAccommodations.com SnowValleyMotel.com									
FIELD									
<b>Cathedral Mountain Lodge</b> 1-866-619-6442 Yoho Valley Road A deluxe mountain lodge & cabins. Info@CathedralMountain.com CathedralMountain.com									



GOLDEN									
BW Mountainview Inn 1-250-344-2333 1024-11 Street N Deluxe accommodation & family-size rooms. 62085@hotel.bestwestern.com BestWestern.com									
Prestige Inn Golden 250-344-7990 TransCanada Hwy #1 – Deluxe rooms, suites, lounge, liquor boutique. Golden@PrestigeHotels.ca PrestigeHotelsandResorts.com									
INVERMERE									
Copper Point Resort 1-855-926-7737 760 Copper Road Invermere's newest full-service golf resort. Info@CopperPointResort.com CopperPointResort.com									
High Country Properties Vacations Rentals 1-800-665-1801 Offering more than 300 homes, condos & cabins in the Valley. Info@HighCountryProperties.com HighCountryProperties.com									
Lake Windermere Pointe Resort 1-866-822-2666 On Lake Windermere; at James Chabot Park. InvermereResort.com LakeWindermerePointe.com									
Panorama Mountain Resort 1-800-663-2929 Hostel, luxury townhome, condos, hotel units. Information@PanoramaResort.com PanoramaResort.com									
KASLO									
Kalso Hotel & Pub 250-353-7714 Luxury heritage accommodation downtown. Info@KasloHotel.com KasloHotel.com									
KIMBERLEY									
Mountain Spirit Resort 1-877-432-6006 Stemwinder Drive Condo suites & hotel rooms on-mountain. Reservations@MountainSpirit.ca MountainSpirit.ca									
Northstar Mountain Village Resort 1-877-233-3307 Gerry Sorensen Way Deluxe condo suites on-mountain. Info@NorthStarMountainVillage.com NorthstarMountainVillage.com									
Trickle Creek Lodge 1-800-258-7669 Stemwinder Drive – At Kimberley Resort, Montana's; next to Trickle Creek Golf Resort. Information@TrickleCreekLodge.com TrickleCreekLodge.com									
NAKUSP									
Halcyon Hot Springs Village & Spa 1-888-689-4699 Highway 23 – Cottages, cabins, RV park, camping, alongside Arrow Lake . Info@Hacyon-HotSprings.com Halcyon-HotSprings.com									

NELSON									
The Adventure Hotel 250-352-7211 616 Vernon Street – A hip heritage property in the heart of downtown. Info@AdventureHotel.ca AdventureHotel.ca									
Prestige Inn Nelson 250-352-3595 1301 Front Street A French country-style boutique hotel. Lakeview@PrestigeHotels.ca PrestigeHotelsandResorts.com									
Prestige Lakeside Resort 250-352-7222 701 Lakeside Drive – Full-service resort, marina, convention centre. Nelson@PrestigeHotels.ca PrestigeHotelsandResorts.com									
RADIUM HOT SPRINGS									
Bighorn Meadows Resort 1-877-344-2323 Luxury suites nestled in the centre of the Springs Golf Course. Reservations@BighornMeadows.com BighornMeadows.com									
BW Plus Prestige Inn 250-347-2300 7492 Main Street Fireplaces, balconies with BBQs. Radium@PrestigeHotels.ca BestWestern.com									
Cobblestone Creek Lodging Co. 1-888-711-3722 4868 Riverview Drive – Fully-equipped boutique-style vacation homes. Info@CobblestoneCreek.ca CobblestoneCreek.ca									
Nipika Mountain Resort 1-877-647-4525 Settlers Road – Hand-built log cabins bordering Kootenay National Park. Info@Nipika.com Nipika.com									
REVELSTOKE									
Mulvehill Creek Wilderness Inn and Wedding Chapel 1-877-837-8649 Highway 23 Situating on a peninsula on Arrow Lake. Enjoylife@MulvehillCreek.com MulvehillCreek.com									
BW Plus Revelstoke 1-855-837-2043 1925 Laforme Boulevard A new hotel, minutes to downtown & golf. Info@RevelstokeBestWestern.com RevelstokeBestWestern.com									
Sandman Inn Revelstoke 1-800-726-3626 1901 Laforme Boulevard– Conveniently located, 2 indoor pools and 24 h restaurant. Reservations@Sandman.ca SandmanHotels.ca									
Top Hat Terrace Vacation Rental 1-855-728-5288 Hwy #1, Three Valley Gap – Year-round prime location for multiple activities. Information@TopHatTerrace.com ToHatTerrace.com									
Prestige Mountain Resort 250-362-7375 Downtown – Full-service resort; loung, bistro & designer suites. Rossland@PrestigeHotels.ca PrestigeHotelsandResorts.com									

SILVERTON									
Blue Sky Resort 250-358-2362 8021 Lower Galena Farm Rd. Log cottages in secluded park-like mountain setting above Slocan Lake. BlueSkyResort@Telus.net BlueSkyResort.ca									

TRAIL									
BW Plus Columbia River Hotel 1-800-465-6682 1001 Rossland Avenue – Convenient location; meeting & banquet facilities. Info@BWColumbiaRiverHotel.com BestWesternBC.com									

## CAMPGROUNDS

CASTLEGAR									
Castlegar Golf Club & RV Park 1-800-666-0324 1602 Aaron Rd – Camp next to the golf course and enjoy the restaurant deck. RVPark@GolfCastlegar.com GolfCastlegar.com									
ELKFORD									
Elkford Municipal Campground 250-865-4019 A river-front campground minutes from downtown. Camping@Elkford.ca Elford.ca/camping									
GOLDEN									
Golden Golf Club RV Park 1-866-727-7222 576 Golf Course Drive Hookups and easy access to activities. Info@GolfGolden.com GolfGolden.com/facilities/rv-park									
KASLO									
Mirror Lake Campground 250-353-7125 Hwy 31, N of Ainsworth A lakeside campground 25 km N of Ainsworth. MirrorLakeCampground.com									
KIMBERLEY									
Kimberley Riverside Campground 1-877-999-2929 5 km up St Mary Lake Road Spacious private sites near St.Mary River. Info@KimberleyCampground.com KimberleyCampground.com									
NAKUSP									
Nakusp Hot Springs & Campground 1-866-999-4528 8500 Hot Springs Road NW Shaded sites along the creek and steps from the hot pools. NakusHotSprings.com									
Nakusp Municipal Campground 250-265-1061 314 8th Ave NW – Treed campsites at the heart of Nakusp & near beach. Camp@NakuspCampground.com NakuspCampground.com									

NELSON									
Nelson City Campground 250-352-7618 90 High Street – Close to Nelson's downtown core. CampNels@telus.net Nelson.ca									
RADIUM HOT SPRINGS									
Canyon RV Resort 250-347-9564 5012 Sinclair Creek Rd/Hwy 95 Hot springs pools and golf next door. CanyonRV.com									
Kootenay National Park Redstreak Campground-oTENTiks 250-347-9505 – oTENTiks available to rent; a cross between a tent and cabin. Kootenay.Info@pc.gc.ca 7500 Redstreak Campground Rd. ParksCanada.gc.ca/Kootenay									
Radium Valley RV Resort 250-347-9715 7274 Kootenay Park Drive A full-service resort 1 km north of Radium. RadVal@shaw.ca RadiumValleyVacationResort.com									
REVELSTOKE									
Canyon Hot Springs Resort 250-837-2420 Highway #1 Tenting, cabins and chalets. Info@CanyonHotSprings.com CanyonHotSprings.com									
Lamplighter Campground 250-837-3385 1760 Nixon Rd. Walking distance to downtown Revelstoke. lampcamp@telus.net LamplighterCampground.com									
Williamson Lake Campground 1-888-676-2267 1817 Williamson Lake Road Full service campground with sandy beach and mini-golf. WLCamp@Revelstoke.net WilliamsonLakeCampground.com									
TRAIL									
City of Trail RV Park 1-877-636-9569 Highway 3B Steps away from shopping mall. TCOC2@netidea.com Trail.ca									





Share your BC experiences

SUPER,  
NATURAL  
BRITISH  
COLUMBIA  
CANADA

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