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FOR TRAVEL INFORMATION, VISIT KootenayRockies.com or BROCHURE HOTLINE 1-800-661-6603

FOR ACCOMMODATIONS, RESERVATIONS AND TRAVEL IDEAS VISIT HelloBC.com/kr

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In the southeastern corner of British Columbia, the jagged peaks of the Rockies rise in parallel with those of the Purcell, Selkirk and Monashee ranges. In between are valleys, crystal clear rivers and lakes. Incomparable scenic beauty is waiting to be explored around every corner. Discover the communities, national and provincial parks, hot springs, attractions and rich palette of recreational activities.

GETTING HERE BY AIR

Major international gateway cities provide easy air access.

AIR CANADA

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

PACIFIC COASTAL

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

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 Castlegar to Nelson	30 min 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	1.5 hr + ferry
Nakusp to Castlegar	2 hrs
Vernon to Nakusp	3 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 for real time info.

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BORDER CROSSINGS

At the Canadian/US border, be sure to carry your passport or equivalent. For information & updates, visit: Travel.state.gov, Cbsa.gc.ca or call: 1-800-461-9999.

ROOSVILLE & KINGSGATE

(Cranbrook) - open 24 hrs

RYKERTS (CRESTON) - 7am - 11pm NELWAY (NELSON) - 8am to midnight WANETA (TRAIL) - 9am - 5pm PATERSON (ROSSLAND) - open 24 hrs **CASCADE (CHRISTINA LAKE)** 8am - midnight

FERRY CROSSINGS

Year-round free service. 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

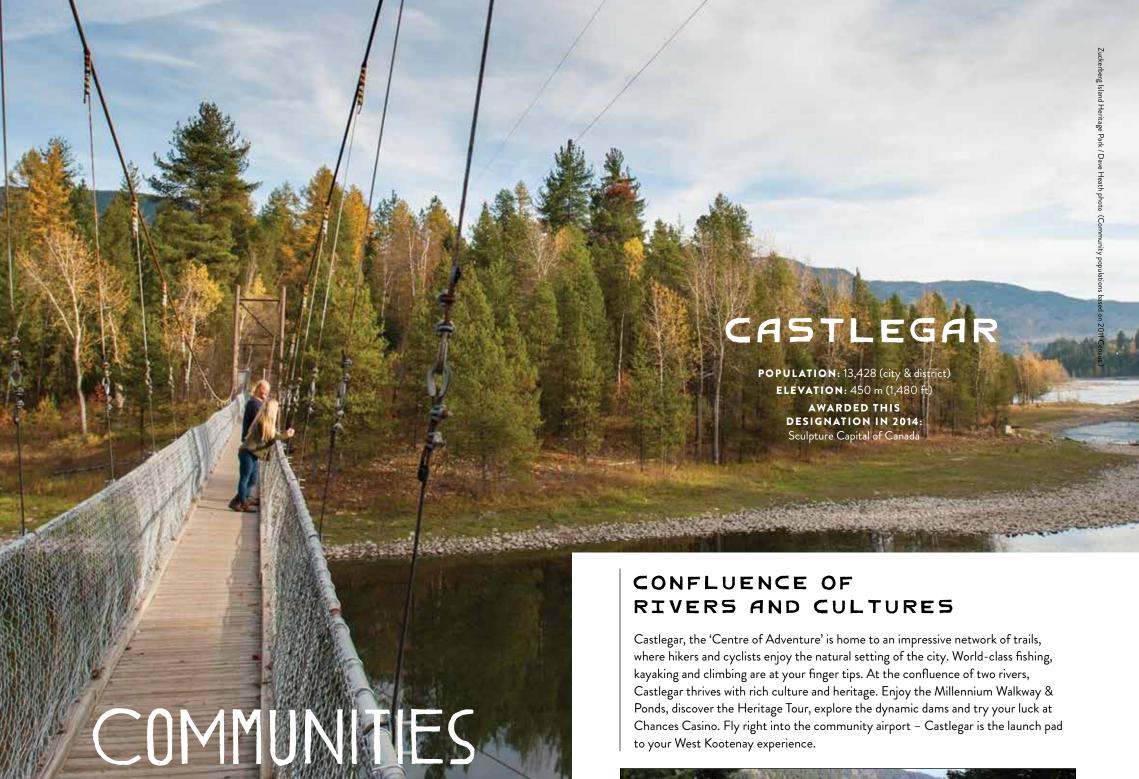
From Shelter Bay, 5am to midnight; every hour From Galena Bay, 5:30am to 12:30am; every hour Crossing time: 20 minutes Ph: 250-265-2105

ARROW PARK: HIGHWAY 6

Junction of Upper & Lower Arrow Lakes Crossing time: 5 minutes On demand: 5am to 12:05pm; 2:15pm to 9:20pm Ph: 250-265-2105

LOWER ARROW LAKE: HIGHWAY 6

From Fauquier: 5am to 10pm; every ½ hr. From Needles: 5:15am to 9:45pm; every ½ hr. Crossing time: 5 minutes Shuttle Service: 10pm - 5am Ph: 250-265-2105

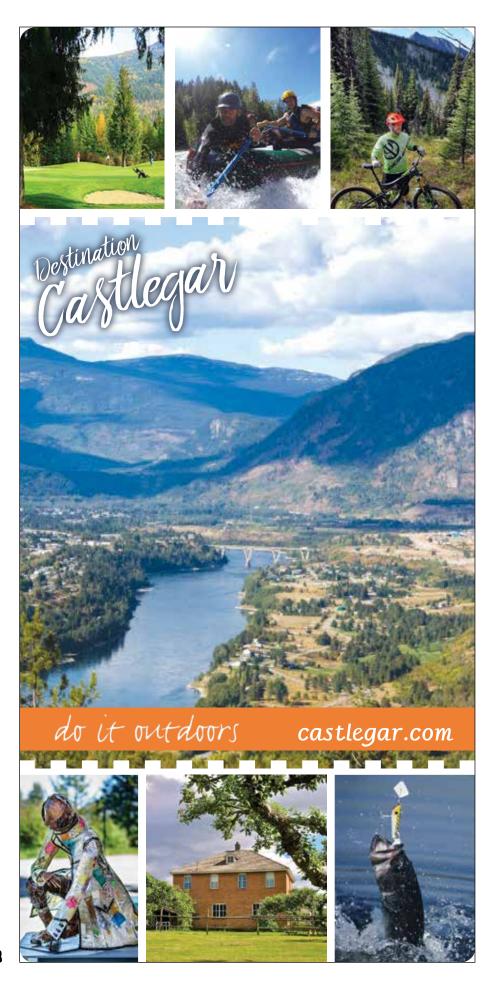


Each community in the Kootenay Rockies has its own unique story to tell. Along your journey, you will discover rare, scenic vistas and meet warm, friendly people. Whether you hike a trail in a pristine mountain park or stroll along the streets of quaint towns, you will want to stay an extra day.

Enjoy all this Mountain Playground has to offer.

to your West Kootenay experience.







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

*Offer valid until December 31, 2017. Amenities vary by location.

Book online using promo code 'KOOTENAY' or call and quote 'KOOTENAY'.

sandmanhotels.ca | 1 800 SANDMAN (726 3626)

ARTS, CULTURE, HERITAGE

BRILLIANT SUSPENSION BRIDGE

A National Historic Site. Explore the trails that link the restored bridge with nature reserves.

DOUKHOBOR DISCOVERY CENTRE

112 Heritage Way

A reconstructed communal village and Gallery. Doukhobor-Museum.org

KOOTENAY GALLERY

120 Heritage Way

A public art gallery featuring established artists and gift shop displaying local artisans' work.

TRAIN STATION MUSEUM

400 – 13 Avenue

This museum occupies a preserved 100 year old Canadian Pacific Railway Station.

VERIGINS TOMB MEMORIAL PARK

A Doukhobor burial site on Castlegar's hillside. Tranquil with spectacular views.

ZUCKERBERG ISLAND HERITAGE PARK

9th St & 7th Ave. Walk the suspension bridge back in time to a First Nation's hand built winter pit-house, thousands of years old.

ATTRACTIONS

MILLENNIUM PARK

Natural swimming ponds, bike paths, volley ball and concession. Fun for all.

SCULPTURE WALK

Downtown - 34 incredible sculptures from artists across North America are displayed.

FESTIVALS

KOOTENAY FESTIVAL

Late July. Celebrate the heritage through music, dance, art & food. KootenayFestival.com

PASS CREEK FALL FAIR

Late Sept. Rides, live music, car show, artisans.

SUNFEST

First weekend in June. A variety of community events and entertainment for the whole family.

RECREATION

BIKING

A great selection of mountain biking and cycling trails are offered including the C&W Rail Trail. CycologyBikes.ca

FISHING

The Columbia River and area lakes & rivers produce world-class fishing.
ChillBillyCharters.com

GOLF

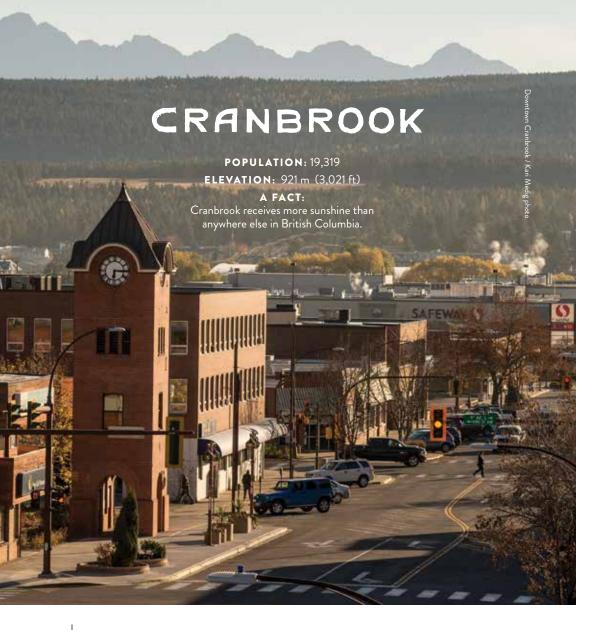
Four stellar courses within 15 minutes. Castlegar Golf Club (see ad pg 7) & Champion Lakes (Fruitvale) offer licensed restaurant & sundeck. GolfCastlegar.com GolfChampionLakes.com

WATERSPORTS

The adventure is endless – rafting, kayaking, paddle boarding – from remote lakes to a roaring river. EndlessAdventure.ca

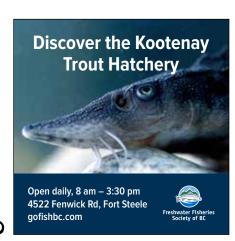
CASTLEGAR VISITOR CENTRE

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



MOUNTAINS OF OPPORTUNITY

Cranbrook is the largest community in the region, the commercial centre for the valley and has one of the sunniest climates in Canada. The arrival 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 within the History Centre - Trains Deluxe, that celebrates the glory days of passenger travel.





ARTS, CULTURE, HERITAGE

CITY HERITAGE TOUR

See historic residences in the Baker Hill area dating from 1888. Map available.

CRANBROOK HISTORY CENTRE

57 Van Horne St S 250-489-3918 The History Centre houses the Canadian Museum of Rail Travel, Cranbrook Archives, Royal Alexandra Hall & Cranbrook Museum. CranbrookHistoryCentre.com See ad pg 12

FORT STEELE HERITAGE TOWN

Hwy 93/95, 15 km NE of Cranbrook 250-417-6000 Take a leap back to the 1890s and experience

the restored pioneer boomtown. A family favourite for decades. See ad pg 12 FortSteele.ca

KEY CITY THEATRE

20 14th Avenue N Art Gallery and performing arts venue.

KTUNAXA INTERPRETIVE CENTRE

7777 Mission Road, St. Eugene Resort Have a firsthand look at the life of the Ktunaxa people.

FESTIVALS

BIKING EVENTS

Gran Fondo cycling event, Sept 9 Six in the Stix mountain biking, Sept 16-17

FARMERS MARKET

Every Saturday July to early-Oct downtown during the summer. Every 2nd Sat in the spring.

SAM STEELE DAYS

Third weekend in June. A city-wide festival celebrating history, arts & culture. Includes a grand parade, sports tournaments, market, music and free family fun. More Events on KootenayRockies.com

RECREATION

ELIZABETH LAKE WILDLIFE SANCTUARY

Highway 3/95 A 6 acre wetland, home to different animal species. Trails, viewpoints, picnic tables.

Many to pick from: Wildstone, Shadow Mountain, Cranbrook, St Eugene and Mission Hills.

TRAILS

Community Forest - 2,000 acres of crown forest offers nature trails and biking opportunities. South Star Recreation Trails - 30 kms of forest for hiking, biking, horseback riding and xc skiing. TransCanada Trail - Isadore Canyon, Rotary Way, and the Kimberley/Cranbrook Northstar Rail Trail.

WESTERN FINANCIAL PLACE

1777 2nd Street N

Recreational complex, aquatic and fitness centre; next to Skate Park.

CRANBROOK VISITOR CENTRE

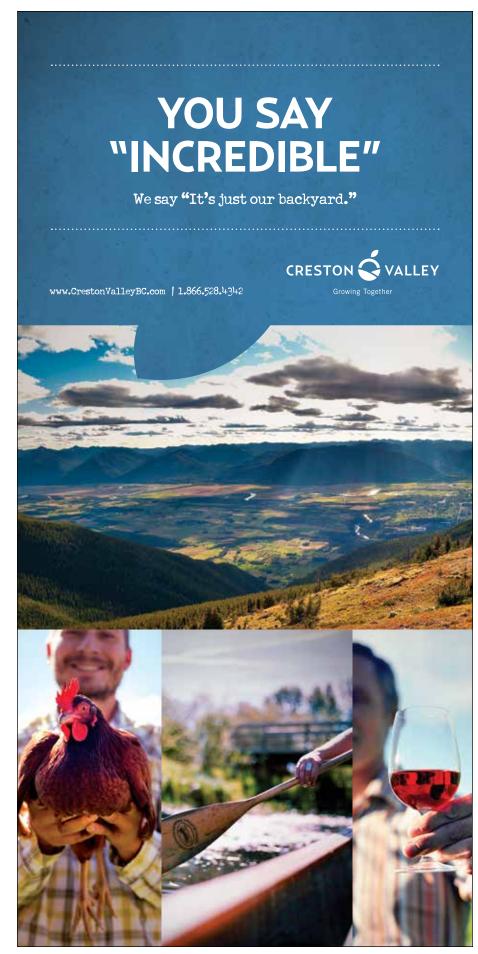
2279 Cranbrook St N, Hwy 3/95 250-426-5914 Info@CranbrookChamber.com CranbrookTourism.ca

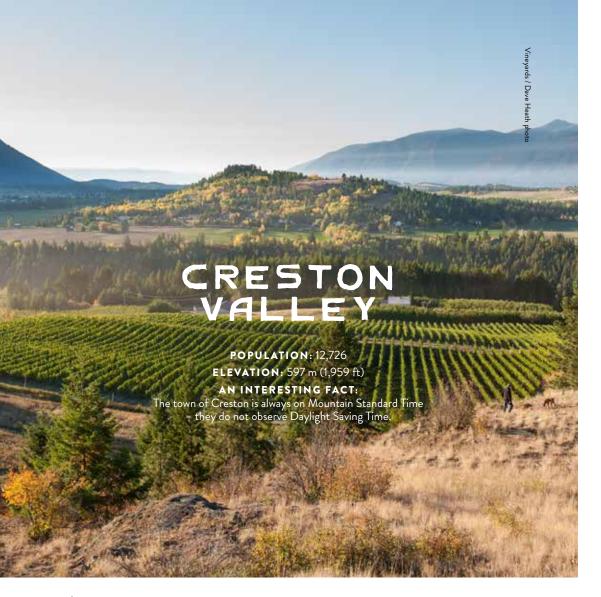


This is your dream getaway destination. Nestled between the Purcell and Rocky Mountains, our historic resort features luxurious guestrooms, a championship golf course built along the winding St. Mary River, a vibrant casino nightlife, world-class dining, a rejuvenating spa, and outdoor adventures awaiting you in every corner with plenty of local activities and attractions all bookable directly through our hotel.









GROWING TOGETHER

The beautiful Creston Valley stretches from the town of Creston, north along the Kootenay Lake East Shore to the village of Crawford Bay. Tucked into the sunny bench between the Purcell and Selkirk mountain ranges, the Creston Valley is a retreat for outdoor adventurers, foodies, creative souls, lovers of the land and anyone in need of a wholesome home-away-from-home experience. Highway 3A is a popular touring route alongside Kootenay Lake and includes a number of quaint communities: Wynndel, Sanca, Boswell, Gray Creek, Riondel and Kootenay Bay Ferry Landing.



ARTS, CULTURE, HERITAGE

ARTISANS OF CRAWFORD BAY

Home to a diverse group of craftspeople, most of whom are a few minutes walk of each other.

CRESTON MUSEUM

219 Devon Street
Explore local history through exhibits, events

and guided tours.

RIONDEL MUSEUM

Photos and mining displays; historic walkway through the mine site.

YAQAN NUKIY HERITAGE CENTRE

3560 Highway 21, Creston Developed by the local First Nations to showcase their unique culture and traditions.

ATTRACTIONS

CRESTON WILDLIFE CENTRE

Highway 3, 250-402-6908 Guided tours, wildlife viewing, boardwalk, hiking and biking trails, Interpretive Centre. CrestonWildlife.ca See ad pg 14

GLASS HOUSE

40 km S of Crawford Bay (Sanca) Constructed in 1952 of over 500,000 square embalming fluid bottles.

TOURS: FARM, WINERY, ARTISAN, BREWERY

Enjoy a tour, pick your own fruit, taste cheese & meet the cows, browse the art studios, view the murals, sample at the wineries (3) and brewery.

FESTIVALS

CRESTON BIRD FEST

May 12-14 A celebration of the art, agriculture and the birds of the Creston Valley.

CRESTON FARMERS MARKET

Saturdays, May to December A dynamic blend of vendors offering produce, arts & crafts and entertainment.

KOOTENAY GUT BUSTER

July 28-29 A comedy concert with professional stand-up comics; live music to start.

More Events on KootenayRockies.com

RECREATION

GOLF

Kokanee Springs Golf Resort, Crawford Bay Legendary golf, adventure & accommodation. See ad below. More golf in Creston & Riondel.

HIKING & BIKING

The area offers a variety of trails and backcountry roads. Balancing Rock Trail is a favourite hiking route which leads to valley views.

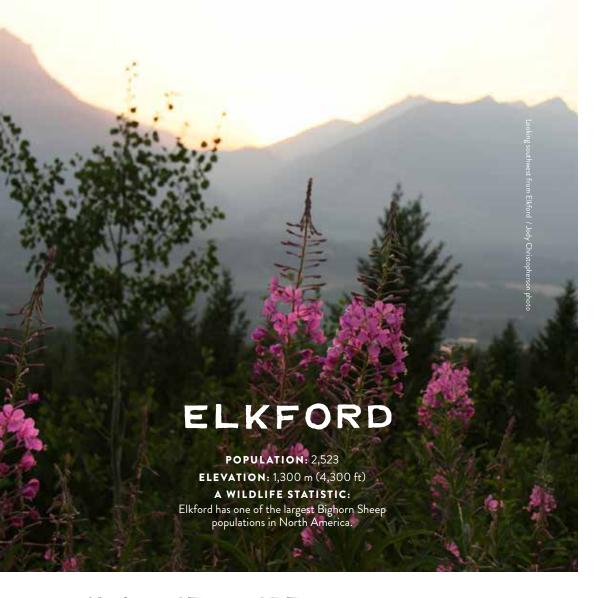
WATERSPORTS

Duck Lake is famous for bass fishing; Kootenay Lake for Rainbow Trout & Kokanee. Guided kayaking trips are offered on the Kootenay River.

CRESTON VISITOR CENTRE

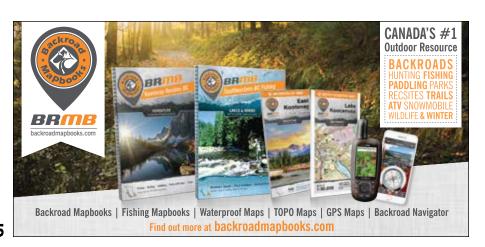
121 Northwest Blvd, Hwy 3 1-866-528-4342 CrestonValleyBC.com Info@CrestonValleyBC.com





WILD AT HEART

The most remote town in the region, Elkford is a scenic 30 minute drive north of Sparwood and the gateway to two majestic wilderness parks: Elk Lakes and Height of the Rockies. This area is a popular destination for a range of outdoor recreational activities, including ATV touring, hiking and mountain biking. On Saturdays, throughout the summer, free guided tours are offered of the open pit coal mining operations.



ATTRACTIONS

ELK LAKES PROVINCIAL PARK

A true wilderness area offering hiking and fishing opportunities. Involves travel on a gravel road north from Elkford.

FORDING MOUNTAIN SULPHUR WARM SPRINGS

A naturally warm spring hidden in the forest and known for its sulphur smell as much as the healing properties.

JOSEPHINE FALLS

At the end of a 3 km (2 mi) walking trail is rarely-viewed Josephine Falls, a 25 metre (83 foot) tumble of foaming water set in a secluded canyon landscape.

OPEN PIT MINE TOURS

1-855-877-9453 – Board the bus at the Visitor Centre and be transported into one of Canada's most productive steelmaking coal operations. Tours are offered July & August and are free. Book at Visitor Centre.

FESTIVALS

WILDCAT DAYS

June 30 - July 1 - A family festival of games and activities that celebrates one of the first pioneers in the area: Wildcat Charlie Weigert.

WINTER IN THE WILD

Mid-February – Celebrate winter with this fun-filled family weekend. Fireworks, sleigh rides, bonfires and more activities & events for all ages.

More Events on KootenayRockies.com

RECREATION

MOUNTAIN MEADOWS GOLF COURSE

A 9-hole layout which is challenging and fun. Clubhouse lounge, restaurant and deck.

RECREATION FACILITIES

Elkford offers an Ice Arena and Curling Rink, a four-lane swimming pool with hot tub and sauna, and various multi-purpose use areas.

TRAILS - HIKING / BIKING

Pick up a Trail Map at the Visitor Centre.

Mountain Walk Trail – an 8 km (2 hr) one-way moderate hike from the Ski Hill through subalpine forest; mountain biking is a popular alternative.

Boivin Creek Trail – A moderate hike of 7.5 km (4.5 mi) with a gradual climb. In the winter, a track is set for cross-country skiing.

WAPITI SKI HILL

A great family ski resort offering 14 runs, 1,000 ft vertical drop with beginner & expert runs and night skiing.

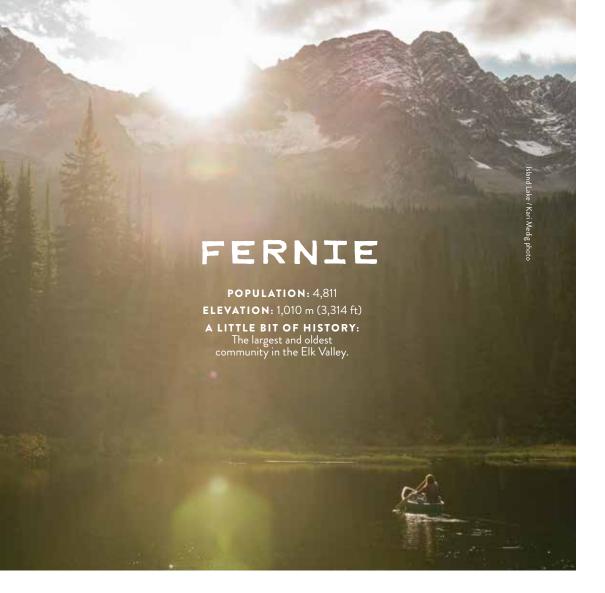
WINTER RECREATION

Elkford offers a multitude of winter activities: snowshoeing, cross-country skiing, snowmobiling and the Wapiti Ski Hill is located right in town.

ELKFORD VISITOR CENTRE

750 Fording Drive 1-855-877-9453 VisitorCentre@Elkford.ca Elkford.ca





SMALL TOWN CHARM, BIG MOUNTAIN ADVENTURE

Set in the Rocky Mountains, the charming golden-rose, brick and stone facades of historic downtown Fernie nestle below the jagged peaks of the Lizard Range. Meet traditional artisans at work, learn local legends or relax on a street side patio. Sought out by adventure seekers and cultural explorers alike, Fernie is a pleasure to explore and experience. The sparkling Elk River is renowned for fly-fishing and whitewater canyon rafting. The biking & hiking options make this a mecca for trail enthusiasts.



ARTS, CULTURE, HERITAGE

THE ARTS STATION

601 First Avenue

A turn-of-the-century railroad station converted into a cultural centre, theatre and gallery.

CITY HALL & MINER'S WALK

501 Third Avenue

One of Fernie's great historic buildings and home to a beautiful tribute to the Elk Valley's mining heritage.

FERNIE MUSEUM & WALKING TOUR

491 Second Avenue

Explore Fernie's heritage and culture in the galleries and interactive displays. Scheduled heritage tours are offered of Fernie's treasure trove of brick and stone architecture.

OIL DERRICK

Hwy 3, at Visitor Centre. The last standing wooden oil derrick in BC. Interpretive signage and picnic area.

FESTIVALS

ELK VALLEY ULTRA 50 KM & RELAY

July 29

A new trail running race.

MOUNTAIN BIKING RACES

Fernie hosts many mountain biking events during the summer and fall; Roll & Sole, Fernie Lucky 7's, Wam Bam Dirt Jam, Project 9, Tears & Gears, TransBC Enduro, Dirt Diggler.

MOUNTAIN MARKET

Every Sunday during the summer at Rotary Park; fruit, vegetables, hand-crafted creations, entertainment.

WAPITI MUSIC FESTIVAL

August 11-12 An annual outdoor music event bringing quality Canadian Indie artists.

WEDNESDAY CONCERT SERIES

July and August at the Station Square. Live music & refreshments; 5:30-9pm More Events on KootenayRockies.com

RECREATION

FERNIE ALPINE RESORT

Bike Park, Chairlift rides, Rippin Zipline, Aerial Playground and scenic hiking.

GOLF

Fernie offers 18-holes and a wonderful wrap around deck for meals & drinks.

RIVER ADVENTURES

The pristine Elk River is famous for fly-fishing, whitewater rafting, kayaking, SUP boarding and scenic floats. The views and wildlife are just as rewarding.

TRAILS - HIKING / BIKING

Pick up a Fernie Trail Map at the Visitor Centre or view online at TourismFernie.com.
Fernie's extensive trail system features beginner to advanced terrain. Also, hike to Fairy Creek Falls from the Visitor Centre. An easy outing for the whole family.

FERNIE VISITOR CENTRE

102 Highway 3 & 491 2nd Avenue 250-423-6868 Info@FernieChamber.com TourismFernie.com



throughout the region.

CRANBROOK
FERNIE
GOLDEN

COTR.ca/programs

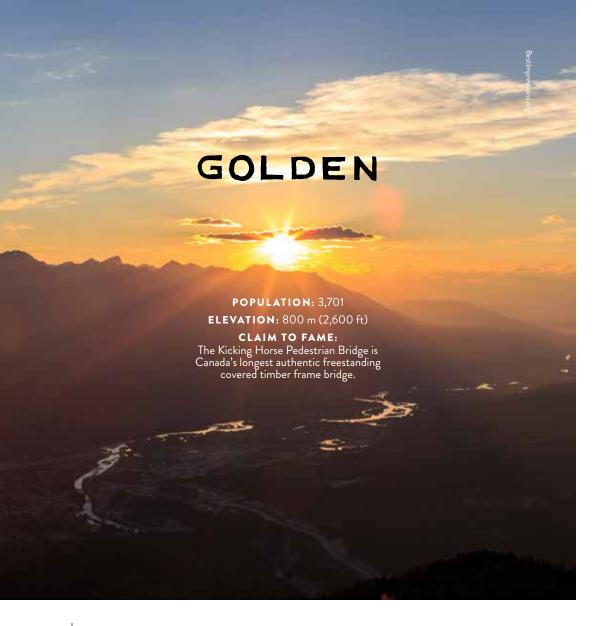
NELSON

Selkirk.ca/
hospitality-tourism

at restaurants, hotels,

adventure tour operations,

golf courses and ski resorts



KICKING HORSE COUNTRY

Surrounded by national parks, three mountain ranges and at the confluence of two historic rivers, it is no wonder the town of Golden is renowned for outdoor recreation. Just about everything is offered – mountain biking, kayaking, rafting, paragliding, skydiving, a Via Ferrata ... There's also an abundance of wildlife, scenery and history in this mountain town to captivate you and keep you coming back.



ARTS, CULTURE, HERITAGE

ART GALLERY OF GOLDEN

516 – 9th Avenue N Gift shop, studio and local artist exhibits.

GOLDEN MUSEUM

1302 – 11 Avenue S. Artifacts date back to 1865; log schoolhouse, CPR Station.

FESTIVALS

FARMERS MARKET

During the summer, Wed & Sat downtown. Locally grown goods, live music & artisan wares.

FLYING COMPETITION

July 28 – Aug 6 A paragliding and hanggliding event. Spot the pilots soaring in the sky.

GOLDEN MOUNTAIN FESTIVAL

May 19-22 Celebrate 150 years with a schedule of events & activities.

GOLDEN ULTRA – September 22-24 A running stage race and ultra marathon.

MOUNTAIN BIKING EVENTS

June 17-18, Golden 24, endurance bike race.

SUMMER KICKS

During the summer, free concerts by the Kicking Horse Pedestrian Bridge.

More Events on KootenayRockies.com

RECREATION

GOLDEN GOLF CLUB

576 Golf Course Drive 1-866-727-7222 The 6,825 yard course also boasts licensed dining, driving range and a RV Park. See ad below GolfGolden.com

TRAILS - HIKING / BIKING

Golden offers some of the best biking terrain in North America from friendly trails to challenging overnight trips. Pick up a map at the Visitor Centre or view at TourismGolden.com/plan

WILDLIFE VIEWING

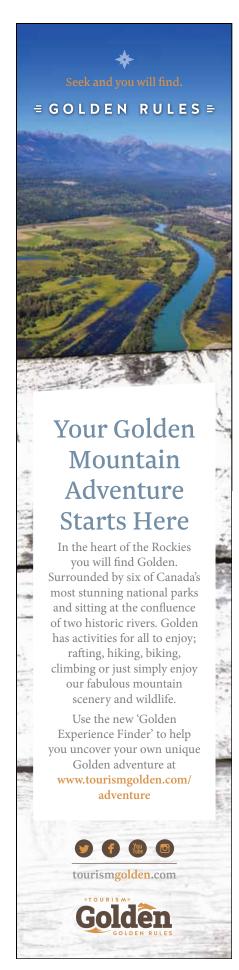
Columbia Valley Wetlands, Reflection Lake & Edelweiss Slough are favourite birding spots. The Buffalo Ranch and Grizzly Bear Refuge offer interpretive tours & guaranteed sightings.

GOLDEN VISITOR SERVICES

Connect with Information Counsellors at several locations in Golden.

Visit TourismGolden.com/visitors for details.



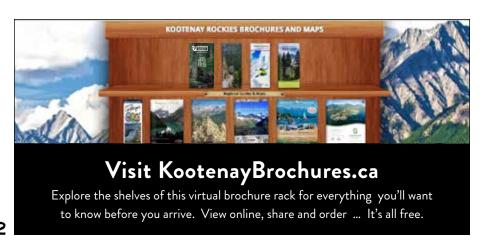




COLUMBIA VALLEY

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 but be sure to explore the impressive shops and artisan galleries downtown.

Minutes west of Invermere, is Panorama Mountain Resort. This village is all about play. Kids will love the waterpark, waterslide and adventure camps. Grown-ups will enjoy the hot pools, shops, restaurants, golf course and the perfect setting. Neighbouring communities in the Columbia Valley include Radium Hot Springs, Windermere, Fairmont Hot Springs and Canal Flats.



ARTS, CULTURE, HERITAGE

PYNELOGS ART GALLERY

1720 - 4th Avenue

Art gallery, cultural centre, café and gift shop featuring the works of local artists and artisans.

WINDERMERE VALLEY MUSEUM

222 – 6th Avenue

The museum consists of 6 buildings furnished with pioneer artifacts and a fine old log CPR Station.

FESTIVALS

ART WALK

June to August Stroll around town & visit participating galleries.

COFFEE FEST - 4th annual

March 3-5; Celebrating coffee culture.

FARMERS MARKET

Saturday mornings during the summer. Freshly grown produce to artisan wares & entertainment.

LAKESIDE EVENTS

August 12

Lakeside Splashdown – Glider pilots soar through the air and attempt a targeted water landing. Loop the Lake – walk, bike or run in this relay race.

POUTINE PALOOZA

October 9-14

Poutine lovers assemble to sample a variety of poutines served up by Valley restaurants.

WINGS OVER THE ROCKIES

First week in May. Amazing birding opportunities, field trips, presentations and entertainment.

More Events on KootenayRockies.com

ATTRACTIONS

ARROWHEAD BREWING CO.

481 Arrow Road Watch the beer making process from the viewing corridor; tastings in tap room.

BOTANICAL GARDENS

Three acres of botanical gardens with plantings of heritage perennials and food plants. A self-guided trail networks around Pynelogs & Dorothy Lake.

POTHOLE PARK

Learn the history of Explorer David Thompson - he first visited this area in 1807. A beautiful monument is displayed on Main Street.

RECREATION

GOLF

The Columbia Valley offers nine world-class golf resorts and 5 fun 9-hole golf courses.

TRAILS - HIKING & BIKING

Panorama Bike Park offers chairlift accessed hiking and biking terrain for all abilities. Bike rentals are also available. Mount Swansea features 7 downhill trails and the Swansea Loop hiking trail will get you to some great view points.

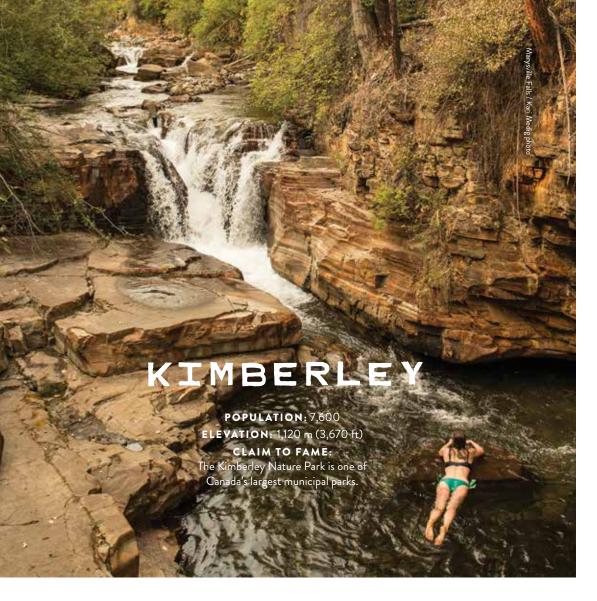
WATERSPORTS

Kayak, canoe, paddle-board, sail, windsurf. Lake Windermere is a beach and boating haven offering rentals, excursions, guides & self-guided tours.

COLUMBIA VALLEY VISITOR CENTRE

651 Highway 93/95 250-342-2844 Info@CVChamber.ca CVChamber.ca Info@InvermerePanorama.com InvermerePanorama.com



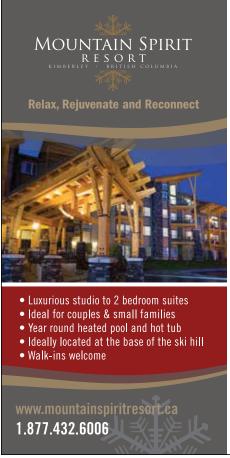


A GOOD PLACE TO BE

The alpine city of Kimberley is set on the western slope of the valley with the Purcell and Rocky Mountains on either side. The former mining town has recreated itself as a wonderful destination complete with championship golf courses, ski resort and an underground railway that highlights the history of the Sullivan Mine. Exploring Kimberley's amazing mining history and backcountry terrain – from whitewater rafting to endless hiking - are just a few reasons why Kimberley is a good place to be.









ARTS, CULTURE, HERITAGE

HERITAGE MUSEUM & LIBRARY

150 Spokane St. Artifacts, photographs and changing displays depict various aspects of early life including mining and skiing.

KIMBERLEY ARTS AT CENTRE 64

64 Deer Park Ave. Kimberley's arts and culture centre; art exhibitions and live performances.

ATTRACTIONS

AQUATIC CENTRE

520 Archibald St. Five-lane pool, kids area, lazy river, hot tub, steam room.

COMINCO GARDENS

Townsite, 4th Ave. Stroll through 2.5 acres filled with different varieties of flowers.

MARYSVILLE FALLS & ECO PARK

Lovely boardwalk along Mark Creek to the falls. The park displays a Westslope Trout sculpture celebrating their return to this creek.

PLAT71

Downtown Kimberley - Outdoor pedestrian mall with many restaurants and shops.

SPIRIT ROCK CLIMBING CENTRE

In the Platzl - Climbing gym for all ability levels.

UNDERGROUND MINING RAILWAY

115 Gerry Sorensen Way 250-427-0022 Ride the train underground and enjoy the attractions: theatre, mining school house and residence, powerhouse. See ad pg 12 KUMR.ca

FESTIVALS

FARMERS MARKET

Howard Street - Thursday evenings during the summer. Fresh food and crafts from local farmers and artisans, live music, delicious food.

FIRST SATURDAYS

July to October - All day Arts & Culture events take place on the first Saturday of each month.

More Events on KootenayRockies.com

RECREATION

GOLF COURSES

18-Holes: Bootleg Gap (& Rec 9), Kimberley Golf Course and Trickle Creek. Putting Course at Kimberley Riverside Campground.

FISHING

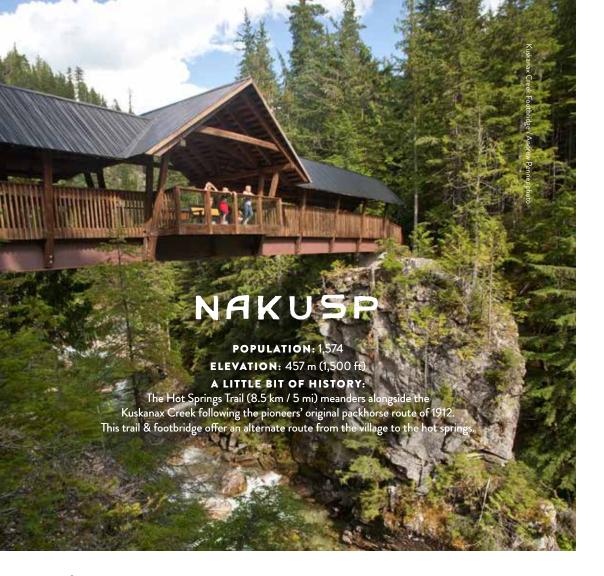
The St. Mary, and other nearby rivers are full of Cutthroat, Rainbow & Bull Trout. Many area lakes also offer great experiences. Book a guided fishing or rafting trip.

TRAILS - HIKING / BIKING

The Kimberley Nature Park offers an extensive network of trails. The Northstar Rail Trail – former railway between Kimberley and Cranbrook is part of the TransCanada Trail. Maps available at the Visitor Centre.

KIMBERLEY VISITOR CENTRE

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



HISTORIC HUB OF THE ARROW LAKES

During the Silvery Slocan mining boom, this tranquil village 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 hiking and biking opportunities, and services such as playgrounds and parks, sandy beach, marina and boat launch, and of course the wonderful hot springs.



ARTS, CULTURE, HERITAGE

LELAND HOTEL

Downtown - The oldest continuously operating hotel in British Columbia.

NAKUSP MUSEUM

92 - 6th Avenue NW This museum is rich in history of early life on the Arrow Lakes sternwheelers, agriculture and mining.

STUDIO CONNEXION

203 Fifth Avenue A fine art gallery with exhibits. Open May to Sept or by appointment.

FESTIVALS

ART WALK

At various venues downtown. Pick up a map at the Visitor Centre.

FARMERS MARKETS

Fri evenings & Sat mornings, downtown Nakusp; year-round. Neighbouring Burton & Edgewood, every Sunday during the summer.

KOOTENAY SUFFERFEST

Early Sept. in Kaslo, New Denver, Nakusp. Trail runs, mountain biking, cyclocross & duathlon.

MUSHROOM HARVEST STREET FESTIVAL

Mid-October Street market & food festival; demonstrations and prizes.

MUSIC IN THE PARK

Free concerts at the Community Park gazebo. Wednesday evenings, July & August.

ATTRACTIONS

HOT SPRINGS

Halcyon, Halfway River and Nakusp. See Hot Springs, pages 46-49 and below.

KUSKANAX CREEK FOOTBRIDGE

A covered bridge with seating and glass viewing panels spans the Kuskanax. A short walk from the Nakusp Hot Springs.

WATERFRONT PROMENADE

Stroll along Nakusp's Waterfront Park; featuring a Japanese Garden and the Spicer Garden.

RECREATION

GOLF COURSES

Fauquier and Nakusp are both challenging and beautiful 9-hole golf courses.

HIKING & BIKING TRAILS

Trails range from easy to extreme; Box Lake Loop, Cedar Grove Trail, Kimbol Lake, Saddle Mountain, and more. Pick up a map at the Visitor Centre.

WATERSPORTS

Arrow Lakes offer a holiday destination for swimming, boating, waterskiing & fishing.

NAKUSP VISITOR CENTRE

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



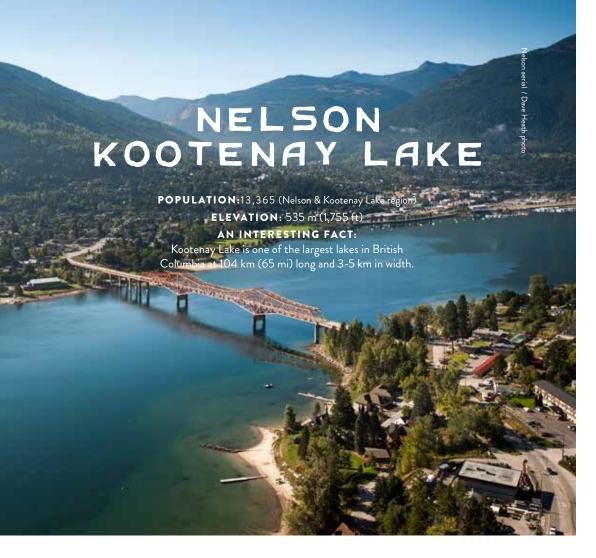
- · Campground open May 1 to mid-October
- · Affordable accommodation at the Chalets
- · Visit the new footbridge crossing the Kuskanax Creek to explore the natural surroundings

NAKUSP HOT SPRINGS

CHALETS & CAMPGROUND

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

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FINDING AWESOME

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





ARTS, CULTURE, HERITAGE, ATTRACTIONS

Ainsworth Hot Springs: AINSWORTH HOT SPRINGS

Highway 31 Famous hot springs pool including a horseshoe-shaped cave. See ad pg 49

JB FLETCHER MUSEUM

A turn-of-the-century restored general store presents a show of mining artifacts.

Balfour:

KOOTENAY LAKE FERRY

World's longest free ferry ride. A scenic 35 minute journey between Balfour and Kootenay Bay.

Kaslo:

JAPANESE CDN MUSEUM

At the Langham Cultural Centre. 447 Ave. An archival display on Japanese Canadian internment years.

KASLO RIVER TRAILS

A scenic riverside ramble (6 km easy) looping the north and south sides of the Kaslo River. Includes two beautiful covered bridges.

KOOTENAY LAKE ARCHIVES

312 – 4th Ave (Kemball building) In the Old Jail, showcasing over 5,000 photographs.

KOOTENAY STAR MUSEUM

402 Front St. This museum displays a rich treasure of machinery, photos, documents & mining samples.

SS MOYIE NATIONAL HISTORIC SITE

324 Front Street The SS Moyie launched in 1898 and operated for almost 60 years. Beautifully restored museum and a must for visitors.

Meadow Creek:

LARDEAU VALLEY MUSEUM

Highway 31 A small museum with a variety of local artifacts relevant to the area.

Nelson:

CHAMBER OF MINES MUSEUM

215 Hall Street

Mining built towns throughout BC; check out one of the best rock collections in the world.

CITY HERITAGE TOUR

Take a self-guided walking tour and discover why the city is known as the Heritage Capital of BC. Maps available at Visitor Centre.

STREETCAR #23

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

TOUCHSTONES MUSEUM OF ART & HISTORY

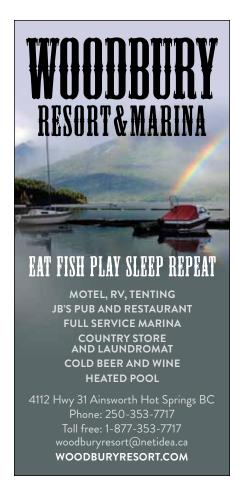
502 Vernon Street

Experience the art gallery, community museum and archives. Located in a 1902 heritage building.

Salmo:

SALMO MUSEUM

Railway St & 4th St Hardrock mining display, underground tunnel, archives and photographs. Heritage Tour and six unique stone murals.





www.cloudside.ca

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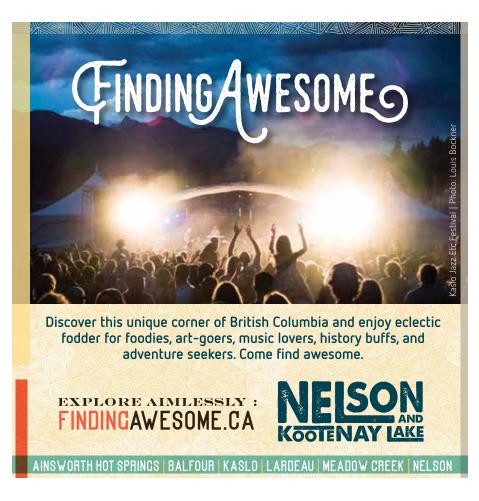
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FESTIVALS

KASLO JAZZ FESTIVAL

August 4-6 Musical genres, craft refreshment vending, childrens entertainment tent, workshops, beach setting, fun for the whole family.

KASLO SATURDAY MARKET

Front Street Park

Local artists, crafters and food producers.

KOOTENAY SUFFERFEST

Early-Sept in Kaslo, New Denver, Nakusp. Trail runs, mountain biking, cyclocross & duathlon.

NELSON FAT TIRE FESTIVAL

August 24-27

Open Jam night, bike camps, group rides, races, family event.

NELSON MARKETS

Downtown Market, Wednesdays. Community Market, Saturdays at the Cottonwood Falls Park. Marketfest, the last Friday of June, July & Aug, 6-10:30pm.

NELSON SEPTEMBER EVENTS

Kootenay Storytelling Festival, Queen City Cruise Car Show and Kootenay Spirit Festival. Nelson provides the ideal location.

More Events on KootenayRockies.com

NELSON VISITOR CENTRE

91 Baker Street 1-877-663-5706 Info@DiscoverNelson.com DiscoverNelson.com 30 NelsonKootenayLake.com

RECREATION

BIKING & TREKKING

The area offers a network of trails for mountain biking and hiking. Shuttle service, bike shops, rentals and a dirt jump zone is also offered. Guided rock climbing, trekking and hiking trips available.

Granite Pointe, Balfour, Eagleview, Kaslo; each offer great golf and gorgeous views; enjoy a round.

GREAT NORTHERN RAIL TRAIL

This converted railway between the cities of Nelson and Salmo is wonderful for biking.

KOKANEE MOUNTAIN ZIPLINE

At Kokanee Creek Provincial Park 1-844-764-4484 Six ziplines, six unique experiences. Outrageous fun for the whole family. See ad pg 31 ZipKokanee.com

LARDEAU RIVER ADVENTURES

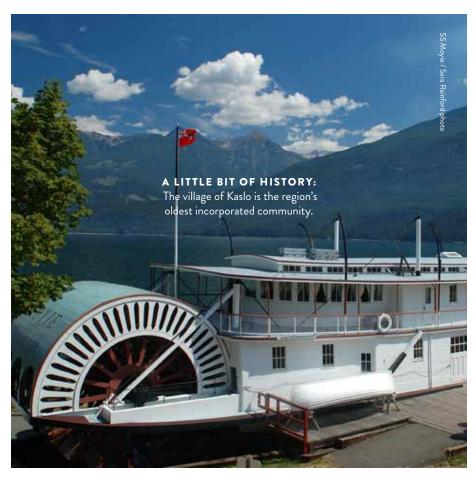
Meadow Creek 1-855-400-7238 Unparalleled whitewater rafting adventure on the crystal waters of the Lardeau. Suitable for all ages. See ad pg 31 LardeauRiverAdventures.com

WATERSPORTS

Kootenay Lake offers great fishing and beautiful waterfront beaches with all sorts of rentals. Nearby, Lardeau, Salmo & Slocan Rivers are popular for kayaking and rafting. Charters and tours available.

KASLO VISITOR CENTRE

324 Front Street 250-353-2525 SSMoyie@klhs.bc.ca / KLHS.bc.ca





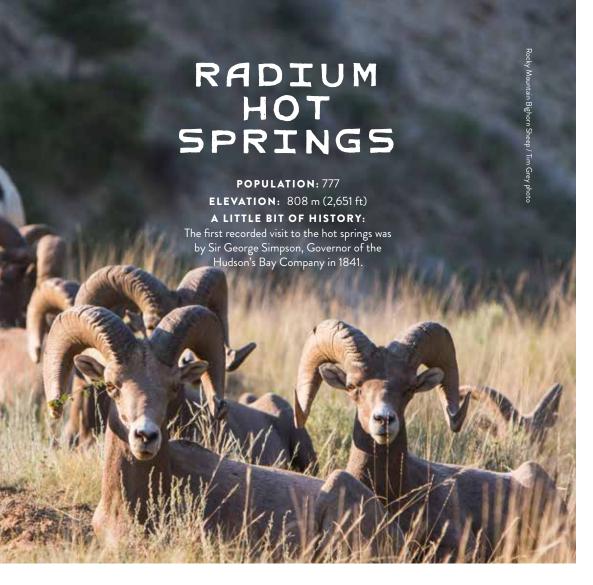






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FIND YOUR PEACE

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 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 hiking opportunities, whitewater rafting adventures and scenic floats. The village offers an extensive range of visitor services including a selection of restaurants, shops and accommodations ranging from campgrounds to full-service resorts.







ARTS, CULTURE, HERITAGE

CULTURES IN CONTACT

At the Visitor Centre – History and culture of the Ktunaxa Nation & Anatomy of Land exhibit.

RADIUM WOODCARVER

Highway 93/95

The art shop is filled with carvings, from gigantic chainsaw sculptures to the smallest abstract souvenir.

ATTRACTIONS

COLUMBIA VALLEY WETLANDS

One of the largest contiguous wetlands in North America. Adjacent to the Columbia River between Invermere and Golden. Excellent wildlife viewing. Guided floats are offered.

RADIUM HOT SPRINGS POOLS

Highway 93 – Kootenay National Park Spacious, family-friendly facility with naturally heated mineral water, spa and shop. See pg 48 and back cover. HotSprings.ca

FESTIVALS

CLASSIC CAR SHOW

Always the 3rd weekend in September. The Show & Shine takes place at the Springs Golf Course.

HEADBANGER FESTIVAL

First weekend in November. See Bighorn Sheep up close and personal. Learn about their history, habits & future.

MUSIC & MARKET ON MAIN

During the summer, Fridays 4-9pm, next to Visitor Centre. Live music and market vendors.

RECREATION

GOLF

Radium Hot Springs offers The Springs and Radium 18-hole golf courses. And, a number of 9-hole layouts: Spur Valley, Edgewater and Setetkwa.

TRAILS - HIKING & BIKING

This area is home to hundreds of kilometres of world-class trails: Old Coach, Lake Lillian and Nipika Cross River Canyon Trails. The Nipika trail system offers a 100 km scenic trail network for hiking, trail running, biking and cross-country skiing.

VALLEY ZIPLINE ADVENTURES

8393 Highway 93/95

Self-guided zipline tours for all ages. Fun and informative training provided. See ad this page.

WHITEWATER RAFTING

Enjoy an exciting rafting adventure on the Kicking Horse, Kootenay or Columbia Rivers.

WILDLIFE VIEWING

The village is home to a resident herd of Rocky Mountain Bighorn Sheep. You can't miss them!

RADIUM HOT SPRINGS VISITOR CENTRE

Hwy 95, 7556 Main St E 1-888-347-9331 Info@RadiumHotSprings.com RadiumHotSprings.com



REDEFINING STOKE

Revelstoke is all about the mountains – big, beautiful, wilderness loaded mountains. Drop below the peaks of the Selkirk and Monashee Mountains, the city is a hot spot for backcountry adventure, the gateway to Mount 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.



ATTRACTIONS

BC HYDRO REVELSTOKE DAM TOUR

Highway 23 N – Exhibits show how the project was built and how the system works.

CRAZY CREEK WATERFALLS SUSPENSION BRIDGE, HOT POOLS

6162 Highway #1, at Malakwa – Magnificent viewing platform, gift shop, patio, boardwalk.

ENCHANTED FOREST & SKYTREK ADVENTURE PARK

Highway #1 W – 1-866-944-9744 A wonderful family attraction – something for the young, young at heart and adventurous. See ad pg 34. EnchantedForestBC.com SkyTrekAdventurePark.com

HERITAGE DOWNTOWN

Pick up a Walking Tour Map at the Visitor Centre and explore. Near Centennial Park, a heritage trail features interpretive signage and views.

MT. BEGBIE BREWERY TOUR

2155 Oak Drive – Revelstoke's microbrewery offers tours and tastings during the summer.

THREE VALLEY GAP GHOST TOWN

Hwy #1 W - A unique attraction - tour more than 25 restored historic buildings.

FESTIVALS

MOUNTAIN PARADISE SHOW N SHINE

June 3, Downtown Annual car show, entertainment, food and family fun.

SPORTING EVENTS

Hot spot for many major mountain biking events and trail running races: Trans BC MTB Series - July 14-15 Dirty Feet Trail Running Series - Aug 13 Trans Selkirks Run - Aug 28-Sept 1.

SUMMERS IN GRIZZLY PLAZA

Saturday mornings, Farmers Market; Locally grown produce & artisan wares. Live entertainment every evening. Visit SeeRevelstoke.com/events for a full schedule.

MUSEUMS

FIREHALL MUSEUM

227 – 4th Street Revelstoke's first motorized firetruck is the centrepiece of the museum.

FORESTRY MUSEUM

4 kilometres N of Revelstoke Dam Check out the vintage forest fire lookout cabin, climb into the crow's nest, browse the gift shop. Best view of the Revelstoke Dam from the outcropped platform.

RAILWAY MUSEUM

719 Track Street W This museum houses the beautiful CPR locomotive #5468.

REVELSTOKE MUSEUM

315 First Street W

This museum is devoted to lumbering, mining, farming, railroading and the early settlement of Revelstoke.

RECREATION

APEX RAFT COMPANY

112 First St (at Regent Inn)
1-888-232-6666
Rafting adventure on the Illecillewaet Rive

Rafting adventure on the Illecillewaet River near Mount Revelstoke National Park. ApexRafting.com See ad below.

REVELSTOKE MOUNTAIN RESORT

Scenic gondola rides, the Pipe Mountain Coaster and heli-activities.

TRAILS - HIKING / BIKING

Revelstoke is home to hundreds of kilometres of world-class trail networks. Free Trail Maps at the Visitor Centre. Bike rentals & guided rides also offered.

WATERSPORTS

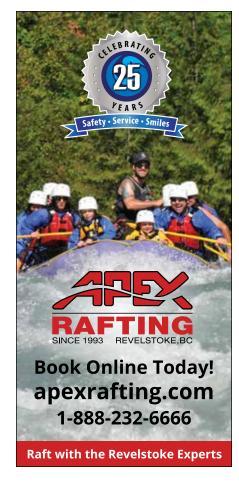
The Illecillewaet River is great for kayaking and rafting. Stand up paddle boarding is popular on Lake Revelstoke. And, the Aquatic Centre offers a 25m pool, kids zone, lazy river, waterslide and hot tub.

MORE ADVENTURE

This outdoor paradise also offers dirt bike and SxS tours, mountaineering, rock climbing, alpine hiking ... and an 18-hole golf course.

REVELSTOKE VISITOR CENTRE

301 Victoria Road W 1-800-487-1493 Info@RevelstokeChamber.com SeeRevelstoke.com



Redefining:STOKE

{stok} verb; past tense: stoked; to be stoked
Real excitement or thrill that one will experience in Revelstoke, British Columbia.
"I've never been this stoked."



#therealstoke

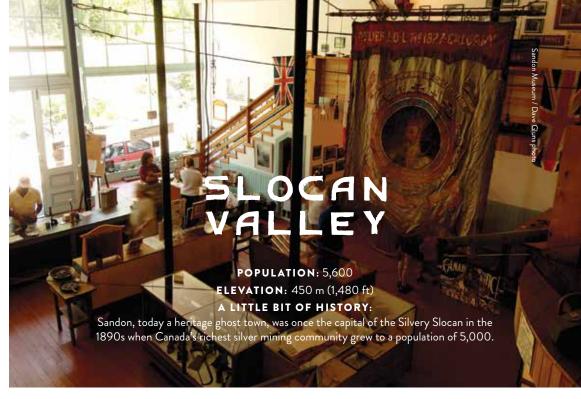








SeeRevelstoke.com



SANDON, SILVERTON, NEW DENVER, WINLAW

The Slocan Valley is one of the most interesting places to explore in the region. 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, Sandon, Silverton & Winlaw - offer a glimpse into the mining past of this valley.

ARTS, CULTURE, HERITAGE

HISTORICAL INTERPRETIVE CENTRE

Silverton offers an outdoor mining museum, Fingland cabin and a Blacksmith Shop.

KOHAN REFLECTION GARDEN

New Denver – A beautiful Japanese-style garden honouring Japanese Canadians relocated in 1942.

NIKKEI INTERNMENT MEMORIAL CENTRE

306 Josephine Street, New Denver The only interpretive centre in Canada dedicated to the history and internment of over 22,000 Canadians of Japanese heritage.

SANDON

Town attractions include the original city hall, historic homes, museum, steam train and more.

SILVERY SLOCAN MUSEUM

New Denver – A heritage building displaying exhibits, records, artifacts and photographs.

FESTIVALS

FRIDAY MARKET

New Denver, downtown, June to Sept. Produce, antiques, artisan wares.

GARLIC FESTIVAL

New Denver, Centennial Park, Sept 10 – Everything garlic!

FESTIVALS Continued

KOOTENAY SUFFERFEST

Early Sept in Kaslo, New Denver, Nakusp. Trail runs, mountain biking, cyclocross & duathlon.

RECREATION

GOLF

New Denver and Winlaw both offer 9-hole golf courses with food & beverage options.

IDAHO PEAK

Access road starts in Sandon. A wonderful easy hike showcasing wildflowers, old fire lookout and views of Valhalla Mountains and Slocan Lake.

TRAILS - HIKING / BIKING

This area has some outstanding trails: Kaslo & Slocan Railway Loop, Slocan Valley Rail Trail and the Galena Trail which includes a cable car ride over Carpenter Creek.

WATERSPORTS

The Slocan River is popular for rafting & kayaking.

NEW DENVER VISITOR CENTRE (seasonal)

202 6th Avenue 250-358-2719 VIC@SlocanLake.com SlocanLake.com



MOUNTAIN BIKING CAPITAL OF CANADA

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.



ARTS, CULTURE, HERITAGE

GOLD FEVER FOLLIES

Live musical theatre shows, highlighting the infamous cancan and Rossland's rich gold rush days of the late 1890s. Great entertainment for the whole family. Held at the Rossland Miners Hall; 1768 Columbia Ave. See ad this page.

*No matinee on July 1
GoldFeverFollies.com

HERITAGE WALKING TOUR

Discover 30 heritage stone, brick or granite downtown buildings built before 1929. Pick up a Tour Map at the Visitor Centre.

ROSSLAND MUSEUM & DISCOVERY CENTRE

Highway Junction 22 & 3B Site of the LeRoi Gold Mine; display of artifacts, a Geology Centre and gold panning attraction.

FESTIVALS

BROKEN GOAT

July 15 This unique point to point race takes runners up 5 peaks along the Seven Summits Trail.

FALL FAIR & GOLDEN CITY DAYS

Early September

A community weekend family festival celebrating the community's rich gold mining history.

MOUNTAIN MARKET

Every Thursday evening downtown, during the summer. Browse the locally grown and made goods.

ROSSLAND BIKE FESTIVALS

Summer presents the Rubberhead Enduro downhill mtn biking race & the Huck'en Berries Bike Jam.
The Seven Summits Poker Ride happens in Sept.
More Events on KootenayRockies.com

RECREATION

GOLF

Redstone Golf Resort offers 18-holes of true mountain golf, licensed dining & lounge. The Thin Air Disc Golf Club is the top 18-hole disc golf course in the Kootenays.

TRAILS - HIKING / BIKING

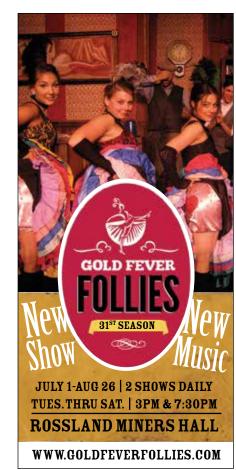
Rossland offers over 200 kms (125 mi) of maintained trails for mountain biking, walking and horse riding. A number of bike shops and bike rentals are offered. Pick up a Trail Map at the Visitor Centre.

WATERSPORTS

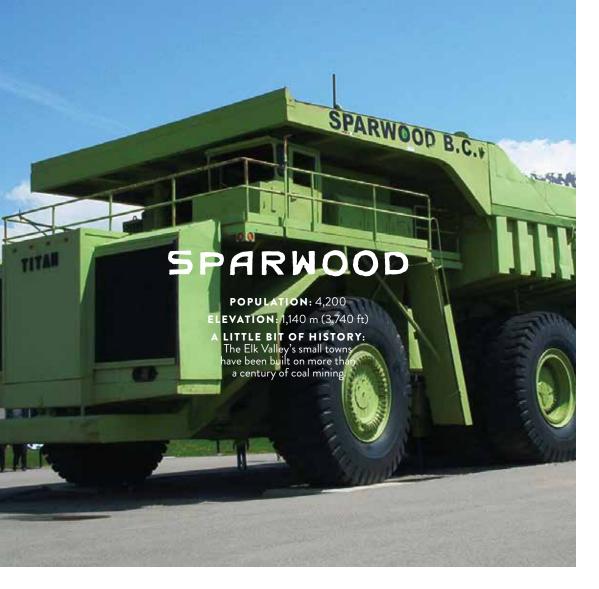
Nearby Nancy Greene Provincial Park is the perfect place to enjoy fishing, swimming and boating – the subalpine lake is beautiful. Rossland also offers a seasonal outdoor pool. The pool, 80 years old is also a heritage site.

ROSSLAND VISITOR CENTRE

Highway Junction 22 & 3B 1-888-448-7444 Info@RosslandMuseum.ca TourismRossland.com

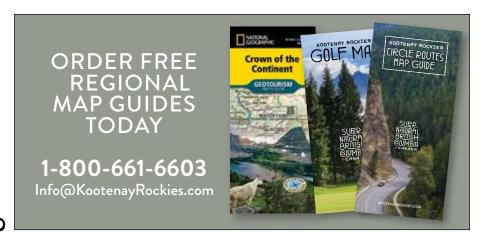






GATEWAY TO BC

The town of Sparwood is located in the centre of the Elk Valley and the 350 ton Terex Titan truck welcomes you at the entrance of the beautiful town. Sparwood is proud of its mining heritage and the open pit coal mines that still operate today. Stroll the Mining Artifact Walk, see the building murals and visit the museum. Just beyond this community is year-round recreation – fishing in the world famous Elk River, wildlife viewing, golfing and much more.



ATTRACTIONS

HERITAGE MUSEUM

120 Spruce Avenue Artifacts displayed include sections of the early schools, hospital, churches, mining, musical instruments, toys, sports and home furnishings.

LEISURE CENTRE

367 Pine Avenue

All-season indoor pool, whirlpool, sauna, sports courts, outdoor spray park, fitness, curling and ice facility & children's program

OPEN PIT MINE TOURS

During July & August, tours of Teck's Elkview Operations depart three times per week from the Sparwood Visitor Centre. Educational and fun.

TEREX TITAN

World's largest tandem axle dump truck. You have to see it to believe it -2 Greyhound buses and 2 pickup trucks can fit into the box.

FESTIVALS

COAL MINER DAYS

Second weekend in June
This annual festival celebrates Sparwood's
heritage with a parade, sports tournaments,
street markets, children activities and more.

FARMERS MARKET

Every Friday evening, July & Aug, from 4-7pm, at the Titan Park.

RECREATION

FISHING

The Elk River is a pinnacle of the East Kootenay as it flows from high up in the Rocky Mountains. Over its course, the river offers world-class dry fly-fishing for Westslope Cutthroat.

GOLF

The Sparwood Golf Course offers 9-holes, rolling fairways and beautiful mountain vistas.

TRAILS

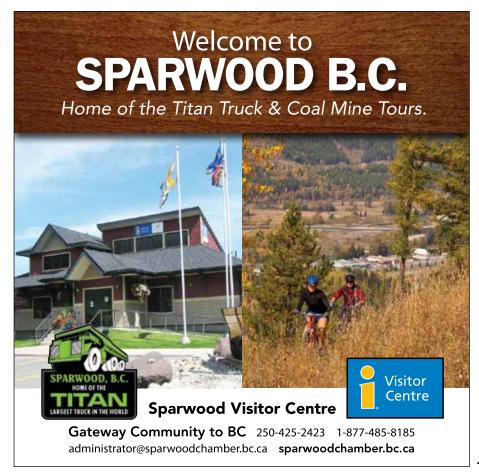
The area offers a number of trails maintained for different activities such as ATVing, horseback riding, hiking and mountain biking.

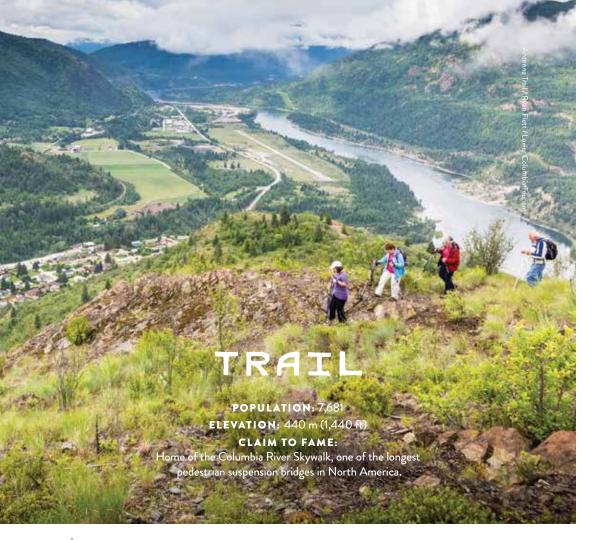
The Mountain Shadows Trail is an easy trail for walking, beginning at the Campground and circling the golf course.

Sparwood Ridge Trail is found near the powerlines off Sycamore Road. It is a well maintained horse trail leading to the top of Sparwood Ridge. The view of Sparwood and area is impressive.

SPARWOOD VISITOR CENTRE

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





EXPLORE TRAIL YOUR WAY

Established in the 1890s, Trail is located on the banks of the Columbia River, flanked by the Monshee Mountains to the west and the Selkirk Mountains to the east. Stroll downtown Trail's 'incrEDIBLE' trail and help yourself to fresh fruits and vegetables in sidewalk planters. Take one of the many walks or hikes to discover hundreds of rock walls and covered staircases, many of them carved by hand. Tour the Teck Trail Interpretive Centre and taste wine at the Columbia Gardens Winery. The Columbia River offers plenty of access to shore fishing and has some of the continent's best rainbow trout and walleye fishing. Trail also has 18 parks and offers swimming, canoeing, kayaking, hiking and biking trails.





ARTS, CULTURE, HERITAGE

CHARLES BAILEY THEATRE

1501 Cedar Avenue – Enjoy live performances in an intimate theatre atmosphere. All seats provide an excellent view; seating capacity: 719.

TRAIL MUSEUM & SPORTS HALL

1051 Victoria Street at Memorial Centre The Museum & Sports Hall of Memories preserves and exhibits historic sports memorabilia.

VISAC ART GALLERY

1501 Cedar Avenue Check out local art exhibits and performances.

ATTRACTIONS

FAMOUS ROCK WALLS

Taste life in Little Italy by taking a walking tour of Trail's historic rock walls. Maps at Visitor Centre.

GYRO PARK

1090 Charles Lakes Drive – Situated alongside the Columbia River offering sandy beach, boat launch, concession and kids spray park.

TECK INTERPRETIVE CENTRE

200 – 1199 Bay Avenue Enjoy a tour of one of the world's largest zinc and lead complexes. Prebook with Visitor Centre.

TRAIL VISITOR CENTRE

200 1199 Bay Avenue 1-844-368-3144 Info@TrailChamber.bc.ca Trail.ca ExploreYourTrail.com

FESTIVALS

FESTA ITALIANA

Celebrate Trail's Italian heritage with great food and entertainment. Takes place late June.

SILVER CITY DAYS

May 10-14

Carnival, parade, live entertainment & market.

SUMMER MARKETS

Trail Market on the Esplanade is a waterfront market every second Friday. Trail's incrEDIBLE Farmers Market takes place downtown every second Saturday.

RECREATION

GOLF

Home to 3 pristine golf courses; all within a 30 minute drive of Trail.

FISHING

The Columbia River offers one of the hottest Rainbow Trout fishing spots in the world to flyfish or cast from shore. A world record 23 lb Rainbow Trout was caught in 2004. You may also fish for Ling Cod, Burbot, Whitefish & Walleye.

TRAIL AQUATIC CENTRE

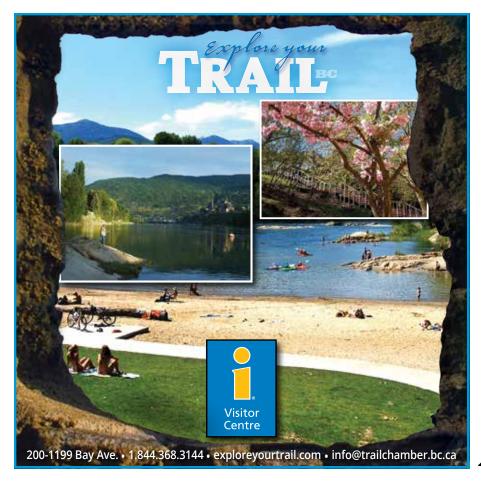
1875 Columbia Avenue

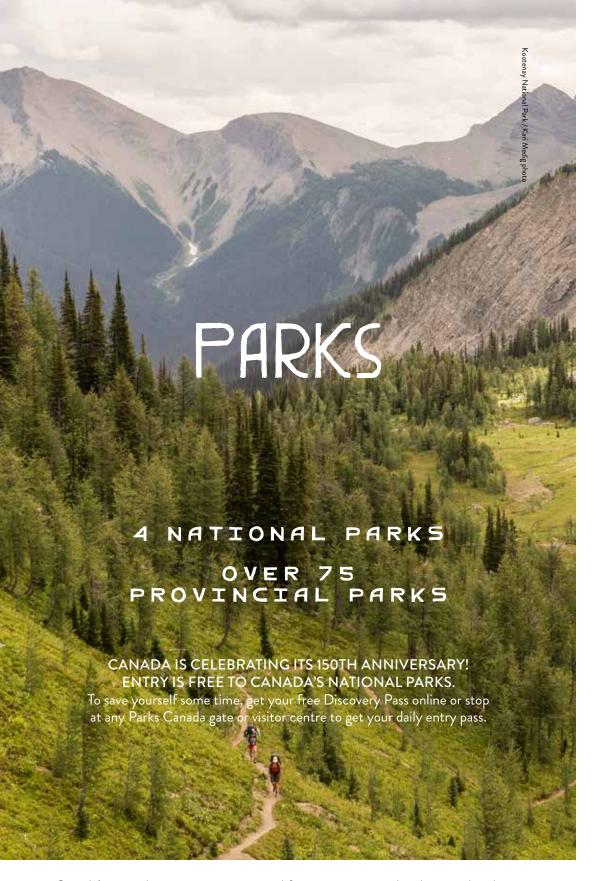
Aquatic & Leisure Centre with a fitness centre, 8 lane pool and a play pool with water features.

TRAILS - HIKING / BIKING

An extensive network of trails wind through the area's forested slopes and the Beaver Valley.

Maps available at the Visitor Centre.





Canada's natural treasures are protected forever in provincial and national parks. From a pristine freshwater environment on Kootenay Lake to the highest peaks of the Kootenay Rockies. Parks are distributed throughout the region. You'll find roadside picnic spots, vast areas of unspoiled wilderness and everything in between. Experience family-friendly camping, childrens playgrounds, beaches, hiking trails, rock climbing, boating, fishing and so much more.

YOHO AND KOOTENAY NATIONAL PARKS, AND MT. ASSINIBOINE PROVINCIAL PARK ARE INCLUDED IN THE CANADIAN ROCKY MOUNTAIN PARKS UNESCO WORLD HERITAGE SITE.

GLACIER NATIONAL PARK

Set in the Columbia Mountains 1,349 sq km (521 sq mi) of land.

PARK ATTRACTIONS:

Rogers Pass Discovery Centre – a National Historic site. Hike the many trails and experience alpine tundra and wildflower meadows. Explore the stone ruins of a mountain resort once reached by horse-drawn carriage. Picnic among giant oldgrowth cedars.

KOOTENAY NATIONAL PARK

Set in the Rocky Mountains 1,406 sq km (543 sq mi) of land.

STANLEY GLACIER HIKE

Three guided hikes weekly, led by Parks Canada Interpreters, to this recently discovered fossil site. Each hike is a single day in duration. 1-877-737-3783

ParksCanada.gc.ca/Kootenay Reservations.ParksCanada.gc.ca

MORE PARK ATTRACTIONS:

Radium Hot Springs - an historic thermal springs facility. Marble Canyon - a lovely nature trail that crosses Tokumm Creek. Paint Pots - a red ochre mineral spring.

MOUNT REVELSTOKE NATIONAL PARK

Set in the Columbia Mountains 260 sq km (100 sq mi) of land.

PARK ATTRACTIONS:

Travel the Meadows in the Sky Parkway to the peak of Mount Revelstoke. The Giant Cedars & Skunk Cabbage Trails offer lush rainforests and beautiful wetlands.

YOHO NATIONAL PARK

Set in the Rocky Mountains 1,313 sq km (507 sq mi) of land.

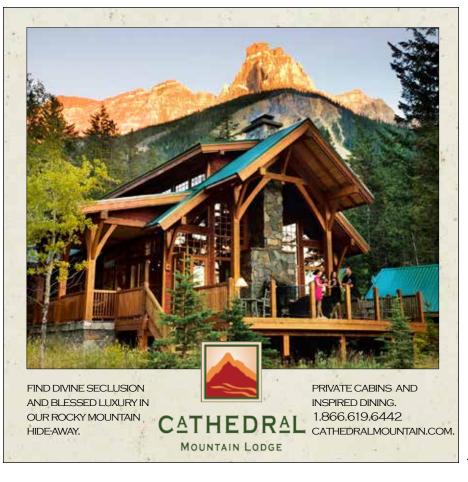
WALCOTT QUARRY & STEPHEN FOSSIL BEDS HIKES

Seven guided hikes weekly, led by Parks Canada Interpreters; challenging and educational. 1-877-737-3783 ParksCanada.gc.ca/Yoho

Reservations.ParksCanada.gc.ca

MORE PARK ATTRACTIONS:

Spiral Tunnels carved through solid rock, Takakkaw Falls, Natural Bridge and Wapta Falls - the largest waterfall of the Kicking Horse River.



BC PARKS

British Columbia has an impressive inventory of provincial parks – everything from family oriented campgrounds to large tracts of remote wilderness.

BUGABOO PARK

Between Golden & Radium

This park contains the largest icefields of the ancient Purcell Mountains. Towering granite summits attract climbers from all over the world.

CHAMPION LAKES PARK

Near Fruitvale (Trail)

An ideal destination for outdoor enthusiasts with its chain of small lakes and mature forest. Camping, fishing, trails. KootenaySWParks.com

MCDONALD CREEK PARK

Near Nakusp

On the eastern shoreline of Arrow Lake offering swimming, boating and fishing opportunities.

WASA LAKE PARK

North of Kimberley & Cranbrook This family vacation destination offers camping and a bike & wheelchair accessible trail around the warm swimming lake.

More Parks on KootenayRockies.com







IMMERSE YOURSELF

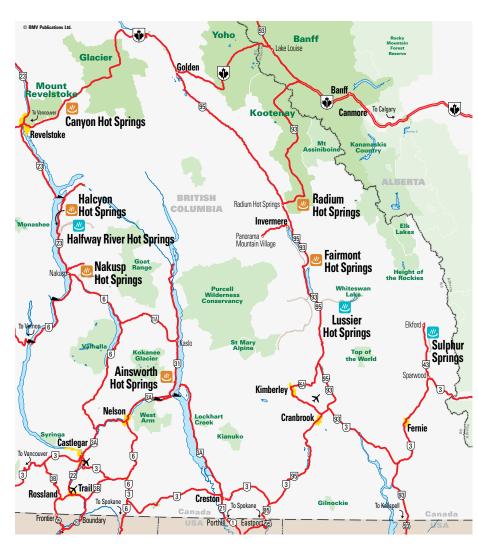
IN EVERYTHING WE HAVE TO OFFER

Soak in our legendary mineral hot springs • Explore with BC Rockies Adventures • Relax at our Natural Springs Spa • Golf at our 3 amazing courses • Enjoy our family-friendly ski area

FAIRMONTHOTSPRINGS.COM | 1.800.663.4979



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.





HOT SPRINGS BY MAJOR ROADS

AINSWORTH HOT SPRINGS

A full-service resort and wonderful escape set alongside Kootenay Lake. AinsworthHotSprings.com See ad pg 49

CANYON HOT SPRINGS

Open during the summer until late-Sept. Located off Hwy #1, between Glacier & Mt Revelstoke National Parks.

FAIRMONT HOT SPRINGS

A full-service resort offering spa facilities, golf, adventure centre, lodge & RV accommodation. FairmontHotSprings.com See ad pg 46

HALCYON HOT SPRINGS

Set alongside the Arrow Lakes, the resort offers accommodation, numerous pools, restaurant, spa and lounge.

Halcyon-HotSprings.com See ad pg 26 & 49

NAKUSP HOT SPRINGS

A short drive from downtown, in a beautiful mountain setting offering campground and chalet lodging.

NakuspHotSprings.com
See ad pg 27 & 46

RADIUM HOT SPRINGS

Set amidst the spectacular rock walls of Sinclair Canyon, the property also offers a spa, shop and restaurant.

HotSprings.ca See ad back cover.



BACKCOUNTRY HOT SPRINGS*

FORDING MOUNTAIN SULPHUR WARM SPRINGS

Elkford. A naturally warm spring hidden in the forest – tricky to find – Check with the Elkford Visitor Centre for directions – page 17

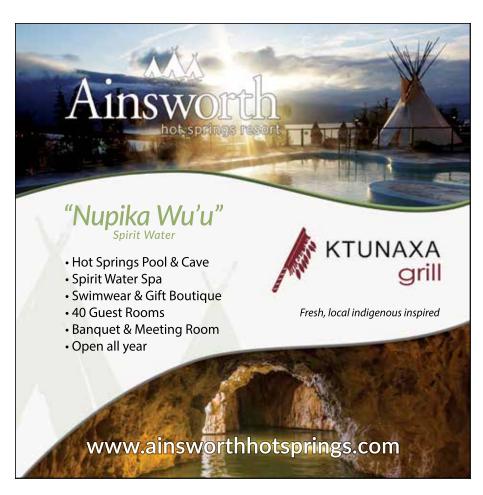
HALFWAY RIVER HOT SPRINGS

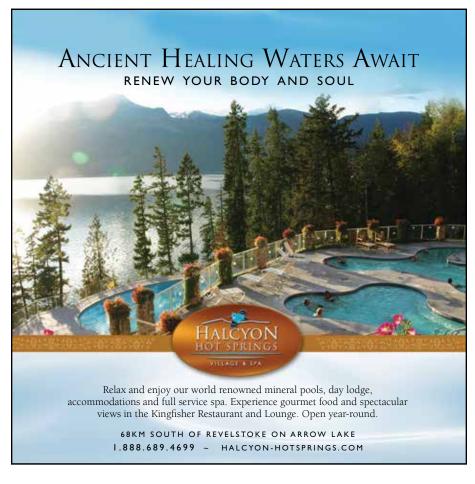
Nakusp. Natural pools located off the Halfway River Road. A camping area is also on-site. Travel to the hot springs is on rough roads.

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.

*Check in with local Visitor Centres for more info before venturing out.





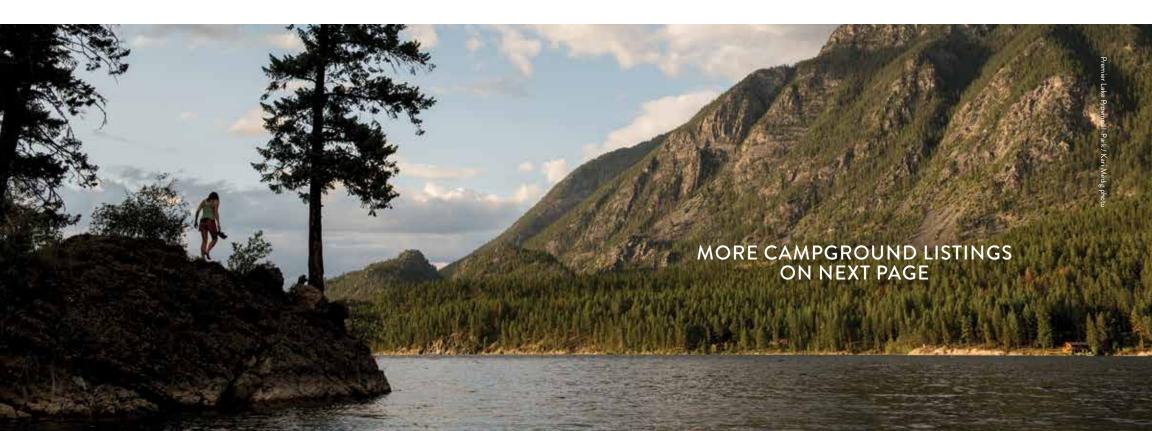
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AINSWORTH HOT SP	RIN	GS									
Ainsworth Hot Springs Resort				<u>্</u>	Ħ			Æ	PAS		E
1-800-668-1171 See ad pg 49 Highway 31 – A full-service resort.				·	ت			<u>&</u> }]	000		0.
Info@AinsworthHotSprings.com AinsworthHotSprings.com											
Woodbury Resort & Marina 250-353-7717 See ad pg 29				<u>ক</u>	٣	•	TÝ	Æ	848		
Highway 31 – 5 km N of Ainsworth Hot Springs											
Motel, camping, cabins, marina, boat rental, fishing. WoodburyResort@netidea.com WoodburyResort.com											
BALFOUR					•						
Kootenay Lakeview Spa Resort & Event Centre	_	(C)	_				<u>-</u> 6	Q))	848	گ	오
1-877-229-4141 See ad pg 28	•	<u>6</u>		ক	Ш	•	lπl	Æ,	000	<u></u> \$	G
1285 Queens Bay Road; minutes from Ainsworth Hot Springs on Eagleview GC. Heavenly beds, complimentary golf & spectacular views.											
Reservations@KootenayLakeviewResort.com KootenayLakeviewResort.com											
CASTLEGAR											
Sandman Hotel Castlegar			OF TO	<u>ক</u>	Ŷ		닦	Æ .			E
1-800-726-3626 <i>See ad pg 9</i> 1944 Columbia Avenue			•	·	Ä			<u>R)]</u>			0.
Meeting facilities, pool and hot tub. CRes@Sandman.ca SandmanHotels.ca								~			
CRANBROOK	-		-		-				-		
BW Cranbrook Hotel			_				_		4.00		•
250-417-4002	•		0FD	<u>ক</u>	Ö	•	TÝ	₩	848		E
1019 Cranbrook Street North Deluxe furnishings & amenities including waterslide.											
62119@Hotel.BestWestern.com BestWestern.com											
Heritage Inn Hotel & Convention Centre		100	~S	<u>্</u>	Ŷ	•	낚	مِکِہ	በ ቑያ		Ł
1-888-888-4374 803 Cranbrook Street North		ري	<i>m</i>	τ	=		•••	<u>₩</u>	000		<u></u>
Full-service hotel and convention centre.								**			
Info.Cranbrook@HeritageInn.net HeritageInn.net										_	
Model A Inn I-888-489-4600 See ad pg 10	•	9		P	Ţ		T)				Ł
1908 Cranbrook Street North – Located near dining & shopping. ModelAlnn@gmail.com Model-A-Inn.com											
Prestige Rocky Mountain Resort Cranbrook		_		_	<u> </u>		_		٨٨٥		•
250-417-0444	•		OLD)	<u>ক</u>	Ā	•	ሥ		888	-≎•	5
209 Van Horne Street South Full-service resort & convention centre including lounge.					Ш			₩			
Cranbrook@PrestigeHotels.ca PrestigeHotelsandResorts.com											
Sandman Inn Cranbrook	•			<u>ক</u>	٣		TÝ	Æ	P#R		E
1-800-726-3626 <i>See ad pg 9</i> 405 Cranbrook Street North					H						
Comfortable rooms and suites. CRes@Sandman.ca SandmanHotels.ca											
St. Eugene Golf Resort Casino		_		<u> </u>			_	-	٨٣٥	٥	•
1- 866-292-2020 See ad pg 11	•		Of the	Φ,,		•	۲ ۰)		848	<u>~`</u> \$	5
Mission Road, 8 minutes from airport. Historic resort, golf, interpretive centre.								₩			
Info@StEugene.ca StEugene.ca											
CRAWFORD BA	Υ										
Kokanee Springs Resort	•			<u>্</u>	Ŷ		닯	811	PTR		Ł.
I -800-979-7999 See ad pg 15 16082 Woolgar Road				·	Ħ						J.
Lodge, Villas and luxury Big Bend Cottages. Info@KokaneeSprings.com KokaneeSprings.com											
FAIRMONT HOT SPI	JIML	2 C									
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Fairmont Hot Springs Resort 1-800-663-4979 See ad pg 46	•		OLD)	<u>ক</u>	٣	•	☆		848	<u>v</u> ê	E
Highway 95 Four season resort, hot springs, golf, lodge, cabin & RV accommodation.								W			
Info@FairmontHotSprings.com FairmontHotSprings.com											
FERNIE											
Raging Elk Adventure Lodge		8		<u>্</u>	Ŷ				848		
250-423-6811 892 6th Avenue		ریب		Y	_				000		
Fernie's base camp to adventure.											
Bookings@RagingElk.com RagingElk.com											
Red Tree Lodge -800-977-2977	•	<u>6</u>		<u>ক</u>	Ŷ	•	다	ॐ	848		
1101 7th Avenue; off Highway 3								W			
Great value, bike and ski friendly accommodations. Info@RedTreeLodge.com RedTreeLodge.com											
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Cathedral Mountain Lodge		6		<u>ক</u>	Т		Т		848		
1-866-619-6442 See ad pg 45 Yoho Valley Road											
A deluxe mountain lodge & cabins. Info@CathedralMountain.com CathedralMountain.com											
GOLDEN											
Prestige Inn Golden 250-344-7990	•		0f2)	?	٣	•	以	Æ	848		દ
1049 TransCanada Hwy #1 North Deluxe rooms, suites, lounge, liquor boutique.											
Golden@PrestigeHotels.ca PrestigeHotelsandResorts.com			_	_	_	_	_	_	_	_	
INVERMER Lake Windermere Pointe Resort	E				_			_			
1-866-822-2666 / 1-888-341-3466 On Lake Windermere; James Chabot Park.	•		Of the		Ŷ		P,	& !!!			E
LakeWindermerePointe.com InvermereResort.com								***			
KASLO											
Wing Creek Resort 250-353-2475 See ad pg 31				ক	Ŷ	•				డి	
9114 Highway 31 Deluxe cottages & vacation home; optional breakfast. Private Kootenay Lake beac	:h.										
Info@WingCreekResort.com WingCreekResort.com	/										
KIMBERLEY Mountain Spirit Resort			m		ہصی						o
1-877-432-6006 See ad pg 25 400 Stemwinder Drive	•		Ø.	ক	T T	•		₩			&
Condo suites & hotel rooms on-mountain. Reservations@MountainSpiritResort.ca MountainSpiritResort.ca					Ш			***			
Northstar Mountain Village Resort			~ N	<u>্</u>	<u></u>	•		₩		<u>~</u>	
1-877-233-3307 See ad pg 25 1351 Gerry Sorensen Way – Deluxe condo suites on-mountain.	_		Ø2	Ť	Ē			₩		_	
Info@NorthstarMountainVillage.com NorthstarMountainVillage.com	_	_									
NAKUSP Halcyon Hot Springs Village & Spa	-				_		4	_	Λ !! Ο	o	
1-888-689-4699 See ad pg 49 Highway 23				'ক`	T E	•	Tr)	₩	811	△	
Cottages, cabins, RV park, camping, alongside Arrow Lake. Info@Halcyon-HotSprings.com Halcyon-HotSprings.com					Ш			***			
Nakusp Hot Springs, Chalets & Campground					<u></u>		TÝ				
250-265-4528 1-866-999-4528 See ad pg 27 8500 Hot Springs Road NW – Eight clean & cozy units.					-		••				
NakuspHotSprings.com NELSON	-		۰								
The Adventure Hotel	_	_	e fin		-		닦		848		
250-352-7211 See ad pg 28 616 Vernon Street	•		8.	Ą		•	ы		000		
Completely renovated hotel located downtown. Info@AdventureHotel.ca AdventureHotel.ca											
Cloudside Hotel 1-800-596-2337 See ad pg 29				<u>্</u>	Ŷ						
410 Victoria Street Stylish upscale downtown hotel.											
Info@Cloudside.ca Cloudside.ca											
Prestige Inn Nelson 250-352-3595	•			<u>ক</u>	Ŷ	•	Tr)				&
1301 Front Street A French country-style boutique hotel.											
Lakeview@PrestigeHotels.ca PrestigeHotelsandResorts.com			_	_			_	_			_
Prestige Lakeside Resort Nelson 250-352-7222 701 Lakeside Drive	•		Of 10	?		•	TÝ	₩	BTY	<u>~</u>	Š.
Full-service resort, marina, convention centre, 2 restaurants & gym. Nelson@PrestigeHotels.ca PrestigeHotelsandResorts.com					Ш			1			
RADIUM HOT SP	RING	S									
Bighorn Meadows Resort				<u>্</u>	Ŷ			<u>پک</u>			
1-877-344-2323 See ad pg 32 Luxury suites nestled in the centre of the Springs Golf Course.	•			,	Ē	_					
Reservations@BighornMeadows.com BighornMeadows.com			~	_	_				۸۳۸		
BW Prestige Inn Radium 250-347-2300 7493 Main Street West	•		Of 13	ক		•	4	₩	811		&
7493 Main Street West Deluxe accommodation with on-site lounge, swimming pool & waterslide. Radium@PrestigeHotels.ca BestWestern.com								49.7.T			
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RADIUM HOT SPRINGS -	Co	_					ì		ì		
Nipika Mountain Resort 1-877-647-4525 See od pg 33 Settlers Road Hand-built log cabins bordering Kootenay National Park. Info@Nipika.com Nipika.com					†		\	&			
REVELSTOKE											
BW PLUS Revelstoke 1-855-837-2043 1925 Laforme Blvd – Minutes to downtown. Modern amenities, FREE hot breakfast. Info@RevelstokeBestWestern.com RevelstokeBestWestern.com	•	<u>6</u>	OF THE			•	Tr)	₩		<u>ఢి</u>	&
Sandman Hotel Revelstoke 1-800-726-3626 See ad pg 9 1901 Laforme Blvd – Conveniently located, 2 indoor pools and 24 h restaurant. Reservations@Sandman.ca SandmanHotels.ca	•		Of the	<u>্</u>	†	•	Fr ²	<u>\$</u>	8 78		&
ROSSLAND											
Prestige Mountain Resort 250-362-7375 1919 Columbia Avenue (Downtown) Full-service resort; lounge, bistro & designer suites. Rossland@PrestigeHotels.ca PrestigeHotelsandResorts.com	•		OF TO	<u>ক</u>		•	닦	<u>&</u> !!	P T ?		&
SILVERTON											
Blue Sky Resort 250-358-2362 8021 Lower Galena Farm Rd. Beautiful log cottages in secluded park-like mountainous setting above Slocan Lake. BlueSkyResort@telus.net BlueSkyResort.ca					†						
TRAIL											
BW PLUS Columbia River Hotel 1-800-465-6682 See ad pg 42 1001 Rossland Avenue Award winning boutique hotel, heavenly beds, dining lounge & conference centre. Reservations@BestWesternTrail.com BestWesternTrail.com	•	<u> 6</u>	of the	ক		•		& !!	07 8	<u></u>	&
Glenwood Inn & Suites 1-800-667-9544 2769 Glenwood Drive Free breakfast, indoor & outdoor pools, kitchen suites. Reservations@GlenwoodInnandSuites.com GlenwoodInnandSuites.com	•	5	OF IS	ক		•	4	* *	888		&

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CASTLEGA											
Castlegar Golf Club & RV Park 1-800-666-0324 See ad pg 7 1602 Aaron Rd Camp next to the golf course and enjoy the restaurant deck. RVPark@GolfCastlegar.com GolfCastlegar.com	\$		\	ক	\					*ጽ	A
ELKFORD)										
Elkford Municipal Campground 250-865-4019 A river-front campground located right in town. Campground@Elkford.ca Elkford.ca	\$		\		Tr'				æ	***	A.
FAIRMONT HOT S	SPRING	GS									
Fairmont Hot Springs RV Resort 1-800-663-4979 See ad pg 46 Highway 93/95 Full-service resort, hot springs & golf. Info@FairmontHotSprings.com FairmontHotSprings.com	\$	\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\	¥	ক	\	잁	** **	14	8	**	
Spruce Grove RV Park & Campground 1-888-629-4004 Highway 93/95 Riverside camping along Columbia River. Camp@SpruceGroveResort.com FairmontHotSprings.com		***	\	ক	Tr)	앭	\$! \$!	12)	2	**	Ą
FERNIE											
Fernie RV Resort 1-844-343-2233 2001 6th Avenue, surrounded by Maiden Lake, Elk River & Fernie Golf Course. A new full service resort with access to everything Fernie offers. Stay@FernieRVResort.com FernieRVResort.com	\$	\ <u>46</u>	Ļ	ক	F)	e <u>L</u>		12)	2	**	Ą
GOLDEN											
Golden Golf Club RV Park 1-866-727-7222 See ad pg 21 576 Golf Course Drive Hookups and easy access to activities. TeeOff@GolfGolden.com GolfGolden.com	₩			ক	\						
Whispering Spruce Campground 250-344-6680 See ad pg 20 1430 Golden View Road A treed campground offering tenting and RV sites. Amenities include laundry. wsc@WhisperingSpruceCampground.com WhisperingSpruceCampground.co		₩	\	ক	Tr	e <u>t</u>		12/	9	**	Ą















Parks Parcs Canada Canada Radium Hot Pools: hotsprings.ca

Destination info: RadiumHotSprings.com
Accommodation, dining, activities, events and more!
Radium Hot Springs Visitor Centre
7556 Main Street E, Radium Hot Springs, BC
1-888-347-9331