



Okanagan Shuswap  
British Columbia

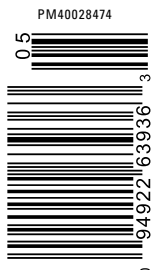
# OKANAGANLife 2010/2011 ANNUAL Valley Guide

*Okanagan Shuswap*

- KELOWNA
- WEST KELOWNA
- VERNON
- PENTICTON
- LAKE COUNTRY
- PEACHLAND
- SUMMERLAND
- NARAMATA
- OLIVER
- OSOYOOS
- SALMON ARM
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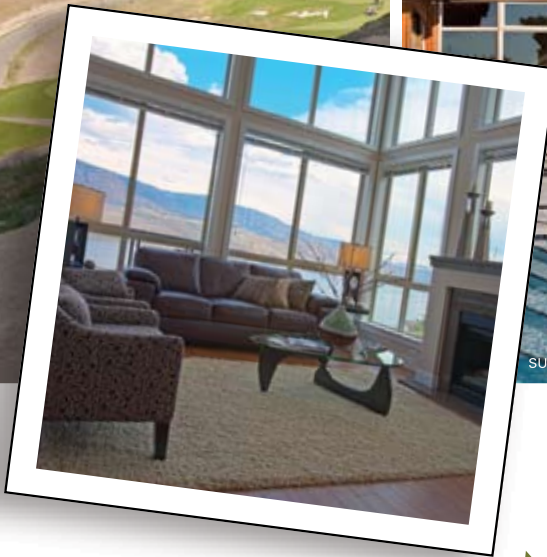
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**Account Executives**  
Brian Malmas, Jim Murphy

**Contributing Writers**  
Laurie Carter, Karen Slivar

**Contributing Photographers**  
Laurie Carter, Rick Cogbill, David Madison,  
Karen Slivar, Andrea Williams, Joe Williams,  
Lucas Wiseman, Rand Zacharias

**COVER PHOTO**  
Laurie Carter

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

**Editor**  
Laurie Carter

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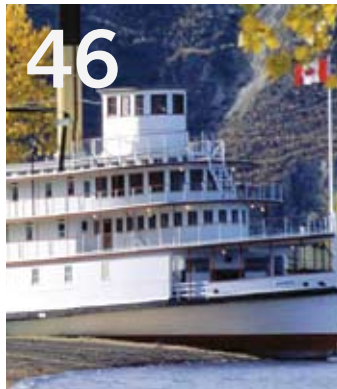
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*compiled by Chelsi Middleton*

## BONUS PUBLICATION:

***The Magical Shuswap* 23**  
*by Laurie Carter*

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BLENDED ORCHARD AND VINEYARD (David Madison)

## BOOKWORM'S BACKPACK

### OKANAGAN WINE TOUR GUIDE

*John Schreiner, 2010*  
Must-have reference to wineries, owners and winemakers.

### MENUS FROM AN ORCHARD TABLE

*Heidi Noble, 2007*  
Menus and essays that highlight Okanagan wine country cuisine.

### A LOCAL TABLE COOKBOOK

*Neilsen & Cerullo, 2009*  
Seasonal recipes, local producer profiles, Okanagan food harvest times and availability.

■ The Okanagan Valley entered my consciousness around Grade 5 in a social studies class where I learned to associate the name with fruit growing. Living in the rolling farmland of eastern Canada, I had no idea of the forested mountain ridges and string of lakes that moderate the climate and store water to irrigate the dry but rich glacial and volcanic soil. I simply learned that this was one of the few places in Canada and the only region in BC where peaches and apricots will grow along with other tree fruits like cherries, plums, apples and pears. Back then nobody was paying much attention to grapes.

From the beginning of human habitation, this land has been a good provider. The Okanagan People have harvested its bounty for thousands of years and from the time of European contact, agriculture in one form or another has drawn settlement. Cattle ranching has largely given way to fruit growing and the industry continues to evolve as orchards of tall fruit trees morph into neat rows of dwarf varieties with their branches strung along wires for maximum sunlight and easy picking. These modified orchards look remarkably similar to the acres of new vineyards that signal yet another development in the industry.

In a time of increasing concern over the who, where and how of our food production, visitors to the Okanagan can meet the people and see the places for themselves. Along

with the traditional roadside stands and U-pick operations a number of farms have developed extensive visitor-friendly experiences.

Some are specifically geared to families with attractions like farm-themed playgrounds, tractor pulled wagon rides, places for kids to interact with goats, sheep, chickens and other barnyard critters, corn mazes to explore and activity-centred apple and pumpkin festivals. Adults are more interested in cheese making, lavender harvest, vinegar works and production of syrups, jams, jellies, ciders and distilled spirits, while everybody seems to get buzzed about peeking into a working bee hive.

Weekly farmers' markets in every community bring producer and consumer together at stalls filled with fresh fruits, vegetables, baked goods, meats, cheeses, honey,

## WINE TRAILS

### KELOWNA, LAKE COUNTRY AND NORTH OKANAGAN

Many Kelowna wineries enjoy the sunshine on slopes south of the city. Further north, new vineyards are joining the long established in Lake Country and even Vernon. Cooler conditions favour white wines. Well-know wineries include Calona, Gray Monk and Summerhill. Kelowna's VQA shop offers one-stop tasting.

### WEST KELOWNA AND PEACHLAND

In West Kelowna wineries mostly cluster around Mount Boucherie. Varieties like Pinot Noir and Riesling do well here and some reds are successful as well. One block of Marechal Foch vines goes back to the 1960s. Regular tasting stops in this area include Quail's Gate, Mission Hill and Mount Boucherie.

### BOTTLENECK DRIVE

*Summerland*  
Most wineries on this tour route are relative newcomers. They're taking advantage of the predominantly cool climate conditions and volcanic soil around Giant's Head Mountain to make whites like Chardonnay, Pinot Gris and Pinot Blanc. Popular stops are Sumac Ridge, Dirty Laundry and 8th Generation.

### NARAMATA BENCH AND PENTICTON

Plan extra time to tour this compact area, home to some 30 wineries. Merlot, Bordeaux reds, Pinot Noir and Syrah plus a variety of whites love the long growing season. Red Rooster, Poplar Grove and Lake Breeze feature on many tours. For one-stop shopping, drop by the VQA store in the Penticton Visitor Centre.

## FARM FRESH

### Farmers' Markets, Valleywide:

Meet the people who produce our food and buy farm fresh. Locations, dates and times at [www.bcfarmersmarket.org](http://www.bcfarmersmarket.org)

### Kelowna Land and Orchard

**Company, Kelowna:** Orchard tours, critter corner, farm market, cidery. [www.k-l-o.com](http://www.k-l-o.com)

**Davison Orchards, Vernon:** Orchard tours, playground, farm market, food service, family festivals. [www.davisonorchards.ca](http://www.davisonorchards.ca)

### Okanagan Lavender Farm,

**Kelowna:** Self-guided tours, U-pick, products, events. [www.okanaganlavender.com](http://www.okanaganlavender.com)

**Planet Bee, Vernon:** Demonstration hive, education sessions, bee products. [www.planetbee.com](http://www.planetbee.com)

**Vinegar Works at Valentine Farm, Summerland:** Tasting room and shop. [www.valentinefarm.com](http://www.valentinefarm.com)

**Summerland Sweets, Summerland:** Fruit syrups and preserves, observation window and shop. [www.summerlandsweets.com](http://www.summerlandsweets.com)

### Carmelis Goat Cheese Artisan:

Goat farm, tasting room and cheese shop plus gelato. [www.carmelisoatcheese.com](http://www.carmelisoatcheese.com)



NARAMATA VINEYARD (Laurie Carter)



salad dressings, relishes, antipastos, pickles and preserves.

Interest in food has also been sparked as an indirect result of explosive growth in the wine industry that has now planted well over 100 wineries in the Valley landscape. Sophisticated wine tourists expect equally sophisticated dining options. A bevy of talented and award-winning chefs who have gravitated to the Okanagan in answer to the call are creating a distinctive wine country cuisine that spotlights fresh, often organic, locally sourced products paired with just the right Okanagan vintage. Wineries such as Quail's Gate, Gray Monk, Summerhill, Sumac Ridge, NK'Mip and Burrowing Owl offer visitors excellent on-site dining.

The Okanagan also hosts a number of venues with extensive cellars that feature labels from this region and beyond available by the glass for sampling. Not that wine is the only highlight of Okanagan eateries. The Valley boasts a wide range of ethnic cuisine reflecting the diverse heritage of its residents and many restaurants are famous for waterfront decks, sunny patios and signature lake and mountain views.

For wine lovers and foodies who want the full immersion experience, the Okanagan offers a range of accommodations specifically tailored to enhance the field to table experience. Choices include orchard B&Bs, winery guest houses, a heritage inn and luxury resorts complete with spa amenities located in the heart of working vineyards.

It's easy to develop a taste for the Okanagan. —LC



### CORKSCREW DRIVE

*Okanagan Falls/Skaha Lake*

This wine route features stops along the shores of Skaha Lake and around Okanagan Falls including the highest elevation vineyards in the Valley. Varied growing conditions produce a broad range of varietals and blends. Well known wineries include See Ya Later Ranch, Blasted Church and Blue Mountain.

### GOLDEN MILE

*Oliver*

The clay and glacial gravel on the west side of the Valley between Oliver and Osoyoos favour white wines like Riesling and Gewurztraminer and powerful, fruity reds. Touring this area is rewarding with 13 wineries closely spaced. Popular choices include Tinhorn Creek, Road 13 and Inniskillin.

### BLACK SAGE ROAD

*Oliver*

On the east side of the Valley, across from the Golden Mile, vines grow in a deep layer of sand and bask in sunshine for considerably longer each day. These conditions produce big reds and flavourful whites. Burrowing Owl, Quinta Ferriera and Sandhill are among the best known of the 14 wineries located in the area.

### OSOYOOS LAKE BENCH

*Osoyoos*

At the foot of the Valley, the area around Osoyoos is known for reds like Merlot, Cabernet Sauvignon, Syrah and Pinot Noir. You'll also find Chardonnay, Sauvignon Blanc and Viognier. Many Okanagan wineries use grapes grown in this area. Wineries to visit include NK'Mip Cellars, Twisted Tree and Lastella.



JAZZ CAFE



BALLET KELOWNA

## PRIME TICKETS

### Okanagan Symphony Orchestra:

Season runs from October through May. Concerts performed in Kelowna, Vernon and Penticton. [www.okanagansymphony.com](http://www.okanagansymphony.com)

**Caravan Farm Theatre:** Follow the action in an Armstrong farmer's field. Professional theatre company performs each summer. [www.caravanfarmtheatre.com](http://www.caravanfarmtheatre.com)

### Kitchen Stove Film Series:

Screening of films on the Toronto International Film Festival Circuit.

**Lake Country Art Walk:** Annual September event features visual and performing arts by Okanagan talent. [www.artwalk.ca](http://www.artwalk.ca)

**Ballet Kelowna:** Winter season in the Valley, spring tour around BC plus special events. [www.balletkelowna.ca](http://www.balletkelowna.ca)

**Kelowna Actors Studio:** Licensed dinner theatre presents six Broadway musicals annually [www.kelownaactorsstudio.com](http://www.kelownaactorsstudio.com)

**Concert Tours:** Top name touring artists make stops at Prospera Place in Kelowna, the Vernon & District Performing Arts Centre and the South Okanagan Events Centre in Penticton.

- Culture blooms in a fertile landscape and the Okanagan Valley provides inspiration for every facet of the arts. Local creators and performers channel their talents into painting, photography, sculpture, crafts, music, dance, theatre, poetry and prose. Much of this work is displayed as public art, while a host of private and public studios and galleries welcome visitors.

I've chatted with a sculptor who creates decorative masks in her workshop at Kelowna's Rotary Centre for the Arts, listened to authors read from their latest releases at a bookstore in Penticton, learned about firing techniques from a potter near Naramata and talked with the lead artist as she painted one of Vernon's heritage murals.

The Okanagan inspires creativity you can see on stage in community theatre productions throughout the Valley. And how about a company of professional actors that leads the audience around a farmer's field outside Armstrong. And speaking of farmers, hit any of the weekly farmers' markets held in communities up and down the Valley during summer, and you'll get an eyeful of creativity crafted into the likes of deer skin moccasins, wooden bowls, funky jewelry and tie-died fabrics.

We've got amazing musicians writing and performing everything from country to classics. I never miss the symphony, love hearing our rising young stars at community events and cheering on some very cool weekend warriors as they light up the stage at cafés and coffee houses. Take your pick. —LC

## CULTURE TRAIL

### KELOWNA CULTURAL DISTRICT

Six square blocks in downtown Kelowna packed with museums, galleries, performing arts venues, trendy shopping, eclectic eateries and an eye-popping collection of public art. Take a break with a stroll on the boardwalk, lay out a picnic in the park or soak up some sun on the beach. Very uptown.

### PENTICTON ART GALLERY

This public gallery near the Penticton waterfront looks sophisticated but retains an intimate feel. Exhibits of holdings from the permanent collection and specially mounted shows highlight the talents of artists from the Okanagan and beyond. The gallery also host a variety of community events.

### VERNON HERITAGE MURALS

Vernon wears its history on its walls with 25 larger than life depictions of the people, events and institutions that formed the community of today. Maps are available for self-guided tours but it's more interesting to drop by the old train station and join a conducted tour or rent an MP3 player and get the full story.

### NK'MIP DESERT CULTURAL CENTRE

The heritage of the Okanagan People is masterfully interpreted in this stunning desert centre, created by the Osoyoos Indian Band near Osoyoos. Multimedia presentations, wildlife demonstrations, nature trails and a recreated village contribute to a unique cultural experience.

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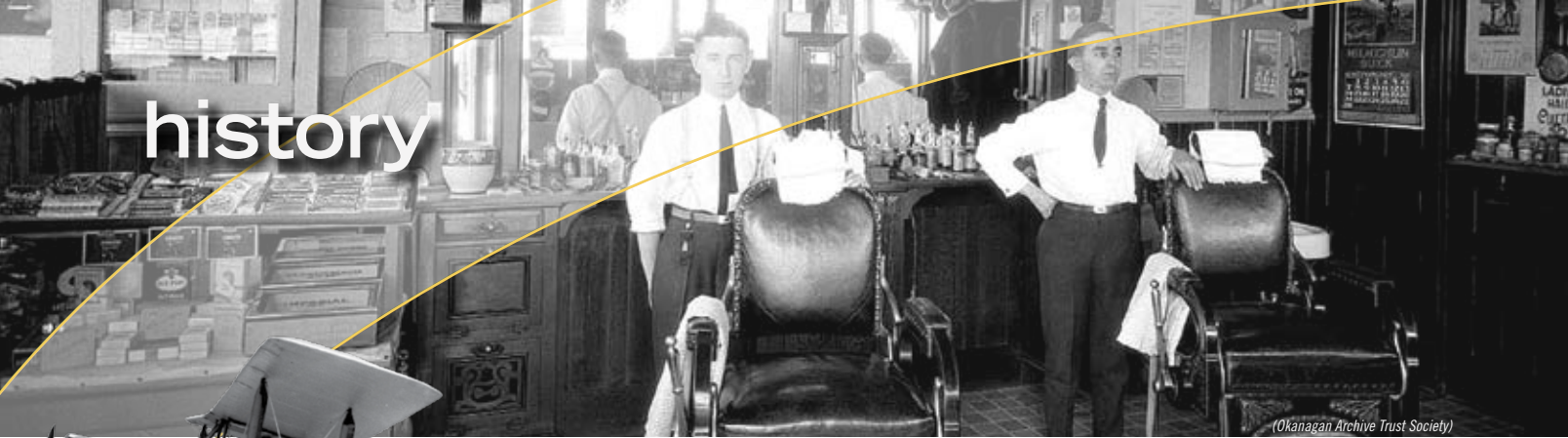
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# history



AIR VERNON (Okanagan Archive Trust Society)

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## BOOKWORM'S BACKPACK

### FINTRY

*Stan Sauerwein, 2000*

An engaging look at the lives, loves and dreams of the people who helped shape the Fintry delta.

### HOBNOBBING WITH A COUNTESS

*Jo Fraser Jones, 2002*

Diaries of Alice Barrett Parke from 1891 to 1900.

### MCCULLOCH'S WONDER: THE STORY OF THE KETTLE VALLEY RAILWAY

*Barrie Sanford, 2002*

It's a story of toil, terror, wrecks and financial hazard.

- The Okanagan Valley is young in terms of development.

While the First Nations

Syilx had lived off the land for thousands of years before European contact, they left few permanent marks. There are some pictographs but their locations are not widely known. Museums are where you are most likely to see pictographs along with a replica pit house and assorted artifacts.

A Scotsman named David Stuart is thought to be the first European to see the Okanagan. He passed through in 1811 while scouting for the Pacific Fur Company. His trail became part of the Fur Brigade Trail connecting BC's interior with the coast.

Missionaries established the first permanent European settlement in 1860 in today's Kelowna. Part of the original site near Mission Creek has been preserved and is open year round. Here you'll find a restored chapel and Brother's abode along with other historic buildings, farm equipment and wagons.

Around this time the Valley attracted cattle ranchers who fed the hungry gold rush miners flocking to the province. A reminder of this past is preserved at Historic O'Keefe Ranch, in Vernon. Restored and furnished buildings on the property include the blacksmith shop, general store, manor house and St. Anne's Church.

In the early 1900s orchards began to replace ranches and as more people settled, transportation needs grew. Sternwheelers

moved produce to outside markets.

The largest and most luxurious vessel to ply the waters of Okanagan Lake was the S.S. Sicamous, built in 1914. She operated daily for 33 years. Now she is beached, restored and acts as a transportation museum in Penticton.

For a rail experience, I suggest a ride on the Kettle Valley Steam Railway, in Summerland. The train runs on 16 kilometres of track, all that remains of the line that connected communities from Midway to Hope from 1916 to 1964.

On your travels you'll find more historic buildings like Bassett House, in Okanagan Falls. An Eaton's catalogue prefab, it was shipped by rail, sternwheeler and horsecart before assembly.

Throughout the Valley you'll also find museums that are worth a look. —KS

## FAMOUS CHARACTERS

### FATHER PANDOSY (1824-1891)

Born in France, at age 23 Pandosy set sail for America and spent time in the west ministering to both First Nations people and European settlers. Later he was sent north to establish a mission in the Okanagan Valley. It became the first permanent European settlement in the Valley and included a church, school and farm. He also established other missions in the Valley and travelled from one to the other barefoot.

### CORNELIUS O'KEEFE

(1838-1919) One of the earliest cattle empires in the Okanagan began in 1867 when Cornelius O'Keefe and Thomas Greenhow drove cattle from Washington State up to Vernon. Initially O'Keefe was drawn to the northern goldfields but he soon discovered all the good claims were taken. Instead, he struck it rich when he realized there was a huge need for cattle to feed all the miners.

### TOM ELLIS (1844-1918)

Penticton's first European settler was Irishman Tom Ellis. In 1865 he arrived at the foot of Okanagan Lake with cattle and began buying up land. Eventually his land holdings stretched from Naramata down to the American border. He found a ready market for his beef at the Canadian Pacific Railway and at mines in Rossland, Rock Creek and Fairview. In 1892 he sold some land to developers for the townsite of Penticton.

### JAMES C. DUN-WATERS

(1865-1939) A wealthy Scot who inherited his uncle's fortune, Dun-Waters' passion for hunting brought him to the Okanagan in 1908 whereupon he fell in love with the place and decided to move here. He bought land at Shorts Point and renamed it Fintry. He took a keen interest in farming and entertained graciously. Despite his wealth he once went to Kelowna wearing pants with holes in the knees and a rope belt.



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# hiking | biking



VIEW FROM ENDERBY CLIFFS NORTH TO SHUSWAP LAKE (Karen Slivar)

## BOOKWORM'S BACKPACK

### CYCLING THE KETTLE VALLEY RAILWAY

*Dan and Sandra Langford, 2009*  
A kilometre-by-kilometre guide to everything along the line.

### OKANAGAN TIPS AND TRAILS

*Judie Steeves and Murphy Shewchuk, 2006*  
Must have guide to backroads and hiking in the Okanagan-Similkameen.

### HIKING TRAILS

*Vernon Outdoors Club, 2009*  
Detailed guide to day hikes in and around the North Okanagan and Monashees.

- The Okanagan is hiking and biking paradise.

Hiking trails range from easy strolls along paved, boarded and gravelled walkways to calorie burning climbs. The network of trails will take you through grasslands, old forests, broadleaf woodlands, coniferous woodlands and riparian zones. Plant guidebooks will help you identify all that you see.

A springtime look around will reveal a riot of colour flourishing in this seemingly harsh environment. Lupine, arrowleaf balsamroot and showy phlox make big splashed against the landscape. While prickly pear cactus, shooting stars and mariposa lilies will have you crawling on your knees to take a closer look.

If waterfalls make your heart beat faster then you are going to enjoy some time exploring the many creeks. I recently discovered one little treasure on Mill Creek near the Kelowna airport. It's not rip roaring like Shorts Creek Falls, in Fintry Provincial Park, more like a muted tumble over a half-flight of stairs. Still, it's just as photogenic.

If the very idea of hiking in forests and grasslands where the bear, coyote and rattlesnake play makes you nervous, don't be. I've been hiking and biking in this Valley going on 20 years and have never heard, let alone seen, a rattlesnake. Spotting a coyote in the bush is a pleasure not a frightening experience. Bears on

the other hand — I've seen my share from the ground and on two wheels.

On one memorable occasion mountain biking with a friend in Okanagan Mountain Park, we came upon a bear blocking our path at the top of a rise. We stopped and waited for it to see us, obviously he hadn't heard us huffing and puffing up the hill. When he finally took notice he reared up onto his hind legs, pawed and sniffed the air. I froze in my tracks with surprise, but my friend remembered to shout and clap his hands, whereupon the bear dropped down and took off into the bush — running. That's my closest encounter, usually I only hear them thundering through the brush away from me — yah, I smell and sound scary.

Still not convinced. Then you might want to consider joining a

## OFF THE BEATEN PATH

- level, easy path
- moderate climb
- most difficult climb
- scenic views
- prominent wildlife
- abundant flora

### ENDERBY CLIFFS

*Enderby (9km)*  
 720 metre elev. gain

A gasper. Trail takes you to the top of the cliffs and continues north along the edge to the ultimate summit. In June the top is flush with wildflowers. Caution: there are ropes on the steepest sections of the trail to help you stay on your feet.

### BX CREEK & FALLS

*Vernon (6km)*

Cool retreat in summer. Discover an oasis filled with birch and cedar trees, devil's club and horsetail as you walk along the creek. Stairs at top end give you a view of the falls. Two access points: Star and Tillicum roads.

### SHORTS CREEK CANYON RIM

*near Fintry (9km)*  
 265 metre elev. gain

Colourful lichens on the sheer cliffs at the end of this trail are the star attraction. Well-maintained trail crosses a couple of creeks before it follows the canyon rim, climbing steadily. Access point: Beau Park Road off Westside Road.

### MYRA CANYON TRESTLES

*Kelowna (12km one way)*

Great escape from the city. Walk or bike the stretch between Myra and Ruth stations. Cross 18 trestles and pass through two tunnels. Discover a rock oven used by workers to bake bread during the construction of the railway (1910-1915).



MYRA CANYON TRESTLES (Karen Sivan)

## OUTSIDER TIPS

**Bike helmets** are mandatory in BC.

**Share the trail.** Cyclists should yield to everyone and hikers yield to horses.

**Stay on designated trails.** Many plants are sensitive to bike, foot and hoof traffic.

**Respect private property.** Ask for permission and do not trespass when asked not to.

**Bring plenty of water.** Summer temperatures can exceed 30 C. Also bring a hat and sunscreen.

**Don't pick wildflowers.**

Let nature flourish.

**Give rattlesnakes space.** Any bite should be regarded as life threatening and requires immediate hospital treatment.

**Beware of ticks.** After finishing your outdoor activity, check your clothing and your entire body for any attached ticks. If you find a tick attached to your skin, use tweezers to remove it. Grasp its head and mouthparts as close to your skin as possible and pull slowly until the tick is removed.

**Bear aware.** Bears usually avoid people. Travel in groups. Make lots of noise by talking or singing.



ENDERBY CLIFFS (Karen Sivan)



KVR TRAIL (Laurie Carter)

hiking club like the Vernon Outdoors Club, safety in numbers. The club maintains a list of trails and leads group hikes and bikes. Beware though, if you imagine hiking with a group of retirees will be easy, think again. The Sunday hikes are long and gruelling. Many of its members are twice my age and think nothing of a nine-kilometre hike with a 700-metre elevation gain.

Skinny- and fat-tire riders are going to think they've died and gone to heaven. The Valley's scenic roadways offer hours of riding. A favourite is Westside Road from Kelowna to Okanagan Lake Resort, where you can take a break on the patio, order up a cold drink and dig into a calorie dense meal before you head back where you came from.

Mountain bikers can test their skills on logging roads and miles of single track. If you like getting together with a group to ride hard, often, then check out the Mountain Bikers of the Central Okanagan or the nearest bike shop.

You'll find Silver Star Mountain Resort, in Vernon, is just as busy in summer as it is in winter. When the white stuff melts and the alpine meadows bloom, the hill is transformed into a hiking and biking mecca. The best part is you don't have to catch your breath, just the chair. Beginners can cruise the wide paths until they work up to the challenge of tackling ski bridges, jumps and stumps (body armour recommended).

Strap on your boots or mount your bike and take off on a trail to explore the Valley for yourself. —KS

### HIGH RIM TRAIL

Kelowna (8km)

460 metre elev. drop

All downhill — mostly! Trail wanders through forest, brush and grassland. Wildflowers galore. Bring a compass and detailed map. Keep eyes open for old trail markers. Bring two cars: park one at Goudie Road trailhead and other at Philpott Road exit.

### PINCUSHION MOUNTAIN

Peachland (5km)

245 metre elev. gain

Steep climb. Rest stops along the way give you a chance to catch your breath and admire the view. Watch for deer and grouse. Warning: it is easy to lose your footing on the gravel going down. Trailhead at end of Ponderosa Drive.

### GOLDEN MILE TRAIL

Oliver (10km)

Walk or cycle through grasslands, forests, riparian zones, orchards and vineyards. Along the trail are remains of many abandoned mineshafts. Detour to the Stamp Mill ruins (over 100 years old). Trailhead: old Fairview townsite kiosk.

### TESTALINDEN TRAIL

Osoyoos (5km)

A loop. Trail circles the summit of Mount Kobau through mixed sub-alpine forest and open grassland. In spring the wildflowers put on a show. Sign marks detour to the abandoned forest lookout and more views. Access: Mt. Kobau Forest Service Road.





PRICKLY PEAR CACTUS FLOWER (Karen Slivar)



DESERT CENTRE OSOYOOS (Laurie Carter)

## BOOKWORM'S BACKPACK

### BIRDS OF INTERIOR BC AND THE ROCKIES

*Richard Cannings, 2009*  
Full colour, pocket size field guide with photos of male and female of the species.

### OKANAGAN GEOLOGY

*Roed & Greenough, 2004*  
Layperson's guide to geological landmarks and how they were formed.

### PLANTS OF SOUTHERN INTERIOR BC

*Parish, Coupe, Lloyd, 1996*  
Full colour guide to trees, wildflowers, shrubs and other plants of the region.

- An unusual array of ecosystems ranging from Canada's only desert to the Interior Rainforest coexist

in and around the Okanagan Valley. Elevation, aspect, latitude and availability of water are the major factors determining the characteristics of plant and animal life in any given area.

I've found one easy way to experience this remarkable diversity is to take a drive from Osoyoos to the summit of Mount Kobau. On the Valley floor, the narrow leafy riparian zones bordering Okanagan River and Osoyoos Lake immediately give way to the semi-arid antelope brush ecosystem. Gaining elevation on Hwy 3 west of town, you'll pass through grasslands, then higher up, on the gravel forest service road that climbs the mountain, you'll see the grasslands give way to zones of ponderosa parkland, Engleman spruce and lodgepole pine before emerging on subalpine meadows.

At the north end of the Valley, a drive from Vernon to Silver Star Mountain Resort highlights many of the same eco characteristics, but you'll notice that slightly cooler temperatures and a little more moisture produce more grassland instead of sage and antelope brush. Ride the chairlift to the summit on your own or join a guided nature tour. From the top you can see the edge of the Interior Rainforest just to the east before hiking down through oceans of wildflowers.

Many of the Okanagan's fragile ecosystems are under

serious pressure from agriculture and development. Only about nine per cent of the antelope brush habitat remains undisturbed and residents like the burrowing owl, spadefoot toad, tiger salamander and mariposa lily are either threatened or endangered. Fragile grasslands are also in trouble and while conservation efforts are under way, it's a tough battle.

But there are still loads of ways to enjoy and learn from this unique environment. Look for interpretive signs on many trails, settle in a birdwatching blind at Haynes Point or Vaseux Lake, watch spawning salmon in creeks and rivers in the fall, join a tour during the Meadowlark Festival in May or take an in-depth look at various aspects of the ecology, flora and fauna at one of our interpretive centres. It's all natural. — LC

## ECO ATTRACTIONS

- level, easy path
- moderate climb
- birdwatching
- prominent wildlife
- abundant flora
- spawning salmon

### ALLAN BROOKS NATURE CENTRE, Vernon



Located in former hilltop weather station. Hands-on exhibits of North Okanagan ecology, weather and water. Panoramic views. Naturescape garden and grasslands nature trail with Marmot City. May–October.

### MISSION CREEK GREENWAY, Kelowna



Linear park borders salmon spawning creek in midtown Kelowna with 17 km of nature trails (one section flat, one section more challenging), interpretive signage, environmental education centre, xeriscape garden, playground.

### DESERT CENTRE Osoyoos



Interpretive centre with 1.5 km elevated boardwalk providing access and protecting the delicate antelope brush ecosystem. Self-guided and guided tours. Indoor exhibits, native plant garden, bird boxes. April–October.

### NK'MIP DESERT CULTURAL CENTRE, Osoyoos



Operated by Osoyoos Indian Band, centre showcases endangered ecosystem and First Nations culture. Self-guided and guided tours. Nature trails, Okanagan village, multi-media exhibits, rattlesnake study, gift shop. March–October.



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# winter sports



SILVER STAR SLEIGH RIDE (Laurie Carter)



TUBING FUN (Laurie Carter)



WALKING THROUGH A WINTER WONDERLAND (James White)

## BACKSEAT TIPS

**Snow tires or carry chains.** Travelling on our snow-covered roads you will need a good set of snow tires or chains for your vehicle. All season tires—better known as spring, summer and fall tires—are not designed for snow-covered roads.

**Be kind to snowplow drivers.** They're up when you're asleep, work in conditions you avoid driving in, all in order to clear the path for you. Give them plenty of space. Keep your beams low. Be patient, the driver will allow you room to pass when it is safe to do so.

**Emergency equipment.** In winter drivers should carry emergency equipment in their vehicle in the event they get stuck. Important items include warm clothing, blanket, shovel, sand, ice scraper, first aid kit, flashlight, candle and matches.

**Bus service from town.** Don't want to drive—a shuttle runs from town to Big White Ski Resort with pickups in West Kelowna, Kelowna, Glenmore and Lake Country. For schedule visit [www.bigwhite.com](http://www.bigwhite.com).

**Slow down.** Four-wheel drive vehicles have no more traction on ice than any other type of vehicle.

- I've met people who retired and moved here from the prairies not because of our summer reputation but for our skiing. Okanagan ski hills are legendary for deep champagne powder and snow ghosts (trees drenched in white stuff).

The region offers up three world-class ski-in, ski-out resorts in the three major centres: Big White Ski Resort in Kelowna, Silver Star Mountain Resort in Vernon and Apex Mountain Resort in Penticton.

Expert skiers—definitely not me—find Big White has numerous challenging black-diamond runs off the Gem Lake Express. Open glades and mixed terrain allow families and groups of riders and skiers of different levels to stay together. Silver Star with its jelly bean coloured Victorian inspired faux-mining village is my personal favourite because it has some of the best long, gentle runs in the Valley. Skier friends tell me Apex is where diehard skiers go for an extreme challenge. I'll have to take their word on that. In addition, there are two small-scale family operations: Crystal Mountain Resort in West Kelowna and Mount Baldy in the south.

All the resorts offer a range of lodging from luxurious self-contained vacation homes with hot tubs to cozy condos and hotels. Dining, shopping and entertainment ensure your days and nights off the slopes are just as perfect. Your kids can test their skills on the double-black diamond trails while you play on the easier stuff, afterward meet up with the gang for a sleigh ride. The ski season generally runs mid-November through April.

## ADDED ATTRACTIONS

### TERRAIN PARKS

For riders and skiers, Big White, Silver Star and Apex offer the ultimate experience. From beginners to world-class champions, the terrain parks and rail gardens offer an assortment of tabletops, step up jumps and spines. For a good mix of metal to grind, you'll also find minis, flats, rainbows, kinks, wide rails and boxes to satisfy your park cravings.

### CROSS-COUNTRY SKIING

Gliders, take your pick. The Okanagan has four Nordic clubs, starting in the north with Sovereign Lake (Vernon), Kelowna Nordic, Telemark (West Kelowna) and Nickel Plate (Penticton), which boasts 65 kilometres of groomed trails for both classic and skate skiing. Beginners will enjoy the gentle terrain (skin tight attire optional).

### SNOWSHOEING

Snowshoes have come of age. High performance lightweight gear with easy to use binding make learning the sport a breeze. A little tip, breaking trail is more work than following. Ski resorts offer guided adventures. Discover the natural wonders of winter following wildlife tracks and historic trails. Don't forget to bring your camera.

### TUBING

Can you spell fun—tubing. I don't know about you but for me tubing brings back fond memories of childhood sliding down the molehill in the neighbourhood. At the local ski resorts tubing is bigger and better. Tube lifts let you make run after run without having to hike back to the top of the hill, or ever having to carry your tube.

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# golf



PREDATOR RIDGE (Rand Zacharias)



NK'MIP CANYON (Laurie Carter)



GALLAGHER'S CANYON (Rand Zacharias)

## TOP RATINGS

**Predator Ridge Golf Course, Vernon — 7144 yd, 18 hole, par 71, Les Furber design:** Two PGA Skins Games, ranked among *Score Golf's* top 25 courses in Canada and a 4+ star rating from *Golf Digest*. New 18-hole Ridge Course (Doug Carrick design) opens August 2010.

**Fairview Mountain Golf Club, Oliver — 7030 yd, 18 hole, par 72, Les Furber design:** Consistently rates as a *Golf Digest* 4 star course. *Score Golf* has placed it in the Top 100 golf facilities and the BCPGA has twice named it facility of the year.

**Gallagher's Canyon Golf & Country Club, Kelowna — 6802 yd, 18 hole, par 72, Bill Robinson design, plus 9-hole executive course:** Ranked among the top 50 courses in Canada by *Score Golf* and a *Golf Digest* 4 star course.

**Sunset Ranch Golf & Country Club, Kelowna — 6500 yd, 18 hole, par 72, J. Bruce Carr design:** A *Golf Digest* 4 star course.

**The Harvest Golf Club, Kelowna — 7109 yd, 18 hole, par 72, Graham Cooke design:** A *Golf Digest* 4 star course.

- Just when you think you've finally managed to tackle every challenge the Okanagan can throw at your drivers, wedges and putters, another course opens up. In little more than a decade, the Valley has evolved from a good place to work in a round during the family beach vacation to a full-fledged international golf destination.

Course designers must think they've died and gone to heaven with the wealth of varied terrain. I personally wish they'd stick to wide flat fairways on the Valley floor, but it's easy to see why they can't resist the potential for elevated tee boxes, tumbling water hazards, pine forest or sagebrush roughs and accuracy-testing approaches dog legging around rocky outcrops and canyon walls.

Fabled names like Nicklaus, Furber, Cooke and Trent Jones are linked with our links and they've tested the best in the sport. I can still feel the thrill of seeing Garcia, Couples, Mickleson and Wier tee up for the first of two PGA Skins Games hosted by one of the Okanagan's premier venues.

Options for play are as varied as the landscape with enough friendly 9-hole layouts and tee placements on even the toughest championship courses to give us high-handicappers a chance to save a little face.

The Okanagan's hot, dry summers and relatively mild overall climate make for a long season. Locals face tough choices in March and mid-November when the links are open and there's snow in the alpine. Decisions, decisions! —LC

## SIGNATURE VIEW HOLES

### THE GOLF CLUB AT THE RISE, Vernon HOLE #17

The best view on this course is a tough call, but we're picking the 17th. When you tee up for this beauty, it feels like you're driving at the biggest water hazard in the Valley, Okanagan Lake, 400 metres below. Fred Couples took full advantage of the terrain on this design.

### THE HARVEST GOLF CLUB, Kelowna HOLE #2

Be careful not to hold up play while you ogle this wide-angle view of Kelowna, Okanagan Lake and the mountains. It's even more amazing with the orchard trees in fall colours. Now pay attention. If you're shooting from the black tees it's 579-yards to a par 5.

### OKANAGAN GOLF CLUB BEAR COURSE, Kelowna HOLE #3

Take in the sweeping view of the Okanagan Valley from the extremely elevated tee on this 453-yard, par 4 hole, then get ready to concentrate. Driving accuracy is a must to negotiate the heavily tree-lined fairway leading to a small sloping green.

### SONORA DUNES, NK'MIP RESORT, Osoyoos HOLE #8

The view from this tee is awesome and awful. Look to the side beyond the 7th green and see a panorama of desert, vineyards, lake and mountain. Look straight ahead and start figuring out how to hop the pond to land your shot on the par 3 green.



CLIMBING THE SKAHA BLUFFS (Shelley Wood)

## BOOKWORM'S BACKPACK

### SKAHA ROCKCLIMBS

*Howard Richardson, 2003*  
Written by one of the most experienced climbers of the Bluffs. Available at local bookstores.

### KELOWNA ROCK CLIMBING AND BOULDERING

*Jani Vaaranpaa, 2008*  
Guide to climbing routes and boulder fields. Buy at local bookstores.

### DIVING BRITISH COLUMBIA LAKES AND RIVERS

*William M. Hall, 2008*  
All you need to know about local dive sites. Available at dive shops.

Want to push the envelope — looking for that next big rush— check out our adventure sports. Even if you're not an adrenaline junkie, we've got some options for putting the thrill factor in your day. Scale a vertical rock face, explore the depths of a lake, ride a kite across the wavetops or, my personal favourite, jump off a mountain.

Hang gliders and paragliders from around the world know the North Okanagan for its excellent launch and landing sites and reliable wind conditions. It's not by chance that the British Army has used this area as a training ground or that top level competitions are regularly hosted near Lumby.

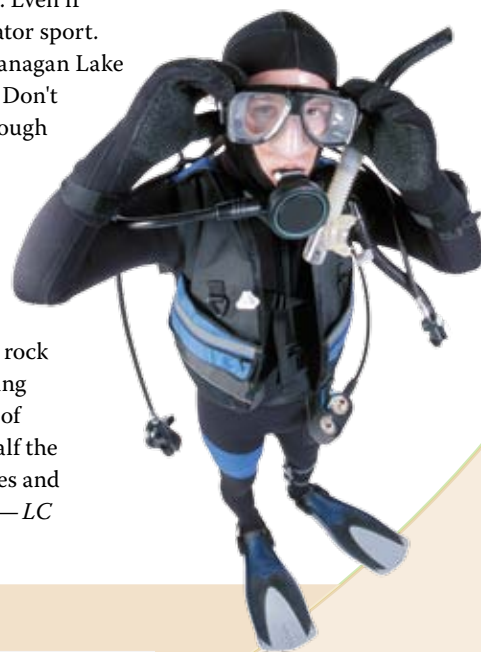
I took the leap on a tandem flight. Strapped to the wing with a veteran pilot, I felt the pure exhilaration of aerodynamic lift,

silently following the eagles and floating on the updrafts. Addictive.

For a different flying pulse-pumper, wait for the wind to swoop down the mountainsides and sweep across Skaha Lake, strap on a board and turn yourself into a human kite tail. Kiteboarders love the predictably blustery conditions in late autumn when they can build up maximum speed for maximum airtime. Even if you're not into aerial acrobatics, this is a great spectator sport.

If your interest in water runs a little deeper, Okanagan Lake presents some interesting scuba diving possibilities. Don't expect swarms of neon-coloured fish swimming through crystal waters, but there are some interesting wreck sites, rock formations and man-made attractions.

Adventure seekers who prefer to keep at least a finger and toe-hold on terra firm strap on the chalk bag, harness up and make like Spider Man on challenging boulder fields and at internationally known Skaha Bluffs. According to the rock climbers I know, this sport combines the heart-stopping horror of narrowly avoiding a big fall with the elation of reaching the top of the climb. Since getting there is half the fun, Skaha is an ideal venue with hundreds of cliff faces and climbing routes for beginners to advanced. Go for it. — LC



## ADVENTURE SITES

### PARAGLIDE CANADA

*Vernon*

A tandem flight is an inexpensive way to get a thrill and see if you'd like to pursue this sport. Paraglide Canada owner/operator Glenn Derouin is a fully rated senior paragliding instructor with the Hang Gliding and Paragliding Association of Canada. Introductory and certification lessons available.

### ELLISON PROVINCIAL PARK

*Vernon*

Western Canada's first freshwater snorkel and scuba park. A dive dome, tugboat wreck and other submerged items lie in no more than 20 metres of water. Accessible both from the beach and by boat. The park also includes granite cliffs ideal for beginning level rock climbers and some hiking trails.

### SKAHA BLUFFS

*Penticton*

More than 650 routes on cliffs ranging up to 80 metres. Most routes are in the 5.8 to 5.12 range of difficulty. Known as a great destination for sport climbers, with plenty of bolted routes, the terrain is ideal for beginners and intermediate level climbers. But traditional climbers will find lots of opportunity to test their skills.

### THE BOULDERFIELDS

*Kelowna*

Located off Gillard Forest Service Road in the Mission district, this mix of big walls and giant boulders provides some 32 developed walls with more than 140 developed climbs along with plenty of challenges that don't show a sign of anybody else's chalk. Tough terrain, great scenery.

# road trips



OVERLOOKING ENDERBY (Karen Slivar)

■ One of the best ways to take in the Okanagan is to get off the highway and travel on some of our scenic roadways and backways. I'm always ready to jump in the SUV and explore a logging road to see where it takes us. Many years ago we took the outlaws on a road trip and spent a great deal of time moving fallen trees out of our path. The next day my father-in-law went out and bought us a sturdy axe and a collapsible saw, which we still carry around today. But you don't have to leave the pavement to explore the Valley. Here are some of our favourite jaunts; you can pick up detailed maps at any tourist info centre.

## TRINITY VALLEY

*Enderby to Lumby*

**Travel time 1 hour. Distance 53 km**

Sit back and enjoy the scenery on this quiet drive through verdant farmland and Douglas fir forest. In Lumby you can stretch your legs with a stroll along the Salmon Trails, which are wheelchair-, stroller- and bike-friendly. In late summer to early fall Bessette and Duteau creeks along the trails are filled with spawning coho and chinook salmon who have made the 1,000 km swim from the Pacific Ocean to complete their life cycle. Directions: from Enderby head east on Enderby Mabel Lake Road until you reach Ashton Creek, turn south onto Trinity Valley Road and continue south on Lumby Mabel Lake Road and follow the signs to Lumby.



scenic views



point of interest



prominent wildlife

## BOOKWORM'S BACKPACK

### ROADSIDE NATURE TOURS THROUGH THE OKANAGAN

*Richard Cannings, 2009*

His favourite road trips describing geography, historic landmarks, flora and fauna.

### DESTINATION HIGHWAYS BRITISH COLUMBIA

*Brian Bosworth and*

*Michael Sanders, 2006*

A motorcycle enthusiast's guide, available at motorcycle dealers.

### OKANAGAN ABOVE

*Mike Biden, 2009*

Aerial photos of the South Okanagan is a great coffee table book. Order online: [www.iflyphoto.com](http://www.iflyphoto.com).

## WESTSIDE ROAD

*West Kelowna to Vernon*

**Travel time 2 hours. Distance 80 km**

You'll soon discover why we picked this road as you twist and turn your way alongside Okanagan Lake. This scenic drive is definitely not for those who suffer from carsickness or feel the need for speed, as much of the posted speed limit is 50 kilometres per hour. Keep an eye out for California bighorn sheep on the rocky outcroppings along the way. A must stop is Fintry Provincial Park, a heritage site with some interesting history. Discover the Laird of Fintry, check out the funky octagonal dairy barn, manor house and climb the stairs to Shorts Creek Falls. Driver's warning: watch for cyclists, obey posted speed limit around bends and please stay in your lane to give room to oncoming vehicles.

## DID YOU KNOW?

### CALIFORNIA QUAIL

These plump birds were introduced into the Okanagan in 1912. What's not to love about them — except maybe the heart attack they give you when they run, usually right in front of your vehicle, rather than fly, although these goofballs will explode into a short fast flight when startled. In winter these social birds gather in small flocks or coveys and forage on the ground calling "chi-ca-go" to alert each other of their location.

### OKANAGAN LAKE

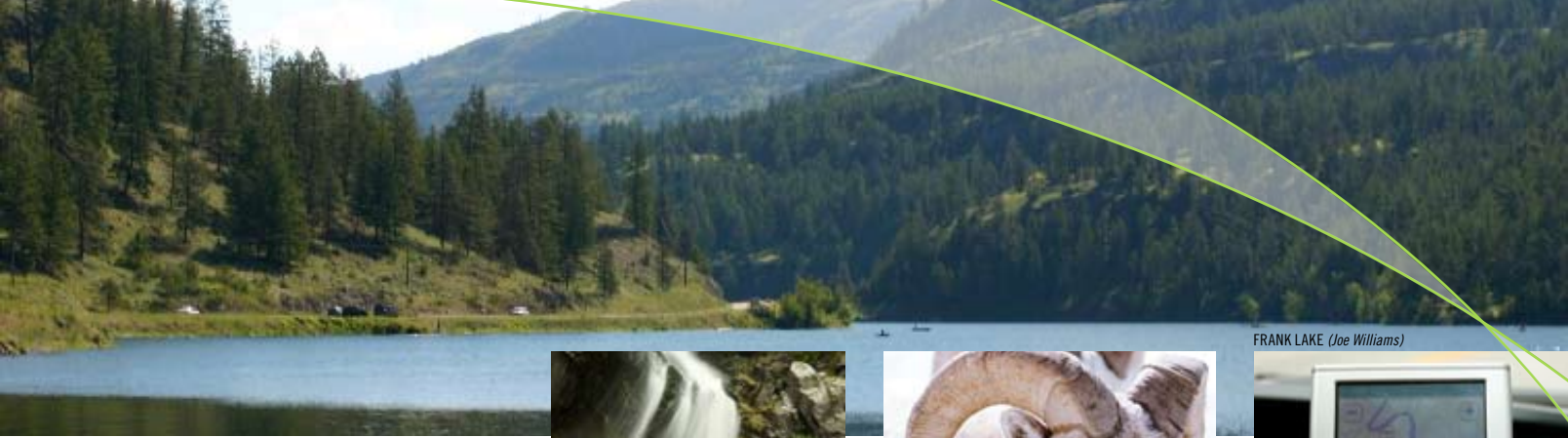
A long deep lake, it stretches 135 kilometres and is 230 metres deep. It is connected to Kalamalka Lake in the north via Vernon Creek and to Skaha Lake in the south via the Okanagan River, which flows through Skaha Lake, Vaseux Lake and Osoyoos Lake, joining the Columbia River near Brewster, Washington. Over 13 species of fish are known to live in the lake including trout, kokanee, carp, sucker and sculpin.

### LAKE MONSTER

Every year there is at least one sighting of the mysterious lake monster that lives in Okanagan Lake and goes by the name of Ogoopogo. First Nations legends support a monster living in the lake before European settlers arrived in the Valley. It has been photographed and even been caught on film, but alas all the footage is blurry. It is rumoured to live off Squally Point across from Peachland.

### WILDFIRES

The Okanagan is no stranger to wildfires. The Okanagan Mountain Park fire in 2003 was the worst forest fire in BC's history. It was started by a lightning strike in the park near Rattlesnake Island. The blaze forced the evacuation of over 33,000 people and burned 238 homes in Kelowna. It also claimed 12 wooden trestles and damaged two steel trestles in the historic Myra Canyon. The trestles have since been rebuilt.



SHORTS CREEK FALLS (Andrea Williams)



BIGHORN SHEEP

FRANK LAKE (Joe Williams)



A HANDY TOOL (Joe Williams)

### HIGHWAY 3 (WEST)

*Osoyoos to Mount Kobau*

**Travel time 1 hour. Distance 30 km**

As you climb out of the Valley through rolling grasslands dominated by big sagebrush you will soon pass Spotted Lake (Klikuk) on the south side of the highway. The lake contains high concentrations of minerals including magnesium sulphate (a.k.a. Epsom salts), calcium and sodium sulphate. As the lake dries out in summer, white, yellow, green and blue spots form in the mud. The lake is sacred to Okanagan First Nations, who prize its healing mud and waters and its spiritual value. Continue west along the highway to Richter Pass and turn north onto Mt. Kobau Forest Service Road, the gravel road winds its way through grasslands and Douglas fir forests. At the top spectacular views of the Okanagan and Similkameen valleys await you. Driver's warning: watch for free-range cattle en route.

### EASTSIDE ROAD, MCLEAN CREEK ROAD

*Penticton to Okanagan Falls*

**Travel time 30 minutes. Distance 20 km**

Time to slow down and smell the pines with this leisurely drive. Following the edge of Shaka Lake, this winding, picturesque two-lane road keeps you right down at shore level until you reach the turnoff for McLean Creek Road, which will take you through a scenic valley dotted with hobby farms. Along Skaha Lake you might see California bighorn sheep on the rocky outcroppings. Directions: in Penticton follow Main Street south and continue onto Lakeside Road, which continues into Eastside Road and turn west on McLean Creek Road. Driver's warning: watch for cyclists.

### GREEN LAKE ROAD, WHITE LAKE ROAD

*Okanagan Falls to Oliver*

**Travel time 40 minutes. Distance 30 km**

Get off the highway and travel a well-paved backcountry road. Along the way you'll see rocky hills, pine forests, farmland and dry plateaus. Drop in at the Dominion Radio Astrophysical Observatory (DRAO) for a tour. The staff is very enthusiastic and happy to answer your questions. To get up close and personal with the dry grasslands and big sagebrush habitat take a stroll in White Lake Basin Biodiversity Ranch home to many species at risk like the badger. Directions: take Green Lake Road and follow it as it turns south into Fairview White Lake Road to Oliver.



#### VOLCANOES

About 50 million years ago the Okanagan Valley was a hotbed of volcanic activity. Many well-known landmarks are made of volcanic rock including Layer Cake, Knox and Dilworth mountains in Kelowna, Mount Boucherie in West Kelowna, Giant's Head in Summerland and Munson Mountain in Penticton. Layer Cake is a unique feature made up of over 30 distinct layers and can be seen from Mission Creek Greenway.

#### MOUNT KOBAU

Its high elevation (1,863 metres) and clear dark skies make Mount Kobau an ideal location for stargazers. In fact, in the 1960s plans were in the works to install a major national telescope at the site, but the project was cancelled and the telescope was eventually located in Chile. However, amateur astronomers gather every August for a weeklong star party. For more information visit [www.mksp.ca](http://www.mksp.ca).

#### WILD HORSES

Wild Horse Canyon, a short, steep walled canyon in Okanagan Mountain Provincial Park, was used by First Nations people to trap and catch wild horses in the 1890s. At the time, farmers and ranchers considered the escaped horses a nuisance and the government paid a \$2 bounty for every pair of ears turned in. Over the years beasts were rounded up, sold or killed. By the 1940s the wild horses were gone.

#### OKANAGAN

The name Okanagan has the distinction of no less than 46 different spellings. Lewis and Clark spelled it Otchenaukane in 1805; explorer David Thompson wrangled with three different versions: Teekanoggin, Oachenawawgan and Ookanawgan. For the record it is Okanagan in Canada and Okanogan south of the border. First Nations origins of the name are no less fanciful, including "Big Head peoples" and "men with short hair."

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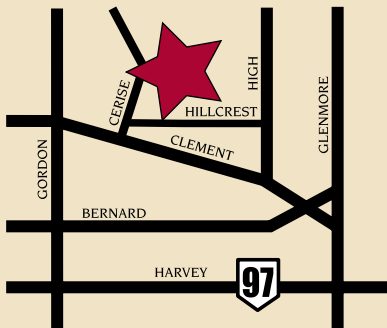
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2010-2011 edition

# the magical Shuswap

## MAKING MEMORIES

A SPECIAL PUBLICATION BY **OKANAGANLife**  
magazine

by Laurie Carter

**W**E'VE PACKED A LOT OF MEMORIES INTO FOUR YEARS OF ANNUAL PILGRIMAGES TO THE SHUSWAP. My husband Bruce and I always start out with a loose agenda of must-sees and must-dos, and every visit also produces a few unexpected treasures. I thought it would be fun to revisit some of the highlights presented here in no particular order. I invite you to share eight of our memories that capture the magic.



## Watch the Birdie

Bruce has been waiting to take me to the Tom Brighthouse Nature Centre at the foot of the Salmon Arm Pier where he saw a terrific video of the grebes' famous mating dance this morning (while I shopped). We're surprised to find the door locked, although it's still half an hour from closing time. But a note taped to the window says we'll find "Mike" on the pier.

We do. He's easy to identify, what with the tripod-mounted spotting scope and all. I immediately latch onto what he's studying—a pair of osprey perched on a square green navigation marker. Suddenly a shape unfolds, to unbelievable proportions. The great wingspan momentarily spreads then streamlines as the bird torpedoes into the water—rising with a silver-sided fish struggling its death throes in the grip of relentless talons.

The hunter lights on a lower spreader of the navigation marker, safely removed from the other bird who watches from above. A third swoops in, slowly folding its wings as it settles next to the watcher. I'm glued to the action, exchanging exclamations with Mike and shooting digital bursts through my 300mm lens (churlishly thinking how much better Bruce's shots will be with his 500mm). At first I think what I'm seeing is two jealous birds waiting for an opportunity to cadge scraps from a successful rival. But it slowly dawns on me that the tone of the calls from the onlookers

could be more encouraging than taunting. Mike confirms that the lucky fisherman is this year's fledgling. Mom and dad are conducting lessons. This is fishing school.

The birdlife is so varied—and so close. When I tear my eyes from the drama on the marker, I see a huge heron standing just across the channel at the water's edge. Canada geese poke about in the shallows and on the eastern side of the pier, another heron perches on a buoy.

Mike has already retreated to close up the Nature Centre, so I have to hurry to catch up for a look at that video. I find him waiting for me, gracious, even though his wife and visiting family have arrived to collect him. As he shows me the various features of the centre—books, videos, stuffed specimens, charts, photos—they chip in, making sure I catch the dancing grebes and

OSPREY PARENTS SUPERVISE JUNIOR'S FISHING LESSON WHILE A HERON WADES IN THE SHALLOWS. SALMON ARM PIER AND THE NATURE TRAIL AROUND SALMON ARM BAY ARE OUTSTANDING OPTIONS FOR BIRDWATCHERS BOTH DEDICATED AND CASUAL

PHOTOS BY LAURIE CARTER

# the magical Shuswap

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**Publisher**

J. Paul Byrne

**Senior Editor**

Laurie Carter

**Managing Editor**

Karen Slivar

**Creative Director**

Andrea Williams

**Graphic Designer**

Mishell Raedeke

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**Account Executives**

Brian Malmas, Jim Murphy

**Photographers**

Laurie Carter, Chris Fowler,  
Craig Pulsifer

**Story & cover photo**

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demonstrating how to make a toy loon give forth with its lonely call.

The centre is open daily throughout the summer, staffed by a student on weekdays and by volunteer members of the Salmon Arm Bay Nature Enhancement Society, like Mike, on weekends. He offers me a brochure that outlines the society's work and includes a map of the nature trail that rims the bay to the east. New item on the to-do list for tomorrow.



THE SALMON ARM ROOTS AND BLUES  
FESTIVAL RUNS AUGUST 13-15, 2010

## Roots & Blues

Call it a memory in waiting. Call it poor planning. Every year our note to self reads: schedule Shuswap trip for mid-August and take in the Roots & Blues Fest. So far, something's always foiled our timing, but we're determined to finally unfold our lawn chairs in front of the main stage at the Salmon Arm Fairgrounds, with a spectacular sunset silhouetting Mount Ida, and settle in for some serious music.

The festival's 18th season, August 13-15, 2010, features a lineup we really don't want to miss. Martha Wainright is slated to perform a selection of rare Edith Piaf songs and I'm totally up for the raucous horns and drums of that funky Latin orchestra from Texas called Grupo Fantasma. F-Holes, from Manitoba, plays rockabilly bass, jazz banjo, bluegrass trumpet,

surf guitar and swingin' drums. We want to catch Juno Award winner Julian Fauth's blues tunes, the musical poetry of Gord Downie and we've seen Quebec's Erik Mongrain on YouTube—can't wait to watch that two-handed guitar tapping live.

Although we don't know a lot of the acts, like hip-hop artist K'naan, singer/pianist Royal Wood, the Kropotkins, the MarchFourth Marching Band, Ohbijou, Wassabi Collective and Elena Yeung, we're pretty sure we're going to hear some tunes that'll make us want to add to the CD collection.

## White Water WOW!

"Arms are for crawling, feet are for fending off rocks," says Jamie. Our Adams River Rafting guide's no-nonsense tone grabs the atten-

ROOTS AND BLUES PHOTOS BY CRAIG PULSIFER,  
(FACING PAGE) TOP PHOTO BY LAURIE CARTER, BOTTOM PHOTO COURTESY OF ADAMS RIVER RAFTING



**RAFTING THE ADAMS: CLASS-III RAPIDS AND A LOOK AT A 500-YEAR-OLD PICTOGRAPH**

tion of every yellow-vested paddler. We're gathered like a swarm of anxious hornets on a narrow patch of dirt beach beside three sausage sided rafts. The easy flow of green water beyond gives no hint of the dangers Jamie describes — but we know what's coming.

I'm finding it a little hard to breathe, though that's probably because of the life jacket. My boat captain, Clif, cinched me in so tight I've gained a whole new respect for great-granny and her hourglass corsets. But I'm not complaining about the company's penchant for safety. "In the unlikely event" that




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## The Swing's the Thing

I should fall off the raft, the only way back aboard is to be hoisted by the lapels of that jacket. Given the alternative of riding the river solo, fending off rocks with my feet, swimming for my life away from log jams and eventually clawing my way ashore, I'm more than happy to do without oxygen for the duration.

The July sun beats on my helmet, threatening to fry the little grey matter left inside. Wading our raft into the current, I bless the deliciously cool water—so clear I can pick out individual river rocks on the bottom. If we were here in early October, I wouldn't be able to see those rocks for the swarms of red-bodied sockeye. But right now, I need to forget about fish, keep time with the stroke paddler and concentrate on Clif's commands. "Forward, right—back left—stop!"

I catch a glimpse of lighter green. Our bow bucks skyward. A flash of blue and—half the river lands square on my face. "Awesome!" I scream, along with every other member of the crew. Soaked to the skin, laughing like a pack of deranged hyenas, we're ready to take on the string of rapids leading to The Canyon where the banks converge, churning the flow through a rock-walled gap a mere seven metres wide.

In the tranquil backwater below, we beach our rafts and I stagger ashore on Jell-O legs. While my heart rate steadies, Jamie points out the pictograph of a deer, painted by a Shuswap fisherman some 500 years ago. Standing on these rocks, natives used dip nets to harvest the wealth of the river. Along with supplying a rich food source, the fish could be traded for obsidian to make tools and ochre for paint. With such a reliable grocery store, the Shuswap had time to be artistic.

In the quiet stretch beyond, some of us slip into the water, and holding fast to the safety lines on the side of the raft, soak in the spirit of the river as the current slides us toward the end of an adventure.

So many courses, so little time—OK, so little interest. Don't get me wrong, it's not that I don't like golf. I've even been told I have a pretty good swing (triple-digit scores notwithstanding), it's just that there are so many things I enjoy even more when I'm visiting the Shuswap.

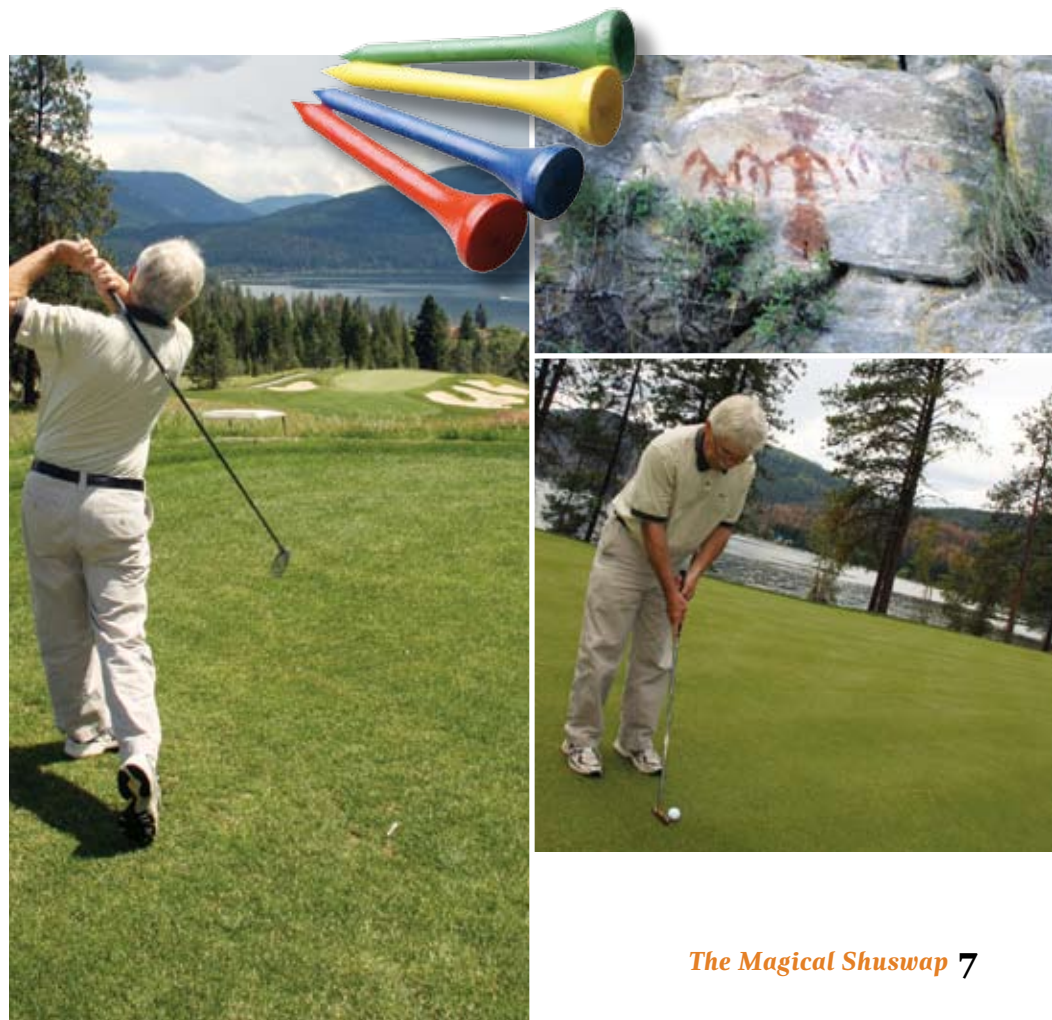
If my priorities were right, I could tee up along the shores of Mara Lake at Hyde Mountain, play the contours of Mount Ida at the Salmon Arm Golf Club, tackle the British-style fairways at Canoe Creek or try to ignore the views at Shuswap Lake Estates. But the only course I've managed to play in all these years is Talking Rock.

I've read that the Little Shuswap Indian Band chose the name in recognition of their ancestors' practice of recording historic events and legends by painting or carving on rocks. I saw some of these ancient pictographs on a cruise aboard the Phoebe Ann one summer.

See how I get sidetracked? Back to golf. The championship course measures 7,129 yards for par 72 (in my dreams). From the reds, it's a blessedly more manageable 5,437 or I'd still be out there. My score is over 72—enough said.

It's a beautiful round, even though the shredded clouds reveal only rare hints of blue. The holes, from tee to green, are nibbled out of the forest. Many, especially on the back nine, are laid out with so much space between fairways that you feel entirely alone.

My favourite tee box is elevated, treating me not only to a sight of the lake (along with the standard mountain views), but also a killer drive. On 17 the lake glimpses come more often and 18 parallels the shore. Nice.



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### Wine Time & Geocaching Finds

Pursuing our recurring theme of potent potables, one Saturday morning we search out Larch Hills Winery—a trek that eventually combines a healthy bit of mountain climbing and a quick spot of geocaching. The Shuswap region has taken to this high-tech treasure hunting in a big way with the Shuswap Geoquest website devoted to local events and games. We're no 10-cache-a-day addicts, but it's fun to pull out the GPS and track down a site or two and we've identified one that should be close to the winery. Talk about a treasure hunt.

The switchback road to Larch Hills ribbons through tall borders of cedar, hemlock, fir and (wait for it) larch, the "evergreens" that put on a brilliant golden show come fall. Wondering where a grape could find any sunlight in all this dense bush, we suddenly top a ridge; the forest parts and the road abruptly ends at a lookout with 270 degrees of deep valley, serried mountain, lake and forest view—and fanning

SHUSWAP WINERIES INCLUDE LARCH HILLS, GRANITE CREEK AND RECLINE RIDGE

across the south to west-facing slope, neat ranks of tethered vines.

GPS readings tell us we're close to the cache, but it still takes a thorough search to find it. We sign the log and spend some time with the view that I'd say is the real treasure here before moving on to our ultimate reward.

A stunning blonde with riveting china-blue eyes and a ready smile towers over the pine bar of the alpine-style tasting shop, pouring samples of the winery's signature Ortega white. Hazel Manser and her husband Jack were new to the wine business when they bought Larch Hills. Recently married, the Dutch-Swiss couple brought enthusiasm and a strong work ethic and learned from previous owner Hans Nevrkla, continuing the tradition of turning out crisp and lively cool climate whites such as Ortega, Siegerrebe, Madeleine Angevine and the red Agria. Our trunk emits a satisfyingly musical clink as we retreat down the mountain.



STEP INTO SHUSWAP HISTORY AT THE R.J. HANEY HERITAGE VILLAGE AND MUSEUM IN SALMON ARM

### Historic Munch & Mingle

There's another theme in our travels—food never being far from our thoughts. Today we're doing lunch at Marjorie's Tea Room in the North Broadview School at R.J. Haney Heritage Village and

PHOTOS BY LAURIE CARTER

Museum. We leave the car near the Queest fire lookout tower and walk to the cluster of historic buildings.

This isn't our first visit. In the past we've enjoyed browsing through the filling station and fire hall, blacksmith shop and the old storefront with the gramophone collection and recorded gramophone music. The inside of Mount Ida church is as simple and appealing as the outside and the schoolroom definitely stirs some memories.

We still haven't managed to work in a performance at the summer dinner theatre, but today we take time to tour the museum, a good call since there's a new exhibit. It tells the truly unique story of entrepreneur, Percy Ruth, who with the help of local First Nations people, collected seeds that reforested parts of Britain and Europe following the demands and destruction of the First World War.

After that unexpected discovery, we've got plenty to talk about over a nostalgic lunch of tourtiere and salad, thick beef barley soup with homemade bread and fresh baked pie. Sigh!



THE SALMAR THEATRE IS ONE OF THE BONUS ATTRACTIONS IN DOWNTOWN SALMON ARM

## Fashion Flare and Artistic Wares

It's an easy walk from the Salmon Arm waterfront, where my shopping expedition could be stalled indefinitely by a stop at JC Bradley Jewellers (can't resist bright, shiny things) or a sidetrip to the Canoe

PHOTO BY LAURIE CARTER



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Creek Clothing Company, to Salmon Arm's retail district centred on Lakeshore Drive and Hudson Avenue. A friendly area, I admire a forest of freeform sculptures, catch a busking juggler in the act and stroll along Alexander Street, with its Art Deco Salmar Classic Theatre, which also appears to be Salmon Arm fashion central. I stop to browse in shops with inviting displays and intriguing names like Crazy River, Factor 3, Wearabouts and Shoes 'n Such, and the more prosaic Salmon Arm Clothing & Shoe Company.

My recycle shopping bags are already beginning to fill when I turn onto Lakeshore Drive, anchored by the historic 1929 Merchant's Block, and discover a trove of irresistible dump trucks, games and wooden toys in Nurtured by Nature. My inner grandmother satisfied, and bags a little more heavily loaded, I move on and soon find myself making two unexpected Shuswap memories.

It was the ornate Victorian screen door that attracts my attention. Inside Loriginals, I feel sensory overload from the colours, shapes and materials worked into the crafts and artwork on display. I'm standing before a tall case of beautifully tooled leatherwork, when a quiet voice at my shoulder asks if I'm looking for anything in particular.

I fall into conversation with Joy Oates who explains that she and co-owner Linda Vogel are focused on items handcrafted in Canada and featuring local artists. The leatherwork is done by Murray and Annette Anderson, from Salmon Arm. Those stunning metalwork and porcelain pieces (among their best sellers) are crafted by Peter and Erika Postel from Blind Bay while another Salmon Arm artist, Jim Jurasek, paints the watercolours.

Joy shepherds me around the shop, pointing out pottery and raku from PEI, metal sculptures from Abbotsford and jewelry from a variety of sources, emphasizing their determination to maintain the Canadian craft specialization because visitors expect it. She says, "People come year after year, from

Canada and Europe." As she walks me to the door, I speculate that I'll become one of the faithful.

A few steps down the street, the shop window couldn't be less Canadian. A trio of painted giraffes gawk out of Gondwana Gallery amid an assortment of hanging drums. As I push through the door a heavy pall of incense assaults my nose. I really hate incense — puts me right back in the 60s, gives me a headache. Normally I'd do an instant about face and head for fresh air. But there's so much cool stuff, must explore.

I recognize wooden bowls and carvings, wire sculptures and pop can art, lively banana leaf batiks — all familiar from craft markets I've visited in Africa.

A lanky guy wearing a wide grin strides toward me. I can see he's a man with a story. Owner Tibout Glazenburg and his wife Marlene lived in South Africa for 17 years before moving to Canada. "We became familiar with local artisans and assisted them in marketing and selling their wares," he says. "For many, this is how they make a living."

Now the couple returns to Africa each year, continuing to buy direct, dealing with artisans in Ghana, Kenya, Malawi, Mozambique,

SHOPPERS FIND PLENTY OF VARIETY THROUGHOUT THE SHUSWAP IN ARTS AND CRAFTS STUDIOS, PRODUCE MARKETS, FASHION BOUTIQUES, GIFT SHOPS AND FARMERS' MARKETS IN SALMON ARM AND SORRENTO

PHOTOS BY LAURIE CARTER

South Africa and Zimbabwe. Tibout says they currently support 27 families in this way, plus two orphanages (one in Kenya and one in Tanzania) through local fundraisers.

"We only buy handcrafted items directly from the artisan on a fair trade basis—no sweatshops, no child labour," he says. "We pay up front. No consignments." The Glazenburg's pack and ship everything themselves.

Tibout zips around the store, holding up a rock carving from Zimbabwe, fingering the intricate design of a Maasai wedding collar. He talks fast, trying to get it all in, rushing to show me angels and tea, wall hangings and mini-Christmas baskets.

Then he slows, quietly lifting the photo of an artist from the midst of a display of her jewelry. His face clouds. "Many of them have AIDS," he says. "We never know who will be there next year."

But the mood brightens when he moves on to the djembes—drums from Ghana. Seems Tibout is a drummer himself, teaches drumming in Salmon Arm. Right! Glad I ignored the incense.

### At Home on a Boat

We pass several houseboat marinas and pull up at Twin Anchors where our friends wave from the sundeck of a CruiseCraft 3. Can we say palatial? This floating cottage is loaded with amenities that make lots of condos look rustic—full-sized fridge and stove, microwave, washer/dryer, private staterooms (sounds like a cruise ship), two bathrooms, a living area with plenty of seating—and, get ready—a fireplace.

Picture yourself beached on a remote shore, miles from towns or roads or even other boats, sitting in a top-deck hot tub, sipping a Recline Ridge Optima and counting the shooting stars. Been there—done that.

The best part is jumping out of the tub and screaming (literally) down the built-in slide. I'm

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SICAMOUS, HOUSEBOAT CAPITAL OF CANADA, IS HOME BASE FOR SHUSWAP LAKE EXPLORERS



here to tell you, in September, Shuswap Lake is C-O-L-D. But I did it again... and again.

Sunday morning we head back down Anstey Arm past the floating commissary in the middle of Cinnemousun Narrows, which is the slim channel that makes the crossbar in the "H" formed by the four main arms of Shuswap Lake.

Our houseboat is an ideal vantage point for viewing pictographs we've been given directions to find on the sheer rock cliffs a few metres above the high-water mark. Native artists created these images more than 200 years ago.

Not far down the coast, the Marble Point lighthouse comes into view. We approach the shore slowly until the bow grates onto the gravel beach and the houseboat jerks to a halt. The crew (read the guys) runs out the gangway and the ladies step ashore without so much as a damp toe.

This is our lunch stop and barbecue smoke soon mingles with the scent of cedar and fir from the tangled forest. Bruce and I perch on a convenient driftwood log and lay into our best-ever burgers. It's uncanny how great food tastes when your dining room is miles from the nearest human

dwelling, your shoulders feel warm from the autumn sun and every time you look up from your plate, there's something appealing to catch your eye—a lighthouse framed by the distant snow-tipped Anstey Range; a pair of mergansers cruising the shoreline; shiny wavelets tickling the boat's white hull.

### Snowy Tracks

This is another memory-in-waiting, one I admit may be a long time coming. Winter just isn't my favourite season. I do enjoy the occasional trek through the frozen woods on a pair of snowshoes, but the idea of skiing uphill makes me shudder and I'm not into motorized sledding—so the Shuswap's biggest winter attractions pretty much leave me, well, cold.

But for throngs of intrepid Nordic skiers who (to my everlasting amazement) freeheel down what I consider to be black diamond runs and herringbone up virtual cliff faces (seriously—how do they do that), the Shuswap provides a wealth of stunning terrain.

The Larch Hills cross-country ski area, 20 kilometres from Salmon Arm, maintains 125 kilome-



tres of trails, about a third of which are track set—and plenty that are level enough to prevent even me from whining too much, although I'm a lot more likely to tackle them in a pair of hiking boots in summer. But I digress. The facilities at Larch Hills include a chalet and a couple of warming cabins on the trails. (Excellent—notice how I warm to the idea of warming.)

Back on track, Larch Hills hosts the highly regarded Reino Keski-Salmi Loppet. For those

who know what this means (and I'm counting myself out, here) 2010 is the 26th year for this event, which is geared to both competitive and recreational skiers.

Another set of winter tracks where there's no chance of us meeting is near Sicamous. Dedicated snowmobilers have created four reputedly outstanding trail systems. Riders can head into the backcountry on easy groomed trails or tackle remote powder bowls (always paying close attention to avalanche risk) at Owlhead Mountain, Quest Mountain, Blue Lake and Eagle Pass. **OL**

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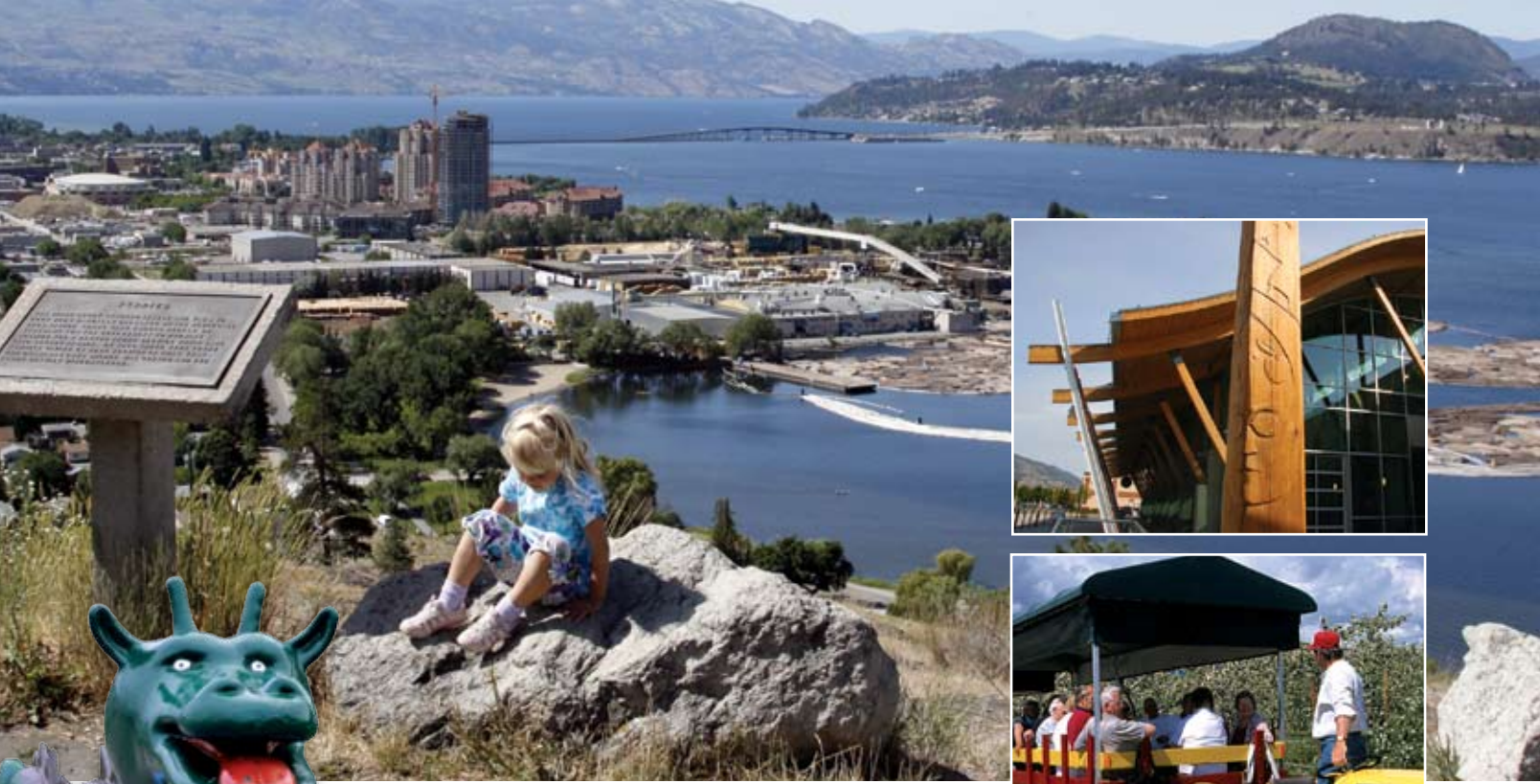
Communities in the Okanagan fall into three loosely defined geographic regions. The Central Okanagan has emerged as the commercial and transportation hub of the Valley. Kelowna is growing up with a rapidly changing skyline that demonstrates a marked shift toward high-density, high-rise development and a distinctly sophisticated urban appeal while Peachland, Lake Country, West Kelowna and several newer neighbourhoods retain more of a small-town community atmosphere.

Extending into the rolling farmlands beyond Vernon at the head of Okanagan Lake, the North Okanagan is different from its southern neighbours. Life reflects the region's cattle ranching and agricultural foundations. Although Vernon is growing, it retains a timeless feel, celebrating the past from aboriginal times to the present with an extensive display of public murals.

The South Okanagan is unique in Canada with rare and precious ecosystems and a relaxed lifestyle. Communities include Summerland, Naramata, Penticton, Oliver and Osoyoos. Actually part of the Great Basin Desert, the area around Osoyoos is locally known as "the pocket desert." But add water and presto, orchards, vegetable patches and vineyards of stunning abundance.

Rustic roadside fruit stands up and down the Valley share the landscape with wineries and tasting rooms in every style from log cabin to adobe nouveau. And to complement the fast developing wine tourism industry, new eateries and lodgings are sprouting up throughout the region.

Every community boasts easy access to outdoor amenities. Nobody is more than a few minutes from parks, beaches, golf, hiking, fishing lakes and ski trails both vertical and horizontal. Life is good in the Okanagan.



## Kelowna

High-power, high-tech, high-rise...Kelowna is getting all grown up with a population over 118,500 and the urban amenities you'd expect in a community this size. If you want to be in the thick of the action, this is the place to be. As the regional shopping hub, Kelowna offers malls, big box stores, quaint shops, funky boutiques, many clustered around downtown Bernard Avenue and Pandosy Village in the Mission district, and a lively farmers' market. An array of hi-tech companies has chosen to locate in Kelowna while opportunities for higher education include UBC Okanagan and Okanagan College.

Kelowna has also been designated a cultural capital with many events and activities focused in its vibrant downtown Cultural District. Notable venues include the Rotary Centre for the Arts, a multi-purpose facility for artistic and cultural experiences; the Kelowna Community Theatre, which hosts the Okanagan Symphony Orchestra, concerts and the performing arts; and Prospera Place, 6,000-seat home of the Kelowna Rockets hockey team and site of performances by major touring entertainers.

Also scattered throughout the Cultural District are museums, art galleries, unique restaurants, the ornamental Kasugai Gardens and 11 intriguing sculptures on permanent display. Further afield, early European settlement is remembered at the Father Pandosy Mission and Guisachan House.

The city's fast developing culinary culture has attracted a cohort of top chefs whose restaurants are dedicated to preparing locally sourced foods and spotlighting Valley vintages. Dining choices include fine dining, ethnic

eateries, eclectic coffee shops, hip bistros and trendy cafés. And wine lovers find plenty of scope for touring and tasting on their own at numerous area wineries.

Yet the largest city in the Okanagan also offers plenty of great outdoor escapes. One of the most appealing aspects of Kelowna is the ability to go from busy street scene to natural retreats like Knox Mountain, Mission Creek Greenway and the rehabilitated Brandt's Creek wetlands, where you can watch the water birds and nesting ospreys from the viewing platform, all in a matter of minutes. A short drive in any direction presents orchards and farm markets to explore, mountain trails to hike and bike and golf courses to conquer. Swimmers, boaters, water sports enthusiasts and anglers head for the sunny beaches of Okanagan Lake and for winter fun, three major ski hills beckon within a one-hour drive of downtown.

Add all these amenities to the fantastic scenery and mild climate and it's easy to see why many consider Kelowna the central attraction of the Okanagan Valley.



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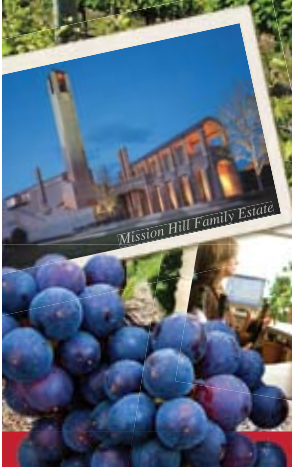
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## Lake Country

Bountiful orchards, reflective lakes and hikeable hillsides — so much inspiration, you may just find your inner artist. Lake Country, a municipality of just over 11,000 people formed by the amalgamation of the formerly independent communities of Carr's Landing, Okanagan Centre, Oyama and Winfield, is forging a new identity of its own.

Orchards and vineyards fill the Valley floor and climb the lower slopes of the ridges between the area's three defining lakes: Okanagan, Wood and Kalamalka. Continuing its long agricultural tradition, fresh produce is sold at roadside stands and a farmers'

market that runs Friday evenings from June to September in Swalwell Park.

There's no need to travel far for the finer things in life. Lake Country boasts a number of wineries and notable eateries along with a flourishing arts community.

The annual Spring Splash art exhibition and sale runs in May, while Lake Country hosts Art Walk each September. Many artists call Lake Country home and invite visitors to their studios. Public parks host public art and the performing arts take centre stage at the Creekside Theatre. Golf, hiking, birdwatching and water sports round out the good life in Lake Country.

## Peachland

Life's a beach...and with one of the best waterfronts in the Valley, this town has the life. But it was actually a peach that gave developer John Moore Robinson the idea to buy ranch land, develop it into orchards and sell it to easterners. The municipal district was incorporated in 1909. Today it counts more than 5,000 permanent residents and many more in the summer.

Being sandwiched between Okanagan Lake and the mountains, many homes come with a view. The winery comes with a view...even the golf course (currently under development) has a panorama from its plateau a mile from the lakeshore.

The Beach Avenue waterfront

attracts sun worshippers, swimmers, boaters, picnickers, shoppers and diners who want to watch the show from sidewalk tables or patios. History stands still at the eight-sided Baptist Church, built in 1910, that now houses the Peachland Museum, while Hardy Falls, at the south end of town, is an easy-access, stroller friendly park with spawning kokanee salmon and waterfalls.

Peachland hosts the annual World of Wheels classic and antique car show and the seven-kilometre Rattlesnake Island Swim. During the growing season, buy fresh produce at the Peachland Farmers' and Crafters' Market on Sundays at Heritage Park.

PHOTO BY LAURIE CARTER



## West Kelowna

Vineyards and high-country lakes, housing tracts and burgeoning commercial space — there seems to be room for it all in this fast-changing area. Rich in culture and history, from the Westbank First Nation (WFN) to the early pioneers, today West Kelowna is home to over 28,000 people with another 8,000 native and non-native residents on band land.

New residential neighbourhoods are popping up everywhere — at golf courses, on the lakeshore and in the woods. Commercial complexes along Hwy 97 provide big box store shopping and places to meet for coffee or gather for dinner without crossing the bridge to Kelowna. Meanwhile, traditional orchards still dot the landscape and offer fresh fruit in season at roadside stands. And the community hosts the Mount Boucherie wine region where long established names like Quail's Gate, home of the renowned

Old Vines Restaurant, and Mission Hill, with its iconic 12-storey bell tower and carillon, are joined by newcomers such as Kalala, Rollingdale, Little Straw and Beaumont Estate.

West Kelowna and the west side of Okanagan Lake provide a wide range of activities for outdoor enthusiasts. Hikers can take their pick from a leisurely stroll along the waterfront to a mountain trek. Recommended trails include Rose Valley, Glen Canyon, McDougall Rim, Kalamoir and the flanks of Mount Boucherie, the remnant of a dormant volcano. At Bear Creek Provincial Park, the attractions include waterfalls, looping trails, fabulous views and spawning kokanee salmon spotting. For downhillers and boarders, Crystal Mountain Resort is only 15-minutes from town. Nearby, the Telemark club offers extensive cross-country ski and snowshoe trails, also used by mountain bikers and hikers in summer.

Gellatly Nut Farm is a unique heritage park. Over 100 years old, it was the homestead of one of the area's earliest pioneer families. In the fall visitors can buy nuts by the pound or harvest them from the ground. Nearby, the Gellatly Heritage Regional Park features historic buildings, an interpretive walking trail, century-old family cemetery, picnic area and a very close view of the aftermath of the 2009 Glenrosa wildfire.

Country meets city in West Kelowna.



## Vernon

Strongly connected to its deep historic roots, this city maintains a sense of time and place that anchors a vibrant and growing community. Vernon nestles between Swan, Kalamalka and Okanagan lakes on Hwy 97 in the North Okanagan. Incorporated on Dec. 31, 1892, Vernon was settled by gold miners and cattle ranchers during the 1860s and '70s. With the benefit of irrigation water from nearby rivers and streams, the area prospered as a major ranching and orchard centre by the turn of the century. The agricultural tradition continues and evolves, with popular attractions like Davison Orchards and Planet Bee providing a fun way to connect with food production.

The city of about 38,000 celebrates its past with preserved heritage buildings, a comprehensive museum, the popular O'Keefe Ranch historic site, a collection of 25 outdoor murals depicting various aspects of Vernon's past and an array of heritage homes in the East Hill area. Vernon also embraces the future with destination golf courses, lakeview subdivisions and the expansion of the Vernon hospital, which will see a new intensive care unit, operating rooms and a maternity and pediatrics ward when completed in 2011. Big box shopping on the north edge of town and continuing revitalization of the downtown core are further indicators of forward momentum.

Vernon hosts a variety of annual events ranging from the Funtastic slo-pitch tournament and Creative Chaos arts and crafts show to the family-centred Vernon Winter Carnival. The city supports an active cultural community

with concerts by the Okanagan Symphony Orchestra, shows by touring performers at the Wesbild Centre, a multi-purpose facility that also hosts the Vernon Vipers hockey team, and shows at the artist-run Gallery Vertigo. The dining scene encompasses a broad range of styles and cuisines with perky Tex-Mex, traditional steak house fare and a choice of Italian eateries.

And there is even more to this community than its active urban centre. Vernon offers outstanding parks, sandy beaches and extensive hiking trails. The surrounding lakes invite all forms of water sports from swimming and wakeboarding to kayaking and scuba diving. Silver Star Mountain Resort northeast of town is known for superb skiing, boarding and snowshoeing in winter plus mountain biking and hiking to wildflower carpeted alpine meadows in summer. The adjacent Sovereign Lake Nordic Club adds still more winter trails.

Past and future connect in Vernon.

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## Penticton

Tucked between Okanagan and Skaha lakes and framed by dramatic bluffs and scenic slopes, Penticton is the economic and cultural hub of the South Okanagan. A city with aboriginal beginnings, it was once a large Okanagan Nation settlement on the east side of the Okanagan River, called Snpinkten, which translates as “a place to stay forever.” Early European settlement was based on beef production, but the cattle ranches eventually gave way to fruit orchards and today Penticton is known as The Peach City.

Although mountains on both sides and lakes north and south confine the municipality to a relatively compact area, Penticton is still a growing concern that maintains its small town feel. At some 33,000 residents, this community is big enough to provide loads of amenities, but avoids the breakneck pace of large metropolitan centres.

The waterfront on Okanagan Lake is known for its wide sandy beach, walking paths, Ikeda Japanese Garden, public art gallery, casino, varied restaurants and the historic S.S. Sicamous sternwheeler. Skaha Beach is home to muscle and bikini contests, sandcastle-building competitions, water parks and playgrounds. Penticton also hosts a diverse array of events like the Okanagan Fest-Of-Ale in April, Peach City Beach Cruise and Elvis Festival in June, Penticton Peach Festival in August and the Pentastic Hot Jazz Festival in September while ultra-athletes from near and far converge on the city every year for the popular Ironman Canada Triathlon.

Shoppers can tune up their skills at the mall or take a break from the chains with a stroll downtown and among

the trendy shops of Colourful Front Street. This vibrant section of town takes full advantage of the brick exteriors and distinctive architecture of the city’s early 19th century architecture. Today the brightly painted facades, banners, murals, trees and flowers decorate popular cafés and restaurants, galleries, bookstores, clothing boutiques and gift shops. Around the corner, the foot of Main Street shuts down for the Penticton Farmers’ Market on Saturday mornings from May to mid-October.

Diversity is the key to this appealing town. With cultural events and international hockey schools, fruit orchards and manufacturing plants, great beaches and a world-class ski resort plus housing options ranging from heritage bungalows to view condos to multimillion-dollar lakeside mansions and retirement communities next to family apartments, Penticton is a place to come for a visit and quite possibly stay forever.

LARGE PHOTO BY LAURIE CARTER, SMALL PHOTO BY RICK COGBILL



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## Summerland

This town earns its moniker with summertime abundance and seductively sleepy ambience.

Known for its orchards and vineyards, beaches and old English style, Summerland's agricultural roots date to the late 1800s and continue to this day. Fresh fruits and vegetables are as close as the nearest stand. And the latest evolution of the fruit industry is turning this quiet burg into a happening wine region. The Bottleneck Drive wine route serves up wineries with creative handles like Dirty Laundry, Adora, Hijas Bonitas, Hollywood and Wine, Silkscarf, Sleeping Giant, Sonoran, Sumac Ridge, Thornhaven and 8th Generation.

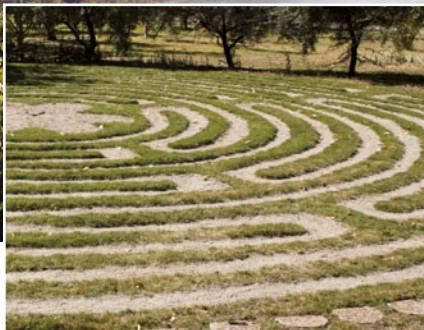
Summerland is home to the Pacific Agri-Food Research Station where the first orchard and ornamental gardens were planted in 1916. Today visitors are welcome to wander through the gardens and museum. Other heritage attractions include the Kettle Valley Steam Railway and Trout Creek Trestle Bridge.

Incorporated in 1906, the municipal district now claims over

11,000 who enjoy its lakeshore, hiking trails, fishing holes and golf courses. Summerland boasts one of the best beaches in the Valley at Sun-Oka (for Sunny Okanagan) Beach Provincial Park, while the town centre harks back to earlier times. Hanging baskets and hand painted banners adorn old-fashioned lampposts, adding splashes of colour to the Tudor themed architecture. Unexpectedly urban-chic restaurants take their place next to art gallery and museum while specialty boutiques surprise savvy shoppers with local designer fashions and home decor items from around the world.

Take in all the sights from the summit of Giant's Head Mountain, an extinct volcano whose grassy slopes and forested uplands invite locals and visitors to escape to nature just steps from downtown. Keeners make the steep climb (500-metre elevation gain) on foot starting at the park gate, but most prefer an easy drive to parking near the top before the final hike to the peak with its 360-degree panorama. This is a great place to feel the spirit of Summerland.

LARGE PHOTO BY LAURIE CARTER, SMALL PHOTO BY ANDREA WILLIAMS



## Naramata

In many ways time stands still in Naramata and locals like it that way. More than a century after the settlement began to take shape, this place retains the quiet charisma that earned it certification by the international Cittaslow movement (think Slow Food on a community level). The village, which celebrated its centennial in 2007, first bloomed as a cultural centre when lake steamers brought visitors for concerts, plays and operas. The opening of the Kettle Valley Railway along the ridgeline above the village in 1914 forged an even stronger link with the rest of the Valley and beyond. Ironically, the age of the automobile has left Naramata something of an isolated enclave — and that's not a bad thing.

To get home, village residents (some 1,800 of them) must drive the scenic route among orchards and vineyards above Okanagan Lake, resisting the temptation to stop at too many of the 20-plus Naramata Bench wineries. This area could give Oliver (Wine Capital of Canada) a run for its title, but its 30-some bed and breakfasts might suggest that

B&B Capital would be more apt.

The village centre is the quietest in the Valley with just a few shops and eateries. Stroll the elm-lined avenues and explore the Naramata Heritage Museum in the former fire hall. Manitou Park is where the May Day and Naramata August Faire festivals are held while Wharf Park hosts the farmers' market on Wednesday afternoons from June through mid-September.

A perfect place for meditation, the labyrinth at the Naramata Centre is a large walking circle of grass and gravel pathways located beside the timber framed Chalmers Chapel (designed by Penticton architect Isabel Chen). Naramata also offers a more active side, although even the hiking/biking paths are gentle. Where the Trans Canada Trail passes above the village on the abandoned Kettle Valley Railway (KVR), its barely perceptible two per cent grades provide an easy route to signature views, historic rock ovens, hard rock tunnels and even some winery tasting rooms. Now that's the slow life.

PHOTOS BY LAURIE CARTER, FOLLOWING PAGES' PHOTOS BY LAURIE CARTER

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## Oliver

Oliver calls itself the Wine Capital of Canada. While some other communities might dispute this claim, there's no question that a significant proportion of Canada's grape-growing acreage surrounds this town and two of the Okanagan's best known wine routes, Black Sage Road and the Golden Mile, run south between Oliver and Osoyoos.

BC Premier John Oliver didn't foresee the wine industry when his irrigation plan of 1921 turned a desert into the rich, productive agricultural community that Oliver is today. In the '30s the town was known as the "home of the cantaloupe," one of the ground crops planted in the orchards.

But the last two decades have seen grapevines replace many of the cherry, apricot, peach, plum, apple and pear trees to the point where wine tasting is like an Olympic sport here.

And there's plenty of other action for the seriously sports minded. The hot summers and mild winters that produce such great fruit also make this an outdoor enthusiast's paradise. The area has two 18-hole golf courses; nearby lakes to drop a fishing line; and kilometres of hiking, biking and walking trails. The multi-use International Bicycling and Hiking Trail runs for 18 kilometres alongside the Okanagan River Channel. Forbes Marsh and nearby Vaseux

Lake are great places to birdwatch.

Located in the arid region known as Canada's only desert (part of the Great Basin Desert), the area is home to many unique species. Beyond the orchards and vineyards look among the sagebrush and cactus for lizards, snakes, bats, toads, deer, coyotes, bighorn sheep and rare birds like the burrowing owl. Or travel just outside of town for sights that are right out of this world.

Oliver is a small town with a population around 4,500, but there's lots going on. Throughout the year the range of events includes sporting competitions, concerts, holiday celebrations, festivals, art shows and dances.

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## Osoyoos

Extending “Canada’s Warmest Welcome,” this desert gem boasts the warmest lake and about the lowest rainfall and highest temperatures in the country. No matter what the temperature in the rest of the Okanagan, it’s likely to be hotter in Osoyoos. Known as the pocket desert, this arid zone is part of the Great Basin Desert and is also included in the huge Sonoran Life Zone, which stretches all the way to Mexico. The hot, dry summers and mild winters make Osoyoos a warm weather playground to many and a winter nesting spot for snowbirds who don’t want to travel south.

A drive down the main drag of this relaxed community of about

5,000 residents, takes you through the commercial section of town, with its many restaurants, shops and services. Cross over to the east side of Osoyoos Lake, the warmest fresh water lake in Canada (averaging 24 C during July and August), and you’re in holidayland. The southern beaches are lined with campgrounds and hotels where families, some of them second and third generation, come annually to spend their summer holidays enjoying sun and sand.

But Osoyoos isn’t all about tourists. The hard-working local residents have close ties with the Osoyoos Indian Band, one of Canada’s most financially independent and business savvy

aboriginal communities. The Band’s Nk’Mip complex includes a winery and the renowned Nk’Mip Desert Cultural Centre where visitors gain insight into the ways of the Okanagan People and the flora and fauna of the desert. For a different take on the local environment, stroll the boardwalk at the Osoyoos Desert Centre or walk the wetlands of Haynes Point Provincial Park or the Osoyoos Oxbows.

Agriculture is big in this area. The surrounding orchards and vegetable farms provide produce for the many roadside stands and a growing number of award-winning vineyards give ample opportunity for local wine tours and tastings.



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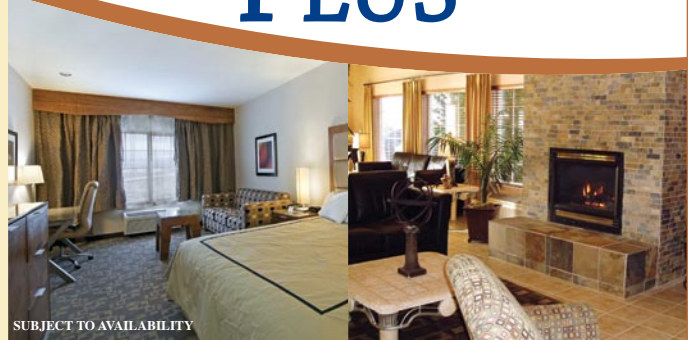
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# 16TH ANNUAL BEST RESTAURANTS READERS' CHOICE AWARDS

**NOTE:** These results were tabulated from official ballots that were at least 50 per cent completed. There is neither editorial nor advertising influence on these results. *Compiled by Chelsi Middleton*

**UNLESS OTHERWISE STATED:**

Central = Kelowna; North = Vernon; South = Penticton

**BEST OF THE BEST**

**CENTRAL**

- 1 Bouchon's Bistro
- 1 RauDZ Regional Table
- 2 Old Vine's Restaurant
- 2 Ricardo's Mediterranean Kitchen
- 3 Gasthaus on the Lake (Peachland)

**NORTH**

- 1 Intermezzo Restaurant
- 2 The Eclectic Med Restaurant
- 3 The Brown Derby Café (Armstrong)
- 3 The Italian Kitchen Company

**SOUTH**

- 1 Victoria Rd Deli & Bistro (Summerland)
- 2 Amante Bistro
- 2 Zias Stonehouse Restaurant (Summerland)
- 3 Bogner's of Penticton
- 3 Local Lounge • Grille (Summerland)

**BEST ROMANTIC DINING**

**CENTRAL**

- 1 Eldorado Dining Room
- 2 Old Vine's Restaurant

- 2 Ricardo's Mediterranean Kitchen
- 3 The Vintage Dining Room
- 3 The Yellow House Restaurant

**NORTH**

- 1 ORA Restaurant Lounge
- 2 The Italian Kitchen Company
- 3 Intermezzo Restaurant

**SOUTH**

- 1 Theo's Restaurant Ltd.
- 2 Bogner's of Penticton
- 3 The Hooded Merganser

**BEST CHEF**

**CENTRAL**

- 1 Ricardo Scelba (Ricardo's Mediterranean Kitchen)
- 2 Rod Butters (RauDZ Regional Table)
- 3 Dominique Couton (Bouchon's Bistro)

**NORTH**

- 1 Neil Todd (The Brown Derby Café)
- 2 Chris Davy (Intermezzo Restaurant)
- 3 Craig Bell (Hungry Jacks)

**SOUTH**

- 1 Darin Paterson (Bogner's of Penticton)
- 2 Aaron Flynn (Sage & Vines Bistro)
- 3 Roger Gillespie (Victoria Rd Deli & Bistro)

**BEST PLACE FOR A DINNER DATE**

**CENTRAL**

- 1 Ricardo's Mediterranean Kitchen
- 2 Bouchon's Bistro
- 3 Cabana Bar & Grille

**NORTH**

- 1 Intermezzo Restaurant
- 2 Bamboo Beach Fusion Grille
- 3 The Phoenix & Lounge

**SOUTH**

- 1 The Hooded Merganser
- 2 Amante Bistro
- 2 Theo's Restaurant Ltd.
- 3 Victoria Rd Deli & Bistro (Summerland)

**BEST VIEW**

**CENTRAL**

- 1 Grapevine Restaurant
- 2 Summerhill Sunset Bistro
- 3 Earl's On Top

**NORTH**

- 1 Blue Heron Waterfront Pub & Restaurant
- 2 Alexander's Beach Pub
- 3 Range at Predator Ridge

**SOUTH**

- 1 The Hooded Merganser
- 2 Lost Moose Lodge & BBQ Dinner House
- 3 Local Lounge • Grille (Summerland)

**BEST PATIO**

**CENTRAL**

- 1 Eldorado Dining Room
- 2 Summerhill Sunset Bistro
- 3 Grapevine Restaurant

**NORTH**

- 1 Blue Heron Waterfront Pub & Restaurant
- 2 The Phoenix & Lounge
- 3 Alexander's Beach Pub

**SOUTH**

- 1 Good Omens (Summerland)
- 2 The Hooded Merganser
- 3 The Patio at Lake Breeze (Lake Breeze Estate Winery)

**BEST FAMILY RESTAURANT**

**CENTRAL**

- 1 White Spot Restaurant
- 2 Boston Pizza
- 3 Red Robin

**NORTH**

- 1 Earl's Restaurant & Lounge

- 2 The Brown Derby Café (Armstrong)
- 2 The Pantry Restaurant
- 3 White Spot Restaurant

**SOUTH**

- 1 Boston Pizza
- 1 Mykonos Pizza & Spaghettie House
- 2 Shades on Main Family Restaurant

**BEST BREAKFAST**

**CENTRAL**

- 1 The Jammery
- 2 The Bohemian Café & Catering Co.
- 3 De Dutch Pannekoek House
- 3 Pepperpot Grill

**NORTH**

- 1 The Brown Derby Café (Armstrong)
- 2 Denny's Restaurant
- 3 Hungry Jacks (Enderby)

**SOUTH**

- 1 Good Omens (Summerland)
- 2 The Hooded Merganser
- 3 Shades on Main Family Restaurant

**BEST SUNDAY BRUNCH**

**CENTRAL**

- 1 Eldorado Dining Room
- 2 The Vintage Dining Room
- 3 The Grand Bay Café
- 3 The Jammery

**NORTH**

- 1 Range at Predator Ridge
- 2 The Pantry Restaurant
- 3 Friesen's Country Tyme Gardens

**BEST BUFFET**

**CENTRAL**

- 1 Eldorado Dining Room
- 2 Mama Panda Buffet
- 3 Yamas Taverna

**NORTH**

- 1 Range at Predator Ridge
- 2 Kiki Gardens Restaurant
- 3 Branches Café

**SOUTH**

- 1 China Palace
- 2 Beijing Restaurant

**BEST LUNCH SPOT**

**CENTRAL**

- 1 The Fixx Café
- 1 Wood Fire Bakery
- 2 The Greenroom
- 3 Ric's Grill

**NORTH**

- 1 The Brown Derby Café (Armstrong)
- 2 Earl's Restaurant & Lounge
- 3 Little Tex Restaurants

**SOUTH**

- 1 Good Omens (Summerland)

- 2 Earl's Restaurant & Lounge
- 3 Burger 55

**BEST COFFEE HOUSE**

**CENTRAL**

- 1 Bean Scene Coffee House
- 2 Starbucks Coffee Co.
- 3 Blenz

**NORTH**

- 1 Bean Scene Coffee House
- 2 Talkin' Donkey
- 3 The Brown Derby Café (Armstrong)

**SOUTH**

- 1 Good Omens (Summerland)
- 2 Fibonacci Roastery & Café

**BEST CASUAL RESTAURANT/BISTRO**

**CENTRAL**

- 1 Cactus Club Café
- 2 Joey Kelowna
- 3 Moxie's Classic Grill
- 3 The Fixx Café

**NORTH**

- 1 Earl's Restaurant & Lounge
- 2 Hungry Jacks (Enderby)
- 3 The Brown Derby Café (Armstrong)

**SOUTH**

- 1 Good Omens (Summerland)
- 2 White Spot Restaurant
- 3 Dream Café
- 3 Sage & Vines Bistro

**BEST SERVICE**

**CENTRAL**

- 1 Bouchon's Bistro
- 1 RauDZ Regional Table
- 2 Earl's On Top
- 2 The Vintage Dining Room
- 3 Joey Kelowna

**NORTH**

- 1 Intermezzo Restaurant
- 2 Bamboo Beach Fusion Grille
- 3 The Italian Kitchen Company

**SOUTH**

- 1 Good Omens (Summerland)
- 2 Theo's Restaurant Ltd.
- 3 Bogner's of Penticton

**BEST TAKEOUT**

**CENTRAL**

- 1 Boston Pizza
- 2 Jimmy Ho's Takeout Express
- 2 Wok Inn Restaurant
- 3 Mad Mango Café

**NORTH**

- 1 Wok Box
- 2 Apple Lane
- 2 The Great Wall Restaurant

**SOUTH**

- 1 Burger 55
- 2 Lee's Overseas Delights
- 3 Murray's Pizza

**BEST PUB**

**CENTRAL**

- 1 Tonics Pub
- 2 Sturgeon Hall Restaurant
- 3 Brandts Creek Neighbourhood Pub
- 3 Doc Willoughby's Downtown Pub
- 3 Gasthaus on the Lake (Peachland)

**NORTH**

- 1 Sir Winstons Neighbourhood Pub
- 2 Blue Heron Waterfront Pub & Restaurant
- 3 Squires Four Public House

**SOUTH**

- 1 Kettle Valley Station Pub
- 2 The Barley Mill Brew Pub & Bistro
- 3 Peacock's Perch Neighbourhood Pub (Summerland)

**BEST SPORTS BAR**

**CENTRAL**

- 1 Boomers Sports Bar & Grill
- 1 Sturgeon Hall Restaurant
- 2 Dakotas Sports Bar & Grill
- 2 Tonics Pub
- 3 Rusty's Steakhouse & Sports Lounge

**NORTH**

- 1 The Roster Sports Club Bar & Grill
- 2 Kal Sports Bar
- 3 Monashee's Bar & Grill

**SOUTH**

- 1 The Barley Mill Brew Pub & Bistro
- 2 Barking Parrot

**BEST LATE NIGHT BITE AFTER 10PM**

**CENTRAL**

- 1 Boston Pizza
- 2 Cactus Club Café
- 3 Denny's Restaurant
- 3 Kelly O'Bryan's Neighbourhood Restaurant

**NORTH**

- 1 Boston Pizza
- 2 Checkers Bar & Grill
- 3 Denny's Restaurant
- 3 Earl's Restaurant & Lounge

**SOUTH**

- 1 Denny's Restaurant
- 2 Boston Pizza
- 3 Kettle Valley Station Pub

**BEST JAPANESE**

**CENTRAL**

- 1 O-Zeki Japanese Restaurant
- 2 Momo Sushi
- 3 Yamato Japanese Cuisine

**NORTH**

- 1 Mahoroba Japanese Restaurant

- 2 Bento & Sushi
- 3 Edo Japan

**SOUTH**

- 1 Isshin Japanese Deli
- 2 Lee's Overseas Delights
- 3 Ginza Japanese Restaurant
- 3 Tokyo Japanese Restaurant

**BEST ASIAN FUSION**

**CENTRAL**

- 1 Mekong Restaurant
- 2 Mon Thong Thai Restaurant
- 2 Sai Gon Restaurant
- 3 Bai Thong Thai Food Restaurant

**NORTH**

- 1 Temptasian Restaurant & Bar
- 2 Bamboo Beach Fusion Grille
- 3 Boa-Thong Thai Restaurant
- 3 Golden Crown Restaurant

**SOUTH**

- 1 Lee's Overseas Delights
- 2 Saigon on Main Restaurant

**BEST INDIAN**

**CENTRAL**

- 1 Dawett Fine Indian Cuisine
- 2 Chutney Cuisine of India
- 3 Poppadoms

**NORTH**

- 1 New Delhi Indian Restaurant
- 2 The Curry Pot Indian & Nepalese Cuisine Ltd.
- 3 The Palace

**SOUTH**

- 1 Best of India Restaurant (Oliver)
- 2 Haveli Fine Indian Cuisine

**BEST ITALIAN**

**CENTRAL**

- 1 Mamma Rosa Authentic Italian Restaurant
- 2 La Bussola
- 3 Ricardo's Mediterranean Kitchen

**NORTH**

- 1 The Italian Kitchen Company
- 2 Tita's Italian Bistro
- 3 Intermezzo Restaurant

**SOUTH**

- 1 Villa Rosa Ristorante Italiano
- 2 La Casa Ouzeria Restaurant
- 3 Pasta Factory

**BEST GREEK**

**CENTRAL**

- 1 Yamas Taverna
- 2 The Greek House Restaurant (Lake Country)
- 3 Olympia Pizza & Greek Taverna

**NORTH**

- 1 Papa's Greek Taverna (Armstrong)
- 2 Minos Greek House (Salmon Arm)

**SOUTH**

- 1 Theo's Restaurant Ltd.
- 2 La Casa Ouzeria Restaurant

**BEST EUROPEAN (FRENCH, GERMAN, ETC.)**

**CENTRAL**

- 1 Bouchon's Bistro
- 2 Gasthaus on the Lake (Peachland)
- 3 Wood Fire Bakery

**NORTH**

- 1 The Eclectic Med Restaurant
- 3 Café Continental

**SOUTH**

- 1 Bogner's of Penticton
- 2 Il Vecchio Delicatessen

**BEST MEXICAN/SOUTHWEST CUISINE**

**CENTRAL**

- 1 Hector's Casa
- 2 DJ's Restaurant
- 3 Memphis Blues BBQ House
- 3 Taco Del Mar

**NORTH**

- 1 Little Tex Restaurants
- 2 Los Huesos
- 3 Taco Del Mar

**SOUTH**

- 1 The Vallarta Grill

**BEST SHUSWAP EATERY**

- 1 Billabong Pub (Sorrento)
- 2 Moose Mulligans Marine Pub (Sicamous)
- 2 Table 24 Restaurant Ltd. (Salmon Arm)

**BEST TAPAS/APPIES**

**CENTRAL**

- 1 The Rotten Grape Wine & Tapas Bar
- 2 Waterfront Restaurant & Wine Bar
- 3 Joey Kelowna
- 3 Kelly O'Bryan's Neighbourhood Restaurant

**NORTH**

- 1 Intermezzo Restaurant
- 2 Earl's Restaurant & Lounge
- 3 Squires Four Public House

**SOUTH**

- 1 The Vanilla Pod Restaurant (Summerland)
- 2 Local Lounge • Grille (Summerland)
- 3 Victoria Rd Deli & Bistro (Summerland)
- 3 VooDoo's

**BEST SOUP**

**CENTRAL**

- 1 The Greenroom
- 2 The Old Bike Shop Café



3 The Bread Company

## NORTH

- 1 The Brown Derby Café (Armstrong)
- 2 Earl's Restaurant & Lounge
- 3 Little Tex Restaurants
- 3 The Sprouted Fig

## SOUTH

- 1 Victoria Rd Deli & Bistro (Summerland)
- 2 The Bench Market
- 2 Wheat Grass Café

## BEST SALAD

### CENTRAL

- 1 Joey Kelowna
- 2 The Chopped Leaf
- 3 The Greenroom

### NORTH

- 1 Little Tex Restaurants
- 2 Hungry Jacks (Enderby)
- 2 Intermezzo Restaurant
- 3 The Brown Derby Café (Armstrong)

### SOUTH

- 1 Dream Café
- 2 Victoria Rd Deli & Bistro (Summerland)
- 3 The Sweet Tooth (Summerland)

## BEST VEGETARIAN

### CENTRAL

- 1 Dawett Fine Indian Cuisine
- 2 Lake Tai Restaurant
- 3 The Bohemian Café & Catering Co.
- 3 The Fixx Café

### NORTH

- 1 2P's Health Kitchen Restaurant
- 2 The Brown Derby Café (Armstrong)

### SOUTH

- 1 Dream Café
- 2 Wheat Grass Café

## BEST PLACE TO BUY FRUITS/VEGETABLES

### CENTRAL

- 1 Quality Greens Farm Market
- 2 Kelowna Farmers' and Crafters' Market
- 3 Choices Markets
- 3 Farmer's Fruit & Produce (Winfield)

### NORTH

- 1 Quality Greens Farm Market
- 2 Swan Lake Nurseryland Fruit Market & Garden Centre
- 3 Askew's Foods

### SOUTH

- 1 Quality Greens Farm Market
- 2 Penticton Farmers' Market

## BEST NATURAL FOOD STORE

### CENTRAL

- 1 Nature's Fare Natural Foods
- 2 Choices Markets
- 3 Abaco Health
- 3 Quality Greens Farm Market

### NORTH

- 1 Nature's Fare Natural Foods
- 2 Simply Delicious
- 3 Anna's Vitamins Plus
- 3 Lifestyle Natural Foods

### SOUTH

- 1 Whole Foods Market
- 2 Nature's Fare Natural Foods
- 2 Summerland Food Emporium

## BEST STEAK

### CENTRAL

- 1 The Keg Steakhouse & Bar
- 2 Ric's Grill
- 3 19 Okanagan Grill + Bar
- 3 Sal's Prime Steakhouse

### NORTH

- 1 The Phoenix & Lounge
- 2 The Eclectic Med Restaurant
- 3 The Cattlemen's Club Restaurant

### SOUTH

- 1 Black Iron Grill & Steakhouse
- 2 Bogner's of Penticton
- 2 Sage & Vines Bistro

## BEST SEAFOOD

### CENTRAL

- 1 Christophers Steak & Seafood Restaurant
- 1 Codfathers
- 2 Joey's Only Seafood Restaurant
- 3 RauDZ Regional Table

### NORTH

- 1 Anchor Inn Neighbourhood Pub (Armstrong)
- 2 C—Lovers Fish & Chips
- 3 Fisherman Direct Seafoods (Enderby)

### SOUTH

- 1 Buy The Sea Seafood Market
- 2 Cozy Bay Seafood Café (Summerland)
- 2 Salty's Beach House

## BEST BURGER

### CENTRAL

- 1 White Spot Restaurant
- 2 Fatbuger
- 3 Gorgeous Georges Gourmet Burgers
- 3 Red Robin
- 3 Sturgeon Hall Restaurant

## NORTH

- 1 Earl's Restaurant & Lounge
- 1 Long John's Pub (Silver Star—seasonal)
- 2 Hungry Jack's (Enderby)
- 3 The Roster Sports Club Bar & Grill

## SOUTH

- 1 Burger 55
- 2 White Spot Restaurant
- 3 VooDoo's

## BEST VEGGIE BURGER

### CENTRAL

- 1 The Fixx Café
- 2 Milestones Grill & Bar
- 3 Sturgeon Hall Restaurant
- 3 White Spot Restaurant

### NORTH

- 1 Hungry Jacks (Enderby)
- 2 The Brown Derby Café (Armstrong)
- 3 White Spot Restaurant

### SOUTH

- 1 Burger 55
- 2 Dream Café

## BEST SANDWICH/ WRAP/PANINI

### CENTRAL

- 1 The Pita Pit
- 2 The Greenroom
- 3 Wrap Zone

### NORTH

- 1 The Brown Derby Café (Armstrong)
- 2 Bean to Cup Coffee House & Roasters
- 3 Café Continental

### SOUTH

- 1 Good Omens (Summerland)
- 2 Il Vecchio Delicatessen
- 3 The Bench Market
- 3 Wheat Grass Café

## BEST PIZZA

### CENTRAL

- 1 Bordello's Italian Pizzeria
- 2 Boston Pizza
- 3 Murray's Pizza & Pasta (West Kelowna)
- 3 Papito's Pizza

### NORTH

- 1 J J's Pizza Plus (Armstrong)
- 1 Jim's Place
- 2 Panago Pizza
- 3 Uncle Dave's Pizzeria
- 3 Vern's Pizza

### SOUTH

- 1 Mykonos Pizza & Spaghettie House
- 2 Kettle Valley Station Pub
- 3 Prima Pizza (Summerland)

## BEST FRENCH FRIES

### CENTRAL

- 1 Bouchon's Bistro
- 2 New York Fries
- 3 Shady Rest British Fish & Chips

### NORTH

- 1 C—Lovers Fish & Chips
- 2 Fisherman Direct Seafoods (Enderby)
- 3 Earl's Restaurant & Lounge

### SOUTH

- 1 Jeffer's Fryzz
- 2 Burger 55
- 3 Victoria Rd Deli & Bistro (Summerland)

## BEST FISH & CHIPS

### CENTRAL

- 1 Shady Rest British Fish & Chips
- 2 Hooked on Seafood
- 2 Lord Chumley's Fish & Chips
- 3 C—Lovers Fish & Chips

### NORTH

- 1 C—Lovers Fish & Chips
- 2 Joey's Only Seafood Restaurant
- 3 Fisherman Direct Seafoods (Enderby)

### SOUTH

- 1 Cozy Bay Seafood Café (Summerland)
- 2 Jeffer's Fryzz
- 3 Buy The Sea Seafood Market

## BEST DESSERT

### CENTRAL

- 1 RauDZ Regional Table
- 2 Bouchon's Bistro
- 2 Moxie's Classic Grill
- 3 Milestones Grill & Bar

### NORTH

- 1 ORA Restaurant Lounge
- 2 The Brown Derby Café (Armstrong)
- 3 Intermezzo Restaurant

### SOUTH

- 1 Blue Icing Dessert Bar
- 1 The Sweet Tooth (Summerland)
- 2 Amante Bistro

## BEST ICE CREAM/GELATO/ FROZEN YOGURT

### CENTRAL

- 1 Moo-Lics
- 2 Dairy Queen
- 3 Marble Slab Creamery

### NORTH

- 1 Marble Slab Creamery
- 2 Dairy Queen
- 3 The Garden Ice Cream Parlour

### SOUTH

- 1 Tickleberry's (Okanagan Falls)

## READERS' CHOICE

- 2 The Sweet Tooth (Summerland)
- 3 Osoyoos Gelato (Osoyoos)

### BEST WINERY RESTAURANT

#### CENTRAL

- 1 Grapevine Restaurant (Gray Monk Estate Winery)
- 2 Old Vine's Restaurant (Quails Gate Estate Winery)
- 3 Summerhill Sunset Bistro (Summerhill Pyramid Winery)

#### SOUTH

- 1 The Patio at Lake Breeze (Lake Breeze Estate Winery)
- 2 The Sonora Room Restaurant (Burrowing Owl Estate Winery)
- 3 Cellar Door Bistro (Sumac Ridge Estate Winery)

### BEST WINE LIST

#### CENTRAL

- 1 RauDZ Regional Table
- 2 Ricardo's Mediterranean Kitchen
- 3 La Bussola
- 3 Wild Apple

#### NORTH

- 1 ORA Restaurant Lounge
- 1 The Italian Kitchen Company
- 2 Tita's Italian Bistro
- 3 Earl's Restaurant & Lounge

#### SOUTH

- 1 The Hooded Merganser
- 2 Local Lounge • Grille (Summerland)
- 3 Victoria Rd Deli & Bistro (Summerland)

### BEST COCKTAILS

#### CENTRAL

- 1 RauDZ Regional Table
- 2 Joey Kelowna
- 3 Cabana Bar & Grille
- 3 Cactus Club Café
- 3 Eldorado Dining Room

#### NORTH

- 1 Earl's Restaurant & Lounge
- 2 The Phoenix & Lounge
- 3 ORA Restaurant Lounge

#### SOUTH

- 1 Barking Parrot
- 2 Local Lounge • Grille (Summerland)
- 3 The Hooded Merganser **OL**



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- paris wolf, age 5

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- Chef Rod Butters and Audrey Surrao

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SPECIAL ADVERTISING SECTION



# Dining Out

Your guide to some of the Okanagan's  
finest wine-and-dine establishments

## THE BIKE SHOP CAFE

101-1357 Ellis St., Kelowna 250.861.6858



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

Comfort food in a relaxed atmosphere, The Bike Shop Café is housed in a funky old warehouse with big timbers, exposed ducts and bikes hanging on the walls. Located in downtown Kelowna's Cultural District, it is the perfect spot to have a bite before a show. All the food is prepared fresh daily using locally grown produce and served with a smile. Stop by for breakfast, lunch, dinner or a time out. Drop in Saturday nights for live entertainment. Dinner reservations recommended.

## DE DUTCH PANNEKOEK HOUSE

1749 Gordon Dr. (at Harvey Ave.), Kelowna 763.2812  
2385 Hwy 97N (at Leckie Rd.), Kelowna 868.0817



Enjoy our traditional breakfast, brunch & lunch dishes plus unique Dutch specialties such as the Pannekoek – a 12" genuine Dutch pancake served in over 50 delicious combinations. Discover why De Dutch Pannekoek House has been voted "Best Breakfast in Kelowna" most frequently since 1997 by *Okanagan Life Magazine* readers.

## TALKIN DONKEY

3923 32nd St., Vernon 250.545.2286



The Talkin Donkey is the coffee house with a cause. Open daily, we offer hot and cold specialty drinks, breakfast and lunch menu, desserts and evening appetizers. Our incredible atmosphere, heated outdoor patio and free wireless internet make it the place to have a business meeting or just meet with friends. The non-profit coffee house with a social, environmental and spiritual conscience. [www.talkindonkey.com](http://www.talkindonkey.com)

## RICARDO'S MEDITERRANEAN KITCHEN

415 Commonwealth Rd., Kelowna 250.766.6810



Tucked away on a quiet road just outside Kelowna, Ricardo's creates gratifying authentic dishes echoing from the Italian countryside and the Mediterranean basin. From mamma's hand rolled meatballs to organic produce grown in the family garden, chef-owner Ricardo Sc Gebba honours his Italian heritage and serves favourite family recipes that offer a true taste of Mediterranean life. Ricardo was named Top Chef of 2010. Open 7 nights a week, with live music on Thursday's, patio dining, ample parking and take out.

## YELLOW HOUSE RESTAURANT

#526 Lawrence Ave., Kelowna 250.763.5136



Enjoy fine casual dining at the Yellow House Restaurant seven nights a week and for lunch Monday through Friday. Savour gourmet west coast and global inspired cuisine including Rack of Lamb, Beef Tenderloin, Nasi Goreng and fresh mussels. With two floors of private dining rooms and a charming courtyard patio, it's an ideal setting for specialty group parties.



## THE HARVEST GRILLE & PATIO

2725 K.L.O. Road, Kelowna 250.862.3177

### ENTREE HIGHLIGHTS

- Orchard Apple Braised Lamb Shank, Roast Garlic Mash Potatoes, Seasonal Vegetables, Grainy Mustard Jus
- Tea Smoked West Coast Salmon, Wasabi Mash Potato Spring Roll, Seasonal Vegetables



EXECUTIVE CHEF  
Heath Cates

Set amongst 18 holes of championship golf and 287 acres of orchard and vineyard, The Harvest Grille & Patio overlooks beautiful Lake Okanagan and provides stunning views of Kelowna. Executive Chef Heath Cates prepares his exquisite Pacific Northwest Cuisine using the highest quality of products, the freshest herbs from our own gardens, and fruit from our own orchards.



## PHEASANT & QUAIL PUB

3110 Lakeshore Road, Kelowna 250.860.1066

### MENU HIGHLIGHTS

#### APPETIZERS

- Garlic Tiger Prawns
- Nacho Supreme
- Dry Garlic Ribs
- P&Q Combo Platter

#### ENTREES

- Beer Battered Halibut
- Pacific Maple Salmon
- Quesidillas
- Certified Angus New York Strip



CHEF  
Darcey Desjarlais

Located in the midst of the Okanagan Valley's wine country, the Pheasant and Quail Pub has offered residents and visitors an opportunity to enjoy a truly unique pub experience for the past decade. A quaint, attractive décor, with cozy fireplaces, sets the tone to enjoy their weekly, live entertainment.



## 19 OKANAGAN GRILL + BAR

3509 Carrington Road, West Kelowna 250.768.3133

### FOUR SEASON OF DINING

#### TAPAS & APPETIZERS

- salt 'n' pepper prawns
- spicy komon wings
- cabo wabo fish tacos
- caprese flatbread
- pita & tzatziki

#### LUNCH & DINNER

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