



Okanagan Shuswap  
British Columbia

OkanaganLife 2012/2013 ANNUAL

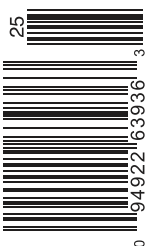
# Valley Guide

*Okanagan Shuswap*

KELOWNA  
WEST KELOWNA  
VERNON  
PENTICTON  
LAKE COUNTRY  
PEACHLAND  
SUMMERLAND  
NARAMATA  
OLIVER  
OSOYOOS  
SHUSWAP



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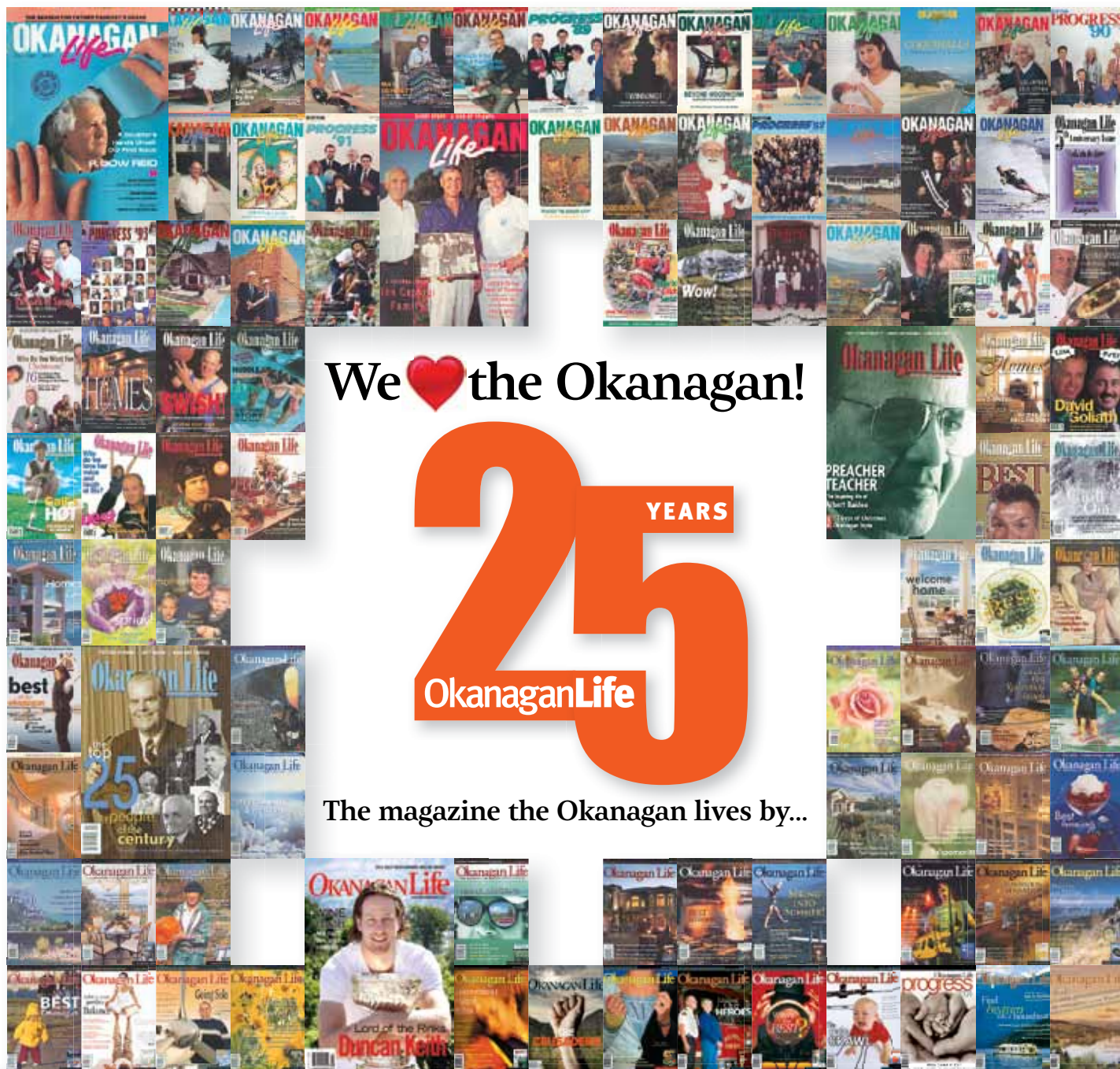
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**25** YEARS  
OkanaganLife

"Our insider's guide to enjoying the Okanagan, Shuswap and wine country."



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**RESULTS OF OKANAGAN LIFE'S  
18TH ANNUAL READERS' CHOICE  
BEST RESTAURANTS AWARDS 57**  
*compiled by Wendy Letwinetz*

**ON THE COVER:**  
SHY LITTLE LINCOLN AT THE  
BEACH ON OKANAGAN LAKE





OKANAGAN GRAPES (Laurie Carter)

GRAY MONK ESTATE WINERY (Laurie Carter)

## BOOKWORM'S BACKPACK

### THAT'S AMORE

*Ricardo Scebb, 2011*

Treasured family recipes featured on the menu at Ricardo's Mediterranean Kitchen in Kelowna.

### GIFTS OF THE OKANAGAN

*Laurie Carter & Bruce Kemp, 2011*

Stunning coffee table book, a visual celebration of the multi-faceted Okanagan Valley.

### OKANAGAN WINE TOUR GUIDE

*John Schreiner, 2012*

Must-have guide to wineries, owners and winemakers.

■ 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.

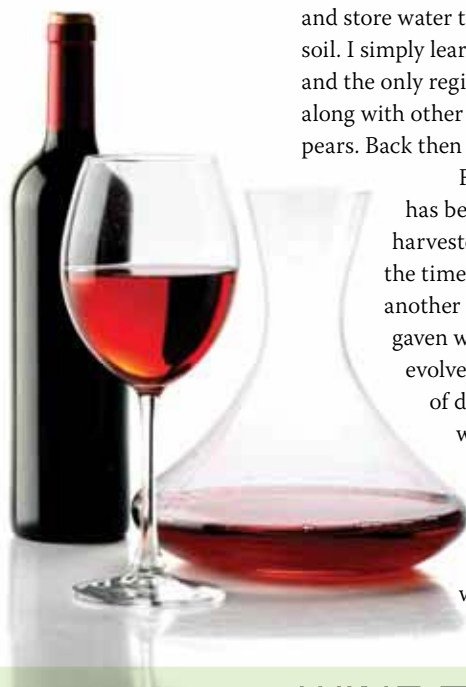
These modified orchards look remarkably similar to the acres of new vineyards that signal yet another development in the industry.

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



## 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-known 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. Varietals 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)

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

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

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

**Carmelis Goat Cheese Artisan, Kelowna:** Goat farm, tasting room and cheese shop plus gelato. [www.carmelisgoatcheese.com](http://www.carmelisgoatcheese.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)

**Covert Farms Organics, Oliver:** Self-guided tours, U-pick, market, winery, restaurant, events. [www.covertfarms.ca](http://www.covertfarms.ca)



ROADSIDE STAND (Laurie Carter)



FARM TO TABLE (Laurie Carter)



FERNANDES FRUIT MARKET (Laurie Carter)

with fresh fruits, vegetables, baked goods, meats, cheeses, honey, 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, Hester Creek, Tinhorn Creek 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 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 Ferreira and Sandhill are among the best known of the 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, Moon Curser and LaStella.





SUMMERLAND MURAL (Laurie Carter)



RETAIL ARTS (Laurie Carter)



PENTICTON ART GALLERY (Laurie Carter)

## PRIME TICKETS

### Okanagan Symphony Orchestra:

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

### Caravan Farm Theatre:

Follow the action in an Armstrong farmer's field. Pro theatre company performs summer and winter. [www.caravanfarmtheatre.com](http://www.caravanfarmtheatre.com)

### Many Hats Theatre Company:

Top quality theatre in Penticton. Five shows produced annually. [www.manyhatstheatre.com](http://www.manyhatstheatre.com)

### Lake Country Art Walk:

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

### Ballet Kelowna:

Professional dance company performs throughout BC. [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 artists who create their works in studios 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 near 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-dyed 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 shops, 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 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.

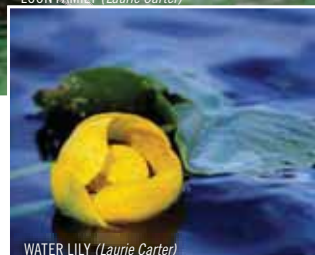




LOON FAMILY (Laurie Carter)



YOUNG DEER (Laurie Carter)



WATER LILY (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, Engelman 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

### 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.

### VASEUX LAKE, Between Okanagan Falls and Oliver



Excellent birdwatching area off Hwy 97 at Vaseux Lake Migratory Bird Sanctuary. Boardwalk and bird blinds to look for more than 220 species. Also keep an eye out for mountain goats and California bighorn sheep on the cliffs.

level, easy path

moderate climb

birdwatching

prominent wildlife

abundant flora

spawning salmon





# hiking | biking



DAVIDSON CREEK TRAIL (Laurie Carter)



BACKCOUNTRY HIKE (Laurie Carter)

## BOOKWORM'S BACKPACK

### CYCLING THE KETTLE VALLEY RAILWAY

Dan and Sandra Langford, 2011  
A kilometre-by-kilometre guide to everything along the line.

### GRANDMA WEARS HIKING BOOTS

Laurie Carter, 2010  
Hiking and biking adventures plus wine, food, history and family fun.

### 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 paths will take you through grasslands, old forests, broadleaf woodlands, coniferous woodlands and riparian zones. Plant guidebooks help you identify all that you see.

From spring through autumn a riot of colour flourishes in this seemingly harsh environment. Lupine, arrow-leaf balsamroot and showy phlox make big splashes against the landscape. While prickly pear cacti, 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 for 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—yeah, 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).



## 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 often 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 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.



CATHEDRAL PROVINCIAL PARK (Laurie Carter)



WINE TOURING NEAR OLIVER (Laurie Carter)



MYRA CANYON TRESTLES (Mishell Raedeke)

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, you're going to think you've died and gone to heaven. The Valley's picturesque 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. And for easy, scenic riding, nothing beats the KVR Trail.

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 sky bridges, jumps and stumps (body armour recommended).

Lace up 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: Tinhorn Creek winery.

### TESTALINDEN TRAIL

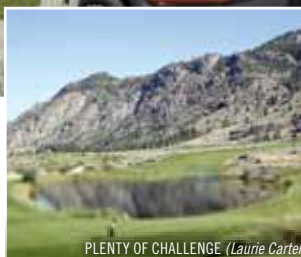
Osoyoos (5km)

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.





FAST GREENS (Laurie Carter)



PLENTY OF CHALLENGE (Laurie Carter)



A WALK IN THE WOODS (Laurie Carter)

- Just when you think you've finally managed to tackle every challenge the 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 among course designers like Nicklaus, Furber, Cooke, Trent Jones and Norman are linked with our links and they've tested the best in the sport. I can still feel the thrill of seeing Garcia, Couples, Mickelson and Weir 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!

And there's even more variety when you trek a little to the north and check out courses in the Shuswap where a whole different array of lake and mountain views make it tough to keep your mind on the game.

Courses throughout the Okanagan Valley and Shuswap regions provide a wide range of amenities to complement your golf experience. Highly qualified pros (including a former LPGA player), offer private and group instruction. Whether you're picking up a club for the first time, trying to correct that nasty slice or honing your short-game, there's nothing like a lesson from an expert to ramp up your game.

You'll also find well-stocked pro shops, excellent practice facilities and food service options from snack shacks to fine dining. —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.

### THE CLUB AT TOWER RANCH, Kelowna HOLE #17

You'll need to swing like you mean it on this hole at nearly 600 yards from the championship tee. Stay close to the hillside and get some help from a good roll. When you get to the green, try to ignore the view from 500 feet above Kelowna International Airport.

SCENIC HOLES (Laurie Carter)

## TOP RATINGS

**Predator Ridge Golf Course,**  
Vernon — 7,144 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) opened August 2010.

**Fairview Mountain Golf Club,**  
Oliver — 7,030 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 — 6,802 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 — 6,500 yd, 18 hole, par **72, J. Bruce Carr design:**

A *Golf Digest* 4 star course.

**Harvest Golf Club,** Kelowna — 7,109 yd, 18 hole, par **72, Graham Cooke design:**

A *Golf Digest* 4 star course.

### 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.



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# winter sports



FUN FOR KIDS AT BIG WHITE (Laurie Carter)



WINTER SLEIGH RIDE (Laurie Carter)



TELEMARK CROSS-COUNTRY SKI CLUB (Laurie Carter)

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

The region offers up three major league 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.

Big White boasts an average of 750 cm of snow annually and is rated as having the best powder in North America by *Condé*

*Nast Traveller*. Expert skiers and boarders find numerous challenging black-diamond runs off the Gem Lake Express, but Big White is also recognized by *Ski Canada* magazine as having the best family skiing. Open glades and mixed terrain allow groups of sliders and riders of different levels to stay together. And après-ski activities are clearly geared toward parents and kids. In total, Big White offers 118 runs and 16 lifts.

Silver Star with its jelly bean coloured Victorian faux-mining village is my personal favourite because it has some of the best long, gentle runs in the Valley. There's lots of snow with 700 cm a year and Ski Canada has repeatedly awarded it "best powder" honours as well as citing it for having the best weather.

With 115 marked trails and 760 metres of vertical, this is a super choice.

Apex is where diehards go for an extreme challenge. Not surprising, given that Apex is now recognized as a national training centre for both aerials and moguls. Yet this is also a family-oriented resort with runs for all levels.

In addition, the Okanagan hosts 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 diamonds while you play on the easier stuff and afterward you can meet up with the gang for a sleigh ride.

The season generally runs mid-November through April. —KS

## 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 lay on 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: Sovereign Lake (Vernon), Kelowna Nordic (Kelowna), 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 bindings 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.



TUBE TRAIN (Laurie Carter)

## 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.

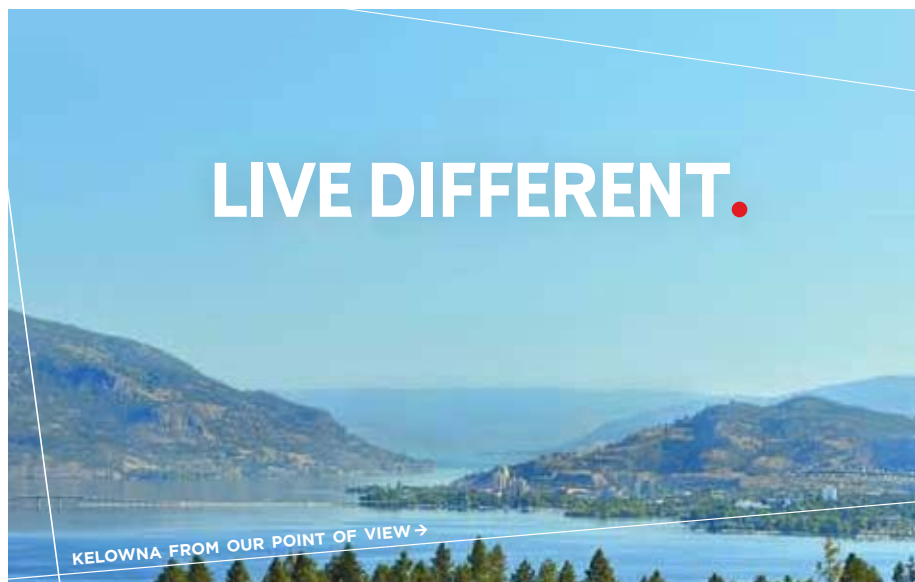
**Emergency equipment.** In winter drivers should carry emergency equipment in their vehicle in the event they get stuck. Important items include warm clothing, blanket, shovel, sand, ice scraper, first aid kit, flashlight, candle and matches.

**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 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.

### SKATING

In a country where the national sport is hockey, you've got to know that we're going to have some awesome open-air rinks. Apex maintains both a regulation-size hockey rink and a one-kilometre lit skating loop. At Silver Star, there's space for both hockey and free skating on Brewers Pond and Big White's got the same kind of dual rink in Happy Valley.



KELOWNA FROM OUR POINT OF VIEW →

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PARAGLIDING NEAR LUMBY (Laurie Carter)

## 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 firma 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.





By Laurie Carter

# Community roundup

## City buzz and country calm

Okanagan communities fall into three loosely defined geographic regions. The Central Okanagan has emerged as the commercial and transportation hub. Kelowna has a sophisticated urban appeal while Peachland, Lake Country and West Kelowna retain more of a small-town feel. 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. The South Okanagan is unique in Canada with rare ecosystems and a relaxed lifestyle. Communities include Summerland, Naramata, Penticton, Oliver and Osoyoos. Beyond the Valley to the north, the Shuswap region blends agriculture, homegrown arts and a zest for outdoor recreation.





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## Kelowna

High-power, high-tech, high-rise... Kelowna is all grown up with a population over 121,000 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. 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 hosts 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 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.

Downtown, wine lovers head for The Rotten Grape and nibble tapas with a boggling selection of wines by the glass. Stop by the Bohemian Cafe & Catering Co. It's popular with everybody from artists to lawyers and hosts a great Sunday brunch. Bouchons Bistro presents a wine list rated by *Wine Spectator* as one of the most outstanding in the world to complement regional French cuisine. Select the daily chef's table or dine à la carte. At RauDZ the look is sleek and a little flip. The menu celebrates local bounty and offers some surprises and you'll still find chef Rod Butters signature dishes. Stop by the Yellow House Restaurant for lunch or dinner in a 1906 heritage home. If your taste runs more to the exotic, sample authentic East Indian at Dawett Fine Indian Cuisine, Japanese at Ginza and Momo or Thai at Bai Tong.

In the Pandosy/Lakeshore Road area, Hector's Casa serves Mexican. Celebrity chef Ned Bell presides over the open kitchen at city chic Cabana Bar and Grille. Try a hand mulled Mangohito in the lounge. *Wine Spectator* magazine gave an award of excellence to the Hotel Eldorado and locals say it has the best patio in the city. Check out the appies and lively music scene at the Minstrel Café & Bar.



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For excellent noshing with your shopping, stop by the Kelowna Farmers' and Crafters' Market Saturday mornings. For a comprehensive list of the Valley's Best Restaurants, as selected by the readers of *Okanagan Life* magazine, log in to [www.okanaganlife.com](http://www.okanaganlife.com).

Wine lovers find plenty of scope for touring and tasting. Drop by the visitors centre or download a copy of the Kelowna Wine Trails brochure for maps and listings of the area's five distinct wine trails. Start with the roots of the Okanagan wine industry on the Downtown Heritage Trail with a visit to Calona Vineyards Winery, established in 1932 as BC's first commercial winery.

Head north for a drive in the country through Lake Country's Scenic Sip wine route. More spectacular views and excellent wine tasting will attract your attention on the Lakeshore Wine Route, while the wineries of the East Kelowna Wine Trail display a distinctly artistic flair. Finally, cross the lake and taste the difference volcanic soil produces at wineries on the Westside Wine Trail.

The largest city in the Okanagan also offers plenty of great outdoor escapes. One of the beauties of Kelowna is the ability to go from a busy city street corner to a mountaintop experience in a matter of minutes.

PHOTOS BY MISHALL RAEDEKE


One such spot is Knox Mountain Park, located at the north end of Ellis Avenue on the shores of Okanagan Lake. Covering 580 acres of environmentally sensitive ponderosa pine forest and grassland, its well-maintained trails attract hikers, joggers and mountain bike riders. Two parking lots offer easy access to the trails.

You can also enter the park through points in the Magic Estates subdivision or by boat at the cove below the historic site of Paul's Tomb, built by early pioneer Rambler Paul in 1910. This area is also home to an underwater dive park, where a seven-metre model of Ogopogo lies submerged.

The Mission Creek Greenway is a popular walk/bike linear park in the heart of the city with a wide, flat and mostly shady seven-kilometre trail accessible to all and a nine-kilometre tougher climb through canyons and over bridges as you ascend into the hills.


Kelowna's downtown waterfront area offers a more level stroll. Parking is plentiful near Prospera Place, putting you right at the entrance to Waterfront Park, an amazing collection of lagoons,







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knolls and pathways jutting into Okanagan Lake. Walk north to a walkway through the rehabilitated Brandt's Creek wetlands where you can watch the water birds and nesting ospreys from the viewing platform. Head south past the marina and you'll come to City Park with its children's water park, playgrounds and gardens. Many concerts are held in the park each year.

Just outside of the city core, the Myra Canyon section of the KVR Trail/Trans Canada Trail is a very popular hiking and biking venue with its 18 tressles and two tunnels.

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.

At Big White Ski Resort, the powder is deep and dry and you'll find the full cold weather experience with downhill and cross-country skiing, snowboarding, snowshoeing, snowmobiling and ice skating.

Ride and glide forest glades and gentle slopes or attack deep powder and moguls. With 118 marked downhill trails and 16 lifts—line-ups are reasonable

and the slopes feel uncrowded even at peak times. Precision riders check out the Telus Park.

The nearby Nordic Cross-Country Ski Club challenges every level of free-heeler with 68 kilometres of groomed trails. The club is located near the KVR Trail/Trans-Canada Trail. The parking area is adjacent to the heated main cabin where you'll find an overall trail map.

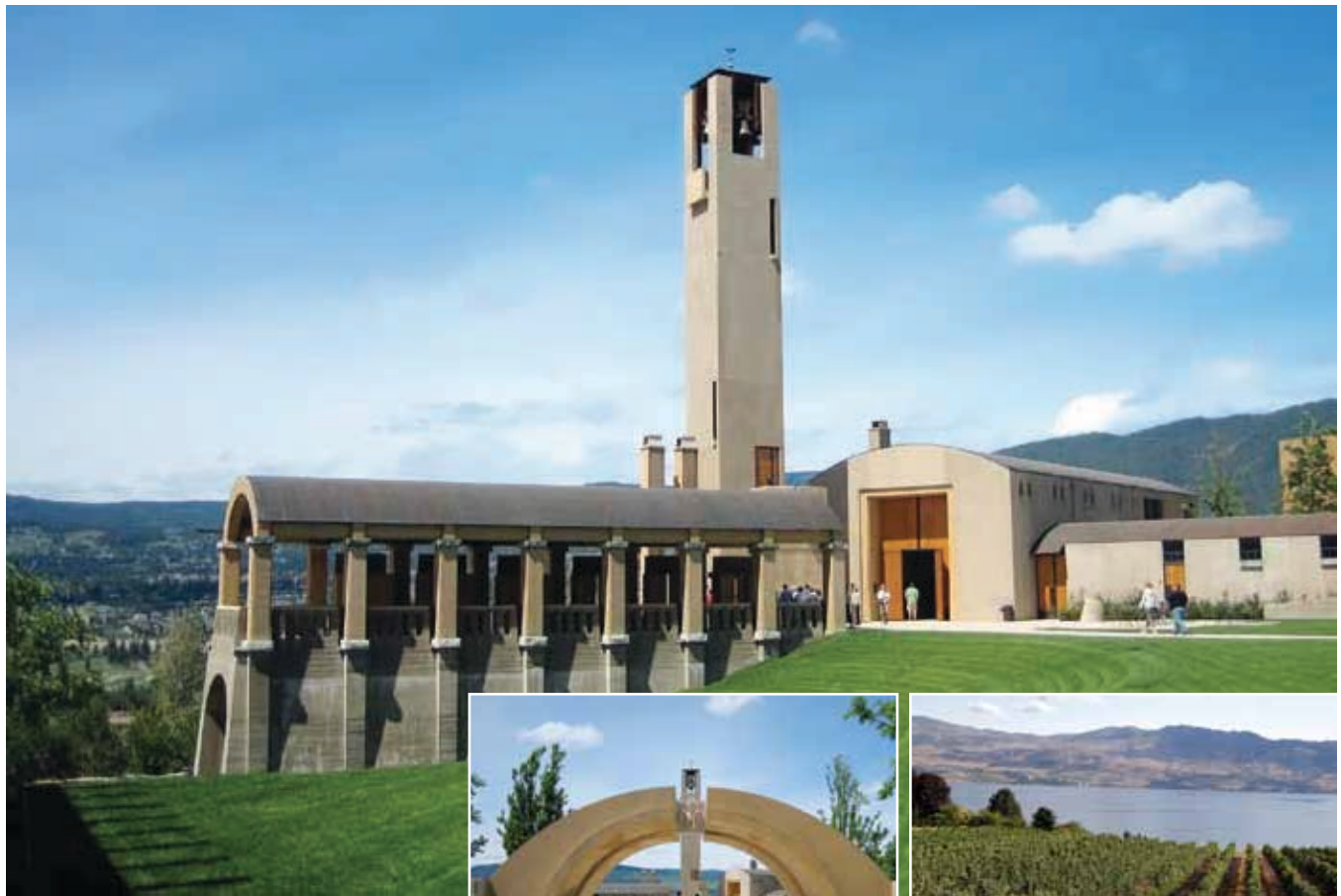
Add all these amenities to the fantastic scenery and mild climate and it's easy to see why many consider Kelowna the central attraction of the Okanagan Valley.

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PHOTO BY MISHELL RAEDEKE



## 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 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 Westside Wine Trail 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, carillon and celebrated Terrace Restaurant, 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, loop trails, fabulous views and spawning kokanee salmon spotting. For downhillers, boarders and snowshoers, 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 a century 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, 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 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. 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 at the

excellent Vernon and District Performing Arts Centre; 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 steakhouse fare and a choice of Mediterranean eateries.

Vernon also 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 the city centre, 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.

PHOTOS BY LAURIE CARTER





## 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. The region boasts award-winning wineries such as Gray Monk, Ex Nihilo and Arrowleaf Cellars on the Lake Country Scenic Sip trail. You'll also find notable eateries and a flourishing arts community.

Lake Country hosts Art Walk each September. Many artists call the community home and invite visitors to their studios. Parks display public art and the performing arts take centre stage at the Creekside Theatre. Golf, hiking, birdwatching and water sports round out 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 ranchland, 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 thousands 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.







## 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 Subaru 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, orchards, vineyards and manufacturing plants, great beaches and renowned Apex Mountain Resort plus housing options ranging from heritage bungalows and view condos to retirement communities next to family apartments, Penticton is a place to come for a visit and quite possibly stay forever.





## Summerland

This town earns its name with summer-time abundance and sleepy ambience. Known for its orchards and vineyards, beaches and Tudor style, Summerland's agricultural roots date to the late 1800s. 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 known as the Bottleneck Drive.

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

The district claims over 11,000 residents who enjoy the lake, hiking trails and golf courses. Summerland boasts one of the best beaches in the Valley at Sun-Oka (for Sunny Okanagan) Beach Provincial Park. Downtown, chic restaurants take their place next to art gallery and museum while specialty boutiques surprise savvy shoppers.

Take in all the sights from the summit of Giant's Head Mountain, an extinct volcano with a 360-degree panorama, a great place to feel the spirit of Summerland.



## Naramata

In many ways time stands still in Naramata and locals like it that way. More than a century after the settlement began, this place retains the quiet charisma that earned it certification by the international Cittaslow movement (think Slow Food on a community level). The village first bloomed as a cultural centre when lake steamers brought visitors. The opening of the Kettle Valley Railway along the ridgeline above the village in 1914 forged an even stronger link. Ironically, the age of the automobile left Naramata 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 Naramata Bench wineries.

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. Manitou Park hosts



May Day and Naramata August Faire festivals, and Wharf Park hosts the farmers' market on summer Wednesday afternoons. The labyrinth at the Naramata Centre is perfect for meditation, while the Trans Canada Trail on the abandoned Kettle Valley Railway (KVR) provides an easy route to signature views. Now that's the slow life.







## Osoyoos

Extending “Canada’s warmest welcome,” this desert gem boasts the warmest lake, about the lowest rainfall and highest temperatures in the country. This arid zone is part of the huge Sonoran Life Zone, which stretches all the way to Mexico. The climate makes Osoyoos



a warm weather playground and a winter nesting spot for snowbirds.

The main drag of the relaxed community of about 5,200 takes you through the commercial section of town. Cross over to the east side of Osoyoos Lake, the warmest fresh water lake in Canada, and you’re in holidayland where the beaches are lined with campgrounds and hotels.

Local residents also 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 you can learn about 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, the wetlands of Haynes Point Provincial Park or the Osoyoos Oxbows.

Agriculture is big in this area with many roadside fruit stands and award-winning wineries offering local wine tours and tastings.



## Oliver

Oliver calls itself the Wine Capital of Canada. 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.

And there’s plenty of other action for the seriously sports minded. The hot summers and mild winters 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 bird watch.

Located in the arid region known as Canada’s only 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.

Oliver is a small town with a population around 4,500, but there’s lots going on. Throughout the year events includes concerts, holiday celebrations, festivals, art shows and dances, many hosted at area wineries.



PHOTOS BY LAURIE CARTER



## Shuswap

Summer in the Shuswap is practically a cliché. Shuswap Lake and its smaller cousins, Mara Lake and Little Shuswap provide more than a thousand kilometres of shoreline with beaches, parks and great communities including Sorrento, Salmon Arm and Sicamous strung along the Trans-Canada Highway, and an array of small arts-friendly

communities on the north shore. The lakes anchor the family fun with beaches, city piers and vast areas of wilderness seclusion. Golfers beware, Shuswap courses present an exciting challenge and with all that natural beauty, keeping your eye on the ball can be a real trial.

Food is a central theme in the Shuswap where the agricultural roots grow deep. Throughout the

season, Salmon Arm and Sorento host weekly farmers' and crafters' markets, private farm markets are open daily and Shuswap wineries welcome visitors for a sip.

There's still more action in the white months. Hundreds of kilometres of trails are ideal for snowshoeing and skiing. The Shuswap is also famous for sledding, from groomed alpine trails to deep powder bowls. **OL**



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## Enterprising Shuswap

One good way to learn more about a region is to take a closer look at some of the businesses and events that flourish there.

### Hummingbird Beach Resort

Summertime at Mara Lake. Those of us lucky enough to vacation with family recall days filled with unlimited possibilities. Those lucky enough to return each year looked forward to rekindling old friendships and forging new ones, as each summer blended into another to weave a wonderful tapestry of summertime memories.

Today, Hummingbird Beach Resort offers a unique opportunity to own a home on Mara Lake and enjoy a lifetime of lakeside vacations with family and friends. Just minutes from Sicamous, this low-density cottage community provides a quality mix of beachfront townhomes, detached cabins and creek-side cottage sites.

From the white, sandy beach to the crystal clear lake, the natural setting is spectacular and recreational opportunities abound. Spend the days boating, swimming, fishing, hiking or riding. Or just settle in on the beach or your own deck with a cool drink and a good book, and enjoy. Come evening, gather around the barbecue and then wrap it up at the campfire. The resort offers amenities to suit all ages, including Mara Lake's best marina.

A four-season destination, Hummingbird Beach Resort is the

perfect place to escape from it all and invest in time with your family. Don't miss this opportunity to be part of what is the most sought after resort community in the Shuswap. To find out more call 1.877.707.0097 or visit [www.hummingbirdbeachresort.ca](http://www.hummingbirdbeachresort.ca).

### SkyTrek Adventure Park

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Younger members of the family can start out with the jungle gym and work their way up to the kids' course. (Less-adventuresome family members will also enjoy visiting our "twin" attraction, the Enchanted Forest.)

SkyTrek Adventure Park is just west of Revelstoke on the Trans-Canada highway. It's a great venue for a truly memorable birthday party, and our corporate retreats offer an exhilarating and effective team building experience.

We're open daily from mid-May through early-October. While reservations are necessary on weekdays during May, June, September and October, it's first-come, first-served on weekends, holidays and through July and August. Find out more about hours

PHOTO BY LAURIE CARTER



and reservations at  
[www.skytrekadventurepark.com](http://www.skytrekadventurepark.com)  
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### Twin Anchors

Create your own experience on a Twin Anchors Houseboat on Shuswap Lake. Imagine being rocked to sleep by gentle waves, lulled into a relaxing state aboard one of Twin Anchors luxurious CruiseCrafts. Picture the excitement of waking up refreshed just a few steps from being able to jump into the water, sunbathe on the roof, go for an early morning hike or enjoy your morning coffee surrounded by stunning scenery.

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### Quaaout Lodge

With a private beach on Little Shuswap Lake, Quaaout Lodge is the perfect place for your next getaway. Guest rooms range from one bedroom suites and Jacuzzi rooms with fireplaces to standard rooms, all with a balcony or patio overlooking the lake. You probably won't want to spend much time in your room, though: there's too much to do. Bike, boat, fish, hike or golf a round or two on the 18-hole championship course, Talking Rock. Work out in the fully equipped fitness room or the



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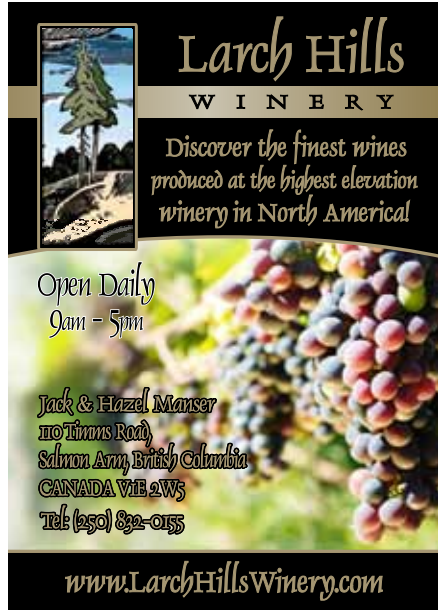
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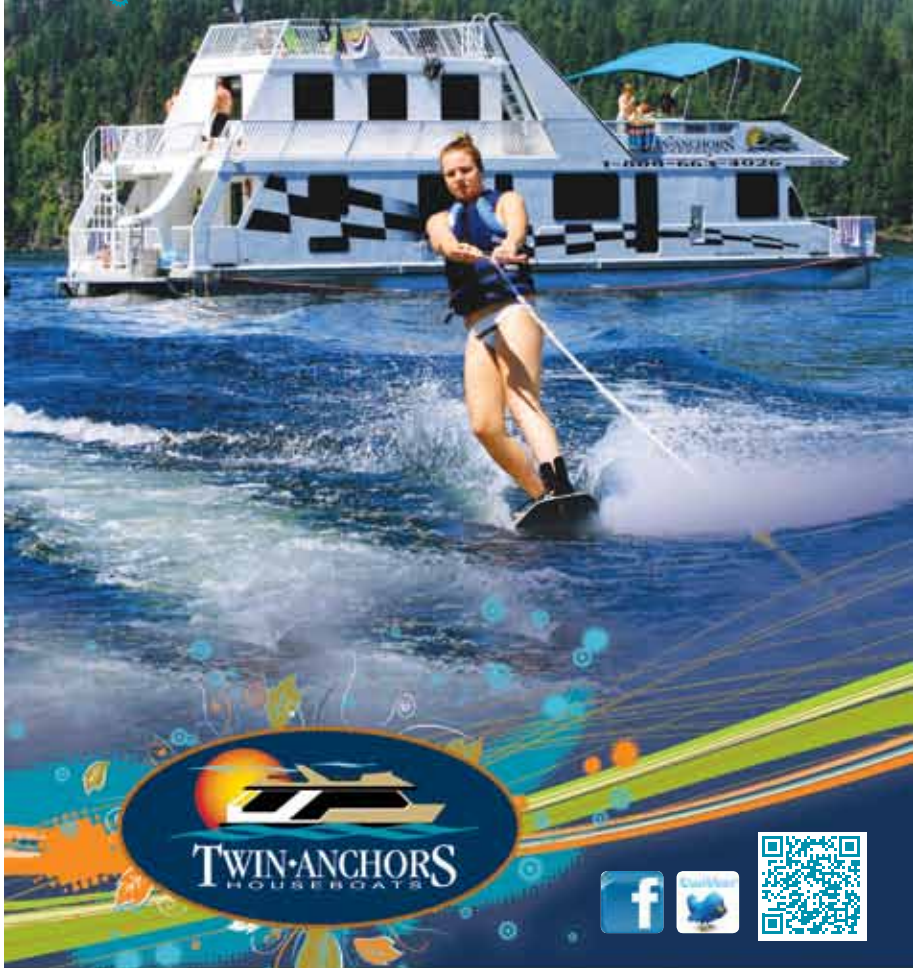


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## Ordinary, extraordinary Okanaganites

Pigeon-holing? Not so much my style. But a few months ago, I was people-watching from a downtown Kelowna bench and it struck me that there are some incredible types milling around. The girl with the sandals and the pug? She just might head up the latest game studio. The guy on the bike? Maybe a sommelier, stay at home dad or Ironman contender. Sure, the Okanagan's got unique places to explore and activities to try. But even more fascinating about this landscape are the regular folks—the ordinary, extraordinary people you walk by every day. The ones I found are happy to tell you why they're here, and about the places and spaces they occupy in the Okanagan.

We know you've got your own favourite places, secrets and struggles. Add your profile by posting a comment on this story at [www.OkanaganLife.com](http://www.OkanaganLife.com).



# OKANAGAN

## types, tips & secret bits

By Deanna Kent-McDonald



### The Tranquility Seeker

20-something single

**By day, this Toronto transplant creates delightful user experiences online. And on her own time? Drop the “online” and this single girl’s determined to create a great UX for her new life. Despite some initial urban withdrawal, she’s finding that the Okanagan’s got a good framework to work with.**

**Friends would say:** funny, creative, generous, spontaneous.

**Talents and hobbies:** yoga, meditation, travel, photography, painting.

**What you’d say to a friend moving here:** It’s got a sense of tranquility you can’t find in a bigger city—an amazing retreat from the busy life to more simple and abundant.

**Summer activity:** wine tasting and boating with friends.

**Winter activity:** cross-country skiing.

**Wednesday evening:** dinner

with the girls.

**Sunday afternoon:** hot yoga.

**Picnic place:** lots of little beaches on Pandosy.

**Websites browser:** Fast Company.

**Dream:** traveling around the world with friends.

**Saving for:** a beautiful penthouse loft in Toronto.

**Okanagan events you never miss:** the One of a Kind show at Summerhill Pyramid Winery.

**Fave summer drink:** mojito.

**Best free Okanagan entertainment:** Pecha Kucha Kelowna.

**Social media:** Facebook, Pinterest, Twitter, LinkedIn.

**Mobile:** 24/7—always on. Apps? Etsy, Clear, Evernote.

**Worst thing about Okanagan**

**living:** lack of winter sun—hurray for Vitamin D!

**Neighbourhood:** I live mid-town so I can easily commute on my bike.

**Clothes shopping habits:** Online, consignment downtown.

**Okanagan secret:** Last summer I drove past Summerhill Winery, and decided to continue driving uphill, just to see what’s there. I stopped my car on the side of a mountain hoping to get some photos of the Valley. To my surprise there’s a path that goes all the way down the mountain to a public beach with waters so crystal clear that you could see the colours of the rocks in the water. I was blown away and inspired to continue exploring.

**Who you are in the context of the Okanagan:** It took time for me to adjust to living here. I now have time to be more creative and paint during the winter, and truly relax in the summer with friends. Being here has allowed me to see, taste and feel everything so differently from what I’m used to and I’m really thankful.



Ethan is a big hockey fan, but he loves lots of other sports, too.



## The Adventure Seeker Seven-year-old

**Sports star, game champ, snow warrior, sun-seeker, loves friends and always finds frolic. For this seven-year-old, the places and spaces of the Okanagan are perfect backdrops for new adventures. No matter the season, Ethan is ready for more.**

**Friends would say:** nice, fun kid.

**If one of your buddies were moving here:** "Cool! You'll love it."

**Inside adventures:** mini-golf, video games, Lego.

**Sports adventures:** road hockey, scootering, biking, golf at Michaelbrook, ziplining in my friend's backyard.

**Creature adventures:** catching grasshoppers, watching salmon spawn in Mission Creek.

**Seasonal adventures:** Davison's orchard and pumpkin patch in Vernon, buying

fresh bread and popcorn at the Farmers' Market, making giant sandcastles at the beach with auntie.

**Best thing in the summer:** swimming in the lake.

**Best thing in the winter:** snowball fights, tubing at Silver Star, ski lessons at Big White.

**Favourite breakfast:** with my family in my kitchen.

**Best overall Okanagan spot:** Rotary Beach.

**Best dinner:** BBQ hamburgers at home, East Side Marios.

**Best thing about the Okanagan:** we get snow in the winter and hot sun in the summer.

**Worst thing about the Okanagan:** winter's always a bit too long.

**Dream:** being a hockey player.

**Okanagan secret:** the coffee shop in Kettle Valley has the best frozen yogurt ever.

**Final adventure ideas:** the library's cool.

## The Startup Guy Entrepreneur

The undercurrent of entrepreneurial energy in the Okanagan is fuelled in part by individuals who believe the culture is just right here to make big things happen. That's the case with our entrepreneur who seems to have a winning mix of dreams and discipline.

**Friends would describe you as:** nerdy.

**Hobbies:** Electronics, astronomy, playing guitar, photography, programming.

**Your favourite music:** from modern classical piano to blues and rock — as long as you can't describe it as Rap or Top 40 I'll probably listen to it.

**Favourite summer activity:** running.

**Favourite winter activity:** running.

**Where'd you come from:** most recently Vancouver — Toronto before that.

**What you'd say to a friend moving here:** Do it. The Okanagan is beautiful and Vancouver is a short flight or drive away.

**Sunday afternoon:** running or reading.

**Wednesday night:** working.

**Breakfast spot:** the Bohemian Café for delicious huevos rancheros.

**Picnic places:** Tugboat Beach.

**Favourite dinner:** Mamma Rosa's.

**Bookmarked:** Brain Pickings, Harvard Business Review, Apple Developer site.

**Dream:** driving a Lamborghini through northern Italy.

**Okanagan events you never miss:** UBCO's Distinguished Speaker series.

**Best free Okanagan entertainment:** Parks Alive!

**Fave summer meal:** Moolix Ice Cream. (Ice cream is a meal, right?)

**Neighbourhood:** Downtown.

**Best thing about living**

**here:** the marsh, the waterfront and Knox Mountain.

**Clothes shopping:** quality at a low price, except for shoes. I have a Fluevog habit.

**Grocery shopping:** vegetables come to my fridge to die.

**Okanagan secrets:** the Okanagan Observatory, Mosaic Books, Mad Mango.

**Who you are in the context of the Okanagan:** I'd always thought of the Okanagan as a vacation spot. Now I'm active in the technology community and surprised at all the talent here.





## The Trail Blazer

### Outdoor enthusiast

**Addicted to leaving tracks, our 36-year-old Trail Blazer seems an interesting paradox. A graphic designer, he counteracts his computer skewed work hours with extreme exploring of the natural treasures the Okanagan area offers.**

**Friends would describe you as:** lots of fun to be around, but a little crazy.

**Music:** indie rock.

**Favourite winter activity:** trail running in the snow.

**Where'd you come from?** Vancouver.

**Why do you stay here?** friends, work, the outdoors.

**Sunday afternoon:** enjoying a spicy mocha at Gio Bean coffee after a nice long run.

**Wednesday afternoon:** training with the P.A.C.E. crew.

**Breakfast spots:** Wild Apple or Bliss Bakery.

**Picnic places:** Knox Mountain or Bertram Park.

**Favourite dinner:** RauDZ.

**Website browser would show:** the amazing artwork of Françoise Nielly.

**Favourite cultural activity:** Farmers' Market, Art Walk, Fabulous Finds.

**Dream:** running a multi-day stage race with my wife and friends.

**Currently saving for:** a mountain bike.

**Okanagan events you never miss:** Art On the Line at UBCO.

**Best free Okanagan entertainment:** a lantern festival in the fall where

people make homemade lanterns and parade them through the streets.

**Favourite summer drink:** cucumber water with a splash of bourbon.

**Social media:** Twitter is always good for a laugh, a semi-sarcastic discussion about local politics—or both. Media helps me stay connected more globally than locally. Local media drives me crazy.

**Long term goal:** run a 100-mile ultra marathon.

**Worst thing about Okanagan living:** There aren't a lot of good, accessible cultural events. You either have to be rich, have kids or have low expectations.

**Grocery philosophy:** Shop local. Buy fresh. It's better if it comes without a package.

**Clothing philosophy:** I don't buy clothes with logos on them. Companies should pay me to advertise for them not the other way around.

**Okanagan secret:** Carmelis goat's milk gelato.

**Best thing about Okanagan living:** Trail running through the hills; the temperatures are perfect every season. There are great trails close to town and wonderful world class trail runners who'd love to show you around (if you can keep up). I love seeing the lake every day, enjoying local wines at sunset and how summer really lasts until October, but we don't tell anyone. (Shhhh.)

## The Down-to-Earths

### Retired couple

**Everyone talks about the great golf around here and leaving for Arizona when the first winter chill hits, and there are lots of fancy frou frou spots to tout. But what about the ordinary stuff? This retired couple revels in the wonders of the "regular." After the work's all done, there's a lot to love about an active, uncomplicated Okanagan life.**

**Friends would describe you as:**

hopefully as honest, regular people.

**What you'd say to a friend moving**

**here:** Be prepared for high housing costs. Also, it's become pretty busy in the 20-odd years we've been here—and will only get more so.

**Summer activities:** fishing in early summer and swimming/beaching in high season.

**Winter activities:** skating and cross country skiing.

**Wednesday evening:** home.

**Favourite breakfast spot:** Perkins.

**Hobbies and tinkering:** gardening, home maintenance, fixing things.

**Favourite picnic spot:** near the Shuswap River at Ashton Creek.

**Favourite dinner:** Capri Hotel Vintage Room.

**Website browser would show:** Globe & Mail stocks

**Favourite apps:** no!

**Mobile habits:** just a pay-and-talk cell phone used mostly to make calls.

**Social media:** not interested.

**Best thing about Okanagan living:** ease of access to stores and services, but also some nice scenery, beaches, etc.

**Worst thing about Okanagan living:** it's getting a little too busy, especially the traffic and so many drivers.

**Neighbourhood:** Lower Glenmore—convenient to all shopping and services.

**Grocery shopping:** Superstore for best overall prices.

**Long term goal:** stay as fit as possible and enjoy outdoor activities, family and grandchildren.



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## The Social Butterfly Plugged-in

**The Okanagan is abuzz with activity and top-notch entertainment possibilities, all perpetuated by people who love the lifestyle. For Penny, life in the Valley is about capturing the moment, savouring all the best things and keeping busy, but also taking time to close her wings once in awhile so she can enjoy the stillness, too.**

### Friends would describe you as:

very busy, very outgoing, with a tremendous sense of humour.

**What you'd say to a friend moving here:** "Good choice. This is God's country."

**Favourite music:** Lady Gaga, Canadian Tenors and everything in between.

**Summer activity:** garden-ing, lunching with friends on an outdoor patio, shopping.

**Winter activity:** spending time at Silver Star Mountain in our cabin.

**Why you stay in the Okanagan:** we love the lifestyle—there's clean, fresh air, a beautiful climate—it's a perfect place to raise our two daughters.

**Sunday afternoon:** I'm a realtor—so hosting an open house.

**Wednesday evening:** watching American Idol, showing property.

**Favourite breakfast spot:** Country Tyme Gardens on Kal Lake Road in Coldstream.

**Picnic place:** my beautiful back yard in Coldstream.

**Favourite dinner restaurant:** Bamboo Beach in Vernon.

**Website browser:** real estate.

**Culture:** ballet, traveling, live performances.

**Dreams:** being cancer free for the rest of my life.

**Currently saving for:** Spain!



Even social butterflies like the Brenner family enjoy down-home entertainment. Their pick is Davison Orchards in Vernon.

**Never miss events:** Kalamalka Rotary Dream Auction, Run for the Cure, SPCA fundraisers.

**Best free Okanagan entertainment:** Davison's Orchard.

**Okanagan secrets:** Sparkling Hill Resort, Modern Accents Tablescapes done twice a year by Lynn Archibald in Kelowna (sort of table setting 101)

**Media:** KISS FM, CBC, Oprah Winfrey Network.

**Mobile:** Blackberry — used constantly — but not for apps.

**Neighbourhood:** We've got an unobstructed view of Kal Lake and there's lots of privacy.

**Clothes shopping habits:** Winners, Jigsaw in Kelowna, Crazy River in Salmon Arm.



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## The Salsa Storm

Tech/art professional

**Amongst all the ways to inhabit private spaces and embrace simplicity, the Okanagan offers plenty of opportunity for the fast-paced and dynamic. This tech/art professional has a strong desire to capture both the calm and the chaos. Her balancing trick? Dancing between both worlds.**

**Friends would describe you as:**

always up for spontaneous adventure, curious, people-centric.

**Summer activity:** road trips, beach BBQs and building sand castles. Dancing! And I'm totally addicted to the road with Ruby (my bike).

**Winter activities:** dancing.

**Where'd you come from:**

Regina. I grew up in Williams Lake and Nakusp.

**Why Kelowna:** Family. I travelled and moved around a lot in my late teens and 20s. Kelowna became home base and I developed close friends I liked to come home to. Then I got a crazy cool job and so I stay. It's hard to find a reason to leave (other than wanting to conquer the world before 40).

**Sunday afternoon:** napping, cycling or visiting with friends.

**Wednesday evening:** working or out for dinner with friends.

**Fave breakfast spot:**

my sister's house.

**Picnic places:** Strathcona Park or Hot Sands Beach with family.

**Best place for dinner out:**

Waterfront Wines.

**Currently saving for:** a rainy day in Buenos Aires.

**Okanagan events you never miss:**

Twisted Salsa Saturdays at Habitat, Footwerk events.

**On work and life:** I am fuelled by creativity and being around creative people. I love bringing definition and form to things. We find ourselves in new territory—sometimes without a map to follow and we get to make it up. Collaboration is one of the key



Kelowna's sizzlin' salsa scene inspires this young professional. Lessons at Latinesque Studio and Twisted Salsa Saturdays at the Habitat.

ingredients to creative satisfaction for me—in work and in life—and in my work the only way to get anything done is to collaborate. I get to work with a huge variety of disciplines and different types of people.

**Best thing about Okanagan living:** outdoors, cycling, summer.

**Worst thing about Okanagan living:** Can sometimes feel without a progressive overall spirit. With our structures, we should take a cue from Europe and realize function and form are equally important.

Ugly things make people less happy.

**Social media:** I've got a love/hate thing with Facebook.

**Mobile:** iPhone—can't live without it.

**Fave apps:** Twitter, Shazam, Fring, Google Maps. I'm into function for apps.

**Long term:** To live an honest, authentic life. To contribute to making my world—the space that I influence—more beautiful, better and fulfilling.

**Okanagan secret:** Most inspiring, community-building activity I love right now is Kelowna's small but growing salsa scene. I take lessons at Latinesque. Warren Eaton is owner/instructor and his classes are really fun, a great place to learn and the people who go are all really accepting. Every two weeks he hosts Twisted Salsa Saturdays at the Habitat. We dance for hours, with friends and strangers. There's salsa, merengue, cha cha, bachatta and more. You don't have to know how to dance because there are lots of people to teach you—even a lesson early in the evening to get your feet wet.

**Who you are in the context of the Okanagan:** Having my family here makes the Okanagan feel like home. Despite a busy, collaborative life, in some ways I am defined by really simple things here: my family, my work, dancing and my bike. I take a lot of pleasure in small ordinary things—good espresso, family BBQs, the beach, lots of walks—and dance.

## The Super Duo

### Working couple

**By the light of day, Andrew and Marla both work in the public sector. But after hours, this daring pair takes time to discover secret spots that make the Okanagan “the best place to live in the world.” So far no Kryptonite ...**

**Friends would describe you as:** fun, smart, a crazily romantic story or “the good hair couple.”

**Summer activity:** sitting on the beach followed by happy hour on a pub patio.

**Sunday afternoon:** shopping at Costco.

**Fave breakfast:** home for Marla’s blueberry pancakes.

**Picnic place:** Kalamo Park.

**Dinner out:** Earls (best Caesar salad ever!), Quail’s Gate for a special occasion.

**Website browser:** Andrew on Facebook and Castanet, Marla on eBay and urllybits.

**Culture:** Marla picks art gal-

leries, Andrew’s into drinking Guinness on weekends.

**Dreams:** world peace, winning the lottery, a flatter stomach.

**Saving for:** short-term—a trip to Europe, long-term—early retirement.

**Okanagan events you never miss:** Kelowna Art Gallery fundraiser, Sopa Fine Arts monthly openings, Okanagan Fest-of-Ale.

**Best free Okanagan entertainment:** people-watching in City Park, hiking.

**Fave summer drink:** Super Sonic Gin & Tonic at Joey.

**Day jobs:** Andrew works at Kelowna Community Resources helping newcomers to Canada get settled into our community and culture. Marla does public relations for the Okanagan Regional Library system to make everyone aware of all the great resources available to them.

**Best thing about Okanagan living:** summers, and everything is five minutes away.

**Social media favourites:** Facebook, Twitter, YouTube.

**Mobile:** Andrew doesn’t have a cell and doesn’t like being reachable, but Marla feels naked without her Blackberry (though considering the big switch to an iPhone).

**Hobbies:** running and fitness, volunteering, reading (both), do-it-yourself jewelry and fashion (Marla).

**Worst thing about Okanagan living:** winters, drivers who don’t know how to merge

**Neighbourhood:** Casa Loma (best kept secret neighbourhood in the Okanagan).

**Grocery shopping habits:** hate to admit it, but usually big box.

**Clothes shopping habits:** eBay, Value Village (yes!), other pre-loved stores like Frock, The Wardrobe. Also locally-owned boutiques like Kolu, dlux, Posh.

**Okanagan secret:** trail running. Also, Summerland Sweets and the Village Cheese Company.



Working couple Andrew and Marla find loads of scope for their eclectic lifestyle with a mix of indoor and outdoor activities and volunteer work.

## The Tidal Wave

### Teen

**Does the Okanagan cultivate healthier kids? We’re not sure, but judging by this teen, it’s entirely possible. Tia’s on a swim team, loves sledging, and finds time for friends and family. She’s got some big plans and dreams—plus the speed and determination to chase and catch them all.**

**Friends would describe you as:** funny, loyal.

**Favourite music:** Top 40.

**Summer activity:** beach.

**Winter activity:** sledging.

**Sunday afternoon:** hanging with friends.

**Wednesday evening:** swim practice at H2O.

**Breakfast spot:** IHOP.

**Picnic place:** field below my house.

**Favourite dinner spot:** Montanas.

**Websites:** Facebook.

**Dreams:** a swimming scholarship and going to university.

**Currently saving for:** a decent car for when I turn 16.

**Summer drink:** slushies at the corner store.

**Best thing about Okanagan living:** quad riding out the back door on the best trails in the world.

**Favourite apps:** today? Temple Run.

**Long term:** become a teacher.

**Mobile:** iPod—when I have time.

**Clothes shopping habits:** going to the mall, but not buying anything.

**Okanagan secret:** ZipZone Adventure Park in Peachland.

Tia is a typical teen with a zest for the active Okanagan lifestyle.







## The Culture Consumer

### Tween

**What's life like for pre-teens in the Okanagan? According to Maya, not bad. We've got an appropriate mix of shopping, music, access to social networks, great food, theatre venues and (obvs) more shopping...**

**Friends would describe you as:** loud.

**Hobbies:** drawing, acting.

**Sports:** dancing, running.

**Activities:** Canadian School of Ballet, classes at the Actor's Studio.

**Best place for alone time:** Orchard Park Mall.

**Best place to hang with friends:** Orchard Park Mall.

**Fave summer place:** beach.

**Fave winter activity:** drink hot chocolate.

**Sunday afternoon:** home.

**Wednesday evening:** with friends.

**Breakfast spot:** Cinnabon.

**Picnic place:** Mission Creek.

**Best dinner:** Chopped Leaf.

**Culture:** music, theatre.

**Saving for:** iPhone.

**Best free Okanagan entertainment:** the beach.

**Social media:** Facebook.

**Mobile:** cell—quite a bit.

**Okanagan secret:** Frock in Kelowna.

**Clothes shopping habits:** I shop too much!

## The Superwoman Working Mom

**Life for this working mother is busy. With the philosophy that "it takes a village to raise a child," and a great support network of other moms, she seems to be on top of the world—or at least the Okanagan. From skiing to rowing and everything in-between, this savvy working mom makes the most of every minute with an outlook that matches summer-time in the place she calls home.**

**Friends would describe you as:** outgoing, energetic, talkative.

**Summer activity:** rowing, water skiing, wine tasting.

**Winter activity:** skiing with my boys.

**Where'd you come from?**

Vancouver, via Nova Scotia and Ontario.

**Why do you stay?** family (it's a great place to raise children), the people, lifestyle.

**Best thing about Okanagan living:** being a mom here is great—there are so many of us! I'm lucky to have such an incredible support network available to help out in a pinch or just to get together for a glass of vino and a chat. I can walk to the beach in five minutes and drive less than an hour to ski or taste fantastic wines.

**Sunday afternoon:** at the gym.

**Wednesday afternoon:** working.

**Fave breakfast:** The Bohemian Café, De Dutch.

**Picnic place:** the beach with my boys.

**Dinner out:** Waterfront Wines, Twisted Tomato, Cabana, RauDZ.

**Website browser:** I research everything—travel, entertainment, social media, parenting.

**Culture:** Live theatre, music.

**Never miss Okanagan events:** anything food or wine related, the SPCA Paws for a Cause walk—my boys and I volunteer every year at the crazy hair station where we have tons of fun using coloured

hairspray on people and their dogs.

**Best free Okanagan entertainment:** Canada Day at Waterfront Park, Beagle Meetup at the Mission Park Dog Park on the last Sunday of the month (there's nothing cuter than a bevy of beagles chasing each other around, ears flapping and tails at attention).

**Fave summer meal:** Barbecued wild BC salmon topped with fresh local fruit salsa.

**Social media:** Facebook and Twitter. I haven't delved into Pinterest too much yet, but it's next.

**Mobile:** Blackberry Torch to text, email, update social media...and even phone people.

**Fave local apps or follows:** Moksha Yoga, The Hot Box Yoga, H2O Fitness and Adventure Centre, Sparkling Hill Resort, Home For Dinner, Big White Ski Resort, Beth Veenkamp-Constructing Life Coaching.

**Grocery shopping habits:** Kelowna Farmers' and Crafters' Market and produce stands in summer. Urban Harvest organic delivery is great year-round. Save-on-Foods and Lakeshore Market in the Mission fill in the gaps.

**Clothes shopping habits:** Winners, anywhere clearance, great finds from Influence, Fracas, Bella, The Wardrobe.

**Okanagan secret:** Riding one of the city's double decker transit buses—just for a different view. Also, something else every local mom should know about: Bread on Wheels Bakery. They'll deliver fresh-baked goodies (my kids love the braided bread and the chocolate croissants), Cherry Hill coffee and farm-fresh eggs to your door once a week.

**Being a working mom in the Okanagan:** Life is busy and family time is precious. For me, living across the street from H2O and a block from the beach helps make things like picnics or after-dinner swims easier. The Greenway and Mission Dog Park are also easy walks, something our beagle appreciates. **OL**

PHOTO BY LAURIE CARTER

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Starts are crowded, but competitors soon spread out.



Swimmers are already peeling out of their wetsuits as they splash toward the transition area.



*Penticton attracts top triathletes  
to Subaru Ironman Canada*



PHOTOS BY BRUCE KEMP

IRONMAN



The 6:45 a.m. start time doesn't deter spectators who line the course to cheer and shout encouragement.



Penticton's Subaru Ironman Canada is the oldest Ironman race held in continental North America.





Fans can get closer to the athletes than in almost any other sport.



Looking strong, Abel Torsten of Tucson, Arizona, kept up the pace in the run and cycling leg to take second place overall in the 2011 event.



Some 4,500 volunteers provide a host of services like keeping vital water stations constantly restocked.



Meredith Kessler of San Francisco, California, finds a little shade to preserve her strength during the 42.2 kilometre run that caps the Ironman.





Entrants range in age from under 20 to over 80. John Dobrowski (55) was just one of a large group of over 50s in the race.



High SPF sunscreen is a vital part of the athletes' kit.



Nearly a third of the competitors are women.



A cyclist reacts to the crowd in downtown Penticton.



Penticton's Jordan Rapp took first place in the 2011 Ironman.





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A showcase of  
new and ongoing  
developments that  
maximize the  
Okanagan lifestyle







## Bridges at Glenview Pond

People looking for a sense of nature in the city are drawn to Bridges at Glenview Pond in Kelowna. Thousands of daffodils have already bloomed in the shared green space. The ducks never left and a stately blue heron has been spotted at each of the ponds.

Building continued throughout the mild winter and 10 heritage style homes are under construction with more in the works. Visitors to the two showhomes see why Bridges has won 30-plus awards. Honoured as Community of the Year for Phase One in 2009 and again in 2011 for Phase Two, Valux Homes Ltd. won a stunning four gold trophies and seven silver awards, including Builder of the Year, in this year's competition.

But more important than all the recognition is the constantly growing array of happy clients and new referrals. The Valux team takes pride in getting to know their clients' needs and wants, then using their unique design process to build a house that fits like a glove.

Valux president, Jim Andrews, truly has his clients' best interests at heart. Everyone who comes to Bridges gets expert advice on the ins and outs of building a new home. A designer is available to help with decisions such as paint colours, flooring and other materials. Onsite, construction manager, Joe Rood, ensures that building progresses smoothly and every detail is looked after.

"Joe and Jim are very professional and a pleasure to

deal with," says one new Bridges homeowner. "They always received our calls in a positive manner and addressed our concerns in a timely fashion, which served to strengthen our builder/client relationship."

Bridges is centrally located on the fringe of the downtown core with amenities like the Kelowna Golf and Country Club, Waterfront Park, Prospera Place and Orchard Park Mall just moments away.

Roads are flat and easy for cyclists and walkers. Geothermal heating and cooling replaces noisy external air conditioners. Cost effective and green, geothermal adds to the tranquil atmosphere as residents enjoy the outdoors, which is one of the most outstanding features offered by Valux Homes.

The Bridges site encompasses a two-acre park, pond and creek area, an upper and lower pond, waterfalls, an island for picnics—and those picturesque bridges.



## Dilworth Homes

The views from the top are amazing—lake, valley, city, nature—you can see it all from Dilworth/Dilworth Mountain Estates where the news today is the Selkirk neighbourhood. The 2008 Neighbourhood of the Year is expanding with a selection of new single family homes now being built and sold. House and lot packages start at \$429,900.

In addition, the Summit at Selkirk is the newest and last of the semi-detached townhome developments in

the Selkirk neighbourhood. Ranging in price from \$474,900 to \$719,900, the 20 dwellings in this exclusive enclave boast luxury finishing as standard fare. The Abercrombie show-home illustrates this quality and attention to detail. The most spacious of the six plans at Summit at Selkirk, it offers nearly 3,000 square feet of living space perfectly designed for people who want the convenience of the lock and leave lifestyle in a home that's tailor-made for entertaining.

The Sandford is another of the featured homes for the new townhome neighbourhood. Buyers can select this exact bungalow with walkout floor plan or a customized version. Little wonder that readers of Okanagan Life voted Dilworth Homes among the Best of the Okanagan for 2011.







Kate Vance and  
Julia Debolt  
handle sales for  
Ponderosa Living

## Ponderosa

In an historic partnership with Treegroup and the Westbank First Nation, Greg Norman brings his love of the good life to the shores of Okanagan Lake with the introduction of Ponderosa to the town of Peachland. A signature golf community unlike anything in the Pacific Northwest, Ponderosa features a premium estate winery, remarkable lakefront vistas, expansive amphitheatre, NHL-sized outdoor ice rink and a spectacular signature course personally designed by the Shark.

The 7,200-yard champion caliber golf course is the centrepiece of the community and features incredible views from 500 feet above the lake. Greg Norman and his team have taken full advantage of the terrain, using the existing slopes, benches and forest to create a course that will challenge and engage players of all levels. Fourteen holes are near completion while extensive construction continues on the last four. Seeding of the 18 holes is planned for this summer, keeping on

track for the scheduled grand opening in spring 2013. Greg Norman and members of his design team say that Ponderosa, with its breathtaking views and stunning elevation changes, will rank among the top three courses they have designed on six continents.

Carved from rugged rock and wilderness forest, the 400-acre Ponderosa community wraps around the base of Pincushion Mountain. The all-inclusive village will eventually encompass 2,300 residences, the golf course and a premium winery.

Adding yet more flavour and another dimension to the this unique lifestyle, the winery will be located in the central plaza and will host events and wine tastings, providing residents with the opportunity to pair local food with vintages from their own backyard.

Ponderosa will feature homes in a range of prices to satisfy a wide demographic. The goal is to create: "A place that you may never want to leave." Offerings will include single

and multi-family homes, townhomes, condos, golf cottages and wine villas, released in stages. Pre-sales for craftsman style single family homes start this spring followed by golf cottages and wine villas.

The Ponderosa team is very excited to announce the release of the first phase of 69 luxury townhomes for pre-sale. The 2- and 3-bedroom townhomes are situated on the signature Greg Norman golf course and many enjoy unobstructed lakefront vistas. Construction on the townhomes, which range from 1,247 to 1,994 square feet, is scheduled to begin this spring with the first residents moving in during the winter of 2012.

Realtors Julia Debolt and Kate Vance operate the Discovery Centre, located at the IGA shopping plaza on the corner of Hwy 97 and Clements Cres., in Peachland, daily from 12 p.m. to 5 p.m. Call today for an exclusive tour and begin to make your dream a reality, 250.767.2148 or visit [www.PonderosaLiving.ca](http://www.PonderosaLiving.ca).



## Wilden

Wilden is the largest master planned community between Vancouver and Calgary. When complete the development will encompass more than 2,800 homes north of the Kelowna city centre. Gerhard Blenk, whose long-term vision was to create the finest community in the Okanagan, originally invited five of the best builders in the Valley to construct the homes on the lots he was developing. Nine years and 400 homes later, Authentech Homes, Meadowridge Homes, Fawdry Homes, Rykon Construction and Edgcombe Builders are still working on Wilden.

This year, the big news on site is construction of the \$10 million road joining the east and west sides of the development. The largest private infrastructure project in the Okanagan this year, and completed at the developer's expense, this 2.3-kilometre drive has been compared with the impact of the new gondola linking Whistler and Blackcomb mountains at Whistler Resort. When complete, the road will serve as access to the new Upper Canyon Neighbourhood consisting of 75 incredible view lots. This November, the entire Wilden development becomes one.

Over the years, Wilden and its team of select builders has always kept fresh and up to date. This tradition continues with the community's fourth Street of Dreams showhomes now being built in the



**Gerhard Blenk**  
Developer of Wilden

new Skylands neighborhood.

Two of the six showhomes are currently under construction with preparations for the balance to be under way and open by the spring of 2013. Scott and Gina Tyreman of Authentech Homes are opening up their latest creation in June 2012.

The topography of Wilden creates cozy neighborhoods naturally. Hidden Lake Lane is a prime example. This little village of 25 maintenance free townhomes is tucked into a beautiful pocket above Hidden Lake. The 2,700 square foot homes have four bedrooms with front and rear decks to take advantage of views and privacy. Like all neighborhoods at Wilden, they work with nature and the lay of the land.

Lost Creek is the fastest selling neighborhood in Kelowna with more than 32 house and lot plans starting from under \$400,000.

Home sites range from private backyards backing onto forest to unobstructed lake and city views.

Even in tough times, the cream rises to the top. Wilden's new Skylands neighborhood provides what the developer believes are the best lakeview lots in Kelowna only 10 minutes from downtown. With 15 homes now built and another six underway, the Skylands neighborhood is recognized as one of the best lakeview locations in the Okanagan.

Also in the news, Wilden "likes" Facebook. With over 400 homes now built and with all that's going on at Wilden, Facebook is the communications forum for everything from events and current offerings, to garage sales to baby sitters. Wilden residents and future residents can now stay informed by logging on to Facebook, searching Wilden and adding Wilden as a friend. Done.





## Village at Kettle Valley

From its inception in 1996 to the present day, the Village of Kettle Valley has remained true to its vision of developing a community based on the concept of New Urbanism. An urban design movement that arose in the United States in the early 1980s, New Urbanism promotes walkable neighborhoods that contain a range of housing types and amenities such as a town centre, school and parks.

Communities like Kettle Valley lead the way in reforming many aspects of real estate development, urban planning and municipal land use. It has taken some time, but the concept has caught on and you can see the living results in the continu-

ally growing village located on the sunny slopes of south Kelowna.

Individual pride in home ownership is evident throughout the community and the developers like to give residents credit for helping to shape the beautiful streetscapes found there.

Chute Lake Elementary School stands as the cornerstone of all things new and exciting in Kettle Valley. The Village Centre is also expanding to include new businesses such as a new restaurant, daycare centre, coffee shop, health spa and flower shop, with provisions to attract more businesses in the future.

The core of Kettle Valley is almost complete and development is now

progressing on the remaining three communities. The Pointe subdivision is the first and it will be followed by the Highlands. The final phase will move on to the Summit, which will feature spectacular view lots sized to accommodate expansive floor plans with space for three-car garages and in-ground pools.

The Pointe is a departure from the quaint traditional architecture normally associated with Kettle Valley. While this style appeals to many buyers, the developers recognize that it is not necessarily right for everyone. So the Pointe will have the feel of being separate from the rest of the community.

The developer is currently in the process of creating plans with a group of select builders that represent a range of design elements including Tuscan/Mediterranean, European, American cottage, French country and Prairie along with a new style that they call Okanagan transitional, a modern earthy style with hints of architecture by Frank Lloyd Wright.

**From left:**

**Paul Donaldson**, Site Supervisor  
**Paula Fiander**, Real Estate Manager  
**Stephen Wells**, General Manager  
**Emilienne Hardy**, Office Manager







## Urban Development Institute–Okanagan

Driving into the Okanagan 15 years ago, I opened my windows and took one of the deepest breaths of my life. The May air was full of blossom fragrance and warm sun and having just driven the 11 hours from northern Alberta, I knew we had found home.

The Okanagan has grown since that day. Once dependant on a small, unilateral economic base, the region has emerged with an expanding economic platform. In order to provide for that growth, development companies have created homes for people moving into the region, offices for corporations, warehouses for manufacturers, hotels for visitors, and hospitals, universities and schools to serve the community.

Developers in the Okanagan are passionate individuals with vision, committed to a life's work of making sure that those structures are the most sustainable, viable and beautiful that can be offered in the Valley.

As current president of the Urban Development Institute (UDI) Okanagan, I have taken on a new role to ensure that this legacy continues. Leading a team of dedicated and passionate developers and consultants invigorates my daily routine of development. Through the leadership team the UDI educates, informs and advocates for the development industry in this region and in the province.

This is important because you

**Renee Wasylyk**  
President, Urban  
Development Institute–  
Okanagan and President,  
Troika Developments Ltd.



know someone who is employed by one of our members, works for one of the developments being built, is housed in one of the buildings created or is part of a community created by the planning efforts of consultants and executed by a construction company employed by a developer. The UDI represents thousands of people employed in land planning and development including architects, planners, developers, financial lenders, construction workers, lawyers and engineers.

Its mandate is to foster effective communication between industry, government and the public to improve both housing and job opportunities for the Okanagan Valley. In fact, 18 per cent of the people employed in the Okanagan are employed directly or indirectly by the development industry. Members of the UDI across the province contribute \$30 billion dollars annually and more than 250,000 jobs.

As a member of Partners in Community Building, our organization is committed to working with the public and governments to create and achieve the vision of balanced, well-planned and sustainable communities. It promotes wise and efficient land use, sound planning and good development practices.

Part of the reason I chose a career in this field was because of this impact. I want my children to walk down a street and see a beautiful building built by my company or understand how I positively impacted the sustainability of our community. I want my grandchildren to know that I helped to build a better Okanagan community. I want to help move our region into greater maturity and increased health. This growth occurs best when done with thoughtful planning, beautiful architecture, sustainable practices and cultural significance. I am proud that the Urban Development Institute is part of this positive future and love that we are helping to build sustainable communities.





## The Garage Sale

The unique world of the Garage Sale auction event is a modern alternative for selling your largest and most valuable assets in a fixed time frame. Auctions allow both buyers and sellers the opportunity for a faster, more seamless transaction when compared with the more traditional, slow moving and often over-negotiated ways of buying and selling. Through a strategically marketed, event-style auction, Garage Sale brings buyers and sellers together and offers both parties an improved way to deal with unique properties and priceless assets.

The Garage Sale's latest consignment is a multi-million dollar estate and classic collector's wine cellar located in the exclusive community of Sheerwater. The estate is currently available for private viewing and a Buy It Now price is posted online for anyone looking to snatch it up before the auction.



## More info

### ***Bridges at Glenview Pond***

1358 Glenview Avenue,  
Kelowna  
250.763.7209  
[www.bridgesliving.com](http://www.bridgesliving.com)

### ***Dilworth Homes***

Selkirk & Summit  
971 Monashee Place  
Kelowna  
250.861-8989  
[www.dilworthhomes.com](http://www.dilworthhomes.com)

### ***Ponderosa***

Unit #64  
5500 Clements Crescent  
Peachland  
250.767.2148  
[www.ponderosaliving.ca](http://www.ponderosaliving.ca)

### ***Wilden***

286 Clear Pond Place  
Kelowna  
250.762.2906  
[www.wilden.ca](http://www.wilden.ca)

### ***Village at Kettle Valley***

447 Lakepointe Drive  
Kelowna  
250.764.2199  
[www.kettlevalley.com](http://www.kettlevalley.com)

### ***The Garage Sale***

101-1630 Pandosy Street  
Kelowna  
778.484.5300  
[www.thegaragesale.co](http://www.thegaragesale.co)







# 2012 Best RESTAURANTS readers' choice OkanaganLife



Unless otherwise stated: **Central** = Kelowna  
**North** = Vernon **South** = Penticton

Our Readers choose their favorites in so many categories and Okanagan Life continues to bring you the results! Welcome to the 18th Annual Best Restaurants issue. Perhaps above all others, this is the keeper issue of the year! Readers try new dining experiences all the time—now you can expand your dining experiences by guarding your issue carefully for the next year—and get ready to dine—Okanagan Life style!

## BEST CULTURAL DINING

### Best Local / Regional Restaurant

#### Central

- 1 RauDZ Regional Table
- 2 Cactus Club
- 3 La Bussola
- 3 Fixx Cafe

#### North

- 1 Anchor Inn (Armstrong)
- 2 Allora (Silver Star)
- 3 Range at Predator Ridge
- 3 The Phoenix Steakhouse

#### South

- 1 Local Lounge • Grille (Summerland)
- 2 Hooded Merganser
- 3 Firehall Bistro (Oliver)

### Best Northern European

#### Central

- 1 Gasthaus on the Lake (Peachland)
- 2 Wood Fire Bakery
- 3 Bouchons Bistro

#### North

- 1 Isidore's Cuisine (Silver Star)
- 2 Crush Bistro

#### South

- 1 Bogner's of Penticton
- ### Best Mediterranean
- #### Central
- 1 Ricardo's Mediterranean Kitchen
  - 2 Olympia Greek Taverna
  - 3 Yamas Taverna

#### North

- 1 Intermezzo
- 2 Eclectic Med
- 3 Dorian Greek Taverna

#### South

- 1 Theo's Restaurant
- 2 La Casa Ouzeria

### Best Mexican / Latin

#### Central

- 1 Hector's Casa
- 2 Fernando's Taqueria
- 3 DJ's Mexican Restaurant

#### North

- 1 Little Tex
- 2 Los Huesos

#### 3 Rio Grande

#### South

- 1 Vallarta Grill

### Best Asian Fusion

#### Central

- 1 Yamato's
- 2 Mekong
- 3 Hoang Gia Vietnamese

#### North

- 1 Pho Fusion
- 1 Bamboo Beach Fusion Grille
- 2 Temptasian
- 3 Amarin Thai

#### South

- 1 Benja Thai
- 2 Isshin
- 3 Saigon on Main

### Best Indian

#### Central

- 1 Dawett
- 2 Poppadoms
- 3 Da Tandoor
- 3 Chutney

#### North

- 1 The Palace

#### 2 Curry Pot

#### South

- 1 Best of India (Oliver)
- 2 Navratan
- 3 Haveli

## BEST ATMOSPHERE

### Best Décor

#### Central

- 1 Joeys Kelowna
- 2 RauDZ Regional Table
- 3 Vintage Room
- 3 The Yellow House

#### North

- 1 Earls
- 2 Intermezzo
- 3 The Phoenix Steakhouse

#### South

- 1 Theo's Restaurant
- 2 La Casa Ouzeria
- 3 The Cobblestone (Naramata)

### Best Winery Restaurant

#### Central

- 1 Old Vines at Quails' Gate (West Kelowna)





The historic allure of The Yellow House Restaurant, one of the first homes built in Kelowna, presents a rewarding dining experience made extra special by the charm of co-owners Rob Ahlgren and Darren Stanfield.

- 2 Grapevine at Gray Monk (Lake Country)
- 3 The Terrace at Mission Hill (West Kelowna)

**South**

- 1 Miradoro at Tinhorn Creek (Oliver)
- 2 Sonora Room at Burrowing Owl (Oliver)
- 3 Hillside Winery Bistro

**Best Restaurant With A View**

**Central**

- 1 Grapevine at Gray Monk (Lake Country)
- 2 Earls
- 2 The Harvest Grille
- 3 Old Vines at Quails' Gate (West Kelowna)

**North**

- 1 Blue Heron Waterfront Pub
  - 2 Alexander's Beach Pub
- South**
- 1 Hooded Merganser
  - 2 Lost Moose Lodge
  - 3 Miradoro at Tinhorn Creek (Oliver)

**Best Dining With Live Music**

**Central**

- 1 Minstrel Cafe

- 2 Ricardo's Mediterranean Kitchen
- 3 The Blue Gator

**North**

- 1 Monashee's Bar & Grill
- 2 Lorenzo's Café (Enderby)
- 3 Crush Bistro

**South**

- 1 Dream Cafe
- 2 Zias Stonehouse (Summerland)

**Best Place For A Party**

**Central**

- 1 Kelly O'Bryan's
- 2 The Harvest Grille
- 2 Gasthaus on the Lake (Peachland)
- 3 Cabana Grille

**North**

- 1 Monashee's Bar & Grill
- 2 Kelly O'Bryan's
- 3 Eclectic Med

**South**

- 1 Theo's Restaurant
- 2 Salty's Beach House
- 3 Firehall Bistro (Oliver)
- 3 Camp Creek Station (Naramata)

**Best Patio Dining**

**Central**

- 1 Earls on Top

- 2 Eldorado Dining Room
- 2 The Harvest Grille
- 3 Sunset Bistro at Summerhill

**North**

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

**South**

- 1 Salty's Beach House
- 1 The Patio at Lake Breeze (Naramata)
- 2 Sage & Vines Bistro
- 3 Hooded Merganser

**Best Romantic Dining**

**Central**

- 1 Eldorado Dining Room
- 2 The Yellow House
- 3 Earls on Top

**North**

- 1 Intermezzo
  - 2 Eclectic Med
- South**
- 1 Hooded Merganser
  - 2 Local Lounge • Grille (Summerland)
  - 3 Bogner's of Penticton

**Best Place For A Meeting**

**Central**

- 1 Eldorado Dining Room
- 1 The Harvest Grille
- 2 Chop Steakhouse Bar
- 3 19 Okanagan Bar + Grille (West Kelowna)

**North**

- 1 Vernon Lodge (Best Western)
- South**
- 1 Theo's Restaurant
  - 2 The Copper Cup
  - 3 Medici's Gelateria (Oliver)

**BEST MEAL SPOTS**

**Best Breakfast**

**Central**

- 1 The Jammery
- 2 Cora
- 3 Bohemian Café

**North**

- 1 Friesen's Country Tyme Gardens
- 2 Diner on Six
- 3 Bean There Bistro

**South**

- 1 Valentini's Café
- 2 Local Lounge • Grille (Summerland)
- 3 Bears Den Restaurant

**Best Lunch**

**Central**

- 1 Joey Kelowna
- 2 Bohemian Café
- 3 Earls
- 3 Wood Fire Bakery

**North**

- 1 Earls
- 2 Dorians Greek Taverna
- 3 Original Joe's

**South**

- 1 Valentini's Café
- 2 Pasta Factory
- 3 Il Vecchio's

**Best Dinner**

**Central**

- 1 Chop Steakhouse Bar
- 2 The Keg
- 3 RauDZ Regional Table

**North**

- 1 Intermezzo
- 2 Italian Kitchen
- 3 Tita's Italian Bistro

**South**

- 1 Theo's Restaurant
- 2 Zias Stonehouse (Summerland)
- 2 Hooded Merganser
- 3 Firehall Bistro (Oliver)

**Best Casual Dining / Bistro**

**Central**

- 1 Minstrel Cafe
- 2 Le Plateau Bistro
- 3 The Fixx

**North**

- 1 Earls
- 2 Crush Bistro
- 3 Talkin Donkey

**South**

- 1 Sage & Vines Bistro
- 2 Opus Café Bistro
- 3 La Casa Ouzeria

**Best Family Restaurant**

**Central**

- 1 Red Robin

- 2 White Spot
- 2 Moxie's Grill
- 3 Montana's

#### North

- 1 Boston Pizza
- 2 KT's Heritage Restaurant
- 3 Red Robin

#### South

- 1 Boston Pizza
- 2 Cozy Bay Seafood Cafe
- 3 Zias Stonehouse  
(Summerland)

### Best Buffet

#### Central

- 1 Manhattan Point
- 2 Grand Bay Café
- 3 Buffet King

#### North

- 1 Royal Garden
- 2 BX Creek Bar & Grill
- 3 Yat Sen Restaurant

#### South

- 1 China Palace
- 2 Isshin Sushi Bar
- 3 Beijing

### Best Wine Bar

#### Central

- 1 Waterfront Restaurant & Wine Bar
- 2 Rotten Grape
- 3 Sunset Bistro at Summerhill
- 3 Old Vines at Quail's Gate

#### North

- 1 Intermezzo
- 2 Crush Bistro

#### South

- 1 The Cobblestone (Naramata)
- 2 Bufflehead Pasta & Tapas Room
- 3 Local Lounge • Grille  
(Summerland)

### Best Sports Bar / Pub

#### Central

- 1 Dakota's
- 2 Dave's Sports Bar
- 3 Rusty's

#### North

- 1 Kal Sports Bar
- 2 Checkers Bar & Grill
- 3 Sir Winston's Pub

#### South

- 1 Best Damn Sports Bar & Grill
- 2 Kettle Valley Station Pub
- 3 Peacock's Perch
- 3 Barking Parrot



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# ISN'T LIFE DELICIOUS?

-paris wolf, age 5

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- Chef Rod Butters and Audrey Surrao

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When true pizza lovers crave great pizza, they come to Bordello's Italian Pizzeria and watch the dough fly. Put a little dough down and come enjoy what our readers say is the Best Pizza in the Central Okanagan.

## Best Late Night Bite (After 9PM)

### Central

- 1 Boston Pizza
- 2 Joey Kelowna
- 3 Kelly O'Bryan's

### North

- 1 Original Joe's
- 1 Boston Pizza
- 2 Sir Winston's Pub
- 3 Kelly O'Bryan's

### South

- 1 Peacock's Perch
- 2 Earls
- 3 Breeze Bar & Grill (Osoyoos)

## BEST CRAVINGS

### Best Tapas / Appies

#### Central

- 1 Cactus Club Cafe
- 1 Waterfront Restaurant & Wine Bar
- 2 Joey Kelowna
- 3 The Yellow House

#### North

- 1 Italian Kitchen
- 2 Sir Winston's Pub
- 3 Crush Bistro
- 3 Allora (Silver Star)

#### South

- 1 Bufflehead Pasta & Tapas Room
- 2 Local Lounge • Grille (Summerland)

- 2 Salty's Beach House
- 3 Peacock's Perch

### Best Soup

#### Central

- 1 Wood Fire Bakery
- 2 McCulloch Station
- 3 The Bike Shop Café

#### North

- 1 The Sprouted Fig
- 2 Brown Derby Cafe (Armstrong)
- 3 Sunshine Corner Cafe

#### South

- 1 Sage & Vines Bistro
- 2 Opus Café Bistro
- 3 Valentini's Café

### Best Salad

#### Central

- 1 Joey Kelowna
- 2 Cactus Club Cafe
- 3 The Chopped Leaf
- 3 Twisted Tomato

#### North

- 1 Earls
- 2 The Phoenix Steakhouse
- 3 Wendy's

#### South

- 1 Earls
- 2 Local Lounge • Grille (Summerland)
- 3 Zias Stonehouse (Summerland)

### Best Seafood

#### Central

- 1 Christopher's
- 2 Codfathers Seafood Market
- 2 The Keg
- 3 Ric's Grill

#### North

- 1 Joey's
- 2 C-Lovers

#### South

- 1 Salty's Beach House
- 2 Cozy Bay Seafood Cafe
- 3 Buy the Sea

### Best Poultry

#### Central

- 1 Cactus Club Cafe
- 2 Montana's
- 3 Twisted Tomato
- 3 Old Train Station Pub

#### North

- 1 Brown Derby Cafe (Armstrong)
- 2 The Italian Kitchen

#### South

- 1 Amante Bistro

### Best Steak

#### Central

- 1 The Keg
- 2 Chop Steakhouse Bar
- 3 Ricardo's Mediterranean Kitchen
- 3 RauDZ Regional Table

#### North

- 1 The Pheonix Steakhouse
- 2 Intermezzo Restaurant
- 3 Cattlemen's Club Restaurant

#### South

- 1 Sage & Vines Bistro
- 2 Black Iron Grill & Steakhouse
- 3 Theo's Restaurant

### Best Vegetarian

#### Central

- 1 Dawett
- 2 Pho Soc
- 3 Poppadoms

#### North

- 1 The Sprouted Fig
- 2 Monashee's Bar & Grill
- 3 Crush Bistro

#### South

- 1 Fresh Healthy Café
- 2 Isshin
- 3 Iyara Thai Restaurant

### Best Sandwich / Wrap / Panini

#### Central

- 1 Subway
- 2 Mediterranean Market
- 2 Wrap Zone
- 3 Jugo Juice

#### North

- 1 Wrap Zone
- 2 The Sprouted Fig
- 3 Extreme Pita

#### South

- 1 Dolci Artisan Fare (Osoyoos)
- 2 Valentini's Café
- 3 The Bench Market

### Best Burger

#### Central

- 1 Gorgeous George's
- 2 Five Guys (West Kelowna)
- 3 Fat Burger
- 3 Burger Baron

#### North

- 1 Kal Sports Bar & Grill
- 2 Anchor Inn Pub (Armstrong)
- 3 Earls

#### South

- 1 Burger 55
- 2 Peacock's Perch
- 3 White Spot

### Best French Fries

#### Central

- 1 Bouchons Bistro
- 2 McDonald's
- 3 Gorgeous George's
- 3 Burger Baron

#### North

- 1 Kal Sports Bar
- 2 McDonald's
- 3 Squires Four Pub

#### South

- 1 Jeffers Fryzz
- 2 Spud Brothers (Summerland)
- 2 Burger 55
- 3 Cozy Bay Seafood Cafe

### Best Fish & Chips

#### Central

- 1 Shady Rest British Fish & Chips
- 2 Lord Chumley's Fish & Chips
- 3 Codfathers Seafood Market

#### North

- 1 C-Lovers
- 2 Joey's
- 3 Junction Cafe (Armstrong)

### South

- 1 Buy the Sea
- 1 Cozy Bay Seafood Cafe
- 2 Salty's Beach House
- 3 Sinbads Seafood Café (Oliver)

### Best Pizza

#### Central

- 1 Bordello's Italian Pizzeria
- 2 Boston Pizza
- 3 DunnEnzies Pizza
- 3 Mr. Mozzarella

#### North

- 1 Boston Pizza
- 2 Jim's Place
- 3 JJ's Pizza Plus

#### South

- 1 Mykono's Pizza & Spaghetti House
- 1 Papa Murphy's
- 2 Murray's Pizza
- 3 Prima Pizza

### Best Sushi

#### Central

- 1 Momo Sushi

#### 2 Ozeki

- 3 Aomi Sushi
- 3 Genji

#### North

- 1 Wasabi
- 2 Mahoroba
- 2 Bento & Sushi
- 3 Vernon Tokyo Sushi

#### South

- 1 Isshin
- 2 Ginza Sushi
- 3 Just Delicious Bistro (Summerland)

### Best Ice Cream

#### Central

- 1 Marble Slab Creamery
- 1 Moo-Lix Ice Cream Shop
- 2 Foothills Creamery
- 2 Annegret's
- 3 Okanagan Fudge & Sundae

#### North

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

#### South

- 1 Tickleberry's (Okanagan Falls)
- 2 Summerland Sweets (Summerland)
- 2 Ogos Ice Cream
- 3 Medici's Gelateria (Oliver)

### Best Dessert

#### Central

- 1 Moxie's Grill & Bar
- 2 Bonfire Grill at The Cove (West Kelowna)
- 3 RauDZ Regional Table

#### North

- 1 Crush Bistro
- 2 Eclectic Med
- 3 Bean to Cup

#### South

- 1 Bogner's of Penticton
- 1 Zias Stonehouse (Summerland)
- 2 La Casa Ouzeria
- 3 Accent Chocolate

### BEST OF THE REST

### Best Bakery

#### Central

- 1 Specialty Bakery

- 2 Tripke Bakery
- 3 Okanagan Grocery

#### North

- 1 Sweet Caroline's Bakery
- 2 COBS Bread
- 3 Okanagan Bake House

#### South

- 1 Wouda's Bakery
- 2 Cake Box Bakery (Summerland)
- 3 Blue Icing Dessert Bakery

### Best Place To Buy Fruit & Veggies

#### Central

- 1 Kelowna Farmers' & Crafters' Market
- 2 Old Town Farm Market
- 2 Quality Greens
- 3 Paul's Produce

#### North

- 1 Quality Greens
- 2 Swan Lake Nurseryland
- 3 Nature's Fare

#### South

- 1 Quality Greens
- 2 Old Town Farm Market

## Gasthaus On The Lake

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fine wine and  
good friends.*



### Canadian Concert Series

May 26<sup>th</sup> - The Boom Booms  
June 23<sup>rd</sup> - Acres of Lions  
July 28<sup>th</sup> - Redeye Empire  
August 25<sup>th</sup> - Said the Whale

**Sept 8<sup>th</sup> - Grand Finale - SLOAN**  
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## readers' choice

### Best Health / Natural Foods Store

#### Central

- 1 Nature's Fare
- 2 Choices Market

#### North

- 1 Nature's Fare
- 2 Simply Delicious
- 3 The Sprouted Fig
- 3 Choice's Market

#### South

- 1 Whole Foods Market
- 2 Food Emporium

### Best Coffee / Tea House / Herbs & Spices

#### Central

- 1 Second Cup
- 2 Bean Scene
- 2 Blenz Coffee
- 2 Lake Country Coffee House
- 3 Abby's Spice & Tea Store
- 3 The Jammery

#### North

- 1 Bean Scene
- 2 Blenz Coffee
- 3 Bean to Cup

#### South

- 1 The Beanery Coffee Company (Summerland)
- 2 The Bellevue Café
- 3 Fibonaccci Roastery & Cafe
- 3 Medici's Gelateria (Oliver)
- 3 The Bench Market

### Best Caterer

#### Central

- 1 Bohemian Café
- 2 Jimmy Ho's
- 2 Deli City
- 3 The Bread Company

#### North

- 1 Guntree Catering
- 2 Bento & Sushi
- 3 Ora

#### South

- 1 Joy Road Catering
- 2 Valentini's Café
- 3 Murray's Pizza

### Best Fast Food

#### Central

- 1 Jimmy Ho's
- 2 Wendy's
- 2 Subcity Donair
- 3 Five Guys (West Kelowna)

#### North

- 1 Wendy's
- 2 Extreme Pita
- 3 Bento & Sushi

#### South

- 1 Burger 55
- 2 Taco Time
- 3 Subway

### Best Local White Wine

#### Central

- 1 Quails' Gate Chasselas
- 1 Gray Monk Latitude 50
- 2 Summerhill Gewurztraminer
- 3 The View Gewurztraminer
- 3 Mission Hill Chardonnay

#### North

- 1 Recline Ridge Siegerrebe
- 2 Sunnybrae Turner Road
- 3 Larch Hills Mad Angie

#### South

- 1 La Frenz Sauvignon Blanc
- 2 Haywire Pinot Gris
- 3 8th Generation Pinot Gris
- 3 Therapy Vineyards Freudian Sip
- 3 Wild Goose Vineyards Pinot Blanc

### Best Local Red Wine

#### Central

- 1 Mission Hill Merlot
- 2 CedarCreek Pinot Noir
- 2 Quails' Gate Pinot Noir
- 3 House of Rose Hot Flash

#### North

- 1 Recline Ridge Grande Pinot
- 2 Granite Creek Meritage
- 3 Celistar Maréchal Foch

#### South

- 1 Red Rooster Meritage
- 2 Burrowing Owl Cabernet Franc
- 3 Black Hills Nota Bene
- 3 Laughing Stock Portfolio

### Best Local Beer

#### Central

- 1 Tree Brewing Thirsty Beaver
- 2 Mill Creek Lord Nelson's Pale Ale
- 3 Big Surf Beer Laid Back Lager

#### North

- 1 Okanagan Spring Pale Ale
- 2 Crannog Ales Back Hand of God Stout

#### South

- 1 Barley Mill Mustang Pale Ale
- 2 Cannery Brewing Squire Scotch Ale
- 3 Tin Whistle Peaches and Cream ■

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