



Central Mountain Air

ALTITUDE

in-flight magazine

Campbell River

Notes from an Insider

Something is brewing

Kelowna's fast-growing beer industry

Take a hike

Trekking in the Lower Mainland

PG owns the seasons

A whirlwind trip to beautiful Prince George

uplift

Book Now. Pay Later.

www.flycma.com | [#flycma](https://twitter.com/flycma) | April 2023

35
Central Mountain Air
YEARS



SHELLEY MCKAY & ED HANDJA

Personal Real Estate Corporation & Personal Real Estate Corporation

& GREG DU CLOUX



The BC Oceanfront Real Estate Team

Specializing in Unique Coastal Real Estate in British Columbia

Shelley 250.830.4435 • Ed 250.287.0011

Greg 250.895.1346



1.888.286.1932 • theteam@bcoceanfront.com

Great Choices for Recreational Use & Year-round Living • www.bcoceanfront.com • Great Choices for Recreational Use & Year-round Living

Great Choices for Recreational Use & Year-round Living • www.bcoceanfront.com • Great Choices for Recreational Use & Year-round Living



Tahsis Oceanview Property: 2.8 acres, 2100sqft 4 bedroom home, impressive 2816sqft 5 year old shop. Spectacular views over Tahsis Inlet and the surrounding mountains. Lots of room for storage, parking, boats, etc. Gated driveway and hard-wired camera surveillance system. An ideal offering for a family or group purchase on Vancouver Island's west coast. **\$599,900**



Hidden Cove Lodge: Eco-resort on Vancouver Island, just north of Telegraph Cove. 8 acres with oceanfront on a private bay. Resort facilities include a main lodge, cabins and modern suites, offering a comfortable nature get-away. Drive to, off-grid property with substantial infrastructure in place. Great opportunity to purchase an established resort. **\$3,450,000**



Oceanview Family Home: Attractive 2-story home with ocean and mountain views in Tahsis. 4 bedrooms, open concept living space, good storage. Two patios, large windows, wood features throughout. Shop with power and vehicle access. Terraced property, with firepit on the upper level. Lane and road access. Short walk from marina. West coast Vancouver Island. **\$289,900**



Riverfront Development Property: Rare opportunity on the Campbell River, just minutes from town yet surrounded by spectacular nature. Undeveloped property with 56ft of riverfront. Zoning allows for a single-family home with or without a secondary suite as well as multi-family residences. Municipal services are connected and available on site. **\$749,900**



DL1489 Jackson Bay: 33.7 acre oceanfront property in Topaze Harbour on the BC mainland coast in Johnstone Strait. Zoned for residential and commercial use. Multiple dwellings, a workshop and outbuildings, moorage and substantial infrastructure in place. Beautiful views and sunny exposure in this appealing coastal location with easy access to miles of Crown land to explore. **\$1,500,000**



INSIDE

CENTRAL MOUNTAIN AIR IN-FLIGHT MAGAZINE

 **Black Press Media**

ASSOCIATE

GROUP PUBLISHER

Janet Gairdner
jgairdner@blackpress.ca

EDITOR

Susan Lundy

GRAPHIC DESIGN

Tammy Robinson

CONTRIBUTING WRITERS

Shereen Abbas, Amy
Attas, Chloe Sjuberg, Hans
Tammemagi, Krystal Wiggins

ADVERTISING INQUIRIES

Janet Gairdner

250.480.3251
jgairdner@blackpress.ca

PUBLISHED BY

Black Press Media
818 Broughton St.
Victoria, BC V8W 1E4
blackpress.ca

Central Mountain Air magazine is published six times per year and is distributed on all Central Mountain Air flights. The points of view or opinions expressed herein are those of the authors and do not necessarily reflect the views of the publisher or Central Mountain Air. The contents of Central Mountain Air magazine are protected by copyright, including the designed advertising. Reproduction is prohibited without written consent of the publisher.



Features

- 10** PG owns the seasons
A whirlwind trip to beautiful Prince George
- 14** Something is brewing
Kelowna's fast-growing beer industry
- 16** Market day
Hop on the BC Farmers' Market Trail
- 20** Take a hike
Five spots to trek in the Lower Mainland

Departments

- 04** A word from CMA
President's message
- 05** Welcome aboard CMA
Our fleet
- 07** En Route
News from CMA
- 07** Route map
- 08** Crosswinds
News from nearby
- 23** CMA fare information
Airfare categories and pricing
- 24** Final Approach
Campbell River Insider
- 26** What's Happening?
Events in CMA destinations



ON THE COVER

Elk Falls Provincial Park, Campbell River
Photo Tyler Cave

Thank you for your continued trust in Central Mountain Air.



Douglas McCrea
President, Central Mountain Air

Spring has sprung, and with that we look forward to summer travel just around the corner.

Here at Central Mountain Air, we offer scheduled service to 10 communities across British Columbia and Alberta, and we are working to better understand our customers' wants and needs.

Thank you for your continued feedback as we work towards improvements that will make our airline experience more accessible and convenient for our customers. Visit flycma.com to start planning your summer adventures across western Canada.

We are always looking for new people who are interested in a career in the aviation industry to join the team at CMA. If you are interested in an

exciting career in aviation with amazing benefits, work-life balance, opportunities for growth and memories that will last a lifetime, please check out our available openings at flycma.com/careers.

As always, I invite you to follow our journey online through social media on Facebook, Twitter, LinkedIn and Instagram, and by signing up for our e-newsletter, where you will find announcements, stories and updates.

Thank you for your continued trust in Central Mountain Air, and we look forward to welcoming you aboard in the near future.

~ Douglas McCrea

Connect with CMA



 Tag us in your travel pictures!
#flyCMA

 **Central Mountain Air**

 facebook.com/flycma

 instagram.com/flycmaair

 twitter.com/FlyCMAir

 linkedin.com/company/flycma

Check our scheduled destinations

Central Mountain Air Ltd.

Box 998, 6431 Airport Road
Smithers, BC, V0J 2N0
Ph. 1-888-359-2620
Fax. (250) 847-3744

Reservation Info: 1-888-865-8585 • reservations@flycma.com

Send resumes to: jobs@flycma.com

Corporate Communications: corporate.communications@flycma.com

Customer Care: customer.care@flycma.com

Sales & Marketing: marketing@flycma.com

Direct all other inquiries to: info@flycma.com

Airline Designator: 9M

Airline Code: 634

Teletype Address: YYDRM9M

MEET OUR FLEET

Over 35 years of quality service, saving you time and money with our flexible, convenient, and affordable options. We offer scheduled, charter, and cargo flights across a unique network of communities throughout British Columbia, Alberta, and Western Canada.

To learn more contact us at charters@flycma.com



BEECH 1900D



Manufacturer: Beechcraft | Cabin: 18 Seats
Flight Crew: 2 Pilots | Flight Attendants: 0
Speed: 330 MPH | Altitude: 25,000 ft

Twin engine turboprop aircraft offering a comfortable, pressurized environment with a roomy stand-up cabin and washroom facilities.

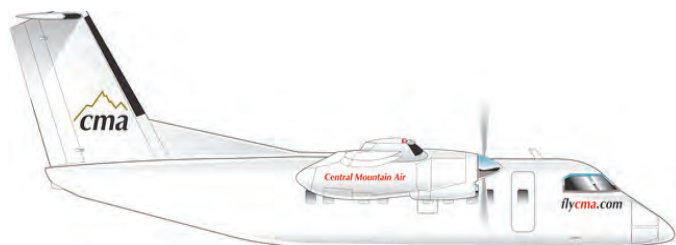
DORNIER 328



Manufacturer: Fairchild Dornier | Cabin: 30 Seats
Flight Crew: 2 Pilots | Flight Attendants: 1
Speed: 375 MPH | Altitude: 31,000 ft

Designed to offer passengers the comforts of stand-up headroom, inflight service, executive seating and a bathroom located in the rear of the aircraft.

DASH 8-100



Manufacturer: De Havilland | Cabin: 37 Seats
Flight Crew: 2 Pilots | Flight Attendants: 1
Speed: 310 MPH | Altitude: 25,000 ft

A regional airliner able to operate from unprepared airstrips while offering passengers the highest level of onboard amenities, including stand-up headroom, onboard washroom, galley and a flight attendant.

DASH 8-300



Manufacturer: De Havilland | Cabin: 50 Seats
Flight Crew: 2 Pilots | Flight Attendants: 1
Speed: 328 MPH | Altitude: 25,000 ft

A leader for short field performance, perfect for both cities and remote locations. A spacious 2X2 seating layout, leather seats, and ample headroom for up to 50 passengers. All weather and gravel certified ensuring you can fly anywhere, anytime.

YXT

Terrace-Kitimat

GET CONNECTED THROUGH THE NORTHWEST REGIONAL AIRPORT

Capacity

Executive board room, full service restaurant and vehicle rentals (National, Hertz, Budget & Driving Force)

Connections

Connections to Vancouver, Calgary, Prince George, Bob Quinn and Dease Lake with unrestricted aircraft accommodation including 757, 737 and 767

Reliability

A state of the art instrument landing system upgraded in 2015 allowing for 99.7% reliability of scheduled flight completion

Safety

Aircraft Rescue Fire Fighting

Port Edward
1 hr 30 mins

Meziadin
Junction
2 hrs 30 mins

Terrace
15 mins

JUST A
SHORT
DRIVE
AWAY

Kitimat
35 mins



Northwest Regional Airport
Terrace-Kitimat

103-4401 Bristol Rd., Terrace BC | (250) 635-2659 | www.yxt.ca

CAPACITY • CONNECTIONS • RELIABILITY • SAFETY



CHARTERS:

Take your air travel to new heights

Curious about hiring a private charter? At CMA, we make the experience as seamless and stress-free as possible.

We have over 35 years of experience in providing highly specialized charter services to a range of clients with a variety of needs. We pride ourselves on operational safety and excellence by meeting and surpassing some of the highest standards of safety and performance.

We operate a fleet of over 30 aircraft including Beechcraft 1900D, Dornier 328, De Havilland Dash 8-100/200/300 and King Air

350/350i, with access to our affiliates' Dash 8-400 and CRJ 100/200. So, whatever your needs, we can accommodate you.

Some of the top benefits of chartering include flexibility and convenience. With our charter service, you are able to set the schedule that you want, and we are able to fly to more destinations than those on our scheduled service.

For your next trip, tailor your air travel services to your needs and book a private charter with us today. For more information on charters or to request a quote, visit flycma.com/charters.

ROUTE MAP

Connect to communities within our scheduled network

Travel to the communities shown in our route map:

Reservations:

1-888-865-8585

Air charter services tailored to your exact needs

When you need your own schedule:

We offer a diverse and modern fleet of aircraft for your business, personal, workforce or group transportation needs.

Charter Line:

1-866-731-7992





Klahoose Wilderness Resort received the Indigenous Operator or Experience Award at the 2023 BC Tourism and Hospitality Awards, presented March 2. Photo courtesy Klahoose Wilderness Resort



The Parkside Hotel and Spa received the Sustainability Award during the 2023 BC Tourism and Hospitality Awards. Photo courtesy Parkside Hotel and Spa



The Tigh-Na-Mara Seaside Spa Resort and Conference Centre in Parksville received the Community Contribution & Impact Award at the 2023 BC Tourism and Hospitality Awards. Photo courtesy Tigh-Na-Mara

BC's best are recognized in the 2023 BC Tourism and Hospitality Awards

By Jennifer Blyth, westcoasttraveller.ca

The best of the best in British Columbia tourism were recognized last month during the 2023 BC Tourism and Hospitality Awards. Part of the 2023 BC Tourism and Hospitality Conference Awards Gala, hosted by the BC Hotel Association (BHCA) and the Tourism Industry Association of BC, the winners were selected from 27 finalists.

"The winners and finalists of the 2023 BC Tourism and Hospitality Awards are a testament to the rich talent and hard work of those in the hospitality and tourism sector across our fair province," said Ingrid Jarrett, BCHA president and CEO.

Presented by Indigenous Tourism BC, the gala recognized nine award winners for their excellence, leadership and innovation within British Columbia's tourism and hospitality sector.

"These distinguished winners have demonstrated an unwavering commitment to excellence in their respective professions and have provided an exceptional experience to all visitors to our province," said Walt Judas, CEO of the TIABC.

The winners and finalists of the 2023 BC Tourism and Hospitality Awards include:

ACCESS & INCLUSION AWARD sponsored by Destination British Columbia: Sport Surrey, City of Surrey. Finalists were The BC Bird Trail and the Vernon Adaptive Program.

BUSINESSWOMAN OF THE YEAR sponsored by Prince of Whales: Kate Cox, Barkerville Heritage Trust. Finalists were Lan Do, Banh Mi Tres Bon and Sarah Vallely, OPLUS Hotel Vancouver.

COMMUNITY CONTRIBUTION & IMPACT AWARD sponsored by Tourism Richmond: Tigh-Na-Mara Seaside Spa Resort and Conference Centre. Finalists were Destination Campbell River and John Rae, Resort Municipality of Whistler and Karen Goodwin, Tourism Whistler.

EMPLOYEES FIRST AWARD sponsored by go2HR: Sun Peaks Resort, near Kamloops. Finalists were Gooseneck Hospitality and The Oswego Hotel.

REMARKABLE EXPERIENCE AWARD sponsored by British Columbia Destination Marketing Organization Association: Northern FanCon. Finalists were Barkerville Historic Town and Park and Rambo First Blood, Tourism Hope, Cascades & Canyons.

INDIGENOUS OPERATOR OR EXPERIENCE AWARD sponsored by Indigenous Tourism Canada and Indigenous Tourism BC: Klahoose Wilderness Resort in Desolation Sound. Finalists were Homalco Wildlife and Cultural Tours and Nemiah Valley Lodge.

INNOVATION AWARD sponsored by Acera Insurance and CapriCMW: Beyond the Haunting Investigations. Finalists were Driftwood Outdoor Guide & Business Apprenticeship and Misty Isles Economic Development Society.

PROFESSIONAL EXCELLENCE (DMO) AWARD sponsored by Tourism Whistler: Destination Greater Victoria. Finalists were Tourism Chilliwack and Tourism Prince George.

SUSTAINABILITY AWARD sponsored by Nanaimo Airport: The Parkside Hotel & Spa. Finalists were Monte Creek Winery and Spirit of the West Adventures.



New festival covers all the flavour bases

Inspired by unique pairings between chefs and mixologists, a new festival called **Bacon, Beer and Bourbon** will celebrate the best of seasonal beer, bourbon cocktails, and the smells and tastes of pork-forward creations by local chefs.

“Dream of the smell of bacon wafting across your nose while you sip on a batch bourbon cocktail laughing with a friend. We want to create the ultimate backyard party that mimics elements of a fair but focuses on being strictly adult,” says festival founder David Bain.

The festival, set to take place June 24 at Starlight Plaza in Langford (near Victoria), focuses on bold rich flavours that elevate the barbeque season. Tickets went on sale February 23 and can be accessed here: bit.ly/BBBLangford

An adult-specific festival, guests will receive a welcome cocktail or beer upon arrival, and a complimentary piece of Hertel Meats’ bacon. They will then be invited to wander through the grounds, exploring the wares of festival vendors, enjoying buskers and indulging in the rich flavours created by participating chefs and beverage vendors.

Festival-goers will also have the chance to show off their competitive sides in the oversized lawn games, and vote for their favourite creations from the array of chefs and mixologists.

BC Ferries launches app for better trip management

Those wanting to explore British Columbia’s coasts can now plan and track their travels from their phone. BC Ferries has launched an app that will allow passengers to make bookings, manage trips, check in at the terminal and find other travel information.

“The app is about giving customers the tools needed to enhance their trip-planning experience through their mobile device,” says Janet Carson, BC Ferries’ vice president of marketing and customer experience.

The app includes a travel preferences section, allowing customers to check schedules and current conditions on their favourite routes, while an “express book” feature will make securing a spot on saved sailings quick and efficient, according to a news release.

The current conditions section shows sailing statuses and estimated deck space on selected routes. Passengers can also set up alerts to get notifications on service notices and coming sailing reminders.



A seamless check-in feature lets passengers find their upcoming trips on the app dashboard and access their booking barcode for scanning. Users can also log in with new or existing BC Ferries accounts.

The BC Ferries app is available on the Apple App Store or Google Play Store and more information can be found at bcferries.com/app



PG OWNS *THE SEASONS*



A whirlwind visit to beautiful Prince George

BY • HANS TAMMEMAGI

Wanting to cram as much as possible into my two-day visit to Prince George, I meet Rhea Stark, the city's tourism coordinator, at Lheidli T'enneh Memorial Park, which was renamed from Fort George Park in 2015 in honour of the local First Nations. The park sits on the west shore of the Fraser River, about two kilometres south of where it joins the Nechako River.

I am immediately drawn to the Fort George Railway, a passenger train pulled around a 2.2-kilometre circuit by the Little Prince mini-steam wood-burning engine, built in 1912. The sound of kids oohing and ah-ing mingles with the chug-chug-chug of the Little Prince, which was present at the driving of the Grand Trunk Pacific Railway's last spike.

"This is my favourite spot in Prince George," says Rhea. "With a population of 74,000, PG—as the locals call it—is big enough to offer virtually everything, yet small enough to still be friendly and personal. I love the spirit of community and pride. There is a wonderful feeling of being welcome here."

Next, we enter The Exploration Place, a modern museum brimming with hands-on science exhibits. I head for the Hodul'eh-a: A Place of Learning Gallery, designed in conjunction with the Lheidli T'enneh First Nation, on whose unceded territory the city is situated. I pore over old photos, blankets, pipes and other cultural artifacts, impressed by the area's 9,000 years of history.

A short drive takes us to Cottonwood Island Nature Park. Crossing a wooden bridge, we follow a path into the forest, and start a scavenger hunt for faces, fairy houses and a dragon—in the form of 20 carvings on trees by local artist Elmer Gunderson. Rhea says the area is also good for wildlife spotting, which might include beavers. A few months ago she saw a bear in a tree.

Soon I am enjoying a 360-degree panoramic view of the city and the Fraser River from atop Connaught Hill. Located in downtown Prince George, Connaught Hill Park is easily accessible and beautifully landscaped. While enjoying the grand views, I learn the park is named for Canada's 10th governor general, Prince Arthur, the Duke of Connaught and Strathearn.

I am sad, however, that we won't have time to visit all of Prince George's numerous parks, including the David Douglas Botanical Garden



*Spectacular mountain biking at the Pidherny Recreation Site.
Photo by J.Bartlett, Tourism Prince George*

next to the University of Northern British Columbia. Nor will I get to try the mountain bike trails at the Pidherny Recreation Site, at the northwest edge of the city. I've heard the rides are awesome.

That evening at CrossRoads Brewing & Distillery, I join Joe Wiebe (the author of *Craft Beer Revolution: The Insider's Guide to BC Breweries*) and a group of beer aficionados, who are touring The Northern BC Ale Trail. Not only do we visit the shining brewing vats and taste all the beers—I love the caramel malt taste of the George St Brown Ale—but we eat great pizza from a large wood-fired brick oven. While chatting, I learn Prince George is an anchor of The BC Ale Trail, offering two other craft breweries: Deadfall Brewing Company and Trench Brewing & Distilling. Apparently, Wiebe's group is en route to taste their products also. I wish them well.

In addition to breweries, Rhea explains, PG has Canada's most northerly winery: Northern Lights, an elegant riverside establishment that specializes in fruit wines. Rhea says she enjoys all-season activities there, including outdoor performances, yoga, lights in the winter and more.

That night I sleep very well. The next day, the whirlwind continues. Stopping at the Central BC Railway and Forestry Museum, I am aston-

ished at its size and the staggering number of exhibits. We walk among an enormous number of old trains, visit the Penny railway station and even ride on a miniature train.

Then we drive east to the Chun T'oh Whudujut or Ancient Forest Provincial Park and hike into the only old-growth rainforest in the interior of BC. Enormous red cedars tower over us, some up to 2,000 years in age. We follow a boardwalk through a diverse ecosystem that includes mosses, lichens, beech fern and wild ginger. Earlier on the drive, we saw a moose and two bears. We gaze in awe at the ancient Treebeard and Big Tree, two red cedars that reach far into the sky.

Driving back, I regret that we do not have time to visit and walk the trails that wind through wildlife-rich Eskers Provincial Park and Fort George Canyon Provincial Park, with its dramatic whirlpools.

That afternoon, my thoughts turn from nature to culture as I head for Two Rivers Gallery, a centre for contemporary Canadian art and creativity. I wander through the displays, particularly moved by the brilliant blues and purples of the northern lights silhouetting a dog sled in a paint-



One of many tree carvings at the Cottonwood Island Nature Park. Photo by Hans Tammemagi



Signs at the Chun T'oh Whudujut or Ancient Forest Provincial Park. Photo by Hans Tammemagi

ing by Erin Stagg. The gallery presents not only art but also lectures and workshops. However, what I love best is that it's free to get in!

That evening I seek classy cuisine. I sip a Cabernet Sauvignon at Betulla Burning, a Neapolitan restaurant, and order its wagyu steak frittes. After all, wagyu beef is one of the most sought-after meats in the world. Delicious, I think, and very juicy, with sweetness and some serious umami flavour. The server notes there are many top restaurants in town. She also recommends attending a performance of the Prince George Symphony Orchestra. If only I had more time, I muse.

Flying home the next day, I recall Prince George's slogan: "We own the winter." OK, I think, but over the past two days I've learned PG owns the other seasons too.

TRAVEL WITH CMA

CMA flies to Prince George 5 times per week from Edmonton, Kelowna and Terrace, and 3 times per week from Fort Nelson.

Book now at flycma.com



A HOME with Heart!

• The Camelot - Victoria •

CALL US TODAY! 250.384.3336

Boutique Independent Retirement Living with Supportive Services

- Wedgwood House, Duncan
- Stevenson Place, Comox
- Hawthorne Place, Qualicum

NovaPacific.ca
Licensed Strata Property Management

SOMETHING'S BREWING in Kelowna

Fast-growing industry
highlights beer, creative
themes and top-notch cuisine

BY • SHEREEN ABBAS

Ten years ago, wineries dominated the alcohol and activities sector in Kelowna. But today, they share a space with the city's fast-growing craft brewery industry.

Craft beer has become popular with both locals and tourists, as customers flock downtown and to Kelowna's north end, which now boasts over 10 breweries within walking distance of each other.

The unique landscape of a brewery district that's located just steps away from Okanagan Lake, with its mountainous backdrop, augments the experience, and visiting has become a popular activity—whether it's to sample flights or stay for dinner.

High-calibre chefs are taking residency at breweries, where they can let their creative flair shine and have a selection of unique beer to pair it with. Kettle River Brewing Co. is one example, with notable chef Brock Bowes taking the helm of Provisions Kitchen and offering items like the enormous Weekend Big-Board—dinner for two that changes weekly.

Just a few doors down, it's all about dogs at Unleashed Brewing. As the first brewery in Kelowna to obtain a permit allowing dogs indoors, flights arrive in dog bowls with canine-inspired names.

Right beside it, the Welton Arms Craft Beer and Restaurant emulates a British pub. Its owner, a British immigrant, opened the location to bring flavours of ale and lager from his home country to Canada.

Railway Brewing, the newest addition to the area, embraces the active Okanagan lifestyle, so customers who use the Okanagan Rail Trail can walk, run or cycle up to the patio.

Sustainability also comes into play as Kelowna Beer Institute uses spent grain to bake fresh pizza, while many other breweries such as Jackknife and Rustic Reel donate their spent grains to local farms as feed.

As the industry grows, the beer community has banded together to support each other, forming the Central Okanagan Brewery Association (COBRA) earlier this year. More than 20 craft breweries are part of the association, which spearheaded the region's first Kelowna Beer Week, stretching from Lake Country to West Kelowna, in winter 2022.

With endless year-round patios, entertainment and, of course, delicious local craft beer on the menu, breweries have solidified their presence as a worthy reason to visit Kelowna.



Kettle River Brewing Co.



Welton Arms Craft Beer and Restaurant.



Jackknife Brewing.
Photo courtesy of
Tourism Kelowna and
The BC Ale Trail.



Kelowna Brewing Company.

TRAVEL WITH CMA

CMA flies directly to Kelowna 5 times a week from Prince George, and 2 times per week from Vancouver.

Book now at flycma.com





Waivin Flags **TAXI**

250-287-8294 (TAXI)

SERVICING THE CENTRAL ISLAND

250-230-8294 (TAXI)

SERVICING THE TRI-PORT AREA

**Large passenger vehicles including
2-40 passenger vehicles**

waivinflagstaxi.com

Wheelchair Accessible now available



Pier Street Farmers' Market & Arts Fair,
Campbell River
Photo by Troy Moth



Kelowna Farmers' and Crafters'
Market
Photo by Johann Vincent



Cariboo Direct Farm Market in Williams Lake
Photo by Darrin Rigo



Cariboo Direct Farm Market
in Williams Lake
Photo by Darrin Rigo

Market DAY

Hop on the BC Farmers' Market Trail for fresh, local and sustainable

BY • KRYSTAL WIGGINS



Kelowna Farmers' and
Crafters' Market
Photo by Johann Vincent



Kelowna Farmers'
and Crafters' Market
Photo by
Johann Vincent

Summer is almost here, and the farmers' market season in BC looks to be more impactful than ever. Locals and travellers can find buzzy up-and-coming food businesses, farm-fresh food and artisan goods across every region of the province through the BC Farmers' Market Trail.

This free, comprehensive, mobile-friendly website provides access to more than 145 authentic farmers' markets across 10 regions, from Northern BC to the Kootenay Rockies, Vancouver Island, the Gulf Islands and beyond.

"BC farmers' markets have always been known for supporting local food and food lands, but people may not realize that farmers' markets are where thousands of BC's most beloved businesses get their start, including local favourites like The Juice Truck and Spread'em Kitchen," says Heather O'Hara, executive director of the BC Association of Farmers' Markets.

Each year, farmers' markets across the province contribute more than \$150 million in economic benefits to the provincial economy. By supporting vendors at farmers' markets this summer, British Columbians will be directly supporting local businesses, while also contributing to the preservation and sustainability of BC's food lands for future generations.

"In the wake of ongoing supply-chain issues faced by many in our province, people have become more committed to shopping for food and dining out in ways that reflect their values," explains Wylie Bystedt, board chair of the BC Association of Farmers' Markets. "Each and every one of us plays an important role in preserving our local food systems and supporting our communities through the thoughtful, sustainable food choices we make. The BC Farmers' Market Trail tool makes it easy and fun for people to shop and dine with their values top of mind—while supporting local businesses, too!"



Prince George Farmers' Market
Photo by Darrin Rigo



Quesnel Farmers' Market
Photo by Annie Gallant



Pier Street Farmers' Market & Arts Fair,
Campbell River
Photo by Troy Moth



Cariboo Direct Farm Market
in Williams Lake
Photo by Darrin Rigo

The farmers' market summer season begins in mid-May and runs until early September, with specific opening dates and times varying by location and region.

The unprecedented events of the last three years have amplified the importance of supporting local businesses and the role everyone plays in preserving our local food systems and food preservation traditions.

The BC Farmers' Market Trail gives British Columbians and travellers alike a user-friendly website to find markets by name, region, community, season or other key features—such as dog-friendly or wheelchair-accessible—making it an essential resource to use all season long.

To use the trail, visit bcfarmersmarkettrail.com. From here, filter by region and season to find the best local food and businesses that BC has to offer.

Visitors to this year's markets can expect a diverse variety of food, artisan goods, and delicious eat-at-the-market options.

SOME OF THE MANY NEWSWORTHY VENDORS INCLUDE:

NINA'S PIEROGI: Offering handmade pierogies in gluten-free or organic unbleached dough in the Vancouver region.

THE BANANA BIKE: Serving small-batch, chocolate-dipped frozen bananas, also in the Vancouver region.

HIVEOLOGY: Featuring organic, cruelty-free raw honey.

SICA MOO JERKY: Offering AA+ specialty beef jerky made daily in the Thompson-Okanagan region.

VAN ISLE KEFIR CO.: Brewers and distributors of the novel "apple kefir drink," a delicious, kombucha-like fermented soda made from 100 per cent apple juice in the Vancouver Island & Gulf Islands region.

NECHAKO MICROGREENS: Offering locally grown microgreens in the Cariboo Chilcotin Coast region.

VAN ISLE WILD: Offering a variety of local goods including eggs, fruits, berries, herbs, honey, mushrooms, seedlings and nursery plants, vegetables, infused vinegars, smoked honey, jams and jellies at several markets on Vancouver Island.

DULCE ZA ZA BAKERY: Serving Peruvian baked goods at Burnaby City Hall Farmers' Market in the Metro Vancouver region.

MORRGEN'S ALL GLUTEN FREE: Offering a variety of gluten-free baked goods at the Kelowna Farmers' and Crafters' Market in the Thompson-Okanagan region.

NICK'S FAMOUS JERKY: Featuring small handmade batches of jerky in delicious flavours, available at several markets in the Thompson-Okanagan region.

SISTERS SPECIALTY SWEETS: Offering vegan, paleo and plant-based goods at the Kelowna Farmers' and Crafters' Market and Vernon Farmers' Market in the Thompson-Okanagan region.

The BC Association of Farmers' Markets (BCAFM) is a non-profit organization committed to supporting, developing and strengthening farmers' markets in all regions of British Columbia. To learn more about BC farmers' markets, visit bcfarmersmarket.org.

CMA CARGO



At CMA, with a fleet of over 30 aircraft in several configurations, we provide a wide variety of services for passenger and cargo transportation.

We provide belly freight and selected cargo services to the majority of our route network destinations. In addition, we have dedicated cargo aircraft—Beech 1900D converted aircraft—to meet the cargo transportation needs of freight forwarders, shippers and other organizations. With bases in British Columbia and Alberta and multiple aircraft, we are responsive to your needs, and you can trust our team to get your cargo where it needs to go safely and on time—entirely customized to your needs.

Our experienced CMA cargo team can facilitate the movement of goods such as dangerous goods, medical supplies, e-commerce packages, mail, parts and equipment, pharmaceuticals, perishables, groceries, seafood and more.

The Beech 1900D cargo aircraft has six loading zones with cabin floor panels that accommodate up to 75-square-foot loads with a cabin roller/conveyor installed and cargo nets. The Beech 1900D is a workhorse with a standard 4'4" door and cabin height of 5'11", and is able to move up to 4,439 pounds of cargo with relative ease and speed.

We strive to provide our customers with exceptional customer service, reliable on-time performance and capacity to transport their shipments on their schedule—at their chosen time and to their chosen destination.

TO REQUEST A QUOTE OR FOR FURTHER INFORMATION

call our Cargo Hotline at:

1-866-731-7992 or email us at cargo@flycma.com

Visit [flycma.com/cargo](https://www.flycma.com/cargo) for more information.

GIVE THE GIFT OF TRAVEL



Finding the perfect gift is tricky! Our CMA airline gift card allows you to give the gift of travel in several denominations. These gift cards and vouchers can be used on any routes within our network and do not expire. Whether it is to give the gift of time away, to broaden horizons, to allow for a reset or to create memories that last forever, the gift of travel is a powerful way to show you care.

Give the gift that keeps on giving by purchasing our travel gift cards or vouchers. Visit [flycma.com/giftcard](https://www.flycma.com/giftcard)

STUDENT OFFERS



Did you know we provide special discounts for college and university students? Get an A+ on your savings! We provide the best student discounts on airfare. Whether you are travelling for college/university, a quick weekend getaway or adventure, visiting friends and family or on a break from your studies, we will get you there and be gentle on your pocket! Save up to 30 per cent on our fares by utilizing our Student Offers. Visit [flycma.com/studentoffers](https://www.flycma.com/studentoffers) for more information.

CORPORATE ACCOUNTS

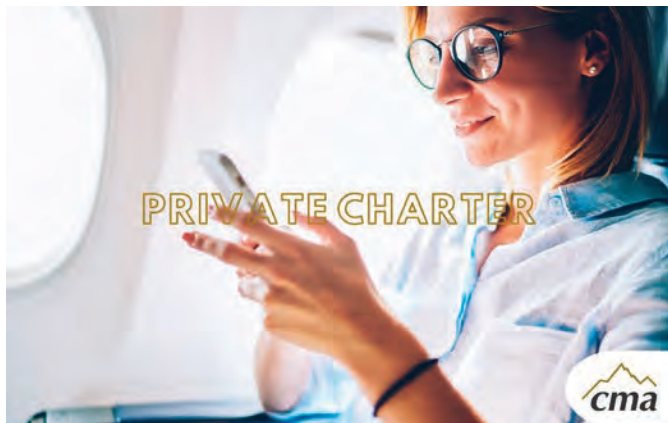


Optimize your travel budgets and easily administer flights for your company.

Our CMA Corporate Accounts program is a world-class air service that provides you with connectivity across Western Canada along with benefits for your company to enjoy, such as discounted travel, online account management, easy administration and budget tracking, early access to the latest news, discounts and information released by CMA and other exclusive perks.

To unlock these benefits for your company, visit: flycma.com/businesstravel

PRIVATE CHARTER



For an even more tailored travel experience, we provide private air charter services to destinations of your choice within Canada and the United States—tailored to your needs. Your schedule. Your time. Your destination. You set the pace and are never left behind. Our dedicated charter team is available to discuss further.

Contact our Charter team at 1-888-731-7992 or charters@flycma.com or visit flycma.com/charters

GROUP DISCOUNTS



Travelling as a group of six or more individuals?

Whether you are all travelling for a work trip, conference, meeting or event, a family reunion, a friend's getaway or an exciting adventure, we are here to help you with your planning, provide cost savings and ensure your booking is a smooth process.

We provide special group fares and dedicated services for groups travelling together to the same destination on the same date and on the same flight. Benefits include reduced fares, checked bags and advanced seating, to name a few.

Contact our reservations team at 1-888-865-8585 or reservations@flycma.com or visit flycma.com/groupreservation

FLIGHT PASSES



Register your company today and start enjoying the benefits that the program has for you and your colleagues. Save at least 20% off the top fare. As part of CMA Corporate, you will have access to our unique extensive online network, where benefits include: a minimum deposit to activate your account (and the balance does not expire); a place to manage your balance and bookings, and receive the best possible value (by buying bulk). With most packages, you can share flights with others, regardless of whether they travel with you. The program is available for bookings any season, with no blackout dates, and offers early access to the latest news, discounts and information released by CMA



There are dozens of great hikes in the Lower Mainland, including a day trip to Barrier Lake. Keep going for an even more beautiful view at Garibaldi Lake. Photo by Amy Attas

Take a HIKE!

Great trekking spots
around the Lower Mainland

BY • AMY ATTAS (westcoasttraveller.ca)

BC's Lower Mainland is a hiker's paradise. With hundreds of trails within an hour or two of downtown Vancouver, you're bound to find a new favourite spot to take in the view, soak up the surroundings and probably break a sweat.

There are lots of great Lower Mainland hikes for trekkers of all ages and abilities, but these are five of our favourites. Happy exploring!

DIEZ VISTAS

Where: North of Port Moody.

What: Diez Vistas means "10 viewpoints," giving you great views up Indian Arm and down to Burnaby, Deep Cove and Vancouver on a clear day.

Know before you go: Expect to climb for over an hour before reaching the first viewpoint; the other nine are easier to reach along the ridge.

GARIBALDI LAKE ►

Where: Sea-to-Sky, between Squamish and Whistler.

What: Forested climb to a surreal turquoise lake.

Know before you go: It's possible to climb up to the lake and back to your car in a day, but a multi-day trip gives you more time to explore. Garibaldi Lake is equipped with cooking shelters, sinks and picnic tables, making it a great base camp for trips to Black Tusk or Panorama Ridge.

Make a base camp at Garibaldi Lake, then take day trips to Black Tusk or Panorama Ridge. Photo by Amy Attas



◀ PITT LAKE WILDLIFE LOOP

Where: Pitt Lake, north of Maple Ridge.

What: Flat trails and excellent wildlife viewing.

Know before you go: As you walk the narrow dikes between waterways, keep your eyes peeled for great blue herons, eagles and other birds, plus beavers, deer and maybe even bears. The trails are great for all ages and abilities, and you can climb the wooden viewing platform for a new perspective.

Pitt Lake is an accessible hike for the whole family, and a great place to spot wildlife! Photo by Liz Boulton

CHIPMUNK CREEK ► (Cheam Peak + Lady Peak)

Where: Southeast of Chilliwack.

What: Spectacular views of the Fraser Valley.

Know before you go: The drive to the trailhead is more difficult than the hike—do not attempt to drive on the decommissioned logging road without a 4x4 vehicle with high clearance. It's cold and windy at the summit, even in summer, but the 360-degree views are spectacular!

You'll need a vehicle with 4x4 to make it to the Mt. Cheam trailhead, but the hike is certainly worth it! Photo by Ashley Kazakoff



◀ BADEN POWELL TRAIL

Where: Vancouver's North Shore, from Horseshoe Bay to Deep Cove.

What: A forested 48-kilometre trail, with many access points for shorter hikes.

Know before you go: Named for the founder of the Boy Scouts, this trail includes many points of interest for popular day hikes; try the Lynn Canyon suspension bridge, the Quarry Rock lookout or the views of Vancouver from Eagle Bluff.

Baden Powell Trail. Photo contributed

*CONNECT WITH NATURE.
CONNECT WITH FRIENDS.*

Connect with Fish.



Go fishing. You can find fishing tips and locations in our Quick Start Guide plus get your licence at gofishbc.com



**Freshwater Fisheries
Society of BC**

	Econ	Flex	Flex+
	Limited Seating Availability	Generous Seating Availability	Full Aircraft Seating Availability
CHANGES			
No charge within 24 hours of original booking	✓	✓	✓
Per direction, per passenger fee, plus fare difference if applicable	\$78.75	\$52.50	\$0
Subject to availability	✓	✓	✓
CANCELLATIONS			
No charge within 24 hours of original booking, fully refundable	✓	✓	✓
Beyond 24 hours after original booking cancellations are allowed up to two (2) hours before departure	\$78.75	\$52.50	\$0
Reservations cancelled less than two (2) hours before departure are not creditable or refundable, and coupon(s) have no value.	✓	✓	✓
SAME DAY EARLY STANDBY			
Per passenger, subject to availability	\$78.75	\$52.50	\$0
NAME CHANGES	x	\$52.50	\$0
NO SHOW			
Failure to check-in for your flight will result in forfeiture of the entire segment.	✓	✓	✓
FARE (100% Non-Refundable)	x	x	✓
BAGGAGE *			
1st Checked bag, per direction	\$31.50	\$0.00	\$0.00
2nd Checked bag, per direction	\$52.50	\$52.50	\$0.00

*** BAGGAGE**

FEES	WEIGHT & SIZE
1st Bag - \$31.50 CAD • Per direction, plus taxes • Flex & Flex+ fares - 1st bag free	Maximum weight per bag: • 23 kg (50 lb.)
2nd Bag - \$52.50 CAD • Per direction, plus taxes • Flex+ fare - 2nd bag free	Maximum linear dimensions per bag: • 158 cm (62 in.)
Each additional bag - \$105 CAD Per direction, plus taxes	Overweight bag: \$105 (per direction, plus taxes) for bags between 158-292 cm (63-115 in.). If a bag is both overweight and oversized, the \$105 fee is charged only once.

Offers and prices are subject to change without notice. Prices include 5% Goods and Services Tax (GST). If there is a discrepancy between this table and the tariff, the tariff will take precedence.

Come visit...

Our Fully Renovated Hotel!

RUSTIC ELEGANCE & MODERN AMENITIES



- Hotel • The Casino
- Cafe/Lounge
- Showroom

We offer Corporate, Senior, BCAA Rates
308 McLean St., Quesnel, BC • 250 992-5533
 Reservations: 1-855-792-5533
info@billybarkercasino.com



Know the odds of the game. **GameSense** 19+

95th World Famous Williams Lake Stampede

JUNE 29 - JULY 2, 2023

JUNE 29 - BRC BULL RIDING
(THURSDAY)

JUNE 30 - JULY 2 CPRA PRO RODEO
(FRIDAY, SATURDAY & SUNDAY)



TICKET AND SCHEDULE INFORMATION CAN BE FOUND ON OUR WEBSITE!



www.williamslakestampede.com
info@williamslakestampede.com



Campbell River INSIDER

BY • CHLOE SJUBERG
PHOTOS BY TYLER CAVE

Where does the name of Campbell River come from?

The river was named for Dr. Samuel Campbell, the surgeon on board the *HMS Plumper*, a survey ship that visited the area around 1859 under the command of Captain George Henry Richards. Prior to Captain Richards' survey, Europeans did not have much of a presence in this area. It was only after European interests shifted to logging in the 1860s that they came to this area in greater numbers.

What is Campbell River best known for?

Campbell River is known for being on the edge of the wild. It's a popular tourist destination thanks to its easy access to the ocean, city and surrounding forest.

Best family activities in Campbell River?

Whale watching, biking, hiking, fishing—there are so many options for enjoying the region's wild natural surroundings.

Best spot for a fantastic dinner? A hearty breakfast?

Whether it's fish and chips served dockside in a marina or surf-and-turf platters in a comfortable pub or restaurant, Campbell River cuisine offers visitors a chance to hang out with locals and savour the fine food of the region. The rich history and cultural diversity of the area provide the basis for a checklist of tasty options, featuring local seafood and the best in fresh ingredients.

Best locally owned getaway?

The central north island has a treasure trove of resorts, cottages, hotels, B&Bs and vacation rental homes, offering stunning views and easy access to the craggy shorelines and sandy beaches that dominate the landscape. From high-end luxury to low-key and relaxing accommodations, you're sure to find the perfect place to suit your travel preferences.

How can visitors find out more about Campbell River?

Learn more and plan your visit at campbellriver.travel.

TRAVEL WITH CMA

CMA flies non-stop to Campbell River from Vancouver South Terminal 6 times per week.

Book now at flycma.com





*Elk Falls Provincial Park
and Protected Area*



*Discovery
Fishing Pier*



*Lupin Falls,
Strathcona Provincial Park*



What's Happening?

Events in CMA destinations

Campbell River

Ali Hassan: Does This Taste Funny?

April 21

Tidemark Theatre

Ali Hassan, host of Canada Reads and the CBC Radio comedy show *Laugh Out Loud*, is a stand-up comic and actor who has performed for audiences across Canada and internationally. But before that, he dreamed of becoming a famous chef. This one-man show is a hilarious exposition of Ali's decade-long journey in and out of the culinary industry on the way to his comedy career. Get tickets at tidemarktheatre.com.

Photo courtesy Ali Hassan



Kelowna

Kelowna MapleFest

April 27-30

Various locations

Hosted by the Centre Culturel Francophone de l'Okanagan, this celebration of French language and culture promises entertainment for everybody. Take in a movie night (*The Time Thief*, in French with English subtitles); enjoy live music, circus performers and family activities; and taste traditional sugar shack food such as split pea soup, maple tarts and, of course, the famous maple taffy on snow. Get tickets at kelownamaplefest.com.

Photo courtesy Kelowna MapleFest



Edmonton
 The Art of the Brick
May 5 to October 10
TELUS World of Science

Discover the world's largest display of LEGO art: over one million LEGO bricks transformed into more than 100 sculptures by contemporary artist Nathan Sawaya. This critically acclaimed collection includes Sawaya's original sculptures as well as re-imagined versions of some of the world's most famous art masterpieces, such as Michelangelo's *David*, Van Gogh's *Starry Night* and Da Vinci's *Mona Lisa*.

Photo courtesy TELUS World of Science



Terrace

Skeena Valley Farmers' Market
Saturdays May through October
Market Street by George Little Park

This tourism award-winning market is one of BC's oldest and largest farmers' markets, hosting up to 80 local vendors each week in downtown Terrace. Visitors will discover farm-fresh produce, meats and eggs, plus a wide selection of home-baked and home-cooked foods. Live music from local musicians adds to the festive atmosphere of the marketplace.

Photo by Aaron Whitfield for BC Farmers' Market Trail

Quesnel

Taste, Sip & Shop
May 26-27
Quesnel Seniors Centre

GetCrafted Artisans Showcase presents a two-day celebration of local food, drink and craft vendors. Friday, May 26 is a 19-plus evening event featuring craft beer tasting from Barkerville Brewing Co., plus zero-proof cocktails, appetizers and desserts, and three rooms of shopping for artisan jewellery, jams, pickles, soap, woodworking and more. Saturday is a family-friendly day with all of the excitement of the previous night, minus the craft beer. Get tickets at getcrafted-artisansshowcase.com.

Photo courtesy GetCrafted Artisans Showcase

Un-Ordinary Your Day

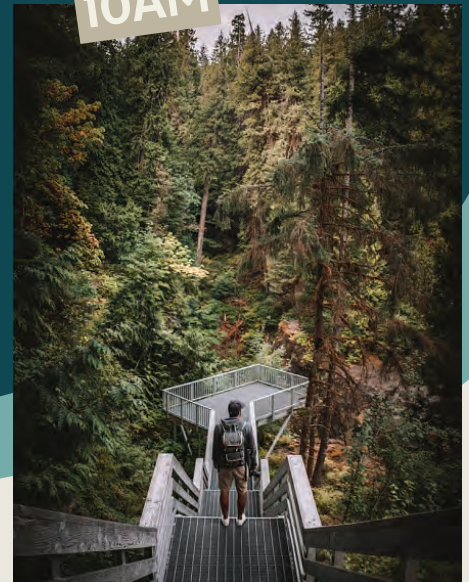
łamatax^w, Campbell River, is nestled within the territory of the Liğ^włdağ^w peoples; the WeWaiKai, WeiWaiKum, and Kwikiah Nations; here there are no borders between city and nature. łamatax^w, Campbell River is located in the heart of the Discovery Passage, a small city nestled in nature, surrounded by the wild, with all the comforts of home.

Find your perfect itinerary and get inspired to plan your stay, from where to grab your morning coffee to the best places to explore the great outdoors and experience our community culture.



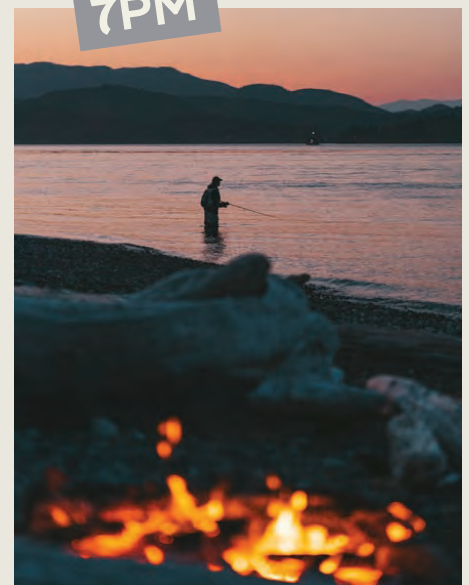
7AM

Start your day
in comfort



10AM

Explore the great
outdoors



7PM

Share your stories
of the wild

CAMPBELL
RIVER



3PM

Experience the
community culture

VISIT: [CAMPBELLRIVER.TRAVEL](https://www.campbellriver.travel)
Or call 1.877.286.5705



FOLLOW US FOR TRAVEL INSPIRATION
[@discovercampbellriver](https://www.instagram.com/discovercampbellriver) #TheRealCampbellRiver