



Central Mountain Air

ALTITUDE

in-flight magazine

Indigenous Alberta

Four unique and memorable
experiences



**Embracing the spirits
of the West Coast**

Haunted Cariboo

**What's new
at the zoo?**

A touch of Paprika

uplift

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Campbell River Office for Lease: Attractive strata building at the edge of downtown! The unit offers 2 offices, reception area, lunchroom, 2 piece bathroom and 2 secure underground parking spaces. Common building entrance is locked on weekends and after hours. Good management in this mixed residential and commercial use building. **Base lease rate is \$15.00/sqft**



Zeballos Residential Lot: Embrace small town coastal living in Zeballos! Here is an opportunity for someone looking to move to the west coast, or to establish a summer base for fishing. This lot is 0.30 acres with electrical and water service. The Village of Zeballos has road access (gravel) and is in one of the premier fishing regions on the west coast of Vancouver Island! **\$74,900**

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INSIDE

CENTRAL MOUNTAIN AIR IN-FLIGHT MAGAZINE

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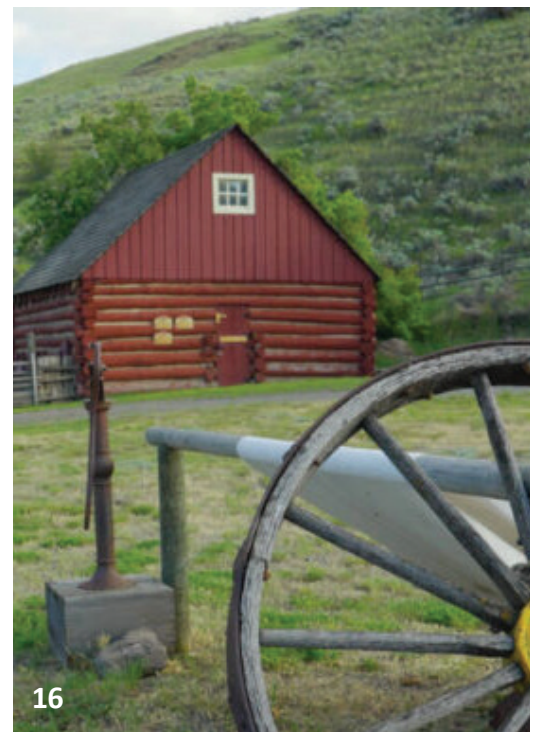


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ON THE COVER

Horseback riding at Painted Warriors ranch.
Travel Alberta / Colin Way Photo



Douglas McCrea
President, Central Mountain Air

Take flight this summer

As we approach the summer season, I want to remind you to plan and secure your bookings for summer travel. Whether you're going on a leisurely getaway or a business trip, our comprehensive schedule is available until the end of October, which ensures that you can plan your travels with confidence.

I am delighted to announce a significant milestone for Central Mountain Air. We are introducing the De Havilland Dash 8-400 aircraft to our fleet. These aircraft are expected to join our fleet in May and mark a pivotal moment


in our commitment to improving operations, and enhancing your travel experience.

If you would like to stay updated on the latest happenings and gain exclusive insights into our featured destinations, I encourage you to visit our website and sign up for our e-newsletter. Here, we provide information about our airline, including special promotions, travel tips and more.

Thank you for trusting Central Mountain Air with your travel experience. We look forward to flying with you this summer.

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Expanding the fleet

CMA adds two Dash 8-400s


Central Mountain Air (CMA) is thrilled to announce the expansion of its fleet with the addition of two De Havilland Dash 8-400 aircraft. The two 8-400s will be seamlessly integrated into the CMA fleet over the next few months.

Designed for efficiency and comfort, the Dash 8-400 aircraft is the highest-capacity turboprop on the market and will become the largest aircraft in CMA's fleet, with a seating capacity of 76 passengers. It is renowned for its reliability, speed and versatility. It's equipped with advanced technology and spacious seating, so passengers can expect a superior travel experience.

The introduction of the Dash 8-400 will aim to support CMA's existing charter services and facilitate the expansion of the airline's reach to new destinations, further enhancing connectivity across the region. CMA remains committed to providing safe, reliable and convenient air travel options.


As CMA continues to grow and evolve, the addition of these aircraft underscores our dedication to innovation, customer service and community engagement. With a focus on safety and excellence, CMA looks forward to the positive impact these new aircraft will have on its operations and the communities it serves.

For more information about CMA and its services, please visit flycma.com




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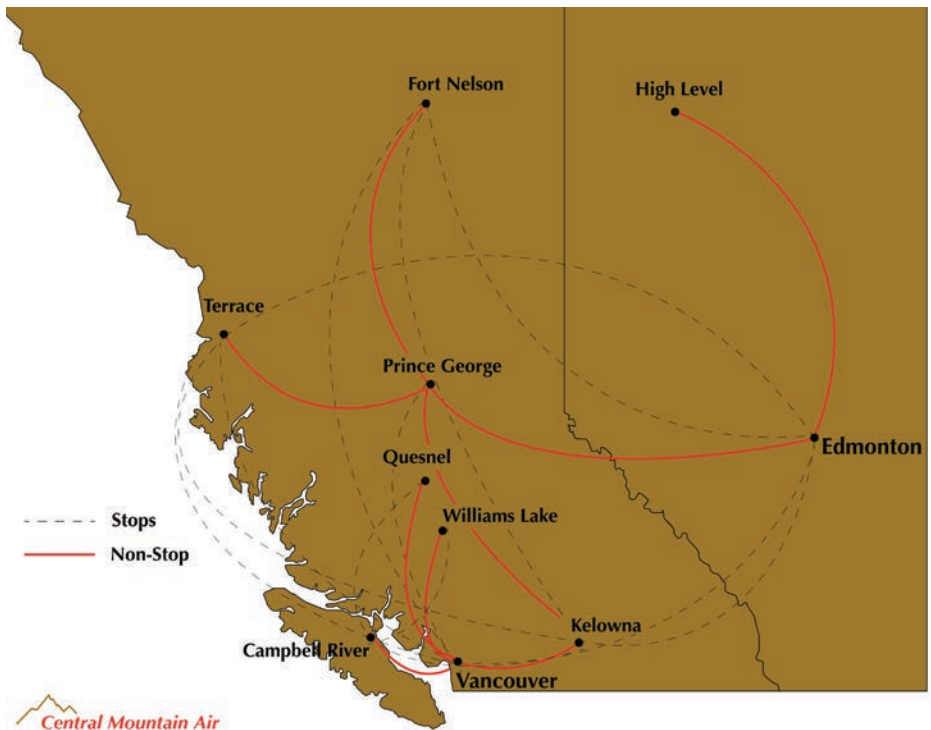
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Retirement planning

BC Ferries launches concept images for new vessels

BY • CHRISTINE VAN REEUWYK

A rendering offers the first look at what up to seven new ferries could look like when they enter operation starting in 2029. Courtesy BC Ferries

Recently released renderings show what BC Ferries hopes to put in place to replace ferries set to start retiring in 2029.

The corporation has released two conceptual images and issued a request for supplier qualification (RFSQ) that closed March 22. The RFSQ will prequalify shipyards for a subsequent request for a proposal process to design, build and deliver up to seven vessels to replace older ferries set for retirement between 2029 and 2032. Qualified local, national and international shipyards can then take part in the request for proposal process expected this summer.

The vessels would replace up to six existing boats nearing their end-of-life and serve the busiest routes between Vancouver Island and Metro Vancouver.

“The new major vessels program is the largest part of our capital plan to modernize and transform the ferry experience in British Columbia,” said president and CEO Nicolas Jimenez in a news release.

“These vessels—greener, more efficient and standardized—represent the future of ferry travel in our province. They will significantly increase daily capacity, provide an enhanced customer experience, improve reliability and reduce environmental impacts.”

The vessels would carry up to 360 standard-sized vehicles and 2,100 people, compared to the current ferries’ capacity of 250 to 310 vehicles and 1,200 to 1,500 people. The new boats would be standardized with others in the fleet to allow flexibility moving them between routes when maintenance or refits are required.

The basic design for these vessels is being developed in collaboration with a leading naval architect firm, LMG Marin, to maximize efficiency and reduce greenhouse gas emissions. The design calls for engines capable of using bio- and renewable fuels and includes a battery-hybrid propulsion system that will allow for conversion to full battery-electric operation, once shore-based recharging infrastructure becomes available.



19 Wing Comox, on northern Vancouver Island near the Central Mountain Air destination of Campbell River, will welcome the return of the Comox Airshow on May 18.

Free for the public and celebrating 100 years of the Royal Canadian Air Force, the show will feature the amazing aerial antics of the Snowbirds 431 Air Demonstration Squadron as the headliner.

More groups will be added closer to show day.

Vendors and businesses that would like to be involved can contact 19wingpublicaffairs@forces.gc.ca.

FOR MORE INFORMATION ABOUT THE SHOW
Check for updates as the event moves forward at comoxairshow.com

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Unique & memorable

Four ways to explore Indigenous culture in Alberta

BY • DANIEL SHIPLEY, WESTCOASTTRAVELLER.COM

Join Matricia Brown for authentic Indigenous experiences at Warrior Women in Jasper, Alberta.

Travel Alberta Indigenous Tourism Alberta / Joseph Rae Productions photo

Authentic, Indigenous-owned and -operated tourism experiences are a fast-growing area of interest for local and international travellers visiting Alberta.

With many Canadians eager to learn more about Indigenous cultures, and international visitors seeking authentic Indigenous experiences, revenue for Indigenous tourism businesses was projected to reach \$258 million last year.

National Geographic's 2023 Best of the World list features several Alberta Indigenous tourism operators, and in March of last year, Travel Alberta and Indigenous Tourism Alberta committed \$6 million to support Indigenous tourism development.

"We're at an incredible moment for Indigenous tourism right now," says Shae Bird, CEO of Indigenous Tourism Alberta. "Demand for Indigenous experiences among travellers has never been higher. With the right partnerships and support in place, it's having a real benefit on the lives of their families and communities, and creating truly unique and memorable experiences for travellers."

1 KOKUM'S OUTREACH: TIPI CAMP TEACHES THE POWER OF LOVE AND HEALING

Operated by April Isadore near the southern shores of Lesser Slave Lake, Kokum's Outreach provides many services that all work towards the goal of providing mental and spiritual healing.

Located just west of the Driftpile Cree Nation reservation, the unique Indigenous experience focuses on emotional, spiritual, physical and mental healing through wellness camps based on the medicine wheel teachings.

According to a profile from Indigenous Tourism Alberta, "Kokum" means "grandmother" in the Cree language, and references Isadore's mother plus the power to be strong and to love unconditionally.

As someone who has experienced firsthand the loss of identity, culture and traditions that being removed from her family caused, Isadore offers activities and services like a medicine walk with an Elder, traditional dancing, a tipi demonstration, tarot card readings, massages, hand games, healing through painting and more.

Anyone is welcome at Kokum's Outreach for a day, a weekend or a one-week camping and healing experience. Day or overnight stays are available from May to mid-September.

2 WARRIOR WOMEN: SEE THE LAND THROUGH AN INDIGENOUS LENS

Join Cree Knowledge Keeper Matricia Brown for Warrior Women's Wapkwani Plant Walk, Make & Take, for a fascinating journey of discovery through the variety of plant medicines found in Jasper National Park.

This informative exploration of the food and medicines combines the enchanting with the practical during an educational, immersive experience.

Starting at the Jasper Museum, the 1.5-hour experience starts with an hour of plant exploration, and a half-hour of hands-on medicine making, including salves, lotions, hydrosols, soaps, mineral salts and plant processes, allowing participants to leave with knowledge and products they've created themselves.

Matricia is a member of the Sturgeon Lake Cree Nation and, along with her daughter Mackenzie, she also offers Fireside Chats, drumming shows and workshops.



There are a variety of ways to camp at Rocky Mountain House Historic Site. Travel Alberta / North Grove Creative photo

“Our Fireside Chats are our most popular experience—we try to coordinate them around events like Canada Day, National Indigenous Peoples Day or Canada’s Parks Day,” Brown says. “The more people ask questions and be open, the more they learn about the language, culture and reconciliation.”

Workshops teach how to make rattles and moccasins, as well as tinctures and tonics that can be incorporated into mocktails or cooking.

“Last weekend we held a story session at a Pride event, and we had extra drums, so a bunch of kids took part,” Brown says. “We played Row Your Boat, and it was really a lot of fun!”

3 ROCKY MOUNTAIN HOUSE NATIONAL HISTORIC SITE: TAKE A TRIP BACK IN TIME TO EXPERIENCE THE FUR TRADE

About an hour west of Red Deer on Highway 11 W is Rocky Mountain House National Historic Site. Sitting at the confluence of the Clearwater and North Saskatchewan rivers, historically this area was essential to the survival of both fur traders and Indigenous peoples.

Situated in a diverse landscape of parklands, mountains and prairies, the trading post operated for 76 years, drawing on the resources and culture of eight different First Nations.

One of many Indigenous experiences at the historic site is Métis miyotôtâkewin—a Métis welcome—a two-hour immersive cultural experience, where you’ll learn about fur trapping and finger weaving, and taste traditional Métis foods. You’ll also have fun learning how to jig with Métis dancers, and hear from an Elder about Métis language, culture and traditions.

Families can also immerse themselves in interpretive experiences like a blacksmith station, Métis camp, kids’ activity books, play fort and visitor centre. Sites of interest include Bison Lookout, where you’ll see a herd of plains bison, interpretive story stations along the Chimney and the David Thompson trails, a war memorial honouring those from the region who served in various wars, and the archaeological remains of four fur trade forts.

Available camping includes heritage camping, where you’ll experience the lifestyle of the fur trade while camping in a tipi, Métis trapper tent or trapline cabin; front-country camping with unserviced trailer sites and a picnic shelter; and equipped camping, which lets visitors with no gear experience the area by supplying a fully equipped camping kit, a six-person tent (set up), sleeping pads, sleeping bags and a camping orientation session.



Horseback riding is just one of the many adventures you can experience at Painted Warriors ranch. Travel Alberta / Colin Way photo

4 EXPERIENCE INDIGENOUS CULTURE AT A UNIQUE RANCH

Connect with the outdoors in a new way by learning about Ojibway, Cree and Mohawk heritage at Painted Warriors ranch, nestled in the foothills of the Rocky Mountains between Calgary and Red Deer.

Spend a day with owner/operators Tracey Klettli and Tim Mearns,

viewing the area’s amazing wildlife, horseback riding, learning Indigenous hunting traditions, or picking up a bow and learning to shoot.

Wrap up your day during any season by combining your Painted Warriors outdoor adventures with a glamping experience—a peaceful night’s sleep in one of their rustic year-round tents, outfitted with wood stoves.

Check in, have a snack and take a short tour of the ranch. Later, enjoy a delicious dinner, followed by a roaring campfire while sharing stories in the quiet of the natural surroundings. Wake up to a hearty breakfast to get you ready for the next day of adventure!

Leave it how you found it

Always remember when enjoying these Indigenous experiences and other explorations to treat the land and nature with respect and leave nothing behind.

“Indigenous tourism can be inherently sustainable and regenerative,” Bird says. “Members pride themselves on introducing travellers to Indigenous worldviews that put connection to the land at the core of everything they do. As one of our members likes to say, ‘If you think of a tree as your grandfather, you treat that tree differently.’ By educating more people about this approach to life, our world will naturally become more sustainable.”

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EXPERIENCE

Our World



Alert Bay, BC, Canada
'Namgis Territory



ARTS, CULTURE & HERITAGE

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The traditional 'Namgis Big House is an inspiring epicentre of culture, where traditions come to life through ceremonial events, as well as summer cultural sharing from the T'sasaḷa Cultural Group. The World's Tallest Totem Pole which stands outside the Big House, is an enduring symbol of heritage and artistry, has been drawing visitors from around the globe since 1973.

ATTRACTIONS

Explore the heart of Alert Bay! Find maps, information, and local insights at the Visitor Centre. Dive into thrilling whale watching or bear tours, fishing, and scenic nature trails by walking or biking. In addition to the island trails, visit our tennis court and skate parks. Stop by Culture Shock for great coffee and one-of-a-kind treasures. Don't miss the exhilarating 360° kayaking race with competitors from around the world. Immerse yourself in the perfect blend of play and culture - your adventure starts here.



You can find more information on what Alert Bay has to offer, by contacting the Alert Bay Information Centre (250)-974-5024 | INFO@ALERTBAY.CA

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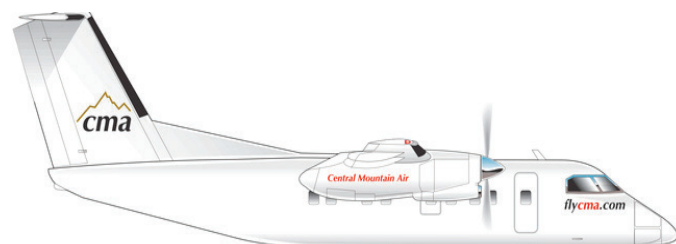
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Manufacturer: Fairchild Dornier | Cabin: 30 Seats
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Speed: 310 MPH | Altitude: 25,000 ft

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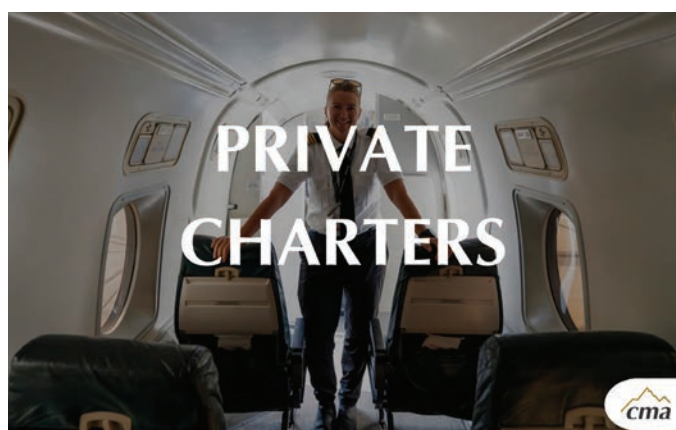


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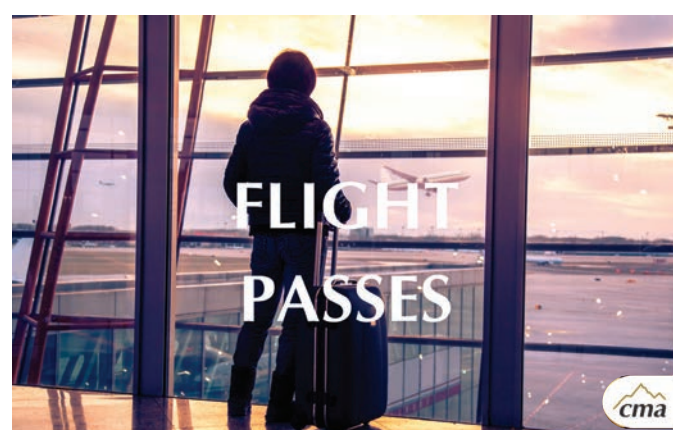
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spirits of the West Coast

Tourism takes on a new meaning when you dance with the devils of time.

BY • ROSA O'REILLY, WESTCOASTTRAVELLER.COM

The Haunted Gold Rush is a two-part documentary that follows the three paranormal investigators – Corine Carey, Leanne Sallenback and Kelly Ireland – as they explore the dark history of British Columbia's Cariboo Gold Rush Trail. Courtesy Beyond the Haunting.

Haunted Gold Rush, which first aired last September, is a two-part documentary that follows the three paranormal investigators from the TV series *Beyond the Haunting Investigations*—Corine Carey, Leanne Sallenback and Kelly Ireland—as they explore the dark history of British Columbia's Cariboo Gold Rush Trail.

Using their psychic senses, the three uncover a plethora of hidden mysteries in various locations of interest, including the Fraser Canyon, Yale, Hat Creek and Barkerville.

“The whole trail is peppered with haunted locations,” Sallenback says. “But Barkerville was the town that stood out to us the most. As you walk through the town, it is evident that every part of it is haunted.”

Sallenback describes a unique moment she experienced in the underbelly of a building in Barkerville, where she “felt a multitude of presences there.”

To this day, the 650-kilometre trail remains riddled with paranormal activity and ghostly sightings. Ireland, who has a degree in geography and history, says the show “challenges written history” and aims to remind us that the past is not dead.

“Energetically, history is circling all around us. We are seeing if we can tap into the meta-

physical realm and see what was left behind,” says Carey, who as a history teacher, finds it interesting to see her home province’s true history. “We tell our own BC history through a new paranormal lens.”

The paranormal phenomenon is also breathing new life into tourism.

“We are a part of something that is only growing. You will see many more people following our journey,” Carey says.

In combining history with the supernatural, *Haunted Gold Rush* showcases the BC tourism community in a unique and wonderful light—so much so that *Beyond the Haunting Investigations* won the Innovation Award as part of the 2023 BC Tourism and Hospitality Conference last year.

For all three BC-born paranormal investigators, who feel intrinsically and energetically tied to the West Coast, being recognized by the BC tourism sector was “a humbling, full-circle moment.”

“If we can help spark paranormal tourism, it’s just the beginning in the West Coast and the Pacific Northwest,” Sallenback says. “The West Coast is this wild, untamed place. There is so much space and room to explore regions where nobody is, but you know history exists. To get into the most remote and desolate places is the most exciting for me.”

Nature is very psychic, Ireland says: “When we would go on road trips together, we would feel the energy driving past places along the West Coast. Starting this preternatural trip on local soil was very special!”

Ireland, now living further north, sees new places that “ignite such a deep level of curiosity.”

In essence, travel is all about exploration into the new and unknown. The *Beyond the Haunting Investigations* team exhibits the quintessential idea of travel: surrendering to the raw experiences of discovery. As these three women continue to frontier into new worlds, the trio say they are intrigued to investigate other locations along the West Coast, like Alaska, Yukon and the islands surrounding Washington State.

“There are still tons of supernatural legends we are yet to hear of. For now, it is an adventure to get out there, hit the open road, and see what we find,” Carey says.

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New heights for Kelowna health care

The skyward mission of the KGH Foundation **SUBMITTED BY THE KGH FOUNDATION**

Just as a skilled pilot and crew rely on a well-maintained aircraft and robust support systems to navigate through the skies, the Kelowna General Hospital (KGH) Foundation depends on the support of the community to help drive its vision to advance world-class health care, close to home.

Every day in communities across the southern interior of British Columbia (BC), the lives of thousands of people and their families are impacted by the need for urgent or specialized medical care at KGH. Illness, injury, the premature birth of a child, the end of life—all part of the collective human experience—and yet when they arrive, everything changes in a heartbeat.

In these moments, access to world-class, state-of-the-art medical facilities and the highest quality patient care is the difference.

KGH is one of two tertiary care facilities and the main referral hospital for up to 1 million people living in the interior of BC. It is one of the largest hospitals in Western Canada with more than 450 beds. And at any given time, one out of every four beds in the hospital is occupied by someone outside of the Central Okanagan.

In BC, Kelowna General is the only hospital outside the Lower Mainland or Vancouver Island that performs angioplasty or cardiac surgery. KGH provides neonatal intensive care for infants at 30 weeks, is home to one of the

most advanced, hybrid operating suites in the country and the region's only hospital providing acute care for youth mental health patients. KGH is also home to the UBC Faculty of Medicine's Southern Medical Program.

Our mission at the KGH Foundation is rooted in the belief that access to excellence in health care should not be limited to metropolitan hubs like Vancouver or Calgary. Here in the southern interior of BC, our vibrant community deserves a world-class hospital and world-class health care. We are committed to helping ensure that every resident has access to the highest standard of health care right here, close to home.

We work with a generous community to raise funds to support world-class health care, close to home, for a growing and diverse population. We are the lead fundraising organization for KGH and its associated facilities, JoeAnna's House and the Central Okanagan Hospice House.

At the KGH Foundation, we believe that philanthropy serves as the catalyst for transformative change. Just like the seamless harmony between a pilot and their aircraft, your generosity can help keep KGH soaring, touching the lives of countless individuals and families with the promise of hope, relief, comfort and peace in the face of the unknown.

Together, we can elevate health care to new heights. Learn more at kghfoundation.com.



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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.



JUST ADD *Paprika*

Greater Vancouver Zoo
welcomes red panda in
ongoing conservation efforts

BY • ROXANNE HOOPER, WESTCOASTTRAVELLER.COM

Then there were two.

The red panda population at the Greater Vancouver Zoo in Aldergrove has been fluctuating in recent years, with the most recent addition being a new mate called Paprika for the panda Arun.

It took several years for the Greater Vancouver Zoo to initially qualify for participation in the Association of Zoos and Aquariums' species survival program for red pandas.

Arun and his brother, Rakesh, were first to arrive. They came in 2015 from Assiniboine Park Zoo in Winnipeg to live at the zoo in Aldergrove. Rakesh died a short time later from a lung infection, which the zoo said he likely contracted before arriving in BC.

That left only Arun, who was at the time just over a year old.

He flew solo for several years at the Aldergrove conservation facility, until he was introduced to his first mate, Sakura, in March 2021. Born on Canada Day 2013 at the Zoo de Granby in Quebec, Sakura joined the Greater Vancouver Zoo after six years at the Calgary Zoo.

Red pandas usually breed from January through March, when the days start to get longer. Babies are born in the late spring. Arun and Sakura missed that window their first year together, but on June 14, 2022, Sakura gave birth to a pair of red panda cubs—one male and one female.

Maple and Mei Mei, as they were later named, were credited as being the first red pandas born in captivity in BC.

The cubs were expected to stay at the Aldergrove zoo for at least a year—the amount of time they stay with their mothers in the wild.

These twins stuck around a little longer, but they have since moved on, according to the zoo's animal care manager Brian Sheehan, who added that he's excited to see them taking on the next chapters in their lives.

"Our red panda cubs have reached the age of maturity—they're now ready to move on to finding a partner and continuing on their important conservation journey," he said.

Maple moved to the Zoo de Granby in Quebec, while Mei Mei is settling into her new home at the Assiniboine Park Zoo in Winnipeg, where her father came from.

IF YOU GO



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in Aldergrove, outside Vancouver, BC.
Learn more at gvzoo.com

"I've had the opportunity over my career to spend time and interact with many amazing animals. But probably the most important and most critical species I've been able to work with have been the red pandas here at the zoo," Sheehan said.

With Paprika's arrival this month, it left many local animal lovers looking for details on Arun's previous mate and offspring, who departed quietly near the end of last year. Sakura has since been moved to the Toronto Zoo.

Sharing sentiments from the entire crew at the zoo, Sheehan said: "Maple and Mei Mei, we're going to miss you and we're very proud of you, and we look forward to hearing all those amazing stories from your new homes."


In the meantime, following the introduction of Arun and Paprika earlier this month, zookeepers are now hopeful to see some more babies frolicking in the enclosure later this spring.

Of note, this endangered red panda is not closely related to the giant panda. In fact, it is not even a panda at all.

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PRINCE GEORGE INSIDER

Where does the name of the city come from?

The city was named after Prince George Edward Alexander Edmund, who was King George VI's youngest brother, the future Duke of Kent, and uncle to Queen Elizabeth II.

What is the city best known for?

Prince George is known as the "Basecamp to the North," the starting point for visitors' northern adventures. With an abundance of outdoor activities like camping, fishing and hiking, it also has strong urban offerings, such as an innovative craft beer scene, a selection of good restaurants, indoor activities and live events.

Best family activities?

Prince George is a very family-oriented community with so many activities!

LHEIDL T'ENNEH MEMORIAL PARK is a great family destination, with a spray park and playground, botanical gardens, mini steam train, ice cream parlour with souvenir shop and The Exploration Place Museum, which will re-open this fall.

THE ANCIENT FOREST/CHUN T'OH WHUDJUT PROVINCIAL PARK: Take a scenic drive an hour from town where you'll find yourself in the company 2,000-year-old trees. Stroll through the accessible 450-metre boardwalk, and continue on to a 2.3-kilometre elevated path. Near the peak of the trail, you'll be rewarded with a cascading waterfall.

GAME CHANGERZ VR: Got a gamer on your hands? This VR facility is geared for ages seven-plus and offers multiple virtual-reality games and escape rooms.

THE PARK DRIVE-IN MINI GOLF: This family-favourite attraction offers mini-golf in a beautiful park, go-kart tracks and a drive-in movie theatre where you can finish your day with popcorn and a show.

HUBLE HOMESTEAD: Turn back time at Huble Homestead, just a short 35-minute drive northeast of the city centre. Learn, explore and play at this interactive family attraction!

Best spot for a fantastic dinner?

If you love ramen, head to Ramen Ya. Also, Betulla Burning is a local favourite for innovative pizzas and a well-rounded, delicious menu, while Northern Lights Estate Winery offers stunning views and gourmet dishes with expert wine pairings. For a hearty breakfast, Grama's Kitchen, located inside Grama's Inn, is the place to go. Another great destination is Aubree's Breakfast.


Best locally owned getaway?

Woodhouse Cottages and Ranch is a unique accommodation with three different types of rooms: the Old Logbarn (max four adults), Coral Cottage (max two adults), Cowboy Cottage (max five adults) or the Bubble House (max two guests). The latter is a completely clear-dome structure where you can get a truly unobstructed view of the nights sky, and if you're lucky, the Aurora Borealis.

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.

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- 5 EVENTS & FESTIVITIES**– Enjoy the warmer days of Spring, and join in on upcoming events in the community! Chinook Salmon Release - May 19th, Valemountain Days June 7th - 9th, Bike Fest June 15th and 16th.

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