



Central Mountain Air

ALTITUDE

in-flight magazine

Terrace insider

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northern town

On the wild side

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Sip, savour and swoon

High tea in Vancouver

Okanagan adventures

Seven ways to explore this diverse region



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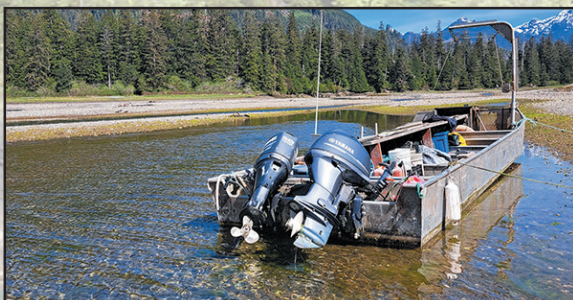
Nimpo Lake Log Home: Attractive 4560sqft log home with amazing views on 1.47 acres. The home features excellent finishing, a gourmet kitchen and a large lakeside deck. In addition the property has a second lakefront residence, a large workshop, a dock and a floatplane ramp. **Nimpo Lake** serves as a major jump-off point for many wilderness activities in this **Chilcotin** region. **\$1,698,000**



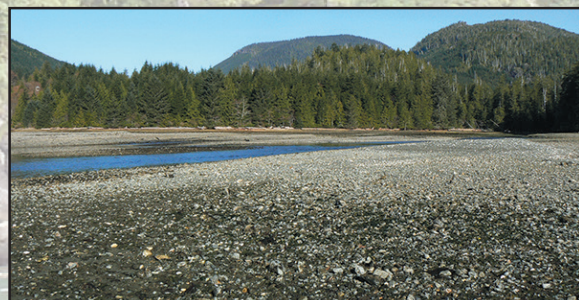
Bramham Island Oceanfront Acreage: South-central BC coast region. 140 acres fronting **Slingsby Channel**, diverse topography and features, approx. 6120ft of oceanfront. Complement of old growth forest, frontage on 3 lakes, approx. 6000 – 8000 cubic metres of merchantable timber. Surrounded by Crown Land, in a spectacular region with endless recreation opportunities. **\$2,450,000**



Rare Campbell River Property: Half acre in town, 4560sqft home on three levels and a large, two-story workshop/garage. Lower back yard with walkout access from the home, and undeveloped natural space behind. Built by a local developer in the 80s for his personal property, the home and shop are constructed to the highest standards of the time. **\$974,900**



Active Shellfish Company: Nootka Sound Shellfish Ltd currently operates three oyster and clam tenures in the **Nootka Sound** region. This offering is a share sale for the purchase of the company. The assets include the three shellfish tenures, all stock, and a 29ft skiff for transport. Excellent business opportunity to work on the west coast of Vancouver Island. **\$299,900**



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INSIDE

CENTRAL MOUNTAIN AIR IN-FLIGHT MAGAZINE

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ON THE COVER

Paddling in Terrace.
Photo courtesy Visit Terrace.

Welcome aboard!
Your travel adventure awaits



Douglas McCrea
President, Central Mountain Air

It's astonishing how quickly fall approaches, but the summer season has been nothing short of eventful here at Central Mountain Air.

We have been tirelessly engaged in our scheduled route network, providing charter services to various clients, contributing to wildfire relief efforts throughout the province, and facilitating medevac operations in collaboration with our sister company, Northern Thunderbird Air. We extend our heartfelt gratitude to all of you who have made us a part of your summer plans. As we transition into the latter half of 2023, we remain committed to safety and to delivering exceptional service.

With autumn and winter on the horizon, we're pleased to announce the updates to our scheduled service. You

can conveniently book your flights online at flycma.com, securing your travel plans up until December 2023.

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Your continued trust in Central Mountain Air is sincerely appreciated, and we eagerly anticipate the opportunity to welcome you on board in the near future.

~ Douglas McCrea

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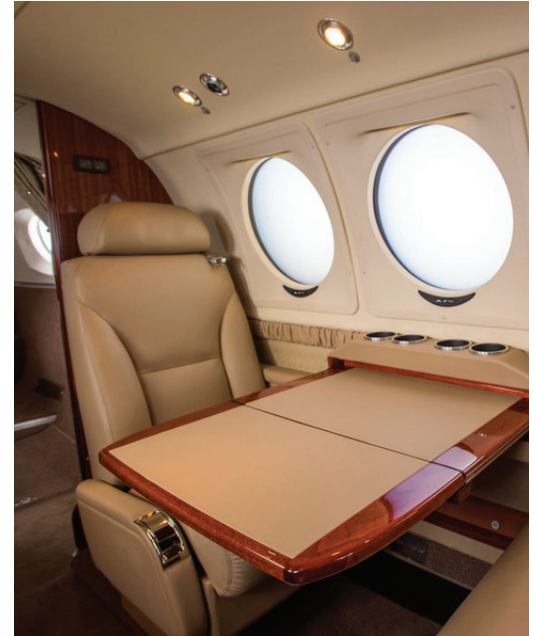
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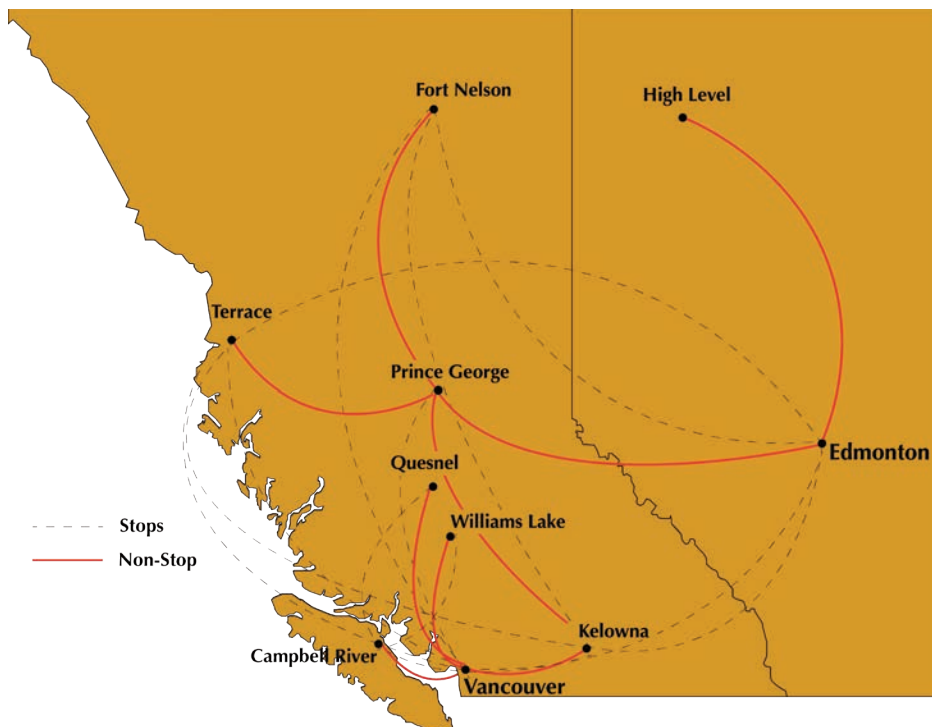
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Winston works at the Eldorado and Manteo resorts in Kelowna as the director of pet relations. Photo by Jacqueline Gelineau

A very good GOLDEN BOY

BY • JACQUELINE GELINEAU,
WESTCOASTTRAVELLER.COM

The new director of pet relations at Kelowna's Eldorado and Manteo resorts is paid in treats and scratches, but he naps on the job.

Winston, a yellow lab, is a very good boy who works hard to ensure that pets staying at the lakeside resorts have a great time.

The golden boy moved from Victoria earlier this year with his "mom" Jessica Pearce, who is the general manager of the resorts.

He had been working at the Empress Hotel in Victoria since 2018 before moving to Kelowna.

As a pup, Winston was training to be a service dog, but he made the switch to hospitality after learning that the perks were better in the hotel industry.

Winston says the biggest challenge he's had to overcome since moving to Kelowna is learning to be brave when walking on Manteo resort's new floating docks. He loves the treats and the social time associated with his job and is happiest when making guests feel comfortable.



Kokanee caught at Beavertail Lake, near Campbell River, one of two Vancouver Island lakes now stocked with the fish typically only found on the mainland. Adrian Clarke photo / Freshwater Fisheries Society of BC

BY • JENNIFER BLYTH, WESTCOASTTRAVELLER.COM

Vancouver Island anglers no longer need to travel to the BC mainland to fish for the celebrated small-lake kokanee.

The Freshwater Fisheries Society of BC and provincial fisheries staff recently announced that after several years of testing, two small lakes on Vancouver Island have now been established as stocked kokanee lake fisheries.

Located in the central island mountains, Shelton Lake is about 25 kilometres west of Pacific Coastal Airlines' newest destination, Nanaimo, and is accessed off Nanaimo Lakes Road via M Branch (1 kilometre) and then G Branch (3.5 kilometres to the lake). A cartop-style boat launch is available at the southern end of the lake.

Farther north, Beavertail Lake is located in the wilderness 20 kilometres west of PCA's destination at Campbell River, and is accessed via the well-maintained Elk River Mainline gravel road (7 kilometres) from the Gold River Highway. Recent improvements by Campbell River Fish and Wildlife Association include a fishing dock and day-use facilities.

While some kokanee populations occur naturally in mainland lakes—with connections to migrating sockeye—others, like the two Vancouver Island lakes, have been stocked. The province began stocking non-reproductive kokanee into Shelton and Beavertail lakes in 2020 to see if they'd survive and grow large enough to support a fishery. As non-reproductive fish, they're unable to establish a population in either location.

The Freshwater Fisheries Society notes that the kokanee appear to be doing well in the coastal lakes with some of the fish

already reaching sizes up to 30 centimetres—and the potential for three- to five-centimetre growth this summer.

WHAT ARE KOKANEE?

The freshwater form of colourful sockeye salmon, kokanee spend almost their entire lives in a single lake. While smaller than their ocean-venturing cousins, they look very similar, but retain a silvery colour until mature.

They're also fun fish to catch, says Sue Pollard, in her blog for the Freshwater Fisheries Society.

"Depending on the season, these feisty fish can put up a good fight. As an added bonus, they are delicious table fare, and many anglers prefer the taste of kokanee over trout," Pollard says.

Preferring cooler waters, kokanee are usually found in the middle of the lake for much of the year, heading deeper as the weather warms. But they may move to shallower areas in the spring during insect hatches.

HOW TO CATCH KOKANEE

Kokanee are typically accessible throughout the year, even to the novice angler, but given their preference for cool waters, a boat will generally be needed for success, Pollard says.

"A classic set-up is to troll a kokanee lure with corn-baited hook behind a small dodger or micro flasher off a downrigger, or simply drop a two-ounce weight with a worm on a hook down to where the fish are," Pollard says, recommending two blogs for further reading: Nick Basok's Guide to Trolling for Kokanee Salmon in Lakes and Mike Ramsay's Kokanee Fishing Tips Through the Seasons.

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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
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A woman with long dark hair, wearing a bright yellow raincoat and dark pants, stands on a large, moss-covered rock in a forest stream. She is looking to her left. The stream is filled with dark, wet rocks and is surrounded by lush green foliage and tall, moss-covered tree trunks. The scene is a dense, vibrant forest.

On the **WILD** **SIDE**

Photo by Bluetree Photography



Local operators care about their products, experiences and their hometown, offering world-class tourism, delivered in an authentically Campbell River way.



Tour like a local in authentic Campbell River

BY • KAYLEE WALLIS
PHOTOS • COURTESY DESTINATION CAMPBELL RIVER

Welcome to Campbell River, your gateway to nature. Here, there are no borders between city and nature. 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.

Central Mountain Air’s destination of Campbell River, or Wiwek’am, is located on the east coast of Vancouver Island within the ancestral territory of the We Wai Kai and Wei Wai Kum First Nations, in the northern Salish Sea. Sitting on the 50th parallel, it’s a city nestled in nature, surrounded by five provincial parks (including BC’s first, Strathcona) and front-row access to the Discovery Passage.

This region is full of diverse outdoor experiences for all interests and abilities. If you’re a budding marine biologist, a lover of forests, a curious explorer of heritage and culture, an artist looking for inspiration or someone who simply wants to visit one of the most beautiful, uncrowded places on Vancouver Island, Campbell River is the destination of choice.

Local operators care about their products, experiences and their hometown, offering world-class tourism, delivered in an authentically Campbell River way. Here are some of the top experiences you don’t want to miss:

EXPLORE THE WATER

There’s no shortage of access to the bodies of water in Campbell River. Whether it’s exploring the coastal waters of the Discovery Passage, the powerful namesake river, the many lakes or even local waterfalls, you can pick and choose the type of water adventure you seek.



Photo by Go-Wild-60



Photo by Tyler Cave Productions

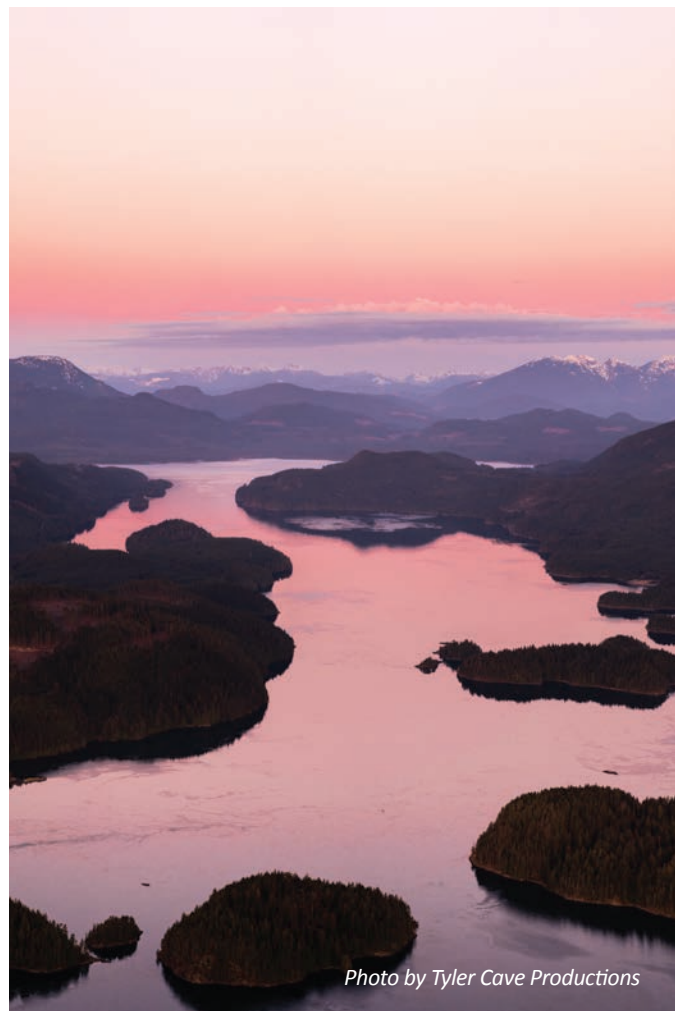


Photo by Tyler Cave Productions

For the marine lover, Campbell River and the surrounding Discovery Islands offer a hub of opportunities for whale-watching, bear-viewing and diving enthusiasts. There is a wide selection of tours available from the sea to the sky. View everything from whales, dolphins and sea lions to bears, elk and eagles through the safe guidance of an experienced and knowledgeable tour operator.

Marine tours are available year-round, and grizzly-bear viewing is best between mid-August and mid-October. To avoid the disappointment of missing out on bear tours, it's highly recommended to book your tour well in advance (bookings are available now).

Campbell River is the starting point to explore the spectacular Discovery Islands archipelago. Quadra Island, Cortes Island and the outer Discovery Islands offer a mix of beaches, coves, rocky headlands and countless areas that are best experienced from the seat of a kayak or canoe.

If you're a seasoned kayaker or canoe enthusiast there are plenty of areas in which you can self-guide with ease or if you're a beginner there are several kayaking outfitters in the area that make it easy for you to explore and get out on the water with a professional and experienced guide.

MUST-DO HIKES

Hiking in the Campbell River region is sure to delight hikers of all ages

and skill levels. Explore old growth forests in the Elk Falls Provincial Park, take a peaceful walk along the ocean, traverse the rugged beaches of Quadra and Cortes islands and take in panoramic mountain views in Strathcona Provincial Park.

Campbell River is passionate about preserving these amazing natural places, so hikers are asked to practice leave-no-trace principles, pack out what you pack in and for your own safety and the preservation of the trails, obey posted signs and keep to designated trails.

HERE ARE SOME TOP HIKES IN THE REGION

- **Elk Falls Provincial Park:** Lose yourself in nature and the overwhelming power of the Elk Falls from a suspension bridge above (a two-kilometre hike, return). After the waterfall, wander the Old Growth Loop trail to observe massive Douglas fir and cedar trees, or the Riverside Loop trail (four kilometres return) to view Moose Falls, Deer Falls and the Dolphin Pool.
- **Ripple Rock:** This popular hiking trail overlooks the site of the famous 1958 Ripple Rock blast, which was the largest non-nuclear explosion in the world at the time. While the detonation was dangerous, the trail is the opposite. At about four kilometres long in each direction, this moderate hiking trail provides scenic viewpoints overlooking Menzies Bay and the Seymour Narrows.
- **Strathcona Provincial Park:** The oldest provincial park in British



Photo by Tyler Cave Productions



Photo by Tyler Cave Productions



Photo by Bluetree Photography

Columbia and the largest provincial park on Vancouver Island. Founded in 1911, this awe-inspiring 250,000-hectare park stretches from the glaciers of Forbidden Plateau up to the northern peaks beyond Buttle Lake, offering up recreational activities for all tastes and abilities. This majestic wilderness can challenge the most extreme outdoor enthusiast, or delight a senior with their grandchildren, exploring nature as they discover the park together.

UNIQUE ACCOMMODATIONS

Looking for a place to rest, relax and rejuvenate? Accommodations in Campbell River and region provide something unique for everyone.

The central north island has a treasure trove of resorts, cottages, hotels, B&Bs and vacation rental homes that offer 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, there's something for everyone.

For those looking for a truly coastal experience, there are several seaside accommodations to choose from. On the southern side, in between Campbell River and Comox, are the cosy A-frame cabins of Oyster Bay Resorts. It's a charming property that offers privacy, comfort and spectacular ocean views. Dolphins Resort features 13 west-coast-style cabins, many with personal hot tubs and wood-burning fireplaces, and an upscale Pacific Northwest-inspired restaurant.

FIND THE HIDDEN GEMS

Despite its growth and change, Campbell River remains a small town at heart. Dining options are plentiful in Campbell River. Whether it's fish and chips served dockside in a marina or surf and turf platters in a comfortable pub or restaurant, the local food scene offers visitors a chance to hang out with locals and savour the tastes of the region. Trendy eateries provide a great atmosphere for social interaction, while fine dining spots offer the best in west coast cuisine.

A must-visit when exploring the food scene is Beach Fire Brewing for local brews and local eats! The menu here features local seasonal ingredients for a truly authentic and local experience. When it's time to take a break from the day's adventure, Campbell River's café scene offers a variety of options to suit everyone. Choose from a cosy coastal cafe like FoggDukkers, where you can enjoy your cup of coffee right on the ocean, or a charming in-town cafe like Island Grind, conveniently located by the popular walking trails of the Beaver Lodge Lands.

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Okanagan ADVENTURES

Seven ways to explore this beautiful
and diverse region of BC

BY • DANIEL SHIPLEY, WESTCOASTTRAVELLER.COM

The Okanagan is a beautiful region of southern British Columbia defined by the basin of Okanagan Lake and the cities of Kelowna, Penticton and Vernon. The valley is made up of majestic mountains and forests; it's surrounded by hiking and walking trails and ski resorts; and it's sprinkled with hundreds of wineries.

Whether you're into rock climbing, hiking, biking or kayaking, you'll find plenty of amazing spots to get your thrills. And if you've got kids in tow, the area also has a ton of cool attractions and activities for families to enjoy.

So, after flying into Kelowna International Airport via Central Mountain Air, grab a car and check out these Okanagan landmarks.

Okanagan Science Centre

The Okanagan Science Centre in Vernon offers all kinds of fun and educational exhibits and interactive science displays.

On tap this summer is LUMEN, a touring exhibit from Montreal, which runs until September 4. At this main-gallery exhibit, visitors can explore light under all angles and analyse its behaviour by handling different light sources and obstacles, discovering the magic of refraction and polarization.

The centre is also opening a chemistry corner, in addition to other regular exhibits that include a critter room, palaeontology area, and rooms for geology, energy, space and sound, among others.



Penticton Farmers' Market. Photo by Philip Solman

Kelowna Wine Trail

With over 40 wineries within a 20-minute drive, you'll find plenty of terroir to swirl, sip and savour. The area has five unique wine trails: Sip South East Kelowna, Lake Country's Scenic Sip, Westside Wine Trail, Lakeshore Wine Route and Downtown Grapes & Grains. You'll also find an abundance of culinary experiences and numerous winery and vineyard events.

Can't decide which winery to visit? There are several guided winery tours offered. Tour operators will often build customized wine tours, and take care of the driving.

It's a good idea to plan your wine tour days in advance to ensure you can visit all your favourite or must-visit wineries, and reservations are recommended.

Penticton Farmers' Market

Held in downtown Penticton every Saturday from 8:30 am to 1 pm, this market welcomes thousands of visitors and boasts lots of vendors from small local farms.

From fresh veggies and fruits to honey, eggs, baking, handmade crafts and preserves, everything is grown or produced in the South Okanagan, and vendors proudly make, bake or grow everything they sell. The market also hosts a selection of local liquor vendors every week.

All of this makes for a fun place to enjoy the summer sun while you shop, grab a bite from a food truck, and maybe just people-watch for a while!

The Penticton Farmers' Market is just one of many markets included in The BC Farmers' Market Trail, an online resource for people who love visiting community markets. Bookmark bcfarmersmarkettrail.com to find destination markets by name, region and community, as well as other key features, such as dog-friendly or wheelchair accessible.

Margaret Falls in Herald Provincial Park

Located 15 kilometres west of Salmon Arm just off Highway 1 and nestled on the shores of Shuswap Lake in Herald Provincial Park, this incredibly beautiful waterfall is a must-see.

This family-friendly 20-minute hike meanders through an amazingly scenic canyon filled with lush, vibrant old-growth trees that feed off the moisture from the falls.

You'll walk over several wooden bridges as you take in the stunning canyon with its sheer cliff walls towering overhead. This is a chance to enjoy nature lover's dream without having to do anything too extreme!



Historic O'Keefe Ranch. Photo courtesy O'Keefe Ranch

Historic O'Keefe Ranch

Located just north of Vernon, this ranch allows visitors to take a step back in time and learn about the old west and the history of the region, including the story of ranching in BC.

This August and September, enjoy events such as a cowboy dinner show and campfire, a paranormal weekend at the ranch, yoga with goats, family day and high tea—check the events calendar at okeeferranch.ca.

The ranch also hosts different types of events, such as weddings at St. Anne's Church.

Echo Lake Provincial Park

Located southeast of Lumby in the North Okanagan Valley, Echo Lake is a hidden secret of the region, known for the great echo that gives the lake its name.

With its beautiful clear turquoise water and excellent fishing, it's a perfect destination for anyone who's into kayaking, paddling or canoeing.



Echo Lake Provincial Park.

If you're looking for a great place to stay while you visit, two resorts are situated at either end of the lake. You can rent a campsite or rustic cabin at Echo Lake Resort, where you can also rent boats and canoes, or you can stay at Cozy Cabins Nature Resort, where you can let your kids unplug and explore the forest, rope swing over a private lake, use the free rowboats, or even go for a wagon ride!



Children on the ropes course at Myra Canyon Adventure Park outside of Kelowna. Photo by Kari Medig, courtesy Destination BC

Myra Canyon Adventure Park

This adventure park, situated right above Kelowna and below the famous Myra Canyon trestles, has something for everyone, including aerial courses and kinder zip lines, slacklines, balance boards, swings and a netted climbing course.

It also hosts events such as birthday parties, corporate and team building activities, and even offers training and tours on off-road Segways!

An admission ticket gets you unlimited fun for the entire day, and you can book a picnic site and barbecue with propane included.

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Freshwater Fisheries
Society of BC



SIP, SAVOUR AND SWOON

High tea in Vancouver

STORY + PHOTOS BY • LAUREN KRAMER

Ask anyone who comes from England or a British colony and they'll sing the praises of high tea. This beautiful afternoon occasion is defined by an assortment of carefully selected tea blends, brewed in teapots and poured into fine china teacups. Served with savouries and confections, scones and cream, it's a time of day to be savoured, perfect for intimate celebrations and reflection.

Unlike coffee, most often served on-the-go and designed to get the heart racing and the body wide awake, tea offers a peaceful respite from a busy day and a meditative interlude before the dinnertime rush. It's best sipped slowly, served in the company of friends or family and filled with hushed but meaningful conversation.

While high tea has long been an established tradition in the city of Victoria, in Vancouver there are just a handful of places to go for this very British-style treat. Hungry for high tea, we found three destinations where tea is an art form, a meal treated with dignity and served with carefully curated brews and divinely rich treats.

LA PETITE CUILLÈRE, French for "the small teaspoon," opened in 2012 in Vancouver's Mount Pleasant neighbourhood on Kingsway. Step inside and you're immediately transported from the busy, traffic-heavy thoroughfare directly outside. The restaurant's 20-foot ceilings, ornate chandeliers, floor-to-ceiling windows and hot pink, velvet sofas set the scene for a classy, serene experience. Sunlight streams through the curtains, jazz plays softly in the background and gilded mirrors, along with collections of teacups and saucers, decorate a restaurant that speaks of extravagant old-world charm.

The menu features 20 different varieties of tea, divided into premium black, premium green and premium tisane. The choice is challenging with flavours like lychee black tea, raspberry parfait, mango green tea, coconut rooibos chai and cozy caramel cream. We selected earl grey cream and lychee black, both rich, flavourful blends, and delighted in the little jugs of milk and the bowls of sugar cubes that accompanied the serving.

High tea at La Petite Cuillère comes with six sweet confections and five savoury servings per person, beautifully presented in a three-tier platter that's nothing short of eye candy. Many of the items are infused with tea and the selection changes with each season and is easily swapped out for those with dietary restrictions. We chose vegetarian food and our meal, which coincided with spring, featured pistachio mousse cake, Belgian chocolate brownie, mango-passionfruit pannacotta, red velvet cake, blueberry cheesecake and a tea-infused scone served with Devonshire cream and raspberry jam. We tucked into caramelized mushroom and onion quiche, egg salad sandwiches, salmon mousse, a cashew feta tartlet and a zucchini muffin.

Everything is made in-house with fastidious attention to flavour and presentation, and while each item is small and easily consumed in a few bites, together the savouries and confections constitute a decent meal. While everything on the platter was heavenly, our favourites were the tea-infused scone and the egg salad sandwich, also infused with tea.

Located on West Broadway in Kitsilano, **NEVERLAND TEA SALON** opened in 2013 in a modern space that feels bright and welcoming.



Neverland.



La Petite Cuillère.

Tables with white cloths are laid with china teacups and saucers, while clocks and whimsical art adorn a restaurant that feels fun and lighthearted.

Neverland features no less than 74 varieties of tea, divided into categories of black, scented black, green, rooibos, oolong, herbal and fruit, white and premium. There's tea in flavours of Aztec chocolate, apple crumble, raspberry jam and vanilla ice cream. Feel like lemon meringue pie in a cup? That's on the menu too, along with strawberry mojito tea, blue licorice, Russian rose, summer in Provence and "take me to Neverland," the salon's signature chocolate peppermint blend.

The great feature of this tea salon is its bottomless teacup policy. For the 90-minute duration of your high tea, you can order as many different pots of tea as you choose. The most popular varieties are the lavender earl grey, lychee fruit and Tinkerbell's kiss, a blend of strawberry and kiwi.

Our spring high tea included finger sandwiches with red Thai curry egg salad, lemon herb mascarpone, tarragon tofu, spring pea crostini and a croissant with feta mousse. To satisfy the sweet tooth there was strawberry vanilla cake, lemon meringue tartlet, mixed berry choux, a chocolate brownie and scones with cream and jam. The presentation was exquisite, and all items were carefully curated and made in-house.

A longtime tea-lover, I selected the apple crumble black tea, which truly does taste like apple crumble distilled into a rich tea blend. I

moved on to the London fog and finished the meal with raspberry jam tea. High tea at Neverland truly felt like stepping into a strange, new land that tantalized our tastebuds with incredible scents and flavours.

PARAGON TEA is located on Cambie Street. It is a tea take-out destination but it deserves mention because its tea is so unique. This eatery specializes in Japanese and Taiwanese tea and features hojicha oat, mocha oat, jasmine and oolong. The teas are served in take-out cups and food offerings are limited to croissants, cookies and bubble waffles in five flavours.

We tried the hojicha oat, a rich, comforting hot beverage filled with nutty oat taste and entirely different from the kinds of English breakfast blends we're familiar with. Each tea is individually brewed and is equivalent to up to eight tea bags per cup. With that percentage of caffeine in your body, you won't leave Paragon feeling sleepy!

Paragon's staff explained that the tea is served with oat milk rather than dairy because dairy milk is fatty and cuts into the flavour. All the teas at Paragon can be served hot or cold, so we left with the iced matcha oat, also a delicious beverage that had us wired all day—and all night too. Diners can add tapioca pearls or house-made jasmine jelly to their iced teas, and the waffles are a not overly sweet confection that constitute a decent afternoon treat.

If you GO



TEA AT LA PETITE CUILLÈRE

Located at 55 Kingsway, costs \$58 per person. Reservations are needed weekends but Tuesdays through Fridays, walk-ins are welcome. lapetitecuillere.ca / 604-298-0088

TEA AT NEVERLAND TEA SALON

Costs \$52 per person. The restaurant, located at 3066 West Broadway, is open 11-5 daily and its menus accommodate vegetarian, vegan, gluten-free and dairy-free diets. neverlandtea.com / 604-428-3066

PARAGON TEA ROOM

3361 Cambie, is open daily 10-6 and its teas cost around \$6 each. paragontearoom.com / 604-616-8386

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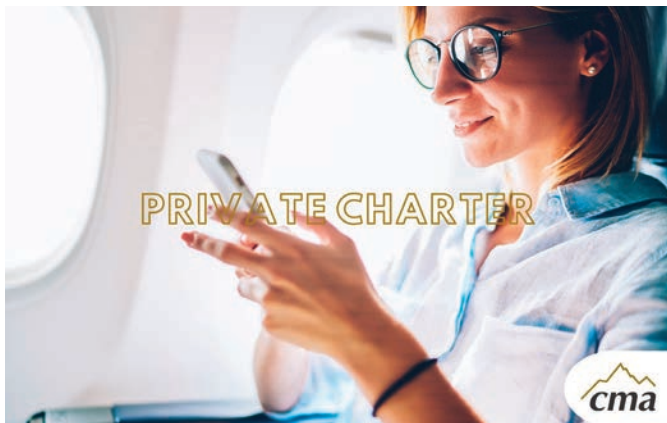


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Photo courtesy Caribou Chilcotin Coast Canoeing

PADDLE UP

Five paddling experiences to enjoy in BC this fall

BY • VINCE HEMPSALL

With over 25,000 kilometers of coastline, 20,000 lakes and 750,000 kilometres of rivers and waterways, the province of British Columbia is a paddler's paradise. Whether your preferred craft is a canoe, kayak, paddleboard or raft, there are innumerable opportunities to explore both fresh and saltwater environs.

The only challenge about paddling in Canada's westernmost province is trying to decide which adventure to do first. That's why novice paddlers and accomplished explorers alike turn to Paddle BC, an online guide to the province's best paddling experiences. Included on the site are excellent outings within an easy drive of an airport serviced by Central Mountain Air. From exciting day trips to serene week-long excursions, here are five paddle outings you won't want to miss this fall.

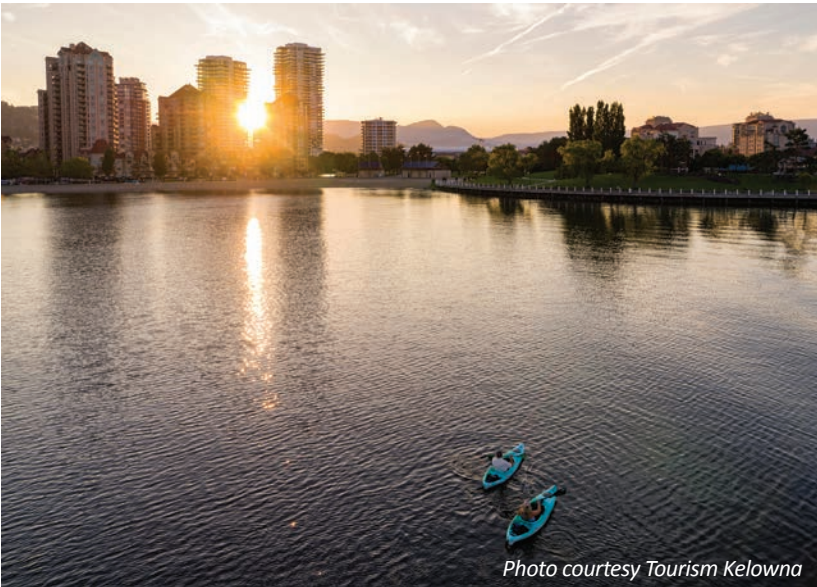


Photo courtesy Tourism Kelowna

1 KELOWNA PADDLE TRAIL

From the Kelowna International Airport, it's an easy 15-minute drive to access the Kelowna Paddle Trail on the 135-kilometre-long Okanagan Lake. The temperatures are so mild in Kelowna, one of the fastest growing cities in Canada, that people have been known to paddleboard the trail every month of the year. It's particularly good in the fall, though, because the water is still warm, but the summertime crowds have dissipated.

The Kelowna Paddle Trail extends 27 kilometres from McKinley Beach to Bertram Creek Regional Park and passes 20 beaches and parks, two bird sanctuaries and downtown Kelowna. In fact, it's one of the few routes in the country where you can stop and grab a latte at an upscale café before continuing your journey. The Kelowna Paddle Centre is located on the trail and offers rentals and instruction.



Photo courtesy Caribou Chilcotin Coast Canoeing

2 BOWRON LAKES CANOE CIRCUIT, QUESNEL

Not only is the Bowron Lakes Canoe Circuit the most popular canoe route in the province, it's one of the most coveted in the entire country. That's because the 116-kilometre loop weaves its way through the Cariboo Mountains and over 12 lakes, each with well-maintained camping areas. The eight portages are well-groomed, leaving paddlers more time to take in the views of the snow-capped peaks, as well as the vast array of local wildlife, from moose and otters to eagles and many other birds that use the region as a rest-stop on their autumn migration south.

Paddlers typically take six to 10 days to do the full trip; or, for a shorter journey, the west side of the circuit can be paddled in two to four days. The start is a 100-kilometre drive from the Quesnel airport, and canoe rentals and tours can be booked through a variety of outfitters, including Bear River Mercantile, home to the Bowron Lake Museum.



Photo courtesy Canadian Outback Rafting

3 CHEAKAMUS RIVER, SQUAMISH

For those ready to turn a regular summer day into an epic adventure, Cheakamus River is your go-to destination for an unforgettable whitewater rafting experience. Located in the natural playground of Squamish, an hour's drive from the Vancouver International Airport, "the Cheak," as locals call it, is renowned for its towering mountain peaks, dense forests and the exhilarating rush of its rapids.

Multiple companies offer rafting excursions on the Cheakamus—catering to all ages and skill levels—including Canadian Outback Rafting and the Squamish Rafting Company. Water levels are typically lower in the autumn months, compared to spring run-off, but there's still a lot of adrenaline-inducing rapids to enjoy, as well as the majestic backdrop of the Squamish landscape.

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GROUND SPEED: FIVE FOR THE DRIVE



Photo courtesy KC Kayak Fishing

4 NANOOSE BAY, VANCOUVER ISLAND

Kayak fishing is one of the fastest growing paddle sports in North America and for good reason: landing a lunker from the hull of a small boat is the definition of exciting. British Columbia offers excellent opportunities for both fresh and saltwater species and there are innumerable inlets and coves to go after the latter off the coastline, located 75 minutes from the Central Mountain Air destination at Campbell River on Vancouver Island.

Five varieties of salmon can be caught in this area, depending on the season, as well as lingcod, sea bass, halibut and more. If the fish are slow to bite, however, go for a paddle in the Nanoose Bay Recreational Shellfish Reserve, where you can pry fresh Pacific oysters right off the rocks. Coastal Expression offers tours, instruction, and rentals for those keen to cast the beautiful waters of the Strait of Georgia.



Photo courtesy Marianne Piller-Leyder Havenstrom

5 SCOUT ISLAND, WILLIAMS LAKE

Paddling around the nature sanctuary of Scout Island on Williams Lake is the best way to see the resident wildlife and bird life, including those that use it as a rest stop during their annual migration. For example, it's one of the only places in Western Canada where the American white pelican can be seen every fall as they journey south from their nesting grounds at Stum and Puntzi lakes. Other animals to spot include foxes, otters, beavers, deer, osprey, turtles and more.

Located on the western end of Williams Lake, a 15-minute drive from the city's airport, Scout Island also has a nature centre with 2.5 kilometres of trails and interpretive signage. Canoes, kayaks and paddleboards can be rented at various outfitters in the city, including Cariboo Canoe and Kayak Rentals.

Whether you're looking for a tranquil paddle or an adrenaline rush there are many paddling opportunities near airports serviced by Central Mountain Air. Find your next paddling adventure at paddlebc.ca.

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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.

Terrace INSIDER

BY • CHLOE SJUBERG
PHOTOS • COURTESY OF VISIT TERRACE

Where does the name of Terrace come from?

The City of Terrace gets its name from the terraces or benches rising from the Skeena River in this section of the valley.

What is Terrace best known for?

Terrace is known for the mighty Skeena River that rushes through the valley and surrounding area. Locals and tourists alike use the river to fish for various types of salmon. Terrace has a variety of sights to impress visitors, no matter their age or interests. These range from spectacular mountain biking to an array of murals, sculptures and other local art pieces around town. Keep an eye out for “art in wild places,” such as the sculptures of wolves that sit on the edge of Terrace Mountain. Terrace is an oasis for anyone who appreciates the beauty of nature and local creations.

What are some of the best family activities in Terrace?

Explore the outdoors with historic and cultural walks along the Millennium Trail or Howe Creek Trail, at Heritage Park Museum or on Ferry Island. Lakelse Lake offers swimming, picnicking and a playground. Families looking to spend time indoors can check out the Terrace SportsPlex and Aquatic Centre for skating or swimming; MaXXed Out Family Fun for laser tag and other games; or Bubble Land, featuring bubble tea, bubble waffles and arcade games.



Where's the best spot for a fantastic dinner in Terrace? What about a hearty breakfast?

Terrace offers a wide variety of dining choices, from steaks at Thornhill Pub to delicious Indian foods at Hot House. Enjoy a Canadian breakfast at Kathleen's Grill or visit one of Terrace's small cafes to drink locally roasted coffee.

What's the best locally owned getaway?

Accommodation in Terrace ranges from locally owned small cabins near the river to hidden bungalows in the mountains and newly built modern hotels, offering spaces for conferences and events.

How can visitors find out more about Terrace?

Check out visitterrace.com and [@visitterrace](https://www.instagram.com/visitterrace) on Instagram to learn more about places to stay, places to eat, and the amazing experiences Terrace has to offer.



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What's Happening?

Events in CMA destinations

Williams Lake

South Cariboo Garlic Festival
August 26–27

From Williams Lake, drive 45 minutes south on Highway 97 to Lac La Hache for “the best stinkin’ party in the Cariboo!” The festival features live music, tasty eats and treats, a petting zoo and, of course, garlic and garlic-based products for sale along with other unique handmade goods. Learn more at garlicfestival.ca.

Photo courtesy of South Cariboo Garlic Festival



Prince George

Huble Homestead Potato Festival
September 3–4

Another festival in honour of the bounty of the harvest: celebrate the mighty spud at Huble Homestead Historic Site (a 30-minute drive north of Prince George) with games, crafts, food, live music, tours and heritage demonstrations. Buy heirloom potatoes grown on site; take part in potato sack races, hot potato or the potato and spoon race; and try your hand at potato stamping. Learn more at hublehomestead.ca/potatofestival.

Photo courtesy of Huble Homestead



Edmonton

Edmonton International Film Festival
September 21–October 1

Get ready to laugh, cry and feel inspired by diverse high-quality films from Edmonton and around the world. These features and shorts span all genres and are mixed with a handful of award-winners from the film festival circuit. And don't miss the filmmaker chats, Q&As, local filmmaker spotlights and more. Learn more at edmontonfilmfest.com.

Photo by Cassian Soltykevych

Quesnel

Quesnel Culture Days
September 22–October 15

Quesnel is the host city for the BC kick-off of Culture Days, a three-week celebration of arts, culture and heritage in communities across Canada. Along with the September 23 kick-off event, activities include Authors Day, the Quesnel Art Trail, the 49th annual Memorial Pow Wow, and a performance of Bear Grease, a hilarious Indigenous twist on the classic musical Grease. Learn more at culturedays.ca/en/blog/quesnelbc.

Photo courtesy of MC RedCloud/Bear Grease



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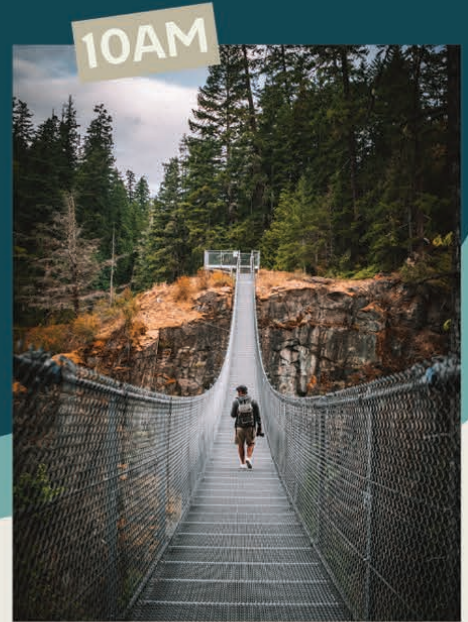
λəmatax^w, Campbell River, is nestled within the territory of the Liḡwíldaḡ^w peoples; the WeWaiKai, WeiWaiKum, and Kwikiah Nations; here there are no borders between city and nature. λəmatax^w, Campbell River is located in the heart of the Discovery Passage, a small city nestled in nature, surrounded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

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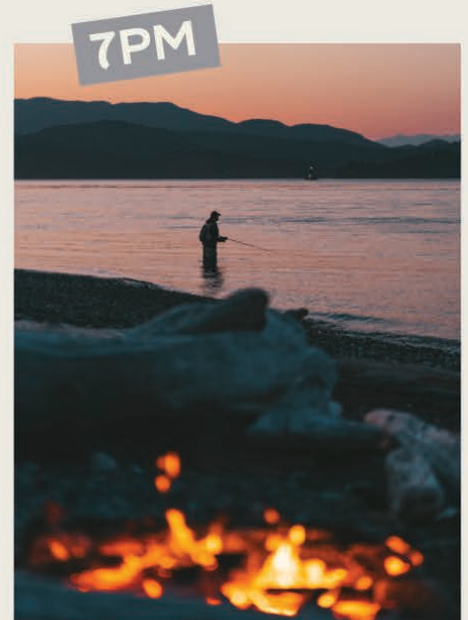
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