



*Central Mountain Air*

# ALTITUDE

*in-flight magazine*

## Go with the snow

Smithers is a winter  
playground

### Powerful cultural icons

'Ksan Historic Village

### Hot spots on cold days

Five things to do this winter in Prince George

### Blazing the Dumpling Trail

An Asian culinary concerto in Richmond

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# INSIDE

CENTRAL MOUNTAIN AIR IN-FLIGHT MAGAZINE

 **Black Press Media**

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### ON THE COVER

Skiing in Smithers, BC  
Photo by Mattias-Fredriksson, courtesy Northern BC Tourism

Make this holiday  
the best yet with CMA



**Douglas McCrea**

President, Central Mountain Air

Temperatures are dropping, the snow is falling and the holiday season is in full swing. At Central Mountain Air we understand the importance of air travel more than ever during this time, and we have expanded our flight schedule and offerings to provide more options and flexibility for our passengers. Connecting with loved ones can be challenging and road conditions ever-changing, so let us do the work for you and make this holiday season the best yet.

In addition to increased flight offerings, we are excited about increasing our route network with the return to our home base at Smithers, BC. This relaunch will see flights occur every Monday, Wednesday and Friday between Smithers and Vancouver.

As we head into the new year, we will continue to evaluate our route network to determine where we can make improvements to our schedule.

We know the holidays are an exciting but stressful time for many, so we invite you to take advantage of our buy-now, pay-later options via our partnership with Uplift—an offering that helps you spread the cost of your trip over low monthly payments. And, if you're struggling with the perfect gift to get someone, we also now offer eGift cards which can be purchased online at flycma.com.

As we continue making improvements, we invite you to follow us online through social media on Facebook, Twitter, LinkedIn and Instagram, and to sign 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 on your next flight.

~ Douglas McCrea

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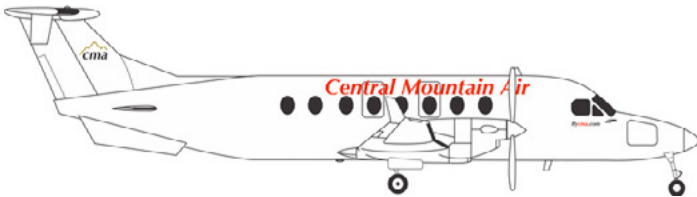
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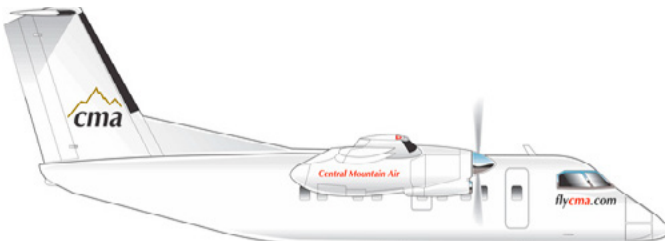
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# CMA restores flights to Smithers

Flights return just in time for the busy holiday season

Central Mountain Air is excited to bring scheduled flights within its network back to its home base of Smithers, BC.

This relaunch—utilizing a fleet of De Havilland Canada Dash 8 aircraft—is providing three round-trip flights per week between Smithers and Vancouver South Terminal. The service commenced Monday, November 7, and flights will continue into 2023.

This restored network connectivity comes just in time for the holiday season when staying connected to loved ones is more important than ever. Flights run on a Monday, Wednesday and Friday basis, with consistent and convenient flight times from both Smithers and Vancouver.

“We are extremely excited to be resuming service from Vancouver to our home base of Smithers,” commented Trevor Wakefield, chief

operating officer at Central Mountain Air. “With the upcoming holiday season and travellers planning to visit family and friends, this relaunch is a positive step towards Central Mountain Air’s commitment to our passengers and employees, as well as the connectivity we offer throughout the province of British Columbia.”

**TRAVEL WITH CMA**

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Leaves Smithers: Mon-Wed-Fri at 2:30 pm

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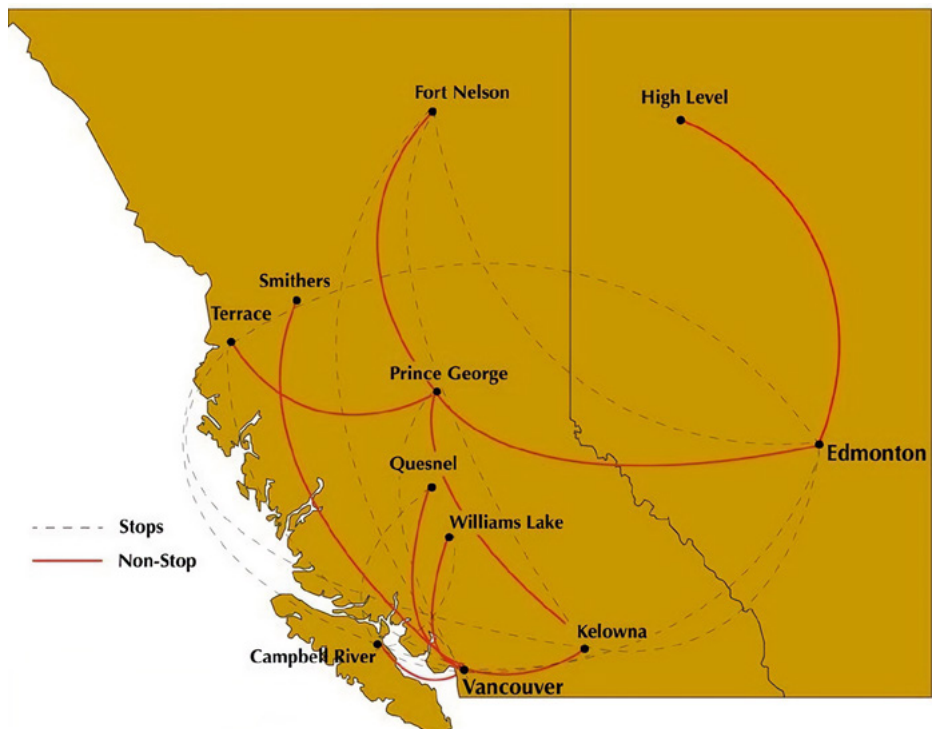
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## Accessible Travel Guides launched

**The Vancouver Island region now has a series of travel guides created to serve travellers of all abilities.**

The Accessible Travel Guides highlight accessible tourism products within 17 participating Vancouver Island communities, providing recommendations and sharing trip considerations. With the collaboration of 4VI (formerly Tourism Vancouver Island), Spinal Cord Injury BC, Destination British Columbia and a group of community destination management organizations, each guide was developed by working with travellers who have both visible and invisible disabilities.

“Meeting and engaging with a scope of individuals to promote and connect over accessibility has been enlightening and motivating,” said Lexa Bergen, project lead and a British Columbia-based disability advocate. “Having experienced chronic illness and disability for many years of my life, I have an empathetic understanding of the challenges one can experience when adaptations are required in day-to-day life and when travelling. As an advocate, I work to bring more equitable experiences

for those requiring adaptations in our community and culture so that we may all show up and live our most expansive lives.”

The guides aim to provide representation for travellers with disabilities and to support them with practical information that preserves their enjoyment and dignity while travelling. They also provide businesses with access to information and resources to better understand barrier-free access to their services.

“It is important to recognize that, for many decades, tourism marketing has been almost exclusively focused on those without disabilities and this has created barriers to welcoming a valued and diverse variety of people,” said Anthony Everett, president and CEO of 4VI. “The collaboration between 17 communities, Destination British Columbia and Spinal Cord Injury BC was successful due to a shared understanding that our approach to marketing must consider principles of inclusiveness, diversity, equity and accessibility.”

The information gathered in the Accessible Travel Guides is meant to ease trip planning and ensure that Vancouver Island is an inclusive travel destination with unforgettable vacation experiences for all.





*Paradise Meadows,  
Strathcona Park, Vancouver Island*

## 2022 season sets BC Parks reservation record

**A record number of people made reservations for campsites, day-use passes, backcountry permits, cabins and picnic shelters in provincial parks this season.**

More than 317,000 reservations were made on the new BC Parks reservation service for the 2022 season, for an increase of 26.5 per cent since 2019.

“The new and improved reservation service is more reliable and easier to use, which is reflected in the record number of reservations,” said George Heyman, BC Minister of Environment and Climate Change Strategy.

The new reservation service, launched in March 2022, is part of a broader, ongoing redesign of BC Parks’ digital services to improve visitors’ experiences from computer to campground. Designed with input from campers, park operators and other service organizations, the new reservation service includes more flexible search options, such as a map

to find campgrounds by region, an interactive calendar that shows when booked sites will become available, saved booking preferences within customer accounts, information on nearby facilities, and large photos of campsites.

The website provides descriptions and photos about accessible facilities and infrastructure, such as parking, pathways and campsites, to help people choose the park that best meets their needs.

“It has been another exceptionally busy season for BC Parks as more people discover and enjoy the health benefits of being in nature,” said Kelly Greene, Parliamentary Secretary for Environment. “We are working hard to create more camping opportunities in BC and improve accessibility so more people can experience the joy of exploring BC’s parks.”

BC Parks is investing \$21.5 million to expand and enhance opportunities for outdoor recreation, including adding new campsites and trails, and upgrading facilities. Since 2017, more than 1,700 campsites have been added to provincial parks and recreation sites in high-demand areas. Of those sites, 500 are in Lower Mainland parks, including Cultus Lake, Golden Ears, Chilliwack Lake, Stawamus Chief and Garibaldi.





# GO WITH THE SNOW *in Smithers*

Enjoy this winter paradise  
of world-class skiing  
away from the crowds

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BY • SANDRA SMITH  
PHOTOS COURTESY NORTHERN BC TOURISM, MATTIAS FREDRIKSSON





**Break away from the lineups and head to Smithers for an authentic getaway in a winter wonderland. Within two hours of lift-off from Vancouver, you can be snowshoeing, sleigh-riding, skating outdoors, snowmobiling or doing any type of skiing.**

And the good news? Central Mountain Air has returned to its home base at Smithers, now offering flights every Monday, Wednesday and Friday between it and Vancouver.

Smithers is a snow-lover's paradise of downhill, backcountry, cat-skiing, heli-skiing, cross-country skiing and guided trips. The spectacular mountain valley offers a vast terrain of fresh, champagne-dry powder snow, and a sweet mountain town to boot.



### HUDSON BAY MOUNTAIN RESORT

This family ski resort is just 20 minutes from the airport and downtown Smithers. It's the leading winter destination in northern BC, with a beginner's rope tow, two T-bars, a triple-seat chairlift and over 300 acres of skiable terrain—more runs than you can ski in a day, from groomed beginner runs to double-diamond expert, including tons of fun and challenging powder tree skiing.

Known locally as a secret "land with no lift lines," you'll never wait long for a chairlift here, and you'll have plenty of opportunities to make fresh tracks after one of Smithers' legendary snowfalls.

The ski hill offers a snowboard terrain park, a fireside restaurant and lounge with spectacular views of nearby mountain ranges, two cafeterias, a well-outfitted rental and pro shop, and great events all season long. If you're new to skiing or boarding, you can link up with a friendly and qualified instructor at the ski school.





*Burnie Glacier Chalet  
Photo by Gary Maltin*



*Seaton Basin  
Photo submitted*

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## CAT-SKIING, HELI-SKIING AND BACKCOUNTRY SKIING

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If you're looking to plow some serious pow, treat yourself to some wilderness skiing with the world-class cat-assisted, heli-assisted and backcountry ski operators in this region. With access to virtually endless terrain, local operators will bring you to some mind-altering tree skiing, natural glades, open bowls and plenty of steep.

There's also the Hankin-Evelyn Backcountry Recreation Area, a dedicated backcountry skiing area maintained by users, with 11 cut trails below the tree line for alpine skiers who like a good trek up before they come down.

With cosy camps, beautiful mountain lodges and certified backcountry ski guides, there's something for everyone here.

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## CROSS-COUNTRY SKIING

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Smithers and its Bulkley Valley have plenty of options to get you cross-country skiing, from wilderness trails to over 45 kilometres of groomed classic and skate-skiing trails (plus lit trails for night skiing) at the Bulkley Valley Nordic Centre.

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## SLEIGH RIDES

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Have you ever felt the magic of a horse-drawn sleigh ride through open snowy fields? Here's your chance: B & T Wagon and Sleigh Rides offers this authentic farm-based experience daytimes or evenings with a good old-fashioned campfire wienie roast stop in a lantern-lit forest along the way.

---

## OUTDOOR SKATING

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Bulkley Valley has two outdoor rinks and several local lakes—with stellar mountain views—where residents clear skating loops and hockey areas when conditions are right. There are even a couple of lake Zamboni operators who voluntarily clear paths on a semi-regular basis.

---

## SNOWSHOEING

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There are plenty of options for a refreshing tromp through the woods, across the lakes, or along any of the countless trails through the wilderness parks and mountain areas. You can head out for an hour, go on an afternoon trek, or make an overnight trip at one of the privately or provincially operated cabins.



**SNOWMOBILING**

The Smithers Snowmobile Association grooms trails in a few areas and maintains six mountain cabins in the valley. To find local guides and rentals, places to tune up your sled, and maps for popular places to ride, visit [tourismsmithers.com](http://tourismsmithers.com).


**A SWEET MOUNTAIN TOWN**

At the end of your adventurous days, you can wander the brick sidewalks of Smithers' charming Main Street. Browse through chic boutiques, taste some culinary creations, or nestle in at one of the two craft breweries (Smithers Brewing Co. and Bulkeley Valley Brewery) for some sips and potentially some live music or a chat with a local Smithereen. These people love where they live and they welcome your visit, so ask them for tips and they'll point you in the right direction.

In Smithers, there is snow! Come and get a taste of it...for first tracks and big smiles, all day long. Learn more at [tourismsmithers.com](http://tourismsmithers.com) or 1-800-542-6673.

When booking your Smithers accommodations, check out the Ski & Stay specials for savings at [skiandstay.ca](http://skiandstay.ca).





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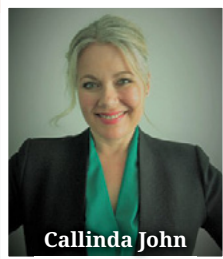
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# Powerful CULTURAL ICONS

Gitksan dance and song  
and the 'Ksan Historical Village

BY • HANS TAMMEGAGI



*Dancers of Damelahamid  
Photo by Chris Randle*





Swaying to the beat of a powerful drum, the Dancers of Damelahamid emerge on a semi-darkened stage wearing intricately carved masks representing mythical creatures. Deep voices sing in a strange language as the dancers reenact a story of transformation and rebirth.

I am moved to be present here, as rich performances like this were nearly lost. For more than a century, colonists enforced a policy of cultural repression against Indigenous peoples through residential schools, the Sixties Scoop, the banning of the potlatch and more.





*'Ksan Historical Village  
Photo courtesy Indigenous Tourism BC*

**In the 1960s, Ken Harris (Gitxsan) and his wife Margaret (Cree) formed the Dancers of Damelahamid to ensure that Indigenous dance—which for countless generations played an integral part in defining art and culture—would be revitalized and preserved. Thankfully, they were successful, and today the troupe is considered the best in the country, working to advance the public’s knowledge and appreciation of the art, history, language and traditions of Indigenous cultures.**

**I was reminded of the importance of dance and song recently while driving along Highway 16 from Prince George to Prince Rupert in north-western British Columbia. The road is also known as the Highway of Tears because many Indigenous women have been murdered or gone missing along it.**

The territory of the Gitxsan Nation, Ken’s people, is located near Hazelton, BC—an hour and 40 minutes from the Central Mountain Air destination of Terrace, and about 50 minutes from CMA’s home base at Smithers. Particularly eye-catching is the ‘Ksan Historical Village, located at the confluence of the Skeena and Bulkley rivers, consisting of seven large cedar houses boldly decorated with Indigenous art and totem poles.

The replicated ancient Gitxsan village, which opened in 1977, illustrates historic life, and honours generations past and present. It often reverberates to loud drumming and dancers swirling in red and black regalia. It has seen thousands of visitors from all over Canada and the world.

“Gitxsan” means “people of the of Xsan,” and “Xsan” means “the River of Mist”—also known by its colonial name, the Skeena, the second larg-

est river in BC (after the Fraser). For millennia, the Gitxsan maintained communities along the river because of its importance as a transportation artery and source of salmon.

The Gitxsan’s traditional territories occupy an immense 33,000 square kilometres. The rivers are home to abundant salmon and steelhead runs. It is a land of rugged, glacier-capped mountains, lush forests and swiftly flowing rivers heavily influenced by the north Pacific Ocean climate.

Central to Gitxsan culture is traditional dancing, accentuated by imaginative regalia, including wool button blankets, intricate masks, cedar hats and rattles. The Gitxsan Dancers have performed around the globe and were featured at the 2010 Winter Olympics. They perform weekly at the Wolf House in the ‘Ksan Historical Village.

Dancing is so popular that a second, even larger, dance group, the Thunderhearts, has been formed, consisting of about 75 people. Dancing and other colourful ceremonies are held at the annual three-day Gitxsan Cultural Days celebrations at the ‘Ksan Historical Village.

There are approximately 5,000 to 6,000 Gitxsan spread over six communities in the Upper Skeena River area. Gitanmaax is the largest village, and its band owns and operates the ‘Ksan Historical Village and Campground.

The number of exhibits at the ‘Ksan Historical Village has been growing. Today, it includes over 600 artefacts and plays an important role in encouraging and displaying traditional arts, ranging from complex weav-





ing to intricate mountain sheep-horn spoons and the carving and raising of totem poles.

The Gitksan are a matrilineal society consisting of Frog, Eagle, Wolf and Fireweed clans. Spouses may not belong to the same clan. Each clan consists of a series of independent houses (Wilps), each with their own High Chiefs, who are guided by Elders and members of their Wilp. Currently, there are more than 60 Wilps, and each governs their portion of the Gitksan territories. Hereditary chiefs hold positions of influence in communities where the title has been handed down through families for generations.

Salmon are an important part of Gitksan culture. Fishing sites belong to each Wilp, and trespassing on another's fishing spot is forbidden. During spawning season, fishermen are seen at rapids dipping nets on long poles into the frothing water. Nearby, women cut and clean the salmon and hang them to dry. The Gitksan traded salmon and other natural resources with neighbouring First Nations along "grease trails"—trade routes named for the processed oil of the oolichan, a smelt-like fish.

There is a central governing body of the Gitksan Nation: the Office of the Hereditary Chiefs of the Gitksan. However, each village has its own band and council that are essentially hereditary, based on Wilps. Historically, the Nation had considerable in-fighting, only uniting when they were invaded.

The Gitksan people are proud of their culture and are working hard to bring it back to its former glory. The Gitksan language is taught and

encouraged. Regalia is rich and features red and black colours as well as distinctive ovoid forms. Contemporary Gitksan life continues to centre around potlatch feasts, at which funerals, marriages, name-givings, adoptions and other ceremonies are held, and guests are given gifts for witnessing.

The Dancers of Damelahamid are at the pinnacle of Gitksan art. The troupe performs both time-honoured and contemporary Gitksan dances with deep family roots at the annual Coastal Dance Festival in Vancouver, and at venues around the world.

"The best aspect of our group is that we're preserving and passing on our culture to the next generation," said Margaret Grenier, the troupe's artistic director.

Song and dance are powerful indeed.

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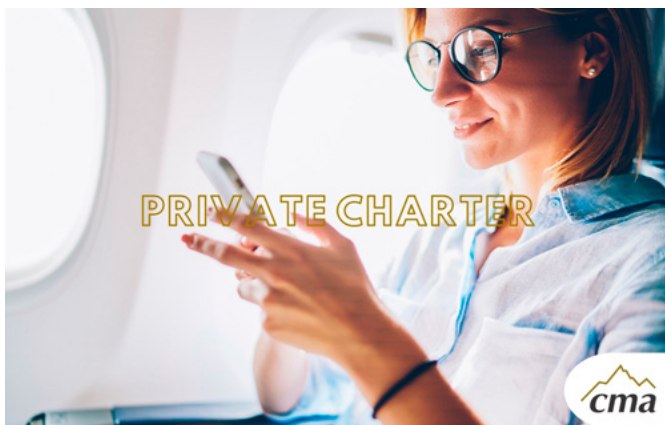


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# HOT SPOTS

*on cold days*



Five must-do activities in Prince George this winter

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BY • LAUREN KRAMER  
PHOTOS COURTESY TOURISM PRINCE GEORGE



**Alive with fun events, competitions and simply breathtaking scenery, Prince George is one of northern BC's best-kept secrets and a great place to visit this winter.**

Come for musical melodies, world-class athletic competitions, a family-focused sleigh ride on a private ranch, and festivals that are uniquely Prince George. The city offers many ways to warm up in a friendly, social environment, or to test your skills in the outdoor arenas.

**Here are our top items for your to-do list this winter.**

**1 Light it up** Nothing says holiday cheer more loudly than a dark sky illuminated by hundreds of lights. Prince George has two destinations for great lights. Northern Lights Estate Winery is hosting Light Up the Orchard from November 18 to December 31, with 10 unique light features, along with crafts for kids, hot chocolate and mulled wine. Tickets are available online at [northernlightswinery.ca](http://northernlightswinery.ca). And, from December 18 to 30, the Central BC Railway and Forestry Museum will be hosting the Celebration of Lights, with over 100,000 lights and displays on the museum grounds. Learn more at [pgrfm.bc.ca](http://pgrfm.bc.ca).



**2 Musical notes** Coldsnap is an annual nine-day, multi-venue music festival featuring 30 mostly Canadian musicians whose work spans folk, indie, world, acoustic and Celtic music. Artists perform January 27 to February 4, 2023 at indoor venues throughout the city, with evening performances and free daytime events. Known as "Ice-Jams," these are informal, intimate, community-based performances where audience members can talk to the musicians about their work. Tickets for the annual Coldsnap are available online at [coldsnapfestival.com](http://coldsnapfestival.com) or at the local bookstore Books & Company.

**3 Athletic prowess** If you're a keen athlete, consider participating in the annual Prince George Iceman event on February 12, 2023. The multi-sport event is suitable for everyone, from beginner to elite athletes, with both solo and relay team categories. It takes place at the Otway Nordic Centre, the Outdoor Ice Oval and the Aquatic Centre and includes five events: an eight-kilometre cross-country ski, a 10-kilometre run, a five-kilometre skate, a five-kilometre run and an 800-metre swim. Learn more at [pgiceman.ca](http://pgiceman.ca).



**4 Get outside** Make the most of winter with the many opportunities to recreate in Prince George. Love to skate? Visit the expansive rink at the Outdoor Ice Oval ([pgoval.ca](http://pgoval.ca)), where you can skate with friends and family day or night. Check weather conditions before you come, as the rink is dependent on cold temperatures to stay open. For skiing or snowshoeing, rent supplies at the Otway Nordic Centre ([caledonianordic.com](http://caledonianordic.com)), which offers 10 kilometres of competition trails, five kilometres of illuminated trails, 30 kilometres of snowshoe trails, and an illuminated 30-lane shooting range for biathlon. Hart Ski Hill ([hartskihill.com](http://hartskihill.com)) is another great destination: an urban ski and snowboard hill within city limits featuring 22 acres of trails, a terrain park and lit-up runs.

**5 Wintry sleigh rides** There's no better way for your family to celebrate the spirit of winter than on a sleigh ride. Offered at Crazy M Ranch, a private ranch owned and operated by the Mueller family, this hour-long sleigh ride traverses beautiful woodland trails and open fields where it's possible to see deer, moose and many other kinds of wildlife. The ride ends at the sleigh shed, where hot beverages and cookies are served over an old-fashioned wood cookstove. Outside, a roaring bonfire is a gathering point for guests to warm up and cook wieners and marshmallows. Sleigh rides cost \$15 for adults and \$10 for kids ages four to 12. To learn more, visit [crazymranch.weebly.com](http://crazymranch.weebly.com) or call 250-560-5505.

## 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](http://flycma.com)







# BLAZING *the* DUMPLING TRAIL

## An Asian culinary concerto

BY • LAUREN KRAMER

PHOTOS COURTESY TOURISM RICHMOND

If you're a foodie at heart, you'll want to arrive hungry in Richmond, BC—home to some of the world's best Asian cuisine. Chances are you've whizzed past it many a time en route to Vancouver, never stopping to consider that 74 per cent of the population is Asian, and 50 per cent of them are from China.

The influx of Asian immigrants over the past 20 years has transformed Richmond into a hot spot for North America's top Asian chefs. And the best way to taste their talents is to venture out on the Dumpling Trail.

There are 16 stops on the trail, all of them closely located around central Richmond, so it's best to select a handful and work through them slowly, savouring the unique assortment. Along the way, you'll learn the difference between gyoza and mandu, wu gok and wontons (four of the 12 varieties of dumplings highlighted on the trail). Some are fried, others boiled, but each carries, in addition to its particular filling, the scent of a faraway place, a culture transported across the ocean and lovingly followed through its culinary traditions.

We begin our journey at the family-owned Taiwanese-style vegetarian eatery 4 Stones, starting with gyoza and steamed dumplings. Filled with

vegetarian meat, cabbage and bok choy, these little pockets of pleasure represent Asian comfort food. Tasty, hot and deeply satisfying, they easily whet the appetite for more.

Our second stop is Pepper Lunch, a Japanese chain whose only two North American locations are in Richmond and Vancouver. Within minutes of ordering, our beef and chicken gyoza arrive teppanyaki-style on a sizzling iron griddle, the dumplings still cooking right in front of us. We turn them carefully to brown them on both sides before demolishing them in a few quick bites. That's the thing about dumplings: they are so easily consumable. No dipping or spicing necessary, these crispy pan-fried delicacies are irresistible, filling the belly with warmth.

We have two more trail stops for the day, and one of them is Jade Seafood Restaurant, a 250-seat Cantonese eatery whose tables are bustling with Asian diners enjoying dim sum. We sip our jasmine tea as we wait for our order of steamed mushroom dumplings.

Our last stop on the trail is the Shanghaiese restaurant Suhang, whose owner is friendly, welcoming and effusive. Suhang, named for two cities in the Shanghai region, has a glass wall behind which a female chef carefully rolls her dumplings. When a plateful of xiao long bao—steamed dumplings filled with vegetables and Chinese mushrooms—arrives tableside, we're unable to resist, and despite sated appetites, we gobble them up quickly.

Later, to better understand some of the ingredients that appear in the





dishes we had, I walk through the Osaka Supermarket in Richmond’s Yaohan Centre, marvelling at an array of products that hail from all over Asia. I pass imported Japanese and Korean teas such as aloe vera and ginseng chrysanthemum; snacks like wasabi pea crackers, shrimp chips and prawn crackers; and frozen dim sum and dumplings ready to be steamed or boiled at home. The vegetable crates are brimming with leafy greens carrying names like sing gua, nagaimo, chun ho and gai lan. And in the seafood department, a massive king crab claws against the glass as shoppers select live conch, scallop, barramundi and sturgeon from the tanks.

Timing is crucial on the Dumpling Trail, as many restaurants serve dumplings only for dim sum, a morning meal of shared plates served between 10 am and 2 pm. Don’t be deterred by the fact that yours might be the only table speaking English. Bring friends to share the dumplings, have cash in your pocket (some restaurants do not accept cards), and step into this Asian culinary concerto with an open mind and an empty stomach. You’ll be rewarded with a sumptuous and distinctly different feast.

**IF YOU GO:**

Go to [visitrichmondbc.com](http://visitrichmondbc.com) and download the Dumpling Trail map.

**TRAVEL WITH CMA**

CMA offers flights to destinations around BC from its base at Vancouver South Terminal in Richmond.

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# Kelowna INSIDER

BY • CHLOE SJUBERG



Skating at Stuart Park Skating Rink  
Photo courtesy Tourism Kelowna, Danika Lee Photography

## Where does the name of the city come from?

The name “Kelowna” originates from the Syilx people’s word for “grizzly bear.”

## What is Kelowna best known for?

Situated in the heart of British Columbia, Kelowna is the hub of the Okanagan Valley and its largest city. With spectacular views overlooking Okanagan Lake and an endless number of year-round adventures available, visitors to the region are spoiled for choice when looking for rest and relaxation, high-adrenaline activities, family time or a mix of all three. Kelowna is part of the Okanagan wine region and continues to live up to its renowned reputation as a culinary destination, with over 100 restaurants, 40 wineries, 20 breweries and a selection of cideries and distilleries.

## Best family activities?

Families visiting Kelowna can enjoy lake activities, spending time at the beaches, exploring parks, hiking and biking. Suggestions include kayaking or paddleboarding Okanagan Lake, biking the Myra Canyon trestles, or hiking Knox Mountain for panoramic lake views.

## Best spot for a fantastic dinner? A hearty breakfast?

For an elevated farm-to-table experience downtown, visit RauDZ Regional Table or Waterfront Wines Restaurant, where award-winning chefs highlight local ingredients and pair dishes with sommelier-selected regional wine. For a hearty breakfast with the family, visit The Bohemian Café, or make it a brunch date with friends and try a delicious breakfast bowl at Krafty Kitchen.

## Best locally owned getaways?

For a peaceful escape where you can enjoy waking up in nature, the Kelowna area has many options, whether you prefer to stay lakeside, mountainside or hillside. Wake up steps from the water at Beaver Lake Resort or Seclusion Bay Resort; take in the fresh mountain air at Big White; experience country farm life at Soma Craft Cider Farm Inn; or soak in the quietness at Myra Canyon Lodge, overlooking the city from 500 metres above.

## How can visitors find out more about Kelowna?

The Tourism Kelowna Visitor Centre is located downtown on the waterfront, with a secondary kiosk located at the airport in the arrivals area. The Tourism Kelowna team is ready to assist with directions, suggestions and making reservations for accommodations, attractions and tours.

Visit [tourismkelowna.com](http://tourismkelowna.com) for more information.



Quails’ Gate Winery Wicked Wine Tour  
Photo courtesy Tourism Kelowna, Shawn Talbot Photography

### 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](http://flycma.com)





	Econ	Flex	Flex+
	Limited Seating Availability	Generous Seating Availability	Full Aircraft Seating Availability
<b>CHANGES</b>			
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	✓	✓	✓
<b>CANCELLATIONS</b>			
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.	✓	✓	✓
<b>SAME DAY EARLY STANDBY</b>			
Per passenger, subject to availability	\$78.75	\$52.50	\$0
<b>NAME CHANGES</b>	x	\$52.50	\$0
<b>NO SHOW</b>			
Failure to check-in for your flight will result in forfeiture of the entire segment.	✓	✓	✓
<b>FARE (100% Non-Refundable)</b>	x	x	✓
<b>BAGGAGE *</b>			
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.





Photo courtesy of Explore Edmonton

## Edmonton

Luminaria: A Winter Garden Story  
**Until December 31**

**University of Alberta Botanic Garden**

At Luminaria, an evening festival inspired by the atmosphere of alpine holiday markets, guests of all ages can explore the tastes, sights, sounds and surprises that tell a magical winter story. Stroll through the candle-lit pathways of the Kurimoto Japanese Garden, sip hot apple cider beside a bonfire, enjoy the seasonal sounds of a capella singers, and spot magical “snow sprites” within glittering ice sculptures as you take a winter train ride.



Photo by Bruce Coughlan

## Campbell River

Burns Night 2023:  
The Bard & His Ballads  
**January 22, 2023**

**Tidemark Theatre**

Since the first Burns Dinner in 1801, people have gathered to pay homage to the great Scottish bard Robert Burns. Join BC songsmith Bruce Coughlan and special guests Daniel Lapp (fiddle and piano) and René Cusson (pipes and whistles) to celebrate Burns Night 2023. Program selections include Burns’ greatest hits: “Westlin Winds,” “Auld Lang Syne,” “Ae Fond Kiss,” “A Man’s a Man” and, of course, “Address to a Haggis.”



Photo courtesy of Snowed In Comedy Tour

## Williams Lake

Snowed In Comedy Tour  
**January 14, 2023**

**Cariboo Memorial Recreation Complex**

Now in its 14th year, the Snowed In Comedy Tour has grown to become the biggest comedy tour in Canada, playing in 70 cities coast to coast. This year, four international comedians come together to create one amazing show, with each bringing a unique and hilarious take providing something for everyone. Performers are Just for Laughs winner Dan Quinn; Great Canadian Laugh-Off winner Paul Myrehaug; six-time Canadian Comedian of the Year nominee Pete Zedlacher; and Erica Sigurdson, a regular on CBC Radio’s hit comedy show The Debaters.



Photo by Lorne Clarke

## Prince George

Coldsnap Winter Music Festival  
**January 27 to February 4, 2023**

Coldsnap is a unique cultural event that has earned a reputation as a fan and performer favourite. It’s regularly cited as one of best reasons to visit northern BC. Every January, musicians from around the world come to Prince George for a full week of entertainment, from the next big thing in indie rock to jazz veterans, Celtic, traditional folk, hip-hop and beyond. There’s also a series of free workshops aimed at making music accessible to every member of the community.



Photo courtesy of Moonshine Coffee Roasters

## Quesnel

Tiny Den Concerts  
**Check Facebook for dates**  
**The Den by Moonshine Coffee Roasters**

With a name inspired by NPR’s Tiny Desk Concerts, this intimate concert series brings together a variety of local performers for an evening of musical exploration in a cosy coffee shop setting. Part of the fun is that the lineup isn’t announced in advance, so you’ll be treated to a wonderful musical surprise. Concerts take place each month—check The Den’s Facebook or Instagram page for upcoming dates.



# Un-Ordinary Your Day

łəmatax<sup>w</sup>, Campbell River, is nestled within the territory of the Liğ<sup>w</sup>łtađ<sup>w</sup> peoples; the WeWaiKai, WeiWaiKum, and Kwikiah Nations; here there are no borders between city and nature. łəmatax<sup>w</sup>, 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



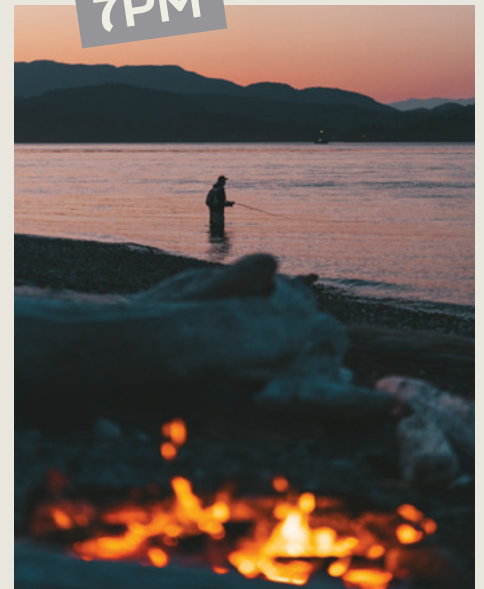
Start your day  
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10AM



Explore the great  
outdoors

7PM



Share your stories  
of the wild

3PM



Experience the  
community culture

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## CHOOSE LONG TRAILS OVER LONG COMMUTES



### Work

Pursue your business dreams or embrace remote working. Williams Lake has a great mix of career options such as major industry, government, and health and education services. We have a thriving small business sector and are uniquely positioned for access to global markets. Our good wireless connectivity makes Williams Lake an excellent place for remote working, as well. Skilled workers and professional services are in demand in the Cariboo.



### Live

Williams Lake offers affordable housing in a variety of rural and urban settings, all within minutes of our vibrant and bustling downtown. There you will find shopping, dining and services. Access to a full range of health services, post secondary education and an engaged school district will help make the transition to our welcoming community easy. Our world-class recreation complex has something for everyone, as well as a rich arts and culture community with festivals and activities throughout the year.



### Recreate

With the largest mountain bike trail network in BC, the 300-plus kilometres of trails outside your door will keep you busy in our four-season playground. Whether it is golfing, fishing, hiking, indoor or outdoor sports, cross-country or downhill skiing, there is no better place than Williams Lake to recreate. Within city limits, our nature reserve is a bird-watching paradise with annual migrations that attract visitors from around the world.



Eco Tours BC photo



John Wellburn photo



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