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# ALTITUDE

in-flight magazine



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Five must-see regions in Vancouver

## Gardens galore

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## Finding the flow

Watersports rule the summer in Kelowna

## Adventures in the Cariboo

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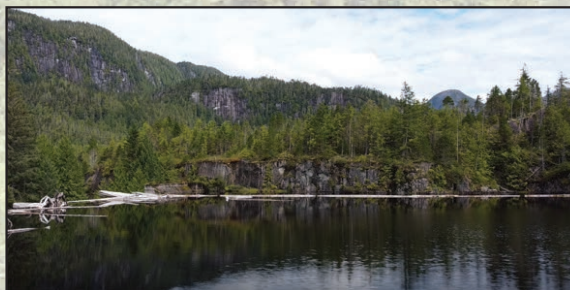
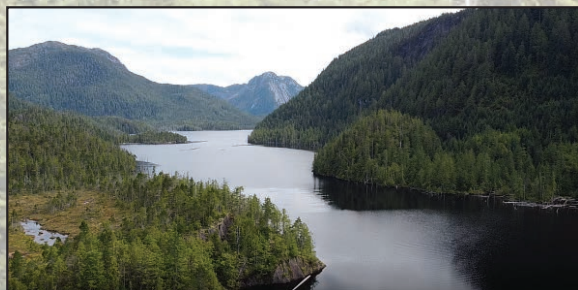
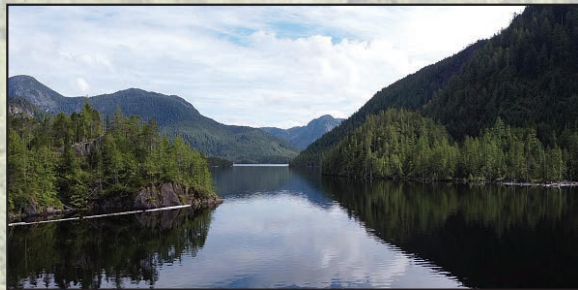
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# INSIDE

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



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## ON THE COVER

Bloedel Conservancy at Queen Elizabeth Park.  
Photo by Nelson Mouellic, courtesy Destination Vancouver

Welcome aboard!  
Your travel adventure awaits



**Douglas McCrea**  
President, Central Mountain Air

**As we soar through the skies connecting communities and creating memorable journeys, we wanted to take a moment to express our heartfelt gratitude for your unwavering trust and continued support.**

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~ Douglas McCrea

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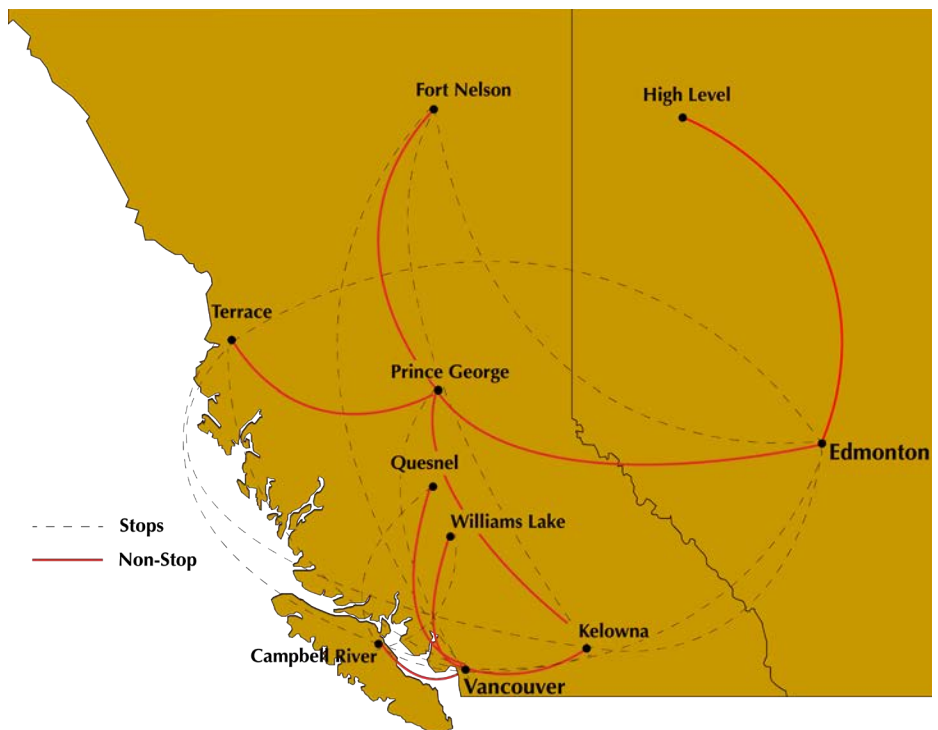
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## MCLEOD LAKE INDIAN BAND SWEARS IN *Chief Harley Chingee*



**PRINCE GEORGE: McLeod Lake Indian Band (MLIB) recently swore in Chief Harley Chingee, highlighting his continued commitment to the band's prosperity in forestry, clean energy and culture.**

"I am deeply honoured to be re-elected as Chief of the McLeod Lake Indian Band. Over the past three years, we have achieved many milestones, but there is still a lot of work to be done," said Chief Chingee.

Alongside Chief Chingee's re-election, an all-new council was sworn in to guide the band's future endeavours.

Chief Chingee has served various roles at MLIB over the past 40 years. Most recently he reached revenue-sharing and land-management deals with the BC government. In addition, he is pursuing one of the largest on-reserve energy projects in Canada.

"One of our core values of McLeod Lake is making sure the footsteps we leave behind are the ones our children will be proud to walk in," Chingee said. "I am committed to serving our band members and leading us towards a future that encompasses sustainable forestry practices, clean energy initiatives, and the establishment of a cultural centre."

Chief and council are elected to three-year terms, meaning the next election will fall in 2026.

## UPPED FISHING FEES *support angling and conservation*



**BC WIDE: IT COSTS A LITTLE MORE TO GO FRESHWATER FISHING IN BRITISH COLUMBIA THIS YEAR.**

The provincial government announced that angling fees were going up for the first time since 2003. Anglers will see an increase of 9.9 per cent in the 2023/24 season with an additional four per cent in 2024/25. This means a basic adult angler's license will increase to \$39.56 per year in 2023, then go up to \$41.15 in 2024.

All revenue collected for freshwater angling fees goes to the Freshwater Fisheries Society of BC and the Habitat Conservation Trust Foundation to help support the management of fisheries, habitats and angler opportunities in BC.

The increase in fees is expected to provide additional funding to the two organizations in their efforts to deliver conservation services to residents of the province. The Provincial Angling Advisory Committee approved the increase.

The proposed increases are expected to help the two organizations continue providing conservation services.

The Freshwater Fisheries Society of BC delivers the provincial stocking program and stocks more than 5.4 million fish into 641 lakes annually. The non-profit organization works in partnership with government, industry and anglers to improve fishing in the province through the enhancement and conservation of BC's freshwater fish resources.

The Habitat Conservation Trust Foundation is a non-profit charity that invests in BC's fish and wildlife and the habitats in which they live. A large network of recipients benefits from this funding.

To learn more about freshwater fishing licenses and requirements in British Columbia, go to the provincial government's website at [www2.gov.bc.ca](http://www2.gov.bc.ca).



All of the gardens featured on [gardensbc.com](https://gardensbc.com) offer a distinct opportunity for people to discover the beauty and diversity unique to each region across the province, as well as the amenities offered at each.



# Gardens GALORE

BC'S GARDEN DESTINATIONS  
FEATURED IN NEW ONLINE RESOURCE

**Just in time for garden season, locals and tourists to BC are invited to discover the province's many awe-inspiring gardens via a brand-new, curated online resource.**

Gardens BC has launched an all-new online resource, [gardensbc.com](https://gardensbc.com), offering a comprehensive guide to exploring the diverse and captivating gardens located throughout British Columbia.

This online resource is the best place for people to go to learn about the year-round garden experiences that can be found and booked across BC. From helping visitors identify popular amenities and activities found at each garden—such as gardening education, on-site cafés and gift shops, picnic spots and wheelchair-accessible grounds—the new Gardens BC website is a go-to resource for garden tourism, a family-friendly leisure activity that continues to rise in popularity.

“There’s a good reason garden tourism has become so popular in recent years. These magnificent gardens offer locals and tourists alike an opportunity to connect with nature, to learn about plant biodiversity, experience rejuvenation and so much more,” explains Geoff Ball, president of Gardens BC.

Exploring BC’s beautiful gardens is a must-do for travel enthusiasts and garden lovers. Visit [gardensbc.com](https://gardensbc.com) to discover:

- A showcase of the many different garden regions across British Columbia, including two new regions this year in Vancouver’s North Shore and Prince George.
- A range of experiences from world-famous gardens like The Butchart Gardens in Greater Victoria to hidden gems such as the Park & Tilford garden oasis in North Vancouver.
- Curated garden-centric travel itineraries to make planning your next trip through beautiful British Columbia as easy as possible. This includes photos, amenities found at each garden, and detailed writeups.
- A popular blog providing endless inspiration and contributions from notable contributors and garden experts, including Brian Minter and Erin Despard.
- A selection of the gardens that are available for private events and weddings across BC—each of which offers a stunning setting to help create lasting memories.



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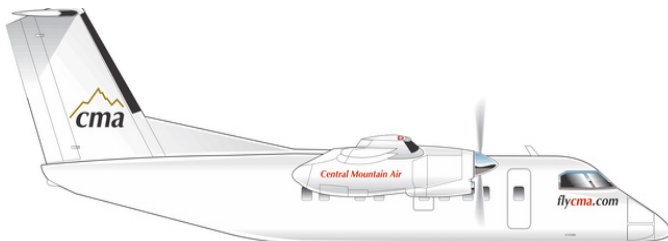
### DORNIER 328



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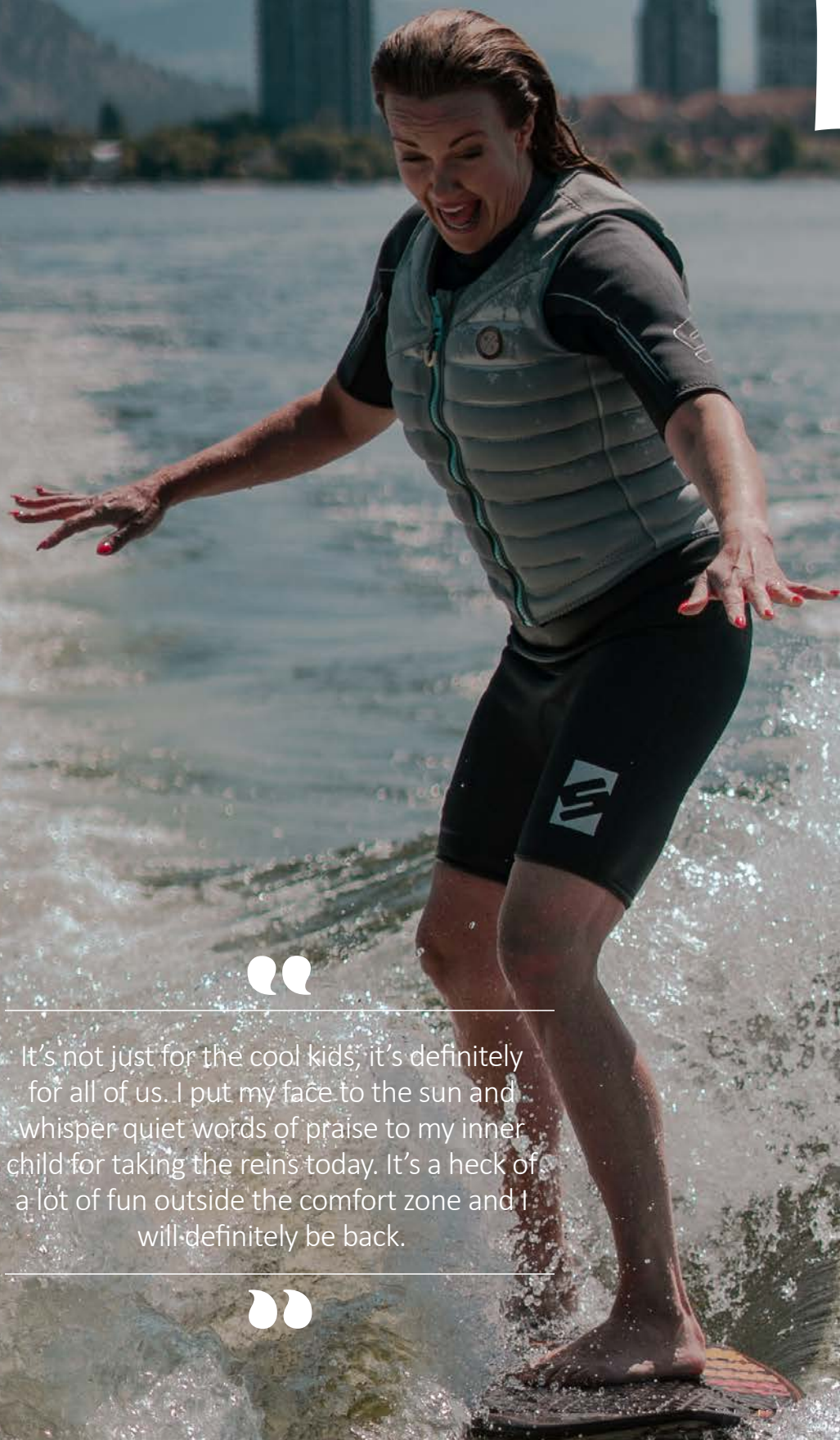


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# FIN



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It's not just for the cool kids; it's definitely for all of us. I put my face to the sun and whisper quiet words of praise to my inner child for taking the reins today. It's a heck of a lot of fun outside the comfort zone and I will definitely be back.

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# DING *the flow*

## Watersports rule the summer in Kelowna

BY • TOBY TANNAS

**Life begins at the end of your comfort zone—have you ever heard that nugget of wisdom? I am a 40-something-year-old woman, moderately athletic, a bit of a control freak and slightly anxious about doing things I don't know how to do. Can you relate?**

I love spending time on the water and have dabbled in the hugely popular sport of wakesurfing over the past few seasons. I am comfortable behind my own boat but shy away from surfing with groups because I haven't really nailed the technique. I never want to be the person who falls constantly, or worse, the one who can't get up at all! After years of watching my friends channel their inner Kelly Slater, I have decided this is the year I "drop the rope" and "find the flow."

My husband has signed me up for a lesson at The Kelowna Yacht Club Wake Sport School. (FYI, you don't have to be a yacht club member to do this.) Inwardly, I cower at the thought of someone, probably half my age, scrutinizing my skills or lack thereof on a surfboard. With my goal in mind, though, I agree to the lesson.

The day arrives and as I walk down the dock toward a beautiful 2023 Supra SA gleaming in the sun, my hesitancy starts to melt away. Boat captain Sarah and instructor Georgie greet me warmly and I am instantly at ease. No intimidation here. I discover they are sisters with a passion for watersports. Their vibe is friendly and the focus is on fun. As we pull out of the slip, the knot in my stomach releases, replaced by anticipation and excitement. I make the decision to relax into the experience. I think I'm actually going to learn something today!

As we make our way across Okanagan Lake with Sarah at the helm, Georgie explains that she learned to ski and snowboard as soon as she could walk and her passion for board sports transferred easily from snow to water. She loves teaching kids to surf and wakeboard and apologizes in advance if she talks to me like I'm a child.

"We celebrate everything on this boat," she explains. "We cheer when you get up, we cheer when you fall down; it's not meant to be patronizing. It's all about creating a fun and positive experience tailored to you and your skill level!"

*Writer: Toby Tannas on Okanagan Lake.  
Photo by Nina Dombowski.*





*Photos courtesy Tourism Kelowna*

It's time to assess that skill level. Georgie delivers her safety message and gives a few pointers about getting up on the KANUK board she's selected for me. I plunge into the water and within minutes I'm surfing behind the boat, the girls are cheering (of course) and we are on our way. Georgie gently guides me on foot placement, posture and technique. Through a few ups and downs, I work to find that sweet spot and eventually it pulls me in. I throw the rope. Sarah whoops from the captain's chair, Georgie throws her hands in the air. The music is blasting and for a moment I am a surfer. It's a fleeting moment as I lose the wave, but I feel victorious having achieved what I set out to do.

I get back in the boat feeling on top of the world and ask Georgie to show me how it's really done. She's game and watching her play in the wave and push her own limits is inspiring.

Sarah and Georgie's passion for their work is infectious. They love to

coach kids in the 10- to 14-year age range but wake sports camps are open to anyone seven years and up. When it comes to private lessons, there's no age cap. They are for anyone with a desire to learn.

"We had a 62-year-old man a few weeks ago," recalls Sarah. "He just wanted to see what all the hype was about. If you are comfortable on the water and you want to get up, we will get you up! Worst case scenario... you spend the day on the lake, in a beautiful boat with fun people!"

As Kelowna Yacht Club's watersports and education manager, Sarah also conducts captaining lessons. These are designed to help drivers master the technique of pulling surfers and boarders. She'll also guide you through the very technical navigation controls on today's fancy surf boats or help you get to know your own boat a little better.

Back at the yacht club, as I walk the dock, other watersports staff stop to ask how it went, what boards I used and what I think of the new





## Looking for other water activities to do on Okanagan Lake?

### Here are some ideas:

#### ON THE LAKE

There are many, many ways to have fun on the lake, where the summertime water temperature averages 19 to 23 degrees Celsius. Things you can rent include stand-up paddleboards (SUPs), wakeboards, sailboats, houseboats, jet skis, pedal-boats, charter boats, flyboards, kayaks and canoes.

With a host of marinas, serene bays and isolated beaches, boating is a great way to explore the 135-kilometre-long lake that stretches north and south from Kelowna. Numerous marinas, yacht clubs, charters and rental companies dot the shoreline in both directions. Several marinas on the lake have gas bars with convenience stores.

Boaters can take their time on the lake in some sort of vessel, or try parasailing, wind-surfing or learning to wakeboard. Another opportunity? Finish the day with an evening dinner and dance on one of the local charter cruises.

#### SUP TRAIL

If stand-up paddleboarding is your thing, Okanagan Lake offers a 27-kilometre SUP trail that runs from McKinley Beach to Bertram Creek Regional Park. Running along Kelowna's shoreline, the trail has many buoys to guide paddlers along their way. Paddle by more than 20 beaches and parks, three waterfront resorts and two bird sanctuaries, as well as downtown Kelowna. Paddlers can choose to explore part of the trail or test their stamina by paddling the whole thing. Either way, it's a great chance to take in the beautiful sights from the water.

#### SCUBA DIVING

Okanagan Lake offers scuba divers shore and boat dives, catering to all levels of expertise. The lake is 232 metres at its deepest and has shallower reaches too. Visibility is best in the spring, fall and winter months: explore rock formations, small caves, overhangs, shelves and drop-offs.

#### EXPLORE A MYSTERY

Okanagan Lake is welcoming and refreshing during the summer, but it also has its mysteries, such as mythical creatures, hidden coves and tombs. Search for Ogopogo, hike Paul's Tomb trail at Knox Mountain or snorkel in the crystal-clear water of the quiet, secluded bays.

Supra. I feel like I'm part of an unspoken club...the wakesurfing club. It's not just for the cool kids, it's definitely for all of us. I put my face to the sun and whisper quiet words of praise to my inner child for taking the reins today. It's a heck of a lot of fun outside the comfort zone and I will definitely be back. For more information on The Kelowna Yacht Club Wake Sport School go to [kelownayachtclub.com](http://kelownayachtclub.com).

### TRAVEL WITH CMA

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# Adventures IN THE CARIBOO



Sights, eats and warm hospitality in Quesnel and beyond

*The Fraser River Footbridge in downtown Quesnel.  
Photo by Bonnie Grenon, courtesy City of Quesnel*

BY • JENNIFER BLYTH / WESTCOASTTRAVELLER.COM

An extended long-weekend jaunt to the Cariboo isn't always top of mind for those in southwestern British Columbia, but a recent getaway has me thinking that it should be—for the beautiful vistas, heritage sites and outdoor adventures, certainly, but also for the warm hospitality that awaits.

The base for our weekend explorations, Moose Meadows Farm, is a B&B and working farm in Bouchie Lake, about 15 minutes outside the Central Mountain Air destination of Quesnel, and a 90-minute drive from the airline's destination at Williams Lake.

The home of Ted Traer and Heloise Dixon-Warren, Moose Meadows Farm is at once a relaxing country getaway for visitors and a year-round hive of activity. In the spring, Ted works tirelessly sugaring off his birch syrup, shearing his alpacas and tending crops of raspberries, haskap, Saskatoon and currant berries, plus flavourful garlic, among other delights. Fall at the farm brings a furious assembly of holiday wreaths, swags and centrepieces, hand-crafted and shipped across North America. Year-round—and a true delight for farm guests—are the animals, including horses, alpacas, sheep, a rooster and hen, and a delightful trio of inseparable donkeys.



## BUT BACK TO THE HOSPITALITY.

With warm smiles and Heloise’s wonderfully contagious laugh, the two welcomed us to their pastoral, 65-acre property of gently sloping fields dotted with evergreens, cottonwoods and birch.

In the middle of the various paddocks was our “home-away-from-home” for the weekend, a brand-new “glamping” tent of sturdy canvas atop a raised wood floor, outfitted with a comfy custom-built bed and a front porch, an ideal spot to sip our morning coffee.



The second day took us 80 kilometres east to the Barkerville National Historic Site itself, located about 75 minutes from Bouchie Lake, along a picturesque drive winding through forest, lakes and wetlands



Additional accommodation is available in “The Groom’s Quarters,” a beautifully furnished suite above the barn. While there’s no running water, other amenities such as wifi are readily available and both accommodations are served by two impeccable (truly!) outhouses. A well-appointed picnic shelter is located adjacent to Cattail Pond—home to a muskrat family—and “The Back 40” is an outdoor, wood-fired sauna that’s also available to overnight guests for a small fee.

## EXPLORING QUESNEL

Morning sunlight roused us from a regenerative sleep, coaxing us out to the porch to plan the day’s adventures.

Savouring the first warm weekend of the season, we enjoyed a stroll along Quesnel’s picturesque Riverfront Trail. The city is positioned at the confluence of the Fraser and Quesnel rivers and the trail is a great way to explore. Now more than 12 kilometres long, the trail starts from “kilometre 0” at what was renamed Lhtako Dene Park this past National Indigenous Peoples Day. Here, you can even cross over the mighty Fraser via a pedestrian bridge for a unique view of the iconic British Columbia waterway.

Beyond its riverfront location, Quesnel is an historic city, first the home of the Lhtako Dene people. Settled first by fur traders from the east in the 1820s, the Cariboo Gold Rush of 1862 brought prospectors and fortune seekers, a legacy reflected today in many of the region’s historic buildings and long-standing events, including July’s Billy Barker Days. A self-guided walking tour of downtown Quesnel sites highlights key points in the city’s past.

Our own explorations eventually led to Barkerville Brewing, the city’s only craft brewery and part of the Northeast BC Ale Trail. Named for the historic town of Barkerville, BC—and the aforementioned William “Billy” Barker—this award-winning brewery pours a selection of core beers and



*The south end of Reid Street, you’ll find shopping and places to eat.  
Photo by Bonnie Grenon, courtesy City of Quesnel*

seasonal offerings from its inviting tasting room. With names like Big Strike IPA, 18 Karat Ale and Sluice Juice Hazy Pale Ale, there’s lots of offer via a pint or a flight inside at their custom-built Timber Kings table, or outside on the sunny patio, perfectly positioned to soak in spectacular sunsets.

Various non-alcoholic options are also available, and the food menu ranges from light snacks to heartier options including local, artisanal pizza from Red Tomato Pies. Children are welcome, accompanied by an adult.

## HISTORY ON DISPLAY

Inspired by the story-rich brewery and a love of BC history, the second day took us 80 kilometres east to the Barkerville National Historic Site itself, located about 75 minutes from Bouchie Lake, along a picturesque drive winding through forest, lakes and wetlands.

Stop at Jack of Clubs Lake to stretch your legs (beautiful, but bug repellent is recommended in summer!) or continue on to the small community of Wells. Here, colourful buildings host eateries, artisans and services for locals and visitors on their way to Troll Ski Resort, Barkerville or Bowron Lake Provincial Park, where a 116-kilometre canoe circuit features a chain of lakes, waterways and connecting portages. Wells is also home to the only gas station along the route once you leave Quesnel, so be prepared.

From Wells, it’s just a few minutes to Barkerville. Arriving in the last week of June, the summer crowds had yet to arrive, but the largest living-history museum in western North America still offered numerous interactive opportunities.

Founded in 1862, with Billy Barker’s gold discovery, the town grew quickly before burning to the ground in 1868, when it was re-built almost immediately. Today, beyond strolling the elevated boardwalks and



*Old wagon driving down the streets of Barkerville.  
Photo by Steve Ogl, courtesy Destination BC.*

browsing numerous displays, visitors can also chat with actors depicting some of the many unique characters who made their home here.

Pondering the Cornish waterwheel and flume, we were greeted by the “chief engineer” who shared the history and how-to of the essential mining tool. At the Cameron & Ames Blacksmith Shop, we watched as the blacksmith worked hot metal into useful fire pokers and other tools.

By the mid-1880s, Chinese residents made up half of the Cariboo region’s population, a history reflected in Barkerville’s Chinatown, “home to the oldest Chee Kung Tong building in Canada and the most extensive collection of Chinese buildings, photographs and artifacts in North America.”

With the town’s location on the shared ancestral territories of the Dakelh and Secwépemc Peoples, we were also keen to learn more of the region’s Indigenous history from Mike Retasket, a storyteller, traditional pipe carrier, dancer, drummer and singer, and Cheryl Chapman, who at Barkerville plays her great-grandmother, Lucie Sellars, born at Xat’sull (Soda Creek) in 1867. Chapman and Retasket share stories of the many Indigenous groups (mainly Secwépemc and Carrier) who lived and traded at Barkerville, as well as modern truths about their culture.

Those visiting Barkerville through summer can explore deeper with everything from Victorian schoolhouse lessons and guided town tours to Barkerville cemetery tours and Chinese cultural sessions. How did miners spend their downtime? Enjoy an hour of music, comedy and fun with daily shows at Theatre Royal.

Barkerville’s buildings are also home to a variety of shops, services and restaurants—stop for lunch at the Wake Up Jake, sip a beverage from

Barkerville Brewing at the House Hotel Saloon, purchase delicious, fresh-baked sourdough from Goldfield Bakery or explore the unique offerings at Kwong Sang Wing Chinese Store. (And yes, you can actually stay at the park as well, with several B&Bs and cottages available to rent.)

Back at Moose Meadows, we returned “home” in time for a casual dinner enjoyed with good company around the campfire and a well-earned sleep after the day’s adventures. And while we may not have seen any moose at the meadows, the farm’s alpacas waited politely outside the tent door to bid us farewell the next morning.

### IF YOU GO:

- **MOOSE MEADOWS FARM:** Learn more by calling 250-249-5329 or online at [moosemeadowsfarm.ca](http://moosemeadowsfarm.ca). You can also stay up to date with all the farm activities on Facebook.
- **BARKERVILLE BREWING:** Visit in downtown Quesnel at 185 Davie St., call 1-778-414-2739 or see online at [barkervillebeer.com](http://barkervillebeer.com).
- **BARKERVILLE NATIONAL HISTORIC SITE:** The National Historic Site is located 81 kilometres east of Quesnel, at the end of Highway 26. Call 1-888-994-3332 or visit online at [barkerville.ca](http://barkerville.ca).

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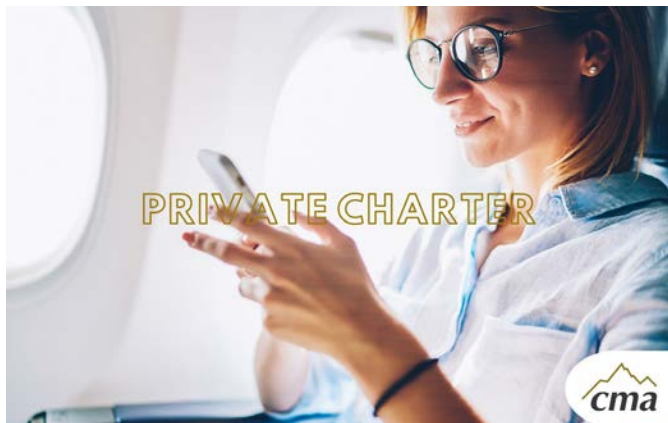


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# ALL IN THE *Neighbourhood*

## Five must-see regions in Vancouver

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BY • LAUREN KRAMER

PHOTOS • COURTESY OF DESTINATION BC

Though they rub shoulders with each other, Vancouver's neighbourhoods have distinctly different personalities, purposes and populations, each one offering a different glimpse at the communities they serve. Want to get to know the city? Here are five of the city's most interesting neighbourhoods and the sights and sounds that give them character and charm.



*Bloedel Conservatory in Queen Elizabeth Park.  
Photo by Tanya Goehring*



## 1 MOUNT PLEASANT

The stretch of Main Street from East 2nd to East 33rd has gentrified over the last 15 years as families moved into the area, and breweries, mom-and-pop ethnic restaurants, cafes and boutiques have proliferated. Beyond the stores and restaurants, the neighbourhood's highlights include Science World, Nat Bailey Stadium, Hillcrest Aquatic Centre and Queen Elizabeth Park.

The manicured gardens of Queen Elizabeth Park are a great place for an easy stroll, and the views of the ocean and the North Shore mountains from the hilltop, the highest point in the vicinity, are truly spectacular. Sit down for a classy lunch at Seasons in the Park and spend an afternoon at Hillcrest, a community centre offering swimming pools, a lazy river, hot tubs, an ice arena, a library, fitness classes and more. Take in a baseball game at Nat Bailey Stadium, home to the Vancouver Canadians team.

Come evenings, Mount Pleasant comes alive as its craft breweries and restaurants bustle with activity. In the six blocks that run between East 2nd and East 8th there are seven craft breweries with tasting rooms. There's excellent shopping at a variety of eclectic retailers on south Main Street but if you're traveling with kids don't miss Science World, a local landmark and a fun, educational place to learn and explore.



*Science World in Downtown Vancouver.  
Photo by Grant Harder*

## 2 UNIVERSITY OF BRITISH COLUMBIA

Don't think for a minute that this stunning neighbourhood is just for college students! Located minutes from downtown, the area is home to the forested trails of Pacific Spirit Regional Park and the windswept beaches of the Pacific Ocean. It's a great place for invigorating walks, inspiring architecture, incredible views of the city and performances at The Chan Centre for the Performing Arts.

The University of British Columbia has several attractions for area visitors. The Greenheart TreeWalk at UBC Botanical Garden provides a fun opportunity to explore the forest from walkways that lead (safely) into the treetops. The on-campus Nitobe Memorial Garden features beautifully manicured and serene Japanese gardens and a tea house. And the Museum of Anthropology's collection of art by Northwest Coast First Nations is exceptional. (Unfortunately, the museum is closed for renovations in 2023.)

You can walk for hours in Pacific Spirit Regional Park but if it's the beach you're after, head 490 steps down the trail to Wreck Beach. The seven-kilometre stretch of seashore marks one of Vancouver's best beaches, but for those fit enough for the descent and ascent, it's Wreck Beach's clothing-optional section that generates attention in the summer months!



*Museum of Anthropology at UBC.  
Photo by @anatoletuzlak*



## 4 COAL HARBOUR

Best known for its stunning views from the Seawall that borders Stanley Park, Coal Harbour is a refined, pricy neighbourhood filled with high-rise condominiums. Located on the water's edge, it's best explored on foot or by bike. There are pathways for each throughout the park, and there are landmarks to explore along the way that make it an ideal place to get to know the city and to see locals in action.

Start at Canada Place and choose your route depending on your fitness and energy level. Stop at a cafe or restaurant when you need a break—there are many in Coal Harbour and other concessions scattered throughout Stanley Park. Check out the luxury boats in the marina, the float planes taking off and landing and the harbour seals swimming in the water. Harbour cruises take visitors out to explore the city from the water, while seaplanes offer “flightseeing” tours. A less expensive option is the FlyOver Canada attraction at Canada Place, which gives a great overview of the country's beauty.



Vancouver skyline with Olympic Rings in Coal Harbour.  
Photo by David Nunuk



Kits beach.

Photo by Tanya Goehring, courtesy of Destination Vancouver

## 3 KITSILANO

Fondly known as “Kits” by locals, this neighbourhood combines vibrant beaches with parks, shopping and restaurants. Its main attraction is the beach, which is a hive of activity when the sun shines and a great place to relax, soak up the views and absorb the youthful energy that defines this area.

The beaches are packed with volleyball tournaments, while the parks alongside the beaches are filled with families, basketball players and dog-walkers. Bikers and pedestrians share the waterfront trails that run throughout Kits and extend all the way to Granville Island, delivering inspiring vistas, a friendly vibe and a cost-free way to enjoy the city.

If the weather forces you indoors, check out the Museum of Vancouver, a great place to learn about the city's history. The H.R. MacMillan Space Centre and the Vancouver Maritime Museum are other area attractions.

There's great shopping on West 4th Avenue and West Broadway, with enough boutiques, specialty grocers and restaurants to keep you browsing for hours. Don't miss Lululemon, which had its birthplace in Kitsilano, and The Naam, the city's best-known vegetarian restaurant, and whose yam fries with miso gravy are legendary.

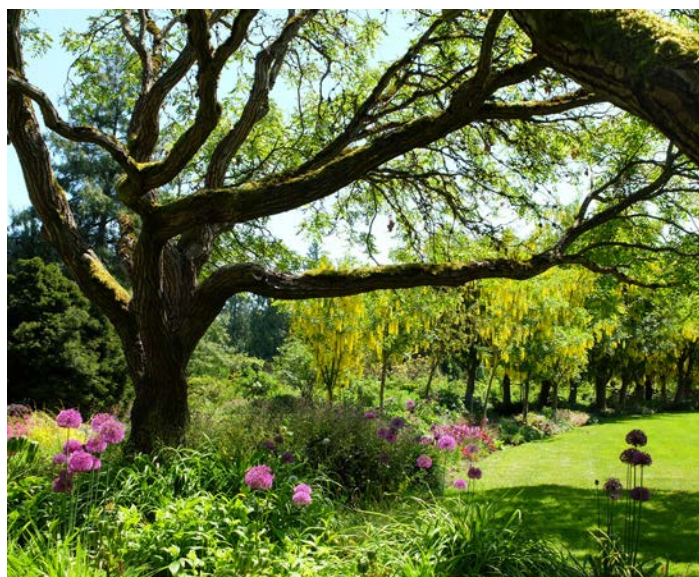
## 5 SHAUGHNESSY

The geographic heart of the city, the Shaughnessy neighbourhood stretches between Queen Elizabeth Park and Arbutus Street and is known for its heritage houses, graceful mansions and estates. Home to the 55-acre VanDusen Botanical Garden, it's mostly residential, with quiet, tree-lined streets, private schools and neighbourhood retailers along Granville Street and in Kerrisdale.

Visitors to Shaughnessy are drawn to VanDusen, a venue where each season brings different horticultural beauty plus concerts and events. A city landmark, this exquisite garden is a great respite from the busy streets and a jewel in the neighbourhood.

The shops along Granville Street and in Kerrisdale offer an interesting mix of boutiques, galleries, restaurants and cafes. But the best way to explore Shaughnessy is on a leisurely drive, bike ride or walk, at a speed that allows you to admire the architecture of “old Vancouver.”

Closer to Cambie Street, you can witness the city in transition. In the gridlocked vicinity between Oak and Cambie streets in Oakridge, builders are working hard to create the dense housing and shopping complexes needed to accommodate the city's ever-growing population.



VanDusen Botanical Garden Laburnum Walk.  
Photo courtesy of Destination Vancouver/VanDusen Gardens



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Per direction, per passenger fee, plus fare difference if applicable	\$78.75	\$52.50	\$0
Subject to availability	✓	✓	✓
<b>CANCELLATIONS</b>			
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Beyond 24 hours after original booking cancellations are allowed up to two (2) hours before departure	\$78.75	\$52.50	\$0
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<b>NAME CHANGES</b>	x	\$52.50	\$0
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<b>BAGGAGE *</b>			
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**\* BAGGAGE**

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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.

# Edmonton INSIDER

BY • CHLOE SJUBERG  
PHOTOS • COURTESY EXPLORE EDMONTON



Edmonton Oilers Tailgate Party outside Rogers Place.



Royal Alberta Museum.  
Photo by Cooper & O'Hara Photography



Edmonton International Folk Music Festival.

## Where does the name of Edmonton come from?

In 1795, the Hudson's Bay Company (HBC) established Fort Edmonton, a fur trading post on the North Saskatchewan River. It was named after Edmonton, England, the birthplace of Sir James Winter Lake, an HBC governor.

Even after it was “officially” named by the HBC, the fort continued to be called other things by the people who came to trade. The Cree called it amiskwaciwâskahikan (Beaver Hills House); the Nakota Sioux called it ti oda (Many Houses); and the Niitsitapi called it amakowsis, or omahkoyis (Big Lodge). It is possible that the fort was known by other names as well, in languages that have yet to be revitalized.

## What is Edmonton best known for?

Edmonton is Alberta's capital city and is often called “Canada's Festival City” due to its impressive lineup of year-round events and celebrations. The North Saskatchewan River Valley cutting through the city is the largest stretch of urban parkland in North America. West Edmonton Mall, one of the largest malls in North America, offers a vast array of entertainment options, including an amusement park, water park, ice rink and go-kart track. Fort Edmonton Park takes visitors on a journey through Edmonton's rich history, from the fur trade to the Roaring Twenties. The city is also home to the Edmonton Oilers, a team with a storied history in the National Hockey League.

## What are some of the best family activities in Edmonton?

The Royal Alberta Museum offers interactive exhibits for kids to learn about weather, paleontology and more. The TELUS World of Science provides themed galleries, IMAX movies and hands-on science experiences. At the Edmonton Valley Zoo, children can marvel at over 350 fascinating animals and learn about conservation. Snow Valley offers thrilling adventures at its Aerial Park and fun games like Target Golf for an unforgettable day.

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

RGE RD showcases farm-to-table dining, using local ingredients in its seasonal menu while prioritizing sustainability. Sabor dazzles with its vibrant ambience and Portuguese and Spanish-inspired cuisine, especially its seafood dishes. Fu's Repair Shop serves up classic dim sum and Chinese fusion dishes, complemented by imaginative cocktails.

For breakfast, The Sugarbowl is known for its massive homemade cinnamon buns, while Pip has a brunch menu featuring dishes like short rib eggs Benedict and avocado toast, and Under the High Wheel serves classic brunch dishes with a creative twist.





Cariwest Caribbean Arts Festival.



Queen Elizabeth Hill.

## What's the best locally owned getaway?

Elk Island Retreat offers a unique escape from the city, surrounded by the natural beauty of Elk Island National Park, and features a variety of accommodation options including tipis, geo domes, trapper cabins, yurts and 36 full-service RV sites. Encounter roaming plains bison at Elk Island National Park, and sleep under the stars. If you're lucky, you might even catch the northern lights.

## How can visitors find out more about Edmonton?

Visit [exploreedmonton.com](http://exploreedmonton.com) and check out our visitor guide: [exploreedmonton.com/visit-edmonton/visitor-guide](http://exploreedmonton.com/visit-edmonton/visitor-guide). You can also follow Explore Edmonton on Instagram, Facebook, Twitter, TikTok and YouTube.

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# What's Happening?

Events in CMA destinations



## Prince George

World War Women  
**June 10 to September 3**  
*The Exploration Place*

This travelling exhibition, developed by the Canadian War Museum, focuses on the experiences of Canadian women during the First and Second World Wars. Through artifacts, photographs, documents, reproductions and audiovisual material, visitors will explore the personal stories of women whose lives were transformed by conflict, with themes including working, volunteering, military service, domestic pressures, worry and loss. Learn more at [warmuseum.ca/event/world-war-women-2](http://warmuseum.ca/event/world-war-women-2).

*Photo: Canadian Nurses with the Royal Canadian Army Medical Corps in France, 1944*

*Library and Archives Canada, PA-132851*

## Williams Lake

95th Annual Williams Lake Stampede  
**June 29 to July 2**  
*Stampede Park*

Experience an authentic rodeo with a long and colourful history at the world-famous Williams Lake Stampede. In addition to Canadian Professional Rodeo Association events with cowboys competing from all over Canada and the US, there are activities for kids, nightly concerts at the Let R Buck Saloon, and food and craft vendors at the Bronc Buster Trade Show. Get tickets at [williamslakestampede.com](http://williamslakestampede.com).

*Photo courtesy of Williams Lake Stampede Association*



## Terrace

Riverboat Days  
**August 4 to 13**  
*Various locations*

For more than 30 years, this annual community festival has showcased the history, culture and beautiful natural setting of Terrace and the surrounding region, with family-friendly indoor and outdoor activities, including sports, music, theatre, historical tours and visual art displays. Longtime favourite events include the Legion Parade, fireworks over Ferry Island, Beach Blast Volleyball and Concerts in the Park. Learn more at [riverboatdays.ca](http://riverboatdays.ca).

*Photo courtesy of Terrace Riverboat Days Society*



## Campbell River

Campbell River Salmon Festival  
**August 11 to 13**  
*Nunns Creek Park*

This annual community festival features world-class logger sports, food and craft booths, kids' activities and evening entertainment. Another highlight of the festival is the Campbell River Highland Gathering, which includes Highland games (like the famous caber toss), Highland dancing and music from traditional piping and drumming to "Celts Have Talent," which demonstrates how bagpipes and drums integrate with other musical instruments and styles. Learn more at [crsalmonfestival.com](http://crsalmonfestival.com).

*Photo courtesy of Campbell River Salmon Festival*



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

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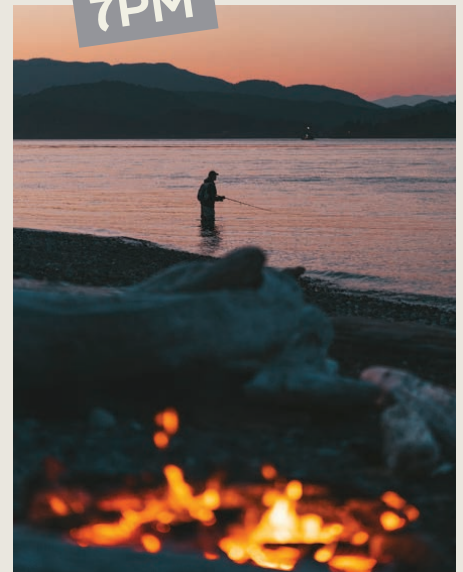
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outdoors

7PM



Share your stories  
of the wild

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