

Index

- A**
Abandoned Rails Trail, 280
Aberdeen Hills Golf Links (Kamloops), 246
Accommodations
best, 12–16
shopping online for, 31–32
Active Pass (Galiano Island), 111
Active vacations
best, 5–6
planning, 37–39
Adams River, 7, 250
Adams River Salmon Run, 250
Admiral House Boats, 251
Aerial tours (scenic flights), 11
Canadian Rockies, 341
Golden, 283
Hot Springs Island and SGang Gwaay 'Ilnagaay, 218
Agate Beach Campground, 217
Airfares, shopping online for, 30–31
Airlines, 32–33, 36
Alaska Highway (Alcan Highway; Highway 97), 205, 229–231
Alberni Inlet, 7, 147, 148
Alcan Dragon Boat Festival (Vancouver), 48
Alcheringa Gallery (Victoria), 94
Alderlea Vineyards (near Maple Bay), 126
Alert Bay, 9, 167, 168, 179–183
Alice Lake Provincial Park, 202
Alpine Rafting, 284
Alpine Wine Festival (Whistler), 193
American Express, 26, 39
Calgary, 301
Edmonton, 314
Vancouver, 55
Victoria, 81
Anahim Lake, 240
Ancient Cedars area of Cougar Mountain, 196
Anglican Church (Alert Bay), 182
Anglican Church (Barkerville), 243
Antiques
Vancouver, 74
Victoria, 94
Apex Resort (Penticton), 260
Art-Craft (Salt Spring Island), 107
Art galleries
Courtenay, 162
Gabriola Island, 138
Galiano Island, 111
Kamloops, 245
Kelowna, 266
Mayne Island, 114
Nanaimo, 135
Penticton, 258
Prince George, 227
Qualicum Beach, 143
Salt Spring Island, 107
Tofino, 156
Whistler, 197
Art Gallery of the South Okanagan (Penticton), 258
Arts and crafts
Courtenay, 162
Native Canadian
Campbell River, 169, 170
Courtenay, 162
Jasper, 363
Prince George, 227
Prince Rupert, 210
Quw'utsun' Cultural Centre, 125
Salt Spring Island, 107
Tofino, 156
Vancouver, 74
Victoria, 94
Williams Lake, 238
Victoria, 94
Williams Lake, 238
Arts Club Theatre Company (Vancouver), 75
Asulkan Valley Trail, 280
Athabasca, Mount, 357
Athabasca Falls, 358
Athabasca Glacier, 357, 358
ATMs (automated teller machines), 25–26
ATVing, Whistler, 194
Azure Lake, 252
B
Abine Mountains Recreation Area, 224
Backcountry skiing, Whistler/Blackcomb, 194
Backpacking, Canadian Rockies, 330
Bald eagles, 6–7, 72, 74, 93, 97, 111, 122, 148, 156, 180, 206
Ballet British Columbia (Vancouver), 76
Balsam Lake, 279
Balu Pass Trail, 280
Bamfield, 147, 148, 150, 154
Banff Arts Festival, 344
Banff Centre, 344
Banff Gondola, 343–344
Banff National Park, 5–7, 11, 12, 22, 338–358
outdoor activities, 340–342
Banff Springs Golf Course, 340
Banff Townsite, 22, 341, 342–353
accommodations, 345–350
exploring the area, 343–345
nightlife, 353
orientation, 343
restaurants, 17, 351
shopping, 345
transportation, 343
traveling to, 343
visitor information, 343
Bard on the Beach Shakespeare Festival (Vancouver), 48, 75
Barkerville, 10, 22, 232, 241, 243–244
Barkerville Provincial Park, 243
Bar U Ranch National Historic Site (Longview), 10, 311
Bastion (Nanaimo), 135
B.C. Orchard Industry Museum (Kelowna), 266
Beaches, 7
Comox/Courtenay area, 163
Gabriola Island, 138
Mayne Island, 114
Parksville/Qualicum Beach, 143

- Beaches (cont.)**
 Pender Islands, 116
 Penticton, 258
 Saturna Island, 118
 Vancouver, 67, 71
- Beacon Hill Park (Victoria), 91**
- Bear Creek Provincial Park, 271**
- Bears**
 black, 7, 22, 152, 221, 244, 331
 grizzly, 180, 211, 221, 244, 246, 330, 331
- Beaumont Marine Park (Pender Island), 116**
- Beaver Valley Trail, 280**
- Bed-and-breakfasts (B&Bs), best, 13–15**
- Belfry Theatre (Victoria), 95**
- Bella Coola, 11, 12, 206, 207, 232, 240, 241**
- Bella Pacifica Resort & Campground (near Tofino), 160**
- Bellhouse Provincial Park, 111**
- Bennett Bay, 114**
- Big Cedar Trail (Meares Island), 155**
- Big House (Alert Bay), 182**
- Big White Ski Resort (Kelowna), 268**
- Biking, 37**
 Banff National Park, 340
 Canadian Rockies, 330
 Galiano Island, 111
 the Gulf Islands, 105
 Kelowna, 267
 Mayne Island, 114
 Nelson, 293
 Pender Islands, 116
 Penticton, 259
 Queen Charlotte Islands, 217
 Revelstoke, 276
 Salt Spring Island, 107
 Vancouver, 54, 71
 Victoria, 81, 92–93
 Waterton Lakes National Park, 376
 Whistler and Blackcomb Mountains, 195
- Bill Barker Days (Quesnel), 242**
- Bird-watching**
 bald eagles, 6–7, 72, 74, 93, 97, 111, 122, 148, 156, 180, 206
 Columbia River Wetlands, 7, 285
 Cranbrook, 289
 Goldstream Provincial Park, 122
 Tofino area, 156
 Vancouver, 73
- Birkenhead Lake Provincial Park, 191, 195, 202**
- Black bears, 7, 22, 152, 221, 244, 331**
- Blackcomb Mountain, 193**
- Blackfoot Indians, 296, 375**
- Bloedel Conservatory (Vancouver), 70**
- Blue Grouse Vineyards and Winery (near Duncan), 125**
- Blue Mountain Vineyards & Cellars (Oliver), 257**
- Boating (boat rentals). See also Canoeing; Kayaking; Sailing; White-water rafting**
 Cariboo Country, 236
 Kelowna, 268
 Penticton, 258, 259–260
 Salt Spring Island, 107
 Shuswap Lakes, 249
 Vancouver, 71
 Victoria, 93
- Boat tours and cruises**
 Alert Bay, 182
 Banff, 344
 Genoa Bay, 125
 Gwaii Haanas National Park Reserve, 218
 Jasper National Park, 361
 Kelowna, 267
 Mayne Island, 115
 Vancouver, 50
 Vancouver Island's west coast, 147, 148
 Victoria, 92
 Waterton Lakes National Park, 376
- Books, recommended, 391–392**
- Botanical Beach Provincial Park, 6, 121–122**
- Bow Lake, 357**
- Bow River, 296, 334, 340–342, 357**
- Bowron Lakes, 243, 244**
- Bowron Lakes Provincial Park, 6, 244**
- Brewster Transportation and Tours, 35**
- Bridge Lake Provincial Park, 236**
- Broken Group Islands, 37, 147–149, 152, 154**
- Brown Ridge Nature Trail, 118**
- BSE (Bovine Spongiform Encephalopathy), 28**
- Buffalo Nations Luxton Museum (Banff Townsite), 344**
- Bulkley River, 222–224**
- Bull Canyon Provincial Parks, 240**
- Bungee jumping, Nanaimo, 139**
- Burgess Shale, 371, 372**
- Burnaby Mountain (Vancouver), 71**
- Burns Lake, 225**
- Burrowing Owl Estate Winery (Oliver), 257**
- Business hours, 39**
- Bus travel, 34, 37**
- Butchart Gardens (Victoria), 1, 89**
- Buttle Lake, 177, 178**
- Butze Rapids Trail, 212–213**
- Calgary, 2, 23, 296–311**
 accommodations, 303–307
 day trips from, 311
 exploring, 302–303
 layout of, 300–301
 restaurants, 16–17, 307–310
 transportation, 301
 traveling to, 298
 visitor information, 298
 walking, 301
- Calgary Stampede, 18, 23, 300**
- Calgary Tower, 10, 302**
- Calgary Zoo, Botanical Garden & Prehistoric Park, 302**
- Calona Wines (Kelowna), 266**
- Cameron Falls, 376**
- Cameron Lake, 148**
- Campbell Bay, 114**
- Campbell River, 6, 168–176**
 accommodations, 172–174
 restaurants, 174–175
 traveling to, 169
 visitor information, 169
- Camping**
 Banff National Park, 345
 Barkerville, 243
 Bowron Lakes Provincial Park, 244
 Calgary, 307
 Cariboo Country, 236
 Elk Falls Provincial Park, 172
 Galiano Island, 111
 Glacier National Park, 280
 Highway 20, 240
 Jasper National Park, 368
 Kananaskis, 337
 Kelowna area, 271
 Lake O'Hara, 372
 Newcastle Island, 138
 Port Hardy, 184

- Rathrevor Beach Provincial Park, 144
 Revelstoke, 277
 Ruckle Provincial Park, 107
 Salt Spring Island, 107
 Shuswap Lakes, 250
 Strathcona Provincial Park, 178
 Ten Mile Lake Provincial Park, 242
 Tofino area, 160
 Wells Gray Provincial Park, 253
 Whistler area, 202
 Yoho National Park, 373
- Canada Day (Vancouver), 48–49**
- Canada Olympic Park (Calgary), 302**
- Canadian Museum of Rail Travel (Cranbrook), 288**
- Canadian Rockies, 3, 10, 22, 324–379**
 exploring, 324–331
 avoiding the crowds, 325
 lodging, 328–329
 orientation, 325
 outdoor activities, 329–331
 road conditions, 329
 seasons, 328
 tours and excursions, 325, 328
 visitor information, 325
 wildlife, 331
 gateways to the, 2
- Canadian Whitewater Adventures, 284**
- Canim Beach Provincial Park, 236**
- Canim Lake, 236**
- Canmore, 332–338**
- Canmore Golf Course, 333**
- Canmore Museum, 333**
- Canmore Nordic Centre, 6, 333**
- Canoeing, 37**
 Banff National Park, 341–342
 Bowron Lakes Provincial Park, 6, 244
 Canadian Rockies, 330
 Prince Rupert, 213
 Salt Spring Island, 107
 Sunshine Coast, 190
 Tweedsmuir Provincial Park, 241
 Ucluelet, 152
 Vancouver, 71–72
 Victoria, 93
- Wells Gray Provincial Park, 252, 253
 Whistler, 195
- Canrailpass, 37**
- Canyon View Trail, 172**
- Cape Scott, 183**
- Cape Scott Provincial Park, 184**
- Cariboo Country, 22, 232–234**
- Cariboo Marathon (100 Mile House), 236**
- Car rentals, shopping online for, 32**
- Car travel, 33, 36**
- Carving Shed (Prince Rupert), 210**
- Cave and Basin National Historic Site (Banff Townsite), 344**
- Caves, Horne Lake Caves Provincial Park, 143**
- Cayoosh Valley, 191**
- Ceal Tingley Park, 241**
- Cedar, 130, 131**
- Cedar Hill Municipal Golf Course (Victoria), 93**
- Celebration of Light (Vancouver), 17**
- Central Vancouver Island, 1, 132–166**
 transportation, 133
 traveling to, 132–133
 visitor information, 133
- Chateau Whistler Golf Club, 195–196**
- Cheakamus Lake, 194**
- Cheakamus River, 74**
- Chemainus, 128–130**
- Chemainus Theatre, 129**
- Cherry Point Vineyards (Cobble Hill), 126**
- Chilcotin Plateau, 240**
- Chilcotin River, 240**
- Chinese New Year (Vancouver), 48**
- Christmas Carol Ship Parade (Vancouver), 49**
- Chuckwagon Race (Calgary), 300**
- City Hall (Nelson), 292**
- City Park (Kelowna), 266**
- Clayoquot Sound, 5, 149, 152, 155, 156**
- Clearwater, 245, 252–254**
- Clearwater Lake, 252**
- Climbing**
 Canadian Rockies, 330
 Jasper National Park, 360
- Cloud Nine (Vancouver), 10, 76**
- Coal Harbour (Vancouver), 70**
- Coast Mountains, 240**
- Collette Tours, 35**
- Columbia Icefields, 357**
- Columbia River**
 dams, 276
 fishing, 283
- Columbia River Wetlands, 7, 285**
- Comox, 161–166**
- Connaught Hill Park (Prince George), 227**
- Consulates, 39**
- Copper Island, 250**
- Cordova Bay Golf Course (Victoria), 93**
- Cornucopia (Whistler), 193**
- Cougar Mountain, Ancient Cedars area of, 196**
- Courtenay, 161–165**
- Courtenay District Museum & Paleontology Centre, 162**
- Cow Bay district (Prince Rupert), 210**
- Cowichan Bay, 124, 125, 127, 128**
- Cowichan (Quw'utsun') people, 125**
- Cowichan Valley, 123–126**
 vineyards, 125–126
- Craigdarroch Castle (Victoria), 91**
- Cranbrook, 2, 287–291**
- Cranbrook Golf Club, 289**
- Credit cards, 26**
- Cross-country skiing, 38**
 Barkerville, 243
 Canadian Rockies, 330
 Canmore Nordic Centre, 6, 333
 Cariboo Country, 236
 Penticton, 260
 Wells Gray Provincial Park, 253
 Whistler/Blackcomb area, 194
- Crowfoot Glacier, 357**
- Crypt Lake, 376–377**
- Crystal Garden (Victoria), 92**
- Crystal Mountain Resorts, 268**
- Cuisine, 388–390**
- Currency, 25**
- Customs regulations, 24–25**
- Cypress Bowl (West Vancouver), 73**
- Dance clubs**
 Vancouver, 76
 Victoria, 95–96
- Dawson Creek, 230**
- Delkatla Wildlife Sanctuary, 217**
- Della Falls, 178**
- Della Falls Trail, 178**

- Delta Junction (Alaska), 230
 Desolation Sound, 190
 Diamond Head, 194
 Dinner Bay Park, 114
 Dionisio Point Provincial Park, 111
 Disabilities, travelers with, 29
 Discovery Coast, 206, 207
 Diving, 37
 Broken Group Islands, 154
 Campbell River area, 171
 Graveyard of the Pacific, 152
 Port Hardy, 183
 Queen Charlotte Islands, 218
 Sunshine Coast, 190
 Vancouver Island, 5, 139
Dodds Narrows, 139
 Dog sledding, Whistler, 194
 Domaine Combret Estate Winery (Oliver), 256
 Downhill skiing. *See* Skiing
 Driftwood Canyon Provincial Park, 223
 Driving rules, 36
 Dr. Sun Yat-sen Classical Chinese Garden (Vancouver), 70
 Drugstores, 39
 Drumbeg Provincial Park, 138
 Duncan, 123–128
- E**
 Eagle Knoll Trail, 279
 Eagle's Eye Restaurant (Kicking Horse Resort), 10, 284, 287
 East Point Park (Saturna Island), 118
 Eau Claire Market (Calgary), 302–303
 Eco-tours, Vancouver, 72
 Edmonton, 2, 23, 311–323
 accommodations, 316–319
 exploring, 314–316
 layout of, 312
 restaurants, 319–323
 transportation, 312, 314
 traveling to, 311–312
 visitor information, 312
 Electricity, 39
 Elk, 22, 177, 331, 357, 363
 Banff National Park, 7
 Elk Falls Provincial Park, 172
 Elkhorn Mountain, 177
 E-mail, 32
 Embassies and consulates, 39
 Emerald Basin Trail, 372
 Emerald Lake, 372
 Emerald Lake Trail, 372
- Emily Carr House (Victoria), 91
 English Bay (Vancouver), 70
 English Bay Beach (Vancouver), 71, 74
 Englishman's Falls Provincial Park, 148
 Entry requirements, 23–24
 Escorted tours, 35
 Eva Lake Trail, 279
- F**
 Fairbanks (Alaska), 230
Families with children, 30
 best experiences for, 7–8
 the Gulf Islands, 104
 traveling with children, 24
 Whistler, 196
Father Pandosy Mission (Kelowna), 266
Fenlands Trail, 341
Fernie Alpine Resort, 289–290
Ferries
 Bella Coola, 241
 to Canada, 34
 Central Vancouver Island, 133
 Comox/Courtenay, 161
 Discovery Coast, 206
 Gabriola Island, 135
 Galiano Island, 110
 Gulf Islands, 4, 104–105
 Inside Passage, 5, 206, 207
 Mayne Island, 114
 Nanaimo, 134
 Newcastle Island, 138
 northern British Columbia, 205
 Northern Vancouver Island, 167–168
 Pender Islands, 116
 Port Alberni to Ucluelet, 150
 Port McNeill/Alert Bay, 182
 Powell River and the Sunshine Coast, 187–188
 Prince Rupert, 208
 Queen Charlotte Islands, 216
 Salt Spring Island, 106
 Southern Vancouver Island, 98–99
 Vancouver, 50, 55
 Victoria, 80, 81
Festival of Mountain Films (Banff Townsite), 344
Festival of the Grape (Oliver), 256
Festivals and special events, best, 17–18
Field, 371
Filberg Festival (Comox), 162
- Filberg Lodge and Park (Comox), 162–163
 Firehall Arts Centre (Vancouver), 75
 First Nations peoples. *See* Native Canadians
 Fisgard Lighthouse (Victoria), 89
Fishing, 37–38
 Banff National Park, 340
 Campbell River area, 171–172
 Cranbrook, 289
 Golden, 283
 Jasper National Park, 360, 362
 Kamloops area, 246
 Nelson, 292–293
 100 Mile House, 236
 Port Hardy, 184
 Prince Rupert, 212
 Queen Charlotte Islands, 218–219
 Shuswap Lakes, 249
 Smithers, 224
 Tofino, 154–155
 Ucluelet, 152
 Vancouver, 72
 Victoria, 93
 Wells Gray Provincial Park, 252
 Whistler, 195
 Williams Lake, 239
Folkife Village (Gabriola Island), 138
Forbidden Plateau, 177, 178
Fort Calgary Historic Park (Calgary), 8, 303
Fort Edmonton Park (Edmonton), 314
Fort George Park (Prince George), 227
Fort Nelson, 230–231
Fortress Mountain, 333
Fort Rodd Hill and Fisgard Lighthouse National Historic Site (Victoria), 89
Fort St. James National Historic Site (Vanderhoof), 10, 225
Fort St. John, 230
Fort Steele Heritage Town (Cranbrook), 8, 289
Fort Victoria (Victoria), 90
Fossils
 Burgess Shale, 371, 372
 Courtenay, 162
 Driftwood Canyon Provincial Park, 223
 Kamloops area, 247
 Kelowna Museum, 266
 Provincial Museum of Alberta, 316

- Fraser River, 6
 French Beach Park, 119
 Frommers.com, 31
- G**
 Gabriola Island, 135, 138–139, 141, 142
 Gabriola Sands Provincial Park, 139
 Galiano Art Gallery (Galiano Island), 111
 Galiano Island, 110–113
 Gallagher's Canyon Golf and Country Club (Kelowna), 267
 Galloping Goose Trail (Victoria), 92
 Ganges, 106
 Garibaldi Provincial Park, 194
 Gasoline, 36
 Gay and lesbian travelers, 29
 Vancouver, 76
 Victoria, 96
 Gehringer Brothers Estate Winery (Oliver), 257
 Genoa Bay, 125, 128
 George C. Reifel Sanctuary (Vancouver), 73
 Georgina Point Lighthouse (Mayne Island), 114
 Giant Cedars Trail, 279
 Gibsons, 188
 Gitksan people, 9, 220, 222, 223
 Glacier National Park, 279–281
 Glacier Raft Company, 284–285
 Glenbow Museum (Calgary), 10, 303
 Godfrey-Brownell (near Duncan), 126
 Golden, 281–287
 Golden and District Museum, 282
 Golden Festival of Birds and Bears, 282
 Golden Golf & Country Club, 283
 Golden Hinde, 177
 Golden Rodeo, 282
 Gold Mine Trail, 122, 155
 Goldstream Provincial Park, 6–7, 122–123
 Goldstream Trail, 122
 Golf, 5
 Banff National Park, 340
 Campbell River, 172
 Courtenay, 163
 Cranbrook, 289
 Golden, 283
 Jasper National Park, 360
 Kamloops area, 246
 Kananaskis, 333
 Kelowna, 267
 Nelson, 293
 100 Mile House, 236
 Parksville–Qualicum Beach area, 143–144
 Penticton, 260
 Revelstoke, 276
 Shuswap Lakes, 249–250
 Vancouver, 72
 Victoria, 93
 Waterton Lakes National Park, 376
 Whistler, 195–196
 Goods and service tax (GST), 41
 Gooseneck Park (Comox), 163
 Government House (Victoria), 91–92
 Graham Island, 217
 Granville Island (Vancouver), 53, 69
 outdoor activities, 71, 72
 Granville Island Sport Fishing Museum (Vancouver), 72
 Granville Island Stage (Vancouver), 75
 Graveyard of the Pacific, 152
 Gray Monk Estate Winery (Kelowna), 267
 Gray whales, 7, 119, 122, 132, 149, 156
 Great Canadian Railtour Company, 35
 Green Point Campground, 160
 Grizzly bears, 180, 211, 221, 244, 246, 330, 331
 Grizzly Plaza (Revelstoke), 274
 Grouse Grind (Vancouver), 72
 Grouse Mountain Resort (North Vancouver), 70, 73
 GST (goods and service tax), 41
 Guest ranches, 5, 22, 35, 38, 237, 253, 254, 324, 329, 336, 367
 Gwaii Haanas National Park Reserve and Haida Heritage Site, 9, 205, 216–218
 Gyro Park (Nelson), 292
- H**
 Haida Gwaii Museum at Quay 'Ilnagaay (Skidegate), 217
 Haida Gwaii Watchmen, 217, 218
 Haida people, 210, 215–219
 Hainle Vineyards Estate Winery (Penticton), 259
 Hamilton Beach (Pender Island), 116
 Harbourside Walkway (Nanaimo), 135
 Harmonized sales tax (HST), 41
 Harvest Golf Club (Kelowna), 267
 Health concerns, 28–29
 Health insurance, 27–28
 Heckman Pass, 240
 Hector Gorge, 374
 Helen McKenzie–Kwai Lake–Croteau Lake Loop Trail, 178
 Heli-hiking, 283
 Heli-skiing, 6, 194, 276, 277, 282–284, 330
 Helmcken Falls, 252
 Helmcken House (Victoria), 91
 Hemlock Grove Picnic Area, 280
 Herald Provincial Park, 250
 Heritage River Trails (Prince George), 227
 Hester Creek Estate Winery (Oliver), 257
 Highway 20, 11, 207, 232, 240–241
 Highway 99 (Sea-to-Sky Highway), 2, 11, 74, 192, 232, 233
 Hiking, 38
 Banff National Park, 340
 best places for, 12
 Campbell River area, 172
 Cape Scott Provincial Park, 184
 Cranbrook, 289
 Galiano Island, 111
 Glacier National Park, 280
 Jasper National Park, 360
 Juan de Fuca Marine Trail, 121
 Kelowna area, 267–268
 Mayne Island, 114
 Nelson, 293
 Nisga'a Memorial Lava Beds Provincial Park, 221
 Prince Rupert, 212–213
 Salt Spring Island, 107
 Shuswap Lake Provincial Park, 250
 Smithers, 224
 Sooke, 119
 Strathcona Provincial Park, 178

Hiking (cont.)

- Tofino area, 155
- Ucluelet, 152–153
- Vancouver, 12, 72
- Vancouver Island's west coast, 148
- Victoria, 93
- Waterton Lakes National Park, 376–377
- Wells Gray Provincial Park, 252, 253
- West Coast Trail, 150, 152
- Whistler area, 196
- Yoho National Park, 372
- Hillside Estate (Penticton), 259**
- Hill's Native Art (Victoria), 94**
- History of British Columbia, 380–387**
- Holidays, 27**
- Hollyburn Mountain (Vancouver), 71**
- Homesite (Powell River), 190**
- Horne Lake Caves Provincial Park, 143**
- Horseback riding, 5, 38**
 - Banff National Park, 6, 341
 - Golden, 284
 - Jasper National Park, 360
 - Kananaskis, 334
 - Waterton Lakes National Park, 377
 - Whistler, 197
- Horseshoe Falls, 252**
- Hot springs**
 - Hot Springs Cove, 155, 156
 - Liard Hot Springs, 231
 - Miette Hot Springs (Jasper), 363
 - Radium Hot Springs Pool, 374
 - Upper Hot Springs Pool (Banff), 345
- Hot Springs Cove, 155, 156**
- Houseboating, Shuswap Lakes, 249, 251**
- House of Sim-oi-Ghets (near Terrace), 221**
- HSBC Power Smart Celebration of Light (Vancouver), 49**
- HST (harmonized sales tax), 41**
- Hudson Bay Mountain, 223, 224**
- Hyder (Alaska), 11**

- I**ce climbing, Canadian Rockies, 330
- Illecillewaet Campground, 280**

- Images for a Canadian Heritage (Vancouver), 74**
- IMAX theater (Calgary), 302–303**
- IMAX theater (Edmonton), 314**
- Imperial Bank (Cranbrook), 288**
- Information sources, 23**
- Inglewood, 306, 311**
- In-line skating, Vancouver, 73**
- Inniskillin Okanagan (Oliver), 257**
- Internet access, 32**
 - Vancouver, 55
 - Victoria, 82
- Ixchel (Galiano Island), 111**

- J**asper National Park, 11, 12, 22, 358–370
 - outdoor activities, 358–361
- Jasper Townsite, 361–370**
- Jasper Tramway, 362–363**
- Jericho Beach (Vancouver), 71, 74**
- Jet boating**
 - Khutzeymateen Grizzly Bear Preserve (near Prince Rupert), 212
 - Whistler, 197
- Joffre Lakes Provincial Park, 196**
- John Steel Railtours, 35**
- Johnston Canyon, 12, 340–341**
- Johnstone Strait, 179**
- Juan de Fuca Marine Trail, 121**
- June Sports & Indian Celebrations (Nimkish Reserve), 181**

- K**amloops, 244, 245–249
- Kamloops Art Gallery, 245**
- Kamloops Cattle Drive, 246**
- Kamloops Golf & Country Club, 246**
- Kamloops Museum & Archives, 245–246**
- Kamloops Wildlife Park, 246**
- Kananaskis Country, 331–338**
- Kananaskis Country Golf Course, 332, 333**
- Kananaskis Village, 332**
- Kathlyn Glacier, 224**
- Kayaking, 37, 38**
 - Broken Group Islands, 154
 - Clayoquot Sound, 5–6
 - Comox/Courtenay area, 163

- Cranbrook, 289
- Galiano Island, 111
- the Gulf Islands, 105–106
- Mayne Island, 114–115
- Nelson, 293
- Port Hardy, 184
- Prince Rupert, 213
- Queen Charlotte Islands, 218
- Salt Spring Island, 107
- Saturna Island, 118
- Sunshine Coast, 190
- Telegraph Cove, 180
- Tofino area, 155–156
- Vancouver, 71–72
- Victoria, 93
- Wells Gray Provincial Park, 252–253
- Whistler, 195
- Kelowna, 255, 263–272**
- Kelowna Art Gallery, 266**
- Kelowna Community Theatre, 272**
- Kelowna Museum, 266**
- Kelowna Visual and Performing Arts Centre, 272**
- Kermodei, 221**
- Kettle Valley Steam Railway, 259**
- Khutzeymateen Grizzly Bear Preserve (near Prince Rupert), 211, 221**
- Kicking Horse Mountain Resort, 284**
- Kicking Horse River, 8, 284–285, 342, 371**
- K'ik'ikg'illas (Quadra Island), 175**
- Kinbasket Lake, 283**
- Kitsilano Beach (Vancouver), 71, 73**
- Klondike Days (Edmonton), 18, 315**
- Kluane National Park, 231**
- Knox Mountain Hill Climb (Kelowna), 263**
- Knox Mountain Park (near Kelowna), 267–268**
- Kokanee Glacier Provincial Park, 293**
- Kootenay Lake, 292–293**
- Kootenay National Park, 373–375**
- Kootenay Valley, 287–295**
- 'Ksan Historical Village (Hazleton), 9, 223**
- 'Ksan Performing Arts Group, 223**
- Kwagiulth Museum and Cultural Centre (Quadra Island), 8–9, 175–176**
- Kwintsa Railway Museum (Prince Rupert), 210**

- L**ac des Roches, 236
 Lady Falls Trail, 178
Lady Rose, MV, 7–8
 Lady Rose Marine Services, 148, 150, 154
 Lake Breeze Vineyards (Penticton), 259
 Lake Louise, 22, 353–357
 Lake Louise Ski Area, 342
 Lake Louise Summer Sightseeing Lift, 354
 Lakeshore Drive (Penticton), 258
 Lakeshore Trail, 354
 Lakeside Park (Nelson), 292
 Langara Golf Course (Vancouver), 72
 Lang Vineyard (Penticton), 259
 Lava Lake, 221
 LeBourdais Park (Quesnel), 242
 Liard Highway (B.C. Hwy. 77; Northern Territories Hwy. 7), 231
 Liard Hot Springs, 231
 Liard River, 231
 Lillooet River, 197
 Liquor laws, 39
 Locarno Beach (Vancouver), 71
 Lodges, best, 15–16
 Long Beach, 149, 150, 154, 155, 158
 Lookout!, Harbour Centre Tower (Vancouver), 68
 Loon Bay Resort, 236
 Loop Brook Campground, 280
 Loop Brook Trail, 280
 Lost Lagoon Nature House (Vancouver), 67
 Lost Lake, 194
 Lost Lake Trail, 196
 Lost-luggage insurance, 28
 Lowhee Campground, 243
 Lund, 190
- M**acleod Trail, 306–307
 MacMillan Provincial Park, 148
 Mad cow disease, 28
 Maffeo-Sutton Park (Newcastle Island), 138
 Mahood Lake, 252
 Mail, 39–40
 Majerus Falls, 252
 Maligne Canyon, 12, 360, 362
 Maligne Lake, 361, 362
 Mallard Lake Trail, 138
 Mamquam River, 74
 Maps, 40
 Mara-Barnard building (Nelson), 292
 Marble Canyon, 374
 Marble Meadows Trail, 178
 Maritime Museum of British Columbia (Victoria), 89
 Market in the Park (Salt Spring Island), 17, 107
 Market Square (Victoria), 91
 Martha Creek Provincial Park, 277
 Masset, 217
 Mayne Island, 114–116
 McArthur Island Golf Centre (Kamloops), 246
 McPherson Playhouse (Victoria), 95
 Meares Island, 155
 Medical insurance, 27–28
 Medicine Beach (Pender Island), 116
 Medicine Lake, 362
 Merridale Cider (Cobble Hill), 126
 Mica Dam, 276
 Miette Hot Springs (Jasper), 363
 Miner's Bay (Mayne Island), 114
 Miniature Railway (Vancouver), 67
 Minnewanka, Lake, 344
 Miracle Beach Provincial Park, 163
 Mission Hills Golf Course (Cranbrook), 289
 Mission Hill Wines (Kelowna), 267
 Molson Indy (Vancouver), 49
 Money matters, 25–26
 Montague Harbour Provincial Park, 111
 Moose Valley Provincial Park, 236
 Moraine Lake, 11, 354
 Moresby Island, 217
 Mountain biking. *See* Biking
 Mountaineering, Canadian Rockies, 330
 Mountain High River Adventures, 289
 Mount Becher Summit Trail, 178
 Mount Currie, 191
 Mount Parke Regional Park, 114
 Mount Norman Regional Park, 116
 Mount Revelstoke National Park, 279
 Mount Robson Provincial Park, 370
 Mount Seymour Provincial Park (North Vancouver), 73
 Mount Warburton Pike, 118
 Mount Washington Alpine Resort, 163
 Muncho Lake Provincial Park, 231
 Murtle Lake, 252
 Murtle River Trail, 252
 Museum of Anthropology (Vancouver), 9, 69
 Museum of Northern British Columbia (Prince Rupert), 210
 Museum of the Cariboo Chilcotin (Williams Lake), 238
 Myra Canyon, 267
- N**ahanni National Park, 231
 Naikoon Provincial Park, 217
 Nairn Falls, 202
 Nairn Falls Provincial Park, 196
 Nakiska, 332, 333
 Nanaimo, 134–142
 accommodations, 139–141
 exploring, 135, 138
 outdoor activities, 139
 restaurants, 141–142
 transportation, 135
 traveling to, 134
 visitor information, 134
 Nanaimo District Museum, 135, 138
 Naramata, 258
 Nass River valley, 221
 Native Canadians (First Nations peoples)
 arts and crafts
 Campbell River, 169, 170
 Courtenay, 162
 Jasper, 363
 Prince George, 227
 Prince Rupert, 210
 Quw'utsun' Cultural Centre, 125
 Salt Spring Island, 107
 Tofino, 156
 Vancouver, 74
 Victoria, 94
 Williams Lake, 238
 best places to rediscover culture and history of, 8–9

- Native Canadians (First Nations peoples) (cont.)**
 Campbell River, 169–170
 Gwaii Haanas National Park Reserve and Haida Heritage Site, 9, 205, 216–218
 the Hazeltons, 222–223
 history of, 380–381
 June Sports & Indian Celebrations (Nimpkish Reserve), 181
 'Ksan Historical Village (Hazelton), 9, 223
 Kwagwiltz Museum and Cultural Centre (Quadra Island), 8–9, 175–176
 The Museum at Campbell River, 9–10, 170
 Powell River Historic Museum, 190
 Quadra Island, 8–9, 175–176
 Queen Charlotte Islands, 217
 Quw'utsun' Cultural Centre (Duncan), 8, 125
 Sechelt Indian Nation, 188
 Secwepemc Museum & Heritage Park (Kamloops), 9, 246
 totem poles
 Alert Bay, 182
 Campbell River, 169
 Duncan, 124
 Ninstints (SGang Gwaay 'Ilnagaay), 217
 Vancouver, 69
 Victoria, 90
 U'Mista Cultural Centre (Alert Bay), 9, 182
- Nature Hills Resort, 236**
Nature viewing, best places for, 6–7
Nelson, 291–295
 Nelson Court House, 292
 Nelson Museum, 292
 New Aiyansh, 221
 Newcastle Island, 135
 Newcastle Island Provincial Park, 138
 New Hazelton, 222–223
 Newspapers and magazines, 40
 New Year's Day Polar Bear Swim (Vancouver), 48
 Nicklaus North at Whistler, 196
 Ninstints (SGang Gwaay 'Ilnagaay), 217, 218
 Nisga'a Memorial Lava Beds Provincial Park, 221
 Nisga'a tribe, 210, 220, 221
 Nitobe Memorial Garden (Vancouver), 70
Northern British Columbia, 2, 205–231
Northern Vancouver Island, 167–186
 transportation, 168
 traveling to, 167–168
 visitor information, 168
North Island Wildlife Recovery Centre, 148
North Pacific Historic Fishing Village (Port Edward), 10, 211
North Vancouver, sights and attractions, 70
- O**
Odyssium (Edmonton), 314–315
 O'Hara, Lake, 372
 Okanagan Golf Club (Kelowna), 267
 Okanagan Lake, 258–260, 263
 Okanagan Lake Provincial Park, 271
 Okanagan Lakes, 8
 Okanagan Valley, 2, 5, 22, 255–272
 traveling to, 255–256
 wineries, 256
 Okanagan Valley Wine Train (Kelowna), 267
 Okanagan Wine Country Tours, 267
 Okanagan Wine Festival (Kelowna), 256, 263
 Okanagan Wine Festival (Penticton), 256, 258
 Old City Quarter (Nanaimo), 135
 Old Massett, 217
 Old School House (Qualicum Beach), 143
 Old Strathcona (Edmonton), 315–316
 Old Town Chemainus, 129
 Oliver, 256–257
 Ol' Sawmill Bluegrass Jamboree (near Prince George), 227
 Olympic View Golf Club (Victoria), 93
 100 Mile House, 235–237
 en route to, 234–235
 108 Mile House Heritage Site, 235
 108 Ranch Resort, 236
 Orcas (killer whales), 7, 93, 118, 148, 156, 172, 180, 182, 184
 Otters, 68, 111, 122
- P**
Pacific Central Station (Vancouver), 49
Pacific Centre Mall (Vancouver), 74
Pacific National Exhibition (Vancouver), 49
Pacific Opera Victoria, 95
Pacific Rim National Park, 7, 149–151, 154, 155, 160
Pacific Rim Whale Festival (Tofino and Ucluelet), 149
Pacific Spirit Park (Vancouver), 70–71
Pacific Undersea Gardens (Victoria), 89–90
 Package tours, 34
 Paint Pots, 374
 Paradise Meadows Loop Trail, 178
 Parapets (Mount Revelstoke National Park), 279
 Parasailing, 260, 268
 Parksville, 7, 142–147
 Parliament Buildings (Provincial Legislature; Victoria), 90
 Passports, 24, 40
 Pegasus Gallery (Salt Spring Island), 107
 Pemberton, 191
 Penticton, 257–262
 Penticton Peach Festival, 258
 Perimeter Trail, 224
 Petroglyphs (rock carvings), 139, 175, 197
 Pets, traveling with, 40
 Peyto Lake Viewpoint, 357
 Pike Island Archaeological Tour, 211
 Pineridge Golf Course (Kamloops), 246
 Pioneer Waterfront Plaza (Nanaimo), 135
 Plain of Six Glaciers Trail, 12, 354
 Point Ellice House (Victoria), 91
 Poplar Grove Resort, 240
 Porpoise Bay Provincial Park, 188
 Port Alberni, 147, 148
 Port Hardy, 179, 180, 183–186
 Port Hardy Museum, 183
 Port McNeill, 179, 180, 182
 Port Renfrew, 119, 121–122
 Powder Springs Ski Area, 276
 Powell Forest Canoe Route, 190
 Powell River, 187, 188, 190
 Powell River Historic Museum, 190

Prescription medications, 28
 Prince George, 2, 19,
 225–229
 Prince Rupert, 183, 207–215
 Prince's Island Park
 (Calgary), 303
 Provincial Museum of
 Alberta (Edmonton), 316
 Puntzi Lake, 240
 Pyramid Mountain, 252

Quadra Island, 168, 169,
 171, 172, 175–176
 Quail's Gate Estate
 (Kelowna), 267
 Qualicum Beach, 7, 142–147
 Queen Charlotte City, 217
 Queen Charlotte Islands,
 19, 206, 215–220
 Queen Elizabeth Park
 (Vancouver), 70
 Quesnel, 241–243
 Quesnel and District
 Museum and Archives, 242
 Quw'utsun' Cultural Centre
 (Duncan), 8, 125

Radium Hot Springs, 373
 Radium Hot Springs Pool,
 374
 Rafter J Frontier Village
 (Golden), 282–283
 Rafting and river floating.
See also White-water
 rafting
 Banff National Park,
 341–342
 Jasper National Park, 360
 Whistler, 197
 Rainbow Range, 240
 Ralph River, 178
 Rathrevor Beach Provincial
 Park, 143, 144
 Reino Keski-Salmi Loppet
 (Salmon Arm), 250
 Restaurants, best, 16
 Revelstoke, 274–279
 Revelstoke, Mount, 279
 Revelstoke Courthouse, 274
 Revelstoke Dam, 276
 Revelstoke Golf Club, 276
 Revelstoke Museum, 274
 Revelstoke Railway
 Museum, 274, 276
 Richardson Highway
 (Alaska Route 4), 230
 Richland courthouse
 (Barkerville), 243
 Riverfront Park (Kamloops),
 245

Rivershore Estates and Golf
 Links (Kamloops), 246
 Roberts Creek Provincial
 Park, 188
 Robson Bight Ecological
 Reserve, 7, 180
 Rock climbing, Canadian
 Rockies, 330
 Rockgarden Trail, 280
 Rodeos
 Bill Barker Days (Quesnel),
 242
 Calgary Stampede,
 18, 23, 300
 Golden, 282
 Williams Lake, 237–238
 Rogers' Chocolates
 (Victoria), 94
 Royal British Columbia
 Museum (Victoria), 9, 90
 Royal London Wax Museum
 (Victoria), 90
 Royal Theatre (Victoria), 95
 Ruckle Provincial Park, 107

Sailing
 Vancouver, 73
 Victoria, 93
 St. Eugene Mission Golf
 Resort (Cranbrook), 289
 St. George's Island, 300
 Salmon
 Adams River Salmon
 Run, 250
 Goldstream River, 122
 North Pacific Historic
 Fishing Village
 (Port Edward), 10, 211
 Salmon Arm, 245, 249–251
 Salmon Arm Bluegrass
 Festival, 250
 Salmon Arm Golf Club,
 249–250
 Salmon fishing, 37
 Campbell River area,
 6, 171
 Smithers, 224
 Vancouver, 72
 Salt Spring Island, 106–110
 Sam Steele Days
 (Cranbrook), 288
 Sandspit, 217
 Sandwell Provincial Park
 (Gabriola Island), 138
 Saratoga Beach, 163
 Saskatchewan, HMCS
 (wreck), 139
 Saturna Island, 118–119
 Scenic drives
 Alaska Highway, 230–231
 best, 11–12

Highway 20, 11, 207, 232,
 240–241
 Icefields Parkway
 (Hwy. 93), 12, 37, 324,
 340, 357–358
 Sea-to-Sky Highway
 (Highway 99), 2, 11,
 74, 192, 232, 233
 Yellowhead Highway
 (Hwy. 16), 220–225
 Scenic Marine Drive
 (Victoria), 92
 Scenic views, best, 10
 Science World British
 Columbia (Vancouver), 69
 Scotiabank Dance Centre
 (Vancouver), 76
 Scuba diving, 37
 Broken Group Islands, 154
 Campbell River area, 171
 Graveyard of the
 Pacific, 152
 Port Hardy, 183
 Queen Charlotte
 Islands, 218
 Sunshine Coast, 190
 Vancouver Island, 5, 139
 Seafest (Prince Rupert), 208
 Sea kayaking, 37, 38
 Broken Group Islands, 154
 Clayoquot Sound, 5–6
 Comox/Courtenay area, 163
 Cranbrook, 289
 Galiano Island, 111
 the Gulf Islands, 105–106
 Mayne Island, 114–115
 Nelson, 293
 Port Hardy, 184
 Prince Rupert, 213
 Queen Charlotte
 Islands, 218
 Salt Spring Island, 107
 Saturna Island, 118
 Sunshine Coast, 190
 Telegraph Cove, 180
 Tofino area, 155–156
 Vancouver, 71–72
 Victoria, 93
 Wells Gray Provincial Park,
 252–253
 Whistler, 195
 Seal Bay Regional Nature
 Park and Forest, 163
 Sea lions, 68, 93, 97, 156,
 172, 206
 Seasons, 26–27
 Sea-to-Sky Highway
 (Highway 99), 2, 11, 74,
 192, 232, 233
 Sechelt, 188, 190
 Sechelt Indian Nation, 188
 Second Beach (Vancouver),
 67, 71, 73

- Secwepemc Museum & Heritage Park (Kamloops), 9, 246
- Seeley Lake Provincial Park, 223
- Selkirk Range, 279
- Senior travelers, 29–30
- SGang Gwaay 'Ilnagaay (Ninstints), 217, 218
- Shames Mountain, 222
- Shoreline Trail (Newcastle Island), 138
- Shuswap Indians, 9, 234, 238, 245, 246
- Shuswap Lake Provincial Park, 250
- Shuswap Lakes, 22, 245, 249–252
- Shuswap Lakes Estate Golf & Country Club (Sorrento), 250
- Sicamous, 249
- Sicamous*, SS (Penticton), 258
- Silver Beach Provincial Park, 250
- Silver King Basin Trail, 224
- Silver Star Mountain Resort, 268
- SilverTip Golf Course (Canmore), 333–334
- Sinclair Canyon, 374
- Singing Pass, 194
- Singing Pass Trail, 196
- Skaha Lake, 258, 260
- Skeena River valley, 220
- Skidegate Village, 217
- Skiing, 38. *See also* Cross-country skiing
- Banff National Park, 5, 342
 - Canadian Rockies, 330
 - Cranbrook, 289–290
 - Golden, 284
 - heli-skiing, 6, 194, 276, 277, 282–284, 330
 - Jasper National Park, 361
 - Kananaskis, 333
 - Kelowna, 268
 - Mount Washington Alpine Resort, 163
 - Nelson, 293
 - Penticton, 260
 - Revelstoke area, 276–277
 - Shames Mountain, 222
 - Sun Peaks Resort, 247
 - Vancouver, 73
 - Whistler/Blackcomb Mountain, 191, 193–194
- Ski Marmot Basin, 361
- Skookumchuk, 197
- Skookumchuk Narrows Provincial Park, 188
- Skunk Cabbage Trail, 279
- Sleighting, Whistler, 194
- Smithers, 220, 223–224
- Smithers Community Forest, 224
- Smoking, 40
- Snake Island Wall, 139
- Snowboarding
- Kelowna, 268
 - Vancouver, 73
- Snowmobiling, 194, 253, 274, 277
- Snowshoeing, 70, 195, 247, 253
- Sooke Harbour, 119–120
- Sooke Mount Provincial Park, 119
- Sooke Potholes Provincial Park, 119
- Southeastern British Columbia, 2, 5, 273–295
- Southern Vancouver Island, 97–101
- transportation, 99–101
 - traveling to, 98–99
 - visitor information, 99
- South Hazelton, 222–223
- Spanish Banks (Vancouver), 71
- Spearhead Traverse, 194
- Special events and festivals, best, 17–18
- Spirit Island, 362
- Spray Park (Vancouver), 68
- Squamish River, 72, 74, 197
- Stampede Park (Calgary), 300
- Stanley Park (Vancouver), 67
- Children's Farm, 67
 - Miniature Railway, 67
- Stanley Park Seawall (Vancouver), 12, 54, 71
- Stanley Theatre (Vancouver), 75
- Stewart Creek Golf Club (Canmore), 334
- Stone Mountain Provincial Park, 231
- Storey Creek Golf Club (Campbell River), 172
- Storm-watching, 1, 156
- Strathcona Park Lodge, 177, 178–179
- Strathcona Provincial Park, 12, 172, 177–179
- Sulphur Mountain, 11
- Sumac Ridge Estate Winery (Penticton), 259
- Summerhill Pyramid Winery (Kelowna), 266
- Sundance Trail, 341
- Sun Peaks Resort and Golf Course (Kamloops), 246, 247
- Sunshine Village, 342
- Sunwapta Falls, 358
- Swimming, Vancouver, 73
- T** akakkaw Falls, 371
- Tall Trees grove, 213
- Tatla Lake, 240
- Taxes, 41
- Telegraph Cove, 179–181
- Telephones, 41–42
- Ten Mile Lake Provincial Park, 242
- Tennis, Whistler, 197
- Terrace, 220, 221
- Theatre Under the Stars (Vancouver), 75
- The Bay (Vancouver), 74
- The Bay Centre (Victoria), 94
- The B.C. Forest Discovery Centre (Duncan), 124–125
- The Corridor (Wells Gray Provincial Park), 252
- The Dunes (Kamloops), 246
- The Gulf Islands, 4–5, 101–119
- transportation, 105–106
 - traveling to, 104–105
 - visitor information, 105
- The Hazeltons, 220, 222–223
- The Icefields Parkway (Hwy. 93), 12, 22, 37, 324, 340, 357–358
- The Inkpots (Banff National Park), 341
- The Inside Passage, 5, 19, 206–207, 220
- The International Wine Festival (Vancouver), 48
- The Kootenay Valley, 2, 273–295
- The Lakes District, 225
- The Museum at Campbell River, 9–10, 170
- The Pender Islands, 116–118
- The Sunshine Coast, 1–2, 11, 161, 187–191
- The Whistlers (near Jasper Townsite), 368
- Third Beach (Vancouver), 67, 71
- Thompson River, 6, 22, 236
- Thompson River valley, 232, 244–254
- Three Sisters Mountain, 332
- Thunderbird Park (Victoria), 90
- Time zone, 42
- Tinhorn Creek Vineyards (Oliver), 257

- Tippling, 42**
Tlell, 217
Tofino, 149, 150, 153–161
 accommodations, 156–160
 camping, 160
 outdoor pursuits, 154–156
 rainy-day activities, 156
 restaurants, 160–161
- Tofino Botanical Gardens, 155**
Totem poles
 Alert Bay, 182
 Campbell River, 169
 Duncan, 124
 Ninstints (SGang Gwaay
 'Inagaay), 217
 Vancouver, 69
 Victoria, 90
- Tourist information, 23**
Tour operators, 35
Tours
 escorted, 35
 package, 34
- Train travel and railways, 33–34, 36–37**
 history of, 384–386
 Kettle Valley Steam
 Railway, 259
 Kwantlen Railway Museum
 (Prince Rupert), 210
 Miniature Railway
 (Vancouver), 67
 Okanagan Valley Wine
 Train (Kelowna), 267
 Revelstoke Railway
 Museum, 274, 276
- Trans-Canada Highway 1, 50**
Traveler's checks, 26
**Traveling to Western
 Canada, 32–34**
Travel insurance, 27–28
**Trip-cancellation
 insurance, 27**
**T'sasala Cultural Group
 (Alert Bay), 182**
**Tunnel Mountain
 campgrounds, 345**
**Tweedsmuir Provincial Park,
 240–241**
**Twin Anchors Houseboat
 Vacations, 251**
Twin Falls, 224, 372
**Two Rivers Gallery
 (Prince George), 227**
- U BC Botanical Garden
 (Vancouver), 70**
Ucluelet, 147–150, 152–153
**U'Mista Cultural Centre
 (Alert Bay), 9, 182**
**Upper Hot Springs Pool
 (Banff), 345**
- Upper Myra Falls Trail, 178**
**Upper Thompson River
 Valley, 252–254**
- V alley Trail System
 (Whistler), 194, 196**
Vancouver, 12, 43–76
 accommodations, 12, 13,
 56–62
 brief description of, 19
 business hours, 55
 car rentals, 54
 Chinatown, 52–53, 70
 restaurants, 64–65
 Commercial Drive, 53
 consulates, 55
 dentists, 55
 doctors, 55
 downtown, 52
 accommodations,
 56–59
 restaurants, 63–64
 sights and attractions,
 67–68
 exploring, 67–71
 finding an address in, 52
 Gastown, 52
 restaurants, 64–65
 Granville Island. *See*
 Granville Island
 hospitals, 55
 Kitsilano, 53
 layout of, 51
 neighborhoods, 52–53
 newspapers and
 magazines, 55–56
 nightlife, 75–76
 the North Shore
 accommodations, 62
 restaurants, 67
 outdoor activities, 71–74
 pharmacies, 56
 plazas, parks, and gardens,
 70–71
 Punjabi Market, 53
 restaurants, 62–67
 safety, 56
 shopping, 74–75
 special events and
 festivals, 17, 48–49
 taxes, 56
 taxis, 54
 transportation, 53–55
 traveling to, 43, 48–50
 visitor information, 50–51
 weather reports, 56
 West End, 4, 52
 accommodations,
 59–61
 restaurants, 65–66
 sights and attractions,
 67–68
- West Side**
 accommodations,
 61–62
 restaurants, 66–67
 sights and
 attractions, 69
 what's new, 1
 Yaletown, 53
 accommodations,
 56–59
 restaurants, 63–64
- Vancouver Antique Centre, 74**
**Vancouver Aquarium Marine
 Science Centre, 1, 67, 68**
Vancouver Art Gallery, 68
**Vancouver Folk Music
 Festival, 49**
**Vancouver Fringe Festival,
 49, 75**
**Vancouver International
 Airport, 43, 48**
**Vancouver International
 Comedy Festival, 49**
**Vancouver International
 Film Festival, 49**
**Vancouver International
 Jazz Festival, 48**
**Vancouver Island, 5. *See*
 also Central Vancouver
 Island; Northern Vancouver
 Island; Southern
 Vancouver Island**
 brief description of, 19
 west coast, 147–161
- Vancouver Museum, 69**
Vancouver Opera, 76
Vancouver Sun Run, 48
Vancouver Symphony, 76
**VanDusen Botanical Gardens
 (Vancouver), 70**
**VanDusen Flower and
 Garden Show
 (Vancouver), 48**
**Venturi-Schulze Vineyards
 (Cobble Hill), 126**
Vermillion Pass, 374
Victoria, 1, 4, 19, 77–96
 accommodations,
 12–13, 82–86
 exploring, 89–92
 Inner Harbour, 12, 80
 accommodations,
 82–84
 biking, 92
 layout of, 80
 nightlife, 95–96
 organized tours, 92
 outdoor activities, 92–94
 parks and gardens, 91–92
 restaurants, 86–88
 shopping, 94
 transportation, 80–81

- Victoria (cont.)**
 traveling to, 77–80
 visitor information, 80
- Victoria Fringe Festival, 95**
- Victorian Christmas, 243**
- Victoria Operatic Society, 95**
- Victoria Symphony Orchestra, 95**
- Vigneti Zanatta Winery and Vineyards (near Glenora), 126**
- Visitor information, 23**
- Volcanic Cone Trail, 221**
- Vortex Gallery (Salt Spring Island), 107**
- Waddington, Mount, 240**
- Walks and rambles. See Hiking**
- Wapta Falls, 371**
- Waterfront Park (Kelowna), 266**
- Waterfront Pathway (Nelson), 292**
- Watersports**
 Kelowna, 268
 100 Mile House, 236
 Penticton, 259
 Vancouver, 73
 Victoria, 93
- Waterton Lakes National Park, 7, 11, 375–379**
- Waterton Park Golf Course, 376**
- Waterton Townsite, 376**
- Watson Lake, 231**
- Weather, 26–27**
- Websites, travel-planning and booking, 30–32**
- Wei Wai Kum House of Treasures (Campbell River), 169–170**
- Wells Gray Provincial Park, 22, 245, 252, 253**
- West Coast Trail, 5, 119, 121, 132, 147, 149–161**
- West Edmonton Mall, 8, 23, 312, 316**
- West Vancouver, 70**
- Wet 'n' Wild Adventures, 285**
- Whaleback Trail, 372**
- Whales**
 gray, 7, 119, 122, 132, 149, 156
 killer (orcas), 7, 93, 118, 148, 156, 172, 180, 182, 184
- Whale-watching**
 Alert Bay, 182
 Pacific Rim National Park, 7
 Pacific Rim Whale Festival (Tofino and Ucluelet), 149
 Prince Rupert, 212
 Queen Charlotte Islands, 217
 Telegraph Cove, 180
 Tofino area, 156
 Ucluelet, 152
 Victoria, 93–94
- Whistler, 2, 191–204**
 accommodations, 197–202
 nightlife, 204
 restaurants, 202–204
 shopping, 197
 skiing and other winter pursuits, 193–195
 special events, 193
 transportation, 192–193
 traveling to, 192
 visitor information, 192
 warm-weather pursuits, 195–197
- Whistler/Blackcomb ski resort, 191**
- Whistler Golf Club, 196**
- Whistler Jazz & Blues Festival (Whistler), 193**
- Whistler Mountain, 193**
- Whistler Museum & Archives Society, 195**
- Whistler's Roots Weekend, 193**
- Whistler Summit Concert Series, 193**
- Whistler Village, 191**
- Whitehorse, 231**
- White-water rafting, 6, 38–39**
 Canadian Rockies, 330
 Cranbrook, 289
 Golden, 284–285
 Jasper National Park, 360–361
 Kananaskis and Bow rivers, 334
 Revelstoke, 277
 Vancouver, 73
 Wells Gray Provincial Park, 253
 Williams Lake, 239
- Whitewater Ski Resort, 293**
- Whyte Museum of the Canadian Rockies (Banff), 345**
- Wildlife viewing**
 best places for, 7
 Campbell River area, 172
 Canadian Rockies, 330–331
 Columbia River Wetlands, 285
 Kluzeymateen Grizzly Bear Preserve (near Prince Rupert), 211
 North Island Wildlife Recovery Centre, 148
 Prince Rupert area, 211–212
 Queen Charlotte Islands, 217
 Ucluelet, 152
 Vancouver, 73–74
- Wild Pacific Trail, 152–153**
- Williams Lake, 11–12, 237–239**
- Williams Lake Stampede, 237–238**
- Windsurfing, Vancouver, 74**
- Wine Museum (Kelowna), 266**
- Wineries and vineyards, 390**
 Cowichan Valley, 125–126
 Okanagan Valley, 5, 256
 Kelowna, 266–267
 Okanagan Wine Festival (Kelowna), 263
 Oliver, 256–257
 Penticton, 258–259
 Wine Museum (Kelowna), 266
- World Championship Bathub Race (Nanaimo), 18, 135**
- Wreck Beach (Vancouver), 71**
- Wreck diving, 132**
 Broken Group Islands, 154
 Graveyard of the Pacific, 152
 Powell River, 190
 Snake Island, 139
- Yellowhead Highway (Hwy. 16), 205, 220–225**
- Yellow Point, 130**
- Yoho Glacier Moraine Trail, 372**
- Yoho National Park, 371–373**