

# Contents

## List of Maps

vii

## What's New in British Columbia & the Canadian Rockies 1

<b>1</b>	<b>The Best of British Columbia &amp; the Canadian Rockies</b>	<b>5</b>
1	The Best Travel Experiences . . . . .	5
2	The Best Active Vacations . . . . .	6
3	The Best Nature- & Wildlife-Viewing . . . . .	7
4	The Best Family-Vacation Experiences . . . . .	8
5	The Best Places to Rediscover Native Canadian Culture & History . . . . .	9
6	The Best Museums & Historic Sites . . . . .	10
7	The Most Scenic Views . . . . .	11
8	The Most Dramatic Drives . . . . .	12
9	The Best Walks & Rambles . . . . .	12
10	The Best Luxury Hotels & Resorts . . . . .	13
11	The Best B&Bs & Country Inns . . . . .	14
12	The Best Lodges, Wilderness Retreats & Log-Cabin Resorts . . . . .	15
13	The Best Restaurants for Northwest Regional Cuisine . . . . .	16
14	The Best Festivals & Special Events . . . . .	18

## 2 Planning Your Trip to British Columbia & the Canadian Rockies 19

1	The Regions in Brief . . . . .	19
2	Visitor Information . . . . .	23
3	Entry Requirements & Customs . . . . .	23
4	Money . . . . .	25
5	When to Go . . . . .	27
6	Travel Insurance . . . . .	27
7	Health & Safety . . . . .	28
8	Specialized Travel Resources . . . . .	29
9	Planning Your Trip Online . . . . .	30
	<i>Frommers.com: The Complete Travel Resource</i> . . . . .	31
	<i>Staying in Touch</i> . . . . .	32
10	Getting There . . . . .	32
	<i>Sample Distances between Major Cities</i> . . . . .	33
11	Packages for the Independent Traveler . . . . .	34
12	Escorted General-Interest Tours . . . . .	34
13	Getting Around . . . . .	35
14	The Active Vacation Planner . . . . .	37
	<i>Fast Facts: British Columbia &amp; the Canadian Rockies</i> . . . . .	39

**3 Suggested Itineraries in British Columbia & the Canadian Rockies** 43

---

- 1 The Canadian Rockies in 1 Week . . . 43
- 2 The Back Roads of Interior B.C. in 1 Week . . . . . 44
- 3 The Wild & the Sophisticated on Vancouver Island in 1 Week . . . . 46
- 4 The Best of Vancouver in 1 Day . . . . 47
- 5 The Best of Victoria in 1 Day . . . . . 49

**4 Vancouver** 51

---

- 1 Essentials . . . . . 52
  - Special Events & Festivals* . . . . . 58
  - Neighborhoods in Brief* . . . . . 61
- 2 Getting Around . . . . . 63
  - Fast Facts: Vancouver* . . . . . 65
- 3 Where to Stay . . . . . 67
- 4 Where to Dine . . . . . 73
- 5 Exploring Vancouver . . . . . 82
- 6 Outdoor Pursuits . . . . . 86
- 7 Shopping . . . . . 89
- 8 Vancouver After Dark . . . . . 91

**5 Victoria** 94

---

- 1 Essentials . . . . . 94
  - Special Events & Festivals* . . . . . 96
- 2 Getting Around . . . . . 97
  - Fast Facts: Victoria* . . . . . 98
- 3 Where to Stay . . . . . 98
- 4 Where to Dine . . . . . 103
  - Taking Afternoon Tea* . . . . . 103
- 5 Exploring Victoria . . . . . 105
- 6 Outdoor Pursuits . . . . . 109
- 7 Shopping . . . . . 110
- 8 Victoria After Dark . . . . . 111

**6 Southern Vancouver Island & the Gulf Islands** 113

---

- 1 Essentials . . . . . 114
- 2 The Gulf Islands . . . . . 117
- 3 West of Victoria: Sooke & Beyond . . . . . 137
- 4 North of Victoria: Goldstream Provincial Park . . . . . 140
- 5 Duncan & the Cowichan Valley . . . 141
- 6 En Route to Nanaimo . . . . . 147

**7 Central Vancouver Island** 150

---

- 1 Essentials . . . . . 150
- 2 Nanaimo & Gabriola Island . . . . . 152
- 3 Parksville & Qualicum Beach . . . . 160
- 4 En Route to Vancouver Island's Wild West Coast . . . . . 165
- 5 The West Coast Trail & Pacific Rim National Park . . . . . 166
  - Broken Group Islands* . . . . . 171
- 6 Courtenay & Comox . . . . . 179

<b>8</b>	<b>Northern Vancouver Island</b>	<b>184</b>
1	Essentials . . . . .	184
2	Campbell River & Quadra Island . . . . .	185
3	Strathcona Provincial Park . . . . .	192
4	Telegraph Cove, Port McNeill, Alert Bay & Port Hardy . . . . .	194
<b>9</b>	<b>The Sunshine Coast &amp; Whistler</b>	<b>202</b>
1	The Sunshine Coast . . . . .	202
2	Whistler: North America's Premier Ski Resort . . . . .	206
<b>10</b>	<b>Northern British Columbia</b>	<b>224</b>
1	The Inside Passage & Discovery Coast . . . . .	225
2	Prince Rupert . . . . .	226
3	The Queen Charlotte Islands . . . . .	234
4	The Yellowhead Highway: From Prince Rupert to Prince George . . . . .	238
5	Prince George . . . . .	243
6	The Alaska Highway . . . . .	247
<b>11</b>	<b>The Cariboo Country &amp; the Thompson River Valley</b>	<b>250</b>
1	Cariboo Country Essentials . . . . .	251
2	En Route to 100 Mile House . . . . .	251
3	100 Mile House & the South Cariboo District . . . . .	254
4	Williams Lake . . . . .	256
5	West on Highway 20 to Bella Coola . . . . .	258
6	Quesnel . . . . .	260
7	East to Barkerville & Bowron Lakes . . . . .	262
8	The Thompson River Valley . . . . .	263
<b>12</b>	<b>The Okanagan Valley</b>	<b>274</b>
1	Essentials . . . . .	274
2	Touring the Wineries . . . . .	275
3	Oliver . . . . .	275
4	Penticton . . . . .	276
5	Kelowna . . . . .	283
<b>13</b>	<b>Southeastern British Columbia &amp; the Kootenay Valley</b>	<b>293</b>
1	Revelstoke . . . . .	294
2	Mount Revelstoke National Park . . . . .	299
3	Glacier National Park . . . . .	300
4	Golden . . . . .	302
	<i>Exploring the Columbia River Wetlands . . . . .</i>	<i>305</i>
5	The Kootenay Valley: Cranbrook & Nelson . . . . .	308

**14 Gateways to the Canadian Rockies: Calgary & Edmonton** 316

---

- 1 Calgary: Home of the Annual Stampede .....317  
*The Calgary Stampede* .....318  
*Fast Facts: Calgary* .....320
- 2 Edmonton: Capital of Alberta ....332  
*Fast Facts: Edmonton* .....334  
*Edmonton's Klondike Days* .....335

**15 The Canadian Rockies: Banff & Jasper National Parks & More** 346

---

- 1 Exploring the Canadian Rockies .....346
- 2 Kananaskis Country & Canmore .....353  
*Riding Herd at a Guest Ranch* ...357
- 3 Banff National Park .....360
- 4 Jasper National Park .....382
- 5 British Columbia's Rockies: Mount Robson Provincial Park & Yoho & Kootenay National Parks .....395
- 6 Waterton Lakes National Park ....399

**Appendix: British Columbia & the Canadian Rockies in Depth** 404

---

- 1 British Columbia: History 101 ....404  
*Dateline* .....409
- 2 British Columbia & the Canadian Rockies Today .....410
- 3 A Taste of British Columbia & the Canadian Rockies .....411
- 4 Recommended Reading .....415

**Index** 418

---

# List of Maps

British Columbia	20	Whistler Village	207
The Canadian Rockies or Interior B.C. in 1 Week	45	Prince Rupert	227
Vancouver Island in 1 Week	47	The Cariboo Country & the Thompson River Valley	253
The Best of Vancouver in 1 Day	48	Kelowna	284
The Best of Victoria in 1 Day	50	Southeastern British Columbia	295
Greater Vancouver Area	54	Mount Revelstoke & Glacier National Parks	301
Vancouver	56	Alberta	319
Victoria	95	Calgary	321
Vancouver Island	116	Edmonton	333
The Gulf Islands	118	The Canadian Rockies	348
Nanaimo	154	Banff Townsite & Banff National Park	361
Pacific Rim National Park	167	Jasper Townsite & Jasper National Park	383
Campbell River	187		
Southwestern British Columbia	203		