

Index

- A**
AA (American Automobile Association), 36
AARP, 29–30
Abandoned Rails Trail, 300
Abbotsford International Air Show (Vancouver), 59
Aberdeen Hills Golf Links (Kamloops), 266
Abkhazi Garden (Victoria), 108
Access America, 28
Accessible Journeys, 29
Accommodations
 best
 B&Bs and country inns, 14–15
 lodges, wilderness retreats and log-cabin resorts, 15–16
 luxury hotels and resorts, 13–14
 surfing for, 31
Active Pass, 128
Active vacations, 37–38
 best, 6–7
Adams River, 8
Adams River Salmon Run, 269
Admiral House Boats (Sicamous), 270
Adventure Zone (Blackcomb), 213
Aerial tours
 the Alaska Highway area, 249
 Banff and Jasper National Parks, 11
 Golden, 304
 Gwaii Haanas National Park Reserve, 237
 Victoria, 108
Affinity Sports, 210
Agate Beach Campground, 236
Air Canada, 32–34
Airfares, 30–31
Airlines, 32–33, 36
Air Transat, 33
The Alaska Highway, 247–249
Alberta Gallery of Art (Edmonton), 3
Alcan Dragon Boat Festival (Vancouver), 58
Alcheringa Gallery (Victoria), 111
Alert Bay, 9, 195, 197
Alice Lake Provincial Park, 220
Alley Cat Rentals (Vancouver), 87
Alpenglow Aviation, 11, 304, 362
Alpine Rafting, 304
American Airlines, 32
American Airlines Vacations, 34
American Automobile Association (AAA), 36
American Express, 39
 Calgary, 320
 Edmonton, 334
 traveler's checks, 26
 Vancouver, 65
 Victoria, 98
American Foundation for the Blind, 29
Amphitrite Lighthouse (Ucluelet), 169
Amtrak, 33
Anahim Lake, 259
Ancient Cedars, 213
Anglican Church (Alert Bay), 197
Anglican Church (Barkerville), 262
Annual Bald Eagle Count (Vancouver), 58
Anthropology Museum at the University of British Columbia (Vancouver), 49
Antique Row (Victoria), 110
Antiques
 Vancouver, 89–90
 Victoria, 110
A-1 Last Minute Golf Hot Line (Vancouver), 88
Apex Rafting Company, 297
Apex Resort (Penticton), 279
Aquabus (Vancouver), 65
Aquatic Centre (Vancouver), 89
Ark Resort (Strathcona Provincial Park), 194
Arrowsmith Golf and Country Club (near Qualicum Beach), 162
Art and Soul Craft Gallery (Galiano Island), 128
ArtCraft (Salt Spring Island), 123–124
Art galleries and museums
 Courtenay, 180
 Edmonton, 3, 335
 Kamloops, 265
 Kelowna, 286
 Penticton, 277
 Prince George, 245
 Prince Rupert, 229
 Tofino, 173
 Williams Lake, 256
Art Gallery of Alberta (Edmonton), 335
Art Gallery of the South Okanagan (Penticton), 277
Artisans Courtyard (Courtenay), 180
Artisan's Studio (Nanaimo), 153
Arts and crafts, Victoria, 111
Arts Club Theatre Company (Vancouver), 91
Asulkan Valley Trail, 300
Athabasca, Mount, 380
Athabasca Falls, 381
Athabasca Glacier, 380, 381
Atlantic Trap and Gill (Vancouver), 92
ATMs (automated-teller machines), 26

- Aurora (Banff), 375
 Avis, 36
 Avis car rentals, 35
 Azure Lake, 271
- B**
Babine Mountains Recreation Area, 242
Backcountry skiing
 Baldface Lodge (near Nelson), 313
 Whistler/Blackcomb, 210
Backpacking, Canadian Rockies, 351
Bald eagles, 87, 173, 196, 305
 Annual Bald Eagle Count (Vancouver), 58
 near Victoria, 7
Baldface Lodge, 313
Ballet British Columbia (Vancouver), 92
Balsam Lake, 299
Balu Pass Trail, 300
Banff Arts Festival, 365
Banff Centre, 365
Banff Gondola, 365–366
Banff Mount Norquay, 363
Banff National Park, 7, 8, 11–13, 43, 360–375
 outdoor activities, 360–364
Banff Park Museum, 366
Banff townsite, 364
 accommodations, 367–372
 exploring, 365–367
 nightlife, 375
 orientation, 365
 restaurants, 372–375
 shopping, 367
 special events, 365
 transportation, 365
 traveling to, 364
 visitor information, 364
The Barbary Coast (Banff), 375
Bard on the Beach Shakespeare Festival (Vancouver), 59, 91
Barkerville, 11, 250, 262–263
Barkerville Provincial Park, 262
Bar U Ranch National Historic Site (Longview), 11, 332
The Bastion (Nanaimo), 153
The Bay (Vancouver), 90
The B.C. Forest Discovery Centre (Duncan), 143
B.C. Orchard Industry Museum (Kelowna), 286
BC Wildlife Park Kamloops, 264
Beaches, 8
 Courtenay and Comox, 181
 Mayne Island, 131
 Pender Islands, 133
 Penticton, 277, 278
 Saturna Island, 136
 Vancouver, 86
Beacon Hill Park (Victoria), 108
Bear Creek Provincial Park, 291
Bears
 black, 8, 239, 352
 grizzly, 196, 352
 Khutzeymateen Grizzly Bear Preserve, 230, 239
 safety concerns, 353
Beaumont Marine Park, 133
Beaver Lake (Victoria), 110
Beaver Valley Trail, 301
Belfry Theatre (Victoria), 111
Bella Coola, 12, 259
Bella Pacifica Resort & Campground (near Tofino), 177
Bellhouse Provincial Park, 128
Bengal Lounge (Victoria), 112
Bennett Bay, 131
Beyond the Beaten Path, 384
BiddingForTravel, 31
Big Bad John's (Victoria), 112
Big Cedar Trail, 172
Big House (Alert Bay), 197
Big Sky Golf and Country Club (Pemberton), 212
Big White Ski Resort (Kelowna), 288
Biking and mountain biking, 37
 Banff National Park, 360, 362
 Canadian Rockies, 351
 Galiano Island, 128
 the Gulf Islands, 122
 Kelowna, 287
 Mayne Island, 131
 Nelson, 133
 Pender Islands, 133
 Penticton, 279
 Revelstoke, 296
 Salt Spring Island, 124
 Vancouver, 64–65, 86–87
 Victoria, 109
 Waterton Lakes National Park, 400
 Whistler/Blackcomb complex, 211
 Williams Lake, 256
Bill Barker Days (Quesnel), 260
Bird-watching
 Columbia River Wetlands, 8, 305
 Goldstream Provincial Park, 140
 Tofino, 173
 Vancouver, 89
 Victoria, 109
Birkenhead Lake Provincial Park, 208, 211, 220
Black bears, 8, 239, 352
Blackberry Books (Vancouver), 90
Blackcomb Horsedrawn Sleigh Rides, 211
Blackcomb Mountain, 209–210.
See also Whistler/Blackcomb complex
Blackfish Wilderness Expeditions, 109
Bloedel Conservatory (Vancouver), 86
Blue Grouse Vineyards and Winery (near Duncan), 144
Blue Mountain Vineyards & Cellars (Oliver), 276
Boating (boat rentals)
 Galiano Island, 128
 Mayne Island, 131–132
 100 Mile House, 254–255
 Penticton, 277, 279
 Port Hardy, 199
 Shuswap Lakes, 268, 270
 Vancouver, 87
 Victoria, 109
 Wells Gray Provincial Park, 271
Boat tours and cruises
 Kelowna, 283
 Lake Minnewanka, 366
 Maligne Lake, 384, 385–386
 Victoria, 108
 Waterton Lakes National Park, 400
Bonnie Lee Boat Rentals (Vancouver), 87
Bonnie Lee Fishing Charters Ltd. (Vancouver), 88
Books, recommended, 415–417
Bookstores, Vancouver, 90
Botanical Beach (near Port Renfrew), 7
Botanical Beach Provincial Park, 137, 139
Bow Lake, 380

- Bowron Lakes Provincial Park, 7, 263
- Breeze (Victoria), 111
- Brewster Transportation and Tours, 35
- Brewster Transportation and Tours (Banff), 347
- Brigantine Inn (Maple Bay), 143
- British Air, 32
- British Columbia Aviation Museum (Victoria), 105
- British Importers (Victoria), 111
- Broken Group Islands, 166, 171
- Brown Ridge Nature Trail, 136
- Budget, 36
- Budget car rentals, 35
- Buffalo Nations Luxton Museum (Banff), 366
- Bulkley Valley, 241–243
- Bull Canyon Provincial Parks, 258
- Bungee jumping, near Nanaimo, 157
- Burgess Shale, 396
- Burnaby 8 Rinks Ice Sports Centre (Vancouver), 88
- Burns Lake, 243
- Burrowing Owl Estate Winery (Oliver), 276
- Business hours, 39
- Bus travel, 34, 36–37
- Butchart Gardens (Victoria), 49–50, 105–106
- Buttle Lake, 12, 192–194
- Buttle Lake Campground, 194
- C**AA (Canadian Automobile Association), 36
- Calgary, 3, 23, 43, 316–332
 - accommodations, 323–327
 - American Express, 320
 - camping, 327
 - day trips from, 331–332
 - doctors and hospitals, 320
 - drugstores, 320
 - exploring, 322–323
 - layout of, 318, 320
 - newspapers, 320
 - “Plus-15” system, 320
 - police and emergencies, 320
 - restaurants, 327–331
 - transportation, 320
 - traveling to, 317–318
 - visitor information, 318
- Calgary Stampede, 18, 318
- Calgary Tower, 11, 322
- Calgary Zoo, Botanical Garden & Prehistoric Park, 322
- Calona Wines (Kelowna), 287
- Cameron Falls, 401
- Cameron Lake, 165
- Campbell Bay, 131
- Campbell River, 7, 185–192
 - accommodations, 189–191
 - exploring, 186, 188
 - outdoor activities, 188–189
 - restaurants, 191–192
 - traveling to, 186
 - visitor information, 186
- Camping
 - Alert Bay, 198
 - Barkerville, 262
 - Bella Coola, 260
 - Bowron Lakes Provincial Park, 263
 - Bull Canyon Provincial Parks, 258
 - Calgary, 327
 - Campbell River, 189
 - Glacier National Park, 301
 - the Hazeltons, 241
 - Jasper, 392
 - Kananaskis Country, 358
 - Kelowna, 291
 - Martha Creek Provincial Park, 297
 - Newcastle Island, 156
 - 100 Mile House, 254–255
 - near Quesnel, 261
 - Salt Spring Island, 124
 - Shuswap Lakes, 269
 - Smithers, 242
 - Strathcona Provincial Park, 194
 - Tofino, 177
 - Wells Gray Provincial Park, 272
 - Whistler/Blackcomb complex, 220
 - Yoho National Park, 396
- Canada Day, Vancouver, 58
- Canada Olympic Park (Calgary), 322
- Canada Place (Vancouver), 47–48, 53
- Canada Post, 39
- Canadian Automobile Association (CAA), 36
- Canadian Impressions at the Station (Vancouver), 90
- Canadian Museum of Rail Travel (Cranbrook), 308–309
- Canadian Rockies, 3–4, 11, 22, 346–403
 - exploring, 346–353
 - lodging, 350–351
 - orientation, 347
 - outdoor activities, 351–352
 - seasons, 350
 - suggested itineraries, 43–44
 - tours and excursions, 347
 - visitor information, 347
- Canadian Rockies Rafting Company, 363
- Canadian Snowmobile Adventures Ltd., 211
- Canadian Whitewater Adventures, 304
- Canim Beach Provincial Park, 255
- Canim Lake, 255
- Canmore, 353–360, 362
- Canmore Museum, 354
- Canmore Nordic Centre, 7, 352, 354
- Canmore Rafting Centre/Mirage Adventure Tours (Kananaskis Village), 354
- Canoe (Victoria), 112
- Canoeing, 37
 - Banff National Park, 363
 - Bowron Lakes Provincial Park, 7, 263
 - Canadian Rockies, 352
 - Prince Rupert, 231
 - the Sunshine Coast, 205
 - Tweedsmuir Provincial Park, 259
 - Vancouver, 87
 - Victoria, 109
 - Wells Gray Provincial Park, 271
 - Whistler/Blackcomb complex, 211
- Canrailpass, 36
- Canyon View Trail, 189
- Cape Scott, 199
- Cape Scott Provincial Park, 200
- Cariboo Country, 22, 250–273
 - traveling to, 251
- Cariboo Friendship Society Native Arts and Crafts Shop (Williams Lake), 256
- Cariboo Gold Rush Trail, 251–252

- Cariboo Gold Rush Trail (Hwy. 99 and Hwy. 97), 250
- Cariboo Marathon (100 Mile House), 255
- Carr, Emily, 83
- Car rentals, 32
- Car travel, 33, 35–36
- Carving Shed (Prince Rupert), 229
- Casinos, Vancouver, 93
- Cathay Pacific, 33
- Cat Powder Skiing, 297
- Cave and Basin National Historic Site (Banff), 366
- Cayoosh Valley, 208
- Ceal Tingley Park, 260
- Cedar, 148–149
- Cedar Hill Municipal Golf Course (Victoria), 110
- Celebration of Light (Vancouver), 18
- Cellphones, 32
- Centers for Disease Control and Prevention, 28
- Central Vancouver Island, 2, 150–183
 - transportation, 151
 - traveling to, 150–151
 - visitor information, 151
- The Centre in Vancouver for Performing Arts, 91
- Chan Centre for the Performing Arts (Vancouver), 91
- Chapters (Vancouver), 90
- Charowsky, John, 131
- Chateau Whistler Golf Club, 212
- Cheakamus Lake, 210
- Chemainus, 147–148
- Chemainus Theatre, 147–148
- Cherry Point Vineyards (Cobble Hill), 144
- Chilcotin Plateau, 258
- Chilcotin River, 258
- Children, families with, 30
 - best vacation experiences for, 8–9
 - bringing children into
 - Canada, 24
 - the Gulf Islands, 120
 - Whistler/Blackcomb complex, 213
- Chilliwack River Rafting (Vancouver), 89
- China Airlines, 32–33
- China Beach Park, 139
- Chinese New Year (Vancouver), 58
- Chocolate Arts (Vancouver), 90
- Christmas Carol Ship Parade (Vancouver), 59
- City Hall, Nelson, 312
- City Park (Kelowna), 283
- Classical music, Vancouver, 92
- Clayoquot Sound, 166, 172, 173
- Clearwater, 264, 270
- Clearwater Lake, 271
- Clinton, 252
- Cloud Nine (Vancouver), 11, 92–93
- CMH Heli-Hiking, 303
- CMH Heli-Skiing, 7, 296, 303, 352
- Coal Harbour (Vancouver), 85
- Coastal Connections Interpretive Nature Hikes (Victoria), 110
- Collette Tours, 35
- Columbia, HMCS, 188
- The Columbia Icefields, 347, 380
- Columbia Icefields Centre, 380
- Columbia River, dams, 296
- Columbia River Wetlands, 8, 305
- Commodore Ballroom (Vancouver), 92
- Comox, 179–183
- Comox Valley Art Gallery (Courtenay), 180
- Connaught Hill Park (Prince George), 245
- Continental Airlines, 32
- Continental Airlines Vacations, 34
- Cooper Boating Centre (Vancouver), 88
- Copper Island, 269
- Cordova Bay Golf Course (Victoria), 110
- Cornucopia, 209
- The Corridor (Wells Gray Provincial Park), 271
- Cougar Mountain, 210–211
- Courtenay, 46, 179–183
- Courtenay District Museum & Paleontology Centre, 180
- Cow Bay (Prince Rupert), 229
- Cowichan Bay, 143
 - accommodations, 145–146
 - restaurants, 146–147
- Cowichan Bay Maritime Centre, 143
- Cowichan Trading Ltd. (Victoria), 111
- Cowichan Valley, 46, 141–147
 - vineyards, 144
- Coyote Cruises (Penticton), 279
- Craigdarroch Castle (Victoria), 106
- Cranbrook, 308–311
- Cranbrook Golf Club, 309
- Credit cards, 26
- Cross-country skiing, 38
 - Barkerville, 262
 - Canadian Rockies, 352
 - Canmore, 7
 - Canmore area, 354
 - 100 Mile House, 255
 - Penticton, 279
 - Salmon Arm, 269
 - Whistler/Blackcomb complex, 210
- Crowfoot Glacier, 380
- Crown Isle Resort & Golf Community (Courtenay), 181
- Crypt Lake, 401
- Crystal Mountain Resorts Ltd., 288
- Crystal Pool & Fitness Centre (Victoria), 110
- Cuisine, 411–415
- Currency and currency exchange, 25–26
- Currie's Guiding, 382
- Customs regulations, 24–25
- Cypress Bowl (Vancouver), 89
- Cypress Mountain Sports (Vancouver), 89
- D**ance clubs, Vancouver, 93
- Dancing on the Edge Festival (Vancouver), 92
- Dave Murray Summer Ski Camp (Blackcomb Mountain), 213
- Davenport Maps, 40
- Dawson Creek, 247
- D'ed Dog Bar and Grill (Jasper), 394
- Deep Cove (Vancouver), 87
- Deiklatla Wildlife Sanctuary, 236
- Della Falls, 193
- Della Falls Trail, 194
- Delta Airlines, 32

- Delta Charters (Vancouver), 87
 Delta Vacations, 34
 Department stores,
 Vancouver, 90
 Desolation Sound, 205
 Diamond Head, 210
 Dinghy Dock Floating Marine
 Pub (Protection Island), 160
 Dinner Bay Park, 131
 Disabilities, travelers with, 29
 The Discovery Coast, 225
 Diving, 37
 Campbell River, 188
 Maple Bay, 144
 Nanaimo, 157
 off Vancouver Island, 6
 Port Hardy, 199
 the Sunshine Coast, 205
 Dodds Narrows, 157
 Dog sledding, 210–211
 Dollar, 36
 Dollar car rentals, 35
 Domaine Combret Estate
 Winery (Oliver), 276
 Donex Pharmacy (100 Mile
 House), 254
 Dorothy Grant (Vancouver), 90
 Downhill skiing, 38
 Banff National Park, 363–364
 Canadian Rockies, 352
 Fernie Alpine Resort, 309–310
 Golden, 304
 Jasper, 384
 Kamloops, 266
 Kananaskis, 355
 Kelowna area, 288
 Mount Washington Alpine
 Resort, 181
 Penticton, 279
 Revelstoke area, 296–297
 Vancouver, 88–89
 Whistler/Blackcomb complex,
 209–210
 Whitewater Ski Resort, 313
 Downstream Bar (Jasper), 394
 Dream (Vancouver), 90
 Driftwood Canyon Provincial
 Park, 242
 Driving rules, 36
 Dr. Sun Yat-sen Classical Chi-
 nese Garden (Vancouver), 84,
 85–86
 Dr. Sun Yat-sen Park
 (Vancouver), 86
 Drugstores, 39
 Drumbeg Provincial Park, 157
 Dufferin Pub (Vancouver), 93
 Duncan, 46, 141–147
 accommodations, 144–145
 restaurants, 146
 The Dunes (Kamloops), 266
 Duthie Books (Vancouver), 90
Eagle Crest Golf Club
 (Qualicum Beach), 162
 Eagle Eye Adventures, 189
 Eagle Knoll Trail, 299
 East Point Park, 136
 East Sooke Park (Victoria), 108
 Eau Claire Market (Calgary),
 322–323
 Ecomarine Ocean Kayak Centre
 (Vancouver), 87
 Eco-tours, Vancouver, 87
 Edmonton, 23, 44, 332–345
 accommodations, 337–341
 American Express, 334
 doctors and hospitals, 334
 exploring, 335–337
 layout of, 334
 newspapers, 334
 restaurants, 341–345
 transportation, 334
 traveling to, 332
 visitor information, 332
 what's new in, 3
 Edmonton Art Gallery, 3, 335
 Edmonton Folk Music Festival,
 344
 Edmonton International Fringe
 Theatre Festival, 344
 Elder-hostel, 30
 Electric Avenue (Victoria), 112
 Electricity, 39
 Elk, 8, 353
 Elk Falls Provincial Park, 189
 Elkhorn Mountain, 193
 Embassies and consulates, 39
 Emerald Basin Trail, 396
 Emerald Lake, 396
 Emerald Lake Trail, 396
 Emergencies, 39
Emerging Horizons, 29
 Emily Carr House (Victoria),
 107
 English Bay (Vancouver), 85
 English Bay Beach (Vancouver),
 48, 86
 Englishman's Falls Provincial
 Park, 165
 Enterprise car rentals, 35–36
 Entry requirements, 23–24
 Escorted tours, 34–35
 Eva Lake Trail, 299
 Expedia, 30, 31
Fairmont Banff Springs Golf
 Course, 362
 Fairwinds (Parksville), 162
 Faith Grant's Connoisseur Shop
 Ltd. (Victoria), 110
 Families with children, 30
 best vacation experiences for,
 8–9
 bringing children into
 Canada, 24
 the Gulf Islands, 120
 Whistler/Blackcomb complex,
 213
 Fashions (clothing),
 Vancouver, 90
 Father Pandosy Mission
 (Kelowna), 286
 Fenlands Trail, 363
 Fernie Alpine Resort, 309–310
 Ferries
 Bella Coola, 259
 central Vancouver Island, 151
 Courtenay and Comox, 179
 the Discovery Coast, 226
 the Gulf Islands, 121
 the Inside Passage, 225–226
 Mayne Island, 131
 Nanaimo, 152, 153
 Newcastle Island, 156
 northern Vancouver Island,
 184
 Port Alberni to Ucluelet, 168
 Port McNeill and Alert Bay,
 197
 Prince Rupert, 199, 228
 Queen Charlotte Islands,
 234–235
 Salt Spring Island, 123
 southern Vancouver Island,
 114–115
 the Sunshine Coast, 204
 Victoria, 97
 Ferries and ships. *See also* Boat
 tours and cruises
 Vancouver, 53, 58
 Festival of Mountain (Banff),
 365
 Festival of the Grape (Oliver),
 276

- Festivals and special events, 27**
 best, 18
- Filberg Festival (Comox), 179**
- Filberg Lodge and Park (Comox), 180**
- Fintry Queen, MV (Kelowna), 283, 287**
- Firehall Arts Centre (Vancouver), 91**
- First Nations (Native Canadians), 404. See also Totem poles; and specific tribes**
 Alert Bay, 9, 197
 arts and crafts
 Jasper, 386
 Prince George, 245
 Tofino, 173–174
 Vancouver, 90
 Victoria, 111
 Williams Lake, 256
 best places to rediscover, 9–10
 Courtenay, 180
 Gwaii Haanas National Park Reserve, 9–10
 Kamloops, 265
 'Ksan Historical Village (Hazelton), 10, 241
 The Museum at Campbell River, 186, 188
 Nass River valley, 240
 Prince George, 245
 Prince Rupert, 229, 230
 Quw'utsun' Cultural Centre (Duncan), 9, 143
 Sechelt Indian Nation, 204
 Secwepemc Museum & Heritage Park (Kamloops), 10
 U'Mista Cultural Centre, 9
 Victoria, 96
- First Night (Victoria), 96**
- First Peoples Festival (Victoria), 96**
- Fishing, 37**
 Banff National Park, 362
 Bulkley River, 242
 Campbell River, 7, 188
 Cranbrook, 309
 Golden, 303
 Gwaii Haanas National Park Reserve, 237
 Jasper, 386
 Jasper National Park, 382
 Kamloops, 265
 Nelson, 312
 100 Mile House, 254–255
 Port Hardy, 199–200
 Prince Rupert, 231
 Shuswap Lakes, 268
 Tofino, 172
 Ucluelet, 169
 Vancouver, 87–88
 Victoria, 109
 Whistler/Blackcomb complex, 211
 Williams Lake, 257
- Flightseeing. See Aerial tours**
- Flower Count (Victoria), 96**
- Flying Wheels Travel, 29**
- FOGO Folk Art Studio (Gabriola Island), 156–157**
- Folklife Village (Gabriola Island), 156**
- Food stores**
 Vancouver, 90
 Victoria, 111
- Forbidden Plateau, 193, 194**
- Fort Calgary Historic Park (Calgary), 9, 323**
- Fort Edmonton Park (Edmonton), 335–336**
- Fort George Park, 245**
- Fort Nelson, 248**
- Fortress Mountain, 355**
- Fort Rodd Hill & Fisgard Lighthouse National Historic Site (Victoria), 106**
- Fort Steele Heritage Town (near Cranbrook), 9, 309**
- Fort St. James National Historic Site (Vanderhoof), 10, 243**
- Fort St. John, 248**
- Fort Victoria (Victoria), 107**
- Fossils**
 Courtenay, 180
 Driftwood Canyon Provincial Park, 242
 Kamloops, 265–266
- The Fountain Head Pub (Vancouver), 93**
- Frances Barkley, MV, 165**
- Fraser Discovery Route, 1, 244, 251**
- French Beach Park, 137**
- Frommers.com, 31**
- Gabriola Sands Provincial Park, 157**
- Galiano Art Gallery, 128**
- Galiano Island, 127–130**
- Gallagher's Canyon Golf and Country Club (Kelowna), 287**
- Galloping Goose Trail (Victoria), 109**
- Ganges, 123**
- Garibaldi Provincial Park, 190**
- Gasoline, 36**
- Gay and lesbian travelers, 29**
 Vancouver, 59
 bars, 93
 bookstore, 90
 Victoria, 112
- Gay Lesbian Transgendered Bisexual Community Centre (Vancouver), 93**
- Gehringer Brothers Estate Winery (Oliver), 276**
- Genoa Bay, 144, 147**
- Geology and fossil tours, Kamloops, 265**
- Georgina Point Lighthouse (Mayne Island), 131**
- Giant Cedars Trail, 299**
- Gibsons, 204**
- Gifts and souvenirs, Vancouver, 90**
- Gildas Box of Treasures Theatre (Campbell River), 186**
- Glacier National Park, 300–302**
- Glacier Raft Company, 304–305**
- Glenbow Museum (Calgary), 11, 323**
- Godfrey-Brownell (near Duncan), 144**
- Golden, 7, 302–307**
- Golden and District Museum, 302**
- Golden Festival of Birds and Bears, 303**
- Golden Golf & Country Club, 303**
- Golden Hinde, 193**
- Golden Rodeo, 303**
- Gold Mine Trail, 140, 172**
- Gold mining, Klondike Days (Edmonton), 18, 335**
- Gold mining and panning, 250**
- Goldstream Provincial Park, 140**
- Goldstream River, annual salmon runs, 140**

Gabriola Artworks, 156
 Gabriola Island, 152, 153,
 156–157, 159

- Goldstream Trail, 140**
- Golf**
- Banff National Park, 362
 - Campbell River, 188
 - Courtenay, 181
 - Cranbrook, 309
 - Golden, 303
 - Jasper National Park, 382
 - Kamloops, 266
 - Kananaskis Country, 353
 - Kananaskis Country and Canmore, 355
 - Kelowna, 287–288
 - Nelson, 312
 - 100 Mile House, 255
 - Parksville-Qualicum Beach area, 162
 - Penticton, 279
 - Radium Hot Springs, 398
 - Revelstoke, 296
 - Shuswap Lakes, 268
 - Vancouver, 88
 - Victoria, 110
 - Waterton Lakes National Park, 400–401
 - Whistler/Blackcomb complex, 212
- Goods and service tax (GST), 40–41**
- Gooseneck Park (Comox), 181**
- Government House (Victoria), 108**
- Graham Island, 235**
- Granite Pointe Golf Club (Nelson), 312**
- Granville Island (Vancouver), 62–63, 83**
- Granville Island Boat Rentals (Vancouver), 88**
- Granville Island Public Market (Vancouver), 83**
- Grapevine on the Bay Café (Maple Bay), 144**
- Graveyard of the Pacific, 169**
- Gray Monk Estate Winery (Kelowna), 287**
- Great Canadian Beer Festival (Victoria), 96**
- Great Canadian Casino Downtown (Vancouver), 93**
- Green Point campground (Tofino), 177**
- Greyhound Canada, 34**
- Grizzly bears, 196, 352**
- Khutzeymateen Grizzly Bear Preserve, 230, 239
- Grizzly Plaza (Revelstoke), 294**
- Grouse Grind (Vancouver), 88**
- Grouse Mountain Resort (Vancouver), 84–85, 88**
- GST (goods and service tax), 40–41**
- Guest ranches, 6**
- Canadian Rockies, 351
 - Jasper, 391
 - Kananaskis Country, 357
- The Gulf Islands, 1, 5–6, 46, 117–137**
- traveling to, 121–122
 - visitor information, 122
- Gulf Islands National Park Reserve, 120–121**
- Gwaii Haanas National Park Reserve, 9–10**
- Gwaii Haanas National Park Reserve and Haida Heritage Site, 234, 236–237**
- Gwakawe Campground (Alert Bay), 198**
- Gyro Park (Nelson), 312**
- Haida Gwaii Museum at Quay 'Inagaay, 235**
- Haida Gwaii Watchmen, 235, 236**
- Haida people, 234–236**
- Hainle Vineyards Estate Winery (near Penticton), 278**
- Hamilton Beach, 133**
- Hanson's Fishing Outfitters (Vancouver), 88**
- Harbour Festival (Victoria), 96**
- Harbourside Walkway (Nanaimo), 153**
- Harmonized sales tax (HST), 40–41**
- Harvest Golf Club (Kelowna), 288**
- Hat Creek Ranch, 252**
- The Hazeltons, 238, 241**
- Health concerns, 28**
- Health insurance, 28**
- Heckman Pass, 259**
- Hector Gorge, 398**
- Helen McKenzie- Kwai Lake-Croteau Lake Loop Trail, 194**
- Heli-hiking, Golden, 303**
- Heli-skiing, 7**
- Canadian Rockies, 352
 - Golden, 303
 - Revelstoke, 296
 - Whistler, 210
- Helmcken Falls, 271**
- Helmcken House (Victoria), 107**
- Hemlock Grove Picnic Area, 300**
- Henry Birk & Sons Ltd. (Vancouver), 90**
- Herald Provincial Park, 269**
- Heritage House Hotel (Vancouver), 93**
- Heritage River Trails, 245**
- Heritage Walking Tour (Prince Rupert), 231**
- Hertz car rentals, 35–36**
- Hester Creek Estate Winery (Oliver), 276**
- Highway 1, 33**
- Highway 16 (Yellowhead Highway), 33**
- Highway 20, 258–260**
- Highway 28 (Gold River Hwy.), 193**
- Highway 99 (Sea-to-Sky Highway), 12, 53, 208, 250, 251**
- Hikes and walks, 37–38**
- Banff National Park, 362
 - best, 12–13
 - in bear country, 353
 - Bulkley Valley, 242
 - Campbell River, 188–189
 - Cape Scott Provincial Park, 200
 - Galiano Island, 128
 - Glacier National Park, 300–301
 - Jasper National Park, 382, 384
 - Knox Mountain Park, 288
 - Mayne Island, 131
 - Nelson, 312–313
 - Nisga'a Memorial Lava Beds Provincial Park, 239
 - Prince Rupert, 231
 - Salt Spring Island, 124
 - Saturna Island, 136
 - Seal Bay Regional Nature Park and Forest, 181
 - Shuswap Lakes, 269
 - Strathcona Provincial Park, 193–194
 - Tofino, 172
 - Vancouver, 88
 - Victoria, 110
 - Waterton Lakes National Park, 401
 - Wells Gray Provincial Park, 271
 - West Coast Trail, 6

Whistler/Blackcomb complex, 212
 Williams Lake, 256
 Yoho National Park, 396–397
Hilary's Cheese Company (Duncan), 143
Hillside Estate (Penticton), 278
Hill's Native Art (Vancouver), 90
Hill's Native Art (Victoria), 111
History of British Columbia, 404–409
Holidays, 27
The Homesite (Powell River), 205
Horne Lake Caves Provincial Park, 162
Horseback riding, 38
 Banff National Park, 363
 Golden, 303–304
 Jasper National Park, 384
 Kananaskis Country, 355
 Waterton Lakes National Park, 401
Horseshoe Falls, 271
Hoteldiscounts.com, 31
Hotels.com, 31
Hot Springs Cove, 173
Hotwire, 30–31
Houseboating, Shuswap Lakes, 270
Houseboats, Penticton, 279
House of Himwitsa (Tofino), 173–174
HSBC Celebration of Light (Vancouver), 59
HST (harmonized sales tax), 40–41
Hudson Bay Mountain, 241, 242
Hudson's Bay Company (Victoria), 111
Hughes Ltd. (Victoria), 111
Hush (Victoria), 112
Hydra River Guides, 363

I
Icefields Information Centre, 380–381
The Icefields Parkway (Hwy. 93), 12, 44, 380–381
Ice skating, Vancouver, 88
Images for a Canadian Heritage (Vancouver), 90
Imperial Bank (Cranbrook), 308
Information sources, 23
The Inkpots, 362

Inner Harbour (Victoria), 49
Inniskillin Okanagan (Oliver), 276
The Inside Passage, 6, 19, 225–226
Insurance, 27–28
International Children's Festival (Vancouver), 58
International Travel Maps and Books (Vancouver), 88, 90
Inter-Nation Shoreline Cruise (Waterton Townsite), 400
Internet access, 32
 Vancouver, 66
 Victoria, 98
InTouch USA, 32
The Irish Heather (Vancouver), 92
Island Escapades (Salt Spring Island), 124
Island Links Hot Line, 110
Itineraries, suggested, 43–50

J
Jade Tree (Victoria), 111
Jamie's Whaling Station (Tofino), 173
Japan Air Lines, 33
Jasper, 44
Jasper Adventure Centre, 382
Jasper Brewing Company, 3–4
Jasper National Park, 13, 382–394
 outdoor activities, 382, 384
Jasper townsite, 384–394
 accommodations, 387–392
 camping, 392
 exploring the area, 385–386
 nightlife, 394
 orientation, 385
 restaurants, 392–394
 shopping, 386–387
 transportation, 385
 traveling to, 385
 visitor information, 385
Jasper Tramway, 386
Java dot Cup (Prince Rupert), 229
Jay's Clayoquot Ventures, 172
Jazz Fest International (Victoria), 96
Jerry's Boat Rentals (Vancouver), 87
Jewelry
 Vancouver, 90
 Victoria, 111

Joffre Lakes Provincial Park, 213
John Steel Railtours, 35
Johnston Canyon, 12, 362
Johnstone Strait, 195, 196
Juan de Fuca Marine Trail, 139
June Sports & Indian Celebrations (Alert Bay), 197
Just Birding (Tofino), 173

K
Kamloops, 263–268
Kamloops Art Gallery (Kamloops), 265
Kamloops Cattle Drive, 265
Kamloops Golf & Country Club, 266
Kamloops Museum & Archives, 265
Kananaskis Country, 353–360
Kananaskis Country Golf Course, 355
Kananaskis Village, 353
Kathlyn Glacier, 242
Kayaking, 37, 38
 Clayoquot Sound, 6
 Courtenay, 181
 Galiano Island, 128
 the Gulf Islands, 122
 Gwaii Haanas National Park Reserve, 236–237
 Mayne Island, 131–132
 Nelson, 313
 Port Hardy, 200
 Prince Rupert, 231
 Salt Spring Island, 124
 the Sunshine Coast, 205
 Telegraph Cove and Johnstone Strait, 196
 Tofino, 172–173
 Ucluelet, 169
 Upper Thompson River area, 271–272
 Vancouver, 87
 Victoria, 109
 Wells Gray Provincial Park, 271
 Whistler/Blackcomb complex, 211
Kelowna, 283–292
 accommodations, 289–291
 camping, 291
 exploring, 283–287
 organized tours and excursions, 287
 outdoor activities, 287–288
 restaurants, 291–292

- Kelowna (cont.)**
 transportation, 283
 traveling to, 283
 visitor information, 283
 winery tours, 287
- Kelowna Art Gallery, 286**
- Kelowna Museum, 286–287**
- Kermodei, 239**
- Kettle Valley Railway, 278–279**
- Khutzymateen Grizzly Bear Preserve, 230, 239**
- Kicking Horse Mountain Resort, 11, 304**
- Kicking Horse River, 9, 304–305, 363**
- Kids, 30**
 best vacation experiences for, 8–9
 bringing children into Canada, 24
 the Gulf Islands, 120
 Whistler/Blackcomb complex, 213
- Kinbasket Adventures (Golden), 303, 305**
- Kinbasket Lake, 303**
- Kitsilano Beach (Vancouver), 86**
- KLM, 32**
- Klondike Days (Edmonton), 18, 335**
- Kluane National Park, 249**
- Knox Mountain Hill Climb (Kelowna), 286**
- Knox Mountain Park, 288**
- Kokanee Glacier Provincial Park, 313**
- Kootenay National Park, 397–398**
- Kootenay Valley, 293, 308–315**
- Korean Air, 33**
- 'Ksan Historical Village (Hazelton), 10, 241**
- 'Ksan Performing Arts Group (Hazelton), 241**
- Kwagialth Museum and Cultural Center (Quadra Island), 2**
- Kwinitsa Railway Museum (Prince Rupert), 229**
- Lac des Roches, 254**
- Lac Des Roches Resort, 254–255**
- Lady Falls Trail, 193**
- Lady Rose, MV, 8, 165**
- Lady Rose Marine Services, 165–166, 168, 171**
- Lake Breeze Vineyards (Penticton), 278**
- Lake Louise, 376–380**
- Lake Louise Ski Area, 364**
- Lake Louise Summer Sightseeing Lift, 376**
- Lake Minnewanka Boat Tours, 366**
- The Lakes District, 243**
- Lakeshore Trail, 376**
- Lakeside Park (Nelson), 312**
- Langara Golf Course (Vancouver), 88**
- Lang Vineyard (Penticton), 278**
- Lastminute.com, 30**
- Last Minute Golf Hot Line, 110**
- Lattimer Gallery (Vancouver), 90**
- Lava Lake, 239**
- Le Bourdais Park, 260**
- Legends (Victoria), 111**
- The Lennox Pub (Vancouver), 92**
- Liard Highway (Hwy. 77), 248**
- Liard Hot Springs, 248**
- Liard River, 248**
- Library Square (Vancouver), 85**
- Lift (Vancouver), 92**
- Lighthouse Bistro and Pub (Nanaimo), 160**
- Lillooet, 251**
- Liquor laws, 39**
- Little Sister's Book & Art Emporium (Vancouver), 90**
- The Lobsterman (Vancouver), 90**
- Logan, Mount, 249**
- Long Beach, 166, 168, 172**
- Long Beach Nature Tour Co., 169, 172, 174**
- Lookout!, Harbour Centre Tower (Vancouver), 83**
- Loon Bay Resort (near 100 Mile House), 254**
- Loop Brook Trail, 300**
- Lost Lagoon Nature House (Vancouver), 82**
- Lost Lake, 210**
- Lost Lake Trail, 212**
- Lost-luggage insurance, 28**
- Lotus Land Tours (Vancouver), 87**
- Louise, Lake, 44, 376–380**
- Lucky (Victoria), 111**
- Lufthansa, 32**
- Lund, 205**
- McArthur Island Golf Centre (Kamloops), 266**
- MacDonald Jewelry (Victoria), 111**
- Mackay Whale Watching Ltd. (Port McNeill), 198**
- MacMillan Provincial Park, 165**
- Mahood Lake, 271**
- Mail, 39**
- Mail boats, Vancouver Island's wild western coast, 165**
- Majerus Falls, 271**
- Maligne Canyon, 13, 382, 385**
- Maligne Lake, 44, 384, 385**
- Maligne River Adventures, 384**
- Maligne Tours, 384, 386**
- Mallard Lake Trail, 156**
- Mamro Adventures, 157**
- Maple Bay, 143–144**
- Maps, 39–40**
- Mara-Barnard building (Nelson), 312**
- Marble Canyon, 398**
- Marble Meadows Trail, 193**
- Marina on Okanagan Lake (Penticton), 279**
- Marine Festival (Nanaimo), 153**
- Maritime Museum of British Columbia (Victoria), 106**
- Market in the Park (Salt Spring Island), 18, 123**
- Martha Creek Provincial Park, 297**
- Masset, 235**
- MasterCard, traveler's checks, 26**
- Mayne Island, 131–133**
- MEDEX International, 28**
- MedicAlert Identification Tag, 28**
- Medical insurance, 28**
- Medicine Beach, 133**
- Medicine Lake, 386**
- Merridale Cider (Cobble Hill), 144**
- Mica Dam, 296**
- Miette Hot Springs, 386**
- Milner Gardens and Woodland (Qualicum Beach), 161**
- Miner's Bay (Mayne Island), 131**

- Miniature World (Victoria), 106
 Miracle Beach Provincial Park, 181
 Mission Hills Golf Course (Cranbrook), 309
 Mission Hill Wines (Kelowna), 287
 Mobility International USA, 29
 Molson Indy (Vancouver), 59
 Money matters, 25–26
 Montague Harbour Provincial Park, 128
 Moose, safety concerns, 352
 Moose Valley Provincial Park, 255
 Moraine Lake, 11, 376
 Moresby Island, 236
 Morningstar Golf Club (Parksville), 162
 Moss Rehab Hospital, 29
 Mountain biking. *See* Biking and mountain biking
 Mountaineering (rock and ice climbing), Canadian Rockies, 351
 Mountain Equipment Co-op (Vancouver), 91
 Mount Becher Summit Trail, 194
 Mount Currie, 208
 Mount Douglas Park (Victoria), 108
 Mount Kidd RV Park (Kananaskis Village), 358
 Mount Norman Regional Park, 133
 Mount Parke Regional Park, 131
 Mount Revelstoke National Park, 299
 Mount Robson Adventure Holidays, 395
 Mount Seymour Provincial Park (Vancouver), 89
 Mount Warburton Pike, 136
 Mount Washington Alpine Resort, 181
 Muncho Lake Provincial Park, 248
 Murals, Chemainus, 147
 Murchies (Victoria), 111
 Murchie's Tea & Coffee (Vancouver), 90
 Murtle Lake, 271
 Murtle River Trail, 271
 The Museum at Campbell River, 10, 186, 188
 Museum of Anthropology (Vancouver), 10, 83–84
 Museum of Northern British Columbia (Prince Rupert), 229
 Museum of the Cariboo Chilcotin (Williams Lake), 256
 Music festivals
 Edmonton, 344
 Salmon Arm Bluegrass Festival, 269
 Vancouver, 58
 Victoria, 96
 Whistler/Blackcomb complex, 209
Nahanni National Park, 248
 Naikoon Provincial Park, 236
 Nairn Falls Campground, 220
 Nairn Falls Provincial Park, 213
 Nakiska, 353, 355
 Nanaimo, 2, 152–160
 accommodations, 157–159
 exploring, 153–156
 outdoor activities, 157
 restaurants, 159–160
 transportation, 153
 traveling to, 152
 visitor information, 153
 Nanaimo District Museum, 156
 Naramata, 278
 Nass River valley, 240
 National, 36
 National Car Rental, 35–36
 Native Canadians (First Nations peoples), 404. *See also* Totem poles; and *specific tribes*
 Alert Bay, 9, 197
 arts and crafts
 Jasper, 386
 Prince George, 245
 Tofino, 173–174
 Vancouver, 90
 Victoria, 111
 Williams Lake, 256
 best places to rediscover, 9–10
 Courtenay, 180
 Gwaii Haanas National Park Reserve, 9–10
 Kamloops, 265
 'Ksan Historical Village, 241
 'Ksan Historical Village (Hazelton), 10
 The Museum at Campbell River, 186, 188
 Nass River valley, 240
 Prince George, 245
 Prince Rupert, 229, 230
 Quw'utsun' Cultural Centre (Duncan), 9, 143
 Sechelt Indian Nation, 204
 Secwepemc Museum & Heritage Park (Kamloops), 10
 U'Mista Cultural Centre, 9
 Victoria, 96
 Nelson, 311–315
 Nelson Court House, 312
 Nelson Museum, 312
 New Aiyansh, 240
 Newcastle Island, 153
 Newcastle Island Provincial Park, 156
 New Hazelton, 241
 New Year's Day Polar Bear Swim (Vancouver), 58
 Nicklaus North at Whistler, 212
 Ninstints (SGang Gwaay 'Ilnagaay), 236
 Nisga'a Memorial Lava Beds Provincial Park, 239
 Nitobe Japanese Garden (Vancouver), 85
 Northern British Columbia, 224–249
 Northern Vancouver Island, 2, 184–201
 transportation, 185
 traveling to, 184–185
 visitor information, 185
 North Island Wildlife Recovery Centre (Errington), 165
 North Pacific Historic Fishing Village (Port Edward), 10
 North Pacific Historic Fishing Village (Prince Rupert), 229–230
 North Vancouver, 60, 84–85
 Northwest Airlines, 32
 Num-Ti-Jah Lodge, 380
Oak Bay Beach Hotel and Marine Resort (Victoria), 110
 Oak Bay Marine Group, 37
 Ocean Explorers Diving, 157
 Ocean River Sports (Victoria), 111

- Oceanview Camping & Trailer Park (Alert Bay), 198
- The Odyssey (Vancouver), 93
- O'Hara, Lake, 396
- Okanagan Golf Club (Kelowna), 288
- Okanagan Lake, 277
- Okanagan Lake Provincial Park, 291
- Okanagan Lakes, 8–9
- Okanagan Valley, 3, 274–292
 traveling to, 274–275
 wines and wineries, 6, 44–45
 Kelowna, 287
 Oliver, 276
 Penticton, 278
 tours, 275, 287
- Okanagan Wine Festival, 275
 Kelowna, 286
 Penticton, 277
- Old City Quarter (Nanaimo), 156
- Old Massett, 235–236
- Old School House (Qualicum Beach), 161
- Old Strathcona (Edmonton), 336
- Old Strathcona Farmers Market (Edmonton), 336
- Old Town Chemainus, 147
- Oliver, 275–276
- Ol' Sawmill Bluegrass Jam-boree (near Prince George), 244
- Olympic View Golf Club (Victoria), 110
- Olympic Winter Games (2010), 1
- 100 Mile House, 254–256
 en route to, 251–254
- 108 Mile House, 254
- 108 Mile House Heritage Site, 254
- 108 Ranch Resort (108 Mile House), 255
- Opera, Vancouver, 91
- Orbitz, 30
- Orcas, 196
- Orpheum Theatre (Vancouver), 91
- O'Shea's (Jasper), 394
- Outabounds (Banff), 375
- Outdoor Adventures Whistler, 211
- P**acific Marine Circle Tour, 1
- Pacific National Exhibition (Vancouver), 59
- Pacific Rim National Park, 7–8, 166
- Pacific Rim Whale Festival, 166
- Pacific Spirit Regional Park (Endowment Lands; Vancouver), 86
- Pacific Undersea Gardens (Victoria), 106
- Package tours, 34
- Paint Pots, 398
- Palmerville Adventures, 230
- Paradise Meadows Loop Trail, 194
- Paragliding, Victoria, 110
- Parapets, 299
- Parasailing, 288
- Parks Canada National Office, 23
- Parksville, 160–165
- Parliament Buildings (Provincial Legislature; Victoria), 106–107
- Passports, 24, 40
- Peak Adventure, 213
- Pegasus Gallery (Salt Spring Island), 123
- Pemberton, 208
- Pender Islands, 133–135
- Penticton, 276–282
- Penticton Golf & Country Club, 279
- Penticton Peach Festival, 277
- Pete's On Patricia (Jasper), 394
- Petroglyphs, Gabriola Island, 157
- Pets, traveling with, 40
- Peyto Lake Viewpoint, 380
- Pheasant Glen Golf Resort (Qualicum Beach), 162
- Pike Island Archaeological Tour (Prince Rupert), 230
- Pineridge Golf Course (Kamloops), 266
- Pioneer Waterfront Plaza (Nanaimo), 153
- Plain of Six Glaciers Trail, 13, 376
- The Plaza Cabaret (Vancouver), 93
- Point Ellice House (Victoria), 103, 107
- Ponderosa Resort, 255
- Poplar Grove Resort, 259
- Porpoise Bay Provincial Park, 204
- Port Alberni, 165
- Port Hardy, 195, 199–201
- Port Hardy Museum, 199
- Port McNeill, 194–195, 197
- Potter's Place (Courtenay), 180
- Powder Mountain Catskiing, 210
- Powder Springs Ski Area, 296
- Powell Forest Canoe Route, 205
- Powell River, 202, 204–206
- Powell River Historic Museum, 205
- Prescription medications, 28
- Priceline, 30–32
- Prince George, 243–247
- Prince George Native Art Gallery, 245
- Prince Rupert, 199, 226–234
 accommodations, 232–233
 archaeological, wildlife and adventure tours, 230–231
 exploring the area, 229–230
 restaurants, 233–234
 traveling to, 228
 visitor information, 228
- Prince Rupert Adventure Tours, 230–231
- Prince's Island Park (Calgary), 322–323
- Provincial Legislature (Parliament Buildings; Victoria), 106–107
- Puntzi Lake, 259
- Purcell Helicopter Skiing (Golden), 303
- The Purple Onion (Vancouver), 93
- Pyramid Mountain, 271
- Q**antas, 32
- Quadra Island, 186
 accommodations, 190–191
 restaurants, 192
- Quail's Gate Estate (Kelowna), 287
- Qualicum Beach, 8, 160–165
- Qualicum Beach Memorial, 162
- Queen Charlotte City, 235
- Queen Charlotte Islands, 234–238

- Queen Elizabeth Park (Vancouver), 86
- Queen Elizabeth Theatre (Vancouver), 91
- Queen of Chilliwack*, 226
- Queen of the North*, 225–226
- Quesnel, 260–261
- Quesnel and District Museum and Archives, 260
- Quw'utsun' Cultural Centre (Duncan), 9, 143
- R**adium Hot Springs, 397–398
- Radium Hot Springs Pool, 398
- Rafting and river floating
 - Banff National Park, 363
 - Jasper National Park, 384
 - Penticton, 279
 - Whistler/Blackcomb complex, 213
- Railways. *See* Trains and railways
- Rainbow Range, 259
- Rainforest Walk (Victoria), 110
- Ralph River Campground, 194
- Rathrevor Beach Provincial Park, 161
- The Raven and the Bear (Vancouver), 90
- The Reef (Victoria), 112
- Reflecting Spirit Gallery (Tofino), 174
- Regions in brief, 19–23
- Reino Keski-Salmi Loppet (Salmon Arm), 269
- Remote Passages (Tofino), 173
- Reo Rafting (Vancouver), 89
- Restaurants, 414–415
 - best, 16–17
- Revelstoke, 294–299
- Revelstoke, Mount, 299
- Revelstoke Courthouse, 294
- Revelstoke Dam, 296
- Revelstoke Golf Club, 296
- Revelstoke Museum, 294
- Revelstoke Railway Museum, 294
- Richards on Richards (Vancouver), 93
- Richland courthouse (Barkerville), 262
- Riverfront Park (Kamloops), 264
- Rivershore Estates and Golf Links (Kamloops), 266
- Riverside Park Municipal Campsite, 242
- RoadPost, 32
- Roberts Creek Provincial Park, 204
- Robson Bight, 8
- Robson Bight Ecological Reserve, 196
- Robson Square (downtownbn), 85
- Rockgarden Trail, 300
- Rockwood Adventures (Vancouver), 87
- Rocky Mountaineer Vacations, 1, 35, 208, 244, 251, 317
- Rodeos
 - Calgary Stampede, 18, 318
 - Golden, 303
 - Quesnel, 260
 - Sam Steele Days (Cranbrook), 308
 - Williams Lake Stampede, 256, 257
- Rogers' Chocolates (Victoria), 111
- Rose and Crown Pub (Banff), 375
- Rotary Center for the Arts (Kelowna), 286
- Royal Alberta Museum (Edmonton), 336
- Royal British Columbia Museum (Victoria), 10, 49, 107
- Royal Diamond Casino (Vancouver), 93
- Royal Theatre (Victoria), 111
- Royal Victoria Marathon (Victoria), 96
- Ruckle Provincial Park, 124
- S**ailing
 - Gwaii Haanas National Park Reserve, 236–237
 - Vancouver, 88
- St. Elias, Mount, 249
- Salmon. *See also* Fishing
 - Adams River Salmon Run, 269
 - Campbell River, 185
 - Goldstream River, 140
 - North Pacific Historic Fishing Village (Prince Rupert), 229–230
 - spawning, 8, 140
- Salmon Arm, 264, 268
- Salmon Arm Bluegrass Festival, 269
- Salmon Arm Golf Club, 268
- Salmon Village (Vancouver), 90
- Salt Spring Island, 122–127
- Saltspring Kayaking (Salt Spring Island), 124
- Sam Steele Days (Cranbrook), 308
- Sandspit, 236
- Sandwell Provincial Park, 156
- Saratoga Beach, 181
- SAS, 32
- Saturna Island, 122, 135–137
- Saturna Island Family Estate Winery, 136
- Scenic drives
 - the Alaska Highway, 248–249
 - Highway 99 (Sea-to-Sky Highway), 12, 208, 250, 251
 - Icefields Parkway (Hwy. 93), 12, 44, 380–381
 - most dramatic, 12
 - the Yellowhead Highway, 238
- Scenic Marine Drive (Victoria), 109
- Schooner Beach Trail, 172
- Science World British Columbia (Vancouver), 84
- Scotiabank Dance Centre (Vancouver), 92
- Scuba diving, 37
 - Campbell River, 188
 - Maple Bay, 144
 - Nanaimo, 157
 - off Vancouver Island, 6
 - Port Hardy, 199
 - the Sunshine Coast, 205
- Seafest (Prince Rupert), 229
- Seafun Safaris Whale Watching (Victoria), 110
- Sea kayaking, 37, 38
 - Clayoquot Sound, 6
 - Courtenay, 181
 - Galiano Island, 128
 - the Gulf Islands, 122
 - Gwaii Haanas National Park Reserve, 236–237
 - Mayne Island, 131–132
 - Nelson, 313
 - Port Hardy, 200
 - Prince Rupert, 231
 - Salt Spring Island, 124
 - the Sunshine Coast, 205
 - Telegraph Cove and Johnstone Strait, 196

- Sea kayaking (*cont.*)
 Tofino, 172–173
 Ucluelet, 169
 Upper Thompson River area,
 271–272
 Vancouver, 87
 Victoria, 109
 Wells Gray Provincial Park,
 271
 Whistler/Blackcomb complex,
 211
- Seal Bay Regional Nature Park
 and Forest, 181
- Sea Otter Kayaking (Salt
 Spring Island), 124
- Seaside Adventures (Tofino),
 173
- Seasmoke Tours/Sea Orca Expe-
 ditions (Alert Bay), 198
- Seasons, 27
- Sea-to-Sky Highway (Highway
 99), 12, 53, 208, 250, 251
- Sechart Whaling Station Lodge,
 171
- Sechelt, 204, 205
- Sechelt Indian Nation, 204
- Second Beach (Vancouver),
 82, 86
- Secwepemc Museum & Her-
 itage Park (Kamloops),
 10, 265
- Seeley Lake Provincial Park,
 241
- Selkirk Range., 299
- Selkirk Tangiers Heli-Skiing
 (near Revelstoke), 296
- Senior travel, 29–30
- SGang Gwaay 'Inagaay
 (Ninstints), 236
- Shames Mountain, 240
- The Shark Club Bar and Grill
 (Vancouver), 92
- Shoreline Trail, 156
- Shuswap Lake Provincial Park,
 269
- Shuswap Lakes, 264, 268–270
- Shuswap Lakes Estate Golf &
 Country Club, 268
- Sicamous, 268
- Sicamous*, SS (Penticton), 277
- Silver Beach Provincial Park,
 269
- Silver King Basin Trail, 242
- Silver Star Mountain Resort,
 288
- Sinclair Canyon, 398
- Singing Pass, 210
- Singing Pass Trail, 212
- Site59.com, 30
- Skidegate Village, 235
- Skiing. *See also* Backcountry
 skiing; Cross-country skiing;
 Downhill skiing; Heli-skiing
 snowcat skiing and boarding,
 210, 297
- Ski Marmot Basin, 384
- Skookumchuk Narrows Provin-
 cial Park, 204–205
- Skunk Cabbage Trail, 299
- SkyRide gondola
 (Vancouver), 84
- Sleigh rides, 211
- Smarter Living, 30
- Smithers, 238, 241–243
- Smithers Community Forest,
 242
- Smoking, 40
- Snake Island Wall, 157
- Snowboarding, Vancouver,
 88–89
- Snowcat skiing and boarding,
 210, 297
- Snowmobiling
 Revelstoke, 297
 Whistler/Blackcomb complex,
 211
- Snowshoeing, Whistler/
 Blackcomb complex, 211
- Society for Accessible Travel
 and Hospitality, 29
- Sonar (Vancouver), 93
- The Sonora Room (Oliver), 276
- Sooke, 137–140
- Sooke Mount Provincial Park,
 137
- Sooke Potholes Provincial Park,
 137
- South Beach Trail, 172
- South Cariboo District,
 254–256
- Southeastern British Columbia,
 293–315
- Southern Vancouver Island,
 2, 113–149
 north of Victoria, 140–141
 transportation, 115–117
 traveling to, 114
 visitor information, 115
 west of Victoria, 137–140
- South Hazelton, 241
- South Moresby Air Charters,
 237
- Spas, Whistler/Blackcomb
 complex, 215
- Spearhead Traverse, 210
- Special events and festivals, 27
 best, 18
- Spinnakers Brewpub (Victoria),
 112
- Spirit Island, 385
- Spokes Bicycle Rentals &
 Espresso Bar (Vancouver), 87
- Stanley Park (Vancouver), 48,
 82, 85
 Seawall, 12, 64
- Stanley Park's Children's Farm
 (Vancouver), 82
- Stanley Park's Miniature Rail-
 way (Vancouver), 82
- Starfish Glassworks (Victoria),
 111
- Station House Gallery (Williams
 Lake), 256
- Steamers (Victoria), 111
- Steamworks Pub & Brewery
 (Vancouver), 92
- Steveston Seabreeze Adven-
 tures (Vancouver), 89
- Stewart Creek Golf Club
 (Canmore), 355
- Stone Mountain Provincial
 Park, 248
- Storey Creek Golf Club (Camp-
 bell River), 188
- Storm-watching, Tofino, 174
- Strathcona Provincial Park, 12,
 192–194
- Stubbs Island Whale-Watching,
 196
- Studio 9 Gallery (Prince
 Rupert), 229
- Studio Tour Map (Salt Spring
 Island), 123
- Sulphur Mountain (Banff
 National Park), 11, 365
- Sumac Ridge Estate Winery
 (Penticton), 278
- Summit Ski, 210
- Sundance Trail, 363
- Sun Peaks Resort, 266
- Sun Peaks Resort and Golf
 Course (Kamloops), 266
- Sunset Beach (Vancouver), 86
- The Sunshine Coast, 2, 12,
 202–206
- Sunshine Village, 364
- Sunwapta Falls, 381
- Super Natural British
 Columbia, 60
- Swiftsure Yacht Race
 (Victoria), 96
- Swimming, Vancouver, 89

- T**akakkaw Falls, 396
 Tatla Lake, 259
 Taxes, 40
 Telegraph Cove, 195–197
 Telegraph Cove Sea Kayaking, 196
 Telephones, 41–42
 TELUS World of Science (Edmonton), 336
 Ten Mile Lake Provincial Park, 261
 Tennis, Whistler/Blackcomb complex, 213
 Tent City (Jasper), 394
 Terrace, 238, 239
 Theater
 Chemainus, 147–148
 Edmonton International Fringe Theatre Festival, 344
 Victoria, 111
 Theatre Under the Stars (Vancouver), 91
 Third Beach (Vancouver), 82, 86
 Thompson River Valley, 263–273
 Three Sisters Mountain, 353
 Thrifty car rentals, 35
 Thunderbird Park (Victoria), 107
 Tide pools, 7
 Tide Rip Tours, 196
 Time zone, 42
 Tinhorn Creek Vineyards (Oliver), 276
 Tipping, 42
 Tlell, 235
 Tofino, 46, 166, 168, 171–178
 accommodations, 174–177
 camping, 177
 outdoor activities, 172–173
 rainy-day activities, 173–174
 restaurants, 177–178
 Tofino Botanical Gardens, 172
 Totem poles
 Alert Bay, 197
 Duncan, 142, 143
 Queen Charlotte Islands, 236
 Vancouver, 82, 83, 90
 Victoria, 107
 Tourism British Columbia, 23
 Tourist information, 23
 Tour operators, 35
 Tours
 escorted, 34–35
 package, 34
 Trains and railways, 33–34, 36
 Canadian Museum of Rail Travel (Cranbrook), 308–309
 history of, 407–408
 Kettle Valley Railway, 278–279
 new scenic rail tours, 1
 Revelstoke Railway Museum, 294
 Trans-Canada Highway 1, 53
 Translink (Vancouver), 63
 Transportation, 35–37
 Travel Alberta, 23
 Travel Assistance International, 28
 TravelAxe, 31
 Traveler's checks, 26
 Travelex Insurance Services, 28
 Travel Guard International, 28
 Travel insurance, 27–28
 Travel Insured International, 28
 Travelocity, 30–32
 TreeTrek (Whistler), 214
 Trip-cancellation insurance, 27–28
 True Grain Bread (Duncan), 143
 T'sasala Cultural Group (Alert Bay), 197
 Tumbo Island, 136
 Tweedsmuir Provincial Park, 259
 Twin Anchors Houseboat Vacations, 270
 Twin Falls, 242, 396
 Twin Lakes Golf Resort (Penticton), 279
 Two Rivers Gallery (Prince George), 245
- U**BC Botanical Garden (Vancouver), 85
 Ucluelet, 166, 168, 169–171
 U'Mista Cultural Centre, 9
 U'Mista Cultural Centre (Alert Bay), 198
 United Airlines, 32
 United Vacations, 34
 University Golf Club (Vancouver), 88
 Uno Langmann Ltd., 89–90
 Upper Hot Springs Pool (Banff), 366–367
 Upper Hot Springs Spa (Banff), 366–367
- Upper Myra Falls Trail, 193
 Upper Thompson River Valley, 270–273
 US Airways, 32
- V**alley Trail System, 210, 212
 Vancouver, 1, 19, 51–93
 accommodations, 67–73
 American Express, 65
 business hours, 65
 car rentals, 64
 Chinatown, 62, 84
 restaurants, 76–77
 Commercial Drive, 63
 consulates, 65
 doctors and dentists, 65
 downtown, 61–62
 accommodations, 67–69
 restaurants, 74–76
 sights and attractions, 82–83
 East Side, 60
 restaurants, 81
 emergencies, 65
 False Creek, 62
 finding an address, 61
 Gastown, 62, 84
 restaurants, 76–77
 gay and lesbian travelers, 59
 bars, 93
 bookstore, 90
 Granville Island, 62–63
 hospitals, 65–66
 Internet access, 66
 Kitsilano, 63
 layout of, 60–61
 liquor laws, 66
 neighborhoods in brief, 61–63
 newspapers and magazines, 66
 nightlife, 91–93
 the North Shore, 60
 accommodations, 73
 restaurants, 81
 outdoor activities, 86–89
 pharmacies, 66
 plazas, parks and gardens, 85–86
 police, 66
 post offices, 66
 Punjabi Market, 63
 restaurants, 73–81
 restrooms, 66
 safety, 66
 shopping, 89–91

- Vancouver (cont.)**
 sights and attractions, 82–86
 special events and festivals, 58–59
 suggested itineraries, 47–49
 taxes, 66–67
 taxis, 64
 transportation, 63–65
 traveling to, 52–53, 58–59
 visitor information, 59–60
 weather updates, 67
 the West End, 5, 60, 62
 accommodations, 69–72
 restaurants, 77–79
 sights and attractions, 82–83
 the West Side
 accommodations, 72–73
 restaurants, 79
 sights and attractions, 83–84
 Yaletown, 62
 accommodations, 67–69
 restaurants, 74–76
- Vancouver Antique Centre, 89**
Vancouver Aquarium Marine Science Centre, 48, 82–83
Vancouver Aquatic Centre, 89
Vancouver Art Gallery, 83, 85
Vancouver Bach Choir, 92
Vancouver Cantata Singers, 92
Vancouver Chamber Choir, 92
Vancouver Cultural Alliance Arts Hot Line, 91
Vancouver East Cultural Centre, 91
Vancouver Folk Music Festival, 58
Vancouver Fringe Festival, 59
Vancouver International Airport, 52
Vancouver International Comedy Festival, 59
Vancouver International Film Festival, 59
Vancouver International Jazz Festival, 58
Vancouver Island, 19
 central, 2, 150–183
 northern, 2, 184–201
 southern, 2, 113–149
 north of Victoria, 140–141
 transportation, 115–117
 traveling to, 114
 visitor information, 115
 west of Victoria, 137–140
 wild western coast, 165–166
- Vancouver Island Conference Centre (Nanaimo), 2**
Vancouver Museum, 84
Vancouver Natural History Society, 89
Vancouver Opera, 91
Vancouver Playhouse (Vancouver), 91
The Vancouver Playhouse International Wine Festival, 58
Vancouver Pride Parade, 59
Vancouver's Fringe Festival, 91
Vancouver Sun Run, 58
Vancouver Symphony, 92
Vancouver TheatreSports League, 92
Vancouver Whale Watch, 89
VanDusen Botanical Gardens (Vancouver), 86
VanDusen Flower and Garden Show (Vancouver), 58
Vermillion Pass, 398
VIA Rail, 33, 36
Victoria, 1, 19, 94–112
 accommodations, 98–103
 afternoon tea, 5, 103
 American Express, 98
 emergencies, 98
 gay and lesbian bars, 112
 hospitals, 98
 Inner Harbour, 12
 accommodations, 98–100
 restaurants, 103–105
 Internet access, 98
 layout of, 97
 nightlife, 111–112
 organized tours, 108–109
 outdoor activities, 109–110
 parks and gardens, 108
 pharmacies, 98
 police, 98
 restaurants, 103–105
 shopping, 110–111
 sights and attractions, 105–109
 special events and festivals, 96
 suggested itineraries, 49–50
 transportation, 97–98
 traveling to, 94, 96
 visitor information, 97
- Victoria Butterfly Gardens, 107**
Victoria Dragon Boat Festival (Victoria), 96
Victorian Christmas (Barkerville), 262
Victoria Shakespeare Festival, 96
- Views, most scenic, 11**
Visa, traveler's checks, 26
Visitor information, 23
Visitor Rebate Program, 41
Volcanic Cone Trail, 239
- Waddington, Mount, 259**
Walks and rambles, 37–38
 Banff National Park, 362
 best, 12–13
 in bear country, 353
 Bulkley Valley, 242
 Campbell River, 188–189
 Cape Scott Provincial Park, 200
 Galiano Island, 128
 Glacier National Park, 300–301
 Jasper National Park, 382, 384
 Knox Mountain Park, 288
 Mayne Island, 131
 Nelson, 312–313
 Nisga'a Memorial Lava Beds Provincial Park, 239
 Prince Rupert, 231
 Salt Spring Island, 124
 Saturna Island, 136
 Seal Bay Regional Nature Park and Forest, 181
 Shuswap Lakes, 269
 Strathcona Provincial Park, 193–194
 Tofino, 172
 Vancouver, 88
 Victoria, 110
 Waterton Lakes National Park, 401
 Wells Gray Provincial Park, 271
 West Coast Trail, 6
 Whistler/Blackcomb complex, 212
 Williams Lake, 256
 Yoho National Park, 396–397
- Wapta Falls, 396**
Waterfront Park (Kelowna), 286
Waterfront Pathway (Nelson), 312
Watersports
 Kelowna area, 288
 100 Mile House, 254–255
 Penticton, 279
 Victoria, 110
- Waterton Lakes, 11**
Waterton Lakes National Park, 8, 399–403

- Waterton Townsite, 400
 Watson Lake, 248
 Weather, 27
 Wei Wai Kum House of Treasures (Campbell River), 186
 Wells Gray Chalets & Wilderness Adventures, 272
 Wells Gray Provincial Park, 264, 270–271
 West Coast Trail, 6, 166, 168–169
 West Edmonton Mall, 9, 336–337
 West End Community Centre (Vancouver), 88
 WestJet, 30, 36
 West Vancouver, 60
 Wet 'n' Wild Adventures, 305
 Whaleback Trail, 396
 Whale-watching
 - Pacific Rim National Park, 7–8
 - Pacific Rim Whale Festival, 166
 - Port McNeill and Alert Bay, 198
 - Queen Charlotte Islands, 236
 - Robson Bight, 8
 - Saturna Island, 136
 - Sooke, 137
 - Telegraph Cove, 196
 - Tofino, 173
 - Ucluelet, 169
 - Victoria, 110
- Wheelchair accessibility, 29**
Whistler Backcountry Adventures, 211
Whistler/Blackcomb complex, 2, 45–46, 206–223
 - accommodations, 214–220
 - for kids, 213
 - nightlife, 223
 - restaurants, 220–223
 - shopping, 214
 - spas, 215
 - special events, 209
 - transportation, 208–209
 - visitor information, 208
 - warm-weather pursuits, 211–214
- Whistler Golf Club, 212**
Whistler Jazz & Blues Festival, 209
Whistler Mountain, 209
Whistler Mountaineer, 1, 208
Whistler Museum & Archives Society, 212
Whistler Outdoor Experience, 211
Whistler Racquet & Golf Resort, 213–214
Whistler River Adventures, 213
Whistler's Roots Weekend, 209
Whistler Summit Concert Series, 209
Whistler Village, 206, 208
Whitehorse, 248
White-water rafting, 7, 38
 - Canadian Rockies, 352
 - Golden, 304
 - Jasper National Park, 384
 - Kananaskis Country, 355
 - Revelstoke, 297
 - Upper Thompson River area, 271–272
 - Vancouver, 89
 - Whistler/Blackcomb complex, 213
 - Williams Lake, 257
- Whitewater Ski Resort, 313**
Whyte Museum of the Canadian Rockies (Banff), 367
Wild Bill's Saloon (Banff), 375
Wildlife viewing. *See also* Bird-watching; Whale-watching
 - best, 7–8
 - Campbell River, 189
 - Canadian Rockies, 352
 - Columbia River Wetlands, 305
 - Queen Charlotte Islands, 236
 - Telegraph Cove, 196
 - Vancouver, 89
- Wild Pacific Trail, 169**
Williams Lake, 12, 256–258
Williams Lake Stampede, 256, 257
Windsure Windsurfing School (Vancouver), 89
Windsurfing
 - Vancouver, 89
 - Victoria, 110
- Wine Museum (Kelowna), 286**
Wines and wineries, 414
 - Cowichan Valley, 144
 - Okanagan Valley, 6, 44–45
 - Kelowna, 287
 - Oliver, 276
 - Penticton, 278
 - tours, 275, 287
 - Saturna Island, 136
 - Vancouver Playhouse International Wine Festival, 58
- WISE Hall (Vancouver), 92**
World Championship Bath tub Race (Nanaimo), 18, 153
Wreck Beach (Vancouver), 86
- Y**ale Hotel (Vancouver), 92
The Yaletown Brewing Company (Vancouver), 92
Yellowhead Highway (Hwy. 16), 33
The Yellowhead Highway, 238–243
Yellow Point Lodge, 148–149
Yoho Glacier Moraine Trail, 396
Yoho National Park, 395–397
YWCA Fitness Centre (Vancouver), 89
- Z**anatta Winery and Vineyards (near Glenora), 144
Zip-lining, 214
Ziptrek Ecotours, 214
Zonda Nellis Design Ltd. (Vancouver), 90