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## Suggested Itineraries

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## Suggested Getaways

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## Educational Field Trips

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The Totem Trail - Land of Totems

SUGGESTED ITINERARY

Day 1-2 Vancouver Exploring
Vancouver is one of the world’s most beautiful cities, rich with culture, nature and world-class shopping, dining and hotels. It is also home to the Coast Salish peoples including the Tsleil-waututh, Musqueam and Squamish Nations. Explore Aboriginal culture at the Klahowya Village in Stanley Park and visit the nearby Totem Poles. Other attractions include the Bill Reid Gallery of Northwest Coast Art in downtown Vancouver or Khot-La-Cha Art Gallery & Gift Shop just off the Lions Gate Bridge in North Vancouver. First Nations activities include a canoe adventure with Takaya Tours and a guided tour of the Coast Salish art and culture with Richard Krentz Tours and Jewellery. In the evening, enjoy First Nations cuisine at the Salmon n’ Bannock restaurant.

Day 3 Vancouver | Victoria
Travel from Vancouver to Victoria on BC Ferries, for a scenic ferry ride through the Gulf Islands. Take the remainder of the day to explore Thunderbird Park next to the Royal British Columbia Museum. The park is home to many totem poles and other First Nations monuments. Afterwards stop at the museum and explore the First Peoples Gallery, one of the permanent exhibitions of the museum. This gallery gives visitors dramatic glimpses of First Nations cultures before and after the arrival of Europeans.

Day 4 Victoria | Sidney Exploring
Explore the city sights of Victoria and the nearby harbour town of Sidney. In Sidney, Sea Quest Adventures & Aboriginal Tours welcomes visitors to its traditional territory to discover the
The Totem Trail - Land of Totems

Rich cultural history of the Coast Salish people on whale-watching and cultural interpretive tours.

Day 5 Victoria | Duncan | Campbell River | Quadra Island
From Victoria, travel north up the east coast of Vancouver Island to the community of Duncan. The route travels over the scenic Malahat Highway, which offers spectacular views to the Saanich Inlet and the Gulf Islands. Be sure to visit the Quw’utsun’ Cultural and Conference Centre and enjoy an authentic First Nations experience, including interpretive tours, salmon barbeques, displays and live demonstrations, and traditional dance performances. From Duncan continue to Campbell River where you will take a short car ferry ride to quaint Quadra Island, the home of Tsa-Kwa-Luten Lodge, the Oceanfront at Cape Mudge. The lodge features Pacific Coast Kwagiulth architecture as well as traditional and contemporary Aboriginal art.

Day 6 Quadra Island Exploring
While on Quadra Island you can explore the Nuymbalees Cultural Centre or partake in wildlife or adventure tours with Aboriginal Journeys. Their whale-watching and bear-viewing tours are interwoven with insights into local First Nations history and culture. In the evening enjoy West Coast seafood cuisine at the resort.

Day 7 Quadra Island | Port McNeill | Alert Bay | Port Hardy
The North Island Highway travels through the rugged northern half of Vancouver Island. From Port McNeill, a short ferry ride will bring you to Alert Bay, home of the Namgis First Nation. In Alert Bay you can explore the rich and vibrant culture and history of the Kwakwaka’wakw people at the U’mista Cultural Centre or at the Culture Shock Interactive Gallery. Today’s journey will end in Port Hardy.

Day 8 Port Hardy | Inside Passage | Prince Rupert (BC Ferries)
Enjoy the early morning sailing aboard BC Ferries to Prince Rupert. This is a full-day journey up the fjord-like waters of the Inside Passage. Enjoy the amenities of this vessel, and relax as it winds its way through some of the most rugged and beautiful sceneries in the world. Keep an eye out for wildlife along the shoreline, killer whales and porpoises in the channel or great bald eagles circling overhead. Watch for remote First Nations villages tucked into several of the bays along the route. You will arrive in Prince Rupert late evening.

Day 9 Prince Rupert Exploring
Prince Rupert is home to many of the Tsimshian First Nations people, as well as members of other First Nations bands in the north. Prince Rupert is a major transportation hub - it is a deep-sea port and quickly becoming one of the busiest on the West Coast with container and cruise ships visiting from around the world. Take time to soak in the culture of the area. The Museum of Northern BC, housed in a magnificent, Northwest Coast-style longhouse, is a must-see.

Day 10 Prince Rupert | Haida Gwaii
Upon arriving in Haida Gwaii either via ferry or by plane, head for Tlell. A charming town mid-island, Tlell offers guests easy access to the northern and southern parts of Graham Island (the northern island of Haida Gwaii). Miles of beaches, a meandering river hugging lush forests, an abundance of hiking trails and many quaint artisan shops makes this an ideal getaway for everyone. The Haida House at Tllaal will be your home for the next three days.

Day 11 Haida Gwaii Exploring
You may wish to relax at the Haida House, or explore other parts of the island. Visit Old Massett with 18 totem poles each with its unique design. You can take a tour that will explain the history and meaning of each totem pole. In Skidegate, the Haida Heritage Centre invites you to explore the fascinating history and living culture of the Haida. Don’t miss the Farmers’ Market in Queen Charlotte or the many potlatches and cultural events available during the summer months.

Day 12 Moresby Island Exploring
Today you will explore many fascinating inlets of Moresby Island (the southern island of Haida Gwaii) and Gwaii Haanas by zodiac boat. The main stop is the ancient Haida village of Skedans. A Haida Gwaii Watchman will be your guide and explain the history of the village and the meaning of the remaining totem poles.

Day 13 Haida Gwaii | Prince Rupert
Travel aboard BC Ferries or by plane to Prince Rupert. If time allows, explore the surrounding areas of Prince Rupert. Known for great wildlife-viewing, Prince Rupert is also home to the Khutzeymateen Grizzly Bear Sanctuary. You can book cultural...
tour and wildlife-viewing adventures with Seashore Charters.

**Day 14 Prince Rupert | Terrace | Hazelton | Smithers**

From Prince Rupert, follow the Skeena River to Terrace and Hazelton. The drive will take you along beautiful scenery with rough and craggy mountains and deep green forests. There is a fascinating abundance of sights and activities of Aboriginal and cultural significance to be found in this region. In Hazelton, visit ‘Ksan Historical Village and Museum. As a replicated ancient village, ‘Ksan illustrates many features of a Gitxsan village from the distant past. Take a self-guided totem pole tour of neighbouring Kispiox, Gitanyow, Gitwangak and Kitseguecia. Over 50 standing totem poles are located in eight scenic Aboriginal villages.

**Day 15 Tour Ends in Prince George**

From Smithers, drive to Prince George - where you can head back to Vancouver or continue your trip to Jasper and the Canadian Rockies.

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### TRIP OVERVIEW

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<tr>
<th>Day</th>
<th>Location</th>
<th>Activities</th>
<th>Information on Totems</th>
<th>Hotel Suggestions</th>
<th>km / Day</th>
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</thead>
<tbody>
<tr>
<td>1</td>
<td>Arrive in Vancouver</td>
<td>Bill Reid Gallery of Northwest Coast Art Salmon’ n Bannock Restaurant</td>
<td></td>
<td>Coast Coal Harbour Hotel</td>
<td>N/A</td>
</tr>
<tr>
<td>2</td>
<td>Vancouver Exploring</td>
<td>Klahowya Village in Stanley Park (Jun - Sep) Totem Poles in Stanley Park Khot-La-Cha Art Gallery &amp; Gift Shop Takaya Tours Richard Krentz Tours and Jewellery</td>
<td>Eight Totem Poles in Stanley Park - these totems are the most-visited attraction in all of BC</td>
<td>Coast Coal Harbour Hotel</td>
<td>N/A</td>
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<tr>
<td>3</td>
<td>Vancouver to Victoria</td>
<td>Thunderbird Totem Park Royal British Columbia Museum</td>
<td>Thunderbird Park hosts many totem poles (mostly Gitxsan, Haida, and Kwakwaka’wakw)</td>
<td>Abigail’s Hotel</td>
<td>70 km / 1.30 hr Ferry</td>
</tr>
<tr>
<td>4</td>
<td>Victoria / Sidney Exploring</td>
<td>Whale-watching with Sea Quest Adventures &amp; Aboriginal Tours (in Sidney)</td>
<td></td>
<td>Abigail’s Hotel</td>
<td>52 km</td>
</tr>
<tr>
<td>5</td>
<td>Victoria to Quadra Island</td>
<td>Qw’utsum’ Cultural &amp; Conference Centre - Duncan</td>
<td>With 80 totems within the city, Duncan is also called “The City of Totems”</td>
<td>Tsa-Kwa-Luten, the Oceanfront Resort at Cape Mudge</td>
<td>267 km</td>
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<tr>
<td>6</td>
<td>Quadra Island Exploring</td>
<td>Nuyumbalees Cultural Centre - Quadra Island Whale-watching or bear-viewing tours with Aboriginal Journeys - Campbell River</td>
<td></td>
<td>Tsa-Kwa-Luten, the Oceanfront Resort at Cape Mudge</td>
<td>N/A</td>
</tr>
<tr>
<td>7</td>
<td>Quadra Island to Alert Bay ending in Port Hardy</td>
<td>U’mista Cultural Centre - Alert Bay Culture Shock Interactive Gallery - Alert Bay</td>
<td>The world’s tallest totem pole (173 feet) can be found in Alert Bay</td>
<td>Quarter Deck Inn &amp; Marina Resort</td>
<td>240 km</td>
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<td>8</td>
<td>Inside Passage to Prince Rupert</td>
<td>Enjoy the sights and sounds of the Inside Passage from Port Hardy to Prince Rupert</td>
<td></td>
<td>The Crest Hotel</td>
<td>10.15 hr Ferry</td>
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<td>9</td>
<td>Prince Rupert Exploring</td>
<td>Museum of Northern British Columbia</td>
<td></td>
<td>The Crest Hotel</td>
<td>N/A</td>
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<td>10</td>
<td>Prince Rupert to Haida Gwaii</td>
<td>Travel by BC Ferries or Plane</td>
<td></td>
<td>Haida House at Tilaal</td>
<td>6 hr by Ferry or 1 hr by Plane</td>
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<td>11</td>
<td>Haida Gwaii Exploring</td>
<td>Haida Heritage Centre - Skidegate</td>
<td>Explore the 18 totem poles of Old Massett and the totem poles at the Haida Heritage Centre</td>
<td>Haida House at Tilaal</td>
<td>N/A</td>
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<td>12</td>
<td>Gwaii Haanas Exploring</td>
<td>Zodiac tour to Skedans, an ancient Haida village site with Moresby Explorer</td>
<td>Ancient totem poles at Skedans</td>
<td>Haida House at Tilaal</td>
<td>N/A</td>
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<td>13</td>
<td>Haida Gwaii to Prince Rupert</td>
<td>Travel by BC Ferries or Plane</td>
<td></td>
<td>The Crest Hotel</td>
<td>6 hr by Ferry or 1 hr by Plane</td>
</tr>
<tr>
<td>14</td>
<td>Prince Rupert to Smithers</td>
<td>Explore the region ‘Ksan Historic Village and Museum</td>
<td>Over 50 standing totem poles located in eight scenic Aboriginal villages</td>
<td>Hudson Bay Lodge</td>
<td>348 km</td>
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<tr>
<td>15</td>
<td>Smithers to Prince George</td>
<td>Tour ends in Prince George</td>
<td></td>
<td></td>
<td>371 km</td>
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The Salish Sea and Island Adventures

**DURATION** 7 Nights / 8 Days  
**DATES** May to October, Daily  
**ROUTE** Vancouver | Victoria | Campbell River / Quadra Island | Sechelt | Vancouver

Celebrate the Coast Salish and Kwakwaka’wakw people on this memorable route that takes you by ferry from Vancouver to Victoria and beautiful Vancouver Island. Another sailing takes you from Comox to the Inside Passage and Powell River on the Sunshine Coast. Feel like you’ve stepped into a world from another time as rainforests and mountains haunt the shoreline of coastal British Columbia. Let the area’s First Nations immerse you in their ancient and living culture. Visit interpretive centres and sample traditional foods, watch a First Nations carver create a totem pole, and purchase original Aboriginal art from the many art galleries along the way. Taste the distinctive flavours of regional indigenous cuisine, explore a pristine beach, go whale or bear-watching, or paddle a canoe along the ocean shores with a knowledgeable First Nations guide.

**SUGGESTED ITINERARY**

**Day 1-2 Vancouver Exploring**
Vancouver is one of the world’s most beautiful cities, rich with culture, nature and world-class shopping, dining and hotels. It is also home to the Coast Salish peoples including the Tseil-waututh, Musqueam and Squamish Nations. While visiting Vancouver, explore Aboriginal culture at the Klahowya Village in Stanley Park and discover First Nations treasures at the Bill Reid Gallery of Northwest Coast Art. Takaya Tours on the north shore of Vancouver invites visitors to take a glimpse into the Coast Salish culture through traditional ocean-going canoe and kayak excursions. In the evening, enjoy First Nations cuisine at the Salmon n’ Bannock restaurant.

**Day 3 Vancouver | Victoria**
Travel from Vancouver to Victoria on BC Ferries, on a scenic ferry ride through the Gulf Islands. Take the remainder of the day to explore the city. A visit to the Royal British Columbia Museum is a must. The museum’s First Peoples Gallery is a permanent exhibition and gives visitors dramatic glimpses of First Nations cultures before and after the arrival of Europeans.

**Day 4 Victoria | Sidney Exploring**
Explore the nearby harbour town of Sidney. In Sidney, Sea Quest Adventures & Aboriginal Tours welcomes visitors to their traditional territory to discover the rich cultural history of the Coast Salish people on whale-watching and cultural interpretive tours.
The Salish Sea and Island Adventures

Day 5 Victoria | Campbell River / Quadra Island
From Victoria, travel north up the east coast of Vancouver Island to the community of Duncan. Visit the Quw’utsun’ Cultural and Conference Centre, where you will enjoy an authentic First Nations experience, including interpretive tours, salmon barbeques, displays and live demonstrations, and traditional dance performances. From Duncan continue to Campbell River. A short car ferry ride will bring you to quaint Quadra Island, the home of Tsa-Kwa-Luten Lodge, the Oceanfront at Cape Mudge. The lodge features Pacific Coast Kwagiulth architecture as well as traditional and contemporary Aboriginal art.

Day 6 Quadra Island Exploring
While on Quadra Island you can explore the Nuyumbalees Cultural Centre or partake in wildlife-viewing tours with Aboriginal Journeys. Whale-watching and bear-viewing tours are interwoven with insights into local First Nations history and culture. In the evening enjoy West Coast seafood cuisine at the resort.

Day 7 Quadra Island | Courtenay | Sechelt
Travel south to the town of Courtenay and stop at the I-HOS Gallery. This K’ómoks First Nation-owned gallery features traditional and contemporary Northwest Coast works of art and more. From Comox, travel aboard BC Ferries crossing the Inside Passage to Powell River, on the mainland of BC in a region known as the Sunshine Coast. The coast has stunning mountain scenery, dense forests, quaint coves and fjord-like inlets. From Powell River you will drive south to Saltery Bay, where you connect to the rest of the Sunshine Coast via a car ferry across Jervis Inlet. Sechelt is situated in the middle of the Sechelt Peninsula and lies within the traditional territory of the Shíshálh (Sechelt) First Nation.

Day 8 Sechelt Exploring | Vancouver
In the morning experience an enriching excursion with Talaysay Tours, who offers kayaking, seagoing canoe and hiking tours. First Nations guides share the history, legends and stories of the Shíshálh people with their guests. Guests can also rent kayaks from Talaysay Tours and explore the waters of the Sunshine Coast on their own. From Sechelt you will have a short drive south to the village of Gibsons. Sail on BC Ferries to Horseshoe Bay, situated in West Vancouver. From here, drive 30 minutes to downtown Vancouver or 2 hours north along the scenic Sea to Sky Highway to Whistler.

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<th>Hotel Suggestions</th>
<th>km / Day</th>
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<tr>
<td>1</td>
<td>Arrive in Vancouver</td>
<td>Klahowya Village in Stanley Park (Jun - Sep) Bill Reid Gallery of Northwest Coast Art Salmon’ n Bannock Restaurant</td>
<td>Coast Coal Harbour Hotel</td>
<td>N/A</td>
</tr>
<tr>
<td>2</td>
<td>Vancouver Exploring</td>
<td>Khot-La-Cha Art Gallery &amp; Gift Shop Traditional canoe / kayak tours with Takaya Tours</td>
<td>Coast Coal Harbour Hotel</td>
<td>N/A</td>
</tr>
<tr>
<td>3</td>
<td>Vancouver to Victoria</td>
<td>Royal British Columbia Museum</td>
<td>Abigail’s Hotel</td>
<td>70 km / 130 hr Ferry</td>
</tr>
<tr>
<td>4</td>
<td>Victoria / Sidney Exploring</td>
<td>Whale-watching with Sea Quest Adventures &amp; Aboriginal Tours - Sidney</td>
<td>Abigail’s Hotel</td>
<td>52 km</td>
</tr>
<tr>
<td>5</td>
<td>Victoria via Duncan to Quadra Island</td>
<td>Quw’utsun’ Cultural &amp; Conference Centre - Duncan</td>
<td>Tsa-Kwa-Luten, the Oceanfront Resort at Cape Mudge</td>
<td>267 km</td>
</tr>
<tr>
<td>6</td>
<td>Quadra Island Exploring</td>
<td>Nuyumbalees Cultural Centre - Quadra Island Whale-watching or bear-viewing tours with Aboriginal Journeys - Campbell River</td>
<td>Tsa-Kwa-Luten, the Oceanfront Resort at Cape Mudge</td>
<td>N/A</td>
</tr>
<tr>
<td>7</td>
<td>Quadra Island to Sechelt (Sunshine Coast)</td>
<td>I-HOS Gallery - Comox</td>
<td>Local B&amp;B or lodge</td>
<td>142 km plus 2 Ferry Sailings</td>
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<tr>
<td>8</td>
<td>Sechelt to Vancouver</td>
<td>First Nations Paddle with Talaysay Tours</td>
<td></td>
<td>50 km / 40 min Ferry</td>
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Tour ends in Vancouver
Travel to Vancouver Island and be enchanted by the ancient legends, magnificent art and living culture of the region’s First Nations. Home to the Coast Salish, Nuu-chah-nulth and Kwakwaka’wakw peoples, Vancouver Island offers a wide range of thrilling Aboriginal experiences and cultural adventures. Explore First Nations hospitality, myths and the timeless culture through art, adventure and wildlife tours, cultural presentations and interpretive centres. Listen to stories told by elders, see stunning totem poles, discover the works of world-class artists in local galleries, relax in an Aboriginal-owned resort, or explore the waterways by canoe with a knowledgeable guide.

SUGGESTED ITINERARY

Day 1-2 Vancouver Exploring
Vancouver is one of the world’s most beautiful cities, rich with culture, nature and world-class shopping, dining and hotels. It is also home to the Coast Salish peoples including the Tsleil-waututh, Musqueam and Squamish Nations. Explore Aboriginal culture at the Klahowya Village in Stanley Park and discover First Nations treasures at the Bill Reid Gallery of Northwest Coast Art or Khot-La-Cha Art Gallery and Gift Shop. Other activities include a canoe adventure with Takaya Tours and a guided tour of the Coast Salish art and culture with Richard Krentz Tours and Jewellery. In the evening, enjoy First Nations cuisine at the Salmon n’ Bannock restaurant.

Day 3 Vancouver | Nanaimo | Tofino / Ucluelet
Travel by car to Horseshoe Bay and cruise on BC Ferries to Vancouver Island and the city of Nanaimo. Drive north along the Island Highway passing the resort town of Parksville where you will head west on Highway #4 towards the Pacific Rim National Park. Tofino is located in the famed Clayoquot Sound region. This region is bordered by the Pacific Ocean on one side and a centuries-old rainforest and mountains to the other. You may wish to overnight in Tofino at the Best Western Tin Wis Resort or at the Thornton Motel in nearby Ucluelet.

Day 4-5 Tofino / Ucluelet Exploring
Explore these quaint fishing villages, walk the famed Long Beach with its miles of sandy beach and pounding surf, discover the rainforest on a selection of well-groomed trails or take a traditional canoe excursion with TLA-OOK Cultural Adventures. Offering outdoor experiences by traditional Nuu-chah-nulth dugout canoes, TLA-OOK Cultural Adventures operates their tours within the territory of the Tla-o-qui-aht people.
Day 6 Tofino / Ucluelet | Campbell River / Quadra Island
Travelling east, towards Parksville, you may wish to visit Cathedral Cove, an area where you can take an interpretive walk through an old-growth forest. Upon reaching the Island Highway, you will drive north to Campbell River, beautifully set between Strathcona Provincial Park to the west and the Discovery Islands to the east. While in Campbell River, you can partake in many outdoor adventures, including fishing and wildlife-viewing. You can also embark on a bear-viewing or whale-watching tour with Aboriginal Journeys. Stay overnight in Campbell River or take a short ferry ride to Quadra Island, home of the beautiful Tsa-Kwa-Luten Lodge, the Oceanfront at Cape Mudge.

Day 7 Campbell River | Courtenay | Duncan | Victoria
Today, travel from Campbell River to Victoria. Enroute, stop at the I-HOS Gallery in Courtenay for First Nations art and at the Quw’utsun’ Cultural and Conference Centre in Duncan. The centre is owned by the Cowichan Band and invites guests to learn about the culture and heritage of the Cowichan people through interpretive tours and a multimedia presentation.

Day 8 Victoria Exploring
Take the day to explore this beautiful city. Visit the Royal British Columbia Museum or discover adjacent Thunderbird Park, home to many totem poles and other First Nations monuments. You may also wish to drive to the nearby harbour town of Sidney, where Sea Quest Adventures & Aboriginal Tours welcomes visitors to their traditional territory to discover the rich cultural history of the Coast Salish people on whale-watching and cultural interpretive tours.

Day 9 Victoria | Vancouver
Your tour comes to an end with a sailing aboard BC Ferries to Vancouver.

TRIP OVERVIEW

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<td>2</td>
<td>Vancouver Exploring</td>
<td>Khot-La-Cha Art Gallery &amp; Gift Shop</td>
<td>Coast Coal Harbour Hotel</td>
<td>N/A</td>
</tr>
<tr>
<td>3</td>
<td>Vancouver to Tofino / Ucluelet</td>
<td>Traditional canoe / kayak tours with Takaya Tours Richard Krentz Tours and Jewellery</td>
<td>Best Western Tin Wis Resort in Tofino Thornton Motel in Ucluelet</td>
<td>229 km / 1.40 hr Ferry</td>
</tr>
<tr>
<td>4-5</td>
<td>Tofino Exploring</td>
<td>TLA-OOK Cultural Adventures - Tofino</td>
<td>Best Western Tin Wis Resort in Tofino Thornton Motel in Ucluelet</td>
<td>N/A</td>
</tr>
<tr>
<td>6</td>
<td>Tofino to Campbell River / Quadra Island</td>
<td>Whale-watching or bear-viewing tours with Aboriginal Journeys - Campbell River</td>
<td>Tsa-Kwa-Luten, the Oceanfront Resort at Cape Mudge</td>
<td>272 km</td>
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<tr>
<td>7</td>
<td>Campbell River / Quadra Island to Victoria</td>
<td>I-HOS Gallery - Comox Quw’utsun’ Cultural and Conference Centre - Duncan</td>
<td>Abigail’s Hotel</td>
<td>267 km</td>
</tr>
<tr>
<td>8</td>
<td>Victoria Exploring</td>
<td>Royal British Columbia Museum Thunderbird Park Whale-watching with Sea Quest Adventures &amp; Aboriginal Tours - Sidney</td>
<td>Abigail’s Hotel</td>
<td>N/A</td>
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<tr>
<td>9</td>
<td>Victoria to Vancouver</td>
<td></td>
<td></td>
<td>70 km / 1.30 hr Ferry</td>
</tr>
<tr>
<td></td>
<td>Tour ends in Vancouver</td>
<td></td>
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</tbody>
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The Cultural Journey

DURATION 5 Nights / 6 Days
DATES May to October, Daily
ROUTE Vancouver | Whistler | Lillooet | Boston Bar | Harrison Hot Springs / Agassiz | Vancouver

This incredibly scenic route takes you north from Vancouver and the Pacific Ocean, through the magnificent Coast Mountains. Along the way, explore the Cultural Journey between Vancouver and Whistler—a fascinating set of markers and maps recounting tales of the area’s ancient place names and legends. Spend time sightseeing in Whistler Resort, or trying out some of the area’s amazing outdoor recreation. The route then takes you to the Fraser Canyon area, and through to Harrison Hot Springs before returning to Vancouver. You’ll have once-in-a-lifetime opportunities to experience First Nations hospitality, cuisine and attractions at hotels and restaurants, museums, historical sites, art galleries and cultural centres. Learn time-honoured techniques for preparing salmon, visit sweat lodges and smoke houses, or explore traditional fishing grounds.

SUGGESTED ITINERARY

Day 1 Arrival in Vancouver
Vancouver is one of the world’s most beautiful cities, rich with culture, nature and world-class shopping, dining and hotels. It is also home to the Coast Salish peoples including the Tsleil-waututh, Musqueam and Squamish Nations. Explore Aboriginal culture at the Klahowya Village in Stanley Park or the Bill Reid Gallery of Northwest Coast Art in downtown Vancouver. In the evening, enjoy First Nations cuisine at the Salmon n’ Bannock restaurant.

Day 2 Vancouver | Whistler
Before leaving Vancouver stop at Khot-la-Cha Art Gallery & Gift Shop, located just off Lions Gate Bridge. Then continue your journey north along the Sea to Sky Highway (#99) to Whistler. Discover scenic ocean vistas, soaring mountains, dramatic waterfalls, bustling parks and outdoor activities. Along the way you can explore the Cultural Journey—a fascinating set of markers and maps recounting the area’s ancient place names and legends. Stop at kiosks one through five for easy access off the highway. Today’s journey ends in the resort town of Whistler.

Day 3 Whistler Exploring
Enjoy a relaxing day in this mountain resort. Activities available are hiking, bear-viewing, biking, sightseeing via the PEAK 2 PEAK gondola, canoeing, shopping and more. The Squamish Lil’wat Cultural Centre invites guests to experience Whistler’s First Nations heritage through a welcome song, guided tour of the museum and exhibits, cultural forest walk, craft making in the centre’s longhouse and exploration of the café and gift shop.
Day 4 Whistler | Lillooet
Today, drive two hours north along the scenic Duffey Lake Road to Lillooet. The town is spread along a grassy bench of land overlooking the mighty Fraser River and set against a backdrop of the Coast Mountains. Lillooet’s spectacular setting is accompanied by a rich culture and history. Explore the traditional fishing grounds of the St’a:lmc people with Xwisten Experience Tours and learn time-honoured techniques such as preparing salmon for preservation through wind-drying. Tour a real archaeological village site, and finish the experience with a traditional barbecued salmon meal.

Day 5 Lillooet | Boston Bar | Harrison Hot Springs region / Agassiz
From Lillooet travel south towards Hope. Enroute stop in Boston Bar to explore the Tuckkwiowhum Village, a First Nations site that offers guided adventures featuring a summer lodge, smoke house, food caches, sweat lodge, earth ovens, storytelling and an authentic pithouse. From Hope travel south-west via Highway #7 to Agassiz. Ruby Creek Art Gallery features an extraordinary collection of Pacific Northwest First Nations Art. Your home for tonight is the beautiful Sasquatch Crossing Eco Lodge. Originally built in 1903, the B&B features nine unique guest rooms, a library, living room with a fireplace, dining room and more. Relax at the B&B or visit the nearby town of Harrison Hot Springs.

Day 6 Harrison Hot Springs region / Agassiz | Vancouver
Return to Vancouver along the northern or southern bank of the Fraser River.

TRIP OVERVIEW

<table>
<thead>
<tr>
<th>Day</th>
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<th>Activities</th>
<th>Hotel Suggestions</th>
<th>km / day</th>
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<tr>
<td>1</td>
<td>Arrive in Vancouver</td>
<td>Klahowya Village in Stanley Park (Jun - Sep) Bill Reid Gallery of Northwest Coast Art Salmon ‘n Bannock Restaurant</td>
<td>Coast Coal Harbour Hotel</td>
<td>N/A</td>
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<td>2-3</td>
<td>Vancouver to Whistler</td>
<td>Khot-La-Cha Art Gallery &amp; Gift Shop - Vancouver Cultural Journey - along Sea to Sky Highway Squamish Lil’wat Cultural Centre - Whistler</td>
<td>Coast Whistler Hotel</td>
<td>125 km</td>
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<td>4</td>
<td>Whistler to Lillooet</td>
<td>Xwisten Experience Tours</td>
<td>Retasket Lodge &amp; RV Park</td>
<td>130 km</td>
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<td>5</td>
<td>Lillooet to Harrison Hot Springs / Agassiz</td>
<td>Tuckkwiowhum Village - Boston Bar Ruby Creek Gallery - Agassiz</td>
<td>Sasquatch Crossing Eco Lodge in Agassiz</td>
<td>208 km</td>
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<td>6</td>
<td>Harrison Hot Springs / Agassiz to Vancouver</td>
<td>Tour ends in Vancouver</td>
<td></td>
<td>122 km</td>
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</table>
The Legends, Resorts & Vineyards

DURATION 11 Nights / 12 Days
DATES May to October, Daily
ROUTE Vancouver | Harrison Hot Springs / Agassiz | Osoyoos | Kelowna Chase | Lillooet | Whistler | Vancouver

Discover First Nations legends, resorts and vineyards on this spectacular and scenic adventure. Experience British Columbia’s diverse and ever-changing geography as you travel from the Pacific Ocean and the Coast Mountains to semi-arid deserts, charming lakeside towns, and some of the most fertile farmland in the province. After spending some time exploring metropolitan Vancouver’s downtown lights, the trip takes you through the lush Fraser Valley to British Columbia’s spectacular wine country. Sample a glass of excellent vintage while you relax at an Aboriginal-owned resort and spa, or take in a quick 18 holes on a championship golf course. This tour offers relaxed and unparalleled access to First Nations experiences that include cultural adventure tours, wineries, championship golf courses, museums, art galleries, cultural centres, restaurants and much more.

SUGGESTED ITINERARY

Day 1-2 Vancouver Exploring
Vancouver is one of the world’s most beautiful cities, rich with culture, nature and world-class shopping, dining and hotels. It is also home to the Coast Salish Peoples including the Tsleil-Waututh, Musqueam and Squamish Nations. Explore Aboriginal culture at the Klahowya Village in Stanley Park and discover First Nations treasures at the Bill Reid Gallery of Northwest Coast Art. Other activities include a canoe adventure with Takaya Tours, a guided tour of the Coast Salish art and culture with Richard Krentz Tours and Jewellery, a round of golf at the Takaya Golf Centre, or a visit to the Khot-la-Cha Gallery and Gift Shop.

Day 3 Vancouver | Harrison Hot Springs region / Agassiz
Departing Vancouver, travel east into the lush Fraser Valley, the primary agricultural region in southwestern BC. Framed by the Coast Mountains on either side, this region is home to attractions, gardens, golf courses, historic sites, the mighty Fraser River and the beautiful Harrison Lake. Stop at the Ruby Creek Art Gallery on Highway #7 close to the town of Agassiz. The gallery features an extraordinary collection of Pacific Northwest Native Art. Your home for tonight is the beautiful Sasquatch Crossing Eco Lodge. Originally built in 1903, the B&B features nine unique guest rooms, a library, living room with a fireplace, dining room and more. Relax at the B&B or visit the nearby town of Harrison Hot Springs.
Day 4 Harrison Hot Springs / Agassiz | Osoyoos
A short drive from Harrison Hot Springs will bring you to the town of Hope, a major highway junction, from where you can travel on three different routes into BC's interior. By the time you reach Hope, you will have left the valley behind and entered the rugged Coast Mountains, blanketed with evergreen forests and snow-capped peaks. The further east you travel, the more arid the climate, vegetation and geography will become. By the time you arrive in Osoyoos, you are in Canada’s only true desert. This region is home to the Osoyoos First Nation. The name Osoyoos is derived from Soyoos, an Aboriginal word meaning “gathered together”. Relax and unwind at the Aboriginal-owned Spirit Ridge Vineyard Resort & Spa for the next three nights.

Day 5 - 6 Osoyoos Exploring
Relax and explore Aboriginal culture and a wide range of unique services and activities this region has to offer. Discover the legends of Nk’Mip Desert Cultural Centre or sip on a glass of chilled Chardonnay wines served on the patio of Nk’Mip Cellars.

Day 7 Osoyoos | Kelowna
Enjoy a spectacular drive through British Columbia’s world-famous wine country. Along the route, tour wineries and learn about winemaking techniques and sample your favourite varietal at the vineyards’ tasting rooms. Stop at Kekuli Café in Westbank for fresh bannock and delicious organic, fair-trade coffee. This First Nations-owned café / restaurant also offers Aboriginal-inspired cuisine, as well as local art. Upon arrival in Kelowna, relax at the lake or visit some of the nearby orchards.

Day 8 Kelowna | Chase
From Kelowna, cruise into the picturesque Shuswap Lake area with a shoreline of over 1,000 km. Near the community of Chase you will leave the highway and travel through the First Nations community of Squilax / Little Shuswap Lake to the Secwepemc band-owned Quaaout Lodge & Talking Rock Golf Club, nestled on the sandy north shores of Little Shuswap Lake.

Day 9 Chase Exploring
There are many activities available including horseback riding, mountain biking, swimming, canoeing, Aboriginal dance performances and talks about First Nations heritage. The resort also boasts a world-class golf course, Talking Rock Golf Club.

Day 10 Chase | Kamloops | Lillooet
From Chase travel west on Highway #1 and then Highway #99 to Lillooet. Enroute, stop in Kamloops to visit the Secwepemc Museum and Heritage Park. This 12-acre heritage park lets visitors discover the rich history and culture of the Secwepemc through exhibits, oral histories and legends, photos, artifacts and videos.

Day 11 Lillooet | Whistler
In the morning, partake in an excursion with Xwisten Experience Tours and visit the traditional fishing grounds of the St’at’imc people. Learn time-honoured techniques such as preparing the salmon for preservation through wind drying. In the afternoon, enjoy a leisure drive to the resort town of Whistler.

Day 12 Whistler | Vancouver
Take the day and explore this beautiful and world-famous resort. Activities available are hiking, bear-viewing, biking, sightseeing via the PEAK 2 PEAK gondola, canoeing, shopping and more. The Squamish Lil’wat Cultural Centre invites guests to experience Whistler’s First Nations heritage through a welcome song, guided tour of the museum and exhibits, cultural forest walk, craft-making in the centre’s longhouse and exploration of the café and gift shop. Your tour ends with a 2 1/2-hour drive back to Vancouver.
# Trip Overview

<table>
<thead>
<tr>
<th>Day</th>
<th>City</th>
<th>Optional Activities</th>
<th>Hotel Suggestions</th>
<th>km / day</th>
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<td>1-2</td>
<td>Arrive in Vancouver</td>
<td>Klahowya Village in Stanley Park (Jun - Sep) Bill Reid Gallery of Northwest Coast Art Takaya Tours Takaya Golf Centre Salmon’ n Bannock Restaurant Richard Krentz Tours and Jewellery</td>
<td>Coast Coal Harbour Hotel</td>
<td>N/A</td>
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<td>3</td>
<td>Vancouver to Harrison Hot Springs / Agassiz</td>
<td>Ruby Creek Gallery - Agassiz</td>
<td>Sasquatch Crossing Eco Lodge in Agassiz</td>
<td>120 km</td>
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<tr>
<td>4</td>
<td>Harrison Hot Springs / Agassiz to Osoyoos</td>
<td>Nk’Mip Cellar Nk’Mip Desert Cultural Centre</td>
<td>Spirit Ridge Vineyard Resort and Spa</td>
<td>289 km</td>
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<td>5-6</td>
<td>Osoyoos Exploring</td>
<td>Kekuli Café</td>
<td>Coast Capri Hotel</td>
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<td>7</td>
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<td>Talking Rock Golf Club</td>
<td>Quaaout Lodge &amp; Talking Rock Golf Club</td>
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<td>Kekuli Café</td>
<td>Quaaout Lodge &amp; Talking Rock Golf Club</td>
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<td>Retasket Lodge &amp; RV Park</td>
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<td>Xwisten Experience Tour - Lillooet</td>
<td>Coast Whistler Hotel</td>
<td>131 km</td>
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<tr>
<td>11</td>
<td>Lillooet to Whistler</td>
<td>Squamish Lil’wat Cultural Centre</td>
<td>Coast Coal Harbour Hotel</td>
<td>125 km</td>
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Tour ends in Vancouver
The Mountain Legends, Vineyards & Hot Springs

DURATION  8 Nights / 9 Days  
DATES  May to October, Daily  
ROUTE  Calgary | Kootenay National Park | Cranbrook | Osoyoos | Harrison Hot Springs / Agassiz | Vancouver

Begin this memorable trip at a beautiful wilderness lodge in Kootenay National Park that offers superb hiking, rafting and wilderness tours, as well as Aboriginal culture workshops. Then travel past historic mining towns, through vast stands of towering evergreen forests, alongside pristine lakes and into the semi-arid desert and wine region of British Columbia and the lush Fraser Valley. Your exploration of Aboriginal legends and history ends in the beautiful city of Vancouver. On the way, explore Aboriginal adventures at a wilderness centre and discover First Nations hospitality at luxury hotels and B&Bs. Enjoy wildlife-viewing, hiking and bird-watching, golfing or try your luck at a First Nations-owned casino. Of course, no trip on this particular route would be complete without a stop at the natural hot springs for a bit of rejuvenation.

SUGGESTED ITINERARY

Day 1  Calgary |  Kootenay National Park
A spectacular Canadian Rockies’ adventure awaits. Upon arrival in Calgary travel by car west on the Trans-Canada Highway towards Banff and then south-west to Radium Hot Springs. From here, travel along the Settler’s Road into 100 acres of secluded pine trees nestled in the heart of the Rocky Mountains on the edge of Kootenay National Park. Here you will find the CrossRiver Wilderness Centre’s cozy log cabins and your home for the next three nights. Guests may also stay in a traditional teepee, built on a raised wood platform with a central fire pit.

Day 2-3  Kootenay National Park | Exploring
There’s much to see and do! This region offers some of the most scenic hikes and bike rides in the Canadian Rockies. Experience culturally sensitive wilderness adventures with CrossRiver Wilderness Centre; from rafting to interpretive day trips or unique cultural teaching packages offered by experienced and knowledgeable guides.

Day 4  Kootenay National Park | Cranbrook
Today you will travel south-west to the beautiful town of Cranbrook. Enroute, you will pass the resort towns of Fairmont Hot Springs and Invermere. Stay at the St. Eugene Golf Resort Casino, a 4.5-star hotel with elegant rooms, gourmet dining, world-class golf, a cultural interpretive centre and western-themed casino.
The resort is owned and operated by the SEM Resort Limited Partnership, comprised of the Ktunaxa Nation, Samson Cree Nation and Mnjikaning First Nations. Nearby activities include hiking, fishing, biking, river rafting, sightseeing and more.

Day 5 Cranbrook | Osoyoos
The drive west takes you through the scenic Kootenay region into the fertile Okanagan Valley. Stop at Christina Lake, a clear, beautiful tree-lined lake and one of British Columbia’s warmest. By the time you arrive in Osoyoos you are in Canada’s only true desert, located in the South Okanagan region. This region is home to the Osoyoos First Nation as well as being one of BC’s premier wine-producing regions.

Day 6-7 Osoyoos Region Exploring
Explore Aboriginal culture and a wide range of unique services and activities in and around Osoyoos. Discover the legends of Nk’Mip Desert Cultural Centre, dine at the Spirit Ridge Resort or sip on a glass of chilled Chardonnay wines served on the patio of Nk’Mip Cellars.

Day 8 Osoyoos | Harrison Hot Springs / Agassiz
Today’s travel will take you through the fertile Similkameen Valley and along the Crownsnest Highway through Manning Park. From Hope, travel south-west via Highway #7 to Agassiz. Ruby Creek Art Gallery features an extraordinary collection of Pacific Northwest First Nations Art. Your home for tonight is the beautiful Sasquatch Crossing Eco Lodge. Originally built in 1903, the B&B features nine unique guest rooms, a library, living room with a fireplace, dining room and more. Relax at the B&B or visit the nearby town of Harrison Hot Springs.

Day 9 Harrison Hot Springs region / Agassiz | Vancouver
Drive to Vancouver along the northern or southern bank of the Fraser River.

TRIP OVERVIEW

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<th>km / day</th>
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<td>CrossRiver Wilderness Centre</td>
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<td>Mineral Hot Springs - enroute Golfing - Cranbrook Ktunaxa Interpretive Centre - St. Eugene, Cranbrook</td>
<td>St. Eugene Golf Resort Casino</td>
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<td>Cranbrook to Osoyoos</td>
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<td>Spirit Ridge Vineyard Resort and Spa</td>
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<td>6-7</td>
<td>Osoyoos Exploring</td>
<td>Nk’Mip Cellar Nk’Mip Desert Cultural Centre</td>
<td>Spirit Ridge Vineyard Resort and Spa</td>
<td>N/A</td>
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<td>8</td>
<td>Osoyoos to Harrison Hot Spring region / Agassiz</td>
<td>Ruby Creek Art Gallery</td>
<td>Sasquatch Crossing Eco Lodge in Agassiz</td>
<td>289 km</td>
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<td>Harrison Hot Spring region / Agassiz to Vancouver</td>
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<td>120 km</td>
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<td></td>
<td>Tour ends in Vancouver</td>
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The Cultural & Historical Explorer

**DURATION** 8 Nights / 9 Days  
**DATES** May to October, Daily  
**ROUTE** Vancouver | Whistler | Lillooet | Williams Lake | Kamloops  
Harrison Hot Springs / Agassiz | Vancouver

Start your Aboriginal adventure in metropolitan Vancouver, and then follow a fascinating cultural journey north along the Sea to Sky Highway to explore the world-famous Whistler Resort and the area’s First Nations history. After Whistler, the tour winds its way along stunning mountain highways with jaw-dropping mountain vistas to Lillooet for a glimpse of traditional fishing grounds before heading off to Williams Lake. Spend two days in Williams Lake exploring the local First Nations culture on jetboat adventures and at heritage sites, then travel to Kamloops, Agassiz and the rejuvenating natural waters of Harrison Hot Springs. On the way you’ll discover fascinating museums, First Nations interpretive centres, Native art galleries, exciting outdoor activities and more, before heading back to the bright lights of Vancouver.

**SUGGESTED ITINERARY**

**Day 1 Arrival in Vancouver**
Vancouver is one of the world’s most beautiful cities, rich with culture, nature and world-class shopping, dining and hotels. It is also home to the Coast Salish peoples including the Tsleil-Waututh, Musqueam and Squamish Nations. Explore Aboriginal culture at the Klahowya Village in Stanley Park or the Bill Reid Gallery of Northwest Coast Art in downtown Vancouver. In the evening enjoy First Nations cuisine at the Salmon n’ Bannock restaurant.

**Day 2 Vancouver | Whistler**
Before leaving Vancouver stop at Khot-La-Cha Art Gallery & Gift Shop, located just off Lions Gate Bridge. Then continue your journey north along the Sea to Sky Highway (#99) to Whistler. Discover scenic ocean vistas, soaring mountains, dramatic waterfalls, bustling parks and outdoor activities. Along the way you can explore the Cultural Journey—a fascinating set of markers and maps recounting the area’s ancient place names and legends. Stop at kiosks one through five for easy access off the highway. Today’s journey ends in the resort town of Whistler.

**Day 3 Whistler | Lillooet**
Explore the Squamish Lil’wat Cultural Centre in the morning. This museum invites guests to experience Whistler’s First Nations heritage through a welcome song, guided tour of the museum and exhibits, cultural forest walk, craft-making in the centre’s longhouse and exploration of the café and gift shop.

Early afternoon, drive two hours north along the scenic Duffey Lake Road to Lillooet. The town is spread along a grassy bench of land overlooking the mighty Fraser River and set against a backdrop of the Coast Mountains.
Lillooet’s spectacular setting is accompanied by a rich culture and history. Explore the traditional fishing grounds of the St’at'imc people with Xwisten Experience Tours and learn time-honoured techniques such as preparing the salmon for preservation through wind-drying. Tour a real archaeological village site, and finish the experience with a traditional barbecued salmon meal.

Day 4 Lillooet | Williams Lake
From Lillooet drive north to Williams Lake, the forestry and ranching capital of the Cariboo region. The Williams Lake experience includes endless outdoor and water activities at the many lakes and rivers within the region, as well as exploring the local history and culture.

Day 5 - 6 Williams Lake Region Exploring
Discover the region and parts of the Fraser River with Cariboo Chilcotin Jetboat Adventures. Offerings include beautiful scenery, wildlife, Aboriginal and gold rush history with an educational interpretation by local guides. Highlights are traditional dip netting for wild salmon, salmon barbecue, viewing ancient petroglyphs and ancient village sites, identifying food and medicinal plants and, of course, running the rapids through towering rock-wall canyons. Located 35 km north of Williams Lake, the Xatšūll First Nation community welcomes visitors to the Xatšūll Heritage Village which offers guided tours and educational workshops, traditional meals and authentic accommodation in a teepee or pithouse.

Day 7 Williams Lake to Kamloops
Today’s drive will take you south-east to the city of Kamloops. You can discover the rich history and culture of the Secwepemc at the Secwepemc Museum and Heritage Park through exhibits, oral histories and legends, photos, artifacts and videos. The site encompasses the archaeological remains of a 2,000-year-old Secwepemc village, with reconstructed pithouses and ethnobotanical gardens showing traditional plant use.

Day 8 Kamloops to Harrison Hot Springs region / Agassiz
Travel the highway through the spectacular Fraser Canyon and stop at Boston Bar to explore the Tuckkwiowhum Village, a First Nations site that offers guided adventures featuring a summer lodge, smoke house, food caches, sweat lodge, earth ovens, storytelling and an authentic pithouse. From Hope, travel south-west via Highway #7 to Agassiz. Ruby Creek Art Gallery features an extraordinary collection of Pacific Northwest First Nations Art. Your home for tonight is the beautiful Sasquatch Crossing Eco Lodge. Originally built in 1903, the B&B features nine unique guest rooms, a library, living room with a fireplace, dining room and more. Relax at the B&B or visit the nearby town of Harrison Hot Springs.

Day 9 Harrison Hot Springs region / Agassiz | Vancouver
Return to Vancouver along the northern or southern bank of the Fraser River.

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<td>397 km</td>
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<td>Williams Lake to Kamloops</td>
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<td>Coast Canadian Inn</td>
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<td></td>
<td>Tour ends in Vancouver</td>
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The Great Bear Rainforest and the Legend of the Spirit Bear

The Great Bear Rainforest is the largest intact temperate rainforest left on the planet. Towering green, forested mountains give way to river valley bottoms and estuaries that teem with wild salmon. It is the home of the great grizzly bear, coastal wolves, cougar and many other animals. The Pacific Ocean, which laps the forest’s shores, is home to pods of orca and humpback whales that swim and hunt in the labyrinthine complex of fiords and channels. The Kitasoo/Xai’xais First Nation has lived here since time immemorial. They have shared the forest and the salmon with a very special creature they call moskgm’ol (white bear). Their legend of moskgm’ol holds that “Goo-wee (Raven) made one in every ten black bears white to remind the people of a time when glaciers covered this land and how the people should be thankful of the lush and bountiful land of today.” Many of the Kitasoo/Xai’xais believe they hold super-natural powers, hence the name Spirit Bear – a name that suits its mythical like presence.

**Suggested Itinerary**

**Day 1 Vancouver | Bella Bella**  
Depart Vancouver’s South Terminal for the two-hour flight to Bella Bella. In Bella Bella, you overnight at the Shearwater Resort & Marina.

**Day 2 Bella Bella | Spirit Bear Lodge**  
After breakfast, depart Shearwater by water taxi arriving at the Spirit Bear Lodge by late morning. Upon arrival, receive a short orientation on the lodge facilities and the bear-viewing program before embarking with your guides on a boat excursion. Lunch is served on board.

**Day 3 - 8 Great Bear Rainforest Exploring**  
You can choose from 3 to 7-night packages. On the last day of your trip, a two-hour flight takes you back to Vancouver from Bella Bella. The lodge’s bear-viewing programs take you to different pristine river valleys and estuaries in the traditional territory of the Kitasoo/Xai’xais First Nation.
Travel by boat and disembark to explore the lush river valleys and broad, braided estuaries on foot. Your guides have an intimate knowledge of the behaviour and movement patterns of the bears and will often situate guests under the forest canopy or on a rocky outcropping to get intimate and special eye-level viewing and photographic opportunities as the bears forage for roots, berries or feast on salmon. In addition to bear-viewing, you have the opportunity to visit culturally significant sites including a spectacular Big House.

**Important Information**
Grizzly bear-viewing is from mid-June to mid-October as the bears move from foraging for roots in the late Spring to savouring wild berries in the Summer before moving on to the great Fall feast during salmon spawning which runs from mid-July to late-October depending on the river system.

If you wish to view the Spirit Bear, consider a minimum 5-night package. The best time for viewing is September or October. The Spirit Bear is elusive and shy, and generally guests who stay longer – on the 5, 6 or 7-night packages – are more likely to get rewarded with the moving experience of seeing the bear known as maskgm’ol.

For more package information, departure dates and pricing, please visit [www.spiritbear.com](http://www.spiritbear.com).

### TRIP OVERVIEW

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<thead>
<tr>
<th>Day</th>
<th>City</th>
<th>Activities</th>
<th>Hotel Suggestions</th>
<th>km / Day</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Vancouver to Bella Bella</td>
<td>Flight from Vancouver to Bella Bella</td>
<td>Shearwater Resort &amp; Marina</td>
<td>2-hr Flight</td>
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<tr>
<td>2</td>
<td>Bella Bella to Klemtu</td>
<td>Orientation at the Lodge, bear-viewing program starts</td>
<td>Spirit Bear Lodge</td>
<td>N/A</td>
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<td>3-7</td>
<td>Great Bear Rainforest Exploring</td>
<td>Bear-viewing, hiking, First Nations culture</td>
<td>Spirit Bear Lodge</td>
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<tr>
<td>Last Day</td>
<td>Bella Bella to Vancouver</td>
<td>Flight from Bella Bella to Vancouver</td>
<td></td>
<td>2-hr Flight</td>
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</table>
Chilcotin Cultural Adventures

**DURATION** 5 Nights / 6 Days
**DATES** May to October, Daily
**ROUTE** Vancouver | Chilcotin Area | Vancouver

Experience First Nations culture and history up close and like never before on an exciting and fascinating cultural adventure in the Chilcotins with **Cariboo Chilcotin Jetboat Adventures**. Explore the historic Fraser River, hike magnificent forests, and visit timeless Aboriginal village and fishing sites – all with a knowledgeable and experienced First Nations guide who is a descendant of the hunter-gatherer tribes that have lived in the area since time immemorial. View ancient petroglyphs, learn to fish Aboriginal-style and discover the vibrant and living First Nations culture of the area.

**SUGGESTED ITINERARY**

**Day 1 Arrive in the Chilcotin Region**
Make your way to the Chilcotin region and stay at the historic Chilcotin Lodge in Riske Creek or the Coast Fraser Inn in Williams Lake.

**Day 2 Hiking the Farwell Canyon**
Today, your Aboriginal guide brings you on an unforgettable hike to Farwell Canyon – the only sand dunes in BC. On the hike, learn about various plant species and their current and traditional uses. View ancient pictographs, learn local stories and visit the area’s First Nation people. Enjoy a healthy lunch, relax and enjoy the views of the Chilcotin River and the sandy hoodoos.

After spending time in Farwell Canyon your guide takes you on a scenic tour in the Sheep Range to look for wildlife and share his favourite areas.

**Days 3 & 4 Fraser River by Riverboat**
In the morning, head to the Fraser River to meet your guides for a historic journey by riverboat.

This section of the Fraser River is the last piece of pristine wilderness - no highways, railways or major industry has reached this section of the river. In June, the first salmon runs make their way up the Fraser River to their spawning destinations.

During this time, there are many eagles, bears, coyotes and other creatures that spend their time at the river’s edge, giving guests the perfect opportunity to view them and take photographs. The area also boasts the largest bighorn sheep bands in North America and tours usually see many groups foraging among the sandy canyon hoodoos. During the tour, guests also get to try traditional fishing, and after catching one, you’ll have a riverside salmon feast.
Days 5 & 6 The Hills Health Ranch
For the next two days, relax and enjoy some well-deserved pampering at The Hills Health Ranch, located in the middle of 20,000 acres of ranch lands, 30 minutes south of Williams Lake. The Ranch features extensive daily fitness programs, 18 wellness, massage & spa treatment rooms, hiking, horseback riding, canoeing, biking and wellness services ranging from yoga, Pilates, aerobics, aqua fitness instructors, kinesiologists, nurses, personal trainers, nutritionist, body therapists & comprehensive lifestyle counselling. It’s the perfect way to rejuvenate after your river exploration adventure.

TRIP OVERVIEW

<table>
<thead>
<tr>
<th>Day</th>
<th>City</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Vancouver to Chilcotin Region</td>
</tr>
<tr>
<td>2</td>
<td>Chilcotin Region Exploring</td>
</tr>
<tr>
<td>3-4</td>
<td>Fraser River Exploring</td>
</tr>
<tr>
<td>5-6</td>
<td>108 Mile Ranch (The Hills Health Ranch)</td>
</tr>
<tr>
<td>7</td>
<td>Tour Ends in Williams Lake</td>
</tr>
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<table>
<thead>
<tr>
<th>Activities</th>
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</thead>
<tbody>
<tr>
<td>Drive or fly to the Chilcotin Region from Vancouver</td>
</tr>
<tr>
<td>Hiking Farewell Canyon, Sheep Range Exploring with Cariboo Chilcotin Jetboat Adventures</td>
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<tr>
<td>River boating, Wildlife-viewing, Aboriginal village sites, Traditional fishing with Cariboo Chilcotin Jetboat Adventures</td>
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<tr>
<td>Relaxing, wellness treatments at the Ranch</td>
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</table>

<table>
<thead>
<tr>
<th>Hotel Suggestions</th>
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</thead>
<tbody>
<tr>
<td>Chilcotin Lodge in Riske Creek or Coast Fraser Inn in Williams Lake</td>
</tr>
<tr>
<td>Chilcotin Lodge in Riske Creek or Coast Fraser Inn in Williams Lake</td>
</tr>
<tr>
<td>Comfortable Camp Sites</td>
</tr>
<tr>
<td>The Hills Health Ranch</td>
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<table>
<thead>
<tr>
<th>KM / Day</th>
</tr>
</thead>
<tbody>
<tr>
<td>593 km</td>
</tr>
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<tr>
<td>N/A</td>
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<tr>
<td>N/A</td>
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</table>
Wild River Canyon Adventure

DURATION  4 Nights / 5 Days
DATES  May to October, Daily
ROUTE  Vancouver | Chilcotin Area | Vancouver

Cariboo Chilcotin Jetboat Adventures welcomes you on a uniquely inspiring and exciting river adventure. Experience sections of the Fraser River that are considered the most scenic, dramatic and stunningly beautiful in the province. On the tour, retrace the footsteps of early explorer Simon Fraser and the river that bears his name. See places where he portaged or made camp, walk on the same trails and view the same petroglyphs that Simon referenced in his journals. Leading you on this incredible tour is a professionally trained First Nations guide - a descendant of the hunter-gatherer tribes of the area - with incomparable knowledge of the river’s eco-system and local Aboriginal legends. You’ll experience fishing native-style in sites that have been used for centuries, then hike to ancient village sites and view petroglyphs and pictographs that give you a glimpse into the past. Learn about the Fraser River Gold Rush of the 1800s, and try your hand at gold panning at one of the many old gold mining cabins that still remain.

SUGGESTED ITINERARY

Day 1 Fraser River Adventure Starts
The five-day river adventure tour begins at the historic Soda Creek town remains from the 1800s. Tour the river while your guide shares fascinating stories about local history and Aboriginal traditions of the area. Highlights of the first day feature a stop at a traditional First Nations fishing site where you can try your hand at dip netting – fishing Aboriginal-style.

Day 2 Fraser River Exploring
Cruise along amazing canyon scenery, and experience the sights of Bighorn Sheep and other wildlife. Wander the grasslands, located on the plateau above the river, in the rain shadow of the Coast and Cascade mountains. Keep your eyes open for some of the many unique animals and rare plant life that call this eco-system home.

Day 3 Fraser River Exploring / Relaxing
Spend the day exploring the area at your leisure. Lounge on the beach and relax or take a hike to the cathedrals - a colossal wall of rock pillars formed 200 million years ago. Seek out the area’s incredible wildlife for photographs, or listen to your guide’s tales of First Nations history and myth. It’s up to you.
Day 4 Fraser River Exploring
Today, you are back on the river to experience scenic canyons and explore old mining sites and a ferry operation. All of the canyons feature ancient Aboriginal fishing sites where you will stop to do some fishing First Nations-style, and cook wild salmon fresh out of the river!

Day 5 Fraser River Adventure Ends
Experience exciting rapids and pass through scenic and rugged Moran Canyon before your river adventure comes to an end. Back in civilization, enjoy the friendly ambiance of Lillooet, known as "mile 0" of the Gold Rush Trail and featuring the largest First Nations fishing site in North America.

TRIP OVERVIEW

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<tr>
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<td>Drive or fly to the Chilcotin Region from Vancouver</td>
<td>Coast Fraser Inn in Williams Lake</td>
<td>593 km</td>
</tr>
<tr>
<td>2-4</td>
<td>Chilcotin Region Exploring</td>
<td>River boating, Wildlife-viewing, Aboriginal village sites, Traditional fishing, Relaxing with Cariboo Chilcotin Jetboat Adventures.</td>
<td>Comfortable Camp Sites</td>
<td>N/A</td>
</tr>
<tr>
<td>5</td>
<td>Tour Ends in Lillooet</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Cultural Adventure Getaways

Immerse yourself in British Columbia’s remarkable First Nations cultural experiences on fascinating Adventure Getaways. Visit ancient traditional fishing villages, examine Aboriginal historical artifacts; discover First Nations arts in totem poles, cedar weaving, paintings, pictographs and more. Learn the myths, legends and stories of various First Nations at Aboriginal cultural centres, or experience the lifestyle firsthand on exciting canoe, kayak and wildlife tours with a First Nations guide. Spend time learning about medicinal plants with an elder, or discover the spirituality of Canada’s first people and their deep connection with nature. Get to know BC’s living Aboriginal culture like you never thought possible.

Alert Bay Getaway

DURATION  2 Nights / 3 Days
DATES  May to October, Daily
DESTINATION  Alert Bay on Vancouver Island
GETTING THERE  From Victoria drive 5 hours north to Port McNeill. From Vancouver take BC Ferries to Nanaimo. From Nanaimo drive 3 hours north to Port McNeill. From Port McNeill, a short ferry ride will bring you to Alert Bay. There are also flight options from Vancouver and Victoria.
LODGING SUGGESTIONS  Alert Bay Lodge | Cannery Row Lodge

The traditional home of the Namgis First Nation, part of the Kwakwaka’wakw peoples, Alert Bay is a remote and quaint fishing village in North Vancouver Island. The community of Alert Bay is well-known for its powerful revival of Aboriginal culture and hosts some of the region’s finest historical and cultural artifacts, First Nations paintings and totem poles. The world’s tallest totem pole (173 feet) can be found in Alert Bay. In addition to enjoying the island’s rich cultural heritage, visitors can partake in many other activities such as whale-watching, guided eco-tours, kayaking, hiking and biking.

On this getaway explore the culture of the Namgis with Culture Shock Interactive Gallery. Guest can explore traditional and local art forms, or book cultural tours including a canoe paddle, traditional salmon barbeque, cedar weaving and Nusa storytelling. Local First Nation guides will share their living culture of the Namgis.

Alert Bay also boasts the longest-operating First Nation museum and cultural centre, the U’mista Cultural Centre. The centre houses the world-renowned Potlatch Collection – U’mista cultural regalia confiscated by the federal government in 1922 and returned in 1980. Now on permanent display, the collection is complemented by a series of rotating exhibits year-round, with tours and stories by local First Nation guides.
Whistler Getaway

DURATION 2 Nights / 3 Days
DATES Year-round, Daily
DESTINATION Whistler - 2 1/2-hour drive from Vancouver
GETTING THERE From Vancouver drive the Sea to Sky Highway (#99) north to Whistler.
LODGING SUGGESTIONS Coast Whistler Hotel | Crystal Lodge & Suites | Fairmont Chateau Whistler

While Whistler is known around the world as North America’s premier resort destination for year-round outdoor adventure, it is also home to the Squamish and Lil’wat First Nations. The Squamish and Lil’wat oral histories are rich in ancient knowledge of the lands around them. Every mountain, every river has a story. In the ‘Time of Transformation’, supernatural creatures roamed the area. Today, their signs can be found in the shape of mountains and rivers, and their stories continue to teach important lessons about Aboriginal culture.

The Squamish Lil’wat Cultural Centre showcases and celebrates the joint history of the local Squamish and Lil’wat First Nations, past and present, by offering a unique glimpse into their histories, creative works and cultures. Built to preserve and share the culture of these two Nations, the centre is designed to evoke the longhouses of the Squamish people and the Istken (traditional pithouse) of the Lil’wat people with a modern architectural interpretation.

Other activities in Whistler include visits to the local art galleries, museums and gift shops. Whistler also hosts many events throughout the year, and invites guests to try the numerous activities available including skiing and snowboarding in the winter and biking, hiking, sightseeing via the PEAK 2 PEAK gondola, river rafting or bear-viewing in the summer.
## Vancouver Getaway

**DURATION**
2 Nights / 3 Days

**DATES**
Year-round, Daily; some attractions may only operate in the summer - see below for details

**LODGING SUGGESTIONS**
Coast Coal Harbour Hotel | Coast Plaza Hotel & Suites | Westin Bayshore Resort
Fairmont Waterfront Hotel

Vancouver is one of the world's most beautiful cities, rich with Aboriginal culture, nature and world-class shopping, dining and hotels. It is also home to the Coast Salish peoples including the Tsleil-Waututh, Musqueam and Squamish Nations. Explore Vancouver on your own and discover the dynamic cultures of these First Nations through interpretive centres and attractions, archaeological sites, museums, galleries, Aboriginal cuisine and guided First Nations interpretive tours.

**Bill Reid Gallery of Northwest Coast Art**
Downtown Vancouver's public gallery named after the acclaimed Haida artist Bill Reid (1920 – 1998). The Gallery showcases the permanent collection of Bill Reid and changing exhibitions of contemporary Northwest Coast Art. Permanent collection includes works by Bill Reid and other Northwest Coast Artists: stunning gold and silver jewellery, monumental sculptures, towering totem pole carved by James Hart in tribute to Bill Reid. Open year-round.

**Klahowya Village in Stanley Park**
Enjoy the warmth of an Aboriginal Summer Village in Vancouver’s Stanley Park and experience vibrant First Nations culture through song, dance, art and cuisine. Jump on board the Spirit Catcher Train for a ride and story, visit with artisans working on site or try out some Aboriginal crafts. Sample First Nations food from vendors, browse souvenir kiosks or just listen in on the Story Telling Circle. Open from mid-June to mid-September.

**Khot-La-Cha Art Gallery & Gift Shop**
A second-generation-owned gallery featuring original northwest artwork by the province’s finest First Nations artists, including hand-carved cedar totem poles, unique feasting bowls, rattles, hand-tanned moccasins and sterling silver and 14K-gold jewellery. The gallery’s name means “kind heart” in the Squamish language. Open year-round.
Richard Krentz Tours and Jewellery
Explore the beauty and symbolism of Coast Salish art and culture through a guided tour presented by artist and master carver, Richard Krentz. Richard and his knowledgeable team share insights into how the natural resources of the West Coast were used, and how daily life was fundamentally connected to the surrounding environment. Tours include a light lunch of barbequed salmon, Indian candy and corn bread bannock. Tour sites are in and around Vancouver. Tours run year-round.

Salmon n’ Bannock A First Nations restaurant that showcases Aboriginal cuisine with a variety of culinary delights using the freshest ingredients, organic game and wild fish expertly prepared by a team composed of members of different Nations such as Nuxalk, Haida, Blackfoot and Wat’sutweb’en. The eatery also features First Nations art from upcoming artists focusing on traditional values but with a modern flair. Open year-round.

Stanley Park Totem Poles One of North America’s largest urban green spaces, Stanley Park is home to a famous stand of eight First Nations totem poles. The totems come from various places on the BC coast, and are one of the province’s most visited attractions. Open year-round.


Takaya Tours A fascinating glimpse into the Coast Salish culture through traditional ocean-going canoe and kayak excursions on the protected waters of Burrard Inlet. First Nation guides sing traditional songs and share stories passed down through the generations while sharing the cultural history of the Salish and their Burrard Inlet and Indian Arm territories. Tours run year-round.
Sunshine Coast Getaway

**DURATION**
1 Night / 2 Days

**DATES**
Year-round, Daily

**DESTINATION**
Sechelt on the Sunshine Coast

**GETTING THERE**
From Vancouver take BC Ferries from Horseshoe Bay to Gibson on the Sunshine Coast.

**LODGING SUGGESTIONS**
Camping | Local B&Bs and lodges

Only a scenic 40-minute ferry ride from Vancouver, the Sunshine Coast stretches 180 km from Gibson to Lund along beautiful shorelines and quaint coastal communities. Life slows down on the Sunshine Coast where guests can explore beautiful beaches, funky shops and Aboriginal culture.

You can choose to camp or stay at a lodge or B&B in and around Sechelt. Sechelt is the home of the Shíshálh (Sechelt) First Nation whose culture and history is visible in protected petroglyphs and pictographs along the Sunshine Coast's shorelines.

Experience these cultural treasures and wonders with *Talaysay Tours* by kayak (spring/summer) and snowshoe (winter). Experienced guides help visitors discover and experience traditional Salish ways of life on the Sunshine Coast and various Lower Mainland locations by appointment. Hear traditional stories connected to local pictographs, Native plants and wildlife. Popular tours include the First Nations Interpretive Paddle and the Talking Trees experience.
Harrison Hot Springs Getaway

DURATION 1 Night / 2 Days
DATES Year-round, Daily
DESTINATION Harrison Hot Springs and Agassiz
GETTING THERE From Vancouver drive on Highway #1 east for 2 1/2 hours.
LODGING SUGGESTION Sasquatch Crossing Eco Lodge

Just a short 2 1/2-hour drive from Vancouver, travel east into the lush Fraser Valley, the primary agricultural region in southwestern British Columbia. Framed by the Coast Mountains on either side, this region is home to cultural attractions, gardens, golf courses, historic sites, the mighty Fraser River and the beautiful Harrison Lake region. This region has many highlights to offer. From the soothing waters of Harrison Lake and the hot springs, mountains and beautiful landscapes there’s a myriad of activities for everyone. Boat, bike, hike, swim, golf, or simply relax.

You can explore the culture of the Sto:lo, the First Nations people of the Fraser Valley, throughout the Harrison Hot Springs region. In nearby Agassiz visit Ruby Creek Art Gallery and relax at the Aboriginal-owned Sasquatch Crossing Eco Lodge. This charming B&B sits on an 87-acre property and offers nine unique rooms, salt water pool, library, dining room and more. The B&B also organizes cultural activities, events and workshops throughout the year.
Kootenay Rockies Getaway

DURATION  3 to 7-day packages available to suit your adventurous spirit.
DATES  May to October, Daily
DESTINATION  Kootenay National Park
GETTING THERE  Upon arrival in Calgary travel by car west on the Trans-Canada Highway towards Banff and then south-west to Radium Hot Springs. From here, travel along the Settler’s Road into 100 acres of secluded pine trees nestled in the heart of the Rocky Mountains on the edge of Kootenay National Park.

LODGING SUGGESTION  CrossRiver Wilderness Centre

The Kootenay Rockies, also known as British Columbia’s Mountain Playground, offers pristine rivers, lakes and beaches, waterfalls and mineral hot springs, spectacular mountain landscapes and wilderness.

Your Kootenay Rockies Cultural Getaway brings you to the CrossRiver Wilderness Center, remotely located in the backcountry of the Rocky Mountains between Kootenay and Banff National Parks. This spectacular and remote area provides a perfect setting for an unforgettable spiritual and cultural adventure.

CrossRiver Wilderness Centre provides modern, comfortable accommodations, great meals and a safe place to enjoy your wilderness getaway. Experiences include hiking/walking, rafting, yoga, fishing and cultural experiences. The centre is self-sustainable and maintains a low impact and minimum footprint on the environment, by generating its power naturally with solar and hydro generation off a mountain stream.
Educational Field Trips – One-Day Excursions

It’s been said that experience is one of the best teachers. The following Aboriginal tours and venues offer educators and students an opportunity to become truly engaged in authentic First Nations history and culture. These tours feature hands-on education from local Aboriginal guides and offer an invaluable and memorable look into Canada’s oldest histories and legends.

**Vancouver**
- Klahowya Village in Stanley Park
- Richard Krentz Tours and Jewellery
- Takaya Tours

**Whistler and Lillooet**
- Squamish Li’l’wat Cultural Centre
- Xwisten Experience Tours

**Kamloops**
- Secwepemc Museum & Heritage Park

**Osoyoos**
- Nk’Mip Desert Cultural Centre

**Boston Bar (near Hope)**
- Tuckkwiohwum Village

**Sechelt (Sunshine Coast)**
- Talaysay Tours

**Alert Bay**
- U’mista Cultural Centre

**Duncan**
- Quw’utsun’ Cultural and Conference Centre

**Williams Lake**
- Xatśūll Heritage Village