Immerse yourself in the living Traditions

Indigenous travel experiences have the power to move you. To help you feel connected to something bigger than yourself. To leave you changed forever, through cultural exploration and learning. Let your true nature run free and be forever transformed by the stories and songs from the world’s most diverse assembly of living Indigenous cultures.
The Ktunaxa have inhabited the rugged area around the Kootenay and Columbia Rivers on the west side of Canada’s Rockies for more than 10,000 years. Visitors to the snowy mountains of Creston and Cranbrook continue to seek the adventure this dramatic landscape offers. Experience traditional rejuvenation: soak in hot mineral waters, view Bighorn Sheep, and traverse five mountain ranges.

Many distinct Indigenous people, including the Nisga’a, Haida and the Tahltan, occupy the unique landscapes of Northern BC. Indigenous people co-manage and protect this untamed expanse—more than half of the size of the province—with a world-class system of parks and reserves that contain ancient rainforests and authentic coastal villages, lava fields, and glacial valleys. Visit an ocean-front longhouse or raise your head to the totem poles and mists of Haida Gwaii.

The fjordic coast town of Bella Coola, where the Pacific Ocean meets mighty rainforests and unmatched wildlife viewing opportunities, is home to the Nuxalk people and the region’s easternmost point. The Cariboo Chilcotin Coast spans the lower middle of BC and continues toward mountainous Tsilhqot’in Territory, where wild horses run. Follow the Fraser River southeast through golden, sage-covered wide open spaces of the Secwepemc people.

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THOMPSON OKANAGAN

TRADITIONAL LANGUAGES:
SECWEPEMCTSIN | NSYILXĆĘN

The Nlaka’pamux, Okanagan and Secwepemc First Nations cultures are bound to desert landscapes and fertile soil, dense forests, mountains, and fresh water. Modern Indigenous wine-making expresses plant knowledge in the Southern Okanagan; reconstructed pithouses (kekulis) preserve and share traditional Indigenous innovation and technology with visitors to Secwepemc Territory. Enjoy the modern luxury of traditional Indigenous cultures in the Thompson Okanagan region.

VANCOUVER COAST & MOUNTAINS

TRADITIONAL LANGUAGES:
SHE SHASHISHALHEM | Sḵwx̱wú7mesh Sníchim | Kwaḵwala
Éy7á7júuthem | Hul’q’um’num’ | Halq’eméylem
Hə天鹅əm̓íəm | Stá:lı:mcəts | Nleʔkepmxc’ın

This region is home to the Coast Salish people, including Squamish, Lil’wat, Sto:lo, Musqueam, and Tsleil-Waututh First Nations. Experience the thrum of urban Vancouver, nearby ancient coastal communities and mountains, forests and fjords, alpine lakes and fertile deltas. Modern museums and award-winning restaurants share Indigenous knowledge and tell the stories the land has given to the people.

VANCOUVER ISLAND

TRADITIONAL LANGUAGES:
MALCHOSEN | Éy7á7júuthem | SENĆOŦEN | Kwaḵwala
ENAKSIALAḴALA | HAILHZAQVLA | NUỤČAANŬLUH
DIITIIDʔAATX | A’ISLAḴALA

The Coast Salish, Nuu-chah-nulth and Kwakwakaw’akw people have long navigated the waters of the Pacific Ocean around Vancouver Island. They share their deep, respectful relationship with the bountiful ocean and temperate rainforests. The abundance has sustained whale pods and allowed complex metal and wood art to flourish.
FOR INDIGENOUS PEOPLES, LIFE IS LAND-BASED

Animals and life on the land inspire Indigenous arts and cultures. The table is set by ocean and forest; health and wellness reflect a relationship with the world around and all its living creatures. Plants are medicine. Culture is wellness. Connect to the bounty of the environment and experience captivating activities through the eyes of the First Peoples of this land.

Arts & Culture

Art and artifacts are alive in Indigenous culture – embodied and expressed by the living people, who carry the knowledge of their ancestors and share it with you, year-round.

ART GALLERIES AND STUDIOS
Visit Indigenous-owned and -curated collections of art made by Indigenous painters, jewellers, carvers, and weavers whose living stories as artists are connected to ancestral stories and experiences.

HERITAGE SITES
Active ancient fishing sites and petroglyphs are hidden in the forest along the Fraser River; historic villages and towering totem poles remain on northern coasts.

MUSEUMS
Sit in a storytelling chair and sink into sound recordings made by living speakers of ancient Indigenous languages. Step into an oceanfront longhouse and see the regalia of Chiefs and shamans.

GIFT SHOPS
Remember your experience of Indigenous land, people, and culture and support Indigenous artists and business owners.

CULTURAL CENTERS
View artifacts that have made their way home, hear stories from young Indigenous language speakers, and try your hand at traditional crafts like wool weaving and drum making.

Culinary & Wellness

Restore your spirit with a soak in sacred waters. Pamper yourself with contemporary professional treatments at an Indigenous-owned spa. New Indigenous fine dining and contemporary spa experiences honour old, simple ways. Sip Indigenous wine on sage-covered desert hills and sample from Indigenous culinary creatives at award-winning eateries in the fertile growing areas and urban landscapes of present-day British Columbia.

Lifetimes of living in close relationship to the land have gifted Indigenous people with a natural sense of integrity between vivid sensory experiences and deep healing spaces.

Wildlife & Nature

Remember your place in the circle as you respectfully enter grizzly bear sanctuaries in remote areas of BC or travel quietly in a canoe to view the spectacle of the salmon runs.

Get closer to the wild than ever before with Indigenous hosts and the assistance of their intimate knowledge of the land and its four-legged, winged, and finned inhabitants.

BEAR WATCHING
Enter the sanctuaries of black and grizzly bears as they feed on salmon and play in pristine forests. Join an autumn wildlife expedition and traverse life-sustaining waters with certified guides in safe vessels. Generations of cultural knowledge and experience sharing land with these creatures make Indigenous-guided bear watching expeditions safe and transformative wilderness experiences.
WHALE WATCHING
Witness the great whale families of the Pacific Northwest as they breach and sing. Orca, humpback, grey, and minke whales inhabit the waters of the Salish Sea and the North Pacific and have been returning in higher numbers, to the delight of first-time and dedicated whale watchers. Indigenous guides combine whale watching expeditions with storytelling visits to water-access coastal cultural sites.

WILDLIFE TOURS
Find your natural rhythm in the wild with the wisdom and support of Indigenous knowledge. Travel by canoe in Secwepemc Territory, take a self-guided auto tour through lava fields in Nisga’a Lands, or walk with a cultural ambassador and learn about traditional Coast Salish plant use within Vancouver city limits. Explore the foothills of the Rockies and the waters of the Pacific Northwest with an integrated Indigenous storytelling tour.

Outdoor Adventures

Time spent in the wilderness is never wasted. For Indigenous peoples, activities on the land are opportunities to share stories, collect food and medicine, and receive the beautiful return from creation.

Nature-based learning in the expansive Rockies, guided walking tours in what is now downtown Vancouver, and cultural sharing on the pristine beaches and forested coastlines of the Pacific Northwest provide opportunities to relax and transform your vacation into a fascinating adventure.

PADDLING
Explore the coast with paddleboards, canoes, kayaks, and other motor-free ways of water travel. Paddling is the original mode of transportation on the vast fresh and salt waters of British Columbia. The dip of your paddle and the call of the wild are the only sounds to be heard as you move across the water and create an intimate experience with nature that can reveal secrets of the land many will never learn.

FISHING
Meet the power of the Pacific Ocean, cast from the shores of winding rivers, or cast your line into a calm lake. Learn the best fishing spots and secrets from the people with the highest wisdom on the water.

HIKING & WALKING
Plant medicines and pictographs are at your fingertips when you walk with the people of the land you walk on. Hear the wisdom of the land offered by Indigenous guides from the Rockies to the Coast.

CAMPING
Pitch a tent or park your RV at vista-fuelled locations. Indigenous-owned campsites on Vancouver Island allow you to direct your experience and stay close to white sandy beaches, pristine forests of fir and cedar, and the Pacific Ocean.

Events
Combine your vacation goals by attending events hosted by Indigenous communities and organizations across British Columbia. Vibrant pow wows, gallery openings, and tantalizing dining experiences offer many chances to come together with the culture and community of your Indigenous hosts.

Open yourself to immersive experiences and cultural learning as a welcome guest at Indigenous feasts, performances, workshops, and storytelling sessions. Weave, dance, and dine in celebration of Indigenous diversity in British Columbia.

Where to Stay
Indigenous-owned accommodations in BC welcome you to take rest or host your event in meaningful spaces that celebrate Indigenous culture and community. A variety of comfortable and unique Indigenous accommodation options provide amenities and styles to suit all tastes. Wedding ceremonies, business meetings, and peaceful sleep at oceanfront lodges, luxury tents, rustic yurts, boutique city hotels, and unique bed and breakfasts.
Did you know that British Columbia is the most linguistically rich province in Canada for First Nations languages? Within BC you can hear approximately 60 dialects of over 34 languages, all part of 7 distinct language families that account for 60 percent of Canada’s First Nations languages.

Some would say, First Nations languages are "the voice of the land," speaking to how people feel about the land, rivers, oceans, and the whole environment. For example, in SENĆOŦEN the word for the "earth" translates as "my wish for the people," with the possessive referring to the creator of all things. A "mountain" is "my gift" and "islands" are "my relatives of the deep."

This map includes the First Nations’ languages as they are generally known today. The best way to learn the pronunciation of these language names is to listen closely when in the presence of a fluent speaker, and perhaps even ask for a quick lesson.

For more information on First nations languages in BC, go to fpcc.ca — the website of the First Peoples' Cultural Council.
## ARTS & CULTURE

### AGASSIZ / HOT SPRINGS REGION
1. **Ruby Creek Art Gallery**
   - Gift Shop
   - Telephone: (604) 796-0740
   - RubyCreekArtGallery.com

### ALERT BAY
2. **Culture Shock Interactive Gallery**
   - Gift Shop, Cultural Performance, Storytelling, Canoeing
   - Telephone: (250) 574-2484
   - CultureShockLife.com

3. **U'mista Cultural Centre**
   - Cultural Centre & Museum, Gift Shop, Cultural Tours
   - Telephone: (250) 574-5403
   - U'mista.ca

### BARRIEIER
4. **Gift n' Gab Trading Post**
   - Gift Shop
   - Telephone: (250) 672-1091
   - GiftnGab.ca

### BELLA COOLA
5. **Copper Sun Gallery**
   - Gift Shop
   - Telephone: (250) 267-6430
   - CopperSunGallery.ca

### BOSTON BAR
6. **Tuckkwiowhum Interpretive Village**
   - Heritage Site, Gift Shop, Cultural Performances, Traditional Food
   - Telephone: (604) 860-9610

### CAMPBELL RIVER
7. **Awtain Aboriginal Arts**
   - Art Gallery, Gift Shop
   - Telephone: (250) 912-4452
   - AwtainArt.com

### CHILLIWACK
8. **Cheam Trading Post**
   - Gift Shop, Traditional Food
   - Telephone: (778) 549-2522
   - CheamTradingPost.com

### COURTENAY
9. **I-HOS Gallery**
   - Heritage, Gallery, Gift Shop, Cultural Performances, Events, Canoeing
   - Telephone: (250) 339-7702
   - I-HOSGallery.com

### FORT LANGLEY
10. **Sxwimele Boutique & Gift Shop**
    - Art Boutique, Gift Shop
    - Telephone: (604) 888-8477
    - IndigenousShop.ca

## FORT SAINT JOHN
11. **Indigenous Artist Market**
    - Gift Shop
    - Telephone: (250) 785-1870

### HAZELTON
12. **Ksan Historical Village and Museum**
    - Heritage Site, Cultural Tours, Cultural Performances
    - Telephone: (250) 842-5544
    - Ksan.org

### KAMLOOPS
13. **Eagle Eye Gifts**
    - Gift Shop, Cultural Workshops
    - Telephone: (250) 372-1114
    - EagleEyeGifts.ca

14. **Secwepemc Museum and Heritage Park**
    - Heritage Site, Museum
    - Telephone: (250) 828-9749
    - SecwepemcMuseum.ca

### LAXGALTS'AP (GREENVILLE)
15. **Nisga'a Museum**
    - Museum, Gallery, Gift Shop
    - Telephone: (250) 633-3050
    - NisgaMuseum.ca

### LILLOOET
16. **Xwisten Experience Tours**
    - Heritage Site, Traditional Fishing Grounds, Pithouse
    - Telephone: (250) 268-2844
    - XwistenTours.ca

### OSOYOOS
17. **Nk'Mip Desert Cultural Centre**
    - Cultural Centre & Museum, Gift Shop
    - Telephone: (250) 495-7901
    - NkMipDesert.com

### PORT ALBERNI
18. **Ahstik Native Art Gallery**
    - Gift Shop, Art Studio
    - Telephone: (250) 723-3425
    - Ahstik.com

### POWELL RIVER
19. **Wind Spirit Art**
    - Art Gallery, Café, Studio, Workshops
    - Telephone: (604) 485-7572
    - WindSpirit.com

### QUADRA ISLAND
20. **Nuymumblees Cultural Centre Society**
    - Cultural Centre & Museum, Gift Shop
    - Telephone: (250) 285-3773
    - MuseumAtCapeMudge.com

### SKIDEGATE
21. **Haida Heritage Centre at Kay Llnagaay**
    - Cultural Centre & Museum, Gift Shop, Artist Studio, Workshops, Restaurant
    - Telephone: (250) 559-7885
    - HaidaHeritageCentre.com

### TOFINO
22. **Eagle Aerie Gallery**
    - Art Gallery
    - Telephone: (250) 725-3235
    - RoyHenryVickers.com

23. **Bill Reid Gallery of Northwest Coast Art**
    - Gallery, Gift Shop
    - Telephone: (604) 682-3455
    - BillReidGallery.ca

### VANCOUVER
24. **Musem of Contemporary Culture**
    - Cultural Centre & Museum, Gift Shop, Interpretive Tours
    - Telephone: (604) 263-3261
    - Musemum.ca

### WILLIAMS LAKE
25. **Xat'sull Heritage Village**
    - Heritage Site, Traditional Lodging, Hiking and Walking
    - Telephone: (250) 297-6502
    - XatshuHilteHeritageVillage.com

### WHISTLER
26. **Squamish Lil'wat Cultural Centre**
    - Cultural Centre & Museum, Gift Shop, Cultural Performances, Workshops, Restaurant / Traditional Food Tasting
    - Telephone: (604) 769-2824
    - IndigenousWorldWinery.com

### RED FOX CLUB
27. **Cheryl's Trading Post**
    - Gift Shop
    - Telephone: (778) 886-5090
    - CherylTradingPost.com

### WHITE ROCK
28. **Culinary Tours**
    - Wild West Tours, Whel-matching, Bear-viewing, Whale-watching, Cultural Tours
    - Telephone: (250) 850-1101
    - AboriginalJourneys.com

### CAMPBELL RIVER
29. **Aboriginal Tours Wildlife Viewing & Adventure Tours**
    - Wilderness Tours, Bear-viewing, Whale-watching, Cultural Tours
    - Telephone: (250) 860-9610
    - AboriginalJourneys.com

### HOMALCO WILDLIFE & CULTURAL TOURS
30. **Kekuli Café**
    - Bistro, Café, Gift Shop
    - Telephone: (250) 768-3555
    - KekuliCafe.ca

### WESTBANK
31. **Indigenous World Winery**
    - Winery, Wine Shop, Wine Tasting, Dining and Gift Shop
    - Telephone: (250) 769-2824
    - IndigenousWorldWinery.com

### RED FOX CLUB
32. **Dining, Winery, Wine Shop, Wine Tasting and Gift Shop**
    - Telephone: (778) 755-6360
    - RedFoxClub.ca

### WILDLIFE AND NATURE
33. **Kekuli Café**
    - Bistro, Café, Gift Shop
    - Telephone: (250) 378-3588
    - KekuliCafe.com

## PORT MCDONNELL
34. **K'awat'si Tours**
    - Wildlife-viewing, Whale-watching, Cultural Tours
    - Telephone: (250) 394-6032
    - KawsotiTours.ca

## PORT McNEILL
35. **Sea Wolf Adventures**
    - Wildlife Tours, Bear-viewing, Whale-watching, Cultural Tours
    - Telephone: (250) 902-9653
    - SeaWolfAdventures.ca

## SIDNEY
36. **Sidney Whale Watching**
    - Whale-watching, Marine Wildlife Tours, Storytelling
    - Telephone: (888) 665-7599
    - SidneyWhaleWatching.com

## TOFINO
37. **Clayoquot Wild Nature Tours**
    - Fishing Charters, Whale Watching, Bear-viewing, Wildlife Tours, Bear-viewing, Whale-watching, Cultural Tours
    - Telephone: (250) 902-9653
    - ClayoquotWild.com

## WILLIAMS LAKE
38. **Nk'Mip Cellars**
    - Wine Tasting, Dining, Winery, Wine Shop, Wine Tasting
    - Telephone: (250) 495-2985
    - NkMipCellars.com

## OUTDOOR ADVENTURES
39. **Clayoquot Spirit Journeys**
    - Guided Walking Tours, Cultural Tours, Bear-viewing, Whale-watching, Cultural Tours
    - Telephone: (250) 860-9610
    - CopperSunGallery.ca

## BAMPFIELD
40. **Kispiox Adventures**
    -指導Hiking Tours, Cultural Tours, Bear-viewing, Whale-watching, Cultural Tours
    - Telephone: (250) 735-3432
    - Kispiox.ca

## BELLA COOLA
41. **Cheryl's Trading Post**
    - Gift Shop, Traditional Food
    - Telephone: (778) 549-2522
    - CheamTradingPost.com

## COURTENAY
42. **I-HOS Gallery**
    - Heritage, Gallery, Gift Shop, Cultural Performances, Events, Canoeing
    - Telephone: (250) 339-7702
    - I-HOSGallery.com

## FORT LANGLEY
43. **Awtain Aboriginal Arts**
    - Art Gallery, Gift Shop
    - Telephone: (250) 912-4452
    - AwtainArt.com

## CHILLIWACK
44. **Cheam Trading Post**
    - Gift Shop, Traditional Food
    - Telephone: (778) 549-2522
    - CheamTradingPost.com

## COURTENAY
45. **Copper Sun Gallery**
    - Gift Shop, Traditional Food
    - Telephone: (250) 267-6430
    - CopperSunGallery.ca

## FORT LANGLEY
46. **Sxwimele Boutique & Gift Shop**
    - Art Boutique, Gift Shop
    - Telephone: (604) 888-8477
    - IndigenousShop.ca

## KISPIOX
47. **Kispiox Spirit Journeys**
    - Eco-Expeditions, Fishing Access, Camping
    - Telephone: (250) 842-0168
    - KispioxAdventures.ca