

SOAR

Inflight
Magazine for
Pacific Coastal
Airlines

A walk in the park

Take a hike in the
Lower Mainland & explore
a host of new BC parks

FLAVOURS OF BC

Try these four Indigenous
restaurants

ON THE SEA SIDE OF SIDNEY

Wandering the waterfront
in Sidney by the Sea

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Exclusive Sharpes Bay: 2.84 acre property in a private oceanfront estate community located on the southern shores of the **Malaspina Peninsula 8 km NW of Lund**. Beautifully forested with modest slope down to the ocean. Power and moorage available. An unparalleled community development with **23** fully-serviced, southern exposure oceanfront and view acreages. **\$890,000**



Coulter Island, Discovery Islands: ¼ shared interest in this beautiful **44** acre island, includes **7** acres and exclusive ownership of modern **2738**sqft home and shop, with integrated power system providing all the comforts of daily living. Excellent SW exposure and views. **12** acres common property and shared moorage. Off the western shore of **Cortes Island**. **\$687,500**

Alert Bay Cabins. Alert Bay Cormorant Island. Established, well-managed and profitable accommodation/resort-style business opportunity. Two separate titled properties totalling **2.35** acres. **12** detached cottages, **2885**sqft owner/operator residence and management office. Nicely landscaped, common use outdoor areas. Great investment or lifestyle choice. **\$1,200,000**

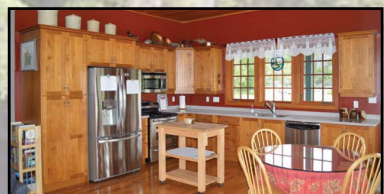
Read Island Acreage: 56 acre oceanfront property, southern exposure and panoramic views in a beautiful, natural setting. **5400**ft of shoreline, diverse and dramatic topography, mostly forested. Complement of walking trails throughout. This magnificent peninsula offers a wide range of viewscapes and development opportunities. Water access only. **\$595,000**



Phillips Arm Oceanfront: 6.2 acres fully forested and undeveloped with **1368**ft on the SW shoreline of **Fanny Bay** in **Phillips Arm**. The topography is moderately sloped up away from the ocean. Mix of mature merchantable size fir, hemlock and cedar. Deepwater frontage that is well protected for moorage. Water access only. **\$135,000**

Sonora Island Oceanfront: 4.72 acres with **713**ft of shoreline. **2** modest vintage dwellings, **760**sqft oceanfront house with loft and a forest studio. Extensive oceanside deck. Property is manicured at ocean's edge with the balance beautifully forested. Two creeks. In an exclusive region of the **Discovery Islands** on the east side of **Sonora Island**. **\$515,000**

Campbell River Luxury Home: Beautiful, contemporary-style **3267**sqft home with panoramic views over **Discovery Passage**. Main level entry into primary living space. Gourmet kitchen with high-end appliances, luxurious master bedroom and ensuite, 10ft ceilings, extensive built-in cabinetry and storage throughout. Spacious two car garage, fenced backyard. **\$1,385,000**



Telegraph Cove Vancouver Island: Charming **1512**sqft **3** bedroom home with country flair. Exquisite wood interior finish, lots of windows. Open concept living area with an expansive custom kitchen. Large primary bedroom suite with ensuite and walk-in closet. Ocean views. Covered wrap-around porch. Detached, wired single garage. Popular whale watching region. **\$559,700**

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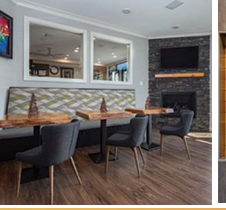

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SOARING TO NEW DESTINATIONS

PRESIDENT'S MESSAGE



2020 was an interesting year for the airline and tourism industry as we faced many challenges due to COVID-19. Despite the challenging year we have had, we remain committed to offering safe, reliable and convenient flight service throughout British Columbia.

Since our return to service after the temporary suspension last March, it has been our intention to rebuild Pacific Coastal Airlines better than it was. There were a few BC communities in need of support for a new air carrier, and although this period was a challenging time to initiate a new service, we felt there was now a place for Pacific Coastal Airlines in these communities.

Within the first two months of 2021, I am proud to report, we have introduced two new routes and now connect to 18

destinations throughout the province of British Columbia. Our first new route between Vancouver and Penticton began on January 11. Our second new route started on February 9 between Vancouver and Kamloops. We are very excited to return to these communities and have appreciated the support from both cities during our route launches.

As we work through this pandemic, our air service will continue to help with the movement of essential service workers, passengers travelling for medical appointments, and time-sensitive cargo transportation.

Stay safe and stay healthy. 🇨🇦



Quentin Smith

PCA launches two new flight services

Links now offered between Vancouver and Penticton and Kamloops

Pacific Coastal Airlines flight #8P1303 arrived at the Penticton Airport at 11:30 a.m. on January 11, 2021. The inaugural flight represented the start of new, non-stop flight service between Vancouver International Airport South Terminal (YVR) and Penticton Airport (YYF), supporting travel for essential service workers, passengers travelling for medical appointments and cargo transportation.

Flights between Vancouver and Penticton will occur four days a week on a Beechcraft B1900 aircraft. Customers can also benefit from convenient connecting flight options to reach other communities in British Columbia such as Victoria, Comox, Campbell River or Powell River.

"The arrival of Pacific Coastal Airlines marks a great start for the year, both for our airport and our community," said Penticton Mayor John Vassilaki at the route launch. "Whether it's for essential service passage during the pandemic, the transport of needed cargo, or access to medical appointments in the Lower Mainland, air travel to and from Penticton remains a key link to other parts of the province, so I'm pleased to see Pacific Coastal Airlines here today supporting our community in maintaining that linkage."

Penticton Indian Band Chief Greg Gabriel also welcomed the airline to the community, saying, "The Penticton Indian Band is confident of the increased business opportunities this service will bring to our region. We would like to welcome Pacific Coastal Airlines to the Syilx Territory and the community of Sn'pinktn. We hope that all those who travel here, arrive safely and travel home with appreciation for this land in their hearts."

The Vancouver-Penticton link was



Launch day in Kamloops.


the first of two new routes introduced by PCA this winter. Effective February 9, PCA also launched new, non-stop service between YVR and Kamloops Airport (YKA).

The 50-minute flight will operate six days a week. Flights will be offered Sunday to Friday on the 19-passenger pressurized turboprop Beech 1900D aircraft. The 1900D offers comfortable seating, six-foot cabin height and generous cargo capacity.

"Tourism Kamloops and our stakeholders are extremely happy with Pacific Coastal Airlines' decision to return to our city," said Beverley DeSantis, CEO Tourism Kamloops. "[This] marks a great start for the year, both for our airport and our community. We are grateful for their support of our community and for addressing the needs of our industry. We look forward to a very successful collaboration long into the future."

"This flight marks the start of a service that provides an important connection to Vancouver for our residents' essential travel needs. As we work through this pandemic, this air service will be an important component in Kamloops' economic recovery," said Kamloops Mayor Ken Christian.

Pacific Coastal Airlines is a privately owned British Columbia-based regional airline, operating from Vancouver International Airport's South Terminal. It currently flies to 18 airports in British Columbia and connects to additional destinations along the province's south coast through its affiliate airline Wilderness Seaplanes, located in Port Hardy on northern Vancouver Island.

Pacific Coastal is also the operator of WestJet Link, providing service from its base in Calgary to Cranbrook, Lethbridge, Lloydminster and Medicine Hat. 

MEET A PACIFIC COASTAL EMPLOYEE TRACY DO



Position: Procurement Coordinator
Location: Richmond, BC
Time with PASCO: Around five months

Job Description: Assisting in the procurement, organization and inventory level of aircraft parts. In addition, managing relationships with vendors, and negotiating and developing fair pricing strategies.

Where were you born and where did you grow up?

I was born and raised in Calgary, Alberta and decided to take a leap in 2020 and move to beautiful BC.

What path did you take to get to this job?

I hold a B. Com in Finance and always loved buying and selling items as a side hustle throughout university. Over time, I found passion in sourcing, managing inventory and logistics. Before working for Pacific Coastal Airlines, I was a purchaser at Viking Air Limited.

What do you like best about this job?

The people and our attention to detail. The extra mile we take to ensure our flyers and colleagues are happy, safe and taken care of!

What are your hobbies outside of the job?

I run an online consignment shop where I buy, sell, source and consign luxury handbags.

What is your favourite thing to do in your city?

Eat! I have an endless list of sushi restaurants I try to tackle!

AROUND BC



Back to the wild

by Wolf Depner

SIDNEY: Henry has left one bubble for a much larger one. Henry, the giant Pacific octopus named after provincial health officer Dr. Bonnie Henry has been returned to the Pacific Ocean after spending the last six months at Sidney's Shaw Centre for the Salish Sea.

The male cephalopod arrived in June to much fanfare. He left weighing 22 pounds, or 9.8 kilograms, having added 17 pounds or 7.7 kg since his arrival.

The scheduled release of the animal reflects traditional practice. As the centre noted in a press release, octopuses are highly intelligent, grow incredibly large (and fast) within a short lifespan of three to five years, and reproduce at the end of their life cycles.

"Gather all of these elements together and it's clear why the centre limits each octopus to approximately six months in residence."

According to his caretakers, the animal's name was fitting.

"This particular octopus, more than any former octopus resident, has been particularly calm, just like Dr. Henry," they say.

The Shaw Centre's last octopus, Pebbles, was released back into the wild in March shortly after the centre closed in response to the COVID-19 pandemic.

The Shaw Centre for the Salish Sea is a non-profit aquarium and learning centre dedicated exclusively to the Salish Sea bioregion.

Best historic hotel

VICTORIA: Victoria's iconic Fairmont Empress was named best historic hotel in the Americas this year—a prestigious award granted by Historic Hotels Worldwide.

The destination historic landmark overlooking Victoria's Inner Harbour is part of a series of Fairmont hotels built by the Canadian Pacific Railway to serve as destinations along the transcontinental line. The Empress was designed by renowned architect Francis M. Rattenbury and built between 1904 and 1908 with the intention of catering to the wealthy.

Over the years, in addition to welcoming guests from across the globe, the Empress has hosted royalty, international leaders and celebrities, including King George VI and Queen Elizabeth, Winston Churchill, Barbra Streisand, Harrison Ford and many others.

Today, it's known for its lush front gardens, its celebrated Afternoon Tea and chateau-like architecture. The hotel has undergone a number of renovations since opening, with the most recent \$60-million update finished in 2017.

Kamloops food hub

KAMLOOPS: Food and beverage producers will soon have more opportunities to grow their businesses while increasing food security with the development of a new food hub in Kamloops.

"BC food hubs create new opportunities for small- and medium-sized businesses and strengthen food security, so British Columbians can rely on locally grown and processed food now and for generations to come," said Lana Popham, BC's minister of agriculture, food and fisheries. "Our BC Food Hub network is a wonderful example of innovation at a local level, creating jobs and supporting farming, skills training and community building in the regions they operate."

The BC government is investing up to \$750,000 to purchase food-processing equipment and cover other startup costs in partnership with the City of Kamloops and the Kamloops Food Policy Council. The hub will help small- and medium-scaled businesses access shared food and beverage processing space and equipment to increase their production and sales.

One of the businesses looking forward to using the new food hub is Local Pulse, founded by Kent Fawcett in 2018. Fawcett makes plant-protein-based foods to help people eat more pulses like peas, beans and lentils. He has developed his own "just add water" products, which include dehydrated instant hummus and a muesli made with pea protein. Fawcett hopes to use the Kamloops food hub's shared kitchen



Produce from Kamloops' Thistle Farms.
PHOTO BY RACHEL LEWIS AND COURTESY TOURISM
KAMLOOPS.

and support resources to help continue to grow his business and create more products for customers.

"I am thrilled that Kamloops is getting a food hub," Fawcett said. "Kamloops is bursting at the seams with talented people who are passionate about good food. Through the food hub, local foodie entrepreneurs will have access to resources and equipment to turn their tasty ideas into successful businesses and become a part of a collaborative community that will strengthen our local food system for future generations."


All abuzz about funding

BRITISH COLUMBIA: There is a buzz in the air as a new round of Bee BC funding opens to support more community projects aimed at protecting the health and habitat of bees. "Bees play a role in the everyday life of British Columbians and a vital role in our agricultural industry," said Lana Popham, BC's minister of agriculture,

food and fisheries. "Farmers rely on bees to pollinate their crops and consumers rely on farmers to put fresh produce on their plates, so the work BC beekeepers do to keep our bee populations healthy is important to all citizens. By supporting these projects, we are helping future generations of bees and ensuring food security in BC."

Beekeepers, beekeeping associations and regional and community-based organizations can apply to receive up to \$5,000 to fund projects enhancing bee health throughout the province.

Projects can range from providing education in communities to planting bee-specific forage to using innovation and technology to help protect and ensure bee health in BC.

A new bee-health website has also been launched as an online resource, featuring best practices and lessons learned from completed projects under the Bee BC program: <http://bcbeehealth.ca/> 

Purely Pentiction

A wild winter escape

By Lauren Kramer

I'm standing on the frozen expanse of Chute Lake, 4,000 feet above Pentiction, staring at a hole in the lake beneath which the trout are supposedly large, hungry and just waiting for my bait.

Warmed by the crackle of a firepit a few feet away, I'm realizing the middle of Chute Lake is not a bad place to reflect on life and the winter beauty of the Okanagan. Behind me the rustic Chute Lake Lodge is caked in snow, its 100-year-old facade framed by trees and shadowed by the sharp rise of steep mountain cliffs. A few Canadian geese fly overhead, but apart from their brief farewell cries there are no sounds but the crackle of the fire to punctuate the sweet stillness of a snowy morning.

By February, when I visited last year, the lake's four feet of ice make a great surface for a meditative walk with snowshoe-clad feet, on a lake that feels literally lost in time. Situated smack bang on the historic

Warmed by the crackle of a fire pit a few feet away, I'm realizing the middle of Chute Lake is not a bad place to reflect on life and the winter beauty of the Okanagan.

Kettle Valley Railway trail, the lodge at Chute Lake has long been known as the place for a nostalgic family vaca-

tion or an afternoon tea of signature homemade apple pie.

Recently under new ownership, its eight cabins have been lovingly repaired and updated without erasing their historic charm. Look carefully and you'll find log-hewn walls bearing graffiti dating back to the 1930s, and ancient, wood-fired stoves now used to heat the cabins. Kids toboggan outside, guests sign up for yoga classes and a session in the sweat lodge, and families chat over home-cooked meals in the warm friendliness of the lodge's communal dining room. It's an intimate, recuperative experience that couldn't be more different from today's "resort style" accommodation.



Chute Lake Lodge



Great Estates Okanagan Wine Experience Centre.

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After a less-than-successful fishing experience I warm up over a steaming bowl of nourishing beef stew. Then I tackle the mountain switchbacks to return to Penticton for an afternoon of wine tasting.

It's low season in the Okanagan, a great time to enjoy the city, its breweries and wineries, without having to wait in lines or hunt for parking. In the off-season you have the place all to yourself, a great opportunity to fill your time with tasty libations, winter biking, breweries and ski resort options.

Sandwiched between lakes Skaha and Okanagan, Penticton is an unpretentious city where old and new collide, offering a heady mix of recreational offerings all year

round. This winter don't let the colder temperatures deter you from visiting. There's a good chance you'll be swept away by the serene beauty of this Okanagan destination.

EAT

To gain a deeper appreciation of the complex flavours of the region, visit Great Estates Okanagan, a downtown wine experience centre and store that specializes in pairing the valley's best wines with carefully selected local cheese and chocolate. This is a tempting one-stop-shop for those who want to sniff, swirl and sip their way through a portfolio of Okanagan wineries without visiting each one individually. (greatestesokanagan.com)

SEE


Some of the Kettle Valley Railroad Trail's most popular terrain for cyclists lies between Penticton and Kelowna, a segment that includes the Myra Canyon trestles and the most spectacular scenery. Don't be deterred from venturing this way when there's snow on the ground. With a fat-tire electric bike you have all the traction you need. With the aid of battery power, most of the work is done for you, giving you the freedom to enjoy the view and climb the hills without concern for breathless exhaustion. Freedom bike shop, on Penticton's main drag, is a quick ride from the trailhead. (freedombikeshop.com)



DO

Apex Mountain Resort, a playground for downhill skiers since 1961, has more than its share of adrenaline-pumping mountain trails, but it also boasts a good selection of ski alternatives and softer winter adventures. Rent skates and take to the Adventure Ice Loop, one kilometre of magical skating terrain surrounded by trees. For a faster ride, rent a tube and slip down a gentle slope at the tube park, or if the hiking trails are calling, strap snowshoes onto your feet and venture into the valley and down by the creek on a self-guided trail. There's a good chance the only tracks will be yours. (apexresort.com)

SLEEP

Chute Lake Lodge, 30 kilometres from Penticton, is a picturesque lodge with a history dating back to the construction of the Kettle Valley Railroad in the early 1900s. Newly restored, its eight cabins are a great venue for a back-to-nature family retreat, with a plethora of recreational possibilities that include trout ice fishing, tobogganing, snowshoeing, a sweat lodge and yoga classes. Chute Lake delivers the kind of serenity that only comes from a remote mountain lodge steeped in snow, solitude and timeless charm. (chutelakelodge.ca) 



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General Info: travelpenticton.com
See pacificcoastal.com



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Flavours *of* BC

Nax'id Pub at the Kwa'lilas Hotel in Port Hardy offers tastes of the sea.
Indigenous Tourism BC/Kimberley Kufaa



Reservations are recommended at the exquisite Salmon n' Bannock Bistro in Vancouver.
 Indigenous Tourism BC/The Food Gays

Four Indigenous restaurants to try in 2021

How do you get to know the land where you live? Walking in the wild is a good first step; eating local foods is another.

When you travel to Italy, you'll be excited to eat pasta, when you travel to India you'll fill up on curry. What meals and ingredients help you get to know the land in BC?

The flavours of the West Coast are endless, as cultures from around the world continue to converge in cities and small towns. But when you want to taste the land's wild-grown ingredients, it's probably best to consult with the cultures that have been living here for thousands of years.

In the last decade, an increasing number of Indigenous chefs have opened restaurants, sharing traditional recipes with a modern twist. If you'd like to taste the flavours of BC, pull up a chair and try a meal from each of these Indigenous-owned restaurants!

Salmon n' Bannock Bistro

Growing up, Inez Cook always knew she would own a restaurant—a space where diners could travel to a different place, but also feel at home.

Her dream came true with Salmon n' Bannock Bistro in Vancouver, where current staff represent Carrier-Sekani, Haida, Long Plain, Muskoday, Nuxalk, Ojibway, Pinaymootang, Quw'utsun, Squamish and Tsimshian First Nations.

Try the pemmican mousse—smoked and dried bison hand-ground with sage-blueberries and cream cheese—or the Ojibway wild rice risotto. You may have to come back more than once to taste all your favourites!

Kekuli Cafe

Sometimes we can let good habits slip when we're on the road, but the Kekuli Cafe makes it easy to support local entrepreneurs.

The owners make a point of helping

everyone feel welcome: their two locations in Merritt and West Kelowna make for convenient pitstops, and the food is the perfect mix of comfort and creative cuisine.

Grab a smoked wild-salmon breakfast bannock-wich, try a venison frybread taco seasoned with sage, blueberry and Saskatoon barbecue sauce, or treat yourself to an afternoon pick-me-up of Spirit Bear organic espresso and a bannock berry scone.

Nk'Mip Cellars

North America's first Indigenous-owned winery, Nk'Mip Cellars, in Osoyoos, BC is owned by the more than 500 band members of Osoyoos Indian Band, and shares the fruits of the land they call home.

Qwam Qwmt (pronounced kw-em kw-empt) means "achieving excellence" in the Syilx language, and



The tasting room at Nk'Mip Cellars, North America's first Indigenous-owned winery. Indigenous Tourism BC/Brendin Kelly/Nk'Mip Cellars

the Qwam Qwmt estate wines certainly live up to the name. They're produced in limited quantities from the fine grapes grown on the 40-year-old Inkameep Vineyards, and are the perfect way to experience the extremes of the desert where they're grown.

Nax'id Pub

If you're looking to taste the splendors of the sea, you can't get much better than Nax'id Pub in Port Hardy, a seaside town at the northern tip of Vancouver Island.

Chow down on a plate of Port Hardy prawn tacos, or savour the house-smoked wild salmon and crispy cod. Find the pub in the Kwa'lilas Hotel, and check out Chef Gord's sister restaurant ha'me' when it re-opens later in the year.

This story first appeared on westcoasttraveller.com. Plan your travel adventures here and on Facebook and Instagram @thewestcoasttraveller. 📍



Elijah Mack, owner of Kekuli Cafe Coffee & Bannock in Merritt. The restaurant is the perfect pitstop with quick bites and a welcoming atmosphere. Indigenous Tourism BC/@miraecampbell

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Take a hike!

There are dozens of great hikes in the Lower Mainland, including a day trip to Barrier Lake. Keep going for an even more beautiful view at Garibaldi Lake. Photo by Amy Attas

Great trekking spots around the Lower Mainland

By Amy Attas

BC's Lower Mainland is a hiker's paradise! With hundreds of trails within an hour or two of downtown Vancouver, you're bound to find a new favourite spot to take in the view, soak up the surroundings and probably break a sweat.

There are lots of great Lower Mainland hikes for trekkers of all ages and abilities, but these are five of our favourites. Happy exploring!

Garibaldi Lake

Where: Sea-to-Sky, between Squamish and Whistler.

What: Forested climb to a surreal turquoise lake.

Know before you go: It's possible to climb up to the lake and back to your car in a day, but a multi-day trip gives you more time to explore. Garibaldi Lake is equipped with cooking shelters, sinks and picnic tables, making it a great base camp for trips to Black Tusk or Panorama Ridge.

Pitt Lake Wildlife Loop

Where: Pitt Lake, north of Maple Ridge.

What: Flat trails and excellent wildlife viewing.

Know before you go: As you walk the narrow dikes between waterways, keep your eyes peeled for great blue herons, eagles and other birds, plus beavers, deer and maybe even bears!

The trails are great for all ages and abilities, and you can climb the wooden viewing platform for a new perspective. As of May, 2020 Grant Narrows Boat Launch is closed so boating on Pitt Lake is more difficult, but hiking is still great.

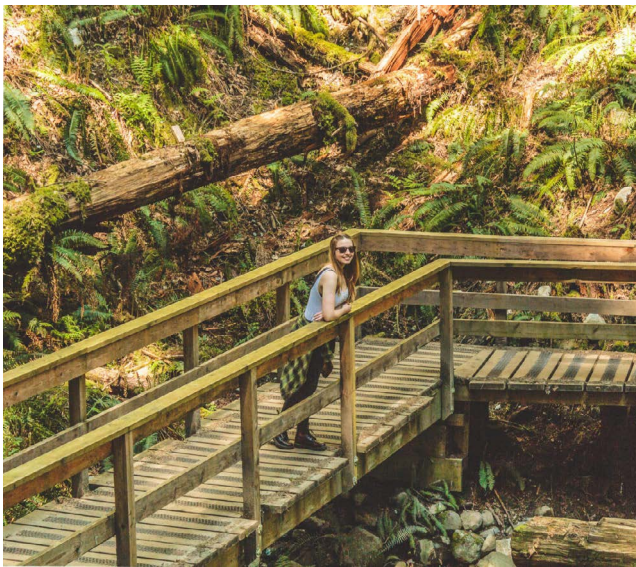
Chipmunk Creak (Cheam Peak + Lady Peak)



Pitt Lake is an accessible hike for the whole family, and a great place to spot wildlife. Photo by Liz Boulton



You'll need a vehicle with 4x4 to make it to the Mt. Cheam trailhead, but the hike is certainly worth it! Photo by Ashley Kazakoff



Baden Powell Trail.



Make a base camp at Garibaldi Lake, then take day trips to Black Tusk or Panorama Ridge. Photo by Amy Attas

Where: Southeast of Chilliwack.

What: Spectacular views of the Fraser Valley.

Know before you go: The drive to the trailhead is more difficult than the hike—do not attempt to drive on the decommissioned logging road without a 4x4 vehicle with high clearance. It's cold and windy at the summit, even in summer, but the 360-degree views are spectacular!

Baden Powell Trail

Where: Vancouver's North Shore, from Horseshoe Bay to Deep Cove.

What: A forested 48-kilometre trail, with many access points for shorter hikes.

Know before you go: Named for the founder of the Scouts, this trail includes many points of interest for popular day hikes; try the Lynn Canyon suspension bridge, the Quarry Rock lookout or the views of Vancouver from Eagle Bluff.

Diez Vistas

Where: North of Port Moody.

What: Diez Vistas means "10 viewpoints," giving you great views up Indian Arm and down to Burnaby, Deep Cove and Vancouver on a clear day.

Know before you go: Expect to climb for over an hour before reaching the first viewpoint; the other nine are easier to reach along the ridge.

This story first appeared on westcoasttraveller.com. Plan your travel adventures here and on Facebook and Instagram @thewestcoasttraveller. 📍

On the sea side of Sidney



By Hans Tammemagi / Photos, Don Denton

Sitting on a bench in Sidney's Tulista Park, I'm dazzled by the beauty around me. The Gulf Islands dot the horizon, dominated by the majestic, snow-capped Mount Baker in the distance. The sun is shining and the waves are sparkling. Here and there, glistening white sails scud along the water like silvery ghosts.

My plan is to spend this glorious summer afternoon on foot, casually strolling northward along the waterfront of Sidney, the small town right beside the Victoria International Airport. I'm excited to explore Sidney-by-the-Sea, as it is known, and the magical place where land meets the ocean.

A quick survey of Tulista Park leads me to Artsea Gallery with its array of paintings by local artists. My heart jumps as, nearby, youngsters on skateboards perform seemingly death-defying stunts on the rolling concrete of Sidney Skate Park.

I calm my nerves by starting my walk and gazing at the beautiful, tranquil Salish Sea.

Beside the dock that services ferries to the US San Juan Islands, the first of many art sculptures arises before me. The Keeper, a massive piece of sandstone by artist Ron Crawford, represents strength as it leans into the wind that whips the shoreline during winter storms. This is the first of many works of art that grace the shoreline path of the Sidney Seaside Sculpture Walk.

My legs stretch out as I enjoy the flat easy stroll north. I descend a short staircase from the walking path to the shoreline and wiggle my toes in the water, admiring the numerous driftwood logs that are as beautiful as sculptures. As I





hunt for sea glass, shells and odd pieces of driftwood, I keep a sharp eye out for sea life. For a few moments, the baleful round eyes of a seal stare at me, before it quietly slips under the water without a ripple.

Back on the path, I pass several other strollers. The locals unfailingly exchange pleasantries, and all of their dogs are just as outgoing, their tails wagging furiously as I pet them.

Fresh flowers had been placed in the hands of a fisherman sculpture that marks the beginning of the fishing pier, a wooden structure that extends far into the water. Chatting with Rand, a retired local, I discover crabbing and fishing aren't just reserved for deep-sea fisherfolk. He explains that catching rock crab is easy, particularly if you start early in the morning.



“This shoreline walk is the prettiest part of Sidney. I love how meticulously the path and adjacent gardens are maintained.”

Pointing to a rope on the railing that marks a trap he had immersed below the waves, he says, “I always catch my limit of four a day, and they taste great, especially when soaked in butter.”

I drool at the thought of it.

The path curves around Glass Beach, a tiny cove lined with logs. Lawns grace the landward side of the path and sculptures become more frequent. I stop to chat with Tony, another stroller, who says, “This shoreline walk is the prettiest part of Sidney. I love how meticulously the path and adjacent gardens are maintained.”

The Beacon Wharf, an extension of Sidney's main street, is next on my journey. The funky Pier Bistro at the end

tempts me, as a friend has raved about its eggs benny served on top of fresh crab cakes.

The Fish Market also catches my attention — a blue building sitting on dark wooden pilings covered in molluscs. Fresh fish is delivered to the market daily, often direct from fishing boats. Inside, a man with a gaff is tossing lingcod from a large bin into smaller iced containers.

Beside the wharf sits Beacon Park with its small, covered stage and several sculptures, including one of Jake James, a notorious pirate with a peg leg, a patch over one eye and a long telescope pointing out to sea. The statue makes me think of the prohibition era, when smugglers snuck alcohol across the nearby US border. Many locals, I learn, commemorate the town's rum-running past at the Rumrunner Pub.

At Sidney's award-winning aquarium, the Shaw Centre for the Salish Sea, I get up close and personal with wolf eels, jellyfish, rockfish, a giant Pacific octopus and hundreds of other creatures. And I never even get wet. It's fun watching schoolchildren peer into microscopes and tickle



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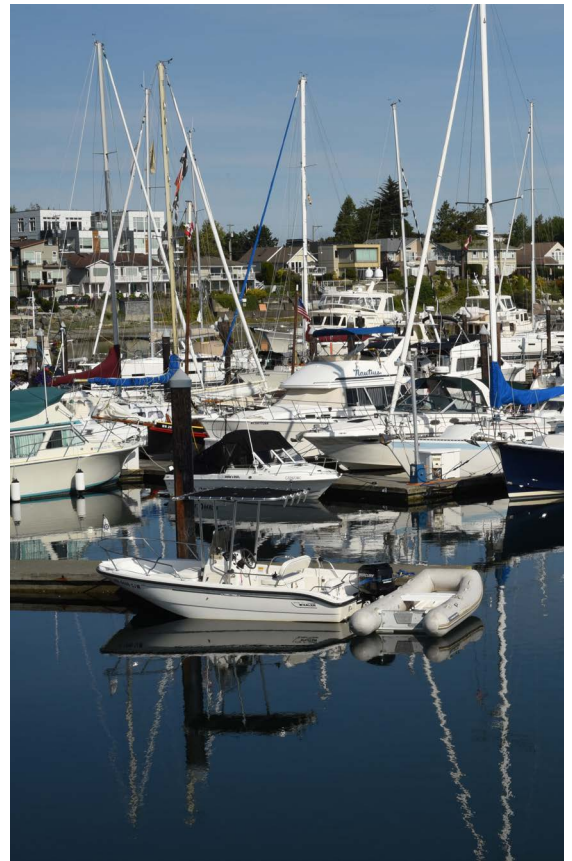
sea urchins in the touch pool.

I enter Victoria Distillers, Canada's only oceanfront distillery, since, after all, sundowner time is approaching. Touring the distillery, I discover it produces many quality spirits, including my favourite, Empress 1908 Gin.

At the Port Sidney Marina, an immense flotilla of gleaming yachts and sailboats bobs in the water, the boats' reflections shimmering in the clear, mirror-like sea. A small group of kayakers paddles past.

Near the northern end of the walk, a plaque describes how sail transformed to steam on the seven seas. This is one of a series of signs, which are part of a self-guided historical walking tour, marking significant past events in the development of Sidney. (Map available from the Sidney Visitor Centre.)

Watching the graceful boats in the marina, their forest of masts swaying gently in the breeze, and reflecting on the wildlife and sights I have passed, I realize, and appreciate, that Sidney has one of the most beautiful waterfronts in the world. 🏠



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A Walk in the Park



By Tom Fletcher

The environment ministry spent \$6.8 million to acquire strategic properties to add to 16 parks and protected areas in 2019-20, according to its annual acquisition report. Property donations from individuals, corporations and conservation groups brought the total value of the land acquired to \$9.7 million. Here is what has recently been acquired:

Chasm Park

Two historic ranches were donated to the park north of Cache Creek along Highway 97. Chasm Park protects the river canyon of Chasm Creek and the Bonaparte River, and the two holdings within it, valued at \$420,000, were donated under a federal ecological gift program in memory of two pioneer ranchers.

Tweedsmuir Park

A private holding near Bella Coola west of Williams Lake was purchased for \$575,000 and added to one of BC's largest parks. The purchase prevents it from being logged and enhances

salmon and grizzly bear habitat.

Octopus Islands Marine Park

The Marine Parks Forever Society donated \$1.5 million to buy 20 hectares in the Okisollo Channel off Quadra Island, north of Campbell River. The boat-access park includes several small islands with paddling, hiking, fishing and wilderness camping.

Cowichan River Park

A donation of \$395,000 from the BC Parks Foundation allowed acquisition of two hectares to add to the north edge of the park west of Duncan. The park protects sections of the Cowichan River, a heritage-designated salmon and steelhead river, and the latest land is part of a larger land assembly for the recreation and conservation corridor.

Cape Scott Park

Two properties within the northern Vancouver Island park were purchased for \$515,000. One has waterfront on Guise Bay, adding to 115 kilometres of ocean frontage and remote beaches west of Port Hardy.

Naikoon Park

Two private holdings within the park at the northern tip of Haida Gwaii were bought for \$411,000. The park, northeast of Masset, includes 100 kilometres of beaches as well as bogs, sand dunes, wetlands and rainforest with hiking, fishing and wilderness camping.

Okanagan Mountain Park

A 21.2-hectare parcel on Okanagan Lake across from Peachland was donated as part of a rezoning and subdivision, providing a buffer between the park and an adjacent residential area. The property was valued at more than \$1 million.

Skaha Bluffs Park

A 65-hectare property near the north end of Skaha Lake, valued at more than \$1 million, was donated to add to the park south of Penticton. Skaha Bluffs offers rock climbing and hiking, with protected habitat for bighorn sheep, western screech owl and other rare species.

Historic ranches, waterfront, mountains part of BC's latest park expansion

Landstrom Bar

Across the Fraser River from Hope, the park has hiking and public access to about one kilometre of river frontage. A one-hectare parcel was bought for \$762,500 to develop public access and a parking area.

Jewel Lake Park

A 16-hectare parcel at the south end of the lake was purchased for \$615,000 to add to current camping and fishing opportunities. Located north of Greenwood and Grand Forks, Jewel Lake is a popular spot to fly fish for rainbow trout.

Valhalla Park

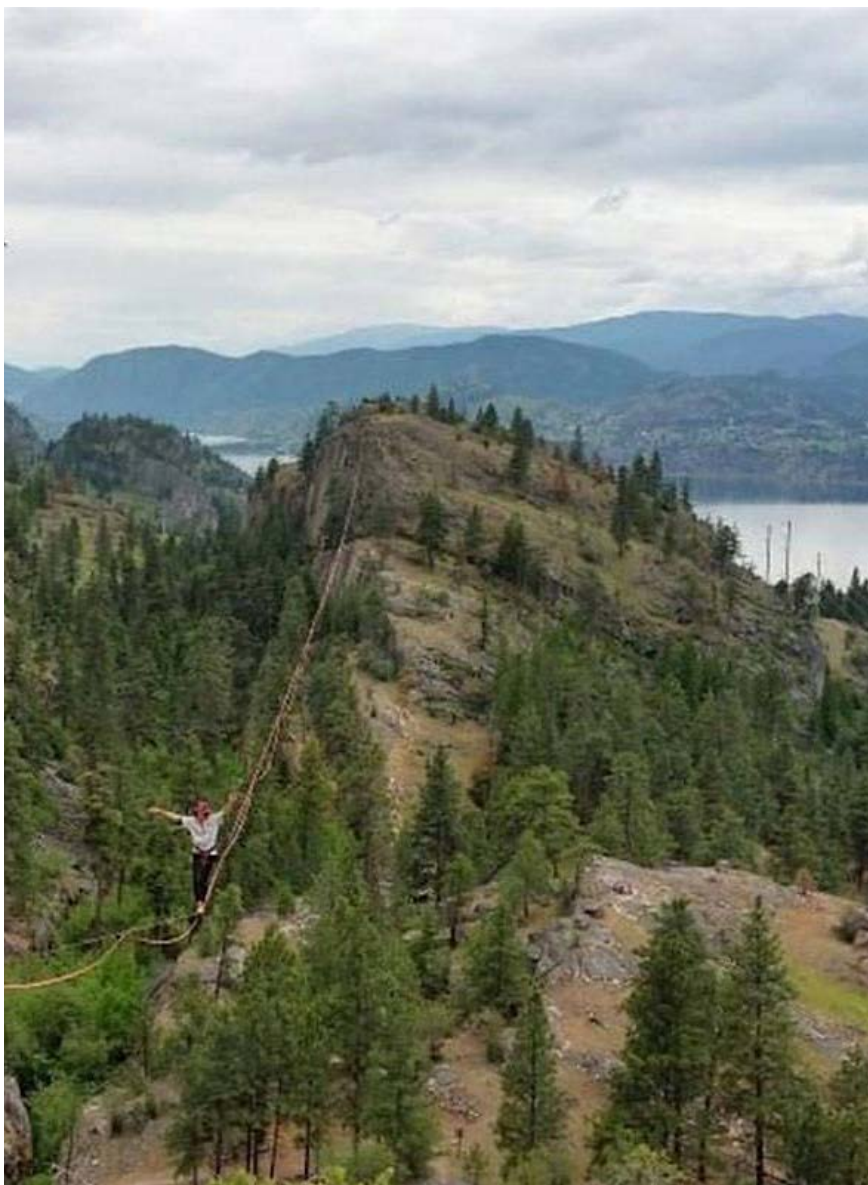
A 32-hectare holding within the park west of Slocan was purchased for \$175,000 to prevent incompatible uses from occurring. A trapline tenure was also bought out for \$50,000, to prevent fur-bearing animal harvesting in the park on the west side of Slocan Lake in the Selkirk Mountains.

Purcell Wilderness

Conservancy: Part of an ongoing acquisition in the mountains north of Nelson and Cranbrook, 18 hectares of waterfront on Kootenay Lake was purchased for \$640,800. The remote, undeveloped region is considered the only intact ecosystem in south-eastern BC.

Mount Pope Park

A day-use park on Stuart Lake, north-west of Fort St. James, the area is popular with hikers and rock climbers, with limestone rock formations and caves. Land valued at \$220,000 was acquired to use as a parking area for trail users.



Mount Robson Park

A 0.9-hectare right-of-way bought for \$50,000 protects a portion of the Overlander Trail along the Fraser River north of Valemount. Mount Robson is the second oldest park in BC on the western slope of the North Continental Range.

Cathedral Park

Two properties totalling 82 hectares were transferred from Okanagan College for \$1 to add to the park southwest of Keremeos. The park is located between the dense forest of the Cascade Mountains and the desert-like South Okanagan Valley.

West Twin Protected Area


A 59-hectare parcel along the Fraser River was bought for \$120,000 to

add to the only protected corridor across the Robson Valley trench, northwest of McBride.

Muncho Lake Park

A 2.5-hectare lakefront property was purchased for \$590,000 to provide a campsite at Muncho Lake, at Mile 463 of the Alaska Highway, west of Fort Nelson.

Eight hectares of land north of Kamloops was donated to the protected area, which covers three distinct grassland communities considered unique in western North America.

This story first appeared on westcoasttraveller.com. Plan your travel adventures here and on Facebook and Instagram @thewestcoasttraveller. 

Tourism Kamloops shares a puzzling pastime



From snow angels to skiing, Kamloops Winter Online Jigsaw Puzzles let you experience the picturesque Kamloops countryside virtually.

By Jennifer Blyth

As we spend this winter dreaming of travels to come, Tourism Kamloops offers a way to while away a little time with some favourite local landscapes. From snow angels and a Wildlights event spectacle at BC Wildlife Park to the perfect hockey shot and winter biking, Kamloops Winter Online Jigsaw Puzzles let you safely experience the picturesque Kamloops countryside. Choose from seven online jigsaw puzzles to get you thinking about past visits or planning your next trip.

How to play:

- Click one of the images or “view puzzles” to get started.

- Drag and drop the pieces until you’ve completed your puzzle.
- Need a hint? Roll over the image in the centre of the top bar to see the completed image.

Suitable for all family members, you can adapt the difficulty from six pieces to 400 with a click of your mouse. (You can even upload your own photo to try!)

Don’t forget to share with your friends so they can play along too!

To explore more from the Kamloops region, visit tourismkamloops.com 

Tsilhqot'in place names adopted for five geographical features

By Rebecca Dyok

Tsilhqot'in names have been officially adopted for several geographical features in BC's Cariboo.

Five names were proposed by the Tsilhqot'in National Government and supported by a number of entities, including the Cariboo Regional District, Rec Sites and Trails BC, Cariboo Mountain Bike Consortium, Avalanche Canada, BC Mountaineering Club and Association of Canada Mountain Guides.

While the names were officially adopted in June 2020, Carla Jack, provincial toponymist (a person who studies place names), noted events relating to COVID-19 delayed the implementation of the names and notifications from many communities.

Tyler Hooper, spokesperson for the ministry of forests, lands, natural resources and rural development, noted that geographical names reflect heritage values that evolve over time and convey aspects of an area's history.

"Indigenous place names are the original names, or names in the original languages of the land," Hooper said. "Recognizing and documenting Indigenous place names is vital to preserving Indigenous knowledge systems and living traditions, increasing the visibility of

Indigenous cultures in British Columbia, and increasing understanding of the deep history of the province."

Of the 28 place names officially adopted in the Cariboo-Chilcotin region in the last five years, 23 were Tsilhqot'in.

Recently adopted names are:

- ʔEniyud (pronounced Enni-yoot), formerly Niut Mountain, for the mountain located just east of the north end of Telhiqox Biny, north of the Homathko Icefield.

According to Tsilhqot'in legend, ʔEniyud was once a human woman married to a man named Tš'ilʔoš. When conflict drove them to separate, they and their children were turned to stone and became mountains.


Today, both ʔEniyud and Tš'ilʔoš are considered powerful agents that protect and oversee their respective areas. Tsilhqot'in teach that these powerful mountains should be shown great respect.

- Lhuy Nachasgwen Gunlin (pronounced Lhoo-ee Nachas-gwen Goo-leen), formerly Eagle Lake, located just south of Tatla Lake and north of Cochin Lake. Lhuy Nachasgwen Gunlin is the Tsilhqot'in name meaning "where there are many small fish" and refers to this lake as well as the wider area.

- Tsalhanqox (pronounced Tsa-hlan-koh), formerly Chilanko River, adopted for the river that flows east into Little Chilcotin River east of Tsideldel. Tsalhanqox is the Tsilhqot'in name meaning "river with many beavers" from the Tsilhqot'in words "Tsa" (beaver), "Lhan" (many) and "yeqox" (creek/river).

- Tsintšanš Xadalgwenlh (pronounced Tseen-tsoss Hadalgwenlh) for a mountain located just northwest of Scum Lake west of the Taseko River. It is a Tsilhqot'in name meaning "mountain at Tsintsans." The name Tsintsans refers to a wider locality, which includes Tsintšanš Biny (Scum Lake). Xadalgwenlh means "hill or small mountain."

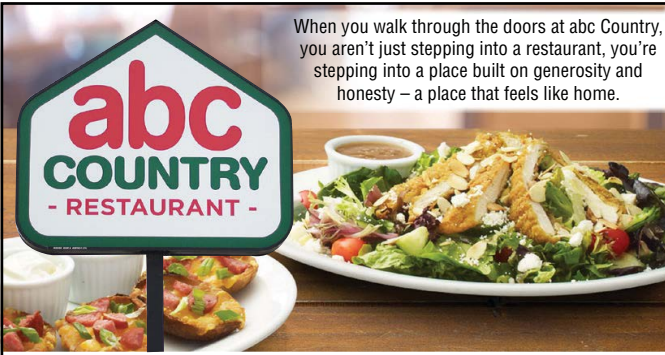
- Yuyetah Biny (pronounced Yuyeh-tah Bee), formerly Yohetta Lake, adopted for the lake located west of Taseko Lakes, east of Tselhgox Biny and south of Nemiah Valley. "Yuyetah Biny" is a Tsilhqot'in name meaning "lake at Yuyetah" where "Yuyetah" is a proper noun referring to that area/ valley and "biny" means "lake."

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