

SOAR

In-flight
Magazine for
Pacific Coastal
Airlines



Nature's Heartland

Big open skies

**Cowboy country
awaits**

October 2026 | Volume 35 | Number 5

Pacific Coastal
AIRLINES



Quadra Island Oceanfront

Beautiful **8.77** acre property with approx. **1,792ft** of oceanfront. Stunning **7,315sqft** custom-built main residence, duplex guest residence, four car garage with upper carriage house, 1 bedroom guest cabin, boathouse, and moorage with power. Perfect for multi-generational living, it could also be run as a B&B, or for retreats.

\$6,250,000



West Coast Accommodation Opportunity

8,340sqft multi-use building in a unique **4** wing design with central corridor. **19** bedrooms, **4** full kitchens, laundry rooms and one wing currently used as storage. Zoning allows multiple uses while the layout and configuration would lend itself to a variety of uses! In **Tahsis**, a major fishing destination on **Vancouver Island**.

\$530,000



Haida Gwaii Oceanview Residence

780sqft one bedroom home in the **Village of Daajing Giids** with unobstructed views over **Bearskin Bay**. Corner lot, municipal services, across the road from easy beach access. Large windows and front deck to enjoy the ocean views. Appliances included. A great opportunity for someone starting out or looking to retire to the **BC** coast!

\$315,000



Winter Harbour Beach House

2969sqft multi-level home with **3** bedrooms and **3** bathrooms, providing ample room and good privacy for family, guests, hobbies and more! Many renovations and updates in the last seven years, modern kitchen, oceanside deck and large oceanside windows. Offered fully furnished. Popular fishing destination on **NW Vancouver Island**.

\$595,000



Quatsino Forested Acreages

Adjacent properties, with connected logging roads and all on the local community road, with access to **BC Hydro** electrical service. Boat access community with a community dock, on **Vancouver Island's** west coast.

W-250: 24 acres

\$275,000

W-345: 52 acres

\$340,000

W-480: 39 acres

\$315,000



Zeballos Home

Charming **1700sqft** two-story home on **.78** acre double lot. **3** bedrooms, two with private decks. **5** year old roof, wood stove, wood floors, lots of updates throughout. Additional buildings include a chicken coop, a smokehouse, and a **24x24** shop. A very nice home and property in this west coast **Vancouver Island** village.

\$299,000



Whiskey Cove Resort

Beautiful **Denny Island** one acre oceanfront property, with attractive main residence, guest cabin, shop, garage, substantial licensed moorage. Currently operating as a boutique resort for fishing vacations - could be an amazing family residence, group retreat, or rental/B&B. Own a property in this stunning region of the central **BC Coast** with incredible fishing right on your doorstep!

\$1,395,000

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Peterson Creek Park. Photo by Andrew Snucins.
Photos courtesy of Tourism Kamloops



Red Beard Cafe. Photo by Kathleen Fisher.
Photos courtesy of Tourism Kamloops



Williams Lake. Photo by Kent Bernadet.

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Define...
Celebrate...
Explore...



FALL IS HERE!

PRESIDENT'S MESSAGE



The arrival of fall brings back-to-school routines, cooler temperatures, rainy days, and shorter hours of daylight. For many, it is also one of the best times to explore British Columbia. While this season may be quieter than the busy summer travel period, Pacific Coastal Airlines remains focused on connecting communities, celebrating milestones, and honouring our rich history.

October is particularly significant for us as we mark the first anniversary of our return to Cranbrook with service from Kelowna. It is hard to believe a full year has passed so quickly. I would like to extend my sincere gratitude to the residents of Cranbrook for welcoming us back and for their continued support over the past year!

On October 20, we recognize the International Day of the Air Traffic Controller. This day provides an opportunity to celebrate the professionals who work tirelessly behind the scenes to keep our skies safe. Their expertise, vigilance, and dedication are essential to the success of our industry, and we thank them for all they do!

On November 11, we pause to observe Remembrance Day and honour the brave men and women who have served in Canada's Armed Forces. As a BC airline, we also recognize the important contributions of military aviation to the development of modern aviation. The innovation, technology, and operational standards established through this legacy have helped shape the safe, reliable, and accessible air travel system that Canadians rely on today.

Lastly, I am proud to announce that this fall marked an exciting milestone as we welcomed Air Canada as our inter-

line partner. This partnership allows Pacific Coastal Airlines passengers to access Air Canada's extensive domestic and international network through a single, seamless booking. The interline agreement also extends to Air Canada subsidiaries, including Air Canada Rouge and Air Canada Express. As part of this collaboration, we will be joining Air Canada's loyalty program, creating more value and flexibility for our passengers. Together, we're enhancing regional connectivity while providing BC communities with easier access to destinations across Canada and around the globe!

Fall is a season of transition, bridging the warmth of summer and the chill of winter. Whether you're travelling with us for the first time or are one of our valued frequent flyers, we look forward to welcoming you on board and getting you to your destination, rain or shine.

Sincerely,

A stylized, handwritten signature in black ink, appearing to read "Quentin Smith".

Quentin Smith



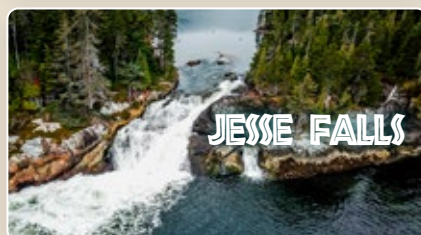
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* Fictitious titles created for entertainment & enjoyment purposes only; At the end of the day, isn't that what a trip or vacation is all about? The adventures & memories made in Kitimat? Those are 100% real!

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Photo credits: Cave Productions

MEET A PACIFIC COASTAL EMPLOYEE: TIM R.



Location: *Powell River*

Time with PCA: *Four years*

Position: *Cross-trained CSA and Ramp*

Job description:

Providing customer service required for those travelling from YPW or simply assisting with any other travel-related needs. Processing cargo departing and arriving at YPW and assisting team members with flight arrivals and departures.

Where were you born and where did you grow up? *I was born in London, England. I spent my childhood in Labrador City, NFLD; my teenage years and young adult life in Kamloops, B.C and many cold years in Edmonton, AB.*

What path did you take to get to this job? *I retired from policing after 26 years with the Edmonton Police Service. I moved with my partner Lauren, to Powell River for warmer climes.*

What do you like best about this job? *I enjoy interacting with so many different people and the position offers great travel opportunities that fuel my love of travelling.*

What are your hobbies outside of the job?

When not working, I attempt to make my 60-year-old body think it's 40 years younger. This inevitably leads to time on a massage table or with physiotherapy.

What is your favourite thing to do in your city?

I enjoy cycling and walking. We enjoy the events Powell River offers, especially during the summer months. And dining at some of the great restaurants in town.

KAMLOOPS

Big Open Skies





Welcome to the 'Loops, the beating heart of B.C.'s Interior

Words by Natalie Bruckner

Photos courtesy of Tourism Kamloops

Kamloops has long been a place travellers pass through on their way to somewhere else: a familiar name on the highway between the coast and the Rockies, but rarely the destination itself.

That's changing. Much like Squamish, Kamloops is slowly shedding its reputation as a place to pause, and emerging as a destination in its own right. The only difference? People are finally beginning to look beyond the highway signs.

Part of Kamloops' appeal lies in its landscape. Located at the confluence of the North and South Thompson rivers and sitting at 2,700 feet above sea level, the city lies in the rain shadow of the Coast Mountains, creating four distinct seasons and more than 2,000 hours of sunshine a year.

Its rugged terrain is marked by sandstone canyons, hoodoos and ancient volcanic lava flows, while Ponderosa pine grasslands give way to sagebrush-dotted farmland, sandy riverbanks and more than 100 lakes within an hour's drive. Don't be surprised to see busloads of tourists during the summer, oohing and ahing as they stop to photograph the 29-kilometre-long Kamloops Lake.

The appeal of the landscape around Loops, as it is affectionately known, is how remarkably accessible the wilderness is. Yet this is also a place shaped by Indigenous culture, ranching history and, perhaps surprisingly, an increasingly vibrant food and drink scene.

A CITY THAT'S CHANGING

Over the past few years, downtown Kamloops has undergone some big changes. Once a bustling 19th-century fur-trading post and pioneer strip along Victoria Street, today patios spill onto the streets in summer as the food scene continues to evolve.

You can literally travel the world of flavours in a few blocks. Filipino, Argentine, contemporary Japanese... It's all here, from The Manila Social on Victoria Street to the handmade empanadas at Rebo's Argentine Cuisine and Botan Crudo at Wasabi Modern Kitchen. Then there's Kekuli Café on Columbia Street, bringing things a little closer to home with their famous bannock. I mean, who doesn't want to at least try a Baked Skor Bannock?

Isobel Lake.
PHOTO BY
SCOTT BAKKEN



Masons Kitchen & Bar
PHOTO BY ANDREW PENNER

And while the surrounding areas may get the glory for wine, Kamloops has become rather good at beer. The city now has five microbreweries and is part of the BC Ale Trail, with delightful options such as Bright Eye Brewing's Dark Cherry Pale Ale. Then there's Red Collar Brewing & Distilling Co., where you have a rather wonderful choice: Beer Street or Gin Lane. If you're heading down the latter, try the basil-infused Hannah Montana Borealis Gin, shaken, not stirred.

ROOM TO ROAM

Kamloops is renowned as the birthplace of freeride mountain biking, with around 200 kilometres of designated trails winding through rugged desert hillsides and pine forests, but don't be fooled; this is a place for all ages and fitness levels. If you're a mountain biker, though, you'll probably wonder why you didn't come sooner.

That love of sport extends well beyond the trails. Officially Canada's Tournament Capital, the city hosts more than 100 sports tournaments and major events every year, so there's no shortage of reasons to get the heart rate up.

A leisurely way to take in Kamloops is by heading to the downtown waterfront. It's an easy place to wander, cycle or sit and watch the river go by while bald eagles fly overhead, and the paved and illuminated 2.8-kilometre round-trip Rivers Trail takes you along the waterfront, linking the Japanese Uji Friendship Garden and the High Water Mark sculpture at Riverside Park to the sandy beach at Pioneer Park.

For something more challenging, Kenna Cartwright Nature Park, the city's largest green space, has more than 40 kilometres of trails climbing through the hills above Kamloops. The higher you go, the more the views open up, with the possibility of spotting wildlife, including the occasional black bear (so bring your spray).

With little ones, BC Wildlife Park offers a closer look at the animals of the region. Part zoo, part rescue centre, it is home to 65 species, including the only Kermode bear in human care in the world. Most were rescued or rehabilitated and cannot return to the wild, and the park is the only full-service wildlife rehabilitation centre in the Southern Interior.

The more adventurous travellers make their way up to the hoodoos, the remains of an ancient volcano that erupted some 50 million years ago. It's worth checking the weather before heading up in winter when conditions can change quickly. Those looking for something even more challenging can tackle the Tranquille Slot Canyons, narrow passageways carved by water through layers of rock, although the trail is undeveloped and extremely steep.

Come winter, the Kamloops region takes on a very different character, with powdery snow and a ski season that typically runs from mid-November into April. At Harper Mountain and Sun Peaks Resort, skiers and snowboarders can work through bunny hills or go full send on double-black diamonds, with fewer crowds than you'll find on the coast.

THINGS YOU WON'T FIND IN A GUIDEBOOK

For a different way to experience Kamloops, Moccasin Trails offers tours on foot, by canoe and even on the golf course. Walk ancestral paths, paddle the rivers, taste traditional foods, hear the songs and listen to stories passed down through generations.

Then there's the slightly spooky side of Kamloops. The grounds of Tranquille Sanatorium, built in 1907 as a tuberculosis hospital, have a long and rather eerie history. While tours have been shut down because of the condition of the buildings, you can still view the former sanatorium, which offers a glimpse into a much darker chapter of the region's history.

If you happen to visit during the holiday season, plenty is going on once the temperatures drop, beyond the snow sports. Wildlights at BC Wildlife Park turns the grounds into a million-light display, complete with festive animations and the Wildlife Express miniature train, while the Kamloops Christmas Market, running from November 27 to December 6, brings a little European flavour with local artisans, food trucks, firepits and seasonal drinks. For something a little more playful, there's snow tubing at Harper Mountain Snow Tube Park, or, when there's enough snow, holiday sleigh rides at The Ranch in Pritchard, a short drive from the city.

And that, really, is the thing about Kamloops. Just when you think you've got a handle on it, there's a whole other layer to uncover. 🏡



BC Wildlife Park.
PHOTO BY TAMRA JAEGER

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A collage of various community photos including people at a beach, a woman in a hat, a group of people, a person in a red jacket, a group of people in a room, and a person in a red jacket. The photos are arranged in a grid-like pattern with blue borders.

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Tamara Davidson
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CANOEISTS AT NUK TESSLI
WILDERNESS EXPERIENCE ON
WHITTON LAKE. © Kari Medig

JOURNEY TO NATURE'S HEARTLAND

ACROSS RIVERS, RANCLANDS, MOUNTAINS,
AND INDIGENOUS HOMELANDS, THE HEARTLAND
OF BRITISH COLUMBIA OFFERS JOURNEYS
ROOTED IN CULTURE, NATURE, AND RENEWAL.

NEW HUT-TO-HUT HIKING ADVENTURE

In 2024, Nuk Tessli, a remote wilderness lodge in Nimpo Lake, introduced a hut-to-hut hiking route deep in the Coastal Mountains. With the addition of the new Wilderness Lake cabin—sitting 1.7 kilometres (1 mile) beside a pristine alpine lake, 12 kilometres (7.5 miles) from Nuk Tessli—visitors can discover this untouched terrain at their own speed. The five- or six-day route includes a floatplane drop at Wilderness Lake, day hikes to Moonlight Glacier and Flat Top Mountain, and a challenging but rewarding five-hour trek through remote wilderness back to Nuk Tessli. There, adventurers can continue their journey with canoeing, hiking, or simply enjoying the silence. This is one of the only hut-to-hut hikes in BC, offering the kind of solitude that rewires the soul.

FROM WAGON ROADS TO GRAVEL ROADS: WHERE TO SLEEP IN NATURE'S HEARTLAND

Step back in time at Historic Hat Creek Ranch in Cache Creek, where 130 hectares (320 acres) of rolling hills hug the heritage Cariboo Wagon Road. Sleep like a gold rush pioneer in a no-frills miner shack (BYO mat and sleeping bag) or climb into a cozy covered wagon outfitted with bunks. Near

Williams Lake, Xat'sull Heritage Village opens a powerful cultural experience with overnight teepee stays hosted by the Xat'sull First Nation. The experience is grounded in Indigenous storytelling and workshops providing an immersive way to discover the land. For adventure-seekers, Tutti Gravel Inn in Clinton is a gravel cyclist's dream. The first gravel bike hotel in Canada offers annual women-only Gravel Goddess Camps every summer, including three days of shared accommodations, hearty meals, and guided rides tackling elevation gains of up to a kilometre (0.6 miles).

HORSE-LED HEALING AT NEMIAH VALLEY LODGE

As demand for transformative travel continues to grow, Nemiah Valley Lodge introduces a new, restorative journey: the Equine Wellness Program, a healing experience grounded in culture, nature, and connection. Situated between Chilko Lake and the Taseko Lakes on the ancestral lands of the



HORSE DRAWN
CARRIAGE AT HAT
CREEK RANCH.
© Blake Jorgenson



HORSES AT
TERRA NOSTRA
GUEST RANCH.
📷 Kari Medig



Xeni Gwet'in, part of the T̓silhqot'in Nation, this off-grid retreat weaves together ancient wisdom with modern therapeutic practices. Led by Indigenous trainers, guests are invited into a quiet rhythm of mindful grooming and gentle riding. Framed by still waters and soaring peaks, the experience promotes emotional clarity, balance, and resilience. Equine therapy has been proven by research to support physical and mental health, including managing anxiety, depression, and PTSD—a shining example of the healing power of nature, tradition, and the bond between humans and animals.

RESILIENCE RISES IN THE FRASER CANYON

The Mighty Fraser River and its tributaries are lifelines that carve through the land, sustain ecosystems, and carry centuries of stories. Just two hours east of Vancouver, this resilient region—battered by floods and wildfires in recent years—is rebuilding stronger. The historic Hudson's Bay Company Heritage Trail, impassable after the 2021 floods, has been cleared of debris. Stretching 75 kilometres

(46 miles) through old-growth forests and alpine meadows, it welcomes hikers to retrace traditional routes used by the Stó:lō, Nlaka'pamux, and Similkameen Peoples. In Lytton, the Chinese History Museum, home to one of the largest collections of Chinese artefacts in North America before the 2021 wildfire, has reopened to preserve the legacy of Chinese miners, railway workers, and settlers. In Boston Bar, REO Rafting & Yoga Resort has rebuilt from fire and flood, inviting visitors once again to experience whitewater rafting, yoga, and other outdoor pursuits along the Nahatlatch River.



RIVER RAFTING ON
NAHATLATCH RIVER.
📷 Michael Bednar

NATURE'S HEARTLAND

Cowboy country awaits

Williams Lake offers trail riding, rolling plateaus and good old-fashioned hospitality

Words Lauren Kramer

Best known for its annual Stampede, Williams Lake is a ranching hub at the intersection of two crucial routes: Highway 97, also known as the Cariboo Highway, and Highway 20, which weaves west to Bella Coola. With rolling plateaus, lush valleys, and steep canyons that plunge toward the Fraser River, this glacially shaped landscape is the gateway to the Cariboo Chilcotin.

A natural venue for horseback riding, ranching and rodeos, Williams Lake is a convenient stopover to replenish supplies before heading into the Cariboo. But don't leave without taking time to learn about the region's rich history, birdwatch and absorb the quiet beauty of this charming city.

PLAY:

Located inside the Tourism Discovery Centre, the **Museum of the Cariboo Chilcotin** should be your first stop in Williams Lake. This extraordinary log and timber structure showcases the region's ranching and rodeo legacy, both past and present, with an impressive saddle collection and over 30,000 artifacts. It's home to the BC Cowboy Hall of Fame, where visitors can read about the achievements of local cowboys, cowgirls and rodeo participants. And it pays tribute to First Nations history and the impact of the railway, mining and forestry on the Cariboo Chilcotin. Order a coffee, take a seat on a couch in the log cabin and watch a 10-minute video to get an



Farwell Canyon near Williams Lake
PHOTO CREDIT NIKITA PRETTY

overview of what this region has to offer. The centre offers free wifi and well-informed staff who offer insights on where to go and what to do. cowboy-museum.com

Drive five minutes from the museum, and you'll reach the **Scout Island Nature Centre**, a prime birdwatching site in a terrain that encompasses a marsh, an island and a lake. Take a walk along the paths skirting the marsh edge and lake and look out for kingfishers, harriers, osprey, woodpeckers, pelicans and dozens of other species. If you're lucky, you'll see fox, beaver, turtle and deer.

scoutisland.ca

If you love the idea of an up-close equestrian experience, **MeadowView Reins** should be your next stop. The working ranch located in Big Lake, 45 minutes' drive from Williams Lake, offers Equine Assisted Learning, where up-close horse encounters give visitors insight into their non-verbal communication, energy, leadership and emotions. Because horses reflect the leadership style and emotional state of the humans they interact with, the EAL program helps participants understand

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their problem-solving skills, resilience and leadership. In summer, the 150-acre ranch provides riding classes and guided horseback excursions. meadowviewreins.ca

If your visit occurs before mid-October, don't miss a visit to the **Xat'sull Heritage Village**, 30 minutes from Williams Lake. An interpretive Indigenous heritage site, it offers an educational experience about Secwépemc culture. The village's range of experiences includes story-telling by elders, a visit to a traditional pit house, a sweat shop experience, pit-cooking, a beading workshop, Indigenous meals and community-led tours. May through October, visitors can also spend a night in a teepee. Tours, meals and experiences must be booked ahead of time. xatsullheritagevillage.com

The chill of fall is when **108 Heritage Site** begins Haunted 108, accommodating ghost tours and overnight visits focused on the supernatural. Describing itself as one of the most haunted locations in the Cariboo, Haunted 108 offers authentic paranormal experiences that educate visitors while respecting the region's spirits and history. Guests can book a private paranormal investigation, explore historic old buildings like the Post House, the Clydesdale Barn and the McNeill House after dark, and explore the museum and gift shop. Paranormal investigations, courses and overnight experiences are for 18+ adults only. www.haunted108.com

SLEEP

To best experience Cariboo hospitality, book a night at the **Juniper Trails B&B**, a bed and breakfast on a 27-acre site just 10 minutes' drive from downtown Williams Lake. Hosts Steve, Emily and their three canine friends offer three rooms for overnight stays, with ample breakfasts and many trails where guests can hike, bike and birdwatch. Fall, when the birch and poplar trees turn gold, is arguably the best time of year to absorb the stillness and pristine beauty of the Cariboo. junipertrails.ca

EAT

For coffee, blended drinks and convenient take-out lunches, head to the **Bean Counter Bistro & Coffee Bar**. The locally owned eatery offers homemade or locally sourced wraps, sandwiches, soups and salads on weekdays only. beancounterbistro.com

Fox Mountain Brewing is a downtown craft brewery with nine brews on tap, ciders, wine and cocktails. The taproom and seasonal patio have views of Williams Lake and a broad menu with burgers, salads, tacos and protein bowls. It's open daily for lunch and dinner, and adds a brunch menu on weekends. foxmountainbeer.com

For a retro diner experience, head to **Dog N Suds** for burgers, foot-long hot dogs, onion rings, and ice-cold root beer. A local favourite since the late 1960s, it's known for fast, friendly service and nostalgic charm. [1172 Broadway Ave S., Williams Lake.](https://www.dognsuds.ca) 



Teepees at Xat'sull Heritage Village
PHOTO CREDIT BLAKE JORGENSEN

A Safer Way Through The Mountains



At 73, Maureen has built a full and active life in Cranbrook, BC. After a career in banking, human resources, and contract work with her local college, she now dedicates much of her time to volunteering. She serves on the Board of the Cranbrook Senior Citizens Association, volunteers at Key City Theatre, supports Cranbrook Tourism each summer, and sits on the Board of the Abreast in the Rockies Dragon Boat Association.

Everything changed when Maureen was diagnosed with Smoldering Multiple Myeloma, a form of blood cancer. To determine the extent of the disease, her care team urgently needed her to travel 550 kilometres to Kelowna for a PET scan. While the scan itself didn't frighten her, the journey did.

"I wasn't worried about the scan or about going alone, but the six-hour drive from Cranbrook to Kelowna was concerning. In early May I could still encounter poor and scary road conditions in the mountain passes. All I could think was, should I cancel the appointment I had been waiting for?"

For patients living in rural communities, specialized healthcare often means travelling hundreds of kilometres over unpredictable mountain roads. Facing cancer was difficult enough. The possibility of having to delay a critical diagnostic appointment because the trip itself felt unsafe added another layer of uncertainty.

A friend who worked with BC Foundry told Maureen about Hope Air.

"It was a great experience. My application was reviewed quickly and I was notified quickly."

Instead of making the stressful drive through multiple mountain passes, Hope Air arranged her travel and even provided an Uber voucher, removing barriers that had seemed overwhelming just days before.

Hope Air arranged for Maureen to travel with Pacific Coastal Airlines to Kelowna for care. "I had flown with them several years ago and my experience was positive. I am so happy that Pacific Coastal flies from Cranbrook. Check in at the airport was easy; the flights, coming and going were on time; Pacific Coastal personnel were great. The planes are small but the flights were not rough. I am thankful to Hope Air and Pacific Coastal. This alleviated all stress about my travel."

Without Hope Air, Maureen believes she would have made the drive anyway—but

at a tremendous cost.

"I would have driven the six hours to Kelowna, all the time worrying about potential road conditions and wondering if I would be strong enough to drive home."

Hope Air is Canada's national charity dedicated to removing the financial barriers that prevent low-income Canadians from accessing the healthcare they need since 1986.

Hope Air provides free flights, accommodations, meals and ground transportation so patients can reach specialized medical care, regardless of where they live or limited income.



If you or someone you know is travelling for vital healthcare appointments, find out if you are eligible for support at hopeair.ca

