Aboriginal
CULTURE & ADVENTURES
Aboriginal is a collective name for the Indigenous peoples of Canada, which include the First Nations, Inuit and Métis. Terms such as “Native,” “Indian” and “Eskimo” are falling into disuse in Canada.
We invite you on a journey to discover ancient cultures and traditions that are as alive today as they were long before the first visitors to North America. British Columbia is home to more than 200 First Nations, including Inuit and Métis, each with its own unique language and traditions. Shaped by the rugged and diverse geography of the province, our ways of life share a deep respect and bond with the rivers, mountains, forests and wildlife.

Visit these traditional lands and immerse yourself in our hospitality and an adventure that’s a whole new world. Sit fireside and listen to creation tales handed down by Elders or let us sing and dance for you in the ways of our ancestors. Explore our ancient rainforests, paddle the waterways, sample our food and experience a taste of Canada’s oldest culture.

Step into Our World!
True and Respectful

OUR COMMUNITIES, OUR TOURISM
We are proud of our rich heritage and consider it a sacred duty to preserve and protect that important cultural legacy while sharing it with others. We offer guests the unique opportunity to visit real Aboriginal communities and share in traditions handed down since time immemorial.

OUR GUIDES
As we are the guardians and inheritors of our culture, it is of course our voices that best recount our own stories. Our guides and venue staff provide visitors with intimate knowledge and incomparable insight into local Aboriginal customs and history, because they come from within the communities themselves. Let us tell you the tales from our past and how they are making for a bright future.

AUTHENTIC ABORIGINAL CULTURAL EXPERIENCES
Visit, experience and explore authentic First Nations tours, events and businesses that have been certified as such by The Aboriginal Tourism Association of BC.

The Aboriginal Cultural Tourism Authenticity program lets visitors find Aboriginal cultural tourism experiences and adventures that are delivered by Aboriginal people in a respectful, traditional and quality manner.
Our Stories. Your Experiences.

With British Columbia’s stunning natural beauty as a backdrop, we offer visitors an incredible range of Aboriginal cultural and adventure activities. From those with a keen interest in Aboriginal arts and treasures, to bold outdoor explorers—we have a unique and memorable experience for every guest.
DISCOVER OUR ARTS AND CULTURE
Explore our history, legends and living culture through song, dance and art at cultural centres, museums, art galleries and gift shops throughout the province. Share an artist’s perspective as he carves a totem pole or experience an insider’s look into the latest artworks by contemporary Aboriginal artists. Discover the archaeological treasures of our people and learn about our past, present and future.

EXPERIENCE ABORIGINAL WILDERNESS ADVENTURES
Discover British Columbia’s landscape through the eyes of an Aboriginal guide. Paddle our waters by traditional dugout canoe or kayak, or connect with nature on breathtaking whale-watching, hiking or grizzly bear-viewing tours. Let us take you on the adventure of a lifetime.

EXPLORE OUR HOSPITALITY
We offer guests a unique and memorable vacation of cultural discovery. Our resorts and hotels feature breathtaking settings and incredible service, as well as the opportunity to learn and understand the culture and traditions of Aboriginal people. Here you can sample traditional foods as well as modern fare and award-winning wines; get pampered at a spa or cleanse your spirit at a sweat lodge. You’ll also find incredible golf experiences, casinos and more at our Aboriginal-owned resorts, hotels and lodges.

CELEBRATIONS AND CEREMONIES
We invite you to attend one of our many events that take place throughout the year. Celebrate with us at a powwow, where you can watch drumming and dancing, or sit and listen to the wisdom in an Elder’s stories.

Join us for traditional feasts, spiritual ceremonies and events that honour the past and those with a modern twist. Let us welcome you into our communities and show you true First Nations hospitality and a glimpse at the world through our eyes.

www.Aboriginalbc.com
The Salish Sea and Island Adventures
Vancouver | Sunshine Coast | Campbell River | Alert Bay | Tofino | Victoria | Vancouver

Celebrating the Coast Salish peoples, this route travels from Vancouver by ferry to the beautiful Sunshine Coast, then north to Powell River. It’s like a world from another time as rainforests and mountains haunt the shoreline of coastal British Columbia. Another sailing takes you to the Inside Passage and Vancouver Island. 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 route. Taste the distinctive flavours of regional indigenous cuisine, explore a pristine beach or paddle a kayak or canoe along the ocean shores.

1 Aboriginal Adventures Canada

**Village Island**
call for reservations
☎ 250.203.1338
www.aboriginaladventurescanada.com
- Variety of experiences
- Wilderness adventures
- Cultural tours

Experience whale-watching in the orca realm of Johnston Strait, wander an abandoned Aboriginal village or catch sight of grizzly bears in the Great Bear Rainforest – all under the care of a knowledgeable First Nations guide. Aboriginal Adventures Canada offers sea kayaking, eco-cultural boat tours and more, with a strong cultural component that gives visitors a better understanding of Aboriginal traditions and history.

<table>
<thead>
<tr>
<th>Season</th>
<th>Year-round</th>
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</thead>
<tbody>
<tr>
<td>Hours</td>
<td>Call for reservations</td>
</tr>
<tr>
<td>Activity</td>
<td>Easy to moderate</td>
</tr>
<tr>
<td>Wheelchair access</td>
<td>No</td>
</tr>
<tr>
<td>Rates</td>
<td>From $150 per adult (based on whale-watching tour)</td>
</tr>
</tbody>
</table>

2 Aboriginal Journeys Wildlife Viewing & Adventure Tours

**Campbell River**
Discovery Harbour Marina
(by South Ramp)
☎ 1.888.455.8101
www.aboriginaljourneys.com
- Whale & grizzly bear watching
- Highly experienced guides
- State-of-the art vessels
- Wildlife and adventure tours

Whale-watching in B.C. is considered the best in the world, as is its grizzly bear-viewing from eco-sensitive viewing platforms. View lush forests, soaring mountain peaks, serene ocean waters, bald eagles, dolphins, black bears, wolves and an abundance of other wildlife in their natural habitat. Tours are interwoven with insights into local First Nations history and culture. Guaranteed sightings – visit our website for details. Rated #1 for attractions in Campbell River by TripAdvisor. A spectacular adventure awaits.

<table>
<thead>
<tr>
<th>Season</th>
<th>May to October</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hours</td>
<td>Daily departures</td>
</tr>
<tr>
<td>Activity</td>
<td>Easy</td>
</tr>
<tr>
<td>Wheelchair access</td>
<td>No</td>
</tr>
<tr>
<td>Rates</td>
<td>From $169 per adult (based on six-hour marine tour)</td>
</tr>
</tbody>
</table>
3. **Best Western Tin Wis Resort**

   **Tofino**
   
   119 Pacific Rim Highway  
   ☏ 1.800.661.9995  
   www.tinwis.com
   
   - Hotel with ocean views
   - First Nations-inspired cuisine
   - Gift shop

   Experience timeless mists and ancient rainforests at this Tla-o-qui-aht Nation-owned hotel overlooking Mackenzie Beach and the Pacific Ocean in the remote wilderness of Clayoquot Sound. Newly renovated in 2010, the Tin Wis Resort features a Native-themed lobby, fitness and spa facilities and contemporary West Coast First Nations cuisine. Discover the Spirit.

   **Season** Year-round  
   **Wheelchair access** Yes  
   **Rates** From $159 per night (based on standard room)

4. **Culture Shock Interactive Gallery**

   **Alert Bay**
   
   Two-minute drive/walk left from ferry terminal  
   ☏ 250.974.2484  
   www.cultureshockgallery.ca
   
   - Interactive gallery
   - Traditional cuisine
   - Storytelling & cedar weaving
   - Canoeing

   A multi-faceted gallery where guests can explore traditional and local art forms, plus book cultural tours, including a canoe paddle, traditional salmon barbeque, cedar weaving and Nusa storytelling. Interaction is encouraged as guides share the living culture of the 'Namgis.

   **Season** Year-round  
   **Hours** May to December – 9:30 am to 6 pm daily; October 1 to May 17 – 10 am to 5 pm Tuesday to Saturday  
   **Activity level** Easy  
   **Wheelchair access** Yes  
   **Rates** From $60 per adult (based on canoe tour)

5. **I-HOS Gallery**

   **Courtenay**
   
   K’ómoks Reserve  
   3310 Comox Road  
   ☏ 250.339.7702  
   www.ihosgallery.com
   
   - Gallery
   - Authentic traditional & contemporary Northwest Coast art

   A K’ómoks First Nation-owned gallery featuring a collection of hand-carved masks, limited-edition prints, sterling silver and 14K-gold jewellery and other traditional and contemporary Northwest Coast works of art. Customized cultural performances and workshops are also offered. Shop online or visit in person.

   **Season** Year-round  
   **Hours** May to December – 10 am to 5 pm daily; January to April – 10 am to 5 pm Tuesday to Saturday  
   **Wheelchair access** Yes  
   **Rates** Free

6. **Nuyumbalees Cultural Centre**

   **Quadra Island**
   
   34 WeWay Road  
   ☏ 250.285.3733  
   www.nuyumbalees.com
   
   - Cultural centre
   - Gift shop & gallery
   - Ancient petroglyphs

   Discover the fascinating treasures of the Kwakwaka’wakw people at the Nuyumbalees Cultural Centre which houses a sacred potlatch collection, headdresses, masks, and a three-story totem. The Centre also features ancient petroglyphs which were moved from their original location to preserve and protect them for future generations.

   **Season** May to September  
   **Hours** 10 am to 5 pm daily  
   **Wheelchair access** Yes  
   **Rates** From $10 per adult
**Puntledge RV Campground & Nim Nim Interpretive Centre**

The Puntledge RV Campground is located in the traditional territory of the K’ómoks First Nation and provides a safe, natural, family camping experience which incorporates the historic and cultural traditions of the K’ómoks People including the Nim Nim Interpretive Centre and I-Hos Gallery Kiosk.

**Courtenay**

4624 Condensory Road  
☎ 250 334-3773  
www.puntledgerv.com

- Family-friendly  
- Campground & RV Park  
- River views

**Season**

April to September

**Hours**

7 am to 9 pm daily

**Rates**

From $26 (based on full service)

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**Sea Quest Adventures & Aboriginal Tours**

Unique West Coast First Nations adventures, featuring whale-watching (sightings guaranteed), traditional dance performances and a First Nations-themed feast. Sea kayaking tours, lessons and rentals are also available.

**Sidney**

105 – 2537 Beacon Avenue  
☎ 1.888.656.7599  
www.seaquestadventures.com

- Whale & other marine-life viewing  
- Performances & feasts  
- Sea kayaking - rentals & tours

**Season**

March 1 to October 31

**Hours**

9 am to 9 pm daily departures

**Activity level**

Easy to moderate

**Wheelchair access**

No

**Rates**

From $99 per adult (based on three-hour whale-watching tour)

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

The Cowichan band-owned Quw’utsun’ centre is scenically situated on six acres of landscaped pasture land along the Cowichan River. Guests are invited to learn about the culture and heritage of the Cowichan people through interpretive tours and a multimedia presentation: Great Deeds – an oral depiction of this First Nation. During the peak season, Quw’utsun’ dancers drum and dance along the Cowichan River.

**Duncan**

200 Cowichan Way  
☎ 1.877.746.8119  
www.quwutsun.ca

- Cultural centre  
- Traditional cuisine  
- Interpretive tours  
- Gift shop & art gallery

**Season**

June to September

**Hours**

10 am to 4 pm Monday to Saturday

**Activity level**

Easy to moderate

**Wheelchair access**

Yes

**Rates**

From $13 per adult

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**Talaysay Tours Kayak and Cultural Adventures**

This First Nations tour company explores the cultural wonders of the Shíshálh First Nation territories 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.

**Sechelt (Sunshine Coast)**

Porpoise Bay Provincial Park  
☎ 1.800.605.4643  
www.talaysaytours.com

- Heritage site  
- Kayaking and snowshoe tours  
- Wilderness camping  
- First Nations interpretive paddle

**Season**

October to June – by appointment only;  
July to September 10 am to 4 pm daily

**Activity level**

Moderate

**Wheelchair access**

No

**Rates**

From $108 per adult (based on interpretive paddle tour)
Owned and operated by the Ucluelet First Nation, the Thornton is a friendly and inviting 16-room motel located in the fishing village of Ucluelet, just outside world-renowned Pacific Rim National Park. The Thornton is within walking distance of all local restaurants, shops, docks and attractions.

**Season**  Year-round  
**Wheelchair access**  No  
**Rates**  From $123 per night (based on standard room)

At Tla-o-ok, guests paddle the protected waters of Clayoquot Sound in traditional Nuu-chah-nulth dugout canoes, led by experienced local guides of the Tla-o-qui-aht First Nation. Expeditions include the two-hour Harbour Explorer Tour, a four-hour Meares Island Tour and a full-day canoe exploration with local hikes and a traditional salmon barbeque.

**Season**  Year-round  
**Hours**  Daily departures  
**Activity level**  Easy to moderate  
**Wheelchair access**  No  
**Rates**  From $55 per adult (based on 2.5-hour canoeing experience)

Offering privacy and seclusion on Quadra Island, a 10-minute ferry ride from Campbell River. Deluxe main lodge or beachfront cottage accommodation featuring ocean views of Discovery Passage. Facility includes meeting rooms, sauna, hot tub, relaxation therapies, natural history forest walking trail, cultural performances on request and excellence in customer service.

**Season**  Mid-April to mid-October  
**Wheelchair access**  Yes  
**Rates**  From $144 per night (based on standard room)

The U’mista, the longest-operating First Nation museum and cultural centre in Canada, 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.

**Season**  Year-round  
**Hours**  May to September – 9 am to 5 pm daily; October to April – 9 am to 5 pm Tuesday to Saturday  
**Wheelchair access**  Yes  
**Rates**  From $8 per adult
West Coast Expeditions

Spring Island
Kyuquot
☎ 250.338.2511
www.westcoastexpeditions.com
- Sea kayaking tours
- Unmatched camping comforts
- Natural & cultural interpretation
- Visits with First Nations families

Journey off the beaten path by sea kayak in the marine wilderness of Kyuquot Sound. Paddlers depart base camp on Spring Island to learn about local First Nation culture, wildlife and the mysteries of the coast’s old-growth forests on multi-day, all-inclusive guided tours with professional guides.

<table>
<thead>
<tr>
<th>Season</th>
<th>Mid-June to mid-September</th>
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</thead>
<tbody>
<tr>
<td>Hours</td>
<td>Daily departures</td>
</tr>
<tr>
<td>Activity level</td>
<td>All abilities</td>
</tr>
<tr>
<td>Wheelchair access</td>
<td>No</td>
</tr>
<tr>
<td>Rates</td>
<td>From $1,399 per adult (based on four-day tour)</td>
</tr>
</tbody>
</table>

The Cultural Journey

Vancouver | Whistler | Lillooet | Boston Bar | Harrison Hot Springs | Vancouver

This scenic route travels north from Vancouver and the Pacific Ocean through the Coast Mountains. Along the way you can explore the Cultural Journey between Vancouver and Whistler—a fascinating set of markers and maps recounting the area’s ancient place names and legends. The route then heads south into the Fraser Canyon area, and west through the Harrison Hot Springs region, returning again to Vancouver. Activities and attractions you’ll find on this trip include, canoe and wilderness tours, museums, historical sites, art galleries and cultural centres. Experience true First Nations hospitality at Aboriginal-owned hotels and restaurants.

www.Aboriginalbc.com
**Bill Reid Gallery of Northwest Coast Art**

Vancouver
639 Hornby Street
(downtown Vancouver)
☎ 604.682.3455
www.billreidgallery.ca

- Public art gallery
- Contemporary Northwest Coast art
- Gift shop

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.

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<thead>
<tr>
<th>Season</th>
<th>Year-round</th>
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<tbody>
<tr>
<td>Hours</td>
<td>11 am to 5 pm Wednesday to Sunday</td>
</tr>
<tr>
<td>Wheelchair access</td>
<td>Yes</td>
</tr>
<tr>
<td>Rates</td>
<td>From $10 per adult</td>
</tr>
</tbody>
</table>

**Khot-La-Cha Art Gallery & Gift Shop**

North Vancouver
270 Whonoak Street
(off Lions Gate Bridge)
☎ 604.987.3339
www.khot-la-cha.com

- Art gallery
- Traditional & contemporary art
- Unique gifts

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.

<table>
<thead>
<tr>
<th>Season</th>
<th>Year-round</th>
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</thead>
<tbody>
<tr>
<td>Hours</td>
<td>10 am to 5 pm Monday to Saturday; July, August and December also open 11 am to 4 pm Sundays</td>
</tr>
<tr>
<td>Wheelchair access</td>
<td>Yes</td>
</tr>
<tr>
<td>Rates</td>
<td>Free</td>
</tr>
</tbody>
</table>

**Retasket Lodge & RV Park**

Lillooet
1264 Bouvette Road
☎ 1.866.456.2090
www.retasketlodge.com

- Motel
- Stunning views
- Complimentary continental breakfast

Featuring spectacular views of the town of Lillooet and B.C.’s historic Fraser River, the three-star Retasket Lodge’s 20 rooms offer spacious, non-smoking comfort along with a complimentary continental breakfast, meeting room, coin laundry and outdoor parking.

<table>
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<tr>
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<tbody>
<tr>
<td>Wheelchair access</td>
<td>Yes</td>
</tr>
<tr>
<td>Rates</td>
<td>From $80 per night</td>
</tr>
</tbody>
</table>
20 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.

<table>
<thead>
<tr>
<th>Season</th>
<th>Year-round</th>
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</thead>
<tbody>
<tr>
<td>Hours</td>
<td>Daily (reservations required)</td>
</tr>
<tr>
<td>Wheelchair access</td>
<td>Yes</td>
</tr>
<tr>
<td>Rates</td>
<td>From $40 per person (based on two-hour tour; minimum 10 people)</td>
</tr>
</tbody>
</table>

21 Ruby Creek Art Gallery

Promoting the extraordinary work of the finest Pacific Northwest First Nations artists, this gallery specializes in limited-edition prints, gold and silver hand-carved jewellery, cedar boxes, chests and plaques, handcrafted drums, soapstone and textiles. Signings with featured artists are also hosted.

<table>
<thead>
<tr>
<th>Season</th>
<th>Year-round</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hours</td>
<td>10 am to 4 pm Wednesday to Saturday; 11 am to 4 pm Sundays</td>
</tr>
<tr>
<td>Wheelchair access</td>
<td>Yes</td>
</tr>
<tr>
<td>Rates</td>
<td>Free</td>
</tr>
</tbody>
</table>

22 Salishan Catering

Salishan fuses traditional Musqueam cultural knowledge and cuisine with modern foods, creating a menu unique to the catering industry in the Vancouver area. Salishan delivers a true and literal taste of Aboriginal culture, offering dishes prepared with traditional methods that have been handed down from generation to generation.

<table>
<thead>
<tr>
<th>Season</th>
<th>Year-round</th>
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</thead>
<tbody>
<tr>
<td>Hours</td>
<td>Monday to Saturday</td>
</tr>
<tr>
<td>Rates</td>
<td>Call for rates</td>
</tr>
</tbody>
</table>

23 Salmon Feast

Salmon Feast is the authentic taste of Aboriginal culture. We offer you a relaxed introduction to the ancient ways of the Coast Salish people and a glimpse of how our ancestors experienced the land and its harvest. Enjoy a truly unique presentation of culturally authentic dining served in one of Salmon Feast’s traditional longhouse locations. The experience is enhanced with entertainment: dance performers in traditional regalia will inspire and captivate; expert storytellers will transport you to another world by sharing traditional legends and tales; artists will awaken the senses through their beautiful and mysterious work.

<table>
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<tr>
<th>Season</th>
<th>Year-round</th>
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</thead>
<tbody>
<tr>
<td>Hours</td>
<td>Daily (reservations required)</td>
</tr>
<tr>
<td>Wheelchair access</td>
<td>Yes</td>
</tr>
<tr>
<td>Rates</td>
<td>From $75 per person (for groups of 25 and up)</td>
</tr>
</tbody>
</table>
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 Gwaii, Blackfoot and Wat'sutweb'en. The eatery also features First Nations art from upcoming artists focusing on traditional values but with a modern flair.

Season: Year-round

Hours:
- 11 am to 3 pm and 5 pm to 9 pm Monday to Thursday
- 11 am to 3 pm and 5 pm to 11 pm Fridays
- 5 pm to 11 pm Saturdays

Wheelchair access: Yes

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Built in 1903, the B&B features nine unique guest rooms with private bathrooms, a library, living room with a fireplace, 24-seat dining hall, billiard table, gourmet-style kitchen and meeting rooms - all situated on an 87-acre property that has a secluded waterfall, (providing electricity 10 months of the year), a creek, salt water pool, and peaceful meditation labyrinth.

Season: Year-round

Activity level: Easy to moderate

Wheelchair access: No

Rates: From $125 per room (based on a two-night stay)

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Guests experience Whistler’s First Nations heritage through a welcome song, guided tour of the museum and exhibits, 15-minute film in an 80-seat theatre, cultural forest walk, craft-making in the centre’s cedar longhouse and exploration of the Café and Gift Gallery with its original Squamish, Lil’wat and other B.C. First Nations art.

Season: Year-round

Hours:
- May to October – 9:30 am to 5 pm daily
- November to April – 10 am to 5 pm Tuesday to Sunday

Wheelchair access: Yes

Rates: From $18 per adult
The Tuckwiiwhum Heritage Interpretative Village lets visitors discover and explore what life was like for the First Nations people a thousand years ago, and how they survived in this beautiful rugged land. Enjoy a historical guided adventure featuring a summer lodge, smoke house, food caches, sweat lodge, earth ovens, storytelling and an incredible authentic pithouse.

**Season**
May to October

**Hours**
9 am to 6 pm Thursday to Sunday

**Activity level**
Easy

**Wheelchair access**
Yes

**Rates**
From $20 per adult (based on guided tour)

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**Season**
Year-round

**Hours**
April to September – 8 am to 9 pm Monday to Friday, 7 am to 9 pm Saturdays and Sundays; October to March – 9 am to 8 pm Monday to Friday, 8 am to 8 pm Saturdays and Sundays

**Activity level**
All abilities

**Wheelchair access**
Yes

**Rates**
From $6.50 per bucket; lessons from $50 per half-hour
Located in the Westbank First Nation community, Kekuli Café offers fresh bannock and delicious organic, fare-trade coffee, as well as First Nations-inspired food and local & B.C. authentic art. The name Kekuli comes from an Aboriginal-style dwelling found in the Nlakapamux and Okanagan territories hundreds of years ago.

**Kekuli Café**

- **Westbank**
  - 505 - 3041 Louie Drive
  - ☎ 250.768.3555
  - www.kekulicafe.com
- **Season**: Year-round
- **Hours**: Summer hours 6 am to 8 pm daily; Winter hours 7 am to 7 pm daily
- **Wheelchair access**: Yes
- **Activities & Attractions**:
  - Traditional food
  - Café and catering
  - Art & gift shop
  - Fresh bannock

This award-winning, world-class vineyard, owned and operated by B.C.’s Osoyoos Band, features premium VQA wines and locally inspired cuisine in a dramatic setting overlooking Lake Osoyoos. The adjacent four-season Nk’Mip Resort boasts world-class golf, an architect-designed desert cultural interpretive centre that blends artfully into the surrounding desert, a luxurious spa and resort accommodation designed in the Santa Fe style.

**Nk’Mip Cellars**

- **Osoyoos**
  - 1400 Rancher Creek Road
  - ☎ 250.495.2985
  - www.nkmipcellars.com
- **Season**: Year-round
- **Hours**: 9 am to 5 pm daily
- **Activity level**: Easy
- **Wheelchair access**: Yes
- **Rates**: Free (wine tasting)
- **Activities & Attractions**:
  - Award-winning winery
  - Tours & tastings
  - Locally inspired cuisine

The Legends, Resorts & Vineyards

Kamloops | Chase | Kelowna | Osoyoos

This diverse itinerary travels through semi-arid deserts, charming lakeside towns, and some of the most fertile farmland in the province. Starting in Kamloops the route heads into the Shuswap lake area, and through British Columbia’s spectacular wine country. Don’t miss stopping at an Aboriginal-owned winery to sample the latest vintage. Activities and attractions you’ll find on this trip include championship golf courses, museums and cultural centres and more. Aboriginal hospitality can be experienced in 4 or 5-star resorts, a family campground; and restaurants and cafés along the way.
33 Nk’Mip Desert Cultural Centre

Osoyoos
1000 Rancher Creek Road
☎ 1.888.495.8555
www.nkmipdesert.com

- Cultural centre
- Interactive displays
- Wildlife & cultural exhibits
- Gift shop & gallery

A family oriented cultural experience focusing on the rich, living culture of the Okanagan First Nations and the unique flora and fauna of their traditional territory’s desert habitat. The 22-hectare site features cultural exhibits, walking trails, outdoor sculptures and hands-on interactive displays. Highlights include a reconstructed Aboriginal village, two theatre experiences and “Critter’s Corner” animal exhibits. Daily guided walks and rattlesnake talks offered from July through September.

- Season: May 16 to October 15
- Hours: 9:30 am to 4:30 pm daily
- Activity level: Easy to moderate
- Wheelchair access: Yes
- Rates: From $12 per adult

34 Nk’Mip RV Park

Osoyoos
8000 45th Street
☎ 250.495.7279
www.campingosoyoos.com

- RV park
- Lakefront sites
- Beach
- Boat launch

Owned and operated by the Osoyoos Band, this family campground on the southern shore of Lake Osoyoos features an indoor swimming pool, hot tubs and beach access – with horse riding at the adjacent stables, award-winning wines at the onsite Nk’Mip vineyard, plus a renowned desert interpretive centre and a Sonora Desert golf course.

- Season: Year-round
- Wheelchair access: Yes
- Rates: From $29 per day (based on one sleeping unit and one vehicle)
**Quaaout Lodge & Talking Rock Golf Club**

Hear the legend and feel the spirit at this newly renovated Little Shuswap Band-owned lakeside hotel, with championship golf course and driving range, fitness and spa facilities, First Nations-inspired cuisine, conference facilities and friendly staff.

<table>
<thead>
<tr>
<th>Season</th>
<th>Year-round</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wheelchair access</td>
<td>Yes</td>
</tr>
<tr>
<td>Rates</td>
<td>From $119 - $259 per night (based on standard room rate)</td>
</tr>
</tbody>
</table>

**Little Shuswap Lake**

1663 Little Shuswap Lake Road West  
☎ 1.800.663.4303  
www.quaaoutlodge.com  
• 70-room lakeside lodge  
• 18-hole golf course  
• 1,800 square feet of beach front  
• Jack Sam’s restaurant  
• 4,100 sq. ft. meeting space

**Secwepemc Museum and Heritage Park**

At this 12-acre heritage park, visitors discover the rich history and culture of the Secwepemc through museum 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.

<table>
<thead>
<tr>
<th>Season</th>
<th>Year-round</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hours</td>
<td>June 15 to September 5 – 8 am to 4 pm Monday to Sunday; September 6 to June 14 – 8 am to 4 pm Monday to Friday</td>
</tr>
<tr>
<td>Activity level</td>
<td>Easy</td>
</tr>
<tr>
<td>Wheelchair access</td>
<td>Yes</td>
</tr>
<tr>
<td>Rates</td>
<td>From $9 per adult</td>
</tr>
</tbody>
</table>

**Spirit Ridge Vineyard Resort & Spa**

Situated in the heart of B.C.’s Thompson Okanagan wine country, overlooking the Nk’Mip Cellars’ vineyards, the Sonora Golf course and the sparkling waters of Lake Osoyoos, this Osoyoos Band-owned resort offers luxurious one- and two-bedroom villas and suites with adjacent spa, restaurant, outdoor lap pools, private beach, lake access and other amenities.

<table>
<thead>
<tr>
<th>Season</th>
<th>Year-round</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wheelchair access</td>
<td>Yes</td>
</tr>
<tr>
<td>Rates</td>
<td>From $165 per night (based on standard suite rate)</td>
</tr>
</tbody>
</table>

**Osoyoos**

1200 Rancher Creek Road (Nk’Mip Resort)  
☎ 250.495.5445  
www.spiritridge.ca  
• Luxury villas & suites  
• Private beach & lake access  
• Spa  
• Golf

**Kamloops**

200 - 355 Yellowhead Hwy.  
☎ 250.828.9749  
www.secwepemc.org/museum  
• Cultural museum  
• Ancient village site  
• Ethnobotanical garden walk  
• Performances
The Kootenay region of B.C. offers some of the most scenic hikes in the Canadian Rockies – a fact that Cross River’s wilderness tours take full advantage of in this remote, unique landscape. Guests can opt for accommodation and meals with self-guided hikes or all-inclusive adventure packages that revitalize participants’ connection with the rhythm of life.

**Season**  
May to October

**Hours**  
Daily departures

**Activity level**  
Moderate

**Wheelchair access**  
No

**Rates**  
From $169 per person (includes meals, lodge accommodation)

CrossRiver Wilderness Centre & Kootenay Wilderness Tours

Kootenay National Park  
9272 Cross River Forestry Road (close to Radium Hot Springs)  
☎ 403.271.3296  
www.crossriver.ca

- All-inclusive adventure tours
- Remote eco lodge & cabins
- Sweat lodge
- Spectacular hiking

Set majestically in the shadow of the mountain ranges of British Columbia’s Rocky Mountains, this route travels past historic mining towns, through vast stands of towering evergreen forests and alongside pristine mountain lakes. On the way you can choose to stay in wilderness cabins or at a luxury hotel, 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.

**St. Eugene Golf Resort Casino**

Cranbrook  
7777 Mission Road  
☎ 250.420.2000  
www.steugene.ca

- 4.5-star hotel
- Golf course
- Casino
- Fine dining

Nestled between the Purcell and Rocky mountains, this First Nation-owned 4.5-star hotel features elegant rooms, gourmet dining, world-class golf, a cultural interpretive centre and western-themed casino – all in one picturesque location.
CCJA has been offering safe and professional river tours on the Fraser River for 10 years. Offerings include beautiful scenery, wildlife, Aboriginal early explorer and gold rush history with an educational interpretation by our knowledgeable 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.

**Season**
May to September

**Hours**
Daily departures (call to pre-book)

**Activity level**
Easy to moderate

**Wheelchair access**
No

**Rates**
From $77 per adult (based on one-hour tour)

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**Cariboo Chilcotin Jetboat Adventures**

**Williams Lake**
Williams Lake (trips start 15 minutes west, Hwy. 20)
☎ 1.877.748.8687
www.jetboatadventures.com

- Scenic jet boat river tours
- Hiking & exploring
- Multi-day packages

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**Haida Heritage Centre at Kaay Llnagaay**

**Skidegate**
2 Second Beach Road
☎ 250.559.7885
www.haidaheritagecentre.com

- Museum
- Interpretive tours
- Interaction with artists
- Café & gift shop
- Gift shop

Located on an ancient seaside village site, this oceanfront complex celebrates the unique culture, art and history of the Haida, with museum exhibits and audio-visuals, cultural tours, a canoe house and carving shed, occasional weaving and bentwood-box workshops, ceremonial events and presentations, and a café serving Haida cuisine.

**Season**
Year-round

**Hours**
Jun 1 to Sep 18 – 9 am to 6 pm daily; Sep 19 to Apr 30 – 11 am to 5 pm Tuesday to Saturday; May 1 to May 31 – 11 am to 5 pm Monday to Saturday

**Activity level**
Easy

**Wheelchair access**
Yes

**Rates**
From $15 per adult

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**The Land of Totems and Spirit Bears**

Williams Lake | Bella Coola | Port Hardy | Klemtu | Prince Rupert | Haida Gwaii | Terrace | Prince George | Quesnel | Williams Lake

Discover the rich First Nation heritage in the vast wilderness of Northern British Columbia and the grasslands, mountains and coastal environs of the Cariboo Chilcotin region. Explore a river by canoe, kayak or jet boat and learn how First Nations People used the rivers as highways. Track the legendary Spirit Bear in the coastal rainforests, learn about the traditions of dogsledding or visit archaeological sites dating back thousands of years. Venture to Haida Gwaii, an archipelago renowned for its ancient rainforests, wildlife, and rich Aboriginal culture. Explore museums and fascinating cultural centres, or sample our hospitality at an Aboriginal-owned bear-viewing lodge.
42 Haisla Tourism

Kitamaat Village
☎ 1.877.424.7521
www.haislatourism.com
- Cultural tours & Native heritage
- Eco Lodge
- Bear-viewing and whale-watching
- Ocean-going canoe
- Coastal hot springs

A series of guided wilderness and cultural adventures featuring Haisla First Nation cultural traditions, ocean-canoeing tours, wildlife viewing, natural hot springs, fishing charters, and sightseeing and hiking tours in the heart of the Pacific Inland Coast.

<table>
<thead>
<tr>
<th>Season</th>
<th>May to October</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hours</td>
<td>9 am to 5 pm daily departures</td>
</tr>
<tr>
<td>Activity level</td>
<td>Easy to moderate</td>
</tr>
<tr>
<td>Wheelchair access</td>
<td>Varies</td>
</tr>
<tr>
<td>Rates</td>
<td>From $55 per adult (based on three-hour ocean-going canoe adventure)</td>
</tr>
</tbody>
</table>

43 ‘Ksan Historical Village and Museum

Hazelton
(180 miles east of Prince Rupert)
☎ 1.877.842.5518
www.ksan.org
- Museum
- Ancient village
- Guided tours
- Carving area

A reconstructed village of “the People of the River of Mist” – the Gitxsan, featuring more than 600 Gitxsan and Wet’suwet’en artifacts, guided cultural tours, traditional songs and dancing, a carving area, Gitxsan totem poles and a series of traditional First Nation houses overlooking the confluence of the historic Bulkley and Skeena rivers.

<table>
<thead>
<tr>
<th>Season</th>
<th>Year-round</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hours</td>
<td>April to September – 9 am to 5 pm daily; October to March – 9:30 am to 4:30 pm Monday to Friday</td>
</tr>
<tr>
<td>Activity level</td>
<td>Easy</td>
</tr>
<tr>
<td>Wheelchair access</td>
<td>Yes</td>
</tr>
<tr>
<td>Rates</td>
<td>From $10 per adult</td>
</tr>
</tbody>
</table>

44 Museum of Northern British Columbia

Prince Rupert
100 First Avenue West
☎ 250.624.3207
www.museumofnorthernbc.com
- Museum
- Interactive programs
- Cultural performances
- Artists at work

A “Treasure Box of the Ancient Ones” showcasing a rare collection of more than 10,000 years of Northern B.C. history and culture, including museum exhibits and unique artifacts, hands-on programs, tours, cultural songs and dances, and some of the finest Northwest Coast carvers at work in the museum’s carving area.

<table>
<thead>
<tr>
<th>Season</th>
<th>Year-round</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hours</td>
<td>June to September – 9 am to 5 pm daily; October to May – 9 am to 5 pm Tuesday to Saturday</td>
</tr>
<tr>
<td>Activity level</td>
<td>Easy</td>
</tr>
<tr>
<td>Wheelchair access</td>
<td>Yes</td>
</tr>
<tr>
<td>Rates</td>
<td>From $5 per adult</td>
</tr>
</tbody>
</table>
### Northern Star Kennel Sled Dog Adventures

**Quesnel**

24945 Umiti Pit Road  
☎ 250.991.9901  
www.northernstarkennels.com

- Traditional dog mushing
- A real Canadian experience
- Pristine backcountry

Northern Star Kennel Sled Dog Adventures immerses visitors in the passionate and traditional history of dog sledding. Guests get to meet each dog on the team before heading out on an unforgettable adventure through pristine backcountry along the Cottonwood River. Don’t miss the experience of a lifetime.

<table>
<thead>
<tr>
<th>Season</th>
<th>November to April</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hours</td>
<td>Daily departures; by appointment only</td>
</tr>
<tr>
<td>Activity level</td>
<td>Easy to moderate</td>
</tr>
<tr>
<td>Wheelchair access</td>
<td>No</td>
</tr>
<tr>
<td>Rates</td>
<td>From $150 per person (based on two-hour tour)</td>
</tr>
</tbody>
</table>

### Spirit Bear Lodge

**Klemtu**

☎ 250.339.5644  
www.spiritbear.com

- Spirit, grizzly, black bear tours
- Lodge
- Big house & museum
- Storytelling

Journeys of three-and seven nights into B.C.’s pristine Great Bear Rainforest – in search of the rare, white spirit bear as well as grizzly, black bears and other wildlife. Guests travel by boat deep into coastal fjords carved by the last ice age, explore ancient cultural sites and hike tidal flats and old-growth trails. Home base is the Spirit Bear Lodge in Klemtu, a new waterfront retreat steps away from our Big House Cultural Centre.

<table>
<thead>
<tr>
<th>Season</th>
<th>July to October</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hours</td>
<td>Daily departures from Vancouver</td>
</tr>
<tr>
<td>Activity level</td>
<td>Easy to moderate</td>
</tr>
<tr>
<td>Wheelchair access</td>
<td>No</td>
</tr>
<tr>
<td>Rates</td>
<td>From $2,225 per person (based on four-day tour)</td>
</tr>
</tbody>
</table>

### Seashore Charters

**Prince Rupert**

Atlin Terminal  
215 Cow Bay Road  
☎ 1.800.667.4393  
www.seashorecharters.com

- Cultural tours
- Whale & grizzly bear viewing
- Guided rainforest hikes

Guests travel back in time to an ancient Tsimshian village site and its many petroglyphs on historic Pike Island, photograph whales and other coastal marine life, or venture into one of the world’s most significant grizzly bear sanctuaries, Khutzeymateen, surrounded by mountains and old-growth temperate rainforests.

<table>
<thead>
<tr>
<th>Season</th>
<th>May 15 to September 15</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hours</td>
<td>10 am to 5 pm Monday to Saturday, 12 pm to 5 pm Sundays</td>
</tr>
<tr>
<td>Activity level</td>
<td>Easy to moderate</td>
</tr>
<tr>
<td>Wheelchair access</td>
<td>Varies</td>
</tr>
<tr>
<td>Rates</td>
<td>From $57 per adult (based on four-hour tour)</td>
</tr>
</tbody>
</table>

### Xatsūll Heritage Village

**Williams Lake**

5570 Cariboo Hwy 97 N  
(35 km north of Williams Lake)  
☎ 250.297.6502  
www.xatsullheritagevillage.com

- Guided tours
- Workshops & storytelling
- Traditional meals
- Arts & crafts

The Xatsūll First Nation community (pronounced hats’ull) welcomes visitors to their National award-winning Heritage Village. Located next to the majestic Fraser River, Xatsūll Heritage Village offers guided tours and educational workshops, traditional meals and authentic accommodation in a teepee or pithouse.

<table>
<thead>
<tr>
<th>Season</th>
<th>May to October</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hours</td>
<td>10 am to 5 pm daily</td>
</tr>
<tr>
<td>Activity level</td>
<td>Easy</td>
</tr>
<tr>
<td>Wheelchair access</td>
<td>Yes</td>
</tr>
<tr>
<td>Rates</td>
<td>From $20 per adult for two-hour guided tour (discounts for youth and seniors)</td>
</tr>
</tbody>
</table>
Klahowya Village
IN STANLEY PARK

Enjoy Vancouver’s premier family-friendly Aboriginal tourism experience. Spend an hour or an afternoon celebrating vibrant, authentic Aboriginal culture through song, dance, art and cuisine.

- Spirit Catcher Train
- Live cultural performances
- Daily cultural tours
- Storytelling circle
- Authentic Aboriginal artisans
- Aboriginal cuisine and Spirit Bear Coffee
- Aboriginal crafts... and so much more!

WEEKEND CULTURAL PERFORMANCES
May 15 - June 26, 2011

DAILY CULTURAL PERFORMANCES
June 27 - September 11, 2011

www.ABORIGINALBC.com
778.968.1070

IN PARTNERSHIP WITH
ABORIGINAL TOURISM ASSOCIATION OF BC
Klahowya Village in Stanley Park