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Kelowna and the Okanagan Activity Guide



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Each year, more than one million visitors add to Kelowna's population and for good reason, it's beauty and family oriented activities make it easy for you to arrive, yet hard to leave.

Exciting events await families, couples and business people who want to get away and have... "a lot of FUN".

So take heed, my friends, and read this list carefully. It holds all the information necessary to plan your vacation to Kelowna and area.

Click here for:


[Kelowna Activities](#)

[West Kelowna Activities](#)

[Peachland/Summerland Activities](#)

[Vernon Activities](#)

[Penticton Activities](#)

Legend: |  Sunny Day Activity |  Rainy Day Activity |  Free |  Cost Related|

Kelowna Activities

1. City Park

Kelowna has some of the most beautiful sites in both Canada and the United States combined.

It is unusual to visit sites this spectacular for free, however, spending the day at the City Park allows you to do just this.

Even with all its visitors, it is one of the quietest, most serene places to visit. Your children can enjoy the waterpark and playground or just throw around the football. If your family enjoys volleyball use the nets already on the beach and soak up the sun.



The Park is actively patrolled and another added perk is the close proximity of restaurants and shops, all within walking distance. We list this as a “free” activity but you may need to pull out the wallet for an ice cream vendor or some locally made art work.



2. [Parks Alive](#)

This activity is just as it sounds--it brings the parks of Kelowna to life! Sponsored by Festivals Kelowna, a non-profit, community oriented program, Parks Alive produces more than 50 events every year including live concerts, art shows and lakeside events. Everything is family-friendly, and suitable for people of all ages. The performers may be local artists, or world-class performers. If you are a couple on a romantic getaway, imagine yourselves with a picnic basket containing a loaf of French bread and a nice cold beverage. You could not ask for a better evening.

Phone: 250-868-3326

Twitter: @parksalive

Website: www.parksalive.festivalskelowna.com/

You Tube: [Festivals Kelowna Channel](#)



3. [Kelowna Beaches](#)

Kelowna has some of the greatest beaches you will **EVER** find in Canada. The water is clean and clear blue, inviting and relaxing. Whether you make your time at the beach a full day activity, or visit one of the many after a day of sightseeing, you will undoubtedly return.

Two of the most popular are Gyro and Rotary. Gyro is more popular with the younger crowd, but fits in just fine with families as well. It has playgrounds, picnic areas, volleyball courts and a plethora of snack venues to keep you hydrated and satisfied through the day.

Rotary has similar amenities, but takes its activities one step further. It is well known for kite boarding and wind surfing, making it a better selection if you prefer water sports over beach activities. Rotary is our preferred “family beach” with



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shallow water entry, designated swimming areas, a great playground, water toy rentals and change rooms.

When it is time to eat, you do not have to rely on beach vendors. Numerous restaurants are within walking distance.

Phone: 250-71-PARKS

Website: [Kelowna Beaches](#)



4. [19 Greens](#)

Okay dad, now we are talking your talk! This is the absolute perfect family activity for experienced golfers and golfers in training. It offers the avid golfer a championship 18 hole natural grass putting course to show his skills off, along with an 18 hole Astro mini golf course for the kids. This is a win-win situation for the entire family. Not only are there special group rates, but this spectacular course also hosts birthday parties and special events. For more information you can call or visit the website.

Phone: 250-769-0213

Website: www.19greenskelowna.com/



5. [Moo-Lix Ice Cream](#)

You want it, your taste buds are screaming for it. It is hot and water just will not do. They have more than 40 flavors. So what is the delectable dish I am speaking of? ICE CREAM!!!! The best place to go--the **ONLY** place to go--is Moo-Lix. Their waffle cones are hand-made and you can smell them from the front of the store. Although their specialty is hard ice cream, you can get slushees and milk shakes. But close your eyes and imagine licking your favorite flavor slowly, feeling it slide slowly down your throat, cooling you down as it goes. Mmmmm....chocolate....

Phone: 250-869-0010

Website: [Moo-Lix](#)





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6. [Monashee Adventures](#)

If adventure is what you want, adventure is what you will get when you visit the people of Monashee Adventures. They have something to keep you busy all year long, spring, summer, fall and winter. The numerous tours they offer give you the very best of the Okanagan Valley, especially their Historical tours of the Great Estates and the Kettle Valley Railway. They have rentals for any occasion; this includes a snow-bike tour of Big White Ski Resort. Don't like biking in snow? That's okay, you can snowshoe through the trails at Big White instead. Last but not least, you must go on the B.C. High Line Tour which rated among the Top 25 Best New Trips of 2010 by National Geographic Adventure Magazine.

Phone: 250-762-9253

Cell Phone: 250-878-3587

Website: www.monasheeadventuretours.com

Email: info@monasheeadventuretours.com



7. [Would You Like Some Wine with Your Cheese?](#)

If you love wine, or would like to acquire a taste for it, then you **must** take one of the many wine tours and tastings while on your vacation. There is absolutely no wine even comparable to the wines of British Columbia, and this is something this Province takes great pride in.

Most of the 29 wineries are family-owned and have been in business for more years than you have been breathing. They know what it takes to make a perfect wine, and take the time to explain to you how their wines are produced, take you on a tour of their vineyards, give you an opportunity to sample a variety of flavors and explain food pairings. By the time you are done, you **will** love wine, and if for no other reason, travel to Kelowna just to purchase a bottle.

First, the color attracts you. Then the aroma pulls you a bit closer. You cannot help but take the glass in your hand as your tastebuds urge you to take a small taste. "You can always spit it into the cup," you tell yourself. But once the taste of the perfectly fermented grapes hit your tongue, you close your eyes, knowing



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what real pleasure is.

You are hooked--Kelowna wine has won you over.

For Wine Tour information:

Website: www.okwinetours.com

For Wine Tours and Accommodation Packages Visit:

Website: [Playa Del Sol and Club Wine Tours](#)

Website: [Playa Del Sol and Distinctively Wine Tours](#)



8. **Golf Anyone?**

Guys, if mom can enjoy some alone time, so can you. This is also a perfect activity for all levels of golf enthusiasts. Kelowna is home to some of the best championship courses in all of Canada and the United States, with the most magnificent views. Once you swing, the last thing you care about is where your ball lands; your eyes are caught in the beauty of the rockies and the view of Okanagan Lake.

The majority of the 20 courses are open to the public and are typically a minimum 18 holes. Most offer lessons and fantastic restaurants for the hungry golfer after a long game. The courses in the Okanagan are finely manicured, irrigated and kept in pristine condition.

For more information check out the contact info below:

Check out Golf Kelowna for details on each course.

Phone: 1-800-930-4622

Website: www.golfkelowna.com

For Golf and Accommodation Packages Visit:

[Playa Del Sol Golf Packages](#)



9. **Fruit and Veggie U-Picks**

Mmmmmm.....cherries :)



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Oh, are you a pear, peach, strawberry, plum or pumpkin person? That is fine, too. At U Picks, there is a variety of fruits and vegetables just waiting for you to pick and eat. Do you have a picky eater in your family? Great! Let her take every last apple off the tree! You can take as much as you want (you have to pay for it of course). What better way to spend your day than in an orchard, choosing fresh, luscious fruit to snack on while driving to your next vacation destination. Peaches.....ahhhh....Call for blossom and harvest times or visit the website below.

Phone: 1-800-663-4345

Website: www.tourismkelowna.com



10. **Downtown Kelowna Block Party**

C'mon, rock the block away with Kelowna! Yes, yes, yes!!!! It is some of the best fun you and your family will ever have, we promise. There is live music, vendors selling intricate and unique items, awesome displays your kids will love like a genuine Monster Truck. You cannot miss this event. No one rocks a block like the people of Kelowna, and they need **YOU** for that extra splash of magic! Call for the exact dates and times.

Phone: 250-862-3515

Website: www.downtownkelowna.com

Email: info@kelowna.com



11. **Summer Storytime in the Park**

Any parent with children ages three to five knows how difficult it is keep them from saying, "I'm bored." Well here is the answer:

Summer Storytime in the Park. Take your little ones to Mission Creek Regional Park and enjoy time with them as they hear nature stories, sing songs and take mini nature walks, exploring the best Okanagan Valley has to offer.

Their little eyes will light with delight as they learn about the gorgeous regional parks and unique animals Okanagan has to offer.



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Children love to learn, especially when it is learning is fun, and this is exactly what this activity offers.

Phone: 250-469-6140

Website: www.kelownaevents.info

Email: contact@kelownaevents.info



12. [Kelowna Grand Prix and Laser Tag](#)

Are you a Ricky Bobby fan by any chance? You know, from the movie Talladega Nights? If so, you know that he "wants to go fast!" If this is you, then you have to visit Kelowna Grand Prix and Laser Tag. This 1/2 mile track allows their Grand Prix formula cars to reach some exhilarating speeds, you'll notice the adrenaline pumping through your body as raw speed takes over. This activity is not for the faint of heart.

Have no fear, the facility offers two other cars for those of you who cannot handle this much excitement. The Malibu is terrific for adults or kids who prefer life in the slow lane, while the Double-Seater is wonderful for couples or children who are unable to drive a car on their own.

Once you finish your time on the track, head over for a game of Extreme Laser Tag. This is a time for mom and dad to showcase their abilities as warriors. In a black lit arena, you can let your memories be your weapon. Remember when Junior came home an hour after curfew? Kaboom! Direct hit. Or how about when daddy's little girl snuck out of the house to see her boyfriend? Bam! You do not always have to ground your kids to show them who's boss. Just play a friendly game of laser tag.

Phone: 250-765-1435

Website: www.kelownagrandprix.com



13. [Chances Gaming and Entertainment](#)

Are you feeling lucky? Do you want to make some extra money while on



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vacation? Then visit Chances Gaming and Entertainment for all your gambling needs. You can play the ponies, play it safe with slots or have some fun with Bingo.

Whatever your flavor, relax and have some fun. How about some tasty treats such as breaded shrimp, chicken wings, quesadillas or chicken n' ribs? If you are thirsty, grab a nice, cold beer or glass of infamous Kelowna wine. All of these are found in the Longshots Lounge.

They also serve full meals if your hunger gets the best of you. Remember, have fun but know your limit. You need your money for the cruises, zip lines and scuba diving lessons left on your itinerary :))

Phone: 250-860-9577

Website: www.chanceskelowna.ca



14. Lake City Casino

At Lake City Casino, you have more gaming options including 500 slot machines, table games such as Black Jack, Four Card Poker and no limit Texas Hold 'Em.

You will love the live entertainment on the weekends, and guys, the big screen TVs are perfect for watching your favorite sporting events. This includes UFC pay-per-view events you do not have to pay a cover for. Aren't you lucky?

When it comes to dining, on weekends you can enjoy their breakfast buffet, certain nights of the week they offer an out of this world dinner buffet and in between you can look forward to steak and seafood, or burgers and fries. Whatever you want, they have it. So give them a call and get the information you need to fully enjoy yourself.

Phone: 250-860-9467

Website: www.lakecitycasinos.com

Email: info@lakecitycasinos.com





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15. Scenic Boat Tours

One of the best ways to see the breath taking sites Okanagan Lake has to offer is to take a Scenic Boat Tour. The boats are small and inviting, holding 10 passengers, and can be converted into fully enclosed vessels for protection against the elements, making your tour as comfortable as possible.

This is a wonderful activity for businessmen who want to impress a perspective client, or families vacationing together. If you are a [newly wed couple](#), charter a romantic twilight cruise and enjoy the Okanagan all to yourselves as you begin your new life together.

Lake Okanagan Boat Tours and Rentals, the company in charge of this experience, has your convenience in mind. They offer pick-ups and drop-offs at any public dock, lakeside hotel or resort in Kelowna. Do not deprive yourself of this unique experience; this opportunity to tour some of the most popular spots in Kelowna on Lake Okanagan.

Phone: 250-861-0691

Website: www.okanaganboattours.com

Email: info@okanaganboattours.com



16. Float Plane Tours

Air-Hart Aviation is your host for these exciting float plane tours. The excitement begins the moment you enter the Cessna float plane where everyone has a window seat.

As you leave the ground, your view quickly changes. If you thought Okanagan Valley was beautiful from the ground, "baby you ain't seen nothin' yet."

During your tour you will see mountains, glaciers and alpine lakes among other things. Your pilot takes the time to point out interesting facts and features with the use of stereo headphones.

You may try to talk, but find your voice is nonexistent. It is okay, this is normal. This is the captivating effect of Okanagan; its purity and magnificence taking hold and not letting go.



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Gentlemen, if you have a young lady you know is "the one," you can ensure a "yes, I will marry you," by planning a proposal while taking this tour. Her eyes full of tears, her answer will be as beautiful as the sights you are viewing at the time.

Phone: 250-762-9830

Website: www.air-hart.com/



17. **Cruise "The Boardroom"**

Mexican Cruises, Disco Cruises, Dinner Cruises and weddings. No matter what your flavor, Executive Houseboat Charters has it.

"The Boardroom" is a 76 foot, 5-Star Luxury Liner that is ready to fit all your needs. Businessmen on vacation can charter a corporate cruise, vacationing families can go on a dinner cruise and tour the phenomenal Okanagan Lake.

Getting married but live in Utah? Not a problem. Just give the folks at Executive Houseboat Charters a call and they can plan your event for you. There is no better place to tie the knot and share your vows than in beautiful Kelowna, British Columbia. It only sweetens the memories of the most special day of your life.

Phone: 250-215-2779

Website: www.executivehouseboatcharters.com



18. **Winter Fun**

While Kelowna is known for its summer fun, we cannot forget about the winter activities for which it well known, too. There is skiing, snowboarding, tubing, hockey and skating rinks galore in this land of family fun. But where you ask? You should know by now I have the answer for this.

There are four excellent, highly rated resorts where all these fabulous activities take place. Big White (Kelowna), Silver Star (Vernon), Apex (Penticton) and Crystal Mountain (West Kelowna).

The amenities are out of this world, and some are open year-round, allowing you to enjoy summer activities such as mountain biking, hiking and horseback riding.



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What more can you ask for? Kelowna is the place to be. Anywhere else just pales in comparison.

Website: www.bcadventure.com/



19. [Mission Creek Greenway](#)

Mission Creek Greenway is undoubtedly the greatest proof of Kelowna's love for its community. This project is the most successful community funded project in the city's history, spearheaded by the Friends of Mission Creek Society.

If you love nature, and want to breathe in the heart of Okanagan Valley's human history, you must visit Mission Creek Greenway.

It has two trails totally over 17 km at your disposal: one is a flat, wide pathway without hills, while the other is more narrow with steep hills and bridges.

This area is popular among runners, bikers, hikers and walkers--basically anyone who loves the serenity nature provides. You have to visit Mission Creek at least once during your stay to truly appreciate Kelowna and the magic it has to offer.

Website: www.greenway.kelowna.bc.ca/



20. [Boat Rentals](#)

If you want to be the Captain, then renting a boat is right up your alley. Okanagan Boat Rentals has everything to meet your needs, from boat rentals to waverunners. They even offer pulls and tube rides with qualified drivers.

This is a family owned business with a desire to provide your family with the best possible time on the water.

They do everything from putting the boat or waverunner in the water for you, to giving you basic lessons before you head out for an exciting day on the water.

This is the creme de la creme of water activities, so head over to the folks as



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Okanagan Boat Rentals.

From one family to another, they understand and meet all your vacation needs.

Phone: 250-469-3031

Website: www.okanagan-boatrentals.com



21. Sail Boating

Maybe your vacation has been full of exciting events such as playing laser tag, paint ball or zip lining. Maybe you spent a day at the mall, or wandering the spectacular orchards of Kelowna's wineries.

Now it is time to relax; it is time to lay back and enjoy the quiet solitude only a Sail Boat cruise can provide. Captain Al and 1st Mate Jo-Ann go out of their way to ensure you love every second of your time on their 26 foot, taking you where other cruises do not. This is the longest running operating lake cruise in the Okanagan Valley and for good reason: you tour at your own pace, and your cruise is tailored made to your desires.

You learn about the history of this magical region during your time of peaceful solitude, enlightening you in ways other cruises do not. Captain Al even offers you a turn at the helm if you so desire.

He offers tours any time of the day or night, making this a perfect, romantic activity for couples.

Phone: 250-763-5204

Website: www.gowiththewind.com

Email: info@GoWithTheWind.com



22. Scuba Diving

Scuba diving is one of the most magical, mystical activities you can participate in, and there is no better place to do this than Kelowna. It has numerous sites for you to enjoy, and Serpent Aquatics has all the information you need to make a day of your underwater adventure.



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For fresh water diving, Pavilion Lake is the site for you. It contains rare formations known as Stromatolites which may be the earliest forms of life on earth, and you can view them first hand. They are so precious that both NASA and the University of British Columbia are doing extensive studies to prove this theory.

Johnson Lake is known as the "Caribbean of the North," and offers some of the clearest waters to dive in. You can explore the limestone bed found here, among other things. Shaka and Okanagan Lake both have numerous dive sites for you to enjoy. For more information about all of these, contact the experts at Serpent Aquatics.

Phone: 250-768-3335

Website: www.serpentaquatics.com/



23. Orchard Park Mall

Okay ladies, we understand that it does not matter where you are, the urge to go shopping never ceases. Lucky for you Kelowna is home to Orchard Park Mall, a shopping Centre home to more than 170 stores such as Sears, The Bay, Aeropostale, American Eagle Outfitters, Gap and Tommy Hilfiger.

You can make a day of it with your family, or leave the kids with dad and enjoy some relaxing alone time.

Phone: 1-800-610-7467

Website: www.orchardparkshopping.com



24. Taste of Downtown

They say that you eat three times a day (OMG, really?), and that if you were to eat at a different restaurant in Downtown Kelowna for every meal, you **still** would not eat at the same place twice for over a month. This speaks volumes about the diversity of the city. Do you know what's even better? You have the opportunity to sample the delicious food and drink of these eateries in one night during an event known as Taste of Downtown. If you like to eat my friend, this is **the** activity for



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you.

Plan your vacation at just the right time, and call ahead for the date and time of this event.

Phone: 250-862-3515

Website: www.downtownkelowna.com

Email: info@downtownkelowna.com



25. **Kelowna Farmers Market**

Nothing tastes better--or is better for you--than locally grown fruit and vegetables. Taking a day to visit the Kelowna Farmers Market allows you to purchase the best of these home grown items.

Most all the orchards and farms are family owned, and offer only the highest quality produce. Some items are organic including nuts, eggs and honey. Concessions are available to quell a growling stomach. You can buy mini donuts, waffle sticks, breakfast quesadillas and wraps.

Do you like what you see? Not a problem.

Vendors are more than happy to sell you their products. Jarred jellies, smoked sausages, hot sauce, organic coffee beans and more are at your disposal. If you suffer from food allergies, do not despair, you are not forgotten. There are gluten-free, nut-free and soy-free products just for you.

Phone: 250-878-5029

Website: www.kelownafarmersandcraftersmarket.com

Email: kelownafarmersmarket@shaw.ca



26. **Moonlight Movies in the Park**

This unique, annual event is perfect for the entire family and serves a good cause as well--the Okanagan Boys and Girls Club. Although the event is free, all donations help the youth in the surrounding areas. In addition to the movie, there are activities and games for the kids, concessions and popcorn. Use the contact



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information below for specific movie titles, dates and times.

Phone: 205-762-3914

Email: info@boysandgirlsclubs.ca

Website: www.boysandgirlsclubs.ca



27. Scandia Golf and Games

One word sums up this attraction...WOW! Your children cannot cry boredom when you take them to Scandia Golf and Games. In fact, **you** might cry when it is time to leave as they cling to your leg, begging you to stay just 10 more minutes.

Open year-round, Scandia has an arcade with more than 130 video games and the largest outdoor mini-golf course in Canada surrounded by 100s of flowers. Imagine your kids putting away, surrounded by ponds, fountains and bridges.

If you prefer indoor mini-golf, and love the jungle, try your hand at Jungle golf. This 18 hole course has real waterfalls, gorgeous murals and real tropical sounds to entertain you as you attempt your hole-in-one. Bumper cars and batting cages round out the fun, making Scandia Golf and Games your one stop shop for a full day of family activities.

Phone: 250-765-2355

Website: www.scandiagolfandgames.com



28. Kelowna Buskers Program

Young or old, you will love "busking," the practice of street performing for tips.

Festivals Kelowna, a non-profit society, sponsors this year-round program, and encourages locals and tourists alike to participate.

You must first audition before receiving your photo permit stating you are now a "busker."

If performing is not your cup of tea, you and your children will squeal with delight as those with a love for it juggle, mime, play a guitar or sing.



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Here is all the information you need about this program.
Phone: 250-868-3326

Website: [Kelowna Buskers Program](#)
Twitter @: parksalive, KelownaBuskers, ArtsAliveKTown



29. **Oyama Zipline** (Oyama is a mere 15 minutes north of the Kelowna Airport)

Can you say thrilling? This is exactly what this activity is, and when you are done, you will want to do it again.

The folks at Oyama Zipline take pride in giving you the best time while at their facility. Although teens can participate, ziplining is definitely more adult oriented, making this a perfect way for newlyweds to start their life together.

You can hold hands as you enjoy the nature walk on your way to the wickedly wonderful zipline ride--it is then every man and woman for themselves!

The grand finale is the best; you can race one another on the double zipline, reaching speeds up to 86 km/hour.

Here is some contact information for park times and reserving your place in line.

Phone: 250-548-4129
Website: www.oyamazipline.com
Email: findadventure@oyamazipline.com
Twitter: @Oyamazipline



30. **McCurdy Bowling Centre and Freddy's Brewpub**

Bowling is a long-time family favorite, and one that children adore. There is nothing greater than watching a smile spread across the face of your little one when they knock down even two pins.

The staff at McCurdy Bowling Centre go above and beyond to ensure your family



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enjoys every moment of your time with them.

They offer 30 lanes, youth bumper lanes, automatic scoring and cosmic bowling for added fun. Are you hungry? They have this covered, too, with full food and beverage service.

After you knock down some bowling pins why not kick back in Freddy's brewpub, home of Kelowna's only micro brewpub? Freddy's also boasts a delicious succulent menu, beautiful patio, large screen PPV sports and weekly karaoke.

Phone: 250-765-4519

Website: www.mccurdybowl.com



31. [H2O Aquatic Centre](#)

The H2O aquatic centre has the family covered with wave pool, water slides, wave runner indoor surfing and boogie boarding, diving boards, lap pool, river run and more.

Yes, you are on vacation, but this does not mean you cannot stay in shape! YMCA Okanagan cares about your total health--spirit, body and mind.

While membership is typically a requirement, this branch allows drop-ins and has programs for young and old alike.

From the water to the weight bench, both you and your children can enjoy everything the H2O Aquatic Centre has to offer during your stay in Kelowna!

Phone: 250-764-4040 ext. 426

Website: www.h2okelowna.ca

You Tube: [h2okelowna](#)



32. [Carmelis Goat Cheese Artisan Inc.](#)

Hear ye, hear ye! All cheese lovers come together and tour the infamous Carmelis Goat Cheese Artisan Inc.



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This family owned boutique dairy produces only the highest quality cheese using techniques learned in various areas of France and Europe.

Tour their facility and learn how this takes place, why the family chooses to use only 100 percent goat milk and opts for minimal machine use during the production process. Your tour of Carmelis will leave such an impression, you will never want to consume this product from another producer again, as this family's production standard is extremely high.

Whether you prefer fresh, soft ripened or hard aged, the flavor is amazing and leaves you wanting more.

Phone: 250-764-9033

Website: www.carmelisgoatcheese.com



33. Performing Arts

If you have an appreciation for the arts, Kelowna has you covered. Its pride in the wine it produces comes first, but its love for art most definitely runs a close second.

Three major theatres reside in the heart of Kelowna's cultural district, each providing their own distinct art form.

First we have the Kelowna Actors Studio. This forum is perfect if you enjoy musicals and performances such as *Guys and Dolls*, *Les Miserables* and *9 to 5-- The Musical*. The theatre keeps children in mind as well, replicating favorites such as *Pinocchio*.

Phone: 250-862-2867

Website: www.kelownaactorsstudio.com

Next we have the Mary Irwin Theatre, a theatrical venue which is geared toward recitals, theatre and dance. It is often utilized for corporate fundraising events.

Phone: 250-717-5304

Website: www.rotarycentreforthearts.com

Last but not least we have the Kelowna Community Theatre. Since its early beginnings in 1962, the theatre has grown exponentially, featuring local performers to world-class performers from around the world.



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Here you enjoy beautiful ballet dancers glide around the stage, or listen to the serene music only symphonies can provide.

Phone: 250-469-8506

Website: www.kelowna.ca



34. Art Galleries

Have you been looking for that perfect picture to enhance your home? Well you are in luck my friend, Kelowna has many art galleries to assist you in your search.

The Kelowna Art Gallery is a registered non-profit society run by curator Ruth Bieber. It is home to more than 700 pieces, most of which are donated.

This gallery offers numerous classes for many people including the blind and vision impaired. Their goal is to enhance lives through the love of art.

Phone: 250-762-2226

Website: www.kelownaartgallery.com

If you love oil and acrylic paintings, Tutt Street Galleries is the place to visit. In business for 28 years, this dealer is selective when it comes to Canadian contemporary fine art.

It hosts numerous public, private and corporate showings, offering something for everyone.

Phone: 250-861-4992

Website: www.tuttartgalleries.ca



35. Croc Talk

Wanna talk...to crocodiles? This is exactly what you and your kids can do when you visit Croc Talk, a conservation and rescue facility owned and operated by Doug Illman and Brenda Bruce. Here you can enjoy tortoises, African wild cats



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and of course, crocodiles! The educational "Croc Talks," helps support the conservation and rescue efforts of these animals. While there you can touch a live croc if you dare! No worries, the facility has a perfect safety record. When you visit Kelowna, stop by and help support nature's most precious creatures.

Phone: 250-764-1616

Cell Phone: 250-717-6060

Website: www.croctalk.com



36. [Myra-Canyon Ranch Horseback Riding](#)

This is another activity that is perfect for newlyweds if you and your mate love horses, cycling, hiking or walking through a serene countryside.

Take a trail ride on one of Myra's well-trained horses, or relax in the hot tub while drinking a sparkling glass of champagne as you celebrate your new union.

Phone: 250-764-9731

Website: www.myracanyon.com

Email: info@myracanyon.com



37. [Myra Canyon Trestles](#)

Perhaps one of the most relaxing--and beautiful--family activities in Kelowna is the Myra Canyon Trestles.

It is perfect for you and your family if you love to bicycle or take long scenic walks.

This four hour ride takes you over 18 trestles of the historic Kettle Valley Railway, through two tunnels and offers many opportunities for short breaks along the way.

Magnificent views of the Canyon and Okanagan Lake will take your breath away. This is not something you want to miss out on.



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This activity is a favorite even for the locals and if you have your own bikes or would like to walk the trestles it is another fantastic free activity for families or couples alike. Call or email the company below if you need to rent bikes.

Phone: 250-878-8763

Website: www.myracanyonrental.com

Email: info@myracanyonrental.com



38. [WildPlay Kelowna](#)

Looking for a challenge and adventure for adults, teens and kids alike? Come check out the “tree top” aerial adventures, obstacles, zip-lines and games suspended 6 – 60 feet above the ground on multiple different courses. WildPlay is just a short 20 minute drive from Kelowna and will take reservations to insure your spot on the course.

Phone: 250-765-4533

Website: <http://www.wildplay.com/parks/kelowna>

Email: guestservices-kelowna@wildplay.com





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West Kelowna Activities *(return to top)*

(West Kelowna is only a short drive across the bridge from Kelowna)

1. **Safari Ridge Adventure Paintball and Outdoor Laser Tag**

You cannot ask for a more versatile activity in Kelowna than this. The paintball field is a perfect way for the guys to be guys and take out any frustrations they may have.

All they need to do is point their semi-automatic rifle at their opponent and pull the trigger. Safari Ridge offers discount rates for groups of 10 or more, so fellas, gather together and relieve some stress.

Families can enjoy the Ridge, too. Outdoor laser tag is perfect if you have kids ages six and up. Nothing puts a smile on your child's face faster than defeating you on the battle field.

Phone: 250-769-0239

Website: www.safariridge.com

You Tube Channel: [SafariRidgePaintball](#)



2. **Westside Go Karts**

"I feel the need...the need for speed!"

Do you recall this infamous line from the movie, "Top Gun?" Whether you are familiar with it or not, it must be your motto when visiting Westside Go Karts, as their's is "Where Speed is a Necessity."

No matter how you toss it, you are going to go fast or not at all.



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This popular Kelowna activity may be better for older children, or for a couple looking to have some alone time and a whole lotta fun!

Phone: 250-768-6877

Website: westsidegokarts.com

Email: westsidegokarts@gmail.com



3. Would You Like Some Wine with Your Cheese?

If you love wine, or would like to acquire a taste for it, then you **must** take one of the many wine tours and tastings while on your vacation. There is absolutely no wine even comparable to the wines of British Columbia, and this is something this Province takes great pride in.

Most of the wineries are family-owned and have been in business for more years than you have been breathing. They know what it takes to make a perfect wine, and take the time to explain to you how their wines are produced, take you on a tour of their vineyards, give you an opportunity to sample a variety of flavors and explain food pairings. By the time you are done, you **will** love wine, and if for no other reason, travel to the Okanagan just to purchase a bottle.

First, the color attracts you. Then the aroma pulls you a bit closer. You cannot help but take the glass in your hand as your tastebuds urge you to take a small taste. "You can always spit it into the cup," you tell yourself. But once the taste of the perfectly fermented grapes hit your tongue, you close your eyes, knowing what real pleasure is.

You are hooked--Okanagan wine has won you over.

For Wine Tour information:

Website: www.okwinetours.com

For Wine Tours and Accommodation Packages Visit:

Website: [Playa Del Sol and Club Wine Tours](#)

Website: [Playa Del Sol and Distinctively Wine Tours](#)



4. Golf Anyone?

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Okanagan Lake. The majority of the West Kelowna courses are open to the public and are typically a minimum 18 holes. Most offer lessons and fantastic restaurants for the hungry golfer after a long game.

The courses in the Okanagan are finely manicured, irrigated and kept in pristine condition.

For more information check out the contact info below:

Website: [West Kelowna Golf Courses](#)

For Golf and Accommodation Packages Visit:
[Playa Del Sol Golf Packages](#)



5. [Fruit and Veggie U-Picks](#)

Mmmmmm.....cherries :)

Oh, are you a pear, peach, strawberry, plum or pumpkin person? That is fine, too. At U Picks, there is a variety of fruits and vegetables just waiting for you to pick and eat. Do you have a picky eater in your family?

Great! Let her take every last apple off the tree! You can take as much as you want (you have to pay for it of course).

What better way to spend your day than in an orchard, choosing fresh, luscious fruit to snack on while driving to your next vacation destination.
Peaches.....ahhhh....

Call for blossom and harvest times or visit the website below.

Phone: 1-800-663-4345

Website: www.tourismkelowna.com



6. [Winter Fun](#)

While the Okanagan is known for its summer fun, we cannot forget about the winter activities for which it well known, too.

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Kelowna).

The amenities are out of this world, and some are open year-round, allowing you to enjoy summer activities such as mountain biking, hiking and horseback riding. What more can you ask for? The Okanagan is the place to be. Anywhere else just pales in comparison.

Website: www.bcadventure.com/



Peachland/Summerland Activities

(return to top)

*(Peachland is only a short 20 minute drive across the bridge from Kelowna)
(Summerland is only a short 35 minute drive across the bridge from Kelowna)*

1. Zip Zone

Dare to be dangled! At ZipZone, you can fly higher than the Bald Eagles, Zip Lining more than 300 feet in the air. That's right, for true adventure and pulse-racing fun, there is no better place to go in Kelowna than here. ZipZone has the six highest zip lines in North America that criss-cross over the Deep Creek Gorge. You can even zip upside down if you think you can handle it. For extreme fun, try zip lining at night--if you have the guts that is.

Phone: 1-855-947-9663

Website: www.zipzone.ca



2. Kettle Valley Steam Railway

If you love history then you must participate in one of the Kettle Valley Railway Tours. It is run by a non-profit society that dedicates itself to preserving the heritage of the Okanagan and BC Railway, and all donations and monies from ticket sales and gift shop purchases directly help with this.

Also known as the KVR, the Kettle Valley Rail plays a unique role in the history of both



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the Okanagan Valley and British Columbia.

Chills will travel your spine as you relive an era during which the restored 1912 Steam Locomotive played such a vital role.

It transported families on errands and vacations, powered the fruit industry into the world market and created employment for many.

During the 90 minute tour, your children will be occupied with observation games while you enjoy live musical entertainment. This truly is a family oriented activity you must not miss.

10 times a year you can experience the “Old West” with the notorious Garnett Valley Gang!

You’ll enjoy their antics on and off the train as they rob passengers for local charities. Reserve early to make sure you don’t miss out. The outing includes a delicious barbecue dinner and musical entertainment.

Phone: 1-877-494-8424

Website: www.kettlevalleyrail.org



3. **Golf Anyone?**

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The majority of the Peachland and Summerland courses are open to the public and are typically a minimum 18 holes. Most offer lessons and fantastic restaurants for the hungry golfer after a long game.

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For more information check out the contact info below:

Website: [Peachland and Summerland Golf Courses](#)

For Golf and Accommodation Packages Visit:

[Playa Del Sol Golf Packages](#)



4. [Would You Like Some Wine with Your Cheese?](#)

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You are hooked--Okanagan wine has won you over.

For Wine Tour information:

Website: www.okwinetours.com

For Wine Tours and Accommodation Packages Visit:

Website: [Playa Del Sol and Club Wine Tours](#)

Website: [Playa Del Sol and Distinctively Wine Tours](#)





5. Fruit and Veggie U-Picks

Mmmmmm.....cherries :)

Oh, are you a pear, peach, strawberry, plum or pumpkin person? That is fine, too. At U Picks, there is a variety of fruits and vegetables just waiting for you to pick and eat. Do you have a picky eater in your family? Great! Let her take every last apple off the tree! You can take as much as you want (you have to pay for it of course). What better way to spend your day than in an orchard, choosing fresh, luscious fruit to snack on while driving to your next vacation destination. Peaches.....ahhhh....Call for blossom and harvest times or visit the website below.

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Website: www.tourismkelowna.com



6. Winter Fun

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The amenities are out of this world, and some are open year-round, allowing you to enjoy summer activities such as mountain biking, hiking and horseback riding. What more can you ask for? The Okanagan is the place to be. Anywhere else just pales in comparison.

Website: www.bcadventure.com





Vernon Activities *(return to top)*

(Vernon is only a short 35 minute drive from Kelowna)

1. **Oyama Zipline** (Oyama is a mere 15 minutes south of Vernon)

Can you say thrilling? This is exactly what this activity is, and when you are done, you will want to do it again. The folks at Oyama Zipline take pride in giving you the best time while at their facility. Although teens can participate, ziplining is definitely more adult oriented, making this a perfect way for newlyweds to start their life together. You can hold hands as you enjoy the nature walk on your way to the wickedly wonderful zipline ride--it is then every man and woman for themselves! The grand finale is the best; you can race one another on the double zipline, reaching speeds up to 86 km/hour. Here is some contact information for park times and reserving your place in line.

Phone: 250-548-4129

Website: www.oyamazipline.com

Email: findadventure@oyamazipline.com

Twitter: @Oyamazipline



2. **Atlantis Waterslide Park**

Nothing beats the heat better than a waterslide park. And where do you think you can find the best? British Columbia of course! Atlantis Waterslide is the creme de la creme, with a slide for everyone of every age in your family. If you have young children, they can squeal with delight as they zoom down two kiddie slides. Slightly older children can laugh the day away on the intermediate, while you and your teens fly down the fastest of all--the River Riot. Mom, you can relax in the hot tub, or take the kids to the on-site ice cream parlour. When the whole family suffers from growling bellies, walk to the concession stand and eat your hearts out.

Phone: 250-549-4121

Website: www.atlantiswaterslides.ca





3. **Starlight Drive-In Enderby** (22 Minutes North of Vernon)

Everyone loves the movies, but when was the last time you piled the family in the car and watched one at the Drive-In theatre? Have no fear my vacationing friends, I have a solution--Starlight Drive-In! This is the perfect way to treat your family to not just one, but two movies in the same night. It has the largest screen in all of North America with the lowest concession prices. And you can bring the WHOLE family; by this I mean Fido and Fifi, too. Did you make a road trip of your vacation, bringing your RV or camper? No worries. The Starlight has special parking for these vehicles. Enjoy your evening folks!

Phone: 250-838-6757

Website: <http://www.starlightdrivein.ca>



4. **Golf Anyone?**

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The majority of the Vernon courses are open to the public and are typically a minimum 18 holes. Most offer lessons and fantastic restaurants for the hungry golfer after a long game. The courses in the Okanagan are finely manicured, irrigated and kept in pristine condition.

For more information check out the contact info below:

Website: [Vernon Golf Courses](#)

For Golf and Accommodation Packages Visit:

[Playa Del Sol Golf Packages](#)



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Province takes great pride in.

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For Wine Tour information:

Website: www.okwinetours.com

For Wine Tours and Accommodation Packages Visit:

Website: [Playa Del Sol and Club Wine Tours](#)

Website: [Playa Del Sol and Distinctively Wine Tours](#)



6. **Fruit and Veggie U-Picks**

Mmmmmm.....cherries :)

Oh, are you a pear, peach, strawberry, plum or pumpkin person? That is fine, too. At U Picks, there is a variety of fruits and vegetables just waiting for you to pick and eat. Do you have a picky eater in your family?

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Website: www.tourismkelowna.com





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Website: www.bcadventure.com/



8. Art Galleries

Nadine's Fine Art specializes in custom framing. What does this mean for you? If you have taken a picture of the mountains, the Okanagan Lake or one of the breath taking sunsets, you can develop these photos, go see Nadine and she will turn your picture into a memory to hang on your wall. Nadine's Fine art gallery features many of our extremely talented local artists.

Phone: 250-542-8544

Website: www.nadinesfineart.com





Penticton Activities ***([return to top](#))***

1. **Scuba Diving**

Scuba diving is one of the most magical, mystical activities you can participate in, and there is no better place to do this than Kelowna. It has numerous sites for you to enjoy, and Serpent Aquatics has all the information you need to make a day of your underwater adventure.

For fresh water diving, Pavilion Lake is the site for you. It contains rare formations known as Stromatolites which may be the earliest forms of life on earth, and you can view them first hand. They are so precious that both NASA and the University of British of Columbia are doing extensive studies to prove this theory.

Johnson Lake is known as the "Caribbean of the North," and offers some of the clearest waters to dive in. You can explore the limestone bed found here, among other things.

Shaka and Okanagan Lake both have numerous dive sites for you to enjoy. For more information about all of these, contact the experts at Serpent Aquatics.

Phone: 250-768-3335

Website: www.serpentaquatics.com/



2. **Coyote Cruises/ Canal Float**

If you love boating, tubing and want to escape the heat of the Okanagan Valley, then you must take part in a Coyote Cruise.

This two hour trip takes you along the Penticton River Channel which is located between Okanagan and Skaha Lake.

You can relax on the boat, or rent a tube and float your time away. This trip is hosted by the Penticton Indian Band Development Company, a "for Profit" company whose roots are embedded deeply in tradition and the quality of their community, the Penticton Indian Band. Their primary goal is to provide a meaningful employment opportunity for their people.



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This cruise is the most popular summer attraction in South Okanagan, serving more than 100,000 tourists each year. You can call for more information about dates, times and costs, ensuring you do not miss out on this spectacular activity.

Phone: 250-492-2115

Website: www.pibdc.ca/

Email: coyotecruises@pib.ca



3. **Golf Anyone?**

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The majority of the Penticton courses are open to the public and are typically a minimum 18 holes. Most offer lessons and fantastic restaurants for the hungry golfer after a long game. The courses in the Okanagan are finely manicured, irrigated and kept in pristine condition.

For more information check out the contact info below:

Website: [Penticton Golf Courses](#)

For Golf and Accommodation Packages Visit:

[Playa Del Sol Golf Packages](#)



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Mmmmmm.....cherries :)

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When all is said and done, the appeal of the Okanagan Valley is unsurpassed. With so much to do and so little time to do it in you will definitely need to come back soon.



We at West Canadian Reservations Inc. had fun putting this guide together to enhance your vacation here in the Okanagan. If you ever need a place to stay while in town please check out our luxury vacation condo rentals by visiting our websites, send us an email or give a call.

West Canadian Vacation Rentals
Suite 254 (second floor) – 654 Cook Road
Kelowna, BC V1W 3G7

Phone: 250.860.3244

Toll Free: 1 888.860.3241

Fax: 250.860.3241

Email: info@westcanres.com or reservations@westcanres.com

Website: [West Canadian Vacation Rentals](#)

Website: [Playa del Sol Resort](#)

Website: [Barona Beach Resort](#)

Have fun while visiting!

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