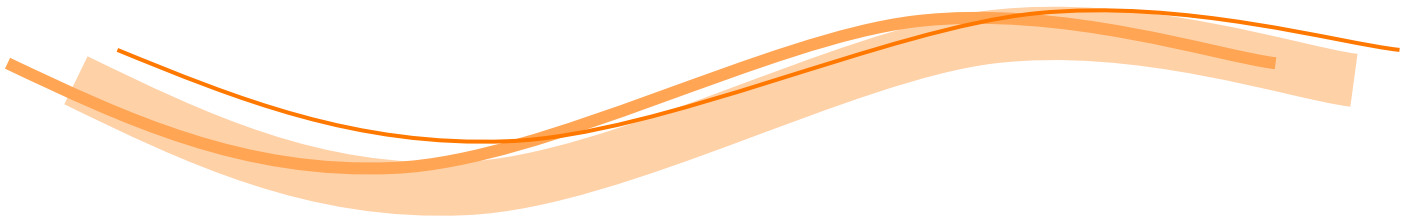




# BRITISH COLUMBIA





<b>DESTINATION INFO</b>	<p>When British Columbia hosted 27 days of sport for the 2010 Olympic and Paralympic Winter Games, the world took notice. Now you can share in that experience - with new sporting venues, upgraded tourist attractions and streamlined transportation.</p> <p>British Columbia is open for business and you've got to be there! Check out <a href="http://www.HelloBC.com">www.HelloBC.com</a> and order your free travel guides.</p> <p>Filled with mountains, studded with clear lakes and washed by the Pacific Ocean, British Columbia is rich in natural beauty. The province has a wide range of diverse landscapes, from the icefields of the mountains to the pocket deserts of the Okanagan Valley and a range of beautiful river valleys.</p> <p>Against this spectacular backdrop visitors can enjoy many exciting experiences, including world-class golf, skiing and fishing, enjoying amazing wildlife viewing and visiting BC's excellent wineries. Plus discover the culture, galleries, first-class dining, soothing spas and the cosmopolitan centres of Vancouver, Victoria and Whistler museums.</p> <p>This year <b>BC Parks</b> celebrates the 100th anniversary of the creation of the very first provincial park in British Columbia: Strathcona Provincial Park on Vancouver Island. To mark this magnificent and historic milestone, BC Parks will host celebrations and events in parks across the entire province, all year long.</p> <p>For a visual flavor of many of the BC wonders, view their videos at: <a href="http://www.hellobc.com/en-CA/Videos/British-Columbia.htm#">http://www.hellobc.com/en-CA/Videos/British-Columbia.htm#</a></p>
<b>Location</b>	British Columbia is bordered by Alberta to the east, the states of Washington, Idaho and Montana to the south, and the Pacific Ocean to the west. The Alaska Panhandle and the Canadian territories of Yukon and The Northwest Territories form the northern border.
<b>Geography</b>	<p>At 944,735 square km, BC is about the size of France, Germany and the Netherlands combined.</p> <p>Highest Point: Fairweather Mountain, 4,663 m (15,299 ft)</p> <p>Lowest Point: Pacific Ocean, sea level</p> <p>Longest River: Fraser River, 1,368 km</p> <p>Largest Lake: Williston Lake, 1,761 sq km</p> <p>Largest Island: Vancouver Island, 32,137 sq km</p>
<b>Name</b>	Originally called New Caledonia, Queen Victoria renamed it BC by adding "British" to an existing name on the early maps: "Columbia"
<b>Population</b>	<p>Population: 4,113,000 (Concentrated in Vancouver pop. 2 million and Victoria pop. 326,000)</p> <p>Canada's third most populated province after Ontario and Quebec</p>

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<b>Language</b>	English
<b>Currency</b>	Canadian Dollar
<b>Tipping</b>	It is customary to tip between 15% and 20% at bars and restaurants in BC. Tips are also given to tour guides, and for taxi service, spa treatments and haircuts. Porters at airports, railway stations and hotels generally expect \$1-2 (CDN) per item of luggage.
<b>Government</b>	BC has a 79-member elected Legislative Assembly, elected by the plurality voting system
<b>Time zone</b>	Pacific Standard Time – 3 hours behind Ontario and Quebec
<b>Health</b>	No special problems but always ensure you have out of province travel insurance: <a href="http://www.chrisrobinsontravelshow.ca/content/ChrisRecommends/rbc2010.asp">http://www.chrisrobinsontravelshow.ca/content/ChrisRecommends/rbc2010.asp</a>
<b>Safety tips</b>	BC is a very safe destination.
<b>Motto</b>	Its Latin motto is Splendor sine occasu, meaning "Splendour without Diminishment"

<b>CLIMATE</b>	
<b>General climate</b>	Coastal British Columbia, including Vancouver and Victoria, enjoys the mildest climate in Canada. Summers are warm but not hot; winters are mild and wet, with little snow at sea level. Central and Northern BC have a more traditionally Canadian climate, with hot, dry summers and cold, snowy winters. The climate can, however, vary enormously across the province: BC is home to eight regional micro-climates, ranging from alpine to tundra, desert to coastal rainforest.
<b>Today's weather</b>	12C and sun and clouds (30 April 2011)
<b>Best time to visit</b>	BC is a 4 season destination: great winter sports, early and prolonged springs, warm summers and kaleidoscopic falls

<b>GETTING THERE</b>	
<b>Flying time</b>	Toronto to Vancouver: 5 hours
<b>Cities</b>	Vancouver and Victoria are the two largest cities in the province; Victoria is the capital and Vancouver is the third largest city in Canada. Whistler has become the outdoors capital of BC.  <b>Vancouver</b> Named the world's "Most Liveable City" by the Economist Intelligence Unit (EIU) and a Top 100 World Destination pick in Trip Advisor's Traveller's Choice Awards, Vancouver offers travellers both outstanding opportunities for outdoor adventure and the sophisticated amenities of a world-class city. While this sea-level port city is known for its temperate climate, the

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	<p>surrounding snow-covered slopes are the venues for winter sports and breathtaking views of the city twinkling below. Vancouver is one of the few places in the world where you can ski in the morning and sail in the afternoon.</p> <p><b>Victoria</b>  The capital city of British Columbia, Victoria boasts many historic buildings and some of the most fascinating museums in Western Canada. The city benefits from one of Canada's mildest climates, which allows its residents to pursue outdoor pleasures all year round. Victoria also enjoys some of the country's most exhilarating scenery: there's an ocean or mountain vista around every corner, while the city's flower gardens are famous the world over. Whether your taste runs to golfing, hiking, biking and fishing or you're more the shopping, dining and theatre type, there is no end of delights for you and your family in Victoria. Established in 1843 by James Douglas as a fort for the Hudson's Bay Company, Victoria's British ancestry is apparent in the double-decker buses, horse-drawn carriages, formal gardens, and tearooms. The city is now a cosmopolitan centre with a lively entertainment scene and a wonderful array of attractions. Victoria also has another reason to be proud: it was ranked at number 16 of 100 Top World Destinations in the TripAdvisor Traveller's Choice Awards.</p> <p><b>Whistler</b>  Legendary Whistler, regarded as one of the top four-season resorts in North America, became even more world-renowned as the site of the alpine and Nordic venues for the Vancouver 2010 Olympic and Paralympic Winter Games. Blending the charm of an alpine village with the amenities of an urban centre, the pedestrianized Whistler Village offers fine dining, vibrant nightlife, eclectic boutiques, revitalising spas, and luxurious hotels. Whistler is great for families too – it was chosen as #2 out of the Top 10 Family Vacations in Canada in the Travelers' Choice 2011 Best Family Vacations on TripAdvisor. Catch events like the TELUS World Ski and Snowboard Festival in April, and Cornucopia: Whistler's Celebration of Wine and Food in November. Click this link to see my recent experiences in Whistler on the Travel Blog: <a href="http://christalkstravel.blogspot.com/2009_10_01_archive.html">http://christalkstravel.blogspot.com/2009_10_01_archive.html</a></p>
<b>Distances</b>	From Victoria to Toronto is 4,687km
<b>Ferries</b>	Ferries are the most popular mode of transport between the mainland and Vancouver Island and the Gulf Islands, and the most economical by far. They also provide access to the Sunshine Coast, an inlet-studded stretch of coastal mainland that cannot be reached by road, and to the Queen Charlotte Islands in Northern BC, a fascinating archipelago rich in Haida culture and in flora and fauna.

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	<p><b>BC Ferries</b> is the primary provider of coastal ferry service in the province. Its 35 vessels service up to 47 ports of call. Vancouver Island-Lower Mainland crossings take 95 minutes to 2 hours, depending on the route.</p> <p>Two particular routes are once-in-a-lifetime journeys: travel past the rocky shorelines, lush rainforest, plunging waterfalls, abandoned fish canneries and isolated lighthouses of the stunning, fjord-like Inside Passage; or cruise through the dramatic archipelago of rainforest-draped islands and inlets of the Discovery Coast Passage, past snow-capped mountains and remote villages. Keep an eye out for the abundant wildlife, including Orcas, grey and humpback whales, dolphins, porpoises, sea lions, grizzly and black bears, elk and deer.</p>
<b>Trains</b>	<p>Rail travel has been a popular mode of transportation in BC since the first cross-country rail link was completed in 1886. A national passenger rail service, VIA Rail, offers regularly scheduled trips to a wide range of destinations year round. Two sightseeing rail services, The Whistler Mountaineer and The Rocky Mountaineer, operate mainly between May and October.</p>
<b>Car Rental</b>	<p>Car rental companies are conveniently located at most commercial airports, with additional rental companies providing off-site pick-up and drop-off service. Rental companies can also be found in larger communities throughout the province</p>
<b>Buses</b>	<p>Bus lines service just about every city and town in BC, so they work equally well for short excursions, sightseeing tours and long-haul, point-to-point trips. They're reliable, affordable and maintain high standards of comfort and cleanliness. Short or long-haul, bus travel is an excellent way to cover plenty of ground affordably.</p> <p>Transportation from Vancouver to Whistler is provided by Pacific Coach Lines along the scenic Sea-to-Sky highway with Perimeter's Whistler Express. Travel easy and enjoy the view as you travel through the heart of Vancouver BC's largest city, through Stanley Park, over the Lion's Gate Bridge and along the scenic Sea-to-Sky highway to beautiful Whistler. <a href="http://www.pacificcoach.com">www.pacificcoach.com</a></p>
<b>ACCOMMODATION TYPES</b>	<p>All types of accommodation are found in BC from dude ranches to eco lodges, from cosy B&amp;B's to 5-star international city hotels, from campgrounds to RV's. Tourism BC have a very useful section on their website:  <a href="http://www.hellobc.com/en-CA/AccommodationSpecialOffers/BritishColumbia.htm">http://www.hellobc.com/en-CA/AccommodationSpecialOffers/BritishColumbia.htm</a></p>

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TARGET GROUPS	
<b>Kids</b>	<p><b>Vancouver Aquarium Marine Science Centre</b>            One of North America's largest and best, the Vancouver Aquarium houses more than 8,000 marine species. In the icy-blue Arctic Canada exhibit, you can see beluga whales whistling and blowing water at unwary onlookers. Human-size freshwater fish inhabit the Amazon rainforest gallery, while overhead, an hourly rainstorm is unleashed in an atrium that houses three-toed sloths, brilliant blue and green poison tree frogs, and piranhas. Regal angelfish glide through a re-creation of Indonesia's Bunaken National Park coral reef, and blacktip reef sharks menacingly scour the Tropical Gallery's waters. (Call for the shark and sea otter feeding times.) The Pacific Canada exhibit is dedicated to sea life indigenous to B.C. waters, including the Pacific salmon and the giant Pacific octopus. On the Marine Mammal Deck are sea otters, Steller sea lions, beluga whales, and a Pacific white-sided dolphin. During regularly scheduled shows, the aquarium staff explains marine mammal behavior while working with these impressive creatures. For an extra fee (\$150 per person; \$210 adult and one child age 8-12), you can have a behind-the-scenes Beluga Encounter, helping to feed these giant white cetaceans, then head up to the Marine Mammal deck to take part in the belugas' regular training session.</p> <p><b>Granville Island</b> in Vancouver is one big playground. On a rainy day, duck into the Kids Only Market (daily 10am-6pm) to check out toys, kites, clothes, art supplies, and an indoor play area, or visit the Granville Island Museum to admire its collection of model boats and miniature trains. The museum is open Tuesday to Sunday from 10am to 5:30pm; admission is \$7.50 adults, \$6 seniors and students, free for children 4 and under. On warm days, the free water park is the place to be. Open daily (weather permitting) from 10am to 6pm in the summer.</p> <p><b>The Okanagan Lakes:</b> sunny weather, sandy lake beaches, and miles of clean, clear water: If this sounds like the ideal family vacation, then head to the lake-filled Okanagan Valley. Penticton and Kelowna have dozens of family-friendly hotels, water sports rentals, and lakeside parks and beaches. Mom and Dad can enjoy the golf and wineries as well.</p> <p><b>International Children's Festival.</b> Activities, plays, music, and crafts for children are featured at this annual event held in Vanier Park on False Creek. For information: <a href="http://www.childrensfestival.ca">http://www.childrensfestival.ca</a> May 30 to June 5, 2011            Give your kids some old-fashioned low-tech fun at <b>Playland Family Fun Park</b>, Exhibition Park, East Hastings and Cassiar Streets, Vancouver,</p>

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	an amusement park with an ornate carousel, wooden roller coaster, and miniature golf.
<b>Teens</b>	<p>BC is great for soft adventures and so wonderful for getting the teens out in the fresh air! You name the sport and it can be found here...plus there's historical and museum attractions too.</p> <p><b>Whistler</b> has become the soft adventure capital of Canada. There are more ways for teens to safely thrill themselves in and around Whistler than there are days in their vacation. On my recent visit, I ziplined with <b>Ziptrek Ecotours</b> 200 feet above Fitzsimmons Creek on their longest, highest, fastest tree-top zipline course. I took a Hummer tour into the surrounding wilderness accompanied by the smell of fresh fries, as even the gas-guzzling Hummers are powered by biofuel here. And Whistler is made for mountain biking, with some testing trails and easier ones too for the less confident.</p> <p><b>Capilano Suspension Bridge:</b> Vancouver's first and oldest tourist attraction (built in 1889), this place still works, mostly because there's still something inherently thrilling about walking across a narrow, shaky walkway 69m above a canyon floor, held up by nothing but a pair of tiny cables. Set in a beautiful 8-hectare park about 15 minutes from downtown, the suspension bridge itself is a 135m-long cedar-plank and steel-cable footbridge, which sways gently above the Capilano River. Visitors nervously cross above kayakers and salmon shooting the rapids far below. A new attraction called "Treetops Adventure" features more bridges and walkways, only these are attached to giant tree trunks 24m above the rainforest floor. In addition to the bridge, the park has a carving center where native carvers demonstrate their skill; an exhibit describing the region's natural history; guides in period costume who recount Vancouver's frontier days.</p>
<b>Romance</b>	Try <b>winter storm-watching</b> together in a cosy lodge on Vancouver Island's Pacific coast...
<b>Honeymoons &amp; Weddings</b>	Many of the more up-market resorts cater well to wedding and honeymoon parties, especially for those whose idea of a perfect honeymoon is a remote lodge in the mountains or on a secluded cove.
<b>Seniors</b>	<p><b>Victoria</b> has long been a haven for genteel escapes from the harsh winters and the joys of the many gardens, including Butchart Gardens, are well-known.</p> <p><b>The Vancouver Lookout</b> tops Harbour Centre, a towering complex that is home to 28 floors of offices, the downtown campus of Simon Fraser University, shops, a food fair, a liquor store, and the Top of Vancouver Revolving Restaurant. Situated high above Vancouver, the Lookout is the perfect first stop for visitors and provides a fascinating bird's eye view of the city. Glass elevators whisk visitors 168 meters skyward from</p>

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	street level to the Observation Deck in a mere 40 seconds. Here you will enjoy a riveting and spectacular 360° view of Metro Vancouver's cosmopolitan downtown and the suburbs beyond, the vast Pacific Ocean, bustling Coal Harbour, and the majestic North Shore Mountains.
<b>UNIQUES</b>	<b>Della Falls</b> on Vancouver Island. At 440 meters (1,443 feet), it is the highest waterfall in Canada.
<b>Surprising</b>	<b>Osoyoos</b> , at the Okanagan Valley's southern tip, has Canada's only true desert.
<b>History</b>	<p>Since the retreat of the great glaciers about 10,000 years ago, <b>Aboriginal populations</b> have inhabited the BC landscape. BC's first people may have journeyed to the region from Asia via a land bridge across the Bering Sea. As the ice receded, forests advanced and fluctuating sea levels exposed the temporary land passage linking Asia to the New World. It is thought that BC's coastal region became one of the most densely populated areas in North America. Prior to European contact, BC's First Nations populations may have numbered some 300,000. The Aboriginal way of life would continue undisturbed for thousands of years, until the arrival of the British in 1778.</p> <p>European arrival</p> <p>When British naval explorer <b>Captain James Cook</b> reached the west coast of Vancouver Island in 1778, he was eager to trade with the Nuu-chah-nulth (Nootka) people. In his wake, waves of European settlers arrived, carrying smallpox and other diseases that decimated Aboriginal populations in the late 1700s. Nearly a century later, British agent James Douglas was searching the Pacific Coast for a new Hudson's Bay Company headquarters. He was welcomed by the Lekwammen, whose villages dotted the shores of what is now Greater Victoria. Douglas settled in and selected a site called Camosack. A year later, in 1843, Fort Victoria was built in the area now known as Old Town, the heart of Victoria's downtown.</p> <p><b>The discovery of gold</b> in the Fraser River and the Cariboo brought a rapid influx of prospectors, merchants, pioneers and other colourful figures to BC in the 1860s. They came from around the world, arriving from as far away as China. It was a time of rapid economic expansion; sleepy hamlets became bustling cities, and new roads, railways and steamships were constructed to carry the extra load.</p>
<b>Books</b>	<p>Frommer's British Columbia &amp; the Canadian Rockies</p> <p>Frommer's Best Hiking Trips in British Columbia – I have reviewed this on the Travel Show website in Chris' Book Picks at:</p> <p><a href="http://www.chrisrobinsontravelshow.ca/content.asp?page=ChrisBookPicks#10">http://www.chrisrobinsontravelshow.ca/content.asp?page=ChrisBookPicks#10</a></p> <p>Frommer's Vancouver and Victoria</p>

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<b>1000 Places to see before you die</b>	<p><b>The Gulf Islands</b> – 100 islands in the Strait of Georgia</p> <p><b>Heli-hiking</b> and heli-skiing</p> <p><b>Nimmo Bay Resort</b> – 300km north of Vancouver</p> <p><b>Whistler-Blackcomb Ski Resort</b></p> <p><b>Sun Yat-Sen Classical Chinese Garden</b>, Vancouver</p> <p><b>Granville Island</b>, Vancouver</p> <p><b>Pacific Rim National Park</b>, Sooke Harbour House and the Aerie Resort, near Victoria</p> <p><b>Stubbs Island Whale Watching</b> from Telegraph Cove</p> <p><b>Royal BC Museum</b>, Victoria</p> <p><b>Museum of Anthropology</b>, UBC Vancouver</p>
<b>Must Sees</b>	<p><b>The Peak 2 Peak</b> gondola in Whistler is Canada's latest world-class engineering marvel. It connects the two mountains of Whistler and Blackcomb in truly spectacular fashion with the world's longest unsupported lift span. The journey time of 11 minutes is a wondrous journey over Fitzsimmons Creek where you feel suspended between heaven and earth in an eagle's glide over the mountainsides. See: <a href="http://christalkstravel.blogspot.com/2009/10/whistler-peak-2-peak.html">http://christalkstravel.blogspot.com/2009/10/whistler-peak-2-peak.html</a></p> <p><b>Gwaii Haanas National Park Reserve</b> (Queen Charlotte Islands): A UNESCO World Heritage Site and a Canadian national park, this is the ancient homeland of the Haida people. Located on the storm-lashed Queen Charlottes, it isn't easy or cheap to get to: You'll need to kayak, sail, or fly in on a floatplane. But once here, you'll get to visit the prehistoric village of Ninistints, abandoned hundreds of years ago and still shadowed by decaying totem poles.</p>
<b>SPORTS ACTIVITIES</b>	<p>BC has almost 200 golf courses (and is a PGA golf tour destination), more than 30 full-service downhill ski resorts and more than 3,500 km of hiking trails.</p> <p>If someone has tried it, you can probably do it here. BC has facilities for, among other things, bungee jumping, caving, gold panning, hang gliding, hot air ballooning, mountaineering, river rafting, rock climbing, surfing, whale watching, and windsurfing.</p>
<b>Golf</b>	<p>The province was named the Best Golf Destination in North America by the International Association of Golf Tour Operators (IAGTO). Which makes sense: the sport is taken seriously throughout British Columbia, which is reflected in its myriad world-class courses. In addition to these superb greens, golfers can expect breathtaking ocean and mountain vistas as well as lush settings on the majority of municipal and semi-private courses.</p> <p>Even better, golf can be indulged year-round in the Vancouver area, on Vancouver Island as well as in parts of the Thompson Okanagan, thanks to a temperate Pacific Northwest climate. Here's a couple of</p>

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	<p>recommendations:</p> <p><b>Nicklaus North Golf Course:</b>          Nicklaus North's captivating location surrounded by mountains on the shores of Whistler's Green Lake, sets the scene for one of the country's most picturesque playing fields. Impeccably manicured greens, challenging par threes and distinctive Nicklaus bunkering are hallmarks of this par 71 championship course. This Jack Nicklaus "Signature Design" is considered eminently playable from five sets of tees, offering a memorable experience for golfers of all abilities.  <a href="http://www.golfwhistler.com/courses/nicklaus.asp">www.golfwhistler.com/courses/nicklaus.asp</a></p> <p><b>Big Sky Golf Course:</b>          Just 25 minutes north of Whistler lies a golf setting so magnificent it must be experienced to be appreciated. Constructed at the base of the massive, snow-capped Mount Currie in the fertile Pemberton valley, Big Sky Golf and Country Club sets a peaceful and serene stage for an outstanding round of golf. An award-winning design by Robert Cupp, Big Sky features bent grass from tee to green and Ravensdale sand bunkers to provide the finest in golf course conditioning.  <a href="http://www.bigskygolf.com">www.bigskygolf.com</a></p>
<b>Fishing</b>	<p>British Columbia is famous for its fishing and justly so. Sport fishermen have been flocking to this province since the turn of the last century for consistently excellent catches, protected waters and breathtaking scenery. While salmon are particularly plentiful in the Vancouver Island region and the warm-water lakes of the Kootenay Rockies offer the best bass fishing in BC, anglers vie as well as for halibut, cod, trout, whitefish, turbot and more.</p>
<b>Horse riding</b>	<p><b>Three Bars Guest Ranch</b> in Cranbrook BC offers upscale guest ranch amenities, facilities and the activities for ranch guests' exclusive use. Private log cabin accommodations, horseback riding, river rafting, guided hikes, mountain bikes, tennis court, swimming pool, hot tub</p>
<b>Hiking</b>	<p>BC is big, various and bursting at the seams with natural wonders - and there's no better way to experience it than to lace up a pair of hiking boots and take to the trails. Every type of hiking excursion is available here, from short walks on well-marked nature trails to weeks of wilderness backpacking. Explore rainforest, coastline, mountains, glaciers, grasslands, rivers, marshes, semi-arid desert and more. Some trails start in population centres and lead deep into the countryside. Rail trails (trails built on the beds of old rail lines) work well for family outings because they cover a lot of ground at a manageable grade. Coastal trails often combine all the classic elements of BC scenery: ocean, forest and a distant mountain range. You can also see whales, seals, birds and many other forms of wildlife while hiking along the coast.</p>

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	<p>The forest trails are legendary. You simply haven't lived until you've contemplated an immense, 1,000-year-old cedar tree at close range. Prepare to be surprised on a woodland walk, by a burbling stream, an old miner's cabin, a glittering waterfall or even a hulking moose. Just a 25-minute drive from downtown, Grouse Mountain presides majestically over North Vancouver.</p> <p><b>The Grouse Grind</b>, a trek up the face of the mountain is a popular hike in Vancouver. Locals often refer to the 2.9 km slog up 853 m (2,800 ft) as "Mother Nature's Stairmaster." Something of a cult classic among fitness buffs, the trek is more aerobic than scenic until you get to the top. The prize for huffing and puffing your way up is a glorious, panoramic view of downtown Vancouver, Washington's Mt. Baker, the Pacific Ocean and -off in the distance -Vancouver Island.</p> <p><b>Frommer's Best Hiking Trips in British Columbia</b> is a well-written guide to some of the best trails in the province.</p>
<b>Cycling</b>	<p>The cycling is as varied as the terrain in British Columbia. You'll find relatively flat, paved paths in and near cities and towns perfect for tranquil touring with the whole family. You won't have to bike far to find adventure. The province boasts mountain range after mountain range, which means steep verticals, plenty of single- and double-track trails as well as plenty of jumping opportunities on mountain bikes. Whistler in particular is a mountain biker's paradise.</p>
<b>Skiing</b>	<p>Expect big verticals, diverse terrain, spectacular scenery and après ski options at British Columbia's 13 ski resorts.</p> <p>The new <b>PEAK 2 PEAK Gondola</b> in Whistler, Host Mountain Resort of the Vancouver 2010 Olympic and Paralympic Winter Games is breathtaking...from personal experience! Linking Whistler and Blackcomb mountains, the PEAK 2 PEAK Gondola enables skiers to easily access terrain on both mountains with a speedy and scenic 11-minute, 4.4 km ride. This gondola has the longest unsupported span in the world (3.024 km from tower to tower) and, at its highest point off the ground, is 436 m (1427 ft) above Fitzsimmons Creek.</p> <p>In the Kootenay Rockies, <b>Revelstoke Mountain Resort</b> has 1,173 m (5,620 ft) of vertical; this is the longest lift-serviced vertical descent on the continent. For skiers wanting more steepes and powder, Revelstoke Mountain Resort also offers lift-skiing, cat-skiing or heli-skiing all from the village base – the only ski resort in the world to do so.</p>
<b>Diving</b>	<p>Canada may not be the first place you think of for a scuba holiday, but members of the diving community, including readers of Rodale's Scuba Diving and even the late Jacques Cousteau, have consistently ranked BC's waters, known as the Emerald Sea, among the top dive sites in the world.</p> <p>BC's sea life is vibrant and plentiful year round, but local divers agree that winter is best. That's when the view-obscuring plankton dies off and</p>

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	<p>visibility can reach 150 feet, with water clarity rivaling that of the most popular Caribbean dive sites.</p> <p>Top BC dive sites include the waters off Nanaimo on Vancouver Island, where three artificial reefs have been sunk; the Rivtow Lion, which was successfully sunk on Sunday February 6, 2005 in Departure Bay; God's Pocket Provincial Park, near Port Hardy on Vancouver Island, where the underwater scenery wowed M. Cousteau; and the Sunshine Coast's Saltery Bay Provincial Park, home to the Emerald Princess, Canada's first underwater statue</p>
<b>Spa</b>	<p>Spas abound in BC, with many excellent ones in particular in Whistler.</p> <p><b>Le Scandinava Spa, Whistler</b>  The impressive Scandinave Spa is located a few minutes' drive outside the village. You arrive at the spa through a foresty walkway, and enter into a zone of calm. You can opt to spend a day in the baths (though you can also get Swedish, Deep Tissue and Sports Massages!), and amble down to do the "circuit" of relaxation...Start in the eucalyptus steam room (so good for colds &amp; sniffles!) then plunge into an icy pool (seals pores and strengthens the immune system). Then sit under a warm waterfall that pummels any stress out of your shoulders, relax and read magazines, sit with your feet up outside by a wood fire it, gaze at the mountains, look at the trees, then pop into the dry wood-burning Finnish sauna, followed by another round of cool pool and warm pools. The whole experience takes about three hours - but you can stay for less or longer. You can even snooze a bit in the solarium while listening to bird noises and new age music...The best bit? Talking isn't allowed, so you're there to enjoy the unwinding in complete peace...</p> <p><b>Vida Wellness Spa, Whistler:</b>  At Vida, treatments are tailored to the needs of each guest and are designed to restore energy and promote well-being. Choose from a range of traditional body therapies, facials, wraps and exfoliations. Many of our treatments are based on Ayurveda, a 5,000 year old system Indian medicine. <a href="http://www.vidawellness.com">www.vidawellness.com</a></p>
<b>2010 WINTER OLYMPICS</b>	<p>The 2010 Winter Olympic Games took place between February 12 and February 28, 2010 and the Paralympic Winter Games took place March 12 to 21, 2010. The competition venues were:</p> <p><b>Vancouver</b>  Canada Hockey Place  Vancouver Olympic Centre/Vancouver Paralympic Centre  Pacific Coliseum  UBC Thunderbird Arena</p>

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	<p><b>Whistler</b>  The Whistler Sliding Centre  Whistler Creekside  Whistler Olympic Park/Whistler Paralympic Park  Richmond  Richmond Olympic Oval  West Vancouver  Cypress Mountain</p> <ul style="list-style-type: none"> <li>- In summer and winter, the <b>Whistler Sliding Centre</b> offers self-guided walking tours of the bobsleigh, luge and skeleton facility.</li> <li>- Explore a huge network of forested cross-country ski or snowshoe trails in Whistler at the <b>Whistler Olympic Park in Callaghan Valley</b>, which was home to Nordic events during the Games.</li> <li>- Take a photo in front of the <b>2010 Olympic Cauldron</b>, which stands in its original location near Canada Place. The glass and steel cauldron – meant to symbolize “fire and ice” – is nearly 10m tall, and is backed by the scenic North Shore mountains. This is a good starting point for walking around the seawall, taking the SeaBus to Lonsdale Quay Market, or travelling to Victoria by floatplane.</li> </ul>
<b>CULTURE</b>	<p><b>Aboriginal Culture:</b> First Nations are represented by more than 30 Nations and 197 communities in BC. Throughout the province, museums and archaeological sites display ancient treasures; cultural sites and galleries illuminate modern day art and culture.</p> <p><b>'Ksan Historical Village</b>, Hazelton:  The Gitksan people have lived for millennia at the confluence of the Skeena and Bulkley rivers, hunting and spearing salmon from the waters. On the site of an ancient village near present-day Hazelton, the Gitksan have built a pre-Contact replica village, complete with longhouses and totem poles. No ordinary tourist gimmick, the village houses a 4-year carving school, Native-art gift shop, traditional-dance performance space, artists' studios, restaurant, and visitor center.</p> <p><b>Squamish Lil'wat Cultural Centre</b> (SLCC), Whistler:  In an unprecedented cooperative venture, the Squamish and Lil'wat Nations have created the Squamish Lil'wat Cultural Centre in the premier mountain resort of Whistler. Designed in the forms of a Squamish Longhouse and Lil'wat Istken (earthen dwelling with fire pit), this 30,400 square foot complex has been created by the Squamish and Lil'wat people to share their living cultures with the world. <a href="http://www.slcc.ca">www.slcc.ca</a></p>
<b>Arts</b>	<p><b>Nelson:</b> With its dramatic lake and mountain setting, arts college, and well-preserved 19th century architecture, the <b>city of Nelson</b>, well off the beaten track in southeastern BC, has become a magnet for artists, writers, and filmmakers. Known to movie-goers as the location for the</p>

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	<p>Steve Martin's 1986 film Roxanne, this lakeside spot is so rich with galleries, festivals, and cultural life it's been named, by John Villani in his book The 100 Best Small Arts Towns in America , as one Canada's leading arts towns. Nature play a role here too: the surrounding landscape, of snowy peaks, lakes, hot springs, and pristine but accessible parkland, is among the most beautiful - and artistically inspiring - in the province.</p> <p><b>Vancouver Art Gallery:</b> Designed as a courthouse by B.C.'s leading early-20th-century architect Francis Rattenbury (the architect of Victoria's Empress Hotel and the Parliament buildings), and renovated into an art gallery by B.C.'s leading late-20th-century architect Arthur Erickson, the Gallery is an excellent stop to see what sets Canadian and West Coast art apart from the rest of the world. Along with an impressive collection of paintings by B.C. native Emily Carr are examples of a unique Canadian art style created during the 1920s by members of the Group of Seven, which included Vancouver painter Fred Varley. The Gallery also hosts rotating exhibits of contemporary sculpture, graphics, photography, and video art from around the world. Geared to younger audiences, the Annex Gallery offers rotating presentations of visually exciting educational exhibits.  <a href="http://www.vanartgallery.bc.ca">http://www.vanartgallery.bc.ca</a></p>
<b>Music</b>	<p><b>Vancouver Opera and the Vancouver Symphony</b> are highlights of any visit to BC's largest city  <a href="http://www.vancouveropera.ca">http://www.vancouveropera.ca</a>  <a href="http://www.vancouverorchestra.ca">http://www.vancouverorchestra.ca</a></p>
<b>Films</b>	<p>Currently, the Vancouver region is the third-largest feature film production location in North America, after Los Angeles and New York.</p>
<b>Museums</b>	<p>British Columbia has a museum for every kind of history buff. Whether your passion is for trains or ships, archaeology or anthropology, Aboriginals or cowboys, the Gold Rush or the present day, a particular region or the province as a whole, you will discover that BC's museums capture the intriguing history and diverse culture of this province. Victoria, the capital of BC, is home to perhaps the province's greatest museum, Royal British Columbia Museum.</p> <p><b>Museum of Anthropology, Vancouver:</b> Built to resemble a traditional longhouse, this splendid museum on the University of British Columbia campus contains one of the finest collections of Northwest Native art in the world. Step around back to visit two traditional longhouses.</p> <p><b>Royal British Columbia Museum, Victoria:</b> The human and natural history of coastal British Columbia is the focus of this excellent museum. Visit a frontier main street, view lifelike dioramas of coastal</p>

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	<p>ecosystems, and gaze at ancient artifacts of the First Nations peoples. Outside, gaze upward at the impressive collection of totem poles.</p> <p><b>Britannia Mining Museum</b>, Britannia Beach: The Britannia Mine Museum is a National Historic Site located in Britannia Beach on the Sea to Sky highway, midway between Vancouver and Whistler. Visitors get to pan for real gold and journey into an authentic mine tunnel. Fascinating finds await as you explore Britannia's past, and share the stories of the pioneers who lived and worked in this community. Discover the inner workings of "The Mill" a BC historical landmark. A captivating 15-minute film encapsulates the past and present of Britannia Mine. The Children's Discovery area was built just for the kids. <a href="http://www.britanniaminemuseum.ca">http://www.britanniaminemuseum.ca</a></p>
<b>Festivals</b>	<p>A magnificent landscape, welcoming locals and a diversity of cultures help make BC shine. With thousands of festivals and events each year, the problem isn't whether there will be something to suit your tastes, but how to fit them all in during your stay!</p> <p>Attend international sports events (like the BC Summer and Winter Games, international mountain biking, ski/snowboarding, golf and other sporting events), dragon-boat racing, seasonal fairs, farmers' markets, children and family-oriented days out, wine tastings, educational or wildlife excursions, fascinating lectures, art shows and many more. Explore BC's international, national and local film festivals, take in some rock/jazz/folk/bluegrass/classical music events, experience the splendour of the seasonal cherry blossoms, party on at a Pride bash, marvel at international fireworks or festive lights or take in one of the many First Nations, Asian and international arts and cultural experiences.</p> <p><b>Alcan Dragon Boast Festival:</b> 3<sup>rd</sup> week in June. A weekend of racing, cultural activities and entertainment for the whole family</p> <p>Annual TD Canada Trust <b>Vancouver International Jazz Festival</b> in Vancouver June/July From Gastown to David Lam Park, from hip bistros to great concert halls you can hear a wide variety of jazz, blues, groove, world music, improv and popular artists. Featuring 1,800 musicians from Canada and around the world. The Jazz Festival touches all parts of the city, with many free performances including large-sale public events, eight major indoor concert series, and a host of nightclub shows. For more information, visit <a href="http://www.coastaljazz.ca">www.coastaljazz.ca</a> .</p>
<b>ATTRACTIONS</b>	<p>Some of Vancouver's top attractions include:</p> <ul style="list-style-type: none"> <li>- The Vancouver Aquarium (<a href="http://www.vanaqua.org">www.vanaqua.org</a> ),</li> </ul>

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	<ul style="list-style-type: none"> <li>- Vancouver Art Gallery (<a href="http://www.vanartgallery.bc.ca">www.vanartgallery.bc.ca</a> ),</li> <li>- Capilano Suspension Bridge (<a href="http://www.capbridge.com">www.capbridge.com</a> )</li> <li>- Grouse Mountain (<a href="http://www.grousemountain.com">www.grousemountain.com</a> ).</li> </ul>
<b>Beaches</b>	British Columbia has every type of beach imaginable: remote, urban, sand, pebble - even nudist! There are some spectacular ocean beaches along the BC mainland coast as well as Vancouver Island, the Gulf Islands and Queen Charlotte Islands
<b>Wildlife</b>	<p>BC is home to more fauna than any other part of Canada. In all, 142 animal, 488 bird, 18 reptile, 22 amphibian, 83 freshwater fish, and 368 saltwater fish species live in or travel through the province.</p> <p><b>Whale watching</b> in British Columbia is an extraordinary experience. Whale watching opportunities abound May through October, near major cities such as Vancouver and Victoria, and in more remote (yet easily accessible) locations off the north and west coasts of Vancouver Island and in Northern BC. Whale watching tours also proliferate in BC: count on a stellar adventure, be it zipping in a high-speed, open-air zodiac to whale feeding grounds, or watching from the side of a sturdy cruise ship. Whale sightings are so common along the BC coast that many tour operators provide a guarantee that you will see whales, or the next excursion's free. During your excursion, you may see humpback, grey, Orca or minke whales - the migration times vary by species.</p> <p><b>Great Bear Nature Tours:</b> Journey to the heart of the Great Bear Rainforest to view and photograph grizzly bears. The floating Great Bear Lodge, with a maximum of 10 guests, is the perfect place to enjoy the wildlife and wilderness of BC. Experienced biologists lead the twice-daily bear-viewing sessions and activities such as interpretive hikes, inlet cruises and sea-kayaking.</p> <p>In Northern British Columbia, the <b>Muskwa-Kechika Management Area</b> comprises some 6.4 million hectares (approximately 15 million acres) of wilderness. The region, north of Prince George, northwest of Fort St. John and extending to the Yukon Border, covers an area roughly the size of Ireland.</p> <p>This spectacular landscape of glacier-draped peaks, alpine valleys and major wetlands, is so rich in wildlife it's been dubbed The Serengeti of the North. Home to Grizzly and black bear, lynx, Stone's sheep, bison, mountain goat, moose, elk, caribou, mule and white-tailed deer, it remains one of the best places on earth to see wildlife in its natural habitat. Several companies offer guided excursions into the area.</p> <p><b>White Bears:</b> The Kitasoo/Xai'xais tribes of BC's coastal region have</p>

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	<p>long believed the white Kermode bears that shared their land held mystical powers. Indeed, the ancient lure of 'Spirit' bears has drawn countless travellers to the region, one of world's most revered eco-destinations—the Great Bear Rainforest. Here, a once-in-a-lifetime journey celebrates a deep connection with Mother Nature.</p>
<b>BC Parks</b>	<p><b>BC Parks Celebrates 100 Years in 2011.</b>          2011 marks the 100th anniversary of the creation of the very first provincial park in British Columbia: Strathcona Provincial Park on Vancouver Island. The turn of the 20th century was a formative time for British Columbia. An economic boom in the late 1800s and early 1900s, gave rise to population and prosperity. This wealthy climate, along with a growing interest in the establishment of parks across the country, was the perfect combination to begin what is now B.C.'s pride and joy: Its park system.          B.C. was the first western province to begin establishing provincial parks, beginning with Vancouver Island's Strathcona Provincial Park in 1911. By 1930, 13 provincial parks were set aside and another 50 areas were reserved for the pleasure and recreation of the public.          Throughout this period, most visitors to these large wilderness parks were from the more affluent segments of society. The primary travel to most parks was by rail, access within the parks by horse or foot, and accommodation provided by private lodges or cabins          To mark this magnificent and historic milestone, BC Parks will host celebrations and events in parks across the entire province throughout the year: you can see all the events at  <a href="http://www.env.gov.bc.ca/bcparks/events/100Adventure">http://www.env.gov.bc.ca/bcparks/events/100Adventure</a> .  <a href="http://www.bcparks.ca">www.bcparks.ca</a></p>
<b>National Parks</b>	<p><b>British Columbia contains seven of Canada's national parks:</b>          Glacier National Park          Gulf Islands National Park Reserve          Gwaii Haanas National Park Reserve and Haida Heritage Site          Kootenay National Park          Mount Revelstoke National Park          Pacific Rim National Park Reserve          Yoho National Park</p> <p><b>UNESCO World Heritage Sites:</b>          Three of BC's parks are designated UNESCO World Heritage Sites, signifying that they are a protected area of global significance.  <b>SGang Gwaay</b>, a UNESCO site within Gwaii Haanas National Park Reserve and Haida Heritage Site</p> <p><b>Yoho and Kootenay National Parks</b> within the larger Canadian Rocky Mountain Parks UNESCO Site which also includes Banff and Jasper</p>

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	<p>National Parks and the following provincial parks – Mount Robson, Mount Assiniboine and Humber.</p> <p><b>Tatshenshini-Alsek Provincial Park</b> are within a larger UNESCO Site</p> <p><b>Pacific Rim National Park Reserve</b> offers a stunning collection of all the West Coast has to offer: lush forests, endless beaches and an abundance of wildlife. Home to the legendary West Coast Trail, a historic hiking route once used to rescue shipwrecked sailors, the Park showcases the drama of the Pacific Ocean as it meets the rainforest. Discover firs older than Shakespeare, comb the beaches for intertidal treasure and create the kinds of memories that last a lifetime.</p> <p><b>The Gwaii Haanas National Park Reserve</b> is a UNESCO World Heritage site, meaning it's one of the most spectacular places on Earth. Visit this northern gem, recognized for its pristine environment by National Geographic Traveler, and stand in awe of the mortuary poles at SGang Gwaay Llnagaay. Discover the Haida's deep connection to the land and sea, and see for yourself why this landscape has inspired for centuries.</p>
<b>Gardens</b>	<p><b>Butchart Gardens</b></p> <p>More than a million people visit this 22-ha floral display garden each year. Begun in 1904, the gardens have grown to a world class scale and have been designated a National Historic Site. The gardens are spectacular at any time of year, starting in January with the indoor Spring Prelude display, through the magnificent spring and summer months, the dramatic colours of autumn, and culminating in the Magic of Christmas with tens of thousands of lights, a Twelve Days of Christmas display and an outdoor skating rink. <a href="http://www.butchartgardens.com">www.butchartgardens.com</a></p> <p><b>Stanley Park</b> is the crown jewel of Vancouver's parks. Crowds of international tourists and locals alike can be found enjoying a brisk jog or leisurely stroll all year round.</p> <p>As one of North America's largest urban parks, Stanley Park offers tourists and locals much in the way of seeing and doing. Stroll the gardens. Visit marine life at the Vancouver Aquarium. Play a game of tennis. Let the kids let loose at the water park or ride the much-loved miniature train. Marvel at the totem pole collection at Brockton Point - it's considered the province's most-visited site.</p> <p>Or just spend an incredible day walking, cycling or rollerblading the paved 10-km Seawall marveling at the magnificent mountain, ocean, forest and city views. Other park amenities include picnic areas, a pitch-and-putt, children's petting zoo and Malkin Bowl, an outdoor theatre.</p>

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<b>Castles/Forts</b>	<p><b>Criagdarroch Castle:</b> Victoria's Legendary Landmark. Experience the lifestyles of the rich and powerful at the end of the nineteenth century! Completed in 1890, the Castle is now a historic house museum. View exquisite stained glass, intricate woodwork, and lavish Victorian-era furnishings.</p> <p><b>Fort St. James National Historic Site:</b> In summer, the rebuilt log Fort St. James trading post hums with activity, as actors play the roles of explorers, traders, and craftspeople. This open-air museum of frontier life is a replica of the first non-Native structure in British Columbia, constructed in 1806</p> <p><b>The Fort Langley National Historic Site</b>, 23433 Mavis Ave., Fort Langley (tel. 604/513-4777), is the birthplace of British Columbia. In 1827, the Hudson's Bay Company established this settlement to supply its provincial posts. Costumed craftspeople demonstrate blacksmithing, coppering, and woodworking skills, bringing this landmark back to life.</p>
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<b>OTHER ACTIVITIES</b>	
<b>Shopping</b>	<p>As much as British Columbia is a province dedicated to the great outdoors, shopping is also a popular pastime. There is something here for every taste. Vancouver is home to high fashion and funky trends. You'll find everything British in Victoria. Whistler has a fair share of excellent boutiques in its pedestrian-only village. You'll find a superb selection of wine and fruit in the Thompson Okanagan. On the islands, the Sunshine Coast and in the Kootenay Rockies, there are the exquisite art and crafts of local artists and artisans. Everywhere you will find wonderful selections of Aboriginal handmade products.</p>
<b>Markets</b>	<p><b>Granville Island</b> in Vancouver is wonderful for crafts, gifts and seafood. Almost a city within a city, Granville Island is a good place to browse away a morning, an afternoon, or a whole day. You can wander through a busy public market jammed with food stalls, shop for crafts, pick up some fresh seafood, enjoy a great dinner, watch the latest theatre performance, rent a yacht, stroll along the waterfront, or simply run through the sprinkler on a hot summer day; it's all there and more. If you only have a short period of time, make sure you spend at least part of it in the Granville Island Public Market, one of the best all-around markets in North America.</p> <p><b>Nanaimo Downtown Farmers' Market</b> – Visit the 'Original' Nanaimo Downtown Farmer's Market. Fresh farm produce including peppers, tomatoes, carrots, cukes, garlic, cabbage, corn, lettuce, spinach, eggs, apples, raspberries, strawberries and more - if it's in season, it's for sale. In addition, fresh baked breads, pies, cakes and cookies as well as snacks and savouries are available. Local artisans present wonderful creations such as knitted wear, pottery, jewelry, toys and</p>

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	puppets, soaps, spiders and wonderful pictures and photographs. This is a great way to shop, meet a friend, and enjoy the music in Nanaimo's Downtown.
<b>Nightlife</b>	Pubs, live music clubs and live theatre and concerts abound in Vancouver, Victoria and many of the other towns around the province.
<b>Casinos</b>	<p><b>Edgewater Casino</b> is located in downtown Vancouver. This contemporary casino has over 500 slot machines, a poker room, a 454 - seat theatre and 48 table games. Experience the edge of excitement at Edgewater Casino.</p> <p><b>Billy Barker Casino</b> is located in the heart of downtown Quesnel. The 6,000 square foot casino is modeled after the paddle-wheelers from the gold rush in the 1800's. Visit the Billy Barker Casino to experience the gold rush era.</p>

<b>CUISINE</b>	
<b>Food</b>	<p>British Columbia is a food lover's paradise! The freshest seafood, succulent local produce and magnificent wines allow award-winning chefs to create fabulous, innovative cuisine.</p> <p>Because of its diversity, BC is home to many ethnic cuisines. The Vancouver area is celebrated for its many Chinese, Indian and Japanese restaurants.</p>
<b>Wine</b>	<p>British Columbia is emerging as a serious wine destination thanks to vineyards that produce wines with distinctive flavours—many of which have won international awards and captured the hearts and palates of wine aficionados around the world.</p> <p>The northernmost region of grape growing and winemaking in North America, BC has the ideal setting and climate for cultivating cool-climate grapes; it also produces some of the world's most sought-after icewines. Nearly all wineries offer tours, tastings and onsite sales. Many also operate gourmet restaurants and casual bistros.</p> <p><b>Jackson-Triggs Okanagan Estate Tasting Gallery:</b> Jackson-Triggs was named Winery of the Year at the Canadian Wine Awards multiple times. Visit the new Tasting Gallery to sample a wide variety of vintages, including some limited editions available only at the winery. The winery has also won a number of prestigious international awards, including Winemaker of the Year, San Francisco International Wine Competition (a first for a Canadian winemaker).</p>
<b>Restaurants</b>	<p><b>Raincity Grill, Vancouver:</b> Raincity Grill has defined Pacific Northwest cuisine, pioneering the concept of the 100-Mile Menu by showcasing the unique ingredients of local waters and backyards, year-round. <a href="http://www.raincitygrill.com">www.raincitygrill.com</a></p> <p><b>Player's Chophouse and Lounge, Whistler:</b> For those in search of a distinctive and memorable dining experience or</p>

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	<p>just an engaging place to socialize, Players Chophouse and Lounge offers a fresh twist on the steakhouse concept.  <a href="http://www.whistlerchophouse.ca">www.whistlerchophouse.ca</a></p> <p><b>Elements Urban Tapas Lounge, Whistler:</b>          In September 2005, Elements Urban Tapas Parlour opened to rave reviews. Specializing in exquisite cuisine ranging from elegant, creative tapas to delicious breakfast. Soft lighting, beautiful suede banquettes and booth seating, open concept show kitchen, copper accents and a soothing cascading water wall provide a relaxing yet upbeat locale.  <a href="http://www.wildwoodrestaurants.ca">www.wildwoodrestaurants.ca</a></p> <p><b>Lumière, Vancouver:</b> From its early days, Lumière has been in the running for best restaurant in Vancouver. You won't be disappointed by the French-influenced Pacific Rim cuisine here.</p> <p><b>Sooke Harbour House near Victoria:</b> This small country inn has one of the most noted restaurants in all of Canada. Fresh regional cuisine is the specialty, with an emphasis on local seafood. Views over the Strait of Juan de Fuca to Washington's Olympic Mountains are spectacular.</p>
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<b>MORE INFO</b>	
<b>Brochures</b>	If you are interested in a specific guide, phone 1-800-HELLO BC. You can also order brochures online.
<b>Website</b>	<p>Go to <a href="http://www.helloBC.com">www.helloBC.com</a> - the official travel planning site of Tourism British Columbia. You'll find a wealth of information on all things BC here, with all the details needed to plan and book a memorable vacation to the province. Discover hundreds of pages on the enormous variety of things to do and see, with more than 130 different communities and listings of over 3,000 approved accommodations to suit every need and budget; you can conveniently book over 700 online.</p> <p>Facebook: <a href="http://www.facebook.com/HelloBC">http://www.facebook.com/HelloBC</a></p>

<b>TRAVEL SHOW PRIZE PARTNERS</b>	<p>Our lucky 2011 prize winner on the radio show will experience the exciting cities of Vancouver and Whistler. Check out the detail of this amazing prize package:</p> <p>Three-night stay at the <b>St. Regis Hotel in Vancouver</b> plus two one-hour massage and passes to the Steve Nash Sports Club. The St. Regis Hotel is downtown Vancouver's New York-style, newly renovated heritage hotel. Boutique in size, the hotel meticulously blends the classic with the contemporary. Room Rates include a full cooked to order breakfast, all internet use, bottled FIJI water, and global long distance. All 65 guestrooms offer state of the art plug and play technology, 32" flat screen T.V.'s, fine Italian luxury spa products, fluffy robes for guest use, laptop sized safes in each room and in room</p>
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	<p>coffee. Perfectly located in the heart of Vancouver's financial/entertainment district. (<a href="http://www.stregishotel.com">www.stregishotel.com</a> )</p> <p>Admission for two to some of Vancouver's top attractions:  The Vancouver Lookout (<a href="http://www.vancouverlookout.com">www.vancouverlookout.com</a> )  Capilano Suspension Bridge (<a href="http://www.capbridge.com">www.capbridge.com</a> )  Vancouver Aquarium (<a href="http://www.vanaqua.org">www.vanaqua.org</a> ).</p> <p>\$100 gift card to Glowbal Group of restaurants.  Relax and enjoy dinner at one of the Glowbal Group's six restaurants:  Italian Kitchen, Coast, Sanafir, Trattoria, Glowbal or Society.  <a href="http://www.glowbalgroup.com">www.glowbalgroup.com</a></p> <p>Roundtrip ground transfer to Whistler from Vancouver International Airport</p> <p>Three nights' accommodation in a double occupancy suite in Whistler  <a href="http://www.tourismwhistler.com">www.tourismwhistler.com</a></p> <p>Two 1-day lift tickets for Whistler Blackcomb  <a href="http://www.whistlerblackcomb.com">www.whistlerblackcomb.com</a></p> <p>\$100 dinner certificate for a Whistler restaurant of your choice</p> <p>Customize your trip with your choice of two activities:  Spa certificate (valued at \$300)  Round of golf at the Whistler Golf Club  Rafting adventure tour  Zipline adventure tour  Cross-country of snowshoe tour  Snowmobile adventure</p>
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<b>CURRENT DEALS</b>	<p>There's a huge range of special offers featured on the BC website at:  <a href="http://www.hellobc.com/en-CA/SpecialOffers/British-Columbia.htm">http://www.hellobc.com/en-CA/SpecialOffers/British-Columbia.htm</a></p>
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<b>PERSONAL EXPERIENCES</b>	<p><b>Vancouver:</b> Stanley Park, Aquarium, Ferries, Capilano Suspension Bridge, Grouse Mountain, Robson Street, the beaches.  <b>Whistler:</b> Peak 2 Peak, Hummer Tour, mountain biking, hiking, trail running, ziplining  <b>BC:</b> Victoria, Kamloops, Pemberton, Mount Revelstoke NP, Glacier NP, Yoho NP, Mount Robson, Prince George, Smithers, Terrace, Prince Rupert, Inside Passage ferry, Vancouver Island from Port Hardy to Nanaimo, Rocky Mountaineer train, Stewart/Hyder</p>
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