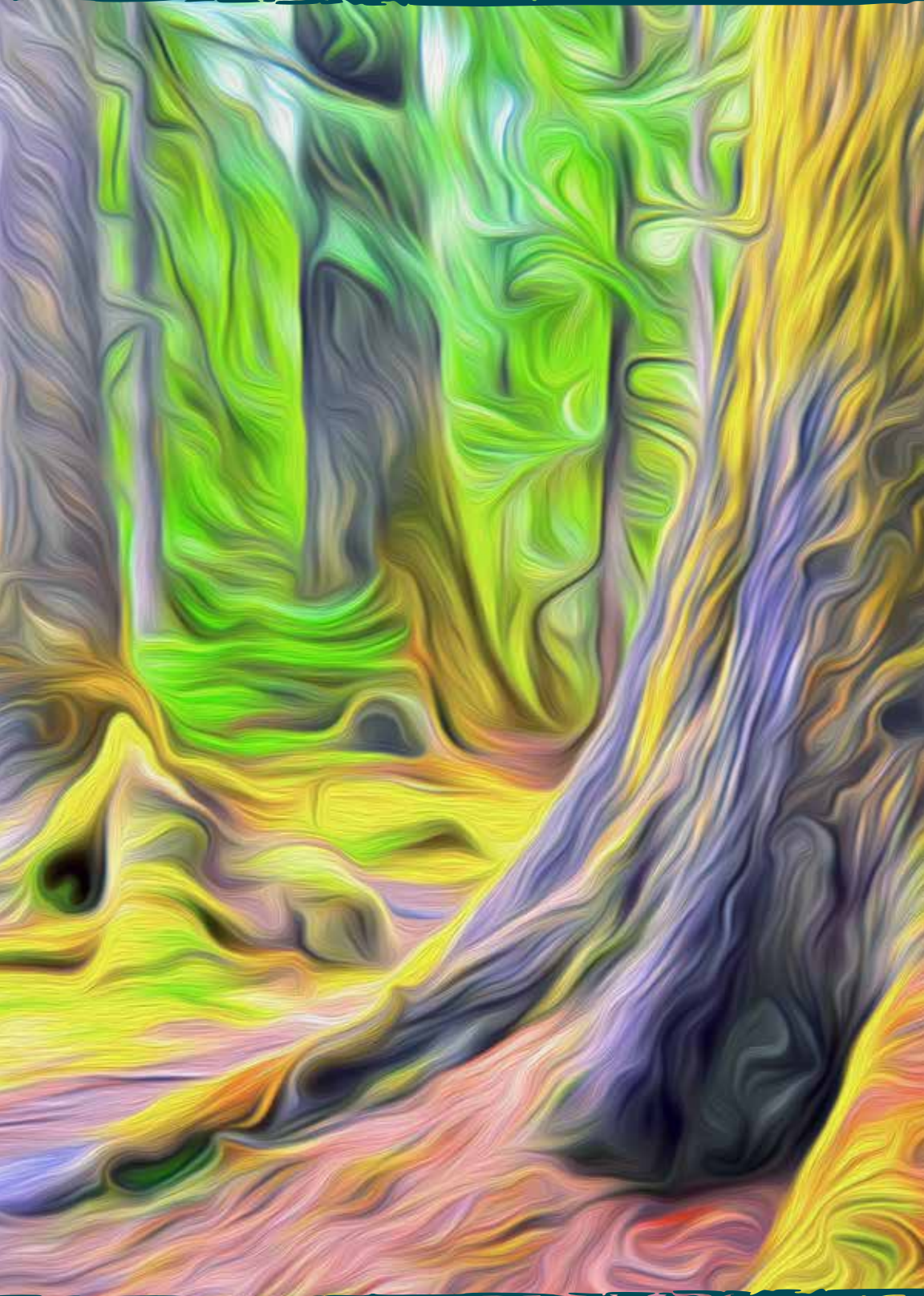


AINSWORTH HOT SPRINGS | BALFOUR | EAST SHORE | KASLO | NELSON | NORTH KOOTENAY LAKE

# *Nelson & Kootenay Lake*



# Discover our Region

*Welcome to our little piece of paradise.*

From arts to outdoors you'll be pleasantly surprised as you travel along the picturesque shoreline of Kootenay Lake.

Surrounded by the Selkirk and Purcell mountains you'll discover communities that are funky, beautiful, vibrant and relaxing.

You won't find mega-resorts or cookie-cutter experiences here. We're fiercely proud of our distinctive lifestyle, recreational opportunities, and local flavours. Come find awesome.

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### ON THE COVER

Artist: Shawn Morris | [shawnmorriscreative.ca](http://shawnmorriscreative.ca)  
Contemporary artist, photographer, and author from Nelson, BC, Shawn is inspired by the mountains, by nature in general, open spaces, unhurried existences, and vibrancies that sometimes exist just beyond the human eye. The title of this piece is *Gentle Giants*.



We are proud to print locally at Hall Printing.

Due to COVID-19 some content in this 2022-2023 Travel Book may have changed. Please confirm businesses are open and events are still happening before making your travel plans. Businesses across the region are following recommended healthcare protocols to create a safe destination for your future travels.



Antique · Chic · Boutique



Mural Artist: Toner  
Photo by Joy McAdams

## Attractions

Where else does heritage meet hot springs? Only here, my friend. And that's just the start.

### ARTS & CULTURE

With an abundance of public art, galleries, and musicians, the region radiates a vibrant energy all year long. Experience our theatres that are immersed in our heritage: Capitol, Civic, and Langham.

Come experience local artisans specializing in pottery, painting, weaving, broom making, iron works, jewellery, fiber and more.

### HERITAGE

With over 350 heritage buildings across the region, and the S.S. Moyie in Kaslo, it's hard to hide our historic charm. Our abundance of museums and galleries show you the inside scoop on the past and present.

### MUSIC

Big-name musicians and performers are drawn to our region year-round. Outdoor festivals and intimate indoor venues enhance the sought-after Kootenay vibe.

[nelsonkootenaylake.com/attractions](http://nelsonkootenaylake.com/attractions)



### Kootenay Lake Historical Society - S.S. Moyie

250-353-2525 | 324 Front Street, Kaslo, BC

- The world's oldest intact passenger sternwheeler.
- A heritage icon on the shore of Kootenay Lake in Kaslo.

[klhs.bc.ca](http://klhs.bc.ca)



### The Nelson Museum, Archives, and Gallery

250-352-9813 | 502 Vernon Street, Nelson, BC

- Home to Nelson's largest public gallery, museum and archival collection.
- Over 120 local artists represented in the Shop.

[thenelsonmuseum.ca](http://thenelsonmuseum.ca)



Photo: Destination BC/Dave Heath | Rotary Lakeside Park

**PARKS**

Hang out on the beach, wander into the forests, gaze up at ancient old-growth cedars, or just breathe in the fresh air at one of Canada's best-kept secret waterfalls.

*This region holds the last-remaining inland temperate rain forest. An ecosystem unto itself.*

**AINSWORTH HOT SPRINGS**

These hot springs feature a hot pool, hot atmospheric caves, and a refreshing cold plunge. Add in some of the best views of Kootenay Lake, fine dining and comfy accommodations, and you might never want to leave.

**FAMILIES**

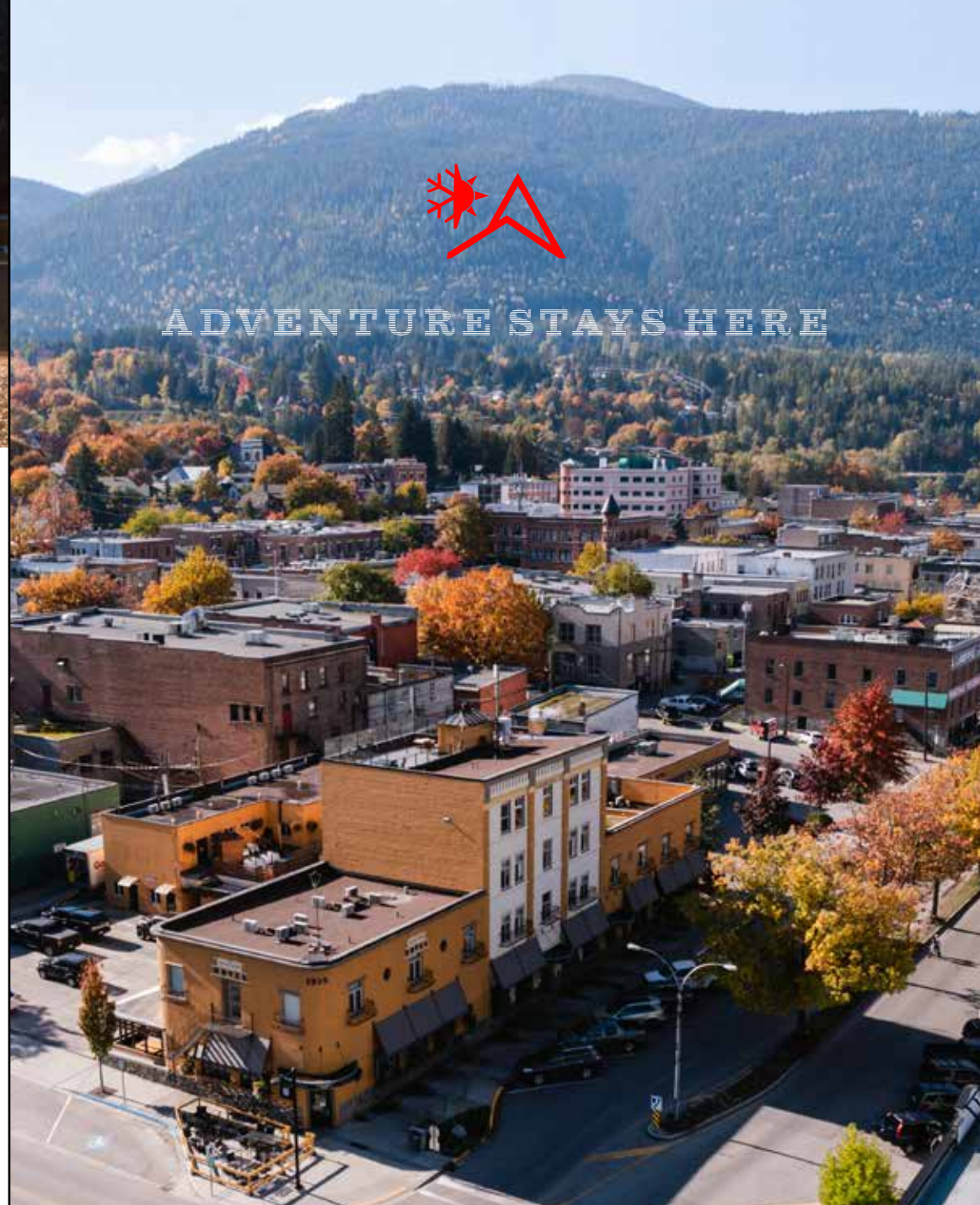
Our region is a place for the young, and young at heart. Explore the big beaches, unique accommodations, skateboard and bike parks, mountain biking trails, zipline, caving, special events and more.

[nelsonkootenaylake.com/attractions](http://nelsonkootenaylake.com/attractions)

**J.B. FLETCHER STORE  
MUSEUM & GIFT SHOP**

**With  
White Raven Emporium  
Whitelight Photography  
& Local Artisans**

**NOW OPEN YEAR ROUND!**  
Visit our **Google Listing** or **Facebook Page**  
for Hours of Operation



ADVENTURE STAYS HERE



Our accommodation offers function and style to create a subtle luxury perfect for relaxing in comfort after your day of adventure. Whether it's upscale casual dining in Louie's Steakhouse, catching the game with friends in The Uptown Sportsbar or a morning pick me up at Empire Coffee, The Adventure Hotel has it all under one roof.

ADVENTUREHOTEL.CA



Streetcar #23 | Photo: Adrian Wegner Studio

## Recreation

Welcome, outdoor lovers. It's time you got to know our diverse four-season region.

### LAKE, SKY AND RIVER

This glacier-fed lake is ideal for paddling, rafting, caving, windsurfing, fishing, sailing, or just hanging out, even on a zipline. All around Kootenay Lake there is adventure for the young, and young at heart.



### BIKING

Discover hundreds of kilometres of spectacularly quiet lakeside road cycling, or intricate networks of acclaimed mountain biking trails that range from gentle to technical single track and hardcore downhill.

**KOKANEE MOUNTAIN ZIPLINE**  
NELSON BC CANADA

📍 [zipkokanee.com](http://zipkokanee.com)  
☎️ 1-844-764-4484

**FREEDOM OF FLIGHT**

**NELSON'S MOST COMPLETE BIKE & SKI SHOP**

**GERICKS**  
BYCLE  
NELSON  
BC  
CANADA

DOWNHILL | TOURING | CROSS COUNTRY | ROAD | MOUNTAIN | ELECTRIC

Sales  
Service  
Rentals

Shop 24/7 at [GERICKS.COM](http://GERICKS.COM)

250-354-4622  
702 Baker Street  
Nelson, BC



### Kaslo Kayaking

250-353-1925 | 315 A Ave, Kaslo, BC

- Kayak, canoe, paddle board.
- Tours, lessons, rentals (no experience necessary)!

[kaslokayaking.com](http://kaslokayaking.com)



### Nelson Paddleboard and Kayak Rentals

1-877-808-7238 | 701 Lakeside Drive, Nelson, BC

- Located on the water minutes from downtown.
- Fun for all ages & abilities.

[nelsonpaddleboardandkayak.com](http://nelsonpaddleboardandkayak.com)



Old Growth Trail, Kokanee Glacier Prov. Park | Photo: Kari Medig

**HIKING**

Short, accessible family-friendly walks? Check. Multi-day backcountry adventures? Check. Everything in between? You bet. All surrounded by the stunning Selkirk and Purcell mountains.



Balfour Golf Course | Photo: Joy McAdams

**GOLFING**

Play a round at any one of our five scenic golf courses or just enjoy a leisurely stroll, keeping your eyes peeled for birds, wildlife, and waterfalls. Kokanee Springs Resort, Balfour Golf Course, and Granite Point Golf Club offer idyllic 18-hole mountain golf. Kaslo Golf Club, Riondel Golf Club, and Eagleview are 9-hole courses that will surprise you with their playful hole placements and stunning views.

**ADVENTURE & MORE**

Spelunk your way through Cody Caves, climb indoors or out, explore the many private beaches by boat, or soar through the trees with Kokanee Mountain Zipline. Insider tip; come in the spring or fall when the crowds are smaller and the colours are brighter. You can thank us later.

[nelsonkootenaylake.com/recreation](http://nelsonkootenaylake.com/recreation)

**Balfour Golf & Recreation**

866-669-4653 | 602 Queens Bay Road, Balfour, BC

- An 18-hole Les Furber creation, inspired by nature.
- Driving range, practice green, Osprey Mountain Grill, & golf instruction.

[balfourgr.com](http://balfourgr.com)



**JonesBoys**  
AINSWORTH HOT SPRINGS, BC **Boats**



LOCATED 15 MIN SOUTH OF KASLO ON KOOTENAY LAKE

**OPEN YEAR-ROUND  
FOR OVER 60 YEARS**



**RENTALS / SALES / SERVICE**



**250-353-2550**  
**JONESBOYSBOATS.COM**

**Whitewater**  
Ski Resort · Nelson BC

skiwhitewater.com

*As Nature Intended*

40ft of annual snowfall. No snowmaking. Incredible terrain.



Kaslo Kayaking  
&  
**Adventure Centre**



344 Front St. Kaslo

Your ONE Stop Adventure Shop

*Outdoor clothing, gear and accessories  
for all your adventures in every season*



kasloadventurecentre.com 250-353-1925



Selfie Snowcat Skiing | Photo: Geoff Holman

## WINTER SPORTS

We love winter. And we're pretty sure you will fall in love with it too. Mild temperatures and massive snowfall makes for a magical recipe during the winter months. Snowshoeing, skating, skiing, fishing (betcha didn't know that winter's the best time to catch lake monsters), and tobogganing round out our snowy playground.

## CAT & HELI SKIING

Our ridiculously deep snow and steep vertical attracts skiers and snowboarder fanatics from around the world. Are you one of them? Our region has more cat ski operations than anywhere else on the planet, which makes sense, since we are the birthplace of cat skiing in 1975.

## NORDIC SKIING

Our epic pow may get most of the love, but cross-country skiing is one of our region's best-kept secrets. Join the locals on more than 40 kilometres of groomed trails, for classic or skate, on snowy rail trails, or scenic backcountry loops nestled in the forest.



Nelson Nordic Ski Club  
Photo by Steve Ogel

*Discover why this region is the  
cat ski capital, and why Nelson  
is truly North America's best  
ski town.*

## WHITEWATER SKI RESORT

Just 20 minutes from downtown Nelson, our own Whitewater Ski Resort is a world-class ski destination that enjoys a well-deserved laid back reputation. Averaging 40 feet of snow it's been called "one of the best powder mountains on the continent" by Powder Magazine.

[nelsonkootenaylake.com/skiing](http://nelsonkootenaylake.com/skiing)



## Kootenay Backcountry Guides

1-833-524-8433 | Nelson, BC

- The Local Backcountry & Safety Experts.
- Guided Tours, Lodge Trips and Traverses, AST Provider, and more.

[kootenaybackcountryguides.com](http://kootenaybackcountryguides.com)

## Eat & Drink

### DINING

We have more options for unforgettable dining experiences than you can shake a fork at. Over 80 restaurants across the region showcase culinary Kootenay creations, capturing unique flavours and experiences you'll want to share.

### CAFÉS

Cafés up and down the lake brew up locally roasted Oso Negro and other delicious, prominent Kootenay and international brands. Accompany your coffee, or tea with mouth-watering baked goods during your café experience. Yum.

Lovers of fresh, organic and wholesome foods will find a culinary mecca all across the region.

### WINE

Wynnwood Cellars outside of Wynnadel on the East Shore of Kootenay Lake has 11 acres of vines with an emphasis on pinot noir, merlot, chardonnay, and sauvignon blanc varieties.

### BREWERIES

Four breweries will tempt you with their creative and aromatic flavours: Nelson Brewing Company (NBC) Angry Hen, Torchlight, and Backroads Brewing.

[nelsonkootenaylake.com/eat-drink](http://nelsonkootenaylake.com/eat-drink)



**RED LIGHT RAMEN**

308 Herridge Lane, Nelson  
redlightramenbar.ca  
250-352-0966

après ski | happy hour | natural wine | nourishment



### Epiphany Cakes

250-352-9980 | 1124 Stanley St, Nelson BC

- Serving and baking since 2006.
- Visit our Cake Window Monday - Saturday.

[epiphanycakes.com](http://epiphanycakes.com)



# MARZANO

PIZZA + VINO



• A Perfect Match •

[MARZANONELSON.COM](http://MARZANONELSON.COM) | (250) 352-9205





### Finley's Bar & Grill

250-352-5121 | 705 Vernon St, Nelson BC

- Three patios with great views.
- The place locals love and tourists feel at home.

[finleys.ca](http://finleys.ca)



### Kootenay Co-op

250-354-4077 | 777 Baker St, Nelson BC

- The best selection of local organic produce and products.
- Natural Foods | Cheese | Supplements | Bakery | Cafe | Eat-in or Grab+Go.

[kootenay.coop](http://kootenay.coop)



### Outer Clove Restaurant

250-354-1667 | 536 Stanley St, Nelson, BC

- Modern East European comfort foods with West Kootenay influence.
- Local & European wines & beers.

[outerclove.ca](http://outerclove.ca)



### Sage Tapas and Wine Bar

250-352-5140 | 705 Vernon St, Nelson, BC

- Eat, drink, and unwind. All BC wine and great food.
- Located in the heart of downtown, patio over looking Kootenay Lake.

[sagetapasandwinebar.com](http://sagetapasandwinebar.com)

Burger Month at over 20 restaurants happens all of November in Nelson. Join the locals and feast on unique, delicious burgers that pair perfectly with a local beer.

**Kootenay**  
co-op

eat well.  
be well.

100% ORGANIC PRODUCE  
NATURAL GROCERIES  
MEAT + SEAFOOD  
KITCHEN + CAFE  
FINE CHEESES  
BULK FOODS  
WELLNESS

**SHOP LOCAL**

130+  
TRUE LOCAL  
FARMER +  
ARTISAN  
SUPPLIERS  
IN-STORE

Open Daily 8am - 8pm | 777 Baker Street, Nelson BC | [www.kootenay.coop](http://www.kootenay.coop)



Craft Connection | Photo by Thomas Now

## SHOPPING

From boutique shops to handmade brooms to back-alley studios, discover our one-of-a-kind shopping experiences.

### NELSON'S BAKER STREET & ALLEYWAYS

Nelson's bustling main street and alleyways are defined by rows of boutique shops and restaurants in storybook heritage buildings. You can find pretty much anything and everything in this little city.

### CRAWFORD BAY

Crawford Bay will blow you away not only by the number of artisans, but the quality and international recognition of their work.



Baker Street, Nelson | Photo by Joy McAdams

### KASLO'S FRONT STREET

Kaslo is filled with artisans and retailers inspired by the quiet beauty of their stunningly scenic village. Special gifts and mementos are all about with valuable take-aways for travellers of all ages and styles.

### BALFOUR

The Kootenay Ferry Landing in Balfour hosts food, shops, gas station with fishing gear and critical travel items. And even an inviting beach to chill and wait for the next ferry while enjoying some local food.

[nelsonkootenaylake.com/shop](http://nelsonkootenaylake.com/shop)



### Back Dirt Road Luxury Products

250-551-9913 | #700 - 2nd Street, Kaslo, BC

- Simple. Practical. Small luxuries everyone can enjoy.
- Creating 50+ varieties of soap, lotions, & creams since 2005.

[backdirtroad.com](http://backdirtroad.com)



### Craft Connection Cooperative

250-352-3006 | 378 Baker Street, Nelson, BC

- Fine art and craft gallery.
- Featuring over 250 Canadian and local artisans.

[craftconnection.org](http://craftconnection.org)



### Isis Essentials

250-352-0666 | 582 Ward Street, Nelson, BC

- Organic essential oils, botanical perfumes & aromatherapy products..
- Extensive selection of premium adult products for whatever you're into.

[isis.ca](http://isis.ca)



### JB Fletcher Museum & Store

250-353-0316 | 3602 Sutton Street, Ainsworth Hot Springs, BC

- Built in 1896 as a General Store and contains most of its original fixtures.
- Tells the story of the oldest community on Kootenay Lake.

[facebook.com/jbfletcherstore](https://facebook.com/jbfletcherstore)



### Kaslo Adventure Centre

250-353-1925 | 344 Front Street, Kaslo, BC

- Four season adventure shop, for ALL your adventures.
- Clothing, gear, accessories & more.

[KasloAdventureCentre.com](http://KasloAdventureCentre.com)



### Otter Books

250-352-3434 | 398 Baker Street, Nelson, BC

- A small independent bookstore in the heart of downtown Nelson.
- Local, Canadian, current books, journals, cards, calendars, maps, and more!

[otterbooksinc.ca](http://otterbooksinc.ca)



### The Sacred Ride

250-354-3831 | 213B Baker Street, Nelson, BC

- Outstanding friendly service and excellent knowledge since 1995.
- Kootenay's legendary premier cycling, ski and snowboard shop.

[sacredride.ca](http://sacredride.ca)



### Tribute Boardshop

250-352-7722 | 556 Baker St, Nelson, BC

- Kootenay Fashion Essentials, Premium Footwear and Best in Boardlife Utensils
- Rider Owned and Operated - Serving Nelson and Area since 2003.

[tributeboardshop.ca](http://tributeboardshop.ca)



## Yasodhara Ashram

YOGA RETREAT & STUDY CENTRE



## EXPERIENCE THE EAST SHORE

#eastshorelife





North Woven Broom Co

*You won't find mega-malls or cookie-cutter storefronts here. We take pride in our local farmers and artisans.*

### ARTISANS

The entire region is chock full with artisan studios creating one-of-a-kind gifts to take home. Galleries and individual artists dot the shoreline enhancing the drive, both up and down Kootenay Lake.

Brooms, pottery, weaving and ironworks capture some of the Artisans of Crawford Bay. Step inside the local artisan workshops for a truly authentic taste of Kootenay culture.

### MARKETS

This is where our true local colours shine the brightest. All year-round markets showcase fresh produce from nearby farms, and unique crafts from local artisans, all located in spectacular locations. Bring your own bag and fill your boots.



Photo: BC Farmer's Markets / Thomas Nowa

[nelsonkootenaylake.com/shopping](http://nelsonkootenaylake.com/shopping)

*Due to COVID-19 events may not be as printed. Please confirm event dates and times before making your travel plans.*

#### EAST SHORE

|                |   |             |                   |
|----------------|---|-------------|-------------------|
| Variety Market | <a href="https://facebook.com/shabbyshackfarm">facebook.com/shabbyshackfarm</a> | June & July | Saturday 10am-2pm |
|----------------|---|-------------|-------------------|

#### KASLO

|                       |   |           |                  |
|-----------------------|---|-----------|------------------|
| Kaslo Saturday Market | <a href="https://facebook.com/KasloSaturdayMarket">facebook.com/KasloSaturdayMarket</a> | June-Sept | Saturday 9am-1pm |
|-----------------------|---|-----------|------------------|

#### LARDEAU/MEADOW CREEK

|                       |   |           |                 |
|-----------------------|---|-----------|-----------------|
| Lardeau Valley Market | <a href="https://facebook.com/lardeauvalleymarket">facebook.com/lardeauvalleymarket</a> | June-Sept | Sunday 10am-2pm |
|-----------------------|---|-----------|-----------------|

#### NELSON

|                           |   |                |                      |
|---------------------------|---|----------------|----------------------|
| Cottonwood Market         | <a href="https://ecosociety.ca">ecosociety.ca</a> | May -Oct       | Saturday 9:30am-3pm  |
| Nelson Downtown Market    | <a href="https://ecosociety.ca">ecosociety.ca</a> | June -Sept     | Wednesday 9:30am-3pm |
| Harrop Schoolhouse Market |   | July - October | Sunday 9am-1pm       |



Nelson International Mural Festival | Photo: Ingrid Love

## Events & Festivals

### FESTIVALS

The rumours are true; we like to celebrate and have a good time, and it shows, year-round. Street parties, mural and music festivals, slope-side competitions, literary events, food festivals and carnivals are just the tip of the iceberg. Daily events fill our community calendar, and who doesn't enjoy travelling and joining in with the locals.

[nelsonkootenaylake.com/events](http://nelsonkootenaylake.com/events)



Langham Cultural Centre, Kaslo  
Photo by Iamneke Guenther

### Nelson International Mural Festival

Nelson, BC

- Celebrate art at a completely barrier free, family friendly festival.
- Throughout downtown Nelson and online in August.

[nelsonmuralfest.com](http://nelsonmuralfest.com)



# What's Happening EVENTS CALENDAR

Check out our community calendar that gets updated daily. Filter through the variety of categories to find what suits your fancy. There's nothing better than experiencing some real local vibe. [#findingawesome](https://twitter.com/findingawesome)

[nelsonkootenaylake.com/calendar](http://nelsonkootenaylake.com/calendar)



**YOUR CHAMBER.  
YOUR FUTURE.  
OUR COMMUNITY.**



It's what you call uncommon ground. Nelson and its surrounding area offer a remarkable mix of small-town life and big-city commerce. This beautiful corner of British Columbia balances remarkable culture, heritage, and adventure with mainstay sectors, including tourism, retail, manufacturing, education, health and wellness, forestry, and more. **It's a wonderful place to live, work, raise a family, own a business.**



Nelson & District Chamber of Commerce & Visitor Centre  
91 Baker Street | 250-352-3433

**DISCOVERNELSON.COM**



Life Moments Photography



**WEDDINGS**

Say "I do" to small towns, big mountains, and a place you'll never forget. A wedding on the shores of Kootenay Lake will earn you high fives all around, plus wedding photos that will make you look like legends. Our wedding pros will help make it happen, covering every detail so you can relax and enjoy the celebration.

**CONFERENCES**

When planning a conference, count on us to make you look like a superhero. From intimate heritage rooms to full service conference settings with all the amenities, the Nelson and Kootenay Lake region has you covered. Indoor, outdoor, small or large, we have the perfect locale for your special event that you (and your participants) won't soon forget.

*Gorgeous locations with dramatic views set the stage for unforgettable weddings or reunions, while a variety of indoor meeting spaces and top-notch facilities will meet your business needs.*

[nelsonkootenaylake.com/special-events](http://nelsonkootenaylake.com/special-events)

**nelson international MURAL FESTIVAL**

**nelson & district arts council ARTWALK**

**NELSON, BC | FOR MORE INFORMATION VISIT: WWW.NDAC.CA**

**CAPITOL THEATRE - MUSIC - DANCE - COMEDY**

CHECK OUT OUR WEBSITE FOR MORE INFO ON SHOWS  
WWW.CAPITOLTHEATRE.CA OR CALL THE BOX OFFICE 250.352.6363  
421 VICTORIA ST, NELSON, BC



Temple of Light at Yasodhara Ashram



Ainsworth Hot Springs Resort | Photographer: Kurt Medig

## Health & Wellness

Find your pose and composure here, and nama-stay for a while.

### SPAS & RETREATS

Say spahhh. Over a dozen spas in the region offer blissfully rejuvenating treatments, scrubs and tubs. Extend your “me-time” with a stay at our cozy lodges, boutique hotels, or wellness retreats. Award-winning Mountain Trek and Yasodhara Ashram are only part of our very relaxing, healthy experience.

*A vacation for the heart, mind and body.*

### YOGA

Staying loose and finding calm is how we like to roll in the Koots. Pick the yoga centre of your choice. Word is we have more yogis per capita than anywhere else in Canada. Roll out your mat, and deepen your meditation practice.

[nelsonkootenaylake.com/health](http://nelsonkootenaylake.com/health)



Aura Spa | Photo: David R Glans

# new & cool

## MOBILE AUDIO TOURING APP

Experience the entire region using the Kootenay Lake Road Trip App while in the comfort of your car, or on your bike.

This ingenious APP is FREE to use and download. Just choose where you want to begin, download that Tour, and away you go!

Give it a listen and learn about the region – from attractions to forests to First Nations. *#findingawesome*

[nelsonkootenaylake.com/TouringApp](http://nelsonkootenaylake.com/TouringApp)





## Places to Stay

Stylish, comfy, rustic, or local. Whatever your style, we've got a room with your name on it.

### HOTELS, MOTELS & RESORTS

Leave the home-tasks behind and treat yourself to holiday comfort and friendly service, right in your room. Turn of the century lakefront mansions, lively downtown hotels, fully equipped motels, friendly hostels, waterfront retreats, and heritage charmers open their doors for a relaxing Kootenay Lake vacation.

### CAMPING

Pitch your tent or set up the wheels at dozens of parks, backcountry and independently hosted sites. Views of the lake are always in demand, but quaint mountain and forest views are captivating too. Imagine snuggling up knowing there is a 100 year old tree right outside your door, waiting to be admired in the morning.



Savoy Hotel | Photo by Dustin Latik

### VACATION RENTALS

Living like a local is a popular style of travelling, and we can offer that in spades. Whether it's prime locations, designer style, timber frame, spacious quarters, heritage charm, or an on-site garden you're after, there's a unique vacation rental that'll keep you coming back.

[nelsonkootenaylake.com/stay](http://nelsonkootenaylake.com/stay)

## A New Awe-inspiring Master Plan In A Cinematic Setting

CRAWFORD BAY



## Experience the best of Nelson with Prestige

With its pristine setting overlooking Kootenay Lake and the Selkirk Mountains, the **Prestige Lakeside Resort Nelson** offers spectacular views and amenities with the convenience of being a short walk to downtown.

**Port 701 Marinaside Dining and Lounge** is the area's premier dining experience with incredible food, and a gorgeous lakeside patio!

[prestigehotelsandresorts.com](http://prestigehotelsandresorts.com)  
1-250-642-0805

[Port701.com](http://Port701.com)  
778-463-2236

# Indigenous Culture

We would like to acknowledge that the land on which we gather is the traditional territories of the Sinixt, the Syilx, and the Ktunaxa peoples, and is home to many diverse indigenous persons including the Metis.

[nelsonkootenaylake.com/indigenous-culture](https://nelsonkootenaylake.com/indigenous-culture)



Exhibit at Tourist's Museum



## Bay Shore Escape

250-353-1141 | 550 Rainbow Drive, Kaslo, BC

- Deluxe adult oriented (private) beachfront two bdrm with full amenities.
- Amazing lakefront & mountain views, hot tub, fireplace, fibre internet.

[bayshoreescape.com](https://bayshoreescape.com)



## Beach Gables Guesthouse

250-353-2111 | 243 Front Street, Kaslo BC

- Beach Gables Guesthouse with 3 beautifully themed guest rooms.
- Offering some of Kaslo's most unobstructed lake and mountains views.

[beachgables.ca](https://beachgables.ca)



## Bearfoot Beach House

416-473-5915 | 8110 Busk Road, Balfour, BC

- Glorious Four Season Beach House on beautiful Kootenay Lake.
- Great golfing, skiing, hiking, kayaking, fishing, cycling at your doorstep.

[bearfootbeachhouse.ca](https://bearfootbeachhouse.ca)



## Prestige Inn

250-352-3595 | 1301 Front Street, Nelson, BC

- A charming boutique-style hotel, a short walk from the lake and downtown.
- Budget conscious rates and spectacular views from the private balconies.

[prestigehotelsandresorts.com](https://prestigehotelsandresorts.com)



## Prestige Lakeside Resort

250-352-7222 | 701 Lakeside Drive, Nelson, BC

- Waterfront accommodations, located within walking distance to downtown.
- Beautiful views, water activities, dining, spa, fitness centre, and event spaces.

[prestigehotelsandresorts.com](https://prestigehotelsandresorts.com)



## Wing Creek Resort

250-353-2475 | 9114 Highway 31, Kaslo, BC

- Luxury cottages for two on 20 acres of Kootenay Lake waterfront.
- Spectacular views, private beach, spa, orchard, trails, gift shop.

[wingcreekresort.com](https://wingcreekresort.com)











Kaslo Bay | Photo by Jesse Schipkowsky

































# Accommodations

## ACCOMMODATION LEGEND

|   |                    |   |                    |   |                       |
|---|--------------------|---|--------------------|---|-----------------------|
|  | Free Wifi          |  | Lake View          |  | Pet Friendly          |
|  | Dining On-site     |  | Kitchenette/Fridge |  | Wheelchair Accessible |
|  | Hot Tub/Pool/Sauna |  | Spa                |   |                       |

### AINSWORTH HOT SPRINGS

|  |                         |              |   |   |   |   |   |  |   |
|--|-------------------------|--------------|---|---|---|---|---|--|---|
| Ainsworth Hot Springs Resort               | ainsworthhotsprings.com | 800-668-1171 |    |    |    |    |    |    |    |
| Ainsworth Motel                            | ainsworthmotel.com      | 250-229-4711 |    |   |    |    |   |   |   |
| Ainsworth Springs Suites                   | ainsworthsprings.com    | 888-215-2500 |    |   |    |    |   |   |   |
| Mountain Trek Fitness Retreat & Health Spa | mountaintrek.com        | 250-229-5636 |   |   |   |   |   |   |   |
| Woodbury Resort & Marina                   | woodburyresort.com      | 877-353-7717 |  |  |  |  |  |  |  |

### BALFOUR

|   |                               |              |   |   |   |   |   |  |   |
|---|-------------------------------|--------------|---|---|---|---|---|--|---|
| Annie's Bed and Breakfast                   | anniesbedandbreakfast.ca      | 250-229-4447 |   |  |  |  |  |  |   |
| Balfour Beach Inn                           | facebook.com/balfourbeachinn. | 250-229-4235 |   |  |  |  |  |  |   |
| Bearfoot Beach House                        | bearfootbeachhouse.ca         | 416-473-5915 |  |   |  |  |  |  |   |
| Cedars Lakeshore Inn & Marina               | cedars.shawbiz.ca             | 250-229-4777 |  |   |  |  |  |  |   |
| Dock 'N' Duck Lodging                       | docknduck.ca/lodging          | 250-229-4244 |  |  |  |  |  |  |   |
| Kootenay Lakeview Spa Resort & Event Centre | kootenaylakeviewresort.com    | 250-229-4141 |  |  |  |  |  |  |  |
| Sunshine Bay Retreat                        | sunshinebay.ca                | 250-777-7803 |  |   |  |  |  |  |   |
| Three Hills Agritourism                     | 3ha.ca                        | 250-505-6613 |  |  |   |   |   |  |   |
| The Acorn Guest House                       | acornguesthouse.ca            | 250-229-5797 |  |   |  |  |  |  |   |
| Queens Bay Hideaway Lakefront Cottage       | kootenaylakehideaways.com     | 250-354-2797 |  |   |  |  |  |  |   |




### EAST SHORE

|   |                          |              |   |   |   |   |  |   |   |
|---|--------------------------|--------------|---|---|---|---|--|---|---|
| Bayshore Resort                           | bayshoreresort.ca        | 250-354-4370 |  |  |  |  |   |   |  |
| Boccalino Restaurant, Motel & Cabins      | boccalino.ca             | 250-227-6906 |  |  |  |  |   |   |   |
| Cottages in the Woods                     | cottagesinthewoodsbc.com | 403-862-8844 |  |   |  |  |   |   |   |
| Destiny Bay Resort                        | destinybay.com           | 250-223-8234 |  |  |  |  |   |   |  |
| Heart of Crawford Bay                     | heartofcrawfordbay.ca    | 604-369-8739 |  |   |   |  |  |   |   |
| Holbrook Falls Motel                      |                          | 250-223-8427 |  |   |  |  |   |   |   |
| Kokanee Chalets, RV Park, & Campground    | kokaneechalets.com       | 250-227-9292 |  |  |  |  |  |  |   |
| Kokanee Springs Golf Resort               | kokaneesprings.com       | 250-227-9226 |  |  |  |  |   |   |  |
| Kootenay Lake Lodge                       |                          | 250-223-8181 |  |   |  |  |   |   |   |
| Powder Creek Lodge                        | powdercreeklodge.com     | 250-921-4700 |   |  |  |  |   |   |   |
| Soul's Paradise Resort                    | soulparadise.ca          | 250-227-9441 |  |   |  |  |   |   |   |
| Tara Shanti B&B, Retreat, and Yoga Studio | tarashanti.com           | 250 777-4868 |  |  |  |  |   |   |   |
| Waters Edge B&B                           | watersedgebb.ca          | 250-225-3492 |  |   |  |  |   |   |   |
| Wedgwood Manor and Glamping Retreat       | wedgwoodmanor.com        | 250-227-9233 |  |  |  |  |   |   |   |
| Yasodhara Ashram                          | yasodhara.org            | 250-227-9224 |  |  |  |  |   |   |   |

### KASLO

|                                     |                           |              |   |   |   |   |   |   |   |
|-------------------------------------|---------------------------|--------------|---|---|---|---|---|---|---|
| Bay Shore Escape                    | BayShoreEscape.com        | 250-353-1141 |  |  |  |  |   |   |   |
| Beach Gables Guesthouse             | beachgables.ca            | 250-353-2111 |  |  |  |  |   |   |   |
| Bougainville Lodge                  | bougainvilleguesthouse.ca | 250-353-2061 |  |  |  |  |  |  |   |
| Kaslo Hotel & Pub                   | kaslohotel.com            | 250-353-7714 |  |  |  |  |  |  |  |
| Kaslo Manor Lodge                   | kaslomanorlodge.com       | 250-353-2999 |  |  |  |  |  |  |   |
| Kaslo Motel                         | kaslomotel.ca             | 877-353-2431 |  |   |   |  |   |   |   |
| Kootenai Hide-A-Way Lakefront Cabin | kootenaylakehideaways.com | 250-354-2797 |   |   |  |  |  |  |   |
| Mount Carlyle Backcountry Lodge     | skihikebc.com             | 250-355-2269 |   |  |  |  |   |   |   |
| Retallack Lodge                     | retallack.com             | 800-350-1433 |  |  |  |  |  |  |  |
| The Sentinel                        | sentinelbc.ca             | 250-353-2246 |  |  |  |  |  |  |  |
| Sunny Bluff Chalets                 | sunnybluffchalets.com     | 250-353-7728 |  |  |  |  |  |  |   |
| True Blue Lodge                     | truebluelodge.com         | 250-353-7599 |  |   |   |  |   |   |  |
| Wing Creek Resort                   | wingcreekresort.com       | 250-353-2475 |  |   |  |  |  |  |  |

### NELSON

|                                    |                             |              |   |   |   |   |   |   |   |
|------------------------------------|-----------------------------|--------------|---|---|---|---|---|---|---|
| Adventure Hotel                    | adventurehotel.ca           | 250-352-7211 |  |  |  |  |  |  |  |
| All Season Waterfront Rentals      | nelsonwaterfrontrentals.com | 250-825-3454 |  |   |  |  |  |   |   |
| Alpine Inn & Suites                | alpine-motel.com            | 250-352-5501 |  |   |   |  |  |  |  |
| Baker Street Lodge                 | airbnb.ca                   | 250-354-9877 |  |   |   |  |  |  |   |
| Baldface Lodge                     | baldface.net                | 250-352-0006 |  |  |   |   |  |  |  |
| Bees Knees in the Trees            | airbnb.ca                   |              |  |   |   |  |   |   |   |
| Best Western Plus Baker Street Inn | bwbakerstreetinn.com        | 250-352-3525 |  |  |  |  |  |  |  |
| Blaylock's Mansion                 | blaylock.ca                 | 250-825-2200 |  |  |   |   |   |   |   |



# Camping

## CAMPING LEGEND

|               |                |                              |         |
|---------------|----------------|------------------------------|---------|
| Power Hookups | Wifi Available | Pool/Hot Tub/<br>Lake Access | Showers |
| Flush Toilets | Playground     | Sani-Station                 | Tenting |

### AINSWORTH HOT SPRINGS

|                          |                    |              |  |
|--------------------------|--------------------|--------------|--|
| Woodbury Resort & Marina | woodburyresort.com | 250-353-7717 |  |
|--------------------------|--------------------|--------------|--|

### BALFOUR

|                                 |                        |              |  |
|---------------------------------|------------------------|--------------|--|
| Three Hills Agritourism         | 3ha.ca                 | 250-505-6613 |  |
| Toad Rock Motorcycle Campground | toadrockcampground.com | 250-229-5448 |  |

### EAST SHORE

|  |                       |              |  |
|--|-----------------------|--------------|--|
| Bayshore Resort                        | bayshoreresort.ca     | 250-354-4370 |  |
| Crawford Bay RV Park                   | crawfordbayrvpark.com | 250-227-9010 |  |
| Drewry Point Provincial Park           | env.gov.bc.ca/bcparks |              |  |
| Kokanee Chalets, RV Park, & Campground | kokaneechalets.com    | 250-227-9292 |  |
| Lockhart Creek Provincial Park         | env.gov.bc.ca/bcparks |              |  |
| Pilot Bay Provincial Park              | env.gov.bc.ca/bcparks |              |  |
| The Lakeview Store & Campground        | kootenaylakeview.com  | 250-227-9367 |  |
| Riondel Community Campground           | riondelcampground.ca  | 250-225-3338 |  |
| Soul's Paradise Resort                 | soulsparadise.ca      | 250-201-9441 |  |

### KASLO

|                            |                                   |              |  |
|----------------------------|-----------------------------------|--------------|--|
| Kaslo Municipal Campground | kaslo.ca/home/services/campground | 250-353-2662 |  |
| Mirror Lake Campground     | mirrorlakecampground.com          | 250-353-7102 |  |
| Schroeder Creek Resort     | schroedercreekresort.com          | 250-353-7383 |  |

### NELSON

|                                     |                          |              |  |
|-------------------------------------|--------------------------|--------------|--|
| Cool Waters RV Park                 | coolwatersrvpark.com     | 250-354-1973 |  |
| RV Park at Granite Pointe Golf Club | granitepointe.ca/rv-park | 250-352-5913 |  |
| Karibu Park Cottages & Campground   | karibupark.com           | 888-452-7428 |  |
| Kline's Creekside RV Park           |                          | 250-352-7238 |  |
| Kokanee Creek Provincial Park       | kootenayswparks.com      | 250-825-0117 |  |
| Nelson City Campground              | nelson.ca                | 250-352-7618 |  |

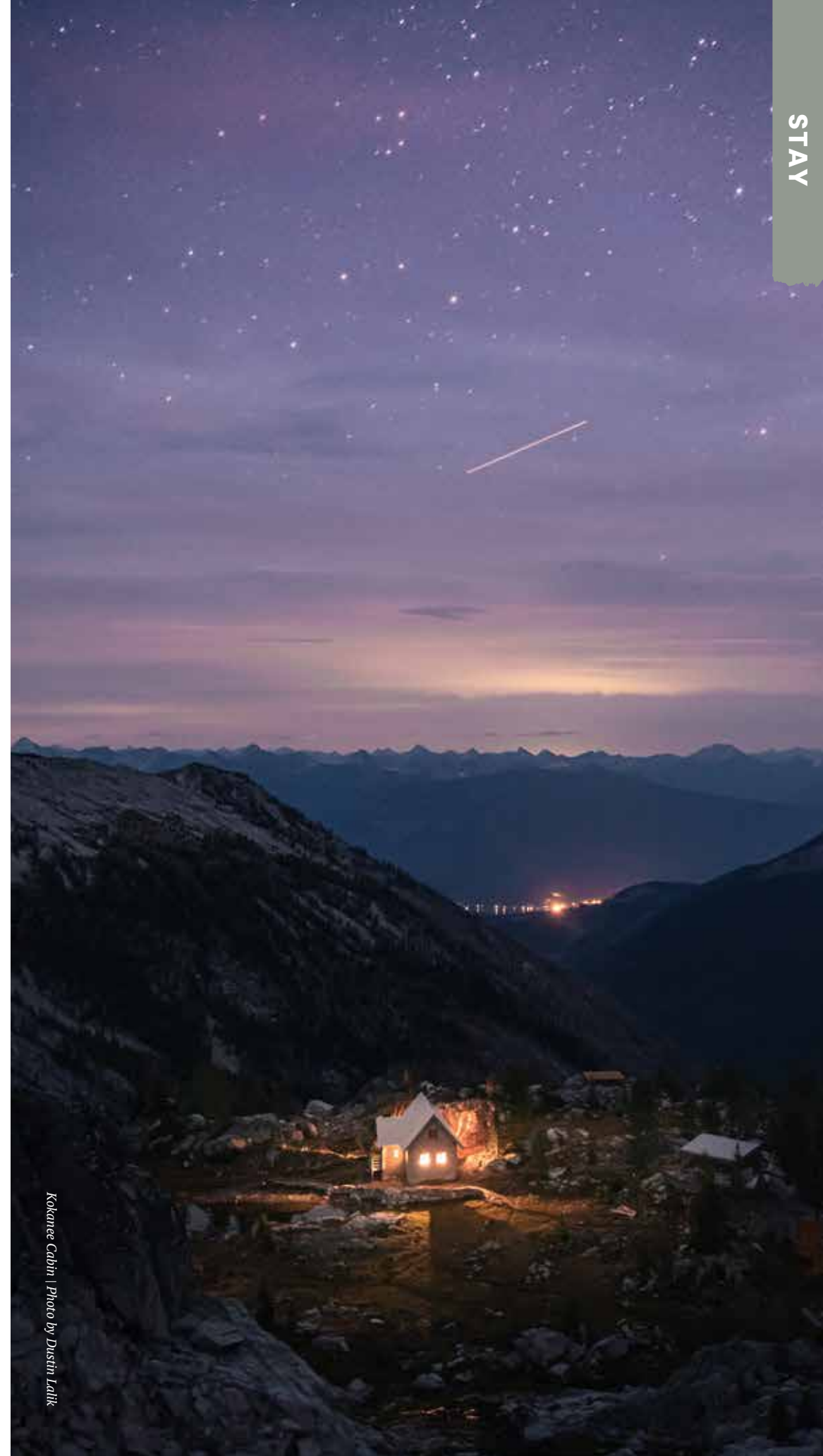
### NORTH KOOTENAY LAKE

|  |                     |              |  |
|--|---------------------|--------------|--|
| Davis Creek - Kootenay Lake Prov. Park | kootenayswparks.com | 250-825-4212 |  |
| Lost Ledge - Kootenay Lake Prov. Park  | kootenayswparks.com | 250-825-4212 |  |

For more details and a map of all campgrounds visit:  
[nelsonkootenaylake.com/camping](http://nelsonkootenaylake.com/camping)



Nelson City Campground



Kokanee Cabin | Photo by Dustin Latik

# Seasons

Four distinctive seasons provide plenty of opportunities to discover and rediscover the Kootenay Lake region.

## FALL

Brilliant autumn colours decorate the communities and mountains along Kootenay Lake from late September through early November. Some of our favourite autumn activities are:

- > Sightseeing - Heritage buildings, slow walks on the beach, river and rail trails all look even more beautiful surrounded by the fall colours
- > Arts & Dine - Museums, galleries, theatres, local brews and food at over 80 establishments tell our cultural story
- > Adventure - Hike amongst golden Larch trees in the alpine, mountain bike, and road ride along the shores of Kootenay Lake



Photo: Kari Mettje

## SPRING

Spring happens early here, with fresh leafy warmth inspiring outdoor activities. Snow capped peaks contrast with deep green forests and dark blue waters. Spring in our region is the perfect time for:

- > Low elevation walks and hikes like Kokanee Creek Provincial Park, Pilot Bay Lighthouse Trail, or the Kaslo River Trail
- > Spring Kickoff across the region celebrates the return of warmer weather with Garden Festivals in Nelson and Kaslo, Kaslo Show n Shine car show, a fishing derby, golf tournament, Kaslo May Days, Logger Sports and more
- > Wander downtown and explore the many boutique and artisan shops



Kaslo, BC | Photo: Don Conway

## WINTER

Winter lures powder-hounds to our beloved communities. While the average temperatures near the lake stay quite mild, the mountains get blanketed with 2-3 metres of snow. If visiting in the winter you'll want to try:

- > Adventure - Skiing at Whitewater Ski Resort or cat and heli skiing in the nearby mountains
- > Chill - XC skiing in Kaslo and Nelson, snowshoeing, and a soak in the healing waters at Ainsworth Hot Springs Resort
- > Art & Dine - Galleries, theatres, relaxing coffees and cocktails can fill your days and evenings



Nelson, BC | Photo: David R Gluns

## SUMMER

Summer provides the full spectrum of Kootenay life, from sun-drenched beaches and patios to epic trails and water sports. A few summer highlights in our region are:

- > Water Sports - Paddling, fishing, boating, rafting
- > Hikes - Alpine hikes such as Kokanee Glacier, Monica Meadows, Davis Creek Trail and Mt Loki
- > Festivals - Kaslo Jazz Fest, Starbelly Jam, Balfour Daze, Nelson International Mural Festival, Marketfest, and more
- > Dining - Patios burst out onto the streets making food and beverages accessible and awesome
- > Markets - meet local farmers and artisans during weekly farmer's markets throughout the region



Photo: Dave Heath

*The Nelson and Kootenay Lake region offers a truly unique combination of adventure, beauty, culture and comfort. There is no shortage of experiences waiting for you to discover. So what are you waiting for? Find your awesome.*

For more seasonal trip ideas visit:  
[nelsonkootenaylake.com/seasons](http://nelsonkootenaylake.com/seasons)

PLAN WITH

# Trip Ideas

Wondering what to do and where to go around Nelson and Kootenay Lake? We've compiled a list of some of our favourite trip ideas to help you discover the region. Get ready to soak up the views and hot springs, step into nature, and set your watch to Kootenay Time.

[nelsonkootenaylake.com/trip-ideas](https://nelsonkootenaylake.com/trip-ideas)



## ADVENTURE

*Venture. Explore. Live it Up. Don't miss the must-do unique experiences and vibrant energy of our region.*

### EXPLORE

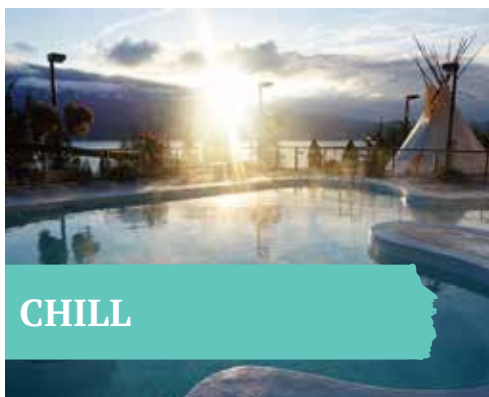
- › **Paddling** – Experience unforgettable moments on the lake and rivers.
- › **Heli & Cat Ski** – Head deep into the backcountry for legendary powder and intimate surroundings.
- › **Mountain Bike** – Two wheels and a heartbeat is all you need to experience the huge variety of beginner to expert trails in the area.
- › **Zipline** – Experience the thrill of treetop adventure and admire the view as you soar high above Kokanee Creek.
- › **Caving** – Journey into a wild and fragile underground world on the edge of Ainsworth Hot Springs at Cody Caves.
- › **Craft Beer & Coffee** – Taste the seemingly endless varieties of freshly brewed and roasted local flavours.

### STAY

Eclectic options for those young at heart include: The Adventure Hotel, Alpine Inn, Kokanee Springs Resort, Ainsworth Motel, Dancing Bear Inn, Best Western Plus Baker Street Inn or pitch your tent at one of our many campgrounds.

For a comprehensive list of all our great 'Stay' options visit: [nelsonkootenaylake.com/stay](https://nelsonkootenaylake.com/stay)

For more trip ideas visit:  
[nelsonkootenaylake.com/adventure](https://nelsonkootenaylake.com/adventure)



## CHILL

*Refresh. Unwind. Soak it All In. Indulge in the finer things in life, surrounded by awe-inspiring nature and a healthy atmosphere.*

### EXPLORE

- › **Yoga, Meditation, or Spa** – Calm your mind and body at one of the many studios or treat yourself to a rejuvenating spa day.
- › **Scenic Drive** – Cruise along the lake or forested mountain roads with small towns and big views. Use our Mobile Touring App.
- › **Snowshoe or Nordic Ski** – Find solitude and calmness in the region's winter wonderland.
- › **Lake Time** – Relax on one of Kootenay Lake's gorgeous sandy beaches.
- › **Scenic Walk** – Stroll along Kaslo's River Trail, Nelson's Rail Trail, or Rotary Lakeside Park.
- › **Ainsworth Hot Springs** – The spirit waters of the Ktunaxa provide an authentic indigenous experience loved by the locals.
- › **Eat & Drink** - Award-winning chefs, distinctive spaces, and sunny patios await.

### STAY

Rest your eyes and mind at one of these peaceful abodes: Wing Creek Resort, Logden Lodge, Prestige Lakeside Resort, Ainsworth Hot Springs Resort, Yasodhara Ashram, Kootenay Lakeview Spa Resort & Event Centre, or Tara Shanti.

For a comprehensive list of all our great 'Stay' options visit: [nelsonkootenaylake.com/stay](https://nelsonkootenaylake.com/stay)

For more trip ideas visit:  
[nelsonkootenaylake.com/chill](https://nelsonkootenaylake.com/chill)



## FAMILIES

*Explore. Learn. Play. Families will find that the Kootenay Lake region is full of fun ways to keep the kids occupied and make a vacation you won't soon forget.*

### EXPLORE

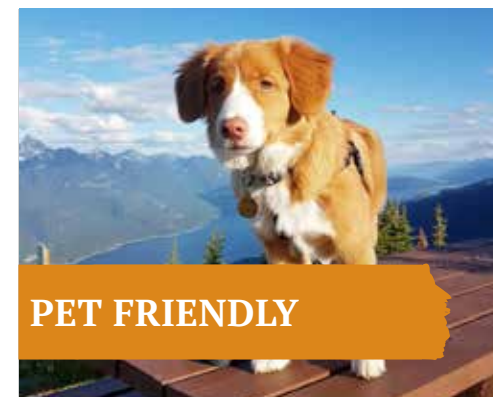
- › **Local Parks** – Enjoy a scenic walk in Nelson's Lakeside Park, Kaslo Bay Park, or the Pilot Bay Lighthouse Trail. In summer splash in the pool at Gyro Park or in the spray park at Lion's Park.
- › **Chill** - Ainsworth Hot Springs, Kayak/SUP rentals, walk along river and mountain trails, beaches, Pilot Bay Trail.
- › **Adventure** - Kokanee Zipline, Cody Caves, skate or bike parks, paddling, skiing, golf.
- › **Biking** - Nelson and Kaslo and Kokanee Prov. Park and the Great Northern Rail Trail.
- › **Dining** - Buddies Pizzeria, Port 701, Marzano's, Main Street Diner, Finley's, The Hub Eatery.
- › **Markets** – Meet local farmers while enjoying live music and natural surroundings.

### STAY

We have the perfect place to stay for your family vacation. Try a bunk bed room at the Adventure Hotel, or stay with kitchen amenities at Alpine Inn & Suites, Cloudside Hotel, or a vacation rental to make family meal time easy. The Kaslo Motel and Kokanee Chalets both offer private cabins with room to roam for the little ones. Or pitch a tent at one of our many campgrounds.

For a comprehensive list of all our great 'Stay' options visit: [nelsonkootenaylake.com/stay](https://nelsonkootenaylake.com/stay)

For more trip ideas visit:  
[nelsonkootenaylake.com/families](https://nelsonkootenaylake.com/families)



## PET FRIENDLY

*Bringing Fido along for the ride? There are plenty of places to stay and things to do with your furry friends.*

### EXPLORE

- › **Hikes** - Nelson Rail Trail, Kaslo River Trail, Pulpit Rock, Buchanan Lookout. *Check regulations for Provincial Parks, most are on-leash areas and some do not allow dogs.*
- › **Off Leash** - Vimy Park, Nelson Dog Walk, Kootenay Bay Beach.
- › **Winter** - Kaslo XC area, Great Northern Rail Trail, multi-use trail at Whitewater Ski Resort.
- › **Downtown** - Well-behaved dogs on leashes can be frequently seen with their owners strolling downtown Nelson, Kaslo, and Crawford Bay.
- › **Get the "gram"** - we LOVE seeing your pups exploring our region. Tag your pics with #findingawesome so we can see them too!

### STAY

There's nothing better than sharing your living space with your pet. These accommodations allow dogs, but ask for details and fees when booking: Kaslo Motel, Adventure Hotel, Bocalino Motel & Cabins, Savoy Hotel, Hume Hotel & Spa, Kokanee Glacier Resort, Bayshore Resort, The Sentinel, Prestige Lakeside Resort, Best Western Plus Baker Street Inn, Logden Lodge.

Most campsites in our region welcome pups for overnight stays and some have off-leash portions of beach.

For a comprehensive list of all our great 'Stay' options visit: [nelsonkootenaylake.com/stay](https://nelsonkootenaylake.com/stay)

For more trip ideas visit:  
[nelsonkootenaylake.com/pets](https://nelsonkootenaylake.com/pets)



Kootenay Lake Ferry | Photo: Adam Verishine

## Getting Here

### ROAD

Take the scenic route that leads you to this stunning region: #6 (south/north), #3 (east/west), #3A (scenic highway from Creston) and #31 (north of Balfour). DriveBC.ca provides excellent up-to-date information and highway and ferry webcams.

A handy driving times chart is printed on the back of this Travel Book.

### PLANE

Castlegar is the nearest airport serviced by Air Canada. Trail hosts Pacific Coastal flights. Kaslo, Crawford Bay and Nelson have landing strips for charter planes. Cranbrook Int. Airport is 3 hours away. Kelowna and Spokane International Airports are about 4 hours away. Airport shuttles require advanced bookings.

### KOOTENAY LAKE FERRY

Kootenay Lake Ferry is a destination unto itself, with its captivating 35 minute, FREE scenic cruise from Kootenay Bay to Balfour. There are summer and winter hours - see schedule.

The ferry is a 1 hour drive from Creston, and 30 minutes from Nelson or Kaslo. Give yourself extra time to enjoy the sights, food and views along the way and at the ferry landings.

*Make it a vacation - take the scenic route.*

Despite our rural location, there are many easy ways to get to the Nelson and Kootenay Lake region.

### KOOTENAY LAKE FERRY SCHEDULE

Please visit the ferry website to confirm ferry schedules and recommended protocols.

| BALFOUR |                | KOOTENAY BAY  |               |             |
|---------|----------------|---------------|---------------|-------------|
| Winter  | Summer         | Winter        | Summer        |             |
| 6:30    | 6:30           | 7:10          | 7:10          | AM Sailings |
| 8:10    | 8:10           | 9:00          | 9:00          |             |
| 9:50    | 9:50           | 10:40         | 10:40         |             |
| 11:30   | 10:40<br>11:30 |               | 11:30         |             |
| 1:10    | 12:20<br>1:10  | 12:20         | 12:20<br>1:10 | PM Sailings |
| 2:50    | 2:00<br>2:50   | 2:00          | 2:00<br>2:50  |             |
| 4:30    | 3:40<br>4:30   | 3:40          | 3:40<br>4:30  |             |
| 6:10    | 5:20<br>6:10   | 5:20          | 5:20<br>6:10  |             |
| 7:50    | 7:50           | 7:00          | 7:00          |             |
| 9:40    | 9:40           | 8:40<br>10:20 | 8:40<br>10:20 |             |

**Osprey 2000 • MV Balfour**  
All times are Pacific. Food services are available on the Osprey 2000 only.

[nelsonkootenaylake.com/plan](http://nelsonkootenaylake.com/plan)



### Kootenay Carshare Cooperative

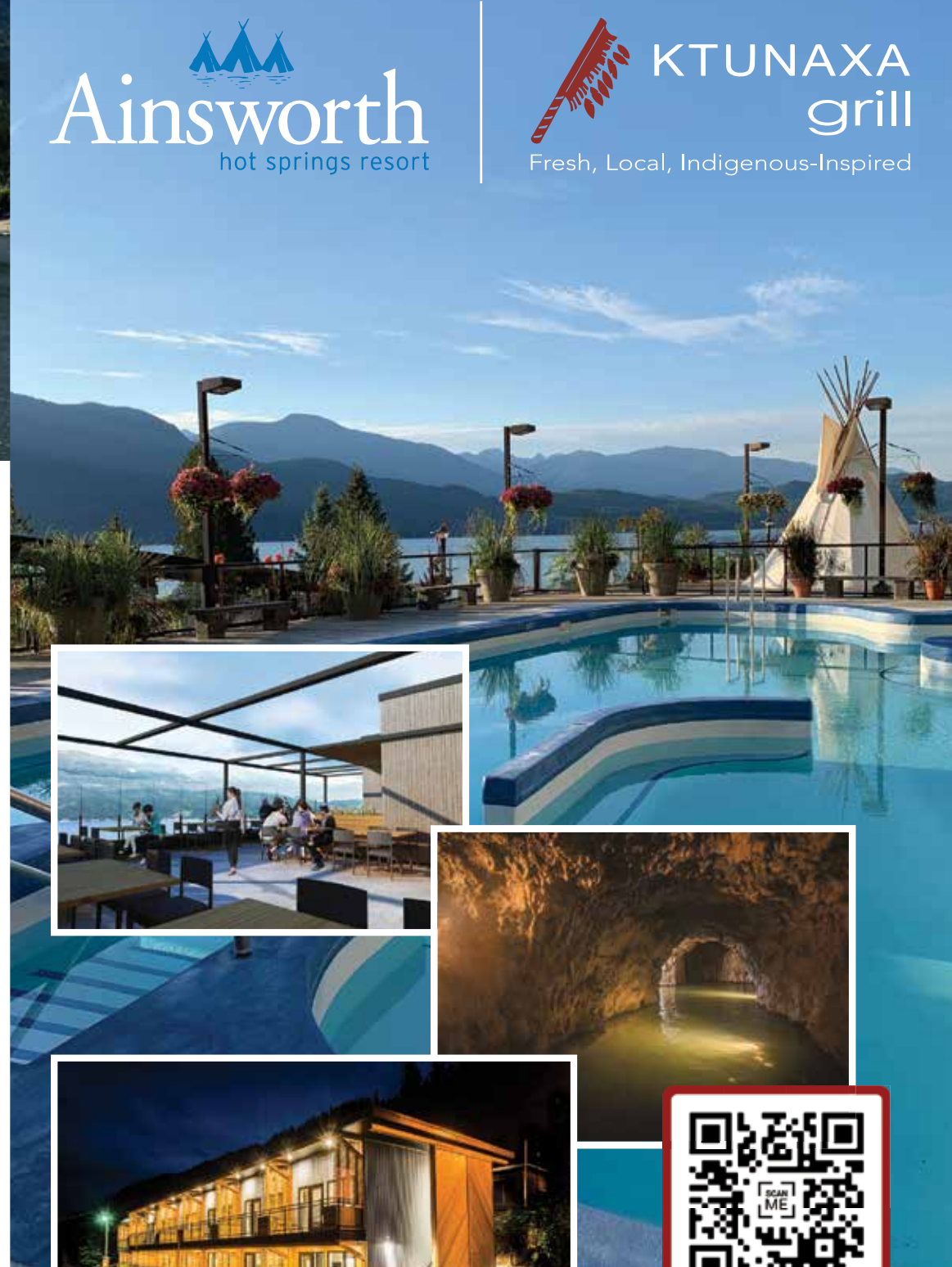
250-352-2033 |

- Become a Certified Driver to access vehicles across the Kootenays.
- Host your vehicle and get paid. Blanket insurance is included!

[carsharecoop.ca](http://carsharecoop.ca)

**Ainsworth**  
hot springs resort

**KTUNAXA**  
grill  
Fresh, Local, Indigenous-Inspired



Ktunaxa Grill Menu

## YEAR-ROUND ENJOYMENT

Experience our hot springs pools, cave and Spirit Water Spa. Savour culinary specialties created by Executive Chef Cory Chapman at the Ktunaxa Grill.

[ainsworthhot springs.com](http://ainsworthhot springs.com)



## Discover Our Region

|   |   |
|---|---|
| Kootenay Lake Ferry Crossing  | 35 min  |
| <b>BALFOUR to</b><br>Ainsworth Hot Springs<br>Meadow Creek  | 15km ..... 14 min<br>75km ..... 1 hr  |
| <b>KASLO to</b><br>Ainsworth Hot Springs<br>Meadow Creek<br>New Denver                                      | 22km ..... 21 min<br>40km ..... 40 min<br>46km ..... 42 min   |
| <b>KOOTENAY BAY to</b><br>Crawford Bay<br>Riondel<br>Creston  | 4.5km ..... 5 min<br>10.8km ..... 13 min<br>81km ..... 1 hr 11 min                                    |
| <b>NELSON to</b><br>Balfour<br>Ainsworth Hot Springs<br>Kaslo<br>Whitewater Ski Resort<br>Castlegar Airport | 34km ..... 33 min<br>50km ..... 45 min<br>70km ..... 1 hour<br>22km ..... 25 min<br>41km ..... 30 min |

This map is not to scale and landmarks and locations are noted as reference points only.



**NELSONKOOTENAYLAKE.COM**

**Nelson Kootenay Lake Tourism**  
Nelson, British Columbia  
250-352-7879  
info@nelsonkootenaylake.com

@NelsonKootenayLake  
 @NelsonKootenayLake  
 @NelsonKootenay  
 #FindingAwesome

**Visitor Centres**  
**Nelson** - 91 Baker Street  
**Kaslo** - 324 Front Street  
**Crawford Bay** - 16101 Hwy 3A