

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: Damian John | caribouwoman.com

I have been inspired by nature, colour, and my ancestry to engage in the process of creating beauty. Exploring story and thought through art has helped me navigate big ideas like identity, environment, culture, and mystery. The fulfillment I feel in making my art hopefully imbues the viewer with some of the same.



We are proud to print locally at Hall Printing.

Due to COVID-19 some content in this 2020-2021 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.



Breakfast, Lunch & Dinner.
Seven Days a Week.

MARZANO

PIZZA + VINO

MON-THU 6:30AM-10PM • FRI 6:30AM-11PM • SAT 7AM-11PM
SUN 7AM-10PM • RESERVATIONS RECOMMENDED



HUME
HOTEL & SPA

Antique • Chic • Boutique
humehotel.com f @



Patricia Gilinaty painting a mural at Ainsworth Hot Springs Resort

Attractions

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

ARTS & CULTURE

Nelson is the *Number One Small Arts Town in Canada*. 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.

We invite you to meet the local artisans who specialize in pottery, painting, weaving, broom making, iron works, jewellery, fiber and more. These uber-talented creators and their works can be found in studios, galleries, stores and cafés throughout the region.

HERITAGE

With over 350 heritage buildings in the region 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





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://www.facebook.com/jbfletcherstore)



Touchstones Nelson Museum of Art and History

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 Touchstones Shop.

touchstonesnelson.ca



Take yourself back in time & enjoy a tour on the SS Moyie or Streetcar #23.



the
Adventure Hotel

ADVENTURE STAYS HERE

NELSON, BC

1-888-722-2258

@the.adventure.nelson



Rotary Lakeside Park | Photo: Destination BC/Dave Heath

PARKS

Hang out on the beach, wander into the backcountry, gaze up at ancient old-growth cedars, or just breathe in the fresh, misty air at one of Canada's best kept secret waterfalls - Fletcher Falls just outside of Kaslo. Discover this region, located within the world's largest inland temperate rain forest.

AINSWORTH HOT SPRINGS

These hot springs feature a huge hot pool, 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. We cater to curious and adventurous little ones, and we can keep them busy. Explore the big beaches, unique accommodations, skateboard and bike parks, mountain biking trails, zipline, caving, special events and more.

nelsonkootenaylake.com/attractions



Ainsworth Hot Springs Resort

Recreation

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

LAKE AND RIVER SPORTS

This glacier-fed lake is ideal for paddling, fishing, sailing, or just hanging out. The tributaries and nearby Lardeau, Slokan, and Salmo rivers offer heart-pumping excitement for rafting and kayaking.

BIKING

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



Kaslo, ID/David - Photo: Thomas Nowa



Lardeau River - Adventure



Jones Boys Boats

250-353-2550 | 4080 Hwy 31, Ainsworth Hot Springs, BC

- Third generation family run marine and off-road dealership.
- Boat rentals, sales, service, moorage and storage.

jonesboysboats.com



Kaslo Kayaking

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

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

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



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. Surrounded by the Selkirk and Purcell mountains, providing an abundance of adventures.



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, or soar through the trees with Kokanee Mountain Zipline. Enjoy a leisurely stroll, keeping your eyes peeled for birds, wildlife, and waterfalls. 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

Balfour Golf Course

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.

golfbalfour.com



KOKANEE SPRINGS RESORT



Legendary Golf • Stunning Views
Course-Side Lodge • Luxury Villas & Private
Cottages • Casual Dining • RV Parking
Located on the East Shore of Kootenay Lake

1-800-979-7999 | kokaneesprings.com

Alpine highs, water sports and epic powder days await. Who knew there was so much to do.



Cody Cave Tours

**CODY
CAVE
TOURS**

Cody Cave Tours

250-359- CAVE (2283) | Cody Cave Provincial Park, Ainsworth, BC

- Experience this spectacular underworld deep within the Selkirk Mountains.
- Guided tours available year round for anyone 5 years +.

codycavetours.com



Kokanee Mountain Zipline

1-844-764-4484 | Kokanee Glacier Park Road, Nelson, BC

- 2+ hour guided tours with 6 ziplines through the Kokanee Creek Valley tree tops.
- Great fun for all ages while experiencing the flora and fauna.

zipkokanee.com

NELSON'S MOST COMPLETE BIKE & SKI SHOP



Photo: Steve Ogilvie

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

Sales
Service
Rentals

Shop 24/7 at [GERICKS.COM](https://www.gericks.com)

250-354-4622
1-877-Gerick1
702 Baker Street



40ft of annual snowfall. Amazing food. Incredible terrain.
No Wifi. No cell service. No snowmaking.

Whitewater
Ski Resort • Nelson BC

www.skiwhitewater.com



Selkirk 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.



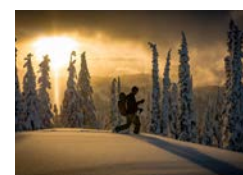
Nelson Nordic Ski Club

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



Kootenay Backcountry Guides

1-833-KBGUIDE (524-8433)

- Private guided ski touring/splitboarding trips and avalanche education.
- The Kootenay's backcountry and safety experts.

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. For a bit of healthy, highly praised Kaslo Sourdough breads and pastas are a wonderful souvenir. Yum.

WINE

Just south of Kootenay Lake's southern shores is the only winery in the region. Wynnwood Cellars has 11 acres of vines with an emphasis on pinot noir, merlot, chardonnay, and sauvignon blanc varieties.

Lovers of fresh, organic and wholesome foods will find a culinary mecca here.

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



Cantina del Centro | Photo: Thomas Nowak



Mazmano | Photo: Janie Anholt

CANTINA - del - CENTRO
Tacos, Tequila & More

250.352.3737
565 Baker St, Nelson BC

YUM SON
Viet-Modern Cuisine & Cocktails

778.463.2234
522 Victoria St, Nelson BC

Kootenay co-op

authentically kootenay

BEST SELECTION OF LOCAL ORGANIC PRODUCE & PRODUCTS

Visitors enjoy member prices. Just ask at the till!

NATURAL FOODS MARKET | MEAT + SEAFOOD | ARTISANAL CHEESES
SUPPLEMENTS | BAKERY + CAFÉ | EAT-IN OR GRAB+GO

777 Baker Street, Nelson BC | www.kootenay.coop | Eat well. Be well.

Travis Hauck
2018 Canadian XCO Champion



Busaba Thai Cafe

250-352-2185 | 524 Victoria Street, Nelson, BC

- A unique authentic Thai dining experience.
- Signature dishes which originate from the farmlands in Northern Thailand.

busabathaicafe.com



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



Kootenay Tamil Kitchen

778-463-1008 | 660 Baker Street, Nelson, BC

- We serve real authentic South Indian food exclusive for the people of Kootenays.
- Eat healthy, stay healthy.

kootenaytamil.com



Outer Clove Restaurant

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

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

outerclove.ca

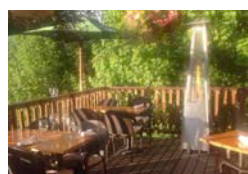


Red Light Ramen Bar

250-352-0966 | 308 Herridge Lane, Nelson, BC

- A modern sustainable approach to traditional Japanese cuisine.
- We are known for our ramen, craft beer selection and boutique cocktails.

redlightramenbar.ca



Sage Tapas and Wine Bar

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

- BC Wine and panoramic view in beautiful downtown Nelson BC.
- Enjoy Nelson's locals favourite.

sagetapasandwinebar.com



Taqueria el Corazon

250-353-3440 | 344 Front Street, Kaslo, BC

- Traditional Mexican fare with a modern flair.
- Craft cocktails, local brew and amazing tequilas and mezcals.

taqueriaelcorazon.com



West Coast Grill

778-463-2236 | Prestige Lakeside Resort, 701 Lakeside Drive, Nelson, BC

- Offering delectable and fresh culinary creations to suit every appetite.
- Fresh, seasonal, artisan menu.

westcoastgrill.ca/nelson



SHOPPING

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

NELSON'S BAKER STREET

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.

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.



BAKER STREET MENSWEAR

Baker Street Menswear

250-352-7743 | 571 Baker Street, Nelson, BC

- Experience a unique & modern day menswear store in the mountains.
- Heritage brands include Filson, Pendleton, Stanfield's & Carhartt.

bakerstreetmenswear.ca

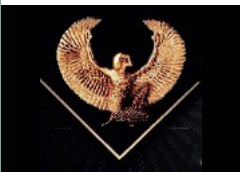


Craft Connection Cooperative

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

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

craftconnection.org



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



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



Kootenay Currency Exchange

250-354-1441 | 715 Vernon Street, Nelson, BC

- Foreign exchange and precious metals dealer.
- US buy/sell rates better than the banks! 40 currencies in stock.

kootenaycurrencyexchange.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



Shoe La La

250-352-6754 | 499 Baker Street, Nelson, BC

- Bringing you exquisite footwear from around the world.
- Shop online at www.shoelanelson.com

shoelanelson.com



Stitch Lab

250-505-4079 | 505 Baker Street, Nelson, BC

- Beautiful curated selection of fabrics, patterns, and textile crafts.
- Your destination fabric store with creative workshops and classes.

nelsonstitchlab.com



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



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 2004.

tributeboardshop.ca



Viewpoint Art Gallery

250-505-6691 | 814 Highway 3A, Nelson, BC

- Great Gifts - choose from over 60 outstanding Kootenay Artists/Artisans.
- Paintings, pottery, sculptures, glass, woodwork, jewelry, photography & more!

viewpointartgallery.com



Yasodhara Ashram

YOGA RETREAT & STUDY CENTRE

yasodhara.org



EXPERIENCE THE EAST SHORE

#eastshorelife



artisansofcrawfordbay.com



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 Balfour area 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 made here in Crawford Bay were even used to promote several of the Harry Potter books when they were released. 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

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

EAST SHORE

| | | | |
|----------------|---|-------------|-------------------|
| Variety Market | facebook.com/shabbyshackfarm | June & July | Saturday 10am-2pm |
|----------------|---|-------------|-------------------|

KASLO

| | | | |
|-----------------------|---|-----------|-------------------|
| Kaslo Saturday Market | facebook.com/KasloSaturdayMarket | June-Sept | Saturday 10am-2pm |
|-----------------------|---|-----------|-------------------|

LARDEAU/MEADOW CREEK

| | | | |
|-----------------------|---|-----------|-----------------|
| Lardeau Valley Market | facebook.com/lardeauvalleymarket | June-Sept | Sunday 10am-2pm |
|-----------------------|---|-----------|-----------------|

NELSON

| | | | |
|------------------------|---|-------------------------------|----------------------|
| Cottonwood Market | ecosociety.ca | May -Oct | Saturday 9:30am-3pm |
| Nelson Downtown Market | ecosociety.ca | June -Sept | Wednesday 9:30am-3pm |
| Marketfest | ecosociety.ca | Third Friday in July & August | Friday 6pm-10:30pm |



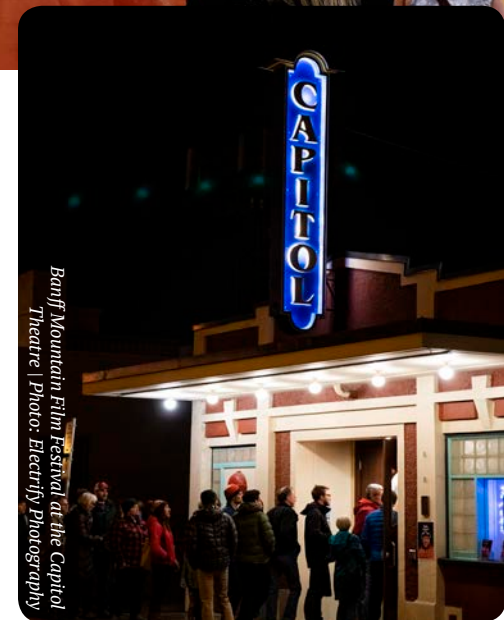
Nelson International Mural Festival | Photo: Ingrid Love

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



Banff Mountain Film Festival at the Capitol Theatre | Photo: Electricity Photography



Columbia Basin Culture Tour

1-877-505-7355 | 250-505-5505

- Free, self-guided tour of artists' studios, museums, galleries and heritage sites.
- Check our website for this year's dates.

cbculturetour.com



Kaslo Jazz Etc Summer Music Festival

250-353-7577 | 404 Front Street, Kaslo, BC

- World-class musicians perform against a backdrop of mountains and sky.
- Unique floating stage transforms Kaslo Bay Park into a natural amphitheater.

kaslojazzfest.com



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

Discover Nelson

A GREAT PLACE TO VISIT! AN EVEN BETTER PLACE TO LIVE. TO WORK. TO RAISE A FAMILY. TO OWN A BUSINESS.



Nelson and District Chamber of Commerce and Visitor Centre
91 Baker Street (Heritage CP Station) Nelson V1L 4G8
Ph: (250) 352-3433 Toll Free: 1-877-663-5706
www.discoverNelson.com

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 party from sunrise to sunset.

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.

nelsonkootenaylake.com/special-events

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 every business need.



Life Moments Photography





Temple of Light at Yasodhara Ashram

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 get healthy inside and out experience.

A vacation for the heart, mind, & 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



Aura Spa | Photo: David R Glans



The Sentinel | Photo: Tamara Elliot



Himalaya Salt Cave

250-505-6093 | 527 Josephine Street, Nelson, BC

- Experience a cave made of 12,000 pounds of salt!
- Relaxation, meditation, massage, sound therapy, halotherapy, health benefits.

himalayasaltcave.com



The Falling Water Spa at Wing Creek Resort

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

- Couples' massage, relaxation massages, Reiki, & more.
- Relax & rejuvenate. Appointments require 24+ hours' notice.

wingcreekresort.com/relax/spa



Wing Creek Resort - Photo: Steven Bell

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 to your room. Turn of the century lakefront mansions, lively downtown hotels, fully equipped motels, friendly hostels, water front 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.



The Mount Loft

VACATION RENTALS

Living like a local is a popular style of travelling, and we can offer that in spades. With 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



Relax and enjoy our forested rustic resort nestled in the Selkirk Mountains. A short scenic walk to sandy beaches, wetland park, restaurants, artisans, world class golf, and bike trails.

Offering fun family holidays at a reasonable price since 1967.



WWW.KOKANEECHALET.COM

1-800-448-9292
Crawford Bay, BC

What **wFn** FuN!
What FuN!
WedgwoodManor.com

Complimentary Inclusions:

- Welcome Beverage
- English Continental Breakfast
- Spontaneous Fun
- Evening Plunder the Pantry
- All You Can Eat Bedtime Ice Cream & Popcorn
- Coffee, Tea, Water
- WiFi
- And More

Box 135 - 16002 Crawford Creek Road, Crawford Bay, BC, V0B 1E0
Tel: 1 250 227 9233, www.wedgwoodmanor.com, whatfun@wedgwoodmanor.com



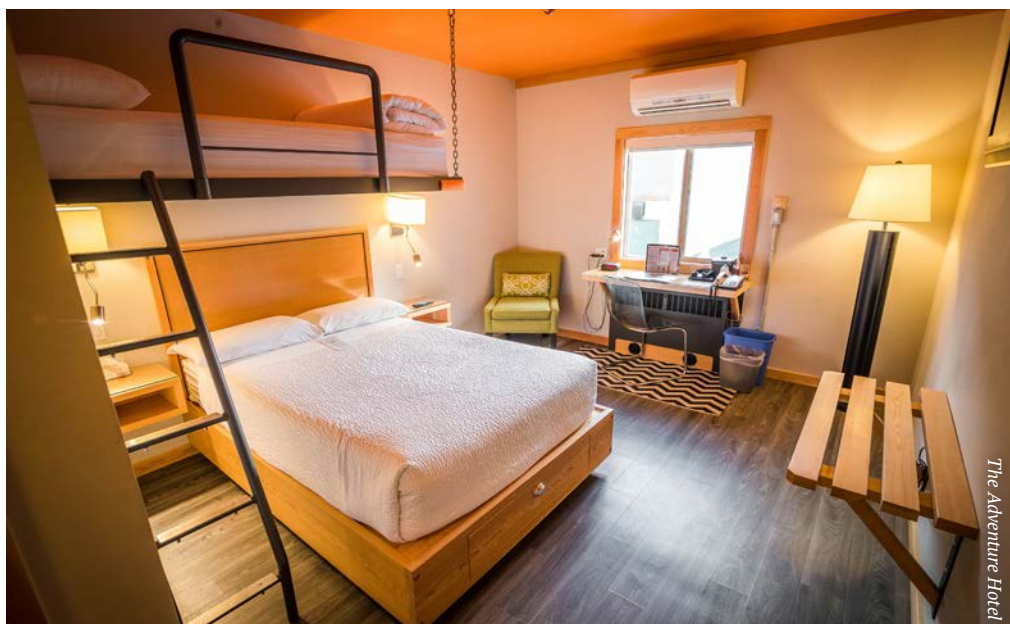
Kaslo Hotel



Blylock Mansion



Kootenay Springs Resort



The Adventure Hotel



Last Ledge Campground | Photo: Jannike Gienther



Prestige Lakeside Resort



Bay Shore Escape

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

- Deluxe adult oriented beachfront suite with huge cobblestone patio.
- Amazing lakefront & mountain views, hot tub, fireplace, extensive amenities.

bayshoreescape.com



Boccilino Restaurant, Motel & Cabins

250-227-6906 | 16818 Highway 3A, Kootenay Bay, BC

- European style accommodation (motel & cabins).
- Modern Italian bistronomie, wood-fired oven pizza, homemade gelati.

boccilino.ca



Gatehouse-on-the-Point

250-353-7583 | 4269 Woodbury Village Rd, Ainsworth, BC

- Secluded lakefront cottage offers privacy and unusual comfort.
- Beautiful unique setting, just for two. See website for details.

jbgilmore.ca/thegatehouse



Kaslo Hotel

250-353-7714 | 430 Front Street, Kaslo, BC

- Pub with craft beers, full food service and lakeview patio.
- Luxury lakeview rooms and condos with balconies, wheelchair accessible.

kaslohotel.com



Kootenay Lakeview Spa Resort and Event Centre

877-229-4141 | 1285 Queens Bay Road, Balfour, BC

- Featuring a private golf course, newly renovated rooms, and more.
- Each suite offers a private balcony with breathtaking lake views.

kootenaylakeviewresort.com



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

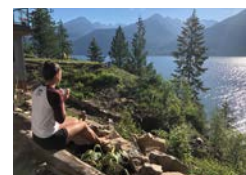


Prestige Lakeside Resort

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



The Sentinel

250-353-2246 | 5278 Amundsen Rd, Kaslo, BC

- Retreat centre + boutique hotel with workshops & lovely accommodations.
- Beautiful rooms, stunning Kootenay Lake & mountain views, attentive staff.

sentinelbc.ca



Soul's Paradise Resort

250-201-9441 | 16961 Pilot Bay Road, Kootenay Bay, BC

- 30 RV campsites, 2 chalets, 1 cabin, 1 holiday trailer.
- Marina, sandy beach, doggy beach.

soulsparadise.ca



Wing Creek Resort

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

- Adults-only luxury cottages on 20 acres of Kootenay Lake waterfront.
- Spectacular views, private beach, spa, orchard, trails, gift shop.

wingcreekresort.com



Woodbury Resort

1-250-353-7717 | 4112 BC-31, Ainsworth Hot Springs, BC

- Kootenay Lake's only year-round destination resort. Eat, fish, sleep, repeat!
- Home of JB's Pub and Restaurant and its famous fish and chips.

woodburyresort.com

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 | | | | | | | |
| Gatehouse-on-the-Point | jbgilmore.ca/thegatehouse | 250-353-7583 | | | | | | | |
| Mountain Trek Fitness Retreat & Health Spa | mountaintrek.com | 250-229-5636 | | | | | | | |
| Woodbury Resort & Marina | woodburyresort.com | 877-353-7717 | | | | | | | |

BALFOUR

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|---|--|--------------|--|--|--|--|--|--|--|
| Annie's Bed and Breakfast | anniesbedandbreakfast.ca | 250-229-4447 | | | | | | | |
| Balfour Beach Inn | balfourbeachinn.com | 250-229-4235 | | | | | | | |
| 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 | soulsparadise.ca | 250-227-9441 | | | | | | | |
| Tara Shanti B&B, Retreat, and Yoga Studio | tarashanti.com | 250 777-4868 | | | | | | | |
| Two Bears Cabin | twobears.cabin.ca | 250-919-5847 | | | | | | | |
| 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 | bougainvilleglodge.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 | 800-330-1433 | | | | | | | |
| 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

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|--|--|----------------|--|--|--|--|--|--|--|
| 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 | | | | | | | |
| Beach Taghum B&B | beachtaghum.com | 250-352-0362 | | | | | | | |
| 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 | | | | | | | |
| BioBio Guest House and Suite | biobiosuite.com | 250-505-1144 | | | | | | | |
| Cedarwood Cottage B&B | | 250-352-0147 | | | | | | | |
| Cloudside Hotel | cloudside.ca | 250-352-3226 | | | | | | | |
| Dancing Bear Inn | dancingbearinn.com | 250-352-7573 | | | | | | | |
| Five Gables Inn | fivegablesinn.com | 866-444-3419 | | | | | | | |
| Gallery Suite | earthstudiosonline.com | 250 354-1228 | | | | | | | |
| Hume Hotel & Spa | humehotel.com | 250-352-5331 | | | | | | | |
| In the Selkirk Mountains B&B | nelsonbedbreakfast.ca | 250-354-7496 | | | | | | | |
| Kastlerock Bed and Breakfast | kastlerockbbnelson.com | 250-505-4302 | | | | | | | |
| Kokanee Glacier Resort | kokanee-glacierresort.com | 250-825-9421 | | | | | | | |
| Kootenay Wild Guest Suites | bckootenaywild.com | 250-229-4725 | | | | | | | |
| Lakeshore Boutique Inn | lakeshoreboutiqueinn.com | 250-505-3985 | | | | | | | |
| Logden Lodge | logdenlodge.com | 250-357-9290 | | | | | | | |
| Mistiso's Place | mistisosplace.com | 250-354-8085 | | | | | | | |
| Morning Star Vacation Home | mistisosplace.com | 250-354-8085 | | | | | | | |
| Mountain Hound Inn | mountainhound.com | 250-352-6496 | | | | | | | |
| Nancy's Beach Front Suite | airbnb.ca | 250-551-9712 | | | | | | | |
| North Shore Inn | northshoreinn.ca | 250-352-6606 | | | | | | | |
| Prestige Inn | prestigehotelsandresorts.com | 250-352-3595 | | | | | | | |
| Prestige Lakeside Resort | prestigehotelsandresorts.com | 250-352-7222 | | | | | | | |
| Savoy Hotel | savoyhotel.ca | 778-463-0050 | | | | | | | |
| Selkirk College Tenth Street Residence | selkirk.ca | 250-505-1393 | | | | | | | |
| Snowwater Heli Skiing | snowwater.com | 1-866-722-7669 | | | | | | | |
| The Lamplighter Guesthouse | airbnb.ca | 250-505-6252 | | | | | | | |
| The Tremont Loft | thetremontloft.com | 250-551-2000 | | | | | | | |
| The Waterfront Bed and Breakfast | thewaterfrontbandb.com | 250-777-2868 | | | | | | | |
| Valhalla Mountain Lodge | valhallamountainlodge.com | 250-229-4661 | | | | | | | |
| Victoria Falls Guest House | victoriafallsguesthouse.com | 250-352-2297 | | | | | | | |
| Villa Motel | thevillamotel.com | 250-352-5515 | | | | | | | |

Camping

CAMPING LEGEND

-  Power Hookups
-  Wifi Available
-  Pool/Hot Tub/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 | 250-227-9441 |         |








KASLO

| | | | |
|----------------------------|-----------------------------------|--------------|--|
| Kaslo Municipal Campground | kaslo.ca/content/kaslo-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



Nelson City Campground



Photo: Ashley Kowalski

Super. Natural.

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

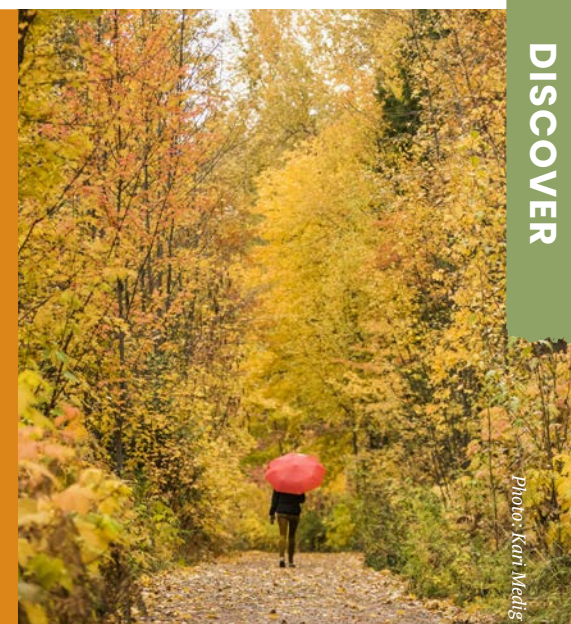


Photo: Karri Medie

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. Gurus

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 & 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

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



ADVENTURE

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

EXPLORE

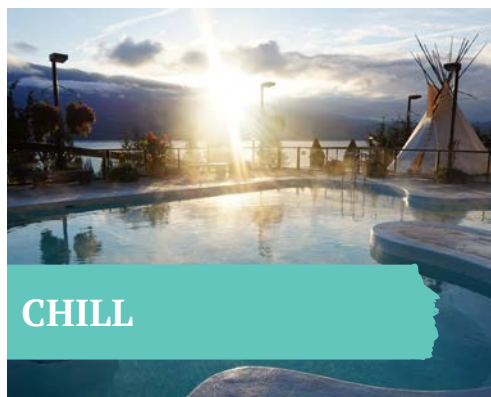
- › **Rafting** – Experience unforgettable whitewater excitement on Slocan and Lardeau Rivers.
- › **Heli & Cat Ski** – Head deep into the backcountry for legendary powder and intimate surroundings.
- › **Mountain Bike** – Two wheels and a heartbeat is all you need to experience the huge variety of beginner 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, Mountain Hound Inn, Dancing Bear 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

For more trip ideas visit:
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.
- › **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

For more trip ideas visit:
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 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, rafting, skiing, golf.
- › **Biking** - Nelson to Cottonwood Lake and back on the Great Northern Rail Trail.
- › **Dining** - Buddies Pizza, West Coast Grill, Marzano's, Itza Pizza, Black Salt.
- › **Markets** – Meet local farmers while enjoying live music and natural surroundings.

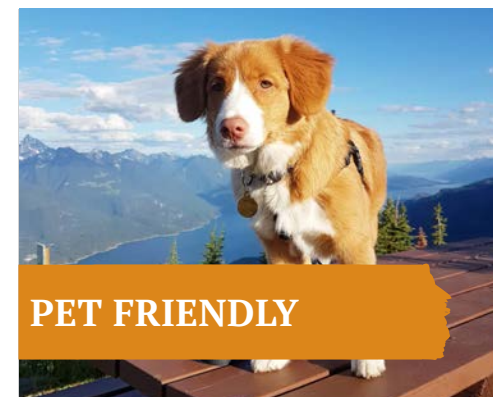
For more visit: nelsonkootenaylake.com/families

STAY

We have the perfect place to stay for your family vacation. Try a bunk bed room at the Adventure Hotel, or stay somewhere with a kitchen like the Alpine Inn & Suites 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

For more trip ideas visit:
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, Mountain Hound Inn, Prestige Lakeside Resort, Best Western Plus Baker Street Inn.

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

For more trip ideas visit:
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.

There are several shuttle companies, and even Kootenay RideShare, to get you to and from, and around the region.

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 is 3 hours away and serviced by WestJet, and is a short 1 hour drive to the East Shore of Kootenay Lake. Kelowna, and Spokane International Airports are about 4 hours away. Airport shuttles require advanced bookings.

Make it a vacation - take the scenic route.

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.

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

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.

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 | | 11:30 | |
| | 12:20 | 12:20 | 12:20 | PM Sailings |
| 1:10 | 1:10 | | 1:10 | |
| 2:50 | 2:00 | 2:00 | 2:00 | |
| | 2:50 | | 2:50 | |
| 4:30 | 3:40 | 3:40 | 3:40 | |
| | 4:30 | | 4:30 | |
| 6:10 | 5:20 | 5:20 | 5:20 | |
| 7:50 | 6:10 | | 6:10 | |
| 9:40 | 7:50 | 7:00 | 7:00 | |
| | 9:40 | 8:40 | 8:40 | |
| | | 10:20 | 10:20 | |

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

nelsonkootenaylake.com/plan

Ainsworth
hot springs resort

KTUNAXA
grill
Fresh, Local, Indigenous-Inspired



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.

ainsworthhotsprings.com



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