

**THE DIRTBAG-APPROVED GEAR YOU WANT!**  
 ALL-WEATHER APPAREL // BIKE SEATS // HOT HATS // GPS // & ONE SMOKIN' SKI PAKK DESIGNED BY DOUG COOMBS // TIME IS WASTIN' GO TO PAGE 74 NOW!

**REAL FASTER**  
 FIVE WAYS TO RECOVER FROM INJURY IN RECORD TIME (P. 26)

**KIER DILLON:**  
 WILL THIS SNOWBOARDER WIN OLYMPIC GOLD?

# Hooked

**on the Outdoors**  
 THE ORIGINAL BACKYARD TRAVEL & DEAR MAGAZINE

**THE BEST PLACES TO PLAY HARD**  
 16 COOL TOWNS  
 16 MULTISPORT ADVENTURES  
 24 (COMBO) PLACES TO REFUEL

**EAT WELL!**

**LEARN TO KAYAK**  
 WITH THE BLISSED-OUT BEST AT CALIFORNIA'S FAMED OTTER BAR

**WHITewater WONDERLAND**  
 ARE PADDLING PARKS THE FUTURE? (P. 22)

**MULTISPORT CONFIDENTIAL:**  
 HOT TRENDS IN OUTDOOR SPORTS (P. 36)

**Freeride Smith Creek Gravel and Fish Mabel Lake**  
 The Smith Creek Gravel, or Holy Pail, represents the new mountain bike paradigm invading BC. The stunts, jumps and general technical difficulty of this 11-mile singletrack loop are not to be missed. (Map: Mountain Bike Trails of the Wild West). After big adrenaline on the bike, consider dropping a line for big rainbows and lake trout in nearby Mabel Lake. Visit [www.kelownafishingcharters.com](http://www.kelownafishingcharters.com) for fully guided fishing excursions that start at \$250 (CAD) for two people.

**Mountain Bike The McDougall Rim Trail and Hike Okanagan Mountain Park**  
 Just a short drive from downtown Kelowna, the 14-mile loop takes riders on an hour-and-a-half climb followed by a fast and flowy hour-and-a-half singletrack ridgeline descent. For a map of the route, stop by Kelowna Cycle (250-762-2453) and purchase the Mountain Bike Trails of the Wild West trail map (\$5 CAD). After the ride, strap on the hikers and hit Myra Canyon, a fascinating walk on old railroad trestles and through the recovering forests of Okanagan Mountain Park, which was hit by a massive forest fire in 2003. Stop by the Kelowna Info Centre (800-663-4345) for maps and info.

Guides: Halley Sudeain and Silas Beaver. Meet them on page 50.

**THE 100th ANNIVERSARY**

## OUTDOOR PERSON OF THE YEAR AWARDS

**DID YOUR HERO WIN? FIND OUT ON PAGE 44**

ISSN 0911-88-99CAN 02  
 JAN-FEB 2006

## Eat + Run CANADA



### Kelowna, British Columbia

Small-town Canada and culture are two terms you don't usually hear in the same sentence. But you will here. Situated halfway between British Columbia's jagged Coast Mountains and the province's sky-high Selkirk Mountains, a busy town at the edge of Canada's only desert region, where wine, fruit and vegetables are cultivated in abundance. The settlement of 105,000 embodies all that BC has to offer: small town sensibilities blended with uptown tastes, recreation opportunities that run the gamut and, thanks to the growing recognition of Okanagan wineries, a certain class that makes a trip here worth your while.

#### WORK UP AN APPETITE

**Freeride Smith Creek Gravel and Fish Mabel Lake**  
 The Smith Creek Gravel, or Holy Pail, represents the new mountain bike paradigm invading BC. The stunts, jumps and general technical difficulty of this 11-mile singletrack loop are not to be missed. (Map: Mountain Bike Trails of the Wild West). After big adrenaline on the bike, consider dropping a line for big rainbows and lake trout in nearby Mabel Lake. Visit [www.kelownafishingcharters.com](http://www.kelownafishingcharters.com) for fully guided fishing excursions that start at \$250 (CAD) for two people.

**Mountain Bike The McDougall Rim Trail and Hike Okanagan Mountain Park**  
 Just a short drive from downtown Kelowna, the 14-mile loop takes riders on an hour-and-a-half climb followed by a fast and flowy hour-and-a-half singletrack ridgeline descent. For a map of the route, stop by Kelowna Cycle (250-762-2453) and purchase the Mountain Bike Trails of the Wild West trail map (\$5 CAD). After the ride, strap on the hikers and hit Myra Canyon, a fascinating walk on old railroad trestles and through the recovering forests of Okanagan Mountain Park, which was hit by a massive forest fire in 2003. Stop by the Kelowna Info Centre (800-663-4345) for maps and info.

#### INDULGE

**Eat: Roasted Lamb**  
 Riffs on a Tea-and-Dinner Service at Bouchons in Kelowna  
 This fine French bistro recently received a Wine Spectator Magazine Award for its world-class wine list, and it's rated one of Canada's top 100 restaurants. Located in Kelowna's Cultural District, Bouchons offers superb food and a dining experience more akin to an urban metropolis than a small city. \$36 (CAD) and up for a three-course meal; 250-763-6595; [www.bouchons-bistro.com](http://www.bouchons-bistro.com)

**Drink: Wine at Quails' Gate Estate Winery**  
 This winery and its Old Vines Patio (open year-round) is a great lunch or dinner spot, offering a spectacular selection of

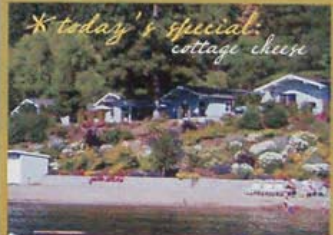
wines and phenomenal food. Tastings and tours are available from May through the end of October. Quails' Gate is one of the more famous wineries in the Okanagan Valley, which many wine aficionados call "the Napa of the North." 250-769-4451; [www.quailsgate.com](http://www.quailsgate.com)

**Be Merry: Visit Kelowna Land & Orchard**  
 Take a tour of a century-old working fruit orchard, then gorge at an open market or taste gourmet treats at The Ridge Restaurant ([www.k-i-o.com/ridge](http://www.k-i-o.com/ridge)). Carmeli's Goat Cheese Artisan ([www.carmeli-goatcheese.com](http://www.carmeli-goatcheese.com)) is another worthwhile stop for the senses. The resident goats, cheese sampling and tours of the farm make for an interesting afternoon for the eyes and the palate.

**HOME GROWN:** Downhill mountain biking, fresh fruit and quality wines are among the local exports in BC's Okanagan Valley.

#### DIGS

In Kelowna, it's all about proximity to the warm waters of Okanagan Lake. **Casa Loma Lakeshore Resort** (300 CAD) and up; 250-769-4630; [www.casaloma.com](http://www.casaloma.com) offers quiet cabins, a mineral spa, throw from the water. An outdoor pool, kids playground, nearby hiking trails, tennis courts and boat rentals combine to make Casa Loma the prime locale for the adventurous couples or family. For a true country experience, camp at **Okanagan Mountain Provincial Park** (\$9 (CAD) and up; 800-HELLOBC (435-5622); [www.hellobc.com](http://www.hellobc.com)).



\*today's special cottage cheese