



with **CHERYL MacKINNON** lifestyles



Canadian Travel Style

No matter what you're looking for in a holiday close to home, the Cariboo Chilcotin Coast region of British Columbia delivers. From feeding the soul of your inner cowboy...or girl, to hiking, biking and just generally exploring some of the most gorgeous terrain in the world, it's definitely all here. If you've got kids – frequent stops to get the wiggles out (not a bad idea for the family pet, mom and dad too), to a cooler packed with healthy snacks and some good old fashioned sing-alongs, the travel time will pass quickly enough. Check out more family travel tips at www.familytravelguides.com.

A SPECIAL REPORT PROVIDED BY GLOBAL TV'S CHERYL MACKINNON

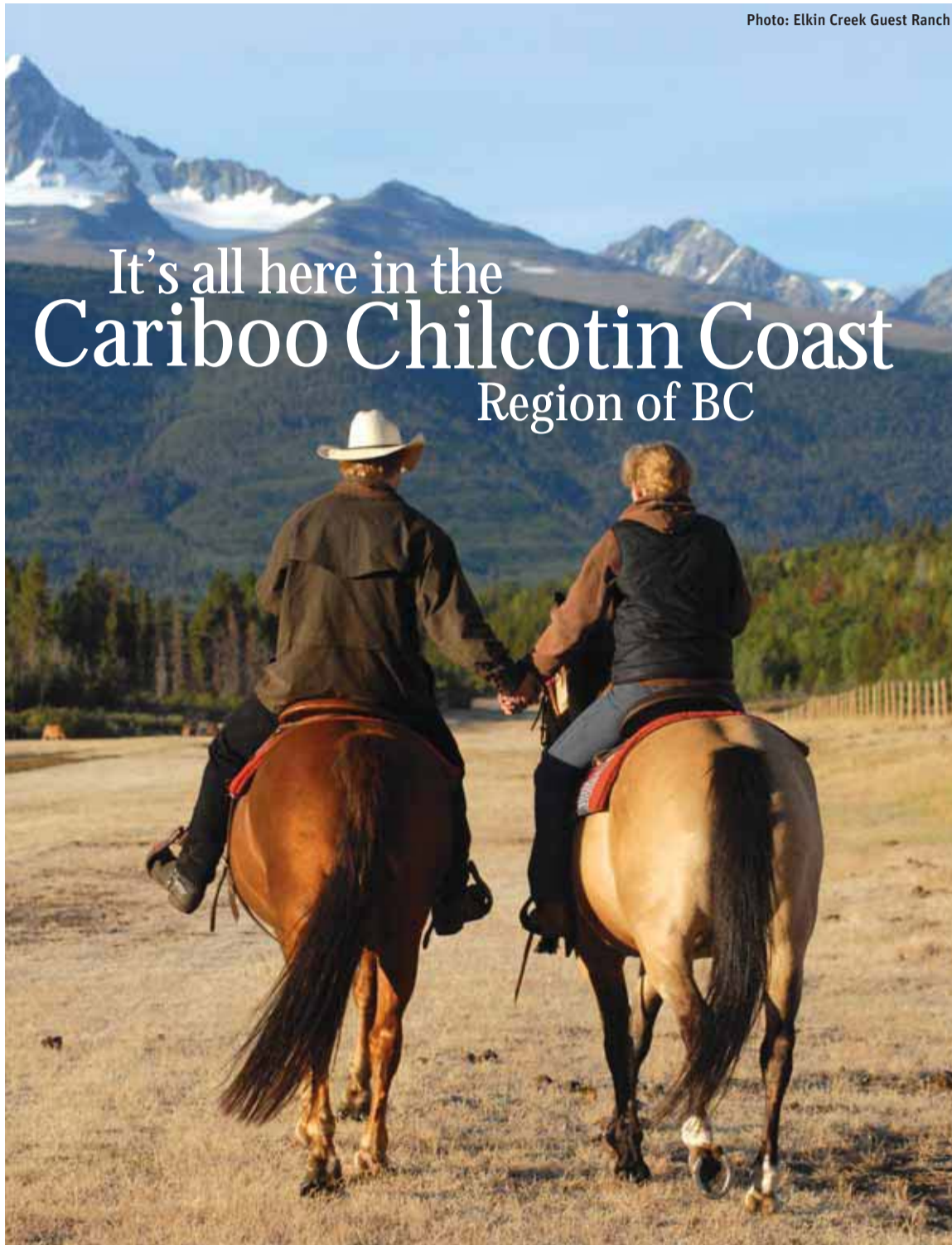


Photo: Elkin Creek Guest Ranch

It's all here in the Cariboo Chilcotin Coast Region of BC

Travel & Lifestyles is a weekly information report from Cheryl MacKinnon, Founder of 'kid friendly!' family tourism and Tourism Industry of Canada 2006 Travel Media Award Finalist for outstanding tourism promotion of Canada. Watch Cheryl on Global TV Morning News every Wednesday at 8:50 a.m. in B.C. www.cherylmackinnon.com



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If you've ever seen those highway signs reading "Coast Cariboo Tour" and wondered what this trip might be like, let me tell you. It's absolutely fabulous and teeming with the history of how British Columbia grew to be what it is today. The beauty is unmatched – vast landscapes stretch across the province from the Cariboo Mountains, to the rugged coast of the Pacific Ocean. Swathed in rich green and golden hues, the variance in terrain is mesmerizing. Lush forests embrace the coastal region where the Great Bear Rainforest is home to the rare white Kermode Bear. Then there's vast open ranchland and big, oh so big skies of the Chilcotin area showcasing a lifestyle marked by horses, cattle and yes, cowboys. The Cariboo established its reputation during the great gold rush and to this day, people from all over the world still seek out adventure here. The local energy is consistent in every community too – a 'down home' welcome, positively busting with sincerity, greets you from town to town. The more I get out exploring, the more there is to learn about the fascinating people who worked to build the communities dotting BC's landscape. The Cariboo Chilcotin Coast is teeming with tales of characters who followed the Gold Rush Trail in search of riches, to First Nations who in many cases, taught the newcomers how to survive in the wilds of the region.

Welcome To Our Land

This is a region of contrasts – in landscape, in people and in experiences. The world discovered gold in the Cariboo Chilcotin Coast region during the 1800s, but archeological evidence dating back 10,000 years shows First Nations people travelled this dramatic landscape for centuries. The Xats'ull (pronounced hats'ull) people have occupied the bench lands north of Williams Lake, high above the Fraser River for more than 5,000 years, while the Kitasoo (Tsimshian) who were originally from Kitasu Bay and the Xaixais of Kynoc Inlet, both now live in Klemtu – a beautiful, small village situated on the central coast of British Columbia. They are the only permanent residents within the traditional territories of the First Nation. Several Aboriginal tourism operators deliver exceptional sacred and educational programs honouring traditions of a long ago time.

Cowboy Country

The Cariboo Chilcotin Coast region boasts the most guest ranches of any area in the province. Whether you're looking to learn to ride, or try a hand working the land, this is the place to be. Out on the range is where to soak up cowboy hospitality, feasting on home-style cooking while savouring the glorious views of mountains and meadows, lakes and streams. A popular ranch destination for many, Elkin Creek Guest Ranch is encouraging late summer visits up to September 1st with their creative Carbon Rebate Promotion. Guests visiting the ranch will receive 10 cents per kilometer up to a maximum of \$75. It's your choice to use this neat incentive as a rebate, or donate it to the

Environmental Youth Alliance, a Vancouver-based youth driven non-profit society dedicated to the betterment of the planet and its people. "With the soaring cost of air travel, people are vacationing closer to home this year," says Aaron Smith, Director of Marketing and Operations of Adventure West Resorts. "The summer road trip is a time-honoured tradition. We hope that with the Carbon Rebate Promotion combined with our other incentive programs, guests and families will take advantage of the great opportunity to getaway and enjoy the best of the season." For families, Elkin Creek offers a 'Kids Stay Free' program as well as "Stay Four Nights, Get the Fifth Free" which is great for when you finally relax and unwind in the spectacular setting of the ranch. Stay that extra night and decide if you might not make it a week – after all, summer only happens once a year.



WELLS

Considered the gateway to Barkerville and the Bowron Lakes, Wells was founded by a gentleman named...Fred Wells. This enterprising fellow was the developer of the Gold Quartz Mine. To this day Wells is a thriving community which now draws students from across North America to its harp program (imagine strumming this ethereal instrument surrounded by such magnificent natural beauty?), and performing, literary and visual arts studies at the Island Mountain Arts School.

BARKERVILLE

A passion for gold brought Billy Barker to Williams Creek in 1862. He did find it, however I dare say Billy never dreamed a town would be named in his honour as a result. This national treasure is where the Gold Rush still lives on, with dance hall girls, stage coach tours and the elegant Theatre Royal showcasing period clad entertainers bringing to life the antics of a time gone by. Fun and interactive entertainment for the entire family, kids of all ages adore riding the stagecoach, panning for gold, or simply sitting on the front porch of the local grocery store licking incredibly delicious ice cream cones.



BOWRON LAKES

There's a different flavour of history in the Bowron Lakes region. Named after John Bowron, the Gold Commissioner of the 1860s, this area provided access to links through the mountain passes for Canadian Pacific Railroad. Sought out today as a peaceful, outdoor recreational refuge from city madness, Bowron Lakes was established as a Wilderness Preserve in 1925. Say hello to moose and bear, maybe even a mountain goat or two, but please, only from a distance. Visit this spectacular region to paddle and camp the 116 kilometers of shimmering lakes and rivers which form a rectangular chain through scenery which will actually take your breath away.

WHEN YOU GO

For route and general travel information on the Cariboo, Chilcotin Coast, simply go on line to www.landwithoutlimits.com or call toll free at 1.800.663.5885. For more information on Elkin Creek Guest Ranch, visit www.adventurewestresorts.com or call 1877.346.9378.



WHAT'S NEXT? Heritage and Cultural Touring in the Fraser Valley of British Columbia.