



## A SOPHISTICATED STAYCATION

Rosewood Hotel Georgia offers stulish escape D5



g 130 metres above the canyon floor, the newly opened Golden Skybridge is Canada's highest suspension bridge. PHOTOS: MARK SISSONS

# FAMILY FUN in the KOOTENAY ROCKIES

### Hitting the road again to visit some of B.C.'s best mountain destinations

### MARK SISSONS

"Faster! Go faster!" squeals my ex-hilarated six-year-old co-pilot as we ride a single-track roller coaster down nearly 300 metres of the mountainside, criss-crossing ski runs and blasting through forests and tunnels before braking to a full stop in Revelstoke Mountain Resort's Village Plaza.
On my last visit here, I skied off

a summit run strapped to a para-glider. Now I'm back in summer with my partner, Anisha, and her son, Nayam. This time, the thrill ride is called the Pine

North America's first Brandauer mountain coaster, the Pipe is a monorail built close to the ground, simulating the thrill of downhill mountain biking as it travels up to 42 kilometres per hour with riders controlling their own speed. The Pipe is Revelstoke's top summer sensation, along with an aerial adventure park, a newly built mountain bike trail network, and 9-hole disc golf course. And it's the adrenalin-fuelled climax to our reek of family fun in the Kootenay Rockies

### ON THE ROAD AGAIN

Before ripping down Revy, we visit Nakusp on the shores of Upper Arrow Lake, Glacier National Park, Golden's new Skybridge, and Kicking Horse Mountain Resort. After over a year without trav-el, we're all keen to hit the road gain. Nayam has never ventured this far into B.C.'s interior, and he an't wait to visit Boo the Bear, the Kicking Horse Grizzly Refuge's

resident attraction.

We set off from Vernon along

historic Highway 6, a winding and picturesque two-lane black-top that connects the Kootenay top and Okanagan regions, bound for the cable ferry crossing across the Lower Arrow Lake

Part of a small fleet of inland ferries operated by B.C.'s transportation and highway ministry, the Needles cable ferry takes just 15 minutes to cross Lower Arrow Lake en route to Nakusp. The water views are gorgeous, and the air is refreshingly cool after the previous week's record-breaking

After disembarking we stop by Burton City Cider, a small cidery 20-minutes' drive south of Nakusp What began as seasonal refresh-ments for family and friends has become a year-round way of life for cidermakers Barbara & Alan Ross, former Calgarians who now produce some of the West Kootenays' finest crisp, dry ciders with flavours like Hopped Apple Dry, Apple 'n' Rye and Ginger Apple.

### LAKESIDE LIGHTNING SHOW

Famous for its namesake hot ramous for its namesake not springs, the village of Nakusp on the shores of the Upper Arrow Lake was once a port for shipping goods by water between Revelstoke and the West Kootenays' silver, lead and zinc mines. After a wine tasting at nearby Valley of the Springs Winery, where proprietors Jody and Brenda Scott have pioneered commercial grape growing in the Arrow Lakes Valley, we stroll along Nakusp's lakefront walkway past a tranquil Japanese garden to

a sandy beach. SEE KOOTENAY ON D2



ossing the Golden Skybridge is among many lofty thrills on this journey.

### TE VOIL GO

In Nakusp, the Lodge at Arrow Lakes offers spacious motel-like rooms a block from the waterfront. arrowlakeslodge.com Halfway between Gold-en and Revelstoke on the outskirts of Glacier National Park, Heather Mountain Lodge offers luxury mountain view rooms and cabins with rustic-chic décor fine dining guided park hiking, and local Indigenous cultural programs Just a short walk from downtown Revelstoke, over-looking the Columbia River, Basecamp Revelstoke is a boutique resort offering spacious, family-friendly condo accommodations. hasecampresents com/ revelstoke

Golden Skybridge is open daily throughout the summe from 9 a.m. to 9 p.m. banffjaspercollection.com Revelstoke Mountain Resort's Play All Day Pass includes up to two Pipe Mountain Coaster rides, aerial park access, gondola hiking & sightseeing, axe throwing (age 10+), and disc golf. revelstokemountainresort

 Modelled after the snow sheds that once protect the railroad from avalanches Rogers Pass Discovery Centre has a theatre, an exhibit hall with railway models and dis-plays about natural history. Situated in the Kuskana Valley, 14 kilometres from town, the Nakusp Hot Springs offers soothing soaks in min eral-rich waters with on-site accommodation. nakusphotsprings.com

### More info

For more ideas on what to experience in the Kootenay Rockies online, visit kootenayrockies.com

# ALPINEADVENTURE

### KOOTENAY FROM D1

A summer storm is brewing over ne lake. Soon, it rolls over town the lake. Soon, it rolls over town, thunder cracking and lightning bolts flashing across the evening sky Growing up on the coast, Nayam has seldom encountered electrical storms. As he watches the show from our mote balcony, I think of the story he II tell someday about the night he saw the West Kootenay skies light up.

Kootenay skies light up.

\*\*FIFTY SWITZERLANDS\*\*

\*\*HONE\*\*

Established in 1886, Glacier National Park lives up to its name, with 129 glaciers, down from 337 iless than 40 years. Famous for its superb alpines scenery, deep valleys thick with old-growth forests and towering waterfalls, Glacier is also home to historic Rogers Pass, where Camada's first transcontinement of the contraction of t

Just off the Trans-Canada High-way near Glacier National Park, Heather Mountain Lodge offers rustic timber frame rooms and luxe cabins crafted from massive fir and larch beams pinned togeth-re with oak and mahogany dowels. During winter, it is home to Great

During winter, it is home to Great Canadian Heli-Skiing, In summer, it offers guided hiking and walking in the park. We spend a whole day explor-ing Glacier with Sue Gould, one of the lodge's heliskiing and hik-ing guides. Sue has chosen some gentler trails suitable for younger children

children.

She expertly leads Nayam through his first real mountain hiking experience, sharing tips and local flora and fauna facts with him. By the time we return for dinner at Heather Mountain's expellent returns the high seven leaf to return the high seven leaf to return the high leaf by the high leaf tor dinner at Heather Mountain's excellent restaurant helmed by former Bearfoot Bistro sous chef Stephan Drolet, Nayam has a real alpen glowon. He can't wait to call his best friend in Vancouver to recount the day's excellent alpine adventures. adventures.

BRIDGES, BEARS

# AN EAGLE'S EYE
As we drive to Golden the following day, I recall another high-flying
adventure—the time I went skydiving here high above the Columbia Valley. Today, we plan to traverse Canadás highest pedestrian
suspension bridge—the newly
constructed Golden Skybridge.

suspension bridge – the newly constructed Golden Skybridge, perched 130 metres above the canyon floor, just outside of town. Along with a three-kilometre-long nature walk, a soon-to-be-completed 1,200-metre zip line and a tandem bunge es wing. Golden Skybridge promises to become one of the regions to ptourist atmosphere of the regions to provide the control of the state of the regions of the regions of the regions of the regions of the region of the regions to provide a state of the region of the regions of the region of the reg

still have flashbacks of first poking my head out of that airplane just before free-falling. While not nearly as vertiginous, our gondola ride up nearby Kicking Horse Mountain Resort still offers spectacular views. We're unching at the legendary Eagle's Innching at the legendary Eagle's Innching at the legendary Eagle's Perched on a 7,700-foot mountaintop, it's Canada's loftiest eatery. Nayam gets his first real bird's eye view of some of B.C.'s most majestic mountain ranges from way up here. And I get to point out some of Kicking Horse's notoriously steep chutes and bowls that Ihope to ski with him someday. But today is all about burgers and bears. Especially that famous prizzly named Boo that Nayam has been yearning to meet, who inhabits his own custom-built 20-acre mid-mountain refuge here creide at Kicking Horse nearly 20 years ago.

years ago.

He still enjoys playing, foraging
and lounging in this natural alpine
habitat while visitors like us hope
to catch a glimpse of him.

Fortunately, Boo soon emerges
from beneath the underbrush and
leigurely ambles un the hillicide

leisurely ambles up the hillside past a gobsmacked Nayam.





Glacier Nationa
Park, home to
historic Rogers
Pass, offers
superb scenery
with its glaciers
old-growth forests and waterfalls. MARK SISSONS

Riding the Pipe Moun-tain Coaster at Revelstok Mountain Resort, you can reach speeds of over 42 km/h

MILE ZERO TOURS



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