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District of 100 Mile House

Welcome to 100 Mile House, the Handcrafted Log Home Capital of North America.

100 Mile House is proud to be the Service Centre for the South Cariboo which surrounds us with the most beautiful fresh water lakes, scenery second to none, winter and summer recreation of all sorts, and along with our citizens we boast the friendliest most hospitable people in the world.

We are a diverse community and welcome you all.

Our doors are always open whether you're a tourist, traveller or newcomer.

May your stay with us be an experience that will create everlasting memories and friendship.




Mayor Donna Barnett

Village of Clinton



I'd like to welcome you to the Village of Clinton and invite you to stop awhile. Take a historical walking tour through our main street and picture the Village as it was in years gone by; tour our Museum and Stables and steep yourself in memories of our gold rush past or visit Reg Conn Park and enjoy a tranquil moment by Cut Off Valley Creek. Interested in small town life? Ask for me at the Village Office and find out what opportunities there are for you in Clinton.




Mayor Rolland Stanke



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www.SouthCaribooTourism.com



BRITISH COLUMBIA

SOUTH CARIBOO



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*EXPLORE our scenic landscapes,
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ENJOY our friendly, relaxed lifestyles.

PLANNING NEXT YEAR'S VACATION?

Maybe you have time to fill on your next trip, or perhaps you are a local resident wanting to explore your own backyard. Whatever your reason for picking up our new 2007 - 2008 Visitor Guide, you'll be glad you did. We will help answer the question "Why should I visit the South Cariboo?" and provide useful information for those already in the know. Within this guide, you will find out the latest news about what the South Cariboo has to offer. There are accommodations, services and activity grids for quick reference. The Calendar of Events outlines our annual activities and the removable map will help you find your way. Larger and more detailed maps are available at the Visitor Centre, which also carries a wide selection of road and topographical maps. Contact the Visitor Centre or visit www.SouthCaribooTourism.com to get more details on the many special events occurring throughout the year.

Time may seem to pass slowly here in the South Cariboo, but change and diversity are always just around the corner. Not only the dramatically different seasons, but also

the new faces, new places and new events all contribute to the wide array of adventures to Explore, Experience and Enjoy. Of course, some things you can rely on: awesome natural scenery and endless recreational opportunities, available year-round.

The South Cariboo is indeed blessed by a rich variety of landscapes such as lakes, wetlands and rivers, mossy forests, open grasslands and high mountain peaks. The diverse geography was formed by ancient glaciers and volcanoes - their remnants scattered across the immense plateau between mountain ranges and river valleys carved out during centuries. Here, wildlife roams free and untamed. Migratory species such as trumpeter swans enthrall nature enthusiasts far and wide. Many resident species include deer, moose, grizzlies and black bears, cougars, and wolves. You may also catch a rare glimpse of a caribou or an elk.

Easier to spot is the South Cariboo resident of the human variety. Since the 18th century, when Billy Barker discovered gold to the north, pioneers have been settling here. Of

course, this area was not uninhabited - First Nations people were the original stewards of the land. Today local people are still as resilient and resourceful as ever. We are proud of our local businesses whose innovations and technology conceived here are used around the world. One of our local log home companies produced the BC Canada Place for the 2005 Olympics in Turin, Italy. Challenges such as the mountain pine beetle only increase our determination to maintain our vibrant communities. The inspiring natural environment, wild creatures and exceptional recreational opportunities have attracted many new residents to our area and we welcome them. If you prefer the peace, quiet and beauty of nature to contrived, controlled and crowded city lots, then this is the place for you. We invite you to find your own piece of paradise, with a home and yard that fit in with the natural surroundings. Our Cariboo way of life is unique, and we look forward to sharing the lifestyle and getting to know you.

The South Cariboo is often associated with the main business centres of 100 Mile

Welcome... Willkommen... Velkommen... Bienvenue... Welkom... Vitejte...



House and Clinton, but many smaller communities also enrich this area. From the sweeping vistas of Green Lake in the south, to the longest town and South Cariboo's own Hockeyville, Lac La Hache, in the north; from the highlands and fishing haven of the Interlakes area to the cedar stands and waterfalls of Canim Lake; there are many neighbourhoods with their individual characters and history. Many communities began as stopping houses on the Cariboo Waggon Road of the 1860s. Early pioneers took advantage of the forests and grasslands, which have developed into the important forestry and agriculture indus-

tries of today. Looking for your own pioneer experience? Try goldpanning a local creek, where you may find not only gold, but gems, precious stones and geological curiosities.

There is no shortage of things to do here in the South Cariboo. Summer, winter, spring or fall, we are a four season destination for the whole family. Plan a vacation for any budget and family size, suiting all ages and tastes. Activities include: sporting events, fishing, horseback trips and trail rides, hunting, hiking, biking, golfing and bird watching. To explore our beautiful and diverse area, check out Tourism BC's publications available at Visitor Centres, which will take you through the Ranchlands and Rivers, Lakes and Trails, Coast Cariboo, or Heritage Discovery Circle Route tours. Explore our waterways by canoe and kayak; many larger lakes are well-suited for your personal watercraft or power boat. Winter is also a magical time for snowshoeing, skiing, dogsledding, icefishing, skating, snowmobiling and sleigh rides. And to relax, indulge in one of our many special spa experiences.

Exercise your aesthetic sense by attending one of the many arts and cultural events. Visit a gallery or attend an art show. The South Cariboo is home to writers, photographers, painters and sculptors - craftspeople in all mediums. Weekly farmers markets also showcase an array of homemade arts and crafts, as well as local organic produce, either at an indoor winter venue or outside under the summer sun.

Whether you intend to stay overnight, or extend your visit into several weeks, there is a wide selection of hotels, motels, B&Bs, RV sites, chalets and cabins. Rustic to luxurious, the choice is yours. Our restaurants can provide a humble burger or a full-course meal cooked up by a gourmet chef.

We hope you will join those people around the world who take a piece of the South Cariboo back home, whether it is a log home, a unique local product, or a cherished memory. Most of all, we hope to see you next time you visit!

Written by Demian Pettman



BEFORE the WAGGON ROAD

Long before the famous goldrush routes from Lillooet and Yale to Barkerville were built in 1862-63, a few other trails crossed the 100 Mile House area. A very important trail for fur traders came from Old Fort Kamloops, passed Horse Lake and went up north. The furriers traded at different places with First Nations. A well known place was at the Crystal Spring near Lac La Hache.

After the building of a new Fort Kamloops in 1842, the Brigade Trail to Fort Alexandria was relocated to follow the north side of Kamloops Lake to Brigade Creek and Loon Lake. From there it proceeded north to the west end of Green Lake, where it joined the original trail at the north-west side of Horse Lake. Travellers used a portion of this route from 1861 until the completion of the waggon road in 1864.

There were always surprises encountered on the road. Walter Moberley wrote in his diary after two drizzly days with lots of mosquitoes:

“My provisions were all gone, and I was very hungry I was anticipating the enjoyment of a good meal of bacon, beans, hot coffee and bread. I was woefully disappointed however, for when I arrived at the Second Crossing (Green Lake) I found that the house had



Lord Dufferin

burned down, and the place completely deserted. Finding a few half grown onions in what had been a garden. I devoured them, then built a fire and dozed through a miserable night of drenching rain and vicious mosquitoes.”

Rumours of gold in the interior of British Columbia had circulated since 1852. A few

years later, gold was discovered in several locations on the Columbia River, the Fraser River, and in 1856 on the Thompson River.

Miners coming up the Fraser valley used the old Indian Trail along the river. While the majority of miners remained to work the profitable ground, a few miles north of Lillooet, Aaron Post of California made a daring expedition up the Fraser River to the mouth of the Chilcotin River in 1858. On his return to Fort Victoria, Post exhibited samples of the gold he had found and published details of his journey in the Victoria Gazette.

The next spring more than 3,000 miners came up the Indian Trail. The Fraser River was the only access into the vast wilderness of the northern interior.

Dog Creek, 80 km west of 100 Mile House, had for centuries been the wintering place of the Chilcotin First Nations people. Winters in the Dog Creek area were so pleasant that a number of packers working for the Hudson's Bay Company built cabins there and became permanent settlers. Among them were the legendary packers Jean, better





108 Road House (1890)



Kitchen in 105 Ranch House

known as Cataline, and Pierre Caux. Not only cabins were built at Dog Creek, but also Chinese stores, saloons, gambling rooms and brothels sprouted like mushrooms.

When Dog Creek House was destroyed by fire in 1966, it meant the loss of one of the oldest original buildings of the district. The first part of the house predated the gold rush of 1859.

The first cattle to arrive in 100 Mile House were driven in by Joel Palmer in 1859 and by the Jeffries brothers of Alabama in 1861. They drove a herd of cows in from Oregon to Bridge Creek. Although it was Thomas M. Miller who first pre-empted the land on which Bridge Creek House was built, it was better known

as "Jeffries Store", a single-storey squared-log structure containing a bar room, kitchen, and, in the attic, a sleeping area. Bishop Hills, in his diary entry of 10 July 1862, wrote: "Mr Knipe and I had dinner there today. For a beefsteak and coffee the charge was a dollar & half."

At that time the winters in 100 Mile House were much colder than now. George Sargison wrote in the Cariboo Sentinel 1870: "Reached 100 Mile House. Cold day, 25 to 30 below zero. Thermometer frozen. Slept in cold room. Ice formed on bed clothes. By morning house cold beyond expression - only Bar Room warm. Brandy frozen in sleigh."

Written by Beat d'Aujourd'hui

Captain Watson Manor destroyed by fire



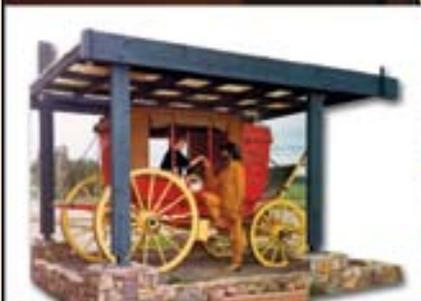


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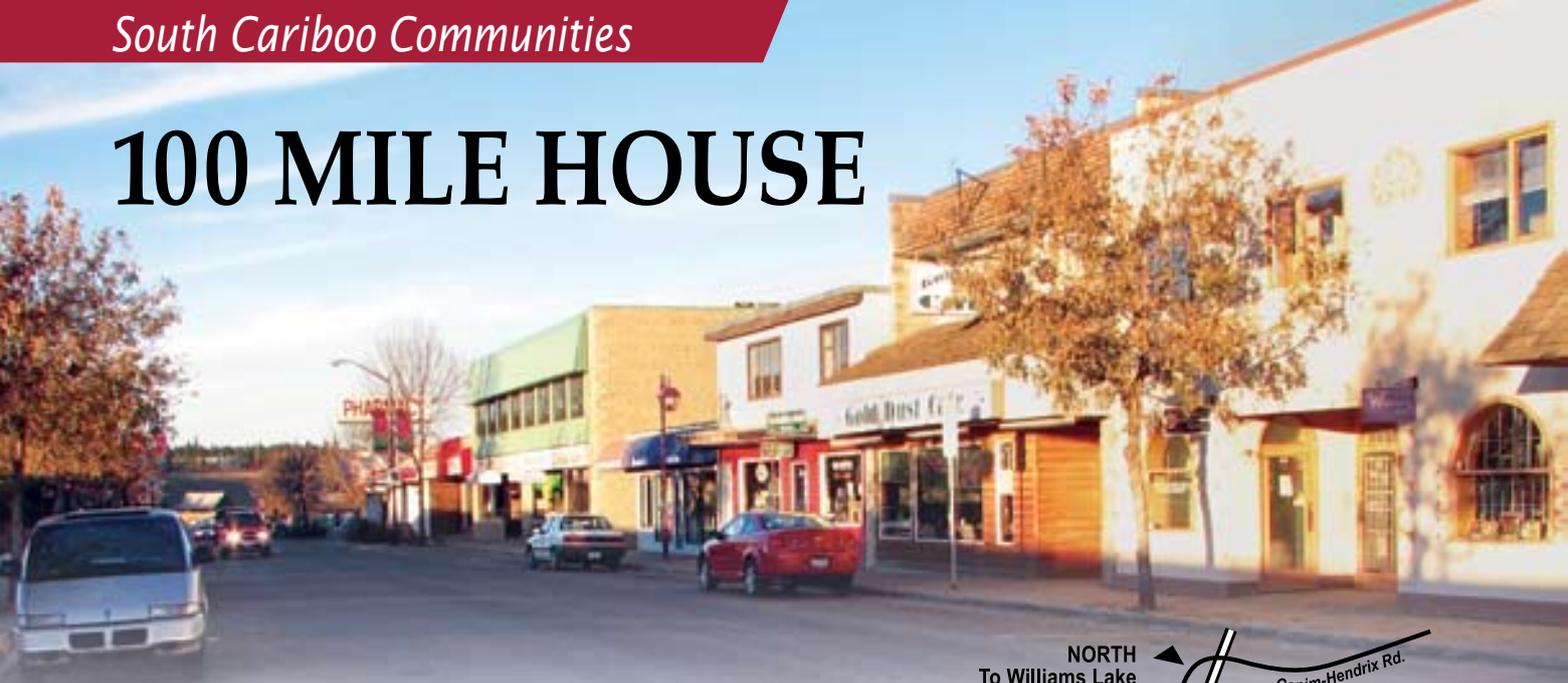




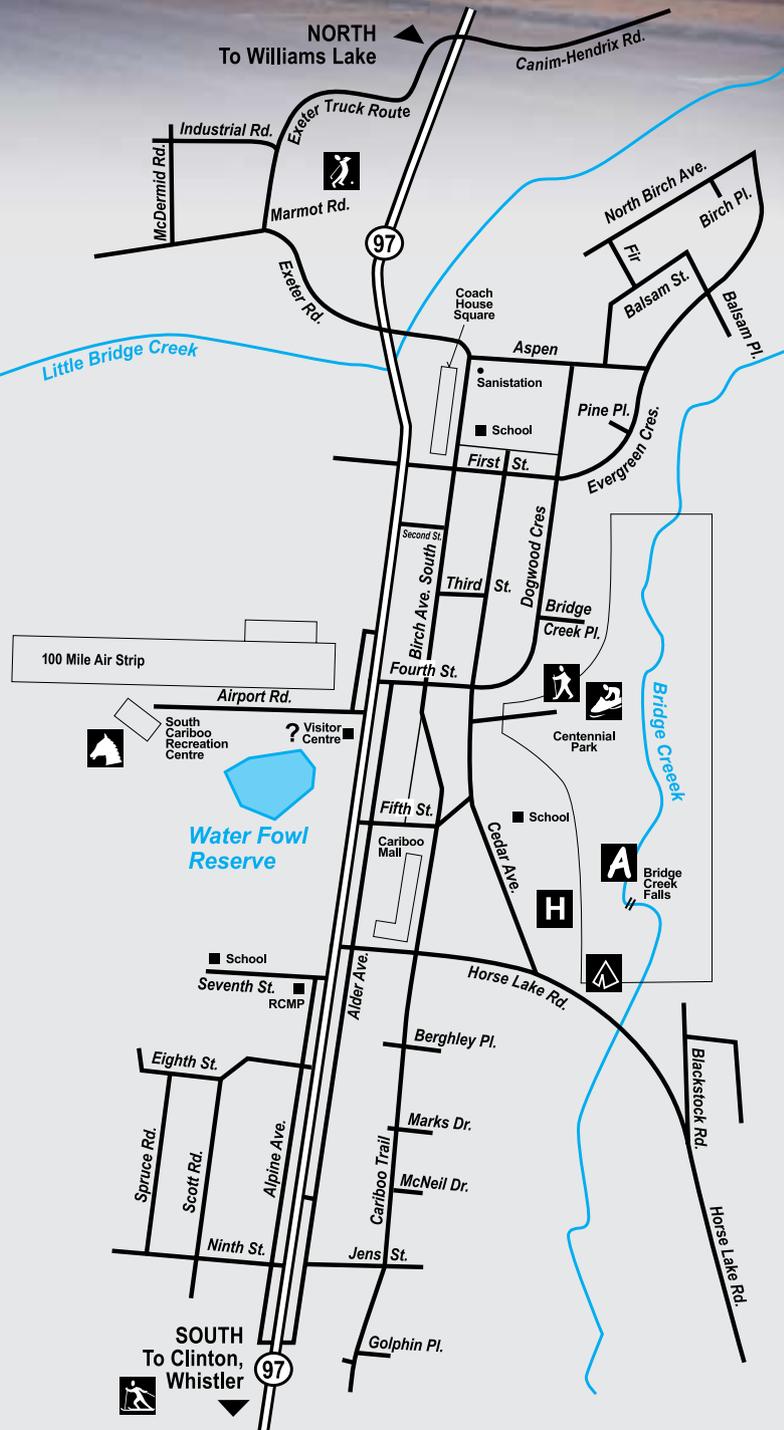
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100 MILE HOUSE



“Gold!” Peter Dunlevy probably exclaimed in 1859 upon finding this elusive metal in the Horsefly River. Little did he know his discovery would create the Cariboo Gold Rush, resulting in the growth of many South Cariboo communities. 100 Mile House was originally named Bridge Creek House and began as a small rest stop located 100 miles from Lillooet along the route to fortune. Successive owners of Bridge Creek House catered to travelers and settlers seeking to carve their own niche in the Cariboo. For 50 years F.J. Barnard’s horse-drawn wagons carried provisions and passengers throughout the Cariboo until 1915. As the years passed, the Barnard Express Stage Line was replaced by buses, horses were replaced by cars, and prospectors by tourists searching for the golden nuggets of vacation get-aways. However, the importance of the town has remained unchanged.

In any season you’ll find 100 Mile House the right place to be. This vital town is ready and able to serve all sorts of visitors. You may arrive by automobile, snowmobile or light aircraft. While you are here, satisfy your appetite in a diverse selection of pubs and restaurants. For your general needs there are grocery stores, pharmacies and retail stores. Looking for something specific? One of the many specialty shops may have just what you are looking for.



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100 Mile House is big enough to offer every service you may require, but small enough to offer a friendly welcome and relaxed atmosphere.

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Summer is a great time to hike, mountain bike or horseback ride the many kilometres of trails. Find an activity to suit each member of the family, from swimming to golfing to foot rubs. For a family treat, why not visit the Heritage Site, located at the north entrance to the 108 Mile Ranch. Go back in time inside the MacNeil House, walk on the original Cariboo Waggon Road or rest in the coolness of the huge log Clydesdale Barn, built in 1908 and still standing where the prospectors once unhitched and stabled their horses for the night. A display of ancient farm and logging machinery will keep you guessing what each was used for. Join us for one of the many events held year-round.

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LAC LA HACHE & TIMOTHY LAKES AREA

The community of Lac La Hache stretches out along an impressive lake of the same name. There are many stories of how "lake of the axe" got its name. One version gives credit to an early settler who dropped his axe into the lake while chopping a hole in the ice.

Since then, many others have used axes to chop holes in the ice and then took advantage of the perfect ice fishing conditions. In the summer fishers, loons and eagles are easily spotted waiting to capture a tasty meal.



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Lakeside resorts, B&Bs, guest ranches and motels offer accommodation all year-round. Seasonal waterfront campgrounds provide sites for your RV or tent and have great access for swimming, boating, jetskiing, or just basking in the sun.



CAMPING PROVINCIAL PARKS & CAMPGROUNDS

The provincial parks were made available for outdoor recreation; however they exist to protect habitat and wildlife. Help to protect the nature of the Provincial Parks by following the camping ethics and regulations.

- Big Bar Lake ■ Bridge Lake ■ Downing ■ Flat Lakes ■ Green Lake ■ Lac La Hache ■ Mahood Lake ■ Marble Mountain Range ■ Moose Valley ■ Painted Chasm ■ Schoolhouse

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70 MILE HOUSE & GREEN LAKE AREA

Like other "mile houses" along the Cariboo Waggon Road, 70 Mile was a stopping house - its name marking the distance travelled from Lillooet. Today, 70 Mile House marks the entrance to the recreational paradise of the Green Lake area. Whether you rest awhile at Watch Lake or range farther afield to the Bonaparte Lake area, the rolling terrain and stands of trembling aspen will beckon you to return. While you enjoy your stay at one of the many guest ranches or perhaps a room with a lake view, take the time to visit some of the local natural wonders. Travel south to Chasm - a spectacular bedrock box canyon, 1.5 km long and 120 m deep, featuring a brilliant display of bright orange and pink rock. If you head east, you will pass by the clear emerald waters of Green Lake on your way to either Olsen's Butte or Crater Lake. In summer this area is popular with water-skiers, canoeists, hikers and horseback riders. In winter, there are endless opportunities for ice fishing, cross-country skiing or snowmobiling. Still looking for adventure? Travel further north to the Mt. Begbie Forestry Lookout and just to the west are the Flat Lakes - great for canoeing. The big skies up here on the plateau make for some gorgeous sunsets and starry northern lights-filled skies.

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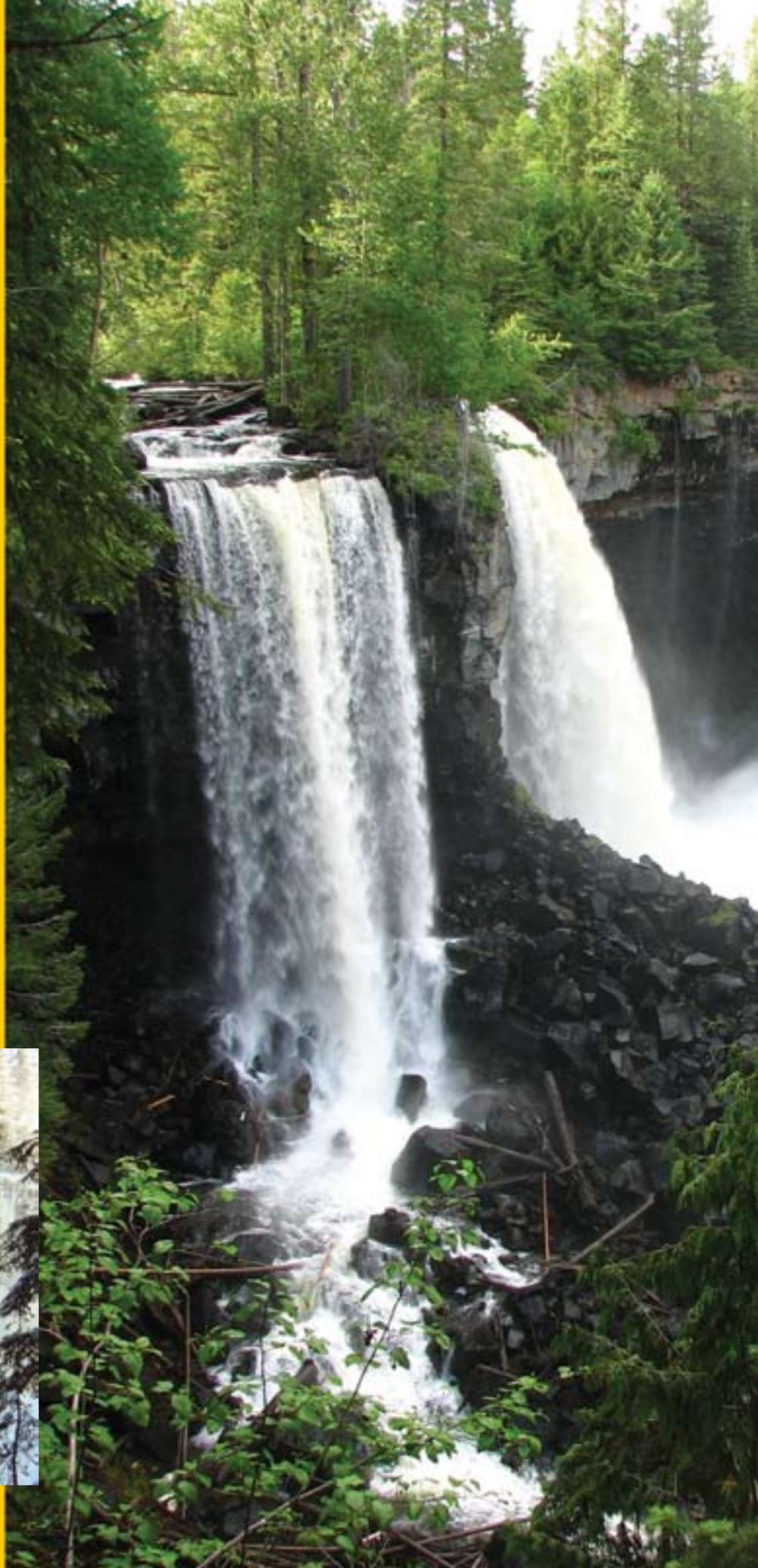
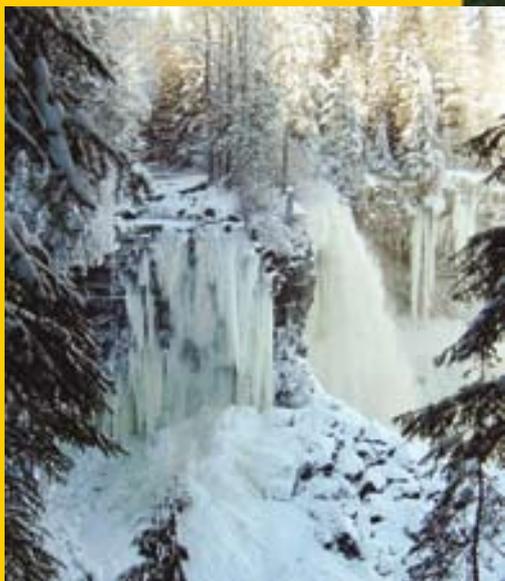
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CANIM & MAHOOD LAKES AREA

In Chinook, a trading language of the past, the word “canim” meant canoe. At 37 km long, Canim Lake is the largest lake in the South Cariboo and cruising in a canoe, or any other kind of boat, is a great way to explore its shorelines. There are several lakeside resorts offering a variety of accommodations and services. Because of its large size, Canim Lake is appropriate for motorized water sports or even your sailboat. But exercise caution because the lake can become quite rough in stormy weather. Dropping down into the Mahood Lake and Wells Gray area, the topography becomes more variable. A short hike will take you to the spectacular Canim and Mahood Waterfalls. Enthusiastic hikers can take a more challenging trail to Whale Lake or Deception Falls.

Travelling along the north side of Canim Lake will take you to Hendrix Falls, Mica Mountain and Big Timothy Mountain. The Canim-Hendrix road passes through the communities of Gateway, Buffalo Creek, Forest Grove and Eagle Creek. It is also the jumping off point for several backroad adventures, suitable for the intrepid and prepared traveller.



ATVs and snowmobiles are popular modes of travel, but for a closer look explore the local trails on foot, on skis or by horseback. Hire a local guide to ensure you don't miss out on any points of interest. From the aquamarine waters of beautiful Ruth Lake to the alpine vistas of Eureka Peak, there are numerous attractions that you will not want to miss. Several provincial campsites, sandy beaches and great fishing lakes are located throughout this area. At any time of year watch dramatic weather systems roll through the hills and enjoy the vivid display of nature from your snug cabin refuge.

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C-205 Fawn Lake Site, Lone Butte, BC, V0K 1X0 Canada

INTERLAKES, FISHING HWY (HWY 24) AREAS

Highway 24 is known as The Fishing Highway, and for good reason. One of three main routes in the province joining the Yellowhead (Hwy 5) to Highway 97, the Fishing Highway will take you along some of the best fishing lakes in the region. Hundreds of lakes offering a variety of fishing experiences, will keep you busy throughout the year. The well maintained highway passes over the MacDonald Summit at 1312 m elevation and near Windy Mountain, the highest peak in the South Cariboo. Not only fishing, but ATVing, snowmobiling and horseback riding are also popular activities. Several thriving communities include Bridge Lake, Sheridan Lake and Lone Butte; all of which offer services needed by travellers. For those visitors who like to stay longer there is a range of accommodations, from waterfront resorts to guest ranches, to B&Bs, to vacation homes. Looking for a picture perfect nature experience? Try hiking one of the Buttes, or launching your boat into Lac des Roches. Summer, winter, spring or fall, you will not be disappointed in your visit to the Interlakes area. The many events and activities, extensive natural landscapes and unique getaways provide endless opportunities for the whole family.

EXPLORE-EXPERIENCE-ENJOY

Our parks and wildlife reserves.

Kayaking or canoeing the winding shoreline of the small lakes.

Fine dining and full course meals by a local chef.



Alexander MacKenzie Ranch

Lakeview Chalets
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7736 Highcountry Rd
Bridge Lake, BC, Canada
Ph: 250-593-4487
email: amr@amr-bc.com
www.amr-bc.com

LOON BAY RESORT
on Sheridan Lake, Hwy 24

**C1 Airmail Road, RR1 Lone Butte, B.C.
Canada V0K 1X0**

Ph: (250) 593-4431 - Fax: (250) 593-4188
www.loonbayresort.com - Email: info@loonbayresort.com

**We offer leisure activities
you will like!**

Your Hosts:
Madlen and Marco Büeler with Family



CLINTON & AREA

Known as the "Gateway to the Cariboo", Clinton has as many different facets as it has had names. First Nations originally referred to this area as "Pethdethd" (White Earth). When the Gold Rush Trail went through, the settlers knew it as 47 Mile House. In 1863 the new Cariboo Waggon Road was built through the Fraser Canyon and the town was renamed "The Junction". A cairn erected in 1958 marks the junction of the two routes to the Cariboo Gold Rush. It kept this name until June 11, 1863, when the name "Clinton" was officially adopted to inaugurate the retirement of Henry Tiennes Pelham Clinton, the Colonial Secretary.

Take a walk back in time through this historic village. Many of the buildings bear the unmistakable features of previous eras. The Municipal offices still occupy the Government Agent and courthouse, originally built in 1873. The Clinton Museum holds a wealth of artifacts and information about the local history.



Clinton history is not limited to buildings and landmarks. History lives on through many current events heralding those days gone by.

The famous Clinton Annual Ball is a good time to don your Sunday best and kick up your heels. The Clinton Memorial Hall boasts a maple hardwood floor said to be one of the best dance floors in the country. Meet citizens and guests dressed in the elegant gowns and broadcloth suits of those early days.

Check out a rodeo or the annual Clinton Country Jamboree filled with performers and entertainment for the whole family. The Reg Conn Park, named after the first Chairman and Mayor of Clinton, provides a wonderful place to relax and have fun.



EXPLORE-EXPERIENCE-ENJOY

The pioneer countryside by staying at a local guest ranch or taking a back road tour.

The Marble Mountain Range on foot or by horseback and behold the Fraser Plateau spread out around you.

A visit to shops specializing in antiques, arts and crafts, or finding your own treasure.

VISIT THE CLINTON MUSEUM
...in historical Clinton, the Gateway to the Cariboo.
Stop to visit our stable that was constructed in 1911.
See the artifacts of long ago.
Open 7 days a week from May to Oct. 15.
 E-mail: clintonmuseum@telus.net
 Phone 250 459-2442.

VILLAGE OF CLINTON
"Gateway to the Cariboo"

Come experience rural life in our historic community

Village of Clinton


Phone: (250) 459-2261
 Fax: (250) 459-2227
 E-Mail: admin@village.clinton.bc.ca
 Web Site: www.village.clinton.bc.ca



~ Unique Log Building ~ 19 Rooms ~ 1 Suite ~
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 CLINTON

We are Pet Friendly
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Reservations: 1-250-459-7992
 E-mail: cariboolodge@yahoo.ca ~ www.cariboolodgebc.ca



CABINS, CHALETS, RESORTS, & CAMPGROUNDS

	season	waterfront	# cabins	cabin rates per day	RV season	# RV sites	full hook-up	RV site rates	shower house	sani dump	laundry facilities	pets welcome rates	E-Engl; G-Ger; F-Fren; S-Span; I-Ital; D-Dutch	special features activities & more
100 Mile House Municipal RV Park 410 Horse Lake Rd., 100 Mile House, 0.8 km off Hwy 97 (250) 395-2123					May Oct	12		\$12				✓	E	Central water tap, basic sites, overflow for large units, shaded, trails to park/falls. Cash only. Contractor on site.
108 Resort & Conference Centre www.108resort.com 4816 Telqua Dr., 108 Mile Ranch 1-800-667-5233					Apr Oct	12		\$12-15	✓		✓	✓	E	Heated pool, tennis, golf, trail rides, horseshoes, volleyball, full restaurant. Dry sites only.
Ace High Resort www.acehighresort.com 8260 Ace High Rd, Watch Lake (250) 456-7518	Apr-Oct Jan-Feb	✓	11	\$59-79	May Oct	27		\$14-25	✓	✓	✓	✓	E	Store, playground, swim slide, boat rentals. Excellent fishing.
Canim Lake Resort www.Canim.com 4454 Newall Rd. S. Canim Lake (250) 397-2355, 1-877-512-6660	all year	✓	4	\$100-300	all year	25	✓	\$20-32	✓	✓	✓	\$2-10	E, G	Nice family resort; log cabins, outside hot tub; licensed lodge, meals; many outdoor activities.
Cariboo Bonanza Resort www.caribooBonanza.com Watson Rd, Horse Lake (250) 395-3766	May-Oct	✓	12	\$60-140	May Oct	50	✓	\$20-26	✓	✓	✓	✓	E, G	Archery course; cable TV in cabins and at RV sites; new marina, moorage; excellent fishing.
Cottonwood Bay Resort www.cottonwood-bay-resort.com 8183 Cottonwood Bay Rd, Bridge Lake (250) 593-2345	May-Oct	✓	4	\$49-59	May Oct	35	✓	\$19.5-25	✓	✓	✓	✓	E, G	Cabins right on the water; heated shower house. Internet access.
Crystal Springs Resort www.crystalspringsresort.net 3504 Crystal Springs Rd, Lac La Hache (250) 396-4497, 1-888-396-4497	all year	✓	3	\$115	Apr Oct	57	✓	\$17-23	✓	✓	✓	✓	E, G	Deluxe lakefront chalets; boat rentals, boat ramp, playground, fishing, swimming, reunions.
Eagan Lake Resort www.eaganlake.com 8648 Eagan Lk. Rd., Bridge Lake (250) 593-4393	all year	✓	7	\$60-140	May Oct	8	✓	\$18-22	✓			✓	E	Waterfront cabins have their own dock. All cabins and sites have fire pits.
Fawn Lake Resort www.fawnlakeresort.com 6850 Fawn Lake Acc. Rd, Lone Butte Area (250) 593-4654, 1-866-311-FISH	May-Oct	✓	6	\$65-165	May Oct	30		\$20-23	✓	✓	✓	✓	E, G	Excellent fishing & bird watching; lake shore log cabins, spacious RV sites; quiet setting (E-motors only).
Kokanee Bay Motel & Trailer Court www.kokaneebaycariboo.com 3728 Hwy 97, Lac La Hache (250) 396-7345, 1-888-399-7345	May-Oct	✓	3	\$60	May Oct	50	✓	\$22 per 2 people	✓	✓	✓	✓	E	Grassy sites, boat rental, lake front store.
Little Horse Lodge www.littlehorselodge.com 6143 N. Green Lake Rd, 70 Mile House (250) 456-7524	Dec-Oct		5	\$45-75	May Oct	3		\$18				✓	E, G	Restaurant, convenience store, LQ agency, gas, propane; B&B guest rooms; grassy camp area.
Loon Bay Resort www.loonbayresort.com 7250 Texas Rd, Sheridan Lake (250) 593-4431	all year	✓	6	\$60-120	May Oct	45	✓	\$22-26	✓	✓	✓	✓	E, G, F	Park like 23ac, spacious RV sites, treed tent sites, log cabins; boat/canoe rentals, playground.
Moondance Bay Resort www.moondancebay.com 7237 Johnstone Rd, Bridge Lake (250) 593-2244	all year	✓	6	\$100-136	May Oct	22		\$25-27	✓	✓	✓	✓	E	Family oriented; convenience store; boat rentals, boat launch.
Moosehaven Resort www.moosehavenresort.com 7563 Petty John Rd., Hathaway Lake 1-888-744-2271, (250) 593-2300	May-Oct	✓	6	\$55-82	May Oct	11	✓	\$22-26	✓		✓		E	Private setting. Lakefront cabins. 50amp pull-thru RV sites. Good fishing. Boat rentals. Nature trails.
Ponderosa Resort www.moondancebay.com 7408 S. Canim Lake Rd, Canim Lake (250) 397-2243	all year	✓	3	\$95-120	May Oct	25	✓	\$25-30	✓	✓	✓	inquire	E, G	3star Canada Select accommodation; 8 condos; modern units; parklike; ideal for family reunions.
Reynolds Resort 1-888-659-9977, (250) 397-2244 3789 Canim Hendrix Rd., Canim Lake www.reynoldsresort.com	all year	✓	6	\$90-178	all year	24	✓	\$24+	✓	✓	✓	✓	E	Family oriented, log cabins, boat rentals, marina, fuel, lounge.
Sheridan Lake Resort www.sheridanlakeresort.com 7510 Magnussen Rd., Sheridan Lake (250) 593-4611	all year	✓	19	\$60-100	May Oct	90		\$15-24	✓	✓		✓	E	Treed tent sites, spacious RV sites, boat rentals, honeywagon, paved roads.
Sheridan Park Resort www.sheridanlake.com 7118 Boulanger Rd., Sheridan Lake (250) 593-4643	all year	✓	6	\$60-90	May Oct	25		\$18-23	✓	✓	✓	✓	E	Cabins, campsites, store. Fishing, boats & motors, licences.
Sulphurous Lake Resort www.sulphurouslake.net 6045 Mahood Lk. Rd., Sulphurous Lk./Interlakes (250) 593-4561	May-Oct	✓	6	\$58-64	May Oct	7		\$18-21	✓			✓	E	Waterfront cabins, kokanee fishing to 3 lb. Boat & canoe rentals. Swimming. Quiet setting.
Ten-ee-ah Lodge www.ten-ee-ah.bc.ca 1799 Spout Lake Rd, Lac La Hache Area (250) 395-0870	May-Oct	✓	8	\$148-175	May Oct	10		\$29	✓	✓	✓	✓	E, G, F,	Cabin rates incl. b/f, dinner, canoe & min bike + taxes; only property on Spout Lk; deluxe log cabins, fine dining.
Wilson Lake Resort & Trading Co. (250) 593-0191 8410 Wilson Lk. Rd., Bridge Lake Area www.WilsonLakeResort.net	all year	✓	4	\$95-320	all year	30	✓	\$30-45	✓	✓	✓	✓	E	Luxurious cabins, extra large sites. 115 acre private resort. Free breakfast. Restaurant, mini-golf.

HOTELS & MOTELS

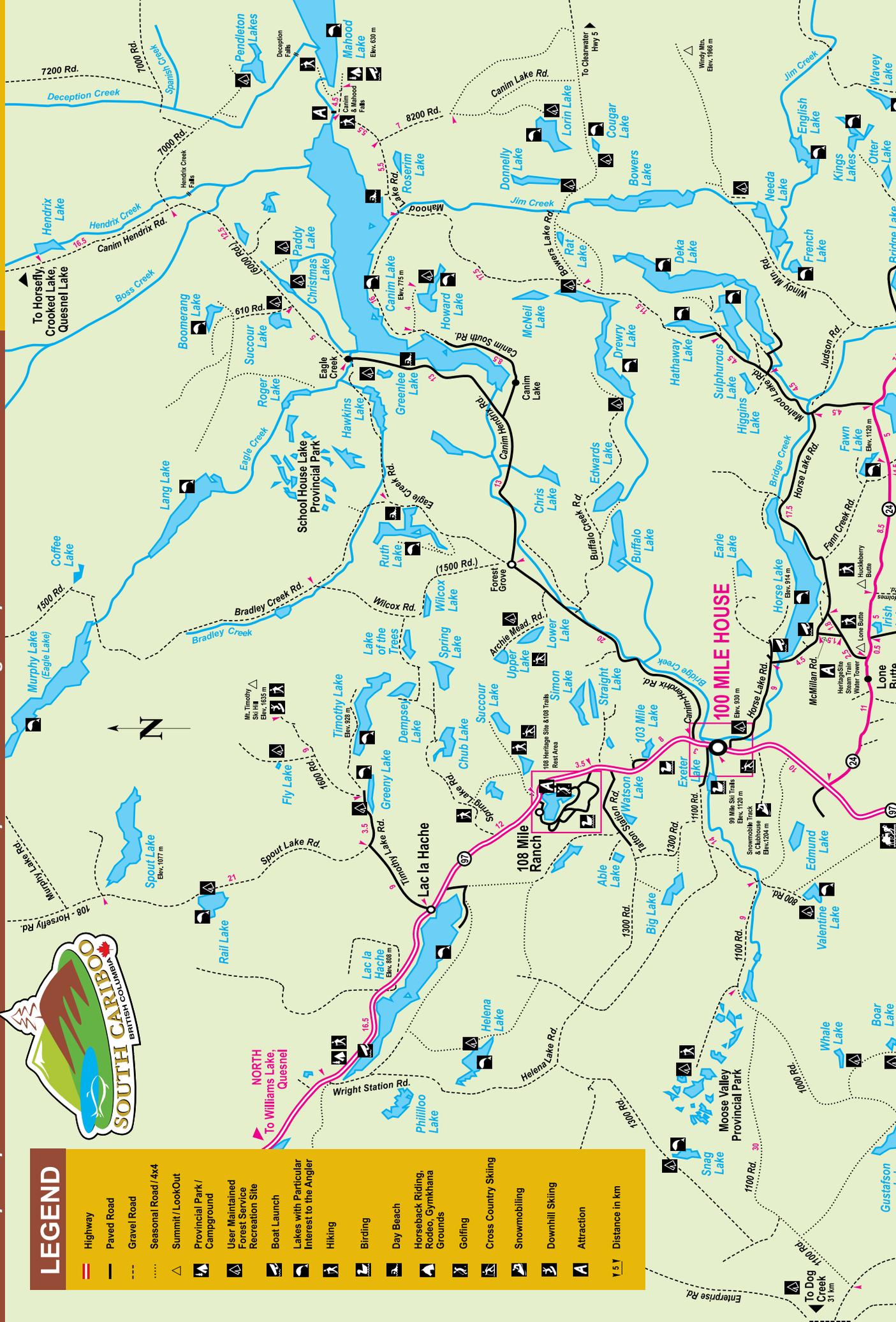
	peak season rates	value season rates	kitchenettes	confim. breakfast	restaurant	non-smoking	P-pool; H-hotlub; L-lakeshore	conference facility capacity	# rooms	pets welcome rates	E-Engl; G-Ger; F-Fren; S-Span; I-Ital; D-Dutch	special features activities & more
108 Resort & Conference Centre www.108resort.com 4816 Telqua Drive, 108 Mile Ranch (250) 791-5211, 1-800-667-5233	\$140-160	\$90-110	✓	✓	✓		P, H outdoor	200	62	✓ \$10	E	Outdoor heated pool & hotlub. Horseshoe pits, volleyball nets, tennis. Trail rides. 18 hole public golf course.
Cariboo Lodge www.Cariboolodge.com 1414 Cariboo Hwy, Clinton (250) 459-7992	\$59	\$49	✓ \$79	✓	✓				20	✓	E	Western pub, liquor store.
Imperial Motel 1-800-561-6811 250 Hwy 97, 100 Mile House (250) 395-2471	\$69-79	\$59-69	✓		✓				27	✓	E	Convenient downtown location. Family suites, kitchens. Internet.
Kokanee Bay Motel & Trailer Court www.kokaneebaycariboo.com 3728 Hwy 97, Lac La Hache (250) 396-7345, 1-888-399-7345	\$75	\$65	✓		✓	L			16	✓ \$5	E	Spacious comfortable units, on the lake, restaurant near by.
Ramada Ltd. www.ramada.com 917 Alder Ave, 100 Mile House (250)395-2777, 1-877-395-2777	\$79-159	\$75-129	✓	✓	✓	H			36	inquire	E	Continental breakfast; hot tub & sauna; team/group rates.
Red Coach Inn & Conference Centre (250) 395-2266, 1-800-663-8422 170 N. Hwy 97, 100 Mile House www.bcadventure.com/redcoachinn	\$65-97	\$59-75			✓	P, H		100	49	✓	E	Downtown. Fridges, high speed Internet, exercise room, massage and body care, gift shop.
Super 8 www.Super8.com 989 Alder Ave, 100 Mile House (250) 395-8888, 1-800-800-8000	\$89-99	\$79-89	✓		✓				28	✓	E	Fridges, microwaves, wireless Internet, in room coffee. Quiet location.

SOUTH CARIBOO AREA MAP

South Cariboo Visitor Centre
 422 Hwy 97, Box 340, 100 Mile House, BC, V0K 2E0
 Phone: (250) 395-5353
 Toll Free: 1-877-511-5353
 info@SouthCaribooTourism.com

www.SouthCaribooTourism.com

Area map compliments of the "South Cariboo Cooperative Marketing Group"



LEGEND

- Highway
- Paved Road
- Gravel Road
- Seasonal Road / 4x4
- Summit / LookOut
- Provincial Park / Campground
- User Maintained Forest Service Recreation Site
- Boat Launch
- Lakes with Particular Interest to the Angler
- Hiking
- Birding
- Day Beach
- Horseback Riding, Rodeo, Gymkhana Grounds
- Golfing
- Cross Country Skiing
- Snowmobiling
- Downhill Skiing
- Attraction
- Distance in km



BED & BREAKFASTS

	season	rates (dbl. occupancy)	P-private/ensuite; S-shared bath	wheelchair access	family oriented	P-pool; H-hot tub; L-lakefront	# rooms	pets welcome	E-Engl; G-Ger; F-Fren; S-Span; I-Ital; D-Dutch	special features activities & more
A Lake House B&B 3812 Emerald Cres., Lac La Hache (250) 396-4728 ocloud@telus.net	all year	\$75-125	P,S			L	3		E, D	Pets if previously arranged. Canoe & boat rentals. Homemade jams & baked goods
Cariboo Bonanza Resort Watson Rd, Horse Lake (250) 395-3766 www.caribooBonanza.com	all year	\$85	P	✓	✓	L	2		E, G	Private entrance, lounge; archery course.
Graham Dunden Ranch Graham Dunden Rd, 70 Mile House (250) 395-0756 www.grahamdundenranch.com	all year		P		✓		2		E, G, F	Rich European breakfast; trail rides & many other summer & winter activities.
Greenlees on the Lake 7186 Boulanger Rd, W. Sheridan Lake (250) 593-4171, 1-877-593-4171 www.bbcanada.com/3783.html	all year	\$55-65	S		✓	L	4	✓	E	Walk down memory lane; years of collectibles; activities on the lake & on land.
Hawthorn Acres B&B 6847 Judson Rd., Bridge Lake (250) 593-2384 www.bbcanada.com/7026.html	May-Oct	\$65-75	P,S		✓		2	✓	E	Private entrance, lounge, non-smoking. Activities upon request. Pre-arranged winter accom.
Maverick Moose 7667 Beazley Rd., Deka Lake (250) 593-0173 mavmoose@telus.net	all year	\$65-75	S		✓	H,L	2	✓	E	Smoking area, boat & canoe rental, hunting, bird watching, fly fishing, ice fishing.
Poolside Paradise B&B 405 Spruce Ave, Clinton (250) 459-7990 www.PoolsideParadiseBB.com	all year	\$80-100	P		✓	P, H	3		E, ASL	Romantic, themed bedrooms; large indoor heated pool in tropical setting.
The Eagleshore at Horse Lake 6523 Horse Lake Rd, Horse Lake (250) 395-5224 www.bbcanada.com/eagleshore	May-Oct	\$70	P		✓	L	2		E	Private suite w/ kitchen & sep. entrance; organic breakfast; rowboat.

GUEST RANCHES & SPAS

	season	lakefront	# cabins	# suites/rooms	kitchenettes	# RV/campsites	shower/laundry	all inclusive packages (rates)	accommodation only (rates)	pets welcome	E-Engl; G-Ger; F-Fren; S-Span; I-Ital; D-Dutch	special features activities & more
Alexander MacKenzie Ranch 7736 Highcountry Rd., Bridge Lake www.amr-bc.com (250) 593-4487	all year	✓	3	2	✓		✓		\$40-80		E,G	Horseback riding, canoeing, new & exciting accommodation in 2007! Custom packages available.
Beaver Guest Ranch 7471 Cariboo Chalef Rd., Deka Lake www.beaverguestranch.com (250) 593-9303	all year			4			✓	\$130	\$50-80 incl. b/f		E, G	Package prices incl. activities; horseback riding all year, canoeing, x-country skiing, snowmobiling, ice fishing.
Double Dutch Ranch 4919 Abel Lk. Rd., 108 Mile Ranch (250) 791-6783 www.doubledutchranch.com	all year		3	1			✓	\$195 pp/day	\$60 B&B		E, G, F, D	Secluded, guided rides, small groups, private lessons, meals, own horses welcome, pool.
Graham Dunden Ranch Graham Dunden Rd., 70 Mile House (250) 395-0756 www.grahamdundenranch.com	all year			2			✓	✓	✓		E, G, F	Heritage guest house; horseback riding, wildlife viewing, biking, skating, snowshoeing & many other activities.
Spring Lake Ranch 5874 Spring Lk. Rd., 111 Mile area www.SpringLakeRanch.com (250) 791-5776, 1-877-791-5776	all year	✓	2	3	3		✓	\$425 \$625 \$1000	\$75 \$150		E, G	Horseback riding, sleigh rides, canoes, log cabins. A natural paradise.
The Hills Health Ranch Hwy 97, 108 Mile Ranch www.thehillshealthranch.com (250) 791-5225, 1-800-668-2233	all year		20	26	✓	20	✓	✓	✓	✓	E, G	Fitness room, fitness classes, 16 room spa; 30 horses hayrides; winter ski area.
Watch Lake Lodge 6355 Little Green Lake Rd. www.watchlake.com (250) 456-7741	May-Oct	✓	12			8			\$45 \$75	✓	E	Supervised trail rides, RV sites & camping.
Wolf Valley Ranch 2220 Bonaparte Forest Service Rd. www.wolfvalleyranch.net (250) 395-6694	all year	✓	1	3			✓	\$250 \$300	✓	✓	E, G	Luxurious accom. in the wilderness, sauna. Customized packtrips & trail rides along lakeshores & rivers. Kids welcome.

ACTIVITIES

	phone / toll-free	hours / season	description of products & services
83 Mile House Farm Equipment Museum 7988 Montessa Dr, Hwy. 97, 83 Mile House	(250) 395-3720	March - November call ahead December - February.	Horse drawn wagons, carriages, antiques, collectables. By donation only.
108 Mile House Heritage Site North Entrance, 108 Mile Ranch www.historical.bc.ca	(250) 791-5288	May - Sept	Gold Rush & Pioneering History. Guided tours, picnic area, Ainsworth Antique Logging Display. By donation.
108 Resort & Conference Centre 4816 Telqua Drive, 108 Mile Ranch www.108resort.com	(250) 791-5211 1-800-667-5233	all year	18 hole PGA golf course; conference centre w/ seating for up to 250; trail rides, mountain bike rentals, canoe rentals; fitness centre.
Canim Lake Resort & Guide Outfitters 4454 Newall Rd., S. Canim Lake www.canim.com	(250) 397-2355 1-877-512-6660	all year	Guided fishing and hunting, sightseeing flights; floatplane base. Outpost cabins.
Clinton Museum Hwy 97 (Centre of town, east side of road) clintonmuseum@telus.net	(250) 459-2442	May - Oct	Gold Rush History of the 1860s. Original 1892 brick Schoolhouse. Used as Courthouse from 1919 - late 1940s. Historical Artifacts and First Nations displays.
Mt. Timothy 45 minutes north-east of 100 Mile House, Timothy Lake Road www.skitimothy.com Snow Phone: 1-877-392-1446	(250) 395-3772	Dec - Apr	Triple Chair, T-Bar. Rentals. Terrain Park: 11% easy, 49% more difficult, 20% most difficult, 20% advanced. Summit 1654 m, drop 284 m.
Nakitsilik Outdoor Adventures 7665 Eagan Lk. Rd., Bridge Lake www.nakitsilik.com	(250) 593-4008 1-877-397-2108	Dec - Apr	Dog sled tours. www.dogsled-Canada.com
Parkside Centre for Arts & Culture Corner of Cedar Av. & 4th St., 100 Mile House parksidecentre@shaw.ca	(250) 395-2021	All Year	Venue for visual, performing & cultural arts. Galleries feature work of local artists, authors, musicians.
The Hills Health Ranch Hwy. 97 North, 108 Mile Ranch www.spabc.com	(250) 791-5225 1-800-668-2233	7am - 11pm 365 days/ year	Full service spa. Hiking, biking, canoeing, horseback riding, hayrides, nearby golf. Winter: tubing, x-country & downhill skiing, skating, snowboarding.
Trollheimen Weaving Studio 6545 Pressy Lake Rd, 70 Mile House www.trollheimenweaving.com	(250) 456-7622	All Year	Retreat and workshops in weaving, knitting & felting; Norwegian Krokbragd. Drop-ins welcome!
XH Buffalo Ranch 938 South Green Lake Rd, 70 Mile House www.xhbuffaloranch.com	(250) 456-2319 1-866-946-3287	May - Oct	Buffalo viewing from a hay wagon. Take a trip back in time, when buffalo still roamed the North American prairies.

RESTAURANTS

	season	hours of operation	licensed	children's menu	non-smoking	B-breakfast; L-lunch; D-dinner	private functions	P-patio; L-lakeside	T-takeout; C-catering	reservations recommended	average meal cost	E-Engl; G-Ger; F-Fren; S-Span; I-Ital; D-Dutch	highlights & menu description
Alpine Deli & Sub Shop www.100milehouse.ca/food/100-mile/alpine.html 147 Coach House Sq. (next to Save-On-Foods), 100 Mile House (250) 395-3315	all year	930 - 530	✓	✓	B, L			T, C			\$3.90	E, G	Daily lunch specials. Euro-specialty foods. Homemade soup/sand. Schnitzel Burger. Bavarian Meatloaf.
Cariboo Lodge www.cariboolodgebc.com 1414 Cariboo Hwy, Clinton (250) 459-7992	all year	S: 630 - 900 W: 800 - 800	✓	✓	B, L, D	✓	P	T			\$10-15	E	Full cafe menu and dining room menu. Dining room open 5:00 pm daily.
Casa Romas 280 S. Birch Ave., 100 Mile House (250) 395-2041	all year	Tue - Sat 1100 - 800	✓	✓	L, D	✓		T			\$10	E	Homemade food, relaxing dining. Greek, pizza, pasta.
Clubhouse Grill www.108Resort.com 4816 Telqua Dr., 108 Mile Ranch (250) 791-5413	all year call ahead	700 - 900	✓	✓	B, L, D	✓	P, L	T, C	✓		\$13	E	Semi formal dining. W. Coast & Western Cuisine. View of golf course & 2 lakes. Lounge.
Dragon Gate Buffet 365 S. Hwy 97, 100 Mile House (250) 395-8893	all year	1100 - 1000	✓	✓	L, D	✓		T, C		L: \$7.95 D: \$11.45		E	Best selection buffet in town. Chocolate fondue, salad and dessert bar. Asian & Western menu.
Fish On Interlakes Pub 6947 Levick Rd., Interlakes (250) 593-0048	all year	1200 - 1200	✓	✓	L, D	✓	P	T, C			\$16	E, G	Full bar and fresh menu. Large deck and fireplace for year round pleasure.
Gold Dust Cafe 231 S. Birch Ave, 100 Mile House (250) 395-3245	all year	M-S: 600 - 900 Sun: 800 - 300	✓	✓	B, L, D	✓		T, C				E	Home made meals reasonably priced; a tradition since 1967. Closed stat holidays.
Happy Landing Restaurant www.dininginbc.com 725 Alder Ave, 100 Mile House (250) 395-5359	all year	M - Sat 1130 - 2; 5 - 9	✓	✓	L, D	✓			✓		\$12	E, G	Swiss fine dining; fresh salmon, tenderloin & New York steak, schnitzel. Extended summer hours.
Heritage Thyme Restaurant 4671 Kitwanga Dr., 108 Mile Ranch (250) 791-9292	all year	1100 - 1000	✓	✓	L, D	✓	P, L	T, C	✓		\$11.95	E, F	Fine dining. Ribs, Greek, International. Sunday Brunch. Seasonal hours over lunch.
Hoof & Harness Italian Steak & Seafood House 200 Exeter, 100 Mile House (250) 395-4209	all year	1100 - 1000	✓	✓	L, D	✓	P	T, C	✓		\$15	E	Local produce/game, live seafood, Italian, steaks; hip, fun atmosphere; lounge & art gallery.
Iron Horse Pub & Eatery 6046 Hwy 24, Downtown Lone Butte (250) 395-2626	all year	1100 - close	✓		B, L, D	✓	P	T	✓		\$10	E, G	Unique log structure; great atmosphere & food; snowmobiles/ATVs/horseback.
Little Horse Lodge www.littlehorselodge.com 6143 N. Green Lake Rd, 70 Mile House (250) 456-7524	Dec-Oct	HS 900 - 900	✓	✓	B, L, D	✓	P	T, C	✓		\$8	E, G	Canadian and German cuisine; bakery, convenience store, LQ agent, gas, rooms.
Panino's Bakery & Cafe Coach House Square Mall, 100 Mile House (250) 395-3444	all year	Tue - Sat 600 - 530		✓	B, L			T, C			\$7.50	E, D	Great pastry, soup & sandwiches. Organic spec. coffees.
Ten-ee-ah Lodge www.ten-ee-ah.bc.ca 1799 Spout Lake Rd., Lac La Hache (250) 395-0870	May-Oct	every day	✓	✓	B, L, D	✓	P, L		✓			E, G, F	Fine dining; European trained chef treats you to a superb international menu.
Trails End Dining Room/Hills Health Ranch Hwy 97, 108 Mile Ranch (250) 791-5225, 1-800-668-2233	all year	800 - 800	✓	✓	B, L, D	✓	P	C	✓		\$18	E, G	Great view, great wines, healthy heart; hot rock fondues in the 1871 Lodge.

GET HOOKED AT THE FISH ON



coldest beer
food you shouldn't miss
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fish.on@telus.net

On the Fishing Highway
Hwy. 24 and Horselake Rd. Jct.
6947 Levick Rd.
Interlakes, BC

RETAIL & BUSINESS SERVICES	phone / toll-free	hours / season	description of products & services
D/D Archery 6275 Gibson Rd., 100 Mile House www.ddarchery.net	(250) 395-2862	all year Tue-Sun: 9:00 - 6:00	Archery & bowhunting sales & service; lessons; range & 32 bag target course. Obsidian art.
Panino's Bakery & Cafe Coach House Square Mall, 100 Mile House	(250) 395-3444	all year Tue-Sat: 6:00 - 5:00	On-site bakery. Specializing in European breads & pastries. Organic coffees. Belgium chocolates & lots more.
South Cariboo Visitor Centre 422 Hwy 97, 100 Mile House www.SouthCaribooTourism.com	(250) 395-5353 1-877-511-5353	Oct-Apr: Mon-Sat 9:00 - 5:00 May-Sep: 7days extended hrs.	Maps, books, souvenirs. Local & provincial information. Ferry booking service. Picnic site. Easy access parking.
Work n Play Clothing 302 S. Birch Ave., 100 Mile House	(250) 395-3320	all year Mon-Sat: 9:30 - 5:30	Mens & ladies jeans. Work & casual clothing and footwear.

VACATION HOMES	season	waterfront	non smoking	min. night stay	family oriented	TV/VCR	D-daily; W-weekly M-monthly rate	capacity	# bedrooms	laundry facilities	pets welcome	F-Engl; G-Ger; F-Fren; S-Span; I-Ital; D-Dutch	special features activities & more
Edgewater on Kitwanga 4675 Kitwanga Dr, 108 Mile Ranch www.the-edgewater.net	(250) 791-5439 all year	✓	✓		✓	✓	D, W, M	7	3	✓	✓	E	Log home on 108 Lake; situated on 8km trail with numerous outdoor activities nearby.

REAL ESTATE, LOG HOME & CONSTRUCTION INDUSTRY	phone	toll-free	description of services
Lone Butte Supply - TIMBR MART 400 Exeter Rd., 100 Mile House www.timbrmart.ca	(250) 395-3835	1-866-395-3835	Crane truck deliveries; all construction needs; estimates. Mon-Fri 8:00-5:00, Sat 8:30-5:00.
Most Wanted Contracting 5084 Davis Lk. Rd., 100 Mile House www.most-wanted.ca	(250) 395-1256 Cell: (250) 706-4706		Log home renovation, log railings, log siding, interior and exterior, European craftsmanship.
RE/MAX Country Lakes Realty 100 Mile House & Interlakes www.remax-countrylakes.bc.ca	100 Mile House: (250) 395-3422 Interlakes: (250) 593-0131	100 Mile House: 1-800-731-2344 Interlakes: 1-866-593-0131	Real estate; residential, recreational, waterfront, acreage, commercial.
Royal LePage 100 Mile Realty 230 Hwy 97, 100 Mile House & 7536 Hwy 24, Sheridan Store Site www.100milerealty.com	100 Mile House: (250) 395-3424 Sheridan Store Site: (250) 593-4712	100 Mile House: 1-800-663-8426 Sheridan Store Site: 1-877-593-4712	Real estate; residential, commercial, recreational.



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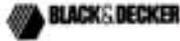
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CIRCLE ROUTES

Most likely you have already spotted the blue Circle Route signs. These self-guided touring loops are easy to navigate and full of adventure. You can explore some of the most spectacular scenery in the world and come back to where you started; eager to begin again.

The South Cariboo is fortunate to have four circle routes passing through its unique landscapes.

Heritage Discovery

(about 2423 km - excluding ferry travel)

Vancouver - Hope - Lillooet - Clinton - 100 Mile House - Williams Lake - Quesnel - Prince George - Prince Rupert - Port Hardy - Campbell River - Duncan - Victoria - Vancouver (7 - 14 day route)
Explore - Experience - Enjoy: The culture of BC's Aboriginals, the Gold Rush Trail, ferry through the Inside Passage.

Coast Cariboo

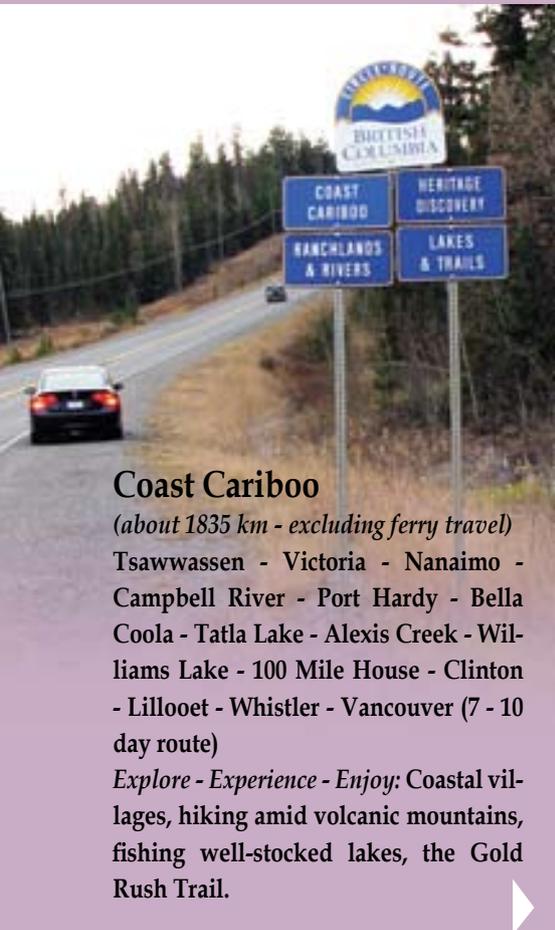
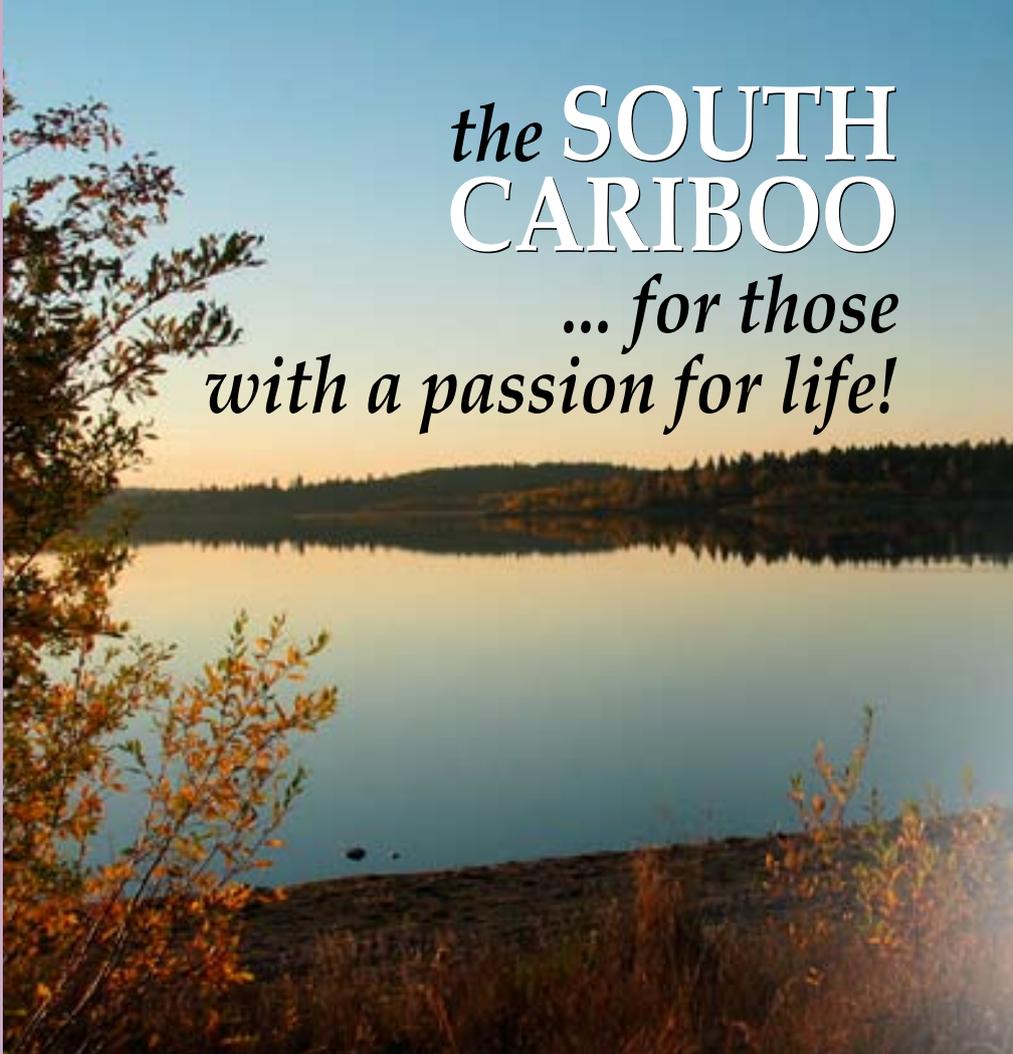
(about 1835 km - excluding ferry travel)

Tsawwassen - Victoria - Nanaimo - Campbell River - Port Hardy - Bella Coola - Tatla Lake - Alexis Creek - Williams Lake - 100 Mile House - Clinton - Lillooet - Whistler - Vancouver (7 - 10 day route)

Explore - Experience - Enjoy: Coastal villages, hiking amid volcanic mountains, fishing well-stocked lakes, the Gold Rush Trail.

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How do you describe the cold rush of skiing in fine powder snow or swimming in clear springfed lakes? Or gazing at the night sky, beholding the beauty of a million stars? What about breathing fresh air, fragrant with the scent evergreen or laced with the smell of horse sweat and leather?

While there are countless reasons to spend your next vacation in the South Cariboo, the most important is the one hardest to describe. It is as individual and unique as you are and results in a lasting impression.

Lakes, mountains, forests or amenities may attract you to the South Cariboo, but you will find your own special motive for staying. Relaxing, recreating and enjoying nature are all just aspects of the whole South Cariboo experience.

Come to the South Cariboo and unleash your passion for life!

"The Cariboo is not a place but like electronic dreams and memory grids of water. They pass over the hills and trees of the Plateau: huge structures of consciousness ten kilometres above us. Every thought arches between the clouds in wave signals kilometres long.

In the summer, the neighbourhood eagle comes by at dawn, when the light is a dusty, pastel blue and deep purple shadows fall



Lakes & Trails

(about 1488 km)

93 Mile on Cariboo Hwy 97 - 100 Mile House - Williams Lake - Quesnel - Prince George - McBride - Valemount - Blue River - Clearwater - Little Fort - Kamloops - Ashcroft - Cache Creek - Clinton - 93 Mile (7 - 10 day route)

Explore - Experience - Enjoy: Stunning lakes, rivers and waterways, ranchland, pristine wilderness, fishing, hiking, canoeing, bird watching.

Ranchlands & Rivers

(about 723 km)

Hope - Lytton - Lillooet - Clinton - 93 Mile - Hwy 24 - Little Fort - Kamloops - Merritt - Princeton - Hope (4 - 6 day route)

Explore - Experience - Enjoy: Historic Gold Country, roaring rivers, open lands with dramatic scenery, endless outdoor adventures.

from the pines. Only the movement of the siskins among the clumps of cones on the branch tips brings the pines out of the dark shadows of their bulk — columns of night, standing long into the rising day. The lake glows with light, the reeds flush into colour, the sky beams orange and fuchsia, the grass rises from the earth again, the world wakes and stretches and goes about its business for hours, and only then does the light finally burn off the night in the pines. It evaporates from the needles like fog above the water...

There on the ice in the middle of the pond were the swans. As we drew close — three hundred yards, no less — they lifted off and swung tightly together down over the black poplars to the next pond a kilometre away. It was like those National Geographic movies of the pelicans in Botswana or the flamingos of the Ngorongoro Crater:

the swans reminded me that here, on the Plateau, it is the north that is my home, not the cities of the south, and it is the north that provides the markers and cycles of my year — the snow in my yard goes all the way to Siberia. The forces that drive my year are that first sunny day in May when in the space of a single afternoon the trees go from being leafless to fully leafed, drenched in yellow light; first snow, when in five minutes all the struggles of the year become inconsequential as we rush out to walk without a hat or gloves in the cold and then come in for a warm cup of dandelion wine mulled with peaches and ginger; and first swans, when the world is again full of hope after a long winter in a stilled world."

(From the book "Winging Home: A Palette of Birds" by Harold Rheinisch; Brindle & Glass, Calgary and Edmonton. March 2006, 288 pages. www.brindleandglass.com/books/winging.htm)



FOREST SERVICE ROADS & RECREATION SITES



The forest road network provides access to back country areas throughout British Columbia. The roads were built to develop and protect forest resources and are still primarily used by industrial vehicles. Always use caution when travelling on forest service roads. Be prepared to react safely to unexpected conditions and follow these guidelines:

- Use your lights at all times - day or night.
- Obey road signs and drive at a safe speed.
- Yield to industrial traffic; use turnouts on either side of the road and proceed only when it is safe.
- Watch out for sweepers (very long logs hauled by logging trucks which can hang over the back of the trailer by up to 6 m).
- Do not block the road! Don't stop on the road to sight-see or hunt. If you do stop, park well off the road.
- Use your ashtray for cigarette butts.
- Report vandalism and forest crimes.
- Be sure to take emergency food and water, navigational aids (maps, compass, GPS), communication aids like VHF radio (cell phone reception is often not available), fire extinguisher, extra fuel, first aid kit, matches, a tool kit, a shovel, warm clothing and sleeping bags (even in summer).
- Let someone know where you are going and when you expect to be back. If you get lost, stay with your vehicle.

USER-MAINTAINED FOREST RECREATION SITES

The South Cariboo has dozens of Forest Recreation Sites. These very basic campsites have few amenities; they are no longer maintained by the Ministry of Forests and firewood is not supplied. To retain the high quality natural environment for others to appreciate, we all must accept responsibility for minimizing our impact. Please respect campfire bans and leave no trace...if you pack it in, pack it out.

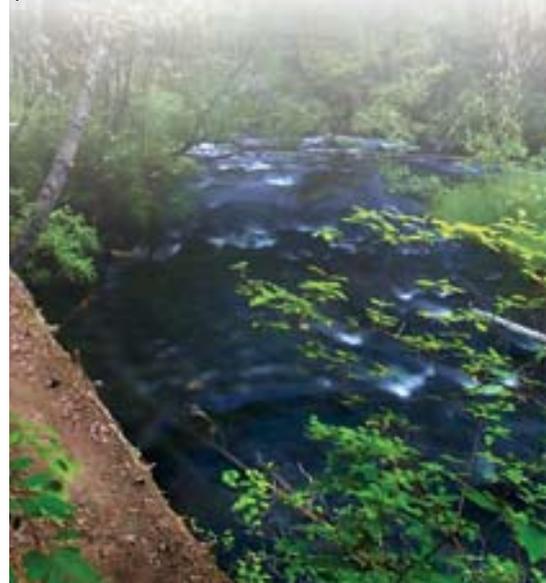
The forest service roads and recreation sites are here for you to Explore, Experience and Enjoy the South Cariboo wilderness!

SUMMER

Signs that summer is on its way are usually apparent by the month of May. New spring growth is showing off its vibrant greens and early flowers add their colour to a landscape that is coming alive. A busy melody of migratory birds contributes to the welcome song of summer. By the end of June, when school children are on vacation, the summer season is well established. Throughout July and August people spend days relaxing on the beach; swimming and picnicking. A day's outing may include a hiking, biking or horseback riding adventure in the woods. Evenings come late and lovely, the sun setting to the lullaby of loons, while you relax on your deck or beside your campfire. September is back-to-school, but a month of warm weather remains, with spectacular displays of the turning colours of autumn leaves.

- Join the eagles and loons to fish for various scaly swimmers: trout (rainbow, brook & lake), kokanee, char and fresh water cod, to name a few. Many lakes, wild or stocked, are waiting to be discovered.
- Your lake experience need not be restricted to fishing. Bring your motorboat or personal watercraft to one of the larger lakes. Explore winding shorelines in your canoe or kayak.
- By vehicle, take a circle tour through the Green Lake, Interlakes, Big Bar or Canim areas. Forest roads form a web of never-ending adventures.
- Stay at a Guest Ranch, and watch cowboys and cowgirls herd up their cattle. Take a guided tour on horseback for a day or a week. Experience the pioneer lifestyle - your own log cabin and home-cooked meals.
- Visit one of our many Provincial Parks, where for a small fee, you can camp on some of the most beautiful lakes in the province. Have a family day on the beach or out on the waves.
- Linger near a thriving wetland to spot many local bird species. If you are lucky you may spy a moose, beaver, or bear. Deer abound, so drive safely on our roadways, especially at dawn and dusk.

From museums to town murals there are unlimited summer activities. A seasonal event will round out your schedule and give you an excuse to return. And when you are ready to take a break and prepare for the next day, a wide array of services and accommodations will help you renew, rejuvenate and refresh in whatever way you prefer.



The chilly breath of winter may be felt anytime from October onward. Days become shorter and the nights are brisk. Mornings sparkle with frost and travelling flocks of geese announce their departure.

It's time to stoke up the fireplace and prepare for the white world of snow. Mid December to mid-March provide the best snow conditions for great downhill skiing, cross-country skiing, dogsledding, snowmobiling and much more.

Bring your snowshoes to travel the quiet forests. Animal tracks and perhaps the sweep of owls' wings in the snow reveal that all animals are not asleep in their winter's dream. The avid ice fisher can set up a stool on one of the lakes. Winter parties involve bonfires and hot chocolate, home made ice rinks and get-togethers with friends.

- Come cross country ski on the well-groomed trails at 99 Mile and 108 Mile Ranch. Whether you are racing or touring, don't miss the popular Cariboo Marathon, held annually and organized by the 100 Mile Nordic Ski Society.
- Take a ride back in time by horse-drawn sleigh. Let the jingle of the harness and the scent of hay lull you, as you view the snowy landscape ambling by. If you prefer a saddle, there are winter trail rides awaiting you.
- Perhaps the excitement of a dogsled ride is more to your liking. The anticipation of yip-yapping huskies is infectious. The swish of sled runners on snow and the wind in your face will have you feeling like an arctic explorer. Watch professional mushing and dogsledding at the annual Jack Gawthorn Memorial races.

Participants come from all over Western Canada and beyond.

- Snowmobiling is a favourite local past-time. Join the fun on 100s of kilometres of trails in the area, from alpine peaks to lake tours. Rentals and guides are available.
- Downhill skiing facilities exist at Mt. Timothy, just 45 minutes north east of 100 Mile House. With 34 runs over a 284 m vertical drop, this is the biggest little ski hill in the region. Terrain is suitable for the young and old, cruisers to bombardiers of every skill level. Access to the slopes is via triple chair lift, t-bar and handle tow.
- Are you into ice sports? There are three curling and three hockey rinks for your broom or stick. Take on the competition or cheer from the stands - either way your participation is welcome. A big crowd always gathers on Boxing Day for the Terry Moore Memorial Hockey Tournament.
- Looking for great deals on "all-inclusive winter getaway vacation packages"? Starting December 15th, weekend transportation aboard the Snow Coach is available between Vancouver and 100 Mile House. Leave Vancouver on Friday and return on Sunday feeling like you have had a real holiday. Reservations for transportation and accommodation can be made with various properties online at www.CaribooWinter.com.

Don't imagine that all the winter fun is only outdoors. This is also a wonderful season to cuddle with a friend in a cozy chalet. Toast to the New Year with friends, new and old. Shop, spa, or treat yourself to a delicious gourmet meal. Winter is the perfect time to explore, experience and enjoy the snowy northern hinterland!

100 MILE HOUSE WELCOMES YOU AND YOUR GPS!

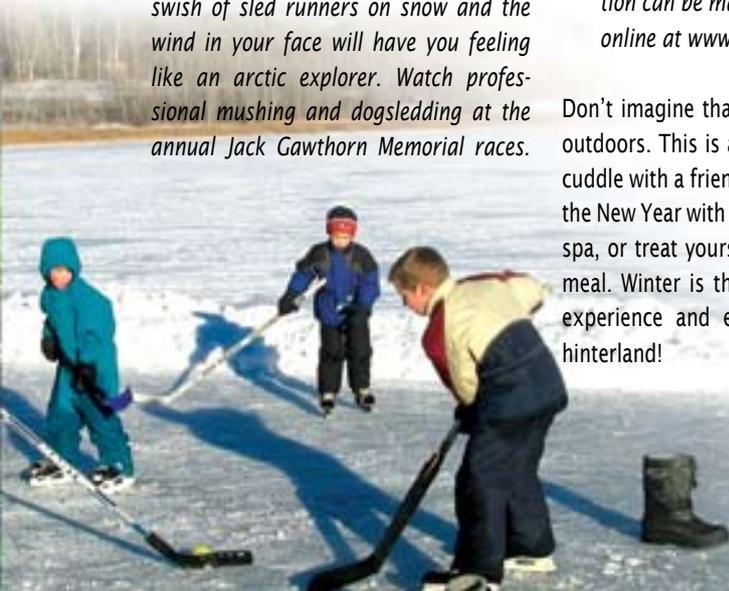
Has your family become hooked on a great new adventure activity called "Geocaching"?

Geocaching is a fun way to use your GPS unit while practicing orienteering skills and exploring the local area. Since May 2000, after the American government allowed public access to accurate signals from Global Positioning System (GPS) satellites, geocaching has become a popular past-time around the world.

Participating in a cache hunt is a good way to take advantage of the wonderful features and capability of a GPS unit. Individuals and organizations have set up caches all over the globe and share the locations of these caches on the Internet (www.geocaching.com). GPS users can then use the location coordinates to find the caches.

The District of 100 Mile House welcomes you and your GPS and is pleased to offer keen geocachers the gift of a souvenir pin. **NO TRADE REQUIRED!** There are more than 75 geocaches hidden within a 50 mile radius of 100 Mile House.

Let the adventure begin as you enter the 100 Mile House and South Cariboo area!



For some reason the South Cariboo has attracted artists for many years. There is no doubt that the relaxed life-style and the beautiful environment have a lot to do with it. Lifestyle is actually an understatement. It is more like a cultural phenomenon related to the traditions of the region in which ranching and everything associated with it plays a significant role.

Ranching is synonymous with cowboy life and the aura that surrounds it. Many books have been written describing life on the ranch and the general history of the Cariboo. Several authors live in and around 100 Mile House. There is even an art-form referred to as "cowboy poetry". Occasionally poets come to town to present recitations of their work. Paintings, aquarelles and sculptures depicting cowboys, cattle and horses may be bought or commissioned from local artists. Birds, fur-bearing animals and grandiose landscapes are also common subjects for artistic expression. Sculptors use metal, stone or wood. As with other visual arts, sculptures may be realistic or abstract. They may be found in shops, in the local art galleries or in individual artists' studios. Wooden bowls and burl tables are

also made locally and either available ready-made or they may be ordered. Another specialty in the region is the manufacture of log furniture.

Photographs, taken by professionals, have captured every aspect of life in the Cariboo and may be purchased at various shops or studios.

Quilting and weaving are the artistic endeavors of dozens of women in the area. A local shop has a variety of their creations on display and for sale. Persons interested in acquiring the skills of spinning and weaving may wish to make advance reservations for participation in workshops. Look also for fine jewelry that incorporates gold nuggets. These creations are obtainable in 100 Mile House and elsewhere.

Finally, an account of artistic expression in the South Cariboo would not be complete without the inclusion of the performing arts. Music and dance groups and several choirs, as well as a very active theater group, provide the local population and visitors with many delightful performances. They are scheduled throughout the year and take place in the Martin Exeter Hall and other venues.



Movement Arts are also popular in these parts. They include recreational gymnastics, yoga, kokoro judo, international folk dance, square-dancing and Martial Arts. Workshops are offered in "Dance as a Healing Art". And for those who prefer a different musical undertaking with a touch of First Nation flavour, there is the opportunity to participate in drum-making or drumming workshops.

So, come and experience what we have to offer and/or acquire a memento created by a South Cariboo artist.

EXPLORE-EXPERIENCE-ENJOY

Many local crafters exhibit their unique products at shops in the area; inquire at the Visitor Centre when you stop by.

Welcome to the South Cariboo!

South Cariboo Chamber of Commerce
230B Fourth Street
100 Mile House, B.C.

P.O. Box 2312, 100 Mile House, B.C. V0K 2E0
E-mail: manager@scariboochamber.org
Web: www.scariboochamber.org
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108 Mile Posthouse Heritage Site, 108 Mile Ranch posthouse@shaw.ca	(250) 791-0002 Cell (250) 395-6739	May - Sep	Saddle & tack, home decorating, jewellery, art.	
Cariboo Accents 205 D S. Birch Ave., 100 Mile House	(250) 395-1136	all year, Mon - Sat 9:30 - 5:30	Home décor, tanning beds, travel wear, gifts.	
Chris Harris Studio Gallery www.chrisharris.com 5577 Backvalley Rd., 1 km east of Hwy 97, 105 Mile area	(250) 791-6631 1-800-946-6622	May 15 - Sep 15: Tue-Sun 10-5 Nov 15 - Jan 15: Thu - Sun 12-5 <small>Other times by appt. or by chance</small>	Photographic prints, books, cards, magnets.	
The Winding Path Soap Company 150 S. Birch Ave., 100 Mile House www.thewindingpath.com	(250) 395-4440 1-866-395-SOAP	seasonal	100% all natural hand made soaps, lotions, creams, and more. Local arts and crafts, and great gifts. We wholesale too.	
Hemingway's Kitchen Specialty & Gift Shop 150 S. Birch Ave., 100 Mile House	(250) 395-6119 1-866-395-6119	Mon - Fri 9:30 - 5:30 Sat 10:00 - 5:00	Kitchen ware, barware, table linens. Gifts & souvenirs.	

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While the gold rush is credited with drawing settlers of all nationalities to this area, it was a First Nations man who first showed a few nuggets in his hand to his foreign guests. After all, who knew where gold could be found, where salmon ran abundantly and which saskatoon bushes produced the best berries? Who knew how to endure and survive the long cold winters, how to manage the landscape and its wildlife to ensure continued sustenance? Who helped early pioneers by providing traditional goods, survival skills and manual labour? They were the proud forefathers of BC's First Nations.

Signs of history are found throughout the Cariboo, with many tributes to immigrant pioneers; ranchers, miners, loggers and other enterprising individuals with an adventurous spirit. However, if their goal was to go where no man had been before, they were sadly mistaken. The South Cariboo area was home and harbour to the Secwepemc te Qelmucw (Northern Shuswap) people - men and women with a fierce connection to their land. Like a tree with roots growing deep into the soil, generations of closely knit families created a living rela-

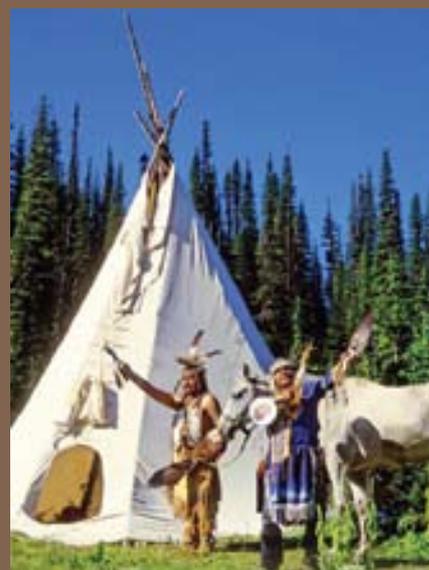
tionship with this area that only a very long history (over 5000 years) can develop. First Nations were host to the newcomers and they still have an intimate knowledge about this landscape's past and present ecology.

In our region, the Tsqescen (Canim Lake) and Stswecehc/Xgat'tem (Canoe Creek/Dog Creek) Bands remain as survivors of the many travails that have faced their people over the last century. Today, the Secwepemc culture is alive and growing, with band members an important part of the local economy and social structure. Businesses operated by them include forestry, agriculture, horticulture, tourism and other commercial ventures. Traditional activities such as fishing, hunting, berry-picking, basket-making and beadwork also continue.

With respect, visitors are invited to share various cultural events. Public pow-wows give visitors the opportunity to experience the colourful regalia of pow-wow dancers, the mesmerizing heartbeat of the pow-wow drummers and powerful cries of the singers. Learn more about the culture through visiting historical sites, joining in traditional games like Lahal or taking part in the annual Unity Ride.

The signs of Secwepemc presence are subtle but definite and present throughout the Cariboo. While the forest you walk through may appear undisturbed, you may rest assured that there are footprints of those who have gone before. When you hear the grouse drumming or echoes of the drummers on the large tanned drums of the Cariboo's First Nations, it is the sound of welcome now, as before.

Written by Demian Pettman



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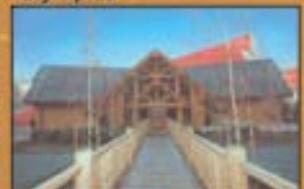
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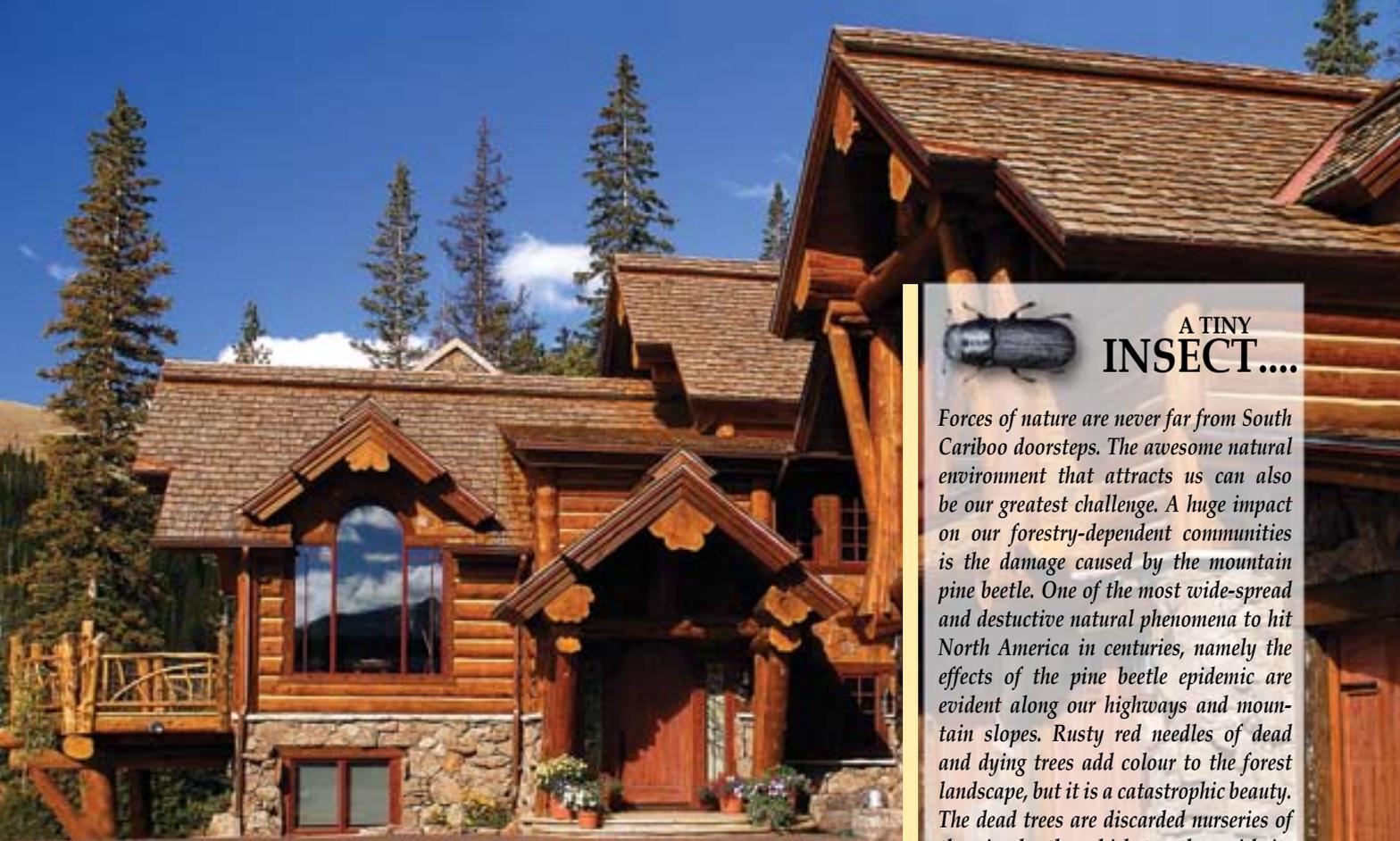
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Accents

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LOG HOME INDUSTRY

The South Cariboo has a reputation for manufacturing quality log buildings and 100 Mile House is known as the “The Handcrafted Log Home Capital of North America”. Logs are hand-picked, hand-peeled and hand-scribed before being carefully positioned and manually fitted. Because the logs are not milled, their natural character and beauty are revealed. The structures themselves are attractive, practical and enduring. Symbolic of our natural surroundings, with unique charm and comfort, the custom made and hand-crafted log home is definitely one-of-a-kind.

For over a century South Cariboo residents have built with logs, their historic structures remaining hidden and long-forgotten along fields and roadsides. Since the 1960s, when the first company began production, substantial progress has occurred in the size and scale of building construction and the detail and sophistication of construction techniques. Every year, more than a dozen log home building companies produce hundreds of buildings that are shipped around the world. From singular accents to complete architecture, unlimited options are available in structures ranging from luxury homes to recreational cabins and from extravagant resorts to elegant churches. Some of the biggest producers in North America operate here, where they benefit from direct access to high quality timber and a skilled workforce. The log home industry provides considerable employment and also adds immense value to timber harvested from local forests.

With pride we invite you to visit the cozy South Cariboo Visitor Centre log building in the heart of 100 Mile House. When you visit, be sure to ask for information about accommodation in a log home.



100 Mile House
The Handcrafted Log Home Capital of North America



A TINY INSECT....

Forces of nature are never far from South Cariboo doorsteps. The awesome natural environment that attracts us can also be our greatest challenge. A huge impact on our forestry-dependent communities is the damage caused by the mountain pine beetle. One of the most wide-spread and destructive natural phenomena to hit North America in centuries, namely the effects of the pine beetle epidemic are evident along our highways and mountain slopes. Rusty red needles of dead and dying trees add colour to the forest landscape, but it is a catastrophic beauty. The dead trees are discarded nurseries of the pine beetle, which together with its symbiotic partner, the blue-stain fungus, choke off the tree's flow of food and water. Cold winters and hot wildfires that once kept beetle populations under control are now less effective due to climate change and efficient wildfire suppression.

As with many challenges come opportunities. Woodpeckers and other creatures benefit from the arboreal mortality. The Cariboo Chilcotin Beetle Action Coalition is using forethought and creative planning to maintain the economic viability of local communities. Forestry professionals are finding ways to manage the changing forest resource. Fortunately, dead timbers can still be harvested and provide valuable wood products. The unique wood grain, stained blue to grey by the fungi, is being marketed under the registered trademark *Denim Pine*™. Log homes, lumber, furniture, cabinets and more are all given an exotic look when made with the environmentally-friendly blue-stained wood. The front counter and office furniture in the South Cariboo Visitor Centre are built from this distinctive product. Come check it out for yourself.

Denian Pettman

GOT A TASTE FOR BIRDS?



When birders plan a holiday, checklists play an important role; much like consulting a menu from an unfamiliar restaurant a checklist gives a good indication of the specialties of an area. So what can a visiting birder expect upon perusing the birding menu of the South Cariboo?

We certainly have a diversity of habitats which makes for a wide variety of choices — flycatchers, swallows and

woodpeckers immediately come to mind — but one bird group stands out. If the South Cariboo restaurant of birding had a sign in the window, it would proclaim in bold letters “We do Waterfowl!”

From early spring when ice begins melting, until well into the year, thirty-seven species of Waterfowl flock to the South Cariboo. Here you can feast your eyes on loons, mergansers, swans, geese, grebes and ducks as they ply the waters of the many lakes, ponds, and creeks. And you don’t have to look very hard! Thirty-three species of waterfowl have been seen at 100 Mile Marsh in downtown 100 Mile House.

Trumpeter swans and tundra swans and 15 species of duck in fresh spring plumage are easily watched. Perennial duck species include mallard, northern shoveler, three species of teal, Barrow’s and common goldeneye, northern pintail, gadwall, baldpate, ruddy duck,



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ring-necked duck, canvasback, red-head, bufflehead and greater and lesser scaup.

Long-tailed duck, surf and white-winged scoters are found on the larger lakes. Some other standout species are hooded merganser, harlequin duck, and the never plentiful, but found every spring, Eurasian wigeon.

To this list add the Pacific loon, the common loon which nests locally and an occasional red-throated loon. Toss in pied-billed, red-necked, eared, and horned grebes, which all nest in the Cariboo, and the Western grebe, seen in spring and fall, and the waterfowl menu is complete.

So if you have a taste for birds, come to the South Cariboo for waterfowl, but don’t forget to sample the rest of our Western interior bird menu, including the gray owl and the ever-popular yellow-headed blackbird. Check out: www.birding.100mile.com

Written by Tom Godin

Drop by the South Cariboo Visitor Centre for a South Cariboo Birding Check List.

UNIQUE CARIBOO CHILCOTIN GRASSLANDS

The grasslands of the Cariboo-Chilcotin are unique in British Columbia and indeed the world. Situated on the high plateau bordered on one side by the Coast Mountains and on the other by the Cariboo Mountains, the grasslands of the upper Fraser and Chilcotin Rivers were carved and smoothed by successive glaciations over thousands of years. For centuries they have been the habitat for almost one-half the biodiversity in the province but are now the habitat for 30% of the threatened or endangered species and for many are the last available habitat.

The grasslands of all of North America have for centuries also been the favourite

and most attractive home for humans and until the last few hundred years we lived on the land in harmony with all other species.

With European contact in North-America, however, came the almost complete destruction of the great plains and grasslands of this continent, until the present time when less than 25% still exist as native grasslands, and that area is fragmented.

The characteristic grasslands of the Cariboo-Chilcotin are one of the few remaining areas of any significant size anywhere in the world.

Local photographer Chris Harris has created an image of the native "blue-bunch wheatgrass" photographed against the sun,

and many visitors have commented that it "looks like music". If so, then the music we hear is the soft sigh of the wind across the grass, carrying the scent of sage, of sand drifting up the steep canyon walls and down onto the rolling hills and table lands; the bird-song of early summer and the full moon pouring its light into the wide open spaces.

The grasslands sing the music of the universe and invite us to join in the song. This landscape is a precious gift that can never be replaced if it is lost.

Written by Rita Giesbrecht



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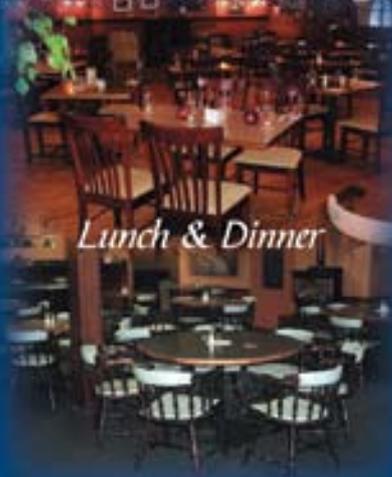



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Winners will be announced every two months on the web site (SouthCaribooTourism.com).

Image Requirements:
 Size: 1-3 MB
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It goes without saying that you should bring your camera with you when you come for a vacation. Then share your best pictures with us!

South Cariboo Visitor Centre, 100 Mile House, BC

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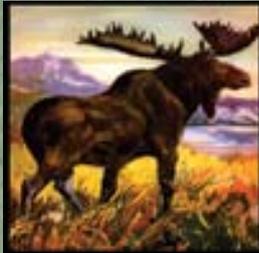
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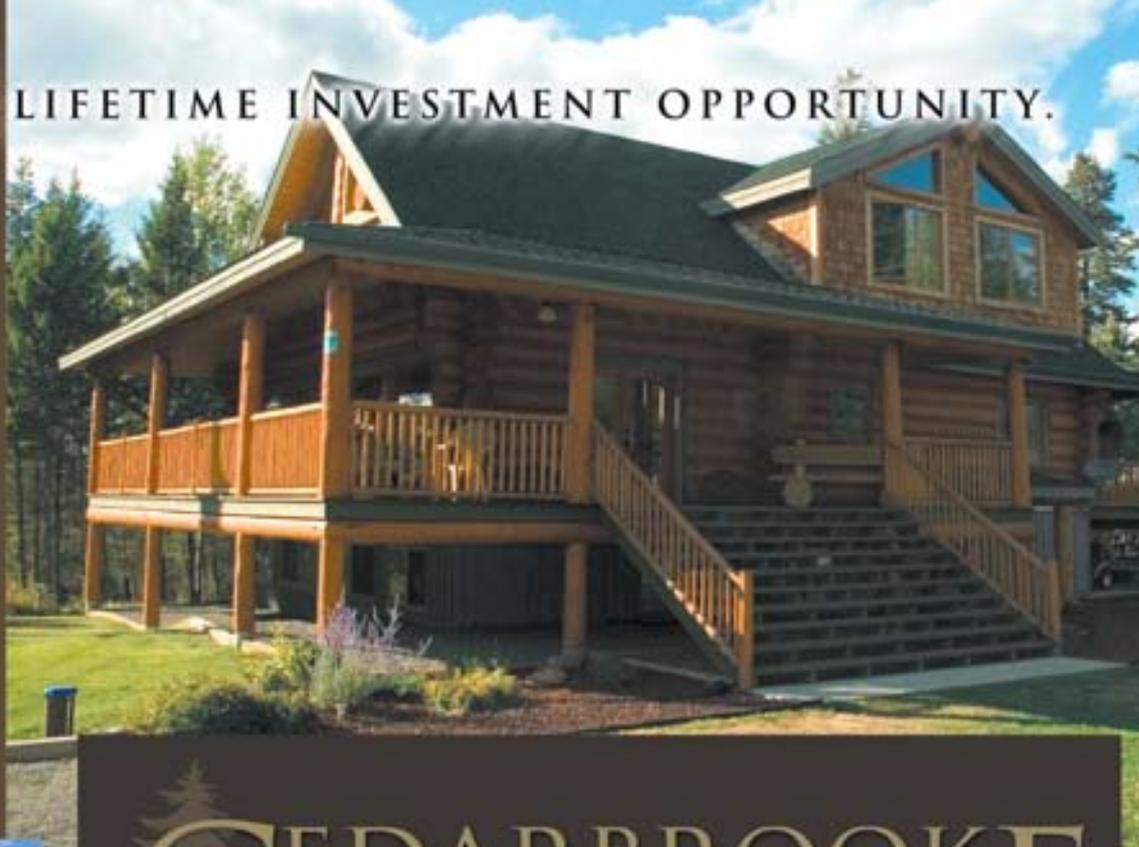
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