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Cariboo Chilcotin Coast

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## Travel Distances from 100 Mile House

| Town                     | Kilometres | Miles |
|--------------------------|------------|-------|
| Abbotsford               | 385        | 239   |
| Barkerville              | 310        | 192   |
| Bella Coola              | 546        | 339   |
| Clearwater               | 137        | 79    |
| Clinton                  | 73         | 45    |
| Fort St. John            | 787        | 488   |
| Hope                     | 306        | 109   |
| Horseshoe Bay via Hope   | 477        | 296   |
| Horseshoe Bay via Hwy 99 | 410        | 254   |
| Kamloops via Cache Creek | 197        | 122   |
| Kamloops via Little Fort | 200        | 124   |
| Likely                   | 161        | 100   |
| Little Fort              | 107        | 66    |
| Prince George            | 328        | 203   |
| Prince Rupert            | 1048       | 650   |
| Quesnel                  | 210        | 130   |
| Revelstoke               | 410        | 254   |
| Tsawwassen               | 466        | 289   |
| Vancouver via Hwy 1      | 450        | 279   |
| Vancouver via Hwy 99     | 435        | 270   |
| Victoria (Ferry 1h35m)   | 500        | 310   |
| Whistler via Hwy 99      | 308        | 191   |
| Williams Lake            | 90         | 56    |



# Message from the Mayor



District of 100 Mile House



Welcome to 100 Mile House, also known as the Handcrafted Log Home Capital of North America. It is truly a town full of history. We are a diverse community that is proud to be the Service Centre of the South Cariboo.

100 Mile House is surrounded by the most beautiful fresh water lakes and has both winter and summer recreation that is second to none. Whether it is camping, fishing, hiking, golfing, bird watching, snowmobiling, shopping or just exploring our beautiful park located in the middle of town, it will not let you down. We also have an airport for light aircraft that is within walking distance to motels and downtown.

Our doors are always open to newcomers, visitors and new business opportunities. We hope your experience in 100 Mile House will create everlasting memories and that before you leave you will be planning your next visit back.

Mayor Mitch Campsall



Welcome to the Village of Clinton – the gateway to the Cariboo and the friendliest village in the Cariboo.

Stop and stay awhile in our historic village and enjoy a meal in one of several fine restaurants or bring your picnic for a tranquil repast by Cut Off Valley Creek in beautiful Reg Conn Centennial Park . Stay overnight and explore the village and the mountains and lakes that surround us. Interested in a tour through the past? Check out our museum and stables, brimming with artifacts and memorabilia from the gold rush days. Take the historic walking tour through our streets and enjoy the art walk which showcases our talented arts community and leads you into our main street businesses.

Interested in small town life? Ask for me at the Village Office or meet our Economic Development Officer and find out what opportunities there are for you in Clinton .

Mayor Roland Stanke





**G**eographically, the South Cariboo is found in southcentral British Columbia, nestled on the Fraser Plateau between the heights of the Coastal and Rocky mountain ranges. The Fraser River cuts through the middle of this rolling plateau, dividing the Cariboo from the wilds of the Chilcotin. To the south are the lower, drier hills of the Thompson-Okanagan, and to the north is the central Cariboo, extending into the vast forests of Northern BC.

The town of 100 Mile House is the main service centre for the South Cariboo region. However, many small communities and neighbourhoods dot the region with their own special character and meeting places. Just a few kilometers north of 100 Mile House are the bedroom communities of 103 Mile, 105 Mile, and the well-known 108 Mile Ranch. The community names originate from the stopping houses on the old Goldrush Trail, or Cariboo Waggon Road, as it was called in the late 1800s.

Continuing north along Hwy 97, takes you through the rolling grassy landscape to the town of Lac La Hache, the longest town in the Cariboo. The meadows and ranchlands along the San Jose Creek, which drains Lac la Hache, will usher you north to the Central Cariboo region.

If you decide to head east into more mountainous terrain, you will encounter the slopes of the Mt. Timothy ski hill, and many good fishing lakes. Some of the largest lakes in the South Cariboo are located along the Canim-Hendrix Road which passes beside Canim Lake before turning into a maze of gravel backroads. Don't forget Mahood Lake and its waterfalls, which provide western access to the famous Wells Gray Provincial Park. Farther south is the Fishing Highway (aka Hwy 24) which heads east through the Interlakes area, and finally over the McDonald Summit at 1311 m before dropping down into the North Thompson region.

If you head south from 100 Mile House along Hwy 97, you will drive through the plateau to 70 Mile House, where roads head east to Green Lake. The South Cariboo's most southern community on Hwy 97, is the historic town of Clinton.

The western forests and grasslands of the South Cariboo are sparsely settled but offer many unique landscapes to discover. The whole region is linked, like a huge spider web, by trails and backroads, some of which can be driven (See our Scenic Drives brochure) and some which can only be accessed by small machines or on foot or horseback (See our Trails & Adventures brochure). This web extends into neighbouring regions as well as between the local communities. Some are well-marked and maintained, and some only reside within the memories of the old-timers.

*Written by Demian Pettman*



*Our major industries include forestry, tourism, and agriculture. The richness of our natural surroundings forms the foundation of our local economy. The forest industry employs 30 percent of the workforce, and supports an internationally-recognized, handcrafted log home construction industry.*



*Ranching and agriculture are also a tradition in this region. Open meadows and plentiful lakes encourage a natural form of agriculture that was practiced by early pioneers and carries on to the present-day. Keep your eyes peeled for cowboys rounding up their herds and strays, or, more rarely, a glimpse of the feral horses that venture through from time to time.*

# 100 MILE HOUSE

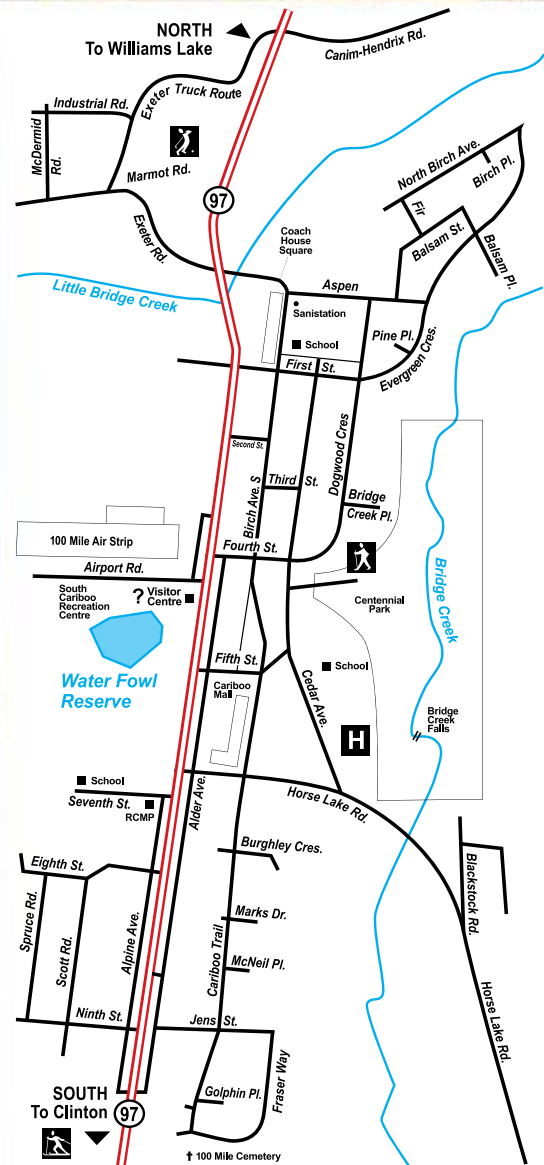
**“Gold!”** Peter Dunlevy probably exclaimed in 1859 upon finding this elusive metal in the Horsefly River. Little did he know his discovery would create the Cariboo Gold Rush, resulting in the growth of many South Cariboo communities. 100 Mile House was originally named Bridge Creek House and began as a small rest stop located 100 miles from Lillooet along the route to fortune. Successive owners of Bridge Creek House catered to travellers 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 spe-

cialty shops may have just what you are looking for.

To keep busy, you can rent a snowmobile or ATV, play golf or admire the work of local artists. If your timing is right, you can catch a concert or theatrical production at Martin Exeter Hall. You don’t have to leave town to experience the beauty of nature. Next to the Visitor Centre you’ll find an 8 ha wetland perfect for bird watching. Take the whole family to Centennial Park, where you can go for an easy 1.5 km stroll to picturesque Bridge Creek Falls. In summer, the falls shimmer and glint with sunlit spray, while winter freezes the watery beauty into an ephemeral natural monument.

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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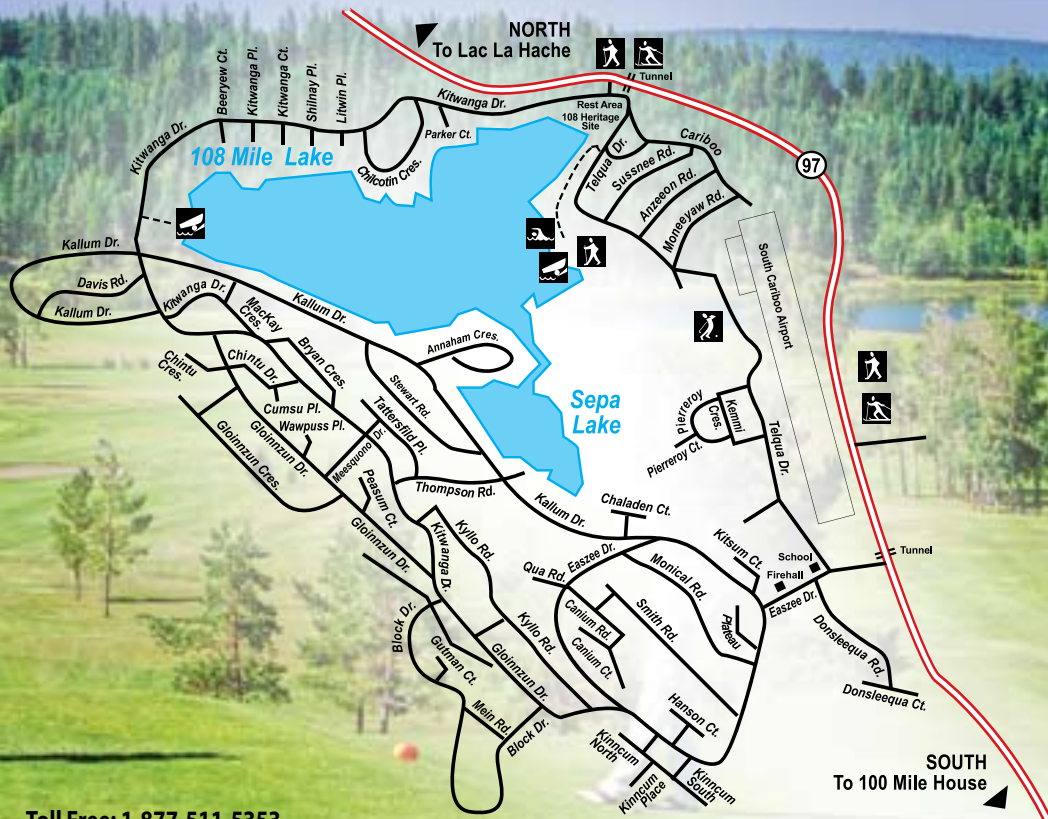
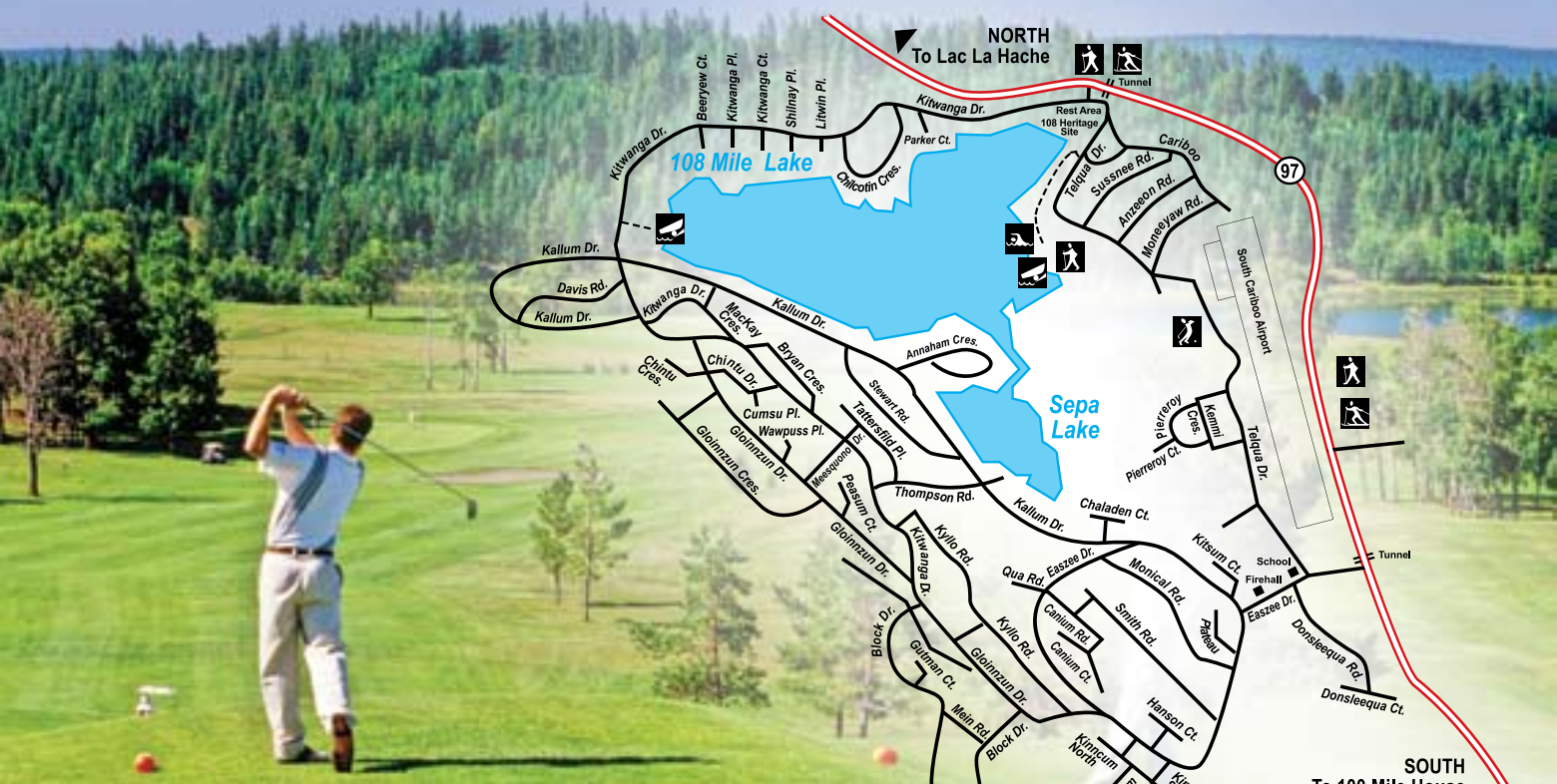
Once a cattle ranch, now a residential community 12 km north of 100 Mile House, the 108 Mile Ranch can satisfy most of your needs. It has an airport with a lit runway (4877 feet long), a professional 18-hole golf course with a lake view, unique accommodations and dining opportunities, spas and fitness centre, gas station, grocery store and much more. Stay for weeks and explore something new every day.

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.

Come walk or ride the 9.2 km trail around the 108 and Sepa lakes, where you can spot many species of waterfowl and their chicks. The beaches are perfect for a swim or picnic. More than one hundred kilometres of trails wind through the undeveloped countryside east of Highway 97 and are accessed through tunnels. Bring your skis or mountain bike and search out the 108 Lookout (elev. 1005 m) for a scenic view.

Ready for a winter vacation? Enjoy a self-propelled journey through the snowy forests on well-maintained ski trails. Take your kids for a fun-filled tubing experience. Sip hot chocolate by a bonfire after an unforgettable winter hayride or dogsled ride. Or stay snug in your cabin, as you look out at the beauty of gleaming snowscapes, changing from day to night. ■





# LAC LA HACHE & TIMOTHY LAKE 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.

Lac La Hache is also home to the Mt. Timothy Ski Hill, one of the last publicly owned ski hills in the province. At 1654 m in elevation, a drop of 284 m, Mt. Timothy is an undiscovered gem, boasting a well-equipped day lodge, modern triple chairlift, over 34 runs in every skill level and best of all, deep dry powder snow.

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. ■

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# 70 MILE HOUSE & WATCH LAKE



## 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 is Flat Lake Provincial Park – 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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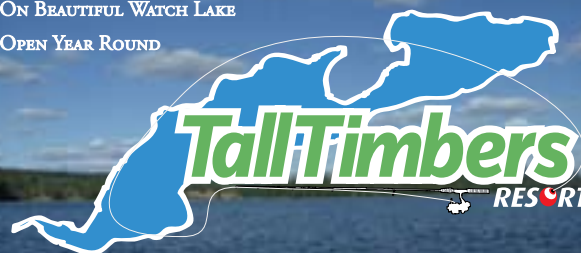
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# CLINTON & AREA

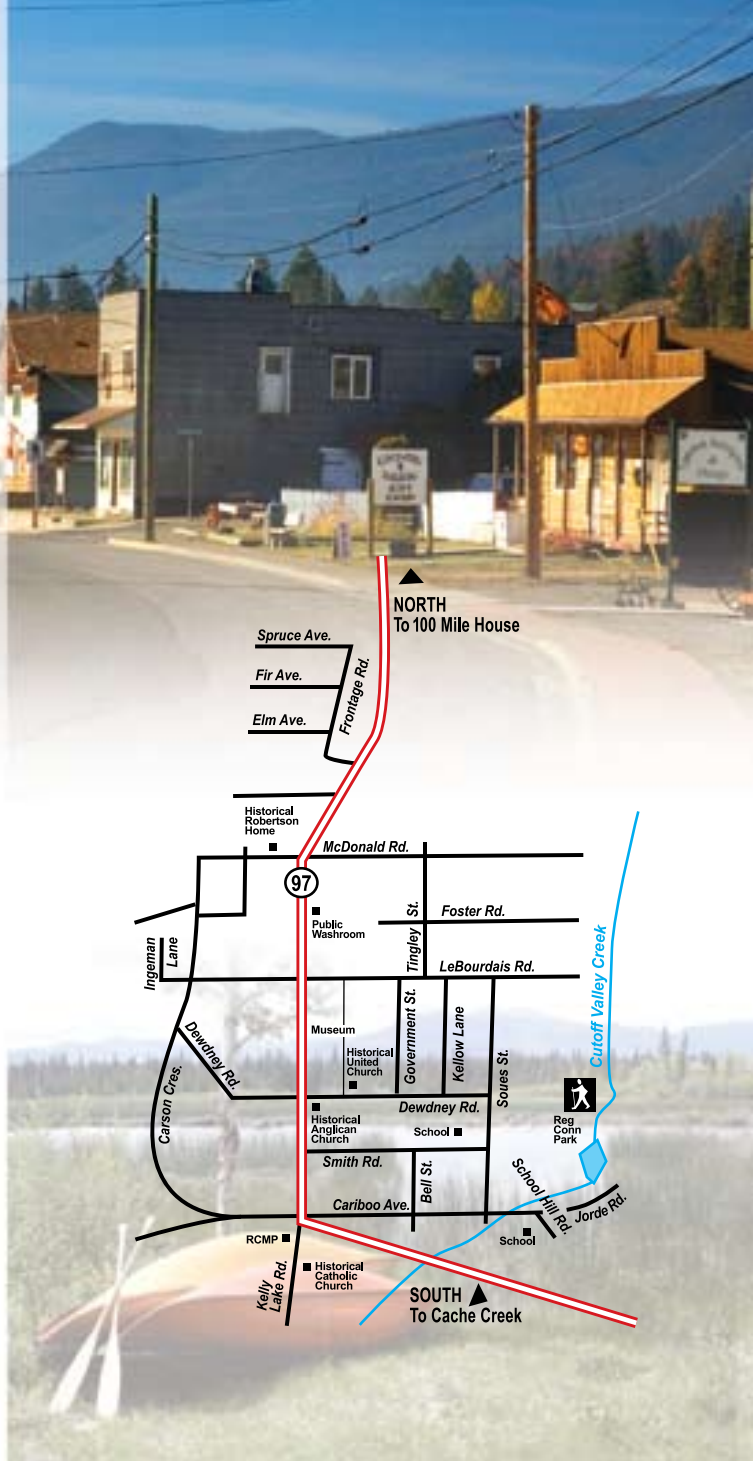
Known as the “Gateway to the Cariboo”, Clinton has as many different facets as it has had names. First Nations originally referred to this area as “Pethdethd” (White Earth). When the Gold Rush Trail went through, the settlers knew it as 47 Mile House. In 1863 the new Cariboo Waggon Road was built through 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. This name kept 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.



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# CANIM LAKE



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 Provincial Park 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. 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 parks, 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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**H**ighway 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 such as waterfront resorts with campgrounds, RV sites and cabin rentals, guest ranches, B&Bs, and 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. ■

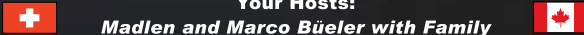


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## A Digger's Meal

**Gold** - deadly dust! The magic metal moved thousands around the globe. From California over Barkerville, the Klondike to Alaska. The whole way they believed was plastered in gold.

The reality was different. The cemeteries and all the unmarked graves along the roads could tell you other stories. Survival became after a few days on the trip as important as to find that precious metal. It was life saving to find shelter, food and fire. To serve the miners, the roadhouses sprouted like mushrooms. Do not compare these houses with a modern restaurant. A miner wrote in his diary:

"There is but one public eating house in town, and invariably the diet is bacon, salmon, bread, tea and coffee... The charge is \$1.00 a meal. No milk or butter is even seen. It is kept in a miserable log hut partly barked over, and with a dirt floor. Everything is done in the same room – which is no more than 12' x 14' and consequently cramped for space, and as hot as an oven..."

Bacon and beans were exactly the menu they normally cooked every day on their own, not the healthiest diet. Even Judge

Begbie wrote: "Have a sore mouth and throat from all the salty bacon."

The lack of vegetables and fruits cost many miners their life, they died from scurvy. In desperate need of vitamin C every price for vegetables was paid. A store near 170 Mile booked: "1 small Rutabaga \$1.00 !!!". A garden was a more lucrative "gold mine" than a deep hole in the ground. Entry in a diary: "...needed 2 days from 108 Mile to 111 Mile because there were so many strawberries in the fields."

There were all kind of road houses, as dirtier the house, as higher the prices. A nice entry in another diary:

"... we partook of a hospitable breakfast. Delicious strawberries and rich cream with fresh butter were in contrast to my daily pan of beans and bacon" or for luncheon:

"... bread, cheese, radishes, raisins, and a good Claret." At other places oatmeal porridge with cream was served.

At wintertime the diggers welcomed a roadhouse with a German landlord like Mundorf's at 20 miles from Ashcroft. At this place delicious Sauerkraut was served, a great source of vitamin C.

A good house charged \$1.50 for a meal in the 1860's. During the depression in the 1870's the prizes dropped to \$0.50 a meal. A traveller described in 1862: "Had dinner at Sellers – had been living on bacon, beans and bread. Had fresh trout delicately fried, roast beef, mutton, roll of veal, potatoes, turnips, cabbage, lettuce and radishes. For dessert there were two kinds of pudding, cream, cheese, rolls of bread and large droughts of fresh milk."

Milk was served with every meal though most guests preferred a good Claret, if available.

All these offers can't deceive after the fact that the main diet was bacon, beans, bread and coffee. Like the fur traders the miners learned very fast from the natives to prepare good bread in the frying pan or in a Dutch oven – Bannocks. Cooks varied proportions and ingredients according to their own liking and the ingredients on hand. They used flour, salt, soda (baking powder was scarce and not very reliable), a little water or milk and melted fat – bacon fat, salt pork fat or beef drippings. It was usually made round, about 10 inches in



diameter and 2 to 3 inches thick, with an evenly browned crust and a fairly light, soft texture. When several Bannocks had to be cooked on a campfire they were left in a frying pan until well crusted, then propped up against stones, facing the fire, to continue baking. Although best when fresh and warm, they were frequently made ahead of time for long pack trips and stored in a "grub box".

Try it yourself at your next campfire to cook old style Bannock. Take 2 cups of flour, 2 tbsps baking powder, 1 tbsps salt, 1-3/4 cups water and lard for frying.

Mix the flour, baking powder, salt fat and water. Melt a chunk of lard in a large frying pan or Dutch oven. Spread the bannock in the pan. Cook on one side until brown and crusted, then turn it over and cook the other side. If the pan is not large enough to cook all of the batter at once, divide into two or three portions.

For special occasions the diggers cooked all types of puddings, depending on the ingredients they had at hand. In a clean empty sugar sack they put a stone to keep it at the bottom of the pan, mixed flour, cinnamon, cloves, nutmeg, ginger, baking soda, salt, suet, raisins, dates, milk and fancy molasses together, spooned the mix into the sack, tied them and steamed it for 2 to 3 hours.

Meals and shelter were very important but the most advertised goods in the newspapers were:

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*Written by Beat d'Aujourd'hui*





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# Welcome - Klahowya

**W**hile the gold rush is credited with drawing settlers of all nationalities to this region, 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 thickest, 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, and manual labour? They were the ancestors 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 Qelmuw (Northern Shuswap) people - men and women with a fierce connection to their land. Generations of closely knit families created a living relationship with this area that only a very long history (over 5000 years) can develop. First Nations were host to the newcomers and they still hold on to an intimate knowledge about this landscape's past and present ecology.

In the South Cariboo, the First Nations communities of the Tsq'escen (Canim Lake), Stswecemc/Xgat'emc (Canoe Creek/Dog Creek), and Llenlney'ten (High Bar) Bands have survived the travails that have faced their people over the last century. They continue to integrate traditional activities, such as food-gathering and producing arts and crafts, with modern opportunities, such as commercial ventures in forestry, agriculture, and tourism.

Visitors are invited to respectfully share in 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 First Nations culture through visiting historical sites, joining in traditional games like Lahal, or taking part in other special events. Find out more on South Cariboo First Nations by picking up our brochure; further information on current events is available through the South Cariboo Visitor Centre.

Signs of Secwepemc residence 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. ■





# South Cariboo Calendar of Annual Events

## winter:

- ice fishing derbies, various lakes
- Snow-A-Ramas for local charity, various locations

## spring & summer & fall:

- farmers' markets, every week, various locations
- fishing derbies, various lakes
- gymkhanas, Green Lake & 100 Mile House
- dances
- fundraisers for local charities

*Please confirm event dates before making travel plans!*

## January

- Curling Bonspiels, various locations
- Mt. Timothy Ski Area special events, NE of Lac La Hache
- Ice Fishing Derbies, various lakes
- Old Cats Ice Hockey Tournament, 100 Mile House

## February

- Cariboo Marathon, x-country ski races, 99 Mile Nordic Centre
- Cariboo Challenge Sled Dog Race, 100 Mile House
- Cowboy Concert, 100 Mile House
- Mt. Timothy Ski Area special events, NE of Lac La Hache
- Snowmobile Drag Races, 99 Mile Snowmobile Tracks

## March

- 3D Archery Shoot (Indoor), 100 Mile House
- Mt. Timothy Ski Area special events, NE of Lac La Hache
- 100 Mile Performing Arts Society's Musical, 100 Mile House
- Figure Skating Show, 100 Mile House
- Minor Hockey Tournament, 100 Mile House
- RE/MAX Ice Hockey Tournament, 100 Mile House

## April

- Home Improvement & Crafts, Home-based Business Show, 100 Mile House
- Festival of the Arts, various venues

## May

- Rodeo Week, various venues, 100 Mile House
  - > Rodeo Roundup Family Barn Dance
  - > Parade & Street Fest
  - > Little Britches Rodeo
  - > Rough Stock Rodeo
  - > Farm, Ranch & Country Show
- RV & Outdoor Show, 100 Mile House
- Clinton Ball, Clinton
- Clinton Rodeo Weekend, Clinton Rodeo Grounds

## June

- 3D Archery Shoot, 99 Mile Trail System
- Relay for Life, 100 Mile House
- South Cariboo Squaredance Jamboree, Lac La Hache & 100 Mile House
- Bridge Lake Stampede, Bridge Lake

## July

- Canada Day Celebrations, 100 Mile House & Clinton
- 100 Mile Show N Shine Car & Bike Show, 100 Mile House
- "Cariboo Trails" Carriage Driving event, 70 Mile House
- Fine Arts Show (July & August), 100 Mile House
- Family Fun Day in the Park, 100 Mile House

## August

- Interlakes BCRA Rodeo, Roe Lk Community Grounds, Hwy. 24
- 100 Mile Mud Drags, 105 Mile
- Clinton Country Jamboree, Clinton
- South Cariboo Garlic Festival, 100 Mile House
- Bridge Lake Fair, Bridge Lake

## September

- Rotary Fall Fair, 100 Mile House
- Cariboo Country Nites, 70 Mile House, Watch Lake
- Crime Stoppers Golf Tournament, 108 Mile Ranch
- Gold Rush Toy Run, 108 Mile Ranch

## October

- Old Stars Ice Hockey Tournament, 100 Mile House
- Halloween Town Celebration, Fireworks, 100 Mile House

## November

- Fun Curling Bonspiel, 100 Mile House
- South Cariboo Winter Arts and Craft Fair, 100 Mile House
- Winter/Christmas Crafts Fairs and Bazaars, various locations
- Santa Claus Parade, 100 Mile House

## December

- Winter/Christmas Crafts Fairs and Bazaars, various locations
- Christmas Concerts, various locations

There are many, many more events happening in 100 Mile House and all the outlying communities..... check out website for updates and/or additional events.



# SOUTH CARIBOO AREA MAP

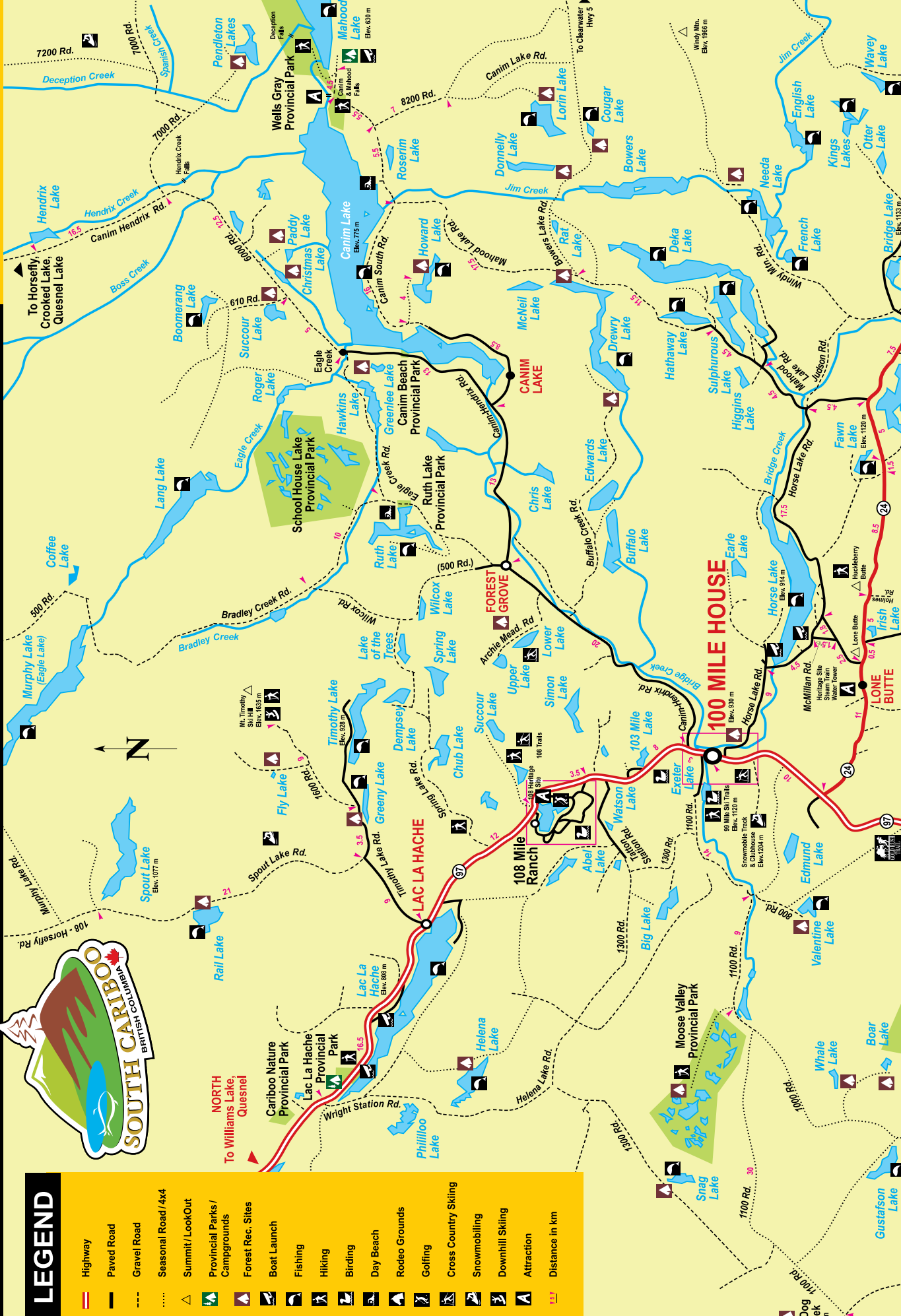
**South Cariboo Visitor Centre**  
 422 Hwy 97, Box 340, 100 Mile House, BC V0K 2E0  
 Phone: (250) 395-5353  
 Toll Free: 1-877-571-5353  
 info@SouthCaribooTourism.com

[www.SouthCaribooTourism.com](http://www.SouthCaribooTourism.com)

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

**LEGEND**

- Highway
- Paved Road
- Gravel Road
- Seasonal Road / 4x4
- Summit / LookOut
- Provincial Parks / Campgrounds
- Forest Rec. Sites
- Boat Launch
- Fishing
- Hiking
- Birding
- Day Beach
- Rodeo Grounds
- Golfing
- Cross Country Skiing
- Snowmobiling
- Downhill Skiing
- Attraction
- Distance in km



Please Note: This Map Is Not To Scale





## Travel Distances from 100 Mile House

| Town                             | Kilometres | Miles |
|----------------------------------|------------|-------|
| <b>South Cariboo</b>             |            |       |
| 70 Mile House                    | 43         | 27    |
| 108 Mile Ranch                   | 11         | 7     |
| Bridge Lake (via Hwy 97)         | 59.5       | 37    |
| Bridge Lake (via Horse Lake Rd.) | 53.5       | 33    |
| Canim Lake                       | 38         | 23.5  |
| Dog Creek                        | 84         | 52    |
| Eagle Creek                      | 49         | 30    |
| Forest Grove                     | 23         | 14    |
| Lac La Hache                     | 26.5       | 16.5  |
| Lone Butte (via Hwy 97)          | 17.5       | 11    |
| Lone Butte (via Horse Lake Rd.)  | 21         | 13    |
| <b>North - NWT, YK, AL</b>       |            |       |
| Anchorage, Alaska                | 3084       | 1912  |
| Dawson City, YK                  | 2501       | 1551  |
| Watson Lake via Alaska Hwy       | 1701       | 1055  |
| Watson Lake via Cassiar Hwy      | 1553       | 963   |
| Whitehorse, YK                   | 1965       | 1218  |
| <b>South - USA</b>               |            |       |
| Bellingham                       | 424        | 263   |
| Ferry (Midway)                   | 520        | 322   |
| Oroville                         | 444        | 275   |
| Seattle                          | 560        | 347   |
| <b>Alberta</b>                   |            |       |
| Banff                            | 689        | 427   |
| Jasper via Hwy 16                | 704        | 436   |
| Jasper via Hwy 5                 | 453        | 281   |
| Calgary                          | 817        | 507   |
| Edmonton                         | 814        | 505   |

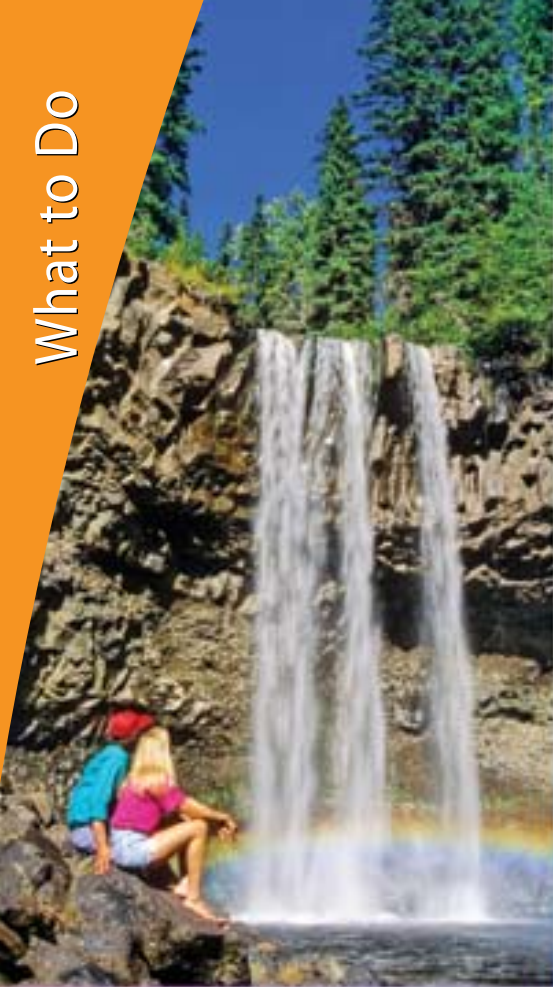
## Community Emergency Phone Numbers

**EMERGENCY: 911** (Ambulance, Fire, Police)

100 Mile & District General Hospital: (250) 395-7600  
 Air or Marine Emergency: 1-800-567-5111

Forest Fire Reporting:  
 1-800-663-5555 Cell \*5555





# Hiking, Biking & Horseback Riding



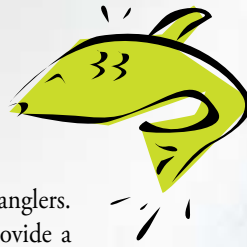
**G**etting around...One of the best ways to explore the landscapes of the South Cariboo is by rambling along the vast network of multi-use trails found throughout the region. Whether you like to hike on your own two feet, take pleasure in the feel of a horse under your rump, or relish the rush of a mountain bike ride, our trail system can accommodate your preferences. Take trails that follow open meadows and grasslands, wind through leafy aspen forests, or meander beneath aromatic conifers. You may lunch by a lake, or picnic beside a waterfall, and always keep your eyes peeled for the local wildlife. Choose from accessible, short walks such as a ten minute stroll to the Bridge Creek



waterfalls in Centennial Park to longer, more challenging routes such as a weeklong trek into the alpine areas of Eureka Peak. If you seek the rocking loll of a horseback ride, there is a selection of guest ranches meeting a range of riding abilities. Our trails also provide unique opportunities for snowshoeing and cross-country skiing during our snowy winter months. The South Cariboo Visitor Centre in 100 Mile House can provide more detailed information. ■



# Fishing & Boating



The South Cariboo is a preferred destination for many freshwater anglers. There are hundreds of lakes to choose from, and each can provide a unique fishing experience whether you like to belly boat, row, or puttputt about. Rainbow, lake, and brook trout all swim in South Cariboo waters, as well as kokanee, char, and burbot. Probably the best-known fishing area is along “the Fishing Hwy” (Hwy 24), but great fishing experiences can be found throughout the area. Some lakes are remote and some are right outside your cabin’s doorstep. Most lakeside resorts and waterfront B&Bs have fishing equipment and boat rentals. Our lakes are best visited by canoe or kayak, but many larger lakes, such as Canim and Lac La Hache are perfect for your personal watercraft or power boat. Remember to bring your swimsuit, since you will no doubt wish to take a dip. Of course, during the winter, you can always join us ice-fishing or skating on a local pond! ■



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# Shopping & Dining



A full day of activities in the fresh outdoors always generates a healthy appetite. South Cariboo eateries offer a full selection of menus to satisfy all of your taste-buds. Throughout the region, our restaurants can provide a humble burger in a casual setting or a full-course meal, cooked up by a gourmet chef.

We also have many ethnic choices, including Mexican, German, Italian, Swiss, Asian, and Western cuisine. If you like to cook for yourself, local farms produce organic vegetables and meat that can be bought at one of the Farmers' Markets in different communities. 100 Mile House also has major grocery and health food stores, as well as a Farm Cooperative.

If you're looking for some rainy day activities, business centres in the South Cariboo offer a wide array of goods and services. Salons and day spas, gyms and studios can help keep you active and attractive. Shop for toys and games, books, quality kitchen items, unique men's and women's fashion, practical outdoor wear, crafts, electronics, furniture and more. ■



## Enter to Win a Digital Camera or a Portable DVD Player!

Thank you for your interest in 100 Mile House and the South Cariboo. Please fill out the entry form and submit to:

**South Cariboo Visitor Centre**  
**PO Box 340**  
**100 Mile House, BC V0K 2E0**

**First Draw:** Entries deadline November 1, 2009  
**Second Draw:** Entries deadline November 1, 2010

**Draw Date:** November 31, 2009  
**Draw Date:** November 31, 2010

One digital camera and one portable DVD player will be drawn on each date.

✂

**Name:** \_\_\_\_\_

**Phone Number:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Email:** \_\_\_\_\_

Where did you obtain the South Cariboo Visitor Guide:

|                                 |                            |                          |                          |                          |
|---------------------------------|----------------------------|--------------------------|--------------------------|--------------------------|
| South Cariboo<br>Visitor Centre | Other BC<br>Visitor Centre | By Request               | Tradeshow                | Other                    |
| <input type="checkbox"/>        | <input type="checkbox"/>   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |





# Arts & Culture

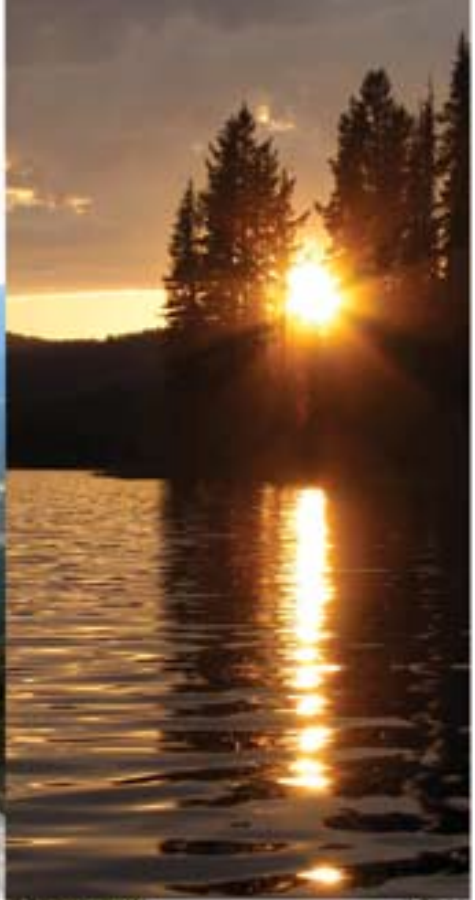


**E**xercise your aesthetic sense by viewing an art show or attending a cultural event. The South Cariboo is home to musicians, writers, photographers, painters, sculptors, weavers and quilters - craftspeople specializing in all media. Situated beside the entrance to Centennial Park, Parkside Centre provides a cozy setting and backdrop for the works of local artists as well as showcasing larger provincial shows. Also in 100 Mile House, Martin Exeter Hall is a warm and cherished venue for theatre productions, and many musical performances featuring talented performers, singers and instrumentalists. Community halls, pubs and dining establishments throughout the region also host concerts and entertainers from around the world. South Cariboo history and culture are further illustrated by beautiful outdoor murals in 100 Mile House. During the pleasant summer months, many annual community events take place at outdoor locations such as Centennial Park in 100 Mile House, and Reg Conn Park in Clinton. Some communities have regular farmers markets, showcasing an array of homemade arts and crafts, whether at an indoor winter venue or outside under the summer sun. ■





# Scenic Drives




A broad collage of landscapes swathes the South Cariboo; often, touring by motorized vehicle is the best way to cover our large and diverse environment. Circle tours will take you through a variety of forested and non-forested areas with side trips to scenic lookouts, good swimming and fishing holes, or just relaxing picnic spots. View South Cariboo wildlife and scenery from the comfort of your own vehicle. Our Scenic Drives brochure available at the South Cariboo Visitor Centre details the some of the trips you can take, including circle tours to visit the Canim-Mahood waterfalls, forestry lookouts, Painted Chasm and other Provincial Parks in the area. ■

*For more information and guidelines to safe travel on backroads, please contact the Visitor Centre or Ministry of Forests and Range office in 100 Mile House.*



*Cariboo Wildlife Photography  
by George Bruckner*



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# Camping, Rec Sites, Provincial Parks



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If you prefer to travel with your RV or tent, the South Cariboo is a camper's delight. We offer many different options from simple recreation (rec) sites and provincial campgrounds, to private, waterfront RV sites with all the amenities. Some rec sites are user-maintained ...if you pack it in, pack it out. Please respect campfire bans; the many dead trees resulting from the Mountain Pine Beetle epidemic can easily catch a flame and spread. Thank you for helping to keep the South Cariboo beautiful! ■



While you are here, visit a historical site, natural wonder, remote camping spot, or point of fantastic view – or, if you have time to spare, all of the above. From nature appreciation to cultural events to extreme sports, a wide array of activities can be enjoyed by all ages and tastes. The South Cariboo also offers top quality cowboy holidays, nature tours, and motorized adventures. If you want to experience the magic of winter, the South Cariboo has fantastic conditions whether you snowshoe, ski cross-country or downhill, snowmobile, or dog-sled.





## 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](http://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!

**Give it a Try! Ask about using a GPS unit from the South Cariboo Visitor Centre.**

## Flora & Fauna of the South Cariboo

**D**iverse landscapes, always changing in colour and mood, provide a range of habitats for feathered friends, big and small. Gaze overhead at soaring eagles, listen to the lullaby of the loon, marvel at the brilliance of a bluebird, and keep your camera ready.

Also be prepared to spot wildlife – different ecosystems (and sometimes our doorsteps) shelter a wide variety of species. It is not uncommon to see deer, moose, and black bear; more rarely, you may glimpse a cougar, wolf or elk.

The majority of the South Cariboo is covered in coniferous forest. Most common are lodgepole pine, now in decline due to mountain pine beetle attack; the ubiquitous hybrid white spruce tree, identified by its sharp needles; and the huge, spreading Douglas-fir; all interspersed with stands of deciduous trembling aspen.

After the ascetic landscapes of winter, the growing season breaks loose a profusion of colour: the pungent yellow of heart-leaved arnica, the speckled orange of tender tiger lilies, the gentle pink of wild rose, the bright red of columbine and indian paintbrush, and the lively purple of asters and lupines. Of course, after the insects, the first herald of spring is the arrival of summer birds. Mating calls send the birch sap running, as Canadian geese arrive in their honking formations, and blackbirds, both the yellow headed and red-winged, establish their nesting territories.

The Saskatoon bush is one of the first shrubs to flower with its sprays of white flowers. In August, its berries stain your fingers and tongue, providing a sweet snack enjoyed by the Secwepemc people throughout history. Edible wild berries satisfy avid pickers and black bears alike. Keep your eyes peeled for huckleberries, blueberries, raspberries, thimbleberries, and springtime strawberries. Not all berries are edible however, so make a positive identification before tasting.

You don't have to venture far to appreciate South Cariboo flora and fauna. Blue skies provide a backdrop for lofty birds of prey: ospreys peering into the waves to capture their meal alongside fishermen, or red-tailed hawks searching the fields for a wayward fieldmouse or rabbit to invite to dinner. Mule deer, foxes and coyotes are common along





roadsides (take care when driving). Sandhill cranes often nest in open fields and cut-blocks. Mushrooms pop up on old roads and disturbed areas; some, such as morels and boletes, are edible, but others are poisonous. At your own campsite, jays, woodpeckers, chipmunks, squirrels, and curious chickadees will all welcome you. Sitting around the campfire or star-gazing in the night, you may encounter our nocturnal residents: the shadows of bats and flying squirrels, or the hoot of a great gray owl. While dangerous encounters are extremely rare, it is always wise to be Bear and Wildlife Aware when camping and hiking.

Unique and rare, Cariboo grasslands harbour inhabitants that are not found anywhere else. Open rolling expanses of bluebunch wheatgrass, with patches of big yellow balsamroot sunflowers, hide many vulnerable and endangered species. BC's largest shorebird, the long-billed curlew, as well as the badger are among them. In fact, if you spot a badger, please contact the Badger Reporting Line at 250-395-7853. The grasslands also provide a home for California bighorn sheep. Lower elevations of the interior grasslands have desert-like characteristics with prickly pear cactus and big sage.

Where can you catch the scent of wild mint on the breeze, watch the reeds dance above the water, or admire water-lilies laying on the surface like green plates serving up bright yellow flowers? Almost forty species of waterfowl can be found on South Cariboo lakes and wetlands. Many migratory species live here during the summer months, or pass through in the spring and fall during their annual passage. These include not only various ducks and geese, but also trumpeter and tundra swans, and the odd white pelican.

The great blue heron is often seen quietly standing at the water's edge. Lake and stream edges, known as riparian zones, are important to nesting birds such as loons and geese, as well as sensitive amphibians. These zones impact the health of the water and creatures who live there; not only fish, but also beavers, otters and muskrats. Watch for moose peeking from among the willows and black cottonwood trees. ■

For more information about South Cariboo birding, visit [www.birding.100mile.com](http://www.birding.100mile.com). When you stop by the Visitor Centre to pick up a birding checklist, bring your spotting scope and see who's swimming on the 100 Mile Marsh (located just next door).


# Calling all Birdwatchers!





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 not all animals are asleep in their winter's dream. The avid ice fisher can set up a stool on one of the many lakes in the area.

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.



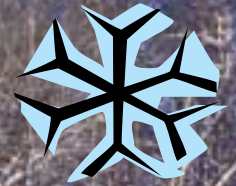
Take a ride back in time by horse-drawn sleigh. Let the jingle of the harness and the scent of hay lull you, as you view the snowy landscape ambling by. If you prefer a saddle, there are winter trail rides awaiting you.

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. Have a look at the calendar of events on [www.SouthCaribooTourism.com](http://www.SouthCaribooTourism.com) for information on sled-dog and other winter events.





# Winter Fun



Snowmobiling is a favourite local pastime. 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. Home made rinks may also be something to try. Winter parties often involve bonfires, hot chocolate, pond hockey & skating and get-togethers with friends and family.



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. Discover unique shops, galleries and artists' displays. Visit a spa, or treat yourself to a delicious gourmet meal. Winter is the perfect time to explore, experience and enjoy the snowy northern hinterland! ■





# Log Home Industry



The South Cariboo has a reputation for manufacturing quality log buildings, and the district of 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, handcrafted log home is definitely one-of-a-kind.

For over a century, South Cariboo residents have built with logs. Historic log buildings, hidden and long-forgotten, are scattered 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 for projects ranging from luxury homes to recreational cabins, 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 trees harvested from local forests.

With pride, we invite you to visit the cozy log South Cariboo Visitor Centre in the heart of 100 Mile House. While there, enquiry about a tour and be sure ask for your own ‘log home’ accommodation experience. ■

## HIGH MOUNTAIN LOG HOMES

*Hand-crafted Log Homes and Cabins*



*Family Owned and Operated*

Phone: (250) 459-7059 • Fax: (604) 357-1015  
Website: [www.highmountainloghomes.com](http://www.highmountainloghomes.com)

## PACIFIC LOG HOMES LTD.



Custom Built Handcrafted Log Homes

Contact us for a copy of our free brochure, including sample plans

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250-395-4922 or 1-800-663-1577  
[info@pacificloghomes.com](mailto:info@pacificloghomes.com)  
[www.pacificloghomes.com](http://www.pacificloghomes.com)





## *A Tiny Insect....*

**F**orces 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 mountain pine beetle. This small creature has caused one of the most extensive natural events to hit North America in centuries, and the effects of the pine beetle epidemic are evident along our highways and mountain slopes. Bright 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 fungi, choke off the tree's flow of sap. Cold winters, hot wildfires, and other natural forest processes that once kept beetle populations under control are now less effective due to climate change, efficient wildfire suppression, and other human interventions.

As with many challenges, come opportunities. Woodpeckers and other animals benefit from the arboreal mortality. The Cariboo Chilcotin Beetle Action Coalition is using creative planning to maintain the economic viability of local communities. Forestry professionals are finding new ways to manage the changing forest resource. Fortunately, dead trees can still be harvested and provide valuable wood products. The unique wood grain, stained blue to grey from the fungi, is being marketed under the registered trademark Denim Pine. Log homes, lumber, furniture, cabinets and more are 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. ■

# Sitka Log Homes

100 Mile House, BC Canada  
250-791-6683  
info@sitkaloghomes.com



Custom Log Homes



Resorts and Commercial

[www.sitkaloghomes.com](http://www.sitkaloghomes.com)



Log or Timber Accents



Cabins



Timber work



## HOTELS & MOTELS

|  |  | peak season rates | value season rates | kitchenettes | contin. breakfast | restaurant | non-smoking | P-pool; H-hot tub; 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  |
|--|--|-------------------|--------------------|--------------|-------------------|------------|-------------|--------------------------------|------------------------------|---------|--------------------|--|--|
| <b>70 Mile Motel</b>                         | 250-456-7500<br>1549 Hwy 97, 70 Mile House   | \$65-80           | \$55-80            | ✓            | ✓                 | ✓          |             |                                |                              | 9       | ✓                  | E  | Family oriented restaurant on site, snowmobiling/atv'ing from doorstep, dry RV sites.    |
| <b>Cariboo Lodge</b>                         | 250-459-7992<br>1414 Cariboo Hwy, Clinton<br>www.cariboolodgebc.com                              | \$74-104          | \$74-104           | ✓            | ✓                 | ✓          |             |                                |                              | 20      | ✓                  | E  | Western pub, liquor store.   |
| <b>Imperial Motel</b>                        | 1-800-561-6811<br>250 Hwy 97, 100 Mile House<br>250-395-2471                                     | \$69-99           | \$59-79            | ✓            |                   | ✓          |             |                                |                              | 27      | ✓                  | E  | Convenient downtown location. Family suites, kitchens. Internet.                         |
| <b>Kokanee Bay Motel &amp; Trailer Court</b> | www.kokaneebaycariboo.com<br>3728 Hwy 97, Lac La Hache<br>250-396-7345, 1-888-399-7345           | \$66-75           | \$62-70            | ✓            |                   | ✓          | L           |                                |                              | 16      | ✓<br>\$5-10        | E  | Spacious comfortable units, on the lake, restaurant across street.                       |
| <b>Red Coach Inn &amp; Conference Centre</b> | 250-395-2266, 1-800-663-8422<br>170 N. Hwy 97, 100 Mile House<br>www.bcadventure.com/redcoachinn | \$75-110          | \$68-85            |              | ✓                 | ✓          | P, H        | 100                            |                              | 49      | ✓                  | E  | Downtown. Fridges, high speed Internet, exercise room, massage and body care, gift shop. |
| <b>Super 8</b>                               | www.Super8.com<br>989 Alder Ave, 100 Mile House<br>250-395-8888, 1-800-800-8000                  | \$89-109          | \$79-99            | ✓            |                   | ✓          |             |                                |                              | 28      | ✓                  | E  | Fridges, microwaves, wireless Internet, in room coffee. Quiet location.                  |

## 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   |
|--|--|-------------------------|------------|----------|---------------------|------------|------------|--------------|---------------|--------------|-----------|--------------------|--------------------|--|---|
| <b>Ace High Resort</b>                       | www.acehighresort.com<br>8260 Ace High Rd., Waich Lake<br>250-456-7518                             | Apr 15<br>Oct 15        | ✓          | 4        | \$62-91             | Apr<br>Oct | ✓          | ✓            |               | ✓            | ✓         |                    | ✓                  | E  | Swimming, fishing, playground, Horse Shoe pit, volleyball, badminton net.   |
| <b>Cariboo Bonanza Resort</b>                | www.caribooBonanza.com<br>6384 Watson Rd., Lone Butte<br>250-395-3766                              | May 1<br>Oct 15         | ✓          | 12       | \$60-155            | May<br>Oct | 50         | ✓            | \$22-27       | ✓            | ✓         | ✓                  | ✓                  | E, G   | Fishing /Archery  |
| <b>Clinton Pines Campground</b>              | 1204 Cariboo Ave., South end of Clinton<br>250-459-0030  |                         |            |          |                     | Apr<br>Nov | 16         | ✓            | \$18-24       | ✓            | ✓         | ✓                  | ✓                  | E  | WiFi  |
| <b>Eagan Lake Resort</b>                     | www.eaganlake.com<br>8648 Eagan Lk. Rd., Bridge Lake<br>250-593-4343                               | all year                | ✓          | 7        | \$60-140            | May<br>Oct | 8          | ✓            | \$18-22       | ✓            |           | ✓                  | ✓                  | E  | Waterfront cabins have their own dock. All cabins and sites have fire pits.   |
| <b>Fawn Lake Resort</b>                      | www.fawnlakeresort.com<br>6850 Fawn Lake Acc. Rd., Lone Butte Area<br>250-593-4654, 1-866-311-FISH | May-Oct                 | ✓          | 6        | \$70-165            | May<br>Oct | 30         |              | \$21-25       | ✓            | ✓         | ✓                  | ✓                  | E, G   | Excellent fishing & bird watching; lake shore log cabins, spacious RV sites; quiet setting (E-motors only).         |
| <b>Kokanee Bay Motel &amp; Trailer Court</b> | www.kokaneebaycariboo.com<br>3728 Hwy 97, Lac La Hache<br>250-396-7345, 1-888-399-7345             | May-Oct                 | ✓          | 3        | \$68                | May<br>Oct | 50         | ✓            | \$22-26       | ✓            | ✓         | ✓                  | ✓                  | E  | All pets on the leash.  |
| <b>Little Horse Lodge</b>                    | www.littlehorseelodge.com<br>6143 N. Green Lake Rd., 70 Mile House<br>250-456-7524                 | Dec 1 -<br>Thanksgiving |            | 5        | \$50-80             | May<br>Oct | 3          |              | \$18          | ✓            |           | ✓                  | ✓                  | E, G   | Restaurant, conv. store, LQ agency, gas, propane; B&B rooms; grassy camp area, sandbox, rustic log cabins.          |
| <b>Loon Bay Resort</b>                       | www.loonbayresort.com<br>7250 Texas Rd., Sheridan Lake<br>250-593-4431                             | all year                | ✓          | 6        | \$60-120            | May<br>Oct | 45         | ✓            | \$22-26       | ✓            | ✓         | ✓                  | ✓                  | E, G, F  | Park like 23ac, spacious RV sites, treed tent sites, log cabins; boat/canoe rentals, playground.                    |
| <b>Moondance Bay Resort</b>                  | www.moondancebay.com<br>7237 Johnstone Rd., Bridge Lake<br>250-593-2244                            | all year                | ✓          | 6        | \$110-140           | May<br>Oct | 22         |              | \$25-27       | ✓            | ✓         | ✓                  | ✓                  | E  | Deluxe lakefront cabins, store, boat rentals, launch. Family oriented.  |
| <b>Moosehaven Resort</b>                     | www.moosehavenresort.com<br>7563 Petty John Rd., Hathaway Lake<br>1-888-744-2271, 250-593-2300     | May-Oct                 | ✓          | 6        | \$57-85             | May<br>Oct | 11         | ✓            | \$23-27       | ✓            |           |                    |                    | E  | Private setting. Good fishing and wildlife area. Large 50amp pull-thru sites. Nature trails.                        |
| <b>Ponderosa Resort</b>                      | www.ponderosaresort.com<br>7405 Canim Lake Rd. S., Canim Lake<br>250-397-2243                      |                         | ✓          | 3        | \$95-130            | May<br>Oct | 25         | ✓            | \$28-35       | ✓            | ✓         | ✓                  | inquire            | E, G   | 8 condos  |
| <b>Rainbow Resort</b>                        | www.rainbowresort.ca<br>4165 Raibow Rd., Canim Lake<br>250-397-2422                                | May-Oct                 | ✓          | 11       | \$65-130            | May<br>Oct | 12         | ✓            | \$25-30       | ✓            | ✓         | ✓                  | ✓                  | E  | Fully equipped waterfront cabins with covered decks, waterfront RV sites, boat rentals cement boat ramp.            |
| <b>Sheridan Lake Resort</b>                  | www.sheridanlakeresort.com<br>7510 Magnussen Rd., Sheridan Lake<br>250-593-4611                    | all year                | ✓          | 19       | \$60-100            | May<br>Oct | 90         |              | \$20-25       | ✓            | ✓         |                    | ✓                  | E  | Tent sites, spacious RV sites, boat rentals, honeywagon, paved roads.   |
| <b>Sheridan Park Resort</b>                  | www.sheridanlake.com<br>7118 Boulanger Rd., Sheridan Lake<br>250-593-4643                          | May 1<br>Oct 15         | ✓          | 6        | \$65-90             | May<br>Oct | 25         |              | \$21-26       | ✓            | ✓         | ✓                  | ✓                  | E  | Fishing, ATV/hiking trails, wildlife viewing, swimming, rentals, store, gas/propane.                                |
| <b>Shoreline Resort</b>                      | www.shoreline-resort.com<br>3664 Hwy 97, Lac La Hache<br>1-888-396-7441, 250-396-7441              | all year                | ✓          | 6        | \$75                | May<br>Oct | 18         |              | \$22          | ✓            |           |                    | ✓                  | E, G   | Boat, Seadoo Rentals  |
| <b>Tall Timbers Resort Ltd.</b>              | www.talltimbers.ca<br>6304 Pioneer Rd., 70 Mile House<br>1-888-228-8255, 250-456-7668              | all year                | ✓          | 7        | \$65-95             | May<br>Oct | 18         | ✓            | \$19-30       | ✓            | ✓         | ✓                  | ✓                  | E  | Boat rentals, convenience store, rainbow trout fishing, swimming, hiking, biking, ATV trails.                       |
| <b>Ten-ee-ah Lodge</b>                       | www.ten-ee-ah.bc.ca<br>1799 Spout Lake Rd., Lac La Hache Area<br>250-434-9745                      | May-Oct                 | ✓          | 10       | \$163-192           | May<br>Oct | 10         |              | \$32          | ✓            | ✓         |                    | ✓                  | E, G, F  | Cabin rates incl. b/f, dinner, canoe & mtn bike + taxes; only property on Spout Lk; deluxe log cabins, fine dining. |
| <b>Witt's End Guest Ranch</b>                | www.wittsendguestranch.com<br>3711 Whitehorse Lake Rd., Lac La Hache<br>250-396-4192               | all year                |            | 3        | \$65-105            | May<br>Oct | 1          | ✓            | \$20          |              |           |                    | ✓                  | E, F   | Log cabins, full kitchen, shower, close to ski hill, quiet settings, chapel.  |



| <b>GUEST RANCHES</b>   |  | season   | lakefront | # cabins | # suites/rooms | kitchensettes | # 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   |
|--|--|----------|-----------|----------|----------------|---------------|----------------|----------------|--------------------------------|----------------------------|--------------|--|---|
| <b>Alexander MacKenzie Ranch</b><br>7736 Highcountry Rd., Bridge Lake<br>250-593-4487<br>www.amr-bc.com    |  | all year | ✓         | 3        | 3              | ✓             | ✓              |                |                                | \$40-80                    |              | E, G   | Horseback riding, canoeing, luxury accommodation. Custom packages available.                                    |
| <b>Becker Lake Guest Ranch</b><br>Eagle Creek Rd, Forest Grove<br>250-397-2935<br>www.beckerlake.ca        |  | May-Oct  | ✓         |          | 7              |               |                |                | ✓                              | \$115+ B&B                 |              | E, G, F, I                                     | Hiking and biking trails, fitness room, horseback riding, Bocce game, birdwatching & wildlife viewing.          |
| <b>Graham Dunden Ranch</b><br>Graham Dunden Rd., 70 Mile House<br>250-395-0756<br>www.grahamdunderanch.com |  | all year |           |          | 2              |               | ✓              | ✓              | ✓                              |                            |              | E, G, F  | Heritage guest house; horseback riding, wildlife viewing, biking, skating, snowshoeing & many other activities. |
| <b>Watch Lake Lodge</b><br>6355 Little Green Lake Rd.<br>250-456-7741<br>www.watchlake.com                 |  | May-Oct  | ✓         | 12       |                |               | 8              |                |                                | \$45-80                    | ✓            | E  | Supervised trail rides. RV sites & camping.   |

| <b>VACATION HOMES</b>   |  | season   | waterfront | non-smoking | min. night stay | family oriented | DVD | D-daily; W-weekly; M-monthly rate | capacity | # bedrooms | laundry facilities | pets welcome | E-Engl; G-Ger; F-Fren; S-Span; M-Mandarin | special features, activities & more |
|---|--|----------|------------|-------------|-----------------|-----------------|-----|-----------------------------------|----------|------------|--------------------|--------------|---|-------------------------------------|
| <b>Watson Lake House</b><br>5125 Watson Lake Rd., 108 Mile Ranch<br>250-791-5349<br>www.watsonlakehouse.com |  | all year | ✓          | ✓           | 2               | ✓               | ✓   | D \$400<br>W \$2000<br>M \$6000   | 12       | 4          | ✓                  | No           | E, M                                      |                                     |

| <b>BED &amp; BREAKFASTS</b>   |  | season       | rates (dbl. occupancy) | P-private/ensuite; S-shared bath | wheelchair access | family oriented | P-pool; H-hothtub; L-lakefront | # rooms | pets welcome | E-Engl; G-Ger; F-Fren; C-Czech; D-Dutch | special features, activities & more  |
|---|--|--------------|------------------------|----------------------------------|-------------------|-----------------|--------------------------------|---------|--------------|---|--|
| <b>A Lake House B&amp;B &amp; Studio</b><br>3812 Emerald Cres., Lac La Hache<br>250-396-4728                                      |  | all year     | \$75-125               | P, S                             |                   |                 | L                              | 3       | pls enquire  | E, D                                    | Sculptural weaver onsite. Basketry classes.  |
| <b>Arcona House Ltd.</b><br>4751 Chilcotin Cres.<br>250-791-6555, 1-877-791-6554<br>www.arconahouse.com                           |  | all year     |                        | P, S                             |                   |                 | L                              | 3       |              | E, G                                    | Library - Music - Walks - Swims.   |
| <b>Attwood Creek Ranch</b><br>7244 Watch Lake Rd<br>250-395-1159<br>www.attwoodcreekranch.com                                     |  | April-Oct    |                        | P                                |                   | ✓               |                                | 2       | ✓<br>\$5     | E, G                                    | Horse boarding, 40 Private acres, delicious cowboy breakfast.                              |
| <b>Cariboo Bonanza Resort</b><br>6384 Watson Rd, Lone Butte<br>250-395-3766<br>www.caribooBonanza.com                             |  | May 1-Oct 15 | \$90                   | P                                |                   |                 | L                              | 2       |              | E, G                                    | Fishing - Archery.   |
| <b>Graham Dunden Ranch</b><br>Graham Dunden Rd, 70 Mile House<br>250-395-0756<br>www.grahamdunderanch.com                         |  | all year     | \$55-80                | P                                |                   | ✓               |                                | 2       |              | E, G, F                                 | Rich European breakfast; trail rides & many other summer & winter activities.              |
| <b>Greenlees on The Lake</b><br>7186 Boulanger Rd, W. Sheridan Lake<br>www.bbcanada.com/3783.html<br>250-593-4171, 1-877-593-4171 |  | all year     | \$65                   | S                                |                   | ✓               | L                              | 3       | ✓            | E                                       | Walk down memory lane. Lake access - marked trails.  |
| <b>Hawthorn Acres B&amp;B</b><br>6847 Judson Rd., Bridge Lake<br>250-593-2384<br>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. |
| <b>Out of Sight - Retreat</b><br>6649 Rayfield Rd, 70 Mile House<br>250-456-6039<br>www.outofsight-retreat.ca                     |  | all year     | \$90                   | S                                |                   | ✓               | L                              | 3       | ✓<br>\$10    | E                                       | Infra-red sauna, highspeed Internet, canoeing, fishing, swimming, B&B & Bale               |
| <b>Sunset Ridge Bed/Bale &amp; Breakfast</b><br>5496 Hwy 97 N, 103 Mile West<br>250-395-5166<br>acsummers@absummers.com           |  | all year     | \$86                   | P                                |                   | ✓               |                                | 2       | ✓            | E, C                                    | Private ent./suite, 600 acres, min. biking, X-C skiing, min. to 100 Mile, horse accom.     |

| <b>REAL ESTATE BUSINESSES</b>  |   | phone   | toll-free      | description of services   |
|--|---|---|----------------|---|
| <b>Darrel Warman, RE/MAX Agent</b><br>435 Hwy 97, 100 Mile House<br>www.caribooestate.com                                    |   | 250-791-6737  | 1-800-731-2344 | Real Estate - Buying/Selling. Come for a Vacation - Return for a Lifetime! We are open all year. Call 8 <sup>00</sup> am - 10 <sup>00</sup> pm. |
| <b>RE/MAX Country Lakes Realty</b><br>100 Mile House & Interlakes<br>www.caribooestate.com                                   | 100 Mile House: 250-395-3422<br>Interlakes: 250-593-0131          | 100 Mile House: 1-800-731-2344<br>Interlakes: 1-866-593-0131          |                | Real Estate; residential, recreational, waterfront, acreage, commercial.  |
| <b>Royal LePage 100 Mile Realty</b><br>230 Hwy 97, 100 Mile House & 7536 Hwy 24, Sheridan Store Site<br>www.100mileroyal.com | 100 Mile House: 250-395-3424<br>Sheridan Store Site: 250-593-4712 | 100 Mile House: 1-800-663-8426<br>Sheridan Store Site: 1-877-593-4712 |                | Real Estate; residential, commercial, recreational.   |





**Williams Lake & District  
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Coach House Square, 100 Mile House, BC

## Watson Lake House



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Or: (604)288-1060, or: [watsonlakehouse@gmail.com](mailto:watsonlakehouse@gmail.com)

| RESTAURANTS                     |   |              | season             | hours of operation               | licensed | children's menu | B-breakfast:<br>L-lunch; D-dinner | private functions | P-patio; L-lakeside | T-takeout;<br>C-catering | reservations recommended | average meal cost | E-Engl; G-Ger;<br>F-Fren; S-Span;<br>I-Ital; D-Dutch | highlights & menu description   |
|---------------------------------|---|--------------|--------------------|----------------------------------|----------|-----------------|-----------------------------------|-------------------|---------------------|--------------------------|--------------------------|-------------------|--|---|
| <b>Backyard Bistro</b>          | 7109 Levick Cres., Lone Butte   | 250-593-4400 | all year           | Tue - Sun                        | ✓        | ✓               | B, L                              | ✓                 |                     | T                        |                          | \$10              | E  | Homemade, fresh meals. Fish, burgers, beer + wine.  |
| <b>Cariboo Lodge</b>            | <a href="http://www.cariboolodgebc.com">www.cariboolodgebc.com</a><br>1414 Cariboo Hwy, Clinton                 | 250-459-7992 | all year           | S: 6:30 - 9:00<br>W: 8:00 - 8:00 | ✓        | ✓               | B, L, D                           | ✓                 | P                   | T                        |                          | \$10-15           | E  | Full cafe menu and dining room menu. Dining room open at 5:00 pm daily.                         |
| <b>Happy Landing Restaurant</b> | <a href="http://www.dininginbc.com">www.dininginbc.com</a><br>725 Alder Ave, 100 Mile House                     | 250-395-5359 | all year           | M - Sat<br>11:30 - 2; 5 - 9      | ✓        | ✓               | L, D                              | ✓                 |                     |                          | ✓                        | \$12              | E, G   | Swiss fine dining; fresh salmon, tenderloin & New York steak, schnitzel. Extended summer hours. |
| <b>Little Horse Lodge</b>       | <a href="http://www.littlehorselodge.com">www.littlehorselodge.com</a><br>6143 N. Green Lake Rd., 70 Mile House | 250-456-7524 | Dec - Thanksgiving | HS 9:00 - 9:00                   | ✓        | ✓               | B, L, D                           | ✓                 | P                   | T                        | ✓                        | \$8               | E, G   | Daily dinner specials, Sun: German specials. Fri: all-you-can-eat fish&chips, homemade meals.   |
| <b>Ten-ee-ah Lodge</b>          | <a href="http://www.ten-ee-ah.bc.ca">www.ten-ee-ah.bc.ca</a><br>1799 Spout Lake Rd., Lac La Hache               | 250-434-9745 | May-Oct            | 8:00 - 8:00                      | ✓        | ✓               | B, L, D                           | ✓                 | P, L                |                          | ✓                        |                   | E, G, F  | Fine dining; European trained chef treats you to a superb international menu.                   |

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## RETAIL & BUSINESS SERVICES

|  | phone / toll-free | hours / season                                      | description of products & services                    |
|--|-------------------|---|---|
| <b>Family Farm Natural Meats Ltd.</b><br>Farmers Market, Hwy 97, 100 Mile House <a href="http://www.familyfarmnaturalmeats.com">www.familyfarmnaturalmeats.com</a> | 250-397-2547      | May - Oct<br>Fri: 8 <sup>30</sup> - 1 <sup>30</sup> | Naturally raised; grass fed beef; free range chicken. |

## ACTIVITIES

|   | phone / toll-free                       | hours / season  | description of products & services   |
|---|---|---|--|
| <b>100 Mile &amp; District Historical Society</b><br>4690 Telqua Dr, 100 Mile House <a href="http://www.historical.bc.ca">www.historical.bc.ca</a>                            | 250-791-5288<br>off season 250-791-1971 | Mid May-Labour Day<br>9 <sup>00</sup> - 5 <sup>00</sup>                           | Museum tours - 11 historical buildings, chapel. Open daily. Craft stores.  |
| <b>83 Mile House Farm Equipment Museum</b><br>7988 Montessa Dr, Hwy. 97, 83 Mile House <a href="http://www.83milehouse.com">www.83milehouse.com</a>                           | 250-395-3720                            | March - November<br>call ahead;<br>December - February                            | Horse drawn wagons, carriages, antiques, collectables. By donation only.   |
| <b>Parkside Centre for Arts &amp; Culture</b><br>Corner of Cedar Av. & 4 <sup>th</sup> St., 100 Mile House <a href="mailto:parksidecentre@shaw.ca">parksidecentre@shaw.ca</a> | 250-395-2021                            | All Year  | Venue for visual, performing & cultural arts.<br>Galleries feature work of local artists, authors, musicians.                      |
| <b>Shoreline Resort</b><br>3664 Hwy. 97, Lac La Hache <a href="http://www.shoreline-resort.com">www.shoreline-resort.com</a>  | 1-888-396-7441                          | May 15 - September 30<br>7 days a week<br>9 <sup>00</sup> am - 1 <sup>00</sup> pm | Seadoo rentals - Parasailing - Boat Rentals  |
| <b>South Cariboo Creations</b><br>7028 Terrace Rd, Lone Butte <a href="http://www.beaverguest ranch.com/sc.alpacas.htm">www.beaverguest ranch.com/sc.alpacas.htm</a>          | 250-395-8848                            | May - September<br>by reservation   | Alpaca farm tours; sundeck cafe w/refreshments and European pastries;<br>Cariboo's favourite salad dressing; Alpaca wool products. |
| <b>Trollheimen Weaving Studio</b><br>6545 Pressy Lake Rd, 70 Mile House <a href="http://www.trollheimenweaving.com">www.trollheimenweaving.com</a>                            | 250-456-7622                            | May - November  | Retreat and workshops in weaving, knitting & felting; Norwegian Krokbragd.<br>Drop-ins welcome!                                    |
| <b>XH Buffalo Ranch</b><br>938 South Green Lake Rd, 70 Mile House <a href="http://www.xhbuffaloranch.com">www.xhbuffaloranch.com</a>  | 250-456-2319<br>1-866-946-3287          | May - Oct   | Buffalo viewing from a hay wagon.<br>Take a trip back in time, when buffalo still roamed the North American prairies.              |

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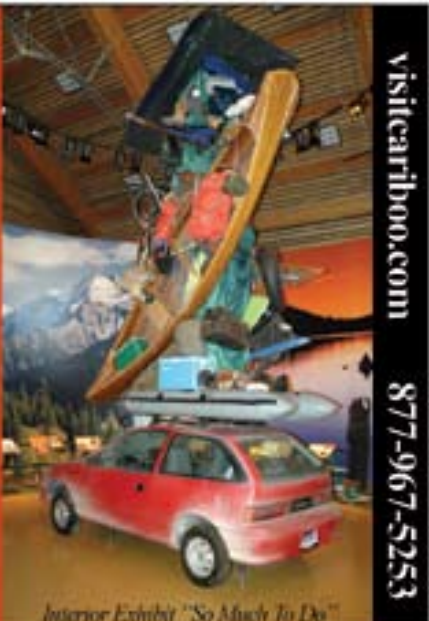


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