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**SUMMER
FALL 2009**
Volume 19, #2
milehigh.ca

The Marmot



MILE HIGH NEWS ON MOUNT WASHINGTON



Bike, Hike & Unwind on Mount Washington
**EXPLORE THE TRAILS
ON MOUNT WASHINGTON**
Hike the Trails in Strathcona Provincial Park

Photos: Tony Radomi, courtesy Mount Washington Alpine Resort

Lake Helen McKenzie, Paradise Meadows, Kwai Lake, Mount Becher... you've been there, done that – but how much do you know about these places you've seen?

Curious about their beginnings, 'The Marmot' set out to find the history of 24 mountains, lakes and meadows in Strathcona Prov. Park.

The Comox District Mountaineering Club (www.comoxhiking.com) has an extensive list of features on Vancouver Island and the origins of their names on

their website. This club has been responsible over the past 90 years for naming many of the geographical features of Strathcona Provincial Park.

Lindsay Elms, who some would argue is a modern-day pioneer, has written a book called *Beyond Nootka*, which thoroughly investigates the history and origins of many of the major geographical features on Vancouver Island. His accompanying website was a valuable resource.

So too was the B.C. Geographical Names database.

Elms writes of three other men who played a vital part in naming park features: W.R. Kent, Einar Anderson and W.W. Urquhart, who led a survey party in the park in 1913-14.

Ruth Masters, a member of the mountaineering club since the 1930s, has made a hobby

out of naming features in the park. But it's no frivolity; she says it's advantageous for people hiking in the backcountry who might get lost. *continued on page 10*



News In Brief

Encompassing people, places and happenings at Mount Washington.

The Canadian Association of Disabled Skiers honoured **Mount Washington** in April as **Ski Area of the Year**. The Vancouver Island Society for Adaptive Snowsports (VISAS) nominated the resort for its dedication to helping disabled athletes. Mount Washington provides VISAS students with reduced lift tickets and annually donates space in the Alpine Lodge for the organization to operate during the winter, president John Stevens told the Comox Valley Record.

Congratulations to Allison Forsyth, championship skier, for a couple of pieces of big news. Mount Washington has dedicated a trail to the Comox Valley Olympian: "Invitation", a popular run for racers off the Sunrise Quad Chair, is now known as Allison Forsyth Giant Slalom Race Course. And in February, at the Mount Washington Ski Club gala, Forsyth received a marriage proposal - to which she said yes!

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Kudos to Andrea Lee of the Strathcona Nordics Ski Club, who in March earned a silver medal at the Canadian cross-country ski championships in Ontario. Also to Darcy Sharpe, who finished first in his age category at a provincial snowboard slopestyle event at Big White.



Cavin Donald, a former VI Riders member from Campbell River, was crowned 2009 King of the Hill at Mount Washington this winter. Donald, who was first crowned King of the Hill in 2007 when he was 16, was judged along with other competitors in big air, slopestyle and rails to determine who is most consistent in all elements of freestyle. Donald also attended the B.C. Freestyle Provincial Team tryouts at Whistler in May and has earned a spot on the team for next winter.

Courtenay glass artist **Paul Crawford's** work was a focal point during the IPC World Cup in March: Crawford designed all 99 etched glass medals for the event.

Mount Washington President **Peter Gibson** turns 60 this summer. When you see Peter this summer- wish him a happy birthday Mr. President!



An IPC athlete from China plays with Rowan, a dog from Pacific Assistance Dog Society.

Olympic Update

The 2010 Winter Olympics are less than a year away, yet one event at Mount Washington Alpine Resort last winter made it seem like the Olympic Games were already here.

The Resort hosted its second International Paralympic Committee (IPC) World Cup in three years from March 11-14.

"It was inspirational," said Don Sharpe, Resort Director of Business Operations. "It was absolutely wonderful," said Susan Kelsey, who heads up the Comox Valley Spirit of B.C. Community Committee. Kelsey is also a former Olympic athlete, having won a bronze medal for swimming in the 1976 Summer Olympics in Montreal, Que. "We hosted (the World Cup) in 2007 and it was a big success; we just built on that," she said.

There were 270 volunteers working the event, and Comox Valley schools "adopted" the 20 participating nations, cheering them on during the week of events. Students also took part in the medal ceremonies, holding the trays of medals so dignitaries could present them to the winning athletes.

Two IPC technical directors from Switzerland visited the site, including one man who had also attended the 2007 event. He said, "You guys are in line for a world championship now."

The Resort has applied for an able-bodied World Cup event in 2012. Sharpe said it's a long shot, but once a resort makes an application "it puts you on the radar; people know that you're serious."

The Resort is expecting upwards of 250 athletes and support crew to train at Mount Washington prior to the 2010 Winter Olympics. They already have six snowboard teams, five biathlon teams and three cross-country teams that have committed, Sharpe said.

Countries that will be represented include Canada, the United States, Sweden, Germany, France and Switzerland. Paralympic teams that will practice at Mount Washington prior to their Winter Games include Norway, Denmark, Finland, Ukraine and Austria.

The Spirit of B.C. Community Committee is concentrating on the Olympic torch run, which will stop in the Comox Valley on Nov. 2. Courtenay has been designated a celebration city, and is planning a big event at Lewis Park to herald the torch, Kelsey said.

The torch will pass through Courtenay, Comox and Cumberland on its way down Vancouver Island. "We're gearing up for 2010," she said. More events are planned leading up to the Games, including the Canada Day parade in Courtenay, the theme for which will be "2010 Olympics," she said.

"We're going to have a float in the parade and have a real presence on that day. "More than anything, we want people to be aware of the Olympics and raise the spirit in the Valley - get people excited about the Olympics," she said.



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Summer is Festival Time on Mount Washington

The Save-On-Foods family picnic is set for Canada Day July 1, as usual. The Beer Festival celebrates 10 years on Friday, July 10, while the Wine Festival is 11 years strong on Friday, Aug. 7. The Disc Golf Tournament returns on Saturday, July 18, a fun way to spend some time outdoors.

Last year's **Culinary Festival** was so popular that the Resort is expanding on the theme this year. "We learned after the first year that it can be a really popular event," said Tim Defert, Resort Director, Hospitality Operations.

The festival has a new sponsor this year, Comox Valley Economic Development's Agri-Food Program.

The Event begins with a wine and cheese reception on Friday, Sept. 4 (Labour Day weekend) where guests will have an opportunity to meet the guest chefs and sample local wines and appetizers made with local products.

Guest chefs include Brad Long of the Restaurant Makeover show on The Food Network (he's also executive chef of Veritas, a restaurant dedicated to sustainably produced local ingredients), Tahera Rawji, an author from Richmond, B.C. whose first cookbook was called "Simply Indian" (she cooks dishes from Pakistan, India and the Middle East) and Erik Akis, food columnist for the Victoria Times-Colonist and a gourmet chef in his own right.

The chefs will conduct gourmet cooking classes on Saturday, Sept. 5, then will provide the delectable fare for the Alpine to Valley Gourmet Dinner and Wine Pairings later that evening. The dinner will feature locally produced fresh products.

The highlight of Sunday, Sept. 6 is the

Alpine Marketplace, taking place in the Resort Courtyard from noon to 4 p.m. Defert has visited vendors near and far in an effort to collect local products that will tantalize the tastebuds.

New this year is a Wellness Retreat Aug. 28-30 – a weekend for nurturing the mind, body and soul. "It's a real growing trend; people are looking for calm, serene, yoga-style events," said Don Sharpe, Director of Business Operations.

"Imagine doing yoga on top of the mountain on a beautiful, sunny day."

The retreat will feature healthy meals, wellness classes that promote health and relaxation and yoga options. Local experts will be on hand for pampering with guided edibles walks, seminars on healing touch and aromatherapy and more.

On the **mountain biking** side of the schedule, the Resort is taking a break from the Bearclaw event this year, Sharpe said. However, the Resort is hosting a B.C. Cup cycling event and some downhill racing and a women's weekend, too.

Resort staffers are also putting some time and energy into their trails, this summer. "We're finishing off a couple of bike trails that weren't completed," Sharpe said. "We're going to spend some time this summer making sure they're buff." Crews will also break more ground on a beginners' trail.



Photo: Susan Quinn

Kate Dodd In Profile...

Every five years during her adult life, Kate Dodd has switched jobs. Until she joined the staff at Mount Washington Alpine Resort, that is.

Now, she's having so much fun she wouldn't dream of working anywhere else. Dodd is the Resort Director of Finance "and sometimes Human Resources, and sometimes not," she says.

Dodd and her staff are responsible for the safekeeping of all of the Resort's assets. Human Resources intuitively fits into her role "because our biggest asset is our people."

She takes care of capital, purchasing, future planning, budget reporting and controls.

She skis - badly, by self-admission. She leaves the on-the-slope activities to those

who are more skillful, and dedicates her mountain time to her job. Dodd joined the accounting field in 1989 after a varied career. "I have a patchwork quilt past," she says, smiling. Dodd originally earned a degree in psychology, "which qualified me to work in restaurants and little else," she says ruefully.

While living in Winnipeg, Manitoba, she worked in restaurants in every capacity then moved on to a seniors' centre and a wilderness camp for troubled teens. She gravitated back to restaurants, eventually owning a couple.

When she started a family she took the Certified General Accountants course by correspondence, deciding that restaurants weren't the place she wanted to raise her children.

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Photo: Tony Radomski

Putting the Mountain on the Map

Visitors to Mount Washington Alpine Resort are frequently amazed to discover that along with all the great recreational facilities, there are more than 600 properties in and around the Resort.

They range from studio apartments through hotel-style suites to 12-bedroom chalets. And what's more, many are available to rent, offering no fewer than 4,000 beds between them.

Now, through the Mount Washington Resort Association – operating as 'Tourism Mount Washington' – some 200 property owners and other resort businesses are working together to ensure their facilities become better known to many more potential visitors.

They have already been able to deliver some big publicity coups for the mountain as far away as England and Australia.

Now they are working on their first detailed tourist guide to encourage many more people to come for extended stays in both winter and summer.

"Our members' subscriptions, coupled with very substantial input from the resort itself, are allowing us to lift the marketing of Mount Washington to a whole new level – and that will benefit everyone," says marketing and membership manager Sarah Nicholson.

The association's successes in its first 18 months include:

- Launching the Tourism Mount Washington destination website, with a special focus on members' accommodations and businesses.
- Securing a full-page promotional full-colour feature right alongside Vancouver (and before Whistler!) in the Canadian Tourism Commission's official 'Come Ski Canada' guide. 100,000 printed copies of the guide are distributed to ski markets worldwide along with another 300,000 e-copies on CTC websites.
- Attending the huge Metro Ski and Snowboard Show in London, England – an event that has already generated solid business and new contacts.
- Hosting British journalist Neil English, resulting in an impressive feature pro-

moting Mount Washington in the 'Mail on Sunday' newspaper – long regarded as the premier UK newspaper for covering ski vacations.

- Producing and distributing 30,000 copies of an all-season illustrated map of the mountain, pinpointing accommodation and businesses as well as facilities on the mountain.

There has already been measurable payback from the initiatives.

For example, since the London show, Mount Washington Alpine Resort reports a 12 per cent jump in unique visitors to the resort website from the UK. Tobin Leopkey of Section 8 Snowsport Institute has collected deposits from several British people booking 12-week instructor training courses and is now spreading the benefits by renting accommodation for them on the mountain. And since listing on the Tourism Mount Washington website, Sharon Hadden – who has owned and rented out her property on the mountain for 20 years – has recorded a significant increase of summer bookings.

But there is more to the association than marketing. It's also about giving members a voice to pursue further improvements to the village, facilities and services, and building a strong sense of community here.

The concept is modeled on Sun Peaks Resort near Kamloops. There, resort association president Christopher Nicolson says a range of mutually-beneficial services for members have been developed, including centralized reservations, group sales and the operation of an information and adventure centre where activities as diverse as dog sledding and canoe rentals can be booked.

Mount Washington is a family-focused resort with many accommodation options that have the appeal of 'home from home,' unlike some of the big winter centres that play on glitz and glamour.

That distinction can be a real plus, says Renata Cecconi, executive director of the Canadian Destination Ski Consortium (CDSC), which Tourism Mount Washington has joined.

"Mount Washington is actually unique among our members in being an Island resort with alpine-to-ocean opportunities on the same day – that's an unusual and appealing idea for many vacationers," she said. "There are not many places in the world that can claim that."

Cecconi says Tourism Mount Washington "will be getting an amazing return on its investment" in international promotions by playing in the bigger CSDC team, alongside members like Whistler and Tremblant.

Solid foundations are being laid to attract vacationers who will want to stay at Mount Washington for several nights, including through midweek.

Ideas for new packages are being explored, with international visitors coming to the mountain for an Island adventure, then moving on to a resort like Banff to give them a wholly different experience.

The direct air links between Calgary and Comox, connecting with great value flights to and from Europe, certainly underscore the possibilities.

In his British newspaper article, here's how Neil English enthused about Mount Washington: "There are not many ski areas in the world where high quality on and off-piste terrain, excellent powder snow and stunning views combine to deliver such an all-consuming feelgood factor."

That's some recommendation coming from one of Europe's top ski journalists to a country that is Canada's biggest overseas ski market, whose winter sports enthusiasts spend over 400,000 nights at Canadian ski resorts every year!

Mount Washington Resort President Peter Gibson is delighted at the association's early marketing achievements, and notes that success benefits all property owners on the mountain.

"Even those who don't rent have a vested interest in ensuring awareness of Mount Washington increases and the resort prospers," he says. "The higher our profile, the more positive the effect will be on land and property values over the longer term. There is a real bottom-line individual benefit there."

Urging more owners to sign up, he adds: "There is real strength in numbers – and the math is simple. The higher the number, the greater the income and the more that can be achieved."

Sarah Nicholson agrees. "The mountain resort association will be able to do so much more as more stakeholders join us, so we're encouraging everyone with property or businesses on the mountain to become a member of our team.

"The contribution of every extra member can be multiplied twice over – often more – in shared benefits.

"But just as important, teaming up will help build a stronger sense of community on the mountain, and that can only be a good thing."

Those interested in joining, or simply learning more about the resort association's work, can log on to www.discovermountwashington.com. They can also email Sarah Nicholson at manager@tourismmountwashington.com or give her a call at 250-338-0226.

Tourism Mount Washington Manager, Sarah Nicholson shown holding a copy of the Mail on Sunday promoting Mount Washington.



New Interpretive Hut Opens



Photo: Susan Quinn

Visitors wanting to access the Strathcona Provincial Park Trailhead from the parking lot beside Raven Lodge will notice a big change this summer: a new Interpretive Hut.

"It has taken close to 14 years of perseverance and the involvement of many people and groups to get this building to lock-up stage last fall," said Andy Smith, Area Supervisor, BC Parks, Strathcona Area.

"While the Strathcona Wilderness Institute (SWI) has had a great deal of support from the local Rotary groups and private and corporate donors to date, the project still is in need of donations to complete the vision," he added.

"BC Parks wants to increase accessibility to all parks and this Strathcona project, which also includes the construction of the new Trailhead area and a barrier-

free access trail into Paradise Meadows, finally allows everyone to visit and enjoy this sub-alpine environment."

The building came together really quickly, said Steve Smith of the Strathcona Wilderness Institute (SWI). Mount Washington Alpine Resort donated the land for the Hut and parking lot that allows unfettered access into the park. The institute received a matching funds grant from Coastal Sustainability Trust to have the building constructed courtesy of Paul Henderson (PGH) from Courtenay.

There is still a lot of work to do, though: Smith would like to see the bottom floor finished with wheelchair accessible toilets, and the interior completed.

The group is prepared to operate the interpretive centre this summer even if funding doesn't come through to finish off construction. *continued on page 27*

Winter 2009 In Review



Winter at Mount Washington Resort got off to a slow start last December, but picked up speed through to the spring actually extending the operating season.

"We had a lot of icing, and no cake," said Don Sharpe, Resort Director of Business Operations.

Any early snow blew away, or blew to where it wasn't appreciated. When the freezing temperatures arrived, the snow pack wasn't solid enough.

"Then the inversion hit," Sharpe said. "It was 19 degrees (Celsius) at Raven Lodge one day in January...and minus two in the Comox Valley."

The snow that Mount Washington is famous for finally arrived in February and March, and by mid-March the Outback terrain opened and the Boomerang Chair was operational. "The people who did come up to use the terrain enjoyed the terrain," he added.

The Resort extended its operating hours for two extra weekends in April, which was part of the management team's strategy to allow people to get as much snow experiences as possible this season.

Perhaps the busiest people on the mountain this winter were the groomers: moving snow from places where it accumulated to places where it was needed.

"They finally got the credit they deserve," said Erik Meertens, Operations Manager for Mount Washington Resort. "They work as hard with a metre of snow as they do with 10."

This year the groomers went to even greater lengths to make sure skiers and snowboarders had a good variety of runs to choose from. And at times it wasn't easy, Meertens said.

"We literally went and got (snow) with man and machine and stitched it together...There were certain times we could have easily thrown in the towel." The groomers received a lot of compliments from the skiing public, Meertens said.

Meertens and his groomers will spend time this summer installing snow fences, which will help collect blowing snow that can more easily be moved onto certain spots that need it – especially early in the season. *continued on page 27*

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Summer Grooming Improves Winter Snow Conditions



Grooming is not just a winter activity at Mount Washington Alpine Resort. The Resort has a dedicated group of experienced groomers, led by Operations Manager Erik Meertens, who trade in their Snow Cats for pole cutters as soon as the snow melts in late May or June.

The summer grooming program began four years ago when Resort staff realized some of its original runs, which hadn't been trimmed since before opening day in 1979, were becoming overgrown.

"We decided to put a three-man crew on the higher elevation stuff," Meertens said.

Early in the season Meertens had two brush-cutting crews working four days a week, trimming anything that pokes through the remaining snow. Crews patrol the ski runs with chainsaws, brush cutters and pole cutters, smoothing things out in preparation for next year's ski and snowboard season. The crews

expand in June to four-man crews.

In May, they were trimming "Christmas trees and conifers that have never had to be cut back before," Meertens said. "We're going to give everything a haircut." Anything that has been developed in the last four or five years doesn't need to be touched, he added. "We're back to doing Round 2 on stuff we started three or four years ago."

Meertens estimates his crews will smooth out 15 to 20 runs before autumn, and that includes glade work among the trees. There are 60 runs at Mount Washington.

Workers will bring in an excavator with a mower on it to do a few hectares of less steep terrain. They'll re-grade some of the runs off the top of the Hawk, Sunrise Quad and Eagle chairlifts this summer, including moving some earth around and moving rocks out of the way to make it easier to bring in snow grooming equipment earlier in the season. They'll do some blasting at the top of the

Eagle to rid themselves of some of the bigger rocks.

The groomers will also install drift fences this summer to help corral snow next winter. The fences are set up in areas where snow accumulates, and the winter groomers will move the snow onto runs where it's needed. "We're going to snow farm better than we ever have this year," Meertens said.

All the brush cutting and the drift fences will allow the Resort to open more terrain with less snow, earlier in the winter season.

"The rumour has always been we need one-and-a-half metres to two metres of snow to open. Last year we opened with a metre," Meertens said. "We're very optimistic we'll be able to maintain (ski runs) earlier."

Especially the first 100 metres off some of the lifts, he added. Last year the snow broke down at the top of some lifts, but that problem will be alleviated. "There will be less maintenance required," he said.

James Clarke (upper left) operates a pole saw to clear away brush. The pole saw is the tool of choice because groomers don't have to bend over to cut low brush. Dave Paige (below) uses a brushcutter to clear away brush that has grown up on one of Mount Washington's more mature ski runs.

Photos courtesy of Erik Meertens, Resort Operations Manager.



Celebrate Parks Day!



The Strathcona Wilderness Institute will celebrate Parks Day on Saturday, July 18, 10 a.m. to 4 p.m. at the trailhead to Paradise Meadows.

This will also be a day to celebrate the new interpretive building. Groups and companies with a special connection to Strathcona Provincial Park are invited to set up booths in the BC Parks parking lot at the Paradise Meadows trailhead to promote what they do or answer questions.

Proposed activities for the day include talks, short walks or demonstrations by volunteers and kid-friendly activities like a climbing wall and facepainting.

Attendance will be free. The Wilderness Institute hopes that groups wishing to set up information booths will consider donating \$25 or more.

The Wilderness Institute will provide coffee, tea and snacks, and will gratefully accept food donations for the day from other groups.

Each group would be responsible for their own tables and tents. Merchandise cannot be sold at this event unless the group has a Commercial Park Use Licence, or they intend to donate proceeds to the SWI.

All proceeds from this event will go towards the SWI building fund, to help complete wheelchair accessible washrooms on the bottom floor.

For more information, please call park interpreter Luisa Richardson at 250-923-9918.

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Ski Clubs Keep Busy in the Heat of the summer



Snowsports don't stop when Mount Washington Alpine Resort closes its doors on the winter season.

All five of the Clubs that compete in their chosen fields – whether it be Alpine or Nordic Skiing, Snowboarding, flying through the air Freestyle or Biathlon – are equally as busy in the summer.

The Strathcona Nordics won't be watching television this summer, they'll be on it.

The team is co-operating with Discovery Channel on a series dealing with the science of sport, and will film at Mount Washington and Haig Glacier in Kananaskis, Alberta, in late July.

Strathcona Nordics' head coach Dave Battison is already studying the effects of altitude on endurance athletes in an effort to increase their recovery capacity.

He has worked with PacificSport and with athletes around B.C., which is how Discovery Channel got his name.

He has 20 athletes whose blood lactates, strength and metabolism levels are tested regularly. "I'm one of the few professional coaches that works full time," says Battison. "There's not as many of us and certainly not many doing the things that I'm doing."

Battison managed to get a spot at Haig Glacier for his elite athletes to train this summer. The Canadian national teams use the facility – which has a testing lab at 9,000 feet – for training, so it's not easy to get in.

While the Strathcona Nordics' elite athletes will primarily be involved in the filming, the junior and masters teams will also be involved in some aspect, Battison said.

The junior team works out four days a week together in the summer and go to training camps, too. Regular testing days are done at the end of each month. "The Haig trip will be one of our biggest training camps," he said.

Biathlon team prepares for Olympics

The Vancouver Island Biathlon Club turns its sights on the 2010 Winter Olympics this summer. "The Olympics were a golden opportunity to raise the profile and build all our legacy stuff," said Joe Bajan. "Our biggest focus in the last while was to complete our legacy components."

That means preparing the Biathlon Range at Mount Washington Alpine Resort to host several international Olympic and Paralympic teams for training prior to the Olympics.

Bajan expected funding to fall into place after the Marmot went to press. The club had automated six of its targets in advance of hosting Team Sweden for training this year, and they hoped grant money would come through to allow them to automate the rest of the targets. That would make the biathlon range one of three in Canada with fully automated targets (the other two are in Whistler and Canmore, Alta).

The Biathlon Club will host the Cadet Provincial Championship Feb. 6-7, 2010, and have organized a special event following the race. Bajan said a race will be set up for any Olympic athletes who are at the mountain training for the 2010 Winter Olympics.

So the young biathletes and members of the public will have the opportunity to watch an Olympic-class race. "You'll watch some of the world's greatest," Bajan said. "When you see what these guys do, it's mind numbing. There's no other word for it."

Freestyle team hits water ramp at Whistler

Athletes with the Mount Washington Freestyle Club will spend their early summer on self-directed dryland train-

ing. There are also options for some participants to train with the B.C. Freestyle team at Whistler-Blackcomb, said Club spokeswoman Gina Stubbs.

"Our Club in the summer also goes to Whistler, to the water ramp, and we have a club water ramp camp," Stubbs said. Athletes will learn to do flips and other more complicated jumps wearing wet-suits instead of snow gear, and landing in water, which is a better shock absorber. "It's just a safer venue," she added.

This summer, club volunteers will do some grading on the mogul park (on Lower Retirement) to adjust the pitch for a permanent mogul course. They will install a "table top" to create a safer platform for jumps, Stubbs said.

The competitive freestylers will kick their season into gear in the fall with a trip to Apex Alpine in Penticton, which opens early for national and provincial freestyle team training.

VI Riders keep on shreddin'

Vancouver Island's only snowboarding club continues to pump out emerging athletes in both the developmental and competitive domains, club spokeswoman Kelsa Donald said.

"This year the Club brought on board their first female coach, who worked with an incredible group of female riders to nicely round out the skill level across the mountain," she added.

Five of the VI Riders are involved with the B.C. Provincial Team or the Developmental Team now – an impressive record, considering the Club is only three years old, Donald said.

Cavin Donald – Mount Washington's King of the Hill again this year – was selected to the B.C. Team.

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Say Hello to my Little Cousin!

The Vancouver Island Marmot is thought to have originated on the mainland of British Columbia, prior to the Cordilleran glaciation about 10,000 years ago. The Marmot Recovery Foundation surmises that when sea levels dropped and land bridges were formed, marmots migrated to the Island and evolved into their present form.

Ancient lore that *The Marmot* has uncovered in secret archives suggest that marmots have a close relationship with another elusive creature: sasquatch.

(Why else, we have to ask, would the Vancouver Olympic Organizing Committee think to pair mascots like Quatchi and Muk Muk together?)

Marmots live in colonies, and sasquatch are suspected to co-habit in groups, migrating with the growing seasons.

Marmot habitat is traditionally high in the mountains, above 1,000 metres. Sasquatch too, prefers higher elevations.

Marmots are herbivores and eat a lot of plants. Sasquatches have not been known to attack anything beyond a berry bush, although there is a sub-species that has been discovered to eat shellfish in ocean lowlands, as previously revealed in *The Marmot*.

Marmots while away the few daylight hours they are above ground either nose-touching or sparring in play fights.

Sasquatch delight in watching the marmots' antics, much like a human would watch a pet cat or dog.

Vancouver Island's Marmots are considered endangered in Canada. In recent years, efforts at breeding centres at Mount Washington and the Calgary Zoo have been successful in bringing the furry critters back from the brink.

But we know the real secret: and if you look hard enough in the shadows of the treeline above the Marmot Foundation's breeding centre, you'll see it too. Sasquatch... keeping an eye on its furry friends.





MTB LEGEND

● Skills Area	● Amenities	
⊕ First Aid (334-5741)	⋯ Future Trail	
Ⓟ Parking	⋯ Access Roads (except motor vehicles)	
●	■	
EASIEST (30%)	MORE DIFFICULT (35%)	MOST DIFFICULT (35%)
● Cross Country Race Course (XC) 6.1 km	◆ Black in Black 1.0 km	
● Discovery Trail (XC) 4.4 km	◆ Crusher 1.5 km	
● Quick & Dirty 0.4 km	◆ Evil Eye 1.1 km	
● The Dirty Marmot 0.3 km	◆ Helter Skelter 1.7 km	
■ Big Brother 2.3 km	◆ Hidden Alley 0.9 km	
■ Finger Trail (XC) 5.8 km	◆ Hustler 1.6 km	
■ MMT 2.0 km	◆ Monster Mile 2.0 km	
■ Monster Hawk Connector 0.8 km	◆ Scratch & Sniff 1.4 km	
■ Time Warp 2.0 km	◆ Wizard 1.3 km	
	◆ 4 Cross 0.5 km	
	◆ Jump Park	

Cruise aboard the MV Uchuck III

a coastal passenger and freight vessel that provides numerous services to ports-of-call in Nootka, Esperanza and Kyuquot Sound.

Witness the day-to-day events of a working coastal vessel as the M.V. Uchuck III plies the historical waterways of Nootka Sound. Explore the shores and waterways of isolated inlets and view the variety of resident wildlife.

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Columbia, is a must to see on everybody's travel list. If you desire a longer voyage try the 2 day adventure trips to Zeballos or Kyuquot. Here the M.V. Uchuck III goes about delivering cargo to isolated marine out posts.

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Coastal Cruising Adventures aboard the MV Uchuck III

FRIENDLY COVE VISIT BC'S BIRTH PLACE!

Wednesdays & Saturdays, June 10 ~ September 9, 2009 Depart Gold River 10 am
Adults: \$70 ~ Seniors (60+): \$65 ~ Child (6-12 with adults): \$35 ~ Under 6: FREE

KYUQUOT ADVENTURE

Overnight trip departs Thursdays (year round), includes accommodations, dinner and breakfast in Kyuquot.

Double Occ: \$465 ~ Single Occ: \$335 ~ Child (6-12 years with adult): \$145

ESPERANZA ADVENTURE

Overnight trip departs Mondays, includes accommodations, breakfast, and an overnight stop in Zeballos. July 6 to September 14, 2009

Double Occ: \$375 ~ Single Occ: \$240 ~ Child (6-12 years with adult): \$90

Reservations Required

1-877-824-8253

or 250-283-2515

www.mvuchuck.com





Photo: Tony Radomir

Mountain Bike Responsibility Code

Mountain biking involves the risk of injury. Common sense and caution can reduce the risk. For your safety and the safety of others, please adhere to this code.

- 1 Ride in control and within your ability level.
You must be able to avoid other people or objects.
- 2 Stay off the lifts and trails and out of the Bike Park if your ability is impaired by drugs, alcohol or fatigue.
- 3 Wear a helmet. It is mandatory. Other protective equipment is strongly recommended.
- 4 Inspect your bike or have it checked by a qualified bike mechanic before you ride.
- 5 Be sure you have the physical dexterity, ability and knowledge to safely load, ride and unload lifts. Ask the Lift Attendant for assistance if you need it.
- 6 Be aware of changing conditions on trails and features. Inspect features before use and throughout the day.
- 7 Stay on marked trails. Ride only in the direction indicated by trail markers. Obey all signs and warnings. Do not cut switchbacks. Keep off closed areas.
- 8 Avoid riders ahead of you. They have the right of way.
- 9 Look uphill and yield to other riders when entering a trail or starting downhill.
- 10 Do not stop where you obstruct a trail or are not visible from above.
- 11 If you are involved in or witness a collision or accident, you must identify yourself to the Bike Patrol or a staff member.
- 12 Do not feed, provoke or approach wildlife.

Know the Code • Be Safety Conscious It is Your Responsibility

Park privileges will be removed for breach of code.

Hiking Trail OVERVIEWS

Top of the World (Beginner) 0.7km
Access these trails from the Eagle Express Chair. Signs lead you to the very peak of the mountain where you can enjoy a spectacular panoramic view of the Comox Valley, the Coast Mountain Range, Georgia Strait and Strathcona Provincial Park.

Linton's Trail (More Difficult) 0.7km
Follow the Linton's Loop ski run either up or down the mountain. Expect to encounter mountain vehicles as parts of



2009 Hiking Trails

this trail follow an access road. Great views of Albert Edward and Strathcona Provincial Park.

Memory Lane (Beginner) 0.4km Access to this trail is just past the loading area of the Eagle Express Chair. This short trail has a series of benches to honour staff, family, and friends who have passed. Enjoy the short hike and be sure to check out some of the trail-side seasonal flowers.

Giv'er Trail (Most Difficult) 0.7km Access this trail from the Eagle Express Chair. It's steep up and down, one of the more fun and challenging ways to get to the top of the hill.

West Summit Ridge (Most Difficult) 4.3km Follow the trail through the West basin and up and over little Washington to the top of the Boomerang. From there the trail winds down the mountain through stunning meadows and valleys -spectacular views of the Comox Valley, the Coast Mountains, and Strathcona Provincial Park.

Access Trail (More Difficult) 2km Although this is an active road used by mountain vehicles for maintenance, it

also provides a great way for hikers to get up and down the mountain. The gentle grade makes it one of the easier hikes to do.

Lodge Trails Use these trails to conveniently walk from Deer or Bear Lodge to the base area. Watch for Disc Golfers (don't worry, they are more afraid of you than you are of them!)

Scenic Chairlift Rides The Eagle Express chairlift is a state of the art chairlift that comfortably carries you up the mountain; dubbed "The Eagle" because it will seem like you're soaring above the mountain for the whole ride! It's a 15 minute ride each way, allowing you time to take in the fantastic view. Getting on and off the chair is made easy as the chair automatically slows down at the loading areas. The view from the top of Mount Washington is an awe-inspiring 360° panorama of the rugged mountains of Strathcona Park, Comox Glacier, The Comox Valley, Gulf Islands, Desolation Sound, Georgia Strait, and the Coast Mountain Range. Once at the top you can hike on one of the well marked hiking trails and either return to the lodge on foot or ride the Eagle Express back down.

Raven Lodge is the Gateway to Strathcona Provincial Park. The Raven Lodge Trailhead is 1000 meters above sea level. It provides you with immediate access to the lakes, meadows and mountains that make BC's oldest Provincial Park so enchanting. The hiking trails from the Lodge are very well maintained and provide access for the disabled to the Park.

ALPINE STATS

Summit Elevation: 1588m (5215 feet)

Vertical Rise: 505m (1657 feet)

Summer Lifts:
Eagle Express,
Hawk 6IX Pak (mountain bikers only)

Tread Shed:
Mountain Bikes and Gear Rentals,
Sales, Parts and Bike Service

Alpine Lodge:
Fat Teddy's Grill,
Altitude Sport and Gift
and General Store

Raven Lodge:
Strathcona Provincial Park Trailhead

Name That Place

continued from page 1

“It’s very important that features get properly named and identified,” she says. Masters has compiled a book on Forbidden Plateau, now ensconced in the Courtenay Museum, that details the history of many features in the region. She has named at least ten features in the park after the Comox Valley’s war dead, as well as after early pioneers, and says although she’s getting on in years, she’s not done yet.

A woman contacted Masters earlier this year asking for help in naming a lake after her brother, who died in a war, and Masters has agreed to help her. “I will be doing one more,” she says.

Here then are two dozen of the Marmot’s favourite park features, in no particular order:

Mount Washington

The mountain and Resort were named after Rear-Admiral John Washington, a Royal Navy officer who made a name for himself as a naval hydrographer, surveying and mapping seas, lakes and rivers for navigation. Captain Richards, part of a crew dispatched to survey Vancouver Island for the Royal Navy, named the mountain in Washington’s honour in 1864.



Photo: Neil Havers

Mount Albert Edward

Considered the most ascended of the 2,000-metre peaks on Vancouver Island, Mount Albert Edward was named for Prince Albert Edward in 1862 and formally adopted on March 31, 1914. The prince later became England’s King Edward VII.

Mount Becher

Mount Becher is named for Admiral Alexander Bridgeport Becher, a well-known and respected surveyor with the Royal Navy. His name appeared on the feature on a British Admiralty Chart published in 1862. The mountain was known in the 1920s as Quartz Creek Mountain and early explorers accessed it from the Strathcona Trail near Bevan Village, just outside of Courtenay. The trail connecting Paradise Meadows and Mount Becher is still popular with hikers.

Lake Helen McKenzie

Helen Maud Hutton McKenzie was the niece of British Columbia Lieutenant Governor Robert Randolph Bruce. She



Photo: Neil Havers

served as chatelaine at Government House – Bruce’s residence – from March 1926 to February 1930. McKenzie accompanied Bruce to the official opening of the Dove Creek Trail, accessing Forbidden Plateau, in 1929.

Buttle Lake

In 1865, as part of the Vancouver Island Exploring Expedition, British Royal Engineers Commander John James Taylor Buttle ascended a mountain 6,000 feet above sea level. He looked down and saw a large body of water he estimated to be about 20 miles long. His sighting was recorded in the Daily British Colonist of Victoria. It would be 27 years before any European would set eyes on the lake named Buttle.

Kwai Lake

Kwai Lake is named for the Clinton Wood family. Wood was one of the Comox Valley mountaineering pioneers who discovered Dove Creek Trail, an easier access into Forbidden Plateau. Wood also built the original Strathcona Park Lodge. Kwai is a native word for “wood.”

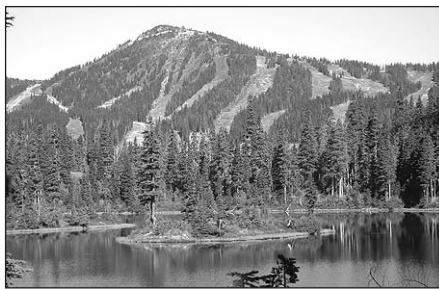


Photo: Neil Havers

Battleship Lake

When Clinton Wood took his son hiking with him in Paradise Meadows one day, his son said the profile of trees on the three small islands in the lake resembled battleships at anchor. The Comox District Mountaineering Club applied in 1935 to formalize the name.

Strathcona Park

Founded in 1911, Strathcona is the oldest Provincial Park in B.C. The Park was named for Donald Alexander Smith, 1st Baron Strathcona, who was a wealthy philanthropist as well as a pioneer of railroads.

Paradise Meadows

When Clinton Wood was searching for an easier way to get to Forbidden Plateau in 1928 (those efforts resulted in the Dove Creek Trail), he spotted these meadows. The name was adopted on



Photo: Neil Havers

Dec. 12, 1939 and re-approved on Oct. 7, 1948. A 2.2-kilometre loop trail has been created from the trailhead adjacent to Raven Lodge and through the sub-alpine Paradise Meadows. It is the jumping off point for many other hikes in Strathcona Park.

Forbidden Plateau

“Forbidden” is a loose translation of the name given to the area by Coast Salish natives after many of their hunters were killed by Nootka Indians. The Comox District Mountaineering Club asserts that newspaper editor Ben Hughes named the Plateau in an article in the Comox Argus in 1927. The name was adopted on Dec. 12, 1939. “Plateau” is a misnomer, as the 100-mile-square area is made up of ridges, sloping wet meadows and open park land at elevations ranging from 3,500-4,000 feet.

Croteau Lake

Eugene Croteau operated Croteau Guest Camp in the 1930s. Ruth Masters suggested the lake be named after Croteau and it was adopted in 1939. Croteau Beach in Comox is also named after the same man.

Lake Beautiful

Lake Beautiful is one of three lakes so named in B.C., but it has the distinction of being the first to be registered in the B.C. Geographical Names Information System. Clinton Wood and Bill Douglas supposedly named the lake in 1927; however, it wasn’t formally adopted until Dec. 12, 1939.



Golden Hinde

The Golden Hinde was first dubbed The Rooster’s Comb during a 1914 survey of Vancouver Island, although author Lindsay Elms writes that no one knows who gave the “barnyard” name to the peak. In 1937, surveyor Norman Stewart felt the highest peak on the Island (2,200 metres or 7,218 feet) should have a more regal name, and named it after Sir Francis Drake’s flagship, Golden Hinde.

Alexandra Peak

Located at the head of the Oyster River, Alexandra became Princess of Wales when she married Prince Albert Edward, then Queen when her husband became King Edward VII.

Cruikshank Canyon

George Cruikshank was Hon. Secretary of the 1864 Vancouver Island Exploration Committee.

McKenzie Lake

McKenzie Lake is named for John McKenzie, who was mayor of Courtenay in 1929 – the year that water rights were obtained to dam the lake. The lake was originally named Seean, a native word meaning “chief”, to honour all mayors of Courtenay, but too many people complained about it so it was changed.

Douglas Lake

Douglas Lake is named for William (Bill) Douglas, a Courtenay city alderman, who was the first to introduce trout fry to this lake and also to McKenzie Lake.

Panther Lake

Prospector John Brown claimed to have been treed by a family of panthers at this lake in the 1920s. Ruth Masters in 1936 suggested calling it Trysting Lake because of another popular use, but was overruled by the Comox-Courtenay Board of Trade. Panther Lake was adopted in 1948 as a long-established local name.

Circler Lake

Prospector John Brown named this lake in the 1920s. Late Comox naturalist Allan Brooks surmised that because the lake is located within a cirque (a deep, bowl-shaped hollow located at the head of a valley), it might have been a corruption of the term.

Moat Lake

The late Sid Williams, a pioneer in the Comox Valley, named Moat Lake because it sits below Castle Crag. The name was formally adopted on Dec. 12, 1939.

John Brown Lake

Named for prospector John Brown, considered one of the great explorers of Forbidden Plateau. The lake is located near the stake where Brown prospected.

Murray Meadows

Jack Murray used to pasture his horses in a peaceful meadow southwest of Croteau Lake, in between trips packing for Eugene Croteau. The meadows were so named sometime in the 1930s.

Ruth Masters Lake

For decades, a small turquoise-blue lake deep in the wilderness of Strathcona Park has been known colloquially as Ruth Masters Lake. On Dec. 11, 2008, the name became official – immortalizing the woman who has given name to so many park features.



BC Parks Strathcona Provincial Park

Forbidden Plateau & Paradise Meadows

Photo: Susan Quinn



The trailhead is located at the NEW Strathcona Park Wilderness Centre, adjacent to Raven Lodge and meanders past wetlands and ponds. This new trailhead is wheelchair accessible.

2009 MAP & TRAIL GUIDE

Strathcona Wilderness Institute Continues Offering Weekend Programs and Hikes

The trail access into Paradise Meadows (from Raven Lodge) is completely wheelchair accessible. With gentle grades, this trail is also suitable for seniors and families with strollers. The trail connects into the old trail system leading to Lake Helen MacKenzie, Battleship Lake and beyond. **Please Note:** All visitors are now required to park in the lots adjacent to Raven Lodge.

through to September Labour Day Weekend.

For visitors wishing to enjoy the local flowers and shrubs in the meadows at their own leisure, the Institute volunteers will have plant markers in place at various locations on the small loop walkway. The Institute has produced a small brochure that will also be available at the Info-hut to help those wishing to take a self-guided plant identification walk.

The Institute is again continuing the weekend information service at Buttle Lake (300 yards past the Gold River turn-off). Look for the sign before crossing the Buttle Lake bridge. This is a voluntary service, thanks again to Gerry Roberts. From June 22 ~ Sept. 9, hours of operation will be: Friday: 3~8pm, Saturday: 10am ~ 6pm, Sunday 10am ~ 5pm and on Holidays weekends, Monday 10am ~ 4pm. Should the weather be inclement and/or there are few visitors, closing times could be earlier. Volunteers are always welcome to help at either of the Info-huts. A good knowledge of Strathcona Park and its trails is essential.

Their vision and goal was the creation, with community partners, of a Park Wilderness Centre for information and programs. This has now been materi-

Boardwalk trails make the park accessible to most everyone while protecting the delicate high alpine meadows.



Photo: Neil Havers

alised (although not yet completed) at the trailhead. However, they are still in need of help or 'donations, both financially or in-kind', to help complete the building and the on going costs of their programs.

If you are interested in supporting the goals of the SWI, in any way, leave a message at: 250-337-1871 or e-mail: swi@island.net. The Institute's website is: www.strathconapark.org.

The Strathcona Wilderness Institute will again be offering guided walks around Paradise Meadows with Interpretive Guides. A schedule of this year's Walks and Programs are shown on page 22.

FAMILIES: Every Saturday at 1 pm throughout the summer, families can enjoy Paradise Meadows through a Family Nature Program and help everyone discover the plants and animals around them as well as develop naturalist skills. Suitable for children ages: 7 – 12 years (1 1/2 hour duration).

ADULTS: For adults and families a 90 minute to 2 hour walk or lecture presented by a Guest expert on a variety of topics. Sundays at 1:00pm (note earlier start times on July 5th, July 26, August 16, August 30).

To help the Institute's operational costs, a donation of \$2 per person (\$5 per family) is suggested for these popular programs.

NEW Strathcona Park Wilderness Centre (SPWC): An Interpreter will manage the SPWC at the Raven Lodge parking area. Volunteers there can update you on trail conditions and hiking destinations. It is open from 10am-4pm (Saturday & Sunday), July 4

BC Parks Map & Trail Guide courtesy of Rick Gibson

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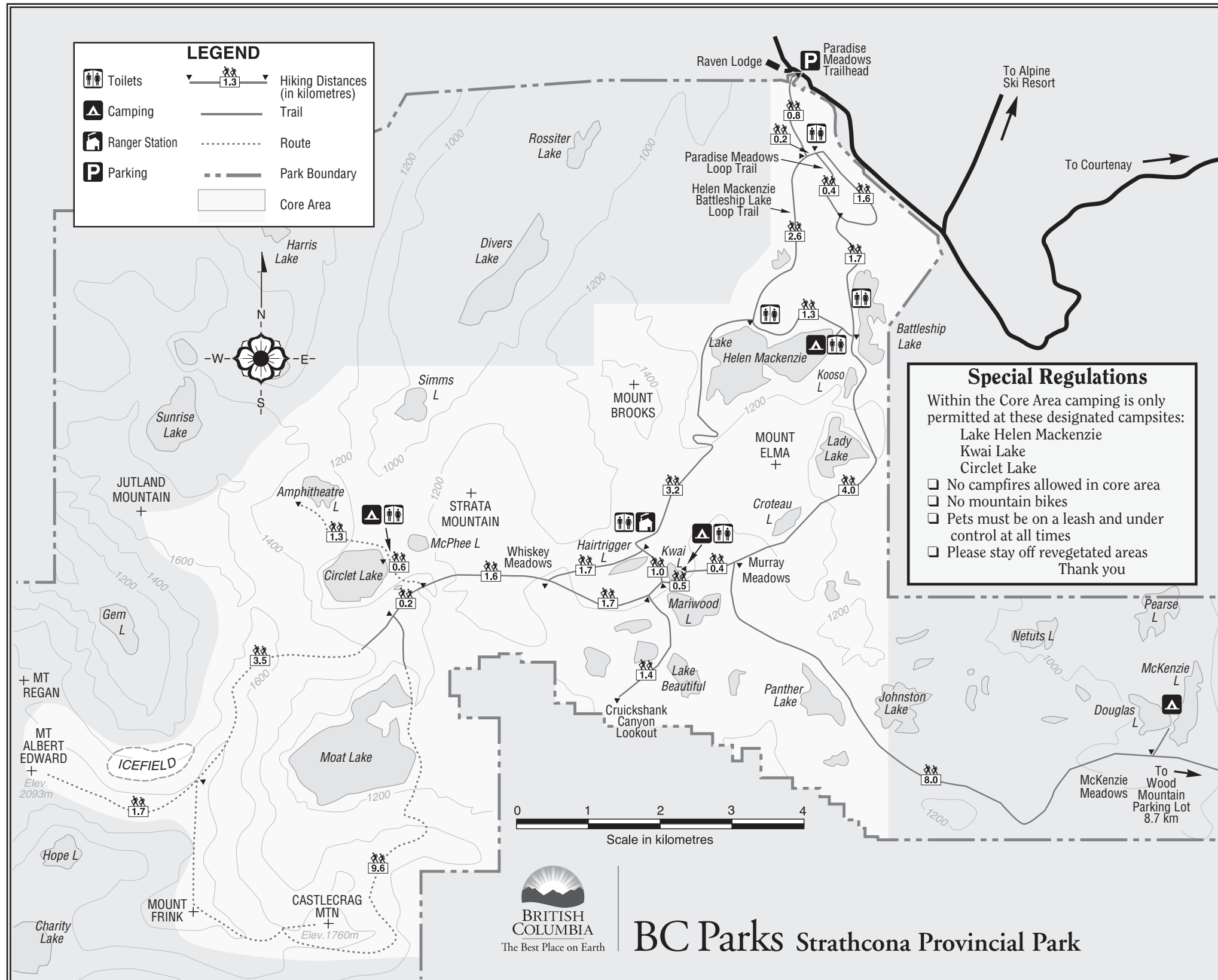


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Photo: Jimmy Chin

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Forbidden Plateau Paradise Meadows

In Case of Emergency...

- Contact Park Facility Operator in the area. Location of Park Facility Operators may be posted on the notice board at the ranger cabin.
- Phones are located at Mount Washington.
- In case of emergency, Phone 911
- To report a forest fire, dial 0 and ask for 1-800-663-5555

Maps and Guidebook

Scale 1:50,000 Nat. Topographic Series
 -92 F/11 Forbidden Plateau
 -92 F/12 Buttle Lake
 Hiking Trails III Central and Northern Vancouver Island.

For Further Info

- See Park Facility Operators or go online to www.env.gov.bc.ca/bcparks/explore/parkpgs/strath/

Routes

These routes are suitable for experienced hikers. People using these routes should have map and compass skills and be prepared for inclement weather.

From Circler Lake

Mt. Albert Edward 2093m
 Elevation gain: 935m • Distance: 6.5 km
 Suggested time to summit: 5 hours

Follow signs towards Albert Edward from Circler Lake intersection. Trail climbs steeply for first 3 km. Once the first ridge has been reached look for route leading South and follow for 2 km. It's another 1.5 km to the summit.

Castle Crag 1760m
 Elevation gain: 620m • Distance: 6.3 km
 Suggested time: 5 hours

Route begins at the southeast end of Moat Lake. Follow route to the small col west of the summit. It's a steep scramble over loose rock to the top. Caution: This route crosses boulder fields and slopes with loose rocks.

From Albert Edward

Augerpoint route (not shown on map)
 Distance: 25 km (one way)
 Suggested time: 3 days

An extended route through to Buttle Lake. From the summit of Albert Edward descend it's southwest ridge to the drainage divide above Norm Creek and Ralph Lake. Continue up to Ruth Masters Lake (local name) and above to the saddle southwest of Augerpoint Mountain. Continue southwest along the ridge to a high point of 1760 m before descending a long ridge above Shark Lake. Continue northwest along route to reach the beginning of the Auger-point Trail. This trail descends steeply for 1400 m before arriving on the Parkway at Buttle Lake.

The following guidelines will help to ensure that the Forbidden Plateau area remains pristine for all who venture there.

Hiking Trails - Please stay on designated trails, stay off revegetated areas and avoid taking short cuts.

Camping - Designated camping sites are located at **Lake Helen Mackenzie, Kwai, Circler and McKenzie-Douglas lakes**. Please use the tent pads and toilets where provided. If a tent pad is unavailable choose a site that has exposed soil or will not easily be impacted.

Fires - Campfires are prohibited. Please pack a campstove for cooking.

Cache your food!
 BC Parks has installed new metal food caches at Lake Helen Mackenzie, Kwai Lake and Circler Lake campsites.



Hike along boardwalk along side high alpine wetlands and lakes with Mount Washington ever present in the background. Be sure to wear suitable footwear and bring your own water along.

Garbage - Help keep the back country clean. Pack out all garbage and please pick up any litter you see. Please do not use outhouses for trash receptacles.

Pets - Please keep your pet on a leash at all times. Free running pets can harm other animals, irritate other visitors and can be harmed by wild animals. Do not allow your pet to swim in the lakes as this could contaminate drinking water sources.

Groups - Larger groups of people tend to concentrate use in an area and cause extensive damage to the fragile vegetation. To reduce these impacts, we recommend that group size be restricted to ten or less people. Where this is not possible, the larger group should be split into smaller groups which should travel and if possible camp in different locations.

Water - Drinking water is available from the lakes at all designated camp-

grounds. All drinking water should be boiled or purified prior to consumption. Please avoid swimming in these areas as it may contaminate the water supply. It is also important to use the toilets and grey water pits provided to keep these pollutants from entering the lake.

Safety - To avoid bear conflicts while camping, never leave food, garbage or toilet articles in your tent. Please use pack sack hangers provided at designated campgrounds. Hikers should make noise when approaching blind corners to warn off bears and other animals.

Mountain weather can change without warning, be prepared. Take spare, warm clothing and rain gear. It is advisable to leave an itinerary of your trip with a friend or relative.

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Buttle Lake

BC Parks Strathcona Provincial Park

Strathcona Provincial Park Information Hut

Run voluntarily by the
Strathcona Wilderness Institute

Do you have questions about
Strathcona Park and its fascinating
plants, wildlife or history?
Are you interested in taking an
easy day hike or exploring some of
the challenging back country?

Strathcona Wilderness Institute is pleased to provide all visitors with a wide range of information about BC's oldest, and one of our largest provincial parks. Maps, trail up-dates, visitor service details and other useful information will be available every weekend starting June 20. Stop in at the Park Information Hut and pay us a visit. We are located 300 metres south of highway 28 at Buttle Lake bridge turn-off to Gold River, at the Park Headquarters just watch for the signs!

HOURS OF OPERATION

June 19 to September 13, 2009

Fri: 3pm ~ 8pm Sat: 10am ~ 6pm
Sun: 10am ~ 5pm Mon: 10am ~ 4pm
(holidays only)

If the weather is inclement and/or there are few visitors, closing times could be earlier. Hours of operation will be posted at all campgrounds and trail head information kiosks as well as at the 'Elk Portal' and at various locations in Gold River, some Island Visitor Centres and should be available on our web-page at (www.strathconapark.org).
Gerry Roberts Volunteer Operator

2009 MAP & TRAIL GUIDE

Buttle Lake is easily accessible in forty five minutes from Campbell River on Hwy. 28. The drive takes you alongside the Campbell and Upper Campbell Lakes ending with views of the expansive waters and dramatic mountains of the Buttle Lake corridor.

The beauty of this peaceful place will take your breath away, and you will find great opportunities for camping and recreational pursuits.

People come to fish for trout, and to swim, canoe, kayak, board sail, picnic, sunbathe and waterski on the 25 km of lake, while others enjoy the easy and interesting nature walks, or more challenging back country hikes. Local guides and club members rock climb at Crest Creek Crags. Some visitors just sit quietly in the shade of ancient trees and enjoy the fresh air.

Camping facilities include 85 sites at **Buttle Lake Campground** on the lake at the North end, and 75 sites at **Ralph River Campground** with both lake and river access at the south end of the lake. **Driftwood Bay Campground**, an excellent facility for groups, is located separately on the northern end of the lake. You will also find simple wilderness camping opportunities for boaters on the

western shoreline.

A pleasant white sand beach and a playground for children are available at Buttle Lake Campground. There is a concrete boat launch ramp within two kilometres, and also an undeveloped gravel launch nearby. The lake levels are controlled by hydro electric dams and tend to be low during the winter but normally rise for the summer months.

Ralph River Campground is shaded by the graceful beauty of an ancient forest of cedar, hemlock and fir trees underneath which you will likely see the resident blacktail buck grazing. This peaceful campground borders both the lake and a lovely clear river, which is at times alive with spawning trout. It's a popular spot for both fishermen and hikers of all levels. Many of the trails are easily accessible from Ralph River Campground.

Please Note: All tributaries to Buttle Lake are closed to angling.

There are interesting trails to explore, some less strenuous and others more challenging, and each with unique features to enjoy. Opportunities abound for everyone throughout the Buttle Lake corridor. For further information refer to the map on the next page. If you are at Buttle Lake go to park headquarters, where volunteers from the Strathcona Wilderness Institute will assist you Friday, Saturday and Sunday. Check out the Parks web site at www.gov.bc.ca/bcparks/.



Resting and enjoying the view at the summit of the Crest Mountain Trail.

Come to the campgrounds at anytime as there are almost always sites available on a first come-first serve basis at both major campgrounds. If you would like to make a reservation at Buttle Lake Campground call Discover Camping at 1-800-689-9025, or link up to the web-site at www.discovercamping.ca.

To book Driftwood Bay Group Campground call 250-474-1336 or fax 250-478-0376.

BC Parks Map & Trail Guide courtesy of Rick Gibson



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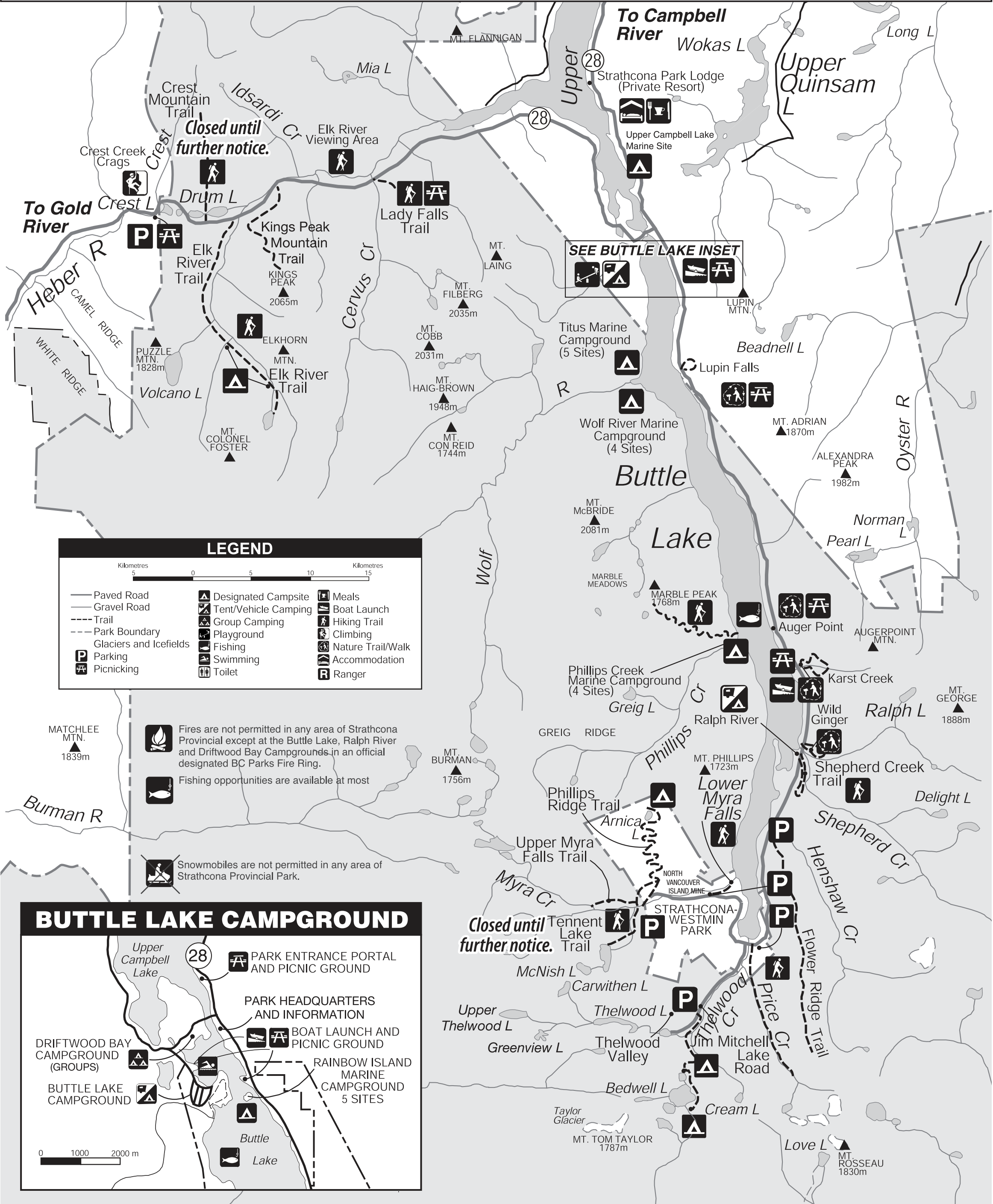
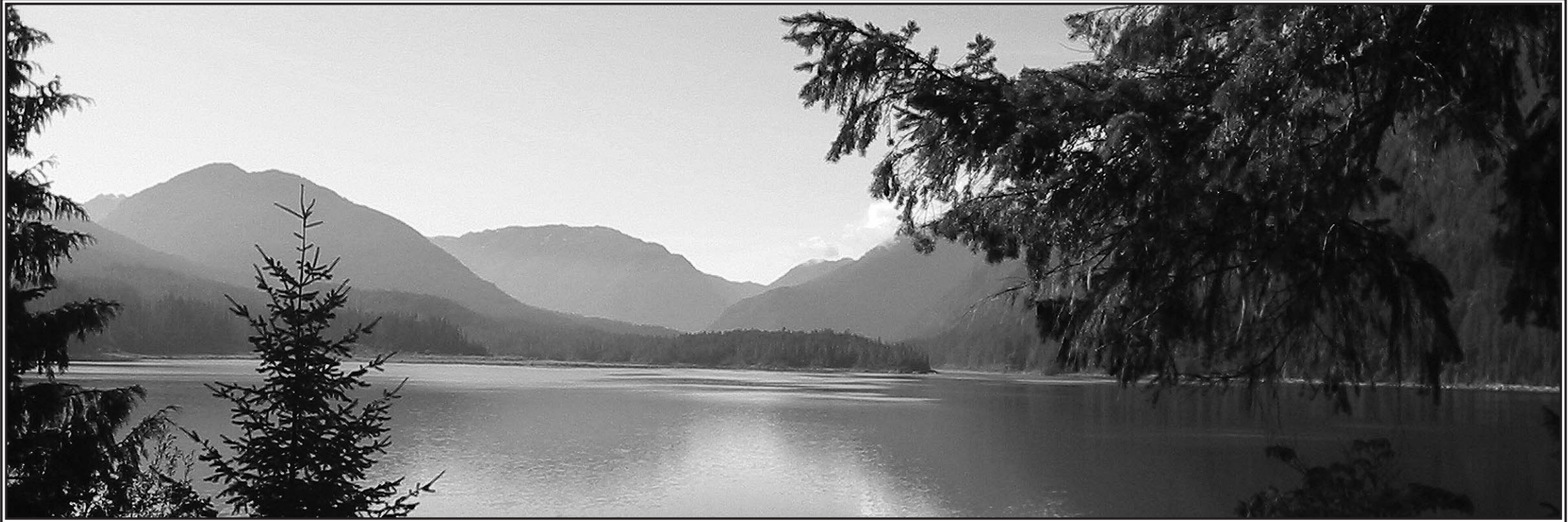


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BUTTLE LAKE CORRIDOR

BC Parks Strathcona Provincial Park

NOTE: Cell phones don't work in the Buttle Lake area and the nearest public phone is in Gold River, 40 km west on Highway 28.



Accommodations & Events

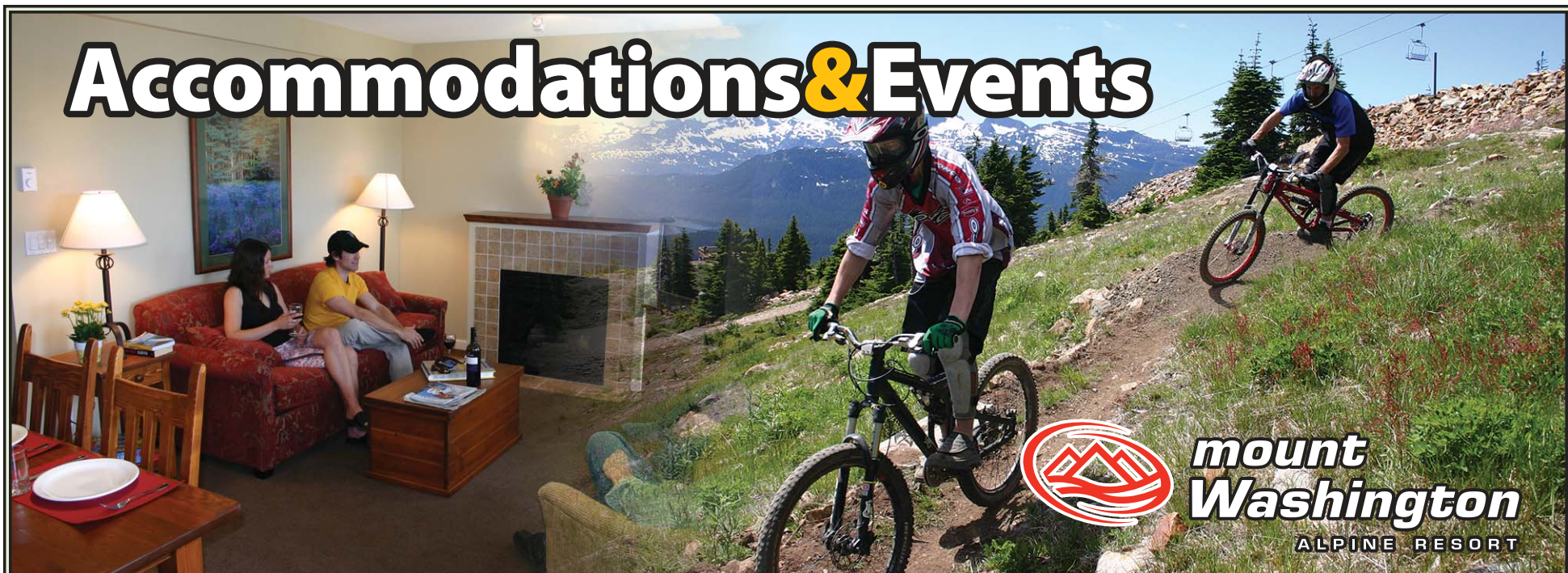


Photo: Mount Washington Alpine Resort

June 27 • Mountain Bike Season begins

July 1 • Save On Foods Family Picnic

Head up the mountain to celebrate Canada Day with some fun games for the kids! There will be face painting and activities all afternoon.

July 6-10 • Rocky Mountain Learn To Ride Week

Why not try one of the fastest growing sports in North America? Learn to ride this week with a special beginners package including lift, lesson and rentals for just \$49! Pre-booking is required, as space is limited.

July 10 • 10th Annual Beer Festival

This is the event that all you beer lovers have been waiting for! Unlimited samplings, souvenir glass and awesome live music.

July 11 & 12 • Roots Rocky Reggae Rocky Mountain Bikes presents a new event! If you are riding a "rocky Mountain" bike you can ride for free Saturday, July 11 and 1/2 price on Sunday, July 12.

July 18 • Old Dutch Open Disc Golf

Tournament This tournament is open to all ages and skill levels, so don't worry if your

chuck is wobbly! Come and check out our challenging Disc Golf course with the majestic peaks of Strathcona Provincial Park framing the perfect backdrop.

July 18-19 • Race Face Women's Weekend

This one is for the ladies! A Women's Day Escape special rate, including awesome informative Apres at the Tred Shed.

Aug. 1-2 • BC Cup Race

Mount Washington hosts a BC Cup Prov. race for XC and DH mountainbikers.

Aug 6, 13, 20 & 27 • Lucky Thursday

DH Race Series Calling all locals!! This is the ultimate fun DH race series sponsored by Island favourites Lucky Lager and Dodge City Cycles. For \$5 you get your race registration, a beverage, and some great door prizes from our awesome sponsors!

Aug 7 • 11th Annual Alpine Wine Festival

This event will take place at Raven Lodge. Sample a wide selection of wines and ciders from Vancouver Island, BC and beyond. Tasty food samples, live music, and stunning Strathcona views will be available for all in

attendance to enjoy. Make sure to bid on some of the wonderful items available at our silent auction to support the Vancouver Island Mountain Sport Society.

Aug 8 • Gut Buster Sprint to the Summit

Ascent Mount Washington welcomes the final race of the Gut Busters Trail Running Series. Test your mettle, and reach a goal by running up our challenging Give'r Trail straight to the summit!

Aug 27 • First Annual Wellness Weekend

A weekend centered around nurturing the mind, body, and soul. Take a break from the everyday, escape to the alpine and enjoy two days of beautiful meals, and wellness classes that promote health and relaxation. Local experts will pamper your senses with guided walks, health and nutrition seminars, and yoga classes.

Sept 4 • The Alpine Food Festival

Whether you sign up for a world-class cooking class or just choose to wander through the Marketplace, the Alpine Food Festival is an event to suit all tastes!

Sept 20 • Sleeman's Year-End Bender

DH Race This end of the season fun race is a favourite amongst our locals. Close the season with a blast!

Things To Do...

- Mile High Chair Lift Rides
- Enjoy the spectacular views
- Ride the Bike Park
- Come on up for lunch or dinner
- Hike the Mountain Trails
- Hike in Strathcona Provincial Park
- Camp in Strathcona Provincial Park
- Play Mini Golf
- Try your hand at Disc Golf
- Flip out on the Bungee Trampoline
- Plan a summer Getaway
- Enjoy the Festivals
- Do some shopping alpine style
- Buy some Real Estate

For up-to-date Mount Washington event information go to www.milehigh.ca

Tourism

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MileHigh.ca

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	Weekday price	Weekend price	Holiday price	Summer Price	Max people	# of Bedrooms	Bathrooms	Dishwasher	Jetted tub	Sauna	Hot tub	TV	VCR	DVD	Cablevision	Stereo	CD Player	Fireplace	Wood stove	Wood supplied	Cleaning	Linen	Pets	Contact Name	Phone Number	WEB	
CHALET, DUPLEXES & SUITES																											
ALPINE VILLAGE																											
6908 Castle Crag Crescent																											
965 Clinton Wood Court																											
750 Jutland Terrace "Chalet Nine"																											
"Jutland Jewel"																											
889 Jutland Terrace "The 18th Hole"																											
909 Jutland Terrace "Chalet 21"																											
1044 Meadow Lane "Chalet 40- The Big Chill"																											
871 Strata Way "Doug's Chalet"																											
980 Strata Way "Chalet 71"																											
988 Strata Way "Red Roof Chalet - 70UP"																											
988 Strata Way "Red Roof Chalet - 70DN"																											
1030 Strata Way "Inglebrook Stacked Log Chalet 73"																											
NORDIC DRIVE																											
605 Arrowsmith Ridge "Pelayahu Escape"																											
909 Cruikshank Ridge																											
1352 Nordic Drive "Strathcona Mountain House"																											
FOSTERS PLACE																											
1162 Fosters Place "Chalet Adams"																											
1203 Fosters Place "Mt Washington Guest House"																											
1208 Fosters Place "Fosters 8"																											
1268 Fosters Place "Blue Haven"																											
HENRY ROAD																											
1375A Henry "Strathcona Vacation Rental Home"																											
1381 A Henry Road "Golden Hinde"																											
1381 B Henry Road "Elkhorn"																											
ALPINE VILLAGE																											
687-1 Castle Crag Crescent "Castle Crag Chateau"																											
687-4 Castle Crag Crescent																											
695-307 Castle Crag Crescent																											
691-12 Castle Crag Crescent																											
736-5 Albert Edward "93-5"																											
736-8 Albert Edward "93-8"																											
737-3 Albert Edward "92-3"																											
784-8 Washington Way "Snowbird"																											
788-102 Washington Way																											
828A-Washington Way "Sunrise Chateau" prices + GST																											
828E Washington Way "Sunrise Chateau"																											
1044-3 Washington Way																											
1084-9 Washington Way "Westview Inn"																											
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405 "Dragonfly Suites"																											
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PARKVIEW PLACE																											
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COMOX VALLEY																											
STAY OFF THE MOUNTAIN IN THE COMOX VALLEY CLOSE TO COURTENAY AND COMOX																											
BUCKLEY BAY BEACH HOUSE																											
EAGLESVIEW OCEANFRONT RETREAT																											
KAIROS GUEST SUITE																											
BAYSIDE BEACH HOUSE																											
ALDERS BEACH RESORT																											

PLEASE NOTE:

- The above information is current as of June 10, 2009
- All properties are non-smoking.
- These privately owned chalets and condominiums are rented out by their owners and have their own features and contacts as listed.
- Royal LePage in the Comox Valley and The Marmot have no interest, financial or otherwise in these accommodations and assume no responsibility for them in any way.
- Parking at Mount Washington can be a challenge in snowy conditions.
- PLEASE follow the rules of the property you are staying at in regards to parking.
- If you are parking in an other property's parking space or on the road, you will be towed without notice.

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- Police NON-EMERGENCY .. 250-338-1321
- Resort Info 250-338-1386
- Ambulance 911
- Fat Teddy's Grill 250-334-5716
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- Raven Lodge 250-334-5764
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- Catering 250-334-5757
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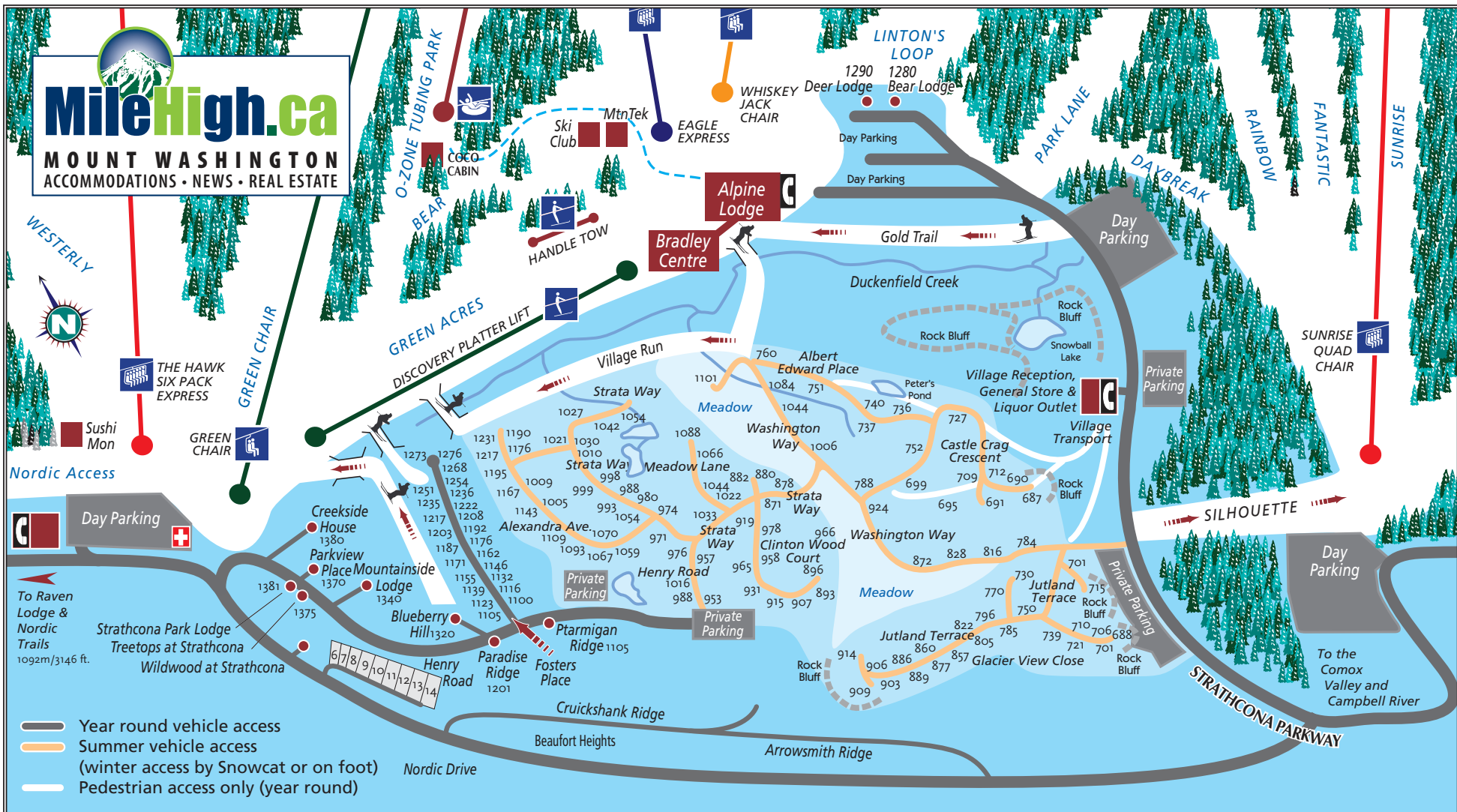
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BUTTLE LAKE CORRIDOR TRAIL AND CAMPGROUND INFORMATION

The trails described here are well defined and easily accessible. The trail heads are marked with signs. There are other, less defined trails and routes which are not shown on this map. Distances, elevation changes and hiking times are for ONE WAY only and are approximate. Fires are not permitted in Strathcona Park except in an authorized BC Parks steel fire ring. Wear sturdy boots and carry rain gear and a sweater, even in the summer months, because weather can change suddenly and dramatically in the mountains. Please preserve the delicate alpine environment by staying on trails. Use caution on trails and be aware of snow, fallen trees and other natural hazards.

For further information about trails and wilderness areas visit the volunteer information hut at Park Headquarters, or ask park rangers. The Strathcona Wilderness Institute can be contacted for more detailed route information at 250-337-1871 (e-mail: swi@island.net). Topographical maps and guidebooks can be obtained locally at sports stores in Campbell River or Courtenay. If you wish to travel on less defined routes please be well prepared with a map and compass, proper equipment, and experience in wilderness travel.

Please let a friend know where you plan to go and when you plan to return.

The **STRATHCONA WILDERNESS INSTITUTE** is a non-profit organization whose mission is to inspire awareness, appreciation and stewardship of the natural world through education and participation. The institute will provide a volunteer information service on weekends at park headquarters at Buttle Lake from June 20 through to September 6, 2008.

The **FRIENDS OF STRATHCONA** is a non-profit organization whose mission is to protect, preserve and promote Strathcona Provincial Park. Tel: 250-337-1871

Box 3404, Courtenay, B.C. V9N 5N5

BUTTLE LAKE CORRIDOR

HIKING TRAILS, BOAT LAUNCH RAMPS, AND CAMPGROUNDS

The trails are graded as follows: (1) Easiest (2) Moderate (3) Difficult

Trail conditions: www.env.gov.bc.ca/bcparks/explore/parkpgs/strath/

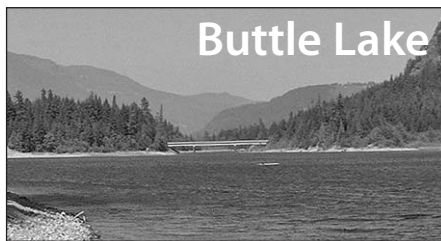


Photo: Neil Havers

Buttle Lake

ELK RIVER TRAIL (2-3)

Length: 11 km. Suggested time: 10 hours. Elevation change 600 metres. Trail starts at Hwy. 28 and follows the Elk River Valley for 10 km before climbing up to Landslide Lake. Bare rock sections. Camp in designated camping areas only.

CREST MOUNTAIN TRAIL (3)

Closed until further notice

Length: 5 km. Time: 3-4 hours to the tarn. Steep with an elevation change of 1,250 metres.

Caution required on single log creek crossing (the last good water). The snow stays late into the year on top. Random camping allowed.

FLOWER RIDGE TRAIL (3)

Length: 6 km. Time to the subalpine ridge: 3-5 hours. Steep with an elevation change of 1,040 metres. The trail begins at Westmin Road, climb an additional 200 metres from the top of trail to flat ground for tents. Poor water. Panoramic views. Camping possible at halfway point.

PHILLIPS RIDGE TRAIL TO ARNICA LAKE (2-3)

Length: 6.5 km. Time: 2-5 hours with an elevation change of 800 metres. This is a well graded trail beginning at North Vancouver Island mine. Observe old growth forest, a waterfall, and alpine meadows. Designated camping area.

UPPER MYRA FALLS (2)

Length: 3.3 km from the parking lot past the yellow gate. Drive through the mine area to find the parking lot. Time 1 ~ 1 1/2 hours. Elevation change: 100 metres. Trail follows gravel road for approx. 800 metres to the sign. Large trees. Views of Mt. Myra and a waterfall. No camping. Use caution due to winter storm damage.

TENNENT LAKE (3)

Closed until further notice

Length: 4 km. Estimated time 2-4 hours with an elevation change of 840 metres. Trail access is

from the parking lot at the mine. Walk past the yellow gate to the road for 1 km and across a bridge to the start of the trail which is a rough, rocky, steep old roadbed. Old-growth forest to sub-alpine. There is an undefined route to access Mt. Myra from here. Tennant Lake is dammed. Random camping is permitted.

BEDWELL LAKE (3)

Length: 6 km. Drive over the Thelwood River bridge at the south end of Buttle Lake, and turn left immediately onto the Jim Mitchell Road for 6.8 km. This is a rough gravel road not suitable for small vehicles. Trail elevation change: 600 metres. Time 3-4 hours. Features river valley and old growth forest then rocky out cropping and a sub-alpine environment with excellent hiking and views. Camp in designated areas at Baby Bedwell and Bedwell Lakes. Be aware of bears. Due to storm damage two wheel drive access is difficult and motor homes are not recommended.

CREST CREEK CRAGS

Technical climbing only. Picnic facilities. Climbers can explore a number of rocky bluffs in this area which is easily accessible from alongside Highway 28. Climbers using the area do so at their own risk. It is each climber's responsibility to climb safely and ensure that they have the necessary skills to do so. Camping and fires are not permitted.

LADY FALLS (1)

Length: 900 metres. Time: 20 minutes. The trail starts at Hwy. 28. Enjoy the cool spray from the falls. Picnic facilities at trailhead. No camping.

ELK VIEWPOINT (1)

Length: 400 metres. Time: 15 minutes. The trail starts at Hwy. 28 and accesses a viewing platform where you may be able to see Vancouver Island's unique Roosevelt elk. No camping.

LUPIN FALLS (1) Loop Trail

Length: 800 metres. Time: 15 minutes. Access from Westmin Road. Walk a circular trail through a cool forest to the waterfalls. No camping. Picnic facilities at the trail-head and a canoe and kayak launch access for Wolf River and Titus Mt. marine campsites.

AUGER POINT (1) Loop Trail

Length: 400 metres. Time: 15 minutes. This forest is recovering from the fire of 1982. No camping. Picnicking facilities at trail-head and

a canoe and kayak launch access for Marble Meadows trailhead.

MARBLE MEADOWS (3)

Length: 6.6 km. Time: 4-5 hours to the Alpine meadows. Elevation change: 1,250 metres. Steep, some bluffs. Trail starts at Phillips Creek marine campsite on Buttle Lake. Access by boat from Auger Pt. or Karst Creek day use areas. Be aware of submerged stumps in the lake. Random camping is allowed in the meadows. Marble Meadows features wonderful viewpoints, alpine meadows and limestone formations.

KARST CREEK BOAT LAUNCH RAMP, TRAIL AND PICNIC AREA (1)

A good concrete ramp located 4 km from Ralph River Campground, and accessible from the Westmin Rd. There is a large open grassy area plus several picnic tables and fire pits, and lots of room for parking. Karst Creek trail is 1.3 km. It is no longer a loop walk due to the bridge being out. Time: 45 minutes. Observe Karst geological formations such as sink-holes with disappearing and reappearing streams. No camping.

WILD GINGER (1) Loop Trail

Length: 800 metres. Time: 20 minutes. Access is across the road from Ralph River Campground. The trail follows the Ralph River. No camping.

SHEPHERD CREEK (1) Loop Trail

Length: 1.5 km. Suggested time: 1 hour and 15 minutes. Access is across the road from Ralph River Campground. A shady walk along the Ralph River then ascending to pass a lively marsh. See dogwood trees in the spring. No camping.

PRICE CREEK TRAIL (2-3)

Suggested time: 3-4 hours. Trail not maintained and may prove difficult for inexperienced hikers. Trailhead can be accessed near the Thelwood Creek Bridge. Originally the only access route to Cream Lake and still only suitable for Advanced Hikers, this trail can make a nice hike through varying timbered areas if you turn around at or before the log crossing. The route beyond this log crossing is extremely rough and steep and snow lingers late into the summer.

LOWER MYRA FALLS (1)

Length: 800 metres. Time: 30 minutes. Steep descent. Enjoy several beautiful water cascades. Use caution when approaching the creek, and supervise small children. No camping.

BUTTLE LAKE BOAT LAUNCH

A good, recently lengthened concrete launch. Located 1 km south of the bridge at the junction and only 1.5 km from Buttle Lake Campground. No camping. The launch provides immediate access to the Rainbow Island marine campsites.

FORBIDDEN PLATEAU AND PARADISE MEADOWS

Refer to a separate flyer in "The Marmot" publication for information about this area which is accessible from Mount Washington.

CAMPGROUNDS

RALPH RIVER CAMPGROUND

- Ancient forest, lake and river.
- Gates are open May 15 to September 30th.
- Picnic tables, fire rings, water pumps and pit toilets.
- Fee: \$15.00 per party per night, \$7.50 for extra vehicles.
- B.C. Senior Citizens \$7.50 per couple per night (shoulder season only).
- Firewood for sale by the PFO.
- Reservations are NOT taken, however the campground is rarely full.

BUTTLE LAKE CAMPGROUND

- Sand beach and playground.

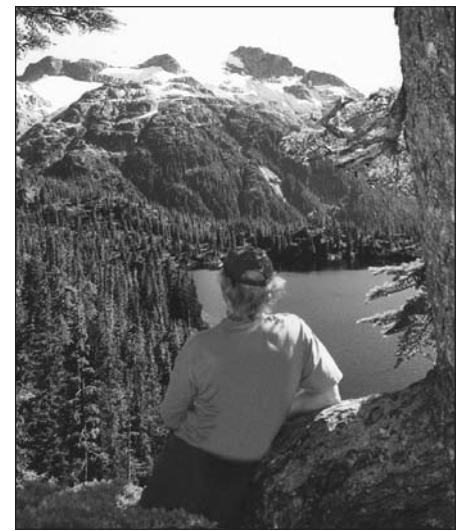


Photo: Marlene Smith

View along the Bedwell Lake Trail

- Three easy nature trails begin here.
- Fish in Darkis Lake.
- Gates open May 15 to September 30th.
- Picnic tables, fire rings, water pumps and pit toilets.
- Fee: \$15.00 per party/night. \$7.50 for extra vehicles.
- B.C. Senior Citizens \$7.50 per couple per night (shoulder season only).
- Firewood for sale by the PFO.
- Some campsites can be reserved ahead of time by contacting Discover Camping at 1-800-689-9025 or by going online at www.discovercamping.ca

CREST LAKE PICNIC AREA

- Shaded picnic area, day use only.
- Picnic tables and pit toilet, close to the lake.
- Access left off Highway 28 heading West.
- Short distance from Crest Mountain Trailhead.

DRIFTWOOD BAY GROUP CAMPGROUND

- Private, covered shelter with woodstove and tables, large grass field, fire pit, pit toilets, wheel chair access pit toilet, water pump, swimming area.
- Fee: \$15.00 per party per night. \$7.50 for extra vehicles.
- Firewood for sale by the PFO.
- Fee for non profit youth and school groups \$50.00 per night.
- Tel. 250-474-1336 to book the campground.

BACKCOUNTRY & MARINE CAMPING FEE

- \$5.00 per night per person 13 years or older.



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Strathcona Wilderness Institute

Family Programs ~ Saturdays (1:00pm)

Guest Expert Walks ~ Sundays (1:00pm)

Discover the many natural features of Strathcona Park by participating in a series of family oriented programs on Saturdays and Sundays throughout the summer put on by the Strathcona Wilderness Institute, a non-profit society.

Special note for persons with mobility issues

Paradise Meadows new loop trail is wheelchair accessible!

Share your favourite aspects of nature in Strathcona Park this summer with Strathcona Wilderness Institute's "Lights, Sounds and Action in a Paradise Meadows", a series of family-oriented nature programs designed to get you moving and exploring. There is no cost to attend, but donations are greatly appreciated. The Strathcona Wilderness Institute is a non-profit society.

Families & children (aged 7 ~ 12 years) are welcome for Saturday programs (a hike, special topic and a creative wrap-up activity) from 1:00 to 3:00 pm. **Adults** can attend guided walks on Sunday afternoons, 1 ~3pm. See the schedule for specifics or earlier times for longer hikes.

All programs start at the NEW Strathcona Park Wilderness Centre located in BC Parks parking lot next to the Raven Lodge. To get there, follow the inland island highway heading north from Courtenay or south from Campbell River and take Exit 130, Strathcona Parkway. Follow the paved road and signs to the Raven Lodge, where you'll find ample parking. Remember to dress for the weather and bring water, sunscreen and bug spray. If you are setting out on your own expedition, visit the Strathcona Park Wilderness Centre to exchange trail information, or to obtain maps or books.

The Centre will be open from July 4 through to September Labour Day Weekend (10 am - 4 pm, Saturday & Sunday). This may be extended depending on the availability of volunteers.

2009 Family Programs

Sun, July 5 • Birth of a Sub-Alpine Summer Helen Mackenzie / Battleship Lake Loop. Observe the thaw and appearance of life in this easy 3 hour hike. Meet at the interpretation center at 11:00 am. Bring food and water.

Sun, July 12 • Rocks and Flowers Author and naturalist E. Chris Pielou talks about geology and early sub-alpine flowers.

Sat, July 18 • Celebrate Parks Day with Strathcona Wilderness Institute and friends, 10:00 - 4:00 pm. Meet some of the groups and people involved with Strathcona Park, like Comox Valley Ground Search and Rescue. Look for more details in your local newspapers.

Sun, July 19 • Meet Your Sub-Alpine Trees Registered professional forester Margaret Symon shares fascinating facts about the trees and the ecology of the area. May go longer than two hours if the weather is nice.

2009 Family Programs *continued*

Sun, July 26 • Lakes, Lakes, Lakes Hike and picnic at Croteau Lake. An easy to moderate 5 hour hike travels over very uneven terrain through old growth forests and past beautiful lakes. Meet at the interpretation center at 10:00 am. Bring lunch and water.

Sun, Aug 2 • Watersheds and Mountains of Strathcona Provincial Park Link high altitude lakes to familiar lowland rivers and learn where all the famous mountains and glaciers lay using the Strathcona Park model at the interpretation center as a focal piece. Short hike may follow.

Sun, Aug 9 • Sub-Alpine Flowers Local expert Fred Constable provides an in depth look at the mid-summer flowers of Paradise Meadows.

Sun, Aug 16 • Damsels and Dragon The shiny flyers. Naturalist Tyler Johns brings his nets for families to learn about the insects in Paradise Meadows. Starts at 10:00 am!

Sun, Aug 23 • Leaves and Stars Capturing solar energy on earth. Astronomer stream-keeper Roy Myers uses unique visuals to relate the properties of leaves and makes some astonishing cosmic connections.

Sun, Aug 30 • Hike to Lake Beautiful and Cruickshank Canyon A spectacular hike through beautiful meadows and forests to an amazing viewpoint. This moderate to strenuous hike will take 8 - 9 hours return. Bring LOTS of water and food. Meet at the Info Hut by 8:00 am.

To find out more about the Strathcona Wilderness Institute and programs visit our website: www.strathconapark.org or call 250-337-1871.

For more program details contact the Strathcona Wilderness Institute at 250-285-3181

The volunteers there can update you on trail conditions and hiking destinations. For all programs please remember to be prepared for all weather conditions and to tread lightly through the park.

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The Marmot
MILE HIGH NEWS ON MOUNT WASHINGTON

Published for your convenience by Rick Gibson
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Editorial: Susan Quinn

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Photo: Oli Gardner



60-70 Marmots to be Released this Summer on Vancouver Island

A remarkable year is planned for the extremely rare Vancouver Island Marmot.

Did you know the largest natural and continuously occupied colony of Vancouver Island marmots live right here on Mt Washington?

And did you know the Marmot Recovery Foundation expects to release 60-70 of the rare marmots to natural VIM habitat on the Island this summer?

"Thanks to the success of our captive breeding program we're facing a very busy release schedule", said executive director Viki Jackson. "Our captive breeding partners at the Calgary and Toronto zoos, Mountain View Conservation & Breeding Centre and our own Mt Washington Marmot Recovery Centre are all achieving excellent results, which means we're now able to release marmots in numbers that will really make a difference to the wild population."

The Recovery Strategy goal is to establish three sustainable meta-populations on Vancouver Island with a total population of approximately 600 marmots.

"This is the Foundation's 11th year of operation and we're finally measuring the results of our labour with real progress in the wild."

The first 2nd generation pups from released captive born marmots were born at Haley Lake last spring (SW of Nanaimo) and this spring we're expecting pups to be born in Strathcona Park. That will be the first time pups have been born in the park since they were extirpated there more than a decade ago," said Viki.

It has taken several years for the captive breeding program to mature and

grow to the stage it can now produce release animals in the numbers needed to affect real and positive change in the wild population.

"The wild population has grown from a low of less than 30 known marmots to an estimated 140-160 marmots and they can now be found on 22 mountains (up from only 4 in 2003). With a little luck, adequate funding and determination we hope to increase that number to 200-250 by the end of the year. That's still a tiny population by any measurement but it's heading in the right direction towards the Recovery Strategy goal of 600 marmots in the wild," Viki said.

The Marmot Recovery Foundation is a unique coalition of stakeholders whose primary partners include TimberWest, Island Timberlands, the public through the Marmot Recovery Foundation and the provincial government.

"We have a lot of work cut out for us this year as we attempt to release record numbers of marmots to the wild. It's kind of like sprinting across the finish line of a marathon," she said. "We need as much help as we can muster for this final phase to ensure all the hard work and investment of the last 10 years pays off with a restored Vancouver Island marmot population for the world to enjoy along with the many other natural wonders of the Island we're so proud of."

"The marmots have done their part, we must make sure we do ours," Viki said.

For more information or to make a donation to help save the Vancouver Island marmot go to www.marmots.org

Adopt a Marmot

This is a great way to help this endangered species as well as an opportunity for you to learn more about these interesting creatures

When you join the **Adopt-a-Marmot Club**, you help protect the endangered Vancouver Island marmot every day of the year. Pre-arranged monthly gifts are a convenient way to help save this beautiful and special creature from extinction. Your gift supports the field research and captive-breeding that's so critical to marmot survival. For instance, your contribution will help fund ear-tagging of wild marmots, which is the only way in which we can identify and track individual marmots and the success of recovery efforts in future years.

When you adopt-a-marmot you'll receive:

- Your personalized marmot adoption certificate
- Your full-color poster of a Vancouver Island Marmot
- Your official recovery project newsletter (The Marmoteer)
- Your special year-end report about individual marmots

For more info go to www.marmots.org/adopt.htm



Thanks to these Visitor Centres for distributing The Marmot

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Comox Valley	1-888-357-4471	334-3234	www.discovercomoxvalley.com
Cumberland	1-866-301-INFO	336-8313	www.cumberlandbc.org
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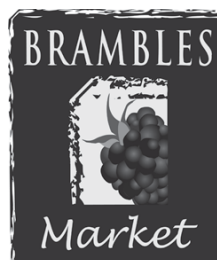


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Be sure to come down to the **COMOX VALLEY** as part of your visit to **MOUNT WASHINGTON**. There is plenty to offer the culinary enthusiast as the Comox Valley's agri and culinary sector is growing strong with an incredible diversity of farm fresh and value-added products available to consumers throughout the Comox Valley. Stop in at the weekly year-round **Comox Valley Farmers Market** on Saturday mornings or buy direct the incredible bounty and value-added product of the region from the producers themselves. From award-winning artisan cheese to internationally renown local oysters, the Valley produces incredible food!

And what better way to enjoy the local foods of the Comox Valley than with a beverage produced locally as well. With a growing list of beverage producers including several wineries, a gin and vodka distillery, and a microbrewery, you won't go thirsty in the Comox Valley.

Experience the tastes of the **Comox Valley** with a visit to one of many local eateries specializing in serving locally grown and produced foods. The style of dining is as varied as the items they offer and include waterfront restaurants, downtown bistros, entertaining pubs, and inviting cafes.

The **Comox Valley Growers Guide** is a great place to plan your culinary tour of this Land of Plenty, and is complete with listings of farms, wineries, and restaurants and touring maps. Pick up a copy at local Visitor Centres or download it from www.discovercomoxvalley.com.

BENINO GELATO Local family operated gelateria serving home-made gelato ~ available by the scoop or take home tub. Our Comox location also features Caffe Umbria, Italian roast coffee and other specialty hot drinks.

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BRAMBLES MARKET is the **1st grocery store in Canada** to sell only local food! They specialize in meat from the Comox Valley, produce that is picked at the peak of ripeness, and most of your everyday pantry items. If you are looking for amazing food, without hormones, pesticides or other chemicals, they have

it! Everyday is deliciously local at Brambles Market.

COMOX AIR FORCE MUSEUM

An amazing collection of military and west coast aviation artifacts, aircraft and memorabilia awaits you. Visitors praise the collection which covers a period from WW1 to current times. The second largest aviation library in Canada and a well stocked gift shop are also part of the attraction.

COMOX CENTRE MALL is conveniently located in the heart of Comox. Enjoy everything from eateries, fashion, gifts, beauty supplies, groceries, pharmacy and other general stores. Stop and enjoy the view of the Comox Wharf, the Beaufort Mountains and the Seaside.
www.comoxmall.ca

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www.courtenaymuseum.ca

Discover one of the most unique and vibrant downtowns on Vancouver Island! Just a 30 minute drive from Mount Washington, **DOWNTOWN COURTENAY** offers an eclectic mix of locally owned shops and services. From cozy bookshops to cutting-edge fashion, fresh flowers to artisan chocolates, antique treasurers to fossil discovery tours, **DOWNTOWN COURTENAY** has something for everyone, all in one convenient location. Add to this, a wide range of

eateries, a fabulous museum and theatre, art galleries, parks, and more, and it's easy to see why **DOWNTOWN COURTENAY** is one of the most charming downtowns on Vancouver Island.

Located in the Heart of Downtown Courtenay, **EDIBLE ISLAND WHOLE FOODS MARKET** provides nutrition-conscious shoppers a complete and extensive selection of organic whole foods, produce, local breads, baked goods and meats, all the groceries, household cleaning options, plus quality supplements and fabulous body care alternatives.

GLACIER GREENS GOLF CLUB invites you to discover the unbeatable value and friendly service that have made it one of the finest courses in the Comox Valley. **GLACIER GREENS** offers excellent facilities including a covered range and grass tees, a full service Pro Shop, a fully licensed restaurant with meeting and banquet facilities, and a beautiful out-

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continued on page 26

Mount Washington Alpine Resort is an idyllic resort nestled beside the Beaufort Range, midway between the Comox Valley and Campbell River. It is a retreat, an eco-experience or an extreme adventure.

The Resort is also well situated to be the jumping-off point for an extended Vancouver Island adventure.

The resort is less than an hour away from Campbell River, half an hour from the Comox Valley and an hour from Parksville and Qualicum Beach, making experiences further afield more accessible than ever.



Photo courtesy Tourism Campbell River & Region

Campbell River

Campbell River is the North Island's gateway to outdoor recreation or eco-touring.

DISCOVERY PIER Campbell River is known as the Salmon Capital of the World. The fact that it has Canada's first saltwater fishing pier underlines this fact. Located in the 700-block of the Island Highway parallel to the government harbour breakwater, the 600-foot-long pier is used year-round. It's wheelchair accessible and a concession operates from May 1 to Sept. 30.

FISHING CHARTERS Every year, millions of migrating salmon travel through Discovery Passage on their way to spawn in their birth rivers. Visitors can fish for Chinook year round. Tyees (Chinooks weighing more than 30 pounds) are found July through September. Coho is available June to September. Sockeye and pinks are prevalent from mid-July to August.

Fishers can take a boat charter, fly fish from the shore of many rivers in the area or beach-cast for Coho or sea run cut-throat trout.

ELK FALLS PROVINCIAL PARK

A thundering waterfall and some of the finest year-round salmon fishing in Canada are two of the reasons Elk Falls is one of the most popular provincial parks on Vancouver Island. The park boasts an extensive network of trails of all levels, the Quinsam salmon hatchery and it's close – only two kilometers from downtown Campbell River.

STRATHCONA PROVINCIAL PARK

Strathcona is B.C.'s oldest provincial park. Two of the most popular ways to explore the park are through Paradise Meadows beside Mount Washington Alpine Resort, and through the Buttle Lake area in the north. There is also the iconic Strathcona Park Lodge, where eco-experiences begin.

GOLF Campbell River boasts championship golfing at the 18-hole **Storey Creek Golf Course**, which received a four-star award from Golf Digest's Places to Play. But it's not the only premier course in the region. **Sequoia Springs Golf Course** offers 18 holes of lush,

undulating fairways and a two-storey clubhouse for the 19th hole. **Pacific Playgrounds** is a nine-hole, par-4 executive course located at Saratoga Beach and featuring a full pro shop and driving range. Hone your short game here.

SARATOGA SPEEDWAY is so much more than a racetrack: it's a family fun destination. The track boasts a full weekend racing schedule from May to October. But race fans can also take a ride around the 3/8-mile oval track in go-karts, or take a spin through the forest in Pegasus, a monster truck. There's outdoor Laser tag courtesy of North Island Battlefield, and mini golf or ice cream at the country market beside the speedway. www.saratogaspeedway.bc.ca



Photo courtesy Crown Isle Resort & Golf Community

Comox Valley

GOLF The Valley offers everything from an 18-hole championship course at **Crown Isle Golf Resort** to challenging 18 holes at **Sunnydale Golf Course** and **Glacier Greens Golf Course** and 9 holes at **Comox Golf Club**. **Mulligan's Golf Centre** on Cotton Road is the Valley's only Par 4 and Par 3 executive course, while **Longland's** is the original Par 3 course in the Comox Valley.

continued on page 26

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Shop & Dine

continued from page 25

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Points North & South

continued from page 25

KAYAKING Kayaks are a staple along the Courtenay River and in the Courtenay Estuary, especially in the summer. Launches are available at Simms Millennium Park on the Courtenay Slough, or from the marina beside the Courtenay Airpark. Lessons are available from several companies, including **Comox Valley Kayaks**.

FARMERS' MARKETS The Comox Valley is considered an agricultural hotspot, with 119 farms spanning 30,000 acres. From May through October, the Comox Valley Farmers' Market offers fresh, organic and specialty products on Saturdays at the exhibition grounds and Wednesdays near downtown Courtenay.

GOOSE SPIT REGIONAL PARK Goose Spit is one of the most popular beaches in the Comox Valley. It offers an oceanfront beach on one side and a sheltered lagoon on the other; picnic tables, road access with parking, toilets - and fabulous scenic views in all weather.

SIMMS MILLENNIUM PARK A Year 2000 project, Simms Millennium Park is located across from Lewis Park. The park features meandering walkways through the trees, a kayak launch, toilets and a gazebo used for community gatherings and concerts.

AIRPARK WALKWAY The Courtenay Riverside Walkway begins at the end of Sixth Street and follows the Courtenay River to the Airpark. The walkway circles Courtenay Airpark. The walkway features a restaurant, washrooms and view pavilions at the end of the estuary.

FILBERG LODGE AND PARK The rustic heritage Filberg lodge has become a focal point for weddings, art shows, spe-

cial events and the annual Filberg Festival on the August long weekend. The lodge is situated in nine acres of landscaped grounds on the Comox waterfront. More info: www.filberg.com

COMOX MARINA PARK Marina Park is a focal point on Comox's waterfront. The urban park features plenty of parking, washroom facilities, a pier along the breakwater and walkway as well as a playground popular with the younger set.



Photo courtesy Oceanside Tourism Assn.

Oceanside

The Parksville and Qualicum Beach region is home to some of the most popular tourist attractions in central Vancouver Island. For more info visit www.visitparksvillequalicumbeach.com

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 - Milner Gardens & Woodlands
 - Rath Trevor Beach Park
 - The Landing Restaurant Aquarium
 - The Boot @ Paradise Adventure Golf
 - Old School House Arts Centre

COOMBS and particularly the Goats on the Roof, is a popular place in the summertime. The goats have posed for countless photos during the past 36 years that the Old Country Market has operated. The market boasts fresh produce, gifts from around the world and groceries.

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Interpretive Centre

continued from page 4

The building will feature interpretive displays, books for sale on the local area and maps. The institute will have a relief model map of the Park on display, too.

The building will serve as a base for the SWI's walks and talks. Smith said the SWI hopes to extend its hours of use, but will have to rely on volunteers for now.

Smith is proud of the interpretive centre and what it represents. "We've always thought, this is a major park; it is the biggest park on Vancouver Island and it's the first Provincial Park in B.C. Its birthday is March 2011. We thought this would be a really good thing to have for when the Park celebrates its 100th birthday," he said. "It's a way to showcase the Park."

Ski Clubs Keep Busy

continued from page 6

He will undergo knee surgery in the summer and expects to be back in action in time for the winter season.

The rest of the Club's athletes will work on self-directed training programs throughout the summer.

Summer's all about ABCs for Mount Washington Ski Club

John Trimmer and the Mount Washington Ski Club's other coaches spent a weekend in May conducting physical training for their athletes. They went on the road after that, setting up individual training programs that they will continue to monitor throughout the summer.

The club has also set up a few camps for its athletes between now and winter.

Kate Dodd

continued from page 3

She was working in an accounting firm in the Comox Valley in 1995 when Mount Washington advertised for an accountant. A prairie girl through and through, Dodd wasn't sure she wanted to work in a mountain resort, until she went for her interview. Now she hasn't looked back.

In 2006 Dodd took over as Director of Finance. Dodd loves the way the atmosphere at the Resort changes virtually with the weather. "It's truly seasonal," she says. "In winter there's 800 staff here. It's filled with happy holidayers; people's intentions when they come here is to have fun, so for the most part were assisting them in something good."

The off-season sees the core staff shrink. There's a mini-burst of activity when the summer season kicks off, then all of a sudden it's autumn and time to prepare for the winter season again.

"Every five years I've changed careers, for my whole life. Until I got here," says Dodd. "Now I've changed positions every five years but still stay with the mountain. It has yet to bore me – it's so much fun."

"We have three dryland (physical) camps on the books for the summer where we will work on the ABCs — agility, balance, co-ordination and speed," Trimmer said. "We hope to incorporate a gymnastics camp and a water camp into the mix."

The club has two summer-on-snow camps booked, at Blackcomb in July and Mount Hood, Oregon in August.

"Athletes had a great year last season at every level in the Club, and are super keen to work hard through the summer/fall on and off snow to ensure that next season is even better," Trimmer said. The Club's cabin will also undergo some big changes this summer: "We are expanding to better serve our membership."

One of the things she particularly loves about working at Mount Washington is the sense of teamwork. "I feel down at my core that things are done best in teams. I'm free to explore new ideas around here because of the support and input and vision of the people I work with," she said. "That's actually my favourite part of the job – how much people want to contribute. How much this is a team."

When she's not working, Dodd can be found working in her garden, around the house or traveling with daughter and son, both who are in post-secondary school.

Last summer she built a brick patio in her backyard and redid her driveway in brick. This year she is remodeling the second floor of her Comox home. "We stripped it down to the 2x4s," she says.

Her daughter's boyfriend, who lives with Dodd's family, is doing a lot of the work, and Dodd does the finishing work. "What I really want to learn is the building stuff – actual construction of things," she says. "I think it's because it's the opposite of work that I really love to do things hands on."

Dodd has always traveled since she was young. With a family she has done summer road trips to Los Angeles, down the Oregon Coast and back to Winnipeg. One year they traveled to Quebec and hope around the Gaspé Peninsula. She hopes to travel more in the coming years. "That's my dream, once the kids are out of school. That's when I'm hoping to be able to travel further abroad."

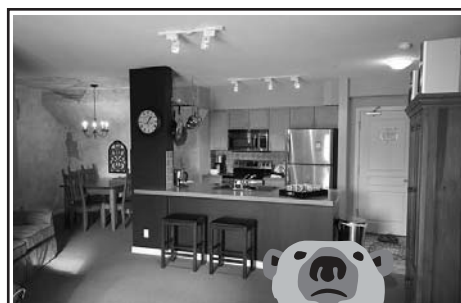
Three destinations on her list of places to see are New Orleans, Greece and Ireland. But she'll always return home – to Mount Washington.

I ♥ Groomers

Winter In Review

continued from page 5

There were many positives among the challenges of the season, Sharpe said, chiefly the 2009 International Paralympic Committee (IPC) World Cup event in March. The event drew 150 people from 20 nations to the Resort for a week. "We had perfect weather for it," he said. "It was sunny, crystal clear every day."



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Lovingly Cared For!

Tucked in the woods with sunset views, this mountain home has it all. Very large spacious living areas with 2 bedrooms. This mountain home away from home has been lovingly cared for by its original owners and is looking for a new family to call it their new mountain home. Easy access to skiing and parking. **\$189,900**



Heart of the Village!

2 bedroom condo in the Alpine Village of Mount Washington. Well cared for unit with upgrades. 2 bathrooms and loads of storage. The building itself is in very good condition with a live in caretaker. Easily located in the heart of the Village with easy access to slopes and parking. **\$212,000**



Your Home Away From Home!

3 Bedroom Condo! Ski from the front door west to the Green Chair, or east to the Sunrise Quad. Easy 3 minute walk from parking and the General Store. Corner unit with both east and south views, including the Comox Glacier! Well maintained inside and out, in a quiet family four plex with nice neighbours. Open floor plan, a "cooks kitchen" with a view of the Glacier while you prepare gourmet meals for friends and family. Wood burning fireplace, and easy access to common wood pile in the basement. Waxing room in the basement, plus a large storage locker for each owner. Screens on all windows for your sum-

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ROYAL LEPAGE

In the Comox Valley

Looking for a Building Site on Mount Washington?

No GST!

Located on the Benchlands overlooking Strathcona Park, is this large building site, easy access to skiing and Strathcona Park. There are few building areas left on the mountain and this one is the closest to Hawk Chair. **\$187,500**

Foundation & Plans Included!

One of the few remaining chalet lots in the Alpine Village of Mount Washington. Price includes plan for an impressive chalet. The foundation has been completed. Spectacular location with easy access to parking and ski in and out location **\$349,900**

mer enjoyment. Summer parking in front of the building. "Castle Crag Chateau" would make a perfect family retreat, winter and summer for your family, just has it has done for the owners for the past twenty years. **\$212,500**

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BEAR LODGE at Mount Washington

Features Include:

- Slopeside Location
 - Fully Furnished, 6 appliances
 - Rainscreen Technology
 - Live-in Caretaker
 - Underbuilding Parking
 - Common Hot Tub
 - 1, 2 & 3 Bedroom some with Lock-offs
- | | |
|--------------------------------|-----------|
| 102 2 Bdrm 882 Sq Ft Viewside | \$255,900 |
| 105 2 Bdrm 893 Sq Ft Slopeside | \$225,900 |
| 106 2 Bdrm 884 Sq Ft Slopeside | \$225,900 |
| 201 2 Bdrm 884 Sq Ft Viewside | \$219,900 |
| 202 2 Bdrm 879 Sq Ft Viewside | \$269,900 |
| 203 2 Bdrm 1012 Sq Ft Viewside | \$379,900 |
| 205 2 Bdrm 891 Sq Ft Slopeside | \$259,900 |
| 206 2 Bdrm 882 Sq Ft Slopeside | \$239,900 |
| 208 1 Bdrm 629 Sq Ft Slopeside | \$189,900 |
| 210 2 Bdrm 891 Sq Ft Slopeside | \$229,900 |
| 214 2 Bdrm 899 Sq Ft Viewside | \$269,900 |
| 303 3 Bdrm 1012 Sq Ft Viewside | \$374,900 |
| 310 2 Bdrm 882 Sq Ft Slopeside | \$259,900 |



Features Include:

- Elevator Access
 - Spectacular Views of Strathcona Park and the Ski Runs
 - Above & Underground Parking
 - Propane Fireplaces
 - Furnished units ready to go
 - Ski Storage Room off the Lobby with separate lockers for renters
- | | |
|----------------------------------|-----------|
| 108 3 Bdrm, views of ski runs | \$219,900 |
| 111 3 Bdrm, views of ski runs | \$299,900 |
| 208 3 Bdrm SOLD! ski runs | \$274,900 |
| 214 2 Bdrm, view of Strath. Park | \$259,900 |
| 302 Penthouse (1600 sq. ft.) | \$425,000 |



Ptarmigan Ridge

Features Include:

- One Bedroom Apartments located on Henry Road
 - Apartments are Furnished
 - Drive To Access
 - Propane Fireplaces
 - Self-contained Kitchens
 - Ski Storage Lockers off Lobby
 - Breathtaking Mountain Views
 - Convenient Location to Ski Lifts and Strathcona Provincial Park.
- | | |
|----------------------------------|-----------|
| 101 Facing the ski runs | \$149,900 |
| 104 Facing Strathcona Park | \$139,900 |
| 201 Corner suite facing ski runs | \$149,900 |
| 204 Facing Strathcona Park | \$169,900 |
| 303 Facing the ski runs | \$164,900 |
| 304 Facing Strathcona Park | \$167,900 |
| 307 Facing the ski runs | \$164,900 |



Lots for Sale!

Building sites available at Beaufort Heights. ACT FAST on these!

- | | |
|---------|--------------------|
| Lot #3 | (No GST) \$129,900 |
| Lot #9 | \$119,000 |
| Lot #25 | \$105,000 |
| Lot #27 | \$99,900 |
| Lot #30 | \$115,000 |



Close to Alpine Lodge!

Spacious, well-kept townhome with in a few minutes stroll of the Alpine Lodge. 3 bedrooms, 2 bathrooms and sauna. The inside is well cared for with a huge space in the lower floor for sleeping or recreating. Enjoy the outside patio, taking in the sunsets and mountain views. Ski-in and out access to the slopes. Fantastic location and great value. \$249,900



Creekside House

Rarely do suites in Creekside House hit the open market. One owner, immaculately maintained 3 bedroom suite available. Quality plus building built by the same builder of Raven Lodge. Creekside is located immediately adjacent to the loading area of the Green Chair so is about as ski in and out friendly as you can get. Easy access to Nordic and Strathcona Park.

- | | |
|----------------------------------------------|-----------|
| 303 Top Floor, 2 bedroom facing the ski runs | \$349,900 |
| 305 Top Floor, 3 bedroom facing the ski runs | \$399,900 |

784 Washington Way



3 Choices...

A Bright Buy!

Very unique and bright corner suite in Snowbird. 3 bedroom townhome with loads of natural light and extra windows. Very quiet location in the building and easy access to parking and skiing. 2 bathrooms, sauna, electric fireplace, open living area. \$234,900

Front Corner Views

Front corner townhome with south west views. 3 bedrooms and 2 bathrooms on 3 levels. Open living area with propane fireplace. Sauna upstairs to sooth the tired muscles. Great location and easy access to all amenities. \$274,900

South Facing Townhome

with easy access to parking and skiing. Basement undeveloped for additional usage. 3 bedrooms and 2 bathrooms. Propane fireplace for the cool winter nights. Quiet location and great building! \$274,900

PARADISE RIDGE

Features Include:

- Outdoor Swimming Pool, Sauna & Hot Tub
 - Underground Parking
 - Propane Fireplaces
 - Ski Storage Room off Lobby
 - Convenient Location to Amenities
 - Mountain / Strathcona Park Views
- | | |
|-------------------------------------------------------------|-----------|
| 111 3 Bedroom facing Strath. Park | \$199,900 |
| 208 3 Bedroom facing Strath. Park and ski runs | \$199,900 |
| 209 4 Bedroom facing Strath. Park | \$314,900 |
| 403 Large 3 Bedroom facing ski runs | \$229,900 |
| 506 3 Bedroom Penthouse facing Strathcona Park and ski runs | \$264,900 |



Closest to Alpine Lodge!

3 bedroom townhome in tip top shape! Ski in and Out from this two level home. 3 bedrooms, two bathrooms and plenty of storage. Bright sunny exposure and a location hard to beat. \$249,000

Tahsis, BC



Ocean View!

Tahsis ocean view home with beautiful inlet and garden views from this 3 bedroom, 2 bath executive style home in the up and coming resort town of Tahsis. The 2nd largest lot (1062 sq ft) in Tahsis' most desirable neighborhood with tiered gardens, rock walkways, 2nd cedar deck overlooking ravine, own driveway. Large gourmet kitchen with all appliances. This is a turnkey recreational home complete with ALL furnishings. Tastefully furnished and well maintained, this comfortable home is a unique Tahsis' property. \$289,000

DEER LODGE AT MT. WASHINGTON

Features Include:

- Slopeside Location
- Fully Furnished
- Front Desk Service
- Underground Parking
- Hot Tub
- Caretaker

- | | |
|---------------------------------------------------|-----------|
| 102 2 Bedroom Lock-off facing Strathcona Park | \$225,900 |
| 207 2 Bedroom facing ski runs | \$219,900 |
| 313 2 Bedroom Lock-off facing Strathcona Park | \$242,000 |
| 409 Top floor, 2 Bedroom Lock-off facing ski runs | \$269,900 |



Vaulted Ceilings

West Coast designer townhome located close to the Alpine Lodge of Mount Washington. Offering 3 bedrooms, two bathrooms and sauna. Vaulted ceilings in the living room and gourmet kitchen with corian countertops. Ample storage and easy access round out this great package. Mount Washington offers incredible snow, and affordable real estate prices. \$289,900

Forbidden Plateau



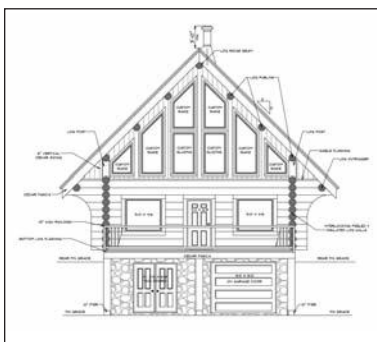
Commercially Zoned Property with a View!

Commercial zoning allows for multiple uses. Chalets, restaurants, cabins, etc. Fabulous 180 degree views of Vancouver Island, Georgia Strait and the mainland mountains. Build your dream mountain retreat next door to Strathcona Park. Hike in the summer and ski in the winter. Year round recreation, only a 30 minute drive to downtown Courtenay on a well maintained road. Hydro available at the lot line. \$349,900



Parkview Place End Unit!

Ski in and Out! End unit located directly across from loading area of the Hawk & Green chairlifts is Parkview Place. This 4-5 bedroom mountain home offers easy access to Mt. Washington & Strathcona Park. Built to exacting standards with same builder as Raven Lodge, this is a must see on your list. There is a double car garage and a large storage area on the basement level with 3 piece bathroom, laundry and sauna. Second entry on the main level that enters into a massive common living area. The kitchen, dining room and living room are open concept with a powder room close by. Views of Strathcona Park fill the dining and living room windows. Upstairs, 4 bedrooms, 2 full bathrooms and laundry round out the package. **\$399,900**



New Log Cabin!

Log home to be built at Beaufort Heights Price includes finishing to lock up stage. Great location as one of the closest lots to the lifts. Buy at this stage and put in

more bedrooms etc. Easy access to skiing and Strathcona Park is right across the street. Lease expires in 2178 so loads of life in this one. **\$425,000**



Perched on a Ridge!

3 bedroom executive townhome with stunning spectacular views of Strathcona Park. The Master suite encompasses the entire top floor and the Living room is vaulted almost up the roof of the entire building. Common area includes, hot tub on it's own private deck and sauna. What more to say than "WOW!" **\$499,900**



In a word... Stunning!

Located on the upper side of Fosters Place on Mount Washington is this STUNNING mountain chalet. 4+ bedrooms and a HUGE living area! This mountain home boasts a beautifully appointed interior finished to the highest of standards. Ski in and out access and close to Strathcona Park for nordic skiing in winter and summer hiking. Golf courses, beaches, international airport all just 30 minutes away. **\$599,900**



Rock Faced Fireplaces!

Lovingly maintained chalet on Fosters Place with 3 bedrooms in the main area and a separate 2 bedroom suite down and an unfinished basement too. Each suite features a rock-faced fireplace and is totally finished. The upper suite can accommodate 12 people and the lower level 7. Other features include 2 decks, sauna and storage. Price includes website. **\$474,900**



Ocean View!

You can see the ocean from this chalet located in the Alpine Village of Mount Washington. On 3 levels, the lower level is a self contained suite whilst the upper 2 floors have spacious

rooms and an open plan. Sauna on the main floor with huge living area. Close to parking and loads of morning sun! **\$485,000**

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- Rain Screen Technology
- Slopeside access



A Sought After Property...

in a sought after location! Lovingly maintained by its owners "Chalet 43" offers a 4 bedroom main suite on the upper two floors and a self contained two bedroom suite on the lower floor. The main suite is open in design with many recent upgrades from the ground up including flooring, doors and plumbing. Very well thought out design, offering fantastic accommodation and a floor plan "that works!" Two bathrooms, one with a gorgeous jetted tub. The lower 2 bedroom suite is spacious and cozy with 2 bedrooms and large living/kitchen area. A shared sauna and ample storage rounds out the package. Chalet 43 is located close to parking yet EASY access to the slopes. Tucked into the sidehills, it is close to everything yet sitting on the large deck you are hidden in the woods. **\$599,900**



Builder's Own Home!

Located in Nordic Heights adjacent to Strathcona Park! Interior finished with loads of wood and windows to take advantage of light and to create a cozy warm feel. Easy access to ski slopes just out the back. Where else can you purchase a gorgeous home in an alpine setting! Three large bedrooms, open living area, large sauna, loads of storage & inviting architecture. Enjoy "The Strathcona Mountain House". **\$599,900**



2700 Square Feet of Luxury!

Never before has a home of this style and quality been available on the Mount Washington market. Over 2,700 square feet with 6 bedrooms and 4 bathrooms. No expense has been spared from the silestone quartz kitchen, hardwood floors, solid cedar beams, log styled exterior to the open hearth style gas fireplace. All rooms are open and spacious. Fosters Place is Mount Washington's only drive-in, ski-out location. If you have been looking for the "something special", this is the one. **\$799,900**



Contact: **Rick Gibson, Royal LePage in the Comox Valley** Ph: 250-334-3124 (24 hrs) Direct: 250-338-1723 www.rickgibson.ca



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Casual fine dining featuring fresh local ingredients including seafood and organic vegetables from Comox Valley farmers, complimented by fresh herbs and vegetables from our own gardens.

Warm Hospitality. Exceptional Service.



Savour the Tastes of the Comox Valley this Summer

Eating local is a big deal in the Comox Valley. So is drinking local. And there's plenty of selection for both.

Surgenor Brewing in Comox is the latest brewery on the scene.

Surgenor did their first brew on Feb. 11 this year, and now have about 90,000 bottles to fill in the coming months, Public Relations Manager Lee Everson said.

The brewery is the brainchild of Bob Surgenor, a former electrician. "About 10 years ago he started to see a decline in the industrial contracting market. He was starting to have to go farther away to get work," Everson explained. Then Field Sawmills closed and Elk Falls looked to be going the same way. They were integral to his livelihood.

Four years ago he bought a piece of property on Shamrock Place in Comox with an eye to getting into the beer business. He created his business plan and broke ground on the brewery in July 2008.

"He was thinking, he liked beer and he knew a lot of people who liked beer and thought, why not?"

It's a fun business to be in, said

Everson. "All the people we've dealt with so far have been happy people."

Surgenor offers two brews: their signature Red House Ale, a smooth ale from northern Ireland; and Steam Donkey Lager, which harkens back to the Comox Valley's logging history.

Surgenor's beer is available in local restaurants as well as the Alibi Room in Vancouver and Shelter Restaurant in Tofino. The brewery has a retail store for off-sales, too.

Beaufort Winery opened last year on Pickering Road in the Comox Valley and has been a success since.

"We sold out of everything we produced," said Jeff Vandermolen, who owns the winery with his wife Susan.

This year they're starting with 400 more customers than they had last year, so expect to sell out quickly, despite releasing 1,600 cases of wine this year (last year they released 1,200).

Beaufort Winery's wines are also available in many Comox Valley Restaurants. "We're probably 30 or 40 per cent sold

out or committed to the restaurants, which is way ahead of where we were last year," Vandermolen said.

Beaufort will release a Grigio this year as well as Panacea, a blended white wine. They will have a second release of their Black port, which has been soaking in oak barrels for an additional seven months.

This will be Beaufort Winery's first yield year from their estate grapes, too. Vandermolen expects to produce four to five tonnes off his vineyard this year, which is about one-quarter of their maximum production.

The winery is open until July 4 on Fridays and Saturdays from noon to 5 p.m., then open Fridays through Sundays from July 17 to Sept. 6. There are also special events.

Hornby Island is known for both its famous and eclectic inhabitants as well as its white sand beaches. And with the opening of Middle Mountain Mead and Carbrea Vineyard and Winery, it's also becoming known as a hotbed of locally-made wine.

Stephen Bishop from the Sea Breeze Lodge operates Carbrea along with his wife Suzie.

They made their first planting in 2002 in their four-acre vineyard. Carbrea carries both red and white varieties, as well as a Wild Blackberry Wine.

Middle Mountain Mead is an artisan honey winery producing mead - made from honey and water and flavoured with spices, teas and botanical elements.

Mead was the only wine available in northern Europe until grape wines became available about 6,000 years ago, according to Middle Mountain Mead's website.

"We found the history of mead so fascinating and enriching that we decided we should develop an artisan honey winery and see if we couldn't help along the global renaissance of mead," say Helen Grond and Steve McGrath.



Their mead comes in several varieties, from Lavender Cranberry and Cranberry Mead to Wild Harvest, Green Tea Elixir, Alpenglow, Black and Olde Meade. Their mead is available from Campbell River south to Victoria on the Island and in North Vancouver.

Over at Shelter Point Distillery, Jay Oddleifson and his partners are brewing up dreams of single malt whisky.

The distillery, located on the former UBC Farms site on Highway 19A near Black Creek, is still in the pre-production stage.

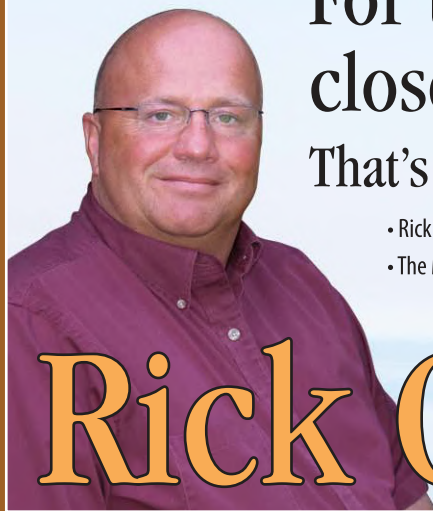
The distilling material has been ordered from Forsyth in Scotland, but "we still have to get confirmation when we're slotted into the production schedule," Oddleifson said.

The idea for the distillery germinated in 2006. The crew has done some trials growing barley and "we know we will have no problem growing an excellent crop."

Clean air, clean water and the wind coming off the nearby ocean combine to create fertile conditions. "That's really what we've got going for us, is purity," he said.

If the equipment arrives in a timely manner, Oddleifson said Shelter Point could have its first distillation later this year. Shelter Point will create a cream ale and a single batch of rye malt whisky.

In time, Oddleifson foresees working with other brewing companies to create unique local products. He talked about using oak barrels that Beaufort Winery uses for its Black port to create a port finish to Shelter Point's whisky. The farm could also look at growing rye for Surgenor Brewing, should there be a need. The possibilities are endless, he said.



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