

Tourism Kelowna  
**Activities & Spousal Programs**

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**KeLOWNA**  
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*Kelowna offers a multitude of activities for conference delegates, meeting attendees and spouses or families. Here are some favourites:*

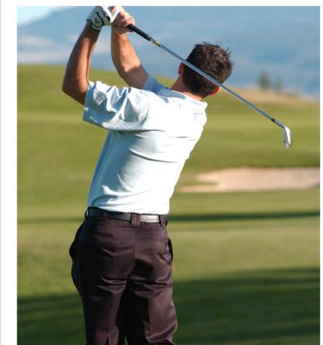


### **Wine Tours:**

Nestled all over Kelowna are spectacular vineyards producing premium quality wines that regularly win national and international wine competitions. Few wine-producing regions in the world can match our combination of mountains, lakes, fresh air and intense sunlight and so many grape varieties! There are currently over 25 wineries in Kelowna and growing annually!

### **Golf:**

With an average of over 2,000 hours of sunshine every year, Kelowna offers one of the longest and driest golf seasons in Canada. There are currently 19 courses located in the Kelowna area, providing golfers of all abilities with premium experiences. We can assist you in selecting a golf course for your group that suits their needs – play a round or have a tournament and banquet.



### **Boat Cruises:**

Enjoy the views of Kelowna as you travel along the spectacular Okanagan Lake with your group on a houseboat or yacht. Great for off-site lunches, dinners and team-building events.

### **Art/Pottery Classes:**

At the Rotary Centre for the Arts and Kelowna Art Gallery in Kelowna's Cultural District, several art classes are offered. Very popular for spousal programs, participants can bring out their artistic side with a painting, pottery or sculpting class or jewelry making.



## Walking Tours:

During a break from meetings, enjoy a hike and explore some of Kelowna's great outdoors. Guided walking tours are available for delegates or arrange for a spousal program and participants can explore the exquisite natural and cultural beauty of this area.



## Orchard, Garden and Farm Tours:

Kelowna's roots in orcharding and agriculture account for a way of life here. Spousal programs can include a visit to a working orchard – take a tour and taste fruit fresh from the farm. Make a lavender wand or wreath at the Okanagan Lavender Herb Farm or learn about Echinacea at Falcon Ridge Farms. Carmelis Goat Cheese Artisan is a family dairy boutique specializing in the art of cheese making. Enjoy spectacular views of Okanagan Lake and sample a selection of goat cheeses and gelato.

## Cycling Tours:

Cycling tours can be arranged for your group and tailored to suit the group's age and ability. Choose from a leisurely sight-seeing tour around parks and lake, or cycle along the historic Kettle Valley Railway trestles. Your guide will pick you up, outfit you completely with a bicycle, helmet and water and then escort you along your cycling journey.



## Galleries/Museums:

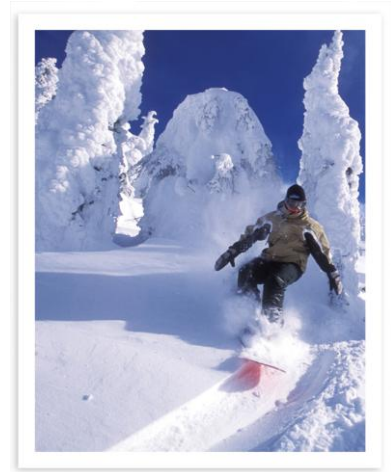
Located in the heart of downtown is Kelowna's Cultural District. Within the six-block district you will find galleries, museums and theatres along with pieces of public art and a variety of shops, cafés and restaurants.

## Cooking Classes:

Channel your inner chef and participate in a hands-on cooking experience. Many of Kelowna's famed Executive Chefs share their passion for food and wine while demystifying the secrets of the kitchen. Your group will love these inspirational culinary programs for home cooks and food enthusiasts.



**Skiing & Boarding:** Just 56kms south east of Kelowna lays Big White Ski Resort which is blessed with an average of 24.5 feet of legendary, dry, champagne powder annually. With 118 runs and 2,765 acres of skiable terrain, you'll see why Big White has been consistently voted one of the top ski resorts in the world. To the south of Kelowna is Crystal Mountain Resort. With a large percentage of beginner and intermediate runs, Crystal is already a local favourite ski destination for learning to ski, snowboard, or Nordic ski in a peaceful, scenic setting.



## Kelowna Dining Options:

*If variety is the spice of life, see why Kelowna is bursting with flavor! Discover our secret ingredients! Here are just a few places to enjoy some gastronomical delights in Kelowna or to take your group for an offsite dinner.*

- At RauDZ Regional Table in downtown Kelowna, Chef Rod Butters incorporates his philosophy of using organic, sustainable and naturally raised ingredients, while concentrating on pure, simple flavours with fun presentation.
- Enjoy a meal 'al fresco' at the Hotel Eldorado on Kelowna's best lakeside patio where Executive Chef Stewart Sharp takes advantage of the Okanagan's bounty of seasonal and organic products from local suppliers.
- Playing on typical West Coast hospitality, Cabana Grille features an open style kitchen and a relaxed and casual atmosphere to enjoy some of Kelowna's finest Canadian cuisine. A private dining room is available for groups featuring access to a multi-media centre.
- With Chef Bernard's 'wine country cuisine', Wild Apple Restaurant & Lounge has secured its place among the culinary destinations in Kelowna. They've created an atmosphere for a fabulous dining experience lakeside at Manteo Resort.
- An all season culinary destination, Old Vines Restaurant & Wine Bar at Quails' Gate Winery is an exceptional vineyard location. Chef Roger Sleiman offers menus with ingredients sourced from surrounding fields and pastures and regional British Columbia, all paired perfectly with Quails' Gate Estate wines.
- At Summerhill Pyramid Winery, Chef Jesse Croy has developed a network of local and organic suppliers to create meals that showcase some of the world's finest ingredients; including Okanagan free range meats, wild mushrooms, wild seafood from the Pacific Coast, and produce grown at Summerhill in their organic garden.
- At Mission Hill Family Estate Winery, they're passionate about food and wine. 'Cuisine du terroir' is their philosophy – selecting the freshest seasonal ingredients from all over the valley. Your group can enjoy their seasonal Terrace Restaurant, or custom tailored dinners, and special wine paired dinner events, handcrafted to complement their wines.

*For more information on these activities and dining options, or to learn about more about Kelowna and all of the options available for your meeting or event, please email Tourism Kelowna at [meetings@tourismkelowna.com](mailto:meetings@tourismkelowna.com)*