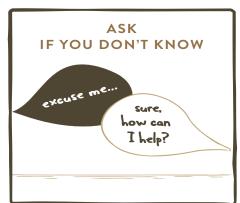


Welcome to the West Kootenays.

When travelling through the region, please respect the nature, the places and the people.

Read our Visitor Code of Conduct at destinationcastlegar.com

























Thank you for being a responsible visitor!

#heartofthekootenays

WELCOME TO THE HEART OF THE KOOTENAYS

Like the adage goes: home is where the heart is. Whether you live here, are from here, or you're visiting and wished you lived here, Castlegar is the home you love coming back to. From the beautiful scenery and limitless outdoor adventures to the friendly neighbourhood shops and smiling faces at the pubs and eateries, our little city in the valley is as familiar as it is fun. Welcome home.

Doukohobor Discovery Centre

GETTING HERE

Not only is Castlegar located at the confluence of the Columbia and Kootenay rivers, it's conveniently based where Highways 3, 3A and 22 meet. It's also where the West Kootenay Regional airport can be found. Air Canada Jazz offers daily flights. Practicar car rental is located at the airport and has a location downtown

There are also public bus routes between Trail and Nelson. For service to and from the airport, take the #33 bus from the Castlegar Community Complex or call Castlegar Taxi at 250-687-0133. Reservations are encouraged.

CASTLEGAR TO	

Kelowna Vancouver Calgary Spokane

DISTANCE

306 km/190 miles 620 km/385 miles 618 km/384 miles 231 km/143 miles

DRIVING TIME

3 h 44 min 7 h 21 min 6 h 46 min

3 h 8 min

BORDER CROSSINGS

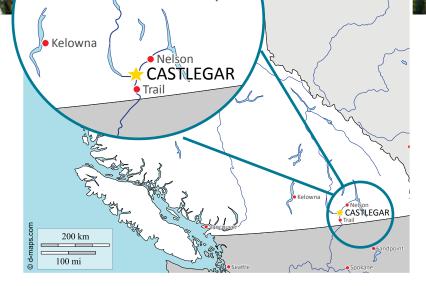
Paterson BC/Frontier WA Waneta BC/Boundary WA Nelway BC/Metaline WA

CASTLEGAR BY THE NUMBERS:

13,000 - POPULATION

70,000 - Trade area population

- 30 minutes from the US border
- 20 maintained hiking trails near the city
- 56 size of the downtown Millennium Park in acres
- 75 kilometres of downhill mountain biking trails



WEATHER

Unlike other destinations in the Kootenays, Castlegar enjoys beautiful, warm, sunny weather nine months of the year. People enjoy rock climbing, hiking and soaking up the sunshine from March to November and in the winter months there's plenty of alpine snow to play in. Average temperatures in the summer hover around 28°C (82°F) and in the winter they range between -1°C (31°F) and -6°C (21°F). Average annual precipitation is 75 cm (30 in) but in the winter months the nearby ski resorts and mountains can get upwards of 12 metres (40 feet) of snow!

Castlegar & District Chamber of Commerce

1995 6 Ave, Castlegar, BC V1N 2W6 tourism@castlegar.com www.castlegar.com Toll Free: 1.888.365.6313

HOURS

24 hours

9 a.m. to 5 p.m.

8 a.m. to midnight

Discover the Kootenay Rockies

Sandman Hotel Castlegar

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Welcome to our beautiful region!

We are delighted you're here so we can introduce you to the City of Castlegar and the communities of the Regional District of Central Kootenay that surround it.

The lifestyle here is an unconventional mix of rugged outdoors and laid-back urban cool. We are rich in history and opportunity, and you'll experience a strong undercurrent of creativity, entrepreneurialism, and true grit.

Our area has a remote feel but is connected to the world through the West Kootenay Regional Airport. With a multitude of attractions on our doorstep, visitors can choose their own adventure and be at the centre of it all. While here, we hope you'll enjoy Sculpturewalk, world-class hiking, biking and rock climbing, the nearby ski resorts and, the natural sanctuaries of our provincial parks, as well as the charming hospitality we offer.

Better together, Maria Mc-Faddin Mayor, City of Castlegar



TRAVELLER TYPE Jason Twizell



MOUNTAIN BIKING @Arron_Theisen



Neil Farynowski



@westkootenayflyandtackle



BEACHES @Randi Lodge



CLIMBING (a) @James Klemmensen



ATVING @ppoznekoff



WILDLIFE @stevenwellsphoto



MURALS f Masira Masuri



ARTS & CULTURE @sara.judith1



WHERE TO EAT @grateful_table



WHERE TO STAY **f** Windborne B&B



COVER PHOTO

Castlegar Nordic Club on the **Paulson Cross Country Ski Trails**

Photographer: **Dave Heath Photography**



Publisher: Editor: Advertisina: Design: Photos:

Vince Hempsall Etelka Mihaly Tammy Robinson Courtesy of Destination Castlegar

250-365-6313

1995 6 Ave, Castlegar, BC V1N 2W6

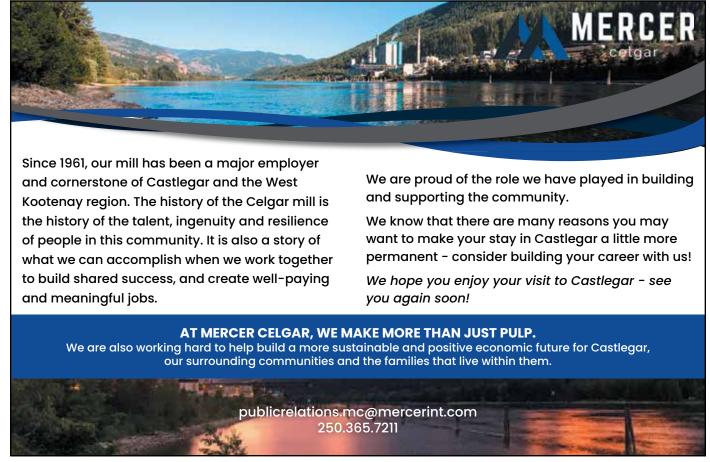
The visitor guide partnership is with Castlegar News and Destination Castlegar.

Etelka Mihaly



HOW DO YOU LIKE TO TRAVEL?

Tick all the boxes that apply to you to determine how you like to travel.





- You feel comfortable with familiarity
- There's a certain security in returning to a destination multiple times
- You like to see and experience things while in a group setting
- It's relaxing when others take care of the details for you
- You like knowing a destination's history, its culture, and the people who reside there
- You deem it important to truly understand the places you visit
- You plan your trips in advance and upon arrival you immerse yourself in the surroundings rather than in crowded tour groups
- ☐ You connect with the "why" of where you are
- ☐ You consider yourself adventurous, social, open-minded and spontaneous
- You like to experiment and try new things whether it's an event, a sport or a delicious meal
- You are equally comfortable relaxing on a sandy beach, biking through beautiful forests, or attending an art show

IF YOU TICKED MORE BLUE BOXES:

You like to always keep it fresh and interesting

IF YOU TICKED MORE GREEN BOXES:

You enjoy the Bold & Beautiful aspects

of travel. Perfect! Castlegar is a beautiful

place with a bold heritage that will have

you coming back home for more.

You enjoy the Lost & Found facets of travel. So get lost in the splendour that is our home region and find all the hidden gems strewn throughout the area.

IF YOU TICKED MORE RED BOXES:

You like to get Out & About when you travel. We offer many outdoor activities and eateries in which to talk about your adventures afterwards.

Look for colour-coded boxes throughout this visitor guide to learn about the various sites and activities that cater to how you like to travel.



CETO Know CASILEGAR

Stuck on a chie?

No worries! You can find all the answers hidden throughout the guide. Just flip to the page number shown at the end of each clue.



4

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 You can also find all the answers online at destinationcastlegar.com

CROSSWORD CLUES

- Castlegar is nationally recognized for its outdoor display of these.
 (P. 25)
- 2. These bluffs offer more than 70 routes for rock climbing. (P.22)
- 3. Island that serves as a provincial reserve for the blue heron. (P. 17)
- 4. River that meets the Columbia River in Castlegar. (P. 13)
- 5. One of the fish species you can catch in the Columbia River. (P.14)

- Russian-born artist who built the Chapel House in Castlegar. (P. 28)
- 7. This dam near Castlegar helps regulate the Columbia River. (P. 15)
- 8. Butterfly species often spotted fluttering through Castlegar gardens and trails. (P. 24)
- A 53-km network of trails for classic and skate skiing. (P. 32)
- Provincial park at the southeast end of Lower Arrow Lake. (P. 38)

- A 6-metre-tall aesthetic waterfall tucked in a deep, cool canyon. (P. 19)
- 12. This flower is featured on the mural at the Royal Canadian Legion. (P. 27)
- 13. Name of Castlegar's Junior B hockey team. (P. 33)
- 14. Closest summit to Castlegar, standing at 1,214 metres. (P. 31)
- This park, located in downtown Castlegar, has an area of 56 acres. (P. 3)



HERE ARE THREE ITINERARIES FOR EVERYONE

whether you live here or are making Castlegar your home away from home.

BOLD & BEAUTIFUL

MORNING: Go fishing, hiking or skiing with one of our bold local guides. (See pages 12, 14 & 32)

AFTERNOON: Take a beautiful, scenic walk around the city and see the sculptures that are responsible for Castlegar being named the Sculpture Capital of Canada. (See page 25)

NIGHT: Eat at any number of familiar restaurants and then go see a movie. (See pages 33 & 35)

HERE FOR LONGER? Enjoy a stroll around the beautiful Zuckerberg Island Heritage Park, lay on the natural beaches at Millennium Park, see some bold artwork at the Kootenay Gallery, and spot colourful songbirds on the mellow Selkirk College hiking trails.

LOST & FOUND

MORNING: Lose yourself in a heritage tour of the city and visit the Doukhobor Discovery Centre (pictured above) and the Train Station Museum. (See page 28)

AFTERNOON: Get to know the artists of Castlegar by visiting the Kootenay Gallery of Art, local studios and farmer's markets. (See page 25)

NIGHT: Visit a local neighbourhood pub and get lost in the delicious flavours of the brews and fare. (See page 35)

HERE FOR LONGER? Visit Millennium Park, walk the Brilliant Suspension Bridge, find the Verigin Memorial Park, go paddling or fishing, swim or skate at the Recreation Complex, and lose yourself in our many downtown shops.

OUT & ABOUT

MORNING: Get outside! Go hiking, mountain biking, skiing, rock climbing or paddling. (See pages 11, 12, 13, 22 & 32)

AFTERNOON: Take your fun inside and try the waterslide at the Recreation Complex. (See page 33)

NIGHT: Chat about your day's adventures over a delicious meal: there's everything from authentic Indian and Greek to locally brewed beer on offer. (See page 35)

HERE FOR LONGER? Be sure to float or paddle the Slocan River, get out and about in the backcountry, visit one of the six waterfalls in the area, and enjoy skiing at the two downhill resorts that are 30 minutes from the city.



Steve.Morissette.MLA@leg.bc.ca







A Castlegar trail was recently rated the best on the planet according to PinkBike, one of the most popular mountain bike websites in the world. In a story that ran on the last day of December 2023, PinkBike listed the top 10 rated mountain bike trails around the globe and the Captain Kangaroo trail in the Merry Creek area of Castlegar won top spot. It's not surprising as the Castlegar Parks and Trails Society has been hard at work building beautiful, artistic trails that are popular with locals and visitors alike. Here are three mountain bike zones to enjoy in the area no matter whether you're a novice or expert, according to Adam Pomery, co-owner of local bike shop Cycology.

CASTLEGAR BIKE PARK

If you're a beginner to mountain biking you'll be happy to know Castlegar boasts the largest bike park in the Kootenays with a mellow flow track, fun dirt jumps and a pump track. And because it's located in Millennium Park near downtown Castlegar, it's very easy to access.

Location: In Millennium Park, 110 5th St. Size: 3 acres.

DIFFICULTY: Everything from easy to hard.

MERRY CREEK

There are 10 trails in this area including Captain Kangaroo, voted the best on the planet by users of Trailforks. There's also the Merry Go Round trail, which features the "Cliff Hanger," a 20-metre-long bridge that hangs off an 18-metre-high rock face over the forest floor. And that's just one of the many amazing trail structures you'll see in this area.

Location: Merry Creek FSR off Hwy 3.

DIFFICULTY: Intermediate.

RIALTO ROAD

Boasting six trails, this area has everything from mellow ups to epic descents, including Grandliforium, an eight-kilometer test piece that features everything from A-frames and gap jumps to rock roll downs, bridges, drops and skinnies.

Location: Rialto FSR off Broadwater Rd.

DIFFICULTY: Easy to expert.

For more mellow fare, consider biking part of the Columbia & Western Trail, a converted railbed that runs for 168 kms from Castlegar to Midway. Visit destinationcastlegar.com for more details.



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Whether you prefer long strolls beside the river or high alpine treks, Castlegar has it all. Thanks to the hard work of such local organizations as the Castlegar Parks and Trails Society (CPTS) and the Kootenay Mountaineering Club, there are dozens of well-maintained hikes from casual strolls to multi-hour treks. According to CPTS past president Doug Clark the three best include:

DOVE HILL

Although short, this trail offers excellent views of the confluence of the Kootenay and Columbia rivers. The preferred variation is a 2.4-kilometre out-and-back from the power substation to the summit of Dove Hill and there's only 160 metres of elevation gain. Trailhead: 1602 Aaron Road, Ootischenia. Distance: 2.5 km.

DIFFICULTY: Easy.

COLUMBIA RIVER TRAIL

This beautiful, relatively flat hike follows the southern shore of the Columbia River that connects Castlegar to Trail. It's not a short one though: the entire trail stretches 25 kilometres one way, so it's recommended to do a car drop or hike only part of it. Trailhead: Columbia Road in Ootischenia. Distance: 25 km.

DIFFICULTY: Easy but long.

BRILLIANT OVERLOOK TRAIL

For supreme views of Castlegar, the Columbia River, Arrow Lakes, and Robson, this trail is the best. It takes about four hours round trip and involves 350 metres worth of elevation gain. Trailhead: The power substation at the end of McPhee FSR, Ootischenia. Distance: 6.5 km.

DIFFICULTY: Intermediate but steep in sections.

There are 17 other trails in Castlegar including Mel DeAnna, the Syringa Provincial Park loop and the Selkirk College loop, which are also favourites among trail runners. Visit destinationcastlegar.com for details of each.





From mellow floats on mountain lakes to exciting whitewater, Castlegar is an amazing paddling destination. Here are three bodies of water where you can canoe, raft, stand up paddleboard, kayak and float.

ARROW LAKES

Immediately north-west of downtown Castlegar is the Arrow Lakes system, which is divided into South Arrow and North Arrow. Together they offer no less than 232 kilometres of flatwater paddling opportunity between Revelstoke and Castlegar and there are plenty of remote, sandy beaches on which to lounge or camp.

THE COLUMBIA RIVER

Running through the heart of Castlegar, the Columbia is one of the longest rivers in the Pacific Northwest and it offers plenty of fun paddling opportunities right in the city. An excellent spot to put in is Millennium Park, located five blocks from the downtown core where you'll find calm eddies and ponds that will lead you into the faster flows of the river.

SLOCAN RIVER

If whitewater thrills are more your thing, the Slocan River south of Crescent Valley is a popular Class III play spot that's especially fun in the Spring and early summer during freshet. Endless Adventure offers guided excursions. The rest of the 80-km river is more mellow and there are various access points at the bridges along Highway 6.

Other easy paddling spots include such mountain lakes as Nancy Green, which is located just west of Castlegar on Highway 3, and Champion Lakes, just south of the city. There's also the faster flowing Kootenay River, which joins the Columbia River right in the heart of Castlegar as well as innumerable mountain creeks for those kayakers who like their water spicy.



Castlegar is a world-class destination when it comes to freshwater fishing. Whether your preference is fly fishing in mountain streams, casting in rivers or angling for lake lunkers, there's something for every angler. Kayak fishing is one of the fastest-growing watersports in North America and it's caught on in Castlegar because it's easier to access small fishing holes. A boat isn't imperative, though, as there are plenty of angling opportunities from the shoreline right in Castlegar. Before embarking on a fishing excursion, remember to get a freshwater fishing license, which can be purchased at Canadian Tire or online at the BC Government's angling site, as well as check for any restrictions. Here are four fishing guides for hire in Castlegar.

COLUMIBA RIVER FLY FISHING

With over 30 kms open to fishing and 1,500 fish per km, the Columbia is a fly fisher's dream. Join Matt and Bruce for a fun day out.

CHILLBILLY CHARTERS

Enjoy drift boat fishing tours with Graham down the Columbia or revisit your childhood with some creek fishing adventures.

MOUNTAIN VALLEY SPORT FISHING

Go after rainbow, walleye and more with Dwayne, who was born and raised in Castlegar.

ALL IN FISHING ADVENTURES

Guiding anglers on the Columbia River and surrounding lakes and rivers since 2010.

For more information about how to book a fishing guide in Castlegar, visit destinationcastlegar.com/fishing



Aside from the renowned Columbia River, other notable fishing spots near Castlegar include Nancy Green Lake, Champion Lakes and the Kootenay River. There's also Lower Arrow Lake where the largest Kokanee salmon on earth was caught! If you're planning a do-it-yourself day of fishing, here are some recommended spots where the fish are known to bite.

MILLENNIUM PARK

There's excellent fishing access right in town on the shoreline of Millennium Park. Anglers have their favourite spots along the river banks here but there are plenty of eddies to choose from.

KEENLEYSIDE DAM

As you approach the dam on Broadwater Road, you'll see a large, yellow fisherman's area sign. Follow the stairway to the water and there's a great spot there for lure casting.

WANETA ROAD

Near the Northport-Waneta border, about a 30-minute drive south of Castlegar, excellent fishing can be found at the confluence of the Columbia and Pend Orielle Rivers.

There are many fish species of note in and around Castlegar including rainbow trout, bull trout, kokanee salmon, whitefish, and walleye. Another fish species of interest in the Columbia River is White Sturgeon, which can grow to be upwards of 300 pounds, but because they're endangered, there isn't a fishery for them. However, you can definitely spy them in the sandy shallows.



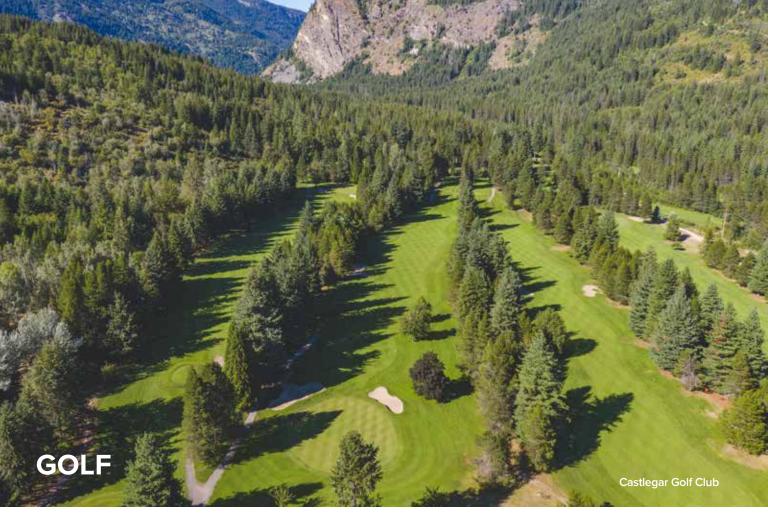






visit our website





There are not too many places on Earth where you can enjoy golfing on perfectly manicured fairways and greens located beside one of the world's longest rivers and between snow-capped mountains. Castlegar is one of the most amazing golf destinations on the planet and the best part is it's relatively undiscovered so you don't have to wait long for your tee times! There are 12 golf courses located within a 45-minute drive of the city but the most acclaimed and easiest to access are the following.

BIRCHBANK

Located on Highway 22 just south of Castlegar, this 18-hole championship course is a tree-lined classic overlooking the Columbia River with spectacular views of the Selkirk and Monashee mountain ranges.

LOCATION: 5500 Hwy 22

CASTLEGAR GOLF CLUB

Less than a 10-minute drive from downtown, this course was honoured with a four-star rating by Golf Digest. It has been the host of the BC Men's Amateur Championship four times as well as numerous other Provincial and National Championships.

GOLF CLUB & RV PARK

LOCATION: 1602 Aaron Rd.

There are also over a dozen golf courses located within a 45-minute drive of Castlegar making it the perfect city to base yourself on your next golfing vacation.

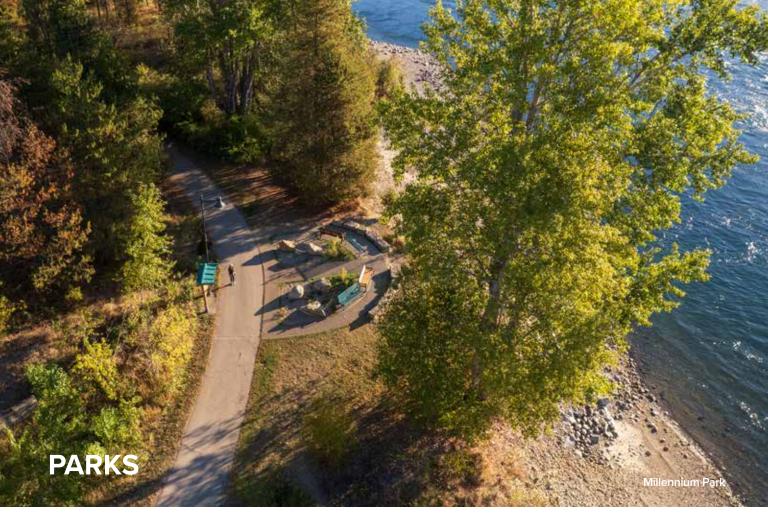


The Castlegar Golf Club & RV Park

The Castlegar Golf Club is a championship 18 hole, semi-private golf course situated in the heart of the Kootenays, above the Columbia River. Our facilities include a fully stocked Golf Shop, Restaurant, private lessons, driving range, practice greens, club rentals and hpoer carts.

Named 2nd in Golfers' Choice 2019: Best value golf courses in Canada!

1602 Aaron Rd., Castlegar, BC V2N 4L6 250-365-5006



There are two provincial parks near Castlegar, many regional and municipal ones and, of course, the 56-acre Millennium Park that backs onto the Columbia River and is located right near the downtown core. Take the kids and frolic on the many beaches, enjoy the playground equipment, wander through forests and go skating or cross-country skiing. Here are three options to explore.

WALDIE ISLAND

The Waldie Environmental Reserve is located on an island in the Columbia River and is easily accessible from downtown. It boasts a mellow 1.5-kilometre-long self-interpretive hiking trail through a beautiful cottonwood forest and past a bird sanctuary lookout.

LOCATION: Pass over the Robson Bridge, turn south onto Old Mill Road and park at the trailhead.

PASS CREEK REGIONAL PARK

This 36-hectare park has everything from 30 camping sites, equestrian facilities, ball field, playground and a full service kitchen as well as a day-use area that can be booked for picnics and other family events.

LOCATION: The southern end of Broadwater Road.

MILLENNIUM PARK

One of the best attractions in Castlegar is Millennium Park located on the shores of the Columbia River. This is where children and adults alike spend afternoons and weekends swimming, biking, walking, building sand castles, enjoying picnics near the gardens and playing everything from soccer and tennis to beach volleyball.

LOCATION: 110 5th St.



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Castlegar & District Hospital Auxiliary Society

BEACHES

Given that Castlegar is located at the confluence of two major rivers as well as the southern terminus of the 232-kilometre-long Arrow Lakes, there are no shortages of beaches to enjoy. From perfectly smooth sand to rocky shores that are fun to explore, you'll find everything you're looking for in water-side fun.

MILLENNIUM PARK

Located near downtown, this is the largest park in Castlegar and it has beautiful, sandy beaches on the shores of the Columbia River. It's a perfect spot for families with small children because the natural swimming ponds are shallow.

LOCATION: 110 5th Street.

SYRINGA CREEK PROVINCIAL PARK

Found on the shores of Lower Arrow Lake, Syringa Park has multiple beaches and is a great spot for an afternoon picnic or an easy overnight camping trip. Enjoy swimming, paddling, hiking, bouldering and much more at this natural oasis located a 20-minute drive from downtown.

LOCATION: 5570 Broadwater Road.

SHORE ACRES

The community of Shore Acres is located a short drive north on Highway 3A from Castlegar. There you'll find a beautiful beach where the Slocan River enters the Kootenay. In the summer it's a peaceful spot but during Spring runoff there are fun rapids nearby that are a favourite with local paddlers.

LOCATION: Twenty kilometres north on Highway 3A, just past the bridge.





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WATERFALLS

Waterfalls are stunning to behold and luckily we have many of them near Castlegar to enjoy. Whether you're keen to go for a hike to discover a beautiful waterfall tucked among the evergreens, or prefer to just pull over in the car and photograph one, there are a number all within an easy drive of downtown. Here are three favourites.

TULIP FALLS

Part of Syringa Provincial Park, this aesthetic six-metre-high waterfall is tucked in a deep, cool, canyon that's an easy five-minute walk from the car park.

LOCATION: Drive 19 kilometres northwest of Castlegar on Broadwater and then Deer Park Forest Service roads where you'll find a signed pull-out on your right.

GLADE

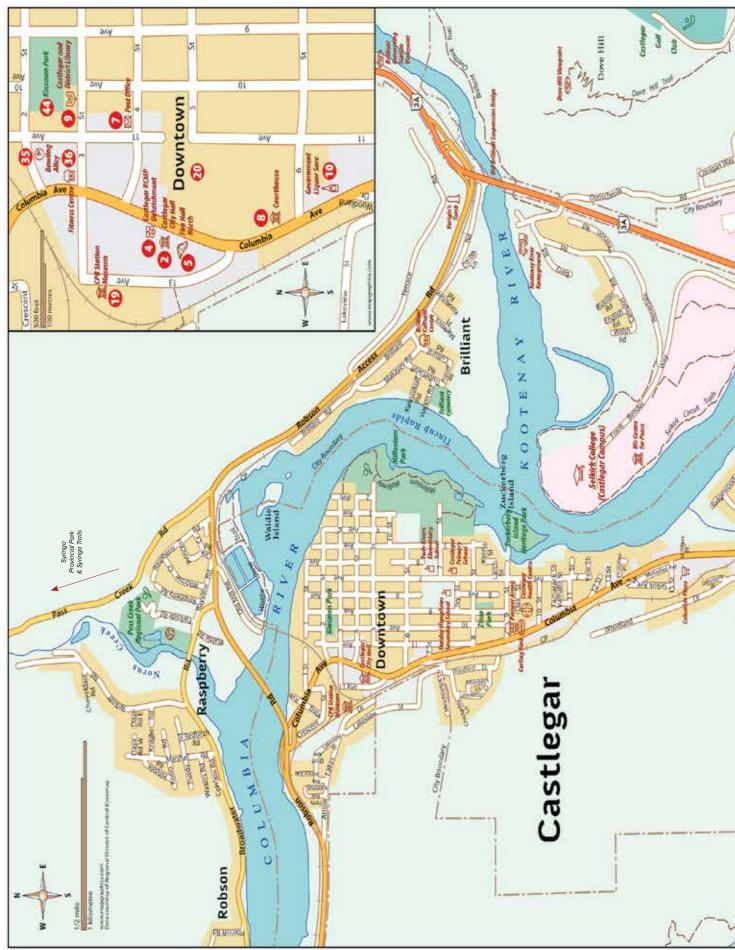
Glade is a tiny community located 20km north of Castlegar that's accessible via a very short cable and free ferry ride across the Kootenay River. Here you'll find, hidden in the midst of a coniferous forest, a 20-metre-high waterfall that's awe-inspiring.

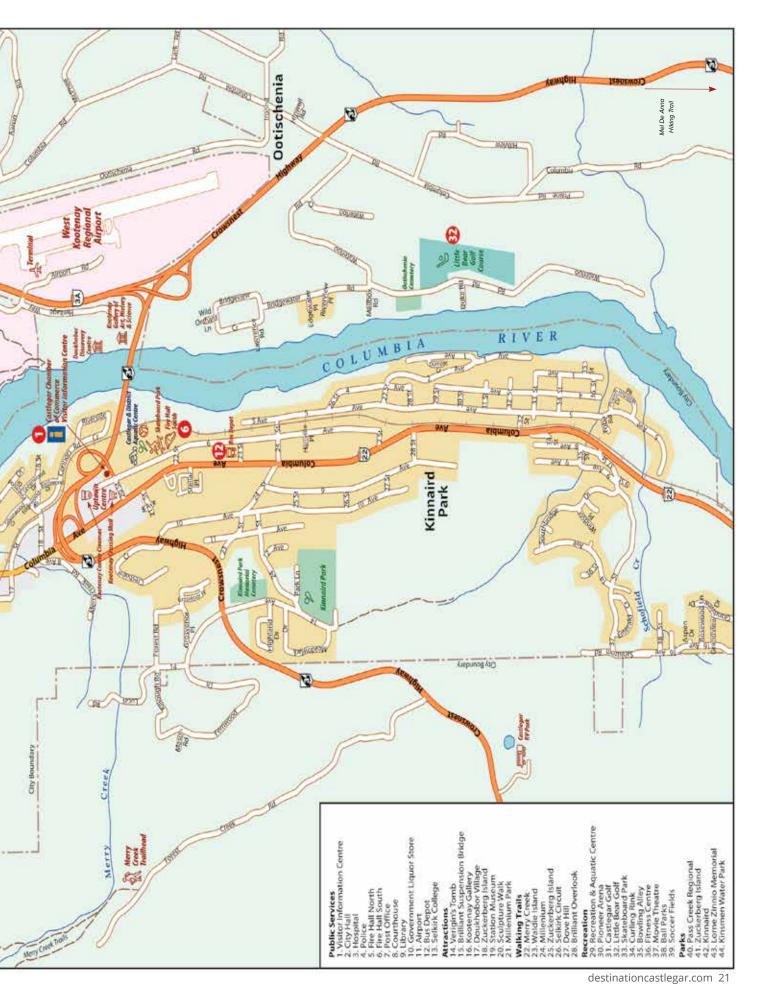
LOCATION: Drive north on Hwy 3A, cross the Kootenay River on the free Glade cable ferry and take the first right on Glade Road. Park at the creek then take the trail on the right which brings you to the bottom of the falls.

CAYUSE CREEK

By far the most fun waterfall near Castlegar is the one at Cayuse Creek, because not only is it pretty to look at, it's also a lot of fun to slide down! The four-metrehigh waterfall cascades over perfectly smooth rock shaped like a natural water slide that takes you into a beautiful turquoise swimming hole.

LOCATION: Ten kilometres along Deer Park FSR, past Tulip Falls.







Castlegar is one of the best-kept secrets when it comes to rock climbing in British Columbia. Not only does it have one of the longest seasons in the province (March to November), it also boasts a dozen areas with over 300 routes that are all easy to access. Here are some of the best.

KINNAIRD BLUFFS

People have been climbing on these bluffs since 1950 and there are now over 70 routes from easy trad ones to hard sport climbs to moderate, multipitch classics. The area is within city limits on 37th Street. Summit Mountain Guides offers guided experiences here for those new to rock climbing.

PUB WALL

This is the first of many walls located on Broadwater Road and it's also the only natural rock climbing wall in the back-yard of a pub in Canada. You can do any one of the 11 routes here and then pop into the Lion's Head bar to quench your thirst.

WATERLINE WALLS

Developed in 2005, Waterline is now one of the most popular sport climbing areas in the Kootenays. There are over 60 routes on six different walls and the access is a five-minute walk off 14th Ave.

Selkirk College has a bouldering gym where people can go if the weather is wet or if they're new to the sport. More details about all the rock climbing in Castlegar can be found at tawkroc.org, in the West Kootenay Rock Guide, and the West Kootenay Bouldering Guidebook at the Castlegar Visitors Centre.





Are you a fan of off-roading? There are plenty of logging roads around Castlegar that will take you high into the alpine or to neighbouring valleys such as the Slocan. For something more maintained, visit the trails of the West Kootenay Recreational Dirt Bike and ATV Society.

THE C&W RAIL TRAIL

A converted rail line that runs from Castlegar to the community of Midway, the Columbia and Western Railway Trail is free to use and includes some exciting tunnels and bridges as well as incredible views of Lower Arrow Lake.

ROVER CREEK

The extensive singletrack system at Rover Creek is currently free. To access the trails, set your odometer to zero at the north end of the Brilliant Bridge just outside Castlegar. Follow Hwy 3A for 18.9 km and look for Blewett Road on your right. Follow Blewett Road for 3.5 km and look for a dirt road on your right just after crossing the Kootenay Canal bridge. Park in the wide area at the base.

For trail maps and more details about the dirt biking areas around Castlegar, visit destinationcastlegar.com.

KMX MOTOCROSS TRAILS

Located near the Bombi summit just southeast of Castlegar, this trail system includes a full MX track, a kids MX track and a 23-kilometre hare scramble loop. To get there, follow Hwy 3 east up the Bombi Pass and about 5 km after the summit (where the power lines cross over) look for a runaway lane on your left. You want the first left after the runaway lane (look for the KMX sign). Once you make a left turn, follow the Beavervale FSR for about 1.5 km then turn right and follow the road through the gate. Membership rates apply.

MOTORCYCLING

If you prefer the feel of hugging tight asphalt corners on two wheels while zooming through mountainous terrain framed by beautiful turquoise lakes, consider these three motorcycle loops.

THE OLD GLORY LOOP

This two-hour ride follows Highway 3 west of Castlegar to the junction of Highway 3B where you'll find Nancy Greene Provincial Park, a great picnic spot. From there wind your way south on 3B and spy Old Glory Mountain, which rises 2,356 metres (7,795 feet) to the west. Eventually you'll come to the alpine town of Rossland and then down the hill is Trail. Highway 22 will lead you back to Castlegar.

THE BOMBI PASS

This loop can take two hours but you'll definitely want to dedicate more time. From Castlegar, drive Hwy 3 south over the Bombi Pass, enjoying the mountain views and evergreen forests before reaching the town of Salmo. Continue north to Ymir and Nelson before returning West on Hwy 3A past multiple hydroelectric dams.

THE SLOCAN VALLEY

This is the longest motorcycle day tour from Castlegar but it's also the best. Drive north on Hwy 3A to Hwy 6 and then follow the Slocan River North, enjoying views of Valhalla Provincial Park. At New Denver turn onto Hwy 31A which takes you to the village of Kaslo and then veer south past Ainsworth Hot Springs and Nelson, enjoying the final stretch of highway, which parallels the West Arm of Kootenay Lake back to Castlegar.

WILDLIFE WATCHING

Located in a lush valley at the confluence of two major rivers, Castlegar is rich in wildlife habitat that provides ample opportunity to spot animals in their natural environment. There are large terrestrial fauna such as elk, bears, and mountain goats but also smaller, yet equally fascinating creatures to spy such as the Columbia ground squirrel, Red Fox, and the Western Tiger Swallowtail butterfly. Local birders have documented over 250 different species from Osprey and Bald Eagles to Blue Heron and Rufous hummingbirds. And in the local waters are White Sturgeon, which have existed since prehistoric times and can grow to be 10 feet long! Thankfully they're no danger to humans and Endless Adventures offers paddleboard tours to view them every spring.







Photo by Yanive Feiner.



COLUMBIA GROUND SQUIRREL GREAT BLUE HERON Photo by Monte Comeau.



WHITE **STURGEON**



SWALLOWTAIL BUTTERFLY



COYOTE



BIGHORN SHEEP



AMERICAN BLACK BEAR



CHECK OUT OUR WILDLIFE BROCHURE

The goal of wildlife viewing is to safely appreciate the animals in their natural surroundings with minimal impact. To achieve that, here are eight tips:

- · Be respectful. Getting too close or staying too long can disrupt feeding and other important behaviours and can cause stress and unpredictable behaviour.
- · Give wildlife lots of space. If an animal responds to your presence (eg: looks up, watches you, moves away), you are too close.
- Viewing roadside wildlife can have negative impacts on wildlife by disrupting feeding and leading to habituation to traffic and people. If you spot wildlife while driving, pull over only if it is safe to do so and keep your stop short and sweet.
- · Keep dogs on leash and under control at all times to avoid negative encounters
- · Carry bear spray and know how to use it
- · Use binoculars and zoom lenses.
- Never feed wildlife.
- · Leave no trace. Pack it in, pack it out.

WHERE TO SEE WILDLIFE

SELKIRK COLLEGE HIKING TRAILS

The 15-kilometre-long trail network around the Selkirk College campus is one of the best places in all of the Kootenays to see water creatures and birds. In fact, 234 different species of birds have been recorded here in the last five years including owls, flycatchers, sparrows, waxwing, grosbeak, sapsuckers, and more.

LOCATION: 301 Frank Biender Way.

SYRINGA CREEK PROVINCIAL PARK

Found on the shores of Lower Arrow Lake, Syringa Park is home to elk, mountain goats, bear, foxes, ground squirrels and other terrestrial animals. You'll also find beavers and other aquatic species as well as plenty of bird life from turkey vultures to pileated woodpeckers.

LOCATION: 5570 Broadwater Road.

MEL DEANNA TRAIL

This shaded three-kilometre hike loops around Champion Ponds and you'll see plenty of forest species as well as waterfowl such as the Barrow's Goldeneye, which has its breeding grounds in this area.

LOCATION: Take Hwy 3 south-east of Castlegar towards Salmo for about 5km and pull into the first parking area on the right.



Perhaps it's the beautiful vistas or the appealing heritage or the invigorating mountain-fresh air. Whatever the reason, Castlegar definitely attracts artists and creative types making it the perfect art lover's destination. Whether your preference is visual art, music, indoor shows or outdoor spectacles, there's something for everyone in the city. Here are three artistic forays you won't want to miss.

DOWNTOWN ART GALLERIES

There are three locations in downtown Castlegar that feature and sell local artwork. Yes Please Art is located at 1100 3rd St. and features everything from pottery to knitting. Downtown Art Gallery Pinnacle (DAG) is located at 495 Columbia Ave. and showcases a range of artwork from sculptures to paintings. Nordic Studios, 295 Columbia Ave, Castlegar

KOOTENAY GALLERY OF ART

The Kootenay Gallery of Art has a 50+ year history of enriching the cultural landscape of the West Kootenays through a constantly changing roster of local, national and international exhibits, as well as through workshops and events. In addition, the gallery's gift shop provides visitors with an opportunity to take home works by talented local and regional artisans. The gallery is open Tuesday to Saturday, 10am to 5pm.

LOCATION: 120 Heritage Way

COMMUNITY ART

Castlegar is perfect for an art walking tour. The city is the "Sculpture Capital of Canada" and every May new pieces from global artists are placed around town. Castlegar has also become a hot spot for muralists and many new pieces have appeared on various walls in the past few years. Most can be seen within the downtown core. The city also participates in Communities in Bloom every season and floral displays can be seen everywhere throughout the summer.

There are many art shows, markets and music festivals throughout the year in Castlegar. For more information about each, visit destinationcastlegar.com.



Stunning Featuring Outdoor Sculptures

Enjoy artwork from International artists on a beautiful walking tour in downtown Castlegar. See why we've been named The Sculpture Capital of Canada™ and take the Sculpturewalk today!



sculpturewalkcastlegar.com





Discover the Kootenay Gallery of Art!

- ➤ exhibits, events, and workshops
- ➤ gift shop featuring one-of-a-kind items
- ➤ butterfly gardens

A true jewel of the West Kootenays —drop by and see us soon!



Open Tuesday to Saturday, 10am-5pm

120 Heritage Way across from the Castlegar Airport

250.365.3337

kootenaygallery.com

MURALS

In the past five years over a dozen murals have appeared on the sides of buildings in Castlegar and it makes for a fun afternoon outing to see them all. Many were created by local artist Matt Hillman (aka Matty Kakes) including the first air-purifying mural in Canada, located on the side of the ARC Youth Programs building at 625 Columbia Ave. That particular piece was painted using Airlite, a new form of paint that has anti-bacterial, anti-viral, and anti-mould properties. It also acts as an air purifier by using sunlight to activate a process called photocatalysis, a chemical reaction caused by light.

















4th Street Parking Lot

Dubs

Canadian 2for1









4th Street Parking Lot

Kootenay Cannabis

Royal Canadian Legion

4th Street Parking Lot







Recharge Building

Surestay

Kootenay Gallery

Murals can be found all over the city but the majority are on Columbia Avenue between the 200 and 1000 blocks.

For more information and a map of where they're located, scan the QR code.





Castlegar's history dates back thousands of years to when the region was inhabited by the Lakes Salish First Nations people. In fact, where the Kootenay River meets the Columbia was an important trading place as well as a fishing spot. Fur traders arrived in the late 1700s and when gold was discovered a century later, the region started to see more development. In 1891 the first successful train journey occurred between Robson, near Castlegar, and Nelson and that same year Edward Mahon moved to the region from his home in Ireland and became a successful land baron. He eventually named Castlegar after his home town across the Atlantic. In the early 1900s, Castlegar became an important hub for farming as the Doukhobors, who had escaped persecution in Russia, bought up vast tracts of fertile soil. There are many sites throughout the city in which to learn more about our rich cultural heritage including the following.

CPR TRAIN STATION MUSEUM

Housed in a century-old station in downtown Castlegar, the railway museum accurately portrays what it would have looked like during the railway boom in the early 1900s. Visitors will find a station agent's residence on the upper floor and a perfectly-preserved caboose—a relic of a time when crew members lounged in the last car of the train in between shifts. The station is open between April and October. Hours are 10-5 Tuesday to Saturday.

LOCATION: 400 13th Ave.

DOUKHOBOR DISCOVERY CENTRE

This is an amazing place to learn more about the culture that has so profoundly shaped what the city is today. You'll find ten historic buildings on site and many displays that wonderfully recreate Doukhobor life in Castlegar in the early 20th Century. The museum is open between May and October and hours are 10-5 on weekdays and 10-4 Saturday.

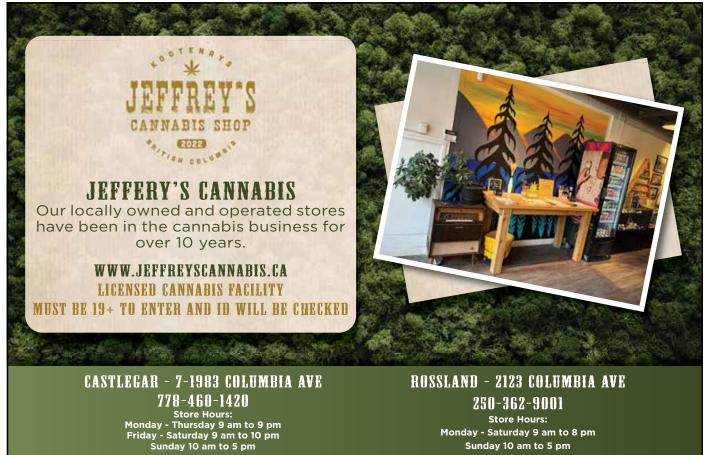
LOCATION: 112 Heritage Way

ZUCKERBERG ISLAND HERITAGE PARK

Alexander Zuckerberg was a Russianborn artist, teacher and engineer who built a Chapel House in the style of Russian Orthodox country architecture on the island that came to bear his name. There are over 5.5 acres of wooded walking trails, picnic tables and rocky beaches to explore on the island as well as beautiful views of the confluence of the Columbia and Kootenay rivers.

LOCATION: 901 7th Ave.





Store Hours: Monday - Saturday 9 am to 8 pm Sunday 10 am to 5 pm



LOVE CASTLEGAR? TAKE A PIECE HOME.

From locally made goods and boutique finds to relaxing spas and handy repair shops—Castlegar has it all.

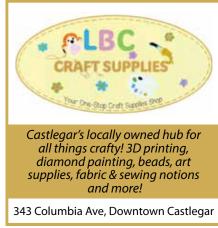














1100 - 3rd St. Downtown Castlegar







Snowmobiling is one of the most popular winter activities in Castlegar because upwards of 12 metres (40 feet) of snow can fall in the mountains surrounding the city, meaning at higher elevations the season is very long. Plus there's plenty of terrain to choose from. Many logging roads and trails can be accessed in the area but the two most popular spots for snowmobiling are maintained by the Castlegar Snowmobile Association (CSA). You'll find over 70 kilometres of groomed trails at these locations plus three cabins with free firewood and barbecues on hand. In exchange for these services, the CSA charges \$120 for a seasonal membership or \$15 for a single-day trail pass.

BOMBI PASS

This is a popular spot with snowmobilers because it's easy to access and there aren't any fees involved. The common staging area is at the 1,214-metre Bombi Summit just off the highway where the power lines cross the road. There are plenty of service roads in this area so you can choose your own adventure.

ACCESS: From Castlegar follow Hwy 3 east from the city for 17 kilometres and park at the staging area at the Bombi Summit.

GOOSE CREEK

The trails here are maintained by the CSA and they follow safe terrain into the alpine past two warming huts. One has beds and can be booked for overnight excursions.

ACCESS: From Castlegar, cross the Robson Bridge and turn north onto Pass Creek Road, Follow this for 15 kilometres and turn west onto Goose Creek Road. Follow this to the parking area and trailhead.

For trail maps and more details about the snowmobiling areas around Castlegar, visit destinationcastlegar.com.

LADY BIRD & NORNS

Both of these areas are best for advanced riders, especially Norns as its access trail isn't groomed and it passes through an avalanche path on its way into the alpine. That said, it leads to some of the best backcountry adventures in the region. The Lady Bird Cabin is in the zone and is excellent for midday warming.

ACCESS: Drive Pass Creek Road for 19 kilometres and turn west onto Lady Bird Road. Follow this to the parking area and trailhead. From here there's one groomed trail that takes you to a definitive junction where you can turn left to reach Norns or right to get into the Lady Bird area



It's not every city that can boast it is located equidistant from two of the best downhill ski resorts in North America. But Castlegar can proudly exclaim it is truly at the centre of it all when it comes to world-class alpine skiing. Situated in British Columbia's beautiful Columbia Valley, Castlegar is an easy 40-minute drive from both Red Mountain Resort in Rossland and Whitewater Ski Resort near Nelson. Both have won *Powder* magazine's annual "Ski Town Throwdown Award" and they boast an average of 12 metres or 40 feet of snow!

If flatter terrain is more your style, there are many places in the area where you can enjoy cross-country skiing. For example, there's plenty of room in Millennium Park to go for a schuss but aside from that, the following are three local favourites.

THE C&W RAIL TRAIL

The Columbia and Western Railway Trail is a converted rail line that runs from Castlegar to the village of Midway and is part of the Trans-Canada Trail. It is free to use but not groomed in the winter months so it's more suitable for classic cross-country skiers.

THE SLOCAN VALLEY RAIL TRAIL

Another popular trail that's free to use is the Slocan Valley Rail Trail, which winds its way from Slocan Lake towards the Kootenay River for 52 kilometres. There are seven trailheads but the closest to Castlegar is at Crescent Valley, about 30 kilometres north of the city.

PAULSON CROSS-COUNTRY SKI TRAILS

Maintained by the Castlegar Nordic Ski Club, this area offers 53 kilometres of interconnected trails, 45 of which are groomed and maintained for both classic and skate skiing. They include easy, moderate and more challenging trails that boast multiple shelters and warming huts. And because it's located at an elevation of 1,300 metres, it offers the longest season for nordic skiers in the region.





1128 3 St. Downtown Castlegar



INDOOR FUN

If you prefer staying indoors during the snowy months, Castlegar offers everything from museums and art galleries (see pages 25 & 28) to restaurants (see page 35) as well as the activities listed below.

MOVIE THEATRES

There are two venues with a total of six theatres in Castlegar. The larger of the two is the Kootenay Centre Cinemas, located near the highway at 1940 6th Ave. It offers five theatres in an intimate yet modern setting. Hours are 6:15-9:45pm weekdays and 12:15-3:45pm and 6:15-9:45pm on weekends. The Castle Theatre (or "The Old Theatre") is located downtown and it showcases classic, festival and contemporary movies as well as live events. Hours vary.

BOWLING ALLEY

Just like the old days, the Castle Bowl bowling alley, located at 206 11th Ave is a fun place where family and friends can enjoy some great times. But there are some new twists here such as bumper bowling for the little ones that keeps the ball out of the gutter. There's also music and lights to rock the night away during Cosmic Bowling on the weekends as well as a great licensed lounge. Open bowling is offered Friday 5-11, Saturday 12-11 and Sunday 12-6.

COMMUNITY COMPLEX

The Castlegar and District Community Complex, which locals refer to as the Rec Centre, boasts everything from a 25-metre-long indoor swimming pool to an indoor NHL-sized skating rink where public skating, shinny hockey, and Castlegar Rebels Junior B games are held. There are also banquet and meeting rooms, a commercial kitchen, fitness centre with weight room and cardio area, senior's centre with pool tables and darts, and a steam room and hot tub. Hours are 6am-8pm.

THE APPLE GUY



The best place in town to get fresh produce!

Stop by today to get inspired by our seasonal offerings and check out new products from artisans.

Tuesday to Saturday 10-5pm.







COMMON GROUNDS



COMMON GROUNDS

COFFEEHOUSE & EATERY

Offering a full selection of cafe beverages, along with baked goods, snacks and more! Stop by to see what we have for you today.

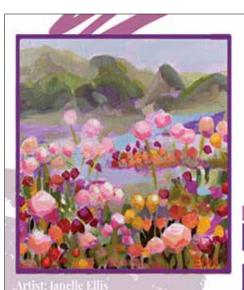
Monday - Friday 6 am to 6 pm Weekends 7 am to 6 pm







692 18th Street | 250-365-3883



26th Annual Castlegar Art Walk CASTLEGAR

June 6th - September 26th

A celebrated self-guided summer tour showcasing vibrant creativity in the West Kootenays

To download the map visit www.CastlegarArts.com

Visit any participating business





A&W Restaurant

250-365-4990 1982 Columbia Ave.

Amna's Indo Canadian Grill

2101 6 Ave. (Recreation Complex)

B's Eatery at Chances Casino

250-304-6300 100 Hall Rd.

Boston Pizza

250-365-6944 114 - 1983 Columbia Ave.

Canadian 2 for 1 Pizza

250-365-3244 1004 Columbia Ave.

Chef's Choice Authentic Street Food

250-365-0121 1010 4th St.

Chopsticks

250-365-5330 789 Columbia Ave.

Common **Grounds Cafe**

250-365-3883 692 18th St.

Crumbs **Bakery Café**

250-365-6561 635 D Columbia Ave.

Cuisine of India

250-365-0999 908 Columbia Ave.

Dairy Queen

250-365-5522 604 18th St

Grand Buddha Bistro

778-460-2227 1810 8th Ave.

Jacky's Chinese Restaurant

250-365-8888 932 Columbia Ave.

J&V Restaurant

250-304-2168 2816 Columbia Ave.

Lifestyles Castlegar

250-687-8899 502 Columbia Ave.

Lions Head Smoke & Brew Pub

250-365-2739 2629 Broadwater Rd..

Maggie's Mug

778-460-1919 1101-4th St.

McDonald's Restaurant

250-304-2400 1991 Columbia Ave.

MapleMirch

778-460-1940 4370 B Minto Rd.

Mr. Mikes

250-365-7779 651 18th St.

Monte Carlo **Grill & Pizza**

778-460-3144 1935 Columbia Ave

Panago Pizza

1 866-310-0001 102 - 1990 Columbia Ave.

Red Fin Sushi and K-Food

778-460-4644 111-1983 Columbia Ave.

Roots Modern **Health Food**

778-460-3663 9 - 1502 Columbia Ave.

Starbucks

250-365-7771 1721 Columbia Ave.

Subway

Downtown 250-365-0330 2-425 Columbia Ave.

Untown 250-365-7826 2001 Columbia Ave.

Tacos El Gringo

778-460-1983 1249 3 St.

Tah Nam Thai Cuisine

250-362-0022 1125 4 St.

The Backeddy Pub

250-365-2215 1432 Columbia Ave.

The Bombi Restaurant

778-460-2644 100 - 1983 Columbia Ave.

The Grateful Table

250-365-2311 400 Columbia Ave

The Humble Bean Coffee Co.

#132-130 Hall Rd. (Airport)

The Cornerstone Cafe

2347 BC-3A 780-931-8292

The Nineteenth

250-365-2582 1602 Aaron Rd

Tim Hortons

250-365-2444 1465 Columbia Ave.

Wayback Burger

778-460-2225 1502 Columbia Ave.

ACCOMMODATIONS



Bearfoot Bungalows

Separate detached home all to yourself. This cabin boasts all the amenities of home, fully equipped kitchenette, large island with seating, and patio seating area out front. Located next to the Selkirk Loop trails, oxbow swimming hole and a 2 minute drive from the regional airport.

419 Russian Rd, Castlegar, BC V1N 4L4 (250) 551-2748







Canadas Best Value Inn & Suites

Cozv stavs at affordable rates is what vou'll find here. When staving for business, pleasure or just passing through we have friendly staff waiting to meet you. Clean spacious rooms, guest laundry, valet, Monte Carlo Grill, and a business center are the amenities we offer!

1935 Columbia Ave, Castlegar, BC V1N 2W8

(250) 365-2177











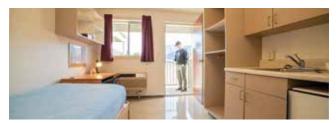
Castlegar Cabins and RV Rentals

Rest up in our cozy cabins, or our fully serviced RV sites or Kootenay camping sites that are nestled on 23 acres of shade tree forest which provide a cool camping respite to all weary Kootenay travellers, tourists and vacationers.

1725 BC-3, Castlegar, BC V1N 4W1 (250) 365-2337







Kekuli House

Are you looking for affordable accommodations in beautiful Castlegar this summer? Kekuli House offers you the Kootenay experience from June though mid-August. Spectacular river view rooms available and we are close to incredible hiking trails.

301 Frank Beinder Way, Castlegar 1-888-953-1133











Lakeside Castlegar Cabins on Arrow Lake

Discover the perfect escape at Lakeside Castlegar Cabins—where simple, clean, and cozy spaces invite you to unwind off the grid. Nestled near the pristine waters and scenic mountains, our cabins offer you immediate access to our beautiful lake, world-class fishing, mountain biking, hiking, and endless outdoor adventures.

4938 Broadwater Rd, Robson, BC, Canada (236) 338-0497







Lions Head Guest Suite

Located across the road from the Columbia River, The Lion's Head Guest Suite is the perfect location for all your outdoor adventures in the Castlegar area.

World class fishing, mountain biking, hiking, rock climbing and golf all within minutes of the building.

2629 Broadwater Rd, Robson, BC VOG 1X0



HOTELS & MOTELS LEGEND





















Sandman Hotel

Whether you're staying for business or pleasure, a large indoor atrium pool, whirlpool and fitness centre add that extra touch to make your stay a relaxing treat. Nearby forest trails, pristine golf courses and popular ski areas make us the ideal stopover for all adventurists, tourists, families and business people alike. Plus there's free parking.

1944 Columbia Ave, Castlegar, BC V1N 2W7 (250) 365-8444





Super 8

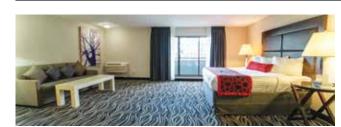
Located in the heart of the Kootenay Mountains, our Castlegar hotel is an ideal home base for exploring the Kootenays. Quick access to Highways 3 and 22 makes it the perfect location to stay. Our convenient location offers on site dining, and a liquor store.

651 18 St, Castlegar, BC V1N 2N1 (250) 365-2700









Surestay by Best Western

We offer winning hospitality, complimentary breakfast, free wifi and parking. Newly renovated rooms with dining and a brewery onsite.

1810 8th Ave, Castlegar (250) 365-2128











The Chameleon Hotel & Restaurant

Downtown location. German quality and European hospitality with a Canadian touch and influence. All the hotel units are newly renovated, containing four-piece bathrooms, new cable TVs and air conditioning.

330 Columbia Ave, Castlegar, BC V1N 1G5 (250) 365-4981







Twin Rivers Motel & RV Park

Beside Tim Hortons. Providing an ideal mix of value, comfort and convenience, we offer an array of amenities designed for travellers like you. For those interested in Sculpture Walk while visiting Castlegar we are a short distance (2.1 km) away. We have onsite laundry!

1485 Columbia Ave, Castlegar, BC V1N 1H8 (250) 365-6900







Villa Britton

Welcome honoured guests, to Villa Britton, the fun, unique, comfortable art installation BNB in the heart of the west kootenay's. Enjoy multiple Private covered patios, super interesting interactive mini golf course, ghost town, 12' by 20'climbing wall with 30 degree overhang, disc golf,nice fire pits year round on a resort like property.

1098 Pass Creek Rd. Castlegar, BC V1N 4S1 (250) 304-5851



ACCOMMODATIONS



















Windbourne B&B

Luxurious surroundings and a casual atmosphere, not to mention the great breakfasts will make us your perfect holiday accommodation!

3900 Broadwater Rd, Castlegar, BC V1L 4V4 (250) 365-6697







CAMPGROUNDS



Castlegar Golf Club RV Park

The Castlegar Golf Club has a 20 site RV Park in a natural environment adjacent to the golf course. Traditional golf in a championship setting & now RV camping in a natural setting, what could be better?

1602 Aaron Rd. Castlegar, BC V1N 4L6 (250) 365-5006 | golfclubcastlegar.com



Kootenay River RV Park

Welcome to our quiet, central and safely located 18+ RV Park in Castlegar, BC. We are the ideal spot to base yourself from, with world-class golfing, fishing, hiking and more all within an hours drive.

651 Rosedale Rd. Castlegar, BC V1N 4L2 (250) 365-5604 | kootenayriverrv.ca



Nancy Greene Provincial Park

The park is located at the intersection of highway 3B and 3, a short drive from two major communities. You are encouraged to stay an extra night and during the day explore the local history. Visit the Rossland Mining Museum or in Castlegar the Doukhobor Village Museum.

Junction of Hwy 3 and 3B Robson, BC VOG 1G0 1800-689-9025 | bcparks.ca



Pass Creek Campground

Pass Creek Regional District Camparound features 35 comfortable and spacious sites, hot showers, wheelchair accessible washrooms, internet and a playground. There is a common area to charge your cell phone and covered shelters for small events.

1090 Parkside Rd. Castlegar B.C. V1N 4T7 (250) 304-4602 | passcreekcampground.weebly.com

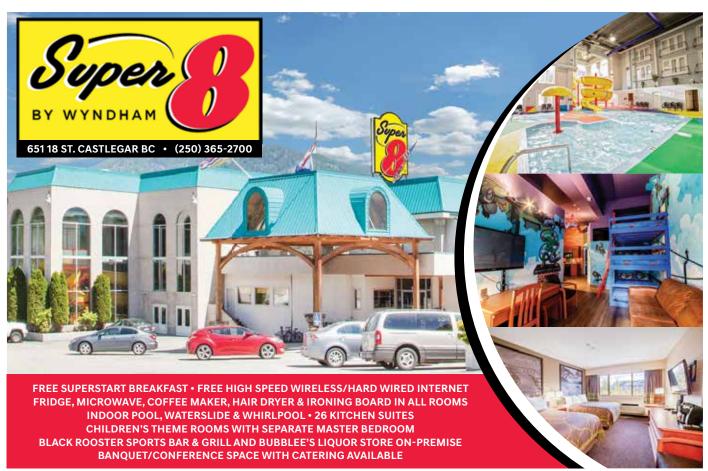


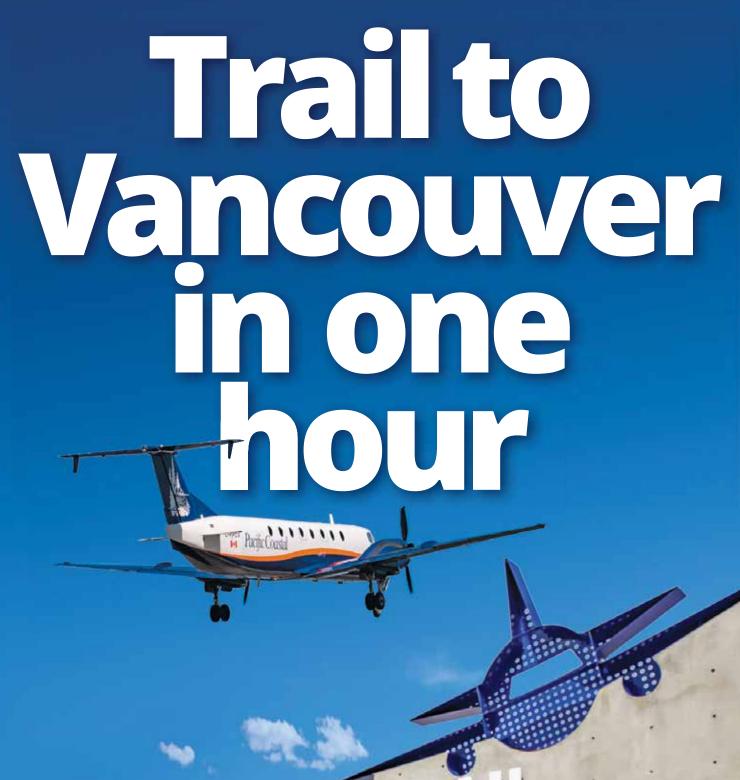
Syringa Provincial Park Campground

Syringa Park is located in south central B.C. near the southeast end of the Lower Arrow Lake. Recreation opportunities on the Arrow Lake Reservoir have made the park a long time popular destination. This park offers a comfortable base camp for visitors to pursue a variety of activities including fishing, boating and swimming.

5570 Broadwater Rd. Robson, BC V1N 4V8 (250) 365-6945 | bcparks.ca







trailairport.ca

TRAIL
REGIONAL
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