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OKANAGAN DREAMIN'



Escape to B.C.'s **South Okanagan**—a grown-up playground of local delicacies, fine wine and summer adventure

DAY 1

Bring an appetite to the **Penticton Farmers' Market**, which is also brimming with local crafts, clothing and curios. Snack on fruit galettes from **Joy Road Catering (3)** as you shop for juicy peaches and cherries from nearby orchards.

Next, pack sunscreen, water and a waterproof bag for a leisurely float down the channel that links Okanagan Lake with Skaha Lake. Rent an inner tube from **Coyote Cruises**, which also transports floaters back to the starting point.

Dine outdoors at **Craft Corner Kitchen (1)**, whose seasonal menu focuses on regional products—think devilled eggs topped with

B.C. salmon caviar, or a salad with house-grown herbs and Okanagan fruit. Quench your thirst with a low-sugar soda from **The People's Craft House**.

DAY 2

Arrive at border town Osoyoos early for some outdoor exploration. The **Nk'Mip Desert Cultural Centre (4)**, which explains local indigenous history and culture, offers guided trail walks into the surrounding hills. The adventurous can add on a fishing or rappelling excursion, while those seeking to please their palates should walk down the road to **Nk'Mip Cellars**, North America's first Aboriginal-owned winery, for a tasting and lunch.

Meander through some of the 40-odd wineries in the Oliver-Osoyoos region, which run the gamut from cozy **VinAmité** to organic and

biodynamic **Covert Farms** and winery-cum-bakery **Platinum Bench**. Finish at **Burrowing Owl Estate (5)**, where main courses at the Sonora Room come with wine-pairing suggestions.

DAY 3

Skip the vino today in favour of beer and spirits. **Hoodoo Adventures (2)** will shuttle you, your guide and your bikes up the Kettle Valley Trail so you can pedal the gentle descent back to Penticton. Stop in at distilleries and breweries along the way, with a final stop at bustling **Bad Tattoo**, where you can pair craft beer with pizzas categorized as

red, white or weird. (Try the Black and Blue—blue cheese, blackberry compote and roasted apple—for dessert.)

Finally, pick a spot on the kilometre-long stretch of sand at **Okanagan Lake Beach**, where amenities include rest rafts, kiddie slides, washrooms and firepits. The people-watching is captivating, but no one will blame you if you take a nap. ■



1 PLATED FLOWER (AND HERB AND FRUIT) POWER



PHOTOGRAPHY (SALAD AND BURROWING OWL ESTATE) KAT TANCOCK; (BIKE TOUR) COURTESY OF HOODOO ADVENTURES; (GALETTES) COURTESY OF JOY ROAD CATERING; (INDIGENOUS FISHERMAN) DAVID WEJALAMY STOCK



WHEN TO GO The Okanagan's hot, dry summers peak in July and August, but go in June or September to beat the crowds. **WHERE TO STAY** Watch the sun set over Skaha Lake from the eclectic and intimate God's Mountain Estate.