

avenue



HAUTE COATS

Local models wear the looks you'll love this fall

DEVELOPERS GONNA DEVELOP

Why buildings go up when the economy is down

3 RESTAURANTS YOU NEED TO EAT AT NOW!

LEARNING TO SUCCEED

How post-secondary schools are meeting the changing needs of the city



Autumn in the Okanagan

With mild weather, fantastic food, outdoorsy adventures and a festival that's a grape-stomping-good-time, the harvest season just might be the best time to visit the Okanagan.

GETAWAYS

The Okanagan probably brings to mind scenes of summer vacationing, but this southern B.C. wine region has just as much to offer in the autumn. Here are some of the amazing things to do in the fall in and around the communities of Penticton, Summerland and Oliver.

What to Do

GET ACTIVE IN THE OUTDOORS

Penticton-based outfitter Hoodoo Adventures offers a range of cycling and kayaking adventures to get you out into nature and enjoying the mild autumn weather. The kayaking experience on Okanagan Lake includes views of Munson Mountain, an extinct volcano adorned with a selfie-worthy sign that spells out "Penticton" in large white letters. Hoodoo also does biking tours on the Kettle Valley Trail, a former railroad corridor that features tunnels and rock ovens that early 20th-century railroad workers used to bake bread. Be sure to stop at the Trail Store, a mom-and-pop shop nestled in an orchard along the trail, for one of their ambrosia apple slushies.

Hoodoo also offers a Spirited Brews Cruise bike-and-tasting experience that includes stops at Maple Leaf Spirits, the oldest B.C. craft distillery still run by original owners, and Bad Tattoo Brewing where you can pair beer with unique pizzas such as the "black and blue" with blue cheese and blackberry compote.

hoodooadventures.ca

PUT YOUR FOOT DOWN AT THE OLIVER FESTIVAL OF THE GRAPE

The town of Oliver declared itself the "Wine Capital of Canada" in 2001, a moniker made official by the Queen when she visited in 2002, so it makes sense that Oliver would be home to the annual Oliver Festival of the Grape. Since 1997, this one-day festival (this year it's on Sunday, Oct. 1) has brought Okanagan oenophiles together to celebrate the fruit of the vine. An assortment of food trucks means you can do more than just drink (a wineglass-holder necklace is a must, as you'll want both hands free to eat). The cornerstone event is the grape-stomp competition, which pits 24 amateur teams of stompers against one another to see who can make the most juice. If you and three friends have got what it takes, sign up soon, as the spots fill up quickly.

oliverfestivalofthegrape.ca



OPPOSITE Kayaking on Okanagan Lake with Hoodoo Adventures; Summerland Heritage Cider Company's tasting room.

THIS PAGE Grape-stomp competitors at the Oliver Festival of the Grape.

GO CIDER TASTING

The Okanagan is well known for its wine but Okanagan cider is making a name for itself as well. Summerland Heritage Cider Company, located 10 minutes north of Penticton in Summerland, grows its own European cider apples, whose high tannin content makes for robust, complex flavours. Summerland Heritage's five blends vary from bone-dry to sweet. Make sure to try the Woodland Hopped, a cider blend that incorporates hops grown on the tasting-room patio. Also in Summerland, about a 10-minute drive from Summerland Heritage, is Dominion Cider Co. Named after the Dominion Experimental Farms that once studied and developed new heritage apples in the region, Dominion grows the majority of its apple varieties on site and hand-picks, crushes, blends and bottles everything themselves. A tasting on their farm is as fresh as cider gets. Should you fall in love with its rural charm, you can rent Dominion's cozy, one-bedroom carriage house, which lists on Airbnb for \$110 a night.

summerlandcider.com, dominioncider.com



STROLL THE PENTAGON

Every Saturday morning, stroll through the vendors with nan Ogopogo Meats at a few blocks of Penticton. Everything from fresh pastries to hand-picked Rows of brightly and friendly merchants stroll while you snort pentictonfarmersm

