



Activities & Spousal Programs

TOURISM
KELOWNA
tourismkelowna.com
Okanagan Valley



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 32 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 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. Great for off-site lunches, dinners and team-building events.

Art/Pottery Classes:

At the Rotary Centre for the Arts 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 select your own farm fresh eggs at Caldwell Heritage Farm. 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 within 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.



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.

- Be sure to visit **Waterfront Wines** is a sophisti-casual, multi-award winning restaurant and wine bar in Kelowna's Cultural District. Chef Mark Filatow sources its ingredients from dozens of local suppliers.
- At **RauDZ Regional Table** in downtown Kelowna, Chef Rod Butters and Chef Brock Bowes incorporates a philosophy of using local, 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 their talented chefs take advantage of the Okanagan's bounty of seasonal and organic products from local suppliers.
- **Smack DAB** is a lively kitchen and lounge located in the heart of Manteo Resort on the shores of Okanagan Lake. Open daily for breakfast, lunch, happy hour, dinner and late night snacks, Smack Dab is perfect for not only a quick beer and gourmet pizza, but also an amazing dinner on Kelowna's largest lakeside patio.
- An all season culinary destination, **Old Vines Restaurant** 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 wines.
- At the Sunset Bistro at **Summerhill Pyramid Winery**, they have 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** 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 the seasonal **Terrace Restaurant**, custom tailored dinners, and special wine paired dinner events, handcrafted to complement their wines.
- Visit the **BNA Brew Pub and Tasting Room**. Their Manifesto "Smile. Life really isn't that serious. We make it hard. The sun rises. The sun sets. Don't complicate it. Have a beer." The 240-seat brewery features four BNA beers, with the other eight guest taps rotating through handpicked B.C. craft brews. Oh, and there's an indoor bocce court, if you needed one more reason to stop by.

For more information on these activities and dining options, or to learn about more about Kelowna and all the activities available for your meeting or event, please email Tourism Kelowna at meetings@tourismkelowna.com