

Index

A

Aboriginal people 296-300
 art 298
 culture 13, **13**
 history 280, 284, 296
 accommodations 312-13,
 314, *see also individual locations*
 activities 18, 20-2, 28, 33-8,
see also individual activities
 air travel 320, 321, 322
 Alaska Highway 248, 250-1,
 260-4
 Alberta 39, 42-109, 278, **43**
 accommodations 42
 climate 42, 44
 food 42
 highlights 43
 history 44
 itineraries 45
 travel seasons 42
 travel to/from 44-5
 amusement parks 68
 animals 287-91, *see also individual species*
 area codes 17, 318
 art galleries, *see museums & galleries*
 arts 18, 292-5, *see also literature*
 ATMs 316
 avalanches 224

B

Banff National Park 11, 72-
 100, **74**, **11**, **27**, **30**
 Banff Town 78-88, **80**
 Bar U Ranch 103
 Bard on the Beach 294
 Barkerville 239
 bears 241, 287, 288, 291,
2, **12**

Beaver Creek 264
 beer 18, 111, 308-9, *see also breweries*
 Bella Coola Valley 240-1
 bicycling, *see cycling, mountain biking*
 Big White Ski Resort 221
 bighorn sheep 290, **30**
 birds 290
 Blackfoot Crossing
 Historical Park 106
 Blackfoot people 106
 boat travel 17, 321, 322-3
 books 278, 293-4
 border crossings 319
 Bowen Island 151
 Bowron Lake Provincial Park
 238, **30**
 Brandywine Falls Provincial
 Park 155
 breweries
 Canmore 75-6
 Granville Island
 Brewing 125
 Jasper Brewing Co 99
 Longwood Brewpub 184
 Saltspring Island
 Ales 199
 Tofino Brewing Company
 189
 Vancouver 140
 Yaletown Brewing
 Company 141
 Yellowhead Brewery 54
 British Columbia 40, 110-
 251, 278, **112-13**
 accommodations 110
 climate 110
 food 110, 111, 213
 highlights 112-13
 internet resources 111
 tours 310
 travel seasons 110
 travel to/from 111
 budget 17
 Burnaby 150-1
 Burwash Landing 264

bus travel 17, 320-1, 323
 business hours 17, 317

C

Calgary 59-72, **60-1**
 accommodations 64-7
 drinking & nightlife 69-70
 entertainment 70-1
 festivals & events 64
 food 67-9
 history 59
 shopping 71
 sights 61-3
 tours 64
 travel to/from 72
 travel within 72
 Calgary Stampede 12, 21,
 279, **12**
 Campbell River 195
 Canmore 74-6
 canoeing and kayaking 28,
 35-6, 254
 Banff Town 82
 Broken Group Islands
 Unit 188
 Yukon River 10, **10**
 Yukon Territory 257-8,
 268-9
 Cape Scott Provincial
 Park 198
 car travel 17, 32, 323-5
 Carcross 268
 Cariboo 238-41
 caribou 289
 Carmacks 268
 Carmanah Walbran
 Provincial Park 181
 Cathedral Provincial Park
 211
 cell phones 16, 318
 Chilcotin 238-41
 children, travel with
 amusement parks 68
 Calgary 68
 Edmonton 55
 food 305
 Vancouver 123
 Chilkoot Trail 267-8
 cideries 181
 cinema, *see film*
 climate 16, 20-2
 climate change 267, 320
 coffee 310
 Comox Valley 194-5
 Cook, Captain James 281
 cooking courses 305-6
 Coombs 185-6
 courses
 cooking 305-6
 wine 310
 Cowichan Valley 180-2
 coyotes 291
 Cranbrook 233
 credit cards 316
 Crownsnest Pass 108
 culture 18, 278-9
 currency 16
 customs regulations 313-14
 cycling 33-4, 322, *see also mountain biking*
 Banff Town 82
 Calgary 65
 Icefields Parkway 77
 Kettle Valley Rail Trail 221
 Legacy Trail 82
 Swartz Bay 178
 Vancouver 128
 Yukon Territory 258

D

dance 294
 Dawson City 14, 269-75,
270, **14**
 deer 289, 291
 Dempster Highway 275-6
 Denman Island 193
 Destruction Bay 264
 Dinosaur Provincial Park 102
 Dinosaur Trail 100-1
 dinosaurs 13, 100, 101,
 102, **13**
 disabilities, travelers with
 318-19

diseases 315
distilleries 162, 181
diving 35, 290
dogsledding 254
drinking & nightlife 310,
see also
individual locations
drinks 307-10, *see also*
beer, breweries,
cideries, tea, wine
driver's licenses 324
driving, *see* car travel
Drumheller 13, 100-2, **13**

E

EC Manning Provincial
Park 204-5
economy 278-9
Edmonton 45-58, **46, 48-9**
accommodations 50-2
activities 47
drinking & nightlife 54-5
entertainment 55-6
food 52-4
history 46
shopping 56-7
sights 47-50
tours 50
travel to/from 57
travel within 57
Edmonton Fringe Theatre
Festival 22
Edmonton International
Fringe Festival 56
eels 290
electricity 314
elk 289, **8, 27**
Elk Island National Park 58
emergencies 17
events, *see* festivals &
events
exchange rates 17

F

Fernie 231-3
ferry travel, *see* boat travel
festivals & events 20-2
arts 129
beer 129, 309
carnivals 50, 64, 129
children's 64, 129
cultural 129, 130, 273
film 84, 129, 159
food 129, 159, 203,
214, 304
gay & lesbian 129, 159
jazz 129, 214
literary 84, 130
music 64, 129, 154,
214, 273

rodeos 50, 64
sports 159
theater 50, 129
wildlife 265
wine 129, 159, 304, 309
film 278, 294-5
fishing 35
floods 279
food 18, 301-6, 314, 315,
see also individual
locations
football 38
Fort Langley 151-2
Fraser River Canyon 205
Fraser Valley 204-7, **205**
Function Junction 158
fur trade 281

G

Galiano Island 202-3
galleries, *see* museums &
galleries
Garibaldi Provincial Park
155
gay travelers 314
giardiasis 315
Gibsons 163-4
Glacier National Park 228
gold 282
Golden 228-9
Golden Mile 308
Goldstream Provincial
Park 177
Great Bear Rainforest 241
Gwaii Haanas National
Park Reserve 244-5

H

Haida Gwaii 13, 244-7,
299-300, **13**
Haida people 245
Haines 265-6
Haines Highway 264-6
Haines Junction 262-3
Head-Smashed-In Buffalo
Jump 102-3, 297-8
health 314-15
hiking 28, 31, 33, 34
Banff National Park 82-3
Chilkoot Trail (Yukon)
267-8
Goldstream Provincial
Park 177
Jasper National Park 95
Juan de Fuca Provincial
Park 179
Kluane National Park &
Reserve 263-4
Lake Louise 90

Legacy Trail 82
Revelstoke 228
Sunshine Coast Trail 165
West Coast Trail 188
Whistler 158-9
Yukon Territory 267-8
history 18, 28, 280-6
hitchhiking 325
hockey 38
holidays 317-18
Hornby Island 193
horseback riding 37-8,
83, 95
Hyder (Alaska) 251

I

ice skating 96
ice wine 308
Icefields Parkway 12,
76-8, **12**
immigration 320
insects 32
Inside Passage 11, 322, **11**
insurance
car 323
health 314
travel 315
internet access 315-16
internet resources 111
itineraries 23-6, **23, 24,**
25, 26

J

Jasper National Park 9,
72-100, **92, 8-9**
Jasper Town 92-100, **94**
Johnson, Pauline 298
Johnson's Crossing 262
Jory, Victor 295
Juan de Fuca Marine
Trail 179
Juan de Fuca Provincial
Park 179

K

Kamloops 205-7
Kananaskis 73-4
kayaking, *see* canoeing &
kayaking
Kelowna 216-21, **218**
Kermode bear 241
Kettle Valley Rail Trail 221
Kimberley 233
kiteboarding 37
Klondike gold rush 269
Klondike Highway 266-9
Kluane National Park &
Reserve 14, 263-4, **15**

Kootenay National Park
231, **29**
Kootenays 223-38, **226-7**

L

Lake District 109
Lake Louise 88-92, **89**
language 16
Legacy Trail 82
legal matters 316
lesbian travelers 314
Lethbridge 103-5
literature 278, 293-4
live music, *see* music
Lyme disease 315

M

Mackenzie, Alexander 281
Mackenzie Highway 109
maps 316
markets
Coombs 185
Edmonton 57
Kelowna 219
Nelson 236
North Pender Island 202
Richmond 152
Salt Spring Island 199
Vancouver 122, 123-4,
138, 148
Victoria 176
Whistler 156
Mayne Island 10, 204, **10**
medical services 315
Minto 268
mobile phones 16, 318
money 16, 314, 316-17
moose 289, 290
motorcycle travel 323-5
mountain biking 33-4
Canmore 75
Fernie 232
Jasper 95
Penticton 213-14
Quadra Island 196
Whistler 158
Mt Assiniboine Provincial
Park 230
Mt Revelstoke National
Park 227-8
museums & galleries 18,
280, 292
Alberta Railway
Museum 48
Art Gallery of Alberta
47, **19**
Art Gallery of Calgary 63
Art Gallery of Greater
Victoria 168-9

Banff Park Museum 81
 Beatty Biodiversity Museum 126
 Glenbow Museum 61
 Emily Carr House 169
 Hot Art Wet City 123
 HR Macmillan Space Centre 128
 Military Museums 63
 Museum of Vancouver 125
 Robert Bateman Centre 167
 Royal Alberta Museum 47
 Royal BC Museum 167
 Science World 122-3
 Ukrainian Museum of Canada 49
 Vancouver Art Gallery 117
 Vancouver Maritime Museum 125
 Whyte Museum of the Canadian Rockies 79

music 295

N

Nanaimo 182-5, **183**
 national & regional parks 27-32
 Banff National Park 11, 72-100, **74**, **11**, **27**
 Bowron Lake Provincial Park 238, **30**
 Brandywine Falls Provincial Park 155
 Cape Scott Provincial Park 198
 Carmanah Walbran Provincial Park 181
 Cathedral Provincial Park 211
 Dinosaur Provincial Park 102
 EC Manning Provincial Park 204-5
 Elk Island National Park 58
 Garibaldi Provincial Park 155
 Glacier National Park 228
 Goldstream Provincial Park 177
 Gwaii Haanas National Park Reserve 244-5

Jasper National Park 9, 72-100, **92**, **9**
 Juan de Fuca Provincial Park 179
 Kluane National Park & Reserve 14, 263-4, **15**
 Kootenay National Park 231, **29**
 Mt Assiniboine Provincial Park 230
 Mt Revelstoke National Park 227-8
 Pacific Rim National Park Reserve 187-8
 Strathcona Provincial Park 195-6
 Tombstone Territorial Park 276
 Waterton Lakes National Park 105-8
 Wells Gray Provincial Park 239
 Wood Buffalo National Park 109
 Writing-on-Stone Provincial Park 105
 Yoho National Park 229-30, **29**

Nelson 234-7
 New Westminster 151
 North Pacific Cannery 243
 North Pender Island 201-2
 North Vancouver 147-9
 North Vancouver Island 196-8

O

octopuses 290
 Okanagan Valley 207-23, 307, **209**, **19**
 Oliver 212
 Olympic games 278, 285-6
 opening hours 17, 317
 Osoyoos 208-11

P

Pacific Rim National Park Reserve 187-8
 painting 292
 Parksville 185-6
 passports 320
 Peace River 108-9
 Pemberton 162
 Penticton 212-16
 phone cards 318
 planning
 British Columbia basics 16-17
 budgeting 17
 calendar of events 20-2

climate 16, 20-2
 internet resources 17
 itineraries 23-6
 regions 39-40
 travel seasons 16, 20-2
 population 279
 Port Alberni 186-7
 postal services 317
 Powell River 165
 Prince George 248-50
 Prince Rupert 241-4
 public holidays 317-18

Q

Quadra Island 196
 Qualicum Beach 185-6
 Queen Charlotte Islands, see Haida Gwaii

R

Radium Hot Springs 231
 rafting
 Banff Town 83
 Fraser River Canyon 205
 Jasper 96
 religion 279
 Revelstoke 224-7
 road rules 324
 Richmond 152-3
 Roberts Creek 164
 rock climbing 28, 34-5
 Canmore 75
 Penticton 214
 Rocky Mountains 12, 223-38, **226-7**
 Rossland 234

S

safe travel 32, 324
 salmon 290, 291
 Salmon Glacier 251
 Salt Spring Island 199-201
 Saturna Island 203-4
 scenic drives
 Dinosaur Trail 100-1
 Highway 1 206
 Jasper Town to Maligne Lake 93
 Okanagan Lake 214
 Robert Campbell Highway 262
 Yukon Territory 262
 seafood 301
 Sechelt 164-5
 Service, Robert 255
 Siksika people 106, 281
 Skagway (Alaska) 266-7
 skiing & snowboarding 28, 35, 36

Banff Town 83
 Canmore 75
 Jasper 96
 Big White Ski Resort 221
 Lake Louise 90
 Penticton 214
 Revelstoke 224-7
 Whistler 10, 157, **10**
 Smithers 247
 snowboarding, see skiing & snowboarding
 soccer 38
 sourtoe 274
 South Pender Island 201-2
 Southern Gulf Islands 10, 199-204, **200**, **10**
 Southern Vancouver Island 177-80
 sports 38
 spruce beetles 265
 Squamish 153-5
 Stanley Park 9, 117, 120, **9**
 Steveston 152-3
 Stewart 251
 Stewart Crossing 268-9
 Stewart-Cassiar Highway 248, 250
 storm-watching 189
 Strathcona Provincial Park 195-6
 surfing 37

T

taxes 316-17
 tea 180, 310
 Telegraph Cove 198
 telephone services 16, 318
 Teslin 262
 theater 294
 Thompson Valley 204-7, **205**
 time 16, 234, 318
 tipping 317
 Tofino 189-91
 Tombstone Territorial Park 276
 totem poles 247, 285, **13**
 tourist information 318
 tours 325, see also individual locations
 Aboriginal cultural 300
 beer 310
 food 305
 national parks 32
 wine 310
 train travel 17, 321, 325
 transcontinental railway 282-3

travel to/from British Columbia & the Canadian Rockies 320-1
 travel within British Columbia & the Canadian Rockies 17
 traveler's checks 317
 TV 294-5

U

Ucluelet 191-3
 Unesco World Heritage sites 28
 Banff National Park 11, 72-100, **74**, **11**, **27**
 Dinosaur Provincial Park 102
 Gwaii Haanas National Park Reserve 244
 Head-Smashed-In Buffalo Jump 102-3
 Jasper National Park 9, 72-100, **82**, **9**
 Kluane National Park & Reserve 14, 263-4, **14**
 Kootenay National Park 231, **29**
 Waterton Lakes National Park 105-8
 Wood Buffalo National Park 109
 Yoho National Park 229-30

V

vacations 317-18
 Vancouver 114-47, **115**, **118-19**
 accommodations 130-3
 activities 127-8

children, travel with 123
 drinking & nightlife 139-41
 entertainment 141-3
 festivals & events 129-30
 food 13, 133-9, **13**
 gay & lesbian travelers 141
 history 114, 127
 itineraries 116
 shopping 143-5
 sights 114-27
 tourist information 145
 tours 128-9
 travel to/from 145-6
 travel within 146-7
 Vancouver International Film Festival 22
 Vancouver International Jazz Festival 21
 Vancouver Island 14, 166-98, **166-7**, **15**
 Vancouver, Captain George 281
 vegetarian travelers 304
 Vernon 221-3
 Victoria 167-77, **168**, **170**
 accommodations 172-3
 activities 169
 drinking & nightlife 174-5
 festivals & events 171-2
 food 173-4
 entertainment 175
 shopping 175-6
 sights 167-9
 tours 171
 travel to/from 176-7
 travel within 177
 visas 16, 319

W

walking, see hiking
 Waterton Lakes National Park 105-8
 Watson Lake 261-2
 weather 16, 20-2, see also *individual regions*
 websites, see internet resources
 Wells Gray Provincial Park 239
 West Coast Trail 188
 West Nile virus 315
 West Vancouver 149-50
 whale watching 169-71, 288
 Whistler 10, 155-63, **156**, **5**, **10**
 Whitehorse 255-60, **256**
 accommodations 258-9
 activities 257-8
 drinking 259
 food 259
 shopping 259
 sights 255-7
 tours 258
 travel to/from 260
 travel within 260
 white-water rafting, see rafting
 wildlife, see animals, birds, wildlife watching
 wildlife watching 19, 28, 111, 287-91
 Williams Lake 239
 windsurfing 37
 wine 18, 299, 307-8, 310
 wine regions
 Southern Gulf Islands 199, 203

Okanagan Valley 210-11, **209**, **19**
 Vancouver Island 181
 wolves 288-9
 women travelers 319
 Wood Buffalo National Park 109
 work 319
 Writing-on-Stone Provincial Park 105

Y

Yoho National Park 229-30, **29**
 Yukon Quest 20
 Yukon River 10, **10**
 Yukon Territory 40, 252-76, 279, **253**
 accommodations 252
 climate 252
 culture 254
 food 252
 highlights 253
 history 254
 tourist information 255
 travel seasons 252
 travel to/from 255

Z

zoos
 BC Wildlife Park 206
 Calgary Zoo 61-2
 Valley Zoo 55
 Victoria Bug Zoo 169

Behind the Scenes

SEND US YOUR FEEDBACK

Things change – prices go up, schedules change, good places go bad and bad places go bankrupt. So if you find things better or worse, recently opened or long since closed, or you just want to tell us what you loved or loathed about this book, please get in touch and help make the next edition even more accurate and useful. We love to hear from travelers – your comments keep us on our toes and our well-traveled team reads every word. Although we can't reply individually to postal submissions, we always guarantee that your feedback goes straight to the appropriate authors, in time for the next edition. Each person who sends us information is thanked in the next edition – the most useful submissions are rewarded with a selection of digital PDF chapters.

Visit lonelyplanet.com/contact to submit your updates and suggestions or to ask for help. Our award-winning website also features inspirational travel stories, news and discussions.

Note: We may edit, reproduce and incorporate your comments in Lonely Planet products such as guidebooks, websites and digital products, so let us know if you don't want your comments reproduced or your name acknowledged. For a copy of our privacy policy visit lonelyplanet.com/privacy.

OUR READERS

Many thanks to the travelers who used the last edition and wrote to us with helpful hints, useful advice and interesting anecdotes:

Caroline Helbig, Catherine Heintz, Geneviève Wilshire, John Hoffmann, Lieke Sauer and Sandra Theimer, Stevens Quilliou, Ted Brooks, Yinna Harold

AUTHOR THANKS

John Lee

John would like to thank the too-numerous-to-mention visitor center staff as well as the hundreds of locals he met en route for their friendly tips and advice for places to check out. He'd also especially like to thank his father – William Lee – for first bringing him to Vancouver for a visit from the UK during the Expo '86 world exposition all those years ago.

Brendan Sainsbury

Thanks to all the bus drivers, tourist info volunteers, Parks Canada guides, restaurateurs, coffee baristas, theatrical performers and indie punk rockers who helped me during my research. Special thanks to my wife Liz and seven-year-old son Kieran for their company on the road, and to my sis-in-law Tina Varughese for putting me up in Calgary.

Ryan Ver Berkmoes

The number of folks to thank outnumber Ker-mode bears, but here's a few: Russ Lester, my fearless co-pilot, the opinionated Susan Clarke, the organized Karla Zimmerman and the pinch-hitting Korina Miller. It's always good to share BC with John Lee. At LP, I am deeply indebted to the indefatigable Mark Griffiths, Martine Power and Saralinda Turner, who showed incredible understanding when I needed it. And while there may not be golden bears, there is the golden Alexis Averbuck, who discovered and shared my love for this beautiful part of the world.

ACKNOWLEDGMENTS

Climate map data adapted from Peel MC, Finlayson BL & McMahon TA (2007) 'Updated World Map of the Köppen-Geiger Climate Classification'; *Hydrology and Earth System Sciences*, 11, 1633–44.

Transit map: Vancouver TransLink Map © TransLink 2013.

Cover photograph: Banff National Park, Alberta, Stefan Damm/4Corners

THIS BOOK

This 6th edition of Lonely Planet's *British Columbia & the Canadian Rockies* guidebook was researched and written by John Lee, Ryan Ver Berkmoes and Brendan Sainsbury. This guidebook was commissioned in Lonely Planet's Oakland

office, and produced by the following:

Commissioning Editors

Jennye Garibaldi, Korina Miller

Coordinating Editor Alison Ridgway

Senior Cartographer Mark Griffiths

Book Designer Lauren Egan

Managing Editors Martine Power, Angela Tinson

Assisting Editors Paul Harding

Cover Researcher Naomi Parker

Thanks to Ryan Evans, Larissa Frost, Genesys India, Jouve India, Indra Kilfoyle, Chad Parkhill, Trent Paton, Tracy Whitmey

Map Legend

Sights

- Beach
- Bird Sanctuary
- Buddhist
- Castle/Palace
- Christian
- Confucian
- Hindu
- Islamic
- Jain
- Jewish
- Monument
- Museum/Gallery/Historic Building
- Ruin
- Sento Hot Baths/Onsen
- Shinto
- Sikh
- Taoist
- Winery/Vineyard
- Zoo/Wildlife Sanctuary
- Other Sight

Activities, Courses & Tours

- Body surfing
- Diving
- Canoeing/Kayaking
- Course/Tour
- Skiing
- Snorkeling
- Surfing
- Swimming/Pool
- Walking
- Windsurfing
- Other Activity

Sleeping

- Sleeping
- Camping

Eating

- Eating

Drinking & Nightlife

- Drinking & Nightlife
- Cafe

Entertainment

- Entertainment

Shopping

- Shopping

Information

- Bank
- Embassy/Consulate
- Hospital/Medical
- Internet
- Police
- Post Office
- Telephone
- Toilet
- Tourist Information
- Other Information

Geographic

- Beach
- Hut/Shelter
- Lighthouse
- Lookout
- Mountain/Volcano
- Oasis
- Park
- Pass
- Picnic Area
- Waterfall

Population

- Capital (National)
- Capital (State/Province)
- City/Large Town
- Town/Village

Transport

- Airport
- BART station
- Border crossing
- Boston T station
- Bus
- Cable car/Funicular
- Cycling
- Ferry
- Metro/Muni station
- Monorail
- Parking
- Petrol station
- Subway/SkyTrain station
- Taxi
- Train station/Railway
- Tram
- Underground station
- Other Transport

Routes

- Tollway
- Freeway
- Primary
- Secondary
- Tertiary
- Lane
- Unsealed road
- Road under construction
- Plaza/Mall
- Steps
- Tunnel
- Pedestrian overpass
- Walking Tour
- Walking Tour detour
- Path/Walking Trail

Boundaries

- International
- State/Province
- Disputed
- Regional/Suburb
- Marine Park
- Cliff
- Wall

Hydrography

- River, Creek
- Intermittent River
- Canal
- Water
- Dry/Salt/Intermittent Lake
- Reef

Areas

- Airport/Runway
- Beach/Desert
- Cemetery (Christian)
- Cemetery (Other)
- Glacier
- Mudflat
- Park/Forest
- Sight (Building)
- Sportsground
- Swamp/Mangrove

Note: Not all symbols displayed above appear on the maps in this book

© Lonely Planet Publications Pty Ltd. To make it easier for you to use, access to this chapter is not digitally restricted. In return, we think it's fair to ask you to use it for personal, non-commercial purposes only. In other words, please don't upload this chapter to a peer-to-peer site, mass email it to everyone you know, or resell it. See the terms and conditions on our site for a longer way of saying the above - 'Do the right thing with our content.'