

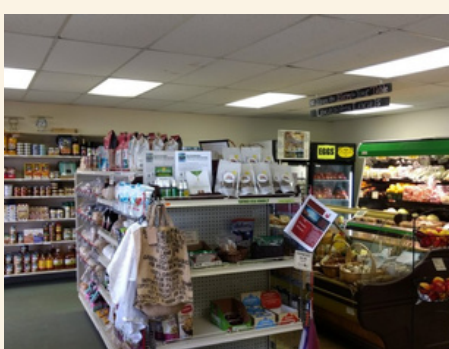


LOCAL TRAVEL TIPS: SECRETS TO EXPLORE!



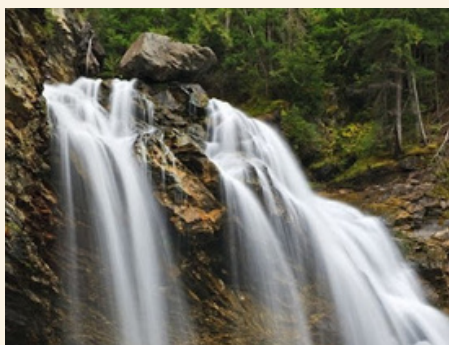
RED DOG GLASS STUDIO

Our area is home to many artists and amazing talent. Helen's studio is not far from us and she is always open for a visit. You may book a demo session or class with her, or just explore her beautiful glass work.



MONASHEE COMMUNITY CO-OP

Our very own Coop is almost entirely run by volunteers and features local produce, cheese, meats and crafts. You can get almost everything here and it is mostly organic and locally sourced. Not to mention the most friendly staff, there is always time for a chat here!



RAINBOW FALLS

Rainbow falls is one of our favourite day trips, only about 45 minutes away and a very short hike through an old growth cedar forest, the spectacular falls never disappoint. With viewing platforms you can get really close and on your way back, you can go for a swim in beautiful Sugar Lake



BACK TO EARTH

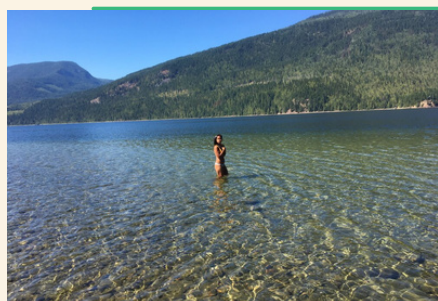
Back to Earth, right on the Highway in Lavington is an amazing little store. Natural lotions, soaps, cleaning products, just to name a few, the variety of high quality products is amazing.

Browse for a gift or treat yourself to a luscious body butter or natural shampoo! Everything is made right here in the Okanagan.



FREEDOM FLIGHT PATH

Did you know that Lumby is a world famous paragliding and hang gliding destination? With a flight school, tandem flights and the annual Lumby air races, you can just watch the gliders in the air, or try a tandem flight or course. They also offer ultralight flights for the faint of heart!



MABEL LAKE VALLEY: THE SHOE TREE AND CASCADE FALLS

The Mabel lake valley is a picturesque valley of farms along the Shuswap River, leading into Mabel Lake. Driving this route, it is worthwhile to continue past the Provincial park to explore "the shoe tree", a few kilometres past the provincial camp ground. You might also find the remnants of an enchanted forest along the path to the river. Keep going until you see a small gravel parking area on your right and after a short hike, you will see the magical Cascade Falls. On your way back, include a beach visit at Mabel Lake



SUNDOWNER LOCAL MEATS

Our very own Coop is almost entirely run by volunteers and features local produce, cheese, meats and crafts. You can get almost everything here and it is mostly organic and locally sourced. Not to mention the most friendly staff, there is always time for a chat here!

