



with  
**CHERYL  
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# TRAVEL & lifestyles

Travel & Lifestyles is a weekly information report from Cheryl MacKinnon, Founder of 'kid friendly!' family tourism and Tourism Industry of Canada 2006 Travel Media Award Finalist for outstanding tourism promotion of Canada. Watch Cheryl on Global TV Morning News every Wednesday at 8:50 a.m. in B.C.

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Photo: Tourism BC



Photo: Tourism Northern BC



BC Ferries - Northern Expedition

## Travel and Lifestyles Canada

A desire to seek out new and different places off heard of, but not yet experienced is a perfect match for this week's superb getaway right here in B.C. A trip further complemented by the forthcoming launch (May 18th) of BC Ferries' beautiful new ship, the "Northern Expedition", vacationers looking to discover the glory of Northern British Columbia will soon be sailing in ultimate comfort. The 600 passenger ship is fully appointed with 55 staterooms, state-of-art guest lounges and dining options to suit the most seasoned travellers. Also new this year is BC Ferries' enticing vacation package guide promoting the Inside Passage route and Northern BC communities. Combining travel via ship, rail, land and air, the exciting collection offers departures which take the guess work out of reserving accommodations and transportation, while featuring fascinating cultural and outdoor adventure unique to this part of the province. Check out more at [www.bcferrries.com](http://www.bcferrries.com) or telephone 1.877.982.1453.

A SPECIAL REPORT PROVIDED BY GLOBAL TV'S CHERYL MACKINNON



# Exploring Northern British Columbia



Photo: JF Bergeron

Haida Gwaii Photo: JF Bergeron

If you've never made a trip to the northern reaches of British Columbia, you are missing out on some of Mother Nature's best work. From the coastal vibe of Prince Rupert, to the alpine beauty of wild flower meadows in Smithers and majestic inland red cedar rainforest near Prince George, visitors can hike, bike, fish and view incredible wild life. History whispers secrets across the towering totem poles resting in Haida Gwaii, an archipelago of more than 150 islands. Northern BC residents make up only five per cent of our provincial population, but their land mass is more than 50 per cent of the total province. The people who call this area home are warm and friendly, extending a welcome to all who pass their way.

### At the Edge of the World

The Queen Charlotte Islands – historically known as Haida Gwaii, is widely appreciated by those seeking breathtaking coastal landscapes mixed with enchanting First Nations culture. The islands offer some of the world's richest heritage treasures throughout more than 500 archeological sites. Both educational and fascinating is an excursion to the new \$26 million Haida Heritage Centre at Kaay Linagaay in Skidgate. A stunning project which took the Haida almost 40 years to bring to completion, the Centre houses the spectacular Haida Gwaii Museum, a canoe house, performance house, carving shed, gift shop and café. The Heritage Centre is also home to the Bill Reid Teaching Centre, proudly sharing the islands' history and incredible natural heritage with the world. Lush vegetation and abundant wildlife are synonymous to Haida Gwaii's climate, and the island waters teem with sea life. It's not uncommon to view whales – orca, grey and humpback, alongside seals, massive sea lions and marine birds. Out on the water, local operators offer fishing and diving, and drop offs at sandy beaches where a picnic lunch and beachcombing can easily while away an entire afternoon. The air is so clean and fresh, the natural beauty completely mesmerizing.

### Coastal Beauty

Yes, Prince Rupert is located on an island...and is a gorgeous little city positively bursting with vibrant energy. Cruise passengers en route to Alaska know it's a 'must see' port of call, wild life enthusiasts know they've discovered the true North and all its



Whales Playing near Prince Rupert  
Photo: Prince Rupert Adventure Tours

wonders, and those seeking the ultimate deep water sport fishing know Prince Rupert rivals anywhere in the world. From the downtown core of Cow Bay, (legend goes the name came as a result of a boatload of cows who had to swim to shore), where funky shops and cafes satisfy the desires of casual browsers and shoppers; to viewing the immensely beautiful Northwest Coast Nations art at the Museum of Northern BC, as well as dropping by the Carving Shed – a working studio for First Nation artists, you can walk the entire area over a day or two and gain a real sense of this community. Take a short drive to nearby Port Edward where the Parks Canada designated National Historic Site of the North Pacific Cannery Village sits. Providing a fascinating glimpse into the lifestyle of the workers who churned out hundreds and hundreds of cans of fish from 1889 right up until operations ended in 1980, the Site includes viewing restored homes, operations buildings and significant artifacts, as well as experiencing vibrant summer shows with local entertainers.

### Out in the Valley

One of the best things about Northern British Columbia is the highway system which connects the northwestern region with the eastern area of the province. Travelling by road – in the comfort of an RV, or the family car, doesn't matter as the views along the way are stunning. The alpine themed town of Smithers, has notable attractions including the local museum, art gallery and Toboggan Creek Hatchery. The town is located at the base of the grand Hudson Bay Mountain, where easy walks and hikes among lakes and spectacular meadows are literally out the front door of this attractive region. Popular with the outdoor adventure enthusiast is rafting the Bulkley River and the world class river fishing.

### Roads, Rails and Rivers Meet

Prince George is located at the junction of Highways 16 and 97, making it a major hub in the heart of B.C. The largest metropolitan area in Northern B.C. with nearly 85,000 people calling it home, it is here that roads, rails and rivers meet. A dynamic city, rich in culture and positively brimming with opportunities for family vacationers, it also houses the the University of Northern British Columbia.

Prince George is adept at combining captivating history with modern living, providing quality services and accommodations for even the most discerning visitors. And, who knew the green, lush magnificence of a red cedar rainforest could exist so close to the Rocky Mountains? It does, and only 130 km east of the city. With some trees estimated at being more than 2000 years old, the site is a natural, if not a national, treasure to behold. There are a variety of lakeside resorts in the surrounding wilderness region where nature lovers can partake in canoeing, hiking, biking and according to many an insider – outstanding fishing.



Photo: Tourism Northern BC

### When You Go

For route and general travel information on Northern British Columbia, please go on line to [www.nbcourism.com](http://www.nbcourism.com). This web site is filled with inspiring pictures, interesting facts and detailed information to help plan a fabulous holiday in this region. If you're more comfortable speaking with a live contact, just call the toll free line at 1.800.663.8843. A travel counselor will be more than happy to help out. Additional information can be sourced at these sites:

- BC Ferries Tour Packages – [www.bcferrries.com](http://www.bcferrries.com)
- Haida Gwaii – [www.haidaheritagecentre.com](http://www.haidaheritagecentre.com)
- Prince Rupert – [www.tourismprincerupert.com](http://www.tourismprincerupert.com), [www.adventuretours.net](http://www.adventuretours.net), [www.cannery.ca](http://www.cannery.ca)
- Smithers – [www.tourismsmithers.com](http://www.tourismsmithers.com)
- Prince George – [www.tourismprincegeorge.com](http://www.tourismprincegeorge.com) and Ancient Forest – [www.unbc.ca/media/200710\\_radies.html](http://www.unbc.ca/media/200710_radies.html)

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