

Hello Students,

We are very excited to welcome you to the Central Okanagan! We hope that you will learn as much as possible about our area. The [Kelowna Visitor Center](#), located in downtown Kelowna at [238 Queensway Avenue](#) is a great place to get started. You can even take a virtual walk-through of the visitor center right [HERE](#) from the comfort of your home!

We've also listed some different ways for you to keep active, stay healthy and have fun with friends and family this school year. We encourage you to click on the various links below, to discover everything waiting for you in and around the Okanagan:

Getting Outdoors

Hiking

The Okanagan really is a four-seasons playground! We recommend taking a stroll along Kelowna's downtown boardwalk in September or try climbing popular Knox Mountain. For some year-round hikes in the Central Okanagan (suitable for all experience levels), check out the trail guide in your welcome bag or view different trails [HERE](#)

Downhill Skiing, Snowboarding, Cross-Country Skiing & Snowshoeing

[Big White Ski Resort](#) is located just 55 minutes from Kelowna and is a world-class destination!

Equipment Rentals: Skis and snowboards, as well as other winter sport rentals available at Play It Again Sports www.playitagainsports.com in Kelowna or at Big White Ski Resort

Other Ski Resorts to Visit:

- [Telemark Nordic Club](#)
- [Kelowna Nordic Ski & Snowshoe Club](#)
- [Apex Mountain Resort](#)
- [SilverStar Mountain Resort](#)
- [Baldy Mountain Resort](#)

Beaches and Parks

Spend time exploring over 200 local parks, beaches, and scenic green spaces – view map [HERE](#)

***Visit [Okanagan Beach Rentals](#) at Rotary Beach to try free kayaking or paddling boarding between August 26th – September 14th. Please ask your host family for more details and how to participate!

Golf

We're lucky to have one of the longest golf seasons in Canada! Visit Tourism Kelowna's [Golf Kelowna](#) page for more info or visit a local driving range this fall.

Tennis

Did you know that there are 20+ tennis courts in our Valley with the majority being open to the public and free to use? Click [HERE](#) to view a full listing of tennis courts in your community.

Biking

September is also the perfect time to take a spin around the Okanagan! Click [HERE](#) for more biking information and trail maps. Bike Rentals are available at the following locations:

- [Velo Volt](#) – mobile e-bike rentals and self-guided tour maps
- [Pedego Oyama](#) – electric bike rentals in Lake Country
- [Lakefront Sports Center](#) – Mountain bike rentals for all ages and Kettle Valley Cycling Tour info

Popular Outdoor Attractions

- [Myra Canyon Adventure Park](#) is a popular zipline and ropes course located in Kelowna. The Park offers 77 climbing elements, a variety of team building activities and courses for all ages!
- [Kangaroo Creek Farm](#) is a unique farm destination in Kelowna and home to many beautiful birds, kangaroos, wallaroos, wallabies and more.
- [Historic O'Keefe Ranch](#) in Vernon offers many ranch activities and, of course, the famous Field of Screams in October!
- [McMillan Farms](#) offers tractor rides, a unique sunflower maze to explore, and Halloween pumpkins to pick this fall!
- [Starlight Drive-in](#) in Enderby is the ultimate movie going experience!

Stay Active Indoors

Drop-in Swimming, Waterslides & Fitness

Join the YMCA – student memberships available and more info [HERE](#)

- [H2O Adventure & Fitness Center](#) in Okanagan Mission
- [Kelowna Downtown YMCA](#)
- [Kelowna Family YMCA](#) in Rutland
- [Parkinson Recreation Center](#)
- [Johnson Bentley Memorial Aquatic Center](#) in West Kelowna

Public Skating & Indoor Running Track

Indoor running and public skating are available at the [Capital News Center](#) in Kelowna's Okanagan Mission area. Indoor skating is also available at Rutland Arena and outdoors downtown at Stuart Park during the winter months. For skating info and to book times at **Jim Lind Arena** in West Kelowna, click [HERE](#)

Bowling

- [Capri Bowling Lanes](#)
- [BNA Bowling Lanes](#)
- [McCurdy Bowling Centre](#)
- [West Kelowna Bowl](#)

Rock Climbing and Bouldering

- [Beyond the Crux Climbing Gym](#)
- [Gneiss Climbing](#)
- [Energyplex Entertainment Centre](#)

Fun Family Attractions

There's no better time to unleash your inner artist, try a new sport or game, catch a movie, or put on your thinking cap at one of these local businesses:

- [Work of Art Pottery Studio](#)
- [Simplex Sportszone](#)
- [Exit Kelowna](#)
- [Scandia Golf & Games](#)
- [Kelowna Grand 10](#)
- [Cineplex Cinemas Orchard Plaza](#)
- [West Kelowna Xtreme](#)

Cultural & Nature

- [Environmental Education Centre for the Okanagan](#) (EECO) offers free nature programs [HERE](#)
- [Uptown Rutland Murals](#)
- [Kelowna Art Gallery](#)
- [Kelowna Museums](#)
- [Okanagan Regional Library](#)

Local Shopping & Dining

- **Pandosy Village** and **Bernard Avenue** offer some local shopping and unique boutiques. Kelowna's largest shopping mall is [Orchard Park Shopping Center](#)
- [Kelowna Farmers' & Crafters' Market](#) runs every Wednesday and Saturday at the corner of Dilworth and Springfield roads (8am-1pm) until October. The market moves to Parkinson Rec Center during the winter
- From casual to lakeside fine dining, Kelowna's dining scene offers [Local Restaurants](#) for everyone.

Additional **West Kelowna** tourism information can be found at visitwestside.com and you can learn more about **Lake Country** at visitlakecountry.ca.

Have an amazing year and please enjoy all that the Central Okanagan has to offer!

Best regards,
Your Central Okanagan International Education Team