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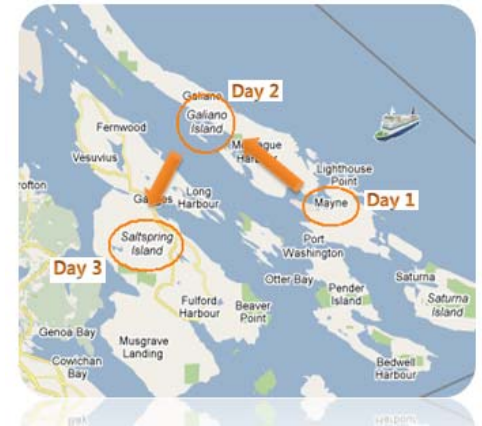
A Three-Day Escapade by Hanzhi (Cici) Wang

During summertime, the Southern Gulf Islands are definitely an ideal place for students to visit. In particular, Mayne Island, Galiano Island and Salt Spring Island are known for their artists, natural beauty and exciting activities. Here is a guide for you to better experience the islands in three days.

Starting point ► Tsawwassen Ferry Terminal
Check the ferry schedule at:

► <http://www.bcferries.com/schedules>

Take bus #620 from Bridgeport Station (Canada Line Skytrain) Check bus Schedule > Bus stop ID: 61323



Mayne Island in the Gulf Islands, British Columbia
Photo: <http://www.vancouverisland.com/regions/towns/?townid=219>

Day 1: Mayne Island

♣Transportation: Take a ferry from Tsawwassen to Mayne Island (Village Bay) (Cost: \$15.40/Adult).

♣Activities: Mayne Island, a rustic 21-square-kilometre island, is a pleasant place to cycle. The Mayne Island Museum displays various artifacts from the oldest wreck in the Gulf Islands. Visit the Japanese Garden or go hiking in Mount Parke Regional Park, the highest point on the island, which offers a great view of the Swanson Channel. Besides fishing at Horton Bay, experiencing underwater scenery, you can also explore the island in a sea kayak and see orcas and seals.

♣Accommodation: Enjoy eco-camping at Seal Beach (Location: 359 Maple Drive; Cost: \$12/person)

Day 2: Galiano Island

♣Transportation: Take a ferry from Village Bay to Galiano Island (Sturdies Bay) (Cost: \$5.10/Adult).

♣Activities: The Galiano Museum contains an extensive photo gallery of aboriginals and early European settlers. Enjoy hiking on Mount Galiano for awesome views of the Coast Mountain Range. Active Pass and Porlier Pass offer wonderful scuba diving and sports fishing. Explore Galiano's western shorelines in a kayak, canoe, rental boat or on a sailing cruise. Montague Harbour Marine Provincial Park offers an excellent sandy beach, with shallow water for swimming.

♣Food: Hummingbird Pub (47 Sturdies Bay; \$15)

♣Accommodation: Try camping in Montague Harbour Marine Provincial Park (Cost: around \$20)



Photo: Stuart Isett (New York Times)
<http://frugaltraveler.blogs.nytimes.com/2009/09/21/an-island-frozen-in-time-and-price/>



Photo: <http://sailingchartersaltspring.net/>

Photo: <http://www.hellobc.com/en-CA/SearchResultsListings/ListingsDetails/BritishColumbia.htm?CATID=-1&LOCID=-1&KWDS=&NBY=False&FLID=3&PN=4&PID=4550036>

A Three-Day Escapade (Continued)

Day 3: Salt Spring Island

♣ **Transportation:** Take a ferry from Studries Bay to Salt Spring Island (Long Harbor) (Cost: \$5.10/Adult)

♣ **Activities:** The village of Ganges is the biggest town in the Gulf Islands and contains a number of galleries. Salt Spring is a centre for arts and crafts. Pick up a Studio Tour Map from the Visitor Info Centre in Ganges and have a unique self-guided visit. Fulford Harbor is a favorite destination among cruising boats. Vesuvius Bay offers studios, hiking trails and spectacular sunsets. The Akerman Museum exhibits artifacts of local history and native culture. You may also have a chance to see beautiful fields of lavender.

♣ **Food:** Tree House Café (Location: 106 Purvis Lane; Cost: \$20)

Accommodation: Experiencing a wonderful night in teepees & treehouses (Location: 640 Cusheon Lake Road)

***References:**

<http://www.mayneislandbc.com/>

<http://www.galianoisland.com/>

<http://www.vancouverisland.com/regions/towns/?townid=257>

A Trip to Garibaldi Provincial Park by Olga MacDougall

Summer is a great time to take a break from school and enjoy the wonders of British Columbia, and what better way to do it than going on a camping trip? If you are an outdoor enthusiast looking for a challenging and adventurous get-away weekend, look no further: Garibaldi Provincial Park is the place to go. Designated as a provincial park in 1927, it provides more than 90 km of hiking trails. This hidden gem is located less than two hours away from Vancouver, and provides fresh air, breathtaking views, and many opportunities to be active.

This trip will be particularly exciting for those interested in geography, as there are plenty of real-life examples, including glaciers, volcanoes, alpine meadows, wildflowers, glacial lakes and more. Some of the main landmarks in this area include:

Garibaldi Volcano: This is a dormant stratovolcano, built over a long period of time by interchanging lava and explosive eruptions. It consists of three separate mountain peaks: Mount Garibaldi, Atwell Peak, and Dalton Dome. Mount Garibaldi is different from other famous stratovolcanoes (such as Japan's Mount Fuji) because it does not have a symmetrical shape.

The Barrier: This is a naturally formed dam that was created from volcanic lava flows. It is over 300 m (1,000 ft) in thickness and about 2 km (1.2 mi) wide, and it holds Garibaldi Lake.



Taylor Meadows: Beautiful alpine meadows that feature wildflowers in the summertime.

The Black Tusk: The remainder of a small volcano, this is a peak made of hard lava and volcanic rock that is over 200 m in height.

Glaciers: The Helm, the Sphinx and the Sentinel Glacier are located in this area.

Garibaldi Lake: A pristine turquoise-coloured lake, that draws its distinctive colour from glacial deposits. Although it is possible to swim and fish here, bear in mind that the water is extremely cold as it comes directly from a glacier. (pictured below)



Photo: Jean Lomas

This hike is not for the faint of heart; therefore, it is highly recommended that you make a weekend trip out of it. A longer trip also means that you can relax and take in the scenery.

It is important to remember that you will need to drive to this destination as there is no public transportation available for this route. Your vehicle must remain at the Rubble Creek Parking Lot. Please note that campsites at the lake can fill up quickly in summer, especially on weekends, thus it is important to get an early start when hiking in, as they do not take reservations for these campsites. You will need to pay about \$10/adult (cash only) at the parking lot before you begin your hike.



Photo: Jean Lomas

It is vital to plan your trip carefully, as the region's wilderness is very rugged. Below are a few recommendations from the [hellobc.com](http://www.hellobc.com) website:

Hiking Safety Tips

- ⊗ Dress in layers and bring wet-weather gear, no matter what season. Weather can change quickly, especially in the mountains.
- ⊗ Even the most popular, well-maintained trails can be rocky, tangled with roots, muddy and slippery.
- ⊗ Wear hiking boots with good ankle and arch support and be prepared to get muddy. At higher elevations, snow and mud may linger on trails until late June or even early July. Prepare yourself accordingly.
- ⊗ Cougars, bears and other wildlife inhabit the region. Do not get too close to or attempt to feed wild animals.
- ⊗ Please leave the area you visit undisturbed and be sure to carry out your garbage.

For detailed directions, prices, conditions and other information visit the following websites:

<http://www.env.gov.bc.ca/bcparks/explore/parkpgs/garibaldi/>
<http://www.hellobc.com/en-CA/SightsActivitiesEvents/AirLandActivities/Hiking/VancouverCoastandMountains.htm#vcmhike2>
<http://trekbc.ca/Members/Hikes/Location/Cheakamus/Garibaldi%20Lake/index.php>
http://gsc.nrcan.gc.ca/org/vancouver/geotour/index_e.php

References:

- ¹(BC Ministry of Environment)
- ²(Tourism BC)
- ³(Natural Resources Canada)

⁴(TrekBC Adventure Group Inc)

⁵(Natural Resources Canada)

<http://www.hellobc.com/en-CA/SightsActivitiesEvents/AirLandActivities/Hiking/VancouverCoastandMountains.htm>

Lower Mainland Fun By Ruoya (Stephanie) Zhang

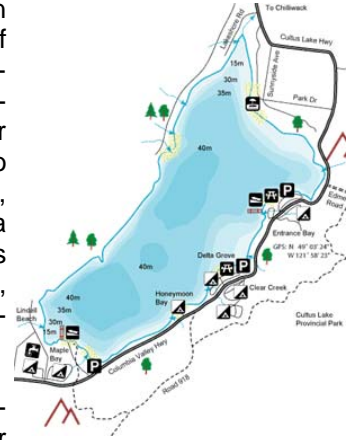
Looking for a quality one-day trip near Vancouver this summer? Here's a great list of fun places in the Lower Mainland, as well as some useful tips for you. It shouldn't be hard for you to find what you want. Have fun!



Photo: <http://cultuscottages.com/cultus-lake-vacation-rental-by-owner/photo-galleries/cultus-lake-waterpark-waterslides>

Cultus Lake

Cultus Lake is a resort area only an hour and half drive southeast of Vancouver. Cultus Lake Provincial Park, one of the most popular destinations in the area, is located on the northwest and southeast sides of Cultus Lake. There are four campgrounds and a day-use area for picnicking and boating. Fishing, water skiing, wind surfing and hiking are also available. Besides the natural beauty, there is also a large water park with a number of water slides. Cultus Lake is definitely an ideal daytrip for families, or for friends to go and hang out together.



- ◆ Transportation: Take the Greyhound bus from the Vancouver Main Terminal (1150 Station St) to Chilliwack, then take route 9 Cultus Lake Summer Shuttle Loop (operates until September 7).
- ◆ For more information, visit <http://www.cultus.com/rides.asp> or <http://www.cultuslake.bc.ca/>

Bowen Island

Bowen Island is a great daytrip destination for students living in Vancouver. It's a short (20-minute) ferry ride from Horseshoe Bay, but it feels like a different world. Bowen Island is a perfect place for people who want to escape from fast-paced city life and enjoy some quiet time and relaxation. Many local artists on the island sell unique handmade arts and crafts, so you can pick something really special here. You can also enjoy boating, sea kayaking, bird-watching, biking or walking.

- ◆ Transportation: Take a ferry from the Horseshoe Bay ferry terminal in West Vancouver to Snug Cove on Bowen Island.



Photo: <http://www.bcadventure.com/adventure/explore/vancouver/cities/bowen.htm>

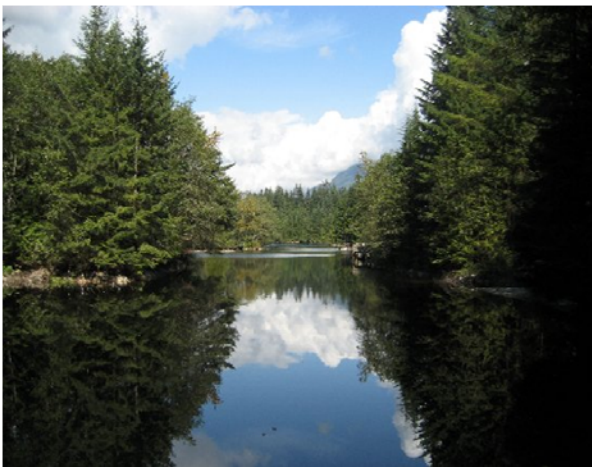


Photo: http://www.travelpod.com/travel-blog-entries/atollafield/flying_solo/1190919960/tpod.html

Lynn Canyon

Are you a hiking fan? If so, Lynn Canyon could be the best destination for you. Lynn Canyon Park offers several beautiful hiking trails with various levels of difficulty. Whether you are looking for a relaxing walk or a challenging hike, Lynn Canyon can satisfy all your needs. Transportation to Lynn Canyon is very convenient as well since there are various public transit routes depending on where you live.

- ◆ Transportation: From Downtown Vancouver, take the SeaBus across to the Lonsdale Quay bus loop and take either bus #228 or #229.

References:

- http://www.env.gov.bc.ca/bcparks/explore/parkpgs/cultus_lk/
- <http://www.whyvancouver.com/bowen-island.html>
- <http://lynnecanyon.ca/trails.html>

The Four Corners of BC By William (Chang) Guo

The place we live in, British Columbia, is the home of great scenery, cultural sites, and many kinds of outdoor activities. Here, we divide B.C. into four corners and pick several great places for travelling in summer. Planning a short trip within B.C. is a great way to escape from the stress of studying while enjoying some sunshine and fresh air.

North

Mysterious home to First Nations: Queen Charlotte islands

The Queen Charlotte Islands, also known as Haida Gwaii ("Islands of the People"), are famous for their natural beauty and First Nations culture. Tourists can take a tour to Gwaii Haanas National Park Reserve and Haida Heritage Site, where you can watch sea birds nesting or explore the old-growth temperate rainforest, which includes more than 500 archaeological sites. Many towns on Moresby Island have gift shops and art galleries featuring local artists' work. Haida Gwaii also offers some of BC's best fishing—excursions can be arranged through the many fishing lodges and resorts scattered throughout the islands.



Photo: <http://nativeamericaneyclopedia.com/totem-pole/>

East

A great destination for outdoor activities: Shuswap

Summer is a great season to spend outside in nature, and there's no better place to enjoy natural beauty than the Shuswap region! Enjoy fun outdoor activities such as biking, horseback riding, paddling, rafting, rock climbing, and scuba diving. Alternatively, sit back and relax with some locally-brewed craft beer from Sorrento and Salmon Arm. Don't forget to try the variety of locally-produced food available in the region, including jams, jellies, mustards, chutneys, marinades and dressings.

West

Embrace the sea and sunshine at Sunshine Coast

The Sunshine Coast has much to offer visitors. With its coastal mountain range, old growth forests, lakes and inlets, each stop along the Sunshine Coast is unique, featuring its own local history, culture and natural beauty. There's something for everyone in this diverse coastal area: you can swim, kayak, canoe, sail, windsurf, fish, scuba dive, and more!

South

Canada's only desert--Osoyoos

Osoyoos, located in the southern Okanagan Valley, is famous for its delicious fruit. It's also home to Canada's only arid desert. Explore the Osoyoos Desert Centre to learn more about the unique ecosystem of the Sonora Desert region and the conservation efforts being made to protect it. Later, relax and swim at one of several beaches on Lake Osoyoos, Canada's warmest lake. Feeling adventurous? Parasailing, jet skiing, and windsurfing are also available!



Photo: <http://pixdaus.com/single.php?id=16645&from=email>

References:

- <http://www.bcadventure.com/adventure/explore/north/cities/queencha.htm>
- <http://queen-charlotte-islands.travel.bc.ca/>
- <http://www.shuswaptourism.ca/do>
- <http://www.sunshinecoastcanada.com/visit/>
- <http://osoyoos.travel.bc.ca/>



Farmers' Markets By William (Chang) Guo

Do you lose your appetite on hot summer days? Don't forget the many great local farmers markets in Vancouver. The markets offer fresh fruit, vegetables, meat, cheese and more to help you build a light and healthy summer meal. Visiting these nearby spots lets you enjoy all kinds of fresh farming products, and have fun at the same time.

Name	Location	Hours	Featured products	Number of vendors
Granville Island Farmers' Market	1585 Johnston St., Granville Island	June through October Thu 9:00am to 6:00pm	Fresh produce, plants, and flowers	N/A
Trout Lake Farmers' Market	Victoria Dr. and E. 15th Ave.	May 8th to Oct 23rd Sat 9:00am to 2:00pm	Woodcraft, meat, cheese, seafood and prepared foods of all sorts	48 (30 selling primary farm products)
West End - Nelson Park - Farmers' Market	Comox St. between Bute & Thurlow	June 5th to Oct 23rd Sat 9:00am to 2:00pm	Local produce, prepared foods, crafts, hot food, and coffee	35 (22 selling primary farm products)
Kitsilano Farmers' Market	10th Ave. and Larch St, Parking lot of Kitsilano Community Centre	May 23rd to October 24th, Sun 10:00am to 2:00pm	Meat, cheese, seafood, plants, baked goods, crafts, organic produce, hot food, and coffee	48 (29 selling primary farm products)
Main St Station at Thornton Park	Thornton Park across from the Via Rail Station and near the Main Street Skytrain Station	June 2nd to September 29th, Wed 3:00pm to 7:00pm	Meat, cheese, fruits, vegetable, baking	35 (15 selling primary farm products)
Lonsdale Quay Farmers' Market	East Plaza at Lonsdale Quay Market, North Vancouver	2nd Sat in May to last Sat in October, Sat 10:00am to 3:00pm	Fruits, baking, jams, honey, preserves, pickles, salsas, sauces, pastas, jewellery, pottery, clothing, soaps, botanical prints, skincare	20 (8 selling primary farm products)
Burnaby Farmers' Markets	4949 Canada Way at Deer Lake Parkway, North Parking Lot at Burnaby City Hall	1st Sat in May to last Sat in October, Sat 9:00am to 2:00pm	Fruits, plants, fish, meats, breads, honey, jams, sauces, pickles, jewellery, pottery, iron work, natural cosmetics, knitting, furniture	30 (10 selling primary farm products)

References:

BCWines
<http://www.thenownews.com/coquitlamnow/news/story.html?id=6a896c00-938d-4d9a-a539-ded078fa8d0a&k=61644>
<http://www.hellobc.com/en-CA/SightsActivitiesEvents/GourmetDining/WineTours/BritishColumbia.htm>
http://www.hellobc.com/en-CA/SightsActivitiesEvents/GourmetDining/WineTours/Children/BritishColumbia_WineTips.htm

Farmers' Markets

<http://www.bcfarmersmarket.org/index.htm>
<http://www.rawbc.org/markets.html>



BC Wines

by Olga MacDougall

Although many think of France, California or even Australia when it comes to wine, our lovely province also offers delicious options that are made locally. So if you're feeling adventurous and you would like to see what local wines are like without having to drive up to the Okanagan Valley, then take a little trip to one of the many interesting wineries within a one-hour drive from Vancouver. Below you will find a list of a few of the most notable wineries in the area and a few tips on wine touring and tasting.

Name	Location	Description	Types of Wine	Website
Domaine de Chaberton Estate Winery	Langley	This winery offers free tastings of up to 3 wines. It also has a top-rated bistro restaurant that overlooks the vineyards.	Whites, including Bacchus, Pinot Gris and Chardonnay.	http://www.domainedechaberton.com
Township 7 Vineyards and Winery	Langley	Tasting room open 7 days per week	Oaked and un-oaked Chardonnays and Merlots. Bottle-fermented sparkling wine that is made from some of the same grapes used to make Champagne.	http://www.township7.com
Fort Wine Company Estate Winery	Fort Langley	This winery is surrounded by farmland and cranberry bogs. The berries are used to make the Mighty Fraser red cranberry wine. The winery features a saloon-style building, with a tasting room bar crafted from 100-year-old Douglas fir.	Specializes in luscious fruit table wines. Their Cold Snap Apple dessert wine has won gold medals at the Northwest Wine Summit and All-Canadian Wine Championships. Strawberry, blueberry, and apple table wines are also available and blackberry port and raspberry-fortified dessert wine are among the other preferred varieties..	http://www.thefortwineco.com
Vista D'oro Farms & Winery	Langley	The tasting room features farm-made products including artisanal preserves, wines and fresh baking as well as products from other local farms.	Handcrafted VQA wines, including walnut wine, plum wine, Pinot Noir, Merlot, and Gewürztraminer.	http://www.vistadoro.com
Isabella Winery	Richmond	Tours by appointment	VQA ice wines, delicious local fruit wines and high-value red & white wines.	http://isabellawinery.com
Westham Island Estate Winery	Delta	Near the Reifel Bird Sanctuary. It is located in historic farmland where you can also go berry-picking.	Wines are produced from fruit grown, harvested & processed on-site. Specialties include double gold winner Cranberry.	http://www.westhamislandwinery.com
Lulu island winery	Richmond	Tasting room open Monday to Saturday, offers complimentary sampling year round.	Table wines, fruit wines, specialty wines and ice wines.	http://www.luluslandwinery.com



*W*ine-tasting tours can be a lot of fun and are a great way to learn more about the topic without spending too much. If, however, you don't have the time or a way to get to any of these places, I would highly suggest you attend one many free wine-tasting events hosted at BC liquor stores. Alternatively, you could head to specialty wine stores such as Liberty Wines and Firefly Wines and Ales, who have knowledgeable staff that can help show you the best BC wines around!

- ◆ **Winery tours are usually open to all ages; however, the legal drinking age in B.C. is 19 and thus people under 19 years of age will not be permitted to taste wines.**
- ◆ **Remember to bring two pieces of government issued I.D. as proof of age.**
- ◆ **If you are driving, don't forget to have a designated driver.**
- ◆ **If you are cycling, limit your wine intake to remain safe.**

Photo: <http://vanfoodies.com/2010/08/17/langley-winery-tour-photoblog/>

Bella Gelateria Ice Cream Store Home of Old-World Handcrafted Gelato

1001 West Cordova Street
Vancouver, BC V6C 0B7
Phone: (604) 569-1010
E-mail:
info@bellagelateria.com
Sun-Thu 11am-10pm



Cocoa Nymph Chocolatier Chocolates & Confections

3739 West 10th Avenue
Vancouver, BC V6R 2G5
Phone: (604) 222-4477
E-mail: info@cocoanymph.com
Mon-Sat 11am-7pm
Sun 1pm-5pm

Bella Gelateria gives you the opportunity to dine in or take your ice cream 'to go'. Prices vary between different flavours, cones, and toppings, but are all very much affordable (starting at \$3).

The owner has advanced training in the Art of Gelato from the Carpigiani's Gelato University in Italy, and creates amazing ice cream. You can order whatever ice cream you want, and they will create it for you. During the Chocolate Festival they created a brandy chocolate ice cream for the first time ever. Their main products are gelato, sorbetto, gelato cakes, gelato desserts,

coffee and hot chocolate.

It's not just the ice cream store around the corner, it is an experience!

"We make everything from scratch using the finest ingredients locally and from around the world, regardless of the cost. We manually combine these ingredients daily in small batches and are the first in North America to use classical Italian equipment for the making and storing of our gelato, just like the best do in Italy." (Bella Gelateria website: <http://bellagelateria.com/>)

At Cocoa Nymph, you can enjoy a beverage at one of the five tables in-store, or you can take the 'to go' option and enjoy your sweets on the way home. Individual pieces of chocolate are \$1.50 to \$3.00, but boxes are available for a cheaper price per chocolate.

Every day, Rachel (the owner) creates fresh new chocolate, while playing with new recipes and new designs for the outside of the praline. A few times a week, she also teaches groups of 10-12

students about chocolate!

Cocoa Nymph is a nice small café where you can enjoy a bite, a little piece of chocolate and feel happy! The shop has a nice atmosphere and if you are lucky, Rachel will even play the piano for you while you enjoy your hot chocolate.

"The best chocolate I ever had, and I've had a lot of great hot chocolates from all over the world!" (Thorsten).



L to R: El, Olga & William

Photo: Thorsten Gohl

Hi everyone,
This Summer i-etc. will be the last edition edited by the three of us. Before we move on, we'd like to present the best Summer i-etc. edition ever, as we include so many summer activities, tours and events for you to enjoy around Vancouver. I hope it will help you plan your summer, and bring you lots of fun. Thanks for the support and hard work of my co-editors, Olga and El, and the ISCs, Cathy and Jean. In the end, I hope all of you have a nice summer!

-William Guo

Editors' Words

Hey Guys!

I can't wait to travel in BC! I have been here for more than 3 years, but I didn't know BC had so many hidden spots! We hope we've shown that international students can explore beautiful places in BC even without a car! I discovered great places and information while I edited this summer edition. I hope you can take full advantage of living in Vancouver. This will be my last semester at Langara, but I'll always maintain contact with the IE Office, so let's keep in touch! Thanks to my fellow editors, Olga and William, and the super ISCs for everything. All the best to you and to Langara's IE! :)

-El No

It's time to take a well-deserved break from school and venture outside! This edition of i-etc. is all about our lovely province. They call it "the best place on earth" for a reason, so we thought we should introduce you to some of the hidden gems that are right in our backyard. I hope you will get a chance to try at least some of the activities we have featured.

This is our longest summer edition yet and it is special, because it is the last edition William, El and I will be working on. Thanks to the ISCs and co-editors for your hard work and support! Have fun this summer!

-Olga MacDougall