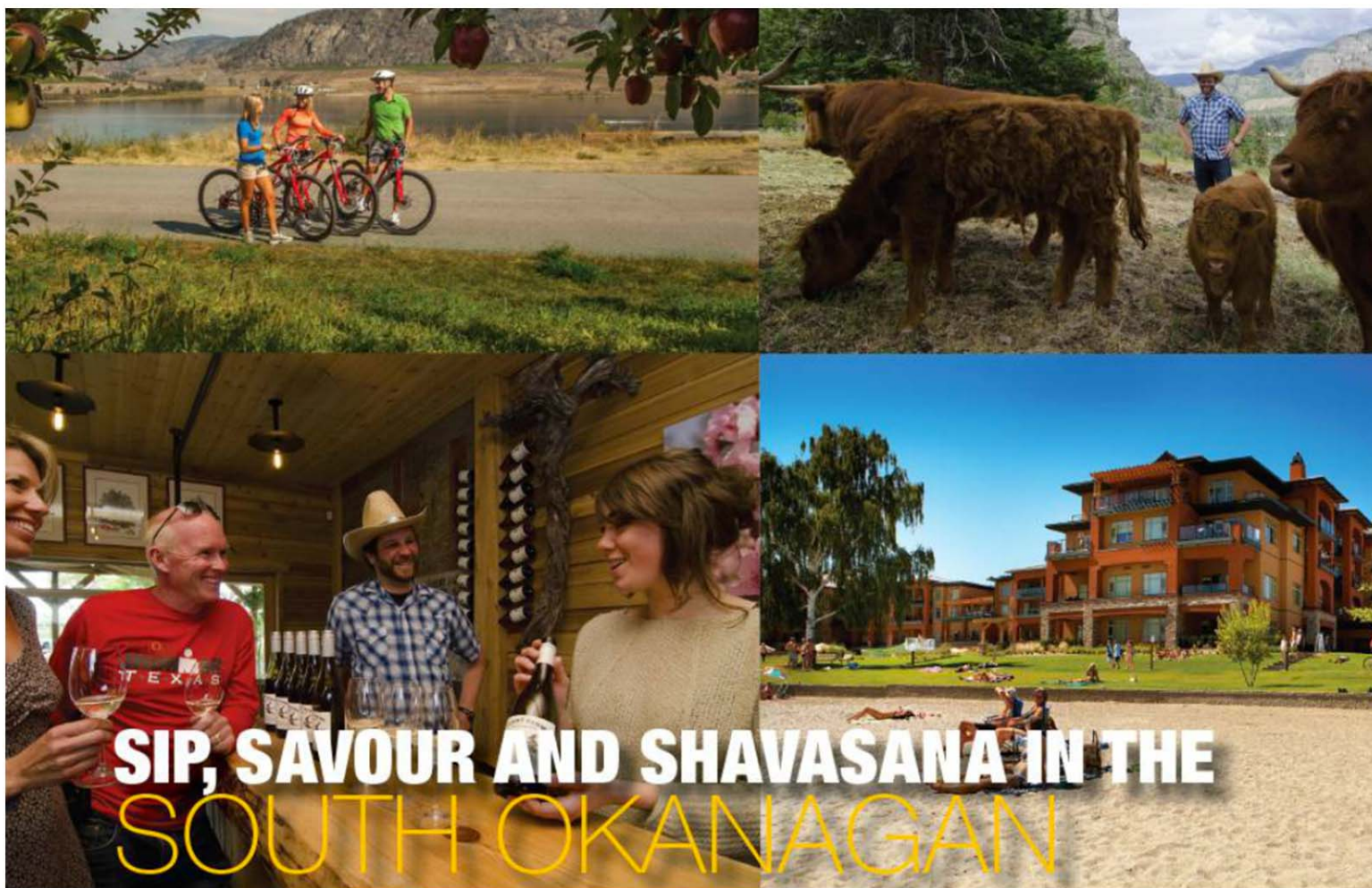


LAX

magazine

POOL SEASON

The Ritz-Carlton, Marina del Rey



SIP, SAVOUR AND SHAVASANA IN THE SOUTH OKANAGAN

South Okanagan in British Columbia, Canada is a gorgeous region on the US/Canadian border just north of Washington state. The area is filled with vineyards, vistas, lakes, orchards and farms. With over 80 wineries between Penticton and Osoyoos, South Okanagan is the perfect spot to relax and taste the flavors of the region!

FOOD & WINE TASTING

LIQUIDITY WINERY & BISTRO

Great wine and great art pair perfectly with delicious cuisine at Liquidity Winery & Bistro. President Ian MacDonald has an eye for art from his successful career designing Olympic uniforms. There are remarkable pieces of art as well as an impeccably decorated unit available to rent for family stays or corporate functions. Winemaker, Alison Moyes is usually nearby and happy to chat about her creations. The Bubbly is delicious and pairs well with bites from the Bistro. www.liquiditywines.com

THE RESTAURANT AT WATERMARK

Chef Adair Scott sources ingredients from local organic farms whenever possible

and his terrific menu features culinary inspirations profiling and championing farm-to-table cuisine.

www.watermarkbeachresort.com

SEVEN STONES WINERY

Set on 20 acres of bench land overlooking the stunning Similkameen River Valley, owner and winemaker George Hanson, creates award-winning French-style wine. Seven Stones is home to Caves at Seven Stones Winery — a man-cave style wine cellar which is perfect for winemaker dinners, weddings and special events. www.sevenstones.ca

BARREL TASTING AT TINHORN CREEK VINEYARD AND CHEF'S TASTING MENU AT MIRADORO RESTAURANT

Led by President/CEO and former

winemaker Sandra Oldfield, Tinhorn Creek Vineyard and Miradoro Restaurant are a must to visit when in the Okanagan.

Their spectacular wine, beautiful setting and outrageously good cuisine will not disappoint. Executive Chef Jeff Van Geest leads the team at Miradoro Restaurant which is perched on the picturesque winery estate on the famed Golden Mile. The destination restaurant offers stunning views of the South Okanagan Valley.

www.tinhorn.com

BLACK HILLS ESTATE WINERY

You may remember Jason Priestley from the hit TV show 90210. He's now an investor in Black Hills Estate Winery. Established in 1996, the terroir is some of the most exceptional in Canada — a



combination of rugged desert earth, long sunlight hours and cool nights yields the intensely flavored grapes. www.blackhillswinery.com

BACKYARD FARM CHEF'S TABLE

Chef Chris Van Hooydonk hosts a truly "South Okanagan" intimate and engaging culinary experience at his private chef's table and cooking school, Backyard Farm. Nestled in his heritage orchard property and surrounded by a vineyard, enjoy a multi course dinner showcasing the harmony of southern Okanagan food and wine culture made with locally sourced ingredients and seasonally inspired dishes.

www.backyard-farm.ca

ACTIVITIES

HEATSTROKE CYCLE ELECTRIC BIKE SIP AND CYCLE TOUR

Enjoy the pleasures of touring the Okanagan wine country on bicycle without the hassle and hard work of peddling. Immerse yourself in the beautiful vistas and great wine varieties of the area at a leisurely pace, and be part of the surroundings.

www.heatstrokecycle.com

YOGA ON THE LAKE

Start the morning with a gentle flow

yoga class outside Watermark Beach Resort property with spectacular views of Osoyoos Lake and Anarchist Mountain.

www.watermarkbeachresort.com

STAND UP PADDLE BOARDING

Enjoy a peaceful and calming SUP (stand up paddle board) experience on Osoyoos Lake, the warmest fresh water lake in Canada. Take in the scenery and feel how a SUP experience can calm your soul.

www.watermarkbeachresort.com

FARM VISIT AT COVERT FARMS

Travel through a rare antelope brush ecosystem, past steep bluffs that are home to 18 species of bats and onto a sandy plateau where a glacial ice dam burst 10,000 years ago. Here, First Nations fishing grounds on the Okanagan River nudge up against the lush biodynamic fields of 600 acre Covert Farms. Guests ride in a vintage 1952 Mercury truck for a fun guided farm tour, stopping along the way to pick and taste strawberries that are sun basked and fresh. Afterwards, enjoy wine tasting and charcuterie plates from Covert Farms Family Estate.

www.covertfarms.ca



STORY OF THE SALMON

Historically, the Okanagan Valley — which spans down to the mouth of the Columbia River — is home to an ancient Sockeye salmon. This salmon is quite different because it lives in the lake, it doesn't just come inland to spawn. It's an entirely different species from the Sockeye salmon that lives in the Northern Pacific Ocean.

Between the Okanagan Valley and the mouth of the Columbia River there are thirteen dams. The largest dam of those thirteen is the Grand Coulee Dam which was built during the Depression. The dam was great for job and power generation but completely blocked the salmon from its return and spawning. This caused the salmon to disappear from the region.

Nine years ago, eight first nations bands of the Okanagan Nation territory decided to bring back the salmon in support of culture for future generations. Salmon, for the Okanagan Nation, is a most sacred animal and it was culturally important to restore salmon to the area. In working with the Department of Fisheries and Oceans, the provincial fishery and in coordination with the US-based Confederated Tribes of the Colville Reservation, they have successfully regenerated the Sockeye. The Okanagan Nation ensures that its members have enough fish to sustain them over the cold winter months. They've also regenerated cultural and historic ceremonies related to drying and curing the fish with celebrations up and down the river. All of the chefs in the South Okanagan community commit to supporting the fishery and always have Sockeye salmon on the menu. The restaurants work hand in hand with the Okanagan Nation to share the story of sacred salmon.

WHERE TO STAY

Watermark Beach Resort in Osoyoos is the perfect place to set up home base as you explore the south Okanagan. The resort offers luxurious suites with gourmet kitchens, the award-winning **Restaurant at Watermark**, swimming pool, outdoor hot tubs, waterslide, steam rooms, on-site spa and yoga/pilates studio, conference center, marina and more — all nestled against the shores of Osoyoos Lake, Canada's warmest lake.

www.watermarkbeachresort.com

GETTING THERE

Multiple airlines fly direct from LAX to YVR (Vancouver, BC) several times a day. From YVR it's either a five-hour drive or a one-hour flight on Air Canada to Penticton Airport. From there it's an hour drive into the heart of the south Okanagan.