

CAA

SASKATCHEWAN MAGAZINE



WINTER 2021

Float On

GLOBAL GIFTS

COLD-WEATHER HIKING

WINTER TIRE 101

VICTORIA WEEKEND



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Winter 2021



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CAA SASKATCHEWAN MAGAZINE

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CAA Saskatchewan

Chair's Message



PLEASED TO MEET YOU!

*A new role for a long-time
CAA Saskatchewan Member*

I AM EXCITED AND HONOURED to be the elected chair of the CAA Saskatchewan Board of Directors for the next two years. My board involvement began in 2013 when I was first elected. Since then, I've held the position of vice-chair, while also serving for several years on the Nominating and Governance Committee.

For over 30 years, my career has been in the construction industry, right here in my home province. I currently serve as vice-president, Prairies, with Ledcor Construction Limited, a leading North American employee-owned collection of construction companies.

My family and I reside in Regina Beach, and I'm active in our community. As a proud Saskatchewanian, I treasure all that our province has to offer and encourage others to celebrate this place we call home.

In addition to my board duties, I've been a proud CAA Member for 20-plus years. And I can honestly say that many of the Barber clan are also Members. CAA has been a big part of our lives, helping with everything from roadside assistance and insurance to travel advice and bookings.

We know CAA is a trusted safety leader in the community—a reliable

advocate for motorists, travellers, pedestrians and cyclists.

I would like to acknowledge and commend my predecessor, Pat Friesen, for her excellent leadership as recent chair. During the challenging times of the pandemic, Pat skillfully guided our board of professional business and community leaders. Thank you, Pat.

Our board of directors and staff work together to maintain our strong membership and client base, while looking for new ways to enhance the CAA experience. Our goal is to ensure that you—our trusted and loyal Members, clients and customers—have what you need for your everyday life.

To that end, we'd love to hear your thoughts about your personal CAA experience. Please drop us a line at notify@caask.ca with any thoughts, questions and suggestions.

Take care and stay safe!

Brian L. Barber
Chair, CAA Saskatchewan
Board of Directors



Cold Comfort

Winter brings chilly challenges to our ears and hearing health. But with a few simple steps, you can stay toasty and alert.

Wear ear gear

Ever notice your ears and nose get cold first? Comprised mainly of cartilage, they don't contain insulating fat and feel cold faster than other extremities. Ears are also exposed to moisture from rain and snow, which can mean greater risk of infection. Keep warm and dry by donning a toque, scarf or earmuffs.

No bones about it

If you're an avid skier or snowboarder, beware of exostosis—a rare condition which increases bone growth in the ear canal as a way of blocking out the cold. Excessive exposure to cold or wet weather puts you at increased risk of developing exostosis, which can lead to ear blockages, infections and hearing loss. Before hitting the slopes, make sure your ears are covered.

Cut through the noise

The sound of an average snowblower can exceed 100 decibels—or the equivalent of a jet taking off. Prolonged exposure to loud noise, even just a couple of hours, can do serious damage to your hearing. When using a snowblower, do so in short bursts and always wear earplugs and/or earmuffs.

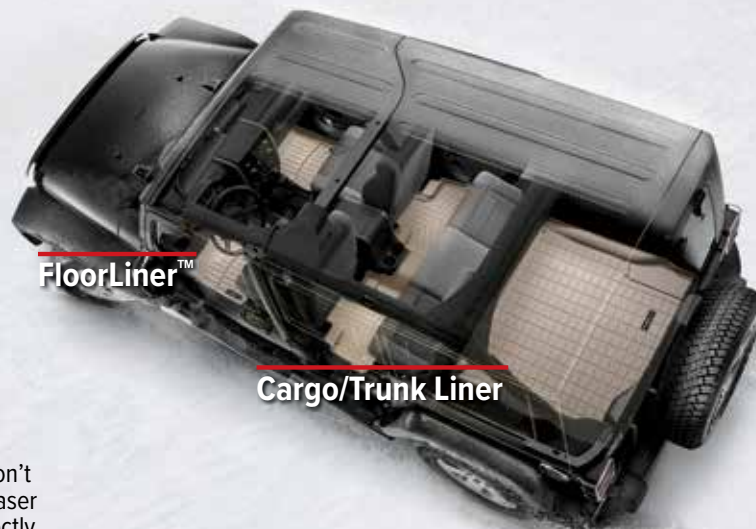
Protect your devices

Show your hearing aids some extra TLC when temperatures dip. In cold conditions, the battery may drain faster, so always keep your spare fully charged. Be mindful of moisture: Rain or snow can damage inner components and cause corrosion. CAA Members **save up to 20%*** on hearing technology and **15%** on everyday listening products with Connect Hearing.

Take control of your hearing health. Book your hearing test at connecthearing.ca/CAA or call 1-888-486-0177

*Visit connecthearing.ca/CAA for complete terms and conditions.

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WESTWORLD TOURS

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AS WE GET ACCUSTOMED TO our “new normal,” many countries are once again welcoming visitors from abroad. Whether you’re itching for Old World hospitality or an adventure at the end of the earth, travel with people you trust. WestWorld Tours was there for you with full refunds when the pandemic caused tours to be cancelled. Now we’re here to help you get back to exploring the world. Partake in a “Southern Charm” tour (March 2022) of North and South Carolina,

Georgia and Florida, join our Women Xplorers to discover Ireland (July 2022) or Portugal and Spain (October 2022), or embark on a once-in-a-lifetime cruise to Antarctica (November 2022). Visit [westworldtours.com](https://www.westworldtours.com) to discover even more destinations we’ll be returning to in 2022—and get a taste of them from home by loading up a virtual tour. Then contact a CAA Travel consultant at **1-800-564-6222** to start planning your “welcome back” getaway!

CAA IN THE COMMUNITY

ALL IN THE FAMILY

CAA Saskatchewan was proud to return as title sponsor of the 14th annual Access Communications Labour Day Show N Shine. In partnership with the Collectors Car Club of Saskatchewan, the event raises funds in support of the Regina Food Bank. Attracting over 600 exhibitors and a record-breaking 4,000 spectators, it has grown to become the largest car show in Southern Saskatchewan.

“The CAA Family Fun Zone was very popular with families—and at CAA, we’re all about helping families,” says Fred Titanich, CAA Saskatchewan president & CEO. “We know this past year has been challenging for everyone, especially those who rely on the Regina Food Bank. As a local, dedicated, member-based business and long-time community advocate, we continue to be a proud supporter of the Labour Day Show N Shine.”

In August, CAA joined forces with the city of Swift Current for its Come Together event to support local businesses. There was a farmers’ market, heavy horse pulling, stock car racing and a concert at Kinetic Park—headlined by The Stampeders.

2021’s Saskatchewaner Felipe Gomez served as CAA’s official ambassador and had a fantastic time meeting guests, residents, merchants and visitors. According to event organizer Leanne Wiebe, “The CAA sponsorship allowed for this event to be successful. It was a great day for Coming Together!”



From left: David Didych, president of Collectors Car Club; CAA’s Fred Titanich; John Bailey, CEO of Regina Food Bank; Jim Deane, CEO of Access Communications

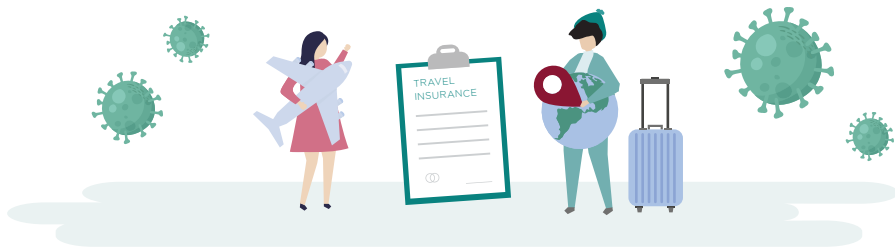


From left: CAA Swift Current store manager Melinda Budvarson; Felipe Gomez; CAA Swift Current member service rep Kimberly Rousseaux

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TRAVEL INSURANCE

COVID COVERAGE

CAA Travel Insurance has long protected Saskatchewanians against the unexpected while abroad. As we return to exploring the world, our emergency medical policy has been updated

to provide even more robust coverage. Our emergency medical plans already offer coverage for Covid-19-related illness once the pandemic ends—that is, once federal travel advisories are downgraded to Level 2 or Level 1. Now, fully vaccinated travellers are also covered (up to \$5 million) for Covid-19 under Level 3 travel advisories, providing peace of mind for the more immediate future.* Learn more at caask.ca/covid-travel-coverage or contact CAA Insurance consultant.



CAA MOBILE APP

HELPFUL NEW FEATURES

We're always working to make CAA's services more accessible to Members. With the CAA Mobile App, you can access your membership at the touch of a button, request roadside assistance, get member-exclusive discounts and more. And two new features add even more convenience:

Set it and forget it with the **Remember Me** feature. Log in just once with your membership number; thereafter, the app will sign you in automatically.

View all your roadside assistance requests under the app's **Status Updates** heading—whether you made them by phone, on your PC or using the app itself.

Download the CAA Mobile App today at caask.ca/caa-mobile-app or scan this QR code.



FUNDRAISER REPORT

GRAND OLD TIME

On September 24, CAA Saskatchewan and WestWorld Tours were pleased to sponsor Grand Old Opry Time, Zoomer Style, presented by Saskatoon Council on Aging (SCOA). The event, staged at Saskatoon's quaint Western Development Museum, is an annual fundraiser for SCOA. It was to take place in 2020, but like so many events, it was cancelled at that time due to Covid-19.

CAA, along with WestWorld Tours, was excited to be part of the evening of "down home" fun and entertainment, which featured country-and-western performers including John Quinn, Shuboy, Roy Hargreaves and the Paddlewheelers. Tour director Sandi Gebert of WestWorld Tours attended the event to help with contest prizing and raise awareness of the company's popular Nashville and Branson tours.



CLIPBOARD: RAWPIXEL/FREEPIK; GUITAR: LIZALEBEDJ/FREEPIK

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YOUR ATTENTION, PLEASE

CAA is raising awareness about distracted driving among young motorists

BY ALLAN BRITNELL

THE NUMBERS ADD UP to disaster: A quarter of teens have replied to a text while driving; 60 percent of drivers age 18 to 24 fess up to changing a song on their phone while driving. Distracted driving is implicated in about one in five fatal car crashes in Canada.

The solution to this problem is surprisingly simple: Put down your

devices while driving. That's the key message CAA's **#UnplugAndDrive** campaign wants to drive home with young motorists.

"We define distracted driving as anything that takes your eyes and mind off the road," adds Christine Niemczyk, CAA Saskatchewan's director of communications. This includes use of mobile devices, personal grooming,

eating, drinking, smoking, long conversations with passengers and playing loud music.

"Distraction is as serious as impaired driving," says Ian Jack, CAA's vice-president of public affairs. Take your eyes off the road for five seconds while driving at 90 km/hr and you'll blindly travel the length of Mosaic Stadium's field. A lot of unforeseen changes can occur over that distance.

Smart strategies

Today's newest drivers "were pretty much born with phones in their hands," Jack says. So they find it harder than older drivers to put their devices down. And that puts them at greater risk of being in a collision. But there are simple measures that drivers of any age can take to minimize their distractions and finish each trip safely.

Though law enforcement tends to promote hands-free cellular use, research has shown that a phone chat while barreling down the road is a mental distraction. Your cognitive focus is split between the call and the various tasks a driver needs to focus on. The safest way to have a phone conversation in a car is to pull over.

Younger drivers tend to immediately reply to calls and social media posts. To buffer those "Why isn't she replying?" jitters, set your device to notify friends that you're driving and you'll respond when you're parked.

Most smartphones have a "do not disturb" setting, which can be turned on manually or whenever the phone connects to your vehicle's Bluetooth.

Eating while driving is also very risky, even if it only takes one hand off the wheel. And if you're using a GPS, enter addresses and set it up *before* you put the car into gear. You'll know where you're going and arrive alive. **CAA**



#UNPLUGANDDRIVE

CAA's distracted driving campaign targets young drivers

The campaign features a series of 10- and 15-second animated video clips to show the consequences of taking your focus off the road. Humour helps drive home the message. In one clip, an octopus changes her playlist and rear-ends someone. "It only takes a second to be distracted,"

says the tagline as her car slowly fills with octopus ink. "The idea is to get young people talking among themselves," CAA's Ian Jack says. Since it launched last October, the campaign has had more than 1.5 million views and 30,000 likes and shares. Learn more at caas.ca/safety.

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¹ Terms and conditions apply. \$5 million CAD emergency medical coverage, is dependent on having received all Health Canada approved COVID-19 vaccines, at least 14 days prior to departure. Please see the COVID-19 Endorsement for details.

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HOME AND AWAY FOR THE HOLIDAYS

Whether you're staying put or travelling, use these checklists to keep your home safe



HOME FOR THE HOLIDAYS

- Ensure artificial trees are “fire resistant” and live trees are always fresh and moist. Keep all trees away from fireplaces, vents and other heat sources.
- Inspect holiday lights for broken, frayed or loose connections, and toss damaged sets. Plug outdoor lights and decorations into ground fault circuit interrupters.
- Switch off lights when going to bed or leaving the house.
- Keep indoor decorations away from lights, candles, heaters and fireplaces.
- Set candles in non-combustible containers and never leave burning candles unattended. Store matches and lighters out of sight and reach of children.
- As you buy gifts, keep packaging of pricey items out of sight, to prevent window shopping by burglars.
- Keep watch for any suspicious behaviour in your neighbourhood; report questionable observations to the proper authorities.
- Have your chimney and furnace professionally cleaned and inspected.
- Check that smoke and carbon monoxide detectors are in good working order.

AWAY FOR THE HOLIDAYS

- Suspend newspaper delivery; ask someone to pick up mail.
- Be careful what you post on social media: You might tip off potential burglars that you're not home.
- Ensure all doors and windows are locked. For sliding doors, use specially designed locks to prevent doors from being lifted out of their tracks.
- Use timers for lights—and possibly the TV or radio.
- Turn off your water supply.
- Have someone enter your home daily to ensure the pipes have not frozen. (This is a requirement of most insurance policies during the winter months).
- Ask a neighbour to shovel snow around driveway/sidewalks.
- Encourage neighbours to use your driveway so it looks like someone is coming and going on a regular basis.
- Leave blinds or curtains in their normal position—don't close them completely.
- Consider security bars on basement windows, especially those shielded from view or in the back of the house.
- Close and lock the garage door. Keep your vehicle locked, especially if it has an electric garage door opener.
- If you notice signs of forced entry when you return home, do not go inside. Call the police from a neighbour's home.
- Make sure your home insurance is up to date and that it will provide adequate coverage for your belongings. Advise your insurance broker of any changes required for major purchases or renovations.
- If you're leaving the province or country, purchase travel medical insurance to stay safe on your vacation. **CAA**

SAVE WITH CAA

Members save 10% on home insurance coverage. Learn more and get a quote at caask.ca/insurance



THE SMART SWITCH

For cold-weather driving conditions, winter tires are the safest choice

BY GRAHAM HEEPS

WINTER TIRES ARE your most important tools to improve performance and safety for cold-weather driving. In Saskatchewan, that often means they're the safest choice for half the year!

New vehicles are generally sold with what used to be called “all-season” tires, but which are now more appropriately named three-season tires. They provide optimal traction in wet or dry conditions in mild weather, but when the temperature dips below 7 C, the tires' rubber compound starts to lose its pliability and therefore its grip on the road.

Likewise, the three-season tread pattern offers limited bite on snow- or ice-covered pavement. Braking distances rise sharply, and it becomes

harder to steer your vehicle accurately through a corner.

The winter tire difference

Winter tires, on the other hand, are designed for seasonal conditions. They're made from a rubber compound that remains flexible at sub-zero temperatures, while a more aggressive tread pattern has dozens of sipes—small, wavy gaps—to boost traction. Some winter tires also incorporate metal studs to further increase grip, especially on ice.

These features make a difference. Research shows that in icy conditions, winter tires cut braking distances by up to two car lengths (or nine metres) compared to three-seasons.

All tires that are certified for winter driving feature the Three-Peak Mountain Snowflake design on their sidewall. Increasingly, the mark is also found on “all-weather” tires, which perform similarly to winter tires but can be used year-round. The downside of these tires, however, is that they typically have a shorter tread life and aren't quite as grippy in extreme conditions.

Making the choice

“Though winter tires aren't mandatory in Saskatchewan, CAA has long encouraged their use in order to improve safety for all road users,” says Scott McIntyre, vice-president of automotive services at CAA Saskatchewan.

If you don't have winter tires, now is the time to think about getting them. To start, review independent tire tests online, keeping your usage in mind. For example, do you expect to drive mostly on snow-covered rural roads, or cleared but cold city streets? Consider studded tires if you spend the majority of your time driving on ice or highways.

Ultimately, you want to select the best tire you can afford that suits your needs. If you have especially large wheel rims or very low-profile tires, you could downsize to a smaller steel wheel.

As a result, the tire may be cheaper and the taller, narrower tire shape will help cut through deep snow. (If you opt for smaller steel wheels, remember that the overall outer diameter must be largely unchanged to avoid problems with calibrating your odometer.)

If you have questions, seek advice from a reputable tire manufacturer or retailer, your trusted AARS technician or the auto experts at the CAA Car Care Centre at Regina Battery Depot. **CAA**

WINTERIZE YOUR RIDE

To make sure you don't get left in the cold

TIRE PRESSURE

The right pressure is important for traction and fuel efficiency. Test air pressure regularly.

BATTERY

Extreme temperatures weakens the battery, so check it often and have it charged if necessary.

BLOCK HEATER

Ensure the cord is in good working condition and isn't frayed. Always plug in below -15 C.

FLUIDS

Always top up antifreeze, brake fluid and the window washer fluid before hitting the road.

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Are you and your vehicle ready for winter?

The winter months are all about colder temperatures, wind, snow, and ice. For some, driving in the winter can cause anxiety and worry.

CAA's here to help you drive smarter and safer. We have important safety tips for drivers of all ages, and smart information to keep your vehicles ready and charged up for winter.

Learn more at caask.ca/safety

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RURAL RESCUES

Driving in the country? CAA's got your back

BY CRAIG MOY



WINTER DRIVING CAN BE a challenge at the best of times. On rural roads it's even trickier: They're often more exposed to hazards like crossing wildlife and reduced visibility. They're also more isolated. If you do get into trouble, "CAA agents are specially trained to handle rural calls as quickly and safely as possible," says CAA Saskatchewan's Scott McIntyre, vice-president of automotive services. Here are some ways to stay safe on a rural road trip.

BEFORE YOU LEAVE

"Don't just prepare for the destination; prepare for the *journey*," McIntyre says. Check the pressure on your winter tires and add air, if necessary. If your battery is more than three years old, schedule a test at Regina Battery Depot at the CAA Car Care Centre. Verify road conditions online and postpone your trip if things look dicey. If you head out, inform someone of your route, destination and expected arrival time.

PACK AN EMERGENCY KIT

In the event of a rural or any breakdown or accident, a well-stocked emergency kit can be a real lifesaver. Buy one from any CAA Store, or assemble your own kit with items such as a collapsible shovel, reflective triangles/pylons, hand and foot warmers, first-aid supplies and more. Also pack ample water, energy bars and warm clothes for everyone in your vehicle. And don't forget your phone charger!

DRIVE TO CONDITIONS

"Most people drive the speed limit," McIntyre says, "but if the roads are treacherous, you need to slow down more." Likewise, double your following distance from three to six seconds: You never know when you or the vehicle ahead might hit a patch of black ice. To help visibility, make sure your headlights are clear of snow. But don't use high beams during a snowfall. The light will reflect off the flakes, causing glare.

KNOW WHERE YOU ARE

There are still pockets of Saskatchewan—mainly along the vast stretches of highway in the north—where GPS and mobile-internet signals may be unreliable. Carry a paper map as a backup. And take note of road markers along your route, as well as landmarks like prominent businesses and the towns you pass through. They'll be helpful if tow truck operators need to find you without precise coordinates.

CALL FOR HELP

If you're in an accident and someone is injured, call 911. If you're unharmed but need a rescue, call CAA. Give as many details as you can to the CAA agent, who'll dispatch a tow truck and give you tips on staying safe while you wait. If you run the engine for warmth, clear the tailpipe of snow: A clogged pipe can lead to dangerous carbon monoxide buildup in the vehicle. For more tips, visit caask.ca/automotive. **CAA**

ICE IS NICE

Whether you visit “the land of fire and ice” on a layover or go all in with a 10-day journey, Iceland has something for everyone

BY KELLIE DAVENPORT



1

CHASING WATERFALLS

Iceland boasts hundreds of waterfalls; new ones crop up every year due to melting glacial ice. Many can be viewed near the Ring Road, a 1,332-km highway encircling the island. On the south coast, a pathway stretches around **Seljalandsfoss** falls, allowing you to walk behind the shimmering curtain of water. A slight detour off the Ring Road takes you to **Dettifoss**, a thundering 100-metre-wide cascade that drops 193 cubic metres of water per second.

2

HOME TURF

Similar to the historic sod houses of the Prairies, Icelandic turf houses provided cheap, durable lodging in a harsh climate. View well-preserved abodes at the **Glaumbær Turf House Museum**.

People lived in these sod-roofed dwellings until 1947, and a farm has stood on the site since



at least 874. In the 11th century, the farm was home to Vikings, including Snorri Thorfinnsson,

believed to be the first European child born in North America (who later returned to Iceland).

1. DIETERMEYER/GETTY; 2. IMAGEBROKER/ALAMY; 3. ALONGKOT SUMRITJEARAPOL/GETTY; 4. SEBASTIAN WASEK/ALAMY; 5. ÖLGERDIN EGILL SKALLAGRIMSSON

3

SUNDAY BEST

In the capital, pop into Reykjavik's **Hallgrímskirkja** church. Finally finished in 1986 (after 41 years of construction), the towering 74-metre-tall façade is a modern marvel, but the interior is equally impressive. The Lutheran church's stark walls and minimalist design lend a distinctly Nordic feel, while soaring ceilings create the perfect acoustics for choirs, concerts and theatre performances.



4

THE DEEP END

Soaking in the Blue Lagoon is a must for any visitor to Iceland, but the country is dotted with dreamy thermal pools. Accessible from the Golden Circle, **Laugarvatn Fontana** is a series of mineral pools with expansive mountain views. Of course, some hot springs are truly too hot to handle. **Deildartunguhver** is Europe's most powerful geothermal spring, with fast-flowing water that emerges at a constant 97 C. It's spectacular to see—from a safe distance.

5

SKÁL (CHEERS) TO THAT!

For an island of just 357,000 residents, Iceland has a long and rocky history with booze. Between 1915 and 1933, alcohol sales were banned—and Icelanders couldn't legally order a beer until 1989. Every year on March 1, locals commemorate 74 years of illegal lager by raising a cold pint on *Björdagur* (Beer Day). See what all the "brewhaha" was about during a tour of **Egill Skallagrímsson**, the country's oldest and largest brewery. Learn about potent prohibition-era home brews, then sample the much tastier Garun, an Icelandic imperial stout with notes of licorice and coffee. **CAA**



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IT'S ALL IN THE TIMING

*When to go? When to book? How to save?
We have answers!*



TIMING AFFECTS PRICE, but it impacts other factors as well. When you go and when you book your trip can determine how much you get out of it. Follow our guide to landing the best vacation value on your next trip.

ALASKA

Best weather: From June through August, expect highs in the low to mid 20s. May is quite dry, but by August the chance of rainfall increases to 50 percent daily.

Less crowded/lower prices: Go in May or June to spot newborn animals in Denali National Park. In August and September, prices can be up to 25 percent lower than in busier months.

Book your trip: A year in advance for cruises or six months out for land vacations to ensure the best rates and availability.

One more thing: To see the northern lights, go in January, February or March—and bundle up!

THE CARIBBEAN

Best weather: From December to April, there's little rainfall, less humidity and temps climb to 30 C.

Less crowded/lower prices: Plan to go in May and June or mid-December. Skip Easter and Spring Break when family travel and prices pick up.

Book your trip: Six months or more in advance to get the resort and dates you want. Popular places like Cuba and Mexico fill up fast. For a cruise, reserve as soon as the ship's inventory opens (about two years out).

One more thing: Southern islands like Bonaire, Curaçao and Barbados lie below the hurricane belt and are rarely affected by major storms.

EUROPE

Best weather: For max sunshine, go in summer, though heat-sensitive travellers may find sweltering temperatures uncomfortable in places like Italy and Croatia.

Less crowded/lower prices: Travel in April and May or September and October, when everything is cheaper. You should still get plenty of warm days.

Book your trip: Plan a year in advance. If you want to join a cruise or tour, check with your travel consultant for CAA Member benefits.

One more thing: For a river cruise, try to go in November or December to enjoy the world-famous Christmas markets.

SOUTH AMERICA

Best weather: The southern hemisphere's summer runs from November to February. It'll be like taking an extra spring or summer vacation!

Less crowded/lower prices: For spring-like weather and thinner crowds in Peru, Chile and Brazil, plan your trip for September to November.

Book your trip: Book as far in advance as you can, due to limited capacity at popular sites, including Machu Picchu and the Galapagos.

One more thing: January and February are peak rainy season—which means water and fog might obscure views from Machu Picchu and other archaeological hot spots. **CAA**



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14
DAY TOUR



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Australia & New Zealand

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21
DAY TOUR



G' day mate! Are you ready for an epic journey down under? Our new land tour features many exciting highlights such as Uluru at sunrise and sunset, the Great Barrier Reef, Fjordland National Park and Milford sound just to name a few! Join us as we explore Australia and New Zealand!

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15
DAY TOUR



Sip, Savour and Saunter your way through Portugal & Spain! Xplore magnificent landscapes, fascinating culture, compelling history and uncover the hidden beauty as we travel off the beaten track.

BUCKET LIST DESTINATIONS

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18
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The natural beauty of Croatia is endless with its mountains, waterfalls, lakes, forests, islands, and stunning beaches. Relax on the seven-day Private Yacht Cruise on the Adriatic Sea. When it comes to the cataclysmic beauty of Croatia, there is NO better way to experience it, than on our 2022 Tour & Cruise!

Iceland

JULY 17 – 27, 2022

11
DAY TOUR



Iceland is a bucket list destination unlike any other in the world. Explore the diverse landscape featuring mountains, lakes, glaciers, beaches, and lava fields on this whole circle island tour!

Women Xplorers Ireland

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14
DAY TOUR



From the Irish people's sparkling wit, hospitality and cozy pubs, to the Isle's incredible emerald landscapes and spectacular coastlines. This small country packs quite a punch.

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23
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For many, this is the last continent to check off your bucket list! Venture to the Southern Hemisphere and experience Rio de Janeiro, Iguassu Falls and Buenos Aires before cruising south surrounding yourself with icy waters, glaciers, and icebergs, giving you the feeling of being in a new world!

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12
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20
DAY TOUR



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11
DAY TOUR



The beauty of Newfoundland and Labrador on Canada's east coast is a definite must-see! Visit national & provincial sites, parks and much more!



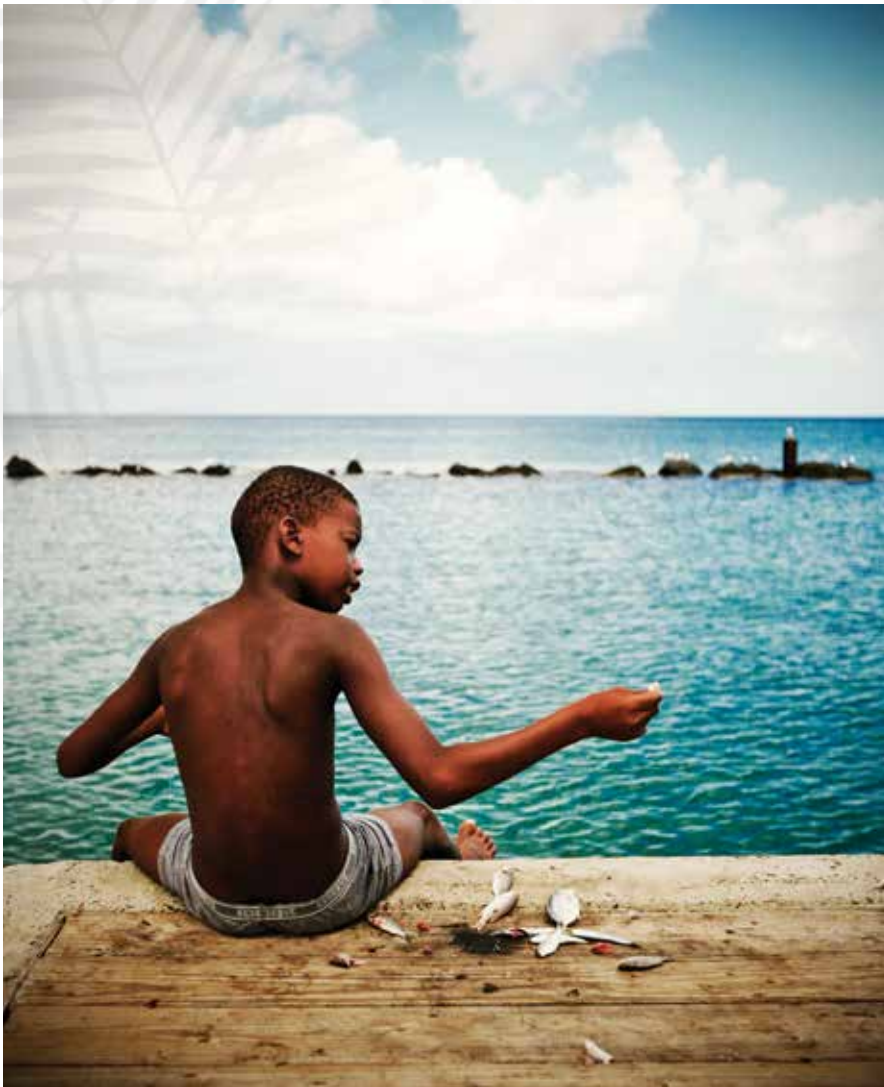


HEAD FOR THE HILLS

**From
mountaintop
to beachfront,
discovering
Saint Lucia's
tropical mystique**

BY **CRAIG MOY**

The famous Pitons
rise over Soufrière



WANTED TO WRITE a story about Saint Lucia that didn't immediately highlight the Pitons. The towering volcanic spires are said to be the most photographed landmarks in the Caribbean. They lend their name to Saint Lucia's most popular lager. Heck, they're on the country's flag. My storytelling instincts practically screamed: Don't you dare visit this unique, vibrant island and come back with an article focusing on its most obvious attraction.

And yet there they are, tantalizingly close as our plane makes its approach to Hewanorra Airport in Vieux Fort, on Saint Lucia's southern tip. Seen through my small window, the peaks are striking, though less verdant than

expected. (I'm told this is due to our arrival at the tail end of the dry season. After a few months of rain, they'll return to picturesque lushness.)

Still, much of the island remains green and fertile. We pass countless small banana plantations and groves of mango and breadfruit trees—plus grazing goats and cattle—on a van ride from Vieux Fort to the resorts in the north. The road skirts the Atlantic coast on one side, with Saint Lucia's rainforest on the other. Largely uninhabited, the dense jungle is popular with hikers, zipliners and birdwatchers with an eye out for the rare Saint Lucia parrot.

My own enthusiasm is slightly tempered at present. I'm intent on maintaining equilibrium as we navigate the winding, hilly highway, though I'm also conscious that this drive is

a distinctly Saint Lucian experience. More than vegetation or wildlife, it's the terrain that makes Saint Lucia a natural wonder.

The volcanic island is bisected lengthwise by a precipitous ridge of mountains. While not extraordinarily tall (the highest point, Mount Gimie, is 959 metres above sea level), they dominate both landscape and living conditions: Colourful homes stand on concrete pillars built into foothills; resort villas are carved into coastal cliffs. It's no coincidence that more populous areas like Castries and Rodney Bay are in Saint Lucia's northern reaches, where the topography is more forgiving.

THE CONTRAST OF highlands, bluffs, beaches and harbours is clear the next day, as I travel by catamaran along the western coast to Soufrière. The charming French Colonial-style town sits within the depression of a dormant volcano. It's also the gateway to Sulphur Springs, a "drive-in volcano" and hot spring where visitors slather themselves in mineral-rich mud and take obligatory selfies before relaxing in a geothermal pool.

My own dip is followed by a quick drive to the Toraille waterfall. With a handful of other visitors, I wade beneath the cascade, the cold water quickening my heartbeat and tightening my pores. I'm thoroughly invigorated as I reemerge into the tropical heat—but that feeling of vitality may not be solely the work of my hot-and-cold immersion.

"They have a special energy," I overhear someone exclaim. "You just feel different when you're near them." That *them* is the Pitons, and this is hardly the first time I'll catch islanders and tourists alike asserting the spires' magnetism. Another good one: "When you look at the Pitons, you realize that God was a Saint Lucian." Or, more directly: "You're now entering heaven." So says Mario, our guide along the Tet Paul Nature Trail, as we reach the summit of one of the best and most accessible spots for seeing the Pitons from on high. »



SAINT LUCIA 101

Driving can be dicey on the island's winding roads. Fortunately, most resorts offer **airport shuttle service** and can arrange a ride to any attractions that strike your fancy.

Heading to the **Castries Market**? First, visit a bank to get Eastern Caribbean dollars in small denominations (\$1 CAD = \$2.13 EC at press time). U.S. dollars are also commonly accepted at attractions and larger restaurants.

Saint Lucians love a good party. Plan ahead to take in the island's boisterous **Carnival** (July), **Food & Rum Festival** (September) and Creole-focused **Arts & Heritage Festival** (October), among many other celebrations.

On paper it seems unappetizing, but for a savoury, starchy meal, you can't go wrong with **salt fish and green fig** (a.k.a unripe banana), Saint Lucia's national dish.



Clockwise from top left: local crafts; Castries Central Market; salt fish and green figs; a welcome sight in the tropical heat

From the trail's base—which features a modest café, plus gardens that supply it with spring onions, guava and other organic produce—it's about a 25-minute ascent to a viewpoint that puts us right between the majestic pair of Pitons. For a closer look, you can climb the cairns themselves: Trekking up and down the larger, 800-metre Gros Piton takes about four hours; conquering the steeper Petit Piton takes twice as long, and calls for mountaineering expertise. Climbing isn't in the cards for our group,

but the mountains have nonetheless worked their magic. Our boat trip back up north is a boisterous hour of conversation and energetic dancing to DJ-spun soca and calypso tunes.

I'm lucky to also see the Pitons from a much more exclusive vantage point: the open-air dining room at Jade Mountain Resort. Overlooking Soufrière Bay, the luxe sanctuary appears chiseled from the island itself, with wood- and stone-accented guestrooms accessible only by a

network of vine-wrapped bridges. It's the sort of exotic location you might see in a James Bond movie, a bucket-list resort that undoubtedly contributes to Saint Lucia's reputation as the world's top destination for honeymooners. Lacking my wife on this trip—and the requisite funds for a splash-out stay of my own—my time at Jade Mountain is limited to an exquisite lunch of local greens and fresh-caught mahi-mahi.

Instead, my stay is split between two resorts in Saint Lucia's north: the

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Irie Bar, a Gros Islet favourite

sprawling Windjammer Landing and secluded Calabash Cove. The former is a 24-hectare collection of suites and whitewashed villas that climb from beachfront to hilltop. Due to its size and all-inclusive offerings, Windjammer is enticing for families and larger groups. The latter is an adults-only destination par excellence, a gem of a boutique property with Instagram-ready amenities. I spy more than one couple staging photos beside the sweeping infinity pool and in the extensive, heliconia- and frangipani-filled gardens.

Both properties are a short drive from Rodney Bay, the island's main tourist town. During my visit, it also happens to be hosting Saint Lucia's annual jazz festival, and I'm fortunate to catch shows by Dianne Reeves, Christian McBride and other luminaries of the genre. Though Saint Lucia doesn't have a grand jazz tradition, the nearly 30-year-old fest is nevertheless one of the longest-running

events of its kind in the Caribbean, and its concerts are well attended by music lovers attired in their evening finery.

Likewise, the area surrounding the performance venue is lively with rum punch-sipping merrymakers hopping amongst restaurant patios and nightclubs. It's a fun scene, if a little too common to urban centres everywhere; I regret missing out on the more distinctive Friday night street party in nearby Gros Islet. At the weekly "jump up," hawkers grill jerk chicken, ribs and fish, and hole-in-the-wall bars sling Piton beer plus boozier options, while island rhythms emanate until the wee hours of morning.

I do, ultimately, get a hint of that local hustle and bustle with a visit to the Castries Central Market. Established in the 1890s, the Saint Lucian capital's vast bazaar is, like all such places, part farmers' market, part general store and part souvenir stand. The foodie in me is drawn to the smiling grannies and their produce-

lined picnic tables, and the alleyway kitchens cooking up island favourites like salt fish, roti, and lentil- and plantain-rich bouillon. But it's too early for a meal, so I make my way toward the tchotchke vendors.

Mindful that most of their wares are not necessarily authentic, I still hope to find something at least *a little* unique to take home. On the advice of a friend, I grab a few bars of sulphur soap, as well as some wooden toys for my kids—before spotting the Pitons, colourfully rendered on canvases large and small. The pictures are all different, but of a similar aesthetic; they're also being sold by multiple vendors, none of whom are apt to negotiate a price I can manage with my last bit of pocket money. I don't blame them, of course, nor am I especially disheartened.

Though I leave without a painting, the Pitons have enchanted me. I promise myself that I'll return to see them, and Saint Lucia, again soon. **CAA**

BOATS, BIKES, AND HIKES

HOW INTREPID TRAVELLERS LIVE IN THE MOMENT ON ACTIVE HOLIDAYS IN EUROPE

BY **ILONA KAUREMSZKY**

IN THE NOT SO DISTANT PAST, a trip to Europe meant afternoons in quiet art galleries, strolls through dusty manors and dinners in bustling bistros. Today, vacations on the continent often involve

more adrenaline than ambience: cycling down a serpentine bend above Germany's Rhine River, hiking next to Hadrian's Wall in England or Irish castle-hopping on a kayak. »



Riding the rapids on
the River Regnitz
in Bamberg, Germany





ACTIVE HOLIDAYS HAVE BEEN PICKING

up steam as millennials and boomers alike recognize the journey lies in *doing*, not just *seeing*. A study by the Adventure Travel Trade Association revealed the most popular holiday activities include hiking, biking, and rafting or sea kayaking. One of the best ways to seek out these adventures is on a river cruise.

Cruise lines, including Uniworld, Viking, AmaWaterways and Avalon, increasingly cater to would-be explorers. Three years ago, Avalon launched Active Discovery on the Danube, a program encouraging travellers to bike, hike, canoe or cave along the majestic waterway. Adventure-seekers set off from ports on the river, which spans 10 countries and winds through bucket-list cities like Vienna, Budapest and Linz.

Varied excursions are now the norm: rigorous outings for active guests; relaxed trails for those who prefer a leisurely pace; and even late-riser tours for non-morning types. “You really can be active as much—or as little—as you want on these cruises,” says Tara Schmidt, travel consultant at the CAA Saskatoon East Store. “They’re also ideal for travelling with a partner who isn’t as active. You can see the sights together, but then you can go off to do activities while your partner relaxes on the ship.”

I put her words to the test during my own Danube cruise, which includes a unique caving expedition. Peering up at jagged stalactites, I amble through one of the longest cave systems in Budapest. My group is guided deeper and deeper into the 29-kilometre network of dark passages, accessible only by steep staircases and narrow stone corridors.





Clockwise from far-left: cycling in Lyon, France; canoeing under Trim Bridge in Ireland; fruits of the vine in Portugal; exploring Budapest's Pálvölgyi Cave



While caving, bouts of silence can seem as deafening as a jet engine. But the cavernous void is soon filled by the melody of Leonard Cohen's classic "Hallelujah." We follow an angelic voice and soon emerge inside a rocky chapel, the Gellért Hill Cave Church, where a soloist is performing the spiritual ballad. It's one of those unscripted moments you just can't find in a guidebook.

Though the Danube remains one of Europe's most popular cruising rivers, ships have also been popping up on Portugal's Douro River. Wanderlusters can cycle through hillside villages, sun-soaked vineyards and pastoral Portuguese trails. Other Old World routes worth considering are Germany's Rhine River and its tributaries—the Main, Moselle and Neckar rivers—and the legendary Rhône River in France, where you can fill up on haute cuisine after a fragrant hike through lavender fields.



A CRUISE ISN'T THE ONLY WAY TO PLY the waters in Europe. Castle hopping in Ireland takes on a new perspective when done by canoe or kayak. Local outfitters provide the vessels for a time-warp journey along the Emerald Isle's Ancient East Coast. Pick your backdrop—marshy wildlife in

Kilkenny or Trim's famous castle—and prepare to glide past storied spots while learning local lore with every oar stroke. You needn't be an advanced *voyageur* to enjoy the experience.

One afternoon in Kilkenny, we haul our canoe into the mighty River Nore, one of a trio of rivers known as the Three Sisters. As I paddle alongside lush riverbanks beneath Kilkenny castle, an ornithological extravaganza unfolds before my eyes. A heron stoops on a low-lying branch and curious swans eye our boats as we drift by.

The Republic of Ireland has more than 3,000 rivers, streams and tributaries—70,000-plus kilometres of waterways to paddle. Most kayak and canoe tours last between two and three hours, and typically require light to moderate exertion. Some of the country's most iconic fortresses are viewable from the water, including Cork's legendary Blarney Castle (along with its namesake stone), Bunratty Castle in County Clare and Ross Castle on Lough Leane.

In Trim, I pile into an inflatable raft and gain a new appreciation for the meaning of "old." Owing to its strategic location on the River Boyne, Trim once surpassed Dublin in wealth, and has more medieval buildings than anywhere else in Ireland—not to mention the largest Norman Castle in Europe. »

GO IT ALONE

ANOTHER WAY TO ENJOY ACTIVE TRAVEL

Rent a private houseboat for a go-at-your-own-pace river cruise. With more than 950 vessels and numerous itineraries to choose from, Le Boat provides everything you need to ply world-famous waterways—and discover celebrated cities—in the U.K., Ireland and much of central Europe. Or you can stay in Canada with a trip along Ottawa's UNESCO-designated Rideau Canal.

Equip your boat with a few kayaks or stand-up paddleboards to get an open-air view while you meander along the Thames or cruise the canals around Amsterdam—or add bicycles for some active onshore exploration. Le Boat ambassadors can also offer recommendations for fishing excursions, golf and more. No special boating licence or experience is necessary: in-depth safety and operational training is provided before you embark.



Clockwise from left: hiking the French Alps; scallop shells, a symbol of the Camino de Santiago; crossing the Puente la Reina



“Everything on this tour is the oldest, the biggest, the largest,” says James Murray, our Boyne Valley Activities guide. The raft stops by the medieval town walls before we pass beneath Trim Bridge. Built circa 1393, it’s Ireland’s oldest unaltered stone bridge and a fantastic sight from the water.

While paddling has its merits, *pedaling* provides many unique opportunities to really get into the nooks and crannies of a place. I wouldn’t have seen everything if I had walked. During a ride in Ireland, I meander through County Meath on a delightful (and rare) sunny day.

At Rock Farm Slane, an organic farm known for luxe glamping, I hop on an e-bike to traverse rolling hills and soak up countryside views. With brooding clouds and flickers of sunlight overhead, I ride past Slane Castle’s dazzlingly lush meadows. Alone save for a herd of grazing sheep, I lean back and inhale so deeply that, for a couple of moments, I completely forget to pedal.



FOR ACTIVE TRAVELLERS SEEKING a more vigorous experience, hiking is another excellent way to explore Europe. Switzerland’s Eiger Trail is

a moderate uphill hike that proves well worth the exertion when you reach its apex. The 7.25-km-long path in the Jungfrau region offers jaw-dropping views across the fairy tale-like Lauterbrunnen Valley.

Le Chemin des Rognes is an even more challenging option if you’re for it. The historic—though recently rehabilitated—French Alps route offers four hours of intense hiking, with fabulous vistas of the Chamonix Valley and Mont Blanc as your reward.

And then there’s the Camino de Santiago de Compostela, which crosses into three countries and offers a journey in both the personal and historical sense. Dating from the ninth century, it was one of three great pilgrimage routes of medieval Christendom (the others went to Rome and Jerusalem). Also known as the Way of St. James, the full network of trails—hundreds of kilometres long—has starting points in France, Portugal and Spain, and culminates in Galicia, believed to be the final resting place of St. James the Apostle.

Walkers typically complete just a portion of the route, covering up to 20 km per day. It includes varied terrain: scenic mountains, stretches of plains and coastal paths overlooking the Atlantic Ocean. Along the way, modern-day pilgrims can discover historic churches, monuments, charming villages and cozy restaurants. For a well-deserved rest, luxurious *paradores* (charming guesthouses) and budget-friendly *albergues* (hostels) run by *hospitaleros* (Camino volunteers) provide a range of accommodations

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BY **LUCAS AYKROYD**



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DAY

1

Overlooking Victoria's Inner Harbour, the upscale **Inn at Laurel Point** recently transformed its spacious lobby and Aura restaurant, completing plans by legendary architect Arthur Erickson that date back more than 30 years. At this environmentally conscious, 200-room hotel, executive chef Ken Nakano incorporates organic ingredients from the on-site garden into dishes such as squash soup and deep-fried sushi.

For motorhome owners, the nicely maintained **Salish Seaside RV Haven** offers West Bay harbour views, with 36 pads with full hookups, plus propane fire pits and bike rentals.

From either property, it's a leisurely trek along the waterfront Songhees Walkway to **Spinnakers**. Founded in 1984, the homey spot was Canada's first brewpub. Sip classic beers like Blue Bridge Double Pale Ale and Departure Pilsner alongside the likes of Nut Brown Ale-braised beef ribs and house-smoked salmon pizza. And don't miss the beer pairings with handmade chocolate truffles.

Not far from the green-domed Parliament Buildings, **Nourish Kitchen & Café** serves vegetarian fare like smoked carrot lox and cashew cheesecake in an 1888-built heritage home.

ICONIC VIEWS

From top-left: getting set for a Prince of Whales boat cruise; a totemic sight at the Royal British Columbia Museum



Inspiration abounds at the Inner Harbour, and that goes beyond the grand facade of the Francis Rattenbury-designed Fairmont Empress Hotel. Next to the **Royal British Columbia Museum**, marvel at the awe-inspiring First Nations poles and traditional big house, created by Kwakwaka'wakw chief Mungo Martin and Haida and Gitksan artists.

The **Bateman Gallery**, housed in the venerable CPR Steamship Terminal, showcases Robert Bateman's award-winning nature paintings. For more active pursuits, **Eagle Wing Tours** and **Prince of Whales** launch their eco-friendly boat adventures nearby, with Pacific Ocean sightings including orcas, sea lions and cormorants.

DAY 2

A hearty brunch is the perfect kick-off for a full day in charming Victoria, whose metro population is nearly 400,000. Head to the funky **Blue Fox Café** on Fort Street, which marks its 30th anniversary in 2021. Fuel up on a gargantuan Spanish Flying Omelette with spicy pork chorizo, chased by a mango peach mimosa or caramel macadamia nut latte.

For a change of scenery and fresh air, drive 30 minutes west to **Hatley Park**. The National Historic Site in Colwood is



home to Hatley Castle. Fans of superhero TV shows and movies will recognize the early-1900s Tudor Revival-style mansion from the *Smallville*, *X-Men* and *Deadpool* series. Enjoy a self-guided tour of the formal Italian, Japanese and Rose Gardens. Now the site of Royal Roads University, the 229-hectare estate faces the **Esquimalt Lagoon Migratory Bird Sanctuary**, where you can spot great blue herons and red-breasted mergansers.



Take another 20-minute drive to **Goldstream Provincial Park**, one of B.C.'s best places to watch the salmon run. Between October and December, some 30,000 salmon (mostly chum, along with coho and chinook) return to this river to spawn, which creates a feeding frenzy for bald eagles. You can take it all in from a viewing platform or riverside trail. Year-round, hike through the park's towering Douglas firs to view Niagara Falls—standing 47.5 metres, it's *almost* as high as its world-famous Ontario namesake—or climb to Mount Finlayson's 419-metre summit to gaze over the Strait of Juan de Fuca. »

ON THE LOOKOUT
Clockwise from above: strolling through Goldstream Provincial Park; deconstructed sushi at Aura; a serene spot at Hatley Park



BLAZING NEW PATHS AROUND VICTORIA

By boat, bike, car or foot, here are four new ways to explore the island

For a bird's-eye panorama of the Gulf Islands and Mount Baker, follow an accessible spiral ramp to the top of the 32-metre-tall **Malahat Skywalk**. The attraction, which opened earlier this year, lies about 30 km northwest of Victoria.

The 2.5-km, multi-use oceanfront path on **Dallas Road**—popular with joggers, rollerbladers and cyclists alike—marked its first anniversary in 2021. Check out kite-fliers and windsurfers near Clover Point, and enjoy a meal at the Breakwater Café + Bistro after strolling along Ogden Point Breakwater.

Coming in 2022, Vancouver Island Expeditions debuts its guided **Best of Vancouver Island Wine** tour. It's an opportunity to sip and savour the region's history, from the growth of Duncan-area wineries in the 1980s to the recent emergence of Blattner hybrid grapes.

Also in 2022, the **Songhees Indigenous Marine Trail** brings First Nations history to life with a 12-passenger boat tour along Victoria's coastline. Learn about traditional trading practices, villages and burial sites in Lekwungen territory.



DOWNTOWN DELIGHTS
 From top: Victoria's busy Chinatown; waterfront views at Ogden Point Breakwater; sipping accessories at Silk Road Tea

Back downtown, there are plenty of ways to warm up. Grab a coffee at the 1956-founded **Dutch Bakery**, where beloved pastries include the Dollar Roll (marzipan-wrapped sponge cake and buttercream) and the Parliament (mocha, nougat, and shortbread, encircled by chocolate). Shop for organic tea and natural skincare products at **Silk Road Tea**. It's next to the Gate of Harmonious Interest, which welcomes visitors to Canada's oldest **Chinatown**.

For a relaxing dinner, check out the brick-walled comforts of **Ferris' Oyster Bar**, which serves everything from fresh-shucked local oysters and clam linguine to crab mac and cheese and duck confit.



STREET, BEER: JORDAN DYCK/DESTINATION B.C.; BREAKWATER: TANYA GOEHRING/DESTINATION B.C.; MUNROS: FELIX CHOO/ALAMY



SIP AND SAVOUR

Clockwise from far left: enjoying a Red Fish Blue Fish fave; craft beer on tap at The Drake; Munro's quiet aisles; a quirky Kaboodles find



DAY
3

Victoria is a book lover's paradise, and **Munro's Books** is a Government Street landmark. The award-winning shop was launched in 1963 by future Nobel Prize-winning author Alice Munro (*The Lives of Girls and Women*) and her husband Jim, but is now staff-owned. The curated selection of books is as beautiful as the neo-classical, 1910-built bank building it occupies. Just three blocks away on Fort Street, **Russell Books** opened a stunning two-floor location in 2019, with new, used and antiquarian titles.

With your literary appetite satisfied, satiate more physical cravings at Wharf Street's **Red Fish Blue Fish**. The outdoor harbourside joint serves seafood lunches of tempura-battered B.C. halibut with coleslaw and chips or albacore tuna tacos with spicy spot prawn mayo.

Or visit Market Square's **The Drake Eatery** to feast on rotisserie chicken or a cheese board with aged English cheddar and herbed goat cheese. The rotating tap list features more than 20 craft beers from B.C., California and Oregon.

In Victoria, shopaholics flock to the independent stores and boutiques around lower Johnson Street, scoring funky clothes at **Flavour** and children's toys at **Kaboodles**. Yet as you prepare to head home, what you'll treasure most are your refreshing memories from this city of gardens and ocean breezes. **CAA**





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ALLEN SAPP GALLERY

NORTH BATTLEFORD

BY ASHLYN GEORGE

LOCATED ALONG THE North Saskatchewan River, North Battleford is a welcoming community with a strong connection to its surrounding agricultural industries and Indigenous history. Today, this vibrant city also caters to winter enthusiasts, foodies and live music fans.



OUT AND ABOUT

1

EAT



Some of the tastiest Asian cuisine in the city is served in a restaurant located above the community curling rink. Crowd favourites at **Beaver Grill Express** include sweet and spicy bibimbap and savoury shrimp pad Thai. 623 Carlton Tr.

2

SEE



The **Allen Sapp Gallery** features the works of the renowned Cree painter. Considered the grandfather of art in Saskatchewan, Sapp's impressionistic paintings tell the stories of growing up on the Red Pheasant reserve. 1 Railway Ave.

3

DRINK



Named after the armoury that used to operate in the historic building, **Armoury Brewery** offers a taste of the Battlefords with a rotating selection of craft beers, available on tap or bottled to-go in growlers. 702 102 St.

4

DO



The North Battleford branch of **Saskatchewan's Western Development Museum** offers a look back at rural life with exhibits from the past century, including a collection of vintage vehicles and steam engines. Highways SK-16 & SK-40



5

YOUNG HEART

Brittany Keller—better known by her stage name **Zayda**—has been singing all her life in the Battlefords. The 27-year-old pop and folk singer-songwriter and producer is well-known across the province. In 2019, she released her debut EP, *Young Heart*, and has hopes of writing and releasing a second album in the near future.

What's your process for writing new music?

I like to write poetry and put it to music. I also write songs from experience: It's therapeutic for me and has helped me through both good times

and difficult ones. It's part of the reason I'm now doing a degree in music therapy. I previously completed a double major in music production, audio engineering and vocal performance.

What do you love most about North Battleford?

The community is incredible and everyone is so encouraging and supportive! The relationships I've built here have helped me reach my goals and pushed me to go after what I want.

Where's the best place to catch live music in town?

I love seeing a live show at the Dekker Centre for the Performing Arts. I also worked there for a bit, and even hosted my album release party there for my first EP. It was so much fun! And it's always a great place to see our thriving music scene.

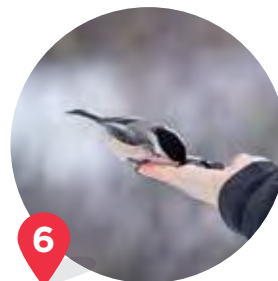
Zayda performing al fresco



6. ASHLYN GEORGE.

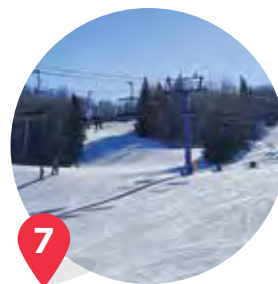
PARKS & REC

The area is dotted with outdoor spaces, tailor-made for winter fun



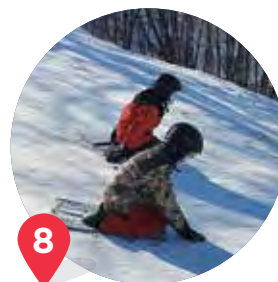
6

Finlayson Island Nature Park is a hot spot for cross-country skiers and bird watchers. With 14 km of ski trails, there are several loops through forested terrain and marshland. Along the way, you'll find birdhouses where you can stop to feed chickadees from the palm of your hand.



7

Only a 25-minute drive from North Battleford, **Table Mountain Regional Park** is where locals head to get their alpine fix of downhill skiing and snowboarding. With four lifts, 11 runs and snow tubing, there's something for everyone—including Friday night skiing for the extra adventurous.



8

Don Ross Hill is the place to whoop it up while sliding down hard-packed snow on a toboggan. Each winter, the city hosts **Wintertainment**, a festival that includes a contest for kids (and adult enthusiasts) to craft their own homemade toboggan and race down the hill. **CAA**

COLD PURSUITS

Get the most fun out of Saskatchewan's winter wonderland

BY KELLIE DAVENPORT



FELIPE GOMEZ

A REAL SNOW-GETTER

“**EMBRACING WINTER** is such a big part of the culture here,” says Felipe Gomez, 2021’s spirited Saskatchewaner. After moving from Chile to Saskatoon more than a decade ago, the South American expat quickly learned to

love the cold. “It’s just a fact of life for a big part of the year.” But his winter wonderment began before he even set foot on Saskatchewan snow: “Since I was a kid, I’ve always been obsessed with Arctic explorers!” Today, Felipe carries on the tradition of his intrepid heroes by exploring the ice by bicycle. The avid bass player commutes via two wheels to gigs throughout the province,

camping in the cold along the way. To date, he’s biked more than 8,000 km in the province—his northernmost point was Stony Rapids, just 80 km south of the the Northwest Territories. “Camping in a secluded snow-covered forest—you just can’t top it.” When he isn’t cycling, you can find Felipe driving around in the Saskatchewaner vehicle, sponsored by CAA Saskatchewan.



HAPPY TRAILS

When the first snowflakes fall, snowmobilers feel a buzz of excitement. In the northeast, **1000 Miles of Snow** feeds their need for speed with groomed trails connecting 12 communities. The marked paths are dotted with more than 40 snow shelters to help riders warm up along the way. Trails run through each town, so hungry snowmobilers can also pop into restaurants, like Nipawin’s Mable Hill Farm Kitchen or Rawhides Bistro in Stenen.

GOMEZ: JAMES MACKENZIE; SNOWMOBILE: GREG HUSZAR/TOURISM SASKATCHEWAN

FREE SKATE

A handful of outdoor rinks across the province

The 5-km trail at **Pike Lake Provincial Park** hugs the shoreline of the lake making it one of the most scenic skates in all of Saskatchewan.

Quite possibly the most romantic rink on the Prairies, the frozen pond at Saskatoon's **Innovation Place** glows with twinkling lights in the evening.

With two outdoor hockey rinks and a skating oval, the ice at **Elk Ridge Resort**, near Waskesiu Lake, is ideal for pros and amateurs alike.

BY LAND, WATER AND AIR

Explore on terra firma, soar through the sky or walk on water for a wild winter experience



Originally developed in Norway, **kicksledding** is basically a chair mounted on a pair of skis, which you power by kicking off the snow in skateboard-like movements. To give it a try on a city trail, rent a traditional sled from Escape Sports in Saskatoon.



Snowkiting is a cross between parasailing and wakeboarding—but with fluffy powder rather than turquoise water. A kiter harnesses the wind in a parachute-style kite to glide over snow or ice. It's the perfect sport to take advantage of southern Saskatchewan wind!



It's not winter without **ice fishing**! But you don't have to fly-in to partake in the quintessential prairie experience. Close to Regina, Last Mountain Lake is a 93-km-long oasis for snagging carp, pike, perch and monster walleye. **CAA**

GAME ON

PARA ICE HOCKEY (a.k.a. sledge hockey) makes Canada's beloved pastime accessible to players with mobility challenges. Here are a few fun facts about the game.



THE FIRST SHOT

Ever the progressives, it was the Swedes who invented para ice hockey. Three wheelchair athletes first played on a frozen Stockholm lake in 1961.



LOCAL ADVOCATE

A sled from Europe eventually came to Jean Lane in Medicine Hat, who secured funding from the city to launch Canada's first para hockey program.

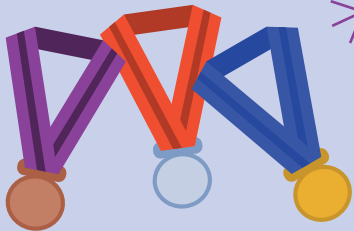
HAVE A SEAT

Today's sleds are much the same as the 1960s originals—an aluminum seat balanced on two skate blades that allow the puck to pass underneath.



DOUBLE TROUBLE

Players use two short sticks for puck handling and propulsion. The business end is curved like a regular hockey stick; the opposite has a metal pick to grip the ice.



GLOBAL GAME

Men's para hockey became an official event at the 1994 Paralympics Winter Games in Lillehammer, Norway. Since the 2010 games, para hockey has been a mixed sport.

TRY IT OUT

Saskatchewan is home to several para ice hockey clubs. To learn more, visit the Saskatchewan Wheelchair Sports Association: swsa.ca.

HOW TO

PREP FOR WINTER HIKING

There's something so Canadian about cold air nipping at your cheeks and the crunch of snow underfoot. Embracing the elements on a brisk hike makes for a perfect winter day. But before you head out, it's important to properly prepare for cold weather conditions.

BY **ASHLYN GEORGE**



LAYER, LAYER, LAYER!

The secret to success when it comes to winter hiking is dressing appropriately for the weather. It's important to know **what** type of materials to wear—and **how** to layer them properly. This four-part system can be used for both the upper and lower body, adding or removing layers as weather conditions change throughout the day.



1

THE BASE LAYER

Acting like a “second skin,” this snug-fitting layer made of merino wool or a synthetic sport material like polypropylene will wick sweat away and prevent you from getting chilled.



2

THE MID LAYER

A fleece mid layer is both warm and affordable. It adds insulation while continuing to move moisture away from your body. A mid layer should allow for a base layer underneath without being too bulky.



3

THE INSULATOR

The goal here is to retain your all-important body heat. A down or synthetic down jacket (like Primaloft) offers a high warmth-to-weight ratio and makes an excellent insulating layer to protect from the cold.



4

THE SHELL

A high-quality, waterproof and breathable shell (made of a material like Gortex) is lightweight and offers full protection from the elements. Make sure to read the instruction tags to ensure proper cleaning and caring for the material. **CAA**



ON THE TRAIL

Tips for safer trekking

DO check the weather before you go.

DON'T hike in the dark or foggy weather.

DO wear a toque, neck warmer and bring an extra pair of mitts.

DON'T wear cotton as it loses insulating properties when wet.

DO keep moving to stay warm.

DON'T work up a sweat as you'll get damp and chilled.

DO snack on nutrient dense, high-calorie foods like trail mix, cheese and jerky.

DON'T bring fresh fruits and veggies: They'll freeze in sub-zero temperatures.

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