



TRIP IDEAS

PENTICTON, SUMMERLAND AND NARAMATA WINE REGION

The Thompson Okanagan wine region has some of British Columbia's most intriguing wineries. This area includes wineries near Penticton, Summerland, and along the Naramata Bench.

But there's more to do here than simply sipping wine. Try cycling along an old railway track, tasting local cheeses, tubing along the river or learning about local history.

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Local Wineries

Head out along the "Corkscrew Drive" from the town of Penticton along the Naramata Bench, one of British Columbia's most exciting wine regions. Be sure to try the award-winning Gewürztraminer at Hillside Estate Winery and the dark, intense reds at Kettle Valley Winery. Enjoy the latest art exhibit at Red Rooster Winery and taste Poplar Grove's classic Bordeaux-style blend, The Legacy.

Across Okanagan Lake, follow the Bottleneck Drive wine route to explore Summerland's wineries. Stop at Sumac Ridge, the first operating estate winery in BC, to sample their Meritage blend or bring a picnic lunch to Thornhaven Estates to enjoy with their spicy Gewürztraminer. Sip Not So Knotty Chardonnay at Dirty Laundry Vineyard and pair Silkscarf wines with fresh food at the winery's weekends-only Kitchenette.

Kettle Valley Cycling Tour

Feeling energetic? Swap four wheels for two and cycle along the historic Kettle Valley Rail Trail. Don't miss breathtaking views seen along the gentle downhill ride from Chute Lake to Naramata, and take a couple of hours to ride the steam locomotive that chugs along the few remaining kilometres of track around Summerland. Learn more about the area's frontier history at the SS Sicamous Sternwheeler & Museum and the antique shops scattered throughout the quaint little towns.

Golfing and Tubing

Visitors can also swing a club at local golf courses and, this being summer

getaway country, take some beach time on the shores of Okanagan Lake. Or make like the locals do and go floating in an inner tube down the Penticton River Channel.

Central Okanagan Restaurants

Taste all the flavours of the Okanagan Valley at Local Lounge Grille in Summerland, where more than 180 BC Vintners Quality Alliance (VQA) wines complement the steaks, ribs and locally sourced produce. Or visit the funky Vanilla Pod Tapas and Wine Bar at Poplar Grove Winery to try creative dishes like "sushi pizza."

The Naramata Heritage Inn & Spa's Cobblestone Wine Bar offers a casual atmosphere with Hearth Bread platters featuring cheese and pâté. For winery dining, try the irresistible seasonal menu at Hillside Estate Winery Bistro.

Central Okanagan Accommodation

Penticton Lakeside Resort, Convention Centre & Casino offers a fantastic beachfront location and dining at the Hooded Merganser Bar & Grill, or lighter fare at the Bufflehead Pasta & Tapas room. For a quieter experience, head to one of many B&Bs in the Naramata area. Some, such as Eden House B&B, have swimming pools and spectacular gardens.

Transportation

It takes about five hours to drive to Penticton from Vancouver, nine hours from Calgary and six from Seattle.