



Historical Route 97 in Interior British Columbia

Route 97 is an ancestral trail running through Washington and British Columbia. First Nations used this trail for thousands of years, unencumbered by the political borders that exist today. Throughout the Interior Cascades of Route 97, you'll find three Nations: Nlaka'pamux, Okanagan (Syilx), and Secwepemc, each with their own unique dialects, traditions, history, and story.

Provinces: British Columbia

Length: 5 Days

Dates: May - October



Itinerary & Route

Day	Destinations
1 & 2	Osoyoos
3	Kelowna
4	Armstrong & Chase
5	Kamloops

British Columbia

British Columbia is home to more than 200 First Nation bands (out of about 600 in Canada), and each has its own unique history, heritage, rituals and language. However, all of the province's Indigenous population share a timeless respect for the natural world, and the rugged coastlines and landscapes of their ancestors.





ABORIGINAL | AUTOCHTONE
CANADA | CANADA

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Historical Route 97 in Interior British Columbia: Highlights

Day 1

Start your tour in Osoyoos, home to a small group of high quality wineries, which feature stunning views of orchards, vineyards, and Lake Osoyoos, truly an oasis in the desert. Enjoy a guided tour of the **Nk'Mip Cellars**, an award-winning, Aboriginal-owned vineyard which features premium wines and locally inspired cuisine in a dramatic setting overlooking Lake Osoyoos. Learn about the history of the Osoyoos people and the interesting ecology of the surrounding area at the **Nk'Mip Desert Cultural Centre**, or book your whole tour with **Swi'ws Spirit Tours** and let them teach you about the rich culture and history in the region.

Overnight at the beautiful **Spirit Ridge at Nk'Mip Resort** in a one-of-a-kind lodging experience, infused and immersed with Aboriginal culture, golf, wine, and spa.

Days 2

Spend a day in beautiful Kelowna and learn about the sylix/Okanagan culture at the **Sncewips Museum & Heritage Park**. Enjoy a beautiful view and Indigenous cuisine over lunch at Red Fox Club at the **Indigenous World Winery**. But before you leave town you must stop in at the **Kekuli Cafe Coffee & Bannock** in Westbank.

Day 3 & 4

Continue north, but don't miss a stop at the tasting room at **Lavina Estate Winery** in Armstrong. Your destination today is the **Quaaout Lodge & Talking Rock Golf Course**, overlooking 1,800 feet of sandy beachfront of Little Shuswap Lake in Chase. Choose between a day of golf at the **Talking Rock Golf Course**, a mature and a world-renowned course, or try a Hot Stone Massage or signature facial at **Le7Ke (pronounced La'ka) Spa**. The treatments are inspired by the healing herbs of the local people, using organic products infused with herbs such as sage and creating deep relaxation with heated river stones.

Day 5

Your trip ends in Kamloops, where the Secwepemc peoples are showcased at the **Secwepemc Museum & Heritage Park**. Kamloops is also home to one of Western Canada's largest pow wows each August, the **Kamloopa Pow Wow**, the celebration is a vibrant celebration of heritage through song, dance, and traditional regalia. All are welcome to watch, enjoy, and celebrate. While in Kamloops, Indigenous cuisine like cedar-planked salmon, quail and bannock pudding can be tasted at **The Painted Pony Café**.

For more information contact the Indigenous Tourism Specialist at:

Thompson Okanagan Tourism Region of British Columbia

TOTABC.org/Programs/Aboriginal-Tourism