



SUMMER SIZZLER!

ROAD-TRIPPING FAMILY STYLE

The thought of going on a family road trip can stir up feelings of dread in even the most hardened of parents. Let's face it, endless hours of "are we there yet?" coupled with back-to-back-bathroom stops and refereeing a backseat boxing match while trying to parallel park is just not relaxing. But who says dysfunctional can't be fun? The important thing is to have a good solid well-researched plan, and then be prepared to throw it all away and go with the flow.

In this issue we've outlined a few things you might want to do and see with the family this summer. So slip Jack Johnson's new CD into your player and let his mellow jangle soothe even the savagiest of beasts.

Victoria

Downtown Victoria is a veritable playground for families, boasting a multitude of things to do. The [Royal BC Museum](#) with its 10,000 square foot *Behind the Scenes* exhibit, [Miniature world](#), [Pacific Undersea Gardens](#), [Tally-Ho Tours](#) and the [Wax Museum](#) are just a few of the must-sees. Don't forget the [The Bug Zoo](#) where new bugs have arrived. And Victoria's famous [Rogers' Chocolates](#) where chocolates have been made since 1885.

Take the kids to the petting zoo or feed the ducks at [Beacon Hill Park](#). This park was originally named by the First Nations for its resemblance of a large man lying on its back. Relax at Willows Beach as the kids make sand castles in the warm sand.

If you happen to be in the Saanich area, visit the ever popular [Butchart Gardens](#) and [Butterfly Gardens](#). Check out [Accent Inns Butchart Gardens package](#). While in Sidney, scratch a patch of earth at [Mineral World](#) or become a killer whale ambassador at the newly opened [Ocean Discovery Centre](#). Also check [Accent Inns Whales & Gardens package](#).

Check out Victoria Packages [Butchart Gardens](#), [Golf](#), [Whales & Gardens](#), [Wine](#) on sale now!

Greater Vancouver

[PNE](#) Celebrating 100 years of Vancouver's legendary Pacific National Exhibition, the PNE is a lot more than just a wooden roller coaster ride. Check out [Accent Inns PNE package](#). Meander through the marketplace building and discover the latest gadgets you won't know how you lived without. Attend to your inner cowboy/girl with a visit to the agriculture shows to watch the pig races. Or check out the Red Robinson Talent Showdown.

Free nightly gigs include Terri Clark, Michael Bolton, Loverboy, Dal Richards and Rolf Harris to name a few. Don't miss opening night on Aug 21st as home-town boy Bryan Adams and the Beach Boys are set to rock Empire Stadium.

Had enough of the PNE? Take the family next door to [Rupert Park Pitch and Putt](#) for a relaxing game of golf.

In this Newsletter:

- Road-Tripping Family Style
- Free! Things to do and see
- 1st Nations Adventures
- It's Payback Time
- Travel Tips with kids
- Save \$10 on your next stay
- Before you go...

It's Payback Time!

If you're feeling the inclination to give a little something back this summer, consider the [TD Great Canadian Shoreline Cleanup](#) September 19 to 27, 2009. Or build fences, install nest boxes, harvest organic produce on a conservation holiday with [The Land Conservancy of B.C.](#)

Try your hand at prepping meals for a marine mammal's dinner, clean aquarium habitats, or help research wild whale sightings at the [Vancouver Aquarium](#). The [Burrowing Owl Conservation Society of B.C.](#) needs assistance preparing release sites, caring for birds at breeding centres, or assisting with field monitoring. Or tend to some 3000 hurt or orphaned animals that come through the [Wildlife Rescue Association of B.C.'s](#) care facility in Burnaby.

game of golf.

For the budding marine biologist in your family, a trip to the [Vancouver Aquarium](#) or the [Vancouver Maritime Museum](#) is essential, while [Science World](#) holds its featured *Treasure* Exhibit for your explorer-to-be.

Spend a day at [Stanley Park](#) and ride the miniature train, picnic at Lumberman's Arch, swim at Second Beach Pool or cool off at the Variety Kids Water Park.

Take the kids on a hike through West Vancouver's [Lighthouse Park](#), or stroll along the beaches of Ambleside and Dundarave.

Finally, what could be more leave-it-to-Beaver-family-style than going to a drive in? Come visit one of BC's two drive-ins at the [Twilight Drive-In](#) in Langley. It's worth the drive.

Kamloops

Ride, run, stroll or roller blade on the bike path along [Rivers Trail](#) then off to the [Swiss Pastry Shop](#) on Victoria Street for the tastiest sausage rolls and Napoleon pastries in town.

Visit the [BC Wildlife Park](#) for an up-close-and-personal look at the lives of cougars, lynx, grizzlies, camels, bison and many more animals including an impressive variety of birds and snakes. Check out Accent Inns [BC Wildlife Park package](#).

Check out Pete's Pasta for dinner (all-you-can-eat pasta Tuesdays) then take in one of the free concerts at Riverside Park.

Nourish your brain at the [Big Little Science Centre](#) where you can find over 100 hands-on experiments to indulge the scientific senses.

Head off go-karting at [Kamloops Go Karts](#), mini golfing at [Miss Wende's](#) or [McArthur Island](#).

If your teens are looking for a little retail therapy, drop them off at the [Aberdeen Mall](#) for a couple of hours. Then head to Zack's Sweet Shoppe for some Gelato and a quiet cup of tea.

Kelowna

Take the kids on a u-pick excursion where you can eat juicy, ripe fruit right off the tree. If you're lucky, you might even get some of it to take home for later. Call 1 800 663-4345 to find out more.

Spend the afternoon hanging out at Hot Sands Beach in central Kelowna where the whole family will enjoy the sandy beaches, volleyball, basketball, playground, water park and skatepark. Get the kids to scour the horizon for the elusive Ogoopogo as you settle in for your post-picnic siesta.

Enjoy a wine tour with your kids. Really! Family wine tastings mean wine for the adults and juice for the kids. Contact the [individual wineries](#) to find out more.

Relax into the summer evening in the area's natural amphitheatre at the summer concert series at [Mission Hill Family Estate Winery](#)

Free! things to do and see this summer!

Jump on board a free naval tour at CFB Esquimalt. Learn about our naval history, hear tales from the sea and engage in interactive activities. Fun for the whole family. Call 250 363-5291 for more information or to make a booking.

Come watch Victoria's 10th annual Dragon Boat Regatta August 7th13-15th.

Tips for travelling with kids

1. Pack ahead goodie bags with snacks, colouring books, magnetic games, cards, etc.
2. Play games like I-spy, animal vegetable mineral, the licence plate or alphabet game; don't be afraid to plug in every once in a while: ipods make wonderful travelling companions for families with mixed musical tastes
3. Pack a night light or mini flashlight for nocturnal wanderings in strange places
4. Pack clothes pins, a small bag of laundry soap and plastic bags for wet bathing suits

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Vancouver Chinatown Night Market

May 14-Sept 5 2010

Fri Sat Sun 6:30-11:00 pm

Singing, dancing, Asian snacks, a variety show, a martial arts festival, even karaoke.

Richmond Night Market inspired by the city streets of Asia, this market includes a tantalizing array of ethnic food, contests, dog shows, exhibits and performances; all served with a super-sized side of Asian culture.

Open Fri – Sun until Sept 26th

ArtStarts Weekend Workshops is a free workshop series for families at the downtown gallery that features 45-minute, multi-disciplinary, culturally diverse workshops led by some of BC's best children's performers

Celebration of Light 2010

The 20th Anniversary of the Celebration of Light will be taking place on the following dates:

Wednesday July 21st

Wednesday July 28th

Saturday July 24th

Saturday July 31st

Vancouver Art Gallery: Tuesdays 5:30-9:00 admission is by donation.

VAG Weekend Workshops (free with admission to gallery): unique activities geared towards 5 -12 year olds. Explore the galleries and then experience hands-on creative activities.

Head over to Riverside Park in Kamloops to enjoy Music in the Park a free nightly concert.

First Nations Adventures

Take your family to experience a traditional Powwow or learn the history of the Potlatch Ceremony. Perhaps you have a rising botanist interested in discovering the secrets and medicinal properties behind indigenous plants.

• Annual Powwows: Yellow Wolf Intertribal Powwow (Brentwood Bay); Kamloopa (Kamloops); Bonaparte Traditional Powwow (Cache Creek); Traditional Father's Day Powwow (Williams Lake). Info: (www.aboriginalbc.com).

• Secwepemc Museum and Heritage Park displays a 200 year old village including reconstructed pithouses and gardens demonstrating how the First Nations used local plants.

• Tseycum Canoe Tours runs Coast Salish canoe tours and medicinal plant tours in Victoria. Discover the history of the potlatch ceremony.

As always, before you go:

- Weather report:
www.weatheroffice.gc.ca
- BC Ferries:
<http://www.bcferrries.com>
- Translink:
<http://www.transLink.ca>
- Road conditions:
<http://www.drivebc.ca>

Other useful links:

Tourism BC:

www.hellobc.com

Victoria <http://>

www.tourismvictoria.com

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Vancouver: <http://>

www.tourismvancouver.com/visitors/

Kamloops: <http://>

www.tourismkamloops.com/

Kelowna: <http://>

www.tourismkelowna.com/

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