



with
**CHERYL
MacKINNON**

TRAVEL & lifestyles



CANADIAN TRAVEL STYLE

No matter what you're looking for in a holiday close to home, the Cariboo Chilcotin Coast region of British Columbia delivers! From feeding the soul of your inner cowboy...or girl, to hiking, biking and just generally exploring some of the most gorgeous terrain in the world, it's definitely all here. If you've got kids – frequent stops to get the wiggles out (not a bad idea for the family pet, mom and dad too), helps the travel pass quickly enough. Check out more family travel tips at www.familytravelguides.com.

A SPECIAL REPORT PROVIDED BY GLOBAL TV'S CHERYL MACKINNON

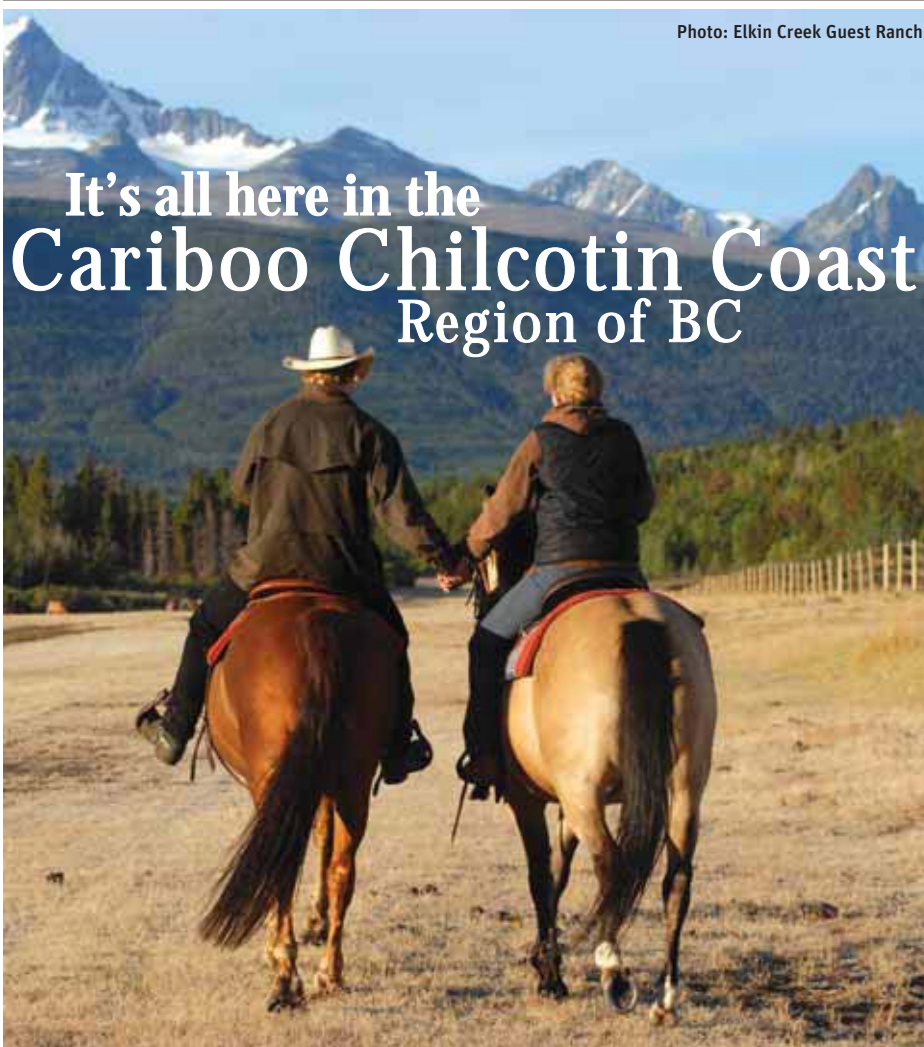


Photo: Elkin Creek Guest Ranch

It's all here in the Cariboo Chilcotin Coast Region of BC

Welcome To Our Land

The world discovered gold in the Cariboo Chilcotin Coast region during the 1800s, but archeological evidence dating back 10,000 years shows First Nations people travelled this dramatic landscape for centuries. The Xats'ull (pronounced hats'ull) people have occupied the bench lands north of Williams Lake, high above the Fraser River for more than 5,000 years, while the Kitasoo (Tsimshian) who were originally from Kitasu Bay and the Xaixais of Kynoc Inlet, both now live in Klemtu – a beautiful, small village situated on the central coast of British Columbia.

Cowboy Country

Out on the range is where to soak up cowboy hospitality, feasting on home-style cooking while savouring the glorious views of mountains

and meadows, lakes and streams. A popular ranch destination for many, Elkin Creek Guest Ranch is encouraging late summer visits up to September 1st with their creative Carbon Rebate Promotion. Guests visiting the ranch will receive 10 cents per kilometer up to a maximum of \$75. "With the soaring cost of air travel, people are vacationing closer to home this year," says Aaron Smith, Director of Marketing and Operations of Adventure West Resorts. "The summer road trip is a time honoured tradition. We hope that with the Carbon Rebate Promotion combined with our other incentive programs, guests and families will take advantage of the great opportunity to getaway and enjoy the best of the season."



WHEN YOU GO

For route and general travel information on the Cariboo, Chilcotin Coast, simply go on line to www.landwithoutlimits.com or call toll free at 1.800.663.5885. For more information on Elkin Creek Guest Ranch, visit www.adventurewestresorts.com or call 1877.346.9378.

If you've ever seen those highway signs reading "Coast Cariboo Tour" and wondered what this trip might be like, let me tell you. It's absolutely fabulous and teeming with history of how British Columbia grew to be what it is today. The beauty is unmatched – vast landscapes stretch across the province from the Cariboo Mountains, to the rugged coast of the Pacific Ocean. Swathed in rich green and golden hues, the variance in terrain is mesmerizing. Lush forests embrace the coastal region where the Great Bear Rainforest is home to the rare white Kermode Bear. Then there's vast open ranchland and big, oh so big skies of the Chilcotin area showcasing a lifestyle marked by horses, cattle and yes, cowboys. The Cariboo established its reputation during the great gold rush and to this day, people from all over the world still seek out adventure here.

WHAT'S NEXT? Heritage and Cultural Touring in the Fraser Valley of British Columbia

Travel & Lifestyles is a weekly information report from Cheryl MacKinnon, Founder of 'kid friendly!' family tourism and Tourism Industry of Canada 2006 Travel Media Award Finalist for outstanding tourism promotion of Canada. Watch Cheryl on Global TV Morning News every Wednesday at 8:50 a.m. in B.C. www.cherylmackinnon.com



Please contact me at cherylmack@shaw.ca