

## GRAB + GO

**Light  
Healthy &  
Refreshing**



**PROUDLY  
SERVING A  
KAMLOOPS  
EXPERIENCE  
FOR 15 YEARS**



Kamloops first microbrewery  
serving unique brews and quality  
food sourced locally.  
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**Silver Spoons** In South Kamloops, Romeo's Kitchen + Spirits creates classic dishes with an unexpected twist while Atlas Steak & Fish brings together flavours and ingredients from around the world in a progressive, classic, and contemporary menu.

**Perfect Patios** Dine in style under a stunning sunset. A short jaunt away from the hotels in the downtown part of Kamloops, Red Beard Café has rotating taps of BC beer and cider to enjoy under the pergola on their eclectic patio. Sip on a local brew on the converted swimming pool patio at The Noble Pig.

Looking for the perfect way to cool off on a long, hot day? Why not have some ice cream! Kamloops has some excellent options for a sweet and chilly treat.

Scoopz Ice Cream Parlour serves 48 flavours of Foothills ice cream plus a variety of dairy-free sorbets, sugar-free ice creams, sherbets, and peanut-free and gluten-free options. They also serve milkshakes, floats, and cold drinks.

Frozen Paddle is a craft ice creamery with unique and limited-edition flavours made from local ingredients. They also carry craft popsicles.

The Ice Cream Social serves excellent ice cream flavours, and they also have lactose-free options, no-sugar-added options, sherbets, and sorbets.

Wineries, distilleries, cideries, and breweries all make their home in Kamloops. This area has a special environment that allows craft beverages to take on the unique flavour of the landscape.

The climate of the Thompson Valley makes it a great place for distinctive, award-winning wines. Kamloops

Monte Creek Winery is the largest, with a seasonal patio, shopping, award-winning wines, and excellent views.

Privato Vineyard & Winery is a boutique winery with small-batch, single-vineyard Burgundy wines.

Harper's Trail Winery has a tasting room and patio surrounded by hoodoos, rolling hills, and the South Thompson River.

Sagewood Winery is family owned and operated, producing award-winning boutique wines at the base of the picturesque hoodoos.

Do you desire something different? Your taste buds are in for a treat! Home to five micro-breweries, three distilleries, and one craft cidery, there are plenty of places to sample something new. Ask for a local selection at dinner. There is always something exciting to try!

**Natural Spaces** There are 82 parks in Kamloops covering 1,350 hectares (3,336 acres). It's the perfect place to enjoy the outdoors.

**Great Golf** Kamloops delivers Canada's most diverse golfing landscape, teeing up golf rounds riverside to mountain side.

**Big Parks** The Kamloops Bike Ranch is the largest municipal bike park in Canada, while Kenna Cartwright Nature Park is the largest municipal park in British Columbia.

**Sister City** Kamloops has a Sister City relationship with Uji City in Japan. Both cities support cultural exchange groups that have visited each city, often by welcoming a visit to City Hall and being introduced to the mayor.

**Action!** Kamloops is a popular filming location for many movies and TV shows. Locations around Kamloops have appeared in hits such as *The X-Files*, *Battlestar Galactica*, *Sisterhood of the Travelling Pants*, *The A Team*, *2012*, and *Lost in Space*.

FOR 35 YEARS, RICK WANLESS  
AND THE KAMLOOPS MOUNTED  
PATROL HAVE BEEN OFFERING  
WARM WESTERN WELCOMES  
TO VISITORS

**R**ick Wanless believes new riders often struggle to understand the nature of a horse. Aspiring equestrians need help showing that they're in charge, says the long-time Kamloops resident. "It's convincing them that they have to be the alpha and the horse is the doer."

The octogenarian has much experience teaching newbies. Since 1990, he's led the Kamloops Mounted Patrol, a group of volunteer ambassadors on horseback. Many of the riders are university students from countries such as India, Saudi Arabia, and Egypt, who often have no experience with the majestic creatures. Wanless explains, "We live in a culture nowadays, virtually all over the world, where horses are relatively rare."

The patrol's five mounts spend most of their time roaming free on Hacienda Caballo, Wanless's picturesque 50-acre property just north of Kamloops, which is an equine nirvana of wooded areas and riverside meadows. But the animals, like the riders, also receive training, learning how to navigate stairs, teeter totters, and other obstacles. "We don't make any extraordinary demands of them," Wanless says. The horses have to remain calm when in town and confronted with unexpected noises and movements from children, soccer balls, Frisbees, dogs, and vehicles. The oldest of the horses is Trooper, a 30-year-old purebred Arabian, now semi-retired.

The patrol often stops by Riverside Park, along with McArthur Island Park and Thompson Rivers University. Visitors to Kamloops



PHOTOS PROVIDED BY KAMLOOPS MOUNTED PAIR OF

are encouraged to pet the animals and pose for snapshots.

"The horses love the attention and get very used to it. They expect it almost," Wanless says. "Kids hug the horses all the time."

The volunteers on horseback enjoy chatting with visitors from around the globe, answering questions and giving directions.

When Wanless describes with enthusiasm how he instructs both riders and horses, traces of his former career as a schoolteacher are obvious. Whether he's teaching riders, horses, or youngsters, he has the same goal: "You show them that they can achieve and there are really no limits if they work at it."

The robust retiree celebrates his 86th birthday in May. After riding for over three-quarters of a century, Wanless refuses to let age stop him from climbing into the saddle each week. Neither will he ponder how long he'll keep riding and leading the Kamloops Mounted Patrol. "You start to put limits on yourself when you do that," he says. "I hope to be able to pursue my lifelong hobby indefinitely."

