

## Athletics

According to Statistics Canada, Kelowna has the lowest obesity level in the country with only 17% of the population being obese, in contrast to the country average of almost 25% (Statistics Canada, 2012). Global News did an article about this [here](#). Find the **original** study [here](#).

Needless to say the Central Okanagan region facilitates an active lifestyle; you will not find many other areas in North America that are more **active and that have more active opportunities** than the central Okanagan. While you may not be engaged in these activities now, you may find that the active living and the outdoors enthusiast culture is **contagious**.

This **list of available activities** may exhaust you more than actually doing them:

*Cycling, mountain biking (downhill/cross-country), hiking, running, golfing, horseback riding, water-skiing, wakeboarding, long boarding, paddle boarding, kayaking, kite surfing, kite boarding, jet skiing, climbing, bouldering, mountaineering, yoga, cross fit, gyms, zip lining, high ropes courses, snowboarding, downhill skiing, cross country skiing, snowshoeing, ice climbing, dog sledding... not to mention all the organized sports!*

- **Where Do I Find These?**
  - [Kelowna](#)

## **Organized Sports**

*Most schools in the Central Okanagan have very good sports programs for your or your children to become involved in. For the children, if the school does not offer it, or they want to pursue it further, they can become involved in community sports. There are also many team and sports opportunities for us adults as well!*

- [Soccer](#)
- [Field Hockey](#)
- [Football](#)
- [Rugby](#)
- [Volleyball](#)
- [Beach Volleyball](#)
- [Baseball](#)
- [Track and Field](#)
- [Basketball](#)
- [Running](#)

- Triathlons
  - [The Kelowna Triathlon Club](#) and [Triathlon](#)
  - [The Peachland Triathlon](#)
  - [The Penticton Challenge](#)
- Cross Country Skiing
  - [The Telemark Nordic Club](#)
  - [The Kelowna Nordic Ski Club](#)
- Ski Resorts

*This region is famed worldwide for its champagne powder. Enjoy the light, fluffy snow in some of the best ski resorts in the world!*

  - **Big White:** #1 Family Resort in NORTH AMERICA
    - Only a **45 minute drive** from Kelowna
    - If you don't like downhill activities, they have skating, dog sledding, tubing, cross country skiing, ice climbing, and much more!
  - **Silver Star**
    - Only **1.5 hour drive** from Kelowna
    - Tons of activities summer and winter!
- [Mountain Biking](#)
- Cycling:
  - [Kelowna Cycling](#)
  - [An example of one of numerous cycling events](#)
  - [Bike routes](#) and [trails](#)
- [Sailing, paddle boarding, and rowing](#)
- [Hiking Kelowna club](#) and [Central Okanagan Outdoors Club](#)
- Zip lining in [Kelowna](#) and [Oyama](#)
- [Horseback and equestrian](#)

## **Arts and Culture**

The Central Okanagan has a thriving arts and culture scene. Whether you like big music festivals, quaint concerts in the vineyard, a night at the symphony, or simply enjoy the buskers in the streets, there is something for everyone.

### [Festivals and Events in Okanagan](#)

## [Kelowna Arts & Culture Scene](#)

### **Farmers Markets**

*Farmer's Markets are a fun family event, and this region has arguably the best in the country. With so much fresh produce, fun food items, and bouncy castles and face painting for the little ones, the regional markets are always a good time for all. Not only is it a fun outing for the family, but also it is a great place to do some grocery shopping or find a gift for a friend!*

- [\*\*Kelowna Farmer's and Crafter's Market\*\*](#)
  - Dilworth & Springfield, Kelowna, BC  
250-878-5029  
*Wednesday & Saturday 8:00 am - 1:00 pm (April to October),  
Thursday 4:00 pm - 8:00 pm (June to September only)*  
"This market offers a huge variety of farm products and organic produce, jams, baking, meats, ethnic foods, soaps, body products, flowers, plants, concessions, entertainment, festivals and much, much more. You will not be disappointed!"
  
- [\*\*Peachland Farmers & Crafters Market\*\*](#)
  - Heritage Park between Okanagan Lake and Beach Avenue, Peachland  
250-767-6668  
*Sunday 10 am - 2 pm, from May to September.*  
"Started in 2006, this farmers & crafters market in Peachland presents a wide variety of vendors that all offer "made, baked or grown products" and a fantastic lake view."
  
- [\*\*Penticton Farmer's Market\*\*](#)
  - 100 Block Main St., Penticton  
250-493-8810  
*Saturday 8:30 am - noon & Tuesday 4:30 - 8:30 pm from May to October.*  
"The producers' catchment area for the farm-fresh fruits and vegetables, garlic and other spices, honey, eggs, and flowers includes the southern Okanagan and

the fertile Similkameen Valley, with its emphasis on Organic farming methods. Vendors selling at the Market must produce what they sell, and the Market prides itself on providing locally-grown produce.”

- **Penticton Community Market**

- Main Street and Front Street

250-493-8540

*Saturday, 8:30am to 1:00pm May 3 to October 11, 2014*

“Penticton’s Downtown Community Market is the biggest of it’s kind in the Okanagan with hundreds of vendors featuring handmade goods including clothing, food and jewelry, collectables, antiques and furniture, as well as live music and entertainment. The markets have become, without a doubt, one of the biggest attractions in Penticton’s downtown core. We are blessed to have the perfect venue, and such appreciative partners in the downtown merchants and businesses.”

- **Vernon Farmer’s Market**

- Rear Multi-Plex Parking Lot, 3445 43rd Avenue, Vernon

250-549-1588

*Monday & Thursday, 8 am - noon, from April to October.*

“One of the oldest farm markets in the Okanagan, with over 100 annual growers and artisans offering everything from fresh fruit, vegetables and plants to handicrafts, eggs and fresh baked delicacies. Buskers & live entertainment, as well as “Special Event Mondays” every long weekend. Acres of free parking”

## **Music**

*Whether you like big music festivals, quaint concerts in the vineyard, a night at the symphony, or simply enjoy the buskers in the streets, there is something for everyone.*

- **Symphony**

- **Okanagan Symphony Orchestra**

- The third largest symphony in the province! It was established in 1960 and has been bringing the passion of symphonic music to life since that day. Under the direction of the renowned Rosemary Thomson, this symphony has thrived and remains one of the top artistic entertainments in the region. As the OSO says, “See it...hear it...love it!”

- [Youth Orchestra](#)
  - This orchestra is comprised of 80 youth aged 12-20 from all parts of the Okanagan Valley. Get your kids involved, or buy tickets to enjoy some incredibly talented youth from our region.
- **Opera and Classical Music**

*Considering the size of this region, the Central Okanagan has a thriving classical music and opera scene. Get involved, enroll your kids, or just buy a ticket and enjoy a truly amazing concert!*

  - [Opera Kelowna](#)
    - Opera Kelowna is a regional nonprofit opera company and training centre for young promising classical artists.
  - [Chamber Music](#)
- **Music Festivals**
  - [Annual B.C. Interior Jazz Festival](#)
    - Running for over 35 years, this festival occurs every year in the month of April. Enjoy jazz of all types at this delightful festival!
  - [Summerland Bluegrass Festival](#)
    - Running over 17 years, this bluegrass festival was founded by a group of Summerland residents, passionate about this music. Bring your own instrument to join in the fun, or just sit back and enjoy some bluegrass music on the farm in June!
  - [Parks Alive! Kelowna](#)
    - Parks Alive! is throughout the entire summer, in many different parks and public places. With over 50 events over the summer, you're sure to find something you like. Don't forget that they are all FREE! Enjoy a wide variety of music and performances from local talented artist and world-class performers, free of charge.
  - [Keloha Music & Arts Festival](#)
- **Concerts**
  - [Prospera Place](#)
  - [South Okanagan Events Centre](#)
  - [Vernon Concerts](#)
- **Theatre**

Take the *cue* and come to the Central Okanagan where a thriving arts scene will surprise you with its incredible talent! Enjoy the theatre and hope the break a leg! And no... not the type you fix ;).

- [Kelowna Actors Studio](#)
- [Bumbershoot Children's Theatre](#)
- [Summerland Theatre](#)
- [Lake Country Creekside Theatre](#)
- [Shakespeare Plays](#)
- Winery Theatre Events
  - *Unique to this area are numerous concerts and performances held by wineries, often right in their vineyards! From Shakespearean plays in a vineyard to famous artists like Tony Bennett in a spectacular grass amphitheater, you'll find a way to spoil yourself or someone special.*
  - [Mission Hill Concerts](#)
  - [Okanagan Villa Winery Theatre](#)

## Arts

- [Rotary Centre for the Arts](#)
- [Kelowna Art Gallery](#)
- [Lake Country Art Gallery](#)
- [Summerland Art Galleries](#)

## Historic Sites

- This area is surprisingly rich in history, with lots of fun ways to experience it! [Check it out here](#)

## Food and Wine

*The Central Okanagan is known worldwide for its wine, and regardless of whether you are a wine connoisseur or just enjoy fine dining; there are many options for spectacular views and excellent food:*

- Dining Out
  - [Okanagan Life's Guide to Best Restaurants](#)
  - The [Guidetodiningout.ca](#)
  - The [Spotlight 360 guide to dining in the Okanagan](#)
- Vineyards and wineries
  - [WineBC's Guide to the Okanagan Valley](#)
  - [HelloBC's Guide to Wineries and Vineyards](#)

- [Okanaganwines.ca](http://Okanaganwines.ca)

## Travel

- [Kelowna International Airport](#)
  - Moving over **1.5 million passengers** last year, Kelowna Airport is the **12<sup>th</sup> busiest** in all of Canada...and only growing more (4.1% up this year). They have more expansion plans in the near future too.
  - This international airport even has **direct connections to Los Angeles and Mexico**
  - Only a **1 hour** flight to Vancouver, Seattle, Calgary, Edmonton
  - Only a **3 hour** flight to Los Angeles or San Francisco
  - Only a **4-6 hour** flight to Ottawa or Toronto
  - Only a **6.5 hour** flight to Montreal
  - Great access anywhere for all your **business** and pleasure needs
- [Banff](#)
  - Words cannot describe the feeling you experience when you hike the mountains, discover the lakes, and taste the food in this **beautiful region**. Pack up in the morning, and you'll be in Banff just over **6 hours!**
- [Whistler](#)
  - **World-renowned** for its winter and summer activities, Whistler is a destination that millions flock to every year. Truly a jaw-dropping, adrenaline-pumping, stress relieving place. And it is less than a 5-hour drive away!
- [Vancouver](#)
  - A 4 hour drive or 1 hour flight to one of the most incredible cities in the world
- [Camping](#)
  - This region alone has 65 provincial parks covering 907,580 hectares/2,268,950 acres. Over 1100 vehicle/tent campsites and over 300 wilderness/walk-in campsites.
- Banff, Whistler, and Vancouver all have some of the most amazing camping too! Check out the websites above!