



ISSOTL 2022

Welcome to Kelowna, British Columbia

The UBC Okanagan campus is situated on the traditional, ancestral, unceded territory of the Syilx Okanagan Nation.

Dear 2022 ISSOTL Guest,

We hope you are just as excited as we are for you to join us this November for ISSOTL 2022. We hope that most, if not all, arrangements are finalized and that you are ready to pack your bags. We thought you might be curious as to what things await you in Kelowna, BC, so here is a brief list of things you could do and places you could visit during your stay. We look forward to seeing you!

For a comprehensive list please visit Kelowna Tourism at <https://www.tourismkelowna.com/>.



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Coffee Shops

Please note that the usual cup sizes are as follows:

Small - 8oz, Medium/Regular - 12 oz, Large/Tall - 16 oz

Most locations offer a variety of milk alternatives: almond/soy/oat/coconut/cashew milk.

Pulp Fiction Coffee House- Great options, pastries, indoor and outdoor seating (during spring/summer), antique store and books – Downtown Kelowna (1598 Pandosy St, Kelowna, BC V1Y 1P4). *Hours of operation:* Monday to Sunday from 8:00 am to 5:00 pm. Delivery not available (778) 484-7555. Menu:

<https://pulpfictioncoffeehouse.com/collections/coffee-shop-menu>. Check them out:

<https://www.instagram.com/pulpfictionch/?hl=en>

Blenz - Great option for a quick stop, indoor and outdoor seating – Downtown Kelowna (Bernard & Water St, 297 Bernard Ave, Kelowna, BC V1Y 6N2). *Hours of operation:* Monday to Sunday from 8:00 am to 5:00 pm. Delivery not available (250) 860-1552.

Menu: <https://blenz.com/menu/>. Check them out:

https://www.instagram.com/blenzonbernard/?utm_source=ig_embed&ig_mid=AC77B363-032F-49AD-BCAA-E6337E6D1262

Bright Jenny Coffee – A more secluded location, modern and eclectic space, great option for a longer stay (984 Laurel Ave, Kelowna, BC V1Y 7G5). *Hours of operation:* Monday – Friday from 7:00 am to 4:00 pm, Saturday – Sunday from 8:00 am to 4:00 pm. Delivery not available (250) 860-8848. Menu: <https://www.brightjenny.ca/pages/menu>. Check them out: <https://www.instagram.com/brightjennycoffee/?hl=en>

Thirdspace – A go-to for short stay, great options, pastries, bright and fresh space. Landmark Tower 2 (1708 Dolphin Ave #103, Kelowna, BC V1Y 9S4). *Hours of operation:* Monday to Friday from 7:00 am to 4:30 pm, Saturday from 9:00 am to 4:00 pm, closed on Sundays. Delivery not available (236) 420-4361. Menu: Check them out:

<https://www.instagram.com/thirdspacecoffee/?hl=en>

Deville – Modern space, great options, tea selection, indoor and outdoor seating (387 Bernard Ave, Kelowna, BC V1Y 6N6). *Hours of operation:* Monday to Sunday from 7:00 am to 6:00 pm. Delivery not available (778) 940-6018. Menu:

<https://www.devillecoffee.ca/> (bottom of page). Check them out:

https://www.instagram.com/devillecoffee_kelowna/?hl=en

Tim Hortons - Franchise, great for pick up, bigger selection of pastries, meals, cheapest option (261 Bernard Ave, Kelowna, BC V1Y 6N2, but various locations). *Hours of operation:* Monday to Sunday from 6:00 am to 8:00 pm (depending on location).

Delivery options (778) 940-9383. Menu: <https://www.timhortons.ca/menu>. Check them out: <https://www.instagram.com/timhortons/>

Starbucks - Franchise, great for quick pick up (1688 Bertram St, Kelowna, BC V1Y 9G4, but one location inside Delta Hotel). *Hours of operation:* Monday to Sunday from 5:30 am to 9:00 pm (depending on location). Drive-through and delivery options (250) 317-8166. Menu: <https://www.starbucks.ca/menu>. Check them out: <https://www.instagram.com/starbucksCanada/?hl=en>

Bliss Bakery - Hearty options/lighter choices (1289 Ellis St #109, Kelowna, BC V1Y 1Z6). *Hours of operation:* Monday to Sunday from 7:30 am to 4:00 pm. Delivery not available (778) 484-5355. Menu: Check them out: <https://www.instagram.com/blissbakerybistro/?hl=en>

Kootenay coffee - Good and vegan options (1019 Richter St, Kelowna, BC V1Y 5M3). *Hours of operation:* Monday to Friday from 7:00 am to 2:00 pm. Delivery options available (778) 478-2870. Menu: Check them out: <https://www.instagram.com/kootenaycoffeeco/?hl=en>

Cherry Hill Coffee – Great options, and wholesale products (1-1404 Hunter Ct, Kelowna, BC V1X 6E6). Delivery available +1 877-737-5282. Website: <https://cherryhillcoffee.com/>. Check them out: <https://www.instagram.com/cherryhillcoffee/?hl=en>

Bean Scene - Great options, baked goods (371 Bernard Ave, Kelowna, BC V1Y 6N6). Delivery not available (250) 763-1814. Website: <https://beanscene.ca/kelowna-coffee-roastery/>. Check them out: <https://www.instagram.com/beanscenecoffeeworks/?hl=en>

Eurobean Coffee - Delta hotel (1320 Water St, Kelowna, BC V1Y 9P4). Delivery available (778) 484-4744. Menu: <https://eurobeancoffee.ca/menu/>. Check them out: <https://www.instagram.com/eurobeancoffee/?hl=en>

Breweries

Kelowna Brewing Company - (975 Academy Way #121, Kelowna, BC V1V 3A4). (778) 753-1968. Hours of operation: Sunday/Monday 12:00 pm to 10:00 pm, Thursday – Saturday from 12:00 pm to 12:00 am. Menu: <https://www.kelownabrewingcompany.com/menu>. Check them out: <https://www.instagram.com/kelownabrewingcompany/?hl=en>

Vice and Virtue Brewing Company - 1033 Richter St, Kelowna, BC V1Y 2K4. Delivery options (236) 420-2739. Hours of operation: Wednesday/Thursday from 4:00 pm to 10:00 pm, Friday from 2:00 pm to 10:00 pm, Saturday/Sunday from 12:00 pm to 8:00 pm. Menu: <https://www.viceandvirtuebrewing.ca/menus>. Check them out: <https://www.instagram.com/viceandvirtuebeer/?hl=en>

Barn Owl Brewing - 4629 Lakeshore Rd #102, Kelowna, BC V1W 1X3. Delivery not available (778) 760-9349. Hours of operation: Monday – Wednesday from 3:00 pm to 10:00 pm, Thursday – Saturday from 12:00 pm to 11:00 pm, Sunday from 12:00 pm to 8:00 pm. Menu: <https://www.barnowlbrewing.ca/barn-brewn/>. Check them out: <https://www.instagram.com/barnowlbrew/?hl=en>

Kelowna Beer Institute - Tours and tasting room, in Delta Hotel (1346 Water St, Kelowna, BC V1Y 9P4). Delivery available (778) 484-0306. Hours of operation: Sunday – Wednesday from 11:30 am to 9:00 pm, Thursday from 11:30 am to 10:00 pm, Friday/Saturday from 11:00 am to 11:00 pm. Menu: <https://kelownabeerinstitute.com/pages/craft-beer-drinks>. Check them out: <https://www.instagram.com/kelownabeerinstitute/?hl=en>

CRAFT Beer Market - 257 Bernard Ave, Kelowna, BC V1Y 6N2. Hours of operation: Sunday – Wednesday from 11:00 am to 12:00 am, Thursday – Saturday from 11:00 am to 1:00 am. Delivery available (778) 741-2337. Menu: <https://www.craftbeermarket.ca/menu/>. Check them out: <https://www.instagram.com/craftkelowna/?hl=en>

Upside Cider – cidery, charcuterie and pizza (2555 Gale Rd, Kelowna, BC V1V 2K2). Delivery not available (778) 760-9347. Hours of operation: Sunday – Thursday from 11:00 am to 9:00 pm, Friday/Saturday from 11:00 am to 11:00 pm. Menu: <https://www.upsidecider.com/menu>. Check them out: <https://www.instagram.com/upside.cider/?hl=en>

BNA Brewing Company – Taproom, bowling section, eclectic space (1250 Ellis St, Kelowna, BC V1Y 1Z4). Delivery available (236) 420-0025. Hours of operation: Sunday – Thursday from 11:00 am to 12:00 am, Friday/Saturday from 11:00 am to 1:00 am. Menu: <https://www.bnabrewing.com/menus/>. Check them out: <https://www.instagram.com/bnabrewing/?hl=en>

Wild Ambition Brewing - 1-3314 Appaloosa Rd, Kelowna, BC V1V 2W5. Delivery available. Hours of operation: Thursday/Friday from 3:00 pm to 8:00 pm, Saturday/Sunday from 12:00 to 6:00 pm. Website: <https://wildambition.beer/tasting-room/>. Check them out: <https://www.instagram.com/wildambitionbrewing/?hl=en>

Kettle River Brewing Company - 731 Baillie Ave, Kelowna, BC V1Y 7E9. Delivery not available (250) 862-5115. Hours of operation: Wednesday/Thursday from 3:00 pm to 10:00 pm, Friday from 3:00 pm to 11:00 pm, Saturday/Sunday from 12:00pm to 8:00 pm. Menu: <https://www.provisionskitchen.ca/menu.html>. Check them out: <https://www.instagram.com/kettleriverbrew/?hl=en>

Okanagan Spirits Craft Distillery - 267 Bernard Ave, Kelowna, BC V1Y 6N2. Delivery available (778) 484-5174. Hours of operation: Monday – Saturday from 10:00 am to 6:00 pm, Sunday from 12:00 pm to 5:00 pm. Website: <https://okanaganspirits.com/products/>. Check them out: <https://www.instagram.com/okanaganspirits/>

Restaurants and Pubs

Please note that the delivery services that are often used are: Uber Eats, Door Dash, SkipTheDishes. Here is the Delta postal code, should you want to get food delivered and are staying at this hotel: V1Y 9P3

Antico Pizza - Italian + Robot server, great dough (347 Bernard Ave, Kelowna, BC V1Y 6N6). Delivery available (250) 717-3741. Hours of operation: Tuesday – Friday from 4:00 pm to 10:00 pm, Saturday/Sunday from 11:30 am to 10:00 pm. Menu: <http://www.anticapizza.ca/menu.html>. Check them out: <https://www.instagram.com/anticopizza/?hl=en>

Kelly O'Bryan's - Great staples, rooftop patio, indoor seating (262 Bernard Ave, Kelowna, BC V1Y 6N4). Delivery available (250) 861-1338. Hours of operation: Monday to Sunday from 11:00 am to 12:00 am. Menu: <https://www.kobcob.com/menu/>. Check them out: <https://www.instagram.com/kellyobryansdowntown/?hl=en>

The Jammery - Breakfast and brunch spot, great options and jam selection (8038 BC-97, Lake Country, BC V4V 1R1). Delivery not available (250) 766-1139. Hours of operation: Monday to Sunday from 8:00 am to 3:00 pm. Menu: <https://www.jammery.com/menu/breakfast-menu/>. Check them out: https://www.instagram.com/the_jammery/?hl=en

Amore Mio – Italian, casual (270 Bernard Ave, Kelowna, BC V1Y 6N4). Delivery available (250) 717-5494. Hours of operation: Monday – Thursday from 8:00 am to 10:00 pm, Friday – Sunday from 8:00 am to 11:00 pm. Website: <https://www.amoremiogelato.com/home>. Check them out: <https://www.instagram.com/amoremiokelowna/?hl=en>

The Keg - Steakhouse (1825 Underhill St, Kelowna, BC V1X 8G8). Delivery not available (778) 484-3810. Hours of operation: Monday – Thursday from 4:00 pm to 10:00 pm, Friday/Saturday from 2:00 pm to 11:00 pm, Sunday from 2:00 pm to 10:00 pm. Menu: <https://kegsteakhouse.com/en/menu/dinner>. Check them out: <https://www.instagram.com/thekegsteakhouse/?hl=en>

Cactus Club - Modern cuisine (1370 Water St #1, Kelowna, BC V1Y 1J1). Delivery available (236) 420-2272. Hours of operation: Monday to Sunday from 11:00 am to 12:00 am. Menu: <https://www.cactusclubcafe.com/menus/kelowna-yacht-club/drink/>. Check them out: <https://www.instagram.com/cactusclubcafe/?hl=en>

Smithy's - Breakfast buffet (Ramada Hotel, 2170 Harvey Ave, Kelowna, BC V1Y 6G8). Delivery available (778) 478-0056. Hours of operation: Monday – Saturday from 7:00 am

to 7:00 pm, Sunday from 7:00 to 3:00 pm. Menu: <https://www.smittys.ca/Menu>. Check them out: https://www.instagram.com/smittys_kelowna/?hl=en

The Hidden Gem – Fine dining, intimate (526 Lawrence Ave, Kelowna, BC V1Y 6L7). Delivery not available (250) 470-0032. Hours of operation: Wednesday to Sunday from 5:00 pm to 9:00 pm. Menu: <https://hiddengemkelowna.com/dinner-menu>. Check them out: <https://www.instagram.com/hiddengemkelowna/?hl=en>

Wings – Tasty and cheap options, wings, boneless wings (590 Hwy 33 W #1, Kelowna, BC V1X 6A8). Delivery available (236) 420-4435. Hours of operation: Tuesday – Saturday from 11:00 am to 9:00 pm, Sunday from 10:00 am to 9:00 pm. Menu: <http://greatwings.ca/menu/>. Check them out: <https://www.instagram.com/wingskelowna/?hl=en>

Oak + Cru - Great views, modern cuisine (Delta Hotel, 1310 Water St, Kelowna, BC V1Y 9P3). Delivery available (250) 869-3508. Hours of operation: Monday to Sunday from 6:30 am to 12:00 am. Menu: <https://oakandcru.com/oak-cru-menu/>. Check them out: <https://www.instagram.com/oakandcru/?hl=en>

Bouchons Bistro – French, fine dining (1180 Sunset Dr, Kelowna, BC V1Y 9W6). Delivery not available (250) 763-6595. Hours of operation: Tuesday – Saturday from 5:00 pm to 10:00 pm. Menu: <https://bouchonsbistro.ca/our-menu-2/>. Check them out: <https://www.instagram.com/bouchonsbistro/?hl=en>

Earl's - Sleek, upscale chain (211 Bernard Ave, Kelowna, BC V1Y 6N2). Delivery available (250) 763 2777. Hours of operation: Monday – Thursday from 11:00 am to 11:00 pm, Friday from 11:00 am to 12:00 am, Saturday/Sunday from 10:00 to 11:00 pm. Menu: <https://earls.ca/locations/kelowna/menu/>. Check them out: <https://www.instagram.com/earlskelowna/?hl=en>

King Taps – New family restaurant (1352 Water St, Kelowna, BC V1Y 9P4). Delivery available (778) 738-3989. Hours of operation: Sunday – Wednesday from 11:00 am to 12:00 am, Thursday – Saturday from 11:00 am to 12:30 am. Menu: <https://kingtaps.com/locations/lakeside/menu/drink/>. Check them out: <https://www.instagram.com/kingtaps/?hl=en>

Red Robin – Gourmet burgers (1920 Cooper Rd, Kelowna, BC V1Y 8K5). Delivery available (250) 762 9700. Hours of operation: Sunday 0 Thursday from 11:00 am to 9:00 pm, Friday/Saturday from 11:00 am to 10:00 pm. Menu: <https://www.redrobin.com/location/red-robin-kelowna/menu>. Check them out: <https://www.instagram.com/redrobinburgers/?hl=en>

Train Station Pub - 1177 Ellis St, Kelowna, BC V1Y 1Z5. Delivery available (778) 484-5558. Hours of operation: Monday – Friday from 11:00 am to 11:00 pm, Friday from 11:00 am to 12:00 am, Saturday/Sunday from 10:00 am to 11:00 pm. Menu: <https://thetrainstationpub.com/drink-menu/>. Check them out: <https://www.instagram.com/trainstationpub/?next=%2Fbrightjennycoffee%2F>

Match Eatery and Public House - 1300 Water St, Kelowna, BC V1Y 9P3. Delivery available (250) 980-2065. Hours of operation: Monday – Thursday from 3:00 pm to 10:00 pm, Friday/Saturday from 3:00 pm to 11:00 pm, Sunday from 12:00 pm to 10:00 pm. Menu: <https://matchpub.com/kelowna/>. Check them out: <https://www.instagram.com/matchpublichouse/?next=%2Fbrightjennycoffee%2F>

Midtown Station - 1615 Dickson Ave #200, Kelowna, BC V1Y 0B1. Delivery available (250) 469-9690. Hours of operation: Monday – Saturday from 11:30 am to 9:00 pm. Menu: <https://midtownstn.com/dinner-menu/>. Check them out: <https://www.instagram.com/midtownstn/?hl=en>

Dakoda's Sports Bar - Upstairs, 1574 Harvey Ave, Kelowna, BC V1Y 6G2. Delivery not available (250) 860-9500. Hours of operation: Monday – Thursday from 11:00 am to 10:00 pm, Friday/Saturday from 11:00 am to 12:00 am, Sunday from 11:00 am to 9:00 pm. Menu: <https://dakodas.com/menu/>. Check them out: <https://www.instagram.com/dakodaspub/?next=%2Fbrightjennycoffee%2F>

Brandt's Creek Pub - 435 Glenmore Rd, Kelowna, BC V1V 1Z6. Delivery not available (250) 763-9686. Hours of operation: Wednesday – Saturday from 11:00 am to 10:00 pm, Sunday – Tuesday from 11:00 am to 9:00 pm. Menu: <https://brandtscreek.pub/wp-content/uploads/2022/07/Menu-7.14.22.pdf>. Check them out: <https://www.instagram.com/brandts.creek.pub/?next=%2Fbrightjennycoffee%2F>

Desserts

Parlour Ice Cream - Great options, creamy flavors (1571 Abbott St, Kelowna, BC V1Y 1A8). Delivery available (250) 300-7071. Hours of operation: Monday to Sunday from 11:00 am to 10:00 pm. Menu: <https://www.parlouricecream.ca/> (scroll down). Check them out: <https://www.instagram.com/parlour.icecream/?hl=en>

Amore Mio – Gelato, great variety (270 Bernard Ave, Kelowna, BC V1Y 6N4). (250) 717-5494. Hours of operation: Monday – Thursday from 8:00 am to 10:00 pm, Friday – Sunday from 8:00 am to 11:00 pm. Website: <https://www.amoremiogelato.com/home>. Check them out: <https://www.instagram.com/amoremiokelowna/?hl=en>

Karat Chocolate and Pastry Boutique - 1526 Ellis St, Kelowna, BC V1Y 7B1. Delivery not available (236) 420-1575. Hours of operation: Tuesday – Saturday from 10:00 am to 5:00 pm, Sunday/Monday from 10:00 to 4:00 pm. Website: <https://www.karatchocolate.ca/shop>. Check them out: <https://www.instagram.com/karatchocolate/?hl=en>

Rocky Mtn Chocolate – Premium chocolate and confections (207 Bernard Ave, Kelowna, BC V1Y 6N2). Delivery available (778) 478-3522. Hours of operation: Monday to Sunday from 11:00 am to 7:00 pm. Menu: Check them out: https://www.instagram.com/rockychoc_kelowna/?hl=en

Vineyards and Wineries

You can arrange to go explore on your own, go on a wine tour and/or find some of their wines throughout liquor stores.

Kelowna Concierge (in Delta Hotel) has arranged half day wine tours, walking craft tours, and foodie walking tours for interested guests, in the past. All activities will be subject to availability and must be *pre booked and prepaid*. *Activities might be cancelled if the minimum number of guests is not met. If, however, an activity reaches maximum number of guests, we will try to arrange for a second group. Follow our Twitter account (@ISSOTL) for announcements, week schedule, registration details and more.

Mission Hill Family Estate Winery - Kelowna (1730 Mission Hill Rd, West Kelowna, BC V4T 2E4). Drive-through available (250) 768-6400. Hours of operation: Monday to Sunday from 11:00 am to 7:00 pm. Reservation: <https://www.exploretock.com/missionhillwinery/search>. Wines: <https://www.missionhillwinery.com/our-wines/>. Check them out: <https://www.instagram.com/missionhillwinery/?hl=en>

Little Straw Vineyards – Kelowna (2815 Ourtoland Rd, West Kelowna, BC V1Z 2H7). Delivery not available (250) 769-0404. Hours of operation: Monday to Sunday from 10:00 to 6:00 pm. Wines: <https://littlestraw.bc.ca/wines/>. Reservation: <https://littlestraw.bc.ca/wines/>. Check them out: <https://www.instagram.com/littlestrawvineyards/?hl=en>

Indigenous World Winery - 2218 Horizon Dr, West Kelowna, BC V1Z 3L4. Delivery available (250) 769-2824. Hours of operation: Monday to Sunday from 11:00 am to 6:00 pm. Wines: https://www.indigenousworldwinery.com/store/?product_type=Wine. Check them out: <https://www.instagram.com/indigenouswine/?hl=en>

Off the Grid - 3623 Glencoe Rd, West Kelowna, BC V4T 1L8. Delivery not available (778) 754 7562. Hours of operation: Monday to Sunday from 10:00 am to 6:00 pm. Website: <https://www.offthegridorganicwinery.com/>. Check them out: <https://www.instagram.com/otgowinery/?hl=en>

Mt Boucherie Estate Winery - 829 Douglas Rd, West Kelowna, BC V1Z 1N9. Delivery available (778) 940-1526. Hours of operation: Monday to Sunday from 11:00 am to 7:00 pm. Reservations: <https://www.exploretock.com/mtboucherieestatewinery/search>. Wines: <https://mtboucherie.com/pages/winemaking>. Check them out: <https://www.instagram.com/mtboucheriewine/?hl=en>

Burrowing Owl - 500 Burrowing Owl Pl, Oliver, BC V0H 1T1. Delivery not available (250) 498 0620. Hours of operation: Monday to Sunday from 10:00 am to 6:00 pm. Reservations: <https://app.acuityscheduling.com/schedule.php?owner=19748998>.

Wines: <https://www.burrowingowlwine.ca/wine/>. Check them out:
<https://www.instagram.com/burrowingowlwinery/?hl=en>

Frind Estate Winery - 3725 Boucherie Rd, West Kelowna, BC V4T 0A8. Delivery available (778) 754-1118. Hours of operation: Monday – Thursday from 8:00 am to 6:00 pm, Friday – Sunday from 8:00 am to 7:00 pm. Reservation: <https://www.exploretock.com/frindestatewinery/search>. Wines: <https://www.frindwinery.com/Wines>. Check them out: <https://www.instagram.com/frindwinery/?hl=en>

Sight Seeking and Hiking

Knox Mountain - 450 Knox Mountain Dr, Kelowna, BC V1Y 9X3. Hours: Monday to Sunday from 6:00 am to 10:00 pm. Find out more: <https://www.kelowna.ca/parks-recreation/parks-beaches/parks-beaches-listing/knox-mountain-park>

Myra Canyon Trail - Naramata, BC V0H 1N0. Find out more: <https://www.myratrestles.com/>

Mill Creek - Spencer Rd, Kelowna, BC V1X 7T7. Monday to Sunday from 6:00 am to 9:00 pm. Find out more: <https://storymaps.arcgis.com/stories/f9feb20bbf8843e4b21a0e9c4bc819eb>

Stephens Coyote Ridge - 2200 Glenmore Rd N, Kelowna, BC V1V 2C5. Hours: Monday to Sunday from 6:00 am to 6:00 pm. Find out more: <https://storymaps.arcgis.com/stories/0f13728cd51d494fb554b29e2c73710e>

Lochview Trail - Lochview Rd, Kelowna, BC V1V 1G8.

Scenic Canyon - 2080 Hollywood Rd S, Kelowna, BC V1X 4P6

KLO Creek - 4800 McCulloch Rd, Kelowna, BC V1W 3Z8. Hours: Monday to Sunday from 6:00 am to 9:00 pm. Find out more: <https://storymaps.arcgis.com/stories/5a67213a36d04211809b9e57734c79ac>

Mission Creek Greenway - Kelowna, BC V1W 1V3. Hours: Monday – Friday from 8:00 am to 4:00 pm. Find out more: <https://www.rdco.com/en/parks-and-trails/parks-and-trails.aspx>

Rose Valley - 1805 Westlake Rd, West Kelowna, BC V1Z 3G6. Hours: Monday to Sunday from 6:00 am to 9:00 pm. Find out more: <https://storymaps.arcgis.com/stories/417f72ae7c32418cbe8b4006a9c539dd>

Entertainment

Museums

Okanagan Heritage Museum - 470 Queensway, Kelowna, BC V1Y 6S7. (250) 763-2417. Hours of operation: Saturday to Monday (and Thursday) from 10:00 am to 5:00 pm, Friday from 12:00 pm to 4:00 pm. Website:

<https://www.kelownamuseums.ca/museum/okanagan-heritage-museum/>

Okanagan Military Museum - 1424 Ellis St, Kelowna, BC V1Y 2A5. (250) 763-9292. Hours of operation: Tuesday, Wednesday and Saturdays from 10:00 am to 5:00 pm. Website:

<https://www.kelownamuseums.ca/museum/okanagan-military-museum/>

Okanagan Wine and Orchard Museum - 1304 Ellis St, Kelowna, BC V1Y 1Z8. (778) 478-0325. Hours of operation: Tuesdays and Wednesdays from 1:00 pm to 4:00 pm, Saturdays from 10:00 am to 1:00 pm. Website:

<https://www.kelownamuseums.ca/museum/okanagan-wine-orchard-museum/>

Westbank Museum - 2376 Dobbin Rd, West Kelowna, BC V4T 2H9. (250) 768-0110. Hours of operation: Monday – Friday from 9:00 am to 4:00 pm. Website:

<https://westbankmuseum.com/>

Lake Country Museum and Archives - 11255 Okanagan Centre Rd W, Lake Country, BC V4V 2J7. (250) 766-0111. Hours of operation: Monday, Wednesday and Saturday from 1:00 pm to 4:00 pm. Website: <https://www.lakecountrymuseum.com/>

Art Gallery

Kelowna Art gallery - 1315 Water St, Kelowna, BC V1Y 9R3. (250) 762-2226. Hours of operation: Wednesday, Friday, Saturday from 10:00 am to 5:00 pm, Tuesday and Thursday from 10:00 am to 8:00 pm, Sunday 12:00 to 4:00 pm. Website:

<https://kelownaartgallery.com/>

Rotary Centre for the Arts - 421 Cawston Ave, Kelowna, BC V1Y 6Z1. (250) 717-5304. Hours of operation: Monday – Saturday from 8:00 am to 10:00 pm, Sunday from 8:00 am to 7:00 pm. Website: <https://rotarycentreforthearts.com/>. See events calendar here:

<https://rotarycentreforthearts.com/events/calendar/>

Geert Maas Sculpture Gardens and Gallery - 250 Reynolds Rd, Kelowna, BC V1V 2G7. (250) 860-7012. Hours of operation: Monday – Sunday from 10:00 am to 5:00 pm. Website: <http://geertmaas.org/>

Bowling

McCurdy Bowling Centre - 948 McCurdy Rd, Kelowna, BC V1X 2P7. (250) 491-2695. Wednesday - Sunday from 12:00 pm to 11:00 pm, Monday/Tuesday from 6:00 pm to 11:00 pm. Website: <https://www.mccurdybowl.com/>

BNA - 1250 Ellis St, Kelowna, BC V1Y 1Z4. (236) 420-0025. Sunday to Thursday from 11:00 am to 12:00 am, Friday/Saturday from 11:00 am to 1:00 am. Website: <https://www.bnabrewing.com/>

Golf

Kelowna Golf and Country Club - 1297 Glenmore Dr, Kelowna, BC V1Y 4P4. (250) 762-2531. Hours of operation: Monday – Sunday from 6:30 am to 8:00 pm. Learn more: <https://www.kelownagolfandcountryclub.com/>

Okanagan Golf Club - 3200 Via Centrale, Kelowna, BC V1V 2A4. (250) 765-5955. Hours of operation: Monday – Sunday from 7:00 am to 7:00 pm. Learn more: <https://www.okanagangolfclub.com/>

Scandia Golf and Games - 2898 Hwy 97 N, Kelowna, BC V1X 5C1. (250) 765-2355. Hours of operation: Sunday – Friday from 10:00 am to 11:00 pm, Saturday from 9:30 am to 12:00 am. Learn more: <https://www.scandiangolfandgames.com/>

Bike Rentals

Kelowna Bike and E Bike Rentals - 589 Poplar Point Dr, Kelowna, BC V1Y 1Y2. (778) 583-4835. Hours of operations: Friday – Tuesday from 9:00 am to 5:00 pm. Website: <https://kelownabikerentals.ca/>

Kelowna E Kruiise - 1195 Richter St #103, Kelowna, BC V1Y 2K8. (778) 940-6348. Hours of operation: Wednesday - Saturday from 9:00 am to 6:00 pm, Sunday from 10:00 am to 4:00 pm Website: <https://www.ekruise.com/>

Antique Stores

Taylor's Antiques - 1691 Powick Rd, Kelowna, BC V1X 4L1. (250) 862-3870. Hours of operation: Wednesday - Saturday from 12:00 pm to 6:00 pm. Website: <http://www.taylorantiques.net/>

Artista - 271 Lawrence Ave, Kelowna, BC V1Y 6L2. (250) 763-4667. Hours of operation: Monday - Saturday from 11:00 am to 5:00 pm. Website: <http://artistaantiques.ca/>

Loise Lane Warehouse - 2811 Pandosy St, Kelowna, BC V1Y 1V8. (250) 575-7833. Hours of operation: Wednesday - Saturday from 11:00 am to 5:30 pm.

Antoni's Antiques and Collectibles - 271 Lawrence Ave, Kelowna, BC V1Y 6L2. (250) 763 4667. Hours of operation: Tuesday – Saturday from 11:00 am to 4:00 pm.

Escape Rooms

XPERIECE Exit Escape Room and VR - 2323 Hunter Rd #3, Kelowna, BC V1X 7C5. (778) 807 5990. Hours of operation: Monday – Friday from 2:00 pm to 10:00 pm, Saturday/Sunday from 12:00 pm to 10:00 pm. Website: <https://xperiencekelowna.com/>

EXIT Kelowna Escape - 2453 Hwy 97 N, Kelowna, BC V1X 4J2. (778) 484-3366. Hours of operation: Monday – Thursday from 12:00 pm to 10:00 pm, Friday from 12:00 pm to 12:00 pm, Saturday/Sunday from 10:00 am to 10:00 pm. Website: <https://www.exit.ca/kelowna/>

Swimming and Spa

H2O Fitness Adventure and Centre - 4075 Gordon Dr, Kelowna, BC V1W 4Z1. (250) 491-9622. Hours of operation: Monday - Thursday from 5:30 am to 9:00 pm, Friday from 9:00 am to 5:00 pm, Saturday/Sunday from 8:00 am to 8:00 pm. Learn more: <https://www.ymcasibc.ca/Locations/H2O>

Amora Day Spa - 549A Lawrence Ave, Kelowna, BC V1Y 6L8. (250) 862-6719. Hours of operation: Monday/ Tuesday from 9:00 am to 5:00 pm, Wednesday – Friday from 9:00 am to 9:00 pm, Saturday from 10:00 am to 6:00 pm. Website: <https://www.amoradayspa.com/>

Namaste Day Spa - 1810 Gordon Dr #104, Kelowna, BC V1Y 0E2. (250) 808-0489. Hours of operation: Tuesday – Friday from 10:00 am to 6:00 pm, Saturday from 9:00 am to 5:00 pm. Website: <https://namastespakelowna.com/>.

Movie Theater

Cineplex Cinemas Orchard - 2080 Springfield Rd, Kelowna, BC V1Y 6H5. (250) 860-6549. Website: <https://www.cineplex.com/Theatre/cineplex-cinemas-orchard-plaza>.

Landmark Kelowna Grand 10 - 948 McCurdy Rd #110, Kelowna, BC V1X 2P7. (250) 491-4178. Website: <https://www.landmarkcinemas.com/showtimes/kelowna-grand-10>.

Landmark West Kelowna - 525 Highway 97 South, Sneena Rd, West Kelowna, BC V1Z 4C9. (250) 769-0231. Website: <https://www.landmarkcinemas.com/showtimes/west-kelowna-xtreme>

Theater

Kelowna Community Theater - 1375 Water St, Kelowna, BC V1Y 0B4. (250) 469-8944. Hours of operation: Monday - Friday from 9:00 am to 5:00 pm. Learn more: <https://theatre.kelowna.ca/>

Rock Climbing and Bouldering

Gneiss Climbing - 430 Banks Rd #101, Kelowna, BC V1X 6A3. (778) 821-9272. Monday, Thursday, Friday, Saturday from 9:00 am to 10:30 pm, Tuesday from 6:00 am to 10:30 pm, Sunday from 9:00 am to 9:00 pm. Website: <https://www.gneissclimbing.com/>

Play Pool

KBC - (975 Academy Way #121, Kelowna, BC V1V 3A4). (778) 753-1968. Hours of operation: Sunday/Monday 12:00 pm to 10:00 pm, Thursday – Saturday from 12:00 pm to 12:00 am.

Runaways Lounge - 3110 Lakeshore Rd, Kelowna, BC V1W 3T2. (250) 860-3472. Monday - Thursday from 11:00 am to 11:00 pm, Friday/Saturday from 11:00 am to 1:00 am, Sunday from 10:00 am to 11:00 pm. Website: <https://runaways.ca/>

Rusty's Sports Lounge - 1525 Dilworth Dr, Kelowna, BC V1Y 9N5. (250) 762-6033. Hours of operation: Monday from 10:00 am to 12:00 pm, Tuesday/Thursday from 11:30 am to 10:00 pm, Wednesday from 11:30 to 11:00 pm, Friday/Saturday from 11:30 – 12:00 pm, Sunday from 11:30 to 8:00 pm. Website: <https://rustyslounge.com/>

Shopping

Orchard Park Mall - 2271 Harvey Ave, Kelowna, BC V1Y 6H2. Hours of operation: Saturday – Wednesday from 10:00 am to 6:00 pm, Thursday/Friday from 10:00 am to 8:00 pm. Website: <https://www.orchardparkshopping.com/>

The District on Bernard - 565 Bernard Ave, Kelowna, BC V1Y 8R4. (250) 763-2300. Hours of operation: Monday – Thursday and Saturday from 10:00 am to 5:00 pm, Friday from 11:00 am to 4:00 pm. Learn more: <https://thedistrictonbernard.com/>

The Core on Ellis (Ellis, Pandosy and Tutt Street boutiques and shops) - 1357 Ellis St, Kelowna, BC V1Y 1Z9. Hours of operation: Monday, Wednesday, Friday from 10:00 am to 5:30 pm, Tuesday/Thursday from 9:00 am to 6:00 pm, Saturday/Sunday from 11:00 am to 5:00 pm.

Kasugai Gardens - 1435 Water St, Kelowna, BC V1Y 1J4. (250) 717-2757. Hours of operation: Monday to Sunday from 9:00 am to 5:00 pm. Learn more: <https://www.kelowna.ca/parks-recreation/parks-beaches/parks-beaches-listing/kasugai-gardens>

Waterfront park - 1200 Water St, Kelowna, BC V1Y 9R7. (250) 469-8500. Open 24 hrs. Website: <https://www.kelowna.ca/parks-recreation/parks-beaches/parks-beaches-listing/waterfront-park>

Food Tours

A Taste of Kelowna Tours - (250) 801-9317. Appointments: fareharbor.com Hours of operation: Monday to Saturday from 10:30 am to 1:20 pm, and 2:00 pm to 5:00 pm. Learn more: <https://www.atasteofkelownafoodtours.com/>

Okanagan Foodie Tours - (250) 808-9890. Open 24 hrs. Learn more: <https://okanaganfoodietours.ca/>

Kangaroo Creek Farm - 5932 Old Vernon Rd, Kelowna, BC V1X 7V2. Hours of operation: Monday to Sunday from 10:00 am to 3:00 pm. Visit their website: <https://kangarookreekfarm.com/>

Kelowna Farmers Market - Corner of Springfield &, Dilworth Dr, Kelowna, BC V1X 5X7. (778) 215-4498. Hours of operation: Wednesday and Saturday from 8:00 am to 1:00 pm. Learn more: <https://www.kelownafarmersandcraftersmarket.com/>

Events

November

Live music – Runaways Lounge (Mission Tap House Location) usually hosts live concerts and open mic nights – you can check upcoming events here:

<https://runaways.ca/events/>

The Shawn Lightfoot Band Live – November 4, 2022 at 2:00 pm – Saturday November 5, 2022 at 4:30 pm. Blue gator Bar (441 Lawrence Ave, Kelowna, BC)

Okanagan Parkrun – November 5, 2022. Parkinson's Recreational Park (Angel's Way, Kelowna, BC V1Y 4P9). Every Saturday from 9:00 to 10:00 am

Okanagan Women's Expo – Featuring exhibitors, products and services. November 5, 2022 – November 6, 2022. Parkinson Recreation Centre (1800 Parkinson Way, Kelowna, BC)

Relive the Music show – Rock and Roll Show, taking audience through music history and memories of the 50's. November 6, 2022 from 7:30 pm to 8:30 pm. Kelowna Community Theatre (1375 Water St, Kelowna, BC)

Holiday Fair and Market – November 6, 2022 from 12:30 pm to 5:30 pm. Westbank Lions Community Centre (2466 Main St, West Kelowna, BC)

Sunday Drag Brunch – November 6, 2022 from 11:30 am to 3:00 pm. Friends of Dorothy Lounge (315 Lawrence Ave, Kelowna, BC)

Essentials

Banks

Please note that most banks are closed on the weekends. Hours are for branch services, most ATMs are open 24 hrs.

Scotiabank - 488 Bernard Ave, Kelowna, BC V1Y 6N7. (250) 712-4055. Hours of operation: Monday – Friday from 9:30 am to 5:00 pm

HSBC - 384 Bernard Ave, Kelowna, BC V1Y 6N5. +1 888-310-4722. Hours of operation: Monday – Friday from 9:30 am to 5:00 pm

BMO - 294 Bernard Ave, Kelowna, BC V1Y 6N4. (250) 861-1609. Hours of operation: Monday – Friday from 9:30 am to 5:00 pm

Canadian Western Bank - 1674 Bertram St Main Floor, Kelowna, BC V1Y 9G4. (250) 862-8008. Hours of operation: Monday – Friday from 9:00 am to 4:00 pm

TD - 1950 Harvey Ave Ste 150, Kelowna, BC V1Y 8J8. (250) 762-4142. Hours of operation: Monday – Friday from 9:00 am to 5:00 pm, Saturday from 9:00 am to 4:00 pm

RBC - 3036 Pandosy St, Kelowna, BC V1Y 1W2. (250) 763-1101. Hours of operation: Monday – Friday from 9:30 am to 5:00 pm, Saturday from 9:00 am to 4:00 pm

CIBC - 328 Bernard Ave, Kelowna, BC V1Y 6N5. (250) 763-6611. Hours of operation: Monday – Friday from 9:30 am to 5:00 pm

Grocery Stores

Superstore – Groceries, baked goods, kitchenware, furniture, games and toys, books, clothes, shoes, flowers/plants, pharmacy section, home essentials (2280 Baron Rd, Kelowna, BC V1X 7W3). Delivery available (250) 717-2536. Hours of operation: Monday to Sunday from 7:00 am to 11:00 pm. Shop:

https://www.realcanadiansuperstore.ca/store-locator/details/1564?utm_source=G&utm_medium=LPM&utm_campaign=Loblaws

Save on foods – Groceries, baked goods, floral and garden, miscellaneous (1876 Cooper Rd #101, Kelowna, BC V1Y 9N6). Delivery available (250) 860-1444. Hours of operation: Monday to Sunday from 8:00 am to 10:00 pm. Shop: https://www.saveonfoods.com/?utm_source=google&utm_medium=referral&utm_campaign=location-listings

Costco – Members-only warehouse, bulk items, clothing, furniture, pharmacy, electronics, jewelry [need to have membership card with you] (2125 Baron Rd, Kelowna, BC V1X 0B2). Delivery available (250) 868-9515. Hours of operation: Monday – Friday from 9:00 am to 8:30 pm, Saturday/Sunday from 9:00 am to 6:00pm. Shop: <https://www.costco.ca/grocery-household.html>

Walmart – Groceries, baked goods, clothing, shoes, home essentials (1555 Banks Rd, Kelowna, BC V1X 7Y8). Delivery available (250) 860-8811. Hours of operation: Monday to Sunday from 7:00 am to 11:00 pm. Shop: https://www.walmart.ca/en/stores-near-me/kelowna-supercentre-3042?utm_source=local&utm_medium=listings&utm_campaign=sc&cmpid=gmb

Gas Stations

Costco – 2203 Baron Rd, Kelowna, BC V1X 7W3. Hours: Monday – Friday from 6:30 am to 9:30 pm, Saturday from 7:30 am to 7:00 pm, Sunday from 8:00 am to 6:30 pm. Need to bring your Costco card to use

Husky - 150 Edwards Rd, Kelowna, BC V1X 7J5. Hours: 6:00 am to 9:00 pm. (250) 491-9256. See more: https://local.myhusky.ca/bc/kelowna/150-edwards-rd/?utm_source=G&utm_medium=lpm&utm_campaign=Husky

Canco One Stop - 1708 Innovation Dr, Kelowna, BC V1V 2Y4. Hours: 5:00 am to 11:00 pm. (778) 753-6505. See more: <https://cancopetroleum.ca/>

Esso - 5538 Airport Way #1, Kelowna, BC V1V 1S1. Hours: 6:00 am to 9:00 pm. (778) 753 7066. See more: https://www.esso.ca/en-ca/find-station/esso-kelowna-bc-kelownaairportesso-200319031?utm_source=google&utm_medium=organic&utm_campaign=gmb&utm_source=google&utm_medium=organic&utm_campaign=gmb

Shell - 1155 Kelowna-Rock Creek Highway, Hwy 33 W, Kelowna, BC V1X 1Y9. Open 24 hrs. (250) 763-7474. See more: <https://find.shell.com/ca/fuel/10053064-hwy-33-w-gertsmar>

Chevron - 2315 Gordon Dr, Kelowna, BC V1W 3X7. Open 24 hrs. (250) 763-8963.

Super Save - 1435 Hwy 33 W, Kelowna, BC V1X 1Z8. Hours: 5:00 am to 10:00 pm. (250) 860 0330.

Pharmacies

Shoppers – A one-stop shop for drugs/medicine/prescriptions, snacks and basic groceries, body/beauty products, basic stationery, some electronics [chargers, headphones], some locations offer mail services (597 Bernard Ave, Kelowna, BC V1Y 6N9). (250) 763-1232. Hours of operation: Monday to Saturday from 8:00 am to 9:00 pm, depending on location – Orchard Park Location closes at midnight).

Shop: https://www.shoppersdrugmart.ca/en/store-locator/store/2201/?utm_source=G&utm_medium=lpm&utm_campaign=LPM_SDM

Pharmasave – Great for medicine/prescriptions and body/beauty products (1715 Ellis St, Kelowna, BC V1Y 8M9). Delivery available (250) 712-2484. Hours of operation: Monday to Friday from 8:30 am to 6:00 pm, Saturday from 10:00 am to 4:00, Sunday from 11:00 am to 3:00 (depends on location)

London Drugs – Similar to shoppers, more options for electronics (1950 Harvey Ave Suite 400, Kelowna, BC V1Y 8J8). Delivery available (250) 860-3331. Hours of operation: Monday to Saturday from 8:00 am to 10:00 pm, Sunday from 9:00 am to 8:00 pm.

Walmart – Pharmacy, orthopedic care, eye care (1555 Banks Rd, Kelowna, BC V1X 7Y8). Delivery available (250) 860-8811. Hours of operation: Monday to Sunday from 7:00 am to 11:00 pm. Shop: https://www.walmart.ca/en/stores-near-me/kelowna-supercentre-3042?utm_source=local&utm_medium=listings&utm_campaign=sc&cmpid=gmb

Emergency Services

Ambulance, Police, Fires – Dial 911

Kelowna RCMP (non-emergency) - 250-762-3300

Tow Truck Services

Ash Towing - 151 Snowsell St N #1, Kelowna, BC V1V 1Z1. (250) 808-7043.
Hours: 7:00 am to 9:00 pm. Learn more: <https://ashtowing.ca/>

Mario's Towing – 3015 Sexsmith Rd, Kelowna, BC V1X 7S7. 1 888 292 1581
or (250) 765-6009. Hours: 9:00 am to 5:00 pm. Learn more:
<https://www.marios-towing.com/>

Dakota Towing - 1505 Hardy St, Kelowna, BC V1Y 7W9. Open 24 hrs. (250) 300
3999. Learn more: <https://dakotatowing.ca/>

Brian's Towing - 1120 Brant Ave, Kelowna, BC V1Y 3E4. (250) 765-7848. Hours:
Monday – Friday from 8:30 am to 5:00 pm, Saturday/Sunday from 10:00
am to 4:00 pm. Learn more: <http://www.briantstowingltd.com/>

Taxi Service

Current Taxi - 2402 Hwy 97 N, Kelowna, BC V1X 4J1. (250) 864-8294. Learn
more: <https://currenttaxi.ca/>

Checkmate Cabs - 1988 Windsor Rd, Kelowna, BC V1Y 4R5. (250) 861-1111.
Learn more: <https://www.checkmatecabs.com/>

Kelowna Cabs - 3312 Appaloosa Rd Unit5, Kelowna, BC V1V 2W5. (250) 762-
2222. Learn more: <https://www.kelownacabs.ca/>

Kelowna Eco Taxi - 713 Mayfair Ct, Kelowna, BC V1X 7H7. (250) 860-6666.
Learn more: [https://kelowna-eco-taxi.business.site/?
utm_source=gmb&utm_medium=referral](https://kelowna-eco-taxi.business.site/?utm_source=gmb&utm_medium=referral)

Kelowna Walk-In Clinics

Visit: <https://www.interiorhealth.ca/locations> for more information

Primary Care Centre - Capri Centre North Parking lot, 1141 Harvey Ave,
Kelowna, BC V1Y 6E8. (250) 469-6985. Hours of operation: Monday to
Sunday from 9:30 am to 8:30 pm. Learn more:
<https://www.interiorhealth.ca/locations/kelowna-urgent-primary-care-centre>

Orchard Medical Centre and Walk in Clinic - 1990 Cooper Rd, Kelowna, BC V1Y
8K5. (250) 861-3235. Hours of operation: Monday – Thursday from 8:00 am to
3:00 pm, Friday from 8:00 am to 1:00 pm, Saturday from 9:00 am to 1:00 pm.

Lakeshore Medical Centre - 2280 Baron Rd, Kelowna, BC V1X 7W3. (250) 764 8878. Hours of operation: Monday - Friday from 9:00 am to 5:00 pm, Saturday from 10:00 am to 4:00 pm. Learn more:

<https://www.primacy.ca/locations/lakeshore-mc/>

Spall Medical Clinic - 150-1940 Harvey Ave, Kelowna, BC V1Y 8J8. (250) 860-9909. Hours of operation: Monday - Friday from 8:30 am to 7:00 pm, Saturday from 9:00 am to 2:00 pm. Learn more: <https://divisionsbc.ca/central-okanagan/family-physicians/family-practice/spall-medical-clinic>

Capri Medical Centre - 1835 Gordon Dr #132, Kelowna, BC V1Y 3H4. (250) 717 3211. Hours of operation: Monday to Friday from 8:00 am to 5:00 pm. Learn more: <https://divisionsbc.ca/central-okanagan/family-physicians/capri-medical>

Covid testing – Rapid antigen test kits can be found at some pharmacy locations, call to confirm [pharmacy info above]

Hospital

Kelowna General Hospital - 2268 Pandosy St, Kelowna, BC V1Y 1T2. (250) 862-4000. Open 24 hrs. Learn more:

<https://www.interiorhealth.ca/locations/kelowna-general-hospital>

Additional

Pathway to Canada Immigration - 1620 Dickson Ave #330, Kelowna, BC V1Y 9Y2. (778) 484-1996. Hours of operation: Monday to Friday from 9:00 am to 5:00 pm. Learn more: <https://pathwaytocanada.ca/>

Please note that some Consulate General Offices are located in Vancouver, BC [4 hrs from Kelowna].

Bonus Attractions

Peachland [30 minutes from Kelowna]

Okanagan ATV Tours - 5463 McDougald Rd, Peachland, BC V0H 1X8. (250) 717-0733. More information: <https://okanaganatvtours.com/>

Zip Lining - up, 8km, Princeton Ave, Peachland, BC V0H 1X0. (778) 721-0593. Hours of operation: Friday – Monday from 9:30 to 5:00 pm. More information: <https://zipzone.ca/>

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At the Intersections of SoTL:
Transfer *and* Transformation, Diversity *and* Inclusivity

 NOVEMBER 2-5, 2022

SYILX OKANAGAN NATION | KELOWNA, BC CANADA
HOSTED BY UBC'S OKANAGAN CAMPUS
