

Kelowna Activities & Spousal Programs



Unbeatable Activity Options All Year Long

Kelowna offers a wealth of year-round activities for meeting delegates and their companions. Take an organized wine tour to sample some of the area's 40+ wineries. Hike or bike the local trails. Golf at a championship course. Sign up for an orchard tour or try picking fruit to take home. Enjoy professional opera, community theatre, and art galleries to arena sports and blockbuster concerts. The options are endless.

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Wine Touring

Kelowna is the birthplace of winemaking in British Columbia; known for its top-quality wines that regularly win national and international awards. With over 40 wineries within a 20-minute drive, you'll find plenty of terroir to swirl, sip, and savour. The area has five unique wine trails: Kelowna Fab Five on the Southeast Bench, Lake Country's Scenic Sip, Westside Wine Trail, Lakeshore Wine Route, and Downtown Grapes to Grains. Explore our wine country where you will find an abundance of culinary experiences, as well as unforgettable winery and vineyard events. **[Click here for more details.](#)**



Golfing

Okanagan golf courses are spectacular. With an average of over 2,000 hours of sunshine every year, Kelowna offers one of the longest and driest golf seasons in Canada. There are 19+ courses located in the Kelowna area, providing golfers of all abilities with premium experiences. We can assist you in selecting a golf course for your group that suits their needs – play a round or have a tournament and banquet. **[Click here for more details.](#)**



Lake Activities

Okanagan Lake is Kelowna's ultimate playground. Sign up for a boat cruise and enjoy the views while dining or partaking in a team-building event. Try parasailing to really see the valley views. Test your balance on a stand-up paddle board, challenge yourself and take a SUP yoga class. Glide serenely in a kayak. Want more power, Okanagan Flyboard will have you flying impressively above the lake. Feeling gutsy, scuba dive at Paul's Tomb to find Ogoopogo. Rather stay dry? Order a glass of wine and bask in the lake views from a boardwalk patio. **[Click here for more details.](#)**



Outdoor Adventure

The best way to see Kelowna is up close. Get outside and get moving. Go for a hike through Knox Mountain above downtown Kelowna or Christie Falls in West Kelowna. Jump with wildlife at Kangaroo Creek Farm in Lake Country or sign up for a guided biking tour along the historic Myra Canyon trestles. Bounce on Wibit, the inflatable water playground located downtown off the shores of City Park. Fly backwards, forwards and any which way at Oyama Zipline in Lake Country. **[Click here for more details.](#)**



Museums, Galleries & Heritage Sites

Located within the heart of downtown is Kelowna's Cultural District. Within the six-block district you will find galleries, museums and theatres along with pieces of public art and a variety of shops, cafés and restaurants. Just beyond the bridge in West Kelowna is Sncewips Heritage Museum for a look at local First Nation history. Kelowna is also home to Father Pandosy Mission. Dating back to 1859, the Mission is the site of the British Columbia's introduction into grape growing. [Click here for more details.](#)



Orchard, Garden, & Farm Tours

Kelowna's roots in orcharding and agriculture account for a way of life here. Spousal programs can include a visit to a working orchard – take a tour and taste fruit fresh from the farm. Make a lavender wand or wreath at the Okanagan Lavender Herb Farm, pick your own fruit or veggies at a local u-pick orchard or farm, visit Carmelis Goat Cheese Artisan, a family dairy boutique specializing in the art of cheese making. Enjoy spectacular views of Okanagan Lake and sample a selection of goat cheeses and gelato.

[Click here for more details.](#)



Cooking Classes

Whether you're a novice or a culinary connoisseur in the kitchen, you can channel your inner chef and participate in a hands-on cooking experience that will be both informative and delectable. Many of Kelowna's famed executive chefs share their passion for food and wine while demystifying the secrets of the kitchen. Your group will love these inspirational culinary programs for home cooks and food enthusiasts. Be prepared to savour the meals you prepare while sipping on local world-class wines.

[Click here for more details.](#)



Winter Fun

Beside the lake, in the heart of downtown Kelowna, you can skate to your heart's content at Stuart Park's popular outdoor rink. Just 56 kms southeast of Kelowna is Big White Ski Resort renowned for its legendary, dry, champagne powder snow. With 118 runs and 2,765 acres of skiable terrain, you'll see why Big White has been consistently voted one of the world's top ski resorts. You can also explore the trails above Kelowna by signing up for a guided tour with Okanagan ATV – pick up/drop off at your hotel included.

[Click here for more details.](#)



Walking Tours

During a break from meetings, enjoy a walk and explore Kelowna. Sign up with Sip n' Stroll for a guided tour of the wineries, breweries, cideries, and distilleries scattered throughout downtown Kelowna. Guided walking tours are available for delegates or arrange for a spousal program so everyone can explore the exquisite natural and cultural beauty in and around Kelowna.

Click here for more details.



Dining

With its diverse and rich food scene, Kelowna is a palate pleaser to say the least. From casual streetside cafés to lakeside bistros and fine dining restaurants, we bring an abundance of appetizing dining and nightlife options to the table. Because our orchards, farms and restaurants are so close together, there's a good chance you can experience fresh, farm to table dining. Bon appétit.

Click here for more details.



Shopping

Kelowna is home to the Okanagan's largest shopping centre as well other smaller malls, and a vibrant and trendy downtown! Just steps from the beach and City Park, Kelowna's downtown shopping core has a blend of retail shops, galleries and charming one-of-a-kind boutiques. Make sure you explore Bernard Avenue as well as Ellis, Pandosy, and Tutt streets.

Click here for more details.



Local, full-service event planners know Kelowna inside and out.

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For more details about event planning, activities, and spousal programs, contact Julia Garner

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