

Athlete

ath.lete

noun

A person who is proficient in sports and other forms of physical exercise.

Always goes the extra mile and displays strength, agility and stamina beyond the norm.



- **Road Biking** - Amazing routes with panoramic views through Naramata, around Skaha Lake and up to Apex Mountain.
- **Mountain Biking** - Challenging trails and incredible vistas on Three Blind Mice and Campbell Mountain.
- **Triathlon & Multi-sport** - Home to many major events over the years, including the 2018 Super League Triathlon.
- **Lakes & Aquatics** - Penticton is one of only two cities in the world situated between two lakes - a paradise for all kinds of water sports.
- **Nordic & Alpine Skiing** - Apex Mountain Resort and Nickel Plate Nordic Centre are less than 45 minutes' drive from the city.
- **Rock Climbing** - Skaha Bluffs Provincial Park offers world-class climbing opportunities. Over 1,110 established climbs and more than 65 different cliffs to choose from.

#VISITPENTICTON





WHAT'S **YOUR** CHAIN OF EVENTS?

Fuel up with a healthy breakfast made from the freshest, locally sourced ingredients at **The Bench Market**.

Jump on your road bike and ride the **45km loop** around Skaha Lake or enjoy the vineyards along Naramata Bench Road. Don't forget to strap on your GoPro to capture the epic scenery en-route.

Go for a run along the epic **Kettle Valley Rail Trail**. Get your heart pumping and quads flexing, while breathing in the orchard scented air and spectacular lake views.

Stop for lunch at **Sushi Kojo**. A favourite of locals and visitors alike, this restaurant offers a little Japanese flair and a whole lot of Okanagan hospitality.

Rent a **kayak from Hoodoo Adventures** and paddle the crystal blue waters of Okanagan Lake along the clay cliffs of the **Naramata Bench**, that provide cooling relief from the hot summer sun.

Build up a sweat at the free **outdoor gym** in Skaha Lake Park or get competitive on the **Beach Volley Ball Courts**. After your workout, cool off with a swim in the refreshing water of the lake.

Enjoy a tall glass of chilled, craft beer and a bite to eat at one of the city's **5 craft breweries**, followed by a relaxing stroll along Okanagan Lakeshore promenade.

Wander up to **Play Estate Winery** and reward yourself with a delicious dinner paired with **sumptuous wines** on the bistro patio.

UNDISCOVERED
Penticton

For more information please contact the
Penticton Visitor Centre
TF 1-800-663-5052 | ask@visitpenticton.com

