

# Rest & Relaxation in The West Chilcotin

## A Little R&R

The Chilcotin is famous for its adventure and activities but even better known for the place to be if you want to relax and get away from it all.

From Williams Lake to the bottom of the Bella Coola Hill there is no cell phone service. So if you truly want to get away from it all, you can. On the other hand, there are quite a few locations and accommodations providers that have wireless Internet service if you want to be connected.

The best part of being in this wilderness paradise is the calm serenity. Nothing beats sitting on the deck of your cabin or suite overlooking the magnificent Coast Mountain Range that so dominates our scenery. Listen to the water gently lap at the shore of a lake and watch a grebe, merganser or duck paddle slowly past. Relish the stillness.



## No Pollution

We have no industry here. No manufacturing. No pollution, even from lights such as what you would get in the city. Here the stars, millions of points of light, are as clear and bright as they would have been when seen by our ancestors thousands of years ago. The only way your quiet might be disturbed is by the loons that call to each other in the evening. Sometimes they join in a sing a-long of maniacal laughter around the lake that is a sound like no other. It's a magical sound. A primal sound that reaches deep into your soul. Or listen to them ululate quietly to their mates in the early morning fog, an eerie, unearthly call of commitment to a life long partner.

## Relax

While there are loads of adventures in the Chilcotin that can include heart racing river rafting, mountaineering or high

alpine hiking and deep powder skiing, there are numerous relaxing activities to be engaged in. Wind down while slowly paddling a lake in a canoe or kayak where you can see fish forming concentric rings on the surface of the water. Watch bald eagles balance on tree tops along the shoreline or an osprey dive bombing the water for his supper.



Take a leisurely walk on one of our local trails where you can enjoy the squirrels, curious Whiskey Jacks, woodpeckers and grouse along the way. Look for wild strawberries in sunny spaces and wild blueberries on tiny red leaved ground plants. Kinnickinick is the most common plant on our pine needle covered forest floors with pretty pink bell shaped flowers in spring and bright red berries in the fall and are a favorite of everyone. Enjoy our local coffee shops with lattes and cappuccinos and speciality teas, or relax around a campfire in evening with your favorite glass of wine and listen to the music of the stars.

R&R in the West Chilcotin is sponsored by:

An advertisement for 'The Dean on Nimpo' resort. The background is a scenic view of a resort building with a large lawn and a lake in the foreground. Two ducks are swimming in the water. The text 'Come find Your inner Serenity' is written in a cursive font across the top. Below it, 'THE Dean ON NIMPO' is written in a stylized font. At the bottom left is the phone number '1.888.646.7655' and at the bottom right is the website 'www.thedeanonnimpo.com'.

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