



Better Together

Today's families want to travel and share amazing experiences together. Summerland has options for history, wellness and testing your family's stamina. In many cases these events have a charitable component that will give your family an additional good deed glow!

What a Grind!

Looking for some family adventure? The Giant's Head Grind follows a 5 km uphill path from the beach to the peak of Giant's Head, Summerland's extinct volcano. Do it on your own or enter your whole family in the race to the top held every May. Yoga on the beach and a catered gourmet BBQ make race day even more fun! The Christopher Walker Giant's Head Grind Memorial Race raises funds for colon cancer research.

Looking for more information?

Ellen Walker Matthews - experiences@totabc.com

Ride the rails

The Kettle Valley Railway opened up the Okanagan region for economic development and the explosion of our fruit industry. Your whole family will love the scenery and the history of riding the last remaining active train on this line. The view over the canyon is spectacular and you can also experience the thrill of a train robbery if the Garnett Valley Gang is in town! Proceeds of the 'robbery' go to local charities.

Master of the story? Ken Orford, General Manager, Kettle Valley Steam Train - gmkvr@telus.net

Test Your Family's Mettle

If you're looking for an event that everyone can participate in, the [Orca Swim Club Kids of Steel Triathlon](#) is just the ticket. With a course that runs along Summerland's beautiful beaches, and challenging yet fun distances for people of all ages, the event offers an exciting day of competition that everyone will be happy to train for.

Want to know more?

Joanne Malar - orcaswimcoach@gmail.com

